Chairman’s introduction

As we move into spring I must reflect on the pressures our clinical teams successfully managed during the winter months. The combination of a seasonal increase in flu at the same time as icy weather in December and January saw a major increase in urgent presentations to primary care, attendances at Accident & Emergency and emergency admissions to both Ninewells and PRI.

The extreme snow we experienced in recent weeks meant staff had to go the extra mile to keep our services running with many tales of staff battling to get to work, staying in hospital accommodation and helping out colleagues wherever they could.

These pressures tested the resilience of our clinical systems and I am incredibly impressed at how we coped. Despite the challenges, patients were superbly looked after and all of our staff contributed over and above the call of duty to deliver outstanding care. I have had the privilege of meeting staff across our clinical areas and critically important support services, including catering, transport, portering and domestic services, in the last couple of months and have been humbled by the level of commitment shown by all to delivering the best possible service that we can to patients who need our care. On behalf of the Board, I would like to say “thank you” to each and every one of our teams for this outstanding effort.

At the end of February, the second progress report was published by the Assurance and Advisory Group (AAG) on NHS Tayside’s progress against the 10 key recommendations set out in the AAG Staging Report in June 2017.

Sir Lewis Ritchie, Chair of the AAG, has made it clear in his report that NHS Tayside is continuing to make positive progress and I am extremely pleased that the hard work of staff has been acknowledged and proud of how everyone has responded to the challenges which we have faced.

Safe and effective person-centred care remains at the heart of all that we do and our staff work tirelessly to make sure we deliver high-quality care every day.

Our experiences over the last few years have enabled us to mature as an organisation and we are ambitious in our vision for health and social care here in Tayside. Our collaborations with colleagues in the Health and Social Care Partnerships, local authorities and North of Scotland Health Boards are ensuring that we are all striving together to establish further ways of delivering excellent care to our communities.

There is no doubt that there is a demanding programme of work to be delivered in 2018-19 and beyond, but we are committed to transforming services and that is where our focus will be in the coming years.

All of the pressures that we have successfully faced above are reasons to take pride in what we do. It is also worth reflecting on the fact that 2018 sees the 70th anniversary of the founding of the NHS in Scotland. The success of the NHS is entirely due to the commitment, innovation and professionalism of all of the staff who work in it, and this must be the main focus of our celebrations.

Our staff are our most important asset, and I am particularly pleased that this year we have had a record number of nominations for the NHS Tayside STAR Awards. The winners of the six categories will be announced at the STAR Awards ceremony in April and I wish everyone who has been nominated my sincere congratulations – whatever the outcome you can take great pride in being recognised in this way during the 70th anniversary.

Professor John Connell

Cover image courtesy of QNIS
The Buzz!

Cabinet Secretary launches new bowel screening test

Shona Robison visited Ninewells Hospital to launch a new Faecal Immunochemical Test (FIT).

Thousands more people across Scotland will benefit from the roll-out of this new and easier screening test to detect symptoms of bowel cancer.

The new test requires participants to collect one bowel motion sample, rather than the current test which requires three samples to be taken. Research suggests FIT’s ease of use will encourage more people to take part in the programme. The test will now be offered to all men and women in Scotland aged 50 to 74, every two years.

Shona Robison said, “More than 90% of bowel cancer cases can be treated successfully, if diagnosed early. The new test is easier to use than the previous process and will enable us to detect more conditions at an earlier stage, helping more people to beat bowel cancer than ever before.”

During her tour of the lab, the Cabinet Secretary met with Chairman Professor John Connell and key staff who have been involved with the bowel screening programme and watched a demonstration of the new test kit.

She also heard about the importance of bowel screening from consultant in public health Dr Julie Cavanagh and clinical lead and consultant gastroenterologist Dr Craig Mowat.

Antibiotic campaign rocks!

NHS Tayside’s Antimicrobial Management Team teamed up with a ‘rocking’ community project to raise antibiotic awareness in Tayside.

The team worked with community project @CarnoustieRocks to create some bright and colourful ‘antibiotic resistant bug’ rocks, which were hidden throughout Tayside during Antibiotic Awareness Week, in parks, hospital grounds and areas close to community pharmacies and schools.

Those who found the rocks were encouraged to share photographs of themselves on social media then either keep the rocks or re-hide them for others to join in the fun.

Antimicrobial pharmacy technician Sarah Thomson said, “This was a fun way of getting local families involved and helped us spread the antibiotic awareness message.

“Overuse of antibiotics causes bacteria to change and develop resistance, which is one of the biggest threats facing us today. Without effective antibiotics, many infections will become increasingly difficult to treat.”

Murray Royal Mo Bros raise funds for men’s health

Five doctors at Murray Royal Hospital took part in Movember to raise money and awareness for men’s mental health and suicide prevention.

Drs Mohammad Asad, Ewan McChesney, Robert Birley, Navdeep Gill and James Hardie cultivated their best facial hair for a cause they are all passionate about, raising £320.

The Movember Foundation is aiming to reduce the rate of male suicide by 25% by 2030.

Dr Mehul Jaisani and Mr Sean Laverick

A Nepalese surgeon has spent nine months in Dundee undertaking training with the oral and maxillofacial surgery department at Ninewells.

Dr Mehul Jaisani, who is head of the oral and maxillofacial surgery department in Dharan in Nepal, travelled to Scotland with the support of Face Facts, a charity run by Ninewells oral and maxillofacial surgeon Mr Sean Laverick.

Following an emergency response trip to Nepal following the 2015 earthquake, Sean has returned to Nepal twice to provide teaching courses and training in head and neck oncology, facial trauma and cleft lip and palate surgery.

Through Face Facts, Sean also aims to provide training in the UK for overseas surgeons to be able to provide an ongoing service within their own country and make a lasting change to their health service.

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Brechin’s Community Garden was awarded £7,960 by NHS Tayside’s Community Innovation Fund to help build an accessible summerhouse which will act as a community hub.

The garden works with many community groups including local schools and nurseries helping them to develop their own plots to grow a variety of fruit and vegetables.

Volunteer at the project George Garden said, “I am really looking forward to seeing this project come to life. Once we get the cabin up, it will be a great social hub and will be open for everyone.”

Community capacity building officer Richard McIntosh said, “The project already has strong relationships with the local community and this development will further encourage participation by a wide range of people of all ages and abilities within a safe, accessible and inclusive environment.”

Community groups can apply to the Community Innovation Fund for any amount between £500 and £25,000 over a three-year period to establish new and innovative projects.

Anyone interested in applying or finding out more should visit www.communityinnovationfundtayside.scot.nhs.uk

The Neonatal Intensive Care Unit at Ninewells held a celebration event to mark World Prematurity Day.

There was information for parents from the charity BLISS as well as hand knitted goods for babies which are free to parents to take home with them. There was also a selection of toys and books for the siblings of the babies in unit.

Staff and parents also enjoyed a slice of cake, which was decorated as a romper suit and donated by Dr Adam Harrington who works in the unit.

Senior charge nurse Alison Findlay said, “We were pleased to support World Prematurity Day in the unit and having the information stand and knitted items as well as the cake really made the day for us. We are very fortunate to have two BLISS volunteers who support the unit providing information and support to parents.”

First Minister Nicola Sturgeon attended a celebration event to mark the success of NHS Tayside’s Family Nurse Partnership (FNP).

The FNP is a specialist programme providing young mums with additional support which involves a family nurse visiting first-time mothers under 19 years of age every one or two weeks during their pregnancy and throughout the first two years of their baby’s life.

The nurses offer advice on child development, preventative health measures, parenting skills, breastfeeding, better diet information and advice for mothers on education and employment. Since the FNP started, more than 1000 women have participated in the programme.

The First Minister had the opportunity to spend time with FNP clients and their children who shared their experiences and achievements with the FNP programme.

She also met with staff delivering the programme and heard about the benefits that the programme offers.

Information stands were held across Tayside during Occupational Therapy Week to showcase the work carried out by occupational therapists.

Annamarie Crawford, team lead occupational therapist, said, “We wanted to share with staff and visitors the varied approaches occupational therapists can take, what they do and let people learn more about the profession.”

“Our occupational therapists work with children and young people, older people, people with physical disabilities, learning disabilities and mental health issues.”

OT staff at the Ninewells stand
Pioneering new service launched for people living with cancer

A new service, ‘Improving the Cancer Journey’, offering emotional, practical and financial support to people living with cancer has been launched in Dundee.

Macmillan Cancer Support and Dundee Health and Social Care Partnership are working with a range of partners to make sure cancer patients in the city can access all the help they need – by making just one phone call.

Dedicated one-to-one support workers will help patients access a wide range of support, from benefits advice and emotional support to help at home or with other practical needs.

Macmillan Cancer Support has invested £1m into the project, which will see Dundee Health and Social Care Partnership, NHS Tayside, Dundee City Council, Leisure & Culture Dundee and other third sector organisations working together to provide a seamless, accessible and personal support service for people affected by cancer.

The service is open to everyone aged 18 and over living with cancer.

To find out more about the service call 01382 433340 or email improving.cancerjourney@dundeecity.gov.uk

Technology enabled care in Perth & Kinross

Perth & Kinross Health & Social Care Partnership (HSCP) has received funding from a Scottish Government Technology Enabled Care (TEC) programme to provide a number of local services.

These include the upgrade of the Community Alarm system to a digital platform, and the temporary employment of a development officer to identify opportunities to implement TEC. Perth & Kinross is one of the first areas to pilot digital telecare with the Scottish Government, leading the way in bringing the next generation of telecare equipment to the region.

Perth & Kinross HSCP Allied Health Professions Lead Jane Dernie said, “In order for us to deliver flexible, integrated and responsive services, we need to do things differently and more innovatively.

“Supporting vulnerable people to remain living independently and enabling person-centred support will improve outcomes, independence, choice and control and has the potential to decrease the number of unnecessary hospital and care home admissions.”

TEC, which can include the use of telecare community alarm systems, video conferencing and websites and apps, is used in partnership with other support from health and social care professionals and allows resources to be used where they are needed the most.

Excellence in Care launched in Tayside

NHS Tayside volunteers have been learning life saving skills with Heartstart Discovery.

Emergency Life Support actions taught during the courses includes care of a casualty, performing CPR, and dealing with choking, serious bleeding or a suspected heart attack.

Ninewells volunteer manager Val Ewan said, “In hospital we are lucky to have a skilled workforce that can deal with an emergency but there may be times when a volunteer could be the first or only person on the scene. Having the confidence and skills to take prompt action may mean the difference between life and death for the casualty.

“With the support and encouragement of Heartstart Discovery coordinator Helen Brady, we have offered this training to volunteers and so far 14 have now completed the training at Ninewells.”

Excellence in Care focuses on four key deliverables for nursing and midwifery in all hospitals and community services, from A&E to mental health and care of older people to children’s services.

The aim is for all NHS boards and integration joint boards to have processes and systems for measuring, assuring and reporting on the quality of care and practice. The systems will inform quality of care reviews at national and local level and drive continuous improvements in nursing and midwifery care quality.

The events included a demonstration of the dashboard that will support the programme, potential communication strategies to reach nursing and midwifery teams, goals for implementation of the programme in Tayside and opportunities for development of skills and knowledge to support nursing and midwifery teams provide high quality care.

For more information about Excellence in Care please contact Audrey Fleming on x35274.
**Investing in Volunteers in NHS Tayside**

NHS Tayside has been successfully re-accredited with the ‘Investing in Volunteers’ Award.

Chairman Professor John Connell said, “This award highlights NHS Tayside’s continued commitment to our volunteers ensuring that they are offered support and training to enable them to carry out their many roles.

“Volunteers really are a huge asset to our health and social care services in Tayside and they are supported by a team of voluntary services managers who provide encouragement and support.”

Across NHS Tayside there are over 900 valued volunteers working alongside staff on many hospital wards and helping to support self-management groups in local communities, complementing the way in which health services are delivered.

‘Investing in Volunteers’ is the UK national quality standard which recognises good practice in organisations’ volunteer management and support.

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**Doris celebrates retirement and 80th birthday!**

Volunteer Doris Howie retired from her volunteering role after spending almost four years working in the reception at the Nuclear Medicine department at Ninewells.

Colleagues gathered at a special tea party held in the department to mark Doris’ double celebration and presented her with retirement gifts as well as gifts to mark her 80th birthday.

Doris, who colleagues described as a “ray of sunshine” also previously volunteered in the clinical skills department.

Doris said, “I have enjoyed every minute of volunteering in Ninewells. I would definitely encourage other people to take up voluntary work as it is very rewarding and makes you feel like a part of a team.

“I am going to miss everyone very much and I’d like to thank them all for making me feel so welcome.”

For further information on volunteering opportunities with NHS Tayside, please visit the Volunteer Services section of the NHS Tayside website.

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**Rohallion staff ‘Wear it Pink’**

Staff from Rohallion Secure Care Clinic in Perth took part in a ‘Wear it Pink’ day to raise money for Breast Cancer Now.

Staff nurse Sylvia Wallace underwent treatment for breast cancer in 2012 and wanted to give something back to the charity which supported her. She also wanted to raise awareness among women and men to get to know their breasts and check them regularly.

Breast Cancer Now supplied Sylvia with information leaflets to hand out at the event which included facts about breast cancer and how to check your breasts.

Sylvia said, “We raised £312 at the event – an amazing amount! The support and generosity of friends and colleagues was fantastic. As this was a promoting event, we also hope this will go towards maintaining our Gold Healthy Working Lives Award.”

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**Palliative and End of Life Care Network launched**

The Macmillan Tayside Palliative and End of Life Care Network was launched at an event in Dundee.

The Network brings together individuals and organisations who wish to see good end of life care and good palliative care accessible to all in Tayside – where and when it’s needed. It will cross all settings, whether someone is living at home, in a hospice, in a care home, in a hospital ward, in A&E or in intensive care. It will relate to children’s and adult palliative care irrespective of age, stage, diagnosis or prognosis.

Deans Buchanan, Consultant in Palliative Medicine and Joint Clinical Lead for the Network said, “The Network has been established to provide a way of connecting those who wish to ensure all aspects of palliative and end of life care are accessible and of high quality. We hope to be ‘Partners in care: with you, for you.’”

Health Secretary Shona Robison, who gave the key note speech at the event said, “The Network’s vision for a multiagency managed care network is an exciting and appropriate way to help develop and sustain the services and supports which are crucial to achieving our goal and will provide a helpful model to other health and social care partnerships.”
There comes a point in your adult life when learning becomes optional rather than necessary and you decide to learn something new because it interests you or because it’s fun.

The health benefits for adults of learning a new skill are well documented. The brain is like a muscle, which needs to be exercised to keep it in good condition. Learning something new can help improve and maintain our mental wellbeing and can improve your social life as you develop new interests and meet new people.

According to a recent survey, the average UK adult hasn’t tried a new activity or hobby in five and a half years, despite 80% feeling positive effects on their wellbeing when they do.

We asked staff if they had learnt a new skill recently or what they would like to learn and why?

Skills ‘n’ thrills and learning something new!

Christina Ramage
Healthcare Assistant
Area 6A, Ninewells

I did karate when I was a child and I would quite like to take it up again. The fitness and self-discipline of karate is appealing as is the camaraderie. It is an aspect of karate that doesn’t always jump to mind when thinking about the sport but the classes are really friendly and supportive.

Lyndsey Daun
Communications Officer
Ninewells

This is the year I learn to drive. I started driving lessons in January and a few lessons in I love it! I can’t wait to learn more and with each lesson I am becoming more confident. I’m also halfway through level two British Sign Language. I find it fascinating and it’s opened my world to a new community I wasn’t able to communicate with before. I am looking forward to starting level three in September.

Lisa Hutchison
Charge Nurse
Area 6A, Ninewells

I would love to learn to play the piano its one of those things that I have always wanted to do but never got round to taking lessons. I think it is really impressive when I see someone sitting down at a piano, say in a hotel reception area, and just start playing. My daughter is now taking piano lessons and this has made me more aware of my long held wish to play!

Sandra Lowson
Nurse
Area 6A, Ninewells

I am a big fan of ‘Strictly’ and I would really love to be able to dance properly. I would like to learn how to waltz as it is such an elegant dance and you never know when the opportunity to waltz might come up in the future. I’d have to drag my husband along to classes to learn ballroom dancing too – I am sure he’d be thrilled!

Liz MacCrimmon
Public Involvement Administrator
Kings Cross

As a fan of traditional Scottish folk music, I’m constantly in awe at the talent of many singers and musicians. I would love to learn to play the Uilleann pipes (elbow pipes) as the sound they make is so powerful and emotive. It would be great to attempt to replicate this in my own home although I’m not sure the neighbours would agree.

Sheelagh McFettridge
Senior Staff Nurse
Area 6A, Ninewells

Since I was a child I always wanted my own horse and on holiday if there’s a chance to do pony trekking I always try to do it so if I could do something new it would be to take horse riding lessons. Even all the hard work of ‘mucking out’ associated with having a horse would not put me off having one – it would be great to learn to ride properly.
Dawn Weir, HR Lead for Nurse Retention, said, “This is a major achievement for Tayside as, although Return to Practice Courses are run in other Scottish NHS Boards, experience is that a high percentage do not complete the course and take up employment.

“Feedback from the students is very positive with them feeling supported during the course and very much looking forward to rejoining the nursing workforce.”

To be eligible for the course, applicants must provide Nursing and Midwifery Council confirmation that they have been a First Level registered nurse in adult, child, or mental health or a registered midwife and that their registration has lapsed for three years or more. Funding from the Scottish Government is available with a stipulation that on completion of the course, nurses must work in a healthcare setting within NHS Scotland for a period of one year.

The first two weeks of the course are theory-based and are delivered full time in the Tayside campus followed by clinical placement within NHS Tayside of up to 450 hours which can be undertaken on either a full time or part time basis. Clinical placements are assigned across all geographical areas of NHS Tayside to maximise exposure to a variety of specialties and locations.

Placements included orthopaedics, oncology, haematology, ICU, medical and surgical wards at Ninewells Hospital and Perth Royal Infirmary, Carseview, Kingsway Care Centre, Montrose Infirmary, District Nursing Service and St Margaret’s Auchterarder.

During the course, participants are supported by mentors with assessment consisting of reflective logs modelled on the format that is required for Nursing and Midwifery Revalidation. Progression to eligibility to readmission to the register is dependent upon successful completion of the module assessments.

The course is due to run annually with the 2018 course starting in June. For more information, please contact Dawn Weir at dawn.weir@nhs.net or Dundee University course lead Maureen Campbell on 01382 388560.
Health Matters

New drop-in service for hearing aid users in Angus

A new service run by volunteers to help hearing aid users in Montrose and Arbroath was opened by local MSP Graeme Dey.

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

The weekly drop-in service will be available at the outpatient clinic in Links Health Centre in Montrose every Monday from 10am-noon and every Thursday from 2.30-4.30pm in Abbey Health Centre in Arbroath. It is important that hearing aid users bring their yellow record book with them.

Supporting Breast Cancer Awareness Month

NHS Tayside encouraged people to be more breast aware as part of Breast Cancer Awareness Month.

Specialist registrar in Breast Surgery Dr Beatrice Ebiseger said, “We advise people to carry out regular self examination, ideally once a month. If you do find a lump or notice any changes, you should see your GP immediately.

“Don’t be embarrassed to see your doctor if you have concerns about changes in your breast – it’s better to get checked.”

To help you become more breast aware you should:
- Know what is normal for you
- Know what changes to look and feel for
- Report any changes to your doctor without delay
- Attend routine breast screening if aged 50 or over

Advanced lead Macmillan clinical nurse specialist Avril Gunning said, “Early detection leads to early diagnosis, which improves the chances of successful treatment and recovery which means screening is vitally important as mammograms can pick up breast cancer at an earlier stage, often before a person would feel any symptoms.”

Healthy weight event held in Dundee

An event organised by Dundee Healthy Weight Partnership aimed to kick start a movement to design healthy weight.

Over 100 people attended the event representing NHS Tayside, Dundee City Council, further education and the voluntary and commercial sectors.

The challenges and opportunities of achieving and maintaining a healthy weight were outlined by inspirational child healthy weight advocate and TV expert Professor Paul Gately, with team lead for NHS Tayside’s Paediatric Overweight Service (POST) Dr Laura Stewart outlining the picture in Dundee.

Scotland’s Chief Nursing Officer Professor Fiona McQueen contributed to the day along with a range of public, private and voluntary sector organisations.

For more information please visit www.healthyweightdundee.com

Busy times for The Corner!

The Corner has created an exciting new schools project as part of the Scottish Government’s Attainment Challenge Fund.

Eight health and wellbeing workers have been recruited and managed by The Corner to work with secondary schools across Dundee as part of the new Anxiety in Motion (AIM) programme.

The key aim of the project is to provide early intervention, primarily to S1 and S2 pupils, to improve attendance and attainment levels of young people with emotional health and wellbeing needs.

The workers will also contribute to a whole school approach in raising awareness of anxiety with school pupils, as well as working with school staff to identify and work with pupils displaying early signs of anxiety.

An innovative project which provides a new and diverse way of working with young people has been recognised by COSLA.

The team picked up a silver COSLA Excellence Award for its Support U+ service, a youth counselling project which allows young people to talk openly about their feelings and be listened to.

Corner support workers can also support young people to access services that can help with any issues they may be experiencing.

Corner co-ordinator Manjeet Gill said, “The Corner team is delighted to receive this award. It has enabled Support U+ to be recognised and promoted at both a national and local level.”

COSLA Excellence Awards are presented to services that are transforming lives in communities across Scotland. The Corner was recognised as setting new standards of good practice in the ‘Tackling Inequalities and Improving Health’ category.

The Corner has also been accredited for the third time with a local award which acknowledges the opportunities and support given to volunteers.

The team was awarded the Volunteer Friendly Award from Volunteer Dundee for a third consecutive term after first receiving the accolade in 2010.

The Award is a quality standard designed to support, recognise and reward groups which are good at involving volunteers. Based on the national standard Investing in Volunteers, it has been tailored to offer a flexible approach for small organisations with full support from Volunteer Dundee.

Volunteers and staff from The Corner attended a civic reception at the City Chambers held by Volunteer Dundee and hosted by the Lord Provost.

Corner co-ordinator Manjeet Gill said, “This award will help ensure that we continue to meet the requirements to provide current and future volunteers with opportunities to develop and grow. We greatly appreciate the work of our volunteers, who give up their valuable time to support Corner services.”
Tayside’s Got Talent

Audiology department named Team of the Year

NHS Tayside's Audiology department won the British Academy of Audiology (BAA) Team of the Year Award.

The prize is awarded to a team which has worked together to improve the quality of service in the area.

Chairman Professor John Connell said, “This award is a superb tribute to the entire team which delivers outstanding care for patients and their families with hearing difficulties. They combine innovation, commitment and compassion and richly deserve this recognition.”

The department has an extensive adult rehabilitative, paediatric and vestibular audiology service under one roof which allows for close collaboration and multidisciplinary working. The team has a focus on quality improvement and has been looking at ways to improve the patient journey, trying out new pathways within the service.

Sexual Health Service awarded LGBT Gold Charter Mark

The NHS Tayside sexual and reproductive health service has been awarded the Gold LGBT Youth Scotland Charter Mark.

The award was presented to the service, including the Men Only Tayside (MOT) and HIV services, by Angela Houghton, Partnership Manager for LGBT Youth Scotland.

Dr Ciara Cunningham, Consultant in Genitourinary Medicine (GUM) and lead for the MOT service said, “We are delighted to be the first services in NHS Tayside to receive this prestigious award and hope that this inspires other services to achieve the same recognition.

“The LGBT Charter demonstrates our commitment to all local LGBT people and sends a positive message to LGBT people that they are included, valued, supported and will be treated fairly when they engage with our services.”

New recruits recognised by Abertay

Two newly appointed mental health nurses have won awards at the Abertay University 2017 Prizegiving Ceremony.

Ellie Stevenson, who works in forensic psychiatry at Rehallion Clinic in Perth, won the Tayside NHS Board Prize. This accolade is awarded by NHS Tayside to a student in their honours year of BSc (Hons) Mental Health Nursing who achieves a high level of performance and is deemed to be the best overall student.

The George McKenzie Memorial Prize went to Kimberley Chesney, a community mental health nurse based at Stracathro Hospital, for achieving a high level of performance in Mental Health Nursing Practice. The award is presented in memory of former lecturer in the Department of Molecular and Life Sciences George McKenzie to a third year BSc (Hons) Mental Health Nursing student.

Associate Nurse Director for Mental Health and Learning Disabilities Keith Russell said, “We are absolutely delighted to be recruiting award winning undergraduate nurses into our mental health and learning disability services in Tayside.

“Very well done to Ellie and Kimberley for being recognised with these fantastic awards.”

New Years Honours for Tayside staff

Dr Jane Bruce and Dr Alistair Emslie-Smith were awarded a MBE for services to healthcare in the Queen’s New Year’s Honours list.

Dr Bruce graduated from Dundee University and worked as a junior doctor in Ninewells and the former Dundee Royal Infirmary. As GP Principle in Hawshill Medical Centre, she led the practice to become a teaching and training practice. In 2015, Dr Bruce became Clinical Director of NHS Tayside’s Out of Hours Service, which provides health care for urgent medical problems outside of normal GP surgery hours, before retiring in 2017.

Dundee GP Dr Alistair Emslie-Smith is lead Clinician of the Diabetes Managed Clinical Network and has been involved in the Tayside-based SCI-Diabetes programme, an online database of diabetes patients, since its inception in 1996. The system is now used throughout Scotland to coordinate diabetes care between primary and secondary care.

Gillian Milne, former senior dental nurse in oral and maxillofacial surgery at Ninewells, and former Westgate Health Centre GP Dr James Robson were also awarded a MBE.

Tayside nurse awarded Queen’s Nurse title

Lesley Paterson has been awarded the title of Queen’s Nurse, the first time the honour has been made in Scotland for almost 50 years.

Lesley, a professional and practice development nurse, was selected to take part in a nine-month development programme by the Queen’s Nursing Institute Scotland. She worked in one of two areas that tested the new, refocused vision for school nursing, and was nominated for the programme for her commitment to professional reform.

Lesley, who works between Perth Royal Infirmary and a health centre in Dundee, has earned the right to use the Queen’s Nurse title which dates back to the 19th century when nurses trained at institutes across Scotland until 1969.

Bluebell Unit named as finalist in national awards

The Bluebell Intermediate Care Unit in Dundee was a finalist in the Specialist Service/Unit Award category at the National Care Home Awards 2017.

The Bluebell Unit is a 28-bed NHS step down unit based at Riverside View Care Home for people over 65. It provides a specialist rehabilitation service to facilitate discharge from hospital and is run in partnership by NHS Tayside and care home company HC One.

The unit’s multidisciplinary team includes nurses, doctors, physiotherapists, occupational therapists, pharmacists, dieticians, social workers and healthcare assistants. The team also works closely with the Dundee Discharge Team to identify appropriate patients for the unit.

Bluefield Intermediate Care Unit in Dundee nominated for National Care Home Awards 2017.

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The unit’s multidisciplinary team includes nurses, doctors, physiotherapists, occupational therapists, pharmacists, dieticians, social workers and healthcare assistants. The team also works closely with the Dundee Discharge Team to identify appropriate patients for the unit.

View Angela Percival, l-r Manager of Riverside View, Angela Percival, occupational therapist Fiona Inglisow and charge nurse Theresa Wilson

Ellie with Professor Steve Olivier of Abertay University

Kimberley with Professor Steve Olivier

Members of the service receive the award from Angela Houghton (fourth right)
Seven candidates are currently undertaking the SVQ Level 3 in Management in NHS Tayside.

The qualification has been designed for first line managers with responsibility for budgets, allocating work to team members/colleagues/contractors, achieving specific results and for some decision making.

It aims to give participants an opportunity to develop their management performance, become more effective and to progress their career.

For more information please contact Nicola Ogilvie at nogilvie@nhs.net

Friends and colleagues wished Sheila McGilvary a happy retirement after more than three decades in ophthalmology at Ninewells.

Sheila joined the department as an enrolled nurse before completing her bridging to become a staff nurse. Since then she has been both a charge nurse and a senior charge nurse, all in the ophthalmology department.

So Long, Farewell

Community midwife Marion Mitchell has retired after 34 years of NHS service.

Marion started her career as an auxiliary nurse at Royal Victoria Hospital in 1983 before completing her RGN training in Fife and returning to the hospital as a staff nurse.

In 1988 Marion undertook her midwifery training at Ninewells and has since worked throughout the maternity service, spending the last 12 years in community midwifery.

Jane Dernie

Jane Dernie, Lead Allied Health Professions (AHP), Perth & Kinross Health and Social Care Partnership was wished a long and happy retirement by her friends and colleagues at her retirement celebration.

Jane clocked up 36 years of NHS service and over the years has worked in Ninewells, RVH, DRI and Liff holding a variety of roles before taking up the post of Lead AHP in 2010.
Bags of donations for Tayside Children’s Hospital!

Tayside Children’s Hospital has received a flurry of donations from local groups and individuals.

Paediatric occupational therapist Amie Wood donated 100 sets of pyjamas to Tayside Children’s Hospital and 100 gowns to the labour suite on behalf of the charity Wrap Pyjama Fairies.

The pyjamas are specially designed to make dressing easier and were handmade by ‘fairies’ including Amie.

Amie Wood (seated left) with labour suite and Tayside Children’s Hospital staff

Keri Bell, Libby Digan and Aya Strachan from Carlogie Primary School in Carnoustie raised £503.35 to buy toys for ward 29 by holding a bake sale, raffle and a dress down day at school.

A clay pigeon shoot organised by members of the Angus Glens Moorland Group also raised £1,026 for the ward.

Gordon wanted to thank the staff for the support his stepson Liam Duignan-Trendall received after being diagnosed with Chorn’s Disease.

1+ Gordon and Liam with staff and students at Tayside Children’s Hospital

Dundee man Jimmy Lindsay and his son Scott completed a sponsored walk from Dundee to Arbroath, raising £2020 for the paediatric orthopaedic department as a thank you for the excellent care his granddaughter Aria received for hip dysplasia.

Aria’s big sister Keira also bought two children’s books called Hope the ‘Hip’ Hippo with her pocket money, which explain to children what hip dysplasia is.

1+ (back) consultant orthopaedic surgeon Mr Donald Campbell, Scott Lindsay holding Aria, Jimmy Lindsay and staff nurse Shona Lee (front) 1+ Kiera and Megan Lindsay

Montrose man Gordon Wood took part in the Montrose triathlon, raising money to buy toys, books, a games console, a toy kitchen and more for the Children’s Clinical Investigation Unit at Ninewells.

Gordon wanted to thank the staff for the support his stepson Liam Duignan-Trendall received after being diagnosed with Chorn’s Disease.

1+ Gordon and Liam with staff and students at Tayside Children’s Hospital

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1+ (back) consultant orthopaedic surgeon Mr Donald Campbell, Scott Lindsay holding Aria, Jimmy Lindsay and staff nurse Shona Lee (front) 1+ Kiera and Megan Lindsay

Kiltwalk raises funds for children

Local children took part in The Dundee Kiltwalk to support young patients.

Five-year-old Catherine Leeford completed the six-mile Wee Wander, raising £550 for Glenlaw House.

Siblings Poppy (age 11) and Gregor Milne (8) also did the Kiltwalk and raised £230 to buy toys for ward 29 at Ninewells as a thank you for looking after their friend Benny Jefferson.

Catherine with ward staff and children at Glenlaw House

Louise and Carol (centre) presented the cheques to staff

Donation to ward 32 and Breast Screening

Louise Sandeman and Carol Shearer visited Ninewells to present £760 to ward 32 and the Breast Screening Unit, which was raised as part of Hillcrest Group’s 50th anniversary fundraising drive.

A further £500 was donated to ward 32 in memory of Jessie Fraser. Family and friends took part in activities including a darts and dominoes afternoon, sponsored walk and raffles.

Staff from ward 11 with some of the patient comfort items

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Supporting Tayside Health Fund

Knitting Festival supports NICU

Around 35 staff from Tesco’s Customer Engagement Centre took part in the Tesco Knitting Festival, producing blankets, cardigans, bijou booties, hats and mits for the Neonatal Unit at Ninewells.

Tesco’s Stella Exnophontos-Hellen (red cardigan) with staff from the unit

Golfers chip in for Roxburghe House

The inpatient unit at Roxburghe House received a boost from Sandra Barber and Christine Bruce of Strathmore Ladies Golf Section, who donated £1,132 from various charity golf competitions and donations.

Christine (centre) and Sandra (right) with staff from Roxburghe House

£5,830 raised for MS research

Lorraine Grant and daughter Ashley Holmes held a ladies night, raising £3100 for MS research. Ashley’s aunt Catherine Wooldridge also organised an absseat from Dundee Dental Hospital raising a further £2,730 and bringing the total to an amazing £5,830.

Whitehills scores from football event

A family fun event at Westview Park in Forfar, which included a charity football match, beat the goalie, BBQ, bouncy castle, face painting and raffle, raised £1029 for the Macmillan Day Care Centre at Whitehills Health and Community Care Centre.

Donation in memory of patient

A fund set up to provide alternative therapies for former Ninewells patient Neil (Tattie) Taylor has been donated to ward 11 in his memory to buy patient comfort items, including an ice machine, radios, fans and clocks.

Staff from ward 11 with some of the patient comfort items

Tayside Health Fund

Tayside Health Fund is generously funded by donations and legacies from patients, families, carers, the communities of Tayside and other organisations.

To donate online or for further information about the Fund and how to donate and help and advice about fundraising, visit www.taysidehealthfund.scot.nhs.uk or contact the Fundraising Support Office on 01382 740828. 

spectra 92 Spring 2018

spectra 92 Spring 2018
Music fan Stacey Ross left behind a career in the coffee industry to join NHS Tayside and has never looked back since. Here Stacey tells us about her dreams of learning a new language, her favourite music idols and her fond memories of snow days!

**How did you come to be in your current job?**

I am easy going and love meeting new people! After spending more than 10 years working in Starbucks Coffee Company I decided that I needed to do something exciting with my life.

I joined NHS Tayside and here I am doing what I love.

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

Hopefully lying on a beach somewhere following a HUGE lottery win.

In reality though I’d probably still be working at Starbucks.

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

I would love to learn German. I was born in Germany but left as a toddler and regret never learning the language.

**What do you miss most about being a kid?**

Having snow days and spending the whole day sledging!

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

This is easy, living would be Celine Dion (I am not very secretly her biggest fan).

Dead would be Michael Jackson and just so he could sing to me.

**What secret skills/party tricks do you have?**

I don’t have any that I can tell you about here!

**Who would play you in a movie of your life?**

Dawn French

**What’s your theme song?**

I’m Alive by Celine Dion. It’s upbeat just like me

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

My mobile phone

Shampoo

Clean underwear

**What is the first music album you ever bought?**

Mariah Carey – Music Box (Sad I know).

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

I would buy a nursing home to provide free care (and brilliant care at that) to anyone who needs it.

Each room would be personalised for each individual person and I would employ all of my colleagues as we are a fantastic team!