The smoke has cleared...
Scotland’s smoking ban 10 years on
Dear spectra readers,

Spring has sprung, the sun has made a (brief) appearance and everyone is getting outside to enjoy the fresh spring air. And thanks to Scotland’s smoking ban, which was put in place 10 years ago, the air is considerably fresher indoors as well as out.

The landmark policy has seen a significant reduction in exposure to second hand smoke and a decrease in smoking-related illnesses. Critics of the ban, however, claim it has had a negative effect on businesses such as pubs and bars. We decided to ask our staff what impact they think the smoking ban has had. You can read their opinions in Your View on pages 12 and 13.

Our Value Your NHS feature looks at NHS Tayside’s financial position for 2016/17 and the work of the new Transformation Programme to drive service change across NHS Tayside. There is also an update on some of the work already taken forward as part of the Value Your NHS campaign.

We also look at a new patient safety initiative which has been introduced in Perth Royal Infirmary on page 21 and celebrate the NHS Tayside departments which have achieved Healthy Working Lives Awards on page 19.

There’s a competition in this edition’s TREATS insert with shopping vouchers up for grabs for the lucky winners. Why not give it a go and see if you can scoop a prize?

As always we’d love to hear from you if you have any ideas for articles, features or if you’d like to nominate a special colleague for spectra’s stars. Our contact details are on page 3.

spectra editorial team

spectra’s stars!

This issue we’re celebrating Whitehills porter Kathy Mudie as our spectra star. Each year, Kathy dresses up as the Easter bunny and spreads joy around Whitehills and the Strathmore Hospice as she delivers treats to patients. You’ll also see her dressed as an elf at Christmas! It’s the little personal touches like this that can make such a difference to patients during what can often be a difficult time.

As well as her efforts to cheer up patients, Kathy has also run a small second hand shop, affectionately known as ‘Kathy’s cupboard’ at Whitehills and over the years has raised a magnificent £28,000 for Lippen Care, Macmillan and Whitehills. Well done to Cathy for going the extra mile!

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.

Contents

4 The Buzz!
12 Your View
14 Value Your NHS
16 Health Matters
20 Tayside’s Got Talent
21 Improving Patient Safety
22 Check it Out
24 All About Richard!
Supporting Nutrition and Hydration Week

NHS Tayside supported Nutrition and Hydration Week with a number of activities for patients and staff. Texture modified meals provided by Apetito were launched at Perth Royal Infirmary and Murray Royal Hospital, and Meal Makers visited PRI and Ninewells to chat to visitors about the work the organisation does to help people share extra portions of home-cooked food with others who may not be able to cook for themselves.

Clova Ward at Whitehills set up a café as part of the Global Afternoon Tea to encourage relatives and patients to sit together and enjoy a cup of tea and a biscuit to support patients with their food and fluid intake.

Inpatient wards across Tayside also took part in the Global Afternoon Tea where patients were served a scone with jam and cream, and a series of promotions was run in staff dining areas during the week including serving complimentary water, fruit and vegetables.

Stroke patients host exhibition of art works in Monifieth

The Chest Heart & Stroke Scotland (CHSS) Dundee Stroke Group held a display and celebration of their art work at Monifieth Community Cabin.

Participants produced a wide range of work on a visual theme of coast, water and beach using different painting and printing techniques.

The painting programme was led by artist Shona Barr to encourage the group’s creativity and to develop individual talents and interests. CHSS coordinator Darlene Drummond and a team of volunteers also supported the programme.

This is one of a diverse range of art programmes for people with long term conditions currently being delivered by Tayside Healthcare Arts Trust (THAT) in association with NHS Tayside, which promotes creative engagement to enhance participant’s health and wellbeing.

Steps Tay Health groups enjoy views of Angus

Steps Tay Health walking groups have been enjoying the wonderful scenery Angus has to offer.

Walking groups from Letham, Kirriemuir, Forfar, Arbroath, Montrose and Carnoustie took in some fantastic views on their strolls through the Angus countryside, enjoying sunshine, fresh air and good company.

Anyone interested in joining any of the walking groups, which are supported by NHS Tayside, please contact Frances Joiner on 01307 476495 or at frances.joiner@nhs.net for information on their nearest group.

Spreading Easter joy to patients in Forfar

A porter at Whitehills HCCC in Forfar spread some “hoppiness” by dressing up as the Easter bunny and delivering sweets to patients.

Cathy Mudie dresses up as the Easter bunny every year to cheer up the patients in Whitehills and the Strathmore Hospice. Talk about going the extra mile!

Cathy being assisted by domestic assistants Lesley Whittet and Trish Beedie and nursing assistant Kelly Martin
The Health Shop at Ninewells has celebrated 21 years of helping people make healthy choices in Tayside.

The Health Shop opened its doors in March 1995 with the aim of accommodating 15 callers per day and now has over 30,000 visitors a year.

It is the base for projects such as Heartstart Discovery, which offers free emergency life support training to everyone, and the hospital Smoke Free Services team and has also provided support to activities such as the cycle2work campaign and Healthy Working Lives walking groups.

The work of the Health Shop has expanded to include the management of other outlets in Perth Royal Infirmary, Links Health Centre in Montrose, Whitehills HCCC, as well as information points in Brechin, Arbroath and Letham. Health Shop staff have also assisted Patient Partnership Groups (PPGs) to set up information services within general practices across Tayside.

Health Shop manager Helen Brady said, “We are delighted to celebrate the Health Shop’s 21st birthday. It is an extremely valuable resource and information point and has set an excellent example for similar projects set up within Tayside and other parts of Scotland too.”

MSPs visit Dundee health and social care hub

Health Secretary Shona Robison and Minister for Sport, Health Improvement and Mental Health Jamie Hepburn both paid visits to The Crescent in Dundee to hear about services delivered at the health and social care hub.

During her visit, Shona Robison officially launched the National Clinical Strategy, which outlines long-term plans to deliver a range of improvements and reforms to modernise the way health and social care is provided in Scotland in the future.

She was joined by NHS Dumfries & Galloway Medical Director and former GP Dr Angus Cameron, who led the development of the strategy, and Scotland’s Chief Medical Officer, Chief Nursing Officer and National Clinical Director who all had input into the strategy.

Ms Robison also took the opportunity to meet with staff and patients who use the services provided by the community hub.

Mental health and wellbeing was on the agenda when Jamie Hepburn visited The Crescent to find out about the impact of the Sources of Support (SOS) social prescribing scheme.

In the social prescribing scheme, GPs can refer patients to link workers who support patients to access community activities such as physical activity, learning new skills, volunteering, art therapy, befriending and self-help. This has resulted in better relationships between services and local people and increased the uptake of services from harder to reach individuals.

The Minister met with local GPs, SOS Link workers and SOS patients to hear firsthand about the ongoing work of the social prescribing scheme and the positive impact the scheme has had locally. He also heard about a range of support services and initiatives that patients and clients can be signposted to.

Review of Maternity and Neonatal Services

A national review of NHS Tayside’s Maternity and Neonatal Services took place at Ninewells to look at local provision and hear the views of a wide range of staff.

In February the Minister for Public Health Maureen Watt announced a review of Maternity and Neonatal Services in Scotland, focusing on choice, safety and the quality of service.

NHS Tayside’s review was chaired by Chief Executive of NHS Forth Valley Jane Grant. The review team met with neonatal and maternity staff to discuss the many examples of successful and innovative working practices in Tayside as well as the key pressures affecting the services and how these were being addressed.

21 years of health promotion in Tayside

The Health Shop at Ninewells has celebrated 21 years of helping people make healthy choices in Tayside.

The Health Shop opened its doors in March 1995 with the aim of accommodating 15 callers per day and now has over 30,000 visitors a year.

It is the base for projects such as Heartstart Discovery, which offers free emergency life support training to everyone, and the hospital Smoke Free Services team and has also provided support to activities such as the cycle2work campaign and Healthy Working Lives walking groups.

The work of the Health Shop has expanded to include the management of other outlets in Perth Royal Infirmary, Links Health Centre in Montrose, Whitehills HCCC, as well as information points in Brechin, Arbroath and Letham. Health Shop staff have also assisted Patient Partnership Groups (PPGs) to set up information services within general practices across Tayside.

Health Shop manager Helen Brady said, “We are delighted to celebrate the Health Shop’s 21st birthday. It is an extremely valuable resource and information point and has set an excellent example for similar projects set up within Tayside and other parts of Scotland too.”
Health and Social Care Partnerships take the reigns

On 1 April, the new Health and Social Care Partnerships took responsibility for a wide range of health and social care services in Angus, Dundee and Perth & Kinross.

The new partnerships build on the close working relationships which already exist between NHS Tayside, local authorities and the voluntary and independent sectors, and provide an opportunity for the partners to work more closely together to provide the best services to local communities.

In the lead up to the integration of health and social care services, Cabinet Secretary for Health, Wellbeing and Sport Shona Robison visited the PKAVS Hub in Perth to see integration in practice.

Ms Robison spoke to a service user and staff in health and social care about Enhanced Community Support (ECS); a modern approach to delivering care in which staff and services work together to support adults and older people at home.

The person-centred model of care is designed to bring different services around individual people and their caregivers where they live, rather than relying on emergency care or unnecessary admission to hospital. The developing ECS teams will include medical consultants, GPs, pharmacists, allied health professionals, community nurses, social workers, voluntary sector colleagues and mental health nurses.

The model is being rolled out across Tayside after it was piloted in Carnoustie, Monifieth and Broughty Ferry, in Perth & Kinross, it is currently operating in four GP practices – Ardbalair Practice in Blairgowrie, the two Glover Street practices and the Yellow Practice in Perth.

During the visit, Ms Robison was also shown information about successful community initiatives and programmes, including Time Banking, the Carers Hub and Tulloch Net.

Sign up and save!

A Ninewells clerical officer is encouraging staff to save money and help the environment by sharing their car journey to work.

Caroline Madden has been Liftsharing for around six months on a regular basis after deciding to take part in the initiative for environmental reasons.

Caroline said, “Liftshare is the way forward in creating a more economical, social and environmentally friendly commute to work. It takes some flexibility and organisation but it is a great way to share the journey.”

Many staff travel into work alone by car but by sharing the journey with a passenger or two, drivers can save themselves money, as well as easing local pollution and congestion.

Regular car-sharers save on average £80 a month – that’s nearly £1000 per year. They also drastically reduce CO2 emissions which helps towards a healthier and happier community.

To find out how much you could save check out the Environmental Management Staffnet pages by following the path Staffnet | Our Websites | Environmental Management | Transport & Travel.

Men’s Shed project gets cash boost to get cooking!

NHS Tayside’s Community Innovation Fund has helped to promote healthy eating and cooking among members of the Men’s Shed Project in Carse of Gowrie with a £3,956 grant to purchase new kitchen equipment.

The money was also used to create a promotional video highlighting the Men’s Shed project.

The Men’s Shed kitchen provides healthy food for the members and is used to provide cookery classes. The kitchen also allows the group to provide their own catering facilities during events.

Men’s Sheds is a concept that originated in Australia to create somewhere men can call their own, where they can spend time sharing skills, knowledge and interests in a relaxed atmosphere. They provide a place for men to gather and participate in a number of activities whilst supporting each other.

The successful project in Carse of Gowrie is supported by the Perth & Kinross Healthy Communities Collaborative and already has more than 70 members.

For more information on NHS Tayside’s Community Innovation Fund visit www.communityinnovationfundtayside.scot.nhs.uk

Gearing up for cycling

Blue skies and sunshine provided the perfect conditions at Ninewells and Murray Royal for Perth’s Bike Station to encourage more people to get active and think about cycling.

The Dr Bike team was on hand to offer help, advice and free bike maintenance to staff, students and the public at Ninewells as part of an initiative by NHS Tayside, Dundee City Council and Dundee University who are working together to promote safe cycling. The team offered tips on buying a bike, how to fix a bike and gave away free lights and puncture repair kits.

A healthy fresh fruit breakfast was organised for staff before the Murray Royal event to help highlight the importance of a healthy lifestyle.

Senior practitioner in public health Sylvia Mudie said, “Murray Royal recently gained the Cycling Scotland Cycle Friendly Employer Award, so this bike event was perfectly timed.”

Senior practitioner in public health Mary Colvin added, “As a health promoting health service we want to enable staff to find ways to be active at work and this event is just one of the many ways we are promoting an active workplace and an active workforce.”

SmallTalk

Children’s memorial service

Parents and relatives who have lost a child attended a service of thanksgiving and remembrance in Perth.

The service included music, readings and lighting candles in memory of those who died.

The event was organised by the department of spiritual care and the stillborn and neonatal death charity SANDS.

Men’s Shed Project in Carse of Gowrie with a £3,956 grant to promote healthy eating and cooking among members of the Men’s Shed Project in Carse of Gowrie with a £3,956 grant to purchase new kitchen equipment.

The money was also used to create a promotional video highlighting the Men’s Shed project.

The Men’s Shed kitchen provides healthy food for the members and is used to provide cookery classes. The kitchen also allows the group to provide their own catering facilities during events.

Men’s Sheds is a concept that originated in Australia to create somewhere men can call their own, where they can spend time sharing skills, knowledge and interests in a relaxed atmosphere. They provide a place for men to gather and participate in a number of activities whilst supporting each other.

The successful project in Carse of Gowrie is supported by the Perth & Kinross Healthy Communities Collaborative and already has more than 70 members.

For more information on NHS Tayside’s Community Innovation Fund visit www.communityinnovationfundtayside.scot.nhs.uk

Gearing up for cycling

Blue skies and sunshine provided the perfect conditions at Ninewells and Murray Royal for Perth’s Bike Station to encourage more people to get active and think about cycling.

The Dr Bike team was on hand to offer help, advice and free bike maintenance to staff, students and the public at Ninewells as part of an initiative by NHS Tayside, Dundee City Council and Dundee University who are working together to promote safe cycling. The team offered tips on buying a bike, how to fix a bike and gave away free lights and puncture repair kits.

A healthy fresh fruit breakfast was organised for staff before the Murray Royal event to help highlight the importance of a healthy lifestyle.

Senior practitioner in public health Sylvia Mudie said, “Murray Royal recently gained the Cycling Scotland Cycle Friendly Employer Award, so this bike event was perfectly timed.”

Senior practitioner in public health Mary Colvin added, “As a health promoting health service we want to enable staff to find ways to be active at work and this event is just one of the many ways we are promoting an active workplace and an active workforce.”
Staff and visitors at Ninewells showed their support for Lesbian, Gay, Bisexual & Transgender (LGBT) History Month by taking a ‘purple selfie’ at NHS Tayside’s Purple Friday event.

The sexual health & blood borne virus managed clinical network and MOT, HIV and sexual and reproductive health services hosted the event with a #purpleselfie stand on the concourse at Ninewells offering resources and information on LGBT issues and awareness.

Around 150 people engaged with the event throughout the day, showing interest in the significance of the purple ribbon and the purpose of Purple Friday, as well as taking away leaflets and materials. Over 40 people participated in #purpleselfie and the pictures were tweeted to LGBT Youth Scotland.

Staff within ward 42 supported the campaign with a purple themed lunch in their staff room and undertook an awareness-raising session in A&E.

Sexual & reproductive health services at Ninewells also raised awareness in their department following the Purple Friday theme.

Chief Medical Officer Dr Catherine Calderwood launched ‘right diagnosis, right treatment, right team, right place; the cancer plan for children and young people in Scotland’ which outlines the vision to deliver a safe, sustainable world class national service for children and young people with cancer.

The plan was published by the Managed Service Network for Children and Young People with Cancer, which is based at Kings Cross in Dundee, and highlights the priorities for the next three years:

- A continued focus on working nationally to provide a seamless service across Scotland, recognising their treatment and aftercare may be in different places
- Improved research opportunities; to ensure that all children and young people have an opportunity to participate in appropriate cancer clinical trials
- The launch of an enhanced cancer registry specifically for Children and Young People in Scotland to enable comparison with other countries
- Proactively managing care after cancer treatment
- A new model of care for teenagers and young adults (TYAs) with cancer

The Buzz!

Ninewells staff take #purpleselfies for LGBT History Month

Do you have an idea to improve healthcare?

Scottish Health Innovations Ltd. (SHIL) is looking for your ideas to help improve healthcare in Scotland.

SHIL works with staff across all Scottish Health Boards to develop devices, gadgets, programs and inventions into products which can be sold back into the NHS and in the wider marketplace.

Often the simplest ideas are the best and you don’t have to be a consultant to come up with one; SHIL has developed and marketed products where the idea came from midwives, porters, estate workers and pharmacists, to name but a few.

The Rhinopinch device (pictured right), used to stop nosebleeds, started life as nothing more than a couple of wooden tongue depressors held together with elastic bands. SHIL developed it into a CE-marked device which is now in use in A&E departments, GP surgeries, schools and clinics.

If you have an idea for an invention which would improve healthcare then don’t be shy, get in touch with SHIL to discuss it further. Successful products generate revenue which is fed directly back to the Health Board and to you as the inventor.

For more information visit www.shil.co.uk or email SHIL’s head of business development Robert Rea at robert.rea@shil.co.uk
The smoke has cleared...

This year marks the tenth anniversary since Scotland’s indoor public spaces became smoke free.

Memories of smoke-filled bars, cafes, cinemas and offices seem like a world away since the change came into force 10 years ago.

So after a decade has passed, we asked colleagues from across Tayside whether they felt the legislation has had an impact in Scotland.

Jane Laahs
Voluntary Services Manager
Perth & Kinross Health & Social care Partnership

The ban on smoking in enclosed spaces is by far one of the best things the Scottish Government has done. As a non smoker it’s nice to come home from a night out without your hair and clothes smelling of smoke.

I am aware of several friends who stopped smoking at this time as they didn’t want to stand outside buildings, particularly during our Scottish winters!

Alice Burns
Health Promotion Officer
Ninewells

Overall, I would say it has been successful as the figures show the number of people smoking is coming down.

Smokers and non-smokers are all benefiting from smoke-free environments.

Nicki McKenzie
Personal Assistant
Human Resources, Ninewells

Yes the legislation has had an impact, I would say for the better in respect of people’s health and it is much better going out to pubs.

I think it has had a positive impact.

Tracey Furness
Support Worker
Public Health, Perth Royal Infirmary

Yes the smoking ban in enclosed spaces has had a very positive impact and highlighted the dangers of second hand smoke.

There has been a decrease in hospital admissions for asthma and other smoking associated illnesses and also motivated a large number of people to stop smoking.

John Reilly
Healthcare Assistant
Day Surgery, Ninewells

I would say it has had a positive impact as I’ve stopped smoking now for a year and it has helped me along the way as I can now enjoy fresh air in smoke-free environments.

Jodi Moodle
Health Improvement Project Support Officer
Ninewells

I provide smoking cessation support and I’ve noticed some of the attitudes around smoking have changed, for example smoking in front of children.

People are more aware of the harm of second hand smoke.

Statistics from Ash Scotland show that the legislation has resulted in significant health benefits, as well as changes in behaviour and attitudes.

Benefits of smoke-free public spaces in Scotland include:

- 18% reduction in the rate of child asthma admissions per year, compared to an increase of 5% per year in the years preceding it
- 17% reduction in heart attack admissions to nine Scottish hospitals, which compares with an annual reduction in Scottish admissions of 3% per year in the decade before the ban
- 39% reduction in second hand smoke exposure to 11-year-olds and in adult non smokers
- 86% reduction in second hand smoke in bars
Value Your NHS
Looking ahead to 2016-17

Value Your NHS is supporting a whole organisation effort to achieve best outcomes for our patients, while we embark on an ambitious programme of service transformation and redesign and a five-year approach to achieve financial stability. The Tayside Transformation Programme is now under way and there are many ways you can get involved – read on to find out more.

Chairman Professor John Connell

“We are now into the new financial year and I feel it’s time to reflect on the past year and say a really big thank you to all our staff for the tremendous effort made, especially in the last quarter of 2015-16. I know the changes we all implemented to slow down spending in areas such as travel costs, being considerate in our printing, saving energy and switching off the routine use of agency staffing, have sometimes felt really challenging to deliver.

“However, you have all been quick to recognise the reality of the challenges we are facing and have changed your behaviours and responded so brilliantly that, as an organisation, we were able to reduce spend in these areas by £3 million over the last three months of 2015-16. Hopefully, this new way of working has now become the way and there are many ways you can get involved – read on to find out more.

The workstreams are:
• Service Redesign – Ensuring high-quality, seamless, safe and sustainable services and care across the health and care system in Tayside
• Realistic Medicine – Building on realistic medicine in the National Clinical Strategy using international, national and local evidence and benchmarking to inform our service redesign for assessment, diagnosis, testing, referral, treatment, procedures and medication to ensure that we use our resources in the most cost-effective way and make the best choices for patient outcomes
• Right Patients in Tayside/Repatriation
Ensuring Tayside patients are treated or cared for locally, whenever possible and managing inbound patients from other NHS organisations
• Workforce and Care Assurance – Delivering high-quality, safe and effective patient care using a workforce of the right size with the right skills in the right place
• Facilities and Estates – Creating smarter working and optimising our working environments
• Better Buying and Procurement – The provision of safe, good quality and fit for purpose products at cost effective prices
• Property – Reducing the property footprint in Tayside and the backing maintenance, releasing funds and enhancing the quality of care for patients by providing a more effective and efficient way of caring for them

Everyone has a part to play in helping to transform healthcare in Tayside. You are encouraged to make what impact you can within your own team or from where you observe as a member of staff, as a patient or as a member of the public. Your input is important to the success of the Programme. Please make time to drop into one of the staff sessions that are coming to your workplace soon, to meet members of the Transformation Programme Board or why not submit an idea through the Value Your NHS button on the Staffnet homepage? You can also contact the Transformation Programme Office by email on stp.tayside@nhs.net or call x35717

Work-Wits – the value of going back-to-the-floor

As part of the Value Your NHS campaign, we have introduced ‘Work-Wits’ where managers and directors go ‘back to the floor’ to work alongside colleagues delivering services day-in day-out. This gives an insight into examples of where best practice is being carried out and good ideas that can be rolled out to other areas of the organisation. Work-Wits also help departments to implement ideas or bring up areas of concern or frustration.

Commenting on the ‘Work-Wits’ that he has been involved in, Medical Director for the Operational Unit Dr Alan Cook said, ‘I feel very privileged that so many colleagues have allowed me to work with them over recent months. This has included working in Perth Royal Infirmary and Ninewells Hospital with junior doctors, consultants, pharmacists and physician associates.

“My main impression has been the dedication, hard work and professionalism of all the staff who have been delivering high quality, compassionate care and putting the patient at the centre of everything they are doing. This has been reflected in the comments I have heard back from patients who have been appreciative of the way they are being looked after at particularly stressful times in their lives.

“I am pleased that I have been able to help in some episodes of direct patient care and that everyone has been very open and accommodating with me. I have been able to share the experience and observations with the senior leadership team in NHS Tayside and this has helped to ensure the frontline staff experience is understood and considered in future planning.”
Health Matters

Cervical Cancer Prevention Week

NHS Tayside’s colposcopy team supported Cervical Cancer Prevention Week (24-30 January) with a series of information events at Ninewells, Arbroath Infirmary, Stracathro and Perth Royal Infirmary.

Cervical screening saves around 5,000 lives in the UK every year and prevents 8 out of 10 cervical cancers from developing. In Scotland, all women between the ages of 20 and 60 are offered a cervical screening test every three years. From mid 2016 the age range will change to 25-65.

Some, but not all, changes found by cervical screening tests may give an early warning sign of the possibility of developing cervical cancer. By dealing with this at an early stage, many cervical cancers can be stopped.

For more information please visit www.jostrust.org.uk www.nsd.scot.nhs.uk or www.bsccp.org.uk

Promoting a healthy weight in women before pregnancy

NHS Tayside is supporting Dundee women to have a healthy weight before they become pregnant by offering free places on a local weight management programme.

There are a number of risks associated with obesity in pregnancy such as high blood pressure, gestational diabetes and even an increased possibility of having a miscarriage or stillbirth.

Evidence also shows obesity in pregnancy can increase the likelihood of obesity in children.

Women who wish to access this service must be aged 16-45 years, live in the Dundee postcode area DD4, have a BMI of 30 or more and be planning a pregnancy. Call 0345 6027068 and quote WWR5092 for information on this free 12-week programme.

Tackling child sexual exploitation

NHS Tayside supported the first TV campaign in the UK to tackle child sexual exploitation (CSE).

A national TV advert highlights how to spot the warning signs of this form of abuse and shows how conversations online can potentially lead to a young person placing themselves in danger.

The campaign is aimed at parents and young people aged 11-17, highlighting the message that child sexual exploitation can happen to any young person, regardless of their gender or background.

Executive lead for sexual health and blood borne virus Ann Eriksen said, “NHS Tayside welcomes and supports this important awareness raising campaign from the Scottish Government and would urge anyone who has questions or concerns about CSE to visit the website www.csethesigns.scot where advice and support is available.”

Living Well After Cancer events

A series of health and wellbeing events for people living with the effects of cancer were held across Tayside.

The Tayside Transforming Care After Treatment (TCAT) team, in partnership with Macmillan Cancer Support and local services, organised Living Well sessions in Angus, Dundee and Perth to help people improve their general health and wellbeing and to manage the effects of their illness.

The Living Well after Bowel Cancer event in Perth, Living Well after Head and Neck Cancer event in Dundee and Living Well after Prostate Cancer event in Arbroath gave patients and family members the opportunity to find out how they can keep well, improve their fitness and cope with physical, financial and emotional aspects of cancer and its treatment. Participants received advice on diet, healthy lifestyle, finance and support for family and friends, as well as managing the side effects of treatment.

Teen health issues explored

Third year pupils in secondary schools across Tayside explored a wide range of health issues facing young people through the creativity of theatre.

A play entitled ‘Can YOU Switch OFF?’ was developed in partnership with NHS Tayside’s Early Years and Young People Team and examined relationships, sexual health and sexuality, substance misuse, sexting and sharing images, as well as issues related to self image and mental wellbeing. The key message is that young people have the right to seek confidential help and advice whether they are under or over the age of 16.

POST supports Dundee Schools dance competition

NHS Tayside’s Paediatric Overweight Service (POST) spread the Fun Fit Tayside message to secondary school pupils in Dundee at the fifth annual Active Schools Secondary Dance Festival.

Around 350 S1-S6 pupils competed in the event at the Caird Hall with contemporary and street dance crews from all nine secondary schools in Dundee taking part. To help promote the importance of physical activity, POST sponsored the event and provided and presented medals and trophies for the winners and runners up.
NHS Tayside departments have been recognised for their efforts in building healthy workplaces for staff.

NHS Tayside Community Hospitals, Murray Royal Hospital, and Medicine for the Elderly and the Stroke Unit at PRI received the Gold Award at an event to celebrate achievement in the Healthy Working Lives programme.

Bronze Awards went to Perth & Kinross Specialist Palliative Services and Site Support Services Dundee Locality. Murray Royal Hospital also picked up the Cycling Scotland Cycle Friendly Employer Award.

Healthy Working Lives offers practical support and advice to help employers improve the health, safety and wellbeing of their staff.

Among the initiatives undertaken by organisations were various walking challenges, participation in bike week, weight management classes, healthy eating, massage, relaxation sessions, discounted gym memberships, lifestyle checks, sun awareness and breast cancer awareness sessions.

If you would like to hear more about the support available for your workplace, contact the NHS Tayside Healthy Working Lives team on 01382 424093.

Healthy Working Lives Awards for Tayside workplaces

Gold Awards: Abertay University, Forster Group Ltd, NHS Tayside Community Hospitals, Murray Royal Hospital, Medicine for the Elderly and Stroke Unit PRI

Bronze Awards: Abertay Housing Association, Dundee City Council – Information Technology Division, HM Prison Castle Huntly, Michelin Tyre plc, NHS Tayside Perth & Kinross Specialist Palliative Services, NHS Tayside

Recognition of Good Practice Award: Balgillo Nurseries and Maxwelltown Information Centre

Cycling Scotland Cycle Friendly Employer Award: Murray Royal Hospital

The following organisations collected awards:

Gold Awards: Abertay University, Forster Group Ltd, NHS Tayside Community Hospitals, Murray Royal Hospital, Medicine for the Elderly and Stroke Unit PRI

Bronze Awards: Abertay Housing Association, Dundee City Council – Information Technology Division, HM Prison Castle Huntly, Michelin Tyre plc, NHS Tayside Perth & Kinross Specialist Palliative Services, NHS Tayside

Recognition of Good Practice Award: Balgillo Nurseries and Maxwelltown Information Centre

Cycling Scotland Cycle Friendly Employer Award: Murray Royal Hospital

NHS Tayside Smoke Free Services encouraged people to quit and be proud on No Smoking Day with a series of awareness events held in Ninewells, Tesco call centre in Dundee and Aviva in Perth. Staff were on hand to provide expert advice and information about quitting smoking and the support available in Tayside.

This year’s No Smoking Day, run by the British Heart Foundation, had a ‘Proud to be a Quitter’ theme, which aimed to inspire hundreds of thousands of smokers to stub out cigarettes once and for all.

Support to stop smoking or refrain from smoking while on NHS sites is available to patients, visitors and staff from Smoke Free Services and local pharmacies.

Please call NHS Tayside Smoke Free Services on 0845 600 9996 or the Hospital Smoke Free Service on 07879 875 180.

Healthy Working Lives offers practical support and advice to help employers improve the health, safety and wellbeing of their staff.

Among the initiatives undertaken by organisations were various walking challenges, participation in bike week, weight management classes, healthy eating, massage, relaxation sessions, discounted gym memberships, lifestyle checks, sun awareness and breast cancer awareness sessions.

If you would like to hear more about the support available for your workplace, contact the NHS Tayside Healthy Working Lives team on 01382 424093.

Joyce Adam, a pharmacy sales assistant spent many years smoking 40 cigarettes a day at a cost of over £90 a week before making the life-changing decision to quit at the start of this year. Joyce received support from her local Smoke Free Services team.

“I’m not out of breath anymore if I cough and my son said he hasn’t heard me coughing overnight anymore so I am sleeping better,” Joyce explained.

“I am trying to encourage other people to get support to quit. I was a chain smoker and always had a cigarette in my hand so if I can do it, anyone can.”

Joyce Adam

Ninewells domestic assistant Helen Mills, is celebrating her one-year anniversary of giving up smoking with support from the Hospital Smoke Free Service.

Helen said, “Stopping wasn’t as bad as I thought and the support was brilliant, they were there every step of the way. Since stopping smoking I feel much better and have noticed a big difference in my sense of smell.

“I’m also saving lots of money every week as smoking is so expensive. My family are really proud of me, I’m not sure they thought I could actually do it this time but I definitely won’t go back to it now!”

Helen Mills

Jodi Moodie and Alice Burns from the Hospital Smoke Free Service at Ninewells

Stacey Mitchell and Tracey Furness from Perth Smoke Free Services at Aviva

Stacey Mitchell and Tracey Furness from Perth Smoke Free Services at Aviva

Joyce Adam

“MY FRIENDS SAID I Couldn’T QUIT. I LOVED PROVING THEM WRONG.”

Be Proud to be a Quitter

NO SMOKING DAY 9 March 2016

spectra 83 May-June 2016
Health visitors celebrate success

A significant programme of change and development for Health Visiting Services has been running in NHS Tayside to increase and strengthen the health visiting workforce.

The University of Stirling is delivering a year-long Health Visitor academic teaching programme and students are being supported in their practice placements by experienced health visiting staff.

Congratulations go to 34 students who successfully completed their training in January 2016 and have now taken up health visitor posts across NHS Tayside. These newly-qualified staff are being fully supported by experienced health visiting practitioners and identified mentors in their first year. A second cohort of 36 new health visiting students has been welcomed and will complete their training in January 2017.

The knowledge and expertise on offer through NHS Tayside’s practice teachers and mentors in local service areas has contributed significantly to student achievements and they are to be congratulated on the very high standard of support they have given.

Tayside labs first past the post

Tayside medical laboratories were within the first group of UK labs to become accredited by Clinical Pathology Accreditation (CPA) in the 1990s and are now achieving another first under the new UKAS standards. UKAS is the national body for the accreditation of testing laboratories.

Following a reorganisation, the Blood Sciences department now comprise Biochemistry, Haematology and Immunology, with Medical Microbiology centralised on the Ninewells site. Despite undergoing a period of transition, all of these departments maintained CPA standards and also met the more challenging UKAS ISO standard, the first Blood Sciences department within NHS Scotland to receive this accreditation.

These achievements are the outcome of teamwork, cross discipline working and massive protracted effort of staff over the years to meet an exacting standard to enable the delivery of well organised and highest quality laboratory diagnostics to patients of Tayside.

NHS Tayside has implemented daily whole-hospital safety huddles at Perth Royal Infirmary to continue to improve patient safety.

The new process gives a hospital-wide view on patient and staff safety and capacity and flow in one, across the whole hospital site. Chaired by General Manager Kerry Wilson and Associate Nurse Director Jim Foulis the PRI huddles have been running since the end of October 2015.

There is a defined script that the chair of the huddle follows each day with participants in the huddle bringing any safety and flow concerns from the previous day and for the coming day. The discussion focuses on key information that is crucial to the safe and effective running of the hospital. For example concerns about deteriorating patients, any incidents, infection control, areas where reduced staff is unsafe, any patient safety issues including equipment and estates and site issues. A plan for each issue is agreed or the action required agreed.

Nursing staff attend from wards, A&E, critical care, theatres and outpatient departments. Medical staff attend along with AHPs, diagnostic services, pharmacy and social work discharge teams. Unlike clinical huddles that take place on the wards, the huddle is also attended by estates, support services and medical records. This multidisciplinary, multi-team approach ensures that all issues are raised that affect safety, capacity and flow, patient admissions and discharges.

Huddles have shown that they are a supportive tool to help frontline staff feel empowered to make decisions, raise issues and escalate any concerns they may have about their area that is affecting patient care and staff. Solutions are found in the room at that time as the Chair is a senior leader who has the authority to make decisions alongside the clinical and non-clinical staff. If a solution cannot be found in the room then actions are taken away and reported back with any update at a designated time, usually later within that day.

Following PRI, Ninewells will be the next site to introduce the huddle as part of a review into how clinical teams communicate safety and flow issues across the day. For more information please contact tracey.williams1@nhs.net

‘Putting Safety and Quality Improvement first’

A brainstorming session on patient safety and quality care, organised by the General Medical Council and held in Glasgow, was attended by over 100 delegates and included NHS Tayside consultant surgeon Mr Sam Majumdar on the expert panel.

The discussion was opened by General Medical Council Chief Executive Niall Dickson, who stated that NHS Scotland was the best in the UK for implementing high standards of patient safety and quality improvement in healthcare delivered through the Scottish Patient Safety Programme.

In her keynote speech, Chief Medical Officer for Scotland Dr Catherine Calderwood explained the concept of Realistic Medicine with safe, effective and person-centred care the primary drivers in healthcare delivery. The General Medical Council recently launched the campaign Medical Professionalism Matters with the key aims to inspire and empower healthcare professionals in a time when the profession is facing financial challenges.

NHS Tayside is a pioneer in the Scottish Patient Safety Programme and is committed to raising standards of practice by creating an environment of clinical engagement built on the values of the organisation and the commitment to provide safe, effective and high-quality patient-centred healthcare.
Palliative Care Service takes delivery of wheelchair accessible vehicle

A local fundraising team led by Jackie Campbell at Clydesdale Bank in Dundee has purchased a wheelchair accessible car for the Specialist Palliative Care Service in Dundee.

The team raised a magnificent £22,955 during 2014 which was match-funded by an additional 50% by Clydesdale Bank through its partnership with Hospice UK.

Patients attending Macmillan Day Care and inpatients at Roxburghe House have a variety of transport needs to allow them to attend clinics and to go on home visits and social or recreational outings. The service relies on support from volunteer drivers to transport patients with nearly 7000 volunteer journeys provided last year.

Dundee musicians unite for Roxburghe House

A group of local musicians raised £1000 for Roxburghe House as a tribute to David Bowie, who passed away in January following a battle with cancer.

‘Heroes: a celebration of David Bowie’ saw 41 of Dundee’s finest musicians covering David Bowie’s work in their own style with some unique one-off collaborations prepared especially for the occasion. The live music was also followed by a Bowie-themed disco with guest DJs.

Entry to the gig was by donation and, along with a cake stall and additional donations on the night, the event raised £1000 for Roxburghe House.

The money was split evenly between the Patient Comfort Fund and the Community Macmillan Nurse Fund.

Easter donations to Glenlaw House

Alison Marshall (back, centre) accepted the cheque from members of the Provincial Grand Lodge

The Provincial Grand Lodge in Forfarshire donated £500 and 20 Easter eggs to Glenlaw House in Dundee.

Members of the Lodge raised the money through different fundraising events including sponsored walks and runs and other fundraising.

Accepting the donation, charge nurse Alison Marshall said, “Thank you very much for this kind donation. It is very much appreciated and will go towards music therapy sessions for the children and young people who attend Glenlaw House.”

£1000 for renal unit

A Leuchars family donated £1000 to the renal unit at Ninewells in memory of Teena Cull.

Family and friends of Teena, who was a patient at the unit, kindly donated money raised at her funeral.

Accepting the cheque, Head of Nursing for Renal Services Sean McArtney said, “I would like to thank Patrick and his friends and family for this generous donation. Our aim is to keep patients as comfortable as possible and this donation will go towards improving the patient environment.”

MS Regional Service receives welcome boost

Arbroath musician Steven Carcary has donated £400 to the award-winning Tayside and North East Fife Regional MS Service after holding a launch event for his CD of Scottish music.

Around 140 keen music lovers attended the event and all raffle proceeds were donated to the MS service. Steven, whose mother has had MS for many years, has been a long term supporter of services for MS patients in the area.

Director of MS Regional Service Dr O’Riordan said, “We would like to thank Steven and his band for this generous donation. Our aim is to keep patients as comfortable as possible and this donation will go towards improving the patient environment.”

Dundee woman thanks staff at chemotherapy unit

A Dundee woman donated wig liners and £500 to the chemotherapy unit at Ninewells as a thank you for the care she received.

Jenny McCombie asked friends to contribute money instead of gifts at her 60th birthday party. A quiz night was also held at the Balgay Bar.

Jenny said, “I decided to fundraise so that future cancer patients could benefit from the comfort of the wig liners. I also wanted to give something back to the staff of the chemotherapy unit, who had shown such kindness, care and attention during my treatments.”

Jenny’s husband Patrick (holding cheque) with (from left) brother Hugh and sons Martin and Brendan, (left) care staff Sean McArtney and Tamara from the renal unit.

A Dundee woman donated wig liners and £500 to the chemotherapy unit at Ninewells as a thank you for the care she received.

The Provincial Grand Lodge in Forfarshire donated £500 and 20 Easter eggs to Glenlaw House in Dundee.

Members of the Lodge raised the money through different fundraising events including sponsored walks and runs and other fundraising.

Accepting the donation, charge nurse Alison Marshall said, “Thank you very much for this kind donation. It is very much appreciated and will go towards music therapy sessions for the children and young people who attend Glenlaw House.”

The money was split evenly between the Patient Comfort Fund and the Community Macmillan Nurse Fund.

A Leuchars family donated £1000 to the renal unit at Ninewells in memory of Teena Cull.

Family and friends of Teena, who was a patient at the unit, kindly donated money raised at her funeral.

Accepting the cheque, Head of Nursing for Renal Services Sean McArtney said, “I would like to thank Patrick and his friends and family for this generous donation. Our aim is to keep patients as comfortable as possible and this donation will go towards improving the patient environment.”

A Dundee woman donated wig liners and £500 to the chemotherapy unit at Ninewells as a thank you for the care she received.

The Provincial Grand Lodge in Forfarshire donated £500 and 20 Easter eggs to Glenlaw House in Dundee.

Members of the Lodge raised the money through different fundraising events including sponsored walks and runs and other fundraising.

Accepting the donation, charge nurse Alison Marshall said, “Thank you very much for this kind donation. It is very much appreciated and will go towards music therapy sessions for the children and young people who attend Glenlaw House.”

The money was split evenly between the Patient Comfort Fund and the Community Macmillan Nurse Fund.

A Leuchars family donated £1000 to the renal unit at Ninewells in memory of Teena Cull.

Family and friends of Teena, who was a patient at the unit, kindly donated money raised at her funeral.

Accepting the cheque, Head of Nursing for Renal Services Sean McArtney said, “I would like to thank Patrick and his friends and family for this generous donation. Our aim is to keep patients as comfortable as possible and this donation will go towards improving the patient environment.”

A Dundee woman donated wig liners and £500 to the chemotherapy unit at Ninewells as a thank you for the care she received.

The Provincial Grand Lodge in Forfarshire donated £500 and 20 Easter eggs to Glenlaw House in Dundee.

Members of the Lodge raised the money through different fundraising events including sponsored walks and runs and other fundraising.

Accepting the donation, charge nurse Alison Marshall said, “Thank you very much for this kind donation. It is very much appreciated and will go towards music therapy sessions for the children and young people who attend Glenlaw House.”

The money was split evenly between the Patient Comfort Fund and the Community Macmillan Nurse Fund.
Richard McIntosh
Community Capacity Building Officer
Public Involvement Team

Read all about Richard - a well-travelled man with dreams of being a radio DJ on his own floating island. And if you ever need a crème caramel to disappear quickly, he’s your man!

How did you come to be in your current job?

I joined NHS Tayside in 1989 as office manager in X-Ray at Ninewells before moving to Ashludie. After a period in the voluntary sector and attending university, I moved to the Caribbean to take up a post with the Ministry of Education/Health before coming back to Tayside for a health promotion post in 2000 and in 2012 I completed my Masters in Public Health at Edinburgh University. In 2014, I took a secondment opportunity within the public involvement team to build on establishing the Community Innovation Fund, which aims to help community groups to develop local improvement projects that will benefit the health and wellbeing of their local population.

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

I hope that I will always be working in the field of health inequalities, working with communities in disadvantaged areas, promoting quality of life and wellbeing and creating a stronger sense of community resilience.

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

A radio DJ. I love music and talking and people do say that I love the sound of my own voice!

What do you miss most about being a kid?

Hot summers spent raspberry picking in Forfar and waiting on the ice cream van to come so we could spend our money.

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

My dad died last year after being diagnosed with brain cancer and I would like just enough time to tell him that mum is doing fine and I loved him very much.

Who would play you in a movie of your life?

Chris Pratt - funny, smart, brilliant actor.

What’s your theme song?

Bryan Adams - Summer of 69. It was an inspirational anthem the year I was born - oops there goes my age!

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

My husband, a water filter and medicines (I’m staying!)

What is the first music album you ever bought?

Revenge by the British pop duo Eurythmics.

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

I would pay off family and friends’ debts then jet off to my new yacht that doubles as a floating island paradise (yeah right!)