Summer Health
Stay safe this summer
Kings Cross - what’s in a name?

Have you ever wondered how Kings Cross Hospital got its name? The following articles help to explain it, although the relevant names, dates and spellings vary slightly because so little of Pictish history has survived to corroborate exact facts.

The articles are abbreviated extracts from the sources quoted. This summary was compiled with the generous help of staff at Dundee’s Local History Library from their Lamb Collection.


The name of the Dundee King’s Cross has a very interesting history. Around 943 A.D. Alpin, King of the Scots was in conflict with Brude, King of the Picts, and despite Alpin’s heroic resistance, the Picts carried the day. Alpin had been successfully defending his position on the north-western slopes of the Law, and had all but turned the course of the battle when the Picts, coming over the brow of hill at Clatto, convinced the Scots that they were outnumbered and put them to flight. Alpin was then taken prisoner by the Picts and beheaded at Brude’s command. Tradition has it that Alpin was executed at King’s Cross but this location is difficult to pinpoint. In the 19th century there was a property known as King’s Cross Cottage, some 500 yards to the east of Pitapin village, and it was at that time possible to identify the place where a cross had been erected. This was at the bend at the foot of the present King’s Cross Road. King’s Cross Hospital was built in the late 19th century as an epidemic institution and took its name from the existing road. Looking at the geography from the end of King’s Cross Road to Camperdown East Lodge, it is clear the Alpin’s execution must not have been far from the battlefield.

“Angus’s Early History”, probably People’s Journal (unable to verify), undated

In the year 730, Angus defended Elpin, King of Scots in the parish of Liff near Dundee. According to Boyce, Elpin was beheaded upon the stone on which he raised his standard. The stone which is still called “King’s Cross” is circular in shape, with an oblong hole in the centre, about eight inches deep. It lies in a small plantation opposite Dundee Smallpox Hospital near the Clepington Road end of the Kingsway.

“Scots King was Beheaded near Dundee”, Evening Telegraph, Wed 7th December 1955

The stone, which was built into a drystone dyke, marked the junction of the burgh boundary where the parishes of Dundee, Liff and Strathmartine met. It was this stone, legend has it, that supported King Alpin’s standard at a battle in the vicinity in 730 AD. What is believed to be the Standard Stone now stands on the lawn of Camperdown House. About 20 years ago the late Countess of Buckingham had it moved there from the little wood between the Crematorium and Kingsway.

Alpin’s son, Kenneth McAlpin, the next King of the Scots seized the Pictish throne about 843. After this, the once powerful Pictish kingdom and its people disappeared from history and Kenneth became the first king of all Scotland. Could it be that Brude’s act of desecration, (having Alpin beheaded on his own standard stone “The King’s Cross”) pushed Kenneth through revenge to his ultimate success, and to the land we now live in being called Scotland instead of Pictland? There’s more to a name than you might think!

The Kings Cross stone stands outside Camperdown House to this day. It is currently unmarked but Dundee City Council has recently agreed to erect a panel next to it because similar research by the Royal Commission also revealed its history. Although the panel uses the name “Alpin’s stone”, the narrative concentrates on its more recent history, i.e. marking the parish boundary, giving its name to the road and hospital, and the move to Camperdown. This is due to the lack of conclusive proof that the beheading took place on the stone.

Nevertheless, why not go see it some day, and imagine Alpin’s standard flying above it, acting as the rallying point for his troops until that fateful day? You might find yourself pondering whether the course of our nation’s history pivoted on this small stone which subsequently donated its name to NHS Tayside’s headquarters.

Copy submission

Please send items for the next edition of spectra, issue 38, to any member of the editorial team by Tuesday September 02, 2008. The deadlines for future editions of spectra are as follows:


For extra copies of spectra, please contact the Communications Department, Board Headquarters, King’s Cross, Dundee DD3 8AE.

01382 424138 x71138.

We want your views

Is there something you’d like to get off your chest or maybe you just want to open up a discussion for debate with your NHS Tayside colleagues.

Whatever your opinion, whatever the topic, write to us at:

spectra, Communications Department, Board Headquarters, King’s Cross, Clepington Road, Dundee DD3 8AE

Or email us at tay-uhb.spectra@nhs.net

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Early ECG leads

In 1901 the Dutch physiologist Willem Einthoven developed a galvanometer for recording the electrical activity of the heart, and in 1924 he was awarded the Nobel prize for his discovery of the mechanism of the electrocardiogram.

Ten years later in 1934 at Ann Arbor in Michigan, Frank Wilson designed the first unipolar ECG lead system, the basis of which is an exploring electrode, paired with a central terminal connected to electrodes on both arms and the left leg through three equal non-inductive resistances. The unipolar leads are known as ‘V’ leads because they record the local voltage at the site of the exploring electrode.

The photograph shows the first unipolar lead system used in Britain, made by Sir Ian Hill (1905-82) in the Cardiology Department in Edinburgh. The ‘unipolar’ exploring lead is grey in colour, with the arm leads red and white, and the left leg lead green.

Hill had worked with Frank Wilson in America during the 1930s. He introduced the unipolar leads to Britain on his return to Scotland after the war and published an important paper on them in The Lancet in 1950. He went on to become Professor of Medicine in Dundee from 1952-69, and on his retirement the historic leads were fortuitously rescued for posterity from a dustbin!

Graham Lowe
Cutting edge surgery broadcast live across the world

Surgeons from across Europe attended an international conference in Dundee which used state-of-the-art audio-visual technology to broadcast surgical procedures in real time from all over the world.

Around 300 surgeons attended the International Live Laparoscopic Surgery Meeting held at West Park Conference Centre, where they witnessed more than 25 advanced procedures performed live by master surgeons from throughout Europe, the UK and the USA.

Event organiser and laparoscopic surgeon at Ninewells, Mr Francesco Polignano, said, “Dundee is really at the forefront with laparoscopic procedures as we offer a comprehensive range of laparoscopic operations.

“The work going on at Ninewells is contributing to training surgeons across Europe as we constantly have international delegates coming to view the work that we do and attend our courses.”

Caroline’s Marathon effort

Caroline Mackie, Deputy Child Health Commissioner based at Kings Cross, has raised over £2000 for the Stroke Association in Scotland by running in this year’s London Marathon.

This was Caroline’s second marathon and was a personal tribute to her father who passed away very suddenly from a stroke in April last year.

Concerns before the race about fitness were unfounded when she completed the race in four hours 50 minutes – inside the five hour target she had set herself.

“I had an extra sponsor offer from my dad’s old school friend that he would double his already substantial donation if I completed the run in less than five hours,” said Caroline. “Needless to say the lure of extra money motivated me immensely!”

“I’d really like to thank those who sponsored me to run the Marathon – I was very touched by everyone’s generosity.”

Award for Angus CHP staff

Staff from the Pulmonary Rehabilitation Service, Angus Community Health Partnership have won the Bob Scott Award from the Institute of Healthcare Management.

This award is aimed at encouraging the sharing of good practice in primary care.
Launch of diabetes ‘Patient Testimonials’

The Scottish Diabetes Research Network (SDRN) launched their ‘Patient Testimonials’ DVD in the Strathmore Diabetes Centre in Ninewells Hospital.

The DVD consists of patient views/experiences of diabetes research and will be shown in waiting rooms in primary and secondary care all across Scotland.

The afternoon began with a short presentation about the SDRN Research Register and an introduction to the DVD, which was then shown to all present before a presentation was made to the patients that took part.

500 Years of Printing exhibition

As part of the national celebrations to mark 500 years of printing in Scotland, the latest exhibition by the Tayside Medical History Museum is called Medical Impressions.

The show focuses on the role of printing in the history of medical education in Scotland, from textbooks to teaching charts, from exam papers to degree certificates, and has been curated with the assistance of the Department of Special Collections at the University of St Andrews Library, who have supplied an extraordinary range of images from their collection of medical textbooks, going back to the 15th century.

The exhibition runs until 4 October at the Tayside Medical History Museum, Medical School Foyer, Ninewells Hospital.

For further information about 500 Years of Printing in Scotland, visit www.500yearsofprinting.org
Improving patient care

Ninewells Hospital’s Ward 11 is leading the way in improving care at the bedside by introducing a number of improvements in line with the current national Senior Charge Nurse Role review “Leading Better Care”.

Senior Charge Nurse Pam Steedman has been the driving force behind redeveloping Ward 11’s approach to continually improving patient care, having implemented a number of measures to keep patients, families and staff up-to-date with the latest information and to educate staff.

Treating patients with dignity and respect is central to the improvements. In Ward 11, patients can fill out comments forms with any questions they may have about their stay in the ward. Moreover, the new practice of putting up ‘Do Not Enter’ signs on bed-space curtains has been hugely welcomed by patients and staff alike.

An NHS Tayside group has been established to support SCNs and their managers with implementing the national recommendations and will be providing regular updates for staff. The facilitator for implementation is Senior Practice Development Nurse Debbie Baldie (dbaldie@nhs.net).

First patient fitted with life-saving defibrillator in Tayside

The first patient at Ninewells to be fitted with an electronic heart device which delivers a small life-saving shock has welcomed the procedure now being carried out in Tayside.

The Implantable Cardiac Defibrillator (ICD) device monitors each and every heartbeat, detecting if it is unstable or going too fast, and can also deliver a small shock if the patient goes into cardiac arrest.

Alistair Graham, of Arbroath, suffers from a “thickened heart” and has become the first patient to undergo the ICD procedure in Tayside after having previously travelled to Glasgow for treatment.

Mr Graham said, “Since I was diagnosed with my condition in 1979, the doctors and other members of staff at Ninewells Hospital have always gone out of their way to ensure I have received the best possible care.”

Eyecare redesign team heads to Paris

Paul Baines, Lesley Malcolm and Alison Simpson from the ophthalmology department at Ninewells were seconded to the Scottish Government’s Eyecare Redesign and Cataract Delivery Programme with the aim of reducing the waiting times for cataract surgery to 18 weeks from referral to surgery.

Having been asked to submit an abstract on any aspect of the Redesign Project, Lesley and Alison attended the International Forum on Quality and Safety in Health Care in Paris to display their poster, one of 350 accepted (including four in total from NHS Tayside) from over 1000 submissions.
Ninewells laundry staff get hand hygiene message

Hand Hygiene Co-ordinator Mags Kennedy visited the Laundry at Ninewells to highlight the hand hygiene campaign to staff.

The staff had already started receiving infection control updates and were keen to focus some of that training on hand hygiene.

“Very often our support staff feel that they are on the periphery of initiatives which are happening within the clinical setting” said Mags.

“Therefore I felt it was important to meet up with them and ensure that the general messages around hand hygiene were highlighted. Their enthusiasm was good to see.”

Malawian midwives visit NHS Tayside

Two Malawian midwives and a university lecturer visited Perth Royal Infirmary and Ninewells Hospital to share their experiences of maternity services in their home country.

The Royal College of Midwives organised a study tour for midwives Anna Maria Ziba and Violet Khonie, and university lecturer Dr Address Malata, who all work in Blantyre, Malawi.

The African delegates delivered presentations demonstrating the various ways maternity services in Malawi are benefiting from the support of Scottish hospital staff.
Trouserless to Toronto

Consultant paediatricians Dr Donald Macgregor and Dr Jonathan McCormick got on their bikes to raise money for the British Lung Foundation.

Prior to the American Thoracic Society annual meeting, at which Donald was presenting research carried out in the Paediatric Asthma & Allergy Units in Tayside, the two colleagues organised a charity cycle ride from Lake Erie via Niagara Falls to the conference in Toronto.

Donald and Jonathan were joined by colleagues from Scotland and the north of England, raising more than £7000 for lung research, and Donald also managed to raise a smile from the Canadians they met en-route by doing the cycle in his kilt.

Patients invited to share stories

Members of the public in Dundee were encouraged to share their experiences as hospital patients to mark International Story Telling Day.

NHS Tayside’s Patient Stories Project Team talked to members of the public across Tayside to promote the project and recruit patients and carers who have stories and experiences to share with healthcare professionals.

The aim of the project in collecting these stories is to provide NHS Tayside with a digital library of patients’ stories for the purposes of staff education, training and quality improvement.

New paediatric occupational therapy DVD

A new DVD has recently been developed by the paediatric occupational therapy (OT) service, based at The Sunflower Centre in PRI, to provide information for parents and children and to ease any worries children may have before their visit.

The DVD explains in a child friendly language what an occupational therapist does, what will happen when a child visits the OT department and what will happen after the child’s visit, as well as directions for how to get to the Sunflower Centre.

The DVD was developed by Alison McIntyre and Tracy Davidson, paediatric OTs, along with technical support from Hugh Macmillan, multimedia developer for NHS Tayside.
ST/ART exhibition

The Centre for Brain Injury Rehabilitation (CBIR) at Royal Victoria Hospital held an exhibition of artwork created by patients as part of the latest ST/ART programme at the unit.

Lead artist Elspeth Collier worked with patients from all across Tayside, taking them through a programme of creative rehabilitation using various drawing and painting techniques, collage and printmaking.

Implementing Just in Case Boxes

Many areas nationally have developed a system of Just in Case boxes to support palliative care for patients who want to be cared for at home in the end of life phase.

These patients can often experience new or worsening symptoms outside normal GP practice hours and Just in Case boxes can help avoid distress due to reduced access to medications out of hours.

As part of the Delivering Choice Programme – a joint venture between Marie Curie Delivering Choice Programme and NHS Tayside – two general practices and district nursing teams in Dundee participated in a pilot study.

The boxes have proved a success, with patients remaining in control of their care, and this project is now rolling out to other practices in Dundee.

For more information about the Just In Case Boxes, please contact Elaine Gray, Marie Curie Out of Hours Development Nurse, Wallacetown Health Centre, Lyon Street Dundee elainegray2@nhs.net

International spotlight on Montrose Maternity Unit

Montrose midwives Phyllis Winters, Iona Duckett and Claire Winter were invited to deliver a presentation at the International Confederation of Midwives in Glasgow.

Midwives from across the world watched the presentation, which comprised video interviews of new mothers explaining in very moving terms their experiences of childbirth.

Phyllis explained, “The theme of our presentation was 'singing from the same song book' and by that I mean both women and midwives are united in the aim of making childbirth as rewarding an experience as possible.

“As midwives we feel very strongly that we listen to women and work in partnership with them to provide the service that women want.”

Tayside’s first Weight Management Co-ordinator appointed in Angus

Gillian McFarlane, who formerly worked for the Keep Well Project in Dundee, has been appointed to the post of Weight Management Coordinator for Angus Community Health Partnership.

Weight management was identified as a clinical priority in Angus in 2002, following a successful two-year pilot.

The project achieved significant weight loss and reduction in waist circumference in patients who participated, with high levels of patient satisfaction reported.

Angus CHP has now committed to further development of this project and has agreed to fund this post on a permanent basis - a unique post within Angus and a first for Tayside.
NHS Tayside celebrated 60 years of the NHS with many events across the region.

The celebrations, which included tree planting ceremonies, events at the Community Maternity Units, and the planting of commemorative flower beds, culminated in a visit by Public Health Minister Shona Robison to a Fresh Air Fair at Ninewells Hospital, where she officially opened a new ‘Fresh Air Garden’ for patients, their families, visitors and staff.

Ms Robison visited stalls manned by staff for various initiatives and health promotion campaigns including sun awareness, organ donation, smoking cessation and NHS Tayside’s Healthcare Academy. She also met children who have been treated in the Tayside Children’s Hospital to see posters they designed for the NHS 60th Anniversary and to share in a celebration cake with them.
Fresh Air Fair
NHS Tayside gardeners show their artistic side

Commemorative flower beds and trees were planted across the region to celebrate the 60th anniversary.
Celebrating 60 years of nursing success

Above: Pictures from the Celebrating 60 Years of Nursing Success Conference held in Dundee.

Below: Chris Field, Team Leader at Arbroath Maternity Unit (centre) introduces a newborn baby and her parents to Mary Watson (left) and her daughter Helen, who was born at the hospital 60 years ago.
Is the bus less fuss?

With the current ‘credit crunch’ and the soaring cost of fuel forcing people to tighten their belts, spectra asked staff if they would consider ditching the car for cheaper, more environmentally-friendly transport options.

Ken Shaw
Charge Nurse
Theatre Suite, Stracathro Hospital, Stracathro

With the rising cost of fuel, would you consider giving up your car? Yes because I drive a gas guzzling Discovery and I am seriously looking at replacing it with something more economical. I suppose I could cycle to work, as I have done in the past, but now I am not as enthusiastic to give up my four wheels for two.

When was the last time you used public transport?
The last time I used public transport was in May when my car was in the garage for repairs. It worked out fine over the few days but long term use is not an option for me. Marrying up bus schedules, theatre lists and lift sharing can be problematic if my works schedule runs over time.

Have you done anything to reduce your carbon footprint?
I do my bit to try and cut my carbon footprint. I have tried energy saving light bulbs but just don’t like the level of light from them. I try to buy locally grown fruit and vegetables from farms whenever I can and have also drastically reduced my mileage over this past year by cutting down and rearranging some work meetings, walking rather than taking the car on short journeys and avoiding unnecessary trips. I actively recycle glass, newspapers, organic matter and polythene bags using Angus Council’s recycling bins.

Neil Wilson
Porter
Kings Cross Hospital, Dundee

With the rising cost of fuel, would you consider giving up your car? No – it’s just too handy. If it got to the stage where I couldn’t afford it, I wouldn’t want to give it up but would maybe need to.

When was the last time you used public transport?
I can’t remember. Where I live it’s quite handy, I can walk into town in 20 minutes.

Have you done anything to reduce your carbon footprint?
We recycle everything at home now, such as bottles and cartons, and have been doing that for some time.

Alison Simpson
Clinical Physiologist
Cardiology Department, Perth Royal Infirmary

With the rising cost of fuel, would you consider giving up your car? No, it’s a great time saver. I have used public transport in the past and I save so much more time by using the car.

When was the last time you used public transport?
Three years ago. I used to take public transport all the time to get to work and home.

Have you done anything to reduce your carbon footprint?
I recycle at home. We have a compost bin in the garden from the council which we use. I take the kids clothing to the clothing banks. I use wind power, weather permitting, to dry my clothes - I don’t own a tumble dryer.

Phil Jerrard
Head of Podiatry
Perth Royal Infirmary

With the rising cost of fuel, would you consider giving up your car? Yes, if public transport was more accessible and more convenient.

When was the last time you used public transport?
I used the train recently to travel from Glasgow to Dundee because it was convenient and on that occasion was going to be cheaper than using the car.

Have you done anything to reduce your carbon footprint?
Not really. I do small things like recycle paper at work and I opt for less packaged goods in supermarkets where possible, such as not putting fruit into additional plastic bags but that is it really.

Cycle to Work Scheme

NHS Tayside offers a Cycle to Work Scheme that promotes healthier journeys to work and helps reduce environmental pollution. An annual tax exemption is available which allows employees to hire cycles over an 18-month period as a tax-free benefit. The latest opportunity to apply to the scheme opened in August.

The scheme also covers essentials such as helmet, lock, lights and reflective clothing, and an option to buy the bike at the end of the hire period at fair market value may be available.

A bike package up to a total value of £1000 is available under this scheme.

For more details contact Scott McNiven, Procurements Project Manager x35308
Lee Sievwright
Head of Podiatry
Perth Royal Infirmary

With the rising cost of fuel, would you consider giving up your car? It is not an option, we do lots of house calls and clinics across P&K so I need my car to visit patients and clinics and also transport all the equipment that we use.

When was the last time you used public transport?
Not for a long time.

Have you done anything to reduce your carbon footprint?
I recycle paper and glass at home and we recycle the cardboard at work.

Mary Colvin
Health Promotion Programmes Manager
Kings Cross Hospital, Dundee

With the rising cost of fuel, would you consider giving up your car? Not completely. My car is reasonably efficient regarding fuel consumption but I minimise its use by cycling to work and using public transport for longer journeys.

When was the last time you used public transport?
When I was in London last month I used the Underground.

Have you done anything to reduce your carbon footprint?
We grow some of our own fruit and vegetables in our garden, make sure we use energy saving bulbs and switch off lights, use recycling facilities, as well as cycling and walking as often as we can.

Genna Dall
Project Manager
Angus Community Health Partnership, St Margaret’s House, Forfar

With the rising cost of fuel, would you consider giving up your car?
No I wouldn’t because there are no easy bus or train routes from Perth that would allow me to carry out my work commitments in Angus.

When was the last time you used public transport?
I used public transport recently when I was in London, I took the tube.

Have you done anything to reduce your carbon footprint?
Yes I do try to reduce my carbon footprint at home where I can. I recycle polythene bags and now use a natural jute bag for shopping. I also am very good at recycling glass jars and bottles. I have replaced most of my light bulbs with energy saving ones, I’ve created a compost heap in my garden for garden and household organic matter and I have started to grow my own vegetables.

My washing machine, freezer etc are all ‘A’ rated for maximum energy efficiency and the loft space in my house has been fully insulated.

Billy Thomson
Site and Support Service Manager
Stracathro Hospital, Stracathro

With the rising cost of fuel, would you consider giving up your car?
No because I require my car for work and public transport does not meet my needs. It would take me almost an hour and a half to get to Stracathro from my house if I used public transport as opposed to the 15 minutes it takes by car.

When was the last time you used public transport?
I have no idea when I last used a bus or train, it’s been so long I cannot remember.

Have you done anything to reduce your carbon footprint?
At home I don’t take an interest in reducing my carbon footprint but that is because I usually leave things like that to my wife who is much better at sorting out things like that than me. I know she has replaced some light bulbs in our house with low energy ones. We have a compost heap in the garden and we recycle some household waste by using Angus Council’s green bins and bags for papers. The washing machine is cold water fed which is more energy efficient. If I have reduced my carbon footprint then all the credit has to go to my wife!

Pool Bikes
Two bikes are available on the Kings Cross site and two on the Ninewells site for staff to use for work-related journeys.

The bikes are kept in a central location and can be booked out by any staff member who is competent to cycle safely on public roads.

A helmet, reflective vest, security lock and other sundries are available for use with the bikes.

For more information and booking call reception at Kings Cross x71000. For Ninewells site call Vinci Park 01382 643969.

Dundee Travel Plan
NHS Tayside is working with local councils to encourage active travel to work, provide greater sustainable travel choice for staff and reduce the number of single occupancy car journeys.

Dundee has excellent public transport facilities, extensive cycle routes and a car sharing website. Information on all these travel choices is now available at www.dundeetravelinfo.com.

This website offers:
- Bus times and maps for Dundee
- Real time information on your pc – see exactly when your bus is arriving before you even leave your desk or home
- Personalised journey plans and maps for cyclists and walkers
- Access to car sharing information – find others going your way, whether you drive or not

PRI to Ninewells hospital link
There is an hourly shuttle bus between PRI and Ninewells for NHS Tayside staff, visitors and patients.

The link ensures a much easier journey for those who need to travel between the sites, and offers a very cost effective route to work for those who live in Perthshire and work at Ninewells and people who live in or near Dundee and work at PRI.

For detailed information about the service for staff and a timetable please follow the intranet path: Staffnet Home / Newsroom / Our Staff Bulletins / Vital Signs – Issue 162 – March 2008 – Launch of PRI to Ninewells bus link
Mobile breast screening unit back in Arbroath

NHS Tayside’s Breast Screening Service returned to Arbroath with a mobile breast screening unit stationed at Morrison’s car park until September and another spending a few weeks in Stanley Street car park at the beginning of summer.

Women aged 50 to 70 receive an invitation letter to come for breast screening, with women over 70 able to request an appointment from the Screening Centre Office.

Debbie Archibald, Screening Services Manager, said, “Over the past 20 years, the National Breast Screening Programme has played an important role in the early detection of breast cancer, which often greatly improves the chances of successful treatment and recovery.”

‘Footsteps’ podiatry project comes to Angus

Podiatry services across NHS Tayside are embarking upon a new project designed to help patients with diabetes to manage their own foot care confidently and competently.

Aply named ‘footsteps’, the programme supports a more patient led approach to care and consists of education sessions, including informal group discussion and practical interaction.

Patients who are referred to the new service will be seen at Whitehills, Arbroath Infirmary and the Links Health Centre, Montrose.

New drop-in clinic at Ninewells

NHS Tayside is providing a new sexual health drop-in clinic at Ninewells, mainly aimed at the under-25s, although the services provided are open to anyone.

The clinic offers full screening for STIs, as well as advice on all methods of contraception.

Senior Health Promotion Specialist Richard McIntosh said, “This development continues to increase access to specialist sexual health services, working towards improving sexual wellbeing across Tayside.”

See and Treat Service launches in Angus

Nurses and paramedics were at Whitehills Health and Community Care Centre in Forfar to help spread the word about Angus’ new See and Treat service.

See and Treat is a new mobile two-person team, consisting of a paramedic and a specialist nurse, in a rapid response vehicle providing an additional out-of-hours service between 10pm and 8am covering the Montrose, Brechin and Forfar areas.
Tayside focus on children’s dental health

A conference focusing on the improvement of oral health in Tayside was held in Perth, bringing together all those who work and are interested in dental disease.

The event, hosted by NHS Tayside’s Directorate of Public Health, particularly concentrated on the dental health of young children and gave delegates the opportunity to discuss improvements in services and the impact of new preventative initiatives introduced over the last few years.

Martyn Merrett, Consultant in Dental Public Health, NHS Tayside, said, “Improving oral health is a priority in Tayside. There have been some major improvements in recent years and we expect to see oral health in children continuing to improve in the future.”

Perth cardiac patients get healthy living advice

Members of the PRI cardiac rehabilitation team were on hand at an open day in Perth to meet with patients, carers and families, as well as members of the public and healthcare professionals, to encourage cardiac patients to adopt and maintain a healthy lifestyle.

As well as offering visitors a chance to get information and advice on a wide variety of subjects such as diet, exercise and medication, the event included interactive workshops on Tai-Chi, Healthy Eating and Pilates.

Heartstart launches in Blairgowrie

Heartstart Discovery, a scheme which trains members of the public in CPR and basic life support skills, has launched in Blairgowrie, adding to the sessions currently held in Dundee and Montrose.

Jennifer McLaren, Senior Staff Nurse at Blairgowrie Community Hospital where the sessions are held, has been appointed as the new co-ordinator. She said, “I am absolutely delighted to be involved with Heartstart Discovery and to be able to provide this important service for the people of Blairgowrie.”

Heartstart reaches 15,000

Heartstart also reached a major milestone with the training of its 15,000th participant when co-ordinator Helen Brady visited the 46th Angus Scouts in Muirhead.

Heartstart Discovery began in 1997 and over the past 11 years it has trained thousands of ordinary people in Tayside in basic life support skills.

“We are absolutely delighted to have reached this milestone and we hope to continue to go from strength to strength,” said Helen.
Summer health

With the summer now upon us (yes, this really IS summer), NHS Tayside is offering some practical tips on how to protect your skin and stay healthy, whether you are jetting off to the sun or staying put to enjoy the Great British summer.

Sexual Health

Sexually transmitted diseases are on the increase in the UK so holidaymakers should always practice safe sex when they are away.

With the increase in people travelling abroad and more and more people taking a holiday overseas, the opportunity to meet new people when relaxed and having fun is greater. Therefore, people should protect themselves from contracting HIV or other sexually transmitted diseases and infections by using condoms.

Travel Safe messages advise travellers:
- Take condoms when travelling and use them
- Do not get a tattoo or body piercing when travelling
- If you need a blood transfusion, make sure the blood has been screened for HIV and Hepatitis
- Remember, HIV is not the only sexual infection you may be at risk from

NHS Tayside’s sexual health and wellbeing website www.sexualhealthtayside.org gives information and advice on contraception, sexually-transmitted diseases and sexual health resources for people of all ages.

Food Hygiene

We all enjoy a barbecue in the summer but raw and undercooked meat carry a high risk of food poisoning.

Food should be kept in the fridge or cool bag until they are ready to go on the barbecue and serving bowls should always be covered to protect from dirt and insects.

Always ensure that chicken, burgers, sausages and kebabs are cooked throughout, none of the meat is pink and the juices run clear.

If you’re barbecuing for lots of people, you could cook meat indoors and finish it off on the barbecue to add that summer barbecue flavour.

For more tips on food safety, the eatwell website has a helpful section on barbecues at www.eatwell.gov.uk

Sun Awareness

Exposure to UV light increases the risk of skin cancer and it also prematurely ages the skin. Young people are more vulnerable to the effects of sunlight and if children get burnt, it increases the risk of skin cancer later in life.

Skin Cancer is the most common cancer in the UK but most cases could be prevented. The number of people getting skin cancer is rising each year at an alarming rate.

In Tayside, 100 patients are affected with malignant melanomas each year and almost 30% of these patients will die from the disease. There are also a further 1200 non-malignant skin cancers removed in Tayside every year.

It’s important to look after your skin in the sun – both on holiday and here in the UK. Research has found that six out of 10 men and four out of 10 women never use sunscreen or cover-up during sunny periods in the UK. The sun doesn’t need to feel hot to damage your skin and it can be just as damaging here as it is abroad.

Keep safe in the sun and avoid sunburn by remembering the SunSmart message:

For more information check out Cancer Research UK’s SunSmart campaign website http://info.cancerresearchuk.org/healthyliving/sunsmart/
MSPs visit NHS Tayside

CRC opening

A £13 million clinical research centre was officially opened at Ninewells Hospital by Cabinet Secretary for Health and Wellbeing Nicola Sturgeon.

Ms Sturgeon also announced funding for a £1.6 million PET-CT scanner for the centre, a state-of-the-art piece of equipment which traces changes in cancer cell activity.

The centre is a joint venture between NHS Tayside and Dundee University.

HPHS launch

Public Health Minister Shona Robison visited Ninewells to launch new health promotion guidance for Scotland’s hospitals.

The Health Promoting Health Service guidance aims to encourage the NHS to treat every contact with patients as a health improvement opportunity, and to create healthier work environments for NHS staff.

NHS Tayside’s Drinks4Health initiative, which has seen sugary drinks removed from sale in Tayside hospitals, was singled out for praise by Ms Robison as a scheme which will be replicated across the country.

Hep C Action Plan launch

Ms Robison also visited Ninewells on World Hepatitis Day to launch Phase 2 of the Hepatitis C Action Plan.

More than £43 million will be used to tackle the infection over three years and will have a significant impact for those living with Hepatitis C and those at risk of becoming infected.
Dundee dental technician wins national award

Dave Hoban, dental, oral and maxillofacial laboratory service manager for NHS Tayside will be presented with the highly acclaimed Distinguished Technicians Award for 2008 at the British Orthodontic Society’s annual conference in Brighton later this year.

Dave has spent a large amount of time dedicated to the promotion of dental technology within the NHS, successfully raising the profile of technicians throughout the UK, as well as promoting and supporting training to undergraduate, postgraduate and mature technicians who are seeking to improve their skills and knowledge.

Ninewells nurse scoops Scottish dermatology title

The Barbara Page Scottish Dermatology Nurse of the Year Award was presented to lead dermatology nurse Karen Stephen.

Having been nominated by colleagues, Karen won the award for her work developing services for patients in Tayside, her support and encouragement of staff and her contribution to national dermatology groups.

Dundee CHP healthcare assistants complete niche

Six healthcare assistants from Community Nursing were the first group in Dundee CHP to complete the NICHE Programme.

NICHE is a programme for healthcare support workers which helps them to develop skills and knowledge required for working in today’s changing health care environment.

New members of staff joining NHS Tayside can now benefit from a full induction which includes health and safety legislation, infection control, manual handling, CPR and other related subjects.

The new courses are delivered by four corporate induction facilitators who have all come from jobs within NHS Tayside, bringing a wealth of experience and knowledge.

The facilitators provide induction training at Kings Cross, Ashludie, Stracathro and Perth Royal Infirmary. They can be contacted via the Learning and Development department at Ashludie.
WHAN targets future health workers

Schoolchildren across Tayside were given an insight into the range of careers available across the health services at a week-long series of events in Ninewells Hospital.

The event was organised by WHAN (Working in Health Access Network) and included representatives from accident & emergency, audiology, dental nursing, food & nutrition, occupational therapy, pharmacy, sport and exercise and the blood transfusion service.

A further event held at Dudhope Castle focused on the Allied Health Professions such as radiology, physiotherapy and speech and language therapies.

Guidance and careers staff were also targeted at an information event in Dundee University to highlight clinical and non-clinical careers within the NHS as well as expected shortages in the future NHS Tayside workforce.

NHS Tayside speakers Debbie Donald, Head of Workforce Development, Director of Nursing Professor Liz Wilson, and Acting Director of Strategic Human Resources and Workforce Development George Doherty were joined by representatives from Queen Margaret University, Edinburgh and the University of Dundee.

Supervisors Development Programme

Having ran a successful supervisors development programme last year, the Operational & Support Services Directorate was keen to continue the development opportunities for all frontline supervisors.

This year, 111 supervisors attended two-day sessions covering a range of topics including communication, motivation and performance management.

In addition, representatives from Human Resources attended all the sessions, giving advice and enabling participants to discuss work issues which might be supported through HR policies.

All of the sessions were attended by Directorate senior managers who actively participated in the sessions and took on board issues raised by supervisors.

NHS Tayside staff representatives and senior managers have signed a ‘Learning Agreement’ which sets out a framework to promote lifelong learning, giving all NHS Tayside employees access to practical learning opportunities.

For more information please contact Margaret Harper, Employee Director on 01382 424029 x71029, email margaret.harper@nhs.net or John Boland, staff side representative on 01382 496334 x36334, email john.boland@nhs.net.

Consultant honoured

Dr John R Colvin, Consultant in Anaesthesia and Intensive Care Medicine at Ninewells, was presented with the Royal College of Anaesthetists’ Humphry Davy Award, made for outstanding service to anaesthesia, critical care or pain management.

Dr Colvin is the Clinical Lead for Intensive Care Services in NHS Tayside and is chair of both Tayside and Scottish Critical Care Delivery groups, which promote and develop service and standards in Intensive Care.
Engaging with young people in Tayside

NHS Tayside provides many services targeted at young people across the region.

We are always looking at new ways of engaging and involving young people to help them influence the services that we provide. Young people are always keen to let us know what they want from their health services and we need to listen to them so we can design future services which will meet their needs.

Below are three examples of services for young people in Angus, Dundee and Perth & Kinross.

**Dundee – Pupils help bring health suite to life**

A new £420,000 community health suite, a partnership between NHS Tayside, Dundee City Council and the Community Regeneration Fund, has opened at Menzieshill High School in Dundee.

The Menzieshill High School Health Partnership is an inspiring collaboration that has seen pupils and parents work with healthcare and education staff to bring the health suite to life. The new facility provides a great opportunity to gain access to health improvement activities and promote healthier lifestyles by offering help, practical support and encouragement right in the heart of the community.

Pupils were actively involved during the development of the facility through active participation in partnership discussions and consultation.

**Angus – YouthBytes Bus just the ticket**

The Angus CHP/Integrated Community Schools Young People’s Health Worker (YPHW) Team provide confidential drop-ins and health promotion information.

Based throughout the Angus area in schools and youth community settings, the team covers a broad spectrum of young people’s health and wellbeing, including sexual health and smoking cessation, and has made approximately 6500 contacts with young people through health promotion and information sessions.

The most popular venue for young people is the YouthBytes bus, which is owned by Angus Council and run by Community Learning and Development. YouthBytes equips professionals with a mobile base to address gaps in provision and gives access to IT, cooking facilities, television, video and radio. It also provides an opportunity to engage with young people.

**Perth & Kinross – Supporting young mums**

Baby Bumps is a project which provides support, information and care for young teenage mums during their pregnancy in a community setting.

A dedicated Specialist Midwife and Public Health Link Nurse (PHLN) work in partnership with other agencies to deliver Baby Bumps on a weekly basis.

Routine antenatal checks are carried out in the community along with other services such as parent education and peer support.

This service has resulted in increasing uptake of other services such as parent education classes and exercise classes, with local records indicating a reduction in non-attendance at hospital/GP clinics.

The group has accessed literacy services, dental services, smoking cessation, welfare rights and Citizen’s Advice Bureau through direct and indirect referral from Baby Bumps.

For more information about young people and children’s health services contact:

**Angus** – Freda Stewart, Health Improvement Partnership Manager, Angus CHP, 01307 474814, freda.stewart@nhs.net

**Dundee** – Lucy Rennie, Strategy and Performance Manager, Dundee CHP, 01382 424035, lucy.rennie@nhs.net

**Perth & Kinross** – Tracy Ross, Young Peoples’ Health Team Leader, P&K CHP 01738 564274, t.ross@nhs.net
Staffnet is here

Our new Intranet, Staffnet, went live at the end of July. It is accessed by opening up Internet Explorer on your PC. You can still get the old Intranet by a link on Staffnet’s home page but this will be closed down on 1 April 2009.

The information presented in Staffnet is from the Electronic Document Store and we are able to provide ‘Google-style’ search facilities.

If you log into the site using your LDAP account username and password, you will get access to more information and functions. This includes a personal home page where you can save searches and web links, and document subscription.

If you do not have an LDAP Account, you must complete a registration form, have it signed by your line manager and then send to the Directory Services Team.

A user guide has been developed and is available on Staffnet.

For further information about Staffnet contact Lynda Long on 01382 424 076 x71076 or lynda.long@nhs.net

The Staffnet Homepage will appear as below:

Key

1 Top Navigation Bar
2 Log In section – area to enter in your LDAP username and password and login to Staffnet
3 Links to web applications and websites – including the current Intranet
4 Main Navigation Menu
5 Page footer – will show the main contact details relating to the section of Staffnet you are viewing
6 News Update – regular news update posted by NHS Tayside’s Communications Team
7 Latest News – lists the latest Vital Signs or Press Releases posted by NHS Tayside’s Communications Team
8 Features
   Newsroom – Access to all Press Cuttings, Press Releases, Staff Bulletins and spectra magazines
   Jobs – Access to all Job Adverts and supporting documents
9 Learning/e-Library – Access to the e-Library, Training Database, Course Materials and information regarding the Knowledge & Skills Framework
   Corporate & Events Diary – Access to dates for corporate events
10 Staff Noticeboard – All staff can request notices to be made available from the home page of Staffnet
Scottish Health Libraries Catalogue

NHS Tayside’s new online library catalogue is now live.

The new unified Scottish Health Libraries catalogue (SHELCAT) launched at the beginning of May 2008. It is made up of a consortium of NHS and partner libraries, and brings together the library catalogues of 42 health sites throughout Scotland with more to join at a later date.

The system allows you to search the NHS library catalogues within your local Board area or to widen your search to include the holdings of all the libraries in SHELCAT.

The Other Libraries tab on the home page will give you a quick link to the University of Dundee library catalogue.

The catalogue (www.shelcat.org) is available from any computer, anywhere. All users must complete a membership form, which can be found at your local NHS library, and should return the completed form to either the library at the Carseview Centre or the Stalker Library at Murray Royal Hospital. A library card will then be issued.

Once registered on the system you will be able to (also remember to if you are using a public PC!)

To log in, you will need your SHELCAT library card. Enter the barcode number on the back of the card, plus the PIN number supplied by your library, and click the Log On button. This will display the local Board view.

Logging on will allow you to

CHANGE your PIN to a password

SEARCH for items across the whole board or a specific library in that board or all Shelcat libraries.

CHECK your loans and RENEW your items on loan if necessary

Place HOLD REQUESTS on any item held by a library within your board area

Use the ILL REQUEST tab at the top of any page to request a journal article or a book which is within another board area or not in SHELCAT

SELF ISSUE in some unmanned libraries

For more information or for help using SHELCAT please get in touch with your NHS Tayside librarians, Kate Harrison at the Carseview Centre (01382 878736 or 58236), or Dianne Mitchell at the Stalker Library, Murray Royal Hospital (01738 62247 or 62247), or contact us on librarians.tayside@nhs.net
“That’s a big ‘un!’

Staff from Ninewells Estates Department recently took part in their annual fishing trip where they compete to make the biggest catch.

The team of 12 head to Arbroath and take a boat out into the North Sea to catch as much pollock, cod and mackerel as they can before rounding off the day with a meal and liquid refreshments at Arbroath’s Foundry Bar.

Stores Manager Jake Chalmers took home the prize for the biggest fish for the second year in a row, and also managed to pick up the prize for smallest fish caught!

Willie Rennie, who is a maintenance fitter and organises the trips, also held on to his title by bringing in the biggest catch for the second year running.

Chargehand Frank Robertson said, “As well as being a fantastic day out for us all, the outing is also a great chance for a bit of team bonding.”

Now in its seventh year, the excursion takes place each May.

Our Estates staff are also big hearted fundraisers, most recently helping to boost the charity coffers of Tayside Kidney Patients’ Association and Maggie’s Centre.

Maintenance Fitter Gary Conacher took on the almighty challenge of scaling Britain’s three highest peaks in succession in 24 hours towards the end of last year.

Embarking on the expedition alone, Gary (46) firstly climbed Scotland’s Ben Nevis (1344m) and then drove himself to England’s Lake District to scale Scafell Pike (978m), before finally making his way to Wales to finish his challenge by successfully climbing Snowdon (1085m) – all without collapsing at any point along the way!

Gary completed his challenge in an impressive 22 hours 12 minutes – which included him driving 500 miles.

“I do a lot of climbing and hill-walking and just fancied giving this a try,” he said.

“I was absolutely shattered afterwards but managed to make time for a celebratory drink once I’d finished the climb in Wales!”

Gary raised over £300 for his efforts, which is to be used towards a conservatory for the Renal Unit at Ward 22.

Electrician William Stewart also organised a Christmas party night at Dexters in Dundee for staff and their partners, raising around £330 for Maggie’s Centre.

“That was the first Christmas function we’ve had there, but we’re planning to make it an annual event to raise money for charity,” William said.

“My wife is a nurse so staff from ward 7 came along too, as well as some of those who work in the laundry department.

“It was a great get together and everyone seemed to really enjoy themselves.”
10th anniversary garden party raises funds for Crieff Hospital

A fundraising garden party held to mark the 10th anniversary of ward 1 at Crieff Hospital has raised over £3000.

Staff, patients and members of the public tried their luck on a tombola and bottle stall, with face painting for children and a strawberry tea also on offer. Entertainment was provided by the Morrison’s Academy Pipe Band.

Money raised will go towards replacing the small existing garden beside Ward 1 with a larger, specially-designed area for patients, staff and visitors to enjoy.

Diamond couples raise funds for Ninewells

Two couples recently celebrating their diamond wedding anniversaries have donated money to four Ninewells departments.

Kirriemuir couple Edward and Martha Bruce handed over a £500 cheque to the renal unit at Ninewells after raising the money at their 60th anniversary party.

The couple both started dialysis at Ninewells this year and asked friends and family to give donations instead of gifts, as a way of giving something back to the staff who have looked after them.

A further £900 was raised by Jack and Lizzie McLean from Dundee, who also asked their party guests to contribute to a charity collection instead of buying gifts.

The couple decided to split the money equally between the three departments they have had treatment in – cardiology, the stroke unit and the diabetes clinic.

Caring for Kids award for Arbroath Maternity Unit

The community maternity unit at Arbroath Infirmary has been awarded £2000 from Radio Tay’s Caring for Kids Charity to purchase a special phototherapy Biliblanket used to deliver light therapy to newborn babies with jaundice.

Jaundice is a common condition in newborn babies and the Biliblanket will enable them to receive phototherapy treatment in Arbroath, eliminating the need to be transferred to Ninewells.

Midwife Valerie Parker (pictured left), Team Leader Chris Field (centre) and midwife Susan Robertson (right) attended the award evening to receive the donation.

Community psychiatric nurse Gill Boardman, senior charge nurse Elspeth Lietchi and Dr Neil Prentice, consultant in psychiatry of old age, opened the proceedings.

Staff from Aberfeldy Cottage Hospital, along with friends and family, ran a thrift shop for a week in Aberfeldy, raising £1728 in aid of Breast Cancer Care Scotland.

Left to right: Maggie Pitcaithly, Joanne Scott, Kate Wilson, Lynn Ship and Alison Thom are pictured with the cheque.
Wedding gift for new PRI unit

A Perthshire woman donated over £900 to the new Haematology and Oncology Unit at PRI.

Diana Fertacz of Staneley, Perthshire, has been a patient at the oncology unit in Dundee for around four years and, at her recent wedding, raised £920 for the Haematology and Oncology Endowment Fund by asking for donations instead of gifts.

Senior charge nurse Susan Thompson said, “We are delighted with this generous donation from Diana and Michael. The new facilities at PRI will have a significant impact on the lives of patients living in Perth & Kinross who currently have to travel to Dundee for treatment.”

Good for the soul

More than £1200 raised at a Dundee soul music event is being donated to the Ninewells neonatal unit and Glenlaw House care home at Kings Cross in Dundee.

The Dundee Oldies Club held a northern soul dance night at The Friary, attracting around 250 people from all over Scotland and raising £1266 from ticket sales.

Organisers Kevin McCabe and Bob Caird have held several events since they started the club in 2005, with all profits going to local good causes, and this time chose to split the money equally between the two units.

Retirals

Cathy Henderson, Senior Charge Nurse at Perth Royal Infirmary, has retired after more than 45 years' service.

Cathy started work at Bridge of Earn Hospital in 1962 and has worked in various locations and departments across Tayside before taking up her existing post in the orthopaedic outpatients department in 1995.

Mr William Hadden, Lead Orthopaedic Consultant, presented Cathy with gifts and money on behalf of her colleagues.

Joan Mather, audio typist in Medicine and Cardiovascular, has retired after 33 years with NHS Tayside.

Joan joined the NHS as a shorthand typist within the main x-ray department at DRI in 1974. She then moved to work as a typist in infectious diseases before transferring to the respiratory out-patient department where she worked up to her retiral.

The picture shows Joan’s presentation with a few of her colleagues.
Forfar woman Margaret Robertson retired after three decades with the NHS.

Over the years, Margaret has worked as a community dental nurse and a clerical officer at Ravenswood in Forfar before moving to the newly-opened Whitehills Health and Community Care Centre in 2005 where she worked in Community Child Health until her retirement.

Dorothy Culloch, Administrator, Armitstead Child Development Centre, presented Margaret with a cheque, leather purse and flowers on behalf of her colleagues and friends.

Enrolled Nurse Mike Lowdon has retired after spending 36 years at Strathmartine Hospital and Bridgefoot House.

A retirement party was held for Mike where he was presented with flying lessons, a PC World card, gifts and cards by his colleagues to wish him well in his retirement.

Mike is pictured in the white shirt surrounded by his colleagues.

Consultant General Surgeon, Mr Robert Wood celebrated his retirement at Ninewells after more than 30 years’ service at the Dundee hospital.

Mr Wood helped start the breast clinic and thoracoscopic surgery, which uses one or more endoscopic instruments. He performed upper and lower gastrointestinal surgery and, for 10 years, was on the Renal Transplant Team.

Pictured is Mr Wood with his wife, recently retired immunologist Dr Elizabeth Spiers, and colleagues at his retirement presentation.

Arbroath medical secretaries Margaret Arnott and Rosemary Davidson retired after nearly 90 years of NHS service between them.

The pair are childhood friends who attended Arbroath High School before joining the outpatients department at Arbroath Infirmary, Margaret in 1960 and Rosemary two years later.

Outpatient department manager Ann Cuthill presented Margaret and Rosemary with vouchers and flowers on behalf of colleagues and friends.

Ann Cameron, assistant information manager, has retired after 36 years with the NHS.

Ann began her career on the admissions desk within PRI medical records where she achieved her IHRIM certificate and diploma, and gained promotions as records supervisor and deputy records manager. Ann then moved in to the Information Support Team, where she worked as assistant information manager until retirement.

Ann’s colleagues and friends wished her well in her retirement at a dinner held at Queens Hotel, Perth.

Charge nurse Marie Hebden celebrated her retirement at Ninewells Hospital after more than 40 years’ service with NHS Tayside.

After leaving school Marie was too young to start nurse training so she began her nursing career at Dundee Women’s Hospital at Elliot Road in 1965 before starting her training at DRI in 1966.

During her career, Marie has worked in dermatology at DRI, and general surgery, breast care and surgical outpatients at Ninewells.

Mr Douglas Brown, Consultant Surgeon, presented Marie with a gift on behalf of all her colleagues. Marie also received a gold watch and vouchers in recognition of her long service.

Picture courtesy of the Courier, Dundee.