NHS Tayside
STARS shine brightly
**Chairman’s introduction**

NHS Tayside has staff welfare, and wellbeing, as major priorities. The promotion of wellbeing among our staff includes all of the efforts to support staff during periods of stress or difficulty. The team in the Wellbeing Centre, based in Royal Victoria Hospital in Dundee, provide an outstanding service that uses values based reflection to help staff deal with problems. This is really important work to help all of us cope with the pressures of work and life outside work.

Physical health (which is, of course, linked to mental wellness) is also a major priority and NHS Tayside takes its responsibilities as a Health Promoting Health Service organisation seriously. Leadership here comes from our Public Health team and I should use this opportunity to commend the work that they do. A recent short video on encouraging all of us to build activity into our daily routines, such as when we are commuting to work, can be viewed on NHS Tayside’s YouTube channel. Some of our sites are lucky to be set in areas where exercise during breaks is possible – for example, the woodland and community garden area at Ninewells and the grounds surrounding Stracathro offer excellent opportunities for this. I hope we can all use the summer period to make efforts to build on or achieve greater physical fitness, as this has major benefits in relation to long term health outcomes.

In May we had the long awaited award ceremony for the STAR Awards, with all the winners featured on pages 14 and 15. I was absolutely delighted by the level of interest that these awards generated, and by the breadth and sheer talent that was recognised. Very importantly, nominations came from both colleagues and members of the public, which reflects the very high regard in which all of the nominees are held. I know that the decisions on selecting winners from among the finalists was very difficult, and can only thank all who took part and congratulate those who were nominated as finalists. Tayside is very lucky to have such committed staff who deliver very high quality services each and every day. I’m already looking forward to next year!

Finally, many of you will be aware that the Scottish Government appointed an Assurance Advisory Group, led by Professor Sir Lewis Ritchie, to support NHS Tayside review its Transformation Programme and provide assurance to the Government that our plans were financially sound and could be delivered. Sir Lewis and the group have visited many parts of NHS Tayside and I know they have been very impressed by the hard work and professionalism of all staff that they have met. We continue to deliver safe and effective, high-quality care to the population of the region and this focus on patients at the heart of everything that we do remains our core value, with the wellbeing of the staff who maintain this a key principle that guides the Board.

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**Professor John Connell**

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Build progresses on national pharmaceutical facility

A new facility is currently under construction on the Ninewells site to house the NHS Scotland Pharmaceutical ‘Specials’ Service.

The ‘Specials’ Service manufactures medicines when available licensed medicines do not meet the specific needs of patients. This would include patients who have swallowing difficulties or who cannot tolerate certain ingredients in licensed medicines, and those who need more specialist ointments and creams.

The two current NHS Scotland manufacturing units based at Ninewells and the Western Infirmary in Glasgow will be amalgamated into the new state-of-the-art facility.

The service will also provide support to Research & Development in NHS Scotland and Scottish universities by providing medicines for use in clinical trials.

Head of NHS Scotland Pharmaceutical ‘Specials’ Service Dr Baxter Millar said, “This is a hugely important and exciting opportunity for establishing a national pharmaceutical manufacturing service on the Ninewells site that will contribute to the care of NHS patients throughout the UK over the next 30 years and beyond. There is also an opportunity for a number of new jobs to be created locally with the work of the two existing units coming together.”

The building is planned to be completed in December 2018 with the service up and running by the summer of 2019.

New service for hearing aid users at Whitehills

A new service run by volunteers to help NHS hearing aid users has proved popular.

The service is being provided by volunteer meeter and greeters at Whitehills HCC in Forfar.

The volunteers have been trained by NHS Tayside’s Audiology and Balance Service to replace the tubing in ear moulds and can provide replacement batteries. They can also request an appointment with an audiologist for the patient if they feel this is required.

Head of Audiology and Balance Service Samantha Batty said, “It’s great to see people taking advantage of this new service. We are very pleased that the volunteers at Whitehills have taken on this role and the audiology team will continue to support them.”

The service is available on Tuesdays from 10am-noon and Thursdays from 2-4pm. It is important that hearing aid user brings their yellow record book with them.

SmallTalk

Patient and relative services which have lost a child provided a service of thanksgiving and remembrance in Perth.

The service, which was organised by the department of spiritual care with support from charity SANDS, included music, readings and the lighting of candles in memory of those who have died.

“None of this would be possible without the support that the fund gave us.”

Refurbished stroke unit at PRI

A refurbished patient sitting room, training facility and occupational therapy area for stroke patients has officially opened at Perth Royal Infirmary.

Situated within the dedicated stroke unit, the new area includes a therapy treatment room and a refurbished sitting room for patients and visitors, greatly enhancing the environment for all. It also includes a state-of-the-art video conferencing facility that supports staff training in stroke care.

The new facilities were funded by donations to the stroke unit via Tayside Health Fund.

Perth & Kinross inpatient service manager Maggie Rapley said, “We have come a long way since the idea of a stroke unit was conceived eight years ago. Since then we have carried out improvements in the unit to provide an environment that best meets the needs of stroke patients.

“We are extremely grateful for the kind donations from the public which have gone towards this final phase of the unit’s development. This will allow us to continue to provide essential specialist treatment for patients in Perth & Kinross.”

Showcase event for Community Innovation Fund

A showcase event was held to celebrate the success of community projects funded by NHS Tayside’s Community Innovation Fund (CIF).

Representatives from over 40 funded projects from across Tayside presented their work to Chairman Professor John Connell and shared ideas and information with other projects.

CIF helps community groups to develop local improvement projects that will benefit the health and wellbeing of their local population, and is financed through Tayside Health Fund. Over 120 community groups have been awarded money since the launch of the fund two years ago.

Professor Connell said, “I am delighted to see such a wide range of community activities being supported by the Community Innovation Fund. Building resilience in communities is a vital way of helping people to live healthy lives, and is a key part of the strategy of NHS Tayside to improve the wellbeing of the population of the region. The examples of the projects highlighted show really inspirational ways in which people have come together to develop exciting ideas that are now coming to fruition and delivering major benefits to society.”
A celebration event was held at Armitstead Child Development Centre in Dundee to share the successful work carried out by the paediatric complex disability team.

The event was attended by Chief Executive Lesley McKay, Chief Operating Officer Lorna Wiggin and Associate Nurse Director Sarah Dickie.

Many came along to help celebrate, including paediatric specialist nurses, paediatricians and representatives from Dundee City Education Authority, Dundee University and allied health professions services.

The team presented the work they carry out at Glenlaw House children’s respite service, specialist schools, community child health clinics and within Armitstead Child Development Early Years Nursery.

Head of nursing for paediatric complex disability services Sarah McLauchlan said, “The team’s enthusiasm and commitment to delivering quality person-centred care was evident in all their displays.”

Music therapy project strikes a chord in Perth

A music therapy project has been helping patients in Murray Royal Hospital as part of their recovery programme.

Staff in Amulree and Rannoch wards felt that an input of music therapy could benefit patients as part of their recovery from severe and enduring mental health problems. The team contacted Nordoff Robbins Scotland, an independent music therapy charity, to see if they could help.

Thanks to a funding donation, music therapist Mary Veal ran weekly sessions for patients between September and March.

Fraser Jackson, specialist occupational therapist in Amulree ward, said, “This project has proven to be a successful addition to the therapeutic input on both wards with positive feedback from staff and patients.

“Some patients have preferred to engage individually with the therapist, whilst others have been drawn in to the group music-making opportunities. For all patients, this type of creative therapy can offer support, motivation, appropriate group experiences and a space for creative interaction.”

Brechin patients benefit from mental health service

A mental health and wellbeing nurse service at Brechin Health Centre has been hailed a success by patients and staff.

Since August, community mental health nurse Amy McKenzie has been working at the centre two days per week to assess patients with distress, mental illness or substance misuse issues.

Amy said, “Anxiety and depression are the most common reasons for requiring support but we’re also contacted by people who are experiencing challenging life events. Providing prompt support is often all that’s required but I can refer people on for further support and treatment if required.”

Lead GP Dr Robert Mellish said, “Amy is a huge asset to the clinical team. Patients are receiving a prompt and appropriate response at times of real distress and the service has significantly reduced referrals to wider mental health services.”

Maternity service signs RCM Caring for You Charter

NHS Tayside has joined the Royal College of Midwives (RCM) campaign to support midwives and maternity colleagues with their health, safety and wellbeing.

The maternity service has signed the RCM’s Caring for You Charter which aims to support and enable staff to continue providing the highest levels of maternity care for women and their families across Tayside.

When signing the Charter, organisations are committing to five key principles, including working in partnership with health and safety and occupational health teams to support maternity colleagues. There is also a strong focus on promoting a positive and nurturing environment and culture for staff with a zero tolerance policy towards bullying and ensuring flexible working patterns are available.

Head of midwifery Justine Craig said, “The health and wellbeing of our staff is of paramount importance which is why we are supporting the RCM’s ‘Caring for You’ campaign.”

Jackie Mitchell, the Royal College of Midwives national officer in Scotland, added, “NHS Tayside has a committed team of midwives and maternity support workers, led by an enthusiastic head of midwifery committed to the welfare of her staff. This is a very positive move and I welcome their commitment to staff and the people they care for.”

For more information on the Caring for You campaign, visit www.rcm.org.uk/caring-for-you-campaign

Anniversary for Care Home Liaison Team

The Care Home Liaison Team for Psychiatry of Old Age in Dundee has celebrated its first anniversary.

The team of four nurses is supported by medical colleagues to provide specialist assessment and treatment to care home residents who suffer from mental illness, as well as training specific to older people with mental health issues and dementia. The team also works with colleagues in the Social Care Older People’s Review Team and Medicine for Elderly Peripatetic Team, which also provide dedicated support to care homes.

In the first year there have been many positive outcomes for residents and families, including a reduction in hospital admissions. In this period the admission rate from care homes to Kingsway Care Centre dropped from 28 to seven.

The team is excited to have reached its first anniversary and is planning for developments over the next year, including collaborative training to enhance knowledge in psychological care.
Cabinet Secretary meets modern apprentices

Ms Robison met with current and former modern apprentices from a range of specialties, including estates, blood sciences, medical physics, health and social care, and the Tayside Orthopaedic and Rehabilitation Technology (TORT) centre. NHS Tayside has supported a significant number of female apprentices into science, technology, engineering and maths (STEM) apprenticeships, which is a key priority for the Scottish Government.

During the visit, the young people shared their learning and working experiences and all spoke positively about the departments they were based in. Staff who manage the modern apprentices also discussed the benefits of the programmes and how it opens up opportunities for young people working in the NHS.

Health Secretary Shona Robison said, “I am pleased to see that NHS Tayside has prioritised youth employment and exceeded their local plans for employing modern apprentices.”

HR lead for Workforce Planning Services Caroline Hay said, “We were delighted to welcome the Cabinet Secretary to meet some of our modern apprentices and hear about the success they have experienced. Our apprentices work extremely hard and are an important part of their teams and our workforce.”

Performance tour for care home residents in P&K

Care home residents have enjoyed a storytelling performance as part of a tour across Perth & Kinross.

The ‘Tales of a Grandson’ show, created and performed by professional storyteller Andy Cannon and cellist Wendy Weatherby, was inspired by Walter Scott’s books ‘Tales of a Grandfather’.

The performance toured 18 care homes and day care services across the region and included set and props designed to invoke memories, as well as opportunities to dance, sing, reminisce and share stories with the performers.

The tour provided creative activity that benefits participants’ physical and mental health and wellbeing. The performance also aims to promote creative thinking, memory and concentration by participating in storytelling and music activities.

Staff encouraged to sign up for greener travel

Staff were encouraged to travel greener at events promoting Liftshare and the Scottish Workplace Journey Challenge.

Liftshare events were held at Ninewells and Murray Royal Hospitals to promote the benefits of sharing the drive to work, which can save time, money and help the environment.

The events offered staff the opportunity to request personalised travel plans, which provide information about all the ways they can get to work such as public transport and bike, walking and car routes. Visitors to the events were also able to take part in a prize draw and two lucky members of staff, consultant haematologist Ron Kerr and personal assistant Kerry Fyfe, each received £20 Love 2 Shop vouchers from TACTRAN.

To sign up for Liftshare, visit www.nhstaysided.liftshare.com for Dundee staff or www.nhstaysidep.liftshare.com for Perth & Kinross and Angus staff.

Staff were also encouraged to join NHS Tayside’s team in the Scottish Workplace Journey Challenge and log walking, cycling, public transport and carsharin journeys to and from work or for business travel during March. Over £2000 worth of prizes were up for grabs, including cinema tickets, Kindles and high street vouchers. Office support assistant Audrey Anderson, who was a participant in the challenge, won a spot prize for taking part.

For more information please visit www.scotland.getmeactive.org.uk
Blood service welcomes mini trainee scientists to its labs

Staff at the Scottish National Blood Transfusion Service (SNBTS) laboratory at Ninewells have been offering young patients the chance to be trainee scientists for a day to help them understand the processes behind their blood tests.

Senior biomedical scientist Lesley Macdonald and colleagues in SNBTS have partnered with charity Harvey’s Gang to be the first laboratory in Scotland to offer special ‘behind-the-scenes’ visits to patients from the children’s wards.

When the children visit they are given their very own ‘staff’ badge and lab coat to wear. During the tours they are shown how the blood samples are digitally registered; equipment such as centrifuges and analysers; how blood is grouped; how the various components are stored; and how their shelf lives differ. The little visitors are also given a coat to wear. During the tours they are shown how the blood samples are

Grant Reilly sharing his wisdom with Summer-Rose

Lesley said, “The children we’ve had visit have asked really astute questions, about things we would never have thought of. They have a way of going straight to the heart of things that adults perhaps wouldn’t. It’s an absolute pleasure to have them join us for the day. Being lab based we don’t have much patient contact so having the children come to visit really reminds us of why we do our job and why it’s so important. It’s very humbling to have the privilege of showing them around.”

Harvey’s Gang was launched at Worthing Hospital in the Western Sussex NHS Trust in England, and was named after a young leukaemia patient who was curious as to why he needed his blood tested so many times and what these mean.”

As a parent I found the tour of the labs a great experience really special and important in her lab coat and lanyard. Carole said, “It’s lovely to spend the time making this a day Amber won’t forget.”

Patient feedback volunteer project success

A volunteer project which aims to understand and improve peoples’ experiences of being in hospital has proved a success.

Dundee University medical students Monica and Fraser have been volunteering for two years with the practice development and clinical governance teams to co-design, test and evaluate a pilot of listening and learning from people about their hospital experiences.

Each month Monica and Fraser, along with other trained volunteers, call people who have been discharged within the last 10-14 days to ask them to rate and discuss their experiences of care using a valid survey. Their responses are recorded on a bespoke Datix form and presented within 24 hours on Qlikview along with other quality indicators.

This has provided patients with the opportunity to discuss their experiences in an honest way with someone independent to the care team and has ensured that those who have issues with literacy can take part. The pilot has also helped teams better understand patients’ experiences to work in more person-centred ways.

The Nursing and Midwifery Directorate is aiming to implement this in all wards and is also exploring how to best hear the voices of people with cognitive impairment or dementia.

For information and support around patient feedback please contact patient feedback coordinator Stephanie Stewart on sstewart13@nhs.net for inpatient areas or clinical governance and risk management facilitator Donna Kelbie on donna.kelbie@nhs.net for outpatient areas.

Perth psychological service pilots remote clinic

People referred to Perth Adult Psychological Therapy Service can now be seen for return appointments through video link.

The service, which is based at Murray Royal Hospital in Perth, can link via video conferencing with the five community hospitals in Perth & Kinross: Aberfeldy, St Margaret’s in Auchterarder, Blairgowrie, Crieff and Pitlochry. Clients are supported to use the remote clinic by staff at each hospital.

Initial evaluation of the pilot has been encouraging, with clients reacting positively to meeting their therapist in this way. It can also help reduce the travel time and cost for attending appointments, particularly for people who live in remote or rural parts of the region, have difficulty using public transport or have physical problems.

The service has also provided patients with the opportunity to discuss their experiences in an anonymous way using a valid survey. Clients are supported by trained volunteers to complete this.

“Using the video link has enabled us to reach patients who have concerns about coming to the hospital and who have issues with transportation or become too ill to travel. It has helped keep lines of communication open and given us the chance to listen to feedback from people who may not be able to express their needs.”

For further information call 0800 328 9655

Our self-help coaches and therapists can help you understand some of the reasons why you are feeling low and teach new ways of coping.

For more information on psychological therapies please visit www.nhstayside.scot.nhs.uk/healthyminds

Living Life is a free telephone service for anyone feeling low, depressed or anxious.

Healthy Minds

0800 328 9655

Living Life is a free telephone service for anyone feeling low, depressed or anxious.
Photography - What’s your angle?

Technology around cameras and photography has moved on at a rate of knots so now your every move can be photographed, edited, filtered and uploaded to social media in an instant from your phone. Gone are the days when to see your photos, you had to first finish the film in your camera, then put it into a shop to be developed, wait about a week, then go and collect your photos. There’s probably plenty of you out there who have classic photos from back in the day with the favourite thumb over the lens or people’s heads cut off!

We ‘zoomed’ around to ‘pose’ some questions to staff so we could ‘develop’ a ‘view’ about whether staff thought that ‘flash’ new technology makes your photos better or if we live in an age of ‘overexposure’... Okay, okay enough of the cheesy puns, we just wanted a ‘snapshot’... #sorrynotsorry. Staff also shared one of their favourite photos with their answers.

Lorra Ramsey
Corporate Services Site Manager
Arbroath Infirmary/Whitehills HCCC

Whilst I love looking through old photos, today’s technology is awesome! I often print my photos, particularly of holidays, and make albums up for family. My son was recently 30 and it was great to be able to look back at old albums and choose some cringeworthy photos to share on social media – that’s how mums get revenge! I made the most of today’s technology for this photo of my daughter Skye.

Lynsay Dawn
Communications Officer
Ninewells

I love taking pictures, I drive my friends and family crazy because I always have a camera in their face! I like that I can take great quality pictures with my phone to capture moments on the go. I haven’t printed many photos since I got my first digital camera but this year I decided my flat was missing something so I printed and framed pictures of friends, family and holidays, like this one from Mexico.

Greg Payne
Personal Assistant
Ninewells Hospital

I’ve printed photos in the past, like our wee cat, to be displayed along with the fine china but the world is moving away from expensive printing. I have albums of embarrassing childhood pictures and they seem so old fashioned but are great to muse over every now and again. The way we use and communicate with photos is changing – such as selfies (I’m not a fan!) Nearly everything we share these days, we expect an image to go with it.

Lesley Kram
Senior Charge Nurse
Ward 3 Ninewells

I don’t print photos now, but when I was young I always took photos of my horse and the suspense of waiting for them to be developed was so exciting! I loved making albums for my sisters as wedding gifts with photos from our childhood until the present. Now, I always have my phone with me so I can capture any moments. We’ve had some incredible holidays to Egypt, Thailand and Ibiza, but my favourite photos are of our honeymoon in Mauritius. My husband and I love looking through our photos and enjoying the memories all over again.

Elizabeth Leslie
Head of Resilience
Ninewells

I still print photos from my SD card but I always forget to take them home to Vienna to share with family. With younger family members I use Whatsapp to share photos. I am quite old fashioned. I still like to look at photo albums and reminisce, such as this photo of me as a child, and I do think that social media creates a photo overload.

A history of the camera

**BOX CAMERA**
George Eastman invented the Kodak camera which cost $22 and had enough film for 100 shots. After use, it was sent back to the company to process the film. The slogan read, "You press the button, we do the rest."

**35MM CAMERA**
As early as 1905, Oskar Barnack had the idea of reducing the format of film negatives then enlarging the photos after they had been exposed. As development manager at Leica, he put his theory into practice and created the world’s first 35mm camera: the ‘Ur-Leica’.

**POLAROID OR INSTANT PHOTOS**
Polaroid photography was invented by the American inventor and physicist Edwin Herbert Land. The first Polaroid camera was sold to the public in 1948.

**DISPOSABLE CAMERA**
Fuji introduced the disposable camera in 1986 – now mostly seen on the guest tables at weddings!

**DIGITAL CAMERA**
In 1984, Canon demonstrated the first digital electronic still camera and things have never looked back.

**MOBILE PHONE CAMERA**
It’s argued that the first camera phone was produced by Sharp and released in Japan by J-Phone in 2000. The J-SH04 could take photos at 0.11 megapixels. Compare that to today’s camera phones which go up to over 40 megapixels!
A celebration event was held at the Invercarse Hotel in Dundee to announce the gold, silver and bronze winners of NHS Tayside’s STAR Awards 2017.

The awards, run for the first time this year, offered staff and the public a chance to nominate an individual, service or team in one of six categories for delivering outstanding patient care or going the extra mile in their job.

The ceremony was hosted by the charismatic Professor Jason Leitch, National Clinical Director, Healthcare Quality and Strategy Directorate with the Scottish Government who entertained the crowd with his quick wit. The winners were presented with glass awards, certificates, and educational vouchers.

The STAR Awards were delivered in partnership with Tayside Health Fund, Invercarse Hotel, Royal College of Nursing Scotland, the Tayside branch of the Society of Chiropodists & Podiatrists, Unison, Academic Health Science Partnership (AHSP) and Medtronic.

Outstanding Team
Ward 3, Ninewells
Centre for Brain Injury Rehabilitation
Domestic Services, Cornhill Macmillan Centre

Outstanding Individual (clinical)
Dr Antony Nicoll, Consultant in Obstetrics & Gynaecology, Ninewells
Andrew McKean, Staff Nurse, Short Stay Medicine, Ninewells
Mr Kismet Hossain-Ibrahim, Consultant Neurosurgeon, Ninewells

Outstanding Individual (non-clinical)
Les Cargill, Ward Clerk, Ward 4, PRI
Alison Collins, Secretary, Ophthalmology, Ninewells
Alex Warner, PA, Ninewells

Innovation in Practice
Vestibular Audiology, Kings Cross
Kirsteen Hill, HIV and Antimicrobial Pharmacist, Ninewells
Lisa Young, Midwife, Ninewells

Inspiring Educator
Dr Stephanie Sammut, Consultant Oral Surgeon, Dundee Dental Hospital
Lorraine Blair, Orthopaedic Support Service Nurse Practitioner, Arbroath MIU
Sue Packham, Interim Head of Nursing, Children Young People & Families, Perth & Kinross

Outstanding Individual (non-clinical)

Julie Findlay, Secretary, Speech & Language Therapy, PRI
Eileen Ramsay, Recreation Officer, Learning Disabilities, Claverhouse
Child and Adolescent Mental Health Service Intensive Outreach MACX
An educational film and other resources produced with young people were launched at The Shore as part of Brain Awareness Week.

The ‘Keeping (a)head’ film and ‘Puzzled about the brain’ resources aim to raise awareness amongst young people of potential head injuries through sport and other lifestyle risk-taking behaviours.

The resources were developed at The Corner Young People’s Health, Information and Peer Led Service in partnership with NHS Tayside’s Centre for Brain Injury Rehabilitation (CBIR) and supported by Dundee City Council’s Youth Work Department.

The innovative and inspiring film is influenced by the true story of a young person and was created with the help of local young people.

Brain injury film launched at The Shore

Healthy living award for Aroma Café

Aroma Café in Ninewells has achieved the healthyliving award plus for ensuring that at least 70% of the food on offer is a healthy option.

The award was collected at a ceremony at the Trades Hall in Glasgow by retail business manager Bruce Shepherd.

Aroma was opened in the Ian Low Centre at Ninewells in November 2015 by NHS Tayside and the University of Dundee.

Bruce said, “The national award is for the food service sector in Scotland and the NHS plays a huge role in promoting healthy eating to staff, patients and visitors.

“It is fantastic for NHS Tayside to be recognised for this and it shows real commitment from my team every day to ensure that we are offering healthier choices for our customers.”

Acute Kidney Injury Week

NHS Tayside supported Acute Kidney Injury Week to help raise awareness of acute kidney injury and how to prevent it.

The public were asked to think about their kidneys when they are experiencing sickness or diarrhoea and to learn what they can do to protect them.

Acute kidney injury (AKI) is damage to the kidneys that causes them to stop working properly. It can range from minor loss of kidney function to complete kidney failure.

To help raise awareness ‘Medicines Sick Day Rules’ cards were given out by GPs, community pharmacists, district nurses and NHS Tayside Out-Of-Hours teams which explain what people can do to look after their kidneys.

These were developed in partnership between NHS Tayside’s Renal Services and the Pharmacy Department with the aim of reducing acute kidney injury.

Healthy living award for Aroma Café

Health Secretary launches Move More Dundee

Cabinet Secretary for Health and Wellbeing Shona Robison launched a programme to help cancer patients ‘Move More’.

Macmillan Cancer Support developed Move More Dundee in partnership with Leisure & Culture Dundee. The project has been designed for people affected by cancer and includes walking groups, gardening, and gentle activity classes.

As part of the programme, NHS Tayside staff are talking to patients with cancer and their families about the benefits of exercise and the vital role it has in their treatment and recovery. The programme also offers healthcare professionals learning opportunities to enable them to encourage more people to move more, more often.

Staff in NHS Tayside have also embraced the Step Count Challenge organised by MacMillan Move More Dundee and are experiencing the benefits of building physical activity into their daily lives.

Health Secretary launches Move More Dundee

Healthy living award for Aroma Café

Third year pupils across Tayside explored health issues relevant to their age group through the creativity of theatre with a play written especially for them.

NHS Tayside’s early years and young people team works with the three local education departments and Dundee and Angus College’s theatre arts team each year to produce a play and workshops aimed at 14 and 15-year-olds.

This year’s play, entitled ‘It’s not like in those movies’, examined self image, mental wellbeing and relationships, as well as issues related to sexual health and substance misuse. The key message was that young people have the right to seek confidential help and advice whether they are under or over the age of 16.

Third year pupils across Tayside explored health issues explored in schools

POST team springs into action for school events

NHS Tayside spread the Fun Fit message to school pupils at two Active Schools events.

The events are sponsored by the Paediatric Overweight Service Tayside (POST) which provided medals and trophies and presented them to the winners and runners up.

At the Angus Schools Cross Country event, pupils from Angus secondary schools took part in races ranging from 2000 to 4000 metres. The runners were supported by fellow pupils, teachers and Active Schools co-ordinators.

POST team springs into action for school events

This year’s Dundee Secondary Dance Festival had the usual street and contemporary dance categories, as well as a new open category, allowing for any form of dance to be showcased.

POST team lead Dr Laura Stewart said, “We were really delighted to be supporting these events again this year. The pupils put in a great deal of effort and it’s great to see young people having fun, getting involved in physical activity whilst enjoying a healthy lifestyle. Well done to all those who took part in and helped organise both events.”

POST team springs into action for school events
Tayside’s Got Talent

Nurse finalist in Evening Telegraph Spirit Awards

Staff nurse Ciara Donegan was shortlisted in the Evening Telegraph Spirit Awards 2017 after being nominated by a patient and his wife for the care she provided during his stay in ward 9 at the hospital.

Ciara was a finalist in the Community Spirit of the Year category, which is awarded to an outstanding individual or group who, through a lifetime of service or by an act of courage, kindness or philanthropy, exemplifies the essence of community spirit.

Senior charge nurse Gillian Birrell said, “Ciara was nominated because of the person-centred care she has provided to patients and we are absolutely delighted for her that she was recognised for this.”

Eat Safe Awards for Angus hospitals

The hospital kitchens at Arbroath Infirmary, Stracathro Hospital and Whitehills HCCC in Forfar have all been presented with the Eat Safe Award by Food Standards Scotland.

The awards promote excellence in food hygiene and recognise establishments that have achieved standards over and above the legal requirements for food hygiene. The Scheme aims to reduce food-borne disease, give transparency around food hygiene standards in food premises and improve public confidence.

“Ciara was nominated because of the care she provided during his stay in ward 9 at the hospital.”

Senior charge nurse Gillian Birrell said, “Ciara was nominated because of the care she provided during his stay in ward 9 at the hospital.”

Angus catering services manager David Bayne said, “I’m delighted that Whitehills, Arbroath and Stracathro hospital kitchens have achieved this award, which recognises the high standards of food hygiene. These awards also reflect the level of staff training and commitment to delivering high-quality food to our staff, patients and visitors.”

Smoke alarm research aims to save young lives

Consultant ENT surgeon Mr Rodney Mountain is part of a research team attempting to understand why standard smoke alarms may not wake children.

Rodney is working with colleagues from Dundee University’s School of Medicine and the manufacturing and design sector to explore why children sleep through some sounds and wake to others.

The number of lives lost as a result of fires has fallen by half since home usage of smoke alarms became widespread. However, there is evidence to suggest that some children do not wake to commonly used smoke alarms.

Rodney Mountain said, “Children’s hearing ability, brain function, sleep patterns and stage of brain development is very different to adults. Our team of ENT surgeons and neurologists do not believe that hearing ability plays a major part, but think that the answers probably relate to how children’s brains perceive, interpret and respond to sound while they are asleep.

Another study looked at how children respond to different tones and sound frequencies, and the team is now seeking families to help trial a new smoke alarm sound aimed specifically at waking children.

Anyone with children under 16 who is interested in taking part should contact the research team via http://www.derrys-fire.gov.uk/keeping-safe/smoke-alarm-study/

Prisoner Healthcare team scoops top award

The NHS Tayside Prisoner Healthcare team at Perth Prison were recognised for their partnership working at the Tayside Community Justice Authority Awards.

The healthcare team received the Working in Partnership Award for the success of a joint initiative between NHS Prison Healthcare Service and the Scottish Prison Service at HMP Perth to promote patient safety within a prison environment.

Formal systems are now in place for NHS Tayside and SPS teams to share information that is vital for promoting patient safety and prison security.

Head of Prisoner Healthcare Jillian Galloway said, “We are delighted to see the hard work of both services recognised by this award. This work has required commitment from both agencies to develop and implement the new more robust process that brings together patient safety, clinical need, self management and prison security.”

Community pharmacist picks up top award

Alasdair Shearer from the Davidsons Chemist team in Milnathort walked off with the Scottish Pharmacist Awards Independent Prescriber of the Year Award as a result of the excellent work that he has been doing in his local community.

The judges commented that Alasdair exemplified collaborative working by working with a wide range of healthcare professionals. He also took the lead in supporting other pharmacists to engage in collaborative working to help their patients.

Alasdair recently gained an excellent rating through the General Pharmaceutical Council inspection of his pharmacy; a rating that is given to very few.

Consultant ENT surgeon Mr Rodney Mountain is part of a research team attempting to understand why standard smoke alarms may not wake children.

Another study looked at how children respond to different tones and sound frequencies, and the team is now seeking families to help trial a new smoke alarm sound aimed specifically at waking children.

Anyone with children under 16 who is interested in taking part should contact the research team via http://www.derrys-fire.gov.uk/keeping-safe/smoke-alarm-study/

Rodney Mountain said, “Children’s hearing ability, brain function, sleep patterns and stage of brain development is very different to adults. Our team of ENT surgeons and neurologists do not believe that hearing ability plays a major part, but think that the answers probably relate to how children’s brains perceive, interpret and respond to sound while they are asleep.

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Smoke alarm research aims to save young lives

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Rodney is working with colleagues from Dundee University’s School of Medicine and the manufacturing and design sector to explore why children sleep through some sounds and wake to others.

The number of lives lost as a result of fires has fallen by half since home usage of smoke alarms became widespread. However, there is evidence to suggest that some children do not wake to commonly used smoke alarms.

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So Long, Farewell

Infant feeding co-ordinator Carol Sutherland has retired after 40 years of service with the NHS. Carol initially worked in Perth as a midwife and team lead before moving to Ninewells to take up her final role.

Over the years, Carol has guided the maternity services to achieve baby friendly accreditation in all areas in Tayside. She has provided education and support to staff whilst continuing to provide specialist support to help women breastfeed.

Helen Thompson

After 41 years of dedicated NHS service Helen Thompson has hung up the phone for the last time in the Dundee out of hours service hub.

Over the years Helen has held various administrative posts including in the Eastern Regional Hospital Board, and A&E at Ninewells before joining the teams at the Green Wing in Wallacetown Medical Centre and the Park Avenue Medical Centre. She then moved to the Tayside out of hours service in 2004.

Carol Sutherland

Margaret Murray

Colleagues said a fond farewell to Dundee school health nurse Margaret Murray who has retired after 37 years.

Margaret’s long career started back in 1980 and over the years she has worked in various departments including infectious diseases, male medical and male urology before ultimately taking on her final post as a school nurse in 1995.

Sue Mackie

Rose McLaughlin has retired from Stracathro after more than 30 years service with the NHS. Rose spent 27 of those years working in the hospital’s health records department.

Colleagues and friends from Stracathro joined Rose for a celebratory farewell lunch where she was presented with flowers and gifts.

So Long, Farewell

Tayside Area Formulary Review

As part of the Realistic Medicine Workstream, the Tayside Area Formulary (TAF) has been updated to reflect important changes to the medicines we prescribe to patients.

The TAF is an online collection of clinical information which provides standardised treatment options for the majority of conditions seen in primary and secondary care. It has been designed here in Tayside to help care providers across Tayside make good decisions about how best to treat patients. This includes advice such as whether to prescribe or not, what medicines should be used based on clinical evidence, safety and cost effectiveness, and guidance on local treatment pathways.

The Formulary is regularly reviewed and updated by NHS Tayside’s Medicines Advisory Group. The group recently undertook an in-depth review of all chapters in the TAF and, as a result, a number of changes have been made. A revised version of the TAF is now in operation and can be found at www.taysideformulary.scot.nhs.uk. More information about the specific changes that have been made to the TAF can also be found on the site.

If you use the app to access TAF, please update your app to ensure you are using the latest available guidance. The app is available for download for Apple and Android devices. You can find the app by searching for netFormulary in the App Store or Google Play Store. Once the app is downloaded you can synchronise to Tayside-specific information.

Work is underway to develop more effective feedback mechanisms that will enable users to identify how well their practice fits with the evidence-based guidance in TAF. If you have any comments or suggestions regarding TAF, please get in touch with the Medicines Advisory Group by emailing christine.thompson25@nhs.net.

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Refresh event at Ninewells

The Workforce & Care Assurance workstream held a refresh event in the Improvement Academy at Ninewells.

The event attracted a large number of staff and was opened by Chief Executive Lesley McLay. Staff heard from Nurse Director Gillian Costello who gave an overview of the day.

Workforce & Care Assurance programme lead Freda Stewart said, “The event proved a huge success with staff highlighting positive benefits and revitalising the energy required to move this workstream forward. The next step will be to agree our priorities for the coming year and beyond.”
Supporting Tayside Health Fund

Birthday donation to paediatric teams

The paediatric renal and gastro teams have benefited from a donation of over £1000 from Broughty Ferry couple Gillian and Norrie Mill. The couple donated £1185 raised at Gillian’s 40th birthday party to be split between the paediatric renal and gastro teams as a thank you for care given to their son Logan over the years.

Gillian said, “Logan is six now and has been treated by the teams here since he was little, so we just wanted to say thank you for all the care he has received.”

Janice said, “On behalf of the renal and gastro team, I would like to thank the family for their generous donation. It is very much appreciated and will be spent wisely to benefit both renal and gastro patients.”

Pupils raise £125 for the Tulip Suite

Amy Melville and Lynsey Ogilvie, the presidents of St John’s RC High School Interact Group, recently donated £125 to the Tulip Suite at Ninewells.

The Interact Group took part in fundraising last year and decided to donate their proceeds to the suite.

Amy and Lynsey visited Ninewells to hand over the cheque to senior charge nurse Jane Tracey (left) and senior charge midwife Amanda Kean (right).

£1400 raised at ‘pink lady’ event

Myra Keith and her daughter Roseanne presented a cheque to the radiotherapy department at Ninewells.

They raised £1400 from a ’pink lady’ fundraising event where family and friends were invited to wear pink and enjoy a cuppa and cake.

The money will be used to provide art work in a new CT scanner room being developed in the radiotherapy department.

Donation on behalf of former auxiliary nurse

£370 has been donated to Dcafé in Broughty Ferry in memory of former auxiliary nurse Veronica Dorward.

Dcafé provides support, friendship, advice and activities to people who are affected by dementia and their families.

Veronica’s daughter, Catrina Boal, who is a community health specialist nurse with Dundee Healthy Living Initiative, said, “My mum was an auxiliary nurse at Kings Cross for many years. She loved her job and took pride in her work. She talked so fondly of the patients and staff and the friendships she developed.”

“She passed away with Alzheimer’s in January but with such courage and dignity. We collected the money at the church during my mum’s funeral and we know that she would have wanted to donate it to the café.”

£550 cash boost to stroke liaison team

A donation of £550 was made to the Stroke Liaison Nurses Service at Royal Victoria Hospital in memory of Douglas Wilson.

Douglas was a medical records manager at Ninewells and has been remembered with a donation of £550 to the Stroke Liaison Team by his family and friends.

His mum Muriel presented the donation to stroke liaison nurse service team leader Susan Kidd.

Susan said, “We appreciate this kind donation from Muriel and her family. It will go towards supporting individuals following diagnosis of mini strokes and stroke.”

Harris Academy supports children’s ward

A group of senior Harris Academy pupils donated £50 and toys to the children’s hospital at Ninewells.

The group and other pupils in their house raised money by selling spree books. This is the second donation they have made to the children’s hospital after they generously donated toys at Christmas.

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Ellis Chadwick
Staff Nurse, Ward 9 (Urology), Ninewells Hospital

Meet Ellis – a would-be lady of leisure, a could-be sleep champion and a definite dog lover who really enjoys working in ward 9 at Ninewells and doesn’t take life too seriously.

How did you come to be in your current job?
I studied nursing at the University of Dundee and during my training, one of my second year placements was in ward 9 at Ninewells Hospital. I really enjoyed working there and it made me realise that was where I wanted to work when I qualified. My first post was as a staff nurse in ward 8 at but as soon as a job came up in ward 9 I had to apply.

What would you be doing if you weren't doing your current job?
I’d probably be a lady of leisure and enjoy the lie-ins but if I got bored of that I’d be a mattress tester.

If you could learn to do something new, what would it be?
I wish I was as sassy as Ciara Donegan (star of All About in the September spectra). I would fly through my career.

What do you miss most about being a kid?
Sleeping a lot, eating a lot and not caring... oh wait...

If you could meet anyone, living or dead, who would it be?
Syd Barrett – the legend behind Pink Floyd.

What secret skills/party tricks do you have?
I sleep A LOT!

Who would play you in a movie of your life?
Sleeping Beauty.

What’s your theme song?
Goldigga by Kanye West – just ask my boyfriend Ryan Adams.

If you were stuck on a desert island, what three items would you take?
My dog, my favourite pillow and biscuits, some more biscuits and, to make sure I have enough, even more biscuits.

What is the first music album you ever bought?
ABBA – The Greatest Hits.

If you won the lottery, what would be the first thing you would buy?
I’d buy myself out of the relationship I’m in. I am joking of course! Probably another dog but that would end the relationship anyway.