PRI staff are out of this world!
Dear spectra readers,

Welcome to the spring edition of spectra.

It’s official – we have gone intergalactic! Check out The Buzz on page 4 to find out how staff at PRI got a thank you message from actual outer space, proving that excellent patient care isn’t rocket science.

You can also catch up with news from across Tayside including Health Secretary Shona Robison’s visit to Ninewells to launch a bowel cancer screening test, the Community Innovation Fund’s celebration event and how dementia dogs can improve people’s lives (also includes a cute picture of a dog!)

Improving patient safety is the theme of two articles in this edition. Find out how NHS Tayside is testing a safety framework within the Angus mental health team on page 11 and how moving towards electronic result reporting is improving patient care on page 16.

The launch of the Academic Health Science Partnership between NHS Tayside and Dundee University hopes to transform healthcare through world-leading improvements in the health of the population – read more on page 10.

As usual, Tayside’s Got Talent is packed full of news about staff picking up awards and qualifications whilst Your View asks people if they could live without sugar in their lives.

NHS Tayside’s new Chairman Professor John Connell is the star of this edition’s ‘All About...’ feature and shares stories from his childhood and tales of pantomime cows. Flick to the back page to find out more!

As always, we want your suggestions for articles and features so send us your ideas please, and don’t forget to nominate a special colleague for spectra star!

spectra editorial team

spectra’s stars!

Our spectra star for this issue is senior clinical skills tutor Roddy McLeod who has been raising money for Ninewells Hospital as a thank you for his daughter’s care and treatment.

A keen painter, Roddy made calendars of his ‘hairy coo’ paintings for 2015 and sold them to raise funds for the hospital. The calendars were such a success that Roddy decided to do the same for this year and raised even more money.

Massive thanks to Roddy for his donations! You can read the full story in Check it Out on page 20.

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.

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PRI staff are out of this world!

A group of staff at Perth Royal Infirmary are over the moon after receiving a message of thanks from Major Tim Peake.

After his mother-in-law Madeleine King spent time as a patient in ward 8, the British astronaut sent staff his thanks all the way from the International Space Station.

Major Peake posed for a photograph of himself holding up a sign which reads “Thank you NHS PRI for all you do!” The staff on ward 8 were thrilled to receive the picture and plan to have it framed and hung on the ward.

Senior charge nurse Samantha Edmonds said, “It was a lovely thing for Major Peake to do and it has given all the staff on the ward a real lift.”

Associate nurse director Jim Foulis added, “The brightest stars are those who shine for others and I am very proud of the staff here in PRI that the high quality of care they provide for their patients has been recognised in the highest of places.”

Training NHS Tayside’s workforce of the future

A group of young people celebrated their success at a ceremony to mark the end of their Modern Apprentice training with NHS Tayside.

NHS Tayside has led the way across NHS Boards by supporting Modern Apprenticeship programmes since 2006, offering a total of 76 apprenticeships. The apprenticeships have been available in a number of departments and specialties.

The key to all apprenticeships is that the young people ‘learn while they earn’, with some apprentices attending college part-time and others based in their own departments.

Six new apprentices have also recently joined the organisation. Two have been appointed in the payroll department and four in the Tayside Orthopaedic and Rehabilitation Technology (TORT) Centre, making NHS Tayside the first health board in Scotland to offer apprenticeships in these areas.

New art exhibition at Stracathro café

The art gallery in The Pavilion @ Stracathro café is hosting a new art exhibition displaying the work of Ferryden artist Aileen Simpson.

Aileen likes to work with different media, especially sepia, and paints a range of different subjects.

The majority of the art on display at the gallery is for sale, with each participating artist donating 20% commission of sales to Stracathro. All money raised is used to enhance the hospital environment for patients and visitors.

Dementia Dog awareness session

Ken was matched with Kaspa in 2013, which Ken and Glynis say has given them their life back. If Ken feels unsettled or agitated, Kaspa notices and gives him a nudge which diverts Ken from what was bothering him. Kaspa can also fetch Ken’s medication in response to a special alarm, can fetch the newspaper and mail for Ken and prompt him to eat his meals.

The session gave the group a valuable insight into the practical, mood enhancing and emotional benefits that a dementia dog can provide.

Students host display for World COPD Day

Students also designed and produced posters highlighting dietary changes for those with COPD who struggle to maintain a healthy weight, either carrying extra weight or requiring to gain weight.

New bowel cancer test launched

Researchers in Ninewells and the University of Dundee completed a ground-breaking study using a Quantitative FIT (qFIT) test in over 1000 patients and found that it could accurately predict which patients were extremely unlikely to have serious bowel disease.

The new test checks for blood in a faeces sample, which can be a sign of cancer or bowel disease. If blood is not detected, this could rule out the need for a colonoscopy for many patients and speed the investigation of those that do.

Consultant gastroenterologist Dr Craig Mowat, who is leading the pilot of the qFIT test, said, “Bowel symptoms often settle spontaneously or can be explained by less serious causes such as haemorrhoids or irritable bowel syndrome, so if a patient takes the qFIT test the GP can quickly determine who needs further investigations and who does not.”

Small Talk

New addiction drop in café

The service runs each Monday from 11am-1pm and also offers peer mentoring and signposting to other sources of help available locally.

Students host display for World COPD Day

Dietetic students Rebecca Sweeney and Keaton Irvine produced an eye-catching display for a World COPD Day event in Arbroath which aimed to promote healthy eating for people with COPD.

Visitors to the stand were encouraged to have their height and weight checked and to have a chat about their own particular dietary issues. Rebecca and Keaton were supported in this work by community dietitian Julie Miller.

The students also designed and produced posters highlighting dietary changes for those with COPD who struggle to maintain a healthy weight, either carrying extra weight or requiring to gain weight.
The Buzz!

Celebration event for Community Innovation Fund

A showcase event was held in The Crescent to celebrate the success of community projects which have received funding from NHS Tayside’s Community Innovation Fund.

The event recognised ordinary people for doing extraordinary things and aimed to raise awareness of many projects and activities which are happening in communities across Tayside.

Representatives from over 30 projects that have received funding presented their work to NHS Tayside Chairman Professor John Connell and shared ideas and information with other projects.

The Community Innovation Fund, which builds on the work of the former cash4communities fund, helps community groups to develop improvement projects that will benefit the health and wellbeing of their local population. The Fund is financed through the Tayside Health Fund, the charity for NHS Tayside.

Professor John Connell said: “The examples of the projects highlighted today show really inspirational ways through which people all across Tayside have come together to develop exciting ideas that are now coming to fruition and delivering major benefits to society.”

Public partners video to highlight good practice

NHS Tayside’s public partners took part in a Scottish Health Council video showing their involvement in a campaign to encourage patients and the public to give feedback.

Participants were asked to answer questions on camera and describe how they were involved in reviewing draft materials for new feedback and complaints posters, how they contributed to the development and what difference their involvement made to the end materials.

The video will be uploaded to the Healthcare Improvement Scotland YouTube channel and to The Scottish Health Council’s website to highlight emerging and good practice and help other NHS Boards consider where they can make improvements to their practice.

Amy’s book raises funds for CBIR

Centre for Brain Injury Rehabilitation (CBIR) patient Amy Tavendale has raised £335 for the centre by selling a children’s book which she wrote and illustrated herself.

As a result of complications and illnesses following an operation to correct an underbite, Amy fell into a coma and was left unable to move or speak. Due to her absolute determination and with the help of staff at the CBIR, Amy is making great progress in her recovery with a view to living independently in the future.

Having lived through the horror of not being able to move or speak, Amy decided that she would like to do something to raise funds to buy equipment for others who could not communicate.

Amy took inspiration from her dad’s stories about his chickens and wrote a book, initially as a gift for her sister’s baby. An art graduate from the University of Highlands and Islands, Amy went on to illustrate the book herself and managed to persuade a local company to print the book for free.

At a book launch event held at the CBIR, Amy sold all the copies of her book raising £335.

Amy also held an exhibition of her paintings which feature staff at the centre.

Adult Learners Week at Ninewells

As part of Adult Learners Week, NHS Tayside’s Lifelong Learning Partnership group held an event at Ninewells to provide information and advice about learning opportunities.

Staff and members of the public were given information about college courses, community learning opportunities and support available to people for lifelong learning.

In iMatter administrator John Power’s role of knowledge & skills Pat Millar and partnership facilitator Allan Drummond

Story time at Ninewells

Children, parents and staff at Tayside Children’s Hospital were treated to a special performance of Aladdin by Starlight Children’s Foundation.

Senior play specialist May Duncan said, “It was really lovely to see the children enjoying the show. Each year we look forward to these performances which bring fun and laughter to our young patients.”
John Swinney visits Carse of Gowrie Men's Shed

Finance Secretary and Perthshire North MSP John Swinney visited the Carse of Gowrie Men’s Shed along with Perth & Kinross Councillor Douglas Pover.

Members of the committee were on hand to show the visitors round the newly extended workshop areas which now include a wood turning workshop along with areas for metal work, cycle repairs and new kitchen area.

As the present premises are temporary the Shedders were seeking support from John Swinney to help find a new site in Invergowrie or surrounding area for them to relocate their Shed.

NHS Tayside’s Healthy Communities introduced the concept of a Men’s Shed to Invergowrie residents in 2013. The Carse of Gowrie Men’s Shed currently has over 50 members and is at Swan House in the Technology Park every Monday, Wednesday and Friday afternoon from 1pm until 4pm. The Monday session is a mixed session attended by a few female members.

New service for NHS hearing aid users

A new service in Perth & Kinross will allow people who use NHS hearing aids to get their replacement batteries from mobile libraries.

Mobile Library services operate right across Perth & Kinross on a weekly or fortnightly basis, and the library vans now carry replacement hearing aid batteries for people who may not be able to pick them up otherwise.

The idea came from a recent intergenerational event organised by NHS Tayside in Kinloch Rannoch involving primary school children and older people, where ideas about how the local community could be improved were discussed.

After discussion with the Perth & Kinross See Hear Working Group it was agreed, in conjunction with NHS Tayside Audiology and Balance Service, that this should be introduced for local people.

Creating with clay

The People’s Stroke Group in Perth held a display of ceramic art work created as part of a project run by Tayside Healthcare Arts Trust.

Participants created a wide range of ceramic pieces from Christmas tree decorations and impressed plaques to coil pots and tea light holders.

Family, friends and colleagues visited the exhibition, which showed the variety of techniques used including simple plain clay bisque finish and highly coloured glazed pieces.

Busy holiday period for Out of Hours service in Tayside

NHS Tayside’s Out of Hours service raised a cheerful and positive fruit juice toast to 2016 after dealing with nearly 5000 contacts over the holiday period.

Thanks to a core of dedicated staff, GPs and nurse practitioners, all ran extremely smoothly over the festive period. Including base attends, telephone encounters and home visits, the service dealt with 2347 contacts over the Christmas period and 2443 contacts over New Year.

The team cared well for its many chronically ill and palliative patients, managed acute cases to a high standard, and maintained good communications with community nurses and secondary care colleagues. Given that the holiday periods ran from Thursday evening at 6pm to Tuesday morning at 8am, this was a huge ask for staff and clinicians – so many thanks to those who opted in.

The service last year reviewed and implemented new terms and conditions, with updated salaries and ongoing learning events introduced. Induction sessions have also been introduced for all new GPs to the service as well as ST doctors.

Seven new full time equivalent GPs were recruited to the service which has helped make the GP rota become more stable, and provision of consistent quality care to patients has become more achievable and enjoyable.

There are still some shifts available however, so if you are considering joining this enthusiastic (and well remunerated) group for a bit of weekend work, or for the occasional weekday shift, then please contact either Dr Jane Bruce or Dr Shawkat Hasan.

Swap resources, save money and go green!

Are you looking for office furniture, stationery or equipment in your department, or do you have some to spare? Give WARPit a try to share resources and get what you need for free!

The WARPit website brings together staff from across NHS Tayside to distribute, reuse and recycle a variety of resources across teams and sites including office furniture, equipment and supplies they no longer need.

Look around your work area or department for unused/surplus equipment and supplies, add them to WARPit and another NHS Tayside team can benefit. Items that can be claimed free on WARPit include desks, chairs, filing cabinets, supplies and stationery.

Sign up now at www.warp-it.co.uk/nhstayside or visit the Staffnet page at Staffnet Home | Our Websites | WARPit.

As part of our new ‘Value your NHS’ campaign, NHS Tayside is encouraging patients, carers, staff and the general public to make the best use of the services we provide to ensure we can continue to deliver person-centred, safe and effective treatment and care into the future. It’s your NHS – you can help us to make use of our resources better. Everyone can make a difference.

Since 2013, benefits for NHS Tayside have included:

- Total savings of £129,010
- £4,287kg of CO2 emissions saved
- £2,597 donated to local charities
- 17,589kg of waste avoided
- Saved equivalent of 74 trees
Driving innovation and improvement

The Academic Health Science Partnership

Cabinet Secretary for Health, Wellbeing and Sport Shona Robison MSP visited the Clinical Research Centre at Ninewells to launch the Academic Health Science Partnership (AHSP), marking a major new step forward in delivering world-class health research, education and services.

AHSP is the first Academic Health Science Network in Scotland, jointly supported by NHS Tayside, the University of Dundee and the Scottish Government. It builds on the long standing collaborations between NHS Tayside and Dundee University and joins an international network of similar centres in the UK, Europe, USA and around the world.

AHSP was established in 2014 by NHS Tayside and Dundee University with the ambition to transform healthcare through world-leading improvements in the health of the population. AHSP is mandated to make a unique contribution to health, wellbeing and quality of life, regionally, nationally and internationally and this forms the core of AHSP’s mission and strategy.

AHSP has established three key workstreams in Education, Quality Improvement and Research to drive innovation and healthcare improvement, supported by cross-cutting themes of Informatics and International Outreach.

AHSP Co-Directors Professor Dilip Nathwani, nominated by NHS Tayside, and Professor Gary Mires, nominated by the University of Dundee, have the overarching responsibility for the management of the Partnership.

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Speaking at the launch, Professor Dilip Nathwani, who is also a consultant physician with NHS Tayside, said, “It is an honour and privilege to lead this unique multi-professional partnership in Scotland.

“We have a fantastic opportunity here and there is a real sense of excitement across the academic and healthcare professional communities. AHSP will bring added value and efficiencies in our desire to deliver more effective, innovative and economically prudent healthcare.”

Former Co-Director Professor Jill Belch added, “AHSP will create new opportunities and ways to harness the wealth of knowledge, experience and excellence in the University and NHS Tayside to deliver new discoveries and innovation that will improve the health of people and transform healthcare in Tayside and beyond.”

For more information on AHSP visit www.ahspartnership.org.uk

Measuring and monitoring safety

In April 2013, ‘The measurement and monitoring of safety’ was published (see left) which was a report commissioned and funded by the Health Foundation to help identify where and how improvements in healthcare quality can be made.

The report proposed a single framework which would provide a starting point for discussions about what ‘safety’ means and how it can be actively managed.

NHS Tayside was successful in applying for funding, in partnership with NHS Borders and Healthcare Improvement Scotland, to become one of six national sites to test the use of the framework and determine how it can be applied in practice.

The focus for testing in Tayside is in the Angus Locality Integrated Mental Health Team, working initially with the Mulberry inpatient unit at the Susan Carnegie Centre, Stracathro.

A project team, made up of members of the local multidisciplinary team and the patient safety team, has been busy working on key interventions to test the framework; these are medicines reconciliation, medication errors and safety briefings.

Tests of change for each intervention have been undertaken and analysis of qualitative data, as well as quantitative data, through the use of staff surveys, feedback, patient surveys, focus groups and patient stories.

Alongside the work with the clinical team, the project team is also looking at clinical governance assurance processes and, in particular, organisational performance reviews. The work and conversations around the data is the basis for supporting the identification of a core set of measures which will be reported for mental health as part of this assurance process. The aim is to demonstrate the application of the framework from ward to board with measures that reflect the needs of the service, patients and staff.

A project room has been set up in the Thistle Room at the Susan Carnegie Centre, displaying tests of change, data and stories around the learning.

For more information please contact patient safety development manager Morag MacRae - morag.macrae@nhs.net
Are you sweet enough?

It seems that recently, every other celebrity or newspaper is endorsing a sugar-free diet for weight loss and a healthier lifestyle. As the debate about whether a sugar tax should be introduced for high sugar food and drink continues, we’re asking spectra readers whether they’ve considered cutting down their sugar intake or if they could live without sugar.

**Damian Hook**  
**Student Nurse**  
**University of Dundee**  
I don’t think there should be a sugar tax. Many times during my shift a quick snack helps to give me energy and motivate me.

**Gary Millar**  
**Porter**  
**Ninewells Hospital**  
I feel I could live without sugar. People should take responsibility for their own health. Better education into healthy choices from a young age would help with this. As a physiotherapist I often take the opportunity to promote healthy living.

**Hilde Barrie**  
**Corporate Services Manager**  
**St Margaret’s House, Forfar**  
I read the book Pure, White & Deadly many years ago and have tried to cut back on sugar since. It takes a wee while but taste buds do adapt. However, there’s so much hidden sugar in processed foods, including those that seem savoury, that you need to keep checking labels for all the “-ose” ingredients!

**Carly Johnson**  
**Clerical Officer**  
**Breast Screening, Ninewells Hospital**  
Everything in moderation! I have tried a sugar detox myself but didn’t last long, I actually felt quite unwell after a couple days. I felt much better after a KitKat.

**Irene Henderson**  
**HR Business Lead**  
**Ninewells Hospital**  
I appreciate sugar can be hidden in foods, however, I think it is up to individuals to decide on their own intake, not the Government deciding for us!

**Mark Reid**  
**Physiotherapist**  
**Ninewells Hospital**  
I’m guilty of eating one too many cakes at work and I admit I have considered cutting down, but I couldn’t live without sugar. Everything in moderation!

**Andrew Suttie**  
**Physiotherapist**  
**Ninewells Hospital**  
I don’t agree with a sugar tax. People should take responsibility for their own health. I put sweeteners in my coffee and have chocolate in moderation. I feel having sugary snacks is fine provided you don’t overindulge.

**Hilde Barrie**  
**Corporate Services Manager**  
**St Margaret’s House, Forfar**  
I confess that I’ve still not quite conquered my weakness for dark chocolate but a couple of squares is now enough.

**Tips to cut down on sugar**

Sugar is added to lots of foods such as sweets, chocolate, cakes and some fizzy and juice drinks. In the ingredients list, added sugar may be called glucose, sucrose, maltose, corn syrup, honey, hydrolysed starch, invert sugar, fructose or molasses.

The nearer the beginning of the ingredients list the sugar is, the more sugar the product contains.

Read the nutritional information on food labels to see how much sugar the food contains.

Look for the “Carbohydrates (of which sugars)” figure in the nutrition label:

- more than 22.5g of total sugars per 100g is high
- 5g of total sugars or less per 100g is low

If the amount of sugars per 100g is between these figures, that’s a medium level of sugars.

Added sugars shouldn’t make up more than 5% of the energy (calories) you get from food and drink each day. This is about 30g of sugar a day for those aged 11 and over.

These tips may help you cut down on sugar:

- instead of sugary, fizzy drinks and juice drinks, go for water or unsweetened fruit juice
- if you take sugar in hot drinks or add it to cereal, gradually reduce the amount until you can cut it out altogether
- check nutrition labels to help you pick the foods with less added sugar, or go for the low-sugar version
- choose tins of fruit in juice, rather than syrup
- choose wholegrain breakfast cereals, but not those coated with sugar or honey
Proud quitter Sandra thanks Smoke Free team

Waste management officer Sandra Stewart has quit smoking after getting support from the Smoke Free Services team.

Sandra said, “My family are proud of me for quitting and I am determined to stick to it this time after trying to stop a few times in the past. Before a minor operation, I was advised by the doctors to stop smoking so I decided there and then to do it.”

Having already seen benefits to her health Sandra would definitely encourage others to seek support to kick the habit.

Health improvement project support officer Jodi Moodie said, “Sandra has done really well and it’s great that she sees it benefiting her health and everyday life.”

Anyone who wants to stop smoking can call NHS Tayside Smoke Free Services on 0845 600 999 6. You can also like the Facebook page - www.facebook.com/nhstaysidesmokefree

Stop smoking training sessions

NHS Tayside’s Hospital Smoke Free Services team is offering a range of training sessions for staff to support patients in giving up smoking during a hospital stay or when attending outpatient clinics.

All staff have a role in play in promoting a smoke-free environment. The ‘From Policy to Practice’ staff training aims to demonstrate how patients can be shown the benefits of the no smoking policy.

A new outpatient card will be available which may be used along with other stop smoking leaflets. Staff can also access sessions on Very Brief Advice, a lifesaving intervention which takes only 30 seconds.

Stop Smoking Services staff have also been at Dundee’s Overgate Centre to encourage shoppers to seek support to quit smoking. The team will be visiting the centre regularly to advise shoppers about the help available.

Smoking cessation project coordinator Eviu Guild (left) and health promotion officer Tracey Mackay

Raising awareness of mental health

Staff from Perth Adult Psychological Therapies Service attended the Perth & Kinross Wellbeing Fair to raise awareness of the various ways to access psychological therapies to promote good mental wellbeing.

Visitors to the stand were able to pick up information on Books on Prescription, which is supported by Perth & Kinross libraries, online cognitive behavioural therapy intervention Beating the Blues, and NHS 24 Living Life, which is a free telephone therapy service for anyone aged over 16 years with mild to moderate depression and/or anxiety.

Information on other ways to support mental health and wellbeing including Mood Juice, Breathing Space and Steps for Stress was also provided. You can find out more about all of these support options by visiting www.nhstayside.scot.nhs.uk/healthyminds

Scotland’s Year of Listening

NHS Tayside supported the ‘Year of Listening’ campaign as part of Breathing Space Day, an annual awareness-raising day which encourages people to take time out to do something positive for their mental wellbeing.

This year’s campaign ‘2016 is Scotland’s Year of Listening’ encourages people to help those around them to have good mental wellbeing by the simple act of listening. Local cafés and other venues promoted the campaign by hosting pop-up ‘listening posts’ where people could pop in and pick up information about Breathing Space and have a quick chat about the benefits of listening.

If you would like to learn more about how to help someone who might be having mental health difficulties, you can use a free online training package at www.taysideandmindset.org.uk or for details of other free training courses available across Tayside, contact smhfa.tayside@nhs.net or call 01382 424086.

Breathing Space is a free, confidential phone and web-based service for people in Scotland who are experiencing low mood, anxiety or depression. It provides a safe and supportive space by listening, offering advice and providing information.

Dennis has the Winning Weigh

Arbroath man Dennis Noble has a new lease of life having lost over four stone using NHS Tayside’s free weight management programme Winning Weigh, which was developed by NHS Tayside dietitians.

The 12-week weight management programme, which is aimed at people with a body mass index above 25, includes weekly meetings and offers an individual eating plan designed to help people get back on the right track.

Dennis, aged 72, said, “I decided to do something about my weight when I realised I could no longer tie my shoe laces. I weighed 15 stone and was unfit. My doctor also told me I should lose weight because I was borderline diabetic. I feel like a new person having lost the weight and I would say that if I can do it, anyone can.”

New base for Alcohol Liaison Service

The Alcohol Liaison Service, which operates in general hospital settings across NHS Tayside, is now based at Ninewells and is available Monday-Friday between 3am and 5pm.

The service supports medical management of adult patients whose condition has an alcohol component. It provides advice and support on alcohol detoxification and vitamin therapy, assessment, brief intervention and follow-up support for patients, referral to specialist alcohol services where appropriate, outpatient appointments via nurse-led clinics in Dundee and Perh and alcohol training for nurses and allied professionals.

For more information about the Alcohol Liaison Service please call x36448 or 01382 496448.

Dietitian presents on milk allergy

Paediatric dietitian Clare McLeish gave a presentation entitled ‘The Unsettled Baby’ at the Faculty of Public Health’s annual conference which was held in Peebles Hydro Hotel.

The presentation looked at the diagnosis, management and treatment of colic, reflux, constipation and cow’s milk allergy.

This pathway is designed to enable practitioners to support families with an unsettled infant and facilitate early detection of Cows Milk Allergy.

Winning Weigh, a free weight management programme developed by NHS Tayside dietitians, can be shown the benefits of the no smoking policy.

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Breathing Space is a free, confidential phone and web-based service for people in Scotland who are experiencing low mood, anxiety or depression. It provides a safe and supportive space by listening, offering advice and providing information.
Safe and reliable results handling

Every day NHS Tayside carries out thousands of laboratory and radiology tests on patients, generating results that require to be acted upon in a timely and appropriate way by healthcare professionals involved in their care.

Traditionally results were physically delivered in the form of paper reports to patients’ notes, and onward to clinical staff through often complicated delivery processes.

This presents challenge and risk: challenge, in that we need to ensure that all of those test results are available in the right place at the right time, and the right actions are taken for the best outcomes for the patient; and risk, in that we were dependent on pieces of paper that can go missing.

Also, the processes for delivering healthcare are becoming more complex with increasing numbers of healthcare professionals involved in a patient’s care pathway. This presents a further challenge of making reports available to many individuals, in many locations, with each needing to know whether the results they are looking at have been viewed and appropriately acted upon.

The transition to electronic reporting with removal of paper reports provides opportunities to enable safe and reliable handling of results and a removal of all of the manual processes associated with the management of paper.

This is a significant change for NHS Tayside. Over the last two years, a pilot project in Ninewells using the ICE reporting system has identified ways of working that can enable paper to be switched off. The pilot, which initially focused on the renal units and cardiology departments, has delivered standard operating procedures for safe and reliable results handling without paper in those areas.

A wider roll-out programme started at the end of last year to focus on the renal units and cardiology departments, enabling paper to be switched off. The pilot, which initially focused on the renal units and cardiology departments, has delivered standard operating procedures for safe and reliable results handling without paper in those areas.

The Vision

The vision is to deliver a system that enables safe and reliable results handling with all of the safety and efficiency benefits that will bring to patient care.

This will result in patients and staff across NHS Tayside having the confident knowledge that important results are readily available at the point of care and are being acted upon within the right time frame and will remove several million pieces of paper per year from circulation.
New SLT programme for people with dementia

The speech and language therapy team (SLT) in medicine for the elderly services in Dundee has developed a new 10-week group therapy programme for people with dementia.

The team has been involved in a number of projects to develop a role in communication support around the time of diagnosis and beyond, including developing a national leaflet explaining the SLT role in dementia and attending dementia cafés in local Alzheimer Scotland venues. This conversation group was the next step in developing the SLT role in the post-diagnostic phase of the dementia journey.

The programme enables line managers to be effective and confident. It also encourages better relationships and communication in their teams and gives them the tools to develop their own skills and abilities.

The programme includes developing communication strategies within a supportive environment, sharing experiences and developing confidence in conversations.

The Dundee Community Rehabilitation Team and NHS Tayside’s Musculoskeletal (MSK) team scooped national awards at the Chartered Society of Physiotherapy’s (CSP) annual awards.

The awards recognise physiotherapy staff who show innovation and excellence to provide even better services for patients.

The Dundee Community Rehabilitation Team picked up an award for demonstrating improvements in care through the integration of health and social care. The award also recognised the work of the team to reduce the number of falls in care homes.

The NHS Tayside MSK team were presented with an award for enhancing patient dignity and standards of care.

The team, which is based across Tayside in GP practices, community and acute hospitals, received the national award in recognition of the work undertaken by physiotherapy staff to redesign the treatment pathway and improve waiting times for people needing advice or treatment for joint and soft tissue problems.

The Scottish Pharmacy Awards are an annual event that showcases the best innovation and practice.

A Perthshire pharmacist’s prescription for excellence

A Perthshire pharmacist has won a national award for his focus on patient needs and work in community projects.

Andrew Watson of Davidson’s Chemist in Broughty Ferry picked up Pharmacist of the Year (Independent) at the Scottish Pharmacy Awards.

The judges were particularly impressed by Andrew’s commitment to person-centred pharmaceutical care, focusing on the needs of individual patients.

The successful participants included (top l-r) lead nurse in infection control Pamela Davidson, admin co-ordinator Elaine Muir and charge nurse Catherine Burnett, and (bottom l-r) senior dental nurse Claire Ryan and team leader crisis resolution home treatment team Fiona Smith.

OBE for Professor Jill Belch

Professor Jill Belch has been awarded an OBE for her services to medicine.

Professor Belch has held the roles of Director of the Tayside Academic Health Science Centre (TASC) and Co-Director of the Academic Health Science Partnership.

As Research and Development Director in Tayside and as a member of Scotland’s Chief Scientist’s Office NRS Strategy Board, she has contributed to the successful strategic direction of clinical research infrastructure and funding across Scotland.

Professor Belch said, “I am absolutely delighted to have received this award. I accepted it on behalf of the teams I worked with as this is as much their honour as mine.”

Three Tayside dietitians have been awarded the Roll of Honour from the British Dietetic Association (BDA).

The Roll of Honour was awarded to Caroline McKenzie and Jacqueline Walker, improvement and development managers with Tayside Nutrition SCN, and dietetic consultant in public health nutrition Joyce Thompson for their individual work in 2015-16.

The award recognises and rewards UK dietitians who have provided services beyond that which would be expected of standard member contributions.

Caroline set up and led the national ‘N4P User Group’ to support NHS Boards in Scotland to implement the N4P Nutrition Analysis Software Programme which is key to implementation of the Scottish Government’s ‘Food in Hospitals: National catering and nutrition specification’.

Jacqueline led the co-production of an innovative, more efficient, more effective and person centred Gluten-free Food Service which was developed in Tayside and subsequently rolled out across Scotland.

Joyce received the award in recognition of her contribution to BDA Vision 2015 on the future of dietetics. BDA Vision is the UK dietetic leaders’ event that showcases the best innovation and practice.

Perthshire pharmacist Andrew Watson, BDA awards winners Caroline McKenzie and Jacqueline Walker and Caroline’s husband, SNP MSP Jim Musing, join the celebrations at the Scottish Pharmacy Awards in Edinburgh.

The awards recognise physiotherapy staff who show innovation and excellence to provide even better services for patients.

The Dundee Community Rehabilitation Team picked up an award for demonstrating improvements in care through the integration of health and social care. The award also recognised the work of the team to reduce the number of falls in care homes.

The NHS Tayside MSK team were presented with an award for enhancing patient dignity and standards of care.

The team, which is based across Tayside in GP practices, community and acute hospitals, received the national award in recognition of the work undertaken by physiotherapy staff to redesign the treatment pathway and improve waiting times for people needing advice or treatment for joint and soft tissue problems.
Roddy’s ‘hairy coos’ raise cash for endoscopy

Senior clinical skills tutor Roddy McLeod has donated £865 to the endoscopy unit at Ninewells by selling calendars of his ‘hairy coo’ paintings.

Last year, Roddy created and sold the calendars to raise money for ward 10 after his daughter Kirsty received treatment there. They were such a great success that Roddy decided to do it again and this time raise money for the endoscopy unit.

Roddy said, “Kirsty received excellent care. This is our way of saying thank you and showing our appreciation for everything the staff have done for her.”

Ward 27 receives £3500 boost from former patient

A former patient has donated £3500 to ward 27 at Ninewells after breaking his leg during a football match and requiring surgery. To thank staff, Andy Gibb organised a range of activities to raise the money, including the Three Peaks Challenge and a silent auction. The donation will be put towards patient comfort and to purchase electric fans for the ward.

Andy said, “I had many highs and lows on my road to recovery and the staff were always there to lift me up when I needed it the most. Hospital can be a scary, lonely place and the staff make it welcoming, safe and homely. I will never forget what I went through and the people who helped me along the way. Thank you so very much for everything you have all done for me.”

Stroke patient hosts quiz night for Ninewells

Dundee man Jim Irving donated £500 to the stroke unit at Ninewells after holding a fundraising quiz night.

Jim had a stroke eight years ago and has been holding an annual quiz night to raise money for the unit ever since. He has raised over £5000 for the unit in the past eight years.

Jim said, “Everyone on the ward was very nice to me when I had my stroke and treated me well. I’ve been raising money for the unit since. It’s just my way of saying thank you.”

The donation will be used for a therapy treatment box to be used by patients on the ward.

Art show raises funds for Stracathro stroke unit

Alice Morgan and members of the Auchenblae Village Hall organised an art show and raised £2635 for the stroke rehabilitation unit at Stracathro Hospital.

Alice’s husband Kenny had a stroke in 2011 and was cared for by the team in the stroke unit for five months. In appreciation of the care Kenny received from the medical nursing and physiotherapy staff, Alice decided to organise an art show to raise money.

Accepting the donation, lead clinician for Tayside Stroke MCN Gail Smith said, “I would like to thank everyone involved for their efforts in raising this money which is very much appreciated and will be used to buy a riser chair.”

Double boost for Cornhill Macmillan Centre

Participants in the Barnardo’s Works Employability Fund programme have donated almost £100 to the Cornhill Macmillan Centre.

The Employability Fund programme aims to provide job experience and information for 16-24 year-olds in Perth & Kinross to build their skills set.

Programme participants Yvonne and David arranged a bake sale as part of their Steps to Work Award and raised £90.50 for Cornhill.

• Perth Royal Infirmary human resources assistant Helen Cummings (pictured right) also raised £156 for the Cornhill Macmillan fund by making tree ornaments and holding a bake sale

Painting in memory of Eleanor

Staff in dermatology recently raised money to purchase a painting in memory of former colleague Eleanor Stewart. Eleanor was a highly respected staff nurse and charge nurse in ward 24 and an inspiration to many in her role as leg ulcer specialist nurse.

Eleanor’s family were invited to a tea party to view the painting which is on display in ward 24 for staff and patients to enjoy.

Brian runs for funds

Former patient Brian Dunbar raised £1400 for ward 10 and the chemotherapy day unit at Ninewells by completing the Templeton 10 road race for the first time since 1994.

Brian usually helps out at races held by his club Dundee Roadrunners but decided to get back on the road to raise money for Ninewells. He finished the race in 111 minutes this year, slightly slower than his 1994 time of under 75 minutes!
George Nixon has retired from the property department after over 40 years of service to the NHS in Scotland, including roles in site/support services, laundry and sterile services.

Mark Anderson, Head of Property, said, "George has been a fantastic team member within the Property Department. His enthusiasm and skills were evident at all times. He worked with colleagues ensuring they felt encouraged and supported to do the best they could for NHS Tayside."

“We wish him all the best for his retirement.”

Maureen Perry, specialist nephrology nurse in the renal service, has retired after over 40 years service with the NHS, with over 35 years of her service dedicated to the Tayside Renal Service.

Head of Nursing for renal services Sean McArtney said, “Maureen has been instrumental and pivotal in many of the service developments and innovations in the renal service over the years.

“The renal service thanks her for her commitment and wishes her a long and happy retirement.”

Senior charge nurse Kate Smith has retired from her role as senior charge nurse in the orthopaedics ward at PRI.

Kate began her 46 year career in the NHS at Bridge of Earn hospital where she worked in plastics and the orthopaedic unit. When the hospital closed, Kate moved to Perth Royal Infirmary.

She was promoted to senior charge nurse and moved to Crieff Community Hospital for several years before spending the last 16 years back at PRI.

An American fancy dress evening was organised to celebrate the retirement of three members of staff from Brechin Infirmary who between them have clocked up almost 120 years of service with the NHS.

Linda Cameron (left), Karen Bruce (centre) and Virginia Cairney all completed their training at Stracathro Hospital and ended their careers at Brechin Infirmary.

Karen retired after 41 years service, Linda after 37 years and Virginia after 40 years.

Anne Crozier and Pamela Steele have both retired from the endoscopy department in Ninewells.

Anne started as a student nurse at Ninewells in 1976 and worked at Bridge of Earn and PRI before finishing her career in Ninewells. In 1998, Anne became one of the first specialist nurse endoscopists in Scotland.

Pamela has worked in a number of wards since becoming a nurse in 1986, spending the past 10 years in endoscopy.

Helen Stuart (second right) retired from the orthopaedic outpatient department at Ninewells after 43 years service with the NHS.

Helen trained at Perth College from 1972 until 1976. During the first half of her career, Helen worked in the orthopaedics department at Bridge of Earn.

She then became a senior charge nurse at the plaster room at Dundee Royal Infirmary before moving to Ninewells in 1998.

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Lindsay Mitchell, school health nurse and team leader at Kingspark School in Dundee received a long service award from Chairman Professor John Connell in recognition of her 30-year NHS career.

Lindsay started training as a student nurse at Dundee College of Nursing and Midwifery in 1974, before completing a post registration in Paediatric Nursing in 1977.

After working in the paediatric wards at Strathmartine, Lindsay’s career path changed to working with children and young adults with a learning disability.

Long Service Award

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Professor John Connell
NHS Tayside Chairman

From lorry driver to pantomime cow, John is a man of many talents, though golf doesn’t seem to be one of them! Here he tells us about his holidays in Elie, his family history and his aspirations to become bilingual.

How did you come to be in your current job?

I graduated in Medicine from the University of Glasgow in 1977 and spent most of my clinical career there, working as an endocrinologist, a clinical academic and clinical director for acute medicine. I came to Dundee University as Dean of Medicine in 2009 and was Vice Principal for Research and Head of the College of Medicine, Dentistry and Nursing from 2012-2015. I was appointed to the role of Chairman of NHS Tayside in October 2015 – this offers a major opportunity to help develop the health services for the people of Tayside and to continue working with the outstanding staff across the region.

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

As a student I did work for a few holidays as a lorry driver and still harbour a secret desire to drive a proper articulated HGV, although I suspect the fun would wear off quite quickly. In reality, I would probably be doing a clinical academic job of some sort.

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

I am trying to learn to speak Turkish. My daughter-in-law is from Turkey and, as we will shortly have a grandchild who will be bilingual, it seemed a good opportunity to do something that might help me communicate. It’s early days so far, but I can count to 10...

What secret skills/party tricks do you have?

I was talked into being the rear end of the pantomime cow in our local village adaptation of ‘Jack and the Beanstalk’. It’s not really a skill, but does require a degree of coordination!

Who would play you in a movie of your life?

I’d like to think Sean Connery or Harrison Ford but both would be out of my league. Tom Hanks is a superb character actor, who can capture the essence of a role, and I’d be delighted if he was cast.

What’s your theme song?

I am a glass half full person, who tries to see the best in people and situations, so perhaps ‘Bring Me Sunshine’.

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

I would need decent coffee, so a ‘bean to cup’ machine (and a supply of beans) would be an absolute priority. A golf sand wedge as I’d have lots of time to practice getting out of sand traps and could only improve on my current abysmal standard. My Kindle and a decent wifi connection to download all the books I want to catch up on.

What do you miss most about being a kid?

The sense of endless summer holidays that always seemed to stretch ahead; with rose tinted glasses, the sun mostly shone. My grandmother lived in Elie, and we spent a lot of time there in the summer. The space and freedom to explore are memories that I still treasure.

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

I never knew my maternal grandfather – he fell out with his family for reasons that seem obscure. He volunteered for the Royal Army Medical Corps in France during the First World War then worked as a forester on the Elie estate, living a quiet, fulfilled life until he died in 1948. By a quirk of fate, the house I now live in may have once belonged to his forebears. I would have liked to hear his story and understand a little more of my own background and what led him to make his own pathway.

What is the first music album you ever bought?

I think Songs From a Room by Leonard Cohen. Sadly, I still listen to it from time to time and saw him in concert in 1975 and again in 2011.

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

A new set of golf clubs and some lessons from a decent professional might be a good investment.