Zzzz... are you getting enough shut eye?
Dear spectra readers,

Welcome to the spring edition of spectra!

Recycling has always played a big part in helping to reduce the carbon footprint of NHS Tayside and our recent purchase of 180 recycling bins reinforces our commitment to this. Our recycling feature explains everything we are doing to ensure we ‘get it sorted’.

Have you ever wanted to improve your existing work skills and take up a new learning opportunity? The NHS Tayside Education and Training Endowment Fund is for learning opportunities above and beyond the core skills training for your existing day to day job and is in addition to existing training budgets. Find out how you can apply for funding in our Learning Together article.

Over the past decade there has been an increase in the contribution that electronic solutions and eHealth has had on healthcare. We look at one of the current projects running across NHS Tayside, QlikView Dashboards. This project aims to improve the way we deliver patient care and is already creating quite a buzz amongst the people who have been involved in developing it.

New research shows that more of us are suffering from insomnia than ever before and it may have a detrimental effect on our concentration during the day. This issue’s Voxpop gives your top tips to get a restful sleep.

The TREATS pullout is bursting with bargains for staff this summer. Why not treat you and your family to a day out?

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

spectra editorial team

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Please send items for the next edition of spectra, Issue 66 June/July to the editorial team by 7 May. The deadlines for the following editions of spectra are Issue 67 Aug/Sep – 2 July and Issue 68 Oct/Nov – 3 Sept.

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Email: communications.tayside@nhs.net
A partnership group working with a community of 1600 homes in Arbroath has seen a number of successes since launching last June.

Connecting Communities (C2) was launched in the Timmergreens area of Arbroath with a ‘listening’ event to give local people the opportunity to discuss what works, what does not work and what needs to change in the area.

Since then there has been a number of community-led initiatives set up in the area including after school dance classes for children aged 8-11 years and a fire camp for young people, as well as a cooking and budgeting group and Heartstart training which are planned for the near future.

The group, which consists of local people and partners from NHS Tayside, Tayside Police and community learning and development, has been named ‘Timmers Together’, a term that was coined by a community member.

Residents and partners have visited Onthank in Kilmarnock to see how the approach is shaping up there and a visit to Cornwall, the original site for C2, is being planned for this year.

A group of 16 staff at Stracathro Hospital have completed a Best Practice in Dementia Care course.

The self-study course involves participants working though six booklets designed to aid understanding and encourage person-centred response to the individual with dementia. The booklets include questions linked to the participant’s work place and at the end of each booklet there is a reflective exercise to be completed.

The aim of the course is to help assistant staff develop existing skills, gain new knowledge and improve their care of people with dementia. It is designed to empower learners and increase levels of confidence and their perception of value within the multidisciplinary team.

A big thank you to all our staff who have worked really hard to keep services running during a difficult winter. Hopefully, we’ve seen the last of the snow for a while (touch wood!)
A Healthy Start for babies in Brechin

Mums and pregnant women in Brechin were given advice and information about Healthy Start vitamins, a scheme which helps give young children a healthy start in life.

Women who are pregnant or have children under the age of four can qualify for free Healthy Start vitamins and vouchers, which are worth £3.10 per week and can be spent on milk and fresh or frozen fruit and vegetables.

For more information please contact project manager Shona Burge on 01307 474872 or shonaburge@nhs.net

Better Balance programme

Following on from their Postural Stability Instructor course in 2012, Angus physiotherapy staff are now running a ‘Better Balance’ exercise and education class.

The 12-week programme is aimed at older adults who have fallen or are at risk of falls. The evidence-based exercises, including strength and balance training, are targeted to reduce the risk of falls and fractures.

People can be referred onto the programme through the Angus Falls Service, which is now running in two Angus localities with 40 participants so far.

News in Brief

Angus

Patients group in Edzell

Edzell Health Centre has invited its patients to join a new Patient Participation Group (PPG) within the practice which will allow them to help shape future healthcare developments in the local area.

Edzell GP Dr Marc Jacobs said, “The only way we can know we are delivering the health services that local people want is if they tell us. We are really keen to work with our patients to discuss ways in which services at the health centre can be improved and consider suggestions for future developments.”

Healthy Hearts in Arbroath

A free ‘Healthy Heart’ information event was held at Springfield Medical Centre for people living with diabetes. Angus coronary heart disease stroke prevention coordinator Karen Fletcher attended the event to discuss how the heart works, what coronary heart disease is and the risk factors that increase the chances of getting heart disease.

Karen said, “Diabetes is one of the risk factors in developing heart disease so it is important for diabetics to be screened.”

Fatigue management

A new free self management course to help people manage their tiredness and fatigue has started.

The five-week Fatigue Management Programme is aimed at people who experience excessive tiredness or exhaustion, to help them have a better quality of life.

Fatigue is experienced by many people with long term conditions and can have a major impact on daily life. For more information and to book a place on the programme email achppatientcourses.tayside@nhs.net or call 01307 474889.
A new online directory of services, activities and organisations for older people has been launched in Dundee. Discover Age contains everything from where to get information about benefits to community exercise projects and information about lunch clubs and befriending schemes.

This new resource aims to help make signposting and referrals easier and to raise awareness about the breadth of services out there. Discover Age can be accessed at www.dundeecan.org.uk/database. Anyone who would like to add an entry to the database or give any feedback please contact madelinerees@number10.org

There is also a helpline for elderly people in Dundee called Dial-op which is available Monday to Friday from 10am to 1pm on 01382 305757. Dial-op is a practical point of contact for vulnerable and/or isolated older people who may not have anyone to talk to about their concerns. The phone line was set up with funding from the Reshaping Care for Older People Change Fund.

NHSTayside has reached an organ donation high with 44% of the population now signed up to the Organ Donor Register, compared with 33% five years ago.

NHSTayside lead clinician for organ donation Dr Stephen Cole, who is also Tayside Donation Committee Chair, said, “While people in Tayside have shown their commitment to organ donation – demonstrated in there being more organ donors in the area than anywhere else in Scotland – more still needs to be done.

“I would urge everyone to think about organ donation today and ensure that their loved ones know what their wishes would be should the worst happen. Most of us would accept a donated organ if we needed one, so it’s worth taking the time to have a chat and make your views known by joining the NHS Organ Donor Register.”

If you believe in organ donation, prove it. Register now at www.organdonation.nhs.uk call 0300 123 23 23 or text LIFE to 61611.
NHS Tayside supports Dundee Sports Awards

Chairman Sandy Watson presented the Young Volunteer of the Year award at the annual Dundee Sports Awards.

This year’s awards celebrated the commitment of local athletes, coaches, teams, clubs and volunteers with the Glasgow Commonwealth Games mascot Clyde also featuring in the ceremony to highlight local athletes working towards 2014.

Sandy Watson said, “Volunteers make a significant contribution both to sport and to the health service, and when the enthusiasm and commitment of young people come to the fore, the results can be spectacular. Well done to all young volunteers.”

Young people promote respect and dignity at Dudhope

Inpatients at the Young People’s Unit (YPU) at Dudhope House have created an art work with the themes of respect and dignity.

The art class at the YPU has been running since 2007 with volunteer artist Amanda Lambert taking over the class in 2011. Occupational therapist Susan Coyne also helps run the group.

A former member of the YPU nursing staff donated some money to the unit for the young people to make an art work and Susan and Amanda worked with them to create a mural with a positive message about respect and dignity.

Susan said, “The work has had involvement from 12 young people and many staff at the YPU. We would like to think that we fulfilled our brief and created a piece of art that will enable all who see it to take its extremely positive and hopeful message on board.”

The mural is now on display in the entrance to the YPU.

News in Brief

Dundee

Dundee Cancer Centre visit

Politicians visited the Dundee Cancer Centre where they witnessed at first hand the groundbreaking research being carried out across Tayside.

MSPs Joe Fitzpatrick, Jenny Marra and Nanette Milne were joined by MP Gordon Banks on the special lab tour.

The Dundee Cancer Centre brings together scientists, doctors and nurses from Tayside who work in collaboration to ensure that progress in the labs leads to benefits for people with cancer as quickly as possible.

Dundee Fertility Support Group

A monthly Fertility Support Group is held at Ninewells to offer the opportunity to meet people who are experiencing similar uncertainties.

The group meets on the second Thursday of each month in Seminar Room C from 6-8pm.

For more information contact Sarah Murphy of Infertility Network Scotland on 07737 106748 or email sarahmurphy@infertilitynetworkscotland.com

Dignity Care Pathway

A pioneering study working with community nurses and terminally ill patients has produced a standardised care package which researchers say could be a valuable aid for the NHS.

The Dignity Care Pathway allows community nurses to better understand the needs of patients, and for the patients themselves to express their own concerns.

It has been developed through a research project carried out at the University of Dundee, working closely with NHS Tayside and patients.

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NHS Tayside launches ‘Book Prescription’ scheme

NHS Tayside has launched a ‘Book Prescription’ scheme in partnership with local libraries in Perth & Kinross to make self-help books for common mental health problems more accessible.

GPs and other health professionals can ‘prescribe’ self-help resources including books, audio CDs and DVDs to patients as part of their treatment by issuing a prescription leaflet signposting to materials that may be borrowed from local community libraries.

The available self-help resources have been recommended by NHS mental health professionals for a range of common mental health problems, including anxiety, depression, self-esteem, anger, eating disorders, sleep problems and parenting.

Clinical Associate in Applied Psychology James Hardie, who launched the scheme, said, “We hope to increase access to psychological therapies by making these resources available to people in their local communities. Self-help approaches can be really effective for some people in overcoming problems.”

More details about the scheme, including copies of the leaflet and book list, can be found on the NHS Tayside website at www.nhstayside.scot.nhs.uk/bookprescription or the Perth & Kinross Council website www.pkc.gov.uk/bookprescription

Blairgowrie redevelopment given green light

NHS Tayside has approved proposals to reconfigure facilities at Blairgowrie Community Hospital to provide a modern environment for patient care.

The Finance and Resources Committee has given its backing to the £2.36 million project which will incorporate a modern, fit-for-purpose inpatient GP unit.

The new unit, which will be accommodated in a single ward area, will offer both single and double rooms, all en-suite, to replace the current mix of accommodation. The increase in single rooms will also help to accommodate the needs of palliative and bariatric patients.

There will also be a new physiotherapy area and new Minor Injury and Illness Unit and the redevelopment will give clinicians scope to deliver new treatments locally in the future.

Work is due to begin in July and should take around a year to complete.

Stanley Bygone Blethers

A group of older people from Stanley have been reminiscing about times gone by as part of an NHS Tayside-led project.

Older community members enjoyed a six-week reminiscence pilot project held in Stanley Primary School.

The ‘Bygone Blethers’ sessions included looking at old photographs, remembering times at school and during the war as well as working in the Stanley Mill. Group members became really engaged with the reminiscence project and are now looking at how this can be carried on.
Community Men’s Shed

Older men in the Carse of Gowrie and Strathmore areas were invited to come along to community meetings to share ideas about a new project called Men’s Shed.

The Men’s Shed is an idea which originated in Australia and aims to provide a relaxed environment where men can spend time together sharing skills, knowledge and interests such as woodwork, car maintenance, computing skills and cooking.

Men’s Shed is a new project supported by NHS Tayside’s Perth & Kinross Healthy Communities Collaborative and Perth & Kinross Council.

Kicking off the first meetings was guest speaker Trevor Marshall who is currently working with Perth & Kinross CHP. Trevor is from Australia and has worked for many years with local communities establishing Men’s Sheds.

Let’s Get Together

People from the Strathmore area were invited along to an open event to find out about local groups and what they have to offer, how to get involved in something new and opportunities to get out and about more and meet new people.

The Let’s Get Together event, organised by Perth & Kinross Healthy Communities Collaborative, was held in Blairgowrie Town Hall and also included information stands manned by local community groups, Strathmore Day Opportunities and Live Active Leisure.

News in Brief

Perth & Kinross

A Time for Remembering

A ‘Time for Remembering’ memorial service for babies and children who have died was held in Perth at St Ninian’s Cathedral.

A short act of remembering included the lighting of candles in memory of those who have died before, at or after the time of birth.

The evening also gave an opportunity for people to meet with representatives of support groups over a cup of tea or coffee.

GIRFEC training module

The national Getting It Right For Every Child (GIRFEC) approach to supporting children, young people and their families aims to help vulnerable youngsters by partnership working.

In Tayside, a partnership approach has also been taken to the development of a new online training course about GIRFEC, which launched in February. The e-training module has been developed by P&K Council and NHS Tayside through the Tayside GIRFEC Strategy Group.

It provides basic awareness-raising training to enable anyone in the public or voluntary sector to understand GIRFEC and how it works, recognise how integrated working can be effective and understand their role in delivering positive outcomes for the lives of children, young people and their families.

New Chair of P&K CHP

Non-executive member of Tayside NHS Board Linda Dunion has taken over the role of Chair of Perth & Kinross Community Health Partnership Committee.

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Non-executive member of Tayside NHS Board Linda Dunion has taken over the role of Chair of Perth & Kinross Community Health Partnership Committee.
The CAMHS team developed the knowledge and skills required to deliver improved patient access, care and outcomes.

Until recently, NHS Tayside Child and Adolescent Mental Health Service (CAMHS) waiting times were among some of the longest in Scotland. Thanks to the initiative of the CAMHS team, who overhauled how the service was delivered, waiting times are now much improved. Support was provided throughout this process by TCOE, The Centre for Organisational Effectiveness.

Targeting clinical improvement

Faced with excessive waiting times and low staff morale, the CAMHS team recognised that change was needed. The previously existing model of service delivery no longer met the needs of a much larger service with significantly increased demands placed upon it. The CAMHS team committed to service redesign and to getting waiting times reduced in line with national targets by March 2013. To achieve this, the service moved to three locality teams and adopted CAPA (Choice and Partnership Approach), a clinical system implemented in many CAMHS teams across the UK.
TCOE was asked to help with this challenge, providing a range of tools and support to get the job done. They supported the CAMHS team in analysing and measuring data to see where changes had to be made to the service, particularly to address staff capacity and patient flow. This was backed up by change management support to help people embrace the necessary changes.

A year on, in November 2012, the three biggest improvements remarked on by staff were: improved waiting times; improved care, choice and consistency for children and their families; and improved team working. The majority of CAMHS staff rated the service’s performance as 7 out of 10, where previously they had given it just 4.87. Consultant clinical psychologist Dr Sheenagh MacDonald feels positive that NHS Tayside CAMHS will continue to develop and build upon what has been achieved. Dr MacDonald said, “There will be challenges ahead, but the service is well on the way to fully achieving their redesign goals and are now much better equipped for the future improvements they aspire to.”

Better ways of working

This is just one of many quality improvement initiatives that TCOE has been commissioned to support in Tayside. The Centre works to support teams across Tayside with their delivery of the Scottish Government’s Healthcare Quality Strategy for NHS Scotland and their focus on the six domains of quality.

Their activities span all services, from community health to acute services. NHS Tayside alone has 14,000 staff who can benefit from using TCOE. Other teams besides Tayside CAMHS who have recently collaborated with TCOE to look at the way they are delivering patient services include: Tayside Substance Misuse Service, orthopaedic services and Angus Alcohol and Drugs Partnership.

Improvement for all

TCOE acts as a hub for quality improvement resources, and it’s right here on your doorstep. TCOE offers education, support and a place for all healthcare staff to learn and share inspiration and innovation – all with the aim of enhancing patient care and delivery. The Centre is now bringing together an expert faculty of practising clinicians to lead our Improvement Academy Curriculum, who can teach the methodology of improvement alongside understanding first-hand the challenges faced by multidisciplinary teams, and the tools available to respond to these challenges.

To complement the Improvement Academy is the TCOE website and Knowledge Portal, online resources that you can make your first stop for evidence-based best practice. The work of the Centre is also enabled and supported by NHS Tayside’s eHealth and Innovation team and Business Support Unit, who are dedicated to developing new measurements to track improvement and new technologies to revolutionise how NHS Tayside delivers patient services.

Improvements for patients go hand-in-hand with improvements for staff. NHS Tayside is committed to providing the best care; TCOE is here to help teams work together even better. Become part of the TCOE learning community today to spread new ways of working, new technology and robust leadership throughout NHS Tayside and beyond.

For more information, please visit www.tcoe.co.uk
ZZZZZZZZZ  are you getting enough shut eye?

Are your eyes wide open at 3am when they should be firmly closed? If you answered ‘yes’ you are not alone. There have been numerous reports and newspaper headings suggesting that we are a nation of insomniacs struggling to get the sleep we need which doesn’t bode well for the long term health of the nation.

New research suggesting that sleep deprivation can lead to changes in our genes is the latest addition to growing evidence that not getting enough sleep is linked to a myriad of health problems ranging from sugar cravings and weight gain, to high blood pressure, heart problems and possibly an early grave.

Spectra is asking staff how well they sleep and to share any tips they may have to achieve a restful night.

Ashley MacDonald
Personal Assistant
Stracathro Hospital

I am happy with the amount of sleep I get which is usually eight hours every night. I wake up at 6am normally and I find it hard to sleep past six o’clock even at weekends.

I only have trouble sleeping when I know I have something on which I mustn’t sleep in for. I am not aware I am worried about sleeping in but generally on those occasions I find myself waking up many times overnight when this happens I recite times tables. That seems to work for me.

Wendy Robb
Medical Secretary
Stracathro Hospital

I go through phases of having good sleep patterns and not so good ones. If I am worried about something or stressed I have broken sleep. Generally I would say I aim to have about eight hours of sleep a night.

When I get a period of good sleep I feel fresher. I go to the gym after work and that helps me sleep better I feel. However, if I am having a restless night I have to get up out of my bed and read for a while.

Douglas Grewar
Resilience Planning Dept, Ninewells

I sleep very well and very rarely have problems nodding off.

I like to go for a walk in the evening or keep busy in the house. If I stop I tend to fall asleep!

I don’t tend to watch television in the evening apart from perhaps the news at ten o’clock. I also find reading helps relax your mind.

The next question for voxpop will be:
What is your all time favourite book and why?

If you are interested in taking part in the next voxpop, please email the spectra team on communications.tayside@nhs.net.
Heather Kennedy
Advanced Antimicrobial Pharmacist
Ninewells Hospital

I sleep usually quite soundly every night and on average get between seven and eight hours a night.

Don't watch TV in your bedroom before you fall asleep. It helps me to sleep if I read a few pages of a good book.

Fiona Kidd
Senior Charge Nurse
Surgical Unit, Stracathro Hospital

I don’t sleep well I only average six or seven hours of sleep usually but I would like more! I rarely get a good night’s sleep as I wake up frequently.

I definitely slept better when I was younger, these days work can be on my mind and that can hinder me dropping off to sleep. Reading a book helps me settle or I try to think of nice happy things.

Iain Dorricott
Resilience Planning Dept,
Ninewells

I probably only average about five or six hours sleep a night as I am late to bed and up early in the morning but I can manage quite easily on this amount of sleep.

My tip would be to try and clear your mind before you go to bed. Don’t go to bed with anything unresolved on your mind as this will keep you awake thinking all night!

Simple lifestyle changes can make a world of difference to your quality of sleep. Here are 10 tips for a more restful night.

1. Keep regular hours Going to bed and getting up at roughly the same time every day will programme your body to sleep better.

2. Create a restful sleeping environment Your bedroom should be kept for rest and sleep. Keep it as quiet and dark as possible. It should be neither too hot nor too cold.

3. Make sure that your bed is comfortable It’s difficult to get restful sleep on a mattress that’s too soft or too hard, or a bed that’s too small or old.

4. Exercise regularly Moderate exercise on a regular basis, such as swimming or walking, can help to relieve some of the tension built up over the day. But don’t do vigorous exercise too close to bedtime as it may keep you awake.

5. Less caffeine Cut down on stimulants such as caffeine in tea or coffee, especially in the evening.

They interfere with the process of falling asleep and they prevent deep sleep. Have a warm, milky drink or herbal tea instead.

6. Don’t over-indulge Too much food or alcohol, especially late at night, can interrupt your sleep patterns. Alcohol may help you to fall asleep initially, but it will disrupt your sleep later on in the night.

7. Don’t smoke It’s bad for sleep. Smokers take longer to fall asleep, they wake up more frequently, and they often have a more disrupted sleep.

8. Try to relax before going to bed Have a warm bath, listen to quiet music or do some gentle yoga to relax the mind and body. Your doctor may be able to recommend a helpful relaxation CD.

9. Write away your worries Deal with worries or a heavy workload by making lists of things to be tackled the next day. If you tend to lie in bed thinking about tomorrow’s tasks, set aside time before bedtime to review the day and make plans for the next day.

10. Don’t worry in bed If you can’t sleep, don’t lie there worrying about it. Get up and do something you find relaxing until you feel sleepy again, then return to bed.
QlikView Dashboards – health intelligence at your fingertips

A Business Intelligence Improvement Programme which will help improve patient safety and patient care has been launched in NHS Tayside.

Staff from across Ninewells, PRI and Stracathro attended launches of QlikView Dashboards, the tool that will support NHS Tayside’s drive to use health intelligence to help improve the core business of caring for our patients.

Over the past few months members from the clinical, operational and corporate teams have been working together to provide staff with an intuitive and easy to access tool which would provide answers to some key questions.

QlikView Dashboards is a web based toolset that provides staff with easy access to relevant and timely information that will inform and support daily decisions to improve patient care at the touch of a button. Each Dashboard provides access to real time data that is captured locally, displayed in a visual and usable format. Data that will be able to be accessed will include inpatient/outpatient demand and capacity, number of beds available, theatre utilisation, delayed discharges and patient treatment outcomes.

The QlikView Dashboards tool will provide access to data and critical business intelligence information at the right time to support better decision making and improved quality of care for all our patients.

Access to the dashboards will be through a dedicated link on the Staffnet homepage and the relevant staff will be given access to the areas that are appropriate to them.

To find out more about this exciting new project contact the development team at: qlikviewenquiries.tayside@nhs.net
NHS Pension Scheme –
What you need to know about auto-enrolment

Auto-enrolment into the NHS Pension Scheme means that with a few exceptions, all eligible staff will be enrolled in the NHS pension scheme.

Auto-enrolment is part of the Pension Act 2008. The Government wants to encourage staff to save enough for the future particularly as people are living longer. When you pay into the NHS scheme your employer also makes contributions. Whilst the state pension might provide a foundation for retirement, you may need more and the sooner you start saving the bigger the occupational pension is likely to be.

For the small group who are not eligible to join the NHS pension scheme they will be enrolled into the National Employment Savings Trust (NEST) where appropriate.

New staff who join NHS Tayside will be enrolled automatically into the NHS Pension Scheme. Current staff who had previously decided not to join the pension scheme will also be enrolled, however they will have the option to opt out of the scheme.

All eligible staff will be written to over the next few months. Anyone who doesn’t want to be enrolled can get an opt out form online and provided the form is received by a certain date, no deductions will be made. Every three years staff will be enrolled again and at that point they can decide if they want to opt out again. Eligible staff will be able to join at any time.

Key Points
• The Government wants those in employment to save for the future
• All new eligible staff will have to join the NHS pension scheme but will have the right to opt out and receive a refund of their contributions in accordance with the regulations
• Most of the current staff who are not part of the scheme will be enrolled into the pension scheme but will have the right to opt out
• Staff who are not eligible to join the NHS pension scheme will be enrolled into NEST
• Every three years NHS Tayside will have to enrol any eligible staff who has opted out off the pension scheme but staff will still have the right to opt out again
• Letters will be sent to current staff who are not members of the NHS Scheme explaining the key points
• For new staff information will be contained in their appointment literature

For more information, staff can speak to an Independent Financial Advisor if they wish, or seek advice from their Trade Union, the local Money Advice Service or the Citizen’s Advice Bureaux.

There is also information online:
The Pensions Regulator
www.thepensionsregulator.gov.uk

Scottish Public Pensions Agency
www.sppa.gov.uk

Department of Work and Pensions
www.dwp.gov.uk

NEST
www.nestpensions.org.uk
Celebration events took place across Tayside to showcase improvements being made to health services, as a result of a national programme of learning rolled out by the Scottish Government.

More than 250 nurses across NHS Tayside participated in the three-day Leading Better Care programme which focuses on leadership and improvements to enhance the patient experience.

There has also been a dedicated programme for all senior nurses and midwives working in Band 6 posts.

Nurse Director Dr Margaret McGuire said, “Leading Better Care is about improving quality in our health services and delivering safe, effective and person-centred care. The response we’ve had from our nursing staff is extremely encouraging and it demonstrates how dedicated our nursing staff are to making things better for every patient first time and every time. Senior charge nurses are also the guardians of quality and the face of reliable clinical care.”

The Age and Ageing Specialty Group wishes to increase the participation of old people in clinical research. The group is part of the National Institute of Health Research (NIHR) family of research networks.

NIHR’s purpose is for clinical research to be embedded right at the heart of the NHS. The ambition is that any patient presenting to the NHS will be given with the opportunity to participate in high quality clinical research.

The Age and Ageing Specialty Group aims to improve the lives of older people by building the profile, quality and activity of UK ageing research by engaging with funders, charities, older people and the wider research community. The group wishes to increase the participation of older people in clinical research because despite the fact that older people are the ‘core business’ of the NHS, there is widespread evidence that older people are being excluded from clinical research.

The Age and Ageing research network recruited over 11,000 old people to research studies in 2012. If you are interested in becoming active in clinical ageing research, please contact the Age and Ageing Specialty Group administrator James Goodbrand on 01382 383911 or j.goodbrand@dundee.ac.uk.

Remember to take part in the Staff Survey!

The Staff Survey has been commissioned to run again in May.

The 2013 survey will feature 28 questions and all staff are encouraged to complete it in order that feedback can be used to help make NHS Tayside a positive and enjoyable place to work.

Look out for the survey coming soon.
Datix update

Datix has now replaced the AIM and SMART systems and is web-based patient safety software for healthcare risk management.

There is a link to the Datix live system on Staffnet | Business Systems. AIM and SMART have been unavailable to add new incidents or risks from 1 April.

To add incidents to Datix staff will first need to complete the ‘NHS Tayside: Datix Incident Reporting’ Learnpro training module and be given permission to do so by their line manager or clinical lead.

Incident verifiers need to complete the Datix verifier training and should contact the IT Training and Implementation Department x70411 if they have not already done so.

Staff requiring access to the Datix risk module will need to complete the Datix risk module training first which can be arranged by contacting the number given above.

If you have any general Datix queries contact the Safety, Clinical Governance and Risk Department on x36999.

What could you learn in 2013?

A fund has been set up to help staff learn and further develop their existing caring, compassionate and person-centred skills for our patients.

The NHS Tayside Education and Training Endowment Fund is for learning opportunities above and beyond the core skills training for your existing day to day job and is in addition to existing training budgets.

The fund is open to all NHS Tayside employees and details can be found at Staffnet Homepage | Learning & Training | Your Lifelong Learning.

Contact PA to Head of Knowledge and Skills Lorraine Smith if you are interested on x71437 or email lorraine.smith8@nhs.net

Workshops are being taught across Tayside to train all grades of staff how to listen and respond to patients, clients or carers who are distressed or concerned.

The SAGE & THYME model was developed by clinical staff at the University Hospital of South Manchester NHS Foundation Trust and a patient in 2006.

The model places published research evidence about effective communication skills within a memorable structure for clinical practice. It also provides structure to psychological support by encouraging the health worker to hold back with advice and prompt the concerned person to consider their own solutions.

SAGE & THYME is taught in a three hour workshop for up to 30 participants. To book a place and for further information visit Staffnet | Business Systems | Tayside Training Database.

For further information on the model visit www.sageandthymetraining.org.uk
No Smoking Day

Smokers were encouraged to ‘swap fags for swag’ and kick the habit for good for No Smoking Day at various events across Tayside. Giving up smoking is the single most important lifestyle decision that anyone can make to improve their health immediately.

In Dundee, smoking cessation workers were at Ninewells Hospital, Asda Kirkton, Lochee Library and the British Heart Foundation shop in the Wellgate giving information and advice to anyone who would like help to stop smoking, as well as offering free carbon monoxide (CO) tests. These tests allow people to see how they measure up next to healthy lungs and smokers’ lungs and may give smokers that extra incentive to quit.

In Perth, smoking cessation workers visited health and community venues as part of their travelling roadshow with a bin full of cigarette packs encouraging people to bin their cigarettes and highlighting what they could buy with the money they saved. The roadshow stopped off at Minority Ethnic Access Development Project (MEAD), Perth College students union and Drumhar Health Centre.

In Angus, Big Cig joined smoking cessation staff at Tesco in Forfar where smokers had the opportunity to get information and advice about NHS Tayside’s quit4u and Give It Up For Baby schemes, smoking cessation groups and pharmacy support, including Nicotine Replacement Therapy and other aids to assist with a quit attempt.

Anyone who wants to stop smoking can call NHS Tayside Smoke Free Services on 0845 600 999 6 to find out about all the ways in which NHS Tayside can help support people to become smoke-free. You can also join our Facebook page at www.facebook.com/nhstaysidesmokefree

New drop-in stop smoking service

NHS Tayside’s smoking cessation team has launched a new drop-in service on Thursday evenings at RVH in Dundee to help people kick the habit.

The sessions which run between 6pm and 7pm, will offer people who want to stop smoking the opportunity to speak to a friendly, trained advisor who will discuss treatment options and give support and advice to aid a successful quit attempt. The first session will last about 15 minutes with further weekly sessions lasting around 10 minutes.

HepC project launched

A major project to tackle hepatitis C infections among people in Tayside who inject drugs has been launched by the University of Dundee, in collaboration with NHS Tayside. The £2.2 million project is funded by the Scottish Government and the companies Janssen and Roche.

Hepatitis C has been a particular problem among people who inject drugs as it can be easily spread through contact with blood, so shared drug paraphernalia such as needles present a significant risk. It is hoped that by giving early treatment to small numbers of people who inject drugs and are infected with hepatitis C, it will prevent the need to treat larger numbers later. This will help reduce instances of liver cirrhosis and cancer, which can develop over time if hepatitis C is not treated.

“Hepatitis C is a disease which consumes a significant amount of resource in the NHS,” said Dr John Dillon, Clinical Senior Lecturer and Consultant Hepatologist, who is leading the project.

Minister for Public Health Michael Matheson said, “In Scotland, we are recognised internationally for our response to hepatitis C, which is in large part due to the Scottish Government’s Hepatitis C Action Plan and Sexual Health and Blood Borne Virus Framework.

“This project demonstrates our commitment to invest in new approaches and efforts to tackle the disease. The work being carried out by the clinicians and academics in Dundee will undoubtedly be of international interest, and could significantly change the way we respond to the disease.”
‘Need Tay Know’ app launched

A smartphone app, developed to give young people information on sexual health services was launched at Arbroath High School. It is designed for young people aged 13 to 25 and is available to download on Apple and Android smart phones along with versions for Apple and Android tablets.

Working with local youth group, Youth Talkin’ Health, the Sexual Health and Blood Borne Virus Managed Care Network (MCN) in Tayside have developed the ‘Need Tay Know’ app. This app will give users information on sexual health services available, where they are provided and how to access them using maps and GPS functionality. It also contains information on a host of topics relating to sex and relationships including pregnancy, STIs, what the risks are and how to stay safe.

NHS Tayside consultant in genito-urinary medicine Dr Ciara Cunningham said, “Tayside sexual and reproductive health service recognises that young people are disproportionately affected by sexual ill health. We hope that this app will make young people aware that we do have services specifically for them, how to access these and what to expect when they attend.”

For more information about the app contact Donna Thain on 01382 424070 or email bbvmcn.tayside@nhs.net

DHLI 10 year celebration

Members of the public were invited to celebrate Dundee Healthy Living Initiative’s 10 year anniversary at a special free drop-in event at the Marryat Hall. Visitors to the 35 stands were able to have free health checks, as well as take part in children’s activities and get advice on complementary therapies, smoking cessation, Dundee Carers Centre, Dundee Association for Mental Health and Active Families.

The event showcased and celebrated the successful work of the DHLI, community groups and partnership projects that have contributed to that success. DHLI currently co-ordinates 80 health promoting activities across the city, many of which are community led.

Deputy Chief Executive of NHS Tayside Caroline Selkirk attended the event, along with Chief Executive of Dundee City Council David Dorward and DHLI Team Leader Sheila McMahon.

New MOT clinics launched

NHS Tayside has launched a new clinical service to help prevent HIV and improve the sexual health of gay and bisexual men. Weekly Men Only Tayside (MOT) clinics are running every Tuesday in the sexual and reproductive health clinic at Ninewells Hospital as well as a weekly community clinic in the Cairn Centre in Dundee.

Gay and bisexual men remain at highest risk of acquiring HIV, hepatitis B and other serious sexually transmitted infections and account for the largest proportion of individuals diagnosed and living with HIV.

Both clinics offer walk-in appointments between 4.30pm-7pm and provides STI testing, rapid HIV testing, hepatitis B vaccination, health promotion information, access to free condoms and the opportunity to talk to health professionals about related queries.

For more information email motinfo.tayside@nhs.net or visit www.menonlytayside.org
Recycling – let’s get it sorted!

To coincide with national Climate Week Chairman and Sustainability Champion Sandy Watson and Head of Environmental Management Ernie Patullo were at the Ninewells concourse to launch a new recycling drive and delivered the message, “Recycling – let’s get it sorted!”

NHS Tayside has taken delivery of 180 recycling bins after receiving a grant of £25,000 from Zero Waste Scotland for members of the public to use when visiting hospitals and health centres across Dundee, Perth & Kinross and Angus.

Sandy Watson said, “NHS Tayside is working towards meeting the challenging Scottish Government targets set for the disposal of waste. By 2025, 70% of each health board’s waste must be recycled or composted with only 5% going to landfill. Therefore, we are launching this initiative, as part of a wider campaign by NHS Tayside to ensure we are being an environmentally and socially responsible organisation.

“We are encouraging people to be as green as possible and are promoting a culture of good habits when it comes to recycling.”

Scottish Government funding is supporting various other green initiatives across NHS Tayside, the most notable being a new £800,000 biomass fuelled boiler at Stracathro Hospital. This will provide renewable heat energy for the hospital and saves 1,300 tonnes of CO2 emissions and £100,000 a year.

Other projects include the £1 million replacement of heating tanks with modern plate heat exchangers at Ninewells Hospital and Perth Royal Infirmary. These will save 1,800 tonnes of CO2 and £285,000 every year. Also to be installed is voltage optimising equipment which will save 400 tonnes of CO2 and £72,000 every year on the Ninewells site.

- NHS Tayside also supported ‘Earth Hour’ on Saturday, 23 March at 8.30pm. This is a worldwide campaign where lights are switched off across the globe to signify the commitment of businesses and individuals to a greener planet.

- NHS Tayside is moving to using 100% recycled paper in a bid to reduce its carbon footprint. The use of recycled paper for patient correspondence and for staff in their day to day jobs will ultimately release funds of £14,000 per year that can be spent on patient care and frontline services.

Whitehills – setting a good example

Staff at Whitehills Health and Community Care Centre are setting the bar high when it comes to good recycling practices.

Through consultation with wards and departments, Support Services have been working hard to encourage all staff to do their bit, no matter how small.

Posters are displayed as a prompt for staff throughout the centre and bins were re-located to maximise recycling opportunities. Posters were also adapted to encourage visitors’ participation in the public areas.

The new, more visual recycling bins are now in place to help further increase the volume of recyclable material being collected.

Head of Environmental Management Ernie Patullo said, “We are very supportive of this ongoing work at Whitehills which is a great example of good practice when it comes to recycling.”
Lisa Maree Dempster
Safety, Clinical Governance & Risk Assistant, Kings Cross

Personal history
I was born in Brisbane, Australia and came to Scotland when I was six and have lived here ever since. My younger brother lived in London for a while and has emigrated back to Australia. Family is important to me and I do miss my mum, dad and sister. I have two children who I am really proud of and they are a blessing to me and my husband. I went to Lawside Academy and straight from school began my career in a solicitor’s office on the reception and from there I moved to NHS Tayside where I have worked for the last 24 years in various roles. I have worked in the Safety, Clinical Governance & Risk Department (SCGR) for about 6 years. I was fortunate to be taken on as the SCGR assistant on a secondment basis and thankfully they wanted me to stay so I jumped at the chance.

Like(s) about current job
I do feel very fortunate to have a job that I enjoy and I learn from all the time. I really enjoy making Digital Patient Stories as I learn all the time from patients, carers and relatives. These stories are used as an educational tool. So if you read this, you know who to contact to use one of our stories for any educational event you are involved in. If you look on Staffnet I Safe & Effective Working I Patient Stories there is a synopsis of some of the stories.

The SCGR team do work well together and I am glad that I can contribute to making NHS Tayside meet national targets within the Scottish Patient Safety Programme. I do believe that small changes in practice can make a difference.

Dislike about current job
Relying on others to be organised as I dislike leaving things to the last minute - I am a bit of a control freak like that!

Most unusual thing asked to do at work
A ‘speed dating’ mental health learning set event was held on Valentine’s Day to enable staff to mix with others from other health boards. You had to find out about the person, their job role and what workstream they were piloting as part of the Scottish Patient Safety Mental Health programme.

Achievement most proud of
I would have to say my two children Lennox and Kristian. Both of them were two months premature and had to fight to get healthy and are now in adulthood. I am the proudest mother ever.

Favourite writer
Stephanie Meyer. I love the ‘Twilight’ books and films. If you have not read or seen them, you are missing out.

Favourite music
I like everything from Elvis Presley to Eminem. I just love all types of music.

Favourite meal
I must admit I really like a steak “well done” with peppercorn sauce and lots of mushrooms.

Most like to have dinner with
I would love to meet and have dinner with Michael Buble. I think he is down to earth and would be great to get to know.

Most embarrassing moment
Too many to mention - however I can tell you I got lost coming back to Dundee from Blairgowrie so you will now understand that I have many embarrassing moments. My colleagues couldn’t stop laughing.

Irritating habit
Singing is what my colleagues would say. However I can’t disagree with them as I am tone deaf!

Do better than anyone else
I don’t think I do anything better than anyone else but do pride myself in being organised and always look to improve my skills for my own development and for our team.

3 wishes
Like to bring back my family who have passed especially my mum, sister, brother and dad.
See my kids continue to grow and blossom.
Buy a convertible car – selfish I know, but have always wanted one.
Marathon boost for cancer patients

Forfar women Karen Fletcher and Dawn McFarlane presented £500 to the Chemotherapy Day Patient Area at Ninewells Hospital.

They completed the Loch Ness Marathon last year and Karen’s family, friends and work colleagues rallied round and sponsored her.

Karen, who works for Angus Community Health Partnership as Coronary Heart Disease Stroke Prevention Coordinator, also held a fundraising garden party at home and a bingo tea.

These three events raised a combined total of £3,340 and the Ninewells donation marked the final presentation of the funds. Cheques had already been presented to Breast Cancer Care Scotland and Cancer Research UK.

Double laser donation

Two lasers totalling £130,000 have been donated to Ninewells Photobiology Unit for the treatment of patients with disfiguring skin conditions.

The donation has been made by the Disfigurement Guidance Centre Charity in Fife.

This brings the number of lasers in the dermatology clinic at Ninewells Hospital up to a total of eight, and enables the treatments that can be offered to patients with disfiguring skin conditions to be extended.

Professor Harry Moseley, who heads up the team, is also Honorary President of the British Medical Laser Association. He said, “We are very grateful to the Disfigurement Guidance Centre Charity for the extraordinary generous gift of not just one, but two lasers.”
Tenants social fund benefits Roxburghe House

Naomi goes that extra mile for kidney patients

Forfar hairdresser Naomi Watson has raised over £3300 for Tayside Kidney Patients Comfort Fund in a 37-mile bike run, ahead of her own transplant operation with a kidney donated by her mother Carol Watson.

Keen cyclists Naomi (42), partner Ewan and her friends Morna Saddler and Jane Cooper completed the gruelling journey from Forfar to Glen Clova and back.

Pupils at her son Jackson’s school, Whitehills Primary, gave them a send off and also decided to donate £500 raised at their Christmas concerts to the charity.

Naomi said, “I would like to thank all the people who made donations - their generosity is overwhelming. And also a special thank you to my incredible mother Carol who is doing such an amazing thing for me – she is giving me the gift of life.”

Join the Organ Donor Register at www.organdonation.nhs.uk or call 0300 123 23 23.

Class reunion raises funds for Whitehills

The ‘Class of ’74’ from Forfar Academy held a reunion party at the Plough Inn and raised £270 for Whitehills Health and Community Care Centre Isla Unit.

The event was organised by a handful of dedicated local ex pupils and included Lynn Richardson, Lynn Hally, Linda Bonnar, Lorraine Simpson, Judy Watt, Heather Whitton and Joseph Balneaves.

Isla Unit ward manager Nigel Clubb accepted the cheque from Lynn Richardson and Lorraine Simpson.

Lynne said, “As many of us have had family and friends in the Isla Unit at Whitehills and we wanted to do something for patients as well as show our appreciation to the staff for all their care and kindness.”

Tayside SANDS £3620 donation

Morag Beattie and Jilli Reilly of the Best Bar None Awards presented a big cheque for £3620 to Anne Robb, who is Service Manager for Tayside Specialist Palliative Services.

Anne said, “On behalf of Roxburghe House I would like to thank the tenants for this very kind and generous donation.”

Residents of Caledonia Housing Association’s Servite House in Dundee’s Alexander Street donated money from their social fund to benefit patients at Roxburghe House.

Housing Officer David Mitchell and Servite House Manager Maureen McGuiness handed over a cheque for £1277.58 to Anne Robb, who is Service Manager for Tayside Specialist Palliative Services.

The money from the Best Bar None Awards is to be used to buy various pieces of equipment for the Ninewells TULIP Suite.

Class of ’74’ reunion raises funds for Whitehills

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Dr Neil Dewhurst

After a career spanning five decades PRI consultant Dr Neil Dewhurst is saying good bye.

Dr Dewhurst (seated, second left) began his studies at the University of Edinburgh Medical School in 1970 taking up the post as consultant cardiologist with NHS Tayside in 1995.

Dr Dewhurst is also currently an honorary senior lecturer in medicine at the University of Dundee and is about to begin his second term of office as President of the Royal College of Physicians of Edinburgh.

Consultant physician Dr Alan Connacher presented Dr Dewhurst with gifts and flowers on behalf of his colleagues at a retirement celebration at PRI.

June Fitchett

Staff nurse June Fitchett has retired from the Mulberry Unit at the Susan Carnegie Centre, Stracathro after 37 years with the NHS.

June undertook her nurse training in Angus and worked at Sunnyside in Montrose before the service moved to Stracathro.

Alison McGurk, clinical team manager presented June with gifts and flowers on behalf of friends and colleagues.

Picture with June is Annette Spence (right) who also retired after 28 years service.

Evelyn Campbell

Ninewells staff nurse Evelyn Campbell (centre) said farewell to colleagues after a career spanning five decades.

Evelyn retires from outpatients Area 3A at Ninewells. She began her career at Strathmartine Hospital at the tender age of 16 where she was first a governess then an auxiliary. She then completed her enrolled nurse training and has worked in various wards and departments at Kings Cross, Ninewells and DRI.

Charge nurse Marilyn Finnegan presented Evelyn with flowers and gifts from her many friends and colleagues who gathered to wish her well in her retirement.

Gordon Thorburn

Gordon Thorburn has retired after 41 years service with the NHS. Gordon worked in ward 8 at PRI as a healthcare assistant.

Gordon (seated left) started as a lad in the Orthopaedic Department at Bridge of Earn Hospital and on its closure moved to the Orthopaedic Unit at PRI.

Friends and colleagues gathered in the Wishbone Library at PRI to say farewell to Gordon and senior charge nurse Marina Ferguson presented him with gifts and flowers.

40-year long service award Ken Shaw

Ken Shaw was presented with his 40-year long service award at Whitehills by Susan Wilson general manager of Angus CHP.

Ken started working as an auxiliary nurse at Liff in 1972 and within a few weeks was asked if he would be interested in undertaking nurse training at Ninewells School of Nursing. He completed his RGN in 1975, and after working in a surgical ward, he went on to start his RMN training the following year. He stayed at Liff working as a staff nurse until 1980 when he moved to work in Aberdeen.

In 1989 after spending nine years working at Royal Cornhill Hospital in Aberdeen he returned to Tayside to work in theatres at Stracathro Hospital where he has remained. For the past four years Ken has been on secondment carrying out Partnership work in Tayside.