spectra

Seasons Greetings
Dear spectra readers,

Love it or loath it, the festive season is fast approaching and people’s thoughts are turning to Christmas. There are lots of wonderful things about this time of year but often it’s the little personal rituals and traditions that make it really feel special.

Whether you always have to open just one present before going to bed on Christmas Eve or if you eagerly await your multi-pack of socks each year, we all have our own Christmas customs. With this in mind we quizzed our staff to see what weird and wonderful traditions they follow. See what they told us in Your View on pages 12 and 13.

For the past decade NHS Tayside has been at the forefront of offering work and training opportunities to young people through its modern apprentice scheme. In our feature on pages 14 and 15 we meet some of the young trainees to hear about the wide range of apprenticeships on offer.

With winter just around the corner, the staff flu vaccination programme is in full swing. NHS Tayside offers the vaccine free of charge to all staff and volunteers, not just those working on the frontline. Please help protect your patients and keep our services running by getting vaccinated. You can find out more about the programme on pages 18 and 19.

For all you dancing fans, your TREATS insert has an application to go and see the stars of Strictly Come Dancing in Glasgow. There’s also a Christmas sudoku competition with the chance to win some special prizes.

We are also pleased to welcome Professor John Connell (right) as Chairman of Tayside NHS Board. Professor Connell was previously Vice Principal for Research at the University of Dundee and has a distinguished record of leadership in the NHS and university sector. Professor Connell began his post on 1 October for a period of four years.

Happy holidays everyone, we’ll be back in 2016!

spectra editorial team
Sandy Watson – a tribute

Alexander Bell (Sandy) Watson, OBE, DL, MA, Med

Sandy Watson, a career public servant who gave a lifetime of service to communities across Scotland, has died at the age of 70 in Ninewells Hospital following a short illness.

Born in Airdrie on 20 May 1945, Sandy spent his childhood in the town with his brother Ian.

Educated at Airdrie Academy, Glasgow University then Jordanhill College of Education, Sandy took up his first teaching post as a teacher of Classics at Morrison’s Academy in Crieff, before moving to the Isle of Skye as Principal Teacher of Classics at Portree High School.

His teaching career then took him to McLaren High School in Callander before the lure of a leadership role saw him take up posts in the Directorates of Education at Central, Strathclyde and Tayside regions, with him holding the position of Director of Education for Tayside Regional Council from 1990 to 1994.

A spell as Chief Executive of Tayside Regional Council was followed by a decade at the helm of Angus Council from 1995 to his retirement in 2005. However, not content with two public sector careers, Sandy embarked on another – this time with NHS Tayside – where, from 2005 he was a non-executive member of Tayside NHS Board, before holding the Chairmanship of the Board from 2007 to May this year, when he retired.

Sandy avidly believed in getting out there and meeting people in all of the organisations he worked for. He loved to go “behind the scenes” seeing for himself what the people at the frontline were doing and making sure they knew their role was valued and that they were making an important contribution.

Married to Jean for 44 years, the couple were inseparable. His devotion to the love of his life was evident to everyone who knew him. Forever the master at putting people at ease, always quick with an anecdote and with a mischievous sense of humour and a twinkle in his eye, Sandy was also a true gentleman. He will be universally missed. He is survived by his wife Jean, brother Ian and sons Calum, David and Andrew.

Paying tribute to Sandy, NHS Tayside Vice Chair Doug Cross said, “He was a man who devoted his life to public service, holding leadership roles in a number of public sector organisations and carrying out each with the utmost distinction.

“Sandy was held in the highest esteem throughout Scotland and he will be greatly missed by our staff and his many friends and colleagues.”

NHS Tayside Chief Executive Lesley McLay said, “Over his 10-year period with NHS Tayside, Sandy’s commitment and priority was to work with all our staff to ensure the delivery of the highest quality care for the people of Tayside. He will be sadly missed by us all.”

New sexual health clinic for young people in Angus

The Linc Clinic recently opened its doors to provide sexual health advice for people aged 18 and under in Angus.

The clinic is based in Abbey Health Centre in Arbroath and is open every Monday from 5 to 5.45pm. Staff provide confidential advice on sexual health and contraception, as well as offering STI screening and treatment.

Associate specialist in sexual health Dr Dianna Reed said, “It’s great to be able to offer a dedicated clinic which is young people friendly, at a time that suits them.

“Sexually transmitted infections can be common and pregnancies often unplanned. We aim to offer young people a service that empowers and informs healthy choices. The new Linc Clinic offers this opportunity in line with similar services in Dundee and Perth.”

Further sexual health clinics are run at Abbey Health Centre which young people are also welcome to attend. For more information on sexual health, visit www.sexualhealthtayside.org

Staff Engagement Matters

Better staff experience supports better patient experience

NHS Tayside is committed to putting people at the centre of everything we do and using our shared values to guide how we work together, the decisions we take and the way we treat each other.

The iMatter continuous improvement model has been designed to help individuals and teams understand and improve staff experience by sharing best practice and helping in areas which may need a bit more support.

Each individual will complete a questionnaire and results will be reported at team level. The report will relate specifically to your team and will offer you a real opportunity to influence how you work together and what it’s like to work for NHS Tayside.

Your line manager will share your team report with you and your team and you will work together to develop an action plan to address issues arising from the report. All of the team questionnaires will then be collated to form a service and overall directorate report.

Major milestone for Health & Social Care Integration

The final meetings of the Dundee, Angus and Perth & Kinross Community Health Partnership Committees were held ahead of the introduction of new integrated health and social care partnerships.

The committees brought together NHS Tayside staff and Board members, councillors and voluntary services amongst others and, for the past 10 years, they have been responsible for driving forward improvements and delivering local, community-based health services.

This partnership approach laid the foundations for the integration of health and social care services which, from April 2016, will be overseen by new Health and Social Care Partnerships. In the meantime, interim accountability and governance arrangements are in place.

Healthcare staff, carers, service users, voluntary sector colleagues and local communities are now working together more than ever before and the benefits that new, more integrated approaches can bring to individuals and their families are already being seen.
Chief Nursing Officer visits Tayside

Chief Nursing Officer for Scotland Fiona McQueen visited Ninewells A&E and Dundee Community Nursing Service. During her visit to A&E, Fiona heard about the patient journey, the successes and challenges of working in an A&E department and how quality and care is sustained within this setting.

Staff also gave a poster presentation highlighting the innovative practices currently being developed by A&E nursing staff.

While visiting the district nurses from the Community Nursing Service Fiona learned about some of the challenges district nurses face while delivering care to patients in their own home.

District nurses also had the opportunity to showcase some of the innovative projects happening in the community at the moment, as well as highlighting plans for the future.

‘Hello my name is ...’

A national campaign to encourage better communication with patients has been launched across NHS Tayside.

The original ‘Hello my name is ...’ campaign was created by Dr Kate Granger, a terminally ill young hospital consultant who became frustrated with the number of healthcare staff who did not introduce themselves during her care.

The campaign reminds staff to go back to basics and take time to introduce themselves to all patients and their families and carers properly, which helps to promote positive communication and supports one of NHS Tayside’s core values that all patients should be treated with respect and dignity.

All staff who have contact with patients should make a conscious effort to introduce themselves to patients by:

• Saying ‘hello my name is ... and I will be looking after you today’
• Asking the patient how they would like to be addressed
• Having their name badge visible at all times

All staff name badges will also have the ‘Hello my name is ...’ logo incorporated on them in the future to remind staff of the importance of introducing themselves and establishing a good, open dialogue with their patients to support person-centred care.

Community leg ulcer clinic opened

A new community leg ulcer clinic has opened at Westgate Health Centre in Dundee.

The project is the first of its type in Tayside and is testing a new nurse-led model of care, staffed by community district nursing staff who have undertaken additional training to equip them to work with this patient group.

The aim of the service is to heal more venous ulcers faster using staff who are experienced in treating these lesions. It will also improve the quality of life for people with venous leg ulcers through the delivery of clinically effective care and advice.

Initially the project will accept referrals from a small cohort of GP practices in the west of the city for adults who require assessment, treatment and advice, including aftercare to minimise recurrence.

Working together to prevent fire deaths

A new e-learning module has been developed by NHS Tayside and Scottish Fire and Rescue Service (SFRS) with the aim of improving home fire safety for the most vulnerable members of the community.

A study of fire deaths in Tayside found that they mainly involved older people who lived alone in rented accommodation and who suffered from a long-term health condition.

Healthcare staff can use information in the new learnPro module to identify people who are at risk from fire, establish fire risks within the home, raise awareness of the prevention services SFRS can provide and refer individuals for a Home Fire Safety Visit.

SFRS Group Manager Martin Tait said, “The crucial issue raised during the study was that all these people were known to other agencies but not to SFRS. Unfortunately we are still encountering incidents that are entirely preventable and by adopting this joined-up approach with healthcare professionals we can increase people’s safety within their own home and further reduce house fires and the tragic consequences they can bring.”

New garden room to be built at Ninewells

A new bespoke garden room called The Leaf Room will be built at Ninewells Community Garden using homegrown sustainable Scottish larch, spruce and Douglas fir.

Kevin Lafferty of Forestry Commission Scotland said, “The garden room at Ninewells Hospital overlooking the woodland is an exciting example of environment and health sector working in partnership in Scotland.”

Ninewells Community Garden is also running sessions to encourage more people to become garden volunteers. The two-hour sessions will take place on Thursday afternoons and people are welcome to drop in at 2pm.
Green light for Aberfeldy’s new state-of-the-art health & care facilities

A proposal to integrate health and social care services in one location in Aberfeldy has been given the green light by NHS Tayside and Perth & Kinross Council.

The business case setting out plans to reshape health and social care services in the area was approved by Tayside NHS Board and by members of Perth & Kinross Council’s Housing and Health Committee.

This means that vacant wings in Dalweem Residential Care Home will be redeveloped to include health provision, respite and rehabilitation facilities.

Current services provided at both Aberfeldy Community Hospital and Dalweem Residential Care home will continue as normal until the redevelopment work is completed.

NHS Tayside, Perth & Kinross Council and the independent and voluntary sector partners have been working with local residents since early 2014 to explore options to provide sustainable health and social care services to meet the needs of the community now and in the future.

NHS Tayside Prisoner Healthcare staff took part in an awareness walk at HMP Perth to celebrate recovery of addiction.

NHS Tayside Prisoner Healthcare Substance Misuse staff worked in close partnership with the Scottish Prison Service to locally support the annual Scottish Recovery Consortium (SRC) Recovery Walk.

To take part locally, staff joined community recovery champions, representatives from community agencies and prisoners to walk for a mile around the grounds within Perth prison to support the annual event.

Famous paintings inspire art display at Perth Royal Infirmary

The Girl with a Pearl Earring by Vermeer and paintings by Constable and Monet are among the famous artworks that have inspired a new exhibition at Perth Royal Infirmary.

The exhibition, based in the main ward block corridor at PRI, has been created by members of the Moulin Art Club.

The exhibition features new versions of famous paintings by world-renowned artists.

The artwork has been donated to NHS Tayside from the club for the benefits of patients and staff.

Young Carers ID Card pilot in P&K

NHS Tayside in collaboration with PKAVS has launched a pilot to test a Young Carers Identification Card in Perth & Kinross.

Professionals within health and education may not be aware of who young carers are and the pivotal role they can play within a family setting, as well as the challenges they may be facing.

The identification card is designed to enable people to be recognised as a young carer, as well as increasing their confidence to manage their caring role.

For further information, please contact Jo Southern on j.southern@nhs.net or 07793 746525.

Volunteers sought

NHS Tayside is looking for volunteers in Perth & Kinross to give some of their spare time to help others and enhance patient care.

There are almost 1000 volunteers across NHS Tayside carrying out many roles, including library assistants, health walk leaders, gardeners, flower arrangers, chaplaincy support and breastfeeding buddies.

Volunteer David McLaren, who drives patients throughout Perth & Kinross, explained, “After what my wife and I gained from the NHS over the years, I decided that I wanted to give something back and volunteering offered me that opportunity.”

NHS Tayside is currently looking for volunteer drivers and library trolley volunteers to assist across Perth & Kinross. If you would like further information, please contact Voluntary Services Manager Jane Laahs on 01738 562323 or email janelaahs@nhs.net

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Physician associates welcomed to Tayside hospitals

Trainee and graduate healthcare professionals have been welcomed to NHS Tayside in the new clinical position of physician associate.

Four graduates from Aberdeen University will undertake placements in gastroenterology, acute stroke medicine, general surgery and vascular surgery during their one-year internships.

Aberdeen University students who are currently undertaking the two-year Physician Associate Studies Postgraduate Diploma will also be in Tayside for four-week placements and NHS Tayside is sponsoring the students to complete the postgraduate diploma course.

Physician associates (PAs) are a new and rapidly growing group of graduate professionals who, whilst not doctors, have the skills and knowledge base to deliver holistic care and treatment.

With funding support from NHS Tayside’s charity, Tayside Health Fund, NHS Tayside is supporting this new healthcare role in partnership with Aberdeen University.

Consultant surgeon Stuart Oglesby said, “We are delighted to be supporting this exciting new role which will see PAs working in partnership with patients and senior medical staff to improve patient care and ensure that patients are actively involved in decisions affecting their care.”

Supporting organ donation

NHS Tayside took part in the ‘7 Days to Say Yes I Donate’ campaign during National Transplant Week which encouraged people to discuss their organ donation wishes with their loved ones.

Information stands were held at Ninewells and PRI with members of NHS Tayside Donation Committee and the local transplant team, local charity Revival and transplant patients on hand to raise awareness of the campaign.

NHS Tayside transplant coordinator Irene Russell said, “It is important to discuss your wishes with your family and loved ones. They are twice as likely to say yes if you talk to them first.”

The generosity of organ donors changed the lives of 378 people in Scotland last year, yet people still died waiting for a transplant.

Please register by calling the Organ Donor Line on 0300 123 23 23 or by visiting www.organdonation.nhs.uk

Going green with electric van

Staff from the diabetic retinopathy screening programme have been going green by using an electric van to transport equipment across Tayside.

The service has been trialling the electric van, which has no CO2 emissions, to deliver screening equipment to various health centres and locations from their base at Ninewells Hospital.

The van has a range of 70 miles before it requires to be charged, which is usually done overnight or at electric car charging points throughout Tayside.

Running costs for the vans are 2.5p per mile for electricity and maintenance/service costs are 30% lower than conventional diesel vehicles.

The electric vehicle is part of NHS Tayside’s efforts to meet Scottish Government aims to decarbonise road transport by 2050, with an initial target to have 10% of vehicles electric by 2020.

Travel smarter with NHS Tayside Liftshare

As part of its commitment to being environmentally responsible, NHS Tayside is encouraging staff to share their car journey to work.

Many staff travel into work alone by car but by sharing the journey with one or two passengers, you can save hundreds of pounds a year, as well as easing local pollution and congestion.

You can sign up to the Liftshare scheme online at www.tactranliftshare.com where you can calculate your potential savings and find other members of NHS Tayside staff who go your way to work. NHS Tayside’s scheme is linked to the national liftsharing network, where the average user saves £880 a year.

Sharing your journey also reduces the number of cars on the roads resulting in less congestion, less pollution, fewer parking problems and save wear and tear on your vehicle.

To find out more visit the Environmental Management site at www.staffnet.nhs.uk | Our Websites | Environmental Management | Transport & Travel.
Happy holidays to all our staff!

Christmas can be quite a traditional time of year and for some people it doesn’t feel like Christmas unless family customs, some handed down through the generations, are carried out.

In our office, it’s not Christmas for some people until they have received their special Christmas pyjamas from Santa and for others, the family dogs always get to open their presents first (probably to stop them ripping open everyone else’s gifts in a wrapping paper frenzy!)

We asked staff across NHS Tayside if they had any particular Christmas traditions or weird and wonderful customs that make their holiday extra special.

**Venezuela**

In Caracas, the capital of Venezuela, it is tradition to travel to early-morning festive church services on roller skates. Roads are even cleared to provide Christmas worshippers with a safe passage.

**Austria**

St Nick has an evil accomplice in Austrian tradition, the demon-like creature Krampus which punishes bad children. Men dress up as Krampus during the festive period and roam the streets to frighten kids.

**Czech Republic**

Unmarried Czech women perform a ritual during Christmas which involves throwing a shoe over their shoulder and if it lands pointing at the door, they will be wed within the year.

**Iceland**

In the run up to Christmas, Icelandic children leave a shoe on their window sill and each night, 13 magical Yule Lads are said to leave gifts in the shoes of the well-behaved kids whilst naughty children get a potato.

**Ukraine**

Unmarried Czech women perform a ritual during Christmas which involves throwing a shoe over their shoulder and if it lands pointing at the door, they will be wed within the year.

**Wales**

In rural Wales, the Christmas ritual of Mari Lwyd (the Grey Mare) sees a mare’s skull on a wooden pole covered with a white sheet being paraded through the streets.

**Angela Murphy**

Angus AHP Lead
Arbroath Infirmary

I have taken my eight-year-old daughter to the Rep Theatre Christmas show in Dundee every year since she was three. I used to go with my parents when I was younger and I wanted to keep the tradition going.

**Hayley Hogan**

Clinical Officer
Ninewells

Even though I’m 20 I still get to open a present before bed on Christmas Eve. After Christmas dinner with my family we go to my gran’s house where we have quizzes and my sister sings and plays guitar.

**Shelley Stewart**

Healthcare Assistant
Ninewells

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**Gill McDonald**

Physiotherapist
Carseview Centre

On Christmas Eve I go to a carol service and mass then pick up a take-away which is a really nice start to the holidays before all the Christmas meals and cooking. I try to get tidied up and get the kids off to bed so I can get even more excited for Santa coming!

**Paul Arbuckle**

Service Improvement Lead, Ninewells

Visiting family and friends and doing the Generation Game style recital of all the pressies we’ve all had (including agreement about who got the worst present).

**Spectra 80**

November-December 2015
Learning their trade with NHS Tayside

From frontline healthcare and blood sciences to engineering and catering, NHS Tayside is at the forefront of offering opportunities for young people to train on the job through its modern apprenticeship scheme.

Forty young people aged between 16 and 19 are currently employed as modern apprentices (MAs) across Tayside in areas such as health and social care, mechanical and electrical engineering, procurement, business administration, hospitality, blood sciences, medical physics and creative and digital media.

Two MAs have recently been taken on in the payroll department making NHS Tayside the first health board in Scotland to have apprentices in this area. Another first for Scotland is the four apprentices in the Tayside Orthopaedic Rehabilitation and Technology centre (TORT) who are working as trainee technicians in rehabilitation, orthotics, prosthetics and wheelchair services.

The biggest group of MAs are employed as healthcare support workers on a year’s apprenticeship in both acute and community settings which will help prepare them for a future healthcare assistant role.

NHS Tayside is in partnership with training providers, such as Dundee & Angus College, which offer the formal qualifications, as well as support any additional learning opportunities for the apprentices.

The modern apprenticeship scheme is part of NHS Tayside’s Youth Employment Strategy and, as part of its workforce planning, the organisation is looking to expand the programme into other areas.

For more information about the scheme please contact Caroline Hay on 01382 424029, x71029 or caroline.hay@nhs.net

Health and social care

Amy Carling

“I’ve been on a variety of placements within NHS Tayside including AHP services, rehabilitation and gynaecology to name but a few. This has given me an excellent understanding of the responsibilities of the role of a healthcare assistant and given me a vast amount of knowledge and experience.

Throughout this journey I have gained numerous new skills within the ward and community settings such as safe moving and positioning of patients, personal care, the removal of cannulas and catheters, and also a variety of different forms of communication, for example communication aids. Being part of a multi-disciplinary team has given me the confidence to do any tasks that are asked of me.

“I see this as a platform for the beginning of a future career within health and social care and would hope to gain even more knowledge and skills to provide me with the tools needed to do well in my job, whichever path I may choose in this setting.”

Medical Physics

Pamela Brown

The first MA in medical physics, Pamela Brown, successfully completed her four year apprenticeship in August and the department has a further three MAs at various stages of their training.

Over the past four years Pamela has undergone extensive training on a wide range of medical equipment. She has learned about the electronic and mechanical disciplines of medical physics and also gained knowledge of anaesthetic and renal equipment through short term placements within each specialist area. After two years Pamela chose to expand and develop her knowledge within electronics.

During her apprenticeship Pamela also attended college where she gained an HNC in Engineering Systems.

Karis Martin, Craig Cowie and Philip McLaren

Karis Martin is based at Ninewells and is nearing the end of her second year. Craig Cowie (Ninewells) and Philip McLaren (PRI) are about to complete year one and all three are studying for their HNC at college.

Gary Flynn

Anaesthetic technologist Gary Flynn recently attained the HNC in Engineering Systems following a two-year day release course as a mature student.

Service manager Scot Hudson said, “The modern apprentices scheme is a natural progression to NHS Tayside’s involvement in the Healthcare Academy, in which our department played a very active role in offering placements for the students.

“As with other areas within the NHS, the medical physics department is faced with difficulties of recruitment into specialist technologist posts. In the medium term, the department will need to replace a significant number of staff members who are currently in the 55 to 60 year old age bracket and the MA scheme is an ideal way of training our own specialist staff for the future.

“The scheme has allowed us to assess where the critical need for planning lies and to make provision for both academic and workplace training to be tailored to suit future recruitment needs.”

Creative and Digital Media

Daniela Flynn

“Working in the communications department has been a fantastic learning curve. Each day in the office brings something new or interesting, making this great work experience.

“Day-to-day tasks vary and can include helping to produce spectra, designing posters, logos and Vital Signs, updating the NHS Tayside website and social media sites, producing the weekly ‘inbox’ email bulletin, interviewing staff for press releases and internal news articles and taking photos of all the great things that happen across NHS Tayside.”

Cameron Duncan

“Being part of the communications team, I get the opportunity to speak to and meet people from the media world, such as reporters and photographers, Scottish Government colleagues and lots of staff from all levels in NHS Tayside, hopefully making connections for the future.

“This has so far been a very memorable first job and I will put my new skills and knowledge to good use in the future. Overall this will be a great stepping stone to the creative and digital media industry and I would love to continue my career with NHS Tayside after my apprenticeship is finished.”

Gary Flynn

Medical physics also supports the development and education of current staff.

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Cameron and Daniela took photographs during a training exercise involving A&E and Scotland’s Charity Air Ambulance for a previous edition of spectra.

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156 new nursing graduates welcomed to NHS Tayside

NHS Tayside recently welcomed 156 new nursing graduates in their first posts as registered nurses.

The nurses will be in post before the end of November across Angus, Dundee and Perth & Kinross in specialties including medicine, surgery, mental health and community.

They will also undertake a newly qualified practitioner induction programme to support the transition to the role of a registered nurse.

- Staff nurse Cheryl Thomson and midwife Emily Miscioscia have been successful in gaining a place on the 2015 cohort of NHS Education for Scotland’s Early Clinical Career Fellowship. The fellowships support nurses and midwives at an early stage in their career to develop personally, professionally and academically.

- NHS Tayside staff recently completed the three-year HNC and undergraduate nursing programme. The programme supports staff in nursing healthcare assistant and support worker roles to complete an HNC in healthcare and administrative practice, which then gives them access to year two of the undergraduate nursing programme at university. After completing years two and three, staff return to the organisation in guaranteed posts as registered nurses.

Mentorship celebration

The Ythan Ward team, the head of nursing and the training development team from Rohallion Secure Care Clinic recently celebrated mentoring their first student nurse Diane Boag.

Ythan Ward is a 12-bed medium secure rehabilitation ward, which has been open since 2012. The team worked hard to ensure the ward was a productive and safe learning environment to welcome students.

Improving quality of care for patients

Mental health service improvement lead Paul Arbuckle was selected to join the inaugural participants of the Q initiative to improve the quality of care for patients in the NHS.

The initiative will make it easier for people from all parts of the health system with expertise in quality improvement to share ideas, enhance their skills and introduce changes to make care better for patients.

Paul joined the first participants to design, refine and test Q during 2015. The initiative will then launch more widely in 2016, with an aim to recruit 5,000 participants by 2020.

For more information about Q please visit www.health.org.uk/programmes/q-initiative

Centre of Excellence award for Photobiology Unit

The Photobiology Unit at Ninewells has been accredited as the first UK Centre of Excellence by the European Society for Photodynamic Therapy in Dermatology (EURO-PDT).

Clinical senior lecturer in photobiology and honorary consultant dermatologist Dr Sally Ibbotson has also been accredited as a EURO-PDT specialist.

She was presented with a diploma and a plaque by President of the EURO-PDT Board Professor Lasse Braathen at a ceremony at Ninewells also attended by NHS Tayside Vice Chair Doug Cross and Director of Acute Services Lorna Wiggins.

On receiving the award, Dr Ibbotson said, “Our PDT team is delighted to receive this accreditation as it is a real honour to be the first EURO-PDT Centre of Excellence in the UK.

“We hope that this will enable us to widely disseminate our experience and expertise in PDT through research, training and educational events and to focus on the provision of the highest possible quality of care for our patients.”

NHS Tayside football therapy team wins Choose Life trophy

A football team supported by NHS Tayside has won a trophy for the second year running in a tournament for players who suffer from mental health issues.

Ardler Athletic won the playoffs in the Choose Life tournament and took home the Health in Mind trophy, matching the club’s success at last year’s event.

The General Adult Psychiatry (GAP) Service at Carseview Centre started running football therapy sessions in 2011 for inpatients and community patients with severe and enduring mental illness.

Some of the original patients who had been through the sessions went on to set up Ardler Athletic and members have taken on an active role in running the club.

The club also organised a tournament in Dundee for people who suffer from mental health issues in memory of former player Derek McGovern.

The inaugural Derek McGovern Memorial Tournament was organised last year by staff from GAP and was originally planned to be a one-off tribute to former teammate Derek, who sadly passed away two years ago from cancer.

Ardler Athletic decided to make it an annual event and organised this year’s tournament with support from NHS Tayside.

The winning team St Johnstone Blues was presented with the Derek McGovern Memorial Shield by Derek’s dad Mike.
Help us protect our services - get vaccinated against flu!

Last winter saw an unprecedented demand on NHS Tayside services with an increase in admissions having a big impact on capacity, staffing and the ability to carry out elective procedures.

With flu season now upon us, we simply cannot afford to have large numbers of staff off sick with a preventable illness.

Please help us to protect our patients by getting your free flu vaccination. Vaccination is offered to all NHS Tayside staff and volunteers, not just those on the frontline. Even if you don’t have direct contact with patients, by getting vaccinated you can protect yourself, your family, other members of staff and the public by helping to stop the spread of the virus throughout hospitals and the wider community.

The staff flu vaccination programme is now well under way with clinics taking place in Angus, Dundee and Perth & Kinross in October and November. If you missed your local staff clinics, you can attend a community pharmacy to get your jab free of charge.

Your manager will also be made aware of opportunities for staff on the wards to get vaccinated. Having your free flu jab will only take a few minutes and will help to protect your patients, yourself and your family from flu.

Consultant in Public Health Dr Daniel Chandler, Medical Director Dr Andrew Russell, Interim Nurse & Midwife Director Gillian Costello and Director of HR George Doherty explain why it is so important for staff to get immunised against flu.

Dr Daniel Chandler

“All staff have a duty of care to have the jab to protect their patients, their families and to help maintain services.

“Vaccination of healthcare staff reduces the risk of outbreaks in our hospitals and community facilities and significantly lowers rates of flu-like illness, hospitalisation and deaths in the elderly in healthcare settings.”

Gillian Costello

“If patients are ill, elderly or suffering from a chronic condition such as diabetes, asthma or other lung, heart or liver conditions, flu can lead to serious illness.

“Even for healthy people, it can have very serious consequences. It makes people feel extremely unwell for two to three days and full recovery could take up to a week.”

George Doherty

“If large numbers of staff need to take time off work it is very difficult for us to maintain services over the busy winter period.

“Last year only around 30% of our staff were vaccinated which means that thousands could be putting patients and the service at risk by not protecting themselves.”

Dr Andrew Russell

“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 departments.

Staff working with patients in at-risk groups should also advise patients to get the flu jab from their GP. These patients are 18 times more likely to die from flu than healthy people and the best way to avoid that is to get the jab.”

Some people are more at risk of serious side effects. This includes older people but also people of any age with long-term medical conditions or who are pregnant.

Flu makes people feel extremely unwell for two to three days and full recovery can take up to a week.

Even healthy people can develop serious consequences and require hospitalisation.

Flu can lead to serious illness and even death.

Flu viruses can spread quickly.

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 departments.

The flu jab can protect staff, reduce absence and minimise disruption to services.

If large numbers of staff need to take time off work with flu, it will be very difficult to maintain services over the busy winter period.

Mythbusters!

MYTH - The flu is just a bad cold

FACT - Colds come on gradually but the flu hits you straight away and is a much more dangerous virus which can lead to serious infections and illness.

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.

MYTH - Only old people get the flu

FACT - Anyone can catch the flu but some people are more at risk of serious side effects. This includes older people but also people of any age with long-term medical conditions or who are pregnant.

MYTH - The flu vaccine gives you flu

FACT - Live flu viruses 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 - The 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.

MYTH - The flu vaccine protects you straight away

FACT - It actually takes about 10 days for you to be fully protected 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.

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 gives you flu

FACT - The vaccine does not contain any live flu viruses 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.

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Protect your patients

Staff have a duty of care to patients to get vaccinated.

Staff can unintentionally pass the flu virus on to patients, and if the patients are ill, elderly or suffering from a chronic condition, this can lead to serious illness and even death.

Protect the service

The jab can protect staff, reduce absence and minimise disruption to services.

If large numbers of staff need to take time off work with flu, it will be very difficult to maintain services over the busy winter period.
It’s time to turn Scotland’s Big C into the ‘wee c’

The ‘wee c’ is a new initiative by the Scottish Government and cancer charities to reduce fear around the disease and boost survival rates.

Although more people in Scotland are surviving cancer than ever before, fear of ‘the Big C’ can put people off going to the doctor with symptoms or attending screening. This can often mean people are diagnosed later, when the chance of survival is lower.

The ‘wee c’ campaign highlights that cancer isn’t what it used to be and that survival rates could increase further if more people were diagnosed earlier.

“That’s why it’s important to get screened and by detecting cancer earlier, together we can often mean people are diagnosed later, when the chance of survival is lower. C’ can put people off going to the doctor with symptoms or attending screening.  This although more people in Scotland are surviving cancer than ever before, fear of ‘the Big C’ can put people off going to the doctor with symptoms or attending screening. This can often mean people are diagnosed later, when the chance of survival is lower.”

Director for Public Health Dr Drew Walker said, “We want everyone to feel comfortable in seeking early medical advice if they have concerns about cancer. Some cancers, for example bowel cancer, can often be cured if picked up early enough.

“Promoting benefits of giving up smoking

Staff and students learned about NHS Tayside’s smoking policy and the benefits of stubbing out smoking at an information event in Ninewells.

Smoking cessation co-ordinator Alice Burns hosted a stall outside the Gannochy Trust Lecture Theatre with information on how Smoke Free Services can support patients, as well as the benefits patients would see by giving up smoking.

Community nurses offer health checks at public event

Staff from Central Healthcare in Perth took part in an integration event in Crieff.

Community psychiatric nurse Sandra Connelly and community health staff nurse Luci Ironside offered advice and information to members of the public as well as health checks on weight, height, BMI and blood pressure.

Luci Ironside (above, right) with project support worker Shona Fowler from Perth & Kinross Healthy Communities Collaborative

NHS Tayside supports Suicide Prevention Week

A series of events was held across Tayside in support of Suicide Prevention Week.

This year’s theme was ‘Suicide. Don’t hide it. Talk about it’ which encouraged people to share suicidal thoughts with someone they trust.

An information stand was held at Ninewells with organisations including the Samaritans, Breathing Space and Penumbra. A quiet room was also available for anyone who wished to have a private conversation.

In Angus, awareness stands were held at Stracathro, Tesco in Montrose and Asda in Arbroath and Forfar.

Activities in Perth & Kinross included a Twitter session, SafeTALK and Scotland’s Mental Health First Aid Training. Local pubs also used specially-designed beer mats.

£12,000 for Roxburghe

Roxburghe House in Dundee received a £12,000 donation from Tayside legal firm Miller Hendry in memory of two colleagues Eileen Matthew and Jennifer Adams.

A sponsored walk was organised by Eileen’s husband Alan, a partner at Miller Hendry, along with their daughters Katherine and Eleanor.

They raised a total of £12,024.76, including a generous donation of £1000 from Tayside Solicitors Property Centre, where Eileen was formerly a director.

£500 donation to Nine wells ward 1

The family of Elizabeth Logie, who passed away in ward 1 at Ninewells earlier this year, has donated £500 to the ward in her memory.

The money will go towards providing comfort items to patients in the ward. Games and a monthly magazine subscription were also donated for patients to use.

Senior charge nurse Susan Longmuir said, “On behalf of all the staff and patients in ward 1, we would like to thank the family for their generosity.”

Consultant cardiologist Dr Justein Sim and Elizabeth’s daughter Linda Ross

Parents’ donation to neonatal unit

The neonatal unit at Ninewells has benefited from a £600 donation from parents Ashley and Chris Hutton.

They decided to raise money for the unit to say thank you for the care they received after their son Luke was admitted and asked friends and family to give money instead of gifts at his christening.

Charge nurse Carolanne Nielson said “We wish to thank Ashley, Chris, their family and friends for the generous donation. The money will be used to benefit future babies and their families and it was pleasure to see Luke again.”

£12,000 for Roxburghe

Eleanor and Alan Matthew with senior charge nurse Maisie Ferguson, non-executive member of NHS Tayside Board Munwar Hussain and staff at Roxburghe House

Archie campaign receives boost

Clyde Place sheltered housing complex in Dundee donated £200 to the ARCHIE Foundation after holding a ‘Starz in their Ehz’ competition.

One million miles for Ellie fundraiser

Thirteen staff from Ninewells ward 7 walked 22 miles from the hospital to St Andrews, raising £1800 in memory of former patient Ellie McDonald.

Volunteer raises funds for ward 32

Ninewells volunteer Jane Kennedy presented £680 to ward 32 after completing the Race For Life with staff from the Scottish Autism Society.

£500 donation to Ninewells ward 1

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So Long, Farewell...

Ward clerk Heather Simpson has retired from Brechin Infirmary after 42 years with NHS Tayside.
Heather worked in the laboratories at Stracathro from 1973 until their closure in 2002.
She then transferred to Brechin Infirmary to be a ward clerk, where she remained until her retirement.

Dr Lynn Ramage (third right), Dundee consultant in Medicine for the Elderly, retired from the NHS after 32 years.
An Aberdeen graduate, she came to the Dundee department in 1992 and has guided it through a series of major changes.
Her clinical acumen, whimsical wisdom and razor-sharp wit will be missed by patients and colleagues alike.

Nurse Sue McQuistan said goodbye to colleagues at the Minor Injuries & Illness Unit (MIU) in Montrose after an NHS career spanning five decades.
Sue began her career at Edinburgh Royal Infirmary in 1976 before working in the minor injuries unit in Peterhead.
She then moved to Montrose, initially based in the Infirmary then at the MIU at Links Health Centre where she worked until her retirement.

Staff nurse Lynda Drummond has retired after 39 years service in healthcare.
Lynda was in the first enrolled nurse class training at Ninewells in 1975 and has worked across Tayside and in Glasgow during her career.
She spent the majority of her career working in orthopaedics and spent the last eight years working in ward 32.

Stewart Hunter, Associate Director of eHealth has retired after 40 years with the NHS in Tayside.
Stewart started his career in the NHS in 1975 on the Health Board Trainee Scheme. Stewart spent most of his early years at Vernonholme and took on many positions over the years until he established a career in IT in the early 90s.
Stewart has been instrumental in many system developments and enabling the use of IT across NHS Tayside.

Renal dietitian Jan Scott (right) has retired after a 35-year career in Dietetics.
Jan started her professional career in 1979 at Ninewells Hospital and, over the years, she has contributed greatly to the development of dietetic services for renal patients in Tayside.
Dr Maureen Lafferty presented Jan with her retirement gifts on behalf of her colleagues.

Lynda Drummond

Heather Simpson

Lynn Ramage

Stewart Hunter

Sue McQuistan

Jan Scott

Susan Skene

Stewart Hunter

Andy Anderson

Renal dietitian Jan Scott (right) has retired after a 35-year career in Dietetics.
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Andy Anderson (centre) has retired from his post as clinical team manager for the Learning Disability Service after 33 years service with NHS Tayside.
Andy started work at Strathmartine Hospital in 1983 and held several nursing posts before being promoted to clinical team manager in 2003.
Andy will continue to influence future healthcare during his retirement as he takes on a part-time role at Dundee and Angus College lecturing on the health and social care curriculum.
How did you come to be in your current job?

I have been a registered nurse since 1992 and have worked in various clinical and project posts. I have always been interested in evidence-based practice and enhancing the contribution that nursing care can make to patients’ outcomes and experiences of care.

I completed my Masters in Nursing while my children slept in the evenings in 1998. I was successful in gaining a part-time position with the Alliance for Self Care Research to gain experience in undertaking practice focused research and subsequently was successful in gaining a Central Scientist Office Research Clinical Research Fellow Grant. I graduated last year and this has led to me taking up a post that is focused on improving person centred care and developing capacity and capability for nursing research.

What secret skills/party tricks do you have?

I don’t have one – that’s sad!!! Although my colleagues say I am a mean break dancer!

Who would play you in a movie of your life?

I would love it to be Jennifer Aniston but it’s more likely to be Kathy Staff who played Nora Batty!

What’s your theme song?

It’s Raining Men! It’s uplifting, it’s about having fun, standing out in the rain but still being joyous.

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

My accordion so I could have music and I could practice more than I do now. A polythene sheet to catch dew water because I am a Guide leader and we are always prepared. A knife for killing things I would need to eat.

What is the first music album you ever bought?

Bangs and Crashes by Go West, shortly followed by Wham I suspect!

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

New shoes and insoles for those I already have. I looked after my mother-in law’s dog recently and he chewed all my insoles!

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

Either a club singer or an aid worker in far off countries.

If you could learn to do something new, what would it be?

Cook Indian cuisine. I have never been that great at cooking but love Indian food and would love to know how to blend spices and make a fantastic curry to enjoy with family and friends.

What do you miss most about being a kid?

Splashing in puddles, going on long hill walks with my dad and spending time recording the top 40 off the radio on to my cassette player then singing along to it all week.

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

Nelson Mandela