inside this issue:
• School pupils cook up healthy recipes
• NHS Tayside Annual Review
• Flu vaccinations for staff
Welcome to the new look spectra.

As you’ll notice as you read this latest issue, we have made a few changes to your magazine.

In an effort to pack in even more from right across Tayside we have included local news round-ups from Angus, Dundee and Perth & Kinross in our News2U section. We really do value all the contributions we receive from members of staff from all corners of Tayside so please let us know what’s happening in your neck of the woods.

We also really appreciate your feedback on what’s in spectra. We know from what you’ve told us that you really like to read other people’s opinions on topical issues in our voxpop section and you also like our features. If you have a suggestion for a future voxpop topic or feature or if you’d like us to highlight your department, please let us know (contact details below).

In this issue:

- We are asking staff if they think Scotland should have its own digital TV channel and, if so, what programmes should it show.
- We’re also reminding staff that they can have a free flu vaccination at one of our special staff clinic sessions.
- There are photos from NHS Tayside’s first Patient Safety Awareness Week and features showcasing visits to Tayside by Cabinet Secretary for Health and Wellbeing Nicola Sturgeon. She officially opened the new Pitlochry Community Hospital and also oversaw proceedings at NHS Tayside’s Annual Review at Ninewells.

Spectra has also teamed up with TREATS and each edition will now include a four-page pull-out with all the latest news and staff offers from TREATS.

Happy Reading!

Dear spectra readers,

spectra editorial team

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news2u
Armitstead opens its doors at Kings Cross

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How to create weblinks in your personal portal

check it out
Ward 1 scores big cash donation

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Farewell to our colleagues

cover story
School pupils cook up healthy recipes

Well, we’d like to hear about what you and your department are doing. Maybe you’re just starting out on a new project or you’re welcoming a new member of staff. You and your colleagues may be organising an open day or a fundraiser. Whatever you’d like to share across NHS Tayside, just let us know.

We also welcome your views and opinions so if there’s something you’d like to get off your chest or a topic you’d like to debate with colleagues, get in touch.

Please send items for the next edition of spectra, issue 39 to the editorial team by Tuesday, 4 November. The deadlines for future editions of spectra are as follows:
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Views expressed by contributors are their own and do not necessarily reflect those of the editorial team.
Armitstead opens its doors at Kings Cross

The new Armitstead Child Development Centre has opened its doors on the Kings Cross Hospital site.

The new environment will match the exceptional level of care consistently delivered to severely disabled pre-school children at the old Armitstead building in Broughty Ferry, which had been identified as unfit for purpose.

The replacement centre has nursery accommodation where young children will get day care and there are separate therapy and consulting areas, including facilities for occupational therapy, physiotherapy, speech and language therapy and nursing.

Centre co-ordinator Kerrie Howe was enthusiastic about the future. “I envisage that this is going to be a place where children and families and staff are going to love to come to,” she said.

Call for volunteers

The Complementary Therapy Service at Roxburgh House and Macmillan Day Care has been providing a range of therapies to patients and their carers for a number of years now.

Although some staff practise therapies, the majority of the complementary therapies are administered by a dedicated team of 14 volunteer therapists.

The therapies on offer at present are Acupuncture, Hand and Nail Care, Hand and Foot Massage, Hypnotherapy, Red Cross Massage, Reflexology and Reiki.

The service is looking to build on this by recruiting qualified therapists who practice Beauty Therapy, Aromatherapy, Therapeutic Massage or Tai Chi and can offer a few hours of their time weekly or monthly. Therapists would also be required to have their own insurance.

Anyone who is interested in finding out more can contact Ruth Toy, Complementary Therapy Co-ordinator on 01382 423156 or email ruth.toy@nhs.net

Diabetic services under the spotlight

The range of diabetic services available across Angus was put under the spotlight at an information day in Forfar.

People living with diabetes, or who know someone who is, were encouraged to come along to the Reid Hall to find out more about help on offer.

During the day, which was hosted by Angus CHP, the latest advice and information on diabetic health care issues was available, including health improvement, nutrition and dietetics and the diabetic retinopathy screening service.

Visitors were also able to take part in a series of workshops and watch demonstrations in yoga, jazzercise and homeopathy.
Clinical Skills Centre welcomes Minister for Public Health

Minister for Public Health Shona Robison toured the Clinical Skills Centre at Ninewells Hospital where healthcare students bridge the gap between theory and practice using simulation.

The Clinical Skills Centre is a purpose-built facility where students and healthcare staff from all professional groups can learn together in safe yet realistic healthcare settings ensuring they have the skills for clinical practice.

Ms Robison was given a demonstration of how students practice taking blood by using simulated, mechanical arms, a live link to a ward and a hand hygiene workshop.

The Clinical Skills Centre works closely in partnership with NHS Tayside, NHS Education for Scotland and the local community.

Equality and Diversity Development Event

A development event was held at Kings Cross to raise awareness of the work of NHS Tayside’s Equality & Diversity Steering Group.

Nearly 30 people participated including representatives from Community Health Partnerships, Public Health, Nursing and A&E.

Associate Director for Workforce, Janice Torbet, said, “The Equality and Diversity Steering Group is committed to heightening awareness, influencing, informing and promoting the overall equality and diversity agenda across NHS Tayside.

“A healthy turnout for this event demonstrates dedication to shaping the way forward for equality and diversity.”

For more information visit the NHS Tayside website www.nhstayside.scot.nhs.uk and choose ‘Your Rights’ then ‘Equality & Diversity’.

news in brief

Arbroath CMU marks 100 births

An Arbroath couple’s special delivery at the town’s maternity unit marked the 100th birth at the hospital this year. Proud parents Tracey and Michael Paterson welcomed their baby daughter Scarlett into the world at the community maternity unit in July. Chris Field, team leader and midwife at the maternity unit, added, “At this time last year we had 78 births at the unit and it’s wonderful to have reached the 100th baby at Arbroath already.”

Stracathro nurse sends football kits to Malawi

Ken Shaw, Theatre Charge Nurse at Stracathro Hospital and Royal College of Nursing (RCN) member in Dundee, recently helped organise the donation of 600 Brechin Football Club strips to children in Malawi, as part of the RCN's work in the African country.

Ward manager picks up poster prize

Angus ward manager Susan Hamill’s poster picked up second prize at the Celebrating 60 Years of Nursing Success conference held recently in Dundee. Susan’s poster illustrated the Strathmore Hospice, a four-bed hospice at Whitehills Health and Community Care Centre in Forfar.

Diabetes service rolls out in Angus

People in Angus newly-diagnosed with Type 2 diabetes will have the opportunity to join a local diabetes education group to find out more about what they can do to live well. The Tayside Diabetes Education Programme (TDEP) has run in parts of Angus for a number of years as part of a Tayside-wide programme and has now rolled out across the region, being delivered at Forfar, Montrose and Arbroath.
Medical History Museum

Dr David Kinloch,
Royal Mediciner

Those of you attending meetings in the Boardroom at Ninewells will have noticed that proceedings are now overseen by portraits of two notable Royal Physicians.

One of these is Sir Ian Hill of unipolar ECG fame, subject of the ‘Museum piece’ in the previous edition of Spectra. The other is of Dr David Kinloch, Mediciner to James VI, and the oldest painting in the University collection (1614). A painted copy of this portrait is also on display in the corridor outside Wards 3 and 4 in Ninewells.

Kinloch was born in Dundee in 1559 into a well-established family of merchants and traders, matriculated at St Andrews and graduated MD in Paris, or possibly Rheims. He apparently achieved some distinction on the continent, but had the misfortune, on being accused of Lutheran heresy, to be imprisoned by the Catholic-enforcing Spanish Inquisition, where he remained incarcerated for six years. Family legend has it that he was released after curing the Grand Inquisitor who had lain ‘dying of a strange fever’, but there is no proof of this.

Ten years ago, my predecessor as Museum Curator Laura Adam set out with a Spanish medical student to find out the true story of Kinloch’s imprisonment and went on to unravel an epic story of betrayal, religious conversions, romance, torture and accusations of spying – you can read all about it in The Innes Review 2002 vol 53, 1-39.

Escaping from the clutches of the Inquisition, Kinloch is best remembered for his Latin verse which gave the first account of obstetric practice in Scotland.

In Dundee City Centre, you can see his tomb in the Howff cemetery, and also a statue outside the Albert Institute of the best-known of his descendants George Kinloch, Dundee’s Radical Laird who had presided over a public meeting of the inhabitants of Dundee held to protest the Peterloo massacre of 1819 and who was elected as the first MP for the new constituency of Dundee created by the parliamentary reform bill of 1832… hence Reform Street.

Dr Graham Lowe

Midwives honoured for 40 years’ service

Three midwives with a combined length of service of 120 years recently had their work honoured with 40 year service awards.

Elizabeth (Denise) Edie, Helen Brown and Elizabeth Ross were presented with gold watches and vouchers to mark their achievements by Professor Stewart Forsyth, Medical Director, Single Delivery Unit.

The three midwives started their NHS careers in 1968 in different Scottish cities – Denise in Dundee, Helen in Glasgow and Elizabeth in Edinburgh – and now all work in the maternity department at Ninewells Hospital.
'Moving On' event
A Dundee project working to help carers back into employment hosted an information and advice event at Ninewells Hospital recently. Research has found that one in eight of the working population has a carer role at home, while one in three carers would welcome being able to return to paid employment if circumstances allowed. The ‘Moving On’ project provides carers with information on flexible working as well as training, education and employment opportunities. For more information contact Heather Gouck at Dundee Voluntary Action on 01382 305702 or visit www.d-v-a.org.uk

Making Ninewells safer
Increased security and crime prevention measures introduced at Ninewells have seen a 20% reduction in the number of offences committed this year, with reports of thefts falling by around 50%. Ninewells Site Manager Brian Main said that anyone foolish enough to commit a crime within the hospital grounds should know that the CCTV cameras are most definitely watching. Staff, patients and visitors are reminded not to give thieves the opportunity by making sure they keep their valuables with them at all times.

Dental Training Accreditation
Dundee Dental Hospital's full-time dental nurse training course has been awarded accreditation by the National Examining Board for Dental Nurses for the next three years. The auditors' conclusions were that this is a well organised course run in a very well equipped hospital. The teaching staff were seen to be well qualified, experienced and enthusiastic whilst the students seemed entirely satisfied with their training.

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Pitlochry Community Hospital officially opens

Pitlochry’s state-of-the-art community hospital was officially opened by Health Secretary Nicola Sturgeon.

The Cabinet Secretary hailed the £7 million development – which combines the new Pitlochry Community Hospital, a GP surgery and council social work department – as an excellent example of integrated community healthcare.

The facility creates a ‘one-stop shop’ for healthcare in Highland Perthshire in a patient-friendly environment which makes use of the latest technology.
High breastfeeding rates in Perth & Kinross
Breastfeeding rates in Perth & Kinross are continuing to climb with 37.1% of mums in the area exclusively breastfeeding their babies at 6-8 weeks, the highest exclusive breastfeeding rate in Scotland. 48.3% of mums in the area combine breastfeeding with bottle/formula feeding at 6-8 weeks which also continues to be a growing trend.

P&K care home pilot a success
The Tayside Care Home 10-month pilot in Perth & Kinross, which set out to improve pharmaceutical care within care homes, has been heralded a success with substantial improvements in the health of patients.

Anti-coagulant clinic set to continue
A new clinic set up at Perth Royal Infirmary to care for patients prone to blood clots is set to continue following a highly successful pilot. The anti-coagulant clinic offers patients drugs and therapy to slow the blood clotting process, providing safe, effective and efficient management of anti-coagulant therapy for around 25 to 30 patients a month.

CHP meets waiting times targets
Perth & Kinross CHP has achieved major success in meeting the government target of no patients awaiting discharge from hospital for longer than six weeks.

Palliative care services to be redesigned
A joint strategy by Perth & Kinross CHP and Perth & Kinross Council was approved at the last CHP committee meeting. It sets out how palliative care services are being redesigned to meet the future need of the population.
Before the formal review in the Ian Low Centre, Ms Sturgeon took part in a seminar with healthcare and voluntary workers and a tour of the Accident & Emergency Department to see how staff in Tayside are helping to tackle local alcohol misuse problems.

During the public meeting, the Cabinet Secretary praised NHS Tayside’s performance over the past year. She was particularly encouraged by the fact that the health board is meeting many of the targets on hospital waiting times and was one of the boards that met the 62-day cancer waiting time target in the first quarter of the year.
Dr Peter Rice (left) and Dr John Dillon explain the effects of alcohol disease.
Does Scotland need its own TV channel?

Following an investigation into the way the television industry is run, the Scottish Broadcasting Commission has called for a new Scottish digital channel and more Scottish content on the existing channels. The proposed changes have been welcomed by the Scottish Government and many in the television industry but have raised the questions of where the money for a new channel will come from and who will produce the programmes.

spectra asked our readers if they would like a dedicated Scottish channel and what programmes they would like to see on it.

**Louise Crowe**  
Dental Nurse  
Community Dental, Kings Cross

Do you think Scotland should have its own TV channel?  
Definitely! I think it’s a really good idea to have our own channel in Scotland.

If it goes ahead, what would you like to see on it?  
I would like to see lots of good Scottish programmes. Old favourites such as Rab C Nesbitt, Still Game and Taggart – “Thurs been a murder”. I never get bored of them!

**Ann Edwards**  
Community Dental Officer  
Community Dental, Kings Cross

Do you think Scotland should have its own TV channel?  
Yes there should be a Scottish channel. This would give the Scottish television industry the opportunity to showcase our new talent.

If it goes ahead, what would you like to see on it?  
I would like to see a mixture of old classic Scottish programmes like Taggart and some new Scottish drama.

**Paul May**  
Catering Assistant  
Catering Services, Ninewells

Do you think Scotland should have its own TV channel?  
Yes I think Scotland should have its own TV channel as there are too many programmes on TV just now that are not relevant to Scotland.

If it goes ahead, what would you like to see on it?  
I would like to see more Scottish politics broadcasting from Holyrood. More programmes about Scottish history and culture. If we had our own TV channel we would perhaps get to see more Scottish sports.

**Anna Maria Kaczmarek**  
Public Health Officer  
Directorate of Public Health / Angus CHP

Do you think Scotland should have its own TV channel?  
I would see many benefits of establishing a separate Scottish channel. It’s important for me personally to develop my own knowledge of the Scottish culture and values in order to be a sensitive and responsive resident of Scotland. A dedicated TV channel celebrating Scottish culture and traditions would enhance people’s knowledge of Scottish history and culture.

If it goes ahead, what would you like to see on it?  
A Scottish news programme would give us regular insight into issues which affect us all and keep us up to date with current developments in the political arena.

A Scottish TV channel would also present a great opportunity to promote a culture of healthy living in Scotland and to provide good role models and, therefore, could become a powerful tool to tackle health inequalities and improve public health.
Peter Taylor
Assistant Support Services Manager
Operational Services, Ninewells

Do you think Scotland should have its own TV channel? Why/why not?

Definitely, it would be a good way to highlight local news and events in and around Scotland because if you don’t buy the local papers you can often miss these things. Things like the Highland Games which don’t get much coverage would be good to see.

If it goes ahead, what would you like to see on it?

I’d like to see a mixture of local news and Scottish entertainment/drama programmes. This would help build up the television industry in Scotland and generate money for our economy as well as providing us with local programmes.

Tia Dixon
Occupational Therapist
Perth Royal Infirmary

Do you think Scotland should have its own TV channel?

I think this is a very good idea in theory as there are not enough regional programmes on TV. However, I’m not sure if people would think of this as a priority for taxpayers’ money at the moment. If it is going to be too expensive then I think it would be better to try and produce more regional content for the existing channels.

If it goes ahead, what would you like to see on it?

A broad mix of documentaries, current affairs and general entertainment programmes, focusing on topics which are of interest and relevance to Scottish people.

Lynda Sangster
Function Supervisor
Catering Services, Ninewells

Do you think Scotland should have its own TV channel?

Yes I think Scotland should have its own TV channel as the majority of programmes are English. As we are in Scotland we should have more Scottish programmes.

If it goes ahead, what would you like to see on it?

I would like to see more creative family programmes and more dramas or real life stories. No more soaps or reality shows though as you can’t move on the other channels for these.

Margaret Winton,
Senior Health Promotion Officer
Directorate of Public Health, Angus CHP, P&K CHP

Do you think Scotland should have its own TV channel? Why/why not?

No I don’t. Whenever I switch on the box there’s little that interests me. Still Game is quite good but my kids would rather go to second hand shops to buy Dad’s Army and Only Fools and Horses videos. Most Scottish programmes make me cringe and don’t always put Scotland in a very good light. If national and international TV is not managing to hit the mark with me I doubt a Scottish channel will.

If it goes ahead, what would you like to see on it?

More creative family programmes and more dramas or real life stories. No more soaps or reality shows though as you can’t move on the other channels for these.

Ronnie Stewart
Assistant Portering Manager
Operational Services, Ninewells

Do you think Scotland should have its own TV channel?

Yes there should be a Scottish TV channel as it would make people in Scotland more aware of what’s happening in their own country. It would also go a long way towards securing independence as it would help people see Scotland as its own country.

If it goes ahead, what would you like to see on it?

I would like to see a lot more Scottish news. There’s not enough Scottish material on the BBC or ITV news, it’s mostly English or world news.
Promoting awareness of sexual health

NHS Tayside marked National Sexual Health Week with the launch of a month-long campaign to raise awareness of the human papillomavirus (HPV) vaccine.

The Corner health and information project aimed to promote awareness of the HPV vaccine to 12-17 year-old females, as well as enhancing knowledge and awareness of cervical screening in 18-25 year-olds and the importance this programme has towards reducing the incidence of cervical cancer.

There was a colourful window display, information boards and leaflets, a quiz and a CD-ROM programme which young people were able to access on the computers at the centre. A sexual health nurse was also available through The Corner’s drop-in service.

- NHS Tayside also launched its new-look sexual health website to coincide with National Sexual Health Week.

The Sexual Health and Wellbeing website (www.sexualhealthtayside.org) has had over one million hits since it was first launched last year and it now aims to meet the needs of health professionals across Tayside with a new section on ‘sexual health protocol’.

Record number of visitors to Health Shop

Nearly 25,000 people visited the Health Shop at Ninewells to receive information on making healthy lifestyle choices over the past year – an increase of 25% on the year before.

The Health Shop opened its doors in the East Block of Ninewells in 1995 and saw 4700 callers in its first year.

At the beginning of last year, the Health Shop re-located to a new, more central position on the main concourse with extended opening hours of 10am to 4pm. The more spacious premises also house the Smoking Cessation Project, Sun Awareness Campaign and the Heartstart Discovery project.

Sun awareness campaign ‘kicks off’

In partnership with NHS Tayside and NHS Fife, Dundee United hosted a youth football tournament aimed at raising sun awareness amongst young people.

NHS Tayside and NHS Fife are working together with the aim of bringing about a reduction in the number of cases of skin cancer and young people have been identified as the target group for raising awareness.

The Under-15 youth tournament featured teams from Dundee United, Aberdeen, Hibs and Hearts and was held in memory of Alan Clarke, a young Dundee United supported who died earlier this year from skin cancer.

Montrose mothers mark World Breastfeeding Week

A regular get-together for mothers and their babies at Montrose Maternity Unit, where they share their experiences of breastfeeding, offer mutual support and seek advice, recently coincided with World Breastfeeding Week, giving the unit the perfect opportunity to promote the benefits of nursing a baby, and the work of the meetings.

- Midwives at the award-winning unit are also giving pregnant women the opportunity to enjoy a healthier pregnancy and birth through weekly relaxation sessions.

Midwifery team leader Phyllis Winters explains, “Pregnancy is a good time to think about how you could relax, unwind and generally take it easy, because stress, tension and anxiety can have adverse effects, not only on the pregnant woman, but on the growing baby.”*

*Picture courtesy of The Courier, Dundee
School pupils cook up healthy recipes

Primary school pupils from across Tayside were at Dundee Flower and Food Festival to take part in a healthy cooking demonstration. NHS Tayside’s annual ‘Desperate Danwich’ competition saw around 180 Primary 5 pupils from schools across the region create recipes for a healthy sandwich for cartoon character Desperate Dan.

The pupils were encouraged to use ingredients such as salad, vegetables, fruit and different kinds of bread with the recipes being judged by an expert panel.

The best entrants were invited to the Festival to prepare their sandwiches in the demonstration kitchen in front of a live audience.

Dundee men get cooking

A cooking course for men, supported by Dundee Healthy Living Initiative, has taken place at Douglas Community Centre in Dundee.

During the six-week course, participants learned about healthier eating and had the chance to cook a new meal each week.

NHS Tayside community health nurse Theresa Henry said, “These courses are really enjoyable. The cooking sessions demonstrate the way to cook healthy food with reduced fat, sugar and salt content.

“The participants prepare, cook and then sit down together and eat their culinary creations.”

Healthy Working Lives - Smoking Cessation Sessions

Want to quit smoking?

Free support groups are available to NHS Staff. Friendly support is offered by trained smoking cessation facilitators over five weekly sessions.

Sessions held at Ninewells Hospital, Stracathro Hospital and Perth Royal Infirmary (minimum numbers permitting).

If you are interested or would like further information please contact the Healthy Working Lives team on 01382 424057 (ext 71057).
Influenza vaccination for staff

In order to protect you from flu this winter, NHS Tayside is offering flu vaccinations to all staff who are not currently offered the vaccine through their GP surgery. Having your free flu jab will only take a few minutes and will help to protect yourself, your family, patients and colleagues from flu.

What is flu?
Influenza (flu) is a highly infectious viral infection. Symptoms are fever, chills, headache, muscle pain, exhaustion, a dry cough and a sore throat. It can also cause serious complications such as pneumonia. Older people and those debilitated by chronic disease, anaemia, and immunosuppression are at particular risk, but complications can occur at any age.

How is flu spread?
Influenza is easily passed from person-to-person. The virus is spread by droplets generated by the coughing and sneezing of already infected persons.

Why should healthcare personnel get vaccinated?
Influenza immunisation is highly effective in preventing influenza in working-age adults. Influenza immunisation of staff may reduce the transmission of influenza to vulnerable patients, some of whom may have impaired immunity and thus reduced protection from any influenza vaccine they have received themselves.

Are you over 65 or have a long term medical condition?
Staff who are over 65 or have long term medical conditions are much more vulnerable to flu. Your GP practice will be able to advise you whether you will automatically be sent an appointment pursuant to their local arrangements. If you have any of the long term conditions highlighted in the leaflet ‘Over 65 or in a Risk Group?’ you are encouraged to attend your GP appointment.

What is the vaccine?
Flu vaccine is made up of three inactivated forms of the flu virus. Flu vaccine protects against those types of flu virus that you are most likely to come across each winter. A different strain of flu virus circulates each winter, so a new vaccine has to be produced each year. The vaccine protects against flu but not against other viruses or respiratory infections such as the common cold.

Can the flu vaccine cause flu?
The viruses in the vaccine are inactivated and cannot cause flu. Some people may experience mild flu-like symptoms for up to 48 hours as their immune system responds to the vaccine.

How long does the protection last?
It takes about 10 to 14 days for the vaccine to work and for antibodies to reach protective levels. After this, protection lasts for about one year.

The dates for staff vaccination sessions will be published in a special edition of Vital Signs and on Staffnet during October.

Information on flu and the national Scottish flu programme is available in English and a number of other languages. Go to www.infoscotland.com/flu

Myth: The flu vaccine gives you flu.
Fact: The flu vaccine doesn’t contain any live virus, so it can’t cause flu.

Myth: Flu is only dangerous for old people.
Fact: Flu is a highly infectious virus which can lead to serious illness among people of any age who have a long-term medical condition.

Myth: If you are generally fit and healthy you don’t need the flu vaccine.
Fact: Even if you are feeling fit and healthy, if you suffer from a chronic medical condition such as asthma or diabetes, you are at risk of developing further complications as a result of flu.

Myth: The flu vaccine contains mercury, which is harmful.
Fact: There is no mercury in any of the flu vaccines used in Scotland.

Comments from NHS Tayside staff about flu vaccination last year

“Liked the fact that there were several dates to choose from and was available at own work base”
“Excellent service, very worthwhile & convenient”
“felt familiar with environment & staff”
“Fast service & informative”
“The Nurses delivering this service were excellent”
“I would have no hesitation in coming here again”
“Recommend all staff to have it done”
“It’s very handy to get it done at work”

Common misconceptions and quick facts

NHS Tayside Chief Executive Professor Tony Wells getting his flu jab last year
That is the mantra of the Angus CHP/Integrated Community Schools Young People’s Health Worker (YPHW) Team, a group of NHS nursing, nursing support and administration staff which aims to address the health issues and related problems that young people face in an innovative way.

Based throughout the Angus area in schools and youth community settings, the YPHWs provide Drop-Ins, health promotion and information as well as one-to-one work. Young people can access this service without an appointment and be seen in confidence, which is vitally important to young people, by a qualified nurse to discuss any physical or emotional health related concerns.

The most popular venue is the YouthBytes Bus which is owned by Angus Council and run by Community Learning and Development. YouthBytes provides access to ICT, cooking facilities, television, video and radio but most importantly an opportunity to engage with young people.

As well as YouthBytes, community venues are used to provide Drop-Ins, for example, Number 1 for Youth and The Pitstop in Forfar, The Attic in Brechin and The Wharncliffe in Newtyle.

The team also works extensively in partnership including working in secondary schools within the curriculum to deliver sessions including sexual health and wellbeing, smoking awareness, diet and mental health. In total the team have made approximately 6500 contacts with young people.

One successful initiative has been “Be Well, Stay Well, Do Well”. This is a multi-agency, pupil-led, whole-school approach to improving positive mental health. As well as equipping young people with coping skills, the initiative has led to better pupil integration within school and enhanced relationships with staff.

Throughout all their work the most important thing to the YPHW Team are the young people themselves. The team try to engage, consult and champion the perspective, beliefs and rights of young people at all levels as sometimes these can be misunderstood and misinterpreted. This is balanced by working to help young people to understand that along with rights come responsibilities.

For the team this means ‘happy and healthy young people’!
The NHS Tayside Work-Life Balance Policy Group held a successful development day where staff and staff-side reps drew on their experiences, knowledge and skills to help identify how best to take the work-life balance priority forward within NHS Tayside.

NHS Tayside is committed to placing Work-Life Balance at the heart of the workforce development agenda. It is intent on making a difference where it really matters – ensuring employee capability and enhancement of service-delivery. This can only be achieved by establishing an environment and culture that promotes flexibility, and by creating a climate in which the individual employee is valued and empowered, and respecting their needs.

Guest speakers included Claire Brennan from the Staff Governance Unit at NHS Scotland and Dr Alastair Leckie, Director of Occupational Health and Safety Services (OHSAS).

Participants at the event made recommendations based on key priorities for implementation of the Work-Life Balance agenda, and the identification of any issues regarding implementation of the Work-Life Balance Policy and providing solutions. NHS Tayside will now further develop and enhance its Work-Life Balance policies with input and commitment from our staff and other relevant stakeholders.

The Clinical Skills Centre (CSC) is developing ward simulation exercises to support nurses and midwives undertaking the Flying Start programme.

The CSC hosted two open days recently for newly qualified nurses and midwives to discover the benefits of ward simulation exercises and to enhance their interpersonal and clinical skills.

Attendees were given a guided tour of the simulated ward, where they were able to talk to ‘patients’, see a demonstration of a medium fidelity simulator called SimMan and visit the control room where they could observe proceedings.

In addition they received feedback critiquing their participation which will provide evidence for their Flying Start portfolio and link in with KSF.

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### Return to Work Course

T he OHSAS Manual Handling Team has introduced a six-month pilot ‘Return to Work’ training programme designed specifically for employees who are returning to work following maternity leave or sickness absence due to musculoskeletal injury/problems.

The aim of the course is to provide staff with manual handling guidance to aid their return to the workplace and will be delivered one day per month at the Training Centre, Kings Cross.

For further information regarding the course, please contact Donna Luke, Acting Musculoskeletal Team Leader, OHSAS on 01592 640707 x238 or d.luke@nhs.net

Managers should ensure that all employees returning to work after maternity leave or sickness absence due to musculoskeletal injury/problems are booked on one of the following sessions as soon as possible.

<table>
<thead>
<tr>
<th>Day</th>
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<tr>
<td>Tuesday</td>
<td>14 October 2008</td>
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<tr>
<td>Wednesday</td>
<td>12 November 2008</td>
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<td>Monday</td>
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Clinical Staff: 9.15 – 4.30, Non-Clinical Staff: 9.15 – 12.15

### An introduction to palliative care

A new project is making Tayside staff more aware of all aspects of general palliative care and the services that are there to support patients and carers.

A two-day course has been developed as part of Marie Curie Delivering Choice Programme in Tayside to train people to deliver a one day workshop “Introduction to Palliative Care” in their own area - Angus, Dundee or Perth.

The initial training allows people to develop knowledge, skills and confidence to help all current and potential staff in Tayside understand more about what palliative care is, when people need it, and what local services are available to help.

Eight study days have been delivered by the trainers with over 130 people attending from across Tayside.

This project is very much a partnership approach involving the Marie Curie Delivering Choice Programme in Tayside, Angus College, Angus Social Work department and specialist palliative care staff from NHS Tayside.
A series of roadshows for Patient Safety Awareness Week has taken place in NHS Tayside allowing staff to share in the pioneering work which is ongoing across the region.

Participants heard the personal stories of how local staff have transformed patient care in their wards and departments with innovative changes to the way they work.

The roadshow kicked off at Perth Royal Infirmary, where staff were joined by a 50-strong group of Danish delegates on a fact-finding visit to NHS Tayside, before moving on to Stracathro and Ninewells.

The groundbreaking Scottish Patient Safety Programme, launched at Dundee’s Ninewells Hospital last year, builds on the extremely valuable work already undertaken in Tayside during its three-year pilot of the UK Safer Patients Initiative (SPI).
Nicola Owen, Committee Support Officer in the Chief Executive’s Department, tells spectra about her days as an Aircraft Mechanic in the Royal Navy and why women should always be careful when wearing a bikini in the sea!

Name, designation and dept
Nicola Owen (posh Sunday name – usually known as Nicki), Committee Support Officer, Chief Executive’s Department

Personal history (an outline of yourself and how you came to be in this job…)
Rather like the United Nations in my house, my husband is Welsh, I was born on an RAF Base that no longer exists, my son was born in England and my daughter appeared in Dundee. I spent many years in the Royal Navy as an Aircraft Mechanic (yes you did read that right). I worked on Squadrons of Sea Harriers (like the Harrier Jump Jet but modified for Sea) as an electrical and weapons engineer, which meant I got to play with wiggles (electrics) and big guns. Great fun! I was one of the first groups of females to stand guard at a Naval Base fully armed and one of the first 100 women to join HMS Ark Royal and go to sea.

So how did I join the NHS? I moved from England to Scotland with the family and was working on the dark side of life (secretary in legal firms). Decided I had had enough of that and was offered a temporary post with NHS Tayside for two weeks to cover annual leave and ended up staying. Been here a year now and I have to say I do enjoy my job.

Like(s) about current job
Variety – you never know what is going to land on your plate.

Dislike about current job
Nothing really – I’m a bit too cheery to let anything bother me for long.

Most unusual thing asked to do at work
In a previous job my boss used to cut his toenails at his desk and I had to clear his desk every night after he left (yeuch).

I was also asked to fill in an insurance claim for a break-in at my boss’s house while his wife was giving me the list of things stolen over the phone!

Achievement most proud of
I organised a champagne reception for 450 Naval Officers to unveil a portrait of an Admiral. Have you ever tried to get cash out of Senior Naval Officers? We had to call in the exterminators after to kill all the moths!

Favourite writer
Patricia Cornwall – The Kay Scarpetta series. Excellent insight into murder!! (I have a warped mind – my husband sleeps with one eye open!)

Favourite music
70’s – Ozzy Osborne, Lynyrd Skynyrd, Led Zeppelin, ACDC – yes I was a head banger.

Favourite meal
Anything I don’t cook, the kids are always moaning about my cooking.

Most like to have dinner with
Either the All Black 15’s or Chelsea 11. I have already had dinner with one of this lot but could never divulge those kinds of secrets!! You never know, I may get the chance again.

Favourite word
Not a word but a saying – “my head is like a bucket of frogs” – basically don’t bother to ask anything, because you won’t get a decent reply (and it’s nothing to do with having a hangover)!

Top frustrations
Rudeness – there is no need for it.

Drivers wearing hats and driving gloves (what is that about?) – you know you will get stuck behind them on a country lane doing 15 miles an hour.

Most embarrassing moment
In the Navy there were a few as you can imagine but one that stands out was losing my bikini top in a large wave in the Bahamas with half the ship’s company watching!

Irritating habit
Being the new Mary Poppins – practically perfect in every way!

Do better than anyone else
I would say organising big events and the ability to sort it out.

3 wishes
That no-one ever forgets the sacrifices made by everyone in the armed forces.

For people to be nice to each other, it’s not rocket science, a please and thank you go a long way.

A Chanel shoe shop in Dundee instead of me having to go to Paris to get my fave shoes.

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New NHS Mail platform

NHS Tayside will be moving to a new platform – Microsoft Exchange 2007 – Outlook Web Access in spring 2009. The official date will be announced soon via Staffnet and Vital Signs.

If your mailbox is over or nearing quota it’s vital that you address this issue. If your mailbox is over quota at 8pm on the Friday of NHS Tayside’s scheduled migration it WILL NOT be moved to the new service and will be inaccessible until the end of the entire national phased migration period. This will be extremely inconvenient and so to avoid this situation action must be taken now.

All staff are entitled to have an email account. Go to www.nhs.net and click Register Here.

**How to turn on your SPAM email filter**

NHS Net has a facility to add a Junk Mail filter to an account which you can set up by following these steps:

1. Click on Mail Options then Advanced Options.
2. Select the Junk Mail tab, then Junk Mail Filter. Choose the filter “Normal (only Junk Mail gets this filter action)” then click save
3. If you have any problems please contact: Directory Services on 01382 537719

**How to Create Website Links in your Staffnet Personal Portal**

1. Log in to Staffnet and click the Save a Website button on the right of the page.
2. A pop up prompt box will appear for you to enter the address of the website you wish to create the link to.
3. You will then be asked to enter a title for your web link, then click OK, which will save the link to your personal portal.
4. Your link will be saved to your Personal Portal area, as in the example shown.
Charity leap for CBIR

Brechin woman, Nicola Keatley presented a cheque for £910 to the Centre for Brain Injury Rehabilitation (CBIR) at Royal Victoria Hospital after taking part in a sponsored parachute jump.

Nicola was a patient at the CBIR nearly 10 years ago after she sustained a brain injury in a road traffic accident, and this is the second time she has fundraised for the centre.

Staff Nurse Denise Brady, Charge Nurse Maureen Hutton, Nicola Keatley and Physiotherapist Lesley Scobie.

Ward 1 scores big cash donation

Over £1000 raised in memory of a Dundee man has been donated to ward 1 at Ninewells.

Paul Blair lost his life at the age of only 42 earlier this year when he suffered a heart attack.

Paul played football for Forfar West End and Whitfield over an 11-year period and his close friend Matt Morgan organised a charity match between the teams in his memory.

Proceeds from a bingo night, also organised by Matt, brought the total raised to £1080.

Biking challenge raises cash for haematology

A patient of Ninewells haematology ward said a huge thank you to staff when he presented them with a cheque for £1000.

Over the past year, Ian McDowell has been receiving chemotherapy treatment for Non-Hodgkin lymphoma and Ian’s son-in-law Stuart Boan decided to raise some money for the ward and its staff by competing in a 10-hour mountain biking endurance race.
Charlotte McDonald, Clinical Development Manager, Angus (CHP) has retired after 38 years NHS service.

Charlotte worked as a nurse in various wards in Maryfield, DRI, Ninewells and Stracathro, as well as in the community, since joining NHS Tayside in 1964. In addition to her last post, Charlotte was also Equality and Diversity Lead for Angus CHP.

Gail Smith, Angus CHP Clinical Services Development Manager, presented Charlotte with gifts and flowers on behalf of colleagues and friends.

David Neave, Angus Specialist Podiatrist, celebrated four decades of service for the NHS at his retirement presentation in Montrose.

David graduated as a podiatrist from the Edinburgh School of Chiropody in 1967 and took up his first NHS post in 1968 as senior II podiatrist in Arbroath.

He was appointed Head of Service for Angus Chiropody Service in 1979, a position he held until 2003 when he resumed full-time clinical duties as a podiatrist until his retirement.

Golden boost for oncology research

 Dundee couple Eric and Marion Denham used their recent Golden wedding anniversary as an opportunity to raise money for Ninewells Hospital. Having both received treatment for cancer at Ninewells, the couple asked family and friends to make a donation instead of giving them gifts, raising £1000 for the oncology research fund.

The committee held a social event in Abertay Students Union to celebrate 60 years of the NHS and decided to donate the proceeds from ticket sales and a raffle held on the night.

The cheque was presented by Margaret Sherriff, Chair of Unison Tayside Healthcare Branch Committee to a representative of the Patient Therapy Group.

NHS 60th celebrations boost for Carseview

The Unison Tayside Healthcare Branch Committee has raised £400 for the Patient Therapy Centre at the Intensive Psychiatric Care Unit (IPCU) at Carseview Centre, Dundee.

The cheque was presented by Margaret Sherriff, Chair of Unison Tayside Healthcare Branch Committee to a representative of the Patient Therapy Group.
Macmillan Project Manager Trudy McLeay has said farewell to NHS Tayside after 40 years.

Trudy’s career began in 1968 as a student radiographer. She held a variety of posts in Dundee and was involved in helping to set up the new X-ray department at Ninewells.

In 1992, with Trudy as superintendent, Tayside sited their first MRI scanner and since then the service has grown to include five scanners covering four Tayside sites.

Her latest post was working in palliative medicine as Macmillan Project Manager, developing the malignant cord compression early diagnosis and treatment pathways and staff education.

Muriel Anderson, Financial Controller, NHS Tayside Delivery Unit, has said farewell after 37 years with the NHS in Tayside.

Muriel joined the NHS in 1971 as an administrative assistant for the Eastern Regional Hospital Board and spent time as unit management accountant for Tayside Health Board before moving to Assistant Director of Finance and her current post of Financial Controller.

Muriel was affectionately known as ‘The Face of Finance’, a nickname given to her by Delivery Unit Director of Finance Colin Masson as he believed she was more well-known than any of the directors of finance over the years.

Dermatology Specialist Nurse Eleanor Stewart retired from Ninewells Hospital following an NHS career of 40 years.

Eleanor began her career in the maternity department of Maryfield Hospital in 1968 and spent time in coronary care and the intensive care unit at Ninewells before moving to the dermatology department.

In recent years Eleanor has specialised in leg ulcers, developing the service in Tayside to include nurse-led clinics and a clinical skills training pack for district and practice nurses across the region.

Murray Petrie, Chairman of NHS Tayside Single Delivery Unit, presented Eleanor with vouchers to mark her 40 years service and her colleagues also organised a collection for her retiral.

Superintendent radiographer of cardiovascular imaging Marlynne Forbes has recently retired from the Department of Clinical Radiology in Ninewells after 40 years with the health service in Tayside.

Marlynne trained at Dundee School of Radiography in 1967, and spent time in various roles at Dundee Royal Infirmary and Ninewells before taking up her current post.

She was heavily involved in establishing one of the first vascular interventional services in Scotland, was chairperson of the local Allied Health Professions group and was a member of the Tayside Soroptimist Group.

Marlynne is pictured with flowers and gifts she received from colleagues.

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Staff Nurse Aileen Noble celebrated her retirement at Arbroath Infirmary after more than 41 years service.

Aileen has spent all of her nursing career at Arbroath Infirmary and in the process has gained a wide and varied experience in medical, coronary care, surgical, paediatrics, maternity, accident & emergency, out-patients, old age medicine and old age psychiatry.

Aileen’s colleagues presented her with flowers and vouchers to mark her retirement.