Porter Margaret gets Royal seal of approval
Dear spectra readers,

Welcome to the latest edition of spectra magazine.

We always hear mention of the legions of unsung heroes in the NHS, those who do their day to day jobs but bring a little something extra with it and those who go the extra mile to make the patient experience a better one. One such unsung hero who has finally been recognised after 20 years of caring for cancer patients in Ninewells is porter Margaret Robertson who was given the British Empire Medal in the Queen’s Birthday Honours List. In true unsung hero style, Margaret claims she was only ‘doing her job’.

According to a report by the Department of Work and Pensions, children born today have a one-in-four chance of living to be 100. Voxpop asked readers what they thought about being around to celebrate reaching their centenarian birthday bash and what the secrets to a long and happy life are.

With the ageing population in mind, the Older People in Acute Care Collaborative as featured on page 11 has been carrying out some groundbreaking work around improving the experience of older people in our hospitals. Working in partnership with NHS Grampian, the Collaborative aims to ensure that we get the fundamentals of care right for older people, their families and their carers.

The TREATS team have some tempting offers for staff with activities to suit all tastes so why not grab a good deal?

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.

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Aquanatal reunion party in Arbroath

Women who attended aquanatal classes in Arbroath were invited to a reunion party at Arbroath Maternity Unit.

Midwives Fiona Minneard and Jane Wanless run the classes on Tuesday nights at Arbroath Swimming Pool for women who are at 15 weeks gestation or more.

They decided to organise the reunion gathering of the mums and babies so that they could have a chance to get together and chat about their experiences of motherhood.

Jane said, “The women really enjoy the classes and many of them form friendships during their pregnancy. We felt it would be nice to have a reunion to meet them all again with their babies.”

Jubilee lunch at Whitehills

The catering department at Whitehills HCCC held a special lunch for staff and visitors to celebrate the Queen’s Diamond Jubilee.

The dining room was decorated with bunting, streamers and red, blue and white tablecloths to create a street party atmosphere and catering staff wore union jack bowler hats and chef’s hats with rosettes in the three colours.

The special menu included celebration and coronation soups, a carvery main course and royal sweets.

Connecting Communities in Timmergreens

Two community events took place in Arbroath recently to launch Connecting Communities (C2) in the Angus town.

A ‘Listening Event’ kicked off the launch and focused on the Timmergreens area of the town. Around 80 residents attended the event, which saw community planning partners meet with the local community to discuss what works, what does not work and what needs to change in their area.

That was followed by a feedback event two weeks later, giving residents the opportunity to get direct feedback on the discussions from the first event. There was also the opportunity to volunteer to be part of a local action group who will work in partnership with local service providers.

C2 originally started in Cornwall and is credited with turning round the fortunes of communities in the region. Where the programme has been promoted, health indicators such as drug and alcohol use and teenage pregnancy rates have fallen significantly.

Angus health improvement partnership manager Freda Stewart said, “Connecting Communities is a way of working that is as simple as talking to and really listening to local communities.”

For more information about C2 contact Freda on 01307 474814 or freda.stewart@nhs.net
Healthy Start Café

The successful Healthy Start Café, which has been running in Forfar for the past 18 months, has now been rolled out in Brechin.

The aim of the group is to provide a comfortable, relaxed and informal environment for pregnant women and parents with babies.

The free café is part of the Angus CHP Healthy Happy Communities Project and is held in Cathedral Hall on Thursdays between 11.30am and 1.30pm.

Free diabetes event

Arbroath and Montrose Diabetes Forums recently held free information events for people living with diabetes, as well as their families and carers.

The events offered people the opportunity to meet others living with the condition, as well as access to information about self-management and keeping active.

Pain management course

A new, eight-week pain self-management course has been delivered in Brechin by Pain Association Scotland.

The course was for anyone suffering with chronic pain and aimed to improve people’s understanding of pain, giving them the skills to better manage their condition.

Weight management classes

The Winning Weigh weight management programme is now running in Carnoustie, Forfar and Montrose to help people with a BMI of 25 or above to learn about healthy lifestyles and lose weight.

The programme is not a diet but aims to help people change their eating and exercise habits, which in turn helps them to lose weight and lead a healthier lifestyle.

In memory of Mary

Staff from East Practice at Springfield Medical Centre raised funds to donate a prize at the Arbroath Music Festival and plant a cherry tree in the medical centre garden in memory of Dr Mary Veitch who died suddenly last year after a brief illness.

Dr Veitch joined East Practice as a GP in February 2007 and became a valued friend, colleague and GP who is much missed by staff at the medical centre. She was a gifted violinist from a young age and was very active in the local folk scene.

The winner of the violin section at the Arbroath Music Festival was John Jarvis from Broughty Ferry who was presented with a trophy in memory of Dr Veitch.
‘Time to Remember’ memorial service

NHS Tayside’s Organ Donation Committee hosted its inaugural memorial service to pay tribute to all those who have donated organs in Tayside.

Around 130 transplant recipients, family and friends of people who donated organs and NHS Tayside staff attended the ‘Time to Remember’ service at the University of Dundee’s Chaplaincy Centre.

The service was led by David Gordon and Andrew Bennett of the Department of Spiritual Care and speakers included Chair of the Tayside Organ Donation Committee Dr Stephen Cole, Lesley Logan of NHS Blood & Transplant and head of nursing Meg Park, who underwent a kidney/pancreas transplant around 10 years ago.

Meg said, “I was extremely honoured to be asked to speak at this service as I am so grateful to my donor and their family for giving me the biggest gift anyone could ever give.

Register now at www.organdonation.nhs.uk or call 0300 123 23 23.

Chairman visits ‘unseen’ services

NHS Tayside Chairman Sandy Watson paid a visit to more of the ‘unseen’ services of NHS Tayside, meeting with transport manager Allan Ramsay, portering services manager Rod Edgcumbe, head of environmental management Ernie Patullo, head of property department Mark Anderson, and estates managers Tom Foley and Robert Harvie.

The Chairman heard about the 296 NHS Tayside vehicles, which are registered and maintained by the transport office, as well as the use of lease cars, pools cars and taxis.

He also learned that capital projects and estates had been brought together to form the newly-established property department. The department has an excellent track record with apprentices and all of the apprentices whose time was out had been offered jobs with NHS Tayside. They also give superb input to the Healthcare Academy.

Mr Watson was then taken to the Energy Centre which houses three boilers providing 40,000 litres of hot water to Ninewells every year and is a partnership between NHS Tayside and Scottish and Southern Energy (SSE).

The final stop on the tour was the estates workshops where Mr Watson heard more about the work of NHS Tayside’s many joiners, electricians, engineers, fitters and various other tradesmen and apprentices.

Unsung hero June Milne

Nursing staff from the antenatal department at Ninewells presented ward assistant June Milne with an ‘unsung hero’ award.

Midwife team leader Linda Arnot said, “Frontline staff often receive thanks and praise from grateful patients and their relatives but without our support staff we would struggle to provide this care and service.

“June is our unsung hero. We felt her dedication, support and hard work deserved recognition and we were delighted to present her with this small token of our appreciation.”
Eleanor is Dermatology Nurse of the Year

Dermatology specialist nurse Eleanor Lowrie was presented with the Scottish Dermatology Nurse of the Year Award at the Scottish Dermatology Nurses Society (SDNS) annual conference held in Perth in May.

Eleanor has over 20 years experience in dermatology, working in the Ninewells dermatology ward and outpatient areas. She was one of the first liaison nurses and helped to develop the role across Tayside, as well as starting up paediatric nurse-led clinics.

Eleanor is also the nursing lead for skin surgery, teaching and supervising nurses and junior medics and she has run two successful nurse surgery courses which have attracted nurses from across the country.

Lead nurse in dermatology Karen Stephen said, “Eleanor is an excellent role model. She is professional in everything she does, approachable, caring and compassionate with a real passion for dermatology and her patients.

“It is an honour to work with Eleanor and she is highly regarded within the dermatology team. She is fully deserving of the Scottish Dermatology Nurse of the Year Award.”

Kidney transplant roadshow

A kidney transplant roadshow with a focus on live kidney donation visited Ninewells Hospital recently.

Patients currently on the transplant waiting list in Tayside were invited to the event along with those approaching end stage renal failure suitable for transplantation.

NHS Tayside nephrologist Dr Graham Stewart spoke about fitness level criteria and statistics for transplantation, while NHS Tayside transplant co-ordinator Irene Russell talked about what it’s like when a recipient receives that call for transplant surgery.

The final speaker was Ronnie McIntosh who is a local athlete, double leg amputee and kidney transplant recipient, and who recently took part in the Olympic torch relay in Dundee as an official torch bearer.

Support for people with a long term condition

People living in Dundee with a long term condition can now benefit from a new resource, the ‘Self Care Toolkit’, which provides some handy tips and skills to support them to manage their health.

For any further information regarding the toolkit or its accompanying DVD please contact Shona Hyman on 01382 424164 or shona.hyman@nhs.net

Physical disability and sensory impairment strategy

Dundee CHP and Dundee City Council’s Social Work and Health Committee have approved a way forward that supports people with physical disability and sensory impairment.

This interim strategy is the first of its kind and addresses the needs of people over the age of 16 years and under 65 years.

General manager of Dundee CHP David Lynch said, “We will be working closely with Dundee City Council to develop the services that assist people with physical/sensory impairment to lead an independent and inclusive life.”

Delivering for looked after children

Dundee CHP Committee has heard that significant improvements for the most vulnerable children in the city are being made through partnership working.

A shared priority for NHS Tayside and local partner agencies is to support vulnerable children and young people through collaborative working to meet their needs.

A review was commissioned by NHS Tayside to look at the particular needs of children and young people who are looked after and accommodated across Tayside, focusing on how nurses can best contribute to this agenda. An improvement plan was progressed.
Murray Royal Hospital buildings handed over to NHS Tayside

NHS Tayside Chairman Sandy Watson accepted the keys to the new £75 million state-of-the-art mental health facilities on the Murray Royal Hospital site.

The new Murray Royal Hospital is now operational with patients and staff transferring from the old buildings following a comprehensive cleaning, equipping and inspection programme.

The hospital, together with the £20 million Susan Carnegie Centre at Stracathro Hospital, provides state-of-the-art facilities for adult and older inpatients, outpatients and day patients from across Tayside.

There is also a new Secure Care Clinic, Rohallion, which contains both low and medium secure wards. The medium secure unit is jointly funded with Grampian, Highland, Orkney and Shetland NHS Boards and the first ward is due to open in August.

In all, the new buildings will provide accommodation for up to 179 patients – an increase of 45 beds on the existing provision.

Young people’s photography on display in PRI

An exhibition of photographs taken by young people in Perth has gone on display in Perth Royal Infirmary.

The exhibition is the result of two projects run by the South Perth Youth Services Team and funded by Perth & Kinross Focus on Alcohol and Perth & Kinross Council’s Cultural and Community Services.

One of the projects, ‘The Friday Night Arts Project’, involved various workshops in creative mediums including photography and street art. The second initiative was called ‘Second Thoughts, First’ and encouraged people of all ages to express themselves on the broad subject of alcohol and drugs.

NHS Tayside’s head of site/support services in Perth & Kinross Mark Scholes said, “We are pleased to be able to support this exhibition, as it involves local initiatives with local young people.

“It also fits in with NHS Tayside’s commitment to promote the benefits of art in hospitals, which we know can enhance both the hospital environment and the experience for our patients.”
President of RCM visits Tayside

Professor Lesley Page, recently inaugurated President of the Royal College of Midwives (RCM), made her first official visit to Scotland to visit the four NHS Tayside maternity sites.

Professor Page was accompanied by Gillian Smith, Director of the RCM, and welcomed to NHS Tayside by Head of Midwifery Kay Forsyth, midwifery team leader and local RCM representative Vanessa Shand, Chairman Sandy Watson and Chief Operating Officer Lesley McLay.

The group visited the Community Maternity Unit at PRI before moving to Ninewells where she was shown the Dundee Midwifery Unit and the labour suite. The day ended with a visit to Angus to see the Arbroath and Montrose Community Maternity Units.

Awards for CHP services

A number of Perth & Kinross CHP services received awards at the Perth & Kinross Securing the Future awards, which aim to celebrate success and recognise projects which show innovation and best practice.

The Young People’s Health Team Drop-in; Talk, Listen and Communicate project; Community Alarm Falls Screening Service; Child Protection Committee; Change is a Must; Strathmore Day Opportunities; and Carse of Gowrie Shop Drop were all recognised at the P&K Council awards ceremony in March.

Dementia Awareness Week

A series of events were held across Perth & Kinross to mark Dementia Awareness Week.

Two fundraising concerts were held by Still Voices, a local singing group for people with dementia, in Glenalmond College and Methven Castle, and the Perth Dementia Café hosted an open day in North Church with information stalls from local services.

The Carers Project Partnership invited carers to take part in a balloon launch at Bells Sports Centre followed by a walk around the North Inch and the Tesco Dementia Community Roadshow Bus was in Dobbies Car Park in Perth where people could drop in to get more information about living with dementia.

The Caterans trip to Arran

The Caterans Walking Group recently travelled to the Isle of Arran where they tackled 53 miles of coastal path on their annual walking trip.

The group consists of current and former mental health service users, a support worker and a nurse.

Once a month, the group meet to walk trails in Perthshire and every year embark on a longer trail, which has included The Cateran Trail and Fife coastal path.

Community mental health nurse Annmarie Gorrie said, “Living together on these trips gives a sense of belonging; everyone plays a part in the running of the house and we support each other.”

Three groups become one voice

More than 30 people from across Tayside who are living with Chronic Obstructive Pulmonary Disease (COPD) came together for a concert to celebrate their experience of an innovative project called Singing for COPD.

The 10-week programme was run by Tayside Healthcare Arts Trust (THAT) in association with NHS Tayside.

It focused on the benefits of singing, combining the practical benefits of breathing exercises with control which are both so important for helping people living with COPD to self-manage their condition.

Karine Neill, THAT Development Officer, said, “We have a group of people who, as a result of participating in the project, now see singing as an important and very enjoyable way of exercising their breathing.”

Volunteer drivers sought

NHS Tayside is currently recruiting volunteer drivers to transport day patients in Perth & Kinross to hospitals and day services.

Drivers who offer their services can choose to be involved from one day to five days per week or on an on-call basis. Typically, help is required between 9 and 10am and 3 and 4 pm.

Anyone who is interested in driving for NHS Tayside, or would like to know more about what is involved, can contact voluntary services manager Jane Laahs on 01738 562323 or email janelaaahs@nhs.net
Your NHS Tayside is a website designed and created as a tool to engage and involve patients, carers, families and the general public in shaping and improving their healthcare services.

The website allows people to get involved online by completing surveys, taking part in a quick poll, joining in a conversation to share and debate viewpoints with others on a particular topic and give feedback on NHS Tayside services to drive forward improvements.

Roadshows hosted by the Public Involvement Team were held in Ninewells, Perth Royal Infirmary and Whitehills Health and Community Care Centre to raise awareness of the new website to staff, patients and the public.

An event, open to people who have an interest in the NHS including those who already participate in NHS Tayside Public Partner Network activities was also hosted by the Public Involvement Team in Ninewells in April.

During the event, participants had the opportunity to hear Nurse Director Dr Margaret McGuire’s vision of health care and health services for the future and adopting a person centred approach to care.

If you would like to explore how Your NHS Tayside website can help you to involve patients, carers and the public in a piece of work please contact: Laura Nixon, Public Involvement Coordinator, lauranixon@nhs.net or telephone 01382 425656.
NHS Tayside, in partnership with NHS Grampian has launched a groundbreaking initiative to ensure that hospitals get the fundamentals of care right for older people, their families and their carers.

Led by NHS Tayside Nurse Director Dr Margaret McGuire, the Older People in Acute Care (OPAC) Collaborative will see 14 teams from across Tayside and Grampian come together for a series of learning events, the first of which was held in Stracathro Hospital in June.

The initiative is supported locally by Collaborative Clinical Lead Dr Cesar Rodriguez, Collaborative Programme Director Diane Campbell and Collaborative Improvement Advisor Morag MacRae. The ambition of the programme is to support frontline teams to improve the experience of older people in acute care.

Dr McGuire said, “We want to develop our understanding around why too often older patients in particular feel marginalised rather than empowered and involved in their care. Above all we want to explore how the experience of older people can be improved.

“Some of this is about getting the basics right so that patients are treated as we would wish our loved ones to be treated, with kindness and consideration, and as individuals with their own needs and wishes. At the same time it is about understanding the dynamics of care in a 21st-century clinical environment and making sure the systems are in place to ensure the experience is right every time – no matter which member of staff is involved.”

A key part of this work includes the collaborative being actively integrated and aligned with other national programmes.

Effective integration and alignment of the collaborative and other national work will ensure a joined-up approach to drive improvements in the care of older people in acute care.

In addition the collaborative supports the integration at a local level by developing a networking culture for the sharing of best practice and many teams are able to provide excellent examples of this work. An infrastructure of support includes collaborative learning sessions and networking events.

Speakers at the Stracathro event included NHS Tayside Chief Executive Gerry Marr, Clinical Director for the Scottish Government Jason Leitch and Dr Rodriguez.

Dr Rodriguez said, “After 14 years working in Older People’s services, the time for health professionals to recognise both older people’s value and vulnerability in society is well overdue. I am privileged to be the Clinical Lead for this piece of work, the first in Scotland, which aims to improve the experience of older people and their families while in acute hospital care.

“The challenge ahead should not be underestimated but the drive and commitment from NHS Tayside to improve the care of older people fills me with enthusiasm and confidence.”

Ideas have already been taken forward from the Stracathro event and are being put into practice in wards across Tayside and Grampian.

The next OPAC Collaborative event will be held in October. For further details on the events and the work of the OPAC Collaborative, please contact Diane Campbell at dianecampbell@nhs.net.
Happy 100th birthday?

Reaching that milestone 100th birthday was, until a few decades ago, relatively uncommon. But thanks to improved living standards, better healthcare and continuing medical advancements, we’re all living longer.

The rapid increase in the number of very elderly people began in the 1950s and the proportion of the population above the age of 70 has been rising steadily since then. By 2066, there could be more than half a million people in the UK aged 100 or over.

The Department for Work and Pensions 2011 report compared life expectancy in the generations at 20, 50 and 80 years old. The report indicated that today’s 20-year-olds are three times more likely to reach 100 than their grandparents and twice as likely as their parents.

While a girl born in today has a one-in-three chance of living to their 100th birthday, a boy has a one-in-four chance. However, compared to a baby born in 1931, the children of 2012 are almost eight times more likely to become centenarians.

What can people do to improve their chances of clocking up a century? Scientists have yet to find the answer to why some of us age faster than others and why some of us live longer. The key to living a long life maybe a scientific one with the answer locked within a person’s genes but equally it could be as simple as following a healthy life style.

Many centenarians claim the secret to their longevity is a combination of looking after both their physical and mental health. Not smoking, getting lots of exercise, maintaining a sensible weight, reducing body fat and building lean muscle mass, getting enough sleep and eating a healthy balanced diet were factors common to people who reached 100 years. They also stressed the importance of social contact with their family and friends and keeping mentally active through hobbies, interests and volunteering.

It would seem the chance of receiving the Queen’s telegram is a very real prospect for many of us and our children. So spectra went out and about and asked staff if they wanted to celebrate their 100th birthday and if they had any tips for achieving this?
Amy McArtney
Domestic Assistant
Ninewells Hospital

I think you have more chance of living to 100 if you have an easy life, as well as being spiritual or having a faith. Finally, I also think it’s important to have routines in your daily life as you get older.

Yes, I would like to celebrate my 100 birthday but only if I was healthy and not a burden to my family.

Cesar Rodriguez
OPAC Collaborative Clinical Lead
Psychiatry of Old Age, Stracathro Hospital

I wouldn’t mind living to be 100 because I know that if I need to come into hospital, the seeds that we are planting now through the Older People in Acute Care Collaborative in terms of attitudes in the care of older people, will be fully in place by then.

Elizabeth Manby
Domestic Assistant
Ninewells Hospital

An aunt of mine lived until she was 99 and she was single so I would say the secret to reaching 100 could be living on your own and having a stress free life, as well as being spiritual or having a faith. Finally, I also think it’s important to have routines in your daily life as you get older.

Morag MacRae
OPAC Collaborative Improvement Advisor
Clinical Governance, Ninewells Hospital

I would love to live to be 100.

I have a vision of me and all my friends who will also live to be 100, living it up and drinking cosmopolitans on our NHS pensions!

Elizabeth Leslie
Deputy Emergency Planning Officer
Chief Executive’s Department, Ninewells Hospital

I think the secret to living to 100 years old is all in the genes.

I would like to live that long as long as I stay healthy and am able to live comfortably.

Pammy Chima
Interpretation & Translation Services Project Manager
Clinical Governance, Ninewells Hospital

I think the secret to long life is to eat healthy, stay active, be positive and keep smiling.

I would only like to live that long, if I am healthy and not dependent on others. It would also be a good idea to have a circle of young friends, so that if I do live up to 100 then I wouldn’t end up feeling lonely!

Shona Fowler
Project Support Worker
Perth & Kinross Healthy Communities Collaborative, PRI

I think the secret to living so long is thinking young and keeping active. I work with older people and you can really see the difference in people when they start engaging with our services and taking part in activities. Older people can become isolated and lonely which can impact on their health and wellbeing. Coming to group activities where people can get active and meet other people in a similar situation can often give them a new lease of life.

If I could live to be healthy and independent at 100, I would be happy with that. I meet people at groups and events who are 100 years old and are still living independently at home or in sheltered housing and that was unheard of before.
**Arbroath Breastfeeding Tea Party**

A Breastfeeding Tea Party was held in the community maternity unit at Arbroath Infirmary to mark Breastfeeding Awareness Week.

Organised by Breastfeeding Support Worker Tracy Menmuir and supported by the Arbroath maternity staff, the tea party was a chance for breastfeeding mums and babies to come together and support each other.

**‘pause to think’ campaign**

A campaign aimed at urging people not to buy alcohol for children under 18 has been launched by Focus on Alcohol Dundee and is supported by Tayside Police and Dundee Community Safety Partnership. The campaign with its slogan “take time, pause to think, please don’t buy under 18’s a drink” is aimed at encouraging residents to make their communities safer places to live by reducing the amount of alcohol accessed by young people under the age of 18.

The campaign which will run for three months will focus on the promotion of responsible sales practice within off-sales premises and will target adults who illegally buy alcohol for young people.

Chairperson for Dundee Focus on Alcohol John Hosie said, “Focus on Alcohol is committed to tackling matters relating to adults buying alcohol for under 18’s. We want to work closely with retailers and local communities to address this problem.”

NHS Tayside Consultant Psychiatrist Dr Peter Rice said, “Parents often underestimate how influential they can be. It’s not just peer pressure and examples from friends that children follow. What adults say and especially what they do with their own alcohol consumption can have a very considerable influence.”

Dundee Focus on Alcohol offers hints and tips on responsible drinking through their Facebook page – www.facebook.com/dundeefocusonalcohol

**PRI staff kick the habit**

Staff at Perth Royal Infirmary who kicked the habit over a year ago received ‘superstar’ trophies from Health Desk adviser Moira Band.

Other members of staff who are currently attending the smoking cessation group run by Moira were also recognised with medals.

Moira runs a drop-in session in the staff canteen every Thursday lunchtime offering one-to-one support for hospital staff who want to give up smoking.

For more information email mbrand@nhs.net or call the Hospital Smoke Free Service on 07879 878180

**The ‘Big Apple’ stall is back at Ninewells**

NHS Tayside is helping patients, staff and visitors get their five-a-day with the return of a weekly fruit and vegetable stall to Ninewells Hospital which is run in partnership with Transform Community Development.

The popular ‘Big Apple’ market stall returns to the Fresh Air Garden at the main entrance to the hospital and will be at Ninewells every Tuesday between 10.30am and 3pm until September.
**Falls Awareness Week in Tayside**

NHS Tayside held a number of public awareness events across Angus and Perth & Kinross to mark National Falls Awareness Week.

The week aimed to raise awareness about the risk of falling among older people. This year’s Age UK campaign “Boost your Bones” highlighted the importance of maintaining bone health through a balanced diet and taking regular physical activity outside in the sunshine.

Information stands were set up in local shops, libraries, GP practices and leisure centres and members of the public were able to pick up tips and advice on what they could do to avoid falls.

A new Falls leaflet was launched in Dundee in May and is being rolled out across Tayside. The leaflet focuses on the best way to prevent falls and offers advice on what to do should a fall happen.

**quit4u evaluation**

Health professionals from across Scotland attended the launch of the evaluation of quit4u report at Discovery Point, Dundee. The report presented the key findings from NHS Health Scotland’s independent evaluation of the smoking cessation scheme, which was developed and led by NHS Tayside.

The scheme was launched in March 2009 and combines behavioural support, medication and financial incentives to help eligible smokers in Tayside stop smoking. It was developed with help and input from smokers in the deprived target areas of Dundee and so far over 3,000 people have signed up to the scheme.

The evaluation found that the ‘whole package’ that quit4u provides – support through smoking cessation groups or from local pharmacies, weekly carbon monoxide testing, medication to cope with cravings and the financial incentive – helped people in their quit attempts.

The report also found that of the quit4u participants who signed up for the scheme through their community, 50.7% were successful in their quit attempt at four weeks compared to the national average of 26.4% for non-quit4u pharmacy quit rates.

**Go4Gold Olympics in Perth**

Older people in Perth & Kinross took part in an Olympic-style event, one of the first of its kind in Scotland, to highlight the importance of physical activity.

Around 90 residents and clients from 25 care homes and two day care services across the region tried their hand at various games and challenges at the ‘Go4Gold’ event in Bells Sports Centre. The event was organised by the Perth & Kinross Care Home Activity Network (CHAN), which is a partnership between NHS Tayside, Perth & Kinross Council, Live Active Leisure, Scottish Care and local care homes.

The participants took part in various physical challenges including indoor Kurling, bucket basketball, napkin folding and winding a baton with wool, as well as a range of mentally stimulating activities, practical activities, team games and other fun activities. Each team was supported by carers, staff, volunteers and students from St John’s High School and Perth Grammar School.

**Men Only Tayside’ website launched**

NHS Tayside has launched a new website www.menonlytayside.com which aims to make it easier for men to access information and advice on HIV and sexual health and many other issues that affect them.
NHS Tayside’s Annual review

Cabinet Secretary for Health, Wellbeing & Cities Strategy Nicola Sturgeon joined NHS Tayside Chairman Sandy Watson and Chief Executive Gerry Marr at Discovery Point in Dundee for the Board’s Annual Review on Thursday, 26 July.

The Review saw NHS Tayside’s directors outlining the organisation’s performance over the past year and its future plans. The afternoon event was rounded off with a 30-minute public question and answer session.

Mr Watson said, “The Annual Review is an important date in our calendar as NHS Tayside is rightly held accountable in public for the services we provide. “It gives members of the public, patients, their families and carers a chance to see how we are doing and ask any questions about the services we provide.

Members of the public who were unable to attend the Annual Review were able to watch the event live as it was webcast on The Dundee Channel. Staff will be able to watch the Review on Staffnet on NHS Tayside’s website www.nhstayside.scot.nhs.uk

Earlier in the day, Ms Sturgeon met young mothers, fathers and babies who are part of the Family Nurse Partnership programme. She was given an update on the programme’s first year since its launch in Tayside and had the opportunity to chat with young mums as well as cut the a celebratory cake marking the programme’s 1st anniversary.

The FNP programme involves a family nurse visiting first-time mothers under the age of 19 every one or two weeks during their pregnancy and throughout the first two years of their baby’s life. The nurses offer guidance on child development, preventative health measures, parenting skills, breastfeeding, better diet information and advice for mothers on education and employment.

Ms Sturgeon said, “I am proud to say that the Family Nurse Partnership has already made a valuable difference to the lives of families across Tayside. This first birthday party is the perfect chance to congratulate the parents and the FNP nurses who have both worked so hard to give these children healthier, happier futures.”
Launch of new SEWS, action and escalation tool

As a starting point to improve early recognition and response to deteriorating patients, the SEWS chart, action and escalation tool has been redesigned and updated in collaboration with a wide range of nursing and medical staff.

A robust plan of education is in place to support this, including the development of an e-learning SEWS/SBAR module launched via learnPro for all healthcare staff.

A human factors study day for senior nurses was also held focussing on improving situational awareness, communication, decision making skills, working in a team, leadership and prioritisation of care in relation to deteriorating patients.

To access the SEWS chart, Action and Escalation tool through Staffnet go to Home I Safe & Effective Working I Patient Safety I General Ward Workstream

For more information contact safetygovernanceriskdept.tayside@nhs.net

Excellence for Partnership Working

The ‘Fuss About Nothing’ event, which was funded by the Tayside Data Sharing Partnership (TDSP) and helped address people’s concerns around data sharing across Tayside, won the Police Divisional Award for Excellence for Partnership Working.

‘Fuss About Nothing’ was a unique, interactive event designed to help staff within the various organisations to make a more informed decision, help understand the parameters in which information could be shared and be given the opportunity to put information sharing to the test. It aimed to provoke multi-agency thinking about how organisations behave when protecting the vulnerable and was delivered by the Solomon Theatre Company.

TDSP has representation from NHS Tayside, Angus, Dundee City and Perth & Kinross Councils, Tayside Police, Tayside Fire and Rescue and the voluntary sector.

Excellence for Partnership Working

Butterfly Scheme launches in Dundee and Angus

NHS Tayside has launched the groundbreaking Butterfly Scheme for acute hospitals in Dundee and Angus, which aims to improve the safety and wellbeing 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 requested ‘butterfly’ care, outlined in a special response plan. In this plan, staff are reminded to pay particular 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.

The Butterfly Scheme was officially launched in Perth Royal Infirmary in January by founder Barbara Hodkinson and is now being adopted across all acute hospital sites in NHS Tayside - the first Board in Scotland to adopt the scheme.

British Dietetic Association Award

The British Dietetic Association has awarded NHS Tayside Nutrition Team the Dame Barbara Clayton Award for innovation and excellence in their work taking forward the Coeliac Disease Service Improvement Programme.

Specialist Dietetic Practitioner for Coeliac Disease Fiona Headridge and Tayside Nutrition Managed Clinical Network Manager Jacqueline Walker started the programme in 2010 and subsequently redesigned the service for patients so that it meets their needs better.

The team were given £1500 as part of the award, which will be used to further the work on coeliac disease and gluten-free improvements within Tayside.

For more information visit www.taysidenutrition.scot.nhs.uk
NHS Tayside Quality Awards 2012

The NHS Tayside Quality Awards 2012 – driving up quality and excellence together in Tayside – have launched.

The awards scheme is open to teams of NHS Tayside employees who have improved the quality and value of the services they provide. This could be by introducing a new, innovative way of working or redesigning existing services and includes improvements to safety, effectiveness and efficiency.

ALL members of NHS Tayside staff (clinical and non-clinical) are eligible to enter.

The first prize is a £1000 education grant, second prize a £500 education grant and third prize a £250 education grant – these are to be used for training.

Submission forms, guidance for submissions and judging criteria can be found at Staffnet | Our Websites | Quality Awards.

The closing date for submissions is 31 August.

Paediatric Imaging Tayside study sessions

The inaugural Paediatric Imaging Tayside study session was held at Ninewells with the theme ‘Non-Accidental Injury and the Radiology Department.’

Over 50 people attended the evening event, including X-ray staff, play specialists and radiography students. For further details on future events email radevents@nhs.net

Tayside Oral Health Award for Dundee care homes

Staff from Dundee Community Dental Service visited two care homes to present NHS Tayside’s Oral Health Award - a new programme aimed at improving the oral health of care home residents.

Dental Health Support Worker Gemma Bain presented Bridge View House and Menzieshill House care homes with a Tayside Oral Health Award.

Sharing successes at Armitstead

The nursing teams in the Paediatric Complex Disability Service showcased their work at an event celebrating their recent successes.

The team members displayed poster presentations, interactive displays and were on hand to discuss their work and achievements at Armitstead Child Development Centre.

There was also the opportunity for those who attended to visit the facilities at Kingspark School Medical Suite and Glenlaw House.
Community Health Partnerships Action Learning Programme

Perth & Kinross CHP and Perth & Kinross Council accepted the invitation from Scottish Social Services Council (SSSC) and NHS Education Scotland (NES) to be part of the National Leadership Development Action Learning Programme for CHPs.

Ten team leaders from health and social care were nominated to take part in the Highland Perthshire Action Learning programme at Birnam Arts, Dunkeld, which was jointly facilitated by Tayside Centre for Organisational Effectiveness (TCOE).

Executive Director of Housing and Community Care Perth & Kinross Council David Burke and General Manager of Perth & Kinross CHP Bill Nicoll were executive commissioners of the programme and highlighted how organisational development consultancy helps support the implementation of Reshaping Care for Older People, the Change Fund, Integrated Resource Fund and health and social care integration.

Issues tackled by the group included integrated locality working, culture change, re-ablement, medication management and improving communication.

A rolling programme of Action Learning has now been commissioned by joint senior management teams, to cover wider locality teams and other parts of Perth & Kinross. This will be led by TCOE Internal Consultant Catriona Ness and the local authority Learning & Development Team.

Gill delivers Tayside perspective ‘Down Under’

Gill Smith, the Team Leader for NHS Tayside’s Practice Education Facilitators, recently returned from a trip to Australia where she presented at a nurse education conference.

The 14th National Nurse Education Conference in Perth, Western Australia was attended by an international audience of nurses, managers, educators and policy makers.

Gill delivered a presentation entitled ‘Lifelong learning - supporting, enabling, delivering a Tayside perspective’. It described how the Practice Education Facilitators in NHS Tayside support the learning environment, and highlighted some of the initiatives that they have developed to support mentors and other staff in clinical practice.

Gill also found time to undertake a long held ambition to climb the Sydney Harbour Bridge.

Discover careers in health and nursing

Around 90 S3 pupils from seven secondary schools in Tayside attended an event at Ninewells to learn about the diverse range of careers available within the health sector.

This event was organised by staff from Access and Participation at the University of Dundee.

The pupils met representatives from a variety of healthcare disciplines such as Pharmacy, Dental Therapy, Medical Physics and Adult and Mental Health Nursing, as well as receiving medical technique demonstrations from current medical students.
Dr Charlie Allison

Consultant Anaesthetist Dr Charlie Allison retired after almost four decades of service.

During his 37-year career Dr Allison held the pivotal position of Joint Chair of Critical Care, Tayside Acute Service Review and in May 2012 was appointed President of the Scottish Society of Anaesthesia.

Dr Allison retired from his post of Clinical Leader of Anaesthesia at Stracathro Hospital.

Consultant Urologist Mr Nick Townell said, “Throughout Tayside, Charlie has been a hugely popular Consultant Anaesthetist. His clinical excellence, generosity of spirit and fierce loyalty has endeared him to patients, clinical colleagues and hospital management alike.”

Veronica Mitchell

Perth midwife Veronica Mitchell has retired after a 50-year career in nursing and midwifery.

Veronica undertook her midwifery training in 1981 in Perth where she has spent the remainder of her career. She also represented staff as a Royal College of Midwifery steward.

NHS Tayside Nurse Director Dr Margaret McGuire said, “Throughout her career Veronica has always acted as an advocate for women, ensuring they received the best care possible.”

Catherine Moore

Staff nurse Catherine Moore retired from Strathmartine Hospital in Dundee after 30 years’ working in learning disability nursing.

Cathy spent many years working at Hawkhill Day Hospital and, latterly, in the Craigowl Centre which is situated in the grounds of Strathmartine Hospital.

Senior Charge Nurse at the Craigowl Centre Alison Hogg said, “Cathy is a well known face within all learning disability services in Dundee and the Tayside area and will be sorely missed.”

Brian Main

Head of Support Services and Site Manager for Dundee Brian Main retired after 39 years working with the NHS.

Brian arrived in Tayside in 1995 as a Hotel Services Manager at Perth Royal Infirmary for nine months prior to moving to Ninewells Hospital as a Hotel/Support Services Manager. His role continued to expand, and was combined with the Site Manager post in 2002.

Friends and colleagues gathered in the Ian Low Centre at Ninewells for Brian’s presentation.

Chief Executive Gerry Marr said, “Brian’s retirement sees us losing a well respected employee. He always keeps his cool when faced with a challenge to ensure the best outcome for our patients, but he’s also a friendly face and extremely approachable site manager. He will be sorely missed by all at NHS Tayside.”
Porter Margaret receives award in Queen’s Birthday Honours List

Ninewells Hospital porter Margaret Robertson has been awarded the British Empire Medal in the Queen’s Birthday Honours List for her services to cancer patients.

Margaret is a well known face around the hospital and has spent around 20 years at Ward 32 bringing cheer to patients.

“I really can’t believe it,” she said. “I was not expecting anything like this - I was only doing my job, which I like doing.

“I take patients for radiotherapy. They are often down in the dumbs and I try to cheer them up.”

Ward 32 Senior Charge Nurse Lynne Clarke, “Margaret is an asset to the oncology department as no matter what, she always puts the patients first.

“The patients build a rapport with Margaret and look forward to seeing her daily when going for treatments.

“Every member of staff in oncology appreciates the little extras that Margaret does for them and we really miss her when she is not here.”

Edith Devine - retiral

Occupational therapy and AHP secretary Edith Devine retired after 38 years of service from Strathmartine Hospital in Dundee.

Edith began her employment as a shorthand typist in 1971 and has experienced many service changes which altered her role over the years.

Long service award for Fiona Dorsie

Charge Nurse Fiona Dorsie has been awarded a long service award as she celebrated 40 years working with the health service.

Fiona has worked at Aberfeldy Community Hospital since 1985.
Lung cancer patient donates to Ninewells

A Forfar woman currently undergoing treatment after having been diagnosed with lung cancer has raised £330 for the benefit of Ninewells Hospital cancer patients.

Annabella Craig (68) raised the money at her birthday party held at the Strathmore Cricket club in Forfar by asking for donations rather than presents for herself.

She decided to donate half of the money to the chemotherapy day patient area and half to the Ninewells Macmillan lung nurse education fund.

Etape success for Rhona

Rhona Guild Primary Care Manager with Angus CHP successfully completed the Perthshire Etape Caledonia and raised £1,500 for Tayside Children with Cancer and Leukaemia (TCCL).

Rhona undertook the gruelling 81-mile cycle race to support TCCL’s campaign to raise £500,000 to build a special holiday facility for youngsters affected by cancer, and their families, to use.

PRI benefits from Breathe Easy donation

The Pulmonary Rehabilitation programme at PRI received a donation of equipment from Breathe Easy Perthshire.

Charlie runs 5k for Sport Relief

Charlie Myles, a service user of the Craigmill Skill Centre recently took part in the Jenny Wood-Allan 5k run in Camperdown Park for Sainsbury’s Sport Relief.

Charlie had ran the London Marathon in 1999 managing to complete it in a time of five hours and over the years he was keen to get back into running.

Assisted by recreation officer Gary Porter, Charlie completed the run in a time of 32 minutes and raised £150 for Sport Relief.

Charlie (left) and Gary at the finish line.
£500 dermatology cheque

Three dermatology patients, Lyn Bryceland, May Small and Karla Bell, who all spent time on Ninewells Ward 24 presented £500 to the department.

The money was raised at a quiz night organised by the three former patients.

Stracathro patients benefit from Friends donation

The Friends of Stracathro donated £76,000 of Photodynamic Diagnostic (PDD) and digital endoscopic equipment to Stracathro.

PDD is a non-invasive diagnostic technique for detecting surface tumours of urinary tract. The patient is given a photosensitizer drug and then is scanned with a blue light. Red fluorescence from the tumour activated by photosensitizer is detected with a camera fitted with a special filter and displayed on a screen. Cancerous lesions show up as fluorescent areas. PDD can detect more tumours than standard white light endoscopy.

NHS Tayside Consultant Urological Surgeon Mr Slawomir Kata said, “All endoscopes kindly donated by Friends of Stracathro will help rank Stracathro Hospital among the best equipped endourological centres in the UK.”

Communications Team Race for Life

NHS Tayside’s Communications Team took part in the recent Race for Life event at Camperdown Park in Dundee. The eight-strong team braved the rain and managed to raise £1326 for Cancer Research UK.

Cheque presented to Ward 32

A cheque presentation of £1070 was made to Ward 32, Ninewells by the family of former patient Catherine Wallace who tragically died in 2004 after a battle with lung cancer.

The money was raised in Catherine’s memory at her parents’ diamond wedding anniversary party. Catherine and Hugh McKay celebrated the milestone at a surprise party organised by their other daughters Dorothy Thompson and Jacqueline McKay in the Queen’s Hotel, Dundee.

£800 for neonatal intensive care unit

Kirriemuir mum Gail Taylor presented £800 to Ninewells Hospital’s neonatal intensive care unit as a thank you to staff for the care given to her daughter Carla.

Baby Carla, who is now nine months old, was born early and spent some time in the unit last year.

Gail and husband Ian decided they would like to raise some money for the unit and had a collection at Carla’s christening, which was held at Kirriemuir’s Old Parish Church.
Personal history

I am a midwife at heart and I really want to be part of an organisation that delivers the best care possible to everyone and, most importantly, that we deliver a service that asks people what they want from NHS Tayside.

I did my midwifery training after I had my own children and for anyone thinking about pursuing a career in midwifery, this is definitely the best way to do it – it was this experience that encouraged me to look into a career in midwifery. I was amazed by the care and kindness that I was shown by the midwives caring for me, they were so supportive and I felt really nurtured! That’s really important when you are a new mum – babies don’t come with instruction manuals!

So far in my midwifery career I have had a number of posts within NHS Tayside in the hospital and community setting and working with research and teaching teams with the University of Dundee. I have also had the privilege of holding a consultant midwife role that focused on normal birth in the labour suite.

My current role is working as a senior midwife in the practice development team, which is a great team. My role is mostly around a programme of work called Leading Better Care and is all about quality of care for those using our services. NHS Tayside wants to make sure that patients have the best possible experience and Leading Better Care helps to achieve this through a robust education programme for staff which contains online learning and interactive sessions.

Dislike about current job

Only been here a few weeks, can I answer that in a few more weeks?

Most unusual thing asked to do at work

Really don’t know! I’m pretty open minded.

Achievement most proud of

My family! I have three grown up daughters that mean the world to me.

Favourite writer

I don’t really have a favourite writer, I tend to rely on Kindle to tell me which are the most popular downloads and give them a try.

Favourite music

I like varied music, can’t say I really have a favourite. My girls all have very different music tastes and I am subjected to them all!

Favourite meal

If going out then it has to be a Turkish restaurant, if staying in then lasagne, crusty bread and a side salad.

Most like to have dinner with

Mr Grey!

Favourite word

Really!

Top 3 frustrations

- Lack of sunshine
- Price of diesel
- Why does chocolate have so many calories?

Like(s) about current job

Working in a really welcoming, supportive team of professionals, working with nurses and midwives across Tayside.

Most embarrassing moment

Have you ever tucked your skirt into your knickers………

Irritating habit

Erm, not sure, ask my colleagues!

Do better than anyone else

I make a mean carrot cake.

3 wishes

- End poverty
- Protect and nurture children – they are the future
- Another 3 wishes

Honor MacGregor

Senior Midwife Practice Development Co-ordinator for Leading Better Care