NHS LANARKSHIRE is making improvements to maternal, infant and child health services to ensure children have the best start in life. In response to Scottish Government policies relating to children and their families, an Early Years Collaborative (EYC) was launched in January.

The EYC is a group of partners from health, local authority, education and voluntary organisations and North and South Lanarkshire Collaborative Teams have now been formed.

Rosemary Lyness, director of nurses, midwives and allied health professionals, is the executive lead for health for the EYC.

Rosemary, who also chairs the NHS Lanarkshire Child and Maternity Service Improvement Board, said: "The Early Years Framework was an important milestone in encouraging partnership working to deliver a shared commitment to giving children the best start in life. "Similar to Reshaping Care for Older People, the EYC will enhance support to children and families and will enable experts to learn and work together to the benefit of children and families in the early years and beyond."

At the core of the EYC is the Getting It Right For Every Child (GIRFEC) approach. GIRFEC is the Scottish Government’s road map for creating better childhoods, and improving services, with a particular focus on supporting vulnerable children.

To enhance support for children and families, NHS Lanarkshire, in partnership the University of the West of Scotland, has established the Best Possible Start programme. Anne Armstrong, divisional director of nursing, who chairs the BPS programme board, said: “To date, Best Possible Start is the most ambitious approach in the redesign of maternal, infant and child service provision across Lanarkshire.”

The national policies influencing BPS focus on the importance of well co-ordinated early years services, including midwifery and nursing. Maternal, infant and child health services are set to improve under ambitious plans.
2-9 GENERAL NEWS
NHS Lanarkshire leads the way in tackling drug addiction; partnership encourages people to be more active; new staff will help schools with sexual health education; ultrasound for men will spot potential arterial ruptures; grant funding to help atrial fibrillation patients; new unit speeds up patient assessment and improves care.

10-11 RESHAPING CARE FOR OLDER PEOPLE
NHS Lanarkshire introduces improvements to the way it cares for older people.

12-14 LOCAL, DISTRICT, PARTNERSHIP NEWS
New development officer to get communities involved in volunteering; new group supports young mums; plans are in motion for the development of three health centres.

17 COMPETITIONS
Guess the staff member as a baby.

20 ACHIEVEMENTS
Staff win plaudits for volunteering and bowls and a volunteer secures a royal honour for fundraising.

Early help for families

Both maternity and public health nursing services are unique in that they are the only universal service for women and their babies during pregnancy and the early period of a child’s life.

Sandra MacInnes, programme manager for BPS, said: “A child’s experience in their early years has a significant impact on their future life chances. Through Best Possible Start, we aim to complement and enhance our midwifery and public health nursing services with additional initiatives.”

Some of the service developments and initiatives include:

- Strengthening pre-conception service provision
- Promoting early access to antenatal care
- Reintroduction of the national universal child health 27-30 month assessment
- Introduction of the Family Nurse Partnership Programme.

Four work streams have been established to support BPS. The BPS programme board – which includes members from local authority, primary care, maternity, public health nursing, e-health, public health, health improvement, and the University of the West of Scotland – oversees these work streams.

There is also a GP champion, Dr Claire Fisher, who will represent and link in with her GP colleagues to inform and promote the work of Best Possible Start.

Stars come out

TWO stars from the hit BBC soap River City helped launch a Project Search initiative at Monklands Hospital.

Gary Sweeney and Paul-James Corrigan, who play Gabriel Brodie and Stevie Burns respectively, attended the event and met with the students.

Project Search is a one-year education transition programme which provides training and education for students with learning difficulties to help them into employment.

As well as NHS Lanarkshire, partners include North Lanarkshire Council and Motherwell College. The Monklands launch follows a successful project in Wishaw General Hospital.

Lorraine Scott, who oversees Project Search on behalf of NHS Lanarkshire, said: “It was tremendous of both the actors to take the time to come and speak to the students. The students really appreciated it.”

“What came across was the actors’ determination to succeed, which is a message that won’t be lost on the students.”

The Monklands launch came as the Project Search initiative at Wishaw General Hospital was given an award to celebrate the fact all eight of its 2011/12 students went on to secure employment.

Two former students from the Wishaw site praised the project. Michelle McHugh, who now works with Keep Well in Law House, said: “The course really opened doors for me.”

Christopher Davis who now works for Serco at Wishaw General, said: “I feel much more independent than I did before.”

The Search model was also launched on the Hairmyres Hospital site during September 2012 with partners including South Lanarkshire Council, Motherwell College and ISS facilities.
Hairmyres Hospital hygiene praised in surprise inspection

IN CONTROL OF CLEANLINESS...

NHS LANARKSHIRE has set out a detailed action plan following the Healthcare Environment Inspectorate’s (HEI) report on Hairmyres Hospital.

The HEI published a report in February 2013 about its unannounced inspection visit to Hairmyres Hospital on 28 November 2012.

Heather Gourlay, healthcare associated infection manager, NHS Lanarkshire, said: “We strive to provide the highest standards of cleanliness and infection control at Hairmyres Hospital. We are pleased that the inspectors found that the hospital was clean and that there was good compliance with the national dress code and hand hygiene practice. The inspectors also highlighted that staff were taking the right infection control precautions when caring for people with known or potential infections, including the correct isolation procedures.”

Susan Brimelow, HEI chief inspector, said “Overall, we found that NHS Lanarkshire is complying with standards to protect patients, staff and visitors from the risk of acquiring an infection. We also identified some areas for improvement, however, including that an effective system for auditing mattresses must be in place on all wards and departments.”

The report included three recommendations to address, plus two recommendations for improvement.

Heather said: “We will ensure that we continue to improve our current performance and have in place a comprehensive action plan to address the inspectors’ requirements and recommendations. “Many of these actions are already complete or under way. All senior charge nurses have been reminded of the importance and process for auditing mattresses, with additional monitoring being put in place.

“Staff have also been reminded of the importance of ensuring condemned equipment is appropriately labelled and a quality assurance audit process is being introduced to monitor this.”

The full HEI inspection report and an improvement action is available at www.healthcareimprovementscotland.org/HEI.aspx

Laundry staff meet the gold standards of healthy lifestyles and work safety

THE West of Scotland Laundry has been presented with two awards in recognition of its promotion of healthy lifestyles and work safety.

Staff at the laundry based in Wishaw, were presented with a Royal Society for the Prevention of Accidents (RoSPA) Gold Award and Healthy Working Lives (HWL) Gold Award.

This is the second successive year in which the laundry has achieved the highly prestigious RoSPA Gold Award. The Gold HWL award came 18 months after the laundry began working with HWL, in which time it has picked up bronze and silver awards.

Robert O’Hara, head of linen services, said: “These awards are only possible due to the staff’s commitment to health and safety along with good working practices within the laundry and commitment to healthy working lifestyles. We’re delighted our efforts have been recognised in this way.”

Presenting the HWL award, executive director for the north Community Health Partnership (CHP), Colin Slowy, said: “To achieve bronze, silver and gold awards in an 18-month period is a tremendous achievement.”

Automatic pensions

THE Government has introduced a new law designed to help people save more for their retirement.

It requires all employers to automatically enrol their staff into a workplace pension scheme if they are not already in one. Ann Marie Campbell, head of human resources (HR), said: “From 1 March 2013, NHS Lanarkshire will automatically enrol eligible staff into a workplace pension. “Staff can choose to opt out of the pension scheme if they want to. But if they stay in, their employer will contribute to their pension and they will get some tax relief. “Anyone who opts out, or stops making payments into their pension, will be automatically enrolled back in every three years, but they can opt out again if they want to.”

NHS Lanarkshire must automatically enrol all eligible staff into a pension scheme. To opt out of the scheme, staff will have to complete the relevant paperwork, which is only available from the pension provider. NHS Lanarkshire cannot issue or supply the form.

It is being reported that millions of people in the UK are not saving enough for their retirement and many are not saving anything at all. The Government is concerned about the high proportion of workers who do not have pensions and will be reliant on the state pension and benefits in retirement.

The Government are therefore requiring employers to provide an occupational pension to maximise employee participation.

More information is available at www.sppa.gov.uk
In brief...

Disclosure checks

ANYONE undertaking regulated work with vulnerable groups requires to be a Protecting Vulnerable Groups (PVG) scheme member.

All new and existing staff must become scheme members by October 2015. The human resources (HR) department will be undertaking retrospective checking. During this period, specific staff members will be required to complete an application form to become a scheme member. HR staff will be available on predetermined dates and locations to provide assistance.

For further information, visit www.disclosure.scotland.co.uk or contact a member of the HR department on (medical and dental staff) 01698 377733. (general) 01698 377740.

New streamlined referral system

OLDER patients in hospital, who require a referral to a psychiatrist, are now benefiting from a more streamlined process. Nursing and medical staff can now make an electronic referral to the new centralised Older Adults Liaison Psychiatry Service referral system.

The centralised referral system is for all patients over 65 in the acute hospitals, who require to be seen for inpatient psychiatric assessment.

The service operates Monday to Friday between 9am and 5pm. All urgent referrals outwith this time should be sent to the mental health assessment team or to the duty doctor in psychiatry on each health assessment team or to Friday between 9am and 5pm.

Referrals will be accepted from the following clinical areas:

- Monklands Hospital
- Wishaw General Hospital
- Hairmyres Hospital
- Glenmore Unit, Coathill Hospital, Coatbridge
- Wester Moffat Hospital, Airdrie
- Carrickstone Care Home, Cumbernauld (NHS-contracted care beds only)
- Kilsyth Victoria Cottage Hospital
- Park Springs, Motherwell
- Stonehouse Hospital
- Uddston Hospital, Hamilton.

All referrals must be sent electronically to OldAgeLiaison.referrals@ Lanarkshire.scot.nhs.uk

For all documents relating to the referral process, please visit the old age psychiatry page on FirstPort at http://firstport/sites/oap/default.aspx

Better way to treat addiction

FOR those who have a problem with drugs, getting help can seem like a big leap.

Recovering from addiction is a journey and NHS Lanarkshire is ready to help.

Drug treatments, such as methadone, are only one part of a range of services available in Lanarkshire to help people overcome their drug addiction. NHS Lanarkshire is leading the way within Scotland in the use of alternatives to methadone, such as Suboxone. About 25 per cent of people on drug treatments for addiction in Lanarkshire are now prescribed Suboxone.

Dr Steve Conroy from the Lanarkshire Drug Treatment and Testing Order Team said: “Suboxone is a much cleaner medication. Studies that we have carried out show that people on Suboxone feel healthier and much more able to engage with society. Patients also feel less stigmatised as they do not need to stand in front of everyone in a pharmacy drinking their methadone. Suboxone comes in tablet form.”

NHS Lanarkshire was the first board in Scotland to prescribe Suboxone and is the only board swapping people from methadone to Suboxone within the community. As a result, drug deaths in Lanarkshire are falling, where the national figure has risen by 20 per cent.

Dr Conroy added: “Although no opiate is entirely safe, Suboxone can be a lot safer than methadone. People on Suboxone are more clear thinking than those on methadone and are generally able to lead more stable lives. It is easier to detoxify from Suboxone, which helps people to become drug free. They are also less likely to use other drugs such as heroin as it blocks the body’s opiate receptors.”

Patients are also offered psychological therapies to get to the root cause of their drug problem.

Dr Michelle Cook, clinical psychologist for the addiction psychology service, said: “Providing talking therapies is about addressing the difficulties that contributed to their drug use.”

The addiction psychology service provides training and consultation to frontline staff to ensure that they can provide basic psychosocial intervention and identify when to make a referral to a psychologist.

Michelle said: “Key workers have experience in noticing those who have psychological issues in addition to their addiction. They can help clients to build skills in managing their difficulties and improve the stability of their drug use and other circumstances.

“When the patient is referred to a psychologist, we can offer in-depth psychological therapy in relation to their mental health – for example depression, anxiety and trauma.”

Patients who are stable and are looking to lead independent lives are referred to the community prescribing service.

Duncan Hill, specialist pharmacist in substance misuse, said: “The service prescribes medication to more stable patients in the community and encourages them on the road to recovery.

“We use pharmacists and nurses to prescribe medication, which frees up time for experienced doctors to cope with the more difficult medical side. They also have clinic times for patients until they are off their medication and are no longer dependent on drugs.

“By the time patients come to us, they are starting to look at employment and get their finances sorted. The service provides them with support and identifies when they are struggling.”

‘The treatment makes you feel like a normal person’

DAVID* was 16 years old when his friend’s mum gave him heroin.

David admits that he was naive at the time and started taking the drug. It was from then that his life snowballed out of his control.

A year later, his mum had asked him to leave the family home and he was living on the streets and was stealing and dealing to fund his habit.

At the age of 18, David was prescribed methadone. “I went on methadone in case I was sent to jail. It was a safety net for me. I didn’t want to come off it. I had been on methadone for years when I met a man who had gone through rehab. He encouraged me to get clean. I did it, but I still felt unhappy in my own skin. For some reason I went back to it, I relapsed.”

After being arrested, a court referred David to the Lanarkshire Drug Treatment and Testing Order Team, where he was supported and prescribed Suboxone.

David said: “Suboxone gave me breathing space. I initially ran off to take more drugs, but they had no affect on me anymore. After a week, I was completely comfortable with the medication. I had no physical symptoms or withdrawal from the drugs.

“Suboxone gave me the time to weigh up my options and decide on what I want to do with my life. It makes you feel like a normal person without the urge to go and get a hit.”

David is now turning his life around. He doesn’t use drugs and no longer lives on the streets. He now wants to help others like him and is enrolling in college to complete a healthcare qualification.

*Name altered to protect patient’s identity
School pupils brush up on their dental health

PUPILS of St Bernadette’s Primary in Motherwell were given a dental gift by NHS Lanarkshire.

Elaine Sharp, senior oral health improvement educator, gave each of the pupils the gift to thank them for their support over 2012 and remind them to maintain good oral health during their lifetime.

Elaine said: “It’s important to remind all young people of the importance of looking after their teeth and gums.

“All the evidence shows that if we can get young people to brush their teeth at an early age they are likely to maintain this.

“I would like to thank Asda in Motherwell for its support and everyone at the school for helping us with our oral health promotion work.”

Appeal to tastebuds

LAB staff at Monklands Hospital raised a fantastic £440 for the Oscar Knox Appeal.

A special spread was laid on for staff to visit during their tea break and lunch. The impressive sum was collected by selling tombola tickets, home-baking and other goodies.

Kirsty Gordon, from Airdrie, said: “Colleagues really got behind our fundraising event, they really enjoyed taking part. The money raised will help Oscar to get the treatment he needs to beat neuroblastoma.

“I would like to thank all members of staff who supported the event.”

Advance Lanarkshire is to lead a partnership of agencies which aim to get ‘More People, More Active, More Often’.

South Lanarkshire Council, North Lanarkshire Council, South Lanarkshire Leisure and Culture, North Lanarkshire Leisure and Healthy Working Lives will be part of the team which will encourage Lanarkshire residents to make a pledge to increase their physical activity in the run up to and beyond the 2014 Commonwealth Games.

Two events are planned to officially launch the initiative – the first is a conference on 31 May in the Hamilton Town House followed by a massive public event on 1 June in Strathclyde Country Park.

The physical activity conference will bring together representatives from all the partner agencies to look at practical ways of getting Lanarkshire residents of all ages and backgrounds more active.

The 1 June event, entitled ‘Get active Lanarkshire’, will ask those who attend to make a pledge to increase their physical activity in the run up to and beyond the 2014 Commonwealth Games.

Hugh Sweeney, Healthy Working Lives manager, said: “We want the 2014 Commonwealth Games to be an event which people will not only enjoy watching but also one which will inspire them to emulate the athletes in even a small way.

“For example, one of the focuses of the event on 1 June will be to ask people to make a pledge to increase their physical activity.

“This can be something like taking up running or cycling to joining a bowling club or even vowing to spend another 20 minutes walking the dog.”

Lanarkshire, like most parts of Scotland, is seeing rising obesity levels and the resultant illnesses which come with this, much of which can be attributed to a lack of exercise.

Hugh continued: “The negative health impacts of inactivity are well documented, but being inactive can also have a detrimental impact on your mental health as it can lead to isolation and low self-esteem.

“Joining a group can change all that and we want to use the interest in the Commonwealth Games to get that message across.

“Getting active can really change your life.

“Okay, everyone won’t become a winning athlete, but everyone will win by becoming more active.”

If you would like to pledge to get more active, visit www.getactivelanarkshire.co.uk

The Commonwealth Games will start on 23 July 2014.

HEALTHY SMILES: St Bernadette’s pupils join head teacher Christine Boyle (back left), Asda community colleague Joanne Shaw (back right) and Elaine Sharp

TASTY FUNDRAISING: Lab staff bake to raise funds for treatment

Get Active Lanarkshire

Poster takes top prize in competition

A POSTER presentation designed by a team from NHS Lanarkshire has taken top prize at the Emergency Care Pathway national event at the University of Edinburgh.

The poster titled ‘Ready to go – a test of change for discharge’ aims to improve discharge planning, embed estimated date of discharge and shift time of day of discharge to earlier in the day to assist patient flow on the Monklands site.

The team was led by: Susi Cornwell and June Marnie, which were selected from a ward in the Monklands.

Mhairi Buchanan, senior charge nurse at ward 14, in Monklands, helped to design the poster. She was thrilled the poster was chosen to be displayed at the event’s exhibition.

Mhairi said: “The poster helps staff to discuss and share good practice and helps promote the delivery of high quality services. Having the poster chosen provided a great opportunity to promote the good work being done in Lanarkshire.”

Each poster represented the important and outstanding work that happens across the NHS in Scotland each day.

Rhona Roberton, Monklands Hospital General Manager, said: “The staff throughout Monklands all work tremendously hard and are committed to working for the benefit of the patients they serve.

“The staff have joined the Blood Borne Virus (BBV) and sexual health education project. They will support teachers to teach about BBV and sexual health training and education in the subject area.

Jude Irwin, BBV and sexual health training and education manager, said: “Children need to learn about body parts and that it’s Ok to be whoever they are. They look at what it is that makes them an individual. They look at what it is that makes them an individual.”

Jude added: “In primary five, the pupils look at body parts and that boys and girls are different. They learn the correct names for body parts and that they are encouraged to understand that these areas are private.”

Rhona Roberton, Monklands Hospital General Manager, said: “The staff throughout Monklands all work tremendously hard and are committed to working for the benefit of the patients they serve. They never know when the next crisis will strike. Knowing your department’s business continuity plan is essential to ensuring patients continue to receive vital services and making sure we get back to normal as soon as possible.

New staff will help schools with sexual health education

TWO new members of staff are helping schools with their health education.

Rhona Roberton, Monklands Hospital General Manager, said: “The staff throughout Monklands all work tremendously hard and are committed to working for the benefit of the patients they serve. They never know when the next crisis will strike. Knowing your department’s business continuity plan is essential to ensuring patients continue to receive vital services and making sure we get back to normal as soon as possible.

Susi and June will be in post from 18-22 March, sees the launch of a new NHS Lanarkshire e-learning package to help you prepare. Alan Robertson, emergency planning officer, NHS Lanarkshire, said: “Business continuity planning is a process to help reduce the risk of our services being disrupted.

“It is aimed at ensuring key services continue and that the organisation recovers quickly whether it is from a power cut, flood, fire, severe winter weather or staff illness.

“We are launching a new e-learning package on LearnPro to help staff understand the principles of business continuity to help them develop and review their own business continuity plans and arrangements.”

The module can be accessed by logging onto LearnPro at https://nhs.learnprouk.com. It is aimed primarily at managers, but is accessible to all staff. The learning package covers the principles of business continuity management.

After completing it you will understand what is meant by business continuity management, why it is required and what the key stages are.

It will also help you understand your own business continuity role and responsibilities.

NHS Lanarkshire director of public health Harpreet Kohli is the executive lead for business continuity and emergency planning.

He said: “It is essential that all of our key services have thought through and planned how they would cope in the event of any disruption.

“Departments should have robust business continuity plans in place and review these annually to reassess likely risks and ensure contact details are up to date.

“Never you know when the next crisis will strike. Knowing your department’s business continuity plan is essential to ensuring patients continue to receive vital services and making sure we get back to normal as soon as possible.”

For more information, visit the Business Continuity Awareness Week website at www.bcaaw2013.com
Simple scan to save lives

Ultrasound for men to spot potential arterial ruptures

MEN in Lanarkshire are to benefit from a new screening test, which could add years to their life.

From April, men aged 65 will be invited to attend a screening appointment to receive an ultrasound scan which can detect abdominal aortic aneurysms – a condition that can affect the main artery in the abdomen (stomach).

An abdominal aortic aneurysm forms when the aorta, the main artery that supplies blood to the body from the heart down through the chest and abdomen, becomes weak and balloons out. Aneurysms may not cause any pain until they rupture.

Consultant in public health Brian O Suilleabhain said: “This is a simple scan that can help save lives. The ultrasound scan is the same method used for looking at babies in pregnant women. An ultrasound scan is a simple, painless test taking 10 minutes to detect an aneurysm. The results are available instantly after the scan.

“We will be writing to men aged 65 to invite them to come for an ultrasound scan which can identify if they have an aneurysm. Younger men are not considered to be at risk of an aneurysm so they are not included in this national screening programme.

“This simple test means we can identify an aneurysm at an early stage and monitor or treat it if that is necessary.”

Cabinet Secretary for Health and Wellbeing Alex Neil said: “Abdominal aortic aneurysms are a hidden killer which affects one in 20 men in Scotland, most of whom will be unaware that they have the condition.

“Sadly, the first sign of a problem for many men will be when the aneurysm ruptures and, by that time, it’s often too late. If left untreated, more than eight in 10 ruptures can prove fatal.

“Dealing with potential illness as soon as possible not only means that lives are saved, it also means an efficient NHS.”

One man who appreciates how important it is to diagnose and treat abdominal aortic aneurysms is George Casey from Uddingston.

George has a history of ill health. Apart from diabetes, he also suffers from lung, thyroid and blood pressure problems.

George said: “In January 2012, I started experiencing strange symptoms and I went to see my GP who referred me to hospital.

“They told me that I had obstructive jaundice. But because of my health problems, they did lots of tests to see if I could survive an operation. By doing these tests they found I also had an abdominal aortic aneurysm.

George added: “Discovering I had an aneurysm was a shock. If I hadn’t had my other health problems, they wouldn’t have found the aneurysm. It was 5.8cm and was a ticking time bomb. It could have killed me.”

NHS Lanarkshire will start to post letters to men aged 65 from 5 April 2013, inviting them to attend screening as part of Scotland’s Abdominal Aortic Aneurysm Screening Programme, the first male-only national screening programme.

Clinics will be held in each of Lanarkshire’s three hospitals – Hairmyres, Monklands and Wishaw – and will begin at the end of April. Clinics will begin in some health centres later in 2013.

About 95 per cent of men will have a normal scan and will exit the screening programme. This is because the chance of a normal aorta developing an aneurysm is extremely rare.

If a small or medium aneurysm is found, regular scans will be offered to monitor its size. Every man found to have a large aneurysm will be fast tracked to vascular services and assessed for treatment.

Abdominal aortic aneurysms are a hidden killer which affects one in 20 men in Scotland, most of whom will be unaware that they have the condition.
Grant funding is set to boost the care of patients with atrial fibrillation

HEART patients across Lanarkshire are set to benefit from a £96,000 funding grant.

The Coronary Heart Disease (CHD) Managed Clinical Network (MCN) has recently appointed two members of staff to help enhance the care of patients with atrial fibrillation, thanks to the funding from the British Heart Foundation.

Morven Dunn and Jim Young, practice development nurses in atrial fibrillation are working together to improve the diagnosis and management of atrial fibrillation.

Morven Dunn, said: “Over the next two years, we will be looking at three different aspects of the care of patients with atrial fibrillation. Firstly, we will look at acute care by making sure that there are efficient and effective one-stop clinics available.

“The second part will be supporting the review of patients at risk of stroke. The third part will be to develop education packages for health professionals.”

One aim of the project is to establish ‘fast-track’ clinics at each acute hospital.

Morven added: “People who have atrial fibrillation are at a high risk of having a stroke. So, it is important that they see a specialist. The quicker that they can get an appointment, the quicker they will be assessed and begin treatment. This will significantly reduce the patient’s risk of stroke.

“At the moment, we have a well-established nurse-led clinic in Hairmyres for patients with atrial fibrillation. We aim to roll this out to all three acute hospitals.

“The clinics will ensure that the right medication is given to the right patients as well as giving them information about their diagnosis and self-management advice. They will also discuss the patients’ future lifestyle choices.

“Patients will be able to be seen within two weeks of referral and be assessed, have investigations carried out and have management begin in one clinic session, before being discharged to their GP for ongoing management.”

The two-year project will establish resources for education. Jim and Morven will be working to assess what is required for appropriate training tools, which can be used in the future.

GP practices that wish to become involved in the audit can contact the CHD MCN on 01355 585186/7 or maureen.carroll@lanarkshire.scot.nhs.uk

Fitness class gives locals a spring in their step

A FITNESS class which is part of an initiative to get North Lanarkshire residents more active, has met with the approval of two Cumbernauld people.

Irene Doyle and John Leckenby are both regulars at the Cardio II Maintenance class which meets in the Cumbernauld Tryst twice a week.

The class is part of the Active Health Programme (AHP) which is run by NHS Lanarkshire and North Lanarkshire Leisure. NHS Lanarkshire staff who deal with patients whose health could benefit from increased exercise are being encouraged to refer them to classes like this to allow more people to experience the lifestyle improvements which Irene and John have.

Irene, 72, said: “When I found out I had high cholesterol I was told I could do something about it by going to a class like this. I really like it and since I started, I’ve lost two stone in weight and feel like I have a lot more stamina.

“I’ve also met some really nice people and made new friends.”

This was echoed by class mate John. The 62-year-old said: “I decided to go along after a friend had a heart attack. I’ve been doing it for a couple of years now and I feel my health has really improved. I feel looser, have more energy and my weight has improved.

The AHP project co-ordinator Lesley Mackay said: “There are a variety of different classes – dependent on age and level of activity – which people can be referred to.

To find out more about how you can refer someone to the AHP, contact the health and wellbeing manager on 01236 618310 or email menziesm@nlleisure.co.uk
Watch out for skin problems

NHS Lanarkshire staff are being encouraged to look after their skin and look out for any signs of dermatitis. Dermatitis is one of the most common occupational skin disorders.

Health care workers are three times more likely to get dermatitis than the general population, due to frequent hand washing, regular use of gloves and exposure to specific substances known to cause irritation.

Craig Graham, senior occupational health advisor at Hairmyres Hospital, said: “It is important that staff can spot the first signs of dermatitis. Someone with dermatitis will have dry, itchy skin. Their skin may look red or swollen and start to flake or crack.”

“If you have cracked skin you could pick up bacterial infections or pass infections on. So, it is important that staff inform their line manager and contact occupational health if they are experiencing problems with their skin. “Simple steps such as washing your hands properly and ensuring that you dry and moisturise your hands are important to minimise the risk of dermatitis.”

NHS Lanarkshire provides moisturisers in clinical areas, alcohol gel containing moisturiser and non-latex gloves for staff use. Anyone who thinks they may have dermatitis or any skin problems should inform their line manager and make an appointment with the Occupational Health Department.

The Dermatitis in Health Care Workers policy can be found on FirstPort.

HAIRMYRES IN THE FAST LANE

A NEW multi-functional unit has opened in ward three at Hairmyres Hospital.

This Joint Assessment Unit (JAU) aims to improve the quality of care for patients, enable quicker clinical assessment and reduce length of stay.

Agnes Sloey, service manager emergency and clinical division, Hairmyres Hospital, said: “The Joint Assessment Unit was set up to allow doctors and nurses to see, assess, investigate and treat patients more quickly prior to their discharge or transfer.

“The aim of the unit is to streamline the care of patients in a more effective manner.”

The JAU, which is a one-year pilot project, is made up of a joint assessment bay (JAB), a clinical decisions unit (CDU) and single rooms for general medical patients.

The JAB, for appropriate emergency medical and surgical referrals from GPs, has capacity for six trolleys and two chairs, as well as a waiting area with six chairs.

GP referrals will be admitted directly to the JAB and will be rapidly assessed by junior doctors and nurse treatment services (MINTS) major nursing staff, physicians assistants or junior medical staff.

The clinical decision unit (CDU) provides care to patients who need a period of observation, treatment or a diagnostic test that is likely to lead to their discharge within 12 hours.

The CDU admits patients who fit the criteria for non-traumatic chest pain, DVT, cellulitis or seizure.

Dr Helen Mackie, clinical director emergency and clinical division, Hairmyres Hospital, said: “The Joint Assessment Unit is an exciting innovation for us and is helping us to deliver improved and streamlined emergency care for patients.

“Previously, patients referred by their GP would enter the hospital through the emergency department.

“The JAU allows patients to be assessed by an integrated multi-professional team, including doctors, nurses and other staff.

“Dr Harpreet Kohli, director of public health and health policy, said: “It can be so easy to neglect your mental health when you get caught up in the challenges of life.

“But we all need time-out to give ourselves breathing space to unwind, relax or let off steam.”

A day to get Breathing Space

NATIONAL Breathing Space Day fell on 1 February and the message was ‘try to make more time to do something positive for your mental wellbeing’.

The annual awareness-raising day aims to encourage people to take time out from their busy lives and take part in activities that do something positive for their own mental wellbeing.

Dr Harpreet Kohli, director of public health and health policy, said: “It can be so easy to neglect your mental health when you get caught up in the challenges of life.

“But we all need time-out to give ourselves breathing space to unwind, relax or let off steam.”

To find out more about Breathing Space, visit www.breathingspacescotland.co.uk

In brief...

Great praise for adult protection

STAFF have been praised for improving adult support and protection across Lanarkshire.

Recent biennial reports by the North and South Adult Protection Committees show that improved awareness among staff is leading to better referral and reporting of concerns.

Anne Armstrong is NHS Lanarkshire’s divisional nurse director – community and primary care and vice chair of the North Lanarkshire Adult Support and Protection Committee.

She said: “We can see from the increase in referrals that there has been a significant improvement across Lanarkshire. We are making excellent progress and staff are to be congratulated.”

Anne added: “It is important that every member of staff understands that they have a responsibility to support and protect vulnerable adults. As a minimum, staff must know the three point test and who they should contact if there are concerns.”

The three point test looks at whether the person is: ☐ unable to safeguard their rights, wellbeing, property or other interests ☐ at risk of harm ☐ affected by a disability, mental disorder, illness or physical or mental infirmity.

Both biennial reports are available on FirstPort along with further information and guidance about adult support and protection: http://firstport/sites/asp

To find out more about Breathing Space, visit www.breathingspacescotland.co.uk
People in Lanarkshire are now living longer and, generally, healthier lives than ever before. The care and support needs of our population are changing.

Over the next six years, there is expected to be 25 per cent more older people who may need some form of assistance to live well in their own homes. However, when they do have to go to hospital, we are ensuring the care that they receive is tailored to their needs. Over the past year we have made several improvements to the care that older people receive when they are in hospital...

**Tissue viability**

**Contract renewed**

Patients at risk of pressure sores are benefiting from therapy mattresses thanks to a Lanarkshire-wide contract with Hill-Rom. This is the third contract term that Hill-Rom will provide NHS Lanarkshire with dynamic air mattresses which help redistribute the patient’s weight and prevents pressure being built up in areas which are prone to bed sores.

The contract has seen a Hill-Rom clinical nurse advisor join the Tissue Viability Team.

Karen McKay, clinical nurse advisor for Hill-Rom, said: "I provide education to staff on the appropriate use of the mattresses to make sure they are being used on the right patients at the right time.

"If a member of staff hasn’t used the mattresses before, then I can visit them and help them out. If anyone is looking for training or advice then they can give me a call."

The Hill-Rom contract is due to run for the next three years.

**Scholars to improve quality**

Eight members of staff are helping to improve the quality of pressure area care and reduce the number of patients suffering from preventable pressure ulcers.

The ‘practice scholars’, who are based in Monklands, Wishaw and Hairmyres hospitals, will support improvements in the use of the tissue viability online resources in wards and will help improve the reporting of Grade 2 and above pressure ulcers.

As this is a development opportunity for the practice scholars, they are undergoing education and training to ensure that they have up to date and accurate knowledge.

The scholars will work part-time with the Practice Development Centre over an 18-month period, and work closely with teams and specialist staff throughout the hospitals and their wider communities.

**Falls prevention**

A new set of procedures will help staff further prevent avoidable falls in NHS Lanarkshire.

The ‘Inpatient Falls Standard Operating Procedure’ guides and enhances clinical practice in the management of inpatient falls. It contains a mixture of policies, guidelines and resources.

The procedure outlines the steps to follow when an inpatient is identified as being at risk of a fall and also highlights the assessments and treatments that should be carried out if a patient does have a fall.

Senga Cree, head and professional lead for physiotherapy services, said: "In hospital, although we are trying to reduce the number of falls to a minimum, there are occasions where a patient may fall due to the complexity of their condition.

"The procedure outlines the steps to follow when an inpatient is identified as being at risk of a fall and also highlights the assessments and treatments that should be carried out if a patient does have a fall."

The procedures can be found on FirstPort.

**Food, fluid and nutrition**

Over the past year, NHS Lanarkshire made further improvements to patients’ food.

Inpatients across the three acute hospitals are now offered an evening snack of tea and toast so that they are able to have something to eat between dinner and breakfast.

Joan James, divisional nurse director for the acute division, said: "As part of the Older People’s Inspection, it was identified that there was a long gap between dinner and breakfast. The Food Fluid and Nutrition group were determined to address this and prioritised the introduction of an evening snack."

The toast is made by catering staff outwith the ward area to prevent any accidental fire alarms.

Joan continued: "We have been speaking to patients and the introduction of tea and toast in the evening reflects this feedback.

"In addition, we have been working closely with our catering staff and partners, ISS and Serco at Hairmyres and Wishaw, to ensure that patients will see a real difference in their experience of hospital food."

"We will continue to work with our service providers, dieticians and patient representatives to monitor nutritional standards, quality and patient satisfaction."

Did you know?

In Lanarkshire, about 30,000 people will fall per year in the community and a proportion of them will end up in hospital.
RESHAPING CARE FOR OLDER PEOPLE

Cognitive impairment

OLDER patients being admitted to hospital are benefiting from new guidelines which aim to ensure that they find their stay as calming as possible.

New guidelines have been introduced to support clinical staff in assessing whether a patient may have an underlying problem with dementia. For those with cognitive impairment, going into hospital can be a confusing time and they may not be able to give consent or to fully understand what their treatment involves.

Whether the patient is attending hospital for emergency or elective care, asking the right questions early enough can enable the clinician to provide the best and most appropriate care for the patient. This can include modifying the treatment given, such as modifying medication or bringing them into the hospital in advance.

The guidelines can be found on FirstPort.

Dignity and respect

OLDER people in hospitals across the NHS Lanarkshire area are benefiting from a policy which ensures that they continue to be treated with dignity and respect.

The policy emphasises the importance of understanding that being treated with dignity and respect will be different for each individual. It aims to ensure that older patients are treated as individuals and bond with healthcare staff.

Joan James, divisional nurse director for acute care in NHS Lanarkshire, said: “Treating a patient with dignity and respect can be something as simple as asking them what they would like to be addressed as. “Staff should not assume that everyone wants to be called by their first name, but likewise, they should not assume that they don’t. No two people are the same.”

The policy will also remind staff to ensure that their patients understand all the options open to them regarding their care and they have the right to accept or refuse any treatment that is offered.

The policy emphasises the importance of allowing all patients to make their own decisions regarding their clothing, what time they want to go to sleep at and how they want to be spoken to.

It will also guarantee that staff understand what their patients’ goals are for their physical or mental health and how they can help them achieve this.

The policy can be downloaded from FirstPort.

Dementia-friendly environments

Volunteers at meal times

PEOPLE from across Lanarkshire are being encouraged to sign up to volunteer to help hospital patients who are in the first stages of dementia.

Volunteers are being sought to visit patients who may need company and will help at meal times to support those who need assistance in choosing their meal.

Katrina Murray, volunteer manager for NHS Lanarkshire, said: “Many people who go into hospital can be confused. They are either in the first stages of dementia or just going into hospital has confused them.

“Often when people are not well in hospital, they can get a bit unsettled as they are not at home. Also, if a patient’s family lives far away, they might not receive many visitors. We are calling for people to put these patients at ease.”

Volunteering gives a chance to gain new skills and experience such as personal development, work experience and meeting new people. All volunteers are provided with training.

A volunteer application form can be downloaded from the ‘get involved’ section of the NHS Lanarkshire website (www.nhslanarkshire.org.uk).

Dementia champions

SIXTEEN members of NHS Lanarkshire staff completed the National Dementia Champions programme and are now helping to support improvements to the standards of care for people with a diagnosis of dementia in acute hospitals across Lanarkshire.

The Dementia Champions, who include nursing and occupational therapy staff, have been trained by the University of the West of Scotland and Alzheimer’s Scotland. Staff were asked to nominate themselves for the course and were selected on who would be best placed to provide support over a wide range of specialties.

Each ward that has a champion has a sign outside which identifies to staff, patients and visitors that there is someone in the ward with specialist expertise in dementia.

The Dementia Champions programme is supported by the establishment of an Alzheimer Scotland Nurse Specialist across all NHS Boards in Scotland.

Did you know?

Currently, up to one in four of all general hospital beds in the UK are occupied by people over the age of 65 who have symptoms or a diagnosis of dementia.

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Fiona inspired to help older people

New development officer aims to get communities involved in volunteering

FIONA Dryburgh has become the latest locality development officer to join Voluntary Action South Lanarkshire.

Fiona took on this role for the Hamilton area after working as a cluster manager for the WRVS in Clydesdale.

In this role, she developed the community transport and good neighbour service as well as establishing computer classes, camera classes and various other activities.

After leaving to become a stay at home mum for 14 years, Fiona was able to spend many years volunteering full-time with the Church of Scotland and the Salvation Army.

Fiona said: “It was through my role as a volunteer that I found that loneliness is a big issue for older people and can have a major impact on their health. It doesn’t matter where you live, if you don’t get visitors and are not aware of what is out there, you can feel isolated. Helping to solve this issue pushed me to apply for this role.

“My role is about working with the wonderful community groups that are already in place, encouraging partnership working and helping develop further services that will help older people stay active for longer.

“Having experienced just how fulfilling volunteering can be, as well as how vital a volunteer’s input can be for older people, I would encourage communities to get involved. I feel that, as part of a community, everyone has a role to play and there are volunteering roles out there to suit everyone.”

Since Fiona has been in post, she has noticed a positive attitude among community groups, who are keen to work together to arrange activities.

Fiona can be contacted on 01698 300390 or fiona.dryburgh@vaslan.org.uk

“I feel that everyone has a role to play and there are volunteering roles out there to suit everyone”

Cervical screening initiative highly commended

A LANARKSHIRE cervical screening initiative has received a ‘Highly Commended’ award as part of the 2012 Cervical Screening Awards run by Jo’s Cervical Cancer Trust, the UK’s only charity dedicated to supporting women affected by cervical cancer and cervical abnormalities.

The NHS Lanarkshire North East Unit Health Improvement Team (Bellshill, Motherwell and Wishaw) won the award for their ‘Smear Amnesty’ campaign which aimed to increase the uptake of cervical screening.

Christine Reid, health improvement officer, said: “The team is thrilled to receive this award. The Smear Amnesty project worked with GP practices to target non-attenders who were sent a personalised invitation in an eye-catching bright pink envelope.”

The women were also offered:
- a smear appointment at a new evening session
- female smear taker
- free massage to reduce anxiety
- an opportunity to discuss their fears and concerns with a female smear taker
- a relaxing women-only environment (relaxation music, aromatherapy oils, tea/coffee/juice in the waiting room)
- a reminder that they have the option to bring a ‘buddy’.

Robert Music, director of Jo’s Cervical Cancer Trust, said: “The judges thought the Smear Amnesty campaign was an innovative project showing positive work among different communities. It’s fantastic to see campaigns like this increasing screening uptake and making a real difference.”
Local centre rallies to raise funds

PATIENTS at the Dalziel Centre received a special gift, thanks to kind-hearted fundraisers. Staff at the Motherwell Pension Centre donated £950 to the day hospice, which offers emotional, psychological and social support to patients, carers and families who live with cancer and with MS.

The money was raised during the pension centre’s ‘Olympic Summer’ event.

Ann Marie Mcguinnes, from the Motherwell Pension Centre, said: “We chose to donate the money raised to the Dalziel Centre as we wanted to support a local charity, that doesn’t receive national funding.”

Money donated to the Dalziel Centre helps to fund services which are important to the patients and support groups.

Janice Slater, staff nurse at the Dalziel Centre, said: “The centre relies on funding to provide patients with extra care. For example, we raise money to pay for a counsellor, for both patients and their carers.”

A ‘brilliant’ place to support mums

New group supports young mums through their pregnancy and early motherhood

worker, said: “A lot of young mums can feel overwhelmed by how much their lives are changed. It is good for them to have somewhere they can meet others and share experiences.”

Danielle Walker found out she was pregnant at the age of 18. She said: “I feel comfortable at this group as I am surrounded by other girls who are like me.”

Sixteen-year-old Caitlin Speedie has a seven-week-old daughter. Caitlin said: “It’s a brilliant group. I really enjoy coming along.”

Rebekah Pollock fell pregnant with her six-month old daughter when she was 16. She said: “I feel comfortable at this group as I am surrounded by other girls who are like me.”

The ‘Young Mums and Mums 2 B’ group meets every Tuesday from 11am to 1pm at Garrell Vale Community Centre in Kilsyth. Friendly and supportive staff run the group including a midwife, health visitor, youth worker and health improvement staff.

If you are a young mum or know a young mum who would benefit from this group, call Caroline Simpson, community learning and development youth worker, on 01236 828160.

VITAL HELP: staff at the Motherwell Pension Centre raise funds for the Dalziel Centre

SITTING PRETTY: the groups allows young mums to learn new skills and support each other

LOCAL artists and community groups are being offered the chance to showcase their work, thanks to an exhibition display at the new Airdrie Community Health Centre.

The display will feature work that promotes health and wellbeing in multiple art forms, including painting, drawing, photography, printmaking, ceramics, sculpture and live art.

The first exhibition, which will be displayed for ten weeks, will celebrate local growing projects. The space is managed in partnership with Creative Services at North Lanarkshire Council.

For full exhibition criteria and how to apply to exhibit in the space, call 01236 812200 or email arts@northlan.gov.uk

Day to stub out

PATIENTS across Lanarkshire are to be asked about their smoking habits.

The move marks ‘No Smoking Day’ which will be held on Wednesday 13 March and works to support smokers who want to quit.

As part of the activities taking place in Lanarkshire, patients attending outpatient clinics on this day will be asked to complete a short questionnaire on their smoking habits.

There is also a questionnaire for out-patients’ staff with prizes on offer, which have been donated by Healthy Working Lives.

Tackling stigma

PEOPLE across Lanarkshire had a lesson in how they can help break down the stigma around HIV and hepatitis, thanks to a conference. The See Beyond conference allowed people to learn about living with HIV and hepatitis and how they can play a part in reducing stigma and discrimination around the conditions.

Dr John Logan, consultant in public health medicines for NHS Lanarkshire, said: “People with these infections can face discrimination and exclusion, which can put people off coming forward for testing and diagnosis of these infections.”

The event was organised in partnership with HIV and sexual health charity Terrence Higgins Trust Scotland.

For more information on the Terrence Higgins Trust Scotland, visit www.tht.org.uk
Big milestone

MAGGIE’S Lanarkshire will be celebrating its fifth birthday in April. To mark the occasion, it has added five new events to its programme of cancer support. The first addition is ‘Look Good Feel Better’ sessions for women who are going through cancer treatment. The participants will be given beauty products and will be taken through a skincare and make-up regime.

The ‘Where Now?’ service is for people who have finished their treatment and are trying to find their way back to a new normal.

Other services include drop-in sessions for people wanting to find out more about Maggies, a support group for friends and family and a group for those with a diagnosis of advanced or secondary cancer.

Group to protect

CHILD and adult support and protection agendas within NHS Lanarkshire have been brought together under a new group. The NHS Lanarkshire Child and Adult Protection Group is a merger of the two previous protection programme groups and also incorporates Multi Agency Public Protection Arrangements (MAPPA) and gender-based violence.

The move will ensure that all areas of protection can learn from each other’s work and share methods of best practice.

The group will help to minimise risk, wherever possible, in partnership with front-line staff, multi agency partners and vulnerable people.

Give to save

STAFF at Kircaldy’s Hospital are being given another opportunity to save a life.

The Scottish Blood Transfusion Service bus will visit the hospital four times over the coming months, following a successful recent visit.

The bus will be on site on 18 and 19 March and 9 and 10 September.

It takes 10 to 15 minutes to collect. You donate less than a pint in total. After a short rest, you are given a drink and a snack.

Dr Harpreet Kohli, director of public health, who visited the blood donor bus, said: “It only takes a short time and for someone else it can be the difference between life and death.”

Within 24 hours of giving your blood, it is processed, tested and available for patient care.

To book a donation time, contact Kathryn Ferguson on 01698 858 118 or email kathryn.ferguson@lanarkshire.scot.nhs.uk

In brief...

Big hearts donate big screen to children’s ward

A KIND-HEARTED Lanarkshire Women’s support group has donated a 52-inch television to the children’s ward at Wishaw General Hospital.

The television was funded by Humjolie’s multi-faith festive celebration, which saw women come together to celebrate the Muslim festival of Eid, the Hindu festival of Diwali and the Christian festival of Christmas.

The event, which raised approximately £500, saw more than 200 women of different backgrounds and religious beliefs socialise, learn about each other’s faiths and enjoy the celebrations.

Pamela Buddie, ward manager at NHS Lanarkshire, said: “This television means a great deal for the children who come to the ward. It will be a good distraction for them and keep their minds off any tests they are getting done.”

Within 24 hours of giving your blood, it is processed, tested and available for patient care.

Sadia Ahmed, chair of Humjolie, said: “Children are the future and that is why we chose to give the money raised to the children’s ward. It is important that communities are brought together in order to understand each other’s beliefs and in doing so, this benefits the local community.”

To find out more about Humjolie, contact Anila Ansari, health improvement practitioner for NHS Lanarkshire, on 01698 242 649.

NHS Lanarkshire has submitted planning applications to South and North Lanarkshire councils to build three new health centres across Lanarkshire.

If approved, the plans would see new centres developed in East Kilbride, Wishaw and Kilsyth.

The move follows an engagement process, during which members of the public and staff were given the chance to see a model of the new health centres and ask officials from NHS Lanarkshire and the architect questions on the development.

If all goes to plan, the three new community health centres will be built at a total cost of almost £60 million with the work due to be completed by the end of 2015.

All three will house a variety of primary care services, including GPs, general dental practitioners and a range of community facilities.

Hunter

The application to build replacement Hunter Health Centre in East Kilbride would see a five-storey, 6300 sqm state-of-the-art community health centre on the land immediately adjacent to the existing Hunter Health Centre.

If given approval, the centre will house a wide range of NHS Lanarkshire services, including those which are currently based in the existing health centre as well as those which are located in the nearby Atholl House and the Red Deer Centre.

Kilsyth

A successful planning application would see a state-of-the-art Community Health Centre being built in Kilsyth.

The plans are for a purpose-built, modern community health centre providing a wide range of services including GP practice, mental health, podiatry, physiotherapy, speech and language and physiotherapy, speech and language, NHS dentist practice and other local clinics.

The development, which will cost in the region of £8m, will be located next to the swimming pool in Kilsyth town centre. It will be around double the size of the existing health centre at Burngreen Park.
A quick test could save your life

A local woman urges people to take up the offer of a free bowel screening test

A LANARKSHIRE woman is urging people aged between 50 and 74 to take up the offer of a free bowel screening test, which she says saved her life.

Ann Rytel from Motherwell was diagnosed with bowel cancer after completing a routine bowel screening test.

Bowel cancer is the third most common cancer in Scotland. About 4000 people are diagnosed with the disease every year.

As part of the national Detect Cancer Early campaign a new TV advert is encouraging people to make sure they take part in the Scottish Bowel Screening Programme.

The programme invites all men and women in Scotland between the ages of 50 to 74 for screening every two years. Last year in Lanarkshire, only 47 per cent completed the test that they were sent.

Ann said: "When I first got the test through, I didn’t want to do it. I put it in my magazine rack and told myself that I would get round to it eventually. However, six weeks later I received a reminder letter, which convinced me to do the test.

"I was asked to do another test as they found blood in the first one. Within two days of sending off my retest I received a letter saying that I would need a colonoscopy at Wishaw General Hospital."

Ann’s further tests revealed that she had bowel cancer.

Ann said: "When they told me it was cancer, I didn’t know what to think. I asked the doctor if I was going to die.

"I will never forget my husband’s face. He had lost his first wife to cancer. He put his head in his hands and said, ‘déjà vu’."

"My husband told the doctor that I had been in tears with pain. She advised me to go and collect some things and come straight back to the hospital. I had the operation two days later.

"I was shown a picture of the tumour once it was removed. I was really shocked when I saw it. To me, it looked as if it was as big as the palm of my hand."

"After her operation, Ann received six sessions of chemotherapy. She has now been given the ‘all clear’."

"I kept thinking that I had eaten something wrong or that it was just related to constipation. I was scared of what the results might say."

Ann is grateful to the staff who nursed her back to health, saying that she will never forget them.

"My doctor saved my life and I am thankful that I am here to tell my story. Someone up there must like me."

"I have been given a second shot at life and I am determined to live it to the full."
It will be a life of curling for Jim now

ONE of our nearest and dearest, Jim Drumgold, retires at the end of April after 36 years’ service with the NHS. Jim started employment with NHS Lanarkshire on 3 December 1976. His role was that of sector building officer based at Hairmyres Hospital before moving on within Lanarkshire Health Board to his current role as maintenance manager at Law House.

A 28-year-old Jim joined property and support services department from another illustrious body, the then Lanarkshire Council, where he was a building inspector. Jim contributed in a major and consistent way to the development of the board’s estate, its property, plant and equipment. The projects he has specified, tendered and managed must cover the whole of Lanarkshire, and losing him will signal the end of an era. His experience, energy, dedication, commitment and humour will be sorely missed.

Jim will be dedicating himself to a life of curling and visiting his daughter and her family, who are down south, as well as relaxing.

Retirements

Helen earns a rest after hard work

Colleagues bid a fond farewell to Helen Wales who retired after 33 years’ service within the NHS, the last 26 being within Lanarkshire.

The theatre sister retired from her post in theatres at Hairmyres Hospital in December. Helen held a number of positions within Stonehouse and Hairmyres hospitals, her most recent being senior theatre sister for ophthalmology where she oversaw the expansion and development of the Theatre service within Lanarkshire.

Helen lives in East Kilbride with her husband Barclay and is looking forward to spending more time with family and friends.

Theatre manager Alison O’Malley said: “Helen has been a valued member of our team and has worked hard and long. All of Helen’s colleagues wish her a long and happy retirement.”

Happy retirement ahead for Moira

Dr Moira Campbell retired after 35 years’ service with the NHS. The consultant community paediatrician retired from her position at Kirklands in December.

Having graduated from Glasgow University in 1977, Moira took up a number of house jobs at Law Hospital and Glasgow Royal Infirmary before becoming a trainee in psychiatry at Stobhill and Woodilee Hospitals. In 1980 she became GP principal based in Shavlaws where she remained until 1983 when she joined NHS Lanarkshire as clinical medical officer in community child health.

Moira held the post of acting senior clinical medical officer from 1986, before being appointed permanently in 1988. In 2002, she was appointed as consultant community paediatrician. Dr Donna Corrigan, consultant colleague and clinical director for children’s services, said: “Moira will be greatly missed by her colleagues. We all hope that she enjoys a long and happy retirement.”

Anne has a packed schedule for her time in retirement

After 36 years’ service, Dr Anne Chowanie retired from her position as associate specialist community paediatrics in December.

Anne, who was based in Coatbridge, graduated from Dundee University in 1976 and thereafter undertook house jobs in Tayside before moving to Glasgow in 1977, where she trained in general practice in Paisley.

In 1980, she joined Greater Glasgow Health Board as clinical medical officer in community paediatrics and worked in Royston, Bridgeport and Catherhouse.

Anne joined NHS Lanarkshire in January 1990 as senior clinical medical officer in community paediatrics, based in Airdrie and Coatbridge.

Her special interests are in children with complex and multiple needs and adoption and fostering and she has been medical adviser to the North Lanarkshire Council adoption and fostering panel for more than 30 years.

Anne’s plans for retirement include making application to serve as lay member on the local children’s panel, travelling to visit her daughters, and completing the restoration/renovation of her current house built in 1873.

Dr Donna Corrigan, consultant colleague and clinical director for children’s services, said: “Anne will be greatly missed by all of her colleagues.”

Farewell after 25 great years

Colleagues bid farewell to Robin Wright, who left NHS Lanarkshire after 25 years. Robin joined Lanarkshire Health Board’s IT department in November 1986. Robin’s role in the department was as Telecommunications Manager. In 1993, Robin became the IT manager with Hairmyres and Stonehouse Hospitals NHS Trust. In 1996, he moved to Monklands and Bellshill NHS Trust where he became the Director of Information and Planning.

Robin became Head of IM&T in 1999 when the Lanarkshire Acute Hospitals NHS Trust was established and continued with this role when NHS Lanarkshire was formed.

Hugely successful career for Barry

After 32 years’ service, Dr Barry Vallance retired from his position as consultant cardiologist in December.

Dr Vallance came to Hairmyres Hospital from Glasgow Royal Infirmary where he worked as a senior registrar to take up his first consultant post on 27 July 1980. He was appointed associate medical director in April 1999 and subsequently divisional medical director (acute) from May 2007 to January 2010.

In May 2010, Dr Vallance took on the role of lead clinician for heart disease in Scotland with the Scottish Government. His retirement will allow him to continue his interests in scuba diving, travelling abroad, photography, gardening and fishing, as well as spending time at his new holiday home in Acharacle.

Dr Jane Burns, divisional medical director (acute), said: “His retirement marks the end of a hugely successful career, but I’m sure he will be just as busy and productive in the years to come.”

Janet will be greatly missed by friends

Janet Duncan retired in December, after 27 years’ service with the NHS. Janet, who worked as a district nurse with the long-term conditions team at Calder Unit at Udston Hospital, where she remained for the rest of her career. Janet, who lives in Drumlolog, is married to Andrew and has three children. Her retirement will allow her to spend more time with friends.

Colleague Audrey Munro said: “Janet has been a loyal colleague and friend throughout her working life, passionate about community nursing and will be greatly missed by both colleagues and friends.”

Helen lives in East Kilbride with her husband Barclay and is looking forward to spending more time with family and friends. Theatre manager Alison O’Malley said: “Helen has been a valued member of our team and has worked hard and long. All of Helen’s colleagues wish her a long and happy retirement.”
WHEN THEY WERE YOUNG

THE PULSE has teamed up with Rowallan Castle Golf Club to offer one lucky reader a fourball worth £100.

The winner will be joined by three friends to experience a round of golf at the world class Rowallan Castle estate.

The course, which was designed by Colin Montgomerie, is based a few miles from his home town of Troon. The course is situated near Fenwick in Ayrshire, 18 miles south of Glasgow.

Uniquely, Rowallan Castle boasts a 19th hole, called 'The Decider' which is a testing 155-yard par three.

Rowallan Castle Golf Club also offer all NHS staff a fourball at the discounted rate of £100, reduced membership costs and an exclusive £30 pay and play rate all year round. Show staff your NHS ID badge to take advantage of these offers.

For more information about Rowallan Castle Golf Club, visit www.rowallancastle.com or call 01563 530 550.

Well done!

CONGRATULATIONS to our three winners from the last issue.

Mhairi Ward from the Reach Out Team at Coathill Hospital won a spa package worth £100 from Lumia in Bridge of Allan. Mhairi is being treated to: a comfort zone facial, a back neck and shoulder massage, hair blow dry and Bare Escentuals mineral make up.

Kamila Armour from the Pharmacy Department at Hairmyres Hospital won two seven-day membership passes to use the gym facilities at Macdonald Crutherland House. The gym includes a fully equipped technogym, 10 metre heated pool, a range of fitness classes and a spa cafe.

Alison Shearer from the Forensic Community Mental Health Team at Carluke Health Centre won a three course meal for two at Cafe Shebab. The award winning restaurant has been established for 30 years and offers fine authentic Indian food.

PAMELA McColl had a surprising side effect from her flu jab – an overnight stay for two, three-course meal and tickets to a fantastic tribute show.

The staff nurse from ward nine at Hairmyres Hospital was the winner of our prize draw for staff who received the flu jab in October to December last year.

Pamela’s prize was arranged through NHS Staff Benefits and came courtesy of The Normandy Hotel in Renfrew. The Normandy Hotel is Scotland’s number one tribute night venue. The hotel has become renowned for fabulous entertainment, delicious food and outstanding value.

The newly refurbished rooms provide a comfortable and relaxing night’s stay and guests can use the hotel’s excellent gym facility free of charge.

For more information on the deals Normandy Hotel has to offer NHS staff, visit www.nhsstaffbenefits.co.uk

Pulse Sudoku

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square.

Get the solution on FirstPort.

Enter the competition...

Match up the NHS member of staff with their baby photo. E.g. 1 = A

Please send your competition answers – including your name, location and contact number to – Alison McCutcheon, based in Communications, NHS Lanarkshire Headquarters, Kirklands Hospital, Fallside Road, Bothwell G71 8BB.

Or email Alison.Mccutcheon@lanarkshire.scot.nhs.uk with ‘Rowallan Golf Club’ in the subject line.

The deadline for entries is Friday 5 April.
Volunteers are being sought to help out in Wishaw General’s maternity ward

Call to sign up

PEOPLE from across Lanarkshire are being encouraged to volunteer to assist visitors at the maternity unit at Wishaw General Hospital.

Volunteers are being sought to help direct visitors to patients and to ensure that mums are not overwhelmed by receiving too many visitors at once.

The volunteers will also help inform visitors of the new visiting times, which give dedicated time slots for grandparents and siblings, meaning that mums and babies can have time with them before general visiting begins.

The new volunteers will join the 400 people who already give their time, making an invaluable contribution to the care that patients receive.

Katrina Murray, voluntary services manager for NHS Lanarkshire, said: “The volunteers will play an invaluable role at the maternity department. They will greet visitors at the door to the ward. When the visitors arrive, you ask who they are here to see, to make sure that the mums don’t get too many visitors at once. I know that it can be overwhelming if everyone arrives at the same time. “When I had my two children, I was really tired and was fighting to stay awake for all of my visitors. It’s organised in a much better way now, as visiting is more special for each person that comes. Dads and brothers and sisters also get their own time with mum and baby.”

“My role is really rewarding”

WHEN Lynsey Smith decided to follow a career in midwifery, she leapt at the chance to volunteer in the maternity ward.

Lynsey, from Wishaw, donates three hours, twice a week to help patients and visitors at Wishaw General Hospital.

With two young children, she knows how important her work is.

Lynsey said: “My role involves meeting and greeting visitors at the door to the ward. When the visitors arrive, you ask who they are here to see, to make sure that the mums don’t get too many visitors at once. I know that it can be overwhelming if everyone arrives at the same time.

“When I had my two children, I was really tired and was fighting to stay awake for all of my visitors. It’s organised in a much better way now, as visiting is more special for each person that comes. Dads and brothers and sisters also get their own time with mum and baby.”

The volunteers will also ensure that the women do not receive visitors if they are with a doctor or recovering from surgery.

“This will help ensure that patients have a relaxed time in hospital as possible after the birth of their baby.”

As well as helping others, volunteering also provides an opportunity to gain new skills, work experience and to meet new people.

All volunteers are interviewed to see which area of volunteering they are best suited to and are provided with training.

Volunteers are given ‘Disclosure Scotland’ checks and are required to make a one-year commitment to their volunteering post.

A volunteer application form can be downloaded from the ‘get involved’ section of the NHS Lanarkshire website (www.nhslanarkshire.org.uk/involved/volunteering/pages/recruitment-process.aspx).

You can also contact volunteer recruitment department on 01698 377 860.

More Volunteer Information for Staff

NHS staff across Scotland are set to benefit from improved information about volunteers, thanks to a communications framework developed by the National Group for Volunteering.

The moves come as the ‘Volunteering in NHS Scotland’ programme moves into its second year, to address the challenges faced in developing volunteering in the NHS across Scotland.

Volunteers make a vital contribution in supporting safe and effective patient care. Their duties include driving patients to hospices, acting as first responders in rural areas and providing social interaction with patients on long-stay wards.

Alan Bigham, Volunteering in NHS Scotland programme manager, said: “It’s important that we engage with staff who don’t regularly work with volunteers.

“Volunteering isn’t something that just happens – we need to ensure that all stakeholders are involved in the development of volunteer roles and understand the boundaries of these roles.

“This programme is there to support the entire service in engaging with volunteers.”


Training via e-Learning

VOLUNTEERS across NHS Lanarkshire now have access to improved training.

About 200 volunteers now have access to LearnPro, so they can complete training modules at home and in their own time.

The modules include hand hygiene, management of aggression and food preparation.

Katrina Murray, voluntary services manager for NHS Lanarkshire, said: “Volunteers make an invaluable contribution to the level of care and service patients receive and it is important that NHS Lanarkshire provides them with the support, training and help they need.

“The e-learning modules are the same ones that are completed by NHS staff. The training will ensure that the volunteers are prepared for their roles and that they fully understand patient safety.”

The training received is additional to the new skills and experience that volunteers gain.
Focus on data safety

A NEW training programme is now available to help staff understand how to keep information safe in NHS Lanarkshire.

All staff have a responsibility to ensure they comply with information governance rules and understand how laws such as Data Protection and Freedom of Information affect their day-to-day work.

The mandatory training programme tests how much you know about information governance and provides information on what we all need to know:

Information governance manager Craig Tannahill said: “As well as the details we have about patients, we also keep a large amount of information about staff – from banking details and health information about staff – from names of next of kin.

“This information is sensitive and can cause harm if we don’t handle it with care.

“We are all responsible for ensuring that it is only used for the right reasons.

“Simply getting the address wrong on a patient’s letter can have serious consequences for the organisation – such as fines or warnings from the Information Commissioner – so it is vital that everyone completes this training.”

Did you know?

- Everything you write – including emails and Post-it notes can be released to the public under Freedom of Information legislation.
- By sending a patient a letter to the wrong address you are breaching the Data Protection Act.
- Talking about patient details where your conversation can be overheard is an information governance breach.

STAFF across NHS Lanarkshire will be able to spot the signs of abuse, thanks to a new e-learning module.

The new foundation level e-learning programme on gender-based violence can be used across all staff groups to enhance understanding on this complicated topic.

It provides a basic introduction to the issue, its impact on health, and the key principles of a sensitive and appropriate response.

Gender-based violence (GBV) is a major public health issue with considerable consequences for physical, mental, emotional and sexual health.

The term GBV covers a range of abusive behaviours (most commonly acts of violence against women), including domestic abuse, rape and sexual assault, child sexual abuse, commercial sexual exploitation, sexual harassment and stalking and harmful traditional practices.

The e-learning module is now available on LearnPro and needs to be completed before any other training or other courses delivered by EVA Services (Ending Violence and Abuse). NHS Lanarkshire EVA Services is a specialist department that supports women over 16 years old who have experienced physical, sexual and or emotional abuse at any time in their lives.

EVA also offers consultancy, information and advice to staff on cases for either women or men who have experienced abuse. To discuss a case, call EVA Services on 01236 707 767, Monday to Friday 9am to 5pm.

For further information on EVA, or to request a referral for a woman visit FirstPort at http://firstport/sites/eva/default.aspx

We hold a great deal of information on patients and staff, which we must keep safe

MARCH/APRIL 2013

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/odandraining/traininganddevelopment/default.aspx.
- For queries, contact training co-ordinators: Sue Devine (Law House) 01698 377807, sue.devine@lanarkshire.scot.nhs.uk
- Lorna Galloway (Wishaw General) 01698 367685, lorna.galloway@lanarkshire.scot.nhs.uk

MEDICAL EDUCATION

- Courses for nurses, midwives and AHPs: Courses for all NHS Lanarkshire nurses, midwives, AHPs and their support workers are available.
- For more information, contact: meded@lanarkshire.scot.nhs.uk

PRACTICE DEVELOPMENT

- Contacts: Rita Coughley 01698 201413, Morag Mulhall 01698 201412, Natalie Snodgrass 01698 201444.
- For more information, visit www.lanpdc.scot.nhs.uk

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, contact: meded@lanarkshire.scot.nhs.uk

HEALTH & SAFETY

- Contacts: Amanda Minns (Hairmyres) 01355 585488/7, Lisa McLaren (Wishaw General) 01698 366316, Paul Herbert (Monklands) 01236 720005, Carol Halley (Law House) 01698 377600/01, Grant Donaghy (Law House) 01698 377662.

LIBRARIES

- Classes are available in: The Knowledge Network RefWorks, Ovid Medline, Ebsco CINAHL, Cochrane Library.
- Contact your local library for dates and availability.

MOVING & HANDLING

- Contacts: Amanda Minns (Hairmyres) 01355 585488/7, Lisa McLaren (Wishaw General) 01698 366316, Paul Herbert (Monklands) 01236 720005, Carol Halley (Law House) 01698 377600/01, Grant Donaghy (Law House) 01698 377662.

Eva Training

- For further information on EVA, or to request a referral for a woman visit FirstPort at http://firstport/sites/eva/default.aspx

Eva also offers consultancy, information and advice to staff on cases for either women or men who have experienced abuse. To discuss a case, call EVA Services on 01236 707 767, Monday to Friday 9am to 5pm.

For further information on EVA, or to request a referral for a woman visit FirstPort at http://firstport/sites/eva/default.aspx

Across the board: the e-learning module is suitable for all staff groups.
The words 'Scotland' and 'world champions' are rarely used in the same sentence.

However, an NHS Lanarkshire member of staff has helped make this happen.

Caroline Brown, clinical quality co-ordinator in the Mental Health Unit at Netherton House, has returned from Australia as a world champion in the bowls (fours).

The Holytown woman triumphed along with her three team-mates in the tournament in Adelaide after competing against nations including Malaysia, South Africa, New Zealand and of course the hosts.

She was also part of the team which came third in the bowls (threes).

Brown said: "It was an absolutely brilliant experience."

"We were out there for almost four weeks, the first week to practice and acclimatise and then two weeks for the tournament."

"All the Scottish Teams and players performed exceptionally well as we came back with three gold and three bronze medals."

Caroline, who is a member of the Bellshill and Mossend outdoor and the Blantyre indoor bowling clubs, now has her sights set on representing Scotland in the 2014 Commonwealth Games.

She continued: "I was a member of the Scottish team in 2010 in Delhi and I'd love to be part of the team in Glasgow."

ONE of NHS Lanarkshire's longest standing volunteers has been awarded an MBE for services to his local hospital.

For more than 30 years, Robert Wilson from Douglas has raised funds to enhance patient care, after establishing 'The Friends of Lady Home Hospital'.

However, the humble 77-year-old insists that his dedication hasn't been hard work.

Robert said: "I had always done small bits of fundraising for the hospital. However, when my daughter was training at Falkirk and District Royal Infirmary, she said that the hospital had a league of friends and that they were able to raise a great deal of money for the hospital.

"I decided to set up a similar league of friends for Lady Home Hospital and it has gone from strength to strength."

Although the friends raise thousands for the hospital, modest Robert claims that he does not need to try too hard to raise funds.

Robert said: "If you say you are raising funds for the local hospital, it's amazing how much people will give. I have never had any problem raising money for the hospital as it's such a good cause. There is a lot of community spirit in the villages so the hospital is a cause close to people's hearts. My two children were born there, which gives it extra meaning for me."

"We have quite a good bank account now, so I can ask the hospital what they need. We purchase non-medical items. For example, this week they needed a new dishwasher. I told them that the money is there and that they could go and get a good one. I also said that they could get anything else that they needed. I don't believe in money sitting in a bank when it can be spent."

I feel like I have been fundraising since I was able to walk. I am almost 78, so I have been involved with the hospital for more years than I care to remember. To me it's worthwhile. I get the joy of knowing that the hospital is there and that it's serving local communities.

"That's all the reward I need, just to feel proud of the place. If there is anything that the hospital needs and the friends don't have the money to cover it, I will go looking for it."

Since his MBE was announced, Robert has received more than 70 cards and letters from well-wishers congratulating him and thanking him for his efforts.

He added: "At the end of the day, the community has a great wee hospital where people are well cared for. It's just one of those places people love."