Montrose man is presented with Nabarro Medal

Perth scheme supports individuals with learning disabilities to discover new talents

£300 donation to Perth Royal Infirmary

Can three minutes of exercise change your life?
Dear spectra readers,

Spring has finally sprung in Tayside and this new-look edition of spectra is bursting with good news stories on improvements and developments in services in Angus, Dundee and Perth & Kinross.

From the creative arts project for patients at Murray Royal to doctors and nurses from Ninewells A&E department visiting primary school children in Dundee to NHS Tayside’s Chairman visiting a mums and babies group in Forfar, your staff magazine captures just some of the work ongoing in NHS Tayside.

In this edition of spectra we also have features which focus on improving patient care - our patient safety programme; our ground-breaking Butterfly Scheme; why a quiet hospital helps patients get better as well as highlighting Climate Week in NHS Tayside.

It seems the days of slogging it out in a gym may be numbered according to recent research. Apparently all we need to do is exercise for three minutes each week at full throttle. We asked staff if they would be keen to try this new way of exercising.

TREATS have some tempting offers for staff with trips to York and Edinburgh as well as an Easter themed competition.

Please get in touch with any suggestions and articles for future editions of spectra we welcome all ideas, our contact details are below.

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Chairman visits Healthy Start Group in Forfar

Chairman Sandy Watson met mums and babies when he visited the Healthy Start Group in Forfar.

The Healthy Start Group, which is part of Angus Community Health Partnership’s Healthy Happy Communities Project, is community-led and aimed at local mums and babies.

Mr Watson joined Healthy Happy Communities Project Manager Shona Burge and project assistant Denise Black and heard first hand from mums attending the group how the Healthy Start Group benefits them.

Those attending the group are offered a comfortable and relaxed environment where they can meet other local mums as well as receive support and advice on a variety of health and lifestyle topics such as breastfeeding and weaning and tips on providing their families with a healthy balanced diet.

Project assistant Denise Black said, “The Healthy Start Group regularly welcomes 15 mums and babies through its doors each week. We wanted to provide a relaxed place for them to meet giving them the opportunity to catch up with other mums as well as being a place where they could be confident that they would be offered support and advice should they wish it.”

LGBT Charter Mark

The Young People’s Health Team and Central Health Care have been awarded the prestigious lesbian, gay, bisexual and transgender LGBT Charter Mark for the commitment they have shown to LGBT equality.

A programme of work and schedule of activity will be developed and implemented to support the ongoing Charter Mark status and link with the corporate equality and diversity agenda. The Charter Mark was presented to LGBT Champion Fiona Campbell and Equality & Diversity Champion Lisa McRae by Community Capacity Building Officer Ann Marriott.

Team Leader for the Young People’s Health Team Lesley Paterson said, “The LGBT Charter of Rights has helped to ensure the inclusive culture of our service and plays a part in creating a future where all LGBT people are valued, included and supported.”

Patients benefit from improved arthritis service

People living with arthritis who are experiencing problems carrying out simple tasks can get help and support from the Angus Rheumatology Occupational Therapy Service.

The service, which is run by occupational therapist Andrew Makaka, has been expanded to offer an enhanced range of treatments.

Patients can self-refer to the service or be referred by their rheumatology consultant, hand specialist consultant, GP, physiotherapist, podiatrist, social worker or family member.

The service aims to improve a person’s ability to perform activities of daily living, prevent loss of function, improve or maintain psychological wellbeing, as well as give advice on what people can do to minimise the effect of living with arthritis on their lifestyle.
**News in Brief**

### Angus

#### New course to manage tiredness starts in Brechin

A new, free self management course to help people manage their tiredness and fatigue started at Brechin Infirmary.

Fatigue is experienced by many people with long term conditions and can have a major impact on daily life. People who have fatigue have no energy and find it difficult to do simple, everyday things that are taken for granted by others.

The programme ran weekly for five weeks and was led by staff from Angus Community Health Partnership’s occupational therapy department.

### Montrose man is presented with Nabarro Medal

Montrose man Peter Mackie was presented with the Alan Nabarro Medal at Ninewells. Diabetes UK Supporter Services awards the Alan Nabarro Medal to people who have lived with diabetes for 50 years. Diabetes is a common life-long health condition where the amount of glucose in the blood is too high because the body cannot use it properly due to a lack of insulin or because of the resistance to the effect of insulin.

Mr Mackie (59) was diagnosed with diabetes just before his seventh birthday and the routine monitoring of his blood glucose levels and insulin injections quickly became part of his daily life.

Peter said, “I have always just got on with my life despite having diabetes and I am pleased to accept this award which recognises that I have lived with diabetes for 50 years.”

### Diabetes evening event

A free chair-based exercise evening for people living with diabetes was held at the Links Health Centre in Montrose.

Organised by the Montrose Diabetes Forum the evening was aimed at people who are living with diabetes, their families and carers as well.

Led by fitness instructor Jane Doig and Angus CHP community physiotherapy assistant Joyce Simpson who explained the benefits of exercise and demonstrate a range of chair-based exercises.

### Angus CHP launches new external self-management webpage

The new webpage called Self Care Management lists self management programmes and courses available in Angus. The webpage can be accessed by visiting www.nhstayside.scot.nhs.uk and following the path - Your NHS Tayside - About NHS Tayside - Community Health Partnerships - Angus CHP.

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**Business Continuity Awareness Week 2012**

NHS Tayside supported Business Continuity Awareness Week 2012 encouraging staff to come forward and discuss business continuity plans and action cards.

Staff were also reminded to use the up-to-date business continuity plan template and new Electronic Document Store user guide.

The NHS Tayside ‘How We Keep Services Running’ Staffnet site provides the most up-to-date information to help services to continue operating in the face of a wide range of different types of disruptions – from ‘normal’ internal business crises to major emergencies caused by external events.

There is still also an Emergency Planning site.

Visit the NHS Tayside Facebook and Twitter pages for the most up-to-date information on services in NHS Tayside during times of disruption. These pages can be viewed by all staff with or without Facebook and Twitter account login details at www.facebook.com/nhstayside and www.twitter.com/nhstayside

Business continuity workshops can be arranged for plan owners. For further information please contact Elisabeth Leslie, Deputy Emergency Planning Officer on 01382 740771 x 40771 or email e.leslie@nhs.net

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**News in Brief**

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Led by fitness instructor Jane Doig and Angus CHP community physiotherapy assistant Joyce Simpson who explained the benefits of exercise and demonstrate a range of chair-based exercises.
Minister for Children and Young People Aileen Campbell MSP officially opened a new £2.65 million integrated Dundee child protection facility at the Kings Cross site.

Seymour House has been built to strengthen ongoing partnership working between Dundee City Council, NHS Tayside and Tayside Police. Staff from the three organisations are located together in the purpose-built facility, containing technology for interviews which already surpasses national standards.

Chairman of NHS Tayside Mr Sandy Watson said, “The opening of Seymour House is the culmination of the hard work demonstrated every day by staff of all agencies who work to protect our children. Their commitment to working more closely together will be so much easier now that we have all the expertise in the one place, making this not only a first class facility for the agencies but a safe place for vulnerable children and young people from across the city.”

Minister for Children and Young People Aileen Campbell MSP said, “We all want ‘healthy happy bairns.’ That is children who are safe, loved, enjoy their childhood and achieve their potential. By investing in facilities like Seymour House, Dundee is showing a clear commitment towards achieving this essential goal by ensuring vulnerable youngsters receive multi-agency support as and when they need it.”

Funding approved for sensory garden and play park at Armitstead

NHS Tayside Board of Trustees has approved funding for the development of a £150,000 sensory garden and play park at the Armitstead Child Development Centre Nursery in Dundee.

The centre’s nursery provides weekday pre-school facilities for up to 15 children a day. It offers individualised developmental opportunities for children with complex disabilities and provides therapies integrated into play.

The centre is staffed by nursery nurses and assistants with support from Allied Health Professionals, nurses and medical staff as required.

The sensory garden and play park will help them to interact in a meaningful way with their environment.

Helping reduce children’s anxieties when attending A&E

A&E staff from Ninewells are helping reduce young children’s anxieties when they attend the A&E department. Doctors and nurses have visited around 25 primary schools during the last two school years to speak to children about what they should expect if they ever have to attend A&E for treatment.

Children have the chance to see how finger dressings, bandages and slings are done properly, and are given the opportunity to do them themselves. They are also able to use oxygen masks, stethoscopes and cardiac monitors to show them how their heart rate can increase and decrease.

Acting Charge Nurse Paula Paton is the lead for the project and said, “By going out into schools where the children feel comfortable and are open to listening and learning, we are educating the children by making it practical and fun to learn about A&E treatment and the equipment that can be used when patients come into A&E.”
**Tayside maps its way to record organ donor sign ups**

NHS Tayside has reached an organ donation high with 41.5% of people now signed up to the NHS Organ Donor Register - the second highest percentage of sign ups in the country.

Head of Patient Care & Nursing Meg Park (42) was saved by a kidney/pancreas transplant ten years ago - and she helped unveil the record figures on a giant map emblazoned with Scotland’s current sign up rates at Dundee’s Sensation Science Centre.

Meg said, “For me, the NHS Organ Donor Register has truly transformed my life and I can only hope that more people come to realise the difference that they can make by signing up. I would encourage everyone to take two minutes and join today.”

Chair of NHS Tayside’s Organ Donation Committee Dr Stephen Cole, said, “We know people living in Tayside have big hearts and they’ve shown this with the record increase in our sign up figures for the NHS Organ Donor Register. It’s a testament to their generous spirit and the work of everyone involved in organ donation to help raise awareness and encourage more people to join the Register.”

If you believe in organ donation, prove it. Register now at www.organdonation.nhs.uk or call 0300 1232323.

**In memory of Amanda**

Family, friends and colleagues gathered in the grounds of Ninewells Hospital to dedicate a bench in memory of Amanda Sullivan. Amanda was a midwife counsellor in the Down’s Syndrome Screening office and sadly died in November 2010 after a period of ill-health. Her friendly, cheerful, open personality has been sorely missed by all her colleagues and patients.

The bench was purchased with money raised by her colleagues and is sited near the Maggie’s Centre, an area Amanda loved and hopefully where patients and staff will enjoy a peaceful seat.

**News in Brief**

**Dundee**

**Winning weigh in Fintry**

Dundonians are invited to take part in a free weight management course designed to give individuals the skills and knowledge to take control of their lifestyle and manage their weight. The sessions take place on Mondays between 10.30am and 11.30am at Finmill Centre, Findcastle Street, Fintry.

For more information contact Dundee Healthy Living Initiative on 01382 435824.

**Personalisation & self directed support**

A presentation was given to Dundee CHP Committee around personalisation and self-directed support by Dundee City Council Service Manager for Adult Care Avril Smith-Hope.

Personalisation should lead to supports and/or services which are person-centred (both around individuals and communities), which can change when required, and are planned, commissioned and sometimes delivered in a joined up way between organisations.

The social work department has established a Personalisation Project Board and Project Team to develop the approach and produce a local Personalisation Strategy, which includes representatives from both social work and health.

**1st National Donation Congress**

Two NHS Tayside consultants headed to the 1st National Donation Congress organised by NHS Blood and Transplant. Lead Clinician for Organ Donation Dr Stephen Cole and Clinical Lead for Organ Donation in Emergency Medicine Dr Brodie Paterson attended the event at the Britannia Hotel at London’s Canary Wharf.

If you believe in organ donation, prove it. Register now at www.organdonation.nhs.uk or call 0300 123 23 23.
Minister for Public Health addresses national dementia conference in Perth

Minister for Public Health Michael Matheson visited Tayside to address a national conference on dementia held at the Huntingtower Hotel in Perth.

The Scottish Dementia Clinical Research Network (SDCRN) hosted the second annual conference with more than 200 delegates attending over two days. The conference brought together patients with dementia and their carers to hear about the latest dementia research being carried out in Scotland.

Researchers from all over Scotland also attended and delegates were given the opportunity to take part in workshops. Minister for Public Health Michael Matheson said, “Providing the very best care for every older person on every occasion, in care homes and in hospitals continues to be a priority for the Scottish Government and carrying out groundbreaking research is a great example of how we can continue to improve dementia care across Scotland.”

Dangers of smoking and cervical cancer

NHS Tayside Smoke Free Services and the Health Promotion Health Service have been working in partnership with the Tayside Colposcopy Clinic to highlight the dangers of smoking and cervical cancer.

An information leaflet has been adapted with permission of NHS Lothian for women attending Tayside Colposcopy Clinic. The message is to highlight to women that smoking can reduce the ability of the cervical cells to protect themselves. This means the cervix is more at risk and less able to fight off disease. The cells are more likely to go back to normal when you stop smoking completely.

Smoke Free Services offer support and advise on nicotine therapy and other aids to help achieve a successful quit attempt. Support is available through your local community support groups or local community pharmacy, and also in hospital. All services are completely free. Tayside Smoke Free Services: 0845 600 999 6.

Sensory Impairment

A pocket size guide to help NHSScotland staff meet the practical needs of patients with sensory impairment and communication needs is now available.

This guide has been designed by NHS Education for Scotland (NES) and has been distributed to all health boards so that as many staff as possible who have direct patient care receive a copy.

Examples of the tips include:

- Keep your face in good light and face the person who’s deaf. A light source will cast a shadow on your face making lip-reading difficult

- If another person joins the conversation, indicate to the deaf person who is now speaking by a hand gesture or a nod in the direction of the new speaker

- Contrasting colours to indicate furniture such as low tables, doorways, etc assist visually impaired people in getting around.
Creative arts project for Murray Royal patients

Funding has been approved by NHS Tayside Board of Trustees for a project involving patients of the Forensic Psychiatry Service at Murray Royal Hospital.

The project aims to build on the success of two previous initiatives for mentally disordered patients, which also received endowment funding and ran in collaboration with Tricky Hat Productions.

£79,560 has been awarded for the project, which will involve patients and their carers and aims to document the transition of the service into the new Rohallion Secure Care Clinic at Murray Royal Hospital.

Over a three-year period, Tricky Hat will work with patients, staff and carers to create an audio/visual journey through the old and new hospital buildings involving drama, music and written work.

Through involvement in this project, patients will develop skills in interview, research and performance techniques and can learn to interact more constructively with each other, their carers and ultimately the general public.

NHS Tayside Chairman meets Kinloch Rannoch Community First Responders

NHS Tayside Chairman Sandy Watson visited Kinloch Rannoch Medical Practice to meet with volunteers from the local Community First Responder (CFR) scheme and members of the Scottish Ambulance Service (SAS).

CFRs are volunteers who are trained to provide basic life saving treatment as the first person on the scene for 999 calls until an ambulance arrives. They are supported locally by ex-emergency medical consultant and local resident Hamish Finlay and the SAS. Volunteers are trained to carry out effective resuscitation, use a semi-automated external defibrillator, basic airway management, oxygen therapy and learn the skills to manage minor traumatic incidents safely until the arrival of further help.

There are currently six CFRs in Kinloch Rannoch and in the three years since the introduction of the scheme the team has responded to 23 emergency calls.

Mr Watson said, “NHS Tayside has consistently stated its commitment to supporting First Responders as a supplement to the out-of-hours provision through GPs and the Scottish Ambulance Service.”

News in Brief

Perth & Kinross

Strathmore Dementia Service

The Strathmore Dementia Service in Perthshire - introduced in September 2010 - is a Scottish Government national demonstrator site and aims to look at providing care in a new way to help address the rise in the incidence of dementia.

The service moved from a 12-bed inpatient assessment unit to a community-based model, aiming to support people to live longer at home and reduce inappropriate admissions to hospital or care homes.

Ten trained nurses and six healthcare assistants provide post diagnostic community support seven-days-a-week to 134 community patients from 8.30am to 8.30pm. The team also provide support to 130 care home residents in Strathmore during these times.

One of the biggest successes is the introduction of Early Identification Screening - an open access memory clinic allowing people who are worried about their memory to be assessed, without contacting their GP if they do not wish to do so.

Update from Strathmore Focus Group

Members of the Strathmore Focus Group, which was set up to allow the people of Strathmore to discuss and help influence the improvement and redesign of local healthcare services, has held their third meeting at Blairgowrie Community Hospital.

An update on activity within the GP Unit was given stating that in January there had been 31 admissions and 25 discharges.

As part of the design process there will be consultation with the public and local groups, with plans shared at another open day event held at Blairgowrie Community Hospital.

Updates, including minutes, newsletters and future meeting dates, are posted on the Informing, Involving and Consulting in Strathmore website at www.nhstayside.scot.nhs.uk

Mr Watson (second left, back row) Head of Primary Care for Perth & Kinross CHP, Julie Flynn (middle, back row), with those at the event.
A ground-breaking scheme which aims to improve the safety and well-being of patients in acute hospitals who have dementia has been launched across NHS Tayside, the first Board in Scotland to adopt the scheme.

The Butterfly Scheme was officially launched in Perth Royal Infirmary in January of this year by founder Barbara Hodkinson, a carer whose mother had dementia. To develop the scheme, she consulted with people in the early stages of dementia, carers and key healthcare professionals over a two-year period, to ensure that the scheme met the needs and requirements of patients with dementia.

The scheme allows people whose memory is affected by dementia to opt-in to having a discreet butterfly symbol placed next to their name. This alerts staff to the fact that this patient has attention to maintaining consistency in the person’s routine and gently reminding them of what is happening to them, each time a member of staff approaches. Studies have shown that patients who take part in the scheme receive more effective and appropriate care, reducing their stress levels and increasing their safety and well-being.

Five Key Points to Remember

- Remind the patient what has led to this moment
- Explain what is about to happen
- Arrange visibility, consistency, accessibility
- Check well-being, cleanliness and hydration
- History of any kind must always be verified from the records or carer; instructions must always be backed up via staff or carer

The scheme was successfully piloted in Tayside at the end of last year and is being rolled out across all sites in the Board area over the next few of months.

The scheme is being implemented in NHS Tayside under the lead of Dr Robert Boyd, Consultant Nurse in Dementia. Dr Boyd said, “I’m delighted that staff, patients and carers are so enthusiastic about adopting the Butterfly Scheme. I can’t thank the liaison team enough for organising the staff training, including, nursing, medical staff, allied health professionals and support services such as domestics.

“I think this will have a real impact on improving patient care, along with the other improvements we are making in NHS Tayside.”

Nurse Director for NHS Tayside, Dr McGuire said, “In NHS Tayside we are committed to providing high quality compassionate care to everyone we care for and we believe that getting it right for older people and those in particular with dementia is crucial to achieving this aim.

“The Butterfly Scheme reminds all staff how fragile people who have dementia are, and of the importance of good communication with family and carers.”
The Scottish Patient Safety Programme (SPSP) launched in December 2007, has been implemented in every acute hospital in NHS Scotland with the aim of transforming the safety of acute care and radically reducing needless death and harm.

The SPSP required each hospital system to build and develop capacity and capability for improvement to spread and sustain reliable practice to achieve the key aims of a 15% reduction in mortality and 30% reduction in adverse events by December 2012.

The initial goals were to drive improvements in five specific workstreams: leadership, critical care, general ward, medicines management and peri-operative.

The key change elements within these workstreams are evidence-based actions known to improve patient safety i.e. care bundles. As the national programme has developed it has encompassed other service areas, including paediatrics and primary care services.

NHS Tayside has reached a significant milestone towards achieving the aims of the SPSP. This has involved achieving spread of all key changes involved in one or more of the five workstreams, with at least 50% spread of these changes into other applicable areas. All of the five workstreams and their initial pilot areas are showing sustained improvements in their patient safety processes and related outcome measures.

Local examples of improvement and spread can be demonstrated in the community hospitals, primary care and mental health, maternity services and paediatrics in addition to spread within the acute service areas.

Key Areas of Focus for 2012

In addition to sustaining the work in the original workstreams, work is underway as part of the SPSP in relation to Sepsis and Venous Thromboembolism (VTE).

These areas have been agreed nationally as key areas for improvement in achieving the overall programme aim of reducing mortality. Key aims for the Sepsis and VTE Workstreams are:

- Sepsis: 5% reduction in mortality from sepsis in NHS Scotland’s acute hospitals by December 2012 rising to 10% reduction by December 2014
- VTE: Reliable risk assessment and appropriate thromboprophylaxis administration in 80% of adult admissions in the pilot area by December 2012 and 50% by March 2014.

The Scottish Patient Safety Fellowship Programme

The Scottish Patient Safety Fellowship Programme was introduced to develop and strengthen clinical leadership and improvement capability in NHSScotland in order to support the implementation of SPSP. The Fellowship Programme is lead by Healthcare Improvement Scotland, in partnership with NHS Education for Scotland. Applications for Cohort 4 of the SPSP Fellowship were invited earlier this year. NHS Tayside is delighted to announce that three clinicians have been successful in their application to take part in the SPSP Fellowship Programme. The successful clinicians are: Consultant Physician, Dr Arun Chaudhuri, Consultant Surgeon, Mr Samit Majumdar and Specialist Clinical Pharmacist, Shadi Botros. Fellows are expected to lead on a patient safety improvement project linked to SPSP and to support their NHS board with leading quality and safety improvements.
Can three minutes change your life?

Recent research has suggested that three minutes really could change your life for the better. New findings claim that the daily hours of sweating it out in the gym could be a thing of the past and that if you want to make a difference to your health you only need to exercise for three minutes, every week!

The three minutes of short high intensity exercise is broken down into twenty second bursts, which are alternated with 60 seconds of rest in between each burst.

Short sharp bouts of exercise, it is claimed, is all that is needed to break down the body’s stores of glucose helping to improve insulin sensitivity as well as aerobic fitness. Insulin removes sugar from the blood, it controls fat and when it becomes ineffective you become diabetic.

Better health from three minutes of exercise...sounds too easy doesn’t it? And perhaps it is, as it would seem that not all of us will reap the same level of health benefits. Genetics play an important part in determining which of us will respond to this exercise regime.

So don’t pack in your gym membership or throw away your running shoes just yet.

The old saying ‘no pain, no gain’ is perhaps still true, it’s just that for some the pain shouldn’t last longer than three minutes!

We decided to ask staff what exercise they took and if they would be willing to swap what they do for three minutes of exercise at full throttle.
I go swimming twice at weekends which adds up to two hours of exercise each week. I think that’s about right as my job involves a lot of walking at Ninewells so I am always on the go. This is the first I have heard of this idea that three minutes exercise is all you need to do to make a difference to your health. I would give it a go probably when I am swimming.

My job involves daily walking and I find that is enough for me. I don’t do any other exercise as my thinking is that sport is for watching and not for playing! I like the idea of only having to commit to doing three minutes of exercise but I have been advised to carry out gentle exercises due to health reason so I am not sure if this is for me. I still think it’s a good idea if it works.

Every day I go for a short walk and once a week I walk in to town which is about three miles. I try to exercise for at least an hour each week. I wouldn’t want to swap my walking for three minutes of intense activity.

To be honest I don’t believe exercising for three minutes would make you fit.

I signed up to NHS Tayside’s Cycle to Work Scheme and I cycle to work at least four days a week. The journey use to take me 19 minutes but now I am down to 12 minutes. On the days I don’t cycle to work I walk and that usually takes me 30 minutes. I also play golf and five-a-side football each week. I would definitely be up for three minutes of intense exercise but I wouldn’t give up what I already do, I would add it on.

Unfortunately I rarely exercise; my work is quite active so I am generally tired when I get home. I walk my dog every morning and every evening so that adds up to about an hour of walking each day. I am not the type of person who enjoys a gym environment so a gym membership wouldn’t suit me. A three minute exercise session doesn’t sound long but I still wouldn’t want to swap my daily walks with my dog.

I don’t exercise regularly even though I do have various pieces of exercise equipment at home. I find I get bored very easily if I am exercising and though I may start with good intentions I quickly lose interest. However I do walk to places when I can, so I think that must count for something. If all I had to do was three minutes of exercising to get some health benefits then that might suit me to be honest so it’s something I would consider.

I really enjoy exercising and I try to exercise at least four times a week. I have a membership with Curves which caters for women only. Its good fun going to the club, it’s not all about exercise for me as there is a social aspect to exercising which I like. Being part of the club is a real motivator for me so I wouldn’t give that up to do just three minutes of exercise a week.

There is a lot of walking in my day-to-day work and I also play five-a-side football each week for 90 minutes. I wouldn’t give that up to do three minutes of exercise as I would miss out on the social aspect of playing football.

I think I probably already do three minutes bursts of intense activity when I am playing football.

I will have to hold my hands up and admit to not exercising. Very occasionally I will have a stint of doing a few sit-ups but that doesn’t generally last long. I am active at work and my job can be quite physical at times so I feel I get more than enough exercise from that. However, only having to do three minutes of exercise does sound appealing maybe almost too good to be true but I would be up for that if it was going to make me healthier.
Take a leap and quit smoking

Smoking cessation teams across NHS Tayside helped to promote No Smoking Day 14 March through a series of promotions and events.

In Perth & Kinross, a Perth man took part in a bungee jump to promote this year’s No Smoking Day theme of ‘Take the Leap’. Neil Miller had managed to quit with help from NHS Tayside smoking cessation advisor Lynne Crow.

Events were also held in Morrisons Perth, the Co-op in Blairgowrie and across all Perth & Kinross GP practices.

In Dundee an event was held at the University of Dundee to encourage staff and students to kick the habit. Smoking cessation advisors were on hand to offer help and advice on giving up smoking and to match the right quit method.

Information and advice stands were also set up in Ninewells and Asda stores in Kirkton and Milton of Craigie.

In Angus the smoking cessation team were at Tesco and Abbeygate Shopping Centre in Arbroath giving advise and support to smokers.

Emotional touchpoints workshops in Angus

A workshop, facilitated by Emma Lamont, Releasing Time to Care facilitator and Sharlaine Walker, planning manager, Mental Health, Angus CHP was held to explore using emotional touchpoints to understand people’s experiences of healthcare. The workshop involved staff from various backgrounds in nursing, general practice, speech and language therapy and clinical governance. Evaluations included “It was great to do the workshop and meet colleagues from different professions. This is a powerful tool for gaining accurate feedback from patients and hearing their stories.”

Use your shield, rise above the risk

During January and February, as part of on-going health promotion work, The Corner, in partnership with Health Buddies, Peer Education and the Young Carers project, delivered a health campaign which focused on resilience in young people. The Young Carers Project supports children and young people who help look after a family member who is ill, disabled, or has mental health or addiction issues.

The main message of the campaign was “use your shield, rise above the risk” – to encourage young people to think about their strengths, and what support is available to cope with difficult situations rather than taking risks.

As part of the campaign there was a questionnaire which asked young people what they think resilience is, what helps them to overcome life’s ups and downs and what difficulties they have faced.

Young people from the young carer’s project helped with the creation of the questionnaire and were involved in developing a comic book called ‘Overcoming adversity, rise above the risk’.

The comic book features the stories of five fictional young people, who are all going through different issues. In each story their shield appears to remind them what strengths they have and suggestions of other ways they can get help to cope.

For any more information or for a copy of the results of the questionnaire please contact amy.thompson@nhs.net.
Murray Royal football project ‘on the ball’

A football initiative for people recovering from mental illness which has been taking place at Murray Royal Hospital over the last two years has been successful in tackling health inequalities and stigma.

The joint venture between the Murray Royal recreation department, St Johnstone Football Club, Perth & Kinross Council Housing and Community Care and PLUS Perth a local mental health charity. The partners and service users work together in setting up the project which included professional football coaching sessions, skills development and match play. At the end of each of the six week coaching blocks a football event inviting teams from other areas in Scotland to play took place at MacDiarmid Park in Perth.

The last funded coaching block took place at Murray Royal in March/April with most of the participants moving on to the ‘Saints Academy - Inclusion Through Sport’ project.

For more information contact John McDonald, Murray Royal recreation department on 01738 562303 or email johnmacdonald2@nhs.net

Shona Robison visits football therapy session

Shona Robison MSP visited Ardler Complex in Dundee to see at first-hand the success of an innovative therapy for mental health patients.

Football therapy is proving to be one of the most successful sessions provided by the General Adult Psychiatry Service at Carseview Centre. The group is open to both inpatients and community patients and is aimed at those with severe and enduring mental illness, who can suffer from additional barriers including low motivation or concentration, sedentary lifestyles, weight gain and side effects from medication.

Ms Robison, accompanied by Joe Fitzpatrick MSP, and Chairman Sandy Watson came along to watch one of the football therapy sessions, which consist of drills and short games, and present the participants with certificates to mark their achievements.

The group has been running for a number of weeks led by physiotherapy assistant Lee Shaw, community staff nurse Grant Galllalay and highly specialist physiotherapist Gillian McDonald.

Since beginning the therapy sessions, the group members have all experienced an elevation in their mood, increased confidence and an improvement in their physical health.

School children offered MMR vaccination catch up

NHS Tayside offered children and young people, who have not received two doses of the MMR vaccine, the opportunity to be immunised in a catch up programme across schools and GP practices.

Pupils in S3, S4, S5 and S6 were offered the vaccination at sessions in March, when school nurses also carried out HPV vaccinations.

Those who have left school and those aged between 18 and 24 can receive the immunisation at their GP practice. Any child up to the age of 15 who has not completed the two doses can also be vaccinated at their own GP.

The MMR vaccine gives protection against measles, mumps and rubella which are all highly infectious viruses and can cause dangerous and very unpleasant illnesses.
Lochee community cafe improving people’s health

A community café is providing health information, advice on local services, a healthy lunch and a listening ear to members of the public living in Dundee’s Lochee area.

The weekly drop-in café is held at Lochee Parish Church in High Street, is run by church volunteers, supported by Dundee Healthy Living Initiative (DHLI) and is a one-stop shop for all local people in the community.

This new service was set up last April following the request of local people and went on to win a Dundee Partnership Community Award for health and wellbeing for its different, innovative approach as it is community-led, tackles inequalities and treats everyone as a member of the community. All people are welcome regardless of their particular needs and issues.

The aims of the community café are to reduce social isolation, improve community health and empower the community to make positive changes to their health.

The café is held on a Tuesday between 11am and 1pm and Sunday between 12noon and 2pm.

Keep well success for young people

The important part that Keep well plays for young people in Dundee was highlighted at a recent pupil conference held at Braeview Academy and at a seminar held in the Marryat Hall.

Organised by the NHS Tayside Schools’ Team, the Keep well Pupil Conference has been an annual event since 2006 and is an opportunity for pupils and teachers to highlight good practice, exchange ideas and share knowledge about the way Keep well funding is used to benefit pupils across the city.

Activities in schools promote healthy choices and leading a healthy lifestyle and have offered young people the opportunity to participate in a range of different experiences.

The second event, held in the Marryat Hall demonstrated how highly effective Keep well has been in addressing the issue of smoking in young people.

New network to tackle oral health in South East Scotland

A new network has been established to provide specialist dental public health advice to South East of Scotland and Tayside Health Boards. The innovative regional Dental Public Health Network (DenPHSE) was set up following discussions with NHS Tayside and neighbouring Health Boards NHS Fife, NHS Forth Valley, NHS Lothian, NHS Borders, Dundee University and dental public health colleagues. For more information telephone 01592 226416 or email Fife-UHB.seatdental@nhs.net

Shoppers urged to consider their alcohol intake

Focus On Alcohol Dundee were asking shoppers at Dundee’s Wellgate Centre to ‘drop a drink size’ by switching to smaller glasses when drinking alcohol and encouraging them to take the ‘unit challenge’ to coincide with the launch of the Scottish Government’s ‘Time to Think About What You Drink’ campaign.

Focus On Alcohol Dundee Co-ordinator Kirstie Wilkinson, said, “Not only is alcohol stuffed with more calories than many foods making you put on weight, drinking too much can lead to poor skin, brittle hair and nails and can cause an increase in mood swings, anxiety and depression.

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Staff were encouraged to ‘Change One Thing for Climate Week’ to help NHS Tayside reduce its carbon footprint, improve sustainability and meet national environmental targets.

Climate Week is a national event that offers an annual renewal of ambition and confidence to combat climate change. During Climate Week, staff were reminded of NHS Tayside’s ‘Care to Save’ campaign which centres around four key green themes – energy, transport, recycling and sustainability.

Staff visited awareness stands at Ninewells, Whitehills and PRI and were given information and advice around how they could take positive steps to do their bit for the environment. Staff were also encouraged to ‘Change One Thing for Climate Week’ and were reminded of how they can reduce:

**Energy** - by switching off appliances when not in use, such as computers, photocopiers and printers, switching off unnecessary lights, or by only boiling water in kettles that is required.

**Waste** - by recycling paper, cardboard, plastics, cans, batteries and by reusing items such as plastic bags instead of throwing away.

**Travel** - by using video and telephone conferencing instead of travelling to meetings or by travelling by public transport, or car sharing.

Last year NHS Tayside spent over £8 million on energy. Every £1 we save in energy costs is money that can go towards other healthcare priorities. Initiatives for automatic lighting and heating controls have been introduced across many sites and this will continue, however everyone across NHS Tayside can help in reducing the organisation’s carbon footprint and costs.

Staff, friends and family were also being encouraged to participate in ‘Earth Hour’ - a worldwide campaign where lights are switched off across the globe to signify the commitment of businesses and individuals to a greener planet. For more info go to www.earthhour.org.

Greener travel was also promoted to staff demonstrating the benefits of commuters sharing their drive to work. Many people travel alone by car but there is nearly always someone going the same way, especially on the daily commute, and sharing can ease local pollution and congestion.

Staff at Perth Royal Infirmary and Murray Royal Hospital can register at www.perthandkinrossliftshare.com and set up a buddy group. More generally, people in Tayside can search for someone to share their journey with at www.tactranliftshare.com. For more information visit the Environmental Management microsite on Staffnet.
Counterfeit tobacco event in Arbroath

Webster Theatre in Arbroath was the venue for an event which brought together representatives from NHS Tayside, Scottish Trading Standards, Scottish Government, Manchester Council and Angus Council to focus on the problem of counterfeit tobacco.

Delegates at the event heard that illicit tobacco not only deprives the economy of much needed tax money but this criminal activity forms part of operations which include selling drugs, money laundering and smuggling, as well as counterfeiting tobacco products. This tobacco is often sold to children, breaking the law, endangering their health and bringing them into regular contact with criminal gangs.

Attending the event NHS Tayside Chairman Sandy Watson said, “The thing that pleases me most about this event is the extent to which partnership is clearly evident. Partnership working is now part and parcel of how the public sector must do business and is increasingly acknowledged as generating solutions to problems that single agencies cannot solve. The issue of illicit tobacco is undoubtedly a high priority for all of us.”

Bill Edwards, senior health promotion officer, Angus CHP, added, “The use of contraband and counterfeit tobacco products is one of the challenges against which our local NHS Quit Smoking Service has to work and compete.”

New website to help stroke carers

A new website has been launched for unpaid carers and families who may be supporting a person who has had a stroke.

This web based resource (www.Stroke4Carers.org) is a collaboration between Chest Heart & Stroke Scotland, University of Edinburgh, Big Lottery Fund and the National Advisory Committee for Stroke.

It has a host of practical advice, information and support and covers topics such as stroke cause and effects, the hospital team, advice and tips for carers, care at home as well as money, benefits and legal issues.

For more details about the project e-mail francis.bailey@chss.org.uk or contact CHSS, Rosebery House 9 Haymarket Terrace, Edinburgh EH12 5EZ.

Equality & Diversity training dates for your diary

Equality and Diversity Champions have been active in NHS Tayside for over three years. Their role is to promote equality and value diversity within our organisation. NHS Tayside is committed to moving towards a culture where every member of staff feels valued, respected and recognised for the contribution they make. NHS Tayside would like to encourage more staff to become Equality & Diversity Champions. There is a three day training programme due to start this Autumn.

- Wednesday, 31 October, 2012
- Thursday, 1 November, 2012
- Friday, 2 November, 2012

If you are interested in becoming an Equality & Diversity Champion please contact Santosh Chima on x 36950, schima@nhs.net, Helen Forbes on x 36954, helenforbes@nhs.net or Pat Millar x 27844, pat.millar@nhs.net

Perth scheme supports young adults

A pilot scheme which sees NHS Tayside and Perth & Kinross Council working in partnership to enable individuals with a learning disability to discover new talents and meet challenges head on is proving successful.

A group of young adults with learning disabilities from Perth & Kinross were awarded with sectional certificates for bronze and silver levels of the Duke of Edinburgh Award Scheme. The Duke of Edinburgh Scheme is open to all young adults between the ages of 14 and 24.

Through hard work and dedication, all eight members received at least one award for completing personal programmes in three sections – Volunteering, Physical and Skills. It is hoped that all participants will be able to undertake their expedition in the spring/summer of 2012, enabling them to complete their awards.

For more information please email Julie Stewart julie.stewart3@nhs.net or Rachel Fleming rachel.fleming@nhs.net
Ninewells gains baby friendly award

Ninewells Hospital has been highly commended on the standard of care given to women during and after pregnancy and has been awarded the prestigious UNICEF Baby Friendly Award.

The UNICEF UK Baby Friendly Initiative provide support for healthcare facilities that are seeking to implement best practice and offer an assessment and accreditation process that recognises those that have achieved the required standards.

NHS Tayside Head of Midwifery Kay Forsyth said, “We decided to join forces with UNICEF UK’s Baby Friendly Initiative to increase breastfeeding rates and to improve care for all mothers at Ninewells.

“There has been significant evidence to show that breastfeeding has important health advantages for both infant and mother. Breastfeeding takes time and has to be learned. Having the right kind of support and encouragement is vital to ensure success.”

Keep well event

A Keep well extension event held in the Centre for Child Health offered the opportunity for a variety of staff across Tayside, including senior staff from general practice, to raise queries regarding the Keep well extension programme post March 2012.

Topics discussed included who will be in the eligible Keep well cohort, IT support, Keep well guideline amendments, engagement strategy recommendations, new outreach delivery models and the delivery of Keep well to specific vulnerable populations.

Patient Interpretation Cards

NHS Tayside and Dundee City Council have jointly developed a new patient interpretation card for members of the community who cannot speak English, have very limited English or have hearing difficulties. These cards specify the patient’s spoken language or interpretation need and any requirement they may have for an interpreter to support their NHS appointment.

NHS Tayside currently provides the following interpretation services:

(a) Telephone Interpretation Service

This service is provided 24-hrs-a-day, 7-days-a-week by Language Line Services for non-English speaking patients who attend as inpatients or as outpatients in our hospitals, GP practices, NHS dental practices and NHS opticians. Language Line Services provide interpretation in 170 languages and operates by connecting members of staff and their patients to a professional interpreter by telephone.

(b) Face-to-face interpreting (including British Sign Language [BSL] Interpreting for patients with hearing difficulties)

Both face-to-face and BSL interpretation is provided by Dundee City Council’s Translation & Interpreting Service. Members of NHS Tayside staff contact Dundee City Council directly to request an interpreter to attend the patient’s appointment.

The patient interpretation cards will be distributed Tayside-wide by Dundee City Council to the Black, Minority and Ethnic groups and Deaf organisations who can give them to their service users. Once they have a card, patients can show this to the relevant member of NHS staff who will then book an interpreter for them.

For further information contact Interpretation and Translation Services on x 33329 or email pchima@nhs.net
Andrew Makaka  
Specialist Rheumatology 
Occupational Therapist 
Occupational Therapy Department, Angus CHP

Personal history 
I am the last born in a family of nine and grew up in a village called Nyamutsitsi, Chimanimani in Zimbabwe. I left the University of Zimbabwe in June 2001 and my first job was at United Bulawayo Hospitals, Buluwayo in Zimbabwe. I worked there for four and a half years before emigrating to the UK to take up a post with Netcare UK Ltd at the Greater Manchester Surgical Centre in Manchester. I worked in a unit where patients had elective total hip and knee surgery as well as hand surgery. While working there, many patients asked me why it was that prior to surgery they were only given a few pieces of equipment that could have helped them perform their daily tasks. This triggered an interest in me and I wanted to find out more about rheumatology and the provision of aids and appliances which would benefit and help patients before they undertook any surgery. When my contract with Netcare UK Ltd was about to end, I decided it was time for a career move and moved to rheumatology occupational therapy. I applied for my current post and I was very happy when I was appointed. I have been working in Angus for two years and I am still thoroughly enjoying working with my patients.

Like(s) about current job 
- Dealing with both physical and psychological impacts of arthritis on my patients in my current workload.
- The way my lead manager supports and encourages me.
- Working in different departments almost every day of the week and carrying out home visits.

Dislike about current job 
- Not having a specialist rheumatology physiotherapist in Angus.
- Working alone most times.

Most unusual thing asked to do at work 
- Using Appropriate Paper-based Technology (APT) techniques as a therapeutic media. APT techniques were developed in Zimbabwe by Bevill Packer and are used for making furniture, toys and household items as well as some equipment for people with disabilities. I enjoyed it and it is most fascinating.

Achievement most proud of 
- Working as specialist rheumatology occupational therapist.
- Progress I have made towards becoming an accredited hand therapist.

Favourite writer 
I am not a very keen reader. However with work related literature my favourite author is Terri M Skirven who wrote Rehabilitation of the Hand and Upper Extremity.

I also admire Alison Hammond who has done a lot of work in occupational therapy rheumatology and Joint Protection Techniques.

Favourite music 
Zimbabwean gospel music with a touch of sungura/rumba beat especially by Pastor Charles Charamba.

Favourite meal 
I would choose either my wife Tecla’s excellent paella dish or pasta bake with a crust of cheese accompanied by an ice cold Sprite.

Most like to have dinner with 
My lovely wife and my son Nokutendaishe and my daughter Naishe.

Favourite word(s) 
‘Too short a weekend.’ I also seem to say this when my colleagues ask how my weekend was after spending it with my family.

Top 3 frustrations 
- Working in Scotland while my family is living in Manchester.
- Being asked by my kids when I will be coming back home.
- Being on the bus/train with nothing to do.

Most embarrassing moment 
Stopping the bus at the wrong bus stop and having to tell the driver that it is the next that I was actually wanting. I did apologise though.

Irritating habit 
Nail biting but having attended Health Behaviour Change my habit has vastly improved.

Do better than anyone else 
Prepare oxtail stew with Zimbabwe traditional SADZA and cabbage on the side.

3 wishes 
- For Christianity not to be considered as the thing of the past but the cornerstone of each and every country’s foundation.
- Having summer temperatures throughout the whole year.
- Write my family history.

Do better than anyone else 
Prepare oxtail stew with Zimbabwe traditional SADZA and cabbage on the side.

3 wishes 
- For Christianity not to be considered as the thing of the past but the cornerstone of each and every country’s foundation.
- Having summer temperatures throughout the whole year.
- Write my family history.
Clinical Portal

The Clinical Portal developed in Tayside is our electronic patient record. It provides a unique consolidated view of both secondary and primary care information.

The purpose is to provide clinicians with information to improve communication and decision making, thus facilitating better and safer care as well as to deliver the required clinical information at the right time, within a strong governance framework that protects the patient’s privacy.

The built-in security and robust access control assures a legitimate clinical relationship exists before access is granted. The role of the clinician and the context of how and where the patient presents to secondary care determines whether access to GP-derived information in Portal is permitted.

1. Upper panels display information from secondary care systems including:
   - Long Term Conditions
   - Clinical Document Store
   - Electronic Discharge Document
   - Controlled Drugs
   - TOPAS (inpatient/outpatient appointments etc)
   - Midis (community, mental health, and AHP services)
   - Out of Hours contacts
   - ICE
   - SIRS (Child Immunisations)

The lower panels display a read only summary of a patient’s primary care record. This information will only be displayed when the GP Practice has agreed to share their data locally with Portal; the patient has not chosen to opt out; and the access security can determine that a legitimate clinical relationship exists.

An unforeseen benefit of Portal is to provide a fail back electronic record that GPs can use to run a surgery in the event of their main GP system failing. A number of practices have indicated that the usage of the Clinical Portal will be added to their Business Continuity Plans, should their Clinical System be unavailable.

2. The lower panels display a patient summary from information held in general practice systems. This includes:
   - Medication
   - Allergies
   - Clinical measurements (Pulse, BP, SpO2, height, weight etc)
   - Filtered significant past medical history (diagnoses and procedures)
   - Smoking and exercise status

Information in the lower panels is made available only if Portal can determine there is an active legitimate relationship between practitioner and patient.

The Clinical Portal has many more benefits including Single Sign On in to other Clinical Systems carrying across the patient context. Providing you have an account in the system, Portal will log you into that system and select the patient for you without you needing to do anything more. Single Sign On in to PACS has recently been released, when in the Portal go to ‘Settings’ ‘Additional’ Settings’ and enter your PACS username and password.

‘Portal is a big help to me in the daily management of patients. The access to GP medication is a major step forward in medicines safety and the medicines reconciliation process. Having all the necessary background information available when seeing patients for the first time in pre-op assessment clinics, the wards or in intensive care saves time, aids decision making, and helps me perform better as a doctor’

Cliff Barthram, consultant anaesthetist

Please visit the Clinical Portal Staffnet Page for much more information and for the chance to give us some additional feedback. Staffnet – Our Websites – eHealth Implementation & Training – eHealth Projects/Systems – Clinical Portal.

Confused over Usernames and Passwords?

On average 30% of all calls received by the IT Service Desk are for password related issues. Below are examples of some of the most common questions answered.

What is my Active Directory Account?

An Active Directory Account is the username and password to login to and access a PC within NHS Tayside using the TNHS domain. It is important that this is kept secure and when you are finished using the computer that you remember to log off, otherwise with Single Sign On attached to your account other staff will be able to access systems under your name.

What is my LDAP Account?

This gives you an account on our local directory. Once you have had authorisation this is also the username and password to access systems such as AIM, MIDIS, EDISON and Clinical Portal as well as websense which is displayed when accessing external websites such as www.google.co.uk

Registered for Single Sign-On?

OneSign Single Sign-On is a tool designed to eliminate your password headaches. After you log onto your computer using your Active Directory Account for the first time, you will be asked to register for Single Sign-On. Once you are registered, Single Sign-On will remember your usernames and passwords for other systems.
“Sleep is an essential function to the human body and is a basic physiological need for all humans’ survival” (Honkus 2003).

Considerable research has been undertaken regarding the impact of noise upon patients and staff in hospitals. As well as noise being a source of annoyance, loud noises in hospitals have been linked to sleep deprivation among patients resulting in a longer recovery period. Nearly half of the patients who responded to the Better Together Inpatient Survey for NHSScotland in 2008/9 and 2010/11 indicated they were bothered by noise on the wards.

To identify the main sources of noise across the wards, NHS Tayside questioned patients over a six month period and common themes were found to appear. These included buzzers and bleepers, noise from other patients snoring and from staff talking.

What are we doing?

A number of interventions have been tested across NHS Tayside including:

- Reminders to everyone to consider their footwear
- Adding quiet closures to bin lids
- Quiet signs being tested in a number of wards across Tayside with plans to distribute these further across all inpatient areas in Tayside
- “Sound Ears” being piloted in wards to capture excess noise. The Sound Ear indicates when noise reaches an unacceptable level

Reducing noise in your area

- Remind your colleagues to reduce noise levels wherever possible
- As well as capturing and acting upon patient feedback you may wish to capture staff feedback regarding noise on a flipchart in your area. This can be used to discuss improvements
- Ask a member of staff to undertake the noise checklist at random periods throughout the day/night
- Place quiet signs on the door to the wards to remind patients and relatives to keep noise to a minimum and be considerate of other patients

What next?

As part of a noise reduction campaign we are currently testing sleep aid kits in one ward. The sleep aid kits include eye masks, ear plugs, sleep tips and feedback forms.

If you require support to reduce noise in your area and would like more information about any of the tools mentioned please contact a member of the Safety Governance & Risk Team on 01382 420090/424171.
Big-hearted birthday boys donate to children’s ward

Two big-hearted eleven-year olds from Perth raised £300 for ward 29 at Ninewells Hospital.

Viewlands Primary 7 pupils, Cameron Hay and Jack Cahalin held a joint birthday party and invited their friends to give a donation rather than give them a gift.

The money raised was used to buy a selection of lego and DVDs for the ward. Paediatric oncologist liaison nurse Gaye Steel paid a visit to the boys’ school to accept the items from Cameron and Jack.

Janette’s gift to PRI

A Perth woman Janette Drummond has donated over £300 to the Perth Royal Infirmary haematology unit where she received treatment for cancer.

To celebrate her 70th birthday she held a party in the Railway Staff Club in Perth for friends and family. Instead of presents Janette asked her guests to donate money and was overwhelmed when she received a total of £310.

Janette was diagnosed with Non-Hodgkin’s Lymphoma and began treatment at the haematology day unit around three years ago. She is now treated in outpatients but wanted to do something to say thank you to the staff at the unit.

Youth theatre group donates toys and gifts

Children at Tayside Children’s Hospital at Ninewells were visited by a group from Dundee Rep Youth Theatre who handed over toys and other gifts. The toys were collected at the Dundee Rep Theatre as part of an appeal by local charity Fairy Box.

The charity hopes that by providing these gifts, they will bring a little magic and sparkle to the children who find themselves spending time in hospital.

Libraries’ staff donate to breast cancer charity

Staff from libraries in Perth & Kinross took part in monthly dress down days where they paid a pound to come to work in casual clothes. All the money was collated over the year and donated to a local worthwhile cause. This year the libraries’ staff raised £405 and they decided to donate to Perth Breast Care Fund.

The money was presented to Macmillan specialist nurse Anne Kemp on behalf of the charity. Anne said, “We are very grateful to all libraries’ staff across Perth & Kinross for choosing Perth Breast Care Fund for their donation.”
Jane McGowan

Friends, family and colleagues met at Blairgowrie Community Hospital to wish Strathmore Dementia Service team leader Jane McGowan well in her retirement after a 34-year nursing career.

Jane began her career as a registered general nurse in the surgical ward at PR1 before completing her mental health nurse training in 1975.

Jane has been at the forefront of service innovation and development throughout her career. Most recently, she has been able to use her considerable expertise in shaping the newly developed Strathmore Dementia Services as well as supporting the establishment of carers support groups. Jane currently sits on the Scottish Dementia Working Group.

Service manager for community hospitals and Psychiatry of Old Age Jim McGuinness said, “We all join in wishing Jane health and happiness in her retirement, and would wish to congratulate her on her wonderful contribution to patient care throughout her career within NHS Tayside, in particular her passion and enthusiasm for improving services for people living with dementia and their families.”

Kath Fairgrieve

Allied Health Professions Director Kath Fairgrieve has retired after 33 years service.

Kath (left) was born in Nigeria in 1957 and brought up in the Scottish Borders. She trained in Edinburgh in 1975 as a physiotherapist at Queen Margaret College.

Moving to Ninewells Hospital in 1982 she worked as a senior physiotherapist in intensive care/oncology until 1985 when she then moved back to Edinburgh to work in the spinal unit at Princess Margaret Rose Hospital.

She returned to work in Tayside in 1996 initially as a physiotherapy manager for Dundee Teaching Hospitals before being appointed as Clinical Director Professional Allied to Medicine for Dundee Teaching Hospitals.

In 2007 Kath was appointed Allied Health Professionals (AHP) Director for NHS Tayside - the first ever Board AHP Director within NHS Scotland.

Marilyn Anderson

Radiographer Marilyn Anderson said farewell to colleagues at Kings Cross Health and Community Care Centre after 38 years service with NHS Tayside.

Marilyn (seated) began her NHS career as a secretary at Maryfield Hospital in 1969 before studying to become a radiographer.

After qualifying in 1974, she x-rayed at both Dundee Royal Infirmary and Ninewells before taking three years off to have children.

After having her family, Marilyn returned to work as an auxiliary nurse working nightshift at the weekends for the next 12 years.

In 1992, she returned to radiography at Kings Cross where she has remained until her retirement.

Senior radiographer Aileen Reilly said, “Marilyn has been a valued member of the team and will be missed by her colleagues as well as the thousands of patients she has x-rayed over the years.”

Doreen Petrie

Long Service Award

Health visitor Doreen Petrie (right) received her 40-year long service award from Anne McNaughton, Community Nurse Manager, Dundee CHP at a presentation at Ryehill Health Centre.

Doreen, a health visitor for Maryfield Medical Centre and Park Avenue Medical Centre, began her nurse training at Ninewells College of Nursing in 1972. Currently Doreen works in a joint post as health visitor/community practice teacher and development nurse.