Ronnie’s Olympic memory lives on
Dear spectra readers,

The darker nights are drawing in and winter is just around the corner, with thoughts turning to cozy jumpers and huge pots of steaming soup. But with winter also comes the onset of flu season and once again staff are being urged to protect themselves and their patients by getting the flu vaccination. Our double page feature on pages 10 and 11 explains why it’s so important for our staff to get the jab.

At the end of July, Cabinet Secretary for Health and Wellbeing Alex Neil attended the Annual Review of NHS Tayside at Ninewells where he hailed the organisation as being one of the ‘top three performing NHS Boards in Scotland’. Read the full review in our feature on page 14.

In this issue we also have an appeal from the Carse of Gowrie Men’s Shed group who are desperately seeking premises to hold their meetings. Read all about the Australian phenomenon that’s taking Tayside by storm. The Nuclear Medicine Department showcases their services in our Spotlight On... feature and in News2u we celebrate the legacy of transplant recipient and double amputee Ronnie McIntosh.

We also have all the usual good news staff stories from Check It Out, Healthwise and Learning Together plus a number of staff retiral stories including the Deputy Director for Public Health Paul Ballard who bid a fond farewell after 33 years with the NHS.

TREATS keep the winter theme going with their annual Christmas competition with some surprise prizes in store for the lucky winners.

Remember, if you want to submit an article for spectra, you can email the editorial team on communications.tayside@nhs.net. The dates for submission are below.

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Please send items for the next edition of spectra, Issue 69 December/January to the editorial team by 5 November. The deadlines for the following editions of spectra are Issue 70 February/March – 7 January and Issue 71 April/May – 4 March.

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Minister visits Montrose CMU

Minister for Children and Young People’s Services Aileen Campbell visited Montrose Community Maternity Unit (CMU) to hear about the ongoing work of The Early Years Collaborative, a partnership between local agencies which is committed to giving children and young people the best start in life.

Ms Campbell heard about a small test of change being carried out around optimal cord clamping as part of the Early Years Collaborative. Optimal cord clamping allows blood flow between the placenta and baby to continue after delivery, which may improve iron status in the infant for up to six months after birth.

During her visit Ms Campbell met members of the maternity services team as well as local parents Emma and Lee Walker and their three-week old baby Nolan and Jillian Strachan and her baby Lois, aged 16 months. Both mums took part in the optimal cord clamping and shared their experiences of the unit.

Ms Campbell said, “It was a pleasure to visit Montrose CMU and meet staff, mums and children. The Early Years Collaborative is all about small tests of change that have rapid and measurable benefits, so it was great to see the Collaborative being brought to life in a way that benefits mums and babies.”

1- r (seated) Emma Walker holding Nolan, Aileen Campbell and Jillian Strachan holding Lois (standing) volunteer Kirsty Houston, Lee Walker, Nigel Don MSP, team leader Phyllis Winters and midwives Julie Cabrelli, Iona Duckett and Fiona McInness

Early Lung Cancer Detection Study

NHS Tayside and the University of Dundee are currently recruiting people to take part in a study into a new blood test for the early detection of lung cancer.

Lung cancer kills more people than any other cancer as most cases are picked up at a late stage when the chance of cure is small. A new blood test may be able to pick up very small lung cancers before the patient feels unwell.

The ECLS study will be recruiting 10,000 people from Tayside and Glasgow to receive either the EarlyCDT-Lung blood test or be followed up by usual NHS care. The study aims to find out if detecting lung cancer sooner will save lives and if the test could be offered nationwide.

The study is looking for smokers or ex-smokers aged 50 to 75 to take part. If you or anyone you know would like to get involved in this important study please contact info@eclstudystudy.org or call 01382 383060.

Sign up to swap resources

NHS Tayside has launched a new website - www.warp-it.co.uk/NHSTayside - which allows staff to redistribute surplus office equipment to colleagues across other sites.

NHS Tayside procurement manager Andy Hay said, “Surplus and redundant furniture or equipment is an obvious problem in large organisations. It is a challenge to find new owners for reusable resources quickly and easily due to time and space, so things can end up being thrown away.”

“Another problem, which isn’t so obvious, is that staff often purchase new equipment or furniture that someone else in the organisation already has spare and wants to dispose of.

“The ability to advertise unwanted equipment and supplies gives us the opportunity to actually reduce procurement and waste and we can save with better sharing of things such as surplus inkjet cartridges, stationery and furniture.”
What a whopper!

Shona Burge with pupils from Warddykes Primary School and their giant courgette

The Healthy Happy Communities Allotment project in Arbroath is now entering its fourth year and has just had one of the most successful harvests since its launch.

The bumper crop of fruit and vegetables included a giant courgette weighing 11lbs 2ozs which made an appearance at the Dundee Flower and Food Festival.

A group of six regular volunteers attend the allotment every week to plant, maintain and harvest the crops. Warddykes Primary School, St Thomas Primary School, Hayshead Primary School and Arbroath Academy are involved with the project and attend on a rotational basis to cultivate four vegetable patches within the plot.

Project manager Shona Burge said, “Each week the volunteers and pupils are given the chance to take fresh produce home to cook with their families or back to school to try new recipes.

“The fantastic sunshine this year not only produced large courgettes but gave a bumper crop of strawberries meaning there were enough berries for the volunteers to make jam.”

The project always welcomes new volunteers and donations so anyone with an interest in growing their own fruit and vegetables should contact Shona Burge on 01307 474872 or email shonaburge@nhs.net

This year they are looking for donations of a petrol strimmer, a set of shears and help transporting horse manure.

News in Brief

Angus

Exhibition at Whitehills

A new photographic exhibition showcasing Scotland’s scenery and wildlife was held at Whitehills.

Carnoustie artist Ken Drysdale draws inspiration for his photographs from Scotland’s varied wildlife and beautiful countryside and the exhibition features 29 pictures of Scottish landscapes and a selection of birds and animals such as the red grouse and red squirrel.

Online support

Angus residents living with a long term condition can receive more support by accessing a free online self management course aimed at helping people to live better.

The Expert Patient Programme is a six week online course which covers topics such as coping with feelings of depression, managing pain and extreme tiredness, relaxation techniques and exercise, as well as tips on how to communicate more effectively with healthcare professionals.

‘Help to Hope’

A new information card aimed at supporting positive emotional wellbeing and good mental health was launched in Arbroath.

Developed in partnership with local agencies and service users, the ‘Help to Hope’ card includes information on services provided by NHS Tayside, Angus Council and voluntary organisations that promote recovery, mental health, wellbeing and support.

It is available from mental health services, district nurses, health visitors and at minor injury and illness units.

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Encouraging others to give the gift of life

A display in memory of transplant recipient and double amputee Ronnie McIntosh, which includes his Olympic torch and tracksuit, running limbs and Hawkhill Harriers running vest, has been unveiled in the concourse at Ninewells.

Ronnie, who was an active fundraiser for organ donation, died in January aged 62. His wish had been to donate the souvenirs to Ninewells to inspire and motivate others and to raise awareness for organ donation.

Mr Watson said, “Ronnie has been an inspiration to us all. We hope that this wonderful gift will inspire many more people to support his commitment and sign up to the organ donation register.”

Work is also progressing on a stained glass window to be installed in Ninewells concourse commemorating those who have given the gift of life to others in Tayside.

The memorial window has been designed by local artist Liz Rowley and has been made possible by funding from Tayside NHS Board Endowment Fund and organ donation charity Revival.

If you believe in organ donation, prove it. Register now at www.organdonation.nhs.uk or call 0300 123 23 23.

New play area at Armitstead

Work has begun on a new £130,000 sensory garden and play park at the Armitstead Child Development Centre (ACDC) Nursery in Dundee, which will include specialist swings, roundabouts and a slide, as well as many sensory items and outdoor musical instruments and planters.

There will also be a summerhouse, which will be used to provide shade or shelter for the children.

The Centre’s nursery provides week-day pre-school facilities for children with complex disabilities and is staffed by nursery nurses and assistants with support from AHPs, nurses and medical staff.

Head of nursing for Paediatric Complex Disability Services Sarah McLauchlan said, “Outdoor experiences, including the use of play parks, are taken for granted by most children and serve as a major experience of childhood and growing up. The children attending ACDC are often excluded from this as most public play parks do not cater for children with additional needs.

“The team at Armitstead have worked hard to secure the funding and develop the plans for the sensory and play gardens along with our colleagues in Capital Projects.

“We are very grateful for the funds from the NHS Tayside Endowment Fund and for the support of families and friends of ACDC who have made this possible.”

I-r Sarah McLauchlan, Chairman Sandy Watson, Gary Lynch and Ben Griffiths of Playdale Playgrounds, Estates officer Peter Simpson, nursery team leader Sandy Cowe, nursery nurse Amy Brookes and nursery assistant Lorr Brown with children from the nursery
Patients move in to Kingsway Care Centre

NHS Tayside has welcomed patients and staff to a new purpose-built facility for older patients and those living with dementia.

Patients and staff from Liff Hospital and day clinics, as well as community mental health teams, moved in to the Kingsway Care Centre in September.

The Centre has 62 inpatient beds, a day clinic for up to 15 patients and houses a range of services under one roof including all Psychiatry of Old Age services and staff from nursing, medical, AHPs and community teams.

It provides inpatients with single bedrooms with ensuite facilities, improving dignity and privacy. The environment has been designed with dementia-friendly features to help to reduce confusion and distress.

Dundee

Nordic walking group

A Nordic walking group, which is a form of outdoor activity using poles to enhance ordinary walking, has been set up in conjunction with Dundee Healthy Living Initiative.

There are many health benefits of Nordic walking. It tones the body, burns up to 46% more calories than ordinary walking, reduces the pressure on knees and joints and keeps the heart and lungs healthy.

Walks take place every week around the local area with a qualified Nordic Walking instructor.

Winning Weigh

‘The Winning Weigh’, a weight management programme run by trained staff from Dundee Healthy Living Initiative, is running at various venues across Dundee.

At each session a trained member of staff offers practical advice and encouragement to help people adopt healthier lifestyles, improve fitness levels and reduce their body mass index.

Summer panto at Ninewells

Starlight’s Sleeping Beauty pantomime visited the Tayside Children’s Hospital at Ninewells where the four actors danced, dazzled and sang for the young patients, their families and staff.

Every year, Starlight provides entertainment and distraction to over half a million poorly children and the Starlight summer panto gives thousands of children the chance to shout “He’s behind you!” from the safety of the hospital ward.

Senior play specialist May Duncan said, “It is known that entertainment and play can significantly improve a poorly child’s hospital experience and that it helps to distract them from their illness and treatment. Starlight is a fantastic charity and each year we look forward to the arrival of the Starlight summer panto and the fun and laughter it brings our young patients.”

For more information on Starlight Children’s Foundation, visit www.starlight.org.uk
Receptions for NHS Tayside volunteers

Receptions to acknowledge the work that volunteers have contributed to the NHS in Tayside have been held in Ninewells, Perth Royal Infirmary and the Reid Hall in Forfar.

Over 700 volunteers were invited to the receptions in Perth and Dundee where they were welcomed by the Chairman of NHS Tayside, Sandy Watson. The roles of the volunteers are very diverse and include library assistants, pet volunteers, health walk leaders, gardeners, flower arrangers, chaplaincy support and breastfeeding buddies.

Mr Watson thanked all the volunteers for their contributions and for taking the time to become involved in the health service in Tayside before presenting awards to those with 5, 10 and 15 years’ volunteer service and a special award for twenty years plus service.

"NHS Tayside is privileged to have input from volunteers from diverse backgrounds and with very different talents and skills who provide this important service in their community," he said.

"NHS Tayside will continue to encourage volunteering across the diverse range of its services, recognising that this provides the added extra ingredient to support NHS Tayside staff in advancing patient services."

The reception to recognise Angus volunteers was hosted by Chair of Angus CHP Alison Rogers.

Top award for Tayside Director

Assistant Director of Finance Dave Carson received the Healthcare Financial Management Association (HFMA) Key Contributor Award at a ceremony in London.

The award is given as recognition to members who have made and continue to make a valuable contribution to HFMA’s work at branch and committee level.
Tree planted in memory of Ron

A tree planting ceremony was held at Murray Royal Hospital to recognise the dedication and long service of Ron Sharp, who was a gardener at the hospital for 35 years. Sadly Ron died in service a month before his retirement in 2011.

Site/support services manager Pamela Coventry said, “Ron was a true gentleman who was held in high regard by those who knew him and staff at Murray Royal were keen to mark his commitment to the hospital over the years.”

Family members and colleagues gathered in the Café Courtyard to plant a pear tree which was kindly donated by Robertson FM, the contractor which manages the Murray Royal site.

News in Brief

Perth & Kinross

Art display at PRI

Patients from Tay Ward at PRI have provided the inspiration for a new display of art work at the hospital.

Four textile art works created by artist Sarah Jacobs, which were inspired through her work with patients in a THAT creative engagement programme, are brightening the corridor leading to the Spiritual Care Centre.

Health matters for young people

The Young People’s Health Team held a series of health advice ‘drop in’ sessions at City Base in Perth.

The sessions raised awareness of health issues that affect young people who are homeless, living in hostels, in temporary accommodations or in their own accommodation.

Health topics covered included stop smoking advice, healthy eating, dental hygiene, welfare rights and advice on checking unusual lumps.

Dementia training

New training dates have been added for Level 1 Promoting Excellence Dementia training for staff in the public, independent and third sector in Perth & Kinross.

As part of the Change Fund work, the third tranche of this training is being rolled-out for staff across NHS Tayside, P&K Council and all charity and voluntary sector partnership agencies to ensure they know how to best help people who have dementia when they come into contact with them.

To book a place please call Mary Begbie on 01738 476167.

Young carers get healthy in the kitchen

A group of children from Perth & Kinross Association of Voluntary Service Young Carers Project took part in a cookery class where they learned to create healthy and nutritious meals.

A group of 10 P6 and P7 pupils took a trip to a local cookery school where they were taught to cook sweet potato and lentil soup, cheese and ham savoury muffins, turkey meatballs in a tomato sauce and muesli bars.

The nutritional value of each dish was discussed with the young people, as well as health and safety issues in the kitchen. At the end of the class, the children were able to take their meals home for their family to try, along with a folder of the recipes.

Perth & Kinross CHP have been working in partnership to fund and support several health and wellbeing ventures with the Young Carers Project.

Through consultation with the young carers, it was highlighted that many of them prepared the family meals at home and wanted help and guidance on how to create easy, cost effective and substantial meals that were also healthy and nutritious.

Tree planted in memory of Ron
NHS Tayside Annual Review

Cabinet Secretary for Health and Wellbeing Alex Neil attended the Annual Review of NHS Tayside at Ninewells where he hailed the organisation as being one of the ‘top three performing NHS Boards in Scotland’.

Prior to the Review, Mr Neil met with public partners and members of the Area Partnership Forum before visiting Ward 5 to launch NHS Tayside’s new electronic whiteboards programme which introduces touch-screen technology onto wards.

The new interactive whiteboards allow doctors, nurses and consultants to see at-a-glance detailed patient information such as expected discharge dates, test results, whether a patient is at risk of infection or if they have specialist care needs.

Launching the whiteboards, Mr Neil said, “I announced earlier this year that we would be rolling out the use of advanced digital technologies such as this ‘whiteboard’ across Scotland and I am delighted to see the progress NHS Tayside has made.

“This secure new technology will support improved clinical decision making within wards and hospitals and will improve how quickly people are treated and can get back to their home.”

Following his visit to Ward 5, Mr Neil joined Chairman Sandy Watson and Chief Executive Gerry Marr for a showcase of the Board’s Steps to Better Healthcare programme. The programme, which is all about improving health, patient experience and efficiency, supports individual projects to get off the ground and start making improvements for patients and their families.

The projects, which are led by frontline staff, are diverse and include eRostering, Medicines Leadership, Chronic Pain, Electronic Patient Record and Releasing Time to Care.
Desperately seeking a shed!

The Men’s Shed is a community health project that has arrived in Tayside following considerable success in Australia. The concept of the Men’s Shed Project has its foundations in the feelings of security and contentment that men seem to get from pottering around happily in their garden sheds.

The idea of these community projects is to bring together retired or semi-retired men who may be feeling a bit lost or useless after retiring from work, allowing them to get involved in a range of activities that are productive, interesting and stimulating whilst also giving them an opportunity to meet other men in the same position.

The Men’s Shed project now has a group in Invergowrie after several local men enthusiastically embraced the concept. The Carse of Gowrie & District Men’s Shed is controlled and driven by its members with support and advice from Perth & Kinross Healthy Communities Collaborative.

Project support worker Ashleigh Henderson said, “Given that this model of Men’s Shed is a new concept for the Perth & Kinross area, the members of the Carse of Gowrie and District Men’s Shed are to be congratulated for embracing the idea and running with it.

“They have put in a lot of work so far and will continue to do so. The Men’s Shed has a wider impact within communities than just with its members; it also impacts positively on other community members through donations and support.”

The group is in the process of setting up a constitution and has already produced its own Men’s Shed brochure and website, but there is one vital thing missing that is preventing the group from really taking off – they don’t have a shed!

Men’s Shed member Derek explains, “We are desperately looking for premises where we can hold our meetings and store our tools and equipment. It needs to be somewhere secure, preferably in the Invergowrie area. We are all pretty handy at DIY so we are even willing to renovate a building if we can use it for free or rent it for a small cost.”

Men’s Sheds are acknowledged as providing many benefits for the men who attend as well as for their families, friends and the community at large. By supporting the social, emotional and psychological wellbeing of men, sheds are also an important vehicle for maintaining men’s health and for promoting healthy aging.

Derek said, “I am a relatively new member of the group. My father was a carpenter and cabinet maker and I’m quite good at DIY so it’s good to be able to share my expertise and learn from other people’s skills too.

“The social aspect is important because men don’t talk about their feelings in the same way as women do and may bottle up worries. Men’s Sheds gives them the chance to talk openly among likeminded people. If, for example, someone had been bereaved and on his own at a difficult and traumatic time, Men’s Sheds provides a great way to find support and friendship.”

In addition to the brochure and website, the Invergowrie group already has links to the Myrtleford Men’s Shed in Australia following a Skype session. Derek is travelling to Australia to see his son later this year and has arranged to spend time with other Men’s Sheds whilst he is there to get tips and ideas. He plans to take a video camera and report back to his local group upon his return.

So, if you, or someone you know, can offer suitable premises for the Invergowrie Men’s Shed, please get in touch. As Derek admits, you will be keeping several OAPs off the streets and out of trouble!

For more information on the group or to make a donation, contact healthycommunities.tayside@nhs.net, call 01738 473718 or visit www.carseofgowriemensshed.webs.com
Is the age of the Good Samaritan over?

Today, we all live in a busy and fast-paced world and it might seem that acts of selfless kindness are few and far between.

In fact, a simple act of compassion recently caused widespread surprise in America when a homeless man returned an expensive diamond ring to its owner after it was accidentally thrown into his cup with loose change.

So has human kindness become so rare that it shocks people?

A unique donation scheme called Suspended Coffee set to take the country by storm suggests otherwise.

The initiative, which began in Italy, allows kind-hearted customers at coffee shops to pay for an extra drink to be given to someone who cannot afford to pay for their own, and it is already proving popular in many cafés across Tayside.

With this in mind, we asked spectra readers – is the age of the Good Samaritan dead? Would you offer help to someone you don’t know?

Lesley Barclay  
Domestic Assistant  
Ward 4, Kingsway Care Centre

No, I do not think it’s dead. There were a lot of good Samaritans when my granddaughter passed away including Macmillan nurses, friends, neighbours and even strangers.

Yes I would definitely help. I once stopped to help a lady whose back had gone whilst carrying shopping bags. I offered her a lift home and it turned out to be my boss!

Peter Oswald  
Clinical Nurse Manager  
Kingsway Care Centre

I would like to think that the age of the Good Samaritan is very much alive. Lots of people do good deeds and maybe don’t get recognised for it, or don’t do it to be recognised.

Yes I would always try to help. I once helped to resuscitate a lady when she collapsed at a bus stop.
Jane Laahs  
Voluntary Services Manager  
Perth & Kinross Community Health Partnership  
No, it is certainly not dead.  
Day in day out I am constantly meeting people who are offering help to others at times when they most need it.  
Yes I would help someone in need, as I would hope someone would do it for me.

Daniel Cunningham  
Head Cook  
Catering, Perth Royal Infirmary  
No it’s not dead. If it was, there wouldn’t be any help anywhere for example the Red Cross volunteers.  
Yes, I will always help anyone no matter what situation they are in.

Kirsty McManus  
Senior Charge Nurse  
Ward 3, Kingsway Care Centre  
I would like to think that people still go out of their way to help others on a daily basis.  
Yes, I would help someone I didn’t know especially if they were in distress or danger.

Karen Wells  
Nursing Assistant  
Ward 1, Kingsway Care Centre  
I do not think it’s dead as I like to think there is still goodness in people. A good example that it’s still alive is the pensioner who attacked the robbers with her handbag in the jewellery heist. She was protecting others.  
Yes I would definitely help someone I didn’t know. I would use the nurse training I have when it was needed.

Marion Burnett  
Speciality Manager  
Kingsway Care Centre  
I hope it isn’t although I suspect some people are better than others.  
Yes I would offer help to someone I don’t know and have done so several times in the past. I once helped a young mother whose baby was choking and travelled with her in the ambulance to A&E. I stayed with her until her husband was able to attend. I think the baby was fine.

In the next issue of spectra, we ask readers, with Christmas just round the corner, do you over indulge in present buying only to regret it when the credit card bill comes through the door? Do you set yourself a budget when buying gifts?  
If you are interested in taking part in the next voxpop, please email the spectra team on communications.tayside@nhs.net
The Flu Vaccine - Better safe than sorry

Protect your patients, protect yourself, protect the service

Flu season is here again and NHS Tayside is once again offering free seasonal flu vaccination to all members of staff and volunteers through ward-based vaccination, clinics on NHS Tayside premises and at participating community pharmacies.

Chairman Sandy Watson, Nurse Director Dr Margaret McGuire, Medical Director Dr Andrew Russell and Consultant in Public Health Dr Daniel Chandler are urging all staff to take up the offer of a free flu jab, which is the most effective way to protect yourself and your patients from seasonal flu.

Dr Daniel Chandler explains why it is so important for NHS Tayside staff to get immunised against flu.

“All staff have a duty of care to ensure they have the jab to protect their patients, themselves and their families and help to maintain services. Staff can unintentionally pass the flu virus on to patients and vaccination will reduce the risk of outbreaks within our hospitals and community facilities.

“If patients are ill, elderly or suffering from a chronic condition, flu can lead to serious illness and evidence shows that vaccination of healthcare workers against flu significantly lowers rates of flu-like illness, hospitalisation and death in the elderly in healthcare settings.

“Even for healthy people, flu can be a serious illness. It makes people feel extremely unwell for two to three days and full recovery normally takes a week. If large numbers of staff need to take a week off work with flu, it can make it difficult for us to maintain services over the very busy winter period.

“Our staff can help to ensure our healthcare facilities are flu-free by getting the flu jab. Last year only around 20% of NHS Tayside’s workforce was vaccinated which means that thousands could be putting their patients and families at risk by not protecting themselves.

“It is especially important for staff working in areas where patients are particularly vulnerable to get vaccinated early. These include paediatric wards, intensive care units, cancer centres, critical care and emergency.

“Staff working with patients in ‘at risk’ groups such as those with diabetes, asthma and other lung, heart and liver conditions, should also advise patients to get the flu jab from their GP. People in these groups are at risk of experiencing severe complications from the flu and the best way to avoid that is to get the jab.”

Look out for information on Staffnet, Vital Signs and inbox for local clinic times, ask your line manager for timing of ward-based vaccination sessions or consider attending a participating community pharmacy.

How the flu vaccine works.

The flu vaccine takes around ten days to work and will protect you against this year’s flu. You have to get vaccinated annually, because the virus changes constantly and your immunity reduces over time.

Last year’s vaccine won’t necessarily protect you from this year’s flu viruses. Also, it’s important to realise that the vaccine CAN’T give you flu, but it CAN stop you catching it.

For the maximum protection possible against flu, make sure you get vaccinated every year.

www.immunisationscotland.org.uk

You want to get on with work, without worrying about catching flu. So, why risk it? Better safe than sorry – get the flu vaccine.

Speak to your line manager or occupational health department for details. For more information visit www.immunisationscotland.org.uk

Protect your patients

Even fit, healthy people can develop more serious consequences and require hospitalisation

Protect yourself and your family

www.immunisationscotland.org.uk

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Protect your patients

Staff have a duty of care to patients to get vaccinated for flu
**Mythbusters**

**MYTH:** The flu vaccine gives you flu  
**FACT:** The flu vaccine doesn’t contain any live virus, so it can’t cause flu. If you have a sore arm or achiness after getting the jab, that can be a sign your immune system is responding and the jab is working.

**MYTH:** Flu is only dangerous for old people  
**FACT:** Flu is a highly infectious virus which can lead to serious illness among people of any age who have a long-term medical condition, and in previously healthy people.

**MYTH:** The flu vaccine protects you straight away  
**FACT:** It actually takes about ten days for you to be fully protected after getting the jab so you could be vaccinated and still pick up the flu. That’s why it is best to get the vaccine as early as possible and before there’s lots of flu going round.

**MYTH:** Once you’ve had the jab you don’t need it again  
**FACT:** Flu viruses change every year so you need a new flu vaccine each year to protect against the viruses most likely to be circulating in the coming winter.

**MYTH:** The flu jab hasn’t been tested, it’s not safe  
**FACT:** All vaccines, including flu vaccines, have to be tested before they can be licensed in the UK, and they have to be licensed before they can be used. There is no mercury present in the vaccines used in Scotland.

**MYTH:** Antibiotics can cure the flu  
**FACT:** The flu is caused by viruses, which don’t respond to antibiotics. It’s like putting your arm in a cast to get rid of a headache. The best way to protect yourself and others against the flu is to get vaccinated as early as possible.
Wellbeing Centre official opening

Chairman Sandy Watson welcomed staff and volunteers to the official opening of the Wellbeing Centre for Staff Support which is based at Royal Victoria Hospital.

The Centre provides a private space where staff can share their concerns in one-to-one confidential conversations in a calm quiet atmosphere with one of the chaplains based there.

Staff can access drop-in sessions between noon and 8pm every Monday as well as out of hours emergency support by calling 07917 183804.

Chaplains continue to work at each hospital and in the community to support staff they work with and can be contacted directly or through the Wellbeing Centre.

To make an appointment or for further information please call 01382 423116 x40805 or email wellbeing.tayside@nhs.net

Stroke exercise groups

Exercise and Education After Stroke classes were established in Angus in 2009, before being extended to Dundee in 2010 and to Perth in 2012 with the aim of improving exercise tolerance and self-confidence following a stroke.

Feedback from participants has been very positive, with the majority stating that social interaction with others in a similar situation was an important part of the classes.

The stroke exercise classes have proved to be very successful and there are ongoing plans to expand and develop this resource for community stroke patients.

Heartstart Discovery reaches 40,000

Heartstart Discovery has reached a major milestone with the training of its 40,000th participant.

The landmark figure was achieved at Lousen Park Sheltered Housing in Carnoustie when Heartstart Coordinator Helen Brady visited to give the residents training in cardio-pulmonary resuscitation (CPR) and basic life support skills.

Helen said, “We have provided Heartstart Discovery training across Tayside for a number of years now and are absolutely delighted to have reached this milestone with this lovely group. We hope our project will continue to go from strength to strength.”

Healthy Start relaunched in Angus

The Healthy Start scheme was relaunched at Whitehills Health and Community Care Centre. The Government scheme aims to improve the health of pregnant women and young families by providing them with free vitamins and fresh fruit and vegetables.

The scheme also provides coupons to exchange for vitamin supplements through community pharmacies.

Healthy Start vouchers and coupons are provided to pregnant women, breastfeeding mothers and families with children up to their fourth birthday on income related benefits. All young women aged under eighteen and pregnant are also eligible, regardless of income.

All pharmacies in Tayside can supply free healthy start vitamins for women and children who are eligible under the Healthy Start scheme. Families who do not qualify for Healthy Start can buy both the women’s and children’s vitamins from the pharmacies.

For more information on the Healthy Start scheme and to find out who is eligible, visit www.healthystart.nhs.uk

Healthy Start relaunched in Angus

(l-r) Programme manager Carol Burnett, mum Pauline Ewart and son Andrew, nutritionist Sarah Ellis and health coordinator Sally Fletcher

Picture courtesy of The Courier, Dundee
Promoting breastfeeding in Tayside

A very successful community event to mark Breastfeeding Awareness Day was held in the YMCA in Broughty Ferry. Members of the Grove Medical Practice and Broughty Ferry Health Centre’s health visiting teams were joined by 50 local mums and babies for a tea party.

Psychologist Dr Suzanne Zeedyk chatted to both mums and staff about the importance of a child’s early years as well as promoting the forgotten heroine of Dundee Mary Lily Walker, who set up the first Breastfeeding Mother’s Restaurants.

Mums and babies in Forfar enjoyed a ‘Strawberries and Cream’ tea party organised by midwives and health visitors to coincide with World Breastfeeding Week.

The event aimed to highlight the mums and babies Early Days Group that meets in Forfar, as well as share information on the range of infant health topics that are regularly covered at the group’s meetings including breastfeeding.

NHS Tayside supports World Hepatitis Day

NHS Tayside took part in a number of events for World Hepatitis Day to encourage more people to get tested for hepatitis C.

The campaign highlighted the risks for anyone who has ever injected drugs and encouraged them to consider getting tested. It also highlighted that hepatitis C can be treated and cured in up to 80% of cases.

As part of the campaign the ‘Big Red C’, a two metre high letter C, stopped off in Dundee’s city centre.

NHS Tayside also took part in the World Hepatitis Alliance’s attempt to break the world record for the most people performing the Three Wise Monkey ‘See No Evil, Hear No Evil, Speak No Evil’ actions within 24 hours. Record attempts were organised at Montrose Football Club and at the Rewind Festival in Scone.

In Tayside, 2645 people have been diagnosed with hepatitis C but estimates suggest that another 1500 people are undiagnosed.

Testing is quick and easy and widely available in Tayside. If you think you have been at risk please speak to your doctor.

Paediatric diabetes activity camp

A group of 40 children attended an activity camp at the Adreonaig Activity Centre in Kenmore which was run by the Tayside Paediatric Diabetes Team.

Over the fun-filled weekend, children were able to take part in activities such as raft building, mini Olympics, land adventure, low ropes and crates.

Consultant paediatrician Dr Vicky Alexander said, “Our summer camp at Ardeonaig gave us a wonderful opportunity to enjoy a fun filled activity weekend with many of the young people who attended the children’s diabetes service.”

Best foot forward

NHS Tayside has launched a patient walking project to help promote the health and recovery of patients at Ninewells Hospital.

All walks will be within the hospital woodland and greenspace areas using the series of paths that were specially created by The Forestry Commission Scotland. Trained volunteer walk leaders will lead suitable patients on the walks and encourage them to have a positive outdoor experience. If you have a patient suitable to participate in this project please contact Pammy Chima on pchima@nhs.net

The programme is looking for additional volunteers to be trained in leading walk. Please email volunteeringservice.tayside@nhs.net
Making Dundee a healthier place

A vast array of community projects have benefitted from Healthy Dundee’s Healthy Communities small grants scheme – where up to £500 each is available to encourage communities to become involved in making Dundee a healthier place.

Community and voluntary groups are invited to apply for funds for activities that help tackle Dundee’s main health issues such as smoking, healthy eating, physical activity and mental wellbeing.

The successful applicants receive funding from the British Heart Foundation Hearty Lives Dundee programme with £10,000 available per year.

Some of the successful projects supported in 2012/13 include:

**Lone Parents** – Claverhouse Group recently delivered taster and practical sessions on healthy eating to lone parents across Dundee. Reported feedback from parents and workers indicated a change in eating habits with healthier snacks and drinks being introduced to participants’ children.

**Hilltown Community Garden Project** – The aim of the Hilltown Community Garden Project is to address health inequalities by providing children and young people with information about healthy eating, promoting physical activity and improving their mental wellbeing by establishing a community garden. The project has got off to a great start. In the spring the group set up six raised beds made from recycled potato boxes and tractor tyres. Children from the Hilltown parent and toddler group have since been very busy sowing seeds, planting out seedlings and watering and harvesting their lovely vegetables!

**Family Fun Fit Days** – Menzieshill Out of School Care Club is offering children, young people and their families access to physical activity equipment on a daily basis at Menzieshill Community Centre.

**Healthier Minds & Bodies** – Dundee International Women’s Centre is providing weekly information and therapy sessions to improve women’s wellbeing. Their aim is to address the social isolation of women, particularly from the city’s black and minority ethnic (BME) communities.

**Volunteer Walk Leaders for Dundee Healthy Living Initiative Community Walking Groups** – the cash award is being used to enhance and expand the use of local people as volunteer walk leaders.

**Try Something New** - Adult learning guidance workers held a series of two-hour sessions offering positive physical and mental wellbeing opportunities for people in the north east of Dundee. Fifteen people attended the sessions which were aimed at building confidence and self-esteem. One participant has subsequently secured employment where talking to members of the public is the main requirement of the post.

Applications for 2013/14 funding were considered in June, September and October. For more information about the small grants scheme contact NHS Tayside project development worker Liz McDonald on 01382 424092.
Beech Hill, Lochbank and Monkbanks Care homes in Angus and Turriff House in Dundee have received NHS Tayside’s Oral Health Award.

The award was developed by the oral health improvement team within NHS Tayside to encourage homes to include new oral health standards as part of their residents’ care packages.

optiMum wins best poster

Maternal and infant nutrition programme manager Carol Barnett and midwifery team leader Linda Amot were awarded best poster in the person-centred category of this year’s NHS Scotland Event for optiMum.

optiMum is a programme which supports expectant mums to manage their weight, avoid excess weight gain and make changes to their lifestyles.

Thirteen teams from NHS Tayside were chosen to display posters at the event in Glasgow.

Care homes presented with Tayside Oral Health Award

Beech Hill, Lochbank and Monkbanks Care homes in Angus and Turriff House in Dundee have received NHS Tayside’s Oral Health Award.

The award was developed by the oral health improvement team within NHS Tayside to encourage homes to include new oral health standards as part of their residents’ care packages.

Accolade for unsung hero

Community learning disability nurse Denise Sangster was the first recipient of a Scottish Learning Disability Nursing Network (SLDNN) unsung hero award at the Excellence in Practice Awards.

The award to recognise outstanding contribution to service development or work with an individual patient went to Denise who is based at Wedderburn House in Dundee and has worked in learning disability for 35 years. Congratulations to Denise!

NHS Improving Quality visit

Julie Harries, head of patient safety, Sarah Armstrong-Klein, senior improvement manager and Heather Pritchard, improvement manager from NHS Improving Quality visited Ninewells to see and hear first hand the experiences of staff as they work to make improvements in patient safety at a local level.

They also heard about the role leadership plays in translating strategy, building capacity and capability and supporting teams to make it work.

Support services programme

Six members of staff from Support Services have begun a year-long leadership programme through The Centre for Organisational Effectiveness. The programme will have a mixture of learning sessions, mentoring, work shadowing and reflective essays.

The programme will ensure that these individuals have the necessary skills and attributes to progress within NHS Tayside.
What services can NHS Tayside’s Nuclear Medicine service carry out?

**BONE SCAN**
An Isotope Bone Scan can be used to identify the presence of various conditions and can be used to diagnose fractures or infection in joints.

**DaT SCAN**
These scans are used to diagnose signs of conditions such as Idiopathic Parkinson’s Disease.

**HMPAO BRAIN SCAN**
HMPAO Brain Scans provide information on regional cerebral blood flow. They are used in the diagnosis of a number of forms of dementia, most commonly Alzheimer’s disease.

**SENTINEL NODE INJECTION**
Some forms of cancer, such as breast cancer, are known to spread via the lymphatic system to the regional lymph nodes.

This injection helps identify the affected area and also provides vital information on the stage of the cancer.

**CARDIAC SCAN**
These scans are used to evaluate functions of the heart.

**MYOCARDIAL PERFUSION SCAN**
Myocardial Perfusion Scans can be used as a screening tool or diagnostic test in patients with suspected ischemic heart disease.

**IODINE THERAPY**
This is used to treat both benign and malignant thyroid conditions.
Bungee jump raises funds for Forfar

The Whitehills Health & Community Care Centre in Forfar received £300 after local man Ronnie Balneaves completed a bungee jump for charity.

Ronnie’s daughters Kelly and Sarah gave him a bungee jump voucher for Christmas and he decided he would do it to raise funds for local charities. “They thought I was mad enough to do it!” laughed Ronnie.

The jump took place at Killiecrankie with Ronnie falling a frightening 40 metres from the Garry Bridge towards the River Garry below.

Three charities benefitted from Ronnie’s bravery; Tesco Diabetes, Strathmore Cricket Club Kids for Africa and the Isla Ward of the Whitehills Health & Community Care Centre.

Coast to coast in memory of Ronnie

Three members of NHS Tayside’s renal service undertook the Coast to Coast Challenge - an event involving 105 miles combined cycling, running and kayaking - between Nairn and Glencoe. The team raised £1075 for organ donation charity Revival and muscular dystrophy charity Duchenne Children’s Trust.

The team, consisting of head of nursing for renal services Sean McArtney, clinical service manager Jim Foulis and consultant in renal services Dr Graham Stewart, finished in a very respectable 99th place overall from a field of around 700 competitors.

To add to the challenge, the intrepid adventurers camped in each of the overnight bases and were faced with the major logistical challenge of uprooting and setting up base camp on three separate occasions.

They completed the marathon journey in memory of Ronnie McIntosh, a double amputee and transplant recipient who worked tirelessly to raise awareness of the gift of organ donation. Ronnie sadly died early in January at the age of 62 after suffering a sudden bout of pneumonia.

Sean said, “Ronnie McIntosh has been an inspiration to us all, not only in the way he coped with and overcame the challenges of being a double amputee, but also in his strong commitment to organ donation.”

£485 donated to Roxburghe House

Rita Gunn from Dundee made a donation of £485 to Roxburghe House in recognition of the important service and care they provide for patients.

Rita organised a family fun day at Cineworld in Dundee where families were able to enjoy activities such as face painting, a photo booth, bric a brac and bakery stalls and a bouncy castle.

Rita handed over the cheque to senior charge nurse Marnie Ferguson at Roxburghe House.

Marnie said, “We are very grateful to Rita for this generous and wonderful donation to Roxburghe House.”
Colleagues met to wish community Macmillan clinical nurse specialist Karen Rice a long and happy retirement following 37 years working in the health service.

Karen’s career for more than ten years focused on delivering care in the community, particularly in the fields of cancer and palliative care. Karen worked in Perth & Kinross for most of that time.

Ann Gourlay, head of nursing for palliative services and Jean Sergeant on behalf of Macmillan Cancer Support thanked Karen for her dedication and hard work and presented her with gifts and flowers from all her colleagues.

Maureen Hogan

After 33 years of service within the Adult Learning Disability Service, Maureen Hogan has retired from her occupational therapy instructor post based at the Strathmartine Centre.

Maureen (centre with flowers) began her career aged 17 and she worked on a variety of wards at Strathmartine Hospital, where she enjoyed working with the clients and finding time to engage them in activities around the hospital site such as at the hospital farm or swimming pool.

Maureen joined the occupational therapy service in December 2009 and has been an asset in delivering a variety of daily living and leisure activities.

Linda Grieve

Linda Grieve, Head of Nutrition and Dietetics for NHS Tayside has retired from the health service after 32 years. Linda (centre, right), a dietitian, spent much of her clinical career in Angus becoming Head of Service in 2004.

Over the years she witnessed many changes and improvements to the dietetic service including the development of the weight management service and the eating disorders service. New opportunities beckoned and in 2010, Linda was successful in securing the job share post of the newly formed NHS Tayside Nutrition and Dietetic Service.
Healthcare assistant Patsy Innes has retired after working for NHS Tayside for almost forty years.

In 1974, Patsy (seated, centre) began her NHS career as a domestic assistant, a post she held until 1991. That same year she decided to make a career move and become a healthcare assistant in Ward 32 where she remained until her retirement.

Midwife Heather Thomson has retired after 34 years service in the NHS. Heather undertook her nurse training in Dundee and worked in Ninewells and DRI.

She went on to qualify in mental health nursing and midwifery and worked as a midwife in Ninewells and Border General Hospital before coming back to Dundee to finish her career.

Friends and colleagues gathered in the antenatal clinic to say farewell to Heather and midwifery team leader Linda Arnot presented her with gifts and flowers.

Jenny Mann

After a career in nursing that spanned forty years Jenny Mann (centre) bid farewell to her colleagues at NHS Tayside.

On qualifying as a staff nurse, Jenny worked in the surgical unit at Ninewells. She began her career in casualty nursing when she transferred to DRI as a staff nurse. She then took up her first sisters post working in the Casualty Department at PRI before transferring back to DRI as a casualty sister.

On the closure of DRI Jenny transferred to Ninewells Accident & Emergency Department as senior charge nurse, a post that also saw her linking in with the Orthopaedics Department. Following this Jenny took up the post of head of nursing for urgent care.

Midwifery team leader Carol Powrie has retired after more than four decades working for the NHS.

Carol (centre, front) began her general nurse training at Perth College in 1972 and on completion of her studies she worked at PRI and Bridge of Earn Hospital. Carol continued her career development and undertook midwifery training in Forth Park in 1975.

Once qualified, she started work as a midwife in PRI becoming a labour ward sister. She transferred to Ward 37 at Ninewells Hospital in July 2004, becoming antenatal and triage midwifery team leader - a post she held until her retirement.
Lisa Durward
Clerical Assistant,
Child Protection/Family Nurse Partnership (FNP) Service

Personal history
After leaving school I went to college and I took part in the Admin Academy, which involved a two-day-a-week placement from October to May in the Supplies Department, Ninewells. While on placement I was part of the customer service team.

When the placement ended last May I started to apply for jobs in the NHS and landed lucky in getting the job I am in now.

Like(s) about current job
Everyone who I work with has been very friendly and helpful since I started which makes it easier and I have a good working relationship with the rest of the team.

I enjoy learning new tasks and finding out what my different strengths and weaknesses are.

Dislike about current job
I can honestly say I have not found any dislikes so far and I hope it stays that way.

Achievement most proud of
I have two - passing my driving test first time and getting this job within the NHS.

Favourite music
I listen to a bit of everything. I don’t really have a favourite band or singer but I really enjoy going to concerts.

Favourite meal
It has to be Chinese food. I love sweet & sour chicken cantonese style.

Most like to have dinner with
I am not fussy who I have dinner with – as long as the person is paying and especially if they are good looking and rich!

Favourite word
‘You know’

Top 3 frustrations
People driving too slowly
People queue jumping
Not getting my own way

Irritating habit
Biting my nails

Do better than anyone else
I’m not sure what I am better at but I always like to try my best.

3 wishes
To be happy
To buy a Ranger Rover Sport
To win the lottery

Favourite writer
I don’t tend to read books but I do like reading magazines for example Heat and OK.