Minister for Public Health opens Broxden Dental Centre
Dear spectra readers,

The Queen is not the only one celebrating her 60th anniversary – a very warm welcome to the 60th edition of Spectra!

Summer is here, with the hope of long, hot days and a season of sporting events on the horizon such as the London Olympics, Wimbledon and The Open Championship.

The motto of the London Olympics is ‘Inspire a Generation’ and there are high hopes for what can be achieved through the inspiration and power of sport, using it as a catalyst for positive change and inspiration. In the Voxpop this issue, we ask members of staff whether they feel a lasting legacy will be left for future generations, and whether the £9.3 billion spent on this year’s Olympic Games will ultimately benefit people living in the UK.

We shine a spotlight on the national Detect Cancer Early campaign, which offers advice to people on how to spot the signs and symptoms of cancer, and information on screening programmes.

Summer health is another hot topic as we offer some practical advice on how to stay healthy in the sun.

Head of Environmental Management Ernie Patullo takes one of the two new zero emission electric cars out for a spin and highlights how they will help NHS Tayside to reduce its carbon footprint, improve sustainability and meet national environmental targets.

The TREATS team have some sizzling offers for staff with activities to suit all tastes - so go on, grab a good deal this summer!

There’s all this and lots more including our usual round-up of what’s been happening across NHS Tayside in News2u, Healthwise and Learning Together.

We are always looking for ideas and articles so if you think you have something that would be of interest to your colleagues, share it with us.

spectra editorial team

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Please send items for the next edition of spectra Issue 61 Aug/Sept to the editorial team by 3 July. The deadlines for the following editions of spectra are: Issue 62 Oct/Nov – 4 Sept and Issue 63 Dec/Jan – 6 Nov.

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Email: communications.tayside@nhs.net
Transforming the patient journey
London 2012 - legacy or liability?
On the road - electric cars put to the test
Tips for a healthy summer
Detect cancer early
Check it out

feature
learning together
check it out
NHS Scotland recognises the importance of staff having a good experience when they come to work. It makes sense that when staff feel valued and engaged and able to feed back about their work and any issues they may have, then patients and the public also have a better experience in their healthcare journey. The NHS in Scotland has an ambition to be an employer which engages and inspires its staff to perform well. It wants staff to feel involved, respected and heard.

Up to now, the NHS Scotland Staff Survey, which is issued every two years, has been the only regular and consistent way that NHS Scotland has been able to get a ‘moment-in-time’ measure of staff experience across the whole of the country. It is generally accepted that there may be other ways of gauging how staff feel in a large organisation, perhaps on a more ‘real-time’ basis. This is what the new Staff Experience Project has been set up to look at.

NHS Dumfries & Galloway, NHS Forth Valley and NHS Tayside are the three Boards who are about to start pilot projects to support the Staff Experience Project. Each Board will test different ways of engaging staff to look at what works best when trying to create a culture for all staff to feel they can have their say and their opinion and feedback and ideas will be valued.

Throughout the pilot phases, the three NHS Boards involved will test out new ways of engaging with staff with the clear aim of making staff feel better supported in their day-to-day jobs so they feel better engaged with their managers and more involved in their organisation. The project runs from October 2011 until May 2013. For more information about the Staff Experience Project in NHS Tayside please contact Liz Reilly by emailing lizreilly@nhs.net
Starting afresh at Stracathro

The Stroke Rehab Unit at Stracathro Hospital was the venue for a colourful display of artwork created by stroke patients as part of the annual ST/ART arts programme.

ST/ART is a creative engagement project for stroke participants that is delivered across Tayside. The project is run by Tayside Healthcare Arts Trust (THAT) in association with NHS Tayside.

Lead Artist Frances Law and volunteer artist Ashley McGregor have been working with inpatients over the past three months taking them through a creative programme using a variety of visual arts techniques.

Chris Kelly, the ST/ART Project Co-ordinator, said, “It has been great to organise another successful programme at Stracathro and to see a new group of participants discover that being creative can be good for their health.”

Crunchy the Carrot drops in

Crunchy the Carrot (Denise Black, Project Worker, Healthy Happy Communities Collaborative) visited children at Warddykes Primary School Nursery in Arbroath.

Crunchy spent time with the children, playing games which encouraged them to try a selection of different fruit and vegetables. The children also helped prepare healthy snacks.

News in Brief

Angus

‘Here to help’ evening in Brechin

An arthritis information evening was held at Damacre Centre in Brechin, giving attendees the opportunity to hear about the latest information from national and local organisations, including National Rheumatoid Arthritis Society, Arthritis Research UK, Fibromyalgia Association as well as Angus CHP self-management options and other long term conditions support groups available locally in Angus.

‘Ask the Panel’ evening in Montrose

A free ‘Ask the Panel’ information evening for people living with diabetes was held at the Links Health Centre in Montrose for people living in Montrose and the surrounding area.

The evening was an opportunity for people to pose diabetes related questions to a team of healthcare professionals including a GP, practice nurse and community pharmacist.

See and Treat service in Angus

The Angus See and Treat Service is in its fourth year and continues to develop and deliver an improved local service to all Angus communities. See and Treat is a two-person team consisting of a paramedic and a minor injury and illness nurse practitioner and provides a mobile out-of-hours service between 9.15pm and 8am.

See and Treat has received 3887 calls since its launch and the team has treated 74% of the patients in their own homes.
First for Scotland - middle ear implant fitted

A technologically advanced middle ear hearing implant has been fitted on a patient in Ninewells by consultant Dr Stephen Jones.

Susan Rae is the first patient to have the ‘Vibrant Soundbridge’ middle ear implant fitted, which offers excellent sound quality and can still be worn when there is infection in the ear canal or even when there is no ear canal at all.

The device directly stimulates middle ear structures in much the same way as normal sound moves them via the ear canal. It consists of an external and an internal part - the external part is an audio processor and is worn on the head. The internal part is an implant which mechanically vibrates middle ear structures.

Over the years, Susan has suffered from numerous ear infections and has had problems with using conventional hearing aids, meaning constant visits to the doctors’ surgery. However, the devices were not suitable for her and Susan’s ears began to become chronically infected, with her having to take time off work as a result of her hearing problems.

Following a consultation with Dr Jones, Susan had the device fitted on her right side towards the end of last year, with it switched on in February of this year. She is soon to have her left side fitted.

World of Work

The Clinical Skills Centre at the University of Dundee recently hosted a visit from Kingspark School as part of the “World of Work” SQA access unit which the school have been running.

The aim of the module is to give a group of senior students with learning disabilities real life experiences of the work place. Pupils have previously visited The Brae Dundee Riding Ability Centre, retail outlets and factories. Kingspark School Principal Teacher Marian Mansell said, “We have a good relationship with the Clinical Skills staff at Ninewells through supporting their training of our future doctors. Younger children who are likely to be patients at Ninewells have also visited the centre and had the opportunity to experience the sights, sounds and smells of a ward in a non-threatening and positive way.”

The pupils also had the opportunity to meet simulated patients Tess, Neil and Sylvia and help the nurses, doctors, physiotherapy and ward staff, learning about their specific roles.

Record number of Tayside organ donors

Latest figures released by NHS Blood & Transplant show that the number of people in Tayside signed up to the organ donor register has reached a record high of 42% - well above the national average.

This figure for Tayside is the second highest percentage of sign-ups in the country – and an increase of more than 3% on the previous year’s figures at the beginning of April.

Anyone over 12 can join the register by visiting www.organdonation.nhs.uk or by calling 0300 123 23 23. You can also text LIFE to 61611.
New Board members for NHS Tayside

NHS Tayside has welcomed four new non-executive members to the Board.

Mrs Alison Rogers is a retired secondary school teacher, who for the last 14 years of her career was the Assistant Headteacher and then Depute Headteacher at Menzieshill High School.

Mrs Sheila Tunstall-James is a qualified teacher. She has been a member of the Public Partnership Group in Tayside for several years, focussing on community engagement.

Mr Munwar Hussain BA (Hons), MBA has over 10 years work experience within a range of sectors which include education, the civil service and the voluntary sector. Munwar works as a project co-ordinator for the University of Abertay.

Youth Counsellor Matthew Landsburgh is in his second year studying MA Politics and Economics at the University of Dundee. He is a founding member and current Chair of the Dundee Youth Council (DYC), and was also heavily involved in Youth Talkin’ Health.

All four appointments will be for four years and will run from April 1, 2012 to March 31, 2016.

NHS Tayside accepts keys for Ninewells Nuclear Medicine Unit

NHS Tayside Chairman Sandy Watson accepted the keys for the £10.4 million Nuclear Medicine Unit development from Operational Director Mike Bruce of contractors Morrison Healthcare.

The Nuclear Medicine Unit is due to move from its current home to the new purpose-built unit near the main entrance of the hospital in the summer following a period of relocation of staff and equipment.

The Nuclear Medicine Unit provides a Tayside-wide diagnostic and treatment service, carrying out around 7000 imaging studies each year on its three gamma cameras. Coupled with the new Nuclear Medicine Imaging Service at Perth Royal Infirmary, which welcomed its first patients in February 2011, the new development at Ninewells will help provide the necessary capacity to meet the increasing demands on the services across Tayside.

Dundee

Bowel cancer awareness event

A public bowel cancer awareness event was hosted by Dundee Healthy Living Initiative at Ardlie Complex.

The event encouraged people over the age of 50 to complete the screening kits which are sent out in the post, and promoted the importance of reporting changes in bowel habits to a GP. More information can be found at www.bowelscreening.scot.nhs.uk.

Joint falls strategy

Dundee Community Health Partnership (CHP) Committee heard that NHS Tayside and Dundee City Council are developing a joint strategy to tackle falls and prevent avoidable admissions to hospital.

Findings showing that every year 30% of those aged over 65 years old in Dundee will fall at some stage – this percentage is the equivalent of approximately 8,000 people a year.

Clinical Development Manager Dr Gail Young said, “Given the overwhelming evidence and the national high profile of the falls agenda, both Dundee CHP and Dundee City Council are working together to ensure we maximise the opportunity to jointly develop a range of support services which both prevent falls and better care for those unfortunate enough to fall.”

StobsWELLbeing celebration event

A fun-filled family event was held at Dundee’s Baxter Park to celebrate three years of Stobswell being a test site for a Scottish Government initiative to tackle health inequalities.

Services that have helped improve wellbeing in Stobswell were present including Tayside Fire and Rescue, Adult Learning, Youth Sports Development, Focus on Alcohol, Addaction, Dundee Healthy Living Initiative and the Countryside Rangers.

The Equally Well report, published in June 2008 by the Scottish Government Ministerial Task Force on Health Inequalities, was followed by a national implementation plan. Dundee was successful in being chosen by the government as one of eight test sites across Scotland.
Minister for Public Health opens Broxden Dental Centre

Minister for Public Health Michael Matheson officially opened NHS Tayside’s Integrated Dental Treatment and Training Centre at Broxden Business Park.

The state-of-the-art facility provides access for the people of Perth & Kinross to a broader range of dental services, including emergency treatment, on the one site.

NHS Tayside Chairman Sandy Watson welcomed Mr Matheson to the £7.6 million development, which houses 20 surgeries, clinical skills training rooms, a dental laboratory, a decontamination unit and office accommodation.

Mr Matheson was then given a tour of the facility by clinical dental lead Anna MacDonald, during which he had the opportunity to chat to staff and see demonstrations of some of the cutting-edge equipment used at the centre.

Michael Matheson said, “I am delighted to officially open the new Broxden Dental Centre, which is a modern, fit-for-purpose NHS dental treatment and training facility.

“This is a welcome addition to local community services and will be a great facility for dental students to gain experience working under the supervision of a team of experienced dentists.”

The Community Dental Service moved to the new site from its previous premises at Drumhar Health Centre in November 2010 and people who were not registered with an NHS dentist were then invited to register for NHS dental care at the centre in early 2011.

NHS Tayside Chairman Sandy Watson said, “This is a 21st century facility for Perth & Kinross. Not only will it ensure the best possible care is provided for patients, but the dedicated training centre offers a first-class educational environment for dental professionals at all stages of their career.”
Finding a New Voice in Tayside

People living across Tayside who suffer with severe breathing difficulties can join a new singing programme at venues in Perth, Forfar and Dundee.

The ‘Singing for COPD’ 10-week programme is run by Tayside Healthcare Arts Trust (THAT) in association with NHS Tayside. It focuses on the benefits of singing, combining the practical benefits of breathing exercises with control which are both so important for helping people living with Chronic Obstructive Pulmonary Disease (COPD) to self manage their condition.

Each group works with a singing coach over the course of the programme to help them find their singing voices, as well as teaching them a range of breathing exercises.

Karine Neill, THAT development officer, said, “It was very clear from our research that singing could be very beneficial for people with COPD. The project has had tremendous support from all the specialist COPD nurses and physiotherapists from NHS Tayside and from the participants themselves.”

Perth patients supported to live at home

NHS Tayside’s Psychiatry of Old Age (POA) Liaison Team at Perth Royal Infirmary has developed a transitional care service for patients with mental health needs. The aim of the service is to improve the patients’ journey with a timely and effective discharge back to their own home and to prevent inappropriate re-admission back into hospital.

Team leader Gillian Irving, occupational therapist Danny Shanks and mental health liaison nurse Pam Baxter from the POA Liaison Team gave a presentation to NHS Tayside Board, outlining the new patient pathway and the real-life experience of an 85-year-old lady admitted to PRI after an acute episode of shortness of breath.

The service has received very positive feedback from patients who have been able to return to their own home and return to a normal life with support from the team. PRI Consultant Gastroenterologist Dr Alan Shepherd said, “As a clinician at PRI this team plays an essential role around our wards in supporting older people. We use fewer anti-psychotic drugs because of the interventions of this service and I would commend the roll-out of other similar liaison teams across NHS Tayside.”

NHS Tayside Nurse Director Dr Margaret McGuire added, “The agenda around caring for older people is a key focus for us and projects like this are vitally important to ensuring that we can care for our patients in a place that they know and where they are most comfortable – in their own homes.”

PRI HEI report

NHS Tayside has welcomed the publication of the Healthcare Environment Inspectorate’s (HEI) Unannounced Inspection Report for Perth Royal Infirmary.

Inspectors made an unannounced visit to three wards and the stroke unit at PRI in February. They found that all the ward areas and clinical areas inspected were clean and well maintained and there has been good progress made since the last inspection with the continuing work on antimicrobial prescribing practice.

Top report for Cornhill Macmillan Centre

The Cornhill Macmillan Centre (Palliative Care Service) at Perth Royal Infirmary has come out top in a Macmillan Post Occupancy Evaluation of five new Macmillan projects in the UK, which aims to assess how well they have enhanced service users’ experience and staff members’ capability to deliver high quality services.

The Cornhill Macmillan Centre scored highly in terms of Character and Innovation, Form and Materials, Staff and Patient Environment and Performance. In regards to the Use, Space and Access categories, the Perth development consistently scored the highest.

General Manager of Perth & Kinross CHP Bill Nicoll said, “The Cornhill Centre has come through as the best grade by a margin against four other Macmillan developments across the UK. This reflects so very well on the design, development and utility of the facilities and services. Our congratulations to the staff involved.”

Perth & Kinross

News in Brief
As part of the Steps to Better Healthcare initiative, the Surgical Directorate has implemented a new model of care for acute unscheduled admissions with the aim of improving the patient journey.

The redesign involved: a complete realignment of wards and bed allocation for Upper GI, Vascular, Colorectal and Urology; the establishment of an Acute Surgical Receiving Unit (ASRU) in Wards 7 and 8; the development of advanced nurse practitioner posts and dedicated administrative support; the review and realignment of the nursing skill mix and consultant medical model; rapid access to diagnostics; and the development of protocols and criteria to support the patient pathway and nurse-led discharge.

The new ASRU includes 48 inpatient beds, a six-trolley assessment bay, two assessment rooms and a dedicated reception and waiting area.

During the refurbishment of Ward 7, an opportunity was taken to improve the environment to meet the needs of older people in acute care and those with dementia with the introduction of colour-coded bays and coloured doors to the toileting facilities, extra handrails and more prominent signage.

Nursing

The newly-established role of advanced nurse practitioner (ANP) is pivotal to the assessment and co-ordination of emergency admissions. The four ANPs are available between 8am and 9pm, seven-days-a-week to triage patients, take clinical history, carry out assessments, request diagnostics, plan treatment and co-ordinate the patient journey.

This is an evolving role for nursing staff which provides an opportunity to gain expert knowledge, skills and competencies in managing surgical patients.

ANP: “Fantastic career opportunity to develop clinically and academically.”
Senior Charge Nurse: “Exciting, innovative opportunity for all involved.”

Medical

The medical model for the unit has been redesigned to ensure medical staff are available to provide prompt assessment and triage of referrals to the ASRU. One additional specialist registrar has been allocated to the unit between 8am and 5pm to provide further expert knowledge and skills to ANPs and junior medical staff.

Specialist Registrar: “There is a single point of contact, patients are assessed promptly and a timely plan of care is formalised.”
Specialist Registrar: “Much more patient friendly and the introduction of ANPs allows Specialist Registrars to focus on priority patients.”

Admin & Clerical

The reorganisation of A&C staffing has allowed for dedicated weekday administrative support to the new ASRU with A&C staff now able to provide daily typed ward rounds. The turnaround time for GP correspondence has significantly improved with the majority of letters being available to GPs within 48 hours of a patient’s discharge.

Receptionist: “I am enjoying this new experience interacting with the patients.”
Admin Services Manager: “A&C staff are providing a crucial communication link to support the patient journey.”
Pharmacy

The clinical pharmacy service has been aligned to the unit ensuring that emergency admissions are prioritised for clinical pharmacy review, staff are supported with the implementation of Electronic Discharge Documents (EDD), and the one-hour turnaround time for discharge prescription supply from dispensary is maintained.

Discharge medication packs are also available for patients to take home from the ward, minimising waiting times.

Principal Clinical Pharmacist: “It has been extremely rewarding to work with the multidisciplinary team to redesign such a patient-centred service.”

Diagnostics

The Project Team has established key links with both radiology and endoscopy to increase rapid access to diagnostics and there has been a significant improvement in patients receiving same day ultrasounds.

Consultant Radiologist: “This development has confirmed the central role of diagnostics in modern models of delivering medical care.”

eHealth

Throughout the redesign project, the eHealth Team has supported the implementation of ICE (Integrated Clinical Environment), EDD, Computer on Wheels and high definition diagnostic viewing monitors.

ICE allows electronic requesting for a wider number of disciplines delivering accurate information to laboratory and radiology systems.

IT Implementation Manager: “The redesign provided an ideal opportunity to fully embed a number of eHealth services into the unit.”

Key project achievements to date

There were 118 patients assessed, treated and discharged from the ASRU in its first two months.

The team has adopted a model of ‘assess-to-admit’ as opposed to ‘admit-to-assess’, leading to a reduction in unnecessary admissions. The team has seen improvements in patient flow and capacity across the surgical wards, communication to GPs, same day diagnostic testing, and staff morale and collaborative working. There has also been a reduction in patient complaints and an increase in positive patient feedback.

Next steps

The next steps for the project are to undertake a patient satisfaction survey, for the ANPs to obtain non-medical prescribing, to make further improvements in same day diagnostics and to make further IT developments.

The project team would like to formally thank all individuals who have contributed to the success and achievements to date of this project.

Head of Nursing: “The investment in staff education has allowed them to become more empowered in the decision-making process and give both patients and staff a better experience.”

Project Lead: “The success of this project was very much dependent on collaborative working across all disciplines.”
London 2012: legacy or liability?

As part of the London bid for the 2012 Olympic Games, bid chairman Lord Sebastian Coe made a pledge to use the events to inspire two million people to take up sport and physical activity and a legacy was identified which includes sporting, economic, cultural and environmental benefits for the UK.

It is claimed that the Games, which are being funded by £9.3 billion of public money, will provide lasting benefits for the whole of Great Britain. Scotland is to host a number of the Olympic football matches at Hampden Park and the Olympic torch will be carried around the country for eight days. There are also many cultural events planned across Scotland to tie in with the Games.

The Government states that after the Games, the Olympic venues will provide a world-class sports institution with facilities and services for elite athletes as well as the wider community. The Lea Valley in East London will be transformed with the regeneration programme providing huge economic benefits and creating a high quality environment for the local communities. Finally, the rest of the UK is set to benefit with a boost to the economy and thousands of jobs created in the construction and ongoing public use of the Olympic Park facilities.

But critics have suggested that in these tough financial times the money could be better spent elsewhere and that there is no guarantee that the money spent will be recovered. One big complaint is that the majority of benefits will be for London, with Scotland and other parts of the UK too far away to feel many effects of the promised legacy. There are also worries that some of the state-of-the-art buildings will become 'white elephants' after the Games with running costs potentially outweighing their use and value.

spectra wanted to know what staff think about the London Olympics and whether it will leave the promised legacy or become a liability for the UK taxpayers.
In the current environment where unemployment is on the increase and people are having real difficulties making ends meet this amount of money spent on such an event is really not good for the morale of the general public. Another point to consider is that those who stay in privately rented housing around the area of the event are being put out in order for landlords to cash in on rental to spectators. This event will only benefit the richer in society and I feel this is the general sentiment of the majority of the working class.

I think it’s a lot of money to spend on one event and things like this are always in London which won’t bring any benefit to the rest of the UK. Businesses in London will do well out of it but it won’t help us at all.

The new infrastructure and facilities are going to be state-of-the-art but again they are in London so people from across the UK will need funding and support to access them.

The legacy that will be left will be the stadiums that have been built, but only if they put them to good use. The money they have spent so far is phenomenal and it seems that only London will really benefit from it.

I’m looking forward to watching the Olympics but it’s a huge amount of money to spend. I think it will bring in lots of money as well but I’m not sure if this will match what is being spent and it could leave a lasting debt as a legacy.

The new infrastructure and facilities are going to be state-of-the-art but in years to come they won’t be very accessible to people outside London.

I am really unsure if the vast amount of money spent will leave a lasting legacy or a millstone round the neck of the taxpayers of the future.

At the moment I am feeling quite enthusiastic about the Games and I hope it will encourage people to take part in sport.

The building of the venues has brought a great amount of temporary employment, which has not just been confined to England as I know of one local firm who assisted in the building of extra rail links to the Olympic village.

However, some big British projects in the past have been an expensive flop and other countries have failed to keep their specially-built Olympic venues in use.

With the current pressures of job losses and increased cost of living, I hope the Government is not using the games to temporarily ‘cheer us up’.

Hopefully the Olympics will give us a feeling of unity and pride and will be a lasting legacy for the future.

I’ve got mixed opinions. We are going to be getting lots of new facilities like the Velodrome, but I think a lot of these will go to waste and be a “white elephant” like the Millennium Dome.

Lots of money is being spent on these facilities but I can’t see there being much benefit for Scotland.

I think it’s good for getting children interested in sport and encouraging them to be more active as that’s a big problem.

If I was being optimistic, I would like to think that the Olympics will mean more investment in sport for future generations and mean a healthier society in general.

At a time of recession and with the country in so much debt, it seems crazy that we are spending so much money on the Olympics and primarily the south of England. They seem to be forgetting the rest of the country!
Angus pupils get ‘Fun Fit’

The Paediatric Overweight Service Tayside (POST) has been at Whitehills Primary School in Forfar to deliver its Fun Fit Tayside programme to Primary 5 and 6 pupils.

Run by members of the POST team and Angus Active Schools alongside the classroom teachers, the programme is delivered over eight weeks using a range of fun, interactive classroom activities that highlight the importance of healthy eating, energy balance and a healthy lifestyle.

The Fun Fit Tayside 1, 2, 3 sessions focus on being active for at least one hour a day, limit time spent in front of the TV or computer to no more than two hours per day and eat three healthy, balanced meals per day.

POST team lead Dr Laura Stewart said, “The POST team are really excited about getting into the classrooms in Whitehills and working directly with the kids to promote a healthy balanced lifestyle. The teaching staff have been really enthusiastic about this project and we hope that the kids and their parents will have fun and enjoy the sessions.”

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

Zumba!

Zumba fitness for staff was launched in November 2011 after a bid was put into the “Working Well Challenge Fund” - a fund to promote staff physical and mental wellbeing.

The classes are free and are run by Zumba instructors Wendy Third, Ashley Bertie and Jaclyn Dallas who are NHS employees and volunteers. Classes are available at Kings Cross Health and Community Care Centre, the Ian Low Centre at Ninewells, the Police Gym at Baluniefield, PRI and are due to start soon at Whitehills Health and Community Care Centre in Forfar.

NHS Tayside Chairman Sandy Watson said, “I was invited along to view the Zumba class run by Wendy Third in the Ian Low Centre and I’m still recovering! My overall impression was one of a group which demonstrated enthusiasm and enjoyment, in a desire to stay fit. There is no doubt that this group brings the concept of NHS Tayside as a health promoting organisation to life for anyone who has the staying power to watch them. Well done to all involved!”

For further information on classes contact wendy.third@nhs.net

Picnics in the Park

During this year’s school holidays, Baxter Park in Dundee is the venue for a series of Picnics in the Park.

These events are supported by Dundee Healthy Living Initiative (DHLI), Environmental Artists, Solar Cities, Adult Learning Team, Countryside Rangers and Youth Sports Development, who will all be offering many different free activities at the events.

For more information on these events contact Hayley Tunstall on 01382 438856 or email hayley.tunstall@dundeecity.gov.uk

POST supports Perthshire teenager

Fifteen-year-old Callum Hodgkinson from Scone has transformed his lifestyle by losing a stone and a half with the help of the Paediatric Overweight Service Tayside (POST) weight management programme. POST is a specialist weight management service in Tayside which aims to support children and young people between two and 15 years old, as well as their families, to manage their weight.

Doctors at Ninewells Hospital referred Callum to POST in January after it was discovered that he was suffering from a thyroid condition which affected his metabolism.

POST practitioner Claire Nicol also praised Callum’s efforts. “With the support of his family and his own fantastic determination Callum’s weight is now in the healthy range,” she said. “The POST team have been delighted to work with Callum. He is an inspiration to any young person wanting to control their weight.”
Safer Choices event in Perth

NHS Tayside, Tayside Police and Perth & Kinross Council Youth Services organised an event at City Nightclub in Perth which was aimed at 13-year-olds and upwards in the Perth area. Working with pupils from Perth Academy, the event aimed to encourage awareness around personal safety and to make safer choices around alcohol, drugs and sexual health.

NHS Tayside Young People’s Health Team offered information and advice around behaviours which could affect their health. Tayside Police also talked to young people about the dangers of getting into cars with drivers who are under the influence of alcohol, drug taking, joy riding and personal safety issues.

NHS Tayside Lead Young People’s Nurse Dawn Blythe said, “The aim of the event is to promote a natural high and raise awareness of consequences of risk-taking behaviours.

The Perth Academy pupils arranged, promoted and volunteered at the event which was funded through the local action fund by the Youth Justice Partnership.”

Gold Award from Healthy Working Lives

NHS Tayside staff at Kings Cross and Maryfield House in Dundee have retained the Gold Standard Healthy Working Lives Award.

The health staff embarked on a series of activities including yoga classes, picnic walks, pedometer challenges, weigh in and body fat sessions and energy awareness workshops.

Chairman of NHS Tayside Sandy Watson said, “The Healthy Working Lives Gold Award is a significant achievement for staff and they are to be applauded for their commitment.”

Raising awareness of skin allergies

Around 200 people in Tayside a year suffer with uncomfortable and even sometimes debilitating skin allergies where coming into contact with a particular substance causes their skin to react.

It can be extremely difficult sometimes for a person to identify which particular substance or substances can be causing the reaction, known as contact dermatitis (a type of eczema), and therefore leads to patients being referred from their GP to hospital for skin patch testing.

Some of the most common items that people are allergic to are nickel, fragrance, Cl-Me-Isothiazolinone (a common ingredient in many shampoos and skin care products) and paraphenylenediamine (a hair dye chemical).

There are two types of contact dermatitis:

- Allergic contact dermatitis - this is caused by an allergen (a substance that causes an immune response in the skin)
- Irritant contact dermatitis - this is caused by an irritant (a substance that damages the skin physically)

Consultant Dermatologist Dr Sharizan Abdul-Ghaffar said, “Contact dermatitis can be extremely uncomfortable and debilitating for patients, particularly if the problem is on the hands. It can often be very difficult to pinpoint exactly what the cause is with some allergic reactions taking between 24 to 48 hours to manifest themselves.

“Treatment for contact dermatitis involves using emollients to soothe the skin and steroid creams are also used to treat more severe symptoms. Obviously another important part of treating contact dermatitis involves avoiding the allergens or irritants that cause it. If you can successfully avoid these allergens or irritants your condition will clear up. However, it is often not that simple especially when some people may come into contact with them on a regular basis as part of their occupation.”

For more information and advice visit www.nhsinform.co.uk and search for ‘contact dermatitis’.
NHS Tayside took delivery of two new zero emission electric cars during Climate Week as part of the health board’s bid to reduce its carbon footprint.

The two ‘Nissan Leaf’ cars cost £31,000 each and have been purchased by NHS Tayside, with Transport Scotland funding half of the total amount.

The vehicles will be based at Ninewells and PRI and are now part of the pool car fleet.

NHS Tayside’s ‘Care to Save’ campaign centres around four key green themes - energy, transport, recycling and sustainability. It aims to ensure the message that going green and doing all we can to reduce CO2 emissions is getting across to patients, visitors and staff across NHS Tayside.

Head of Environmental Management Ernie Patullo (aka Jeremy Clarkson) put one of the new cars through its paces:

“The vehicle itself is a four door average size car with a decent size boot. Under the bonnet is a compartment which instead of housing an engine has a large battery compartment where the batteries and electric motor are.

“Inside the car it is very well appointed with excellent sat nav, bluetooth, radio, climate control, cruise control and is equipped with a screen which shows the view to the rear of the vehicle when reversing.

“The car has no actual key, just a fob for opening the doors. The car does the rest!

“The car is fully automatic with two forward drive options and one reverse. The two forward options being (D) drive, and (ECO) economy. The recommended setting for maximum mileage is the economy position, which allows the car to regenerate electric for the batteries when going downhill or slowing down.

“As with all automatics your foot must be on the footbrake before a drive gear can be engaged. The first thing that strikes you about the drive is how quiet it is.

“Particularly at low speeds there is next to no noise. The acceleration of the vehicle when in the drive setting is excellent, which did take me a little by surprise, this does change however when the ECO setting is engaged, (through a palm shift gear stick) with the acceleration decidedly less responsive. On the open road the cruise control can be set and the car will quite happily sit at the desired speed.

“The charging of the vehicle is through a lead which connects into a charging point on the front of the car. Charging points have been installed at both Ninewells and PRI. It takes approximately nine hours to fully charge the batteries.

“The range of the vehicle in fully charged mode is given in the manual as up to 100 miles. Our own testing of the vehicle however has shown that this distance is somewhat optimistic and the range is more in the region of 70 miles roughly from Ninewells to Stracathro and back.

“A display in the car shows the estimated mileage remaining before a recharge is required. This reduces as you drive. I did find that the reading varies according to whether the climate control is turned on or off and whether you are in ECO or drive mode. Like most vehicles the heavier your right foot, the less mileage is achieved.

“The environmental and cost benefits of using the cars are significant with zero emissions and a cost of under 2p per mile. All in all, the car is very easy to drive, quiet, comfortable and environmentally friendly. It is great for driving in an urban setting but performs well on the open road.”

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The arrangements for booking out the cars are similar to those already in place at Ninewells and PRI, through site management.
With the mercury set to rise over the next few weeks those lazy, hazy days of summer will make that wet spring seem a dim and distant memory - we hope.

NHS Tayside is offering some practical tips on how to stay safe and healthy this summer.

**Be sun aware**

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

Exposure to UV light increases the risk of skin cancer and prematurely ages the skin and those looking after children should remember that young skin is especially delicate and very easily damaged by the sun.

Keep safe in the sun and avoid sunburn by remembering Cancer Research UK’s SunSmart message:

- **S** pend time in the shade between 11am and 3pm
- **M** ake sure you never burn
- **A** im to cover up with a t-shirt, hat and sunglasses
- **R** emember to take extra care with children
- **T** hen use factor 15+ sunscreen

**Alcohol - know your limit**

Summertime can mean more socialising, making it difficult to keep track of the number of alcoholic drinks we consume. Recommendations say that:

- Men should not regularly drink more than 3-4 units of alcohol a day.
- Women should not regularly drink more than 2-3 units a day.
- If you’ve had a heavy drinking session, avoid alcohol for 48 hours.

If you are going to be drinking alcohol over several hours you could consume much more than you realise. Easy ways to stay on top is to:

- Alternate soft drinks or water with each alcoholic drink
- Go for smaller sized drinks such as a small glass of wine instead of a large one.
- Choose lower alcohol strength drinks
- Remember have at least two alcohol free days every week

**BBQ tips**

Long summer days are the perfect excuse to get the barbecue out and invite family and friends round to enjoy the odd banger or two. It’s very important to ensure that chicken, burgers, sausages and kebabs are cooked throughout.

Raw and undercooked meat carry a high risk of food poisoning so always make sure that none of the meat is pink and that the juices run clear.

If you have to reheat food on the barbecue, make sure it’s piping hot all the way through before serving. Always keep raw and cooked foods apart at all times to avoid cross-contamination of bacteria from raw meat.

**Exercise - regular is best**

Why not make this summer a summer of activity? Getting health benefits from physical activity is easier than you think and it doesn’t have to cost an arm and a leg.

Pick one outdoor activity such as hiking, taking a nature walk, playing games such as tag with your kids, cycling, rollerblading or swimming.

Doing at least two and half hours a week of moderate intensity aerobic activity is enough to keep you feeling fit and healthy.

You don’t have to make drastic changes, the key to getting active and keeping it up is to find something you enjoy. Start slowly if you are not used to exercising and build up the amount of time spent exercising gradually until the activity becomes part of your lifestyle.

**Sexual health - stay safe**

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

Travel Safe messages advise travellers:

- Take condoms when travelling and use them
- Do not get a tattoo or body piercing when travelling
- If you need a blood transfusion, make sure the blood has been screened for HIV and hepatitis

NHS Tayside’s sexual health and well-being website www.sexualhealthtayside.org gives information and advice on contraception, sexually-transmitted diseases and other aspects of sexual health for people of all ages.
Working in partnership for carers

Dundee Carers Centre hosted an awareness stand at Ninewells Hospital to raise awareness of the role of carers.

NHS Tayside has been working in partnership with Dundee Carers Centre to identify carers and increase referrals for support to the carers’ centres across Tayside, as well as offering support to clinical staff.

Carer Support Worker June Whale is employed by Dundee Carers Centre, but has an honorary contract with NHS Tayside. June explored how carers are identified and referred to the carers centres, and discussed with staff how to address barriers to identifying carers.

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 are available by emailing lesleymontgomery@nhs.net

Success for Leadership and Development Programme

Staff from across the Access Directorate who developed their careers as line managers and supervisors participated in a Leadership and Development Programme designed specifically for them. Supported by Tayside Centre for Organisational Effectiveness (TOCE) this was a unique approach by the Access Directorate.

Participants had the opportunity to undertake the programme with colleagues from different departments and services. The programme covered a range of modules which focused learning on the qualities and skills required to: build, motivate and maintain a successful team; lead with enthusiasm and confidence; generate new ideas and opportunities that will take staff/team forward, appreciate their role in the Access Directorate and wider organisation and develop leadership qualities and become ambassadors for the Directorate.

Courses at the Cuschieri Skills Centre

The Cuschieri Skills Centre (CSC) on level 5 in Ninewells is running free lunchtime practice sessions for local trainees in basic laparoscopic skills. A range of basic laparoscopic skills can be practiced, using both virtual reality simulators and laparoscopic box trainers.

The custom-built facility includes interventional human anatomy, virtual reality simulation, micro-surgery operating microscopes, an operating theatre, fully equipped laparoscopic training laboratories and advanced surgical skills training on human cadavers.

Local trainees are asked to contact the Cuschieri Skills Centre on x33465. Full details can be found at www.dundee.ac.uk/surgicalskills

PRI porters trained in collecting & delivering blood

The Blood Safety and Quality Regulations (2005) means that any staff member involved in collecting blood must have their practical competency assessed. In 2000 the Scottish National Blood Transfusion Service (SNBTS) Effective Use of Blood (EUB) group developed the Better Blood Transfusion Continuing Education Programme Level 1: Safe Transfusion Practice for NHSScotland (NHSS) staff involved in blood transfusion. To assist with implementation of the programme a ‘Train the trainer’ initiative was introduced.

Suzanne Whyte, Transfusion Practitioner and Graham Mason, Porter Supervisor attended a Trainers and Assessors Workshop and started training sessions and competency assessments for porters at PRI and now all porters at PRI have been trained in the collection and delivery of blood.

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Tayside Oral Health Awards

NHS Tayside’s community dental teams from Angus and Perth & Kinross visited care homes to present NHS Tayside’s Oral Health Award.

Tayside Oral Health Award is a local programme developed by the oral health improvement team within NHS Tayside and adapted from the national Caring for Smiles resource which was launched in June 2010.

Care homes are invited to work towards the award, which recognises good practice and requires the care homes to achieve 10 criteria, including having daily care plans, appropriate resources, access to a dentist and oral health champions.

Seaton Grove and Kendale Hall care homes in Arbroath, St David’s care home in Forfar, The Glade care home in Brechin and Ashley House care home in Milnathort were all presented with the Tayside Oral Health Award.

Donna Kirk, Principal Coordinator of National Dental Strategies, said, “We have been working across Angus and Perth & Kinross and are pleased that these care homes have now received their award which is supported by The Care Inspectorate and Scottish Care. This is a great accolade and again demonstrates the high standards of care available in care homes.”

Cooking programme success

NHS Tayside presented certificates and basic kitchen equipment to three couples who have recently completed a healthy eating and cooking skills programme for adults with learning disabilities.

The six participants, who are members of Advocating Together (Dundee), an independent self-advocacy group for adults with a learning disability, have been taking part in NHS Tayside’s ‘Nourish and Flourish’ programme. The course, which was run in conjunction with Dundee Healthy Living Initiative, aims to raise awareness of the importance of a healthy balanced diet and encourage home cooking.

Joyce Thompson, Dietetic Consultant in Public Health Nutrition, presented certificates and handed over cooking equipment to the couples which included colanders, bowls and utensils.

For more information about healthy eating sessions for adults with a learning disability please contact Paula Thomson, Health Improvement Practitioner for NHS Tayside’s Learning Disability Service, on 01382 831973.
Claire Johnstone
Health Coach
Hearty Lives Dundee, based within the Keep well team at Kings Cross

Personal history
After leaving school I studied Behavioural Science at the University of Abertay Dundee. I then worked for Perth & Kinross Council community learning team (youth division) and facilitated the tobacco peer education programme at Blairgowrie High School.

Having carried out training on tobacco for the peer education programme and by meeting new friends in this field I was made aware of a new vacancy with the Perth & Kinross smoking cessation team. In June 2009 I took on the role as a smoking cessation advisor with the NHS.

In my time in this role I developed my skills by completing health behaviour change training and other health and service delivery improvement courses.

In early 2011 I saw an advertisement on Staffnet for a health coach still within the NHS but funded by the British Heart Foundation. I felt I met what the role was looking for and this new role would give me a chance to develop in my career. I was delighted to be offered the job in July 2011.

Like(s) about current job
I am fortunate to say there are a lot of things that I like about my job. The first thing would be that I could not have asked for a better team when joining Hearty Lives Dundee and the support for my role from different parties allowed me to develop it to the success it is today.

I love that I get to meet many different people with a variety of needs every day - it keeps the role interesting.

Dislike about current job
The only thing I can say I dislike about my role is that I cannot help everyone. I am a Workplace Health Coach therefore can only see people in employment, but would love to be able to offer my service to everyone.

Most unusual thing asked to do at work
One of my clients texting my work mobile at 10.30pm on a Friday night to say she had found a low calorie treat that she could enjoy as part of her weight loss programme!

Achievement most proud of
Having my three beautiful children and passing my driving test.

Favourite writer
I am slightly embarrassed to admit I avoid reading books, but I love OK and Heat magazine.

Favourite music
I love lots of different music and never miss T in the Park. The Killers are my favourite live band, but Swedish House Mafia and Tiesto are pretty amazing too.

Favourite meal
Pasta dish with garlic bread.

Most like to have dinner with
I would love to have dinner with Jessie Pavelka, the US fitness instructor and model, but that would probably be more drooling less eating - so failing that it would definitely be dinner and drinks with all my girlies.

Favourite word
Boom!

Top 3 frustrations
- My boyfriend biting his nails.
- Not getting a thank you wave when driving.
- Channel flicking.

Most embarrassing moment
Falling down all the stairs in a lecture theatre and when I stood up my heel had fallen off my shoe and I fell again! I hid in shame at university for a good while after that.

Irritating habit
That I hysterically laugh when I am nervous.

Do better than anyone else
Party!

3 wishes
- For my children to be happy and healthy.
- To own a car that lasts me longer than a year.
- To teach English to children in a third world country.
How to Self Service Password Reset

Following on from our article in last edition of Spectra – Issue 59 April-May 2012 ‘Confused over Usernames and Passwords’, here are some helpful tips on Self Service Password Resets.

How to Change your Active Directory (Computer login on) Password

From the Windows login, insert your Active Directory username and click the Options button. This will display the Help me log in option at the bottom left hand side of the login window.

You will be prompted to answer three out of five of your security questions (set up when you enrolled for Single Sign-On).

Input answers and click Next.

The Password Reset box is displayed, enter a new password and confirm your new password in the boxes provided.

What if I have forgotten my Username for the Computer?

You should call the IT Service Desk on 01382 424444 and an operator will be able to assist you.

How can I check what my Usernames and Passwords are?

Once you are logged into the computer using your Active Directory Account and you have Single Sign-On, follow these steps:

Step 1: Click on the OneSign Icon found at the bottom right hand of your machine

Step 2: Choose Manage Passwords

Step 3: A list of systems will be presented with the username, click the appropriate system and click reveal to reveal the password.

Step 4: You will be prompted to enter your Active Directory Password for added security. Your password for the selected system will be revealed.

Other Self Service Passwords

LDAP, which is used for systems such as Clinical Portal, MiDIS and EDISON to name but a few. On the homepage of Staffnet you should click the Forgotten Password link as indicated in the picture.

The below screen will be presented. Enter either your NHSmail email address or your LDAP username.

An email will be sent to your NHS email allowing you to reset it.

eKSF

From the login page of eKSF – just below the username and password box there is an option If you are having problems logging in, please click here. This will assist you in resetting your password.

New antimicrobial website

Appropriate use of antimicrobials remains one of the most important ways of tackling Healthcare Acquired Infection (HAI) and antimicrobial resistance. NHS Tayside recognises this as a priority and the NHS Tayside Antimicrobial Prescribing Group strives to continually develop and update policies and information in this area to support staff in their efforts to use antibiotics appropriately.

To allow staff to access this information more readily, NHS Tayside Antimicrobial Management Group have updated and modernised the antibiotic section of the Tayside Area Formulary. The new site gives you information at your fingertips to ensure we can all contribute to more appropriate use of antibiotics as a precious resource.

By ensuring appropriate infection control measures are in place and complying with local advice around the use of antibiotics we should be able to:

● To provide a simple, best guess approach to the treatment of common infections
● To promote the safe, effective and economic use of antibiotics
● To minimise the emergence of bacterial resistance

You can find the new site at: Staffnet | Formulary | Tayside Area Formulary | A Guide to Antibiotic Use
NHS Scotland has launched a £30 million campaign which aims to improve cancer survival rates by increasing the number of Scots diagnosed in the earliest stages of the disease.

The national Detect Cancer Early awareness campaign will focus on the three most common cancers in Scotland - breast, lung and bowel cancer. It aims to save more than 300 lives by 2016 and also to address people’s fear and lack of knowledge about the prospects of survival from cancer, as well as tackling their apprehension to approach their doctor.

The campaign will focus on:
- Improving participation in national cancer screening programmes to help detect cancer earlier
- Raising the public’s awareness of screening programmes and also the early signs and symptoms of cancer and encouraging people to seek help earlier
- Working with GPs to promote earlier referral or investigation of patients who may be showing a suspicion of cancer
- Ensuring there is sufficient capacity in the screening programmes to meet the expected increase in those choosing to take part
- Helping imaging departments, other diagnostic departments and treatment centres to prepare for an increase in the number of patients with early disease requiring treatment

NHS Tayside Associate Medical Director Dr Alan Cook said, “In comparison with many other countries world-wide, patients in Scotland have a lower rate of survival from cancer.

“We would encourage anyone who has symptoms that they think could be cancer to attend early so that they can be checked.

“A particular focus of the Detect Cancer Early initiative will be to continue to highlight the benefits of attending for bowel and breast screening. People in Tayside already attend the local bowel and breast screening services in greater numbers than the Scottish average and we will continue to encourage attendance and work actively with local communities to ensure that all people can access the screening services.

“In order to deal with the increasing numbers and also to ensure cancers are detected at their earliest stages, NHS Tayside will be investing in greater capacity for diagnostic services as well as investing in additional facilities to manage and treat the patients.

“By detecting cancer at its earliest stages through screening, people have the best opportunity for successful treatment.”

NHS Scotlan Don’t get scared, get checked
Pathology department raises money for Sport Relief

The pathology department at Ninewells held a fun run/walk and a cake bake to raise money for Sport Relief.

Three areas within pathology – cytopathology, histopathology and cytogenetics – along with family members took part in the fun run/walk and the department raised a total of £255.50.

£5800 donation for dermatology research

A widow who lost her husband to skin cancer presented £5864 to benefit dermatology patients at Ninewells.

Fiona Mulholland, who works in the Ninewells medical records department, organised a ‘Ged Mulholland Memorial Charity Fundraiser’ at Piperdam Golf and Leisure Resort in memory of her late husband and father of three children – Grant, Ryan and Gemma – who passed away 11 years ago.

The memorial night was attended by Ged’s family and friends and the money was raised through an auction, raffles and ticket sales. Fiona presented the cheque, along with Ged’s mum Margaret Mulholland, to consultant dermatologist Dr Andrew Affleck.

Dr Affleck said, “We are extremely grateful for this donation. It will be used to promote research into skin cancer, in particular to look at new genetic methods for predicting disease behaviour.”

Dundee Midwifery Unit sponsored walk

A family and buggy-friendly sponsored walk has taken place at Camperdown Park to celebrate the third successful year of the Dundee Midwifery Unit.

The walk was for a distance of three miles around the perimeter of the park and ended with a teddy bears’ picnic.

Midwife Janet Shillitto, who organised the walk, said, “The day was a great success with about 40 adults and their families turning up to support the unit. So far we have raised £280 and sponsor forms are still coming in so we would like to thank everyone for getting involved.

“Tayside Fire and Rescue also came along on the day with their fire engine which the kids absolutely loved, so a big thank you to them as well.”

To date, there have been around 2250 births at the £2.5 million unit at Ninewells, which opened in 2009. The unit includes six spacious birthing rooms, two birthing pools and a four-bed post-natal ward for mothers and babies.

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Arbroath outpatient donation

Arbroath woman Jackie Wiltshire donated £650 to the outpatients department at Arbroath Infirmary in memory of her late husband Ray. Ray was a frequent visitor to various speciality clinics before his unexpected death in March this year.

Outpatient department manager Ann Cuthill accepted the cheque which is to be used for the purchase of cardiac equipment.
Betty Flynn

Betty Flynn, programme advisor for the North of Scotland Nursing & Midwifery Workforce and Workload Planning Programme, has retired after 42 years.

Betty trained as a nurse in Dundee before taking up a variety of posts in all medical specialities and many surgical specialities. She was senior nurse manager for the acute multi-speciality admission unit, before taking up the position of nursing workforce planner.

She was also seconded to posts with Audit Scotland, Scottish Government and the North of Scotland Planning Group where she worked to improve the workforce planning of the nursing profession across Scotland.

Nurse Director Dr Margaret McGuire said, “Betty has made a significant contribution to nursing, midwifery and importantly to patient care over her many years of service in the NHS in Scotland and will be greatly missed by her many friends and colleagues within NHS Tayside and beyond.”

Lorna Janssens

Mental health development manager Lorna Janssens has bid farewell to colleagues after a 34-year career.

Lorna joined the NHS in 1970 and worked in a variety of roles including in medical wards at Ninewells in 1974 and 1975.

Following a break to work as a stomatherapist, Lorna worked as a health visitor then became fieldwork manager within the Strathmore area until 2000.

Since then, Lorna has worked across Perth & Kinross CHP as locality facilitator and learning & development facilitator.

Latterly Lorna worked as mental health development manager sharing her expertise in developing teams within mental health services.

Margaret Mair

Senior staff nurse Margaret Mair has retired after more than 40 years with the health service.

Margaret began her nurse training in 1965 in Perth and started her career as staff nurse in 1971 before spending a year doing her training in maternity.

She worked in various roles at Murray Royal Hospital, Bridge of Earn Hospital and Perth Royal Infirmary with the last 20 years in orthopaedics as senior staff nurse.

Margaret also received her 40 years long service award.

NHS Tayside Board members

Chairman Sandy Watson paid tribute to six Non-Executive Directors at a retirement ceremony held at Ninewells. Chair of Perth & Kinross CHP John Angus, Vice-chair of Angus CHP Elizabeth Forsyth, Vice-chair of NHS Tayside Murray Petrie and Chair of Dundee CHP Betty Ward have all retired from NHS Tayside Board.

Consultant gastroenterologist Dr Alan Shepherd retired from the Board but remains in his other post within NHS Tayside.

Honorary consultant psychiatrist Professor Keith Matthews also retired from the Board and received his retireal gift at a separate presentation.

In thanking them, Mr Watson said, “These six individuals have contributed a cumulative total of 60 years outstanding service to the Board, and they have each in their own way exemplified NHS Tayside’s commitment to the fundamental principles of the National Health Service, to the benefit of the population of Tayside.

I have no doubt that other challenges will beckon colleagues of such calibre, and we wish them well for the future.”