STAFF across NHS Lanarkshire took part in two events in June to look at how we reshape older people’s care.

The all-day events – one in North Lanarkshire and one in South – brought together colleagues from local authorities, the independent care sector, the voluntary sector, carers and members of the public to talk about the challenges and solutions to providing an improved service for older people and their carers.

The government has given Lanarkshire £7.8 million to achieve this.

The initiative is called the Change Fund and will shift the balance of care from residential settings by providing more community-based services to help people stay in their own homes and get home from hospital earlier.

Colin Sloey, executive director of North Lanarkshire Community Health Partnership (CHP), said: “As our population is ageing and more people are living with long-term conditions, such as dementia, we have to change the way in which services are provided.

“We have to further strengthen the partnership working between colleagues in housing, social work and the voluntary and independent sectors to achieve this.”

Action to improve health and wellbeing to support people’s independence is crucial. Community planning partnerships need to develop safe and effective options.

Continued on page 2

NHS Lanarkshire chairman Ken Corsar took part in a flag-raising ceremony to mark Armed Forces Day at the end of June.

The joint event by NHS Lanarkshire and South Lanarkshire Council (SLC) was organised to pay tribute to the efforts of the armed forces.

It took place outside SLC’s corporate headquarters in Almada Street, Hamilton, and representatives from both organisations were joined by former servicemen and women and reservists from Lanarkshire who had left the armed forces and returned to civilian life.

Ken Corsar said: “The aim of Armed Forces Day is to boost public support and appreciation of all those who serve and have served in HM armed forces – and it’s an aim we wholly support.”

At the event, NHS Lanarkshire also had a range of stalls which provided mini-physical health checks, smoking cessation advice and information on mental health and substance misuse.
2-9 GENERAL NEWS
Efficient dictation; better approach to hand hygiene; efforts to fight fraud; how we aim to get it right for every child; COPD pilot praised by patient; and new MRSA screening programme.

10-11 MENTAL HEALTH FOCUS
Efforts on dealing with dementia as well as proposals to modernise mental health services.

12-14 LOCAL, DISTRICT AND PARTNERSHIP NEWS
Equipment boost thanks to donations from cancer patients; support packages for the troops; and winning artwork from pupils.

17 COMPETITIONS
Win a free Italian dinner and beauty treatments.

20 ACHIEVEMENTS
Step-count challenge and foot expert recognised.

NEW HQ AT KIRKLANDS

The relocation of NHS Lanarkshire staff to a new headquarters at Kirklands Hospital in Bothwell has now been completed.

The initiative is designed to prevent admission and speed up discharges from acute settings. This includes improved access to appropriate home care and treatment packages and support for carers.

All of these elements were discussed at the events and will be taken forward through the reshaping care for older people steering group.

Alan Lawrie, executive director of South Lanarkshire CHP, added: “We need to provide sustainable services that older people are telling us they want and we need to focus on supporting independent living.”

Graham Ellis, consultant geriatrician at Monklands Hospital, attended both events to talk about his pilot of providing acute hospital services at home.

The initiative is designed to prevent older people being admitted to hospital after a crisis, such as a fall, and provides specialist nursing, consultant and allied health professional support in the patient’s home.

He said: “Over the last decade there has been a 25 per cent increase in admissions from over 75 year olds. That is the national average.

“However, the figure for NHS Lanarkshire is 45 per cent.”

By investing in community services, it is anticipated there will be a reduction in the number of older people’s beds across Lanarkshire by 220.

Rosemary Lyness, director of acute services, added: “This is a significant challenge and we know that we can only achieve this bed reduction by ensuring that we have the right community support in place and that there is an integration of services to support the routine and complex care that older people require.”

We’re changing care for elderly

CONTINUED FROM PAGE 1
NHS Lanarkshire has set out a detailed action plan following the Healthcare Environment Inspectorate’s (HEI) report on Hairmyres Hospital.

The HEI made an unannounced inspection visit to Hairmyres Hospital on 13 April 2011. Susan Brimelow, HEI chief inspector, said: “We found that progress has been made at Hairmyres Hospital since we last inspected it in May 2010.

“Patients with known infections are being risk assessed and cared for appropriately in dedicated isolation facilities and a new domestic cleaning schedule has been introduced.

“However, our inspection also highlighted areas that still require improvement, including poor staff awareness of environmental audits and out-of-date information in the infection control manual.”

NHS Lanarkshire has revised the system of review dates for the policies within its infection prevention and control manual so that these reflect the date by which the policy review is to be completed.

NHS Lanarkshire’s nurse consultant for healthcare associated infection, Jan Clarkson, said: “I would stress that none of the policies were out of date, and were under review at the time of the inspection. The revised system should remove any confusion about this.”

For the second year running, NHS Lanarkshire has successfully exceeded the Scottish Government HEAT target for reducing Staphylococcus aureus bacteraemia, which includes MRSA.

NHS Lanarkshire is also currently outperforming the Scottish Government HEAT target for reducing Clostridium difficile infections.

Tim Davison, chief executive of NHS Lanarkshire, said: “The HEI highlighted areas of good practice where we are complying with national healthcare associated infection standards to protect patients, staff and visitors from the risk of acquiring an infection.”

Did you know?

The recent HEI visit found that a new domestic cleaning schedule has strengthened working between domestic staff and nursing staff.

Getting on their bikes

The move to the new Kirklands headquarters has inspired three members of staff to cycle to work. Martin Stirling (left), Michelle Reilly and Stephen Palmer have all decided to try and commute to work by bike at least one day a week.

It not only saves them money but improves their fitness. If you would like to cycle, remember NHS Lanarkshire has a cycle-to-work scheme.

NEW WASTE CONTRACT

Recycling your domestic waste within NHS Lanarkshire’s sites will be a lot easier from now on.

A new waste disposal contract with Viridor means staff at most sites – with the exception of Kirklands, Law House and Beckford Street – no longer need to separate domestic waste into different bins for recycling purposes.

And NHS Lanarkshire, the first health board in Scotland to sign-up to such an initiative, also expects to save £60,000 a year on its waste disposal costs.

Colin Forrest, NHS Lanarkshire’s head of technical services, said: “This is a major step forward in our waste management and recycling processes. “Staff at most sites, except for Kirklands, Law House and Beckford Street, can now put non-recyclable waste into the same containers as recyclable waste; with this being sorted out at Viridor’s Materials Recycling Facility in Bargeddie.

“As Kirklands, Law House and Beckford Street staff should continue to separate their paper, cardboard, plastic cups, cans and plastic bottles in the recycling bins provided and place all other waste in the general waste bins.

A review of the waste-disposing processes at Kirklands, Law and Beckford Street will be undertaken in the near future.
Working changes

THE Administration Improvement Programme within the acute division is still looking at new ways of working. All administration staff have now been trained on the use of digital dictation and new standards have been developed to help staff identify how they should be working.

Stuart Keys, programme manager, said: “The aim of the review is to reduce reliance on bank and temporary staff and achieve cash savings for NHS Lanarkshire.”

“Site groups have been established at each hospital to review working practices and oversee any changes. “The standards include details of the handling of casenotes, the use of templates for all patient letters and how to balance workloads.

“The introduction of the new Trakcare system is also anticipated to impact on the ways of working for administration staff within the hospitals, particularly in relation to patient booking.”

Digital dictation devices have been very positive about them

Both the secretarial and the medical staff who have been using the digital dictation devices have been very positive about them.

Lynne Docherty, who works as medical secretary in the gynaecology department, has used the new digital dictation devices throughout the pilot.

She said: “With audio devices you need to wait until the tapes come back before you can start typing letters.

“Now, even if the consultant has another clinic at a different location, you can type them as soon as they’re needed.

“It could take a while to go through an audio tape to find the right recording but now you just see a list of all the recordings when you log into the system and can choose whichever one is needed urgently.

“The actual sound is much clearer as well so it makes it a lot easier to type up.”

Consultant gynaecologist Chris Lennox agrees. He said: “It’s a great improvement on the analogue system. The audio tapes were not the most reliable, they could jam, or be lost.

“On occasion, you’d spend an hour dictating notes only to find something had happened to the tape and there was nothing there.

“You also don’t have to post the tapes if you’re out at clinics for a few days, which could cause delays in sending out letters, and – by being able to scan barcodes – it makes it a much more reliable system as notes cannot be mixed up.”

SECRETARIAL staff within NHS Lanarkshire Women’s Services division have benefited from the introduction of digital dictation technology over the course of a year-long pilot.

Now the scheme is to be rolled out to all relevant secretarial staff in Wishaw General, Monklands and Hairmyres hospitals, as part of the Administration Improvement Programme operating within the acute division.
STAFF’s hand hygiene technique will soon be under the spotlight through the National Hand Hygiene audit. Currently, boards are audited every two months to see whether staff are taking the opportunity to perform hand hygiene at the right moments.

From November 2011, the audit will include technique as well. Mary MacLean, hand hygiene co-ordinator, NHS Lanarkshire, said: “The target for the current opportunity-only based audit is 90 per cent – and we’ve found each time that the vast majority of NHS Lanarkshire staff are performing hand hygiene when they should.

“The new audit system shifts the focus to also include ‘how’ staff perform hand hygiene.

“Health Protection Scotland will have a target for all NHS boards to achieve 95 per cent or better compliance for a combination of opportunity and technique.”

Sustaining good compliance with hand-hygiene standards is recognised worldwide as an ongoing challenge.

As part of a new initiative to emphasise the importance of hand hygiene and recognise the efforts of staff, the senior charge nurse of NHS Lanarkshire wards that meet the national audit target will receive a letter from Joan James, divisional nurse director – acute.

An A4 laminated poster, signed by chief executive Tim Davison, will also be displayed at the ward entrance for the following two months until the next audit period.

Mary said: “We need to keep reinforcing the hand-hygiene message because it really does save lives.

“All staff should be aware of the World Health Organisation’s key moments for hand hygiene which are a key element of the NHS Lanarkshire hand-hygiene policy (section H of the infection control manual) which can be found on the Healthcare Associated Infection site on FirstPort.”

NHS Lanarkshire staff can refresh their awareness of the key moments for hand hygiene with an online game launched by the National Patient Safety Agency.

‘Wi-Five?’ game is part of their Clean Your Hands campaign. It has both ward and community versions that test your knowledge of the key moments.

To play the game go to www.npsa.nhs.uk/cleanyourhands/resource-area/wi-five-game where there is also a full explanation of the five key moments.

**BIG HAND FOR HYGIENE GAME**

New software takes you through the five key elements of hand cleanliness

**NEW dual-lever faucet is tip-tap**

A NEW clinical hand-washing tap will be introduced across the three acute hospital sites. The recently opened Haematology Ward at Monklands Hospital is the latest to feature the very different looking tap.

All future clinical wash-basin upgrades across the three NHS Lanarkshire hospitals will also feature this faucet.

It has been designed to help prevent the spread of infection through its novel dual-lever operation and its ease of cleaning and maintenance.

The tap contains an integral thermostatic mixing valve that automatically blends the incoming 60˚C hot water supply down to a safe and comfortable 41˚C at the point of discharge.

Warm-water handwash requires only the left-hand, red lever – while the right-hand, blue lever delivers dedicated cold water for cold-water handwash, drinking and teeth cleaning.

A combined flow regulator-conditioner in the tap outlet ensures that the water falls in a uniform column into the basin at an adequate rate for handwashing which avoids splashing.
Top quality

NHS Lanarkshire has established a Quality Improvement Hub and, though it has a baffling name, it has a very important role to play.

So what is a quality hub?
It is more a case of: Who is the hub? Is it made up of a group of clinicians and managers from across NHS Lanarkshire? Led by medical director Alison Graham, it includes representatives from clinical governance, risk management, primary care, acute and practice development. Their role is to provide leadership for quality improvement in Lanarkshire.

Why have a hub?
NHSScotland launched its Healthcare Quality Strategy in May 2000 and the quality hub is one of the ways that NHS Lanarkshire will ensure it is implementing the strategy to benefit patients. The strategy can be found at http://firstport/sites/NHSScotland/QualityStrategy/default.aspx

What does the hub actually do?
Still in the early stages, it has concentrated on looking at what NHS Lanarkshire’s quality improvement priorities should be. It will also work on ensuring a co-ordinated and consistent approach to all Lanarkshire quality initiatives, such as the Scottish Patient Safety Programme.

For more information about the hub, its membership or remit, contact Pamela Milliken, head of clinical governance and risk management, on 01698 858500 or Kirsty Cole, organisational development manager, on 01698 371815.

Minorities get the lowdown

A NEW booklet will ensure Lanarkshire’s black and minority ethnic communities are aware of the full range of healthcare services available to them.

Using Healthcare Services in Lanarkshire was produced by NHS Lanarkshire and the Terence Higgins Trust (THT) Scotland. Katrina McCourt, health promotion specialist with THT Scotland, said: “There is an expanding population of black and minority ethnic communities living in Lanarkshire. Many people from these communities have only recently taken up residency in the UK and are unaware of the healthcare services available to them, especially when it comes to identifying specialist health services such as sexual health.”

Tracy Ann Kidd, health promotion officer with NHS Lanarkshire’s blood borne virus and sexual health team, added: “It was important to develop a local resource for these communities that was culturally sensitive and where sexual health was considered within the wider context of general health.

“Also, by providing translated resources, it means that communities are able to have information in their own language, which will enable them to access services.”

The new booklet was launched at the Motherwell Heritage Centre on 1 June.

A group of local black and minority ethnic communities, NHS Lanarkshire staff and voluntary sector agencies who had been involved in the development of the booklet were invited along to the event.

A PDF of the booklet is available to download in the resources section of the Lanarkshire sexual health website www.lanarkshiresexualhealth.org

The booklet is available in seven languages: English, French, Polish, Swahili, Urdu, Punjabi and Chinese. Hard copies of the booklet are also available by contacting Katrina at the THT Glasgow office on 0141 332 3838.

In brief...

Training time

ALL staff in NHS Lanarkshire should undertake some level of Adult Support and Protection Training.

For more information, visit FirstPort – Clinical Services – Adult Support and Protection.

In addition, a new staff information leaflet has been devised to update staff on their duties under the Adult Support and Protection Act.

This leaflet can be accessed on the Adult Support and Protection FirstPort site within All Documents – Adult Support and Protection Training Information.

Graduation day

WISHAW General Hospital held a graduation event when eight individuals completed their NHS Lanarkshire Project Search programme.

The Project Search steering group is a one-year, transition programme which provides training and education for students with disabilities to help them find employment.

Over the course of a year, the eight students rotated through a series of job placements which offered them on-the-job experience of work skills combined with classroom tuition.

Donna Patrick, recruitment development manager, said: “The current employment rate for disabled people is 48 per cent and the Government has set a goal to increase radically the number of people with moderate and severe learning disabilities in employment by 2025.

“We are delighted that three of the students have now found work as a result of this course.”

Packed with info

A NEW educational pack which provides the latest information on blood-borne viruses (BBVs) for clinicians and healthcare professionals is now available.

The long-term outlook and treatment for individuals with BBVs – HIV, Hepatitis C and Hepatitis B – has changed remarkably over the years.

However, it is important that these viruses are diagnosed quickly and that all doctors and nurses should be able to obtain informed consent for a BBV test in the same way that they currently do for any other medical investigation.

The blood-borne virus educational resource pack will be distributed to medical staff, acute wards, midwives, community nursing teams and to addiction teams.
LANARKSHIRE is leading the way when it comes to putting Getting It Right For Every Child (Girfec) into practice.

North and South Lanarkshire Councils together with NHS Lanarkshire hosted an event to mark the full implementation phase of Girfec – a national programme to ensure parents, carers and professionals work together to give children and young people the best start and improve their opportunities in life.

At the heart of Girfec is the child and their needs – with a determination to make sure that every young person is safe, healthy, achieving, nurtured, active, respected, responsible and included.

To achieve this, the two councils and NHS Lanarkshire have built on their tradition of working in partnership.

A toolkit has been launched that enables managers in each of the agencies to put Girfec into practice by providing everything that has been learned so far – including a full library of all the resources available.

Across Lanarkshire, 10 locality groups involving local managers from health, education and social work now meet together regularly.

As well as planning and evaluating local services, they deal on a day-to-day basis with how best to support individual children whatever their needs.

Minister for children and young people Angela Constance, who attended the launch, said: “I am delighted to be here to see the launch of the Lanarkshire Learning Partnership toolkit.

“If we get the early years right, it will prevent children from ending up on the wrong track in life and help support successful futures. “That is why such partnerships are so important – professionals brought together to help ensure the best outcomes for every child.”

Neena Mahal, vice-chair of NHS Lanarkshire, said: “The toolkit will help staff from all agencies to work together to support children from the earliest possible point, not responding to the consequences later on.

“Using this, we recognise and appreciate how important our early years’ workforce is – from our midwives and public health nurses to playgroup leaders, partners, nursery nurses, early years’ education staff and social workers – as well as our partners in the voluntary sector. Working together we will make a difference for Lanarkshire’s children.”

Support team thanks 650,000 carers

NHS Lanarkshire Carer Support Team helped recognise and celebrate the contribution of Scotland’s 650,000 carers during Carers’ Week in June.

Various events and information stalls were held throughout Lanarkshire to help raise awareness of the vital work of carers.

If you wish to discuss a carer issue, or are looking for information on the support available for carers, contact one of the following departments:
- Hairmyres Hospital – Elaine Harrow, 01355 585522, elaine.harrow@lanarkshire.scot.nhs.uk
- Monklands Hospital – Lesley Callan, 0131 747 7666, lesley.callan@lanarkshire.scot.nhs.uk
- Wishaw General – Elizabeth Macdonald, 01698 361100, elizabeth.macdonald@lanarkshire.scot.nhs.uk
- South CHP – Leslie Callan, 01698 361100, elizabeth.macdonald@lanarkshire.scot.nhs.uk
- North Community Health Partnership North Lanarkshire

Carers Together, 01698 404055, cst@carerstogether.org
- Monklands Hospital – Lesley Callan, 0131 747 7666, lesley.callan@lanarkshire.scot.nhs.uk
- Wishaw General – Elizabeth Macdonald, 01698 361100, elizabeth.macdonald@lanarkshire.scot.nhs.uk
- South CHP – South Lanarkshire

Carers Network – Linda Craig, linda@scjn.co.uk or 01698 285183, www.sjc.n.co.uk
- North Lanarkshire Young Carers – Allison Smith, 01698 455455, youngcarerservice@southlanarkshire.gov.uk
- South Lanarkshire Young Carers – Barbara McCauley, 01698 455455, youngcarerservices@southlanarkshire.gov.uk
NHS takes on care of prisoners

PLANS are progressing well to transfer responsibility for prisoner healthcare at Her Majesty’s Prison Shotts to NHS Lanarkshire. The NHS will provide healthcare for all prisoners in Scotland from 1 November 2011. The healthcare of prisoners is currently the responsibility of the Scottish Prison Service (SPS).

The final Lanarkshire plan for the transfer was submitted to the Scottish Government in April 2011. In Lanarkshire, the transfer means that 22 health staff currently employed at the SPS at Shotts will become NHS Lanarkshire employees.

Four SPS staff who are transferring are currently undertaking Minor/Major Injury/Illness Nurse Treatment Service (MINTS) training with very positive feedback. Staff from SPS also recently completed NHS Lanarkshire training in psychological therapies. A full induction programme for SPS staff transferring to NHS Lanarkshire is currently being developed. NHS Lanarkshire Staff Bank has begun providing cover to Shotts prison health staff. This has allowed the prison to stop using agency staff.

Work is under way to develop the role of medical support for the prison.

Further work is being done to align addictions services for prisoners.

Other progress includes a new salaried general dental practitioner post to work in the prison which will soon be advertised.

NHS Lanarkshire will also take responsibility for providing allied health professions services to prisoners. However, existing AHP local contracts for the prison will remain in place.

Alan Lawrie, director of South Lanarkshire Community Health Partnership and lead executive for the transfer, said: “The transfer will provide a more consistent healthcare service to individuals whether they are in prison or in the community.”

NHS Lanarkshire is also working with Her Majesty’s Prison Addiewell to ensure appropriate care, such as registering with a GP, for patients leaving the prison. Although Addiewell is in West Lothian, about 80 per cent of prisoners return to Lanarkshire on release.

HUB DISHES UP A HEALTHY FUTURE

A NEW community food hub aimed at encouraging and promoting healthy eating has opened in Airdrie. The Hub in the Chapelside Centre includes:

- A community café which will prepare and sell healthy affordable food
- A food co-operative which will provide fresh fruit and vegetables
- A community kitchen which will employ a nutritionist who will give cooking demonstrations on how to prepare healthy meals.

The community kitchen will also feature a ‘mobile kitchen’ which will travel around the area giving individuals and community groups cooking classes.

The food Hub is a partnership between NHS Lanarkshire, the Lanarkshire Community Food and Health Partnership, Cornerstone and North Lanarkshire Council’s Community Learning & Development and Locality Support Service (Disability).

Its aim is to tackle social and health inequalities in Lanarkshire. NHS Lanarkshire health improvement senior Carol Chamberlain said: “This project not only provides affordable healthy food but also provides an environment where people can learn about food and healthy eating, gain cooking skills and get experience and confidence in cooking and food preparation.

“This will help them to improve their diet and live a healthier life.”

The food available in the community café will also be prepared by people being supported towards employment by Cornerstone, a charity and a leading provider of services for people with disabilities and other support needs.

PILOT PRAISED

Pioneering project gives patient a new lease on life

AN EAST Kilbride man has praised a pilot which he has credited with giving him a new lease of life.

Hugh Orr, 74, suffers from chronic obstructive pulmonary disease (COPD) which narrows the lungs and leaves him short of breath.

"I know now that doing some basic exercises every day helps keep the lungs active which makes breathing easier."

Hugh with his dog Skye

"I also know the signs to watch out for when an attack is possible.

“It means I can take steps to avert it or manage it better when it does come.

“It’s these sorts of steps which the pilot teaches you and it’s made such huge impact on my life.”

Maureen Carroll, the respiratory network manager based in Hairmyres Hospital, described the pilot.

She said: “It’s a one-off session, so people don’t have to make a massive time commitment.

“Some patients will also be signposted and/or referred to other appropriate services as required.”

For more information on the Community Respiratory Patient Education and Self Management pilot, call the appointment line on 01355 585186.
A NEW MRSA screening protocol is being introduced in Lanarkshire. NHS Lanarkshire’s MRSA surveillance team explains why screening and the new protocol have a key role to play in tackling healthcare associated infection.

Lesley MacGregor, MRSA surveillance nurse, Hairmyres Hospital, said: “MRSA is a very clever organism. Its ability to mutate and evolve means that we must always be monitoring and challenging practice to reduce the burden of MRSA to our patients. It is to our patients that our responsibility lies.”

Julie Burns, MRSA surveillance nurse, Wishaw General Hospital, said: “MRSA is a major concern for patients being admitted to hospital, so ensuring that we are taking a positive step by screening for MRSA will help reduce fears and anxieties. MRSA screening allows us to manage patients appropriately, reducing the risk of self-infection and transmission to others.”

Rachel Nicholls, MRSA surveillance nurse, Monklands Hospital, said: “The change to the MRSA screening programme should provide early identification of those patients who are at greatest risk from MRSA infections. An additional benefit is a decreased workload for healthcare staff if the clinical risk assessment tool is applied appropriately.”

Carrie McCulloch, MRSA project manager, said: “There is huge public interest and support on the subject of MRSA screening. Our staff are enthusiastic about reducing the risk of infection for our patients. Indeed, some staff have already approached the MRSA team to implement the new protocol in their area.”

The screening programme was welcomed by patient Morag Murin when she attended the pre-assessment unit in Monklands Hospital. She said: “This is a really good idea that will make a real difference for patients and help reduce infection.”

For more information, visit www.hps.scot.nhs.uk/haiic/ssaip/mrsascreeningprogramme.aspx

New approach to tackling MRSA has been launched

Need to know – the vital new protocol

Why are we screening for MRSA?
The programme aims to identify asymptomatic carriers of MRSA to reduce cross transmission within hospital populations and reduce infection risk for individuals during their hospital stay.

The results of screening inform patient placement when the patient is admitted and allows decolonisation to be undertaken for patients who are found positive on admission or pre-admission.

What does the new protocol involve?
Every patient who is admitted and stays more than 24 hours in an acute hospital requires to have a three-question clinical risk assessment (CRA) undertaken.

If they answer yes to any of the questions, then a swab from the nose and perineum should be obtained for laboratory testing. If the patient has in-dwelling devices or wounds a sample of this should also be taken.

Are there any exceptions to this?
Yes. Patients in maternity, those under 16 and in the care of mental health are currently excluded.

How does the protocol apply to high impact specialties?
The protocol identifies intensive care (including the High Dependency Unit), orthopaedics, renal medicine and vascular/ cardiothoracic surgery as high impact specialties.

Patients admitted to or transferred to a high impact specialty should be screened using the CRA and should all (regardless of CRA responses) have nasal and perineal swabs obtained. The rationale for this is to identify those most at risk of colonisation of MRSA at the earliest stage by using the CRA. If a patient answers yes to any of the CRA questions then they should be managed as positive.

Will this commence right away?
No. A few areas have been asked to test the CRA protocol.

The MRSA Team will inform you when your area is to be included. Otherwise, nasal and perineal screening continues as per normal practice.

ON THE LOOKOUT: MRSA screening nurses, from left, Lesley MacGregor, Hairmyres, Julie Burns, Wishaw General, and Rachel Nicholls, Monklands

The Pulse asked staff at Monklands about MRSA screening and the best ways of reducing the risk of infections.

Audrey Neilson, biomedical scientist, (pictured left) said: “There are a number of things that people can do when coming into hospital, either as a patient, a visitor or a staff member.

“Washing your hands properly and avoiding sitting on patient beds are two of the obvious ones. “I think it’s also important that people are not afraid to question things. If you think a doctor or nurse hasn’t washed their hands correctly, or if you see something that doesn’t look clean, you should say something to make sure the correct procedures are being followed.”

Lynn Hogg, charge nurse, pre-assessment unit, said: “When patients who have been screened learn they have MRSA some are horrified and think it’s their fault.

“We have to reassure them that MRSA is a common germ. By identifying MRSA before they come in we can treat it, perhaps with an ointment for their nose, for example. “They can then be infection free when they come in for their operation and minimise the risk of associated complications occurring due to MRSA getting into the wound.”

Isobel Anderson, staff nurse with the pre-assessment unit, said: “It is so important to catch MRSA before patients come in for surgery. “By treating someone who has MRSA before they come in to the hospital it means they may recover more quickly and that we can reduce the risk of MRSA spreading to other patients.”

Your thoughts
THE new dementia DVD 'Living well with dementia' launched at Rutherford Town Hall on 22 June. Care and advice living with dementia jointed researchers from NHS Lanarkshire, Alzheimer Scotland, the Scottish Dementia Working Group and the Lanarkshire Dementia Strategy Implementation Group. The DVD is for people who have just been given a dementia diagnosis and is based on the experiences of people with dementia and their carers. "A week in the life of a dementia patient is shown in the DVD and is based on the experiences of people with dementia and their carers. It is aimed at helping people in the early stages of diagnosis understand more about dementia. 

There are five sections: 
- Share experience around how you will feel after a diagnosis, as well as offering practical advice on coping with its effects. 
- Support people with dementia and their carers. 
- Help them to come to terms with the diagnosis. 
- Help them to plan for the future. 

"We are working to improve the experiences of patients and carers and the way we support them," said Dr Colin Sloey, director of North Lanarkshire Mental Health Information Service and one of the lead researchers. 

The DVD was launched in Coatbridge last year as part of the national Dementia Awareness Week. It is intended to help people with dementia and their carers understand the condition and make informed decisions about their care. The DVD is available to order from the Alzheimer Scotland website (www.alzheimers.org.uk) and is also available in printed form from the Alzheimer Scotland website."
SUPPORT FOR HEALTHY MINDS

The past two months have seen NHS Lanarkshire involved in a hive of activity around mental health. Events around Dementia Awareness Week, Action on Depression, the launch of the element website as well as proposals to modernise mental health services and a new consultant Alzheimer's nurse have all taken place over the recent period. These pages contain a summary of these events and initiatives that they hope to achieve.

MARKING OUR REAL SUCCESSES

A HOST of events were held across Lanarkshire to celebrate Dementia Awareness Week. The 2011 event fell between 6 June and 12 June and NHS Lanarkshire's staff and volunteers raised awareness of dementia and its impact on people and their families.

A range of events were held across the board in Lanarkshire, including seminars, awareness walks, film screenings and fun fairs. The aim of the events was to raise awareness and provide information about dementia.

The events were attended by people of all ages and backgrounds, and many people commented on the positive impact that the events had on them.

CONSULTANT SET TO BE APPOINTED

A NEW Alzheimer Scotland dementia nurse consultant is being established in Lanarkshire. The consultant will be responsible for providing support to people with dementia and their families.

The appointment is part of a national strategy to improve services for people with dementia. Alzheimer Scotland is a charity that provides support and information to people with dementia and their families.

The consultant will work closely with local authorities and other organisations to ensure that people with dementia receive the best possible care and support.

LIVING WITH DEMENTIA

This new dementia DVD ‘Living well with dementia’ has been launched in Lanarkshire.

The DVD is for people who have just been given a diagnosis of dementia.

It uses their voices to:
- Share experience around how they will feel as diagnoses, as well as offering practical advice on coping with their symptoms.
- Support where people with dementia and their carers can go for further support.

The DVD is available within your community.

The site has been developed in partnership with Alzheimer Scotland, the Scottish Dementia Working Group and the Lanarkshire Dementia Strategic Partnership Group.

From left – North Lanarkshire Mental Health Information Service’s Lynsey Sempers, Lynne Crockford with Mental Health manager Stuart McCall, NHS Lanarkshire’s Avril Thomas, Gail O’Neill and Dennis McCaffrey

Motherwell FC supports mental health website

MOTHERWELL FC have appealed to the Dundee United Mental Health Information Service (www.elament.org.uk).

The site has been developed in partnership with Alzheimer Scotland, to improve mental health and wellbeing information in Lanarkshire.

The appeal is being spearheaded by the Duchess of Hamilton, second from right.

If you or someone you know have gone well, but we’ve also learned to build on the things that don’t go well.

We’re committed to enhancing experiences of people with mental health issues and ensuring quality of service continues to improve.

This may require a further review of risk of need of services.

A stakeholder option appraisal process took place in June to inform the decision on the best way forward.

NHS Lanarkshire proposes extending the mental health outpatient service and providing intensive home treatment by transferring adult acute mental health beds in Lanarkshire to Lanarkshire to a refurbished site in another Scottish General or Multiple Hospital. The programme aims to improve access to modernising mental health services and would include a new consultant position.

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It’s never too late to learn

BABIES in Lanarkshire will benefit from grandparents with expert babysitting skills thanks to an innovative class at Wishaw General.

A group of expectant grandparents attended a support session in May, run by midwife Annette Cartwright, to learn how caring for babies has changed over the years.

The class was voted a great success by the students.

Jim Cairney, 63, from Larkhall, is looking forward to the arrival of his first grandchild in July. He said: “The class is a smashing idea and you’re never too late to learn.

It’s a while since I had to look after a young baby and refresher courses are always useful – especially when it’s something as important as looking after a baby.”

Midwife Annette was delighted with the turnout for the class.

She said: “We received some very positive feedback from the people attending the class and they all seemed to enjoy it.

“During the class we look at various topics, such as how maternity services have changed over the years, the use of baby products, breastfeeding, baby care and how grandparents can help. “Grandparents can be a huge help and support to new parents and these classes help them understand the information that will be given to their families and the way in which maternity and baby care is delivered now.”

Further grandparent sessions will be held later in the year and information will be made available nearer the time.

To find out more about the support classes, please contact Annette on 01698 366473.

Many thanks

LANARKSHIRE’S community Macmillan nursing team have paid tribute to the generosity of cancer patients and their families who have helped improve the lives of others.

Thanks to big-hearted donations, the team have been able to purchase equipment worth more than £7000 – including portable nebulisers and pressure-relieving mattresses.

This kit ensures patients who have life-limiting illnesses can be made more comfortable when in their own homes.

Jan Smith, Macmillan nurse co-ordinator for Lanarkshire, said: “We’re very grateful for all the donations we receive which can be used to benefit patients with cancer who are being cared for in the community.

“The portable nebulisers and pressure-relieving mattresses can make a big difference to people.

“On behalf of the Lanarkshire Macmillan nursing team I’d like to thank everyone who has made these donations and to let them know they’ve made a difference to the lives of people with cancer.”

Jan continued: “Patients who have to spend a lot of time in bed are prone to pressure sores, but these mattresses can help prevent these sores and so avoid further pain and discomfort.

“The portable nebulisers make a huge difference to patients with breathing difficulties as they can use these themselves to administer their medicines at home.”

The Macmillan nursing team, which is based at Udston Hospital, covers the whole of Lanarkshire. Thanks to the kind donations made by cancer patients and their families the team has been able to purchase 15 portable nebulisers, 30 mattresses, three portable suction machines and one specialist nebuliser, worth £3000, for patients with head and neck cancer.

The team would also appreciate suggestions from other NHS Lanarkshire teams, who work in end-of-life care, for ways in which this money can be used for the benefit of these patients.

GIVING MORE TIME TO SAY GOODBYE

A COUPLE who suffered the dreadful pain of their first child being stillborn hope their gift to Wishaw General’s maternity unit can help others in a similar situation.

Gavin and Kirstie Moir presented the unit with a cold cot – which helps preserve stillborn babies to provide families more time to spend with their lost children.

In February 2010, Kirstie gave birth to a stillborn baby boy, Fraser Alexander Moir.

Thankfully the Bellshill couple recently celebrated the birth of their baby son Euan but they wanted to do something to help those who have to suffer a stillborn birth.

Gavin said: “The cot is something we hope is never used, but sadly we know that is unlikely.

“The cot will allow parents of stillborn babies to have more time to say goodbye.”

Kirstie said: “Gavin and I felt our world had fallen apart when we realised our wee boy would never go home with us... we didn’t get much time to hold our wee angel.

“We didn’t want other parents in similar circumstances to have this limited time with their babies and so decided to raise funds, with the support of the national Stillbirth and Neonatal Death Charity, SANDS, in order to purchase a cold cot for Wishaw’s maternity unit in Fraser’s memory.”

Gavin and Kirstie raised more than £3000 for the cold cot through a charity night they held in Motherwell.

Gavin said: “I’d like to thank all our friends, families and local businesses who supported us and donated prizes to allow us to raise this money.”

To find out more about the support classes, please contact Annette on 01698 366473.
In brief...

THIRTY lucky NHS Lanarkshire colleagues scooped a total of £1,339,367 in the National Lottery. The nurses, clinical support workers, domestic kitchen and administration staff (pictured), making up the syndicate from Lady Home Hospital, each pocketed £44,645.

When staff nurse and syndicate leader Julie McLuckie checked the group’s numbers she found out they had won twice – the jackpot and another £48.

Syndicate leader Julie said: “The atmosphere in the hospital was electric and I am over the moon as it couldn’t happen to a better bunch of girls.

“The boss has told us she isn’t accepting any resignations, but we all love our jobs – this is a very special place.”

“Winning the jackpot has been a wonderful, uplifting experience in these financially hard times.”

ACCESS to affordable and high-quality food and vegetables within Strutherhill and Larkhall is the aim of the newly launched Larkhall Community Food Co-op.

The co-op, which opened in May, will operate from Craigbank community wing in Strutherhill on Wednesdays between noon and 2.30pm and will be staffed by volunteers.

NHS Lanarkshire and South Lanarkshire Council would like to thank the volunteers for setting up the co-op and wish them success in their venture.

A big-hearted Uddingston couple, Lorraine and Denis McGill, have raised £3,565 for the new haematology unit at Monklands Hospital.

Margaret Smith, senior charge nurse in the haematology unit, said: “The donation was a wonderful surprise and is greatly appreciated. Lorraine and Denis’ kindness will help us make sure that patients are as comfortable as possible during their stay.”

TWO Hairmyres Hospital staff are asking for your help to support the British forces in Afghanistan.

Radiographers Lisa Melrose and Leigh Samson both have brothers in the armed forces.

To show their support to their siblings, and all the brave British men and women troops, the duo have arranged parcel collections in Hairmyres to provide those far away with some home comforts.

Lisa, from Erskine, said: “Both our brothers are serving in Afghanistan at the moment and we wished to show our support not only to them but to serving soldiers in general.

“TWO Hairmyres Hospital staff are asking for your help to support the British forces in Afghanistan.

There is a charity called Support our Soldiers that sends out care packages to soldiers that include items that are required but not distributed freely such as toiletries, sweets, magazines and games.

“We feel that if they are putting their lives on the line to keep this country safe then the least we could do is supply them with some little luxuries to cheer them up.”

Leigh, from East Kilbride, added: “There are a lot of people who don’t have relatives in the forces, but are very happy messages to the troops in general as we know they really appreciate them and they’re a great boost to their morale.”

Some of the items suitable for the parcels include:

- toiletries
- sweets
- snacks
- puzzles.

If you wish to donate any items please hand them in to the radiology department at Hairmyres.

If you would like to help out at your local community food co-op, please contact Caron Lyon on 01698 452384.

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To find out more about the Support our Soldiers charity go to www.supportoursoldiers.co.uk
Managing pain relief
NHS Lanarkshire’s Chronic Pain Service now offers a Pain Management Programme that aims to restore to as normal as possible the lives of those affected by persistent pain.
Dr Sabu James, consultant anaesthetist, explained: “The pain management programme offers psychological and physical support.
The programme is run by the service’s clinical psychologist, Dr Christopher Harding, and physiotherapist Cassandra MacGregor, with input from other members of the chronic pain team.
Dr Christopher Harding said: “The programme uses a mix of psychological techniques from Cognitive Behavioural Therapy and different physiotherapy exercises to treat people with chronic pain.
The Pain Management Programme runs for 10 consecutive weeks, with each session lasting half a day. Patients can be referred either by their GP or their hospital consultant.
Rosalind Donnelly, from Wishaw, who has attended the 10-week course, said: “The class has been amazing. I feel I can cope better when pain does flare up as I know how to manage it.”

Wisdom on your teeth
ENSURING Lanarkshire smiles brightly was the aim for NHS Lanarkshire’s oral health team during Smile Month 15 May to 15 June.
At events held throughout Lanarkshire, the team promoted the message that a clean mouth can result in more than just a nice smile.
Oral health specialists were also on hand to answer questions and give advice on hygiene.
Elaine Sharp, NHS Lanarkshire senior oral health educator, said: “Research shows that problems like heart disease, strokes, diabetes and even premature births can be related to an unhealthy mouth with gum disease.”

Virtual reality
FORTY final year Glasgow University medical students were put through their paces within NHS Lanarkshire’s hospitals during the six-week programme “Preparation for Practice”.
As part of this course, the students underwent an hour-long “An Evening On Call” session. This involved the students being put-on call in a virtual medical floor – consisting of four wards, staffed by senior nurses and housing several patient manikins with virtual casenotes, blood results and prescription kardexes.
Each student carried a pager and was contacted frequently by the nursing staff with new problems and tasks to be carried out.
Catie Paton, acting clinical skills development specialist, based at the Medical Education Training Centre at Kirklands, said: “The students were very positive about the programme.
“It gives them the chance to take responsibility for their patients and their clinical decisions for the very first time rather than just being in the shadow of a fellow FY1.
“Many of them find the session stressful, but very worthwhile and often state that they would like to do it all over again.”
This year’s Preparation for Practice programme included some new features, such as the use of video technology which meant the students could be filmed and observed from a different room, removing the need for their assessor to physically follow them around.
Volunteer patients were also introduced this year which was a huge help to the students.
The highlight of the programme this year was a pilot introduction of final year University of the West of Scotland nursing students over two of the seven days, with 13 students completing the pilot.
The nursing students stepped into the shoes of newly qualified staff nurses and assumed a patient caseload in each ward.
Catie said: “Evaluations from both medical and nursing students on these interprofessional days highlighted a positive response to this training, especially in regards to gaining clarity and mutual respect for each others’ roles, and the need for effective assessment and communication.”
Healthy Start benefits babies and mothers

ONE of Coatbridge’s newest mums has praised an initiative aimed at giving babies the best start in life. Carrin Callaghan recently had her first child, and during the course of her pregnancy she took advantage of the Healthy Start scheme, which provides free vitamins to pregnant women and children under four years as well as giving them vouchers to allow them to purchase milk, fresh and frozen plain fruit and vegetables.

Carrin, 19, said: “It was my midwife who told me about it when I had my first appointment and I sent away my Healthy Start application. “Collecting the vitamins was also easy as you just take your voucher along to your local health centre.”

Carrin continued: “We all want to do the best for our babies but I also feel the benefits myself and it’s my intention to continue to buy more fruit and vegetables with the vouchers and give vitamins to my new baby.”

Children from six months up to their fourth birthday who receive Healthy Start vouchers can also get Healthy Start vitamins. These vitamins contain the recommended A, C and D that all children under five should take.

Carrin’s midwife Anna McGinley, based at Coatbridge Health Centre, explained: “Vitamins are essential nutrients that your body needs in small amounts so that it can work properly. “While you can get lots of vitamins from a healthy balanced diet, you often need more at certain times in your life, like when you are pregnant, a new mum or a small child.

“That’s why it’s great to see women such as Carrin take advantage of the programme.”

Lizzy Hammond, a maternal and infant nutritionist, said: “Healthy Start is one part of NHS Lanarkshire’s programme of activity. “We also want to encourage women to breastfeed as there are many associated benefits for both mums and babies from that.”

For more information on Healthy Start, contact lizzy.hammond@lanarkshire.scot.nhs.uk

NHS Lanarkshire has led the way in the recently released Child Health Weight Intervention figures.

The national figures are published by the Scottish Government and show the number of interventions made by health boards to target and develop a range of services to support families whose children are struggling with their weight and want to take action to tackle it.

They show that NHS Lanarkshire completed 1,817 between April 2008 and March 2011 which smashed its target of 1,012. NHS Lanarkshire was by far the highest of any health board and its efforts helped achieve a national total of 8,466 healthy weight interventions, which beat the target for the period of 6,317.

Jonathan Cavana, NHS Lanarkshire’s Child Health weight programme manager, said: “We’re absolutely delighted to have surpassed our target.”

For more details, go to www.scotland.gov.uk/topics/statistics/browse/health/childhealthyweight1011

SHARE YOUR STORIES

- Has a patient or visitor gone out of their way to praise you?
- Is there a new service in your department you are proud of?
- Contact the communications department on 01698 858080 and help us share the good news stories told about NHS Lanarkshire every day.
Hairmyres salutes Mike Rhind, who has "dedicated all his working life" to the hospital and its Biochemistry Department

Hairmyres Hospital's biochemistry department has bid a sad farewell to Mike Rhind who has retired after 39 years' service.

Having started work as a trainee biochemist in 1973 and, following completion of specialist training in 1983, he was appointed biomedical scientist in technical charge.

During his 30 years he oversaw many laboratory developments.

His notable achievements include involvement in the design of the laboratories at Hairmyres, especially the central reception area and the link to the new hospital in 2001.

Together with colleagues, Mike was also responsible for transforming the department into a modern, efficient and accredited laboratory.

Dr Janet Tillman, head of the Biochemistry department, said: "Throughout these changes Mike has been integral to the process – with his vision, leadership and operational expertise.

"He has dedicated all of his working life to Hairmyres Hospital and in particular to the clinical biochemistry department and I would like to thank him for his commitment, dedication and support to all staff and patients.

"He will be truly missed by his colleagues and I am sure all of us wish him good health and a long and happy retirement."

Mike, from East Kilbride, will now be looking to spending more time with his fiancée Beverly and enjoying his hobbies of gardening and voluntary work with charities, including Macmillan and Aid to Romania.
A real taste of Italy... in East Kilbride

ZUCCA Ristorante Pizzeria in East Kilbride brings truly authentic Italian cooking to Lanarkshire.

And one lucky Pulse reader will get the chance to enjoy a meal for two for free in our scrumptious competition.

The stunning ristorante, situated at 33 Main Street, The Village, East Kilbride, opened its doors on 26 November 2009.

A love of all things Italian inspired owner Yacine Titi to bring a stone-based, 1,600kg pizza oven to The Village to make the freshest, most authentic pizza this side of Sicily. It’s so big the restaurant had to be built around it.

Add some freshly cooked pasta, seafood specials and an Italian-inspired wine, beer and cocktail list and you have a Mediterranean inspired recipe for a great night out in East Kilbride.

Zucca cherishes its reputation and its award-winning bistro pizzeria, in East Kilbride’s Centre West Shopping Mall, has been producing the best food, service and value in the town centre since it opened in 2003. This reputation has been carried on to the ristorante and they continue to use fresh, local and authentic Italian produce to make classic and contemporary dishes in their stunning pizzeria.

NHS Lanarkshire staff can also receive a 10 per cent discount off their meal. Just show your staff ID.

To find out more about Zucca Ristorante Pizzeria visit their website at www.zuccavillage.co.uk or to make a reservation call 01355 225007 or email restaurant@zuccavillage.co.uk.

For a chance to win a meal for two, excluding drinks, just answer the simple question below. Send your answers, no later than Friday 12 August, to Martin Stirling, Communications Department, Kirklands Hospital, Fallside Road, Bothwell G71 8BB, or email martin.stirling@lanarkshire.scot.nhs.uk with “Zucca Competition” in the subject field.

Remember to include your job title, place of work and a contact telephone number.

It’s a real beauty

PREMIER Beauty in Wishaw Main Street is committed to making you look and feel fantastic as soon as you enter their salon.

With a vast amount of treatments available under one roof, you can be assured of a first-class pampering and spoiling session at the hands of Premier Beauty’s experienced team of therapists and stylists.

Customer of a cracking competition, you could be enjoying a free head-to-toe pampering session, including cut and blow dry, aromatic back, neck and shoulder massage and hydro-facial, worth £100.

For a chance to win the £100 prize, just answer this simple question, right.

“WHAT IS PREMIER BEAUTY’S ADDRESS IN WISHAW?”

- Send your answers, no later than Friday 12 August, to Martin Stirling at Communications Department, Kirklands Hospital, Fallside Road, Bothwell G71 8BB.
- Alternatively, email martin.stirling@lanarkshire.scot.nhs.uk with “Premier Beauty Competition” as the subject.
- Remember to include your job title, place of work and a contact telephone number.

For more details on Premier Beauty or to make an appointment, call 01698 360288 or 07555 536033, or go to www.premierbeauty.biz.

Well done to the winners

DENISE Russell will be enjoying some glorious golf or pampering herself at the spa in the stunning surroundings of Loch Lomond after winning the De Vere Group competition in the last edition of The Pulse.

The audio typist for the orthopaedic department at Monklands correctly answered that The Carrick course at Loch Lomond was designed by acclaimed designer Doug Carrick.

Denise will now receive a golf membership worth £295.

This innovative membership provides the chance to play 16 courses across the UK – including The Carrick. For £295 you receive 100 points on your membership card, which you can use against rounds where and when you want.

You can play in members’ competitions, get a handicap, sign in guests and receive discounts in the members’ bar, the spa and the golf shop. Points can also be used for the spa, pull trolleys and driving range.

NHS Lanarkshire staff who take advantage of the membership can further benefit from an exclusive offer, receiving a free nine-hole playing lesson with European Tour coach Spencer Edwards.

The De Vere Group is also offering NHS Lanarkshire staff exclusive offers, including: golf with a group of friends at the preferential rate of £39 per person (summer green fees are usually £125); spa escape for only £99 (£20 supplement Friday to Sunday) including two-hour spa experience, champagne lunch, refresher facial and relaxing massage, and exclusive spa gifts; Cameron Club NHS Membership – 10 per cent discount on membership fees with no joining fee and one month free.

For information on The Carrick and the De Vere membership, visit www.devere.co.uk/golf

BARBARA Youngson’s savings have received a £100 boost after she won the NHS Credit Union competition from the last edition of The Pulse.

The administrator at doctors Fife, Docherty and McCrum at Coatbridge Health Centre, correctly answered that the NHS Credit Union was formed in 1998. The administrator was able to use her pension and to pay into her accounts direct from her salary, making it easier than ever to save and borrow. It pays a regular dividend on savings, and offers a range of financial services. It is also concerned about the financial welfare of members, rather than just making a profit.

For more information, call 0141 445 0022 or go to www.nhscreditunion.com
A HISTORY group which produces fascinating historical booklets and posters is also succeeding in improving mental health and wellbeing.

The Pather Occupational Therapy History Group was started in late 2010 by occupational therapy assistant Paul McGinn.

He said: “We work with people who need support in using community services and help in building their self confidence. “The history group came about because it became clear that it was an area that interested most people. “It has proved to be a great success and the guys in the group have not only succeeded in improving their motivation, social skills and confidence, but they’re also proving they’re a talented bunch.”

The group has now completed several projects on a diverse range of topics, including the Berlin Wall, the Boer War, the Vietnam War and Ravenscraig.

Paul said: “The ultimate aim of the group is to take the skills gained through occupational therapy and transfer them to daily living. “Not only are the members gaining confidence in getting out, mixing with people and researching topics – a few of the group members have also been able to develop new computing skills for creating and printing documents and using the internet.”

The four current members are Jon Edge, Donald Howie, Edward Simpson and John Simmons. Jon said: “There’s no pressure to produce work every week, sometimes you might not do anything, but it takes you out of your comfort zone and challenges you and gives you a reason to get out and about.”

Edward added: “I really enjoy the group. It’s very educational, but we have a good laugh. “We talk about our experiences of doing the research and it allows people to express themselves and be really creative.”

Donald said: “Using libraries, using the buses, getting out and about – you feel as if you are doing something productive – not just going to an occupational therapy group. It’s a history group and it’s giving you real life skills that you can use every day.”

A PHOTOGRAPHY group involved in helping people with mental health problems held an exhibition in Lanark to showcase their work. The Clydesdale Resource Network Photography Group, based in Lanark Health Centre, hosted “Open Your Mind – ‘see me’!” in the town’s Tolbooth.

And more than 100 people attended the event, which aimed to change people’s perceptions of mental ill health.

Eileen Currie, an occupational therapy assistant practitioner who facilitates the club, said: “By displaying their work, the group’s members demonstrated that people with mental health issues can be engaged in activities and roles that are purposeful and enjoyable. “They hope this will lead to people changing their perceptions of mental illness, becoming better informed and seeing that mental ill health is common, can be experienced by anyone and can be recovered from.”

Last year, the club, which has been running for almost four years, received a huge boost when it received an award for £2,700 from ‘see me’, the Scottish campaign to end the stigma and discrimination of mental ill health. Eileen said: “This money allowed us to buy photographic equipment and training for members from a professional photographer. “As a result, the group’s digital photography, organisational, communication and interpersonal skills have improved greatly over the past year.”

John O’Connor is a graduate of Glasgow School of Art, and also displayed some of his stunning artwork at the exhibition. He said: “There are a wide variety of benefits from the photography club. It not only gives something to look forward to each week, and helps you feel more positive, it’s also good for your physical health.”

Donald Thomson added: “The group has everything you need to get started, you don’t even need your own camera. “The quality of the photographs are really high and you gain confidence from knowing you are doing something positive. “You also feel as if you are a valued member of the community,” added Donald.
Unlock your potential

"BE All You Can Be" is a three-day development programme which enables participants to take more control over their own lives.

The course, which is held once a fortnight, is designed for staff from all backgrounds and age groups.

The programme will feature topics such as:

- self assessment
- skills assessment
- identifying your values
- setting goals
- assertiveness
- networking
- putting yourself across positively
- building your image.

Nominations are now being given for the August 2011 programme.

For further information, dates and venue, visit the training and development site on FirstPort at:
http://firstport/sites/odandtraining/traininganddevelopment/default.aspx
Course nomination forms can be obtained from FirstPort at http://firstport/sites/odandtraining/traininganddevelopment/default.aspx or from Sue Devine at sue.devine@lanarkshire.scot.nhs.uk or telephone 01698 377807.

Words on the wards

Staff pick up terminology

SIXTEEN NHS Lanarkshire administration staff are now up to speed with some complex medical terminology after passing a six-week training programme.

The health board colleagues were rewarded at a ceremony at Coatbridge College following completion of the medical terminology course.

Agnes Robb, NHS Lanarkshire training manager, said: “The course started in January and runs for 20 weeks.

“The aim of this programme is to provide staff with the knowledge and skills to demonstrate an understanding of the medical terminology used to describe the structure, physiology, pathological conditions, investigations, abbreviations and pharmacology related to each body system and medical specialty.

“NHS Lanarkshire works in partnership with Coatbridge College to deliver this course which is specifically designed to meet the needs of the staff.”

Clare Flynn, curriculum leader for Business and Management at Coatbridge College, said: “We have a strong and flourishing relationship with NHS Lanarkshire and we look forward to working with them again in the future.

“I hope the learners on this course will be inspired to continue their lifelong learning journey.”

Leaders in the making

TWO NHS Lanarkshire colleagues graduated in May with postgraduate certificates in Frontline Leadership and Management.

Wendy Feeley, lead nurse specialist for fracture/osteoporosis, and Anne Marie Murphy, senior charge nurse with the Community Mental Health Team for Older People, based at Atholl House in East Kilbride, successfully completed their studies on the delivery of leadership and management skills.

Pictured is Wendy, who is based at Coathill Hospital, but works across Lanarkshire, and Anne Marie was unable to attend the ceremony at the Albert Halls, Stirling in May.

The duo were part of 73 NHSScotland staff who completed the programme, which is a result of collaboration between NHS Education for Scotland (NES) and education providers De Montfort University and the University of the Highlands and Islands.

The postgraduate certificate is open to NHSScotland staff in clinical and non-clinical jobs who are keen to take on a more proactive leadership role within their workplace.

The graduates

The latest graduates from the course are:

- Airbles Road: Sharon Struthers
- Bellshill Locality: Jennifer Wilson
- Cleland Hospital: Liz McCrossan
- Hairmyres Hospital: Eileen Campbell, Veronica Dorrick, Sandra Hamilton and Yvonne Tonner
- Law House: Maureen Graham and Marie McLaughlin
- Monklands Hospital: Geraldine Marshall and Kirsty Norwood
- Udston Hospital: Carolyn Hayes and Aileen Orr
- Wishaw Health Centre: Carly Marshall
- Wishaw General Hospital: Joyce Paton and Elizabeth Welsh

Training Planner

ORGANISATIONAL DEVELOPMENT
- Training schedules, nomination forms and more information is available on the Training and Development homepage on FirstPort or at http://firstport/sites/odandtraining/traininganddevelopment/default.aspx
- If you have any other enquiries, please contact the training co-ordinators: Sue Devine (Law House) 01698 377807
  sue.devine@lanarkshire.scot.nhs.uk
- Lorna Galloway (Wishaw General) 01698 366765
  lorna.galloway@lanarkshire.scot.nhs.uk
- Natalie Snodgrass 01698 366590

MEDICAL EDUCATION
- For queries, contact training co-ordinators on 01698 366521 or meded@lanarkshire.scot.nhs.uk
- Training co-ordinators will contact new consultants direct regarding the Consultant Induction and Professional Development programme.
- To book any other senior courses, use the booking system which is available on the MEDED website www.medednhsl.com

PRACTICE DEVELOPMENT
- Contacts: Rita Cloughley 01698 366581
  Morag Downie 01698 366575
  Anne Halavage 01698 366582
  Natalie Snodgrass 01698 366590

EDUCATION PROGRAMME
- Courses for nurses, midwives and AHPs
  - Courses for all NHS Lanarkshire nurses, midwives, AHPs and their support workers are available.
  - For more information on the different courses and dates available, log on to the PDC website. Visit www.lanpdc.scot.nhs.uk
- Classes for nurses, midwives and AHPs

HEALTH & SAFETY
- For training schedules and nomination forms, access as follows: Firstport/Staff Support Services/Occ Health SALUS/Downloads
- For more information, contact: Sandra Sweeney 01236 707721 or email sandra.sweeney@lanarkshire.scot.nhs.uk

MOVING & HANDLING
- For training schedules and nomination forms, access as follows: Firstport/Staff Support Services/Occ Health SALUS/Downloads
- For more information, contact: Sandra Sweeney 01236 707721

LIBRARIES
- Classes are available in:
  - The Knowledge Network
  - RefWorks
  - Ovid Medline
  - Ebsco CINAHL
  - Cochrane Library

Contacts: Amanda Minns (Hairmyres) 01355 585488
  Lisa McLaren (Wishaw General) 01698 366316
  Paul Herbert (Monklands) 0226 720005
  Carol Hallesy (Law House) 01698 377600/01
  Grant Donaghy (Law House) 01698 377602
- email sandra.sweeney@lanarkshire.scot.nhs.uk
- or email sandra.sweeney@lanarkshire.scot.nhs.uk

PaMoVA
- (Prevention and Management of Violence and Aggression)
- It is essential for all staff to take care of their personal safety and be aware of the safety of others. To reduce the risk of being a victim of aggression or violent behaviour, NHS Lanarkshire provides PaMoVA training for all staff. Contact PaMoVA advisors on 01236 707198.
HAIRMYRES Hospital’s Duncan Stang has helped transform the footcare of patients with diabetes and recently received international recognition for this work.

The NHS Lanarkshire advanced diabetes podiatrist won first prize for a poster he presented at the International Diabetic Foot conference in Noordwijkerhout, The Netherlands.

This poster summarised some of the ongoing work Duncan has been doing, which has been done in collaboration with the Scottish Diabetes Group Foot Action Group, which he helps support.

Duncan said: “To be invited to present this poster at such a huge conference was an honor in itself. There were another 120 poster presentations from around the world so to win first prize was absolutely fantastic.

“It’s great recognition for the work being carried out in NHS Lanarkshire and Scotland.”

People with diabetes are at particular risk of developing foot ulcers, which can take a long time to heal, need intense treatment and can cause serious problems if not treated correctly.

To help minimise these risks Duncan has developed a traffic-light risk stratification system, which he helped to develop with the valued help and expertise of Hairmyres medical illustration department.

Since taking up his post in 2007, the number of Scots with diabetes who have undergone foot-screening resulting in risk stratification has leapt from 25 per cent to the current figure of 61 per cent.

This rise is in line with the Scottish Government’s targets for foot-screening, highlighted in the Scottish Diabetes Action Plan.

Duncan is now striving towards the goal of 80 per cent by April 2012.

He said: “This is being achieved through the web-based Scottish Care Information Diabetes Collaboration (SCI-DC) system.

“Physically active people are up to 50 per cent less likely to develop diabetes and seven per cent less likely to die of the disease. Physical activity also helps to reduce stress levels."

Just getting out of the office, away from the computer and desk for 10 minutes at lunchtime, really does make such a difference to the day.”

Paths to Health is the national charity promoting walking for health and path network development in Scotland and their Walk at Work programme is funded by the Scottish Centre for Healthy Working Lives.

Paths to Health provided all staff taking part in the challenge with a pedometer for 12 weeks to monitor their steps.

In addition to helping improve staff health and promote the benefits of physical activity, the challenge will also help the Cambuslang and Rutherglen locality work towards their Silver Healthy Working Lives Award, which involves an ongoing commitment to promoting physical activity in the workplace.

Footcare expert recognised

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He said: “This is being achieved through the web-based Scottish Care Information Diabetes Collaboration (SCI-DC) system.

“This web-based system is to support patients with diabetes and managed clinical networks across NHS Scotland.

“By using the traffic-light risk stratification and triage system that we developed, the SCI-DC foot-screening tool means patients can be provided with the most suitable treatment and preventive care by automatically calculating the risk of them developing a foot ulcer and guiding their treatment appropriately in line with the new Quality Outcome Framework targets recently introduced.”

Apart from the prestige of winning first prize at the international conference the award came with a cheque for €750 to help with future work of the Foot Action Group to reach the Scottish government targets and improve diabetes footcare across Scotland.

Physical activity promotion took a huge step forward recently – or 24,438,817 steps to be precise – when NHS Lanarkshire staff in Cambuslang and Rutherglen took part in a step count challenge.

The 42 staff members walked the equivalent of 12,219 miles in only 12 weeks, for the Paths to Health event to promote physical activity at work.

Jennifer Newman, a senior health promotion officer with NHS Lanarkshire who helped co-ordinate the challenge, said: “We had eight teams taking part in the challenge and all of us have seen a huge improvement in not only our fitness levels, but also our wellbeing.

“The challenge was less really about getting people more active, more often and just increasing their daily step counts.

“Exercise really does make you feel better, helps you have a better night’s sleep and helps to reduce stress levels.

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