Celebrating 40 years of Ninewells Hospital
Dear spectra readers,

Welcome to the first edition of 2015, we hope that you all had an enjoyable break and managed to spend some time with loved ones over the festive season. Many of our staff got into the Christmas spirit during December and we have lots of pictures in our festive round up in The Buzz on pages 4 and 5.

In this issue we also focus on our third big anniversary of 2014. After celebrating the centenaries of Dundee Dental Hospital and Perth Royal Infirmary earlier in the year, we turned our attention to the 40th anniversary of Ninewells Hospital, which was officially opened on 23 October 1974 by Queen Elizabeth, The Queen Mother. We managed to dig up some fantastic old photographs from the past four decades, check them out on page 14-15.

We’ve all dreamt about winning the lottery and splashing out on extravagant holidays, cars and houses. As the National Lottery celebrates its 20th anniversary, we decided to ask our readers if they’ve ever been lucky enough to win anything on the lottery and what they would buy if their numbers came up. See what they said in Your View on page 12-13.

Many of you will have used the NHS Tayside Fault Line to report estates issues. The small team of four staff deal with up to 300 calls every day and provide a vital service to colleagues across all the premises in Tayside. Find out more about the work of the Fault Line team in our Focus On... feature on page 20.

The TREATS pull-out has a special offer for all those who are planning to get fit and hit the gym in 2015. The team are also looking for your suggestions for future events.

As always, we would love to hear from you with suggestions for articles, features and spectra’s stars! Get in touch if you have something to share with your colleagues, our contact details are on page 3.

spectra editorial team

spectra’s stars!

This edition’s star is Christine Black who was nominated by Gillian McGregor.

“Our friend and colleague Christine works in Genetics at Ninewells in the Genotyping team,” said Gillian. “She started work here on 31 January 2005. That’s 10 years and she’s never had a day off sick in all that time. Fantastic achievement! She is a pleasure to work with and her baking skills are greatly appreciated in the department (she won the Genetics 2014 Bake-off with her white chocolate and raspberry cake).”

Help us find the hidden gems by nominating someone for spectra’s stars! If you would like to suggest someone, please contact us (details on page 3) and explain why you think they deserve to be a spectra star.
The Buzz!

Dundee FC spread festive cheer

There were smiles all round at Tayside Children’s Hospital when Dundee Football Club stopped by with sack loads of gifts for patients.

Senior charge nurse Suzie Byer said, “Nobody likes being in hospital during the festive period but it can be especially hard for children and their families. Visits like this really help lift their spirits and make them feel special during what can be a very difficult time.”

Ninewells welcomed a very special visitor when Santa Claus stopped by to lead staff, visitors and patients in some carol singing before officially switching on the Christmas tree lights.

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

Health & social care staff at St Margaret’s House in Forfar made up Christmas boxes of gifts and useful items for disadvantaged children in Central and Eastern Europe.

Sandra Christie, who works for Angus CHP, organised the collection for the local Rotary Club.

The Santa Bikers made their annual visit to the Centre for Brain Injury Rehabilitation (CBIR) at Royal Victoria Hospital and to Glenlaw House in Dundee, delivering Christmas cheer and gifts to patients.

Whitehills Lights Up for Lippen

The Christmas tree at Whitehills Health & Community Care Centre was the focus of the Lippen Care/Strathmore Hospice ‘Light Up a Life’ service.

For a small donation, sponsors dedicate a light on the Christmas tree. A star is also placed on the tree and the sponsor receives a star to hang on their tree at home. Donations go to Strathmore Hospice for the benefit of patients and relatives.

The Angus Cardiac Group had a visit from Santa at their training event for Refer2Exercise instructors.

Nursing staff from Angus Palliative Day Services held a Christmas party for patients in Brechin Garden Centre.

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Staff at Arbroath Infirmary got into the festive spirit wearing Christmas jumpers to work on Save The Children’s official Christmas Jumper Day.

The Buzz!
NHS Tayside’s new website launched

NHS Tayside has launched a new, improved website to make it easier for patients, staff and visitors to access important health information.

The new site has been designed to meet the requirements of all website visitors, no matter what device or browser they are using, and to meet accessibility standards.

It is full of new features, including information on all premises, what’s happening in NHS Tayside and signposting to up-to-date health information and campaigns.

Chairman Sandy Watson said, “I am delighted to see this fantastic new website come to fruition. It has a very modern look and makes it much easier for people to access the information they need about NHS Tayside.”

Official opening of The Crescent

The Crescent, a new community, health and social care facility in Dundee, was officially opened by Minister for Local Government and Planning Derek Mackay.

Chairman Sandy Watson joined Mr Mackay, Lord Provost Bob Duncan and former Dundee City Council Chief Executive David Dorward at the event to officially open the centre.

Also known as Whitfield Life Services Centre, The Crescent opened to the public in April.

It brings community health services, social work, a library, cafe and retail units together under one roof to improve community wellbeing and access to services.

Artwork displays created by people with COPD

People with COPD who took part in a Tayside Healthcare Arts Trust programme have had their artwork displayed at exhibitions across Tayside.

In Angus, the exhibition gave family and friends the opportunity to see a range of prints created by participants on the creative art programme. The display was held at the Forfar Guide Hall.

Sketches and designs were also on display in Broughty Ferry, while a range of drawing and paintings were exhibited in Perth.

Maternity Triage first birthday!

The Maternity Triage team at Ninewells recently celebrated their first birthday.

The department provides a 24-hour service for women from 14 weeks pregnant who may require further care and is staffed by midwives and health care assistants, with the support of medical staff.

Previously this service was provided within Ward 37 but was relocated to its own dedicated area last year.

Trauma study evening at Ninewells

A trauma study evening at Ninewells, entitled ‘Cervical Spine Trauma’, was attended by over 100 radiographers and nurses from all over Scotland.

The evening included five presentations, including one from Dr Julie Ronald, consultant in Emergency Medicine at Ninewells, on the care a patient receives when admitted with trauma to the neck and the pros and cons of obtaining ordinary X-rays before the patient goes for a CT scan.

Care home supports good hand hygiene

NHS Tayside’s campaign to promote good hand hygiene is being supported by St Margaret’s Residential Home in Dundee.

Margaret Kennedy from the infection control team visited St Margaret’s and gave a talk to staff, do to help prevent the spread of germs and to encourage the thorough washing of hands with soap and hot water.

Photography exhibition at Cornhill

A photography exhibition was held at Cornhill Macmillan Centre in Perth.

The exhibition reflected the theme ‘To Absent Friends’, a people’s festival of storytelling and remembrance.

It featured a selection of photographs representing how people cope with losing a loved one.

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**Surgical teams hold Theatre Awareness Week**

Surgical teams in hospitals across Tayside held an awareness week (24-27 November) to highlight patient safety work and procedures linked with surgical theatres.

The awareness week included stands in Ninewells and Perth Royal Infirmary, highlighting the importance of patients being involved in their theatre journey through procedures such as the ‘theatre ticket’ which records patient information at all stages throughout their theatre experience.

Staff across Tayside also wore t-shirts to show their support for the campaign.

Dr Sharon Hilton-Christie, consultant anaesthetist with NHS Tayside, said, “Patient safety during surgery is our primary concern. During Theatre Awareness Week, we aimed to inform the public about the strict safety procedures we have in place, such as the World Health Organisation (WHO) Safe Surgery Checklist.”

**’Start the Conversation’**

A new Scottish Government campaign has launched across Tayside to raise awareness of the importance of having a Power of Attorney granted to a trusted relative or friend.

‘Start the Conversation’ is a partnership between NHS Tayside, local councils and law firms which aims to encourage people to talk to family and friends about establishing a Power of Attorney.

For more information please visit www.mypowerofattorney.org.uk

**Launch of mental health carer leaflet**

A new leaflet for people caring for loved ones with mental illness in Tayside was launched at the Carseview Centre.

The carer support leaflet was developed by Support in Mind Scotland, local carers and NHS Tayside mental health staff to help those new to their caring role and to assist professionals working in mental health.

The launch event gave carers and staff the opportunity to drop in and chat about the leaflet and the involvement of carers in helping to shape services in Tayside.

**ARCHIE launches Ninewells campaign**

The launch of an exciting new fundraising partnership between NHS Tayside and the ARCHIE Foundation was held at Ninewells.

NHS Tayside has already committed £4m for a new children’s theatre suite in the Tayside Children’s Hospital. The ARCHIE appeal aims to raise a further £2m to enhance the new area making it more child-friendly and welcoming.

For more information about the ARCHIE Tayside appeal please visit www.archietayside.org.uk or facebook.com/archietayside

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**Leading Better Care celebration**

Staff from across Tayside came together to share good practice at a Leading Better Care celebratory event at Ninewells.

Throughout the day attendees heard presentations on a range of topics aimed at delivering better care to patients.

There was also the opportunity to view poster presentations which looked at establishing a satellite community nursing equipment store, infection control and interpretation and language issues with ‘take home’ drugs.

Leading Better Care is the national role framework for senior charge nurses, senior charge midwives and team leads.

**SmallTalk**

Dundee Out-of-Hours GP service moves to Kings Cross

The Dundee Out-of-Hours GP Service has moved from Wailtrouthen Health Centre to Kings Cross Health & Community Care Centre.

The move, which was agreed in consultation with patients and public partners, will give users benefit from improved facilities.

**SmallTalk**

SDCRN welcomes top researchers

The Scottish Dementia Clinical Research Network (SDCRN) welcomed 40 of Europe’s top Alzheimer’s researchers to Edinburgh University.

The SDCRN is a national network based at Murray Royal Hospital, the Perth Centre of the network co-hosted the European Alzheimer’s Disease Consortium’s prestigious annual two-day meeting alongside the Alzheimer Scotland Dementia Research Centre.

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Care home residents get tee’d up for exercise

Residents in care homes across Perth & Kinross have been getting into the swing of golfing activities to mark the 2014 Ryder Cup.

Care home residents had the opportunity to enjoy ClubGolf activities as part of the Go4Gold Games Challenge programme, where they spent time training in a range of sporting activities before competing in a challenge event. Several care homes and local schools have also been taking part in inter-golf competitions.

Residents and carers were also invited to a civic reception for the Ryder Cup at Gleneagles where care homes were recognised for their efforts in creating a lasting legacy for golf.

Medical Education Directorate events in Dundee

NHS Tayside’s Directorate of Medical Education held two events recently.

A Celebrating Success event was held at Ninewells to recognise improvements and positive feedback from medical students on clinical placements delivered in NHS Tayside.

There was also the annual Medical Education Away Day, which aims to raise awareness of current issues amongst teaching and training staff and get them involved in strategic decision making.

Discussion groups focused on postgraduate clinical skills, e-learning, enhancing the QA process for undergraduate clinical teaching, trainer recognition and approval, and foundation education.

Manage stress and ‘Live Positive’

NHS Tayside has launched an online stress management resource to promote health and well-being for staff.

‘Live Positive’ has been developed to guide staff in the identification of stress-related issues in order to support preventative measures.

It aims to give general information and guidance by signposting to helpful resources.

Donors visit music therapy session at Armitstead

Armitstead Child Development Centre welcomed visitors to a music therapy session following a £5000 donation to the unit from local charity Cash for Kids.

Alison Carr from Cash for Kids and Asda community fundraiser Mary Robertson visited the centre’s nursery to see the children take part in their music therapy session with music therapist Mary Veal.

The donation helps fund the music therapy sessions which allow the children to experience and explore various instruments and sounds while having fun in both group and individual sessions.

Youth Partnership celebration

The important role that young people can have in the workplace was highlighted at NHS Tayside’s Youth Partnership Event.

The event at Ninewells gave people the chance to learn about the Youth Partnership and how it provides opportunities for young people within NHS Tayside.

Representatives from local organisations including Barnados, Craigowl Communities, Rathbone, HELM, Dundee & Angus College, local authorities and Skills Development Scotland heard about the Partnership’s success and discussed how more local organisations could become involved.

The dignified approach to care

A research collaboration between NHS Tayside and the University of Nottingham has found that asking "What do I need to know about you as a person to take the best care of you that I can?" can improve patients’ perceptions of their care environment.

Over 90 people took part in the study, which involved patients with palliative care needs in Ninewells. The project was led by Nurse Director Dr Margaret McCuirre, consultant Dr Deans Buchanan and Nottingham University Professor Bridget Johnston.

A presentation on the findings and an information stand at Ninewells gave staff, patients and members of the public the chance to hear about the findings of the study.

Professor Bridget Johnston (left) and Research Fellow Dr Ian Pringle at the information stand at Ninewells.
‘It could be you!’

It is hard to believe that it is 20 years since the national lottery started in the UK and those famous words ‘It could be you’ tempted to us to part with our hard-earned cash in the hope of winning the jackpot.

Since the lottery first rolled out there have been 25 millionaires created in Tayside with many more winning large life-changing sums of money. There are also many local groups and agencies that have benefited over the years as the lottery has generated financial support and investment for projects in Tayside to the tune of an eye-watering £250 million.

If it’s any comfort for those that have played the lottery and not won, it would seem the dream of winning the big bucks isn’t always what it is cracked up to be. Many winners, after having splurged on top-of-the-range cars, houses and yachts, return to what the rest of us say we dream of giving up - work!

Here in the spectra team, we regularly fantasise about how we would spend our millions if we were to win the jackpot and we wanted to know what our readers would do with their winnings. We asked staff if they had ever won anything on the lottery and what would be the first thing they would buy if they won the jackpot.

Jane Dernie
Allied Health Professionals lead
Perth & Kinross CHP

I have never won anything but I am married to someone who does so I live in hope! If we did win, I’d like to buy a holiday home in the south of France.

Jennifer Glass
Switchboard Services Operator
Ninewells

First I would pinch myself to see if I was dreaming as I hardly ever play the lottery! I am part of the lottery syndicate at work and we have only ever won small sums of money.

My next thought would be to make sure my sons and grandchildren share in my good luck. I occasionally play the lottery myself and have never been lucky but I have been lucky playing bingo so it’s not all bad!

Amil Kilpatrick
Staff Nurse
Clova Ward, Whitehills

I have never won the lottery but if I did the first things I would do would be to buy a house in Italy, buy new cars for all of my family and take my brother to Florida to see the dolphins.

Susan Coats
Switchboard Services Operator
Ninewells

I would take my family on a really great holiday, no expense spared. When I got back I would treat myself to a top of the range car (just not sure which one) and a lovely new house. However, I know I would end up returning to some form of work, whether investing in a business or getting involved with charity work, as the idea of doing absolutely nothing isn’t for me.

I am a member of my work lottery syndicate which hasn’t really won much. I occasionally play the lottery myself and have never been lucky but I have been lucky playing bingo so it’s not all bad!

Maureen Phillips
Staff Nurse
Angus Palliative Day Service

Unfortunately I’ve never won anything on the lottery.

If I won the jackpot I would give money to all of my friends then buy a motor home and take off to see all the sites in Australia.

Sharon Dillon
Switchboard Services Operator
Ninewells

A holiday would definitely be the first thing on my list. I am picturing myself somewhere tropical (no mosquitoes) on a beautiful beach with a good book and a cocktail in my hand. Next on my list would be sharing my winnings with my close family.

I am part of my work syndicate but when the lottery started I did play it regularly and always with the same set of numbers until one week I didn’t play and that was the week I missed out on winning £75,000. That was very upsetting and I can still remember that horrible feeling of disappointment. I vowed that ‘lucky dip’ was the way forward after that and I have stuck to it but I have never really won anything to speak of.

Valerie Aitken
Corporate Services/Business Support Manager
Perth & Kinross CHP

I have never won anything on the lottery but if I did win I’d buy houses for me and my family.

Jennifer Glass
Switchboard Services Operator
Ninewells

I have never won anything but I am married to someone who does so I live in hope! If we did win, I’d like to buy a holiday home in the south of France.

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Here are the official top 10 biggest winners on Euromillions.

1. Former TV cameraman Colin Weir and his wife Chris from Ayrshire, 2013: £161,653,000
2. Adrian and Gillian Bayford from Suffolk, 2013: £148,656,000
3. Anonymous: £113,019,926
4. Car mechanic and part-time racing driver Neil Trotter from Surrey, 2014: £107,932,603
5. Dave, a shift supervisor, and his wife Angela Davies from Cambridgeshire: £101,203,600 won in 2013.
7. Anonymous, 2013: £81,381,673
8. Anonymous, 2014: £73,205,659
9. White van driver Nigel Page from Cotsworlds, hit the jackpot in 2010: £56,008,113
Ninewells Hospital and Medical School was the first teaching hospital in the UK to be built last century and it remains one of the largest in Europe. It was opened by Queen Elizabeth, the Queen Mother on 23 October 1974. Initially the building was estimated to cost £5 million however the final cost came in at £22 million by the time the hospital was completed and ready for opening.

The hospital’s unusual design and layout attracted considerable attention from the public and media. It was noted that the huge 230 acre site included 30 miles of hospital corridors and had a kitchen bigger in size than the largest church in Dundee.

With more than 5,000 staff working at Ninewells and the main concourse providing space for a hairdresser, cafés, newsagent, post box, health shop, optician, gift shop and clothes shops, the hospital has been likened to a small village.

Since opening there have also been notable additions to the landscape such as the Tayside Children’s Hospital, Maggie’s Centre, the new community garden which recently featured on BBC’s ‘The Beechgrove Garden’ and the Clinical Research Centre.

The hospital’s reputation for clinical developments and research has grown over the years and it is today, after four decades, recognised internationally as a centre of excellence.

The fashions and hair length may have changed since the 1970s but the dedication, commitment and professionalism of staff remains as true today, 40 years later, as it was then...

To mark the 40th anniversary and the official opening of the hospital a free exhibition was created in partnership with the University of Dundee Museum Services.

The exhibition captured many of the changes in patient care and technology that have transformed healthcare for the people of Tayside over the past 40 years including the introduction of CT scanning, keyhole surgery and IVF treatment.

A special time capsule to commemorate the 40th anniversary was also created and is on permanent display on the concourse at Ninewells. The time capsule contains a variety of items including a patient menu sheet, organ donation leaflet, copy of spectra and The Courier newspaper as well as a USB memory stick with internal and external images of the hospital.

The closing ceremony for the time capsule was attended by NHS Tayside’s Chief Executive Lesley McLay, University of Dundee Professor of Medical Education Jean Ker and NHS Tayside Chairman Sandy Watson who officially sealed the time capsule after placing the final item inside.

To acknowledge the 40th anniversary of the formal opening of Ninewells Hospital and Medical School, this Time Capsule has been prepared using a piece of steel outer housing remains from the Ninewells Emergency Department during its closure. This was donated from the Professor of Medical Education at Ninewells, Professor John Ruddock. The box was designed and assembled by Chris Fox of Dundee. It contains a copy of the Ninewells and 37 years of Tayside Children’s Hospital.

To mark the 40th anniversary of the opening of Ninewells Hospital and Medical School, a time capsule was created and placed on the concourse of the hospital. The time capsule contains various items including a menu sheet, organ donation leaflet, and copies of spectra and The Courier newspaper, as well as a USB memory stick with images of the hospital.

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Life begins at 40...
Health Matters

**Fun Fit groups for Tayside families**

The Paediatric Overweight Service Tayside (POST) is encouraging families to get active with its free Fun Fit sessions.

Fun Fit Tayside is a programme aimed at families with children aged between two and 16 who need support managing their weight.

The POST team has collaborated with Myme Time Active who deliver a programme called MEND (Mind, Exercise, Nutrition, Do it).

In a friendly, interactive atmosphere, families learn how to modify their lifestyle to help with weight issues. Parents focus on energy balance, food labels and portion sizes whilst children can participate in fun activities and games.

**Alcohol Awareness Week**

The Dundee Alcohol and Drug Partnership (ADP) held several events across the city to mark the annual campaign providing people with hints and tips on how to drink responsibly.

The theme for Alcohol Awareness Week was ‘Facing our Alcohol Problem – taking back our health and high streets.’

During the week, the Dundee ADP team highlighted the small changes individuals can make to help them drink more responsibly and get more out of their day, week and weekend.

**The frightening effects of smoking**

The hospital smoking cessation team held a Hallowe’en-themed event to raise awareness about the dangers of smoking.

The team provided information on the effects of smoking on health, such as cardiovascular and lung disease and respiratory conditions such as COPD and asthma.

Staff and visitors also had the opportunity to find out more about the support available to help them stop smoking, nicotine replacement therapy and community stop-smoking groups.

**European Antibiotic Awareness Day**

The European Centre for Disease Prevention and Control launched a campaign highlighting how appropriate use of antibiotics can prevent the spread of antibiotic-resistant bacteria.

To mark the campaign, members of the NHS Tayside Antimicrobial team hosted information and advice stalls across Tayside.

Every year, it becomes more important to ensure antibiotic use is appropriate and to stop the spread of infection by careful hand washing. Overuse of antibiotics causes bacteria to change and develop resistance, making them harder to treat.

**And the winner is...**

Chairman Sandy Watson and non-executive member of Tayside NHS Board Alison Rogers hosted the event in the Ian Low Centre. The awards, now in their fourth year, celebrate NHS Tayside staff’s ideas for improving the care and treatment of patients. Over 45 teams entered the competition and 11 projects from across Tayside made it to the finals.

The winning team’s project has delivered instant access to patients’ ECGs (heart tracings) to all health professionals 24/7 at the click of a mouse, allowing potentially lifesaving decisions to be made quicker.

**Category Winners**

- Improving Outcomes for Patients
- Partnership Working
- Rethinking Unscheduled Admissions
- Camperdown Cycling Group
- Improving Health & Wellbeing of Communities
- Lochlee Parish Church Drop Inn Café

"Provision of a robust ECG storage, archive and retrieval system" led by consultant cardiologist Dr Douglas Elder was announced as the winner of the NHS Tayside Quality Awards 2014 at a ceremony held at Ninewells.

Developed by a multidisciplinary team, the system has delivered robust, high quality ECG support and cardiology results for patients across NHS Tayside.

On picking up the award, Douglas said, “I am absolutely delighted that the work of the team has been recognised. This has truly been a multidisciplinary clinical and IT team effort to improve how we treat our patients.”

The winning team, who also won the category award for ‘Working Behind the Scenes’, was presented with a £1000 education grant and the Quality Award for 2014. Each of the four category winners was awarded a £500 education grant.

Sandy Watson said, “Huge congratulations go to the winner of this year’s Quality Award and to all of the category winners and finalists.

“The Quality Awards give us the opportunity to say a big thank you to all our staff for the good work that they do. Year on year I am blown away by the exceptional and innovative improvement work which our staff carry out to ensure the best care and treatment for their patients.”
Tayside’s Got Talent!

Tayside success at Scottish Health Awards

Rhona Guild and the Primary Care Team of Angus CHP have been praised for her positive outlook and compassionate approach. Margaret has worked with vulnerable members of society, such as the homeless and those fleeing domestic violence, to ensure they receive the healthcare they need. Margaret was awarded the Unsung Hero Award. Margaret works with vulnerable members of society, such as the homeless and those fleeing domestic violence, to ensure they receive the healthcare they need. Margaret has been praised for her positive outlook and compassionate approach.

Rhona Guild and the Primary Care Team of Angus CHP were awarded the Care for Long-Term Illness Award. The team of nine, led by Rhona, is engaged with many self-management initiatives throughout Angus which aim to help people living with long term illnesses manage their health conditions.

Congratulations also to Julie Stewart from the Perth Adult Learning Disability Team who reached the final stages of the Support Workers Award. Physiotherapy support worker Julie impressed the judges with her enthusiasm and commitment to providing people with additional support needs the opportunity to learn and achieve new skills.

NHS Tayside Chairman Sandy Watson said, “I am delighted to congratulate these NHS Tayside employees on their success at the Scottish Health Awards. “It’s wonderful that their dedication and commitment to enhancing our services has been recognised in this way.”

Nutrition expert picks up award

Tayside Nutrition Managed Clinical Network improvement and development manager Jacqueline Walker has won the prestigious Complete Nutrition’s Coeliac Professional of the Year Award, for her work to improve the nutritional care provided to patients with coeliac disease and dermatitis herpetiformis. Jacqueline also led a re-design of the coeliac disease patient pathway in Tayside with one of the most significant changes being to move gluten-free food prescribing out of GP practices and into the hands of patients and pharmacies. As a result of the Tayside initiative, the Scottish Government is now testing a national version of the scheme.

National Awards for Tayside teams

Two Tayside teams have received national recognition at the recent 2014 Quality in Care (QIC) Programme Awards ceremony.

Dundee Community Health Partnership was awarded Best Diagnosis & Testing Programme in the QIC Hepatitis C category for its work on Improving Outcomes for Patients with Blood Borne Viruses (BBV) in Dundee. This was work supported by the BBV Managed Clinical Network.

NHS Tayside’s Hepatitis C Managed Clinical Network also scooped an award for Best Treatment Pathway Initiative for their project Access to HCV Treatment for People Who Inject Drugs.

The teams received their awards at a ceremony held in Newcastle.

Ninewells driver wins ‘Volunteer of the Year’

Sterile Services Department driver George Wemyss has won the Scotland region’s ‘Volunteer of the Year Award 2014’ from Barnardo’s and has now been nominated for the same award on a UK basis. Head of Production Billy Alexander said, “George is an excellent employee for NHS Tayside and this is a wonderful achievement for him.”

IHM Scotland Annual Conference

Posters presented by two NHS Tayside teams were highly commended by judges at the Institute of Healthcare Management (IHM) Scotland Annual Conference. Maternity Services submitted a poster describing how the department is developing a culture that enables staff to thrive and flourish ensuring high-quality, women-centred care.

A multi-disciplinary team also developed a poster to showcase the Enhanced Community Support project which aimed to develop and test a model to provide a multi-agency responsive service for frail older people.

Advanced Leadership Programme

NHS Tayside Chairman Sandy Watson presented certificates to five senior members of Site Support Services, who had successfully completed an Advanced Leadership course. The year-long course involved before and after 360 degree assessment, psychometrics, mentoring, PDP sessions, Action Learning Sets, shadowing and a short presentation. Mr Watson congratulated the participants on their tenacity, determination and hard work throughout the programme.

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Spectra 75 January-February 2015

Spectra 75 January-February 2015
Focus on The Fault Line

If there’s something wrong in your department
Who you gonna call?

The Fault Line Team!

They may be a small team but the fault line department plays a vital part in the life of NHS Tayside.

The team, which consists of fault line operators Shannon Farquharson, Angela Turnbull and Colin Lindsay along with supervisor Suzan Hogan (pictured above), act as your first port of call to report a repair. They can take up to 300 phone calls a day to answer a range of requests for repairs in Ninewells and Perth & Kinross, Angus and Dundee communities.

The operators help co-ordinate urgent repairs and work closely with maintenance staff to ensure that any faults on NHS Tayside sites are dealt with quickly and safely.

Colin said, “The best thing about this job is working in a team and receiving positive feedback from wards and departments, especially when it concerns patient care.”

Suzan said the team works closely to provide a positive customer experience to NHS Tayside colleagues. “We rely on the staff who report the calls to provide us with exact information, such as the correct location and room number of the breakdown, so that we can provide our maintenance staff with as much detail as possible to enable them to respond to the job accordingly.

“It is a demanding but rewarding role and I learn something new every day. No two days are ever the same here. I really enjoy the challenges it throws at our team.”

The department also supports students through NHS Tayside’s Healthcare Academy.

Students do various tasks to support this busy team, including produce the yellow log books. These books are given to every department so they can record and trace the reported faults. This book is essential in helping the fault line and maintenance staff provide the service.

Recently, Heather McGrath took part in a placement with the fault line team and she said she loved her time in the department.

Heather said, “For the first few weeks of my placement, I felt like running away from everything.

“Luckily, through the amazing support provided by everyone in the office, I began to overcome my fears.

“I cannot adequately express how grateful I am for the opportunity I was given to work in the office.”

So Long, Farewell...

Staff nurse Lynn Shilp (seated right) retired after 20 years at Aberfeldy Community Hospital and more than 40 years service with the NHS.

Lynn trained in Glasgow and Edinburgh and has had a varied and interesting career working in many areas including major trauma, theatre and oncology in the UK and overseas.

Lynn Shilp

Sheila Cron (left) said farewell after more than 40 years with the NHS.

Sheila started as a cadet nurse in 1973 before qualifying as a registered nurse, midwife and health visitor. She became a health visitor in Blairgowrie in 1998 before moving to Public Health.

Most recently Sheila worked as head of nursing for health improvement and inequalities covering central healthcare/Keep Well, the healthy communities collaborative and developing the One Stop Women’s Learning Service (OWLS).

Lynna Brown

Lynda Brown (seated centre) started her 37-year nursing career in 1977 in ward 9 at Kings Cross.

She completed a diploma in orthopaedic nursing in Edinburgh then began her bridging course/student nurse training in 1987.

Lynda then became charge nurse in ward 9 west before moving to Ninewells in 2002. She retires as senior charge nurse in ward 10.

Lynda Brown

Rae Taylor

Head of Information and Performance Rae Taylor (centre, white shirt) retired after a 32-year career in the NHS, which began in England in 1982.

Rae moved to Tayside in 1993 and over the years has introduced different ways of working with technology to improve security and efficiency and established models to monitor statistics more closely.

Service improvement advisor Ken Greig was presented with his 40-year long service award by former deputy chief executive Caroline Selkirk.

Ken began his career as a staff nurse in 1974 and has since worked in a number of roles, including setting up the supported discharge team in Dundee which was then rolled out across Tayside.

Staff nurse Val Clark (seated second right) started her career as an auxiliary nurse at DRI in 1974 before completing her registered nurse training and taking up post at Ninewells.

Val received her long service award from Christine Freer, senior charge nurse in the coronary care unit where Val has worked for the last 31 years.

Arlene Forbes

Colleagues, patients and friends from the Craigowl Centre and Strathmartine Centre celebrated staff nurse Arlene Forbes retiral from the service after 38 years service.

Arlene will be missed by everyone after her long service working with people with learning disabilities and goes with the best wishes of the service for a happy retirement.
10K race for Chest, Heart and Stroke Scotland

North of Scotland Planning Group (NoSPG) staff ran a 10k race at Holyrood Park, Edinburgh to raise £200 for Chest, Heart and Stroke Scotland.

Obstacles included foam baths, army netting and the mighty Arthur’s Seat!

Ian goes the extra mile for Glenlaw

NHS Tayside Director of Finance Ian McDonald completed a 26 mile marathon on a cross trainer to help Glenlaw House in Dundee raise funds to buy a new outdoor storage facility.

Glenlaw House, based at Kings Cross, is a respite unit for children and young people within Tayside who have multiple learning disabilities and complex healthcare needs.

Ian completed the gruelling task in a personal best time of two hours and 11 minutes, smashing his target of £1500 by raising almost £2500.

Head shave in memory of uncle

Eleven-year-old Elise Hestnes from Laurencekirk donated £1124 to the ward 32 patient fund at Ninewells Hospital.

Elise shaved her head to raise money in memory of her uncle, Arthur Donaldson from Balbeggie, who was a patient on the ward.

Elise said, “I wanted to raise money and awareness of cancer and when my auntie Tracey told me about ward 32 I decided that was where I wanted to donate the money to.”

Climb benefits CBIR

Stuart McGahie and his family donated £4500 to the Centre for Brain Injury Rehabilitation (CBIR) at Royal Victoria Hospital.

The money was raised when Stuart and 14 members of his family climbed Ben Nevis.

Stuart was treated in the CBIR unit for several weeks following a car accident and decided to raise money for the ward to thank everyone for the care and treatment he received.

Gift of music for ward 3

Tesco donated four radios to ward 3 at Ninewells after an appeal by patient Chris Lafferty.

Chris spent two weeks in ward 3 and found it to be very quiet with no TV or radio.

When he was discharged, Chris approached Tesco to ask if they would donate radios and they kindly agreed to give a digital radio for each bay on the ward.

Coffee mornings for Macmillan

Coffee mornings held in the Chief Executive’s, procurement and respiratory departments at Ninewells raised almost £1000 for Macmillan Cancer Support.

Cakes large and small were enjoyed by staff who came along for some treats and a cup of tea or coffee.

Donation to Chronic Pain Clinic

Staff at the chronic pain clinic at Ninewells Hospital gratefully accepted a £500 donation from Mr Ross, husband to Anne Ross, who sadly passed away this year.

Anne had been a patient of the pain clinic since 1989 and was well known to staff and fondly remembered. The money was raised by donations received from Anne’s family and friends at her funeral.

When domestic assistants at Kingsway Care Centre Sophina Benn and Mandy Dempsey were nominated to do the Ice Bucket Challenge they asked for donations to Macmillan Cancer Support, raising £200 in total.

Doug Clark from Macmillan received the donation from Sophina (holding cheque) and colleagues.

Thank you gift for renal unit

A family from Marykirk, near Montrose, donated £550 to the renal unit at Ninewells Hospital.

David Officer received a kidney transplant 27 years ago and, to give something back to the ward, his son Willie asked friends and family to make a donation rather than give a gift at his 40th birthday celebration.

Head of nursing for renal services Sean McArtney accepted the cheque from Willie, David and Logan Officer.

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All About Christopher!

Christopher Young
Plumber, Ninewells

From winning the first Apprentice of the Year Award to helping design a time capsule to mark Ninewells 40th anniversary, Christopher Young is certainly making his mark in NHS Tayside. But what does Christopher like to do outside of work? Read on to find out more.

How did you come to be in your current job?

After leaving school in 2005, I went to college to do a pre apprenticeship in plumbing then in August 2006 I was successful with my application to become an apprentice plumber at Ninewells. I became a fully qualified plumber in 2010 and have since been working at Ninewells in the Property Department.

What would you be doing if you weren’t doing your current job?

That’s hard because I can’t imagine not working in NHS Tayside but I might have gone on to higher education or tried to get an apprenticeship somewhere else.

What secret skills/party tricks do you have?

As I mentioned before I can play guitar, so if there is one available wherever I might be, I will definitely play a few songs on it!

Who would play you in a movie of your life?

My favourite actor at the moment is Tom Hardy so probably would have to be him.

What is the first music album you ever bought?

I think it was What’s the Story Morning Glory by Oasis which is still one of my favourite albums today.

If you won the lottery, what would be the first thing you would buy?

I would probably buy a nice house first and then go travelling the world in style.

What’s your theme song?

It would probably be ‘Here Comes The Sun’ by The Beatles as that song can put me in a good mood no matter what.

What do you miss most about being a kid?

Having all the time in the world and no responsibilities.

If you were stuck on a desert island, what three items would you take?

I would take my guitar and my iPod to keep me company and also sun tan lotion because I burn very easily!

If you could meet anyone, living or dead, who would it be?

That’s a tough one but it would probably have to be Noel Gallagher. After listening to the songs he had written, it started the love I have for music today.

Who would play you in a movie of your life?

My favourite actor at the moment is Tom Hardy so probably would have to be him.

What’s the Ninewells 40th anniversary time capsule which was created from a piece of old filter housing from the Endoscopy department. Christopher sourced this from the plumbing workshop (see pages 14 & 15 for more details)