seasons greetings
Dear spectra readers,

Another year has passed, Christmas is just around the corner and a new year is almost upon us.

We really appreciate all your efforts and your support of spectra over the past year and we hope you enjoy reading this latest issue.

This edition is once again crammed full of good news stories from across Tayside. Highlighted is the work carried out by staff which has been recognised both nationally and internationally with staff picking up awards for innovation and good practice.

Since the last spectra was published NHS Tayside has played host to a number of visitors including Minister for Public Health Michael Matheson when he officially opened the £3m Endoscopy Unit at Ninewells as well as visitors from further afield. Deputy Convener of the Australian Women’s Health Network visited Tayside to learn about our Give It Up for Baby and quit4u schemes which are running across Tayside. A palliative care nurse from Switzerland researching how palliative care services are being delivered in Scotland also met with staff at Cornhill.

In the voxpop section we’ve asked some of our readers to spill the beans on their guilty pleasures. Turn to page 12…and all will be revealed!

As it is the season to be jolly we also thought we would share a few festive tips on how to have a healthy happy Christmas.

Looking very angelic on the front cover of spectra is Danielle Matthews who is a staff nurse in Ward 17 at Ninewells Hospital.

Remember we’re always on the lookout for articles and stories so if there’s something you’d like to see in your magazine, just get in touch (details below).

So as 2012 comes to an end here’s wishing all our readers a happy, healthy festive period and best wishes for 2013.
Getting the balance right in Angus

‘Getting the balance right’ was the theme of this year’s Angus Health Fair which was held at the Reid Hall in Forfar.

This year’s fair was the biggest ever, covering a wide range of topics and offering many opportunities for people to learn about improving their own health and how to help contribute to the health and wellbeing of others in their community.

The free fair is in its 20th year and was organised by Voluntary Action Angus and supported by NHS Tayside and Angus Council Social Work and Health.

Healthcare staff were on hand to provide information and advice to the public on a range of topics including smoking cessation, sensible drinking, good mental health and wellbeing, physical activity and nutrition information for children and older people.

Honorary life fellowship for nursing consultant

Nursing consultant Dr Elizabeth Myers was awarded the Society for Acute Medicine’s (SAM) honorary life fellowship at the SAM 6th International Conference in Manchester.

Dr Myers is the first member of nursing staff to be awarded an honorary fellowship by SAM and this demonstrates the importance of the multi-professional team in acute medicine.

She was an executive council member of SAM from 2002 to 2011 and is a strong and powerful advocate for patients, nurses and allied health professionals.

Dr Myers said, “I am extremely honoured to receive this award and I hope it will encourage other nurses to take up leadership roles. It is only by working as a team that we will truly improve patient care.”

Healthy Happy Communities Award

The Angus Healthy Happy Communities Allotment project was presented with an ‘It’s Your Neighbourhood’ award in the ‘Thriving’ category at a ceremony in Stirling.

The ‘It’s Your Neighbourhood’ campaign is run by Keep Scotland Beautiful and celebrates the achievements of communities who have come together to clean up or green up their area. There are five levels of achievement – Establishing, Improving, Developing, Thriving and Outstanding.

Any volunteers or groups looking to be involved in the Healthy Happy Communities project should contact project manager Shona Burge on 01307 474872 or shonaburge@nhs.net
Autistic Spectrum Disorder directory launched

NHS Tayside and Angus Council have launched a directory detailing services for people with autism.

The directory contains information on a range of services locally and nationally which are available to children and adults with an Autistic Spectrum Disorder (ASD), as well as those for parents and carers of people with ASD.

Head of mental health services for Angus Bill Troup said, “The introduction of this directory for professionals and members of the public is most positive. It clearly lays out what is available to help support people with the condition. Professionals will also be able to use it as a helpful handbook.”

The directory can be viewed at www.angus.gov.uk/asddirectory

Positive Steps in Angus

A new leaflet aimed at supporting positive emotional wellbeing and good mental health was launched at the Scottish Association for Mental Health (SAMH) Resource Centre in Montrose.

Staff from Angus CHP’s Health Improvement Team, Adult Mental Health and Psychological Therapies Services worked closely with SAMH to develop the ‘Positive Steps’ leaflet which focuses on twelve positive steps that could help support good mental health.

The leaflet highlights the importance of taking time to relax and eat sensibly as well as offering practical suggestions on keeping active and learning new skills.

The leaflet is available at a variety of locations across Angus including GP surgeries, SAMH centres, Voluntary Action Angus, Access offices and libraries.

For more information about ‘Positive Steps’ contact 01307 476495.

News in Brief

Angus

Spiritual care

Little Cairnie Hospital in Arbroath held a Spiritual Care and Wellbeing Week to highlight the role of spiritual care with patients, relatives, carers and staff.

Little Cairnie is the first unit in Angus to have a spiritual care link member of staff who has been trained to offer support to staff and answer questions from patients and relatives on spiritual care services within NHS Tayside.

‘Be Active – Live Well’

A new DVD aimed at helping people in Angus with long term conditions to be more active has been produced in collaboration with Angus CHP, Angus Cardiac Group, Angus Leisure Services, Volunteer Gold, Angus Carers Centre and Angus COPD support groups.

The DVD can be accessed through a new website at www.anguscardiacgroup.co.uk and shows different types of exercise to help people choose the one that suits them best.

Online support

Angus residents living with chronic pain or other long term conditions can access free online support.

‘Pathway through Pain’ aims to provide people living with pain with up-to-date information to support them to manage their pain better and help to improve the quality of their daily lives.

The Expert Patient Programme is a new online self management course for people with long term conditions which covers topics such as coping with depression, managing pain and extreme tiredness, relaxation techniques and exercise.
Margaret receives British Empire Medal

Ninewells porter Margaret Robertson has been presented with the British Empire Medal by Dundee Lord Provost Bob Duncan.

Margaret was awarded the medal in the Queen’s Birthday Honours List in June for her services to cancer patients.

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

Margaret (seated) receives her medal from Lord Provost Bob Duncan surrounded by friends and family

Snap Happy photography exhibition

Ninewells has played host to an exhibition of photographs of the hospital grounds, taken by a local carers group.

‘Snap Happy’ is a carers photography group, started in October 2012 through the Dundee Carers Centre. The group was asked to take photographs of the Arboretum and therapeutic gardens at Ninewells to be featured in an exhibition to promote the benefits of being outdoors amongst trees and plants to staff, visitors and patients.

NHS Tayside health promotion programmes manager Mary Colvin said, “We are delighted that the Snap Happy group have chosen our hospital for their photography exhibition and we hope that the photographs will encourage people to go out and explore the grounds.”

Senior chaplain David Gordon

Spiritual care patient referrals

The spiritual care team in NHS Tayside is encouraging members of staff to refer patients to the service who may benefit from emotional support.

The team created a document which is present on all wards as an aide memoir to highlight situations when spiritual care may be offered such as when someone is anxious or fearful of surgery, therapy or diagnosis, has received bad news or experienced a bereavement, has been involved in a traumatic accident or expresses a desire for religious support.

The document can also be found on Staffnet under Our Websites | Spiritual Care | Click here for more information on when to refer to a chaplain.
Vision Support Service opens at Ninewells

A new facility to help blind and partially sighted people in Tayside come to terms with their sight loss has opened within the ophthalmology department at Ninewells.

The Vision Support Service provides emotional support for people diagnosed with conditions that threaten their sight. It also offers practical advice and information on a range of aids and services to help maintain independence and reduce loneliness and isolation.

The service was established by the Royal National Institute of Blind People (RNIB) Scotland in partnership with NHS Tayside and the Scottish Government.

Consultant ophthalmologist Professor Carrie MacEwen said, “While the vast majority of people attending Ninewells Hospital’s eye department successfully have their vision preserved or restored, there remains some who have untreatable conditions who require support and advice because of vision loss.

“We warmly welcome this joint initiative which will assist patients with impending or newly diagnosed sight loss to come to terms with their condition.”

Organ donor rate best in Scotland

Tayside has more organ donors than anywhere else in Scotland – and one of the highest rates in the world.

In Dundee, Angus and Perth & Kinross combined there are 32.3 donors per million of population, more than double the Scottish rate of 15.5. Spain is the highest at 33 donors per million.

Lead clinician for organ donation Dr Stephen Cole said, “We’ve been working very hard behind the scenes for the past four or five years trying to increase public awareness about the importance of making their wishes known at the end of their life.”

To sign up to the Organ Donor Register visit www.organdonation.nhs.uk call 0300 123 23 23 or text LIFE to 61611.
Endoscopy Unit officially opened by Public Health Minister

Minister for Public Health Michael Matheson visited PRI to officially open the new £3 million Endoscopy Unit.

Mr Matheson was introduced to staff and given a tour of the new facilities before unveiling the plaque to mark the unit officially open.

The new unit is a modern, purpose-built facility which has doubled the capacity of the service. It is helping to reduce waiting times for patients and allowing more people from across Perth & Kinross the opportunity to be treated closer to home.

The unit includes a new consulting room for discussion and diagnosis, purpose-built assessment and recovery areas and a new decontamination suite to ensure clinical safety for patients.

Ensuring the privacy and dignity of patients in what can be a stressful and undignified procedure is essential. This new facility provides accommodation that supports privacy and dignity in a relaxed, calm environment to improve the experience for the patient.

Chairman Sandy Watson said, “I am delighted to have Mr Matheson open the new Endoscopy Unit. These first-class facilities are already providing great benefit to our patients in Perth & Kinross by helping to meet the demand on services, reducing waiting times and allowing more people to access endoscopy treatment closer to home.”

NHS Tayside welcomes international visitor

NHS Tayside welcomed Marion Hale, Deputy Convener of the Australian Women’s Health Network, to hear about the work being carried out to encourage pregnant women to stop smoking.

Marion, who is currently embarking on a series of visits to various smoking cessation programmes globally, was keen to learn about the Give It Up For Baby (GIUFB) and quit4u schemes running across Tayside as examples of social marketing projects.

Deputy Director of Public Health Paul Ballard, who welcomed Marion to Tayside for her two-day visit, said, “I am delighted that Marion has chosen GIUFB and quit4u as part of her international visits. There is also a lot we can learn about the work she does in Australia around women and children’s health.”
Getting it right for older people

NHS Tayside’s frontline staff from PRI, Arbroath Infirmary and Ninewells gave an update on their work to improve care for older people in hospitals at an event in Dundee.

The Older People in Acute Care (OPAC) Collaborative is a joint programme between NHS Tayside and NHS Grampian and is led by NHS Tayside Nurse Director Dr Margaret McGuire.

Following the launch of the Collaborative in June, whole ward teams have been working hard to implement changes to improve the experience of the older patient. The Dundee event gave the teams the chance to update their colleagues on the work being done and share good practice across the organisation.

Dr McGuire said, “I feel really inspired by some of the stories coming out from the work the teams are doing.

“They are effecting simple changes but everything they are doing means we are getting to know our patients and their needs better.”

Reducing delayed discharges

A programme of work as part of the Change Fund has seen a reduction in the number of bed days lost to delayed discharge in Perth & Kinross.

A new discharge pathway has been developed for hospital wards in Perth & Kinross and this has so far been implemented in three areas in PRI, Pitlochry Community Hospital and Aberfeldy Community Hospital.

Feedback has been very positive and the pathway is now to be rolled out across the rest of Tayside.

Strathmore Focus Group

The redevelopment of the Strathmore Unit at Blairgowrie Community Hospital was discussed at the recent meeting of the Strathmore Focus Group.

The business case for the development is currently being developed and plans are due to be brought to the group soon.

The preferred option proposal would see the current space reconfigured to provide 10 single rooms, two four-bed bays and two day beds.
Healthy Communities grants panel members visited one of the successful projects at Douglas and Mid Craigie Church, which works with carers and toddlers.

The project promotes healthy cooking for families, and encourages communication skills, as well as focusing on weight management, learning about the benefits of healthy foods and how to cook them.

Healthy Communities small grants of up to £500 are available to encourage communities to become involved in making Dundee a healthier place.

Community or voluntary groups are invited to apply for a whole range of activities, particularly those which help tackle Dundee’s main health issues such as smoking, healthy eating, physical activity and mental wellbeing. This also includes those activities which seek to address health inequalities.

The successful applicants receive funding from the Hearty Lives Dundee programme - £10,000 has been made available from the British Heart Foundation Scotland.

Healthy Dundee is a long-standing, multi-agency group and sees Dundee Community Health Partnership, NHS Tayside, Dundee City Council, the voluntary sector and community groups working together to improve health in Dundee. Healthy Dundee’s broad aims are to tackle health inequalities and promote good health and wellbeing for people living in the city. It also aims to ensure that health improvement services and activities are delivered in partnership at a local level and that local people are involved in and help lead the process.

The next deadline for Healthy Communities applications is likely to be early February.

For more information about the scheme or to request an application form contact NHS Tayside Project Development Worker Liz McDonald on 01382 424092.
Scottish Patient Safety Programme for Mental Health

The Scottish Patient Safety Programme was launched in 2007 with the aim of reducing hospital mortality by 15% by 2012 and initially focused on acute hospitals across Scotland.

August 2012 saw the launch of The Scottish Patient Safety Programme for Mental Health (SPSP-MH). This is a four year programme with an overall aim of reducing harm experienced by individuals in receipt of care from mental health services. SPSP-MH will start by looking at adult inpatient services, including forensic services.

The first year of the Programme is a testing year, with nominated wards from each NHS Board in Scotland trialling a change package and measures to improve patient safety. There are five workstreams: leadership, risk assessment and safety planning, communication at transitions, restraint, seclusion and emergency sedation, safer medicines management.

Faskally Ward from Rohallion Secure Care Unit at Murray Royal Hospital is to take part in the testing year. Three members of the clinical team attended a two-day learning session at the launch of the Programme. The Faskally team have committed to testing within the leadership and communication at transitions workstreams. They will regularly share their learning and experiences through learning sessions and WebEx calls with other health boards as well as within NHS Tayside through the locality Patient Safety in Mental Health groups. This will allow all mental health services in Tayside the opportunity to prepare for the wider roll-out of the Programme next year, including the collection of baseline data.

From August 2013 participation in the SPSP-MH will be mandatory for all acute and secure care services. For more information about the Programme contact Hazel Mitchell, Head of Improvement, Mental Health (Programme Leader).

Wellbeing Centre for staff

The Wellbeing Centre at Royal Victoria Hospital provides additional support for all NHS Tayside staff. Located in the lodge building at RVH, the centre offers a This gives staff the opportunity to chat on a one-to-one basis with a member of the spiritual care team in a calm environment away from busy work areas. The service can also signpost staff to other agencies who can provide more specific information and advice on particular issues.

From January 2013 the Wellbeing Centre will be offering a new weekly drop-in service for staff. To enable the service to be accessed by as many staff as possible each week a new NHS location will be offered the chance to attend. This will be published in Inbox and on Staffnet.

Every Monday staff working in that area will have the opportunity to drop-in to the centre between noon until 8pm.

Gillian Munro, Head of Spiritual Care, said, “Working in the caring profession can be stressful due to a variety of reason some of which can be work related and others can be things going on in people’s lives outside work. The Department of Spiritual Care has always provided support for staff in the hospitals where the chaplains work. The new Wellbeing Centre aims to provide this confidential support service for all staff whether they work in hospital settings or in the community.”

To find out more about the services and help offered at the Wellbeing Centre or to book an appointment please call 01382 423116 or email wellbeing.tayside@nhs.net
A guilty pleasure is something a person enjoys and considers pleasurable despite feeling guilt for enjoying it. The wonderful things that make us feel a little guilty, but are far too good not to indulge in once in a while. Perhaps they break the rules slightly, are a little unhealthy, are too expensive to cost-justify or perhaps they simply give an insight into a person’s embarrassing taste.

Guilty pleasures are in essence those little things that we shouldn’t like or admit to liking but we do. Such as having a crush on Mick Hucknall or eating Pot Noodles in bed, two guilty pleasures that someone in the spectra office owned up to.

A quick trawl round the office also discovered admissions of addictions to the reality shows Keeping Up With The Kardashians, Made in Chelsea and Geordie Shore. Playing loud music while driving was another and a more startling admission was an obsession with Holby City and in particular the character Henrik Hanssen. Cold Dominos pizza also topped the guilty food stakes as did last night’s take-away curry for breakfast.

Still wallowing in our own embarrassment, we asked spectra readers, what is your guilty pleasure?

Ian Dick
Catering Assistant
Perth Royal Infirmary

I really like guitars and I recently decided to have a wee browse on eBay after having a couple of drinks – big mistake! I ended up bidding on and winning a £400 guitar. Luckily my partner was ok about it but I still felt quite guilty about spending that much money. I can’t wait to play it though.

Jean Driscoll
Team Leader
Community Rehabilitation Team, Kings Cross Health and Community Care Centre

Not really sure if I should be sharing this particular indulgence as my ‘street cred’ will drop ten-fold, especially in my team! However, it’s perhaps time I come clean - and so my secret indulgence is snuggling up in bed with a copy of People’s Friend!
I would have to say chocolate and crisps. I sneak bars of chocolate and packets of crisps to eat in my bed then hide the wrappers from my partner!

I also spend too much time playing bingo and shopping online. I feel bad about spending so much money on them but I enjoy it all the same.

My guilty pleasure has to be chocolate. I like it so much that I signed up to the Chocolate Tasting Club and, lucky me, I get a box of chocolate sent to me every month!

Shopping! I have a big weakness for clothes especially boots. I have so many pairs and I have to hide them in the wardrobe and pretend to my partner I’ve had them for years.

I also quite like a certain type of music that I’m a bit embarrassed to admit to so I’d rather not tell everyone who reads spectra!

Dressing up in fancy dress, I love it! This Christmas I will be dressing up as a naughty elf...purely to bring a little Christmas cheer to patients, staff and visitors at Whitehills.
Leading Better Care

NHS Tayside’s Leading Better Care (LBC) team are working in partnership with Tayside Centre for Organisational Effectiveness (TCOE) to develop an innovative programme of learning.

LBC supports senior charge nurses, midwives and team leaders by providing facilitation, support, development and educational opportunities to help them achieve high quality, person-centred, safe and effective care for every patient first time and every time. This is done by ensuring better processes, more efficient ways of working and effective use of all resources.

NHS Tayside has previously facilitated the education and development of its senior charge nurses. It will now extend to include community team leaders and team leaders of specialist nurse teams.

NHS Tayside is the only board delivering a dedicated band 6 education programme for charge nurses and midwives who support the senior charge nurse in their leadership responsibility.

For more information email ahume@nhs.net or h.macgregor@nhs.net

Working in partnership for carers

Ninewells Hospital is working in partnership with Dundee Carers Centre to improve identification of unpaid carers by ward staff.

Carer support worker June Whale has been working in the hospital to raise staff awareness of carers, their rights and their issues in order to increase referrals for support to the carers centres across Tayside.

For referrals, arranging training sessions and for more information contact June on 01382 200442, 07515 067076 or email june.whale@dundecarerscentre.org.uk

Cornhill’s international visitor

Markus Feuz works in the community setting in Zurich delivering palliative care. He has 25 years of experience in this field of nursing. He was keen to see how palliative care is delivered in Scotland and visited Cornhill as part of a work shadow placement connected to the Masters degree he is studying.

New stroke research project

Stroke patients in Tayside are set to benefit from an innovative research project that will study the impact of visual arts programmes in stroke rehabilitation.

Tayside Healthcare Arts Trust (THAT), in partnership with NHS Tayside’s Department of Allied Health Professionals and the Social Dimensions of Health Institute, has been awarded research funds from the Chief Scientist Office to lead a project examining the effects of creative engagement in visual arts on recovery during inpatient stroke rehabilitation.

The project will commence in February and will run until the beginning of 2015. Artists will work with patients across Tayside in the Stroke Rehabilitation Units at PRI and Stracathro. The impact of this work will be the basis of the research.

Healthcare SVQs

Twenty one NHS Tayside healthcare support workers were presented with their well deserved certificates at Dundee College’s graduation ceremony in the Caird Hall in November.

The awards were presented for completing Scottish Vocational Qualifications (SVQ) Level 3 in Health and Social Care, Renal Support and Children and Young people.
Health Records Management Training Programme

Twenty four members of staff within the Health Record Departments across NHS Tayside have successfully completed a Health Records Management Training Programme.

The syllabus for this Certificates of Technical Competence programme is endorsed by IHRIM (Institute of Health Records and Information Management), which is a nationally recognised professional body within Health Records Management.

In order to deliver this training four managerial members of staff went on a course in Glasgow to become trainers and assessors.

Acting Clinical Records Manager Ruth Anderson said, “It is hoped more staff will undertake this training in the coming years and also encourage staff to undertake more advanced learning.”

Staff learn to Sign

An introductory British Sign Language (BSL) course was recently organised by the NHS Tayside Lifelong Learning Group for members of staff.

Delivered by qualified BSL lecturer Winnie Shepherd over 40 hours, participants will now be able to hold a basic conversation with deaf people who use BSL to communicate. Each participant received a Scottish Qualification Authority Certificate on completion.

This course raises awareness of deafness and hearing difficulties and trains frontline staff to enable them to communicate with patients who have hearing impairment.

For further information and details about future BSL courses, visit Staffnet Homepage | Learning & Training | Your Life Long Learning

UK award for community staff

A Dundee physiotherapist and specialist nurse have won a UK award for providing exercise opportunities in the community for those living with lung conditions.

Physiotherapist in the Community Rehabilitation Team Jean Driscoll and chronic obstructive pulmonary disease (COPD) Specialist Nurse Marlene Boyle have been presented with the award for ‘Outstanding Contribution for Care in the Community’ by the British Lung Foundation in Edinburgh at the Breath of Fresh Air Awards. They were nominated by patient group Breathe Easy Dundee.

Award for innovation in teaching quality improvement

NHS Tayside and the College of Medicine, Dentistry and Nursing has gained a Duncan Neuhauser Award for Innovation in Teaching Quality Improvement - the first time such an award has been made to an organisation outside North America.

The award is for the innovative use of curriculum and its involvement of learners in real world safety investigations with other health care professionals. These awards are given annually by the Academy for Healthcare Improvement in the USA.
NHS Tayside apprentices celebrate

A ceremony was held at Ninewells to mark both the success of the current apprentices and to welcome two new apprentices into the Property Department of NHS Tayside.

There are now eighteen apprentices in various trades throughout NHS Tayside - the highest of any NHS Board in Scotland.

NHS Tayside Chairman Sandy Watson presented five apprentices from the 2008 intake with their certificates marking the successful completion of their apprenticeship training. The ‘Healthcare Academy Estates Apprentice of the Year’ was awarded to Daniel Naismith.

Success for PRI photographer

Clinical Photographer at PRI Nicky Goodfellow has won a Platinum and three Gold awards at the annual Institute of Medical Illustrators (IMI) Conference in Glasgow.

The Platinum award is given to a photographic, graphic or video entry that clearly and demonstrates exceptional use of technique, understanding and interpretation of the subject in the illustration and fulfilment of the brief.

Scottish Patient Safety Programme Faculty visit

Ninewells recently played host to the NHS Healthcare Improvement Scotland Scottish Patient Safety Programme (SPSP) Faculty.

The purpose of the visit was to gather learning of good practice from the first phase of the Scottish Patient Safety Programme, identifying areas of success and the factors leading to that success, in addition to identifying themes for focus of the next phase of the programme.

This site visit allowed local staff and teams the opportunity to share their progress to date, and also raise any challenges or questions with the faculty and receive advice and feedback.

Faculty Lead Ros Gray said, “NHS Tayside has done a huge amount of work to reliably improve safety across the board, underpinned by a comprehensive and structured approach.”

RAF Medical Reserves experience frontline care

In a new venture - believed to be the first of its kind in the UK - Practice Education Facilitators (PEFs) have teamed up with the RAF Medical Reservists from 612 (County of Aberdeen) Squadron at RAF Leuchars to provide their nurses with the opportunity to refresh their knowledge and skills prior to them being deployed to Afghanistan.

Team Leader for Practice Education Facilitators at NHS Tayside Gill Smith said, “The PEF team have been delighted with the positive response they have received from clinical areas in offering their support to the squadron.”
Have a healthy happy Christmas!

As we enter the festive season of celebration it’s hard to believe that another year has flown by and the season to be jolly is upon us.

The preparation and planning for Christmas fun can often start weeks in advance. The partying, drinking and overeating, not to mention the running around like a headless chicken from event-to-event and shop-to-shop, can all take their toll on us. It’s no wonder that many of us welcome in the New Year feeling tired, rundown, overweight and stressed.

To help 2013 get off to a better start, spectra has pulled together a few practical tips to make this a healthy happy Christmas.

Go easy on the booze
Over the festive period alcohol units can easily mount up. Mulled wine on Christmas eve, Bucks Fizz with breakfast, wine with Christmas dinner, Baileys, brandy… the list goes on! Try to keep tabs on how much you are drinking and stay within the weekly recommended units of alcohol, use smaller measures, alternate alcoholic drinks with soft drinks and have at least two days each week alcohol free.

Don’t give yourself a Christmas stuffing
An average Christmas Day dinner can mean consuming a whopping 3500 calories in one sitting – more than the entire recommended daily intake for a grown man! This huge feast not only contributes to weight gain but also to indigestion and heartburn – not to mention lethargy for the rest of the day, reducing the chances of you burning much of it off. It’s very easy to get carried away with all the puddings, chocolates and snack on high calorie party food. Remember to try and make some healthy food choices this Christmas and include plenty of fruit and vegetables in your diet.

Exercise – a little can go a long way
The few hours of winter daylight combined with hectic schedules, makes it even tougher to be active at this time of year. It’s very tempting to spend hours sitting in front of a TV. But don’t let the season get in your way, staying active will help you feel better, as well as burn off some of those extra calories. So try and make time to get outside over the festive period – fresh air and a brisk walk can help improve your wellbeing and can boost your mood.

Stop that festive feeling fizzling out
Keeping calm over the festive season can be difficult and finding time to relax even harder still. One of the most stressful things about Christmas has to be doing too much in too little time. Making plans early and sharing tasks with family members or friends can go a long way to relieving the pressure on Christmas Day. If you have a Christmas budget stick to it, as it is easy to let spending get out of control. Though it may be a busy time, try and set aside some ‘me’ time whether it’s going for a walk or visiting a friend. It’s important to look after your mental wellbeing.
Don’t let flu turn on you – get the jab

NHS Tayside is encouraging all staff to take up the offer of a free seasonal flu vaccination.

Any member of staff who has yet to be vaccinated should visit one of the participating community pharmacies as listed in previous Vital Signs during normal opening hours (including Saturdays) or contact their own GP practice to find out if they are offering the jab to NHS Tayside staff. Please remember to take your staff ID badge if receiving vaccination at a pharmacy or GP practice.

Staff who are pregnant or in an at-risk group are strongly encouraged to attend for vaccination at any participating community pharmacy or through their GP.

Chairman Sandy Watson said, “Healthcare staff can unintentionally pass the flu virus on to patients, and if the patients are ill, elderly or suffering from a chronic condition, this can lead to serious illness. I would urge all NHS Tayside staff and volunteers to take up the offer of a free flu jab, which is the most effective way to protect themselves and patients from seasonal flu.”

For more information on seasonal flu please visit www.immunisationscotland.org.uk or www.facebook.com/getthejab

Who you gonna call, Smoke Busters?

Smoking cessation advisors held a Halloween themed event in Ninewells featuring ‘Gasper the Ghost’ to offer help and advice to smokers looking to quit.

A whole host of resources were on display to raise awareness of the effects of smoking on health, such as cardiovascular and lung disease and respiratory conditions such as COPD and asthma.

“Smoke Buster” Audrey Mackenzie, smoking cessation coordinator, said, “The event used the fun theme of Halloween to highlight a very serious message around the dangers of smoking to your health.”

Patient’s Art Exhibition at RVH

An exhibition of artworks by patients from the Centre for Brain Injury and Rehabilitation at Royal Victoria Hospital went on display at the facility.

During the eight-week project, participants were introduced to a wide range of art mediums such as charcoal, coloured pencils, oil and soft pastels, watercolours, as well as a selection of papers.

CBIR artist Christine Goodman, co-ordinated and facilitated the workshop programme with the assistance of staff nurse Elizabeth Birtles.

Christine also recently scooped first prize in a print competition held by Dundee Contemporary Arts print studio and her work will appear on the 2014 Maggie’s Centre calendar which will be on sale in 2013.
As winter is now upon us, staff and visitors are reminded of the simple steps that they can take to prevent norovirus (also known as the winter vomiting bug) coming into hospital.

Ward closures are a precautionary measure to prevent the spread of the virus and all appropriate infection control measures are put in place.

Lead Infection Control Doctor for NHS Tayside Dr Gabby Phillips, said, “As is the case in the community at this time, we are also now seeing that seasonal increase in people suffering from vomiting and diarrhoea in our hospitals.

“Visitors can really help us by thinking carefully about visiting relatives and friends while this virus is circulating. We ask them not to visit if they are feeling unwell and have vomiting and diarrhoea. “If unwell, staff and visitors must stay at home until they have had no symptoms for 48 hours.”

On visiting the identified wards, visitors should make sure they wash their hands thoroughly before going into the ward area and again when they leave.

Dr Phillips continued, “Good hand hygiene and visitors ensuring they don’t touch any clinical equipment are simple but sensible precautions which can safeguard the health and wellbeing of our patients and help reduce the spread of norovirus. We would also ask anyone visiting relatives in identified wards to try to make sure there are only two visitors at a patient’s bedside at any one time.”

‘Mega lungs’ come to Dundee

A twelve-foot high pair of ‘mega lungs’ came to Dundee during Lung Cancer Awareness Month in November to help raise awareness of the signs and symptoms of lung cancer.

In conjunction with the Roy Castle Lung Cancer Foundation, the Ninewells Hospital Macmillan lung cancer nurses held an event at Asda Kirkton offering information and advice on symptoms and getting yourself checked out.

If you have any of the following symptoms for more than three weeks you should make an appointment with your GP - a cough that doesn’t go away, a long standing cough that gets worse, unexplained breathlessness, chest infections, coughing blood, unexplained weight loss, chest and shoulder pains, unexplained tiredness or lack of energy and hoarse voice.

For more information on signs and symptoms of lung cancer visit www.roycastle.org/symptoms

New lease of life for ex-smoker Joyce

COPD sufferer Joyce MacDonald from Coupar Angus has kicked a 38-year smoking habit and is enjoying a new lease of life.

Joyce who was diagnosed with COPD around 18 months ago, had to use three different inhalers and was also suffering from pains in her arm and neck.

Joyce was warned of a bleak future if she continued to smoke and therefore decided to quit - and hasn’t had a cigarette since.

She attended a smoking cessation class in Coupar Angus and was given nicotine gum and lozenges to help with the cravings. Joyce used to struggle to walk up the street but only 12 weeks after kicking the habit she had more energy and has noticed a big difference in her looks.

Smoking cessation co-ordinator Judy Robertson said, “Joyce has shown that stopping smoking can improve your fitness levels and that taking more exercise while kicking the habit helps to reduce cravings and stops you gaining weight.”
Legacy donation for Ninewells cancer ward

The family of a Ninewells patient who passed away in December 2010 handed over a cheque for £62,000 to staff at the ward who looked after him.

Richard Fyffe McArtney (known as Dick) left a legacy of £62,427.43 to Ward 32. Dick’s brother Innes, nephew Ian and solicitor Murray Etherington handed over the cheque to senior charge nurse Lynne Clarke.

Lynne said, “On behalf of all in Ward 32 I would like to express how appreciative we are that Mr McArtney left such a large donation to our department to be used for the benefit of cancer patients.”

Ward 32 donation

Former lung cancer patient Ian Law presented £500 to Ward 32 as a thank you to staff for his treatment.

The money was raised by the Freemason’s Lodge the Bruce in Friockheim.

Consultant Dr Hannah Lord said, “The money will be very much appreciated and will be used to support patients diagnosed with lung cancer.”

£800 for breast screening

An Angus couple presented a cheque for £800 to the Ninewells breast screening/imaging unit.

Charles and Violet Craig asked for donations instead of gifts for their golden wedding celebration.

Senior administration assistant Gail Leith said, “This extremely generous donation from Mr and Mrs Craig will go to the breast team’s endowment fund, which is used for a variety of things such as specialist equipment, items for the comfort of patients and to support research activity within the unit.”

Specialist reclining chair presentation

Ardler Community Centre Committee raised £1,350 for a specialist reclining chair for patients at Ninewells Ward 27 through an evening of clairvoyance and a book sale.

The specialist chair enhances the comfort of post-operative head, neck and breast cancer patients.

Senior charge nurse Susan Lundie said: “We are very grateful for this kind donation which has been gifted to us as a result of the Ardler Community Centre Committee’s commendable fundraising efforts.”
Healthy Communities Collaborative cake sale

Perth & Kinross Healthy Communities Collaborative hosted a cake sale in Moncrieffe Ward at PRI as part of the Macmillan World’s Biggest Coffee Morning.

The tasty treats raised a total of £90 for Macmillan and the staff also took the opportunity to highlight the work carried out by the Collaborative across Perth & Kinross.

Boost for Perth’s Sunflower Centre

The Sunflower Centre at PRI received a £500 boost from members of the Perth and District Parachute Regimental Association who held a reunion night at the ex-serviceman’s club in Perth and raised the money through activities including a raffle and roll the penny to the bottle.

Accepting the cheque, speech therapist Shona Hughes said, “We are very grateful to the association for this very generous donation. The money will help us to buy resources and equipment to make therapy sessions more accessible and fun for all the children who attend.”

Donation for liver patients

Former Ninewells patient Kay Brodie and her family presented a cheque for over £1000 for patients with liver conditions.

Kay received treatment for a liver condition several years ago and previously raised funds to have two information leaflet wall racks installed in the outpatient clinic and ward where patients with liver conditions are treated.

This year Kay’s husband Bob, daughter Katrina and friend Derek Stewart cycled from Glasgow to Edinburgh and raised £1,040 which they presented to consultant hepatologist Dr John Dillon.

The money raised will continue to fund the supply of leaflets from the British Liver Trust which will in turn be used to further research into liver disease.

Dr John Dillon said, “We are very grateful to Kay and her family for their generous donation. This money will allow us to continue to provide our patients with good quality patient information which can help them understand their illness.”

Charity fashion show

A charity fashion show and afternoon tea was held at Piperdam Golf and Leisure Resort to benefit dermatology patients at Ninewells and patients at Murray Royal Hospital.

The event was organised by Ninewells lead dermatology nurse Karen Stephen and included a fashion show by Gamies Country Clothing and Flair Fashions and several stalls with gifts and goodies to purchase from local small businesses.

Karen said, “We are working with patient support groups and staff to ensure the money raised is spent on items that will make a real difference to patients and their families.”

Staff nurse Barbara Robertson, Dr John Dillon, Kay, Katrina and Bob Brodie and Derek Stewart
Hazel Lawrence

Hazel Lawrence retired from Strathmartine Hospital after more than 40 years of NHS service.

Hazel began working at Strathmartine Hospital in 1973 as a pupil nurse, and worked there as an enrolled nurse before leaving to commence her student nurse training in England.

She then returned to Strathmartine Hospital in 1989 to work as a staff nurse. Over the next few years she worked in a variety of posts including working within the community and inpatient areas.

In 1996, she took up the position of senior charge nurse in the Adult Service in Learning Disability and since then and has been an integral part of the development of the service.

In recent years Hazel has been involved in the development of the Behavioural Support and Intervention Unit.

Lorna Glen

Lorna Glen (right) a midwife at Ninewells Hospital’s labour suite has retired after 40 years service working with NHS Tayside.

In 1972 Lorna started at Bridge of Earn Hospital as an auxiliary before embarking on her nursing career qualifying in 1975 as an enrolled nurse.

She later began working at PRI and completed her midwifery training in 1979. For the majority of her midwifery career Lorna has been based in the Perth Maternity Unit.

Maternity services were redesigned in 2004 and following this, Lorna, accompanied by 20 of her colleagues, transferred to the consultant unit at Ninewells where she has worked as a midwife in the labour ward ever since.

Lorna was also recently presented with her 40-year long service award.

Norma Craig

Norma Craig (left) Lead Continence Nurse, Angus CHP has retired from NHS Tayside after 36 years of NHS service.

Norma began her nurse training at Stracathro Hospital and over the years she continued to develop her career by undertaking midwifery training at Ninewells Hospital, District Nurse training at the University of Abertay. Norma has also completed an MSc in Advanced Professional Studies at the University of Dundee.

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Consultant gastroenterologist Dr Alan Shepherd has retired from Perth Royal Infirmary after 37 years with the NHS.

Dr Shepherd graduated in 1975 from St Andrews and Dundee Universities and spent a year in the newly-opened Ninewells Hospital before moving to Glasgow.

He took up a university lecturer post in 1980 with NHS Tayside and spent a year in the newly-opened Ninewells Hospital before moving to Glasgow.

Dr Shepherd also held the posts of honorary senior lecturer and clinical director and was a member of the Tayside NHS Board between 2006 and 2012.

Senior Charge Nurse Alison Hogg has retired from Strathmartine Hospital after 35 years service within the Learning Disability Service.

Alison joined the nursing staff at Strathmartine Hospital in 1977 as a junior auxiliary. She then began her nurse training in 1980 and returned to the hospital in 1982 as an enrolled nurse.

In 1996 Alison took up the post of staff nurse within the Learning Disability Service.

Eight years later, after holding a variety of posts across the service which included a secondment to Child and Adolescent Psychiatry, and a spell of study to gain BA Nursing with specialist practitioner qualification in Forensic Mental Health, she gained a senior charge nurse post within the Forensic Service in Learning Disability.

Community staff nurse Helen McGill received her 40-year long service award from Kaye Wiseman, Clinical Team Manager, Community Nursing Services, Angus CHP at a presentation held at Arbroath Infirmary.

Helen qualified as a midwife in 1976 within Forth Valley health board area, she then worked at Forresterhill in Aberdeen. Following her completion of a special care baby course she returned to Ninewells as a midwife. Helen also worked for a time at the Limb Fitting Centre in Broughty Ferry later returning to Ninewells as a staff nurse.

Helen’s career then saw her moving to work for Dundee Community Nursing (evening service) before taking up her current post in Angus as a community staff nurse.
Cat Moulton
Senior Physiotherapist, Working Health Services Tayside

Personal history
After attending Harris Academy in Dundee I went to Robert Gordon University in Aberdeen and graduated with a first class honours Physiotherapy degree in 2007. Within a few months I started working in NHS Tayside, first on the bank and then as a rotation band 5 in Ninewells. After 15 months I was lucky to secure a promotion to a rotational 6. During this time I realised that my real passion was musculoskeletal outpatient physiotherapy, and I therefore undertook training to increase my skills in this area, including Orthopaedic Medicine training and attaining Credentialing in McKenzie Diagnosis and Therapy. In 2010 I started my current job with Working Health Services, a specialised and rapid response vocational rehabilitation team for employees of small to medium sized enterprises. Outside of work I am usually riding and competing my beautiful horse Collina, walking my Collie dog Callie or helping on my family’s farm.

Like(s) about current job
Working Health Services is a fantastic and very satisfying team to work in. The clients receive an excellent service with a holistic team approach. What’s more, access is quick and clients are seen within one to two weeks of phoning to self-refer. As a therapist this makes my job a lot easier, as you are able to treat acute conditions, and the client receives the right care at the right time.

Furthermore, I have been given fantastic opportunities for development of my career and physiotherapy skills.

Dislike about current job
We haven’t won the big money on our team’s Lotto syndicate yet!

Most unusual thing asked to do at work
A patient once asked me to come travelling with them, just so I could keep on treating them!

Achievement most proud of
I probably am most proud of my career so far, in particular getting my diploma in Musculoskeletal Injection Therapy this year.

Favourite writer
I read a lot of varied fiction, and I’m really not good at deciding favourites. Just now I would probably say Phillip Pullman as I have just finished reading ‘His Dark Materials’ trilogy.

Favourite music
Again I listen to quite an eclectic music collection, from alternative/indie, singer/songwriter to even classical music. However, my favourite artist is Ryan Adams, an American Alternative Country musician.

Favourite meal
Christmas Dinner, turkey with all the trimmings, followed by any of my mum’s homemade desserts - Orkney Fudge Cheesecake is one of the best.

Most like to have dinner with
This is very ‘geeky’, but I would love to get together three gurus of musculoskeletal physiotherapy - Geoffrey Maitland, James Cyriax and Robin McKenzie - just so I could listen to them discuss and explain their different thoughts and approaches to assessment and treatment.

Favourite word
“Wee” such a cute Scottish word which I definitely overuse.

Top 3 frustrations
People thinking I said Bryan Adams instead of Ryan when asked my favourite music! Losing, at anything (I’m very competitive!) Achieving less than my full potential, both professionally and in my hobbies.

Most embarrassing moment
Probably being on stage in Perth Concert Hall to a full audience dressed as a ‘sexy pig’ for a Young Farmers Cabaret. I think it’s even on DVD somewhere… not good!

Irritating habit
Being obsessively neat - I like things to be in the right place and have to fix it if it’s moved!

Do better than anyone else
This would have to be in my role in Working Health Services at providing complete vocational rehabilitation. If I feel my patient requires additional input, such as counselling, occupational therapy, health coaching or case managing this is all available within the team with quick efficient access.

3 wishes
Continue my career progression in outpatients physiotherapy, first completing my Fellowship in Orthopaedic Medicine, which I have just started. One day compete in the three-day eventing competition at Blair Atholl Horse Trials. Be happily married to my long term boyfriend, Ewen.

senior physiotherapist, working health services tayside
Cat Moulton