Why not leave the car at home?

news2u
Milestone for mental health developments

feature
Better Together national patients survey update

check it out
Diamond couple donate to Arbroath Renal Unit
Dear spectra readers,

What busy bees we have all been over the summertime. Spectra is crammed full of good news stories and staff achievements.

Our feature in this edition asks ‘Why not leave the car at home?’ With so many of us relying on our cars to travel to work, spectra looks at the alternatives available for staff which could help reduce congestion, travel costs and demands on parking spaces.

Check out our Voxpop section on page 12 to find out what our staff do on autopilot and see if you are guilty of them too!

Fancy a shopping trip? Then check out the offers to ‘shop till you drop’ on the TREATS section on Staffnet. It is never too early to grab yourself a bargain and TREATS have managed to secure tickets for Christmas pantos in Aberdeen and Glasgow. So if you fancy seeing Peter Pan outwit Captain Hook or Jack climb that Beanstalk and grab the hen that laid the golden eggs, then don’t delay!

This is your magazine and we want to hear your ideas, so please get in touch with any suggestions and articles our contact details are below.

spectra editorial team

Thank you…

Trustees of Tayside NHS Board Endowment Fund wish to convey their sincere gratitude to all staff and members of the public who have supported NHS Tayside hospitals and services during the last financial year.

Their fundraising efforts have made a valuable contribution to the services provided by Tayside NHS Board by enhancing benefits to patients in local hospitals and the community.

Organising and planning a fundraising event in the current economic climate is particularly challenging and requires commitment and enthusiasm, which our supporters have shown to have in abundance.

Trustees both acknowledge and applaud their efforts and recognise the generosity of those who have sacrificed their precious personal time.

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Please send items for the next edition of spectra Issue 56 Oct/Nov to the editorial team by Tuesday 6 Sept.
The deadlines for the following editions of spectra are: Issue 57 Dec/Jan - Tuesday 1 Nov and Issue 58 Feb/Mar - Tuesday 5 Jan. Communications Department, Board Headquarters, Kings Cross, Clepington Road, Dundee, DD3 8EA.
E-mail: communications.tayside@nhs.net
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Volunteers and staff at Whitehills Health and Community Care Centre in Forfar marked National Volunteers’ Week (1-7 June) to raise awareness of volunteering within the NHS.

There are more than 60 volunteers in the NHS in Angus and they can be found in wards and in the community carrying out roles such as volunteer drivers, hospital visitors, gardeners and support volunteers.

If you would like to find out more about how you can become a volunteer please call 01356 665110.

NHS Tayside Lead Clinician for Organ Donation Dr Stephen Cole and Consultant in Emergency Medicine Mr Brodie Paterson addressed the national organ donation conference in Edinburgh.

The conference provided a forum through presentation, debate and informal discussion, to recognise progress to date in Scotland and to provide an opportunity for leading individuals to present some of the further measures being taken forward in 2011 and beyond.

Consultant in Anaesthesia and Intensive Care Medicine Dr Stephen Cole was appointed in 2009 as NHS Tayside’s Lead Clinician for Organ Donation to drive forward organ donation and to help ensure that local policies supporting organ donation are developed and implemented. Dr Cole chairs the NHS Tayside Organ and Tissue Donation Committee, which was established to provide a practical focus to the work needed to increase donation.

Join the Organ Donor Register by calling 0300 123 23 23 or visiting www.organdonation.nhs.uk

A new website has been launched for the NHS Tayside Learning Disability Nutrition and Dietetic Service.

This improves the service that is provided as it means that healthcare professionals, care staff and members of the public can access information directly.

The website includes information on healthy eating and details of the training and education that is provided as well as information on how to refer individuals to the service.

The website can be found at www.knowledge.scot.nhs.uk/taysidenutrition/learning-disabilities.aspx

NHS Tayside is supporting a national campaign that highlights the message that a missed outpatient appointment is a wasted appointment - and can lead to longer waiting times for all patients.

The Scottish Government ‘Help us to treat you - If you can’t come in, call in’ campaign aims to address the issue of patients who do not attend (DNA) their appointments.

The campaign is part of the 18 Weeks Referral to Treatment (RTT) programme, which is working towards 18 weeks becoming the maximum wait for treatment following a GP referral for non-urgent patients.

This campaign forms part of NHS Tayside’s own programme of activity, redesign of services and innovation called Steps to Better Healthcare, which is working towards the organisation’s vision of healthcare and services for the future.
Angus

**Tutti Frutti Tuesday at Whitehills**

Staff and volunteers at Whitehills Health and Community Care Centre in Forfar supported World Cancer Research Fund’s (WCRF UK) annual campaign encouraging people to do their bit to prevent cancer.

The WCRF UK Cancer Prevention Week was in May and the charity took the opportunity to promote the role that fruits and vegetables can play in preventing cancer.

Angus CHP senior health improvement specialist Aileen Tait said, “Eating more fruit and vegetables and by making long-term changes to the foods we eat and how active we are, as well as maintaining a healthy weight can make a real difference.”

**New guide launched in Angus**

Representatives from the Angus Alcohol and Drugs Partnership met to launch the new Alcohol Information and Services Guide for the county.

The guide focuses on general alcohol information such as units and its harmful effects, and it also includes a section where individuals can use a simple questionnaire to find out if their alcohol consumption is harmful to them.

Around 15,000 copies of this new guide have been produced and will be distributed across various venues. The guides are free for members of the public to pick up from community centres, Angus Council Social Work and Health offices, NHS Tayside, Tayside Police stations, Alcoholics Anonymous venues and a range of voluntary service providers of alcohol support services.

**Appeal for old photographs**

Midwives from the Queen Mother Maternity Unit in Arbroath are appealing for old photographs to create a display at the unit’s tea party to celebrate 50 years later in the year.

If you had your baby at the unit, were born at the hospital or you worked in the maternity unit over the past 50 years then the midwives want to hear from you.

Please contact Beverley Crighton at the Queen Mother Maternity Unit, Arbroath Infirmary on 01242 822536 or email bcrighton@nhs.net.

**Angus woman receives Nabarro Medal**

Brechin woman Caroline James was presented with the Nabarro Medal at Ninewells.

Diabetes UK Supporter Services awards The Alan Nabarro Medal to people who have lived with diabetes for 50 years.

Mrs James was diagnosed with diabetes when she was only a few days old and the routine monitoring of her blood glucose levels and insulin injections quickly became part of her daily life.

**Young people’s views sought**

Last August and September young people across Tayside were canvassed for their views on issues relating to mental and sexual health as part of a consultation prepared by Youth Talkin’ Health. With support from the three local authorities in Tayside, the consultation was promoted to nominated schools, through local youth groups and was featured on Facebook and Young Scot.

1001 young people completed the questionnaire. Summary statistics were produced and formed the basis of the analysis. Youth Talkin’ Health members worked on this analysis with support from NHS Tayside colleagues and their local authority youth support workers, to produce the final report: Mental Health & Sexual Health Consultation.

During May and June, members of the Youth Talkin’ Health Group made a series of presentations on the key findings and recommendations to colleagues from Child & Adolescent Mental Health and Sexual Health Services as well as to each of the CHPs and local authority partners.

A final presentation is to be made to NHS Tayside Board at their August meeting.

**Little budding gardeners in Arbroath**

The Healthy Happy Communities Project’s ‘Planting Out Day’ in Arbroath got a helping hand from local playgroups and nurseries.

Working with members of the Arbroath community, the project focuses on working with local people to develop their knowledge of health and nutrition for young families and women of child-bearing age.

Budding gardeners young and old are working together to develop the allotment plot at Brechin Road.

Groups of pre-school children got a taste of gardening when they planted out their patch of ground at the allotment with a variety of vegetables including potatoes and carrots, herbs and wild flowers.

The project is still looking for volunteers to support this initiative and all offers of help and gardening advice will be really appreciated. If you think you may be able to help out then please call Project Manager Shona Burge on 01307 474872.

**News in Brief**

**Angus**

- **Tutti Frutti Tuesday at Whitehills**
- **New guide launched in Angus**
- **Appeal for old photographs**
- **Angus woman receives Nabarro Medal**
Save A&E for a real emergency

NHS Tayside has launched a campaign to encourage people to select the health service that best suits their needs, saving Accident & Emergency departments for real emergencies.

As part of the campaign all NHS Tayside sites including GPs, pharmacists and health centres will be distributing credit card sized information cards with important phone numbers and contact information that can be kept in a wallet or stuck on a fridge for use when you need it.

Around one in four people who visit A&E could receive treatment more appropriately by accessing a different service. This can put extra pressure on staff when they may be needed for a real emergency.

New scanning technique at Ninewells

A new scanning technique has been introduced at Ninewells that enables doctors to pinpoint the exact location of blocked vessels causing swollen limbs – a first for Scotland.

Patients with lymphoedema suffer from swellings that can occur anywhere in the body, but especially in their limbs, owing to poor drainage of tissue fluids, stimulating fat growth in the limb.

A new technique using an MRI scanner has now been introduced at Ninewells to give a better visual of the vessels and lymphatic (drainage) glands in limbs so that a much better and more accurate assessment can be carried out by doctors.

The new method known as ‘MRI lymphangiography’ helps to target blockages in a patient’s lymphatic vessels and is being pioneered in Scotland by Consultant Plastic Surgeon Mr Alex Munnoch and Consultant Radiologist Dr Thiru Sudarshan at Ninewells using existing radiology equipment.

Ninewells staff changing room reopens

Linen Services staff Dorothy McLaren and Cecilia Harper cut the ribbon to mark the official reopening of the new £1 million changing room facility at Ninewells.

The new facility includes 500 time-share lockers and over 2000 personal lockers.

NHS Tayside Chairman Sandy Watson said, “It is through sheer determination and hard work that the new changing room is being reopened today.

“Staff from across all levels and disciplines have worked tirelessly to this end, and on behalf of the whole organisation I would like to say a big thank you.”
Beta blockers may help COPD sufferers

Beta blockers - the group of drugs commonly prescribed to patients with heart diseases - may also have considerable benefits for sufferers of diseases such as chronic bronchitis and emphysema, according to new research by the University of Dundee, NHS Tayside and University of St Andrews.

Researchers in the Asthma and Allergy Group at Dundee studied the effects of beta blockers on patients with Chronic Obstructive Pulmonary Disease (COPD), which includes those with chronic bronchitis, emphysema and other conditions.

They found that beta blockers reduced mortality rates, hospital admissions and exacerbations for patients who were already taking their regular inhaler therapies.

The research has been published in the British Medical Journal.

Tayside is skin cancer “hot spot”

A Dundee-based scientist involved in skin cancer research says Tayside is a UK “hot spot” for the disease along with the Scottish Borders and south coast of England.

While acknowledging that the high incidence of skin cancer locally could result from better recording of skin cancers in Dundee than elsewhere, Clinical Reader in Dermatology at the University of Dundee School of Medicine Dr Charlotte Proby, highlighted that a number of other factors, such as the east coast’s long hours of sunshine – causing more exposure to harmful UV rays – and the use of sunbeds, are also important.

The future of Keep well

An event focusing on the future of Keep well in Tayside was held in Dundee.

Keep well has been a real opportunity for many people who would not always think about getting their health checked. Nearly everyone has something they can change to keep themselves healthy, whether that is small changes to what we eat, or being a bit more active.

The Scottish Government has made a commitment to continue Keep well beyond March 2012.

Oncology Pharmacist completes 1200-mile cycle

Ninewells Oncology Pharmacist Mark Parsons completed a 1200-mile cycle round the coast of Scotland through gales and rain.

His efforts raised around £2500 for The Steeple Church in Dundee.
Breast cancer patients benefit from new treatment

With the recent opening of the PRI Nuclear Medicine department, the Tayside breast team is now able to offer sentinel lymph node procedures for patients with breast cancer at the hospital, a procedure previously only available in Ninewells.

During the procedure, a radioactive substance is injected by the Nuclear Medicine team then a blue dye is injected near the tumour by the surgeon. A special probe is used to detect the sentinel nodes to establish which ones are affected by the cancer and need removed.

Consultant surgeon Mr Emad Elseedawy, who operated on the first patient at PRI using this procedure, said, “This procedure is an established method for the treatment of breast cancer and we are delighted that our patients in Perth & Kinross can now be offered this at PRI.”

NHS Tayside Chairman visits Perth healthcare staff

NHS Tayside Chairman Sandy Watson spent a day in Perth meeting with healthcare staff and finding out about local services.

Mr Watson visited PRI where he heard about the work of Perth & Kinross Healthy Communities Collaborative (HCC), an initiative in which older members of the community lead work in teams to highlight and address issues which affect the health and wellbeing of themselves and their communities.

Falls Service manager Carolyn Wilson gave Mr Watson an overview of the Perth & Kinross Falls Service and updated him on some local initiatives.

Mr Watson then had an opportunity to meet staff in Tay Ward and the Stroke Unit, and hear about improvement work taking place there.

In the afternoon Mr Watson visited Drumhar Health Centre, Scott Street Young People’s Drop-in Service and Muirton Community Campus.

The visit was rounded off with a tour of the new Integrated Dental Treatment and Training Centre at Broxden.

Mr Watson said, “I have been very impressed by what I have seen today and I would like to congratulate our staff in Perth & Kinross for the excellent work they do.”

‘Fuss about nothing’

NHS Tayside Chairman Sandy Watson gave the welcome address at an event to promote data sharing among partnership organisations. Sharing information between agencies has been widely recognised as a key factor in protecting vulnerable people and saving lives. Tayside Data Sharing Partnership (TDSP) comprises representation from Angus, Dundee and Perth & Kinross Councils, Tayside Police, Tayside Fire and Rescue, NHS Tayside and the Voluntary Sector. The partnership provides strategic direction, co-ordination and overall leadership in relation to all aspects of data sharing. TDSP, working closely with Tayside Police and the PAN Tayside child protection Training Consortium, organised an event called ‘Fuss About Nothing’ aimed at addressing concerns around data sharing across Tayside.
Milestone for Tayside mental health developments

NHS Tayside celebrated a significant milestone in the development of new mental health facilities in Perth and Angus as developers Morgan Sindall held a ‘topping out’ ceremony in the new Murray Royal Hospital.

The new £95 million mental health hospitals at Perth and Stracathro will provide state-of-the-art facilities for adult and older inpatients, outpatients and day patients from across Tayside, together with a new medium secure unit which is jointly funded with Grampian, Highland, Orkney and Shetland NHS Boards.

Stracathro is expected to be handed over to NHS Tayside in late October this year, with patients and staff transferring from Sunnyside a month later.

The buildings at Murray Royal are expected to be completed by May 2012. Patients will transfer from existing wards in June and July of next year, with the first ward in the medium secure unit opening in August.

News in Brief

P&K

• Thank you to Cornhill volunteers

Volunteers at Cornhill Macmillan Centre at PRI were thanked at a lunch to celebrate volunteering at the unit.

More than 120 volunteers from in and around Perth including Dunkeld, Stanley, Blairgowrie, Crieff and Auchterarder gave up their time for free and help out at the centre providing services such as drivers, receptionists, flower arranging, giving talks to public groups and collecting donations from fundraisers on behalf of the unit.

• Stop smoking support in Blairgowrie

A new evening group offering support to give up smoking has been launched in the Adult Resource Centre, Jessie Street Blairgowrie.

The free drop-in will run every Tuesday from 5.30-6.30pm.

The groups are open to everyone on a drop-in basis but potential quitters can also contact Claire on 07747 693372 or NHS Tayside Smoke Free Services on 0845 600 9996 to discuss the best options for support. Smokers can also sign up to the Smoke Free Services facebook page at www.facebook.com/nhstaysidesmokefree

• Evaluation of first responder scheme

The Centre for Rural Health has published an evaluation into Kinloch Rannoch’s Community First Responder scheme.

As part of their evaluation, the research team at the Centre for Rural Health carried out focus groups with the Community First Responder (CFR) volunteers, two community questionnaires, a patient survey of those who had been attended by a CFR, and an analysis of activity data from the Scottish Ambulance Service (SAS).

The final report can be seen on NHS Tayside’s website www.nhstayside.scot.nhs.uk

• Getting Older, Thinking Younger

The Getting Older, Thinking Younger events have been held by NHS Tayside’s Perth & Kinross Healthy Communities Collaborative (HCC), Perth & Kinross Council and other partner agencies for residents in the Perthshire area.

A range of different agencies, including NHS Tayside, Live Active Leisure, Care and Repair, Tayside Fire and Rescue, Crime Prevention and Energy Efficiency were on hand to provide useful information and answer any questions.

Perth Volunteer Fayre

Perth Community Members helped out on the Healthy Communities Collaborative stall at the Perth Volunteer Fayre organised by Voluntary Action Perth.

Despite the miserable cold and wet day, the volunteers chatted cheerfully to people who visited the stall and helped raise the profile of volunteering with Perth and Kinross CHP.

Soup ‘n’ Scoot Aboot in Perthshire

Carse of Gowrie residents were invited to an information event to have a ‘test-drive’ of a mobility scooter and find out more about the Shopmobility service.

Hosted by NHS Tayside’s Perth & Kinross Healthy Communities Collaborative (HCC), the “Soup ‘n’ Scoot Aboot” event in St Madoes Community Centre offered people living in or around Invergowrie, Longforgan, Inchture, Errol and St Madoes the opportunity to try out a Shopmobility scooter with a view to becoming a member of the scheme.

A soup lunch was provided, which was followed by a presentation on the Shopmobility service.


Soup ‘n’ Scoot Aboot: Dave McLennan from Shopmobility and local resident Elizabeth Wilson
Many of us rely on our cars on a daily basis to travel to and from work and between different sites in Tayside. While travel is sometimes unavoidable, there are many alternatives to driving which can help reduce congestion, travel costs and parking problems. Staff travelling to all sites should consider alternatives such as cycling, public transport and car sharing whenever possible.

One of the biggest challenges that NHS Tayside, like most NHS Boards, faces is the significant rise in demand for parking by patients, staff and visitors. This is due to an increase in the use of cars, an expansion in services and clinics provided on site or disruption to roads and car parks caused by building work.

In particular there are some “hotspots” at certain times of the day at Ninewells, Perth Royal Infirmary, Murray Royal Hospital, Arbroath Infirmary and Whitehills HCCC in Forfar where demand for parking spaces exceeds what is available.

To help all of us do everything we can to reduce congestion, travel costs and other parking problems, a new Environmental Management site has just been launched on Staffnet which has lots of information on how to find more sustainable methods of travel. Visit Staffnet | Our Websites | Environmental Management | Transport and Travel. Read on to find out more about the different options for travel in Tayside.

**Liftshare**

Liftshare is on an online network which matches people with similar journeys, allowing them the opportunity to car share. You can even find someone to share your journey by bike, in a taxi or walking or sign up to car share to a conference.

Liftshare is one of the best means of reducing the volume of traffic on site, easing congestion and cutting our carbon footprint. It is free to join and can save you hundreds of pounds a year in fuel and parking costs especially at a time when we are all feeling the effects of high fuel prices. The average saving for a daily journey is around £700 a year!

NHS Tayside has its own dedicated Liftshare sites through Tayside and Central Scotland Transport Partnership (TACTRAN) where members of staff can sign up to find other members of staff looking to share the cost of journeys to work.

You can register for Liftshare on Staffnet under Our Websites | Liftshare then click on Angus, Dundee or Perth & Kinross.

**Pool cars/rental cars**

Staff travel surveys have revealed that a number of staff only use their car to travel to work because they occasionally have to travel to other sites. By having pool cars available at a number of locations across Tayside, staff can travel to work by other means than car and use the pool cars if they need to go to other sites during the working day.

The cars can be booked in advance but to use them staff must be registered on the NHS Tayside database of approved drivers. This can be done by contacting the relevant booking department as listed below. For more information on pool cars please contact Maureen Cochrane on 01382 423041, x24028 or maureen.cochrane@nhs.net

A list of pool car locations and contact details can be found on staffnet under the environmental management site and click on transport and travel.

The use of rental cars is an option for journeys when a pool car is unavailable and NHS Tayside has a contract in place with Enterprise Car Hire which allows for hire of vehicles at competitive rates. The process and contact details for hiring a vehicle can be found on the Environmental Management website on Staffnet in the Transport and Travel section.
Cycling

NHS Tayside is keen to promote cycling, not only as an alternative mode of sustainable transport but from a healthy lifestyle position. There is bicycle parking available at a number of sites across Tayside and to cater for the increase in cycle users, the number of bike lockers is being increased. To find out if there is cycle parking available at a particular site, please contact local site management.

The Cycle to Work Scheme has been run in NHS Tayside a number of times, giving staff the opportunity to hire a bicycle and safety equipment and pay in instalments through salary deductions. Many staff have previously taken up this offer and the scheme was recently open for employees to join over the summer. Any future opportunities to take part in this scheme will also be advertised on staffnet.

333 Hospital Link Bus

The Stagecoach hospital link bus service (333) was introduced in 2007 to transport patients, staff and visitors between Ninewells and Perth Royal Infirmary and was such a success that the predicted passenger numbers were quickly exceeded.

The service has now been extended to include an hourly link service between Ninewells and Royal Victoria Hospital. Any staff requiring to travel between these three sites should use the hospital link bus service. The service is free of charge for staff for business use by presenting their NHS Tayside staff ID badge.

The bus timetable can be found on Staffnet by searching for ‘hospital link bus timetable’ or on NHS Tayside’s website under quick links.

CISCO Tele/web/videoconferencing

The use of voice, web and videoconferencing can be used to hold meetings with colleagues at other sites without the need to travel. CISCO meeting place is a communication service used by NHS Tayside to set up and hold ‘virtual meetings’ either by phone, by phone and PC or by videoconferencing.

Videoconferencing facilities are available at Aberfeldy Community Hospital, Ashludie, St Margaret’s Hospital in Auchterarder, Blairgowrie Community Hospital, Crieff Community Hospital, Dudhope House, IT Training Centre, Kings Cross, Maryfield House, Murray Royal Hospital, Ninewells, Perth Royal Infirmary, Pitlochry Community Hospital, Royal Victoria Hospital, Stracathro and Whitehills HCCC.

To plan a meeting through CISCO meeting place go to Staffnet | Business Systems | Unified Communications and log in using your LDAP details.

For more information on CISCO, how to access training, booking a conference phone and the full list of videoconferencing sites visit Staffnet | Our Websites | eHealth Implementation and Training | eHealth Projects/Systems | Unified Communications (under Business Systems)

Other useful links

Dundee Travel Plan

Dundee has excellent public transport facilities and extensive cycle routes. [www.dundeetravelinfo.com](http://www.dundeetravelinfo.com) gives up-to-date travel information and journey planning in Dundee including bus times and maps, real time bus information on your pc (see exactly when your bus will arrive before you even leave your desk or home) and personalised journey plans and maps for cyclists and walkers.

Tayside buses

Tayside is served by two main bus companies: National Express Dundee and Stagecoach. For information on timetables, fares and travel cards visit [www.stagecoachbus.com](http://www.stagecoachbus.com) or [www.nxbus.co.uk/dundee](http://www.nxbus.co.uk/dundee)

TACTRAN

NHS Tayside is working with Tayside and Central Scotland Transport Partnership (TACTRAN) to look at travel planning across all sites. For travel information, journey planning and more visit [www.tactranconnect.com](http://www.tactranconnect.com)

Traveline Scotland

[www.travelinescotland.com](http://www.travelinescotland.com) gives Scotland-wide travel information and allows you to plan any public transport journey across the country. You can also request bus times to be sent to your phone by text message or download the Traveline Scotland smart phone app so you have access to travel information wherever you are.

National rail enquiries

[www.nationalrail.co.uk](http://www.nationalrail.co.uk) is the official site for all rail journeys across the UK, giving timetables, fares and journey planning.
Are we living our lives on autopilot?

How many times do you check that you’ve locked your front door when you leave for work? Do you ever get that nagging feeling you’ve left the gas on?

Everyday tasks become so much a part of our daily routine that we often can’t even remember doing them and recent research suggests that around 80% of us carry out everyday tasks on autopilot, such as driving, locking doors and even making and drinking cups of tea!

The spectra team are certainly guilty of forgetting whether we’ve locked our cars, replied to an email or switched off our hair straighteners or ovens. We decided to quiz our staff to see what things they do on autopilot.

The Autopilot Britain survey of 5,000 people’s habits revealed:

- More than half the population (52%) travels to work on autopilot, with one in four unsure whether they stopped at lights
- Nearly half of Britons (47%) have turned back unnecessarily on a journey because they couldn’t remember locking the front door
- One in six people has made and drunk a cup of tea then had no recollection of making it

Some of the strangest things people said they have done on autopilot included turning up at work on a day off, going to the supermarket to buy items that they had already bought earlier that day, receiving a package they didn’t remember ordering and driving to an old house or place of work.

Name: Anne Park

Designation: Biomedical Scientist

Department: Cytology, Ninewells

On leaving my car I press the central locking system button more than once on autopilot to check that it’s locked – and then still check the door.

I sometimes try to go to my mum’s old house in North Muirton in Perth, which is at the other end of the estate from her new one!
Name: Janice Keillor  
**Designation:** Occupational Therapy Assistant  
**Department:** Royal Victoria Hospital  

I frequently clean on autopilot and organise the department from everything to events in the department and even staff nights out.

I am a born organiser and don’t realise I am doing it half the time – I just take charge!

---

Name: Ian Black  
**Designation:** Healthcare Assistant  
**Department:** Prosen Unit, WHCCC  

I take my prescription in the evening without really thinking about it and I am definitely on autopilot in the morning when I take my daily vitamin tablets.

---

Name: Kath Callaghan  
**Designation:** Lead Biomedical Scientist  
**Department:** Cytology, Ninewells  

I sometimes walk back to the house to check that I’ve locked the door. I think I make cups of coffee and don’t remember doing it too!

I also park the car on autopilot and forget on which level of the multi-storey that I have parked.

---

Name: Anne Caird  
**Designation:** Nursing Assistant  
**Department:** Inchcape Unit, Arbroath Infirmary  

After nightshift I can honestly say I drive home on autopilot. It’s the same route I have been doing for so long that it’s very familiar to me, I am unaware of passing road signs and houses and before I know it, in no time at all, I am home!

---

Name: Kenny Malone  
**Designation:** Admin Assistant  
**Department:** Reception, Royal Victoria Hospital  

I am on autopilot most mornings until I have had at least two cups of coffee. I find I am so in my routine that I do things without thinking about it.
A Dundee man is working in partnership with NHS Tayside to raise awareness of sarcoma - a rare form of cancer.

Michael Hannah organised a sponsored cycle ride to Edinburgh to raise money for Sarcoma UK.

Sarcoma is a form of cancer that affects the body’s connective tissues - muscle, bone, nerves, fatty tissue, and cartilage. It is relatively rare - accounting for about 1% of all cancer diagnoses but it can affect people of all ages.

Michael said, “Last year, my sister Katie died after a long struggle against sarcoma. I wanted to do something in her memory that would also help in the fight against this disease. I enjoy cycling so I suggested to some friends that we cycle to Edinburgh along the Fife coast.”

For more information visit Sarcoma UK’s website www.sarcoma-uk.org

Reducing the risk of falls in older people

NHS Tayside supported National Falls Awareness Week in June with a series of public information events in Perth & Kinross.

Organised as part of a national campaign run by Age UK, the week raises awareness about the risk of falling among older people.

Information stands were set up in Perth Royal Infirmary and in all libraries, leisure centres, community hospitals and a number of GP practices across Perth & Kinross.

Staff and older community volunteers were on hand in the St John’s shopping centre in Perth to discuss measures that the public can take to reduce their risk of falls. They also handed out leaflets, bookmarks, emergency datalink bottles and glasses cleaning cloths, and will offer to clean glasses and replace worn walking stick tips.

Carolyn Wilson, Perth & Kinross Falls Service Manager, said, “The theme this year was ‘Watch Your Step’ with the focus on the link between reduced vision and falls, as it can affect balance, coordination and mobility. It’s therefore very important to keep glasses clean and wear the right glasses in different situations such as reading or distance. Keeping your environment as tidy and clutter-free as possible, along with ensuring adequate lighting, particularly on stairs, also helps.”

Prisoner transfer

From November 1, 2011, responsibility for prisoner healthcare across Scotland is transferring from the Scottish Prison Service (SPS) to the NHS.

In Tayside, there are three prisons which provide accommodation for male prisoners, namely HMP Perth Prison and Open Estate Castle Huntly (Longforgan) and Noranside (by Forfar). Healthcare at all three of these prisons will be provided by NHS Tayside staff from November 1.

Scottish Prison Service staff who currently provide healthcare to prisoners across the region will be transferring to NHS Tayside to continue looking after the healthcare needs of prisoners. Clinical staff will also remain an integral and essential part of the services delivered in prisons.

NHS Tayside has set up a Prisoner Healthcare Reference Group with multi-disciplinary and multi-agency representation to ensure the smooth transfer of services. There is also a detailed operational plan which is driving all the elements of the project.

Julie Flynn, Head of Primary Care for Perth & Kinross CHP who is leading the prisoner healthcare project, said, “The transfer means prison healthcare staff will have the same opportunities as NHS healthcare professionals to develop their skills and careers. There may also be increased opportunities to improve the continuity of healthcare for patients whether they are in a prison environment or living in local communities.”

For further information on the transfer contact Rhonda Forbes, Project Manager for Prisoner Healthcare rhonda.forbes@nhs.net call 01738 473391 x.13391

Perth residents encouraged to ‘pack it in’ at PRI

The NHS Tayside smoking cessation team encouraged people to ‘pack it in’ and give up smoking at a special fun day held in Perth Royal Infirmary.

Staff were introduced to the new on-site smoking cessation advisor Moira Brand who officially launched the ‘pack it in’ smoking cessation packs for staff.

The public were also given the chance to come and meet the Perth & Kinross smoking cessation team.

Audrey Mackenzie, smoking cessation co-ordinator (acute) for NHS Tayside said, “Giving up smoking is the single most important lifestyle decision anyone can make to improve their health immediately. “NHS Tayside Smoke Free Services offers free advice and access to stop smoking treatments. For help quitting, call 0845 600 9996 or text SMOKE and your name to 84553.”
Gonorrhoea awareness campaign

NHS Tayside has launched a gonorrhoea awareness campaign as there has been a rise in the number of people being diagnosed with the infection.

The poster and media campaign is aimed at men and women, particularly those under 25 years and is intended to increase awareness of the importance of condom use, symptoms of gonorrhoea and services that are available.

Gonorrhoea can be successfully prevented by using condoms (male or female) every time you have sex including oral sex. Gonorrhoea can be successfully treated and cleared with antibiotics.

NHS Tayside’s Public Health team is asking anyone, especially men and women under 25 years of age, who have experienced an unusual discharge from the penis or vagina or pain when urinating, to contact the Tayside Sexual and Reproductive Health Service for an STI test. A urine sample is required from men and a self taken vaginal swab from women. Other services which can be accessed for testing include The Corner (Dundee) and your GP.

More information and advice for all ages, including outlets where free condoms are available and sexual health clinic opening hours and locations can be found at www.sexualhealthtayside.org. Anyone needing confidential advice can call the Sexual Health Helpline on 0800 567 123 or Sexwise (for under 18s) on 0800 28 29 30.

Hearty Lives Dundee update

The Hearty Lives Dundee team supported Heart Rhythm Week by carrying out free pulse checks for members of the public in the City Square.

The event was held in conjunction with Arrhythmia Alliance, which is a coalition of patients, carers and health professionals.

The Hearty Lives Dundee team also showed people the correct way to check their own pulse. If the nurses found an individual with an irregular pulse or abnormality, they were offered an electrocardiograph performed by a nurse.

As the team are working closely with various employers to encourage a healthy workforce, they visited Dundee Energy Recycling Ltd to offer health checks to employees.

NHS Tayside Chairman Sandy Watson went along to the session with Dundee Community Health Partnership General Manager David Lynch, Chair Betty Ward and Strategy and Performance Manager Lucy Rennie.

Mr Watson said, “The Hearty Lives Dundee team are extremely proactive in the community and in visiting people’s places of work they can help to ensure the people of Dundee are ‘heart healthy’.”

Hearty Lives Dundee is a joint collaboration between NHS Tayside and the British Heart Foundation Scotland.

A pack of resources for use in the workplace that is filled with useful tools and information can be provided by contacting Community Development Manager at BHF Scotland Claire Fraser on 07825 657679. For more information on being ‘heart healthy’ visit www.bhf.org.uk

Angus pupils get creative for POST

Primary school pupils in Angus have been getting creative to help NHS Tayside promote healthy lifestyles.

Staff from the Paediatric Overweight Service Tayside (POST) asked pupils from Strathmore Primary School in Forfar and Woodlands Primary School in Carnoustie to design a logo for the POST school-based programme Fun Fit Tayside 1, 2, 3.

Forty seven pupils rose to the challenge and two winners were chosen. Aaron Neave and Caitlin Kerr from Strathmore Primary School each received a three-month B Active membership allowing free access to Angus Council leisure centres.

During March, the POST team, along with Active Schools co-ordinators, visited primary schools across Angus and Perth & Kinross to highlight the importance of healthy eating and physical activity. The team delivered six weekly workshops to the pupils at Strathmore and Woodlands Primary Schools and, at the end of the programme, asked the children to get creative and take part in the logo competition.

For further information please contact the POST team at Perth Royal Infirmary on (01738) 473784 or email post. tayside@nhs.net

Give It Up For Baby success

NHS Tayside held an event at Perth Royal Infirmary to showcase the successful Give It Up For Baby (GIUFB) smoking cessation scheme.

Health professionals and community groups, including the Community Learning and Development Partnership (CLADAP) and local tobacco alliance, were invited to the event at the Perth Royal Infirmary Community Midwife Unit.

Members of Tayside Smoke Free Services shared information about the scheme and presented feedback from mums who have successfully kicked the habit.

The GIUFB scheme is a joint project between NHS Tayside and partner agencies, and has seen around 260 women sign up to take part since it was launched in Perth & Kinross in 2008.

For more information on all of NHS Tayside’s Smoke Free Services, and to find out about signing up for GIUFB, contact 0845 600 999 6. Smokers can also visit the Smoke Free Services Facebook page at www.facebook.com/nhstaysideismokefree or text ‘Smoke’ and your name to 84555 and a member of the team will get in touch to arrange support.
Breastfeeding Awareness Week

Breastfeeding Awareness Week events were held across Dundee, Angus and Perth & Kinross.

Breastfeeding benefits the health of both mum and baby. Evidence shows that breastfeeding has a protective effect against many childhood illnesses. Breastfed babies are likely to have a reduced risk of ear, stomach and chest infections and are also less likely to experience childhood obesity. There are many benefits for mums too, with lower risks of breast cancer, ovarian cancer and hip fractures in later life.

Breastfeeding volunteers Delyth Harold and Kate Jones were on hand at Ninewells to offer advice and support for pregnant women, new mums and dads and even grannies. A free prize draw was also held with the prize being a hamper containing baby books, clothing and soft toys.

Breastfeeding support workers launched a new support group in Fairfield Neighbourhood Centre in Perth offering advice and guidance to local mums as well as the opportunity to have an informal chat with other breastfeeding mums.

Staff at the community maternity unit at Arbroath Infirmary held an afternoon tea party at the unit for local mums and babies.

For more information and advice on breastfeeding, visit the NHS Tayside Mums and Babies Facebook page at facebook.com/nhstaysidebabies

People with learning disabilities often have few opportunities to socialise and develop loving relationships. They can find it difficult to get the information that they need about relationships and sex. They are also significantly more vulnerable to abuse than the general population.

A new best practice guidance document was officially launched at the 'Making Choices Keeping Safe' event.

Those attending included those from across the NHS, local authorities and voluntary organisations, such as service managers, teachers, nurses, lecturers, housing officials, social workers, GPs, and medical centre staff as well as parents and carers of people with learning disabilities.

Macmillan Day Care Unit art exhibition

An artwork exhibition in the Macmillan Day Care Unit was created by Macmillan Day Care participants and patients from the Centre for Brain Injury Rehabilitation in Dundee during an eight week art project.

Participants were introduced to a wide range of art mediums e.g. charcoal, coloured pencils, oil pastels, watercolours and soft pastels, as well as a selection of papers.

CBIR artist Christine Goodman co-ordinated and facilitated the workshop programme with the assistance of Occupational Therapist Diane Lambert, Staff Nurse Elizabeth Birtles and volunteer Moira Jaffrey.

Healthy Working Lives summer walk and picnic

Nine members of staff from Kings Cross attended the Healthy Working Lives walk and picnic.

The group headed out in the afternoon and everyone was provided with a picnic lunch. The weather was favourable to begin with, and the group were able to make their way up the Law, and enjoy the views.
National Transplant Week 2011 – make a lasting record of your wishes

NHS Tayside supported National Transplant Week (4 July – 10 July), which highlighted the importance of making a lasting record of your wishes should the unthinkable happen and encouraged people to discuss their wishes with those closest to them.

Nurses working in the field of organ donation hosted an awareness stand at Ninewells Hospital in Dundee and Perth Royal Infirmary. Murray Petrie, who co-chairs the health board’s Donation Committee said, “We commend the people of Dundee, Angus and Perth & Kinross who have signed up to the Organ Donor Register, causing the numbers of people in Tayside now listed to soar to 41%. There are now around 158,200 people in Tayside signed up to the Organ Donor Register, which is well above the national average of 37%.

“However, we must continue to do all that we can to raise awareness of the issues surrounding organ donation, as three people die in the UK every day waiting for a transplant, resulting in over 1,000 deaths every year.”

The theme of this year’s National Transplant Week campaign was ‘What are you waiting for?’ and aimed to highlight the anxious and uncertain wait by patients needing an organ transplant.

NHS Tayside Vice-chairman

International Day of the Midwife

NHS Tayside Chairman Sandy Watson helped midwives and mums celebrate International Day of the Midwife.

Mayra Crowe, of Brechin, is a lecturer in Spanish at the University of Dundee, and supported this year’s National Transplant Week campaign as her fifteen year old son Andrew passed away in October of last year after suffering a brain haemorrhage.

Mayra said, “Andrew’s heart is still beating away and giving another little boy the opportunity to fulfil his own dreams. He has helped at least nine people to improve their lives if not save them.

“I would wish that no one would ever have to take such a decision, and I hope you would never be presented with the question. One just needs to be aware that this gift called life presents us sometimes with adversity - how would you face it? Have you thought about giving a gift of life?”

Midwives work as part of a large team of people who offer care to women and their families from confirmation of pregnancy until handover to the health visitor once the baby has been born.

An information stand was held in the concourse in Ninewells Hospital. Members of the public were invited to come along for an informal chat about that first important meeting with a midwife when you find out you are pregnant, what services are available during pregnancy and birth, and to meet mums from the maternity services liaison group called ‘Mum’s the Word’.

‘Mum’s the Word’ meets every last Wednesday of the month at the Dundee Maternity Unit at 6.30pm. Mums are welcome to come along for a chat and a cup of tea. To contact the group email mumstheword1@live.co.uk or find them on Facebook.

If you believe in organ donation, prove it.
Register now at www.organdonation.nhs.uk or call 0300 123 23 23.

feature
Chief Executive Gerry Marr and Chairman Sandy Watson welcomed 36 members of North Jutland Council in Denmark who were visiting Ninewells as part of a wider cultural visit to Scotland.

The aim of the visit was to gather information and inspiration from public sector organisations in Scotland and to build on existing partnership links between the two countries.

Jens Winther Jensen, CEO Healthcare, North Denmark Region, said, “I am very impressed with the level of commitment NHS Tayside has shown in delivering quality and cost-effective healthcare.”

NHS Tayside also welcomed visitors from the Norwegian Ministry of Health Care Services who attended a session looking at how the Scottish Patient Safety Programme is organised locally within a Board and visited wards to see how it works in practice.

Award for care home network

The Perth & Kinross Care Home Meaningful Activity Network (CHAN) recently won a silver award under the category of ‘Improving Services through Partnership’ at the Perth & Kinross Council Securing the Futures Awards.

The award was presented by Chief Executive of NHS Tayside Mr Gerry Marr.

The CHAN was established in March 2010 and provides a forum for care home staff to share best practice, resources and training. Its ultimate aim is to benefit residents’ physical and mental wellbeing and improve quality of life by providing an individual, personalised approach to meaningful activity.

For more information please contact Perth & Kinross Falls Service Manager Carolyn Wilson on 01738 473146, x13146 or carolyn.wilson@nhs.net

Tayside team awarded scholarship

A team of nurse specialists from Tayside Children’s Hospital have been presented with a £1000 scholarship for an innovative palliative care project.

WellChild and the Association of British Paediatric Nurses awarded the scholarship to the Tayside team whose project, supported by the Scottish Centre for Telehealth, makes use of audiovisual technology to care for children with complex palliative care needs at home.

The £1000 scholarship will be used to develop the technology currently available in NHS Tayside and allow the team to work with more families.

Telemedicine nurse specialist Sharon Levy, CLIC Sargent paediatric oncology liaison nurse Marie Christie and paediatric oncology liaison nurse Gaye Steel accepted the award from President of the Association of British Paediatric Nurses Rory Farrell.

NHS Tayside Chairman Mr Sandy Watson also attended the presentation to offer his congratulations to the team.

Healthcare Academy newsletter

NHS Tayside’s Healthcare Academy has launched a new newsletter to help keep in touch with former students.

The Former Student Association newsletter contains recent updates about the Academy, its courses and the NHS team, as well as profiles of former students and what they are up to now.

To register for the newsletter and to receive invitations for events please email nicola.boyd@nhs.net
NHS Tayside has been working in partnership with Dundee Carers Centre to help ward staff at Ninewells identify unpaid carers and increase referrals for support to the carers centres across Tayside.

Carer support worker June Whale carried out an audit of patient documents, distributed questionnaires to staff and carers and held focus groups for staff to discuss how to address barriers to identifying carers.

Following this, a referral pathway for carers was developed and postcard-sized referral guides were distributed to staff. NHS Tayside’s Information Pack for Carers and Families has been reprinted and is also being widely distributed.

As a result of the project, referral rates through Dundee Carers Centre have increased 257% in the first year.

As part of the Ninewells initiative, a one hour training session entitled ‘Beyond Caring’ has been developed for ward staff across the hospital.

If you would like to take part in a session or arrange one for your ward, or if you would like to know more about the project, please contact June on 01382 200442 or email june.whale@dundee-carerscentre.org.uk.

Medics based at RAF Leuchars have presented emergency medicine and anaesthesia staff at Ninewells with the Crest of 58 Squadron, RAF Regiment as a thank you for the outstanding contribution in training gunners before their deployment to Afghanistan.

Before their deployment to Camp Bastion in April, 58 Squadron gunners completed a programme of scenario-based training, replicating as closely as possible the complexities of the mission they are now delivering in Afghanistan.

As part of this training, RAF Regiment medics complete The Trauma Inoculation Programme, a placement at Ninewells which aims to prepare them for potentially facing and dealing with battlefield injuries.

Wing Commander Dougie McGrath, Senior Medical Officer at RAF Leuchars, said, “Royal Air Force Leuchars personnel wanted to convey our appreciation for the outstanding contribution to the pre-deployment readiness training provided by NHS Tayside.”

Angus CHP Health Improvement team recently welcomed the chairman of a Nepalese charity who came to Scotland to learn about healthcare systems in developed countries as part of the CIF International Exchange Programme.

Mohan Neupane spent two and a half weeks with the team in Angus, visiting a wide range of health and social care premises and programmes across the region including Healthy Happy Communities groups, smoking cessation clinics, bowel screening, immunisation clinics, stroke clinics, Minor Injury and Illness Units and care homes.

Mohan is Chairman of a non-Government organisation (NGO) which works at the grass roots of health improvement in the rural hills of Nepal. Mohan’s NGO is currently working to introduce dental care, eye screening, gynaecology and other basic health improvement programmes into the hills.

Along with other NGOs in the area, their work is already seeing improvements as male life expectancy in the hills has increased from 50 to 56 in the past seven years.

Mohan said, “Thanks to all the members of the health improvement team who helped me to widen my knowledge and skills. I feel very lucky to have been here and feel I have learned a lot of how things work and ideas to take back to my own country.”

NHS Tayside is working in partnership with local councils, Tayside Police and voluntary groups to address the effects of domestic abuse on women and children across the region.

Three Violence Against Women (VAW) multi-agency partnership groups lead and support the majority of work across Tayside. An NHS Tayside group also oversees additional information sharing, development work and the implementation of NHS Scotland’s Gender Based Violence Programme.

One of the key priorities of the programme is routine enquiry of abuse within certain priority settings. This involves staff asking all patients and clients direct questions in relation to domestic abuse and child sexual abuse and then signposting anyone who requires help and support to the relevant services.

In Tayside this was piloted in 2010 within specific teams in mental health, substance misuse and midwifery. Following the pilot and evaluation NHS Tayside now plans to extend the programme across the whole of these areas as well as rolling out to community nursing, sexual and reproductive health, A&E and MIU’s.

The programme also includes the introduction of guidelines to support staff and managers in addressing domestic abuse and its effects on staff working with clients and patients who may be suffering abuse, but also personally for employees who may be experiencing abuse at home.

As part of this training, RAF Regiment team medics complete The Trauma Inoculation Programme, a placement at Ninewells which aims to prepare them for potentially facing and dealing with battlefield injuries.

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Better Together is NHS Scotland’s national programme to find out what patients think about their experiences of healthcare services in Scotland. Random samples of patients were sent a questionnaire by post asking them about their stay in NHS Tayside hospitals between the beginning of October 2008 until the end of September 2009.

Questions focused upon:

- admission
- hospital and ward environment
- care and treatment received
- staff
- leaving hospital
- medicines

Overall results for hospitals across Scotland and NHS Tayside were very positive with the top five positive responses for Tayside indicating that:

- 96% of patients understood the information they were given prior to attending hospital.
- 95% understood how and when to take medicines
- 95% had privacy when being examined and treated
- 94% were treated with care
- 93% were treated with respect

The five areas with the highest negative scores for Tayside as a whole were:

- 57% were not bothered by noise
- 64% knew who was in charge of the ward
- 70% were given help with arranging transport
- 74% were told about danger signals to watch for when they got home
- 75% were happy with the time they had to wait around when told they could go home.

NB: Results of the survey vary by hospital site.

NHS Tayside’s Response

Wards are being supported by the Safety Governance & Risk Team and Nursing Directorate to take forward improvements. Patient stories, emotional touch points and ‘How are We Doing?’ questionnaires are capturing patients’ comments and ideas for improvements.

Better Together results for each hospital are being shared with patients, relatives, staff and the public through media articles and posters on the wards.

Improvements - The Story So Far

Sources of noise identified by patient feedback have included staff talking loudly at workstations during the night, phones and buzzers ringing, moving of trolleys, closing of bins and doors.

Noise can disturb patients or lead to sleep deprivation and a longer recovery period. Therefore work to identify the time, level and types of noise is underway.

Changes made to reduce noise have included:

- The introduction of a noise checklist to all wards to identify noise sources and make improvements.
- Installation of lighting at new workstations at night on some wards.

Quiet closures added to bins and doors and reminders to staff regarding footwear.

Ward 4 at Royal Victoria Hospital in Dundee has recently purchased a ‘Sound Ear’ using endowment funds which indicates when noise has exceeded an unacceptable level.

NHS Tayside’s Health & Safety Department will support measurement of noise where this is an ongoing issue for patients. A toolkit will be offered to support improvements.

Who is in Charge of the Ward

The ‘Leading Better Care’ national programme identifies the Senior Charge Nurse as pivotal to the delivery of safe and effective care, and to providing a positive patient experience and outcomes. This will be achieved through Senior Charge Nurses being visible, identifiable, accessible, approachable and authoritative as requested by patients, the public and the profession.

To help patients know who is in charge of the ward:

- Senior Charge Nurses will introduce themselves to each one on a daily basis.
- Photo boards are being created indicating who is in charge.

Discharge Planning

A short life working group is currently working upon improvements around discharge planning. Tests are going on around shadowing patients due for discharge by junior doctors.

Contact information

If you require support in your ward area to make improvements please do not hesitate to contact a member of the Safety Governance & Risk Team on 01382 424171/420090.
Maureen Ramsay shares with spectra her enthusiasm for nursing and why she would hope that her dinner guests offer to sing for their supper.

NAME, DESIGNATION AND DEPARTMENT
Maureen Ramsay, senior staff nurse, GP Unit, Blairgowrie Community Hospital.

PERSONAL HISTORY
From a young age I had a keen interest in caring for people, so I decided to pursue a career in nursing. I undertook my nurse training at Perth Royal Infirmary and qualified as an enrolled nurse in 1982. In 1999 I successfully completed my conversion course. I am an animal lover and I have a pet dog called Spence and a cat called Sparky. My favourite colour is pink, any shade I don’t mind.

LIKES ABOUT CURRENT JOB
I enjoy working as part of a team and the fact that no day is the same. Some of the patients I have looked after have made a real impact on me and they have helped me as much as I’ve helped them.

DISLIKES ABOUT CURRENT JOB
Lack of staff is a problem. I like to give a high standard of care and I like to have time with my patients but there seems to be more and more paperwork which I feel at times can compromise this.

MOST UNUSUAL THING ASKED TO DO AT WORK
I was asked to go and get a long stand and guess what...yes, I fell for it!

ACHIEVEMENT MOST PROUD OF
When patients thank me personally for doing my job, I really appreciate that and it makes me feel proud to be a nurse. One patient knew I loved cats so, by way of thanks, she knitted one for me. I was really touched by that and it made me feel really good, probably better than any pay rise could have done.

FAVOURITE WRITER
Lynda La Plante.

FAVOURITE MUSIC
• Take That
• Scottish music

FAVOURITE MEAL
My daughter’s homemade seafood linguine.

MOST LIKE TO HAVE DINNER WITH
I would find it hard to choose between Mark Owen and Michael Bublé, so I think I would have to invite them both. It’s a hard life.

FAVOURITE WORD
Supercalifragilisticexpialidocious.

TOP 3 FRUSTRATIONS
• Snobbery
• Working nightshift
• Cruelty to animals

MOST EMBARRASSING MOMENT
At work I bit into a roll and my crown broke at the front, I had to go about like that all day - not a great look!

IRRITATING HABIT
Looking people up and down without even realising I do this. I know it is awful but I don’t mean anything by it.

DO BETTER THAN ANYONE ELSE
Making patients laugh and helping them to feel at home when in hospital.

3 WISHES
• That a cure for all cancers could be discovered.
• For myself, family and friends to enjoy health and happiness.
• That I am still as enthusiastic about nursing as I am now when I reach retirement age.
Computer File Management Good Practice

Below is a good practice guide on saving documents and files created on a PC in NHS Tayside. It is important that when filing documents on your PC you consider accessibility, security and document retention policies.

Why should a Computer Desktop look similar to the one below, without lots of saved documents?
The main reason is:

This slows the computer down especially in the start up of the machine.

Where should I store my documents?
Now that staff are logging into their own computer profiles using their Active Directory (TNHS) accounts, documents and files should be saved within either My Documents (documents you do not wish to share) or your Network Drive, for example this is sometimes known as your G Drive or Z Drive: (shared, departmental documents).

Reasons for ensuring that documents are stored within these areas include:

- Ensures there is only one copy of a document
- Reduces space used on the network as there is only one saved document
- If a member of staff does not share the document within an appropriate area then when the owner of the document is unavailable then the document is unavailable.

Good Practice

- When creating folders you should create a main folder and a sub folder, if you create more folders then your filing system will be difficult to navigate.
- Name your folders appropriately and keep the name to a minimum.
- If your folder structure has too many levels then it may not be possible to retrieve your documents if lost.
- You should save files in ‘My Documents’ or a ‘Network Drive’ and refrain from saving files to your desktop.
- Delete old folders to ensure your filing system is kept clean.

Creating a Folder

- Open My Computer from your desktop and select your Network Drive for example:
  Groups on mwh-file-01\departments\migration\othello\users(Z:)
- Please ask your manager if you are unsure of the Network Drive name for the Department.

My Computer

- To create a folder in your department network select the file menu, new and folder. Name the folder appropriately and keep the name to a minimum.
  Within your folder you can create sub folders as shown in the example below.

  - When saving your work to a folder appropriately name the file and keep the name to a minimum using only letters and numbers.

For more help and training on file management contact the IT Training Centre on ittraining.tayside@nhs.net or phone 01382 537707.
Charity night fund raiser

Susan Muir held a charity night to celebrate her 40th birthday and to raise funds for breast cancer patients and patients with Motor Neurone Disease (MND).

The evening was a great success with £2000 being raised. The money was divided between Ward 27/Burns Unit at Ninewells Hospital and MND Scotland.

Susan said, “The care and support I received in Ward 27 was absolutely fantastic so I wanted to show my appreciation by donating half of the proceeds of the charity evening to the ward to benefit other patients.

“I chose to donate the remainder to MDN Scotland as our mum passed away from Motor Neurone Disease at the age of 50.”

Dundee teenagers donate to Strathmore Diabetes Centre

A group of former senior pupils from Menzieshill High School in Dundee handed over a cheque for £500 to the Strathmore Diabetes Centre at Ninewells.

The school’s annual Talent Contest, which is organised by the sixth-year pupils’ charities’ committee, was held earlier this year and raised £1600 which was donated to Diabetes UK and the Strathmore Diabetes Centre.

Consultant Physician Dr Ewan Pearson and Diabetes Specialist Nurse Debbie Voigt accepted the cheque from the pupils on behalf of the department.

Marathon effort for Ward 34

Anna Stephen and Mari Riddoch decided to raise funds for Ward 34 at Ninewells Hospital to show their appreciation for the care given by staff to Anna’s brother Mike and nephew Cameron.

The two friends took part in the Edinburgh Marathon and successfully completed the challenging 26-mile event. Through generous sponsorship the total figure raised was £13,379 and the pair visited Ward 34 to hand over the cheque to senior charge nurse Anne Graham.

Accepting the cheque Anne said, “We are very grateful to Anna and Mari for this donation which will used to benefit patients in the ward.”

Diamond couple donate to Arbroath Renal Unit

Arbroath couple Terry and Mary Moug visited Arbroath Renal Unit to present a cheque for £624 to senior charge nurse Shona Borrett.

Octogenarians Terry and Mary celebrated their Diamond Wedding Anniversary recently. The couple decided to mark this special anniversary by holding a party for family and close friends.

Instead of receiving gifts, the couple kindly invited guests to contribute to a charitable collection which would be used to benefit renal patients in Angus. Terry attends three times a week for dialysis treatment at the unit in Arbroath Infirmary.
Friends and colleagues gathered in the canteen in the Engineering/Laundry Block at Ninewells Hospital to wish John Easson well in his retirement.

John joined NHS in 1969 and his first few years were spent carrying out general duties in the Boiler House at Ninewells. Since 1983 John has worked as a fitter in the Laundry, a position he held until his retirement.

In his free time, John plans to spend more time on his hobbies of reading, home wine making and to take up fishing again.

Alan Gallacher, Estates Engineering Manager presented John (centre, right) with two cheques on behalf of colleagues in the Laundry and in the Estates Department.

George Forrest (seated, centre) celebrated his retiral recently after 39 years of NHS service.

In 1976 George began his general nursing training at Ninewells Hospital and, on gaining his RGN qualification, he moved back to mental health nursing at Hartwood Hospital, Lanarkshire in 1977.

He moved back to Dundee in 1978 and took up the position of staff nurse at Royal Dundee Liff Hospital (RDLH).

In 1980 he was promoted to charge nurse working in various acute settings at RDLH and at Ninewells psychiatric unit.

George joined the community nursing team in 1996 just prior to the setting up of the mental health teams where he continued to work until his retirement.

NHS Tayside Chairman Sandy Watson presented George with a cheque on behalf of his colleagues and friends.

Jim Devine, General Manager Outpatient Services/Medical Records (third right), retired after 32 years service within the NHS. Jim started his NHS career in 1978 when he joined Financial Services at Maryfield in Dundee. Over the years Jim has held a variety of posts across primary and secondary care.

Family, friends and colleagues were joined at Ninewells Hospital by NHS Tayside Chairman Sandy Watson and Chief Executive Gerry Marr who presented Jim with vouchers and gifts to mark his retiral.

Joan Potter, Community Macmillan Clinical Nurse Specialist, retired from her post with Palliative Services at Cornhill Macmillan Centre, Perth Royal Infirmary, after more than 37 years service.

After qualifying, Joan (sixth, left) began her nursing career at Dundee Royal Infirmary in 1976, moving to Bridge of Earn Hospital three years later. Over the years, Joan has worked as a district nurse and as a practice nurse, she also spent many years working night-duty at Kings Cross Hospital.

In 1994 Joan took up the post of Macmillan nurse working from Drumhar Health Centre, Macmillan House in Isla Road, Murray Royal Hospital before moving to the new Cornhill Macmillan Centre at PRI when it opened in 2009.

Colleagues and friends presented Joan with a retirement gift and flowers.