Making a Difference in Africa
Dear spectra readers,

NHS Tayside started the new year with a bang – with a high profile visit from the Cabinet Secretary for Health and Wellbeing Alex Neil who was at Ninewells to launch a pilot which sees extended visiting hours in wards. Read about this visit in the News2u section.

Consultant anaesthetist Grant Rodney has been making annual trips to Ethiopia as part of a volunteer UK surgical team to help treat victims of Noma, a seriously disfiguring facial infection. Read more about his experiences in our feature on page 10.

Healthwise focuses on a Dundee family who are a shining example of how the Hearty Lives Dundee Active Families programme is making a difference to people’s lives. This is a project funded by the British Heart Foundation and delivered by NHS Tayside and Leisure and Culture Dundee, which makes physical activity more accessible for families.

Check out the three-page spread on the NHS Tayside Quality Awards 2012 starting on p14, including lots of pictures from the eagerly anticipated event. The awards ceremony was held just before Christmas in the Ian Low Centre at Ninewells. They recognise and reward excellence and quality in healthcare services across Dundee, Angus and Perth & Kinross. They are open to all clinical and non-clinical staff – why not enter your team next year? For more info visit Staffnet l Quality Awards

Congratulations to the winning team ‘Improving the Care of Older Angus People Following Emergency Orthopaedic Surgery’ – and all those who took part!

In Voxpop, the spectra team have been chatting to members of staff about their new year’s resolutions and whether they are sticking to them or not - ‘out with the old and in with the new’ and all that!

TREATS has a bumper eight-page pull out this issue so check it out and see if you can grab a bargain!

We’re always looking for stories and suggestions for your magazine so get in touch if there’s anything you’d like us to cover. Just email the editorial team on communications.tayside@nhs.net

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Please send items for the next edition of spectra Issue 65 April/May to the editorial team by 5 March. The deadlines for the following editions of spectra are: Issue 66 Jun/July - 7 May and Issue 67 Aug/Sept - 2 July.

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features

10 feature Facing a brighter future: consultant shares expertise in Ethiopia
11 feature Steps to Better Healthcare Showcase
12 voxpop New Year, New You?
14 feature NHS Tayside Quality Awards 2012 - recognising & rewarding excellence & quality
17 healthwise
18 learning together
20 feature Launch of Abdominal Aortic Aneurysm programme
21 insight
22 check it out
24 retireals
Aquanatal reunion party

A Christmas reunion party for mums and babies who attended aquanatal classes was held at Arbroath Maternity Unit.

During the afternoon, mums had the opportunity to chat about their experiences of motherhood over a cup of tea and some festive mince pies.

Midwife Jane Wanless said, “A lot of the mums form friendships during the classes and keep in touch after the births of their babies so we thought it would be nice to have a reunion to meet them all again with their babies.”

Antibiotic Awareness Day

NHS Tayside supported European Antibiotic Awareness Day which focuses on the need to use antibiotics responsibly.

The campaign aims to highlight how the inappropriate use of antibiotics is the main cause of the spread of antibiotic resistant bacteria such as C.diff and MRSA.

Most common infections are caused by viruses and so antibiotics will not work for them. This includes common colds, flu and most throat, sinus, ear and chest infections. In fact, one third of all antibiotic prescribing is not necessary and this has led to an increase in resistance to antibiotics in people’s bodies.

Consultant physician Professor Dilip Nathwani said, “When antibiotics are used, they can kill off the good bacteria that protect us from infection as well as the bad bacteria that cause disease.

NHS Tayside’s antimicrobial team is working to limit inappropriate antibiotic use and stop the spread of infection, which includes promoting careful handwashing, strict adherence to a local antibiotic policy and guidance, as well as offering learning support to GPs, hospital doctors and pharmacists.
Angus

DVT pathway roll out in Angus

The treatment for Angus patients with DVTs is continuing to improve as the pathway for assessment, diagnosis and management of suspected deep venous thrombosis has now been rolled out across the county.

The pathway was originally launched in Arbroath and has since seen an increase in the number of patients attending the service.

Managing fatigue

A new free self management course for people with fatigue is now running in Monifieth.

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

The five-week programme is led by staff from Angus CHP’s occupational therapy department and is an interactive programme where participants learn from each other and share tips for coping with tiredness.

Pain support classes

Arbroath residents suffering with chronic pain were able to take part in a free self management course to improve their understanding of pain and give them the skills to better manage their health.

During each two and a half hour session, a range of topics are covered including understanding pain and its impact on life, stress management, pacing skills, dealing with pain flare-ups and understanding medication.

Designed to be very relaxed, the course encourages friendly interactive participation from members with question and answer sessions and informal discussion groups.

Movember effort raises £1100

Five members of the Steps to Better Healthcare project team ditched their normal clean-shaven look to raise over £1100 by supporting Movember, an annual event that raises vital funds and awareness for men’s health and specifically prostate and testicular cancer.

The team comprised of scheduling and project management lead James Henderson, architecture and design lead Jonathan Milne and project manager Arnot Tippett, all from the property department, consultant dermatologist Dr Ross Hearn and clinical services manager Tejinder Chima.

Printing at Stracathro

The Stroke Rehab Unit at Stracathro hosted a colourful display of artwork created by inpatients as part of the ST/ART programme run by Tayside Healthcare Arts Trust (THAT) in association with NHS Tayside.

Lead artist Jude Gove worked with inpatients at the unit over three months, taking them through a variety of printmaking techniques.

Participants had one-to-one sessions with Jude and also had the opportunity to join in weekend group sessions where they were encouraged and supported to explore their creative interests and to discover their own potential.

Staff, family and friends joined the participants at the exhibition to mark the end of the programme. On display was a selection of their artwork including Linocut prints as well as text and collage pieces.

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Cabinet Secretary visits Ninewells

NHS Tayside is one of five health boards to sign up to the pilot, with five wards at Ninewells trialling extended visiting hours of 11am to 8pm.

Mr Neil said, “This visiting times pilot is the first step towards making our NHS more ‘user friendly’ and giving patients what they want.

“By making visiting hours fit better with modern day working patterns, it will be easier for family and friends to visit patients, which in many cases will help to speed up recovery, as support from family and friends is a crucial part of the healing process.”

Visiting times in NHS Tayside are already flexible in some areas, including paediatrics, maternity, critical care and coronary care.

Dr Margaret McGuire, NHS Tayside Nurse Director said, “NHS Tayside is committed to providing quality person-centred care. Central to this is involving patients, carers and families and responding to issues they raise in a meaningful way.

“This is why we are testing a more flexible approach to visiting and our test will take account of patient, visitor and staff feedback.”

Kings Cross staff knitting for ‘fish and chip’ babies

Warm-hearted staff at Kings Cross have knitted more than a hundred jumpers to bring some comfort to the lives of newborn babies, many of them suffering from Aids, in Uganda, Kenya and South Africa.

The initiative was a response to the revelation that so-called “fish and chip babies” were discharged from hospitals wrapped in newspaper because of a shortage of blankets in the poverty stricken areas of Africa.

If anyone would like to assist with the project, please contact Susan Johnston at Learning and Development, Kings Cross on 71161 or susan.johnston4@nhs.net.
Hair today gone tomorrow!

Catering assistant David Buist raised £408 for Children in Need with an eye-watering fundraising event.

David agreed to ‘grin and bare it’ and have his chest waxed, with colleagues at Kings Cross generously donating to the good cause.

It fell to Anne-Marie Webster from NHS Tayside’s Working Health Services to do the deed and wax David’s chest, promising to be as gentle as she could.

David said, “My supervisor suggested it to me and I agreed immediately as it is such a good cause. I would like to thank everyone who donated and helped to raise the money and for everyone who wished me well and came along to watch my pain!”

Santa visits Ninewells

Ninewells welcomed a very special visitor when Santa Claus stopped by to spread some festive cheer.

Staff and visitors got into the Christmas spirit by joining in with some carol singing before Santa Claus officially switched on the lights on the Christmas tree at the main entrance to the hospital.

Patients from the Tayside Children’s Hospital were also invited to join in the festivities and received gifts from Santa to take back to the ward.

Head of site/support services Mark Scholes said, “Christmas happens only once a year and it is nice to see the children, staff and visitors joining in the carol singing at our festive light switch on.”

News in Brief

Dundee

Dick Whittington visits children’s ward

Starlight Children’s Foundation staged a performance of Dick Whittington for children in Ninewells Ward 29 to bring them a little New Year cheer.

The festive season can be a particularly gloomy time for children battling illness and it is estimated that over 100,000 children spent time in hospitals and hospices across the UK at that time.

In addition to its hospital entertainment programme, Starlight also grants once-in-a-lifetime wishes to children of all ages to restore a little joy into their lives.

Ninewells HEI report

The Healthcare Environment Inspectorate (HEI) made an unannounced visit to nine wards at Ninewells.

They found that all the ward areas inspected were clean and well maintained, there was good compliance with the uniform and dress code policy and the infection control team was clearly visible and accessible to ward staff.

NHS Tayside Nurse Director Dr Margaret McGuire said, “We are very encouraged by the HEI report, especially the comments made by the inspectors on how clean they found the ward areas. This demonstrates the work and commitment of all our staff in order to improve the environment for our patients.”

Time to Remember

Friends and family who have lost loved ones in Dundee’s Roxburghe House were invited to ‘Time to Remember’ events.

The Roxburghe House chaplain and other members of staff were there to greet visitors at the events and people had the chance to chat to other families and place a message in memory of loved ones on the Christmas tree.

Santa visits Ninewells

Picture courtesy of Evening Telegraph
Palliative care training for GPs in Perth

A Crieff GP has become the first in Perth & Kinross to undergo training in specialist palliative care at Cornhill Macmillan Centre thanks to a donation from Perth Rotary Club.

Dr George Savage of the Red Practice at Crieff Medical Centre spent a week at Cornhill Macmillan Centre where he worked with the team to enhance his knowledge and skills of specialist palliative care.

He also had the opportunity to spend time with the palliative care specialists in Perth Royal Infirmary and Ninewells Hospital, as well as Cornhill’s inpatient unit and outpatient department.

Dr Savage said, “I found the training extremely helpful and learned a lot to take back to my own practice and to Crieff Community Hospital.”

Consultant in palliative medicine Dr Claire Douglas added, “The palliative care team at Cornhill is very grateful to Perth Rotary Club for their donation. We welcome the opportunity to work more closely with our community colleagues to ensure excellent care for patients at home.”

Perth Maternity Unit open morning

Midwives at Perth Royal Infirmary’s Community Maternity Unit (CMU) invited mums and mums-to-be to come along to an open morning at the unit.

Mums who have given birth in the unit and those who are considering their birthing options were able to drop in to the unit to chat with CMU staff and mums from the unit’s breastfeeding support group.

Perth CMU continues to go from strength to strength and since moving into the purpose-built premises in 2009 there have been over 1100 babies born in the unit.

The CMU offers women with low-risk pregnancies the opportunity of giving birth in a quiet, relaxed and homely environment with one-to-one care from the dedicated team of experienced midwives. The midwives also offer all the support and encouragement women need in the early postnatal days.

Young adults supported to gain DofE awards

Five young adults with learning disabilities received awards from cyclist Mark Beaumont at the Perth & Kinross Duke of Edinburgh (DoE) Association Annual Awards Evening following support from physiotherapy support worker Julie Stewart and DoE additional support needs leader Kate Somervail.

The group was also asked to do a presentation for the evening to celebrate their success and show how an expedition would be for their group.

The project has been a hugely successful venture which has provided new, exciting and rewarding opportunities to a group of historically isolated young people and integrated them into an internally recognised and esteemed award.

Julie Stewart said, “I was unaware of the amount of work and time that would be involved in taking on this project but I’m glad to say that it is one that I have enjoyed immensely and I too have learned so much in the undertaking of it.”
Jenny Marra MSP visits speech therapy services

Jenny Marra MSP visited speech and language therapy services to find out more about the work carried out by the team.

Ms Marra also had the chance to speak to patients about their experiences of the care they have received.

Speech and language therapists work with patients who may have suffered a stroke, brain injury, dementia, speech or voice disorder, mental health issue or swallowing, eating and drinking disorders. They also work with people with stammers and learning disabilities.

Healthy Communities Collaborative raises £450 for Poppy Scotland

Perth & Kinross Healthy Communities Collaborative (HCC) has raised £450 for Poppy Scotland after group members knitted and sold over 200 poppies.

Ladies from the craft group in Bridgend, supported by HCC, knitted over 130 poppies which they sold for a suggested donation of £2 each at local outlets, raising a total of £270 for the appeal.

Nancy Robertson of the Invergowrie HCC group raised £148 after knitting over 70 poppies, ladies from Stanley also knitted poppies and HCC project support worker Audra Webster made a further 15 poppies bringing the total raised to £449.45.

Audra said, “I know that all the people involved had great fun knitting all the poppies and I can’t emphasise enough the sense of achievement and benefits to their mental and physical wellbeing that these types of activities bring.”

Speech and language therapy manager Carole Sutherland said, “This visit allowed us to demonstrate techniques which speech and language therapists use with children and adults with communication impairments to give them a voice.”

Jenny Marra MSP visits speech therapy services

Perth & Kinross

Improving care for breast cancer patients

NHS Tayside’s breast cancer team has launched an innovative project which involves working with patients to help further improve breast cancer care in PRI.

The Perth team has been working with Breakthrough Breast Cancer to deliver the Service Pledge for Breast Cancer, which sets out a list of standards of service that patients can expect when receiving treatment for breast cancer and will be given to all breast cancer patients on diagnosis.

It also includes improvement goals and ways in which patients can help to deliver this service.

Weaning party

NHS Tayside’s Family Food Project held an event for families of young children to get advice and support on weaning.

The weaning party provided parents and families of babies aged under 12 months with up-to-date and practical information on weaning.

Starting babies on solid food can sometimes be an anxious time for parents so the weaning party gives an opportunity to ask questions, meet other parents, and talk about foods and the different baby products available in an informal setting.

Joint Mental Health Strategy

Perth & Kinross CHP Committee heard about the new P&K Joint Mental Health Strategy which has been developed by the CHP, P&K Council and voluntary sector.

A key aspect of the strategy is the inclusive nature of the development process which has put user and carer voices to the fore to ensure it meets the needs of service users.

The strategy has a focus on positive mental health and wellbeing, recovery and on crisis intervention.

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NHS Tayside Consultant Anaesthetist Grant Rodney has been making annual trips for the past three years to Ethiopia to help children with the seriously disfiguring facial infection called Noma.

The charity Facing Africa was set up in 1998 and provides reconstructive facial surgical teams to treat this devastating facial deformity which affects around 140,000 impoverished African people each year.

Noma is an acute and ravaging gangrenous infection affecting the face which begins with ulcers in the mouth. The victims of Noma are mainly children under the age of six, suffering extreme poverty and chronic malnutrition.

If Noma is detected in its early stage, progression can be prevented with the use of mild antibiotics and immediate nutritional rehabilitation. If, however, these ulcers are left untreated they progress at an alarming pace and the gangrenous process sets in resulting in a gaping hole left in the face. It is estimated that the mortality rate reaches up to an alarming 90%.

The surviving victims of Noma suffer from facial disfigurement, functional impairment and are ostracised and marginalised in their own communities.

The facial reconstruction of a Noma victim is both complex and time consuming and requires very special skills. Each volunteer UK surgical team’s visit lasts for two weeks and is usually made up of surgeons, anaesthetists, ward nurses, scrub nurses and an anaesthetic assistant plus two junior doctors.

During the many operations carried out over the fortnight, Dr Rodney provides his expertise on complex airway anaesthesia, as well as helping teach Ethiopian anaesthesia trainees.

He said, “This is a great example of teamwork and of the commitment to sharing skills and expertise internationally.

“We operate on around 30 to 40 patients, and an extensive programme of preparation and rehabilitation and follow up also takes place.

“These procedures make a massive difference to the children affected by this disease and I plan to travel there annually for the foreseeable future to continue supporting this challenging but rewarding work.”

For more information visit www.facingafrica.org
Project teams from across the Steps to Better Healthcare programme showcased the work being carried out that is delivering real benefits to our patients.

The showcase in Ninewells, which will be replicated in Perth & Kinross and Angus in the coming months, gave staff the chance to see how the projects are progressing and to speak to the teams responsible for implementing the changes.

Opening the event, Chairman Sandy Watson commented on the importance of ideas for change coming from the bottom up as well as the top down. He encouraged all staff to get involved in making changes to reduce waste, harm and variation in the system across Tayside and to focus on delivering real improvements for our patients.

Initiatives such as electronic staff rostering systems, electronic patient ‘whiteboards’ and work around Releasing Time to Care and procurement were all featured in the day-long event.

Steps to Better Healthcare is NHS Tayside’s programme of activity, redesign and improvement which has been ongoing since 2010. Its aim is to be a focus for redesign and innovation to help achieve our vision of healthcare and health services in Tayside for the future.
New Year, New You?

Christmas has passed for another year and, once all the indulgence of December is over, many of us want to make a fresh start after the bells on Hogmanay.

Whether it’s joining the gym, giving up a bad habit, learning something new or reading more, we all start the year with good intentions. Unfortunately they don’t always last with some people’s resolutions falling by the wayside before January is even over.

We wanted to find out what our staff have pledged to do this year so the spectra team went out and about to hear about your new year’s resolutions and how well you are sticking to them so far.

Jessica Simpson  
PA/Secretary  
Community Therapy Services  
Ninewells Hospital  

My new year’s resolution is to get back to living a healthy lifestyle, back to the gym and to lose a little weight as I had indulged a bit over the festive period.

I enjoy the gym a lot so getting back into that four times a week wasn’t too hard. The healthy eating on the other hand can be hard at times. I have done well so far though and hope to achieve what I have targeted myself in the next couple of months.

Kaly Jaff  
Dentist  
Kings Cross Health and Community Care Centre  

My new year’s resolution is to learn Arabic and to get fit. So far I am doing well as I now know basic Arabic due to my Dad buying me an Arabic dictionary for Christmas and I have been going to the gym five times a week!

Joanne McGeoghie  
Pharmacist  
Ninewells Hospital  

My 2013 new year’s resolution is to make this year more memorable! I look back on 2012 and all the months seem to have blended in to one! So far I’m doing well as this year I’ll be skydiving, preparing for being a bridesmaid and moving out in to my own flat. I’m going to make this an amazing year!
Christine McGurk  
Children and Families Administrative Assistant  
Dundee CHP  
Wallacetown Health Centre

To have more me time – this was always going to be a tough one as I love being social and spending time with friends and family. They are always commenting on how busy I am. It’s not even the end of January yet and I’ve failed in this resolution!

Lauren Beeby  
Dentist  
Kings Cross Health and Community Care Centre

My new year’s resolution is to not have any as life is too short!

Demi McMahon  
Catering Assistant  
Ninewells Hospital

My new year’s resolution is to spend more time playing guitar and singing. At the moment I am sticking to it and I am currently looking to find new music venues to play in as a lot have closed recently.

Elaine Muir  
Secretary  
Children & Families Department  
Dundee CHP  
Wallacetown Health Centre

To go on more walks – so far I’ve managed to stick to it, and have managed to go on two walks per week with my youngest daughter. I can’t wait for the warmer weather to come in so we can do more.

Jenni Dalgleish  
Paediatric Physiotherapist  
Whitehills Health and Community Care Centre

My new year’s resolution is to go to the gym three times a week and to stop watching Keeping up with the Kardashians!

So far I’m sticking to it! Is it bad that I’m finding the gym part easier than giving up a reality TV show?

Top ten new year’s resolutions for 2013

1. Save more money
2. Get out of debt
3. Get fit/lose weight
4. Change job/career
5. Quit smoking
6. Give up alcohol
7. Spend less time working
8. Spend more time with family/friends
9. Give up chocolate
10. Move house
The NHS Tayside Quality Awards 2012 – which aim to recognise and reward excellence and quality in healthcare services across Dundee, Angus and Perth & Kinross - were held at Ninewells Hospital.

Chairman Sandy Watson, Deputy Chief Executive Caroline Selkirk and non-executive member of Tayside NHS Board Alison Rogers hosted the awards ceremony, which is in its second year and showcases innovations and improvements in patient care that NHS Tayside staff have devised themselves.

Around 40 teams entered this year’s awards. Ten projects were shortlisted as they had demonstrated a focus on person-centredness, effectiveness and safety, reflected consideration of best value and demonstrated how to sustain improvements and roll out these improvements to more patients.

The winning team were presented with a plaque and a £1,000 education grant. Second prize was a £500 education grant and third prize a £250 education grant. All of these grants are to be used for staff training.

Alison Rogers said, “As a member of the Quality Awards Group and also part of the shortlisting team, I am very impressed with the hard work, enthusiasm and commitment of NHS Tayside staff, who are going the extra mile to improve the experience of patients across Tayside.”

NHS Tayside Chairman Sandy Watson, who presented the awards, said, “Congratulations to the winners of the NHS Tayside Quality Awards 2012, and also to all 10 finalists whose submissions have been highly commended.

“We have been impressed by the incredibly high standard of all of the entries which underpin NHS Tayside’s commitment to improving the quality and value of the services we provide. This could be by introducing a new, innovative way of working or redesigning existing services and includes improvements to safety, effectiveness and efficiency.

“The NHS Tayside Quality Awards were borne out of the NHS Scotland Quality Strategy - our blueprint for improving the quality of care delivered by the health service to be among the best in the world.

“Genuinely excellent care already exists in the NHS, but it needs to happen more reliably and consistently. It needs to happen for every person, every time they have contact with the health service.

“These awards recognise just how committed our staff are to improving patient experience and enhancing confidence and trust in your healthcare services.”

The winning team was Improving the Care of Older Angus People Following Emergency Orthopaedic Surgery.

The NHS Tayside Quality Awards support the Scottish Government’s ‘Healthcare Quality Strategy for NHS Scotland’ to deliver the highest quality healthcare services to people in Scotland. The criteria for the awards reflect the 7 ‘C’s’ of the strategy – caring and compassionate staff and services; clear communication and explanation about conditions and treatment; effective collaboration between clinicians, patients and others; a clean and safe care environment; continuity of care; and clinical excellence.

The shortlisted entries were: Weight Management in Pregnancy; Ninewells Greenspace Project; Stronger Links for the LINC Sexual Health Clinic; Breastfeeding Support in Dundee; My Diabetes, My Way - Empowering People with Diabetes Through Electronic Records Access; Polypharmacy: Spreading Best Practice Through Collaboration; Tim – A Dundee Lad Improving Diabetes Outcomes; Improving the Care of Older Angus People Following Emergency Orthopaedic Surgery; Quit4u – Implementing a Best Practice Smoking Cessation Intervention Targeted at Dundee’s Disadvantaged Communities; and Outpatient Self-Administration of UVB Phototherapy.

The Finalists

The shortlisted entries were: Weight Management in Pregnancy; Ninewells Greenspace Project; Stronger Links for the LINC Sexual Health Clinic; Breastfeeding Support in Dundee; My Diabetes, My Way - Empowering People with Diabetes Through Electronic Records Access; Polypharmacy: Spreading Best Practice Through Collaboration; Tim – A Dundee Lad Improving Diabetes Outcomes; Improving the Care of Older Angus People Following Emergency Orthopaedic Surgery; Quit4u – Implementing a Best Practice Smoking Cessation Intervention Targeted at Dundee’s Disadvantaged Communities; and Outpatient Self-Administration of UVB Phototherapy.
And the winner is…!

The Improving the Care of Older Angus People Following Emergency Orthopaedic Surgery project won the NHS Tayside Quality Awards 2012.

Led by Medicine for the Elderly (MFE) Consultant Dr Douglas Lowdon, the project centres on a joint model of care between Angus CHP and Ninewells Acute Orthopaedic Unit.

The service started in August 2011 and involved daily input into the orthopaedic wards within Ninewells by the Angus MFE consultants and a pathway of care enabling rehabilitation to take place in Angus, either in a community hospital or at home. Emergency admissions were the key focus at this stage.

Local clinicians from the Angus MFE team and the orthopaedic teams suggested improvements for this high risk population and the standard agreed was for the MFE consultant to assess all patients over the age of 75 from Angus, who were zero to three days post orthopaedic surgery and deemed surgically fit by the orthopaedic consultant.

The MFE team facilitated a holistic patient centred review, focusing on areas of known risk such as falls, osteoporosis, impaired cognition, long term conditions and medications.

A collective approach to review of patients was maintained supporting discharge home wherever appropriate.

Dr Lowdon said, “We are absolutely delighted to have won the NHS Tayside Quality Awards 2012.

“Our project is really pushing the boundaries of innovating patient care by challenging traditional methods and procedures, and we are now currently looking at an NHS Tayside wide roll-out.

“The project was driven by the clinical commitment to reduce risk and improve quality for older patients within orthopaedics.

“Decisions about long-term care placements were not to be made in the acute setting, with all patients requiring intensive rehabilitation to receive step down care to their community hospital, to allow maximum rehabilitation before agreeing on care home placement.

“This pathway has contributed to the reduction in the length of time Angus patients spend in hospital, in particular in Ninewells, and has seen a reduction in the number of patients being re-admitted to hospital. There also appears to be a reduction in care home admissions.”

The surgical directorate has also approached Angus CHP with regards to introducing a similar pathway for older people after emergency surgical admission and a scoping exercise is currently underway.
NHS Tayside marked 25 years of World AIDS Day by asking supporters to wear a red ribbon at a series of events across Tayside.

The theme for 2012 was “I wear a red ribbon, I hope you will too” and the day was marked with a gathering at St Paul’s Cathedral in Dundee.

NHS Tayside Sexual Health and Blood Borne Virus Managed Care Network Manager Donna Thain said, “A number of myths still exist around HIV that stop people coming forward to be tested. We want to let people know that HIV has not gone away and that it affects people from all walks of life.”

Donna and her team, along with colleagues from Dundee City Council, also attended Dens Park to promote the World AIDS Day message to Dundee Football Club supporters.

A Dundee family is a shining example of how the Hearty Lives Dundee Active Families programme is making a difference to people’s lives.

Kevin and Alison Turnbull and their two children have been taking part in activities at local sports venues as part of the programme. Alison also features in a new video about Hearty Lives across the UK.

Alison said, “Hearty Lives Dundee gives you that boost and the energy to get going and to see what’s out there for your family to get involved in.”

Dundee Focus on Alcohol has launched a new campaign to encourage revellers who have overindulged over the festive period to cut down their alcohol intake.

Top tips for responsible drinking:
• Stick to your limits – no more than 3-4 units a day for men and 2-3 units a day for women.
• Don’t get involved in ‘rounds’ so you aren’t tempted to keep up with the fastest drinker in your group
• Leave your bank cards at home – only take enough cash with you for the evening and to get you home
• Alternate alcoholic drinks with soft drinks or water
• Cut down – have at least two alcohol-free days every week
• Eat before and while you drink – food helps absorb alcohol

World COPD Day was marked across Tayside with events in Angus, Dundee and Perth & Kinross.

Angus CHP held an event at Tesco in Montrose giving out information on COPD, raising awareness of the symptoms and the importance of early diagnosis and treatment. In Dundee, the COPD team held their own World COPD Day Olympics at Douglas Sports Centre. Eight teams of patients with COPD competed in eight different activities including a walking relay, obstacle course and football.

Breathe Easy Perthshire were at PRI to answer questions and offer support. Libraries, GP surgeries and community hospitals across Perth & Kinross also created their own World COPD Day information displays.
Oral Health Awards

Another three Tayside care homes have received NHS Tayside’s Oral Health Award, a new programme aimed at improving the oral health of care home residents.

St Margaret’s Care Home and Ferry House Care Home in Dundee and Richmond House Care Home in Crieff have been awarded the Oral Health Award which was developed by NHS Tayside’s oral health improvement team.

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

Gillian Elliott, senior dental officer, said, “We have been working across Tayside to encourage care homes to get involved and receive acknowledgment for the standard of mouth care for their residents. This is a great accolade and demonstrates the high standards of care available in care homes.”

Support for young carers

Perth & Kinross CHP has been working closely with Perth & Kinross Association of Voluntary Service (PKAVS) Young Carers project, which aims to support children aged between five and 18 years old who have caring responsibilities at home.

The project currently supports 172 young carers through respite at the project’s weekly group activities, school holiday activities, week-long residential trips, one-to-one and family support and representing the children at school.

Perth & Kinross CHP is currently developing a detailed action plan in consultation with the young carers and Cool2Talk. Links have also been developed with NHS Education for Scotland so areas of good practice can be shared.

If you would like further information on the work Perth & Kinross CHP is currently undertaking, please contact Julieanne Flynn on julieannflynn@nhs.net or 01738 473179, or if you would like to know more about the Young Carers project please contact Raymond Jamieson on 01738 567076 or raymond.jamieson@pkavs.org.uk.

Angus physio staff complete PSI Course

Staff from the Angus physiotherapy department have completed the Postural Stability Instructor (PSI) course, a level 4 specialist exercise instructor course which is accredited by Queen Margaret University.

The course was organised by the Angus Falls Service and delivers evidence-based exercises including a multidisciplinary patient education programme aimed at preventing falls and fractures.

Since completing the course staff have begun to roll out a ‘Better Balance’ programme in Angus. Patients can be referred into the programme through the Angus Falls Service pathway.

(l-r back row) AHP support workers Joyce Simpson and Ailsa McCabe and physiotherapist Wilma Bannon (l-r front row) Angus Falls Service Coordinator Laura Gallon, AHP support worker Lesley Mitchell and physiotherapist Jillian Turner
Trauma lectures for staff

The first trauma study evening for staff entitled 'The Trauma Team' was held in the A&E department at Ninewells with over 60 members of staff from Fife, Tayside and Grampian in attendance.

Dr Mike Donald, Consultant in Emergency Medicine and clinical lead for the Tayside Trauma Team, described in detail the work of the Air Ambulance Service and how it is integrated into the 999 system with the ambulance service and Tayside Trauma Team providing a seamless response unit.

Nurse lead for Tayside Trauma Team Jenni Bailie talked about the equipment that is taken out on calls and the decisions made before and during a call to the scene of an incident.

A&E superintendent radiographer Lynn Lyburn gave a talk on the patient in the resuscitation room as seen through the radiographer’s eyes. Lynn outlined the qualities required of staff working in the emergency trauma environment and the thoughts and considerations needed while performing x-ray examinations on patients prior to the patient being transferred for CT scans.

Swedish visit to Tayside

NHS Tayside played host to visitors from Sweden in December. The programme for the visit included a presentation from the Swedish visitors on their safety and improvement aims and local programme of work. This was then followed by a series of presentations and discussions from NHS Tayside staff which highlighted the range of patient safety initiatives and improvement work ongoing in Tayside.

The group of four healthcare professionals from Karlstad in the County of Varmland included the County Council Leader of Patient Safety, the Quality Improvement Manager, the Patient Safety Development Leader and Development Leader.

Ophthalmology staff success in dementia course

Eight members of ophthalmology staff from ward 25 in Ninewells have completed a course in Best Practice in Dementia.

Senior staff nurse Frances Thomas undertook a facilitator’s course in Best Practice in Dementia during the summer of 2012. At the end of the course she encouraged seven other members of staff to complete the course under her mentorship.

The course is aimed at the healthcare assistant role, however some of the nursing staff felt it would also be beneficial for them and would result in improved care and patient outcomes.

The certificates were presented by Head of Nursing Lorraine Johnstone and Associate Nurse Directors Caroline McQuillian and Gillian Costello who expressed their delight at the commitment and caring attitude demonstrated by the staff in Ward 25.

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Sheila McGilvray, Frances Thomas, Sandra Baldie, Helen Giblin, Andrea McGregor, Kim Smart, Dawn McGregor and Amy Fitzpatrick all completed the course and received certificates.

(l-r) Denise Adam, Paul Rudd, Ewan Murray and Laura Nicolson of the clinical radiology department who organised the evening.

Some of the staff with their certificates
NHS Tayside has launched a new programme for all men aged 65 to screen for abdominal aortic aneurysms (AAA).

An aneurysm is a bulge in a blood vessel and this bulge can burst suddenly. One of the most common places for an aneurysm to occur is the largest blood vessel in the body, the abdominal aorta. When an AAA bursts, it causes internal bleeding. Four out of five people with a ruptured aortic aneurysm will die as a result.

AAA is most common in men aged 65 and over and it is estimated that one in 20 men aged 65 in Scotland have an AAA. The majority of AAA found by screening will be small and need monitoring over time; a small number will be large enough to require that the man is referred from the screening programme for surgical assessment.

Exactly what causes AAA is unclear, however high cholesterol, smoking and high blood pressure can add to the risk of developing an AAA.

The screening programme, which launched in January 2013 in Tayside, will invite all 65-year-old men for an ultrasound scan of the abdomen with results of the scan being given to the patient there and then. Men over 65 can self-refer. The ultrasound test is simple and quick, similar to that used routinely to monitor pregnant women.

Screening is used to detect aneurysms of all sizes. The patient can be offered an operation to treat a large aneurysm before it has a chance to rupture. Where a smaller aneurysm is detected, follow on scans will be offered and advice given on lifestyle changes to improve the health of the patient’s blood vessels.

NHS Tayside Consultant in Public Health Medicine Dr Julie Cavanagh said, “I would hope that every man who receives an invitation for AAA screening will use the information provided to come to a decision about taking up this screening invitation.

“Screening ensures that we find aneurysms early and monitor or treat them. This greatly reduces the chance of the aneurysm rupturing and causing serious problems.”

I-l Clinical physiologist Lyndsey Schaller, assistant clinical physiologist Avril Melville, assistant clinical physiologist Damon Chambers
Bill McGregor
Estates Assistant Engineer,
Estates Department

Personal history
After leaving Kirkton High School in Dundee, I started working as a heating engineer. A few years later I joined NHS Tayside as a stoker working at DRI, a job I did for 11 years. I loved this job and all the people I met whilst working there. It was a great atmosphere and a friendly workforce. I can honestly say it was the same when I relocated to Kings Cross Hospital where I worked for four years. I then moved to Ninewells and spent five years working as an electrician’s assistant before taking up my current job as an estates assistant engineer. Outside of work my lovely wife and I – we celebrate our fifth wedding anniversary this month – own an allotment. During the summer months I spend quite a bit of time working in the allotment and every Sunday my wife and I meet up with friends for a cup of tea.

Like(s) about current job
I like being out and about, it keeps me fit and I get on great with all the staff. Ninewells is a friendly place to work and you get to know a lot of people over 25 years working in the service. I like going out with the boys for our monthly night out beginning at the fishing boats in Arbroath in the months May through to August.

Dislike about current job
No dislikes about current job however I would like to win more often in my team’s Bonus Ball!

Most unusual thing asked to do at work
There have been a few unusual requests from staff when I am in their department, however we cannot deal with requests if we do not have a line in for them.

Achievement most proud of
Meeting my wife and getting married.

Favourite film
Lord of the Rings.

Favourite music
My stepdaughter bought me Ministry of Sound for Christmas – it may be hard to believe but I love trance music. I also enjoy listening to Dave Clark Five as it reminds me of when I was younger.

Favourite meal
I do all the cooking in the house and I tend to cook healthy meals as I like to watch what I eat as I have lost weight. For a treat I would have to say fish and chips takes some beating.

Most like to have dinner with
As we have a lot in common it would be my best friend Scott Hutchison. We would probably talk about golf and anything apart from work!

Favourite word
Family – I am very close to my family and I have eight grandchildren to keep me busy.

Top 3 frustrations
Traffic but more specifically people driving too close to my car and hearing people talking badly about disabled kids.

Irritating habit
My friends would probably say I never stop talking and I ‘know everyone’.

Do better than anyone else
As I have over 25 years of work experience people tend to come to me for help and advice. I also work closely with the volunteers from Barnardos and offer them my expertise.

3 wishes
I would wish for a lottery win as I would like to take my wife on a special holiday.
I would wish my disabled grandson’s troubles away.
I would wish health and happiness for my whole family.
Birthday donation for dementia research

Bill Hamilton of Brechin celebrated his 80th birthday in October and asked his friends and family to give money for dementia research instead of gifts. They dug deep and gave a total of £1050 which Bill handed over to the Scottish Dementia Clinical Research Network (SDCRN), based at Murray Royal.

Mr Hamilton decided to raise the money for the SDCRN as his wife suffers from vascular dementia and he wanted to do something meaningful for her.

Manager of SDCRN Emma Law said, “We are honoured to receive this kind donation from Mr Hamilton and will ensure that the money is spent on continuing dementia research across Scotland.”

Water Babies presentation

A mother who had both her sons in the Dundee Midwifery Unit (DMU) at Ninewells presented two framed ‘water babies’ photographs to staff.

Suzie Harrold was so interested in the Water Babies group she became an instructor and took over a franchise almost two years ago.

Parents who attend Suzie’s classes have been fundraising over the summer months and decided to donate a cheque for £1182 to the DMU, as well as the prints.

Lead Midwife for the DMU Myra Fraser said, “We would like to say a big thank you to all the mums and babies for these generous donations.”

Pharmacy staff donate to Salvation Army appeal

Instead of sending Christmas cards, staff in pharmacy at Ninewells, Carseview, Royal Victoria and Tayside Pharmaceuticals decided to take part in the Salvation Army Christmas Appeal. Staff donated gifts of biscuits, cans of fruit, cans of vegetables, tins of soup, toothbrushes, toothpaste, combs and soap.
Festive visitors to children’s ward

Big hearted staff from construction company, ISG paid a special visit to youngsters in Ninewells Hospital to distribute festive goodies which had been left in their office by Santa!

Craig Bulloch and Tom MacFarlane, ISG’s project manager and site manager at Ninewells, where the firm is currently working on a £3.5 million new build and refurbishment project, donned festive hats and doled out plenty of good cheer during their visit to the youngsters.

Players and officials from Dundee United also paid a visit to the children, bringing with them gifts and memorabilia to hand out to delighted youngsters who also had their photos taken with their favourite footballers.

No pain, no gain for Arbroath volunteer

Arbroath man Alex Shepherd bravely volunteered to have his legs waxed to raise funds for the Healthy Happy Communities allotment project.

Working with members of the Arbroath community, the project focuses on helping local people to develop their knowledge of health and nutrition and encourages young families to become interested in growing and cooking healthy, fresh foods.

Alex’s experience was supervised by students from the Beauty and Hair Department at Angus College who carried out the leg wax.

Urology cheques

Two cheques were donated to the Urology Research Fund at Ninewells through hair-raising Movember efforts.

Dundee student Ryan Conroy raised £600, which his employer Costa, Tesco Riverside matched. He presented the cheque for £1200 to Consultant Ghulam Nabi.

Former prostate cancer patient and Ninewells receptionist Jim Gormley also handed over a cheque for £300.

Raising funds to buy toilets

The Continence Advisory & Treatment service joined forces with the Sexual Health team at Drumhar Health Centre to hold a cake sale in aid of Toilet Twinning, a charity that uses funds raised to help improve sanitation, clean water and promote hygiene in poor communities.

The charity was chosen as every day 2.6 billion people don’t have somewhere safe, private or hygienic to go to the toilet and purchasing a toilet for a community can help prevent the spread of infections such as dysentery.

The team raised £180, which was enough to buy three toilets in Burundi or Cambodia.

I-r Jim, Mr Ghulam Nabi, clinical specialist nurse Allison Robertson and Ryan
Ann Cuthill and Christine Dodds

Senior charge nurse and outpatients department manager Ann Cuthill (centre, right) and staff nurse Christine Dodds (centre, left) have both retired from Arbroath Infirmary after 42 years and 35 years service respectively.

Ann qualified as a nurse in 1973 and joined the nursing staff at DRI. Her career has seen her working in Dundee and Arbroath in post-surgical, urological and medical wards as well as in A&E. Latterly Ann also managed the outpatients department at Arbroath Infirmary.

Christine started her nurse training in 1967 at DRI. Over the years Christine’s career has taken her to Belfast, Newcastle and South Africa before returning to Arbroath Infirmary in 1980 where she worked in a variety of wards before taking up her nursing post in the outpatients department where she has remained.

Mary Oram

After 34 years of NHS service Dundee midwife Mary Oram has said farewell to her colleagues.

Mary (centre, right) trained as a student nurse with NHS Tayside in 1978 and started working at DRI in the neurological theatre. In 1985 she completed her midwifery training and joined the midwifery team at Ninewells where she has remained, helping to deliver two generations of babies.

Morag Grant

Clerical Officer Morag Grant (centre, left) has retired after 37 years of NHS service.

Morag joined the NHS in 1974 working as a punch card operator in the Bughties. She returned to work in Vernonholme in 1977 where she worked as a clerical officer within Primary Care.

Morag has spent the rest of her career working with the Breast Screening Service. She took up her post in 1992 when the service was initially based at DRI, later moving across to Ninewells when the service relocated.

Chris Field

Chris Field (front, centre), a senior midwife at the Community Maternity Unit at Arbroath Infirmary, has retired after 37 years service with the NHS.

Chris began her midwifery training at Perth College of Nursing in 1972. Her first post was in the antenatal clinic at PRI before she moved to the Perth community maternity team.

In 2004 she took up the post of midwifery team leader at Arbroath Community Maternity Unit where she remained until her retirement.

Moira Macleod - Long Service Award

Ninewells A&E charge nurse Moira Macleod was presented with a long service award by chairman Sandy Watson to mark 40 years with NHS Tayside. Moira began her career as a nursing auxiliary at Bridge of Earn Hospital in Perth in 1972 before completing her general nurse training and mental health nurse training.

Following a career break to have her first child, Moira worked in various wards and A&E in PRI. She moved to DRI in 1991 spending a year in neurosurgery prior to taking up to her current post in Ninewells A&E.