

Good reception

Our new centres are proving a hit with patients

Life saving

Find out why one patient wants to encourage organ donation

Competition

Have you got what it takes to solve the mystery?



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the pulse



HELP IN A HEARTBEAT

GARRETH and Nicola Wood have channelled personal heartbreak into positive outcomes, with their support of Wishaw General's neonatal unit. Find out how their donation is helping premature babies (p3)

Giving vulnerable babies a fighting chance

thepulse

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Got a story?

If you have any ideas, stories or features you would like to see included, or would just like to tell us what you think of the Pulse, please get in touch...

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the deadline for contributions to the next issue of the Pulse is 7 August.

Editorial policy

As the staff newspaper of NHS Lanarkshire, the Pulse aims to celebrate the work and achievements of staff and services. It also shares information about the changes and issues that affect staff at work. We would like to hear your thoughts and suggestions about the kind of stories you would like to see in the Pulse. Contact Fiona (above) with your stories, comments and ideas.



Garreth, Nicola and Ezra Wood with Dr Sam.

VULNERABLE babies are benefitting from new equipment that could help save their lives, following a donation of £250,000.

Restaurant and pub owner Garreth Wood and his wife Nicola have contributed the money towards the cost of implementing Scotland's first HeRO (Heart Rate Observation) system.

The equipment, which is the first of its kind in Scotland, has been installed in Wishaw General Hospital and monitors the heart rate of premature and sick babies. It provides early warning of irregularities that could indicate the development of infection – a leading cause of death in vulnerable babies.

Giving vulnerable babies a chance
The HeRO equipment will monitor all 28 cots in Wishaw General Hospital's neonatal unit, including 12 intensive care beds. Independent research suggests that the system can reduce death rates in premature babies by 20%.

Garreth and Nicola made the donation in memory of their triplet daughters, who lost their lives shortly after being born prematurely at Wishaw General Hospital in 2013. The girls, Asha, Oren and Willow, were born at 24 weeks. Asha and Willow developed infections while Oren died after an operation.

Nicola said: "Giving vulnerable babies a fighting chance is very important to us after the loss of our daughters. The staff at Wishaw provided excellent care but our daughters were too weak to pull through.

"Having the HeRO system in place will enable clinical staff to intervene before babies deteriorate and become too sick to respond to treatment. In the case of

PARENTS HELP PROVIDE VITAL CARE SYSTEM

HeRO delivers early warning of heart irregularities

infection, providing treatment at an earlier stage could be the difference between life or death."

Garreth added: "As we watched our daughters' health decline we felt totally helpless. Knowing that the HeRO equipment will help other families and hopefully improve survival rates among vulnerable newborns has been a great source of comfort to us."

NHS Lanarkshire has contributed almost £327,000 towards the cost of installing and operating the system with a further £92,000 coming from the health board's general charitable funds.

Specialist training for the neonatal team

Clinical staff within the neonatal unit have received specialist training in the system, also with support from Garreth and Nicola. The couple have donated £35,000 to fund extra training for clinical staff at the neonatal unit since the birth of their eldest daughter Ezra in 2010.

Ezra, who is four years old, was also born prematurely and spent four weeks in the care of Wishaw Hospital's neonatal unit, including two weeks

in its intensive care unit. The couple's support has also enabled the neonatal unit to acquire a high flow specialist breathing apparatus to help vulnerable babies with respiratory distress.

Dr Samuel Ighanesebhor, Consultant Neonatologist and Clinical Director at Wishaw General Hospital said: "We welcome Garreth and Nicola's very generous gift and also wish to thank them for the support they have provided to the unit over the past few years.

"While more babies are surviving premature births than ever before, there is no doubt that the earlier a baby is born, the greater the risk to their health. Receiving early warning that a baby is at risk of falling ill will enable clinical staff to act at an early stage.

"Providing safe and effective care is our top priority and with our already strong emphasis on prevention of infection, we believe that the HeRO system will help us further in the fight against neonatal infection and save lives."

Death rates in premature babies can be reduced by 20%

Ward rounds - West of Scotland Laundry

What makes a good day at work?
Sandra: When everyone comes in smiling, all the machines are working and all hospitals get their linen on time!

What's the strangest thing that's ever happened in the laundry?
Sandra: We had an egg and spoon race last year... We had everyone running round the full laundry to raise money for charity. It ended up being quite competitive but great fun to see everyone take part.

We also get lots of strange things coming

in with the dirty linen; from false teeth, glasses and jewellery to vases and even basins.

What have you done today to make you feel proud?
Sandra: Our proudest achievement is our four ROSPAs.

Who is the hidden gem in the laundry?
Sandra: Toann comes in with a smile on her face regardless of what life throws at her. She's great. We can all learn a lesson in positivity from her.

What song or motto would sum up a day at work?
Kay: Simply the best!

Who has a hidden talent?
Sandra: Marlene McGhee is our resident poet. She writes something for all our newsletters and drafts poems for colleagues birthdays, retirements and when babies are born.

Would you like your department to appear in 'ward rounds'? Email fiona.o'dowd@lanarkshire.scot.nhs.uk or call 01698 858108.



All washed-up? Not likely, the laundry team have plenty of zest for life!

Know your rights

THERE HAVE been some high profile media reports of mothers being asked not to breastfeed in public areas or premises, particularly in England.

However, in Scotland, breastfeeding is protected under the Breastfeeding (Scotland) Act.

Susan Short, public health nutritionist (maternal and infant nutrition), said: "This year marks the tenth anniversary of the Breastfeeding Scotland Act. This Act makes it an offence to stop someone breastfeeding in a public place such as bars, buses and shopping centres. Businesses who break the law risk a fine of up to £2,500.

"Unfortunately many people may not be aware of the Act and they may create a fuss which could end up in the media, giving mothers the impression that this happens all the time.

"Mothers can rest assured that this isn't the case but it is useful for mums to know what their rights are. Also, through the Lanarkshire Breastfeeding Initiative and local breastfeeding support groups, we provide the opportunity for mums to get moral and practical support."

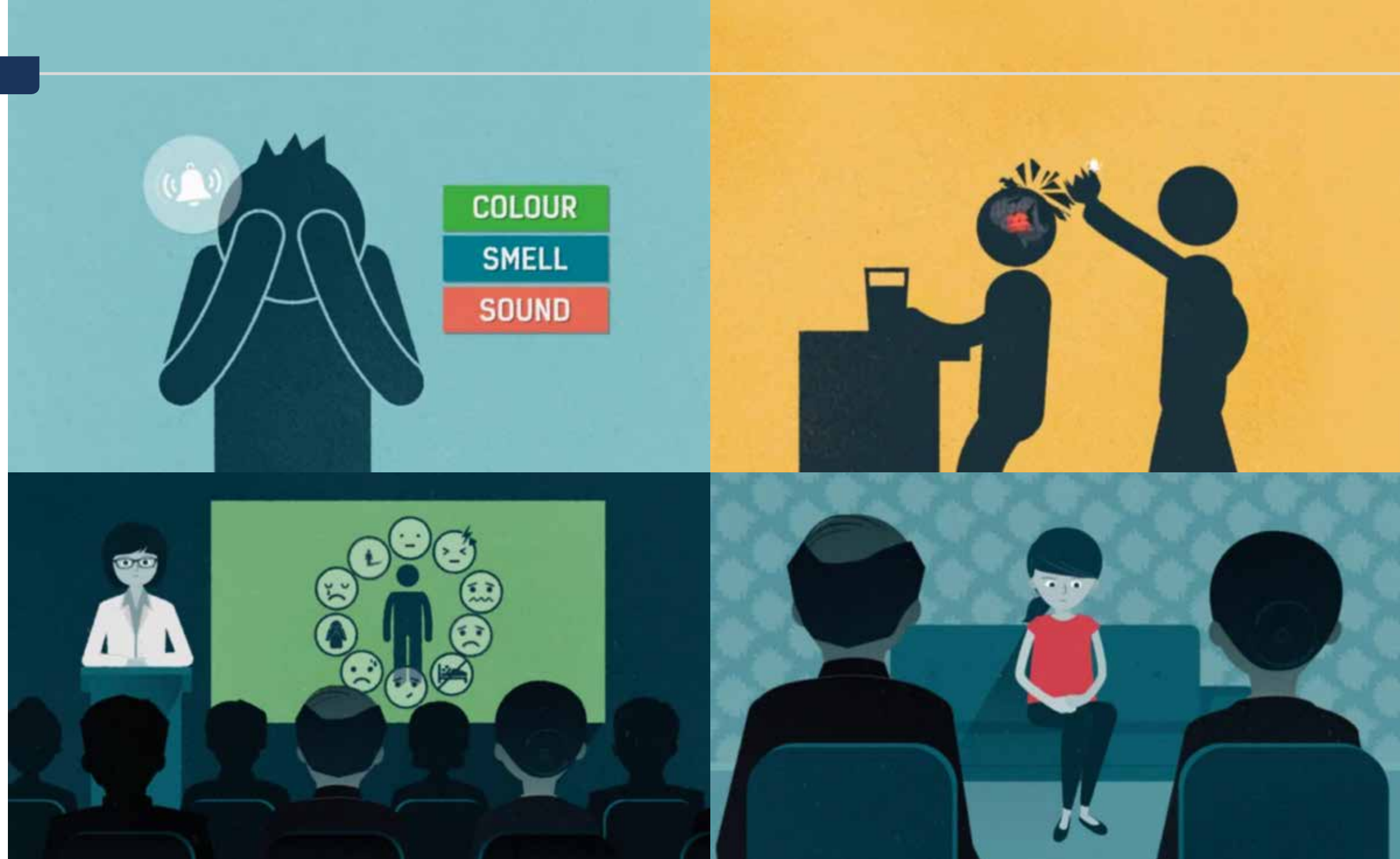
Risk register policy update

A NEW risk register policy – which helps staff record and report risks, as well as identify, manage and mitigate them – has been launched. Chief Executive Calum Campbell said: "Effective risk management today helps prevent a crisis tomorrow. So it's important we have a way of dealing with risks.

"The risk register policy is an important step for us as we try to make sure that patient safety is the number one priority of NHS Lanarkshire."

Calum added: "As the chief executive, I am accountable for the safe and effective running of the organisation.

"I'm very keen to know what risks we are facing, how we are assessing them and most importantly how we are managing them."



HELPING CRIME VICTIMS

AN INNOVATIVE animated film is helping police gather more evidence on sexual offence crimes.

'Trauma and the Brain' explains the physiological and psychological impact abuse or violent assault can have on a person and how it can result in them having difficulty recalling information. For those attempting to gather evidence, this can present challenges and can see victims perceived as unreliable.

However the film, which was created by our Ending Violence Abuse (EVA) Services, explains how to recognise trauma and help the victim recover to a point where they are able to give police more information.

Police Scotland has been with so impressed with the film, it is now using it as part of its sexual offences liaison officers (SOLO) training across the whole of Scotland.

Trauma DVD helps

Ann Hayne, Gender-Based Violence manager, said: "The film explains how when we go about our daily business, we can collect, store and recall information easily. However, when something traumatic happens, an older, less developed part of the brain takes priority focussing on survival.

"It's only when the brain senses that danger has passed, will the newer, more analytical parts resume full function and enable the person to piece together more information."

The film is not solely aimed at sexual assault victims. However, Detective Superintendent Louise Raphael, from Police Scotland's National Rape Task Force/National Human Trafficking Unit, said that while the police have made great strides in improving their responses to rape, they're always looking to

explain brain functions

improve their support to victims.

Police Scotland Assistant Chief Constable (ACC) Malcolm Graham said that while the police have made great strides in improving their responses to rape, they are always looking to improve their support to victims and the film helps do this.

ACC Graham said: "The creation of the film is an excellent opportunity for us to raise awareness and understanding amongst our staff of how the impact of trauma affects victims, not just at the time of an attack but as they move forward in coping with what has happened to them.

"We recognise the impact this horrendous crime has on victims

and how daunting it is for them to report what has happened to them.

"Every victim of rape and serious sexual crime has a dedicated SOLO deployed as their single point of contact throughout a police investigation.

"Undoubtedly this specialist training will benefit our staff to improve not only the way in which we investigate this type of crime but more importantly improve the way in which we provide our service to victims."

For more information, or to request the film on DVD disc, contact: EVAServices@lanarkshire.scot.nhs.uk

National out-of-hours review for Lanarkshire

AT ITS May meeting, the Lanarkshire NHS Board agreed the local out-of-hours review would not conclude until after the national review reports and that augmented business continuity arrangements should be introduced to improve the service.

Chief Executive Calum Campbell said: "Our business continuity arrangements need to be enhanced to improve patient safety pending the outcome of the national review.

"An interim service model based at Airdrie Health Centre and Douglas Street Clinic in Hamilton will provide opportunities to improve the safety of the current service.

"It will provide the optimum level of accommodation to expand the service in line with the feedback we have received through the consultation phase. The interim service will be kept under constant review and we will undertake a full review, with public involvement, within six months.

"When the national recommendations are known we will seek to implement these as soon as possible."

Let's work together

OUR INTEGRATION web pages are being regularly updated and include step-by-step FAQs on what integration is.

Integration is about local teams of professionals across health and social care – alongside partners including unpaid carers, the third sector and independent sector – working together to deliver quality, sustainable care and services resulting in improved outcomes for people.

For more information - including how you can have your say as an important planning stage begins - visit: <http://www.nhslanarkshire.org.uk/About/HSCP/Pages/default.aspx>

WISHAW COMPLETES TRIO OF NEW HEALTH CENTRES

Easy access to services for patients

A health care hat trick is set to be scored when the new Wishaw centre opens in August.

The third and final community health centre, which is part of phase two of the primary care investment programme will join those opened earlier this year in Kilsyth and East Kilbride.

The Wishaw development is a partnership between NHS Lanarkshire and North Lanarkshire Council (NLC) which will see health and council services all in one central location.

Colin Sloey, executive director for planning and performance, said: "With a range of services all under one roof, this new facility will give patients easier access to health and social care staff.

"As modern health care evolves with patients receiving more of their care from health and social care staff in their own homes and local community, the new centre is perfect for providing this to the people of Wishaw."

He added that this is also a tangible example of the kind of partnership working between us and our local authority partners which is helping to improve the level of health and social care support we provide to local communities.

The £23 million four storey facility will give access to a wide range of health



Katrina Taylor (left) and Karen Cardwell



The glass roof is a key feature of the spectacular atrium.

and council services in one convenient location including GP practices, dental services, podiatry, physiotherapy, speech and language therapy, all community treatment room activity, mental health, phlebotomy, public health nurses and long-term-condition nurses.

It will also house a brand new NLC library, First-Stop-Shop and the housing service.

What our patients say

Hunter Community Health Centre

"My husband requires the use of a stick so I really liked the vehicle dropping-off spot which we'll use in the future. It also looks like there is good disabled parking as well, which is great for us." Sheila Semple, The Murray, East Kilbride.

"The new place feels a lot more suitable to me than the old place. It also just feels more welcoming and spacious," William Gilmour, Stonehouse joined his wife Claire at the pre-natal clinic.

Claire added: "It looks brilliant. It's just so much better looking and more comfortable."



William and Claire Gilmour

Kilsyth Community Health Centre

"The bus route going directly past the new centre is a real plus for me." Margaret McDade, Croy

"I think it's a lovely building which is very bright and relaxing," Rachel Meechan, Croy

"It looks great and has lots of natural light," Mary Sweeney, Eastfield

Almost finished.
Wishaw will
open in August

Minor changes make major impact

A MINOR change to the emergency department at Hairmyres is making a big difference to patient care.

A new dedicated minor injuries area has been created in the dental outpatient clinic and staff love the new facility. This dedicated area is just one of a number of actions we've implemented to ensure Hairmyres can cope with any extra patients who may attend the hospital following the closure of the A&E department at the Victoria Infirmary in Glasgow.



Jan Miller, minor injury team leader, said: "It's a wonderful facility and has all the necessary equipment and space, including a dedicated paediatric area, to ensure we can see and treat patients more efficiently. This will have a positive impact on the experience for patients and reduce waiting times. It will also have a positive impact on patient flow through the hospital."

The six-month plan also included increased capacity in high dependency care, additional recruitment and the introduction of the Hospital at Home service to provide specialist care at home for frail elderly patients.

The impact of the closure will be closely monitored on an ongoing basis to inform the longer term impact on Hairmyres Hospital, and a formal evaluation will be completed by 30 September 2015.

New system for easier room booking

It will be easier for staff to book clinical rooms at our new centres thanks to a changed booking system which allows them to see what rooms are available and book them as required.

Graham Johnston, head of management services, said: "The improved system will give staff greater flexibility around the times they require a room meaning more efficient use of them.

"Simplifying the booking

system will also help reduce the occasions when a room is booked and then not used as it will be easier to cancel."

The system is one of a series of new ways of working which have been introduced to all new sites since 2010 and includes better planned storage space and open plan office areas.

Graham continued: "We appreciate that some staff may not be used to open plan areas, however, it's been supported by trade unions and staff

representatives and they have been introduced in sites such as the Buchanan Centre, Airdrie Community Health Centre and Kirklands Hospital where it's worked well.

"For those who do need some privacy on occasions, there are break-out spaces available."

The new ways of working are explained to all staff at mobilisation meetings in preparation for moves to new sites and at local site meetings.



Graham Johnston: Booking system improves flexibility



Increased parking will help demand at Hunter CHC

Increased car parking for Hunter CHC

A NEW multi-storey car park is being built opposite the new Hunter Community Health Centre which will have parking for 227 vehicles.

This is an increase of 180 at the former site and there will be an additional 100 public spaces at the existing Ballerup car park opposite the multi-storey car park.

The new car park is expected to be open in December 2015.

A free shuttle bus will operate between Atholl House, the town centre car park and Hunter Community Health Centre for the

duration of the work to allow staff to park at these locations.

Explaining how parking arrangements will operate in the new car park, Graham Johnston, head of management services, said: "As with all car parking arrangements, it is necessary to get the right balance between the requirements of staff and providing adequate space for patients and the public.

"To help us achieve this we undertook a consultation exercise. We wanted to apply the broad principle that NHS staff based at the new centre

who require a vehicle for business purposes – for example GPs, district nurses or community midwives – will be allocated a parking permit.

"Staff who do not have a parking permit will still be able to use the remaining public car parking spaces." Patient parking will be limited to 90 minutes with those who exceed this having a fixed penalty applied.

For the very small number of consultations which may exceed 90 minutes, arrangements will be put in place to ensure those patients are not issued with fixed penalty notices.

JUNE SHARES ELDERLY CARE KNOW-HOW

Global interest in our dementia care

A SENIOR NURSE is spreading the word about our good work in dementia care throughout the globe.

June Delaney, senior nurse for older people at Monklands Hospital, has over 25 years' experience working in care of the elderly. So much so that she is also an associate lecturer at Stirling University. This role has seen June travel the world sharing her expertise.

and dementia events throughout the world including Sydney, Vienna, Belfast and, most recently, China.

June added: "I couldn't believe it when I was asked to speak at these international events. It has been a tremendous experience and I take great pride in spreading the word of the great work we do in Lanarkshire."

June has also welcomed delegates from Germany to the care of the elderly ward at Monklands. The visitors were keen to get first-hand experience of the work and practice in the wards, to learn and implement what they could back in Germany.

As well as giving talks, June has also had her findings published in the national 'Journal of Dementia'.

June concluded: "The travel and talks to educate fellow health professionals are all very good. However, what really keeps you going is know that your everyday work is making a difference to enhance patients' lives and improve their safety."

"I love sharing everything I have learned and best practice with nursing colleagues both nationally and internationally."

June has spoken at high profile Alzheimer

IN GOOD HANDS: June Delaney's elderly patients are her primary focus



And the winner is..

OUR MEDICINE for the Elderly team at Monklands Hospital scooped the award for 'top team' at the Scottish Health Awards 2014, in recognition of their invaluable contribution to Scottish healthcare.

The multi-disciplinary team were recognised for their work to improve standards of care within their speciality which has resulted in greater patient engagement and shorter hospital stays.

The award also acknowledged the work to modify outdated wards to make them dementia-friendly and trained staff in the skills required to care for elderly and frail patients.

A good sign for dementia patients

BEING in hospital can be distressing for people with dementia.

However changes to the ward, such as the colour of the doors, floors, walls and how signage appears, can have a real calming effect. NHS Lanarkshire has been at the forefront of this work. In fact, the signage that has been used within our care of the elderly wards has been rolled out across Scotland.

June Delaney, senior nurse for older people, said: "We undertook extensive refurbishment work in ward 20 at Monklands to ensure the environment is as patient-friendly as possible.

"This included making sure the doors contrast with the walls, the floor is all one colour and having a day room where patients can do activities or eat at a table with chairs if they would like to do so and they are able to.

"We also have consistent and easy-to-read signage throughout the ward. I'm proud to say that this template has been adopted throughout the NHS in Scotland.

"What's more important though is that you can really see the difference this has made to the patients. The ward is a lot calmer and there has been a reduction in the number of patient falls. Relatives also comment on how their loved one is more peaceful."

25

Years experience working with elderly

How to use the clinic

THE CLINIC is one of very few in the region that is registered to provide yellow fever vaccinations. Patients are also given general health advice for during their travels, including tips on water hygiene, avoiding insect bites and managing animal bites. Consultations at the clinic are free. Those who require treatment are required to pay the cost of the vaccine.

To make an appointment at the travel clinic, call 01236 712241.

An injection of safe travel

A GARTCOSH STUDENT is set to embark on the ultimate gap year, with a little help from Monklands Hospital's travel clinic.

Lucy Bryce, 17, is due to travel to Blantyre in Malawi, where she'll volunteer with the Project Trust charity working in a children's care home before returning home to study social work at university.

Lucy said: "I'll be a social carer and will

be doing things like getting the children ready for school, walking them there and helping them with their homework. I will be a parental-type figure.

"To be safe on the trip, I require vaccinations for rabies, yellow fever, hepatitis A, hepatitis B, cholera, diphtheria, polio and tetanus. I also need treatment to prevent malaria. It's something that I really want to do, so I don't see getting the injections

advice for Lucy

as a burden. I would rather get the vaccinations than have the diseases."

NHS Lanarkshire's travel clinic provides pre-travel advice, vaccination and other treatment for people who are travelling abroad. It's run by specialists in infectious diseases who are expert at providing advice to travellers who have health problems and those with complex travel plans or unusual activities.

Dr Ann Chapman, consultant in infectious diseases and general medicine, said: "Due to advances in transport and technology, the world is a much smaller place than it used to be. More people than ever before are now travelling to exotic places.

"The role of the travel clinic is to make it safe for people to visit these places. The care that we provide is very effective in avoiding serious illness."



Lucy gets ready for Malawi

SMART & EFFICIENT IS ROBERT'S AIM

New building taking shape

THE LANARKSHIRE BEATSON will be the smartest looking radiotherapy department in the country.

That's according to Robert Scott, lead therapy radiographer, who will have day-to-day responsibility for operational issues at the satellite centre. Originally from Newmains, Robert has now returned to Lanarkshire.

He said: "I'm very excited about the move to the Lanarkshire Beatson satellite centre. The building is really starting to take shape and, with the help of the Beatson Charity, I think it will be the smartest looking radiotherapy department in the country."

"As well as taking the good name of the Beatson to Lanarkshire, we will also be taking some excellent staff and once the recruitment processes have been completed I think we will have a team that will match the building."

Robert has worked in a clinical capacity in England for most of his career. For the last six years he's worked in a managerial role within a radiotherapy department in Maidstone, Kent, which has a satellite unit.

"I left my managerial post in Maidstone one year ago to come to Glasgow to work clinically to familiarise myself with local policies, protocols and culture."

"At the Lanarkshire Beatson, I'll be responsible for a number of areas including ensuring staff comply with policies and protocols, personal and service development but above all I'm responsible for ensuring patients receive an excellent service and are treated to the same high standards as the Beatson in Gartnavel."

Robert will also be the main point of contact for patients who have any suggestions for improvement or complaints

"I very much look forward to working with local services on the Monklands site and to ensure operations run as smoothly as possible and promote the Lanarkshire Beatson as good neighbours."

**Senior
Radiographer
Robert Scott**

Fantastic fund raising total

Beatson Cancer Charity has raised a staggering £3.5 million since its launch in 2014 - a whole £1.25 million above target. This amount has helped the charity to achieve these funding highlights:

- £555,800 towards specialist staff resources
- £365,999 to provide design and environment enhancements at the new Lanarkshire Beatson.
- £22,954.53 on advanced medical equipment
- £70,869 towards service developments
- £70,610 research funding
- £7,377 for education and training

Putting the fun into fund raising at Carluke High School

Sunny side up

FUNDRAISING is key to the success of the Beatson Cancer Charity which provides a comprehensive range of patient and family support services. Charlene Elliott, head of fundraising said: "The charity offers incredible services to help support people with cancer and the challenging time for their loved ones. It's fantastic that we are in a position to be able to provide

these services locally in Lanarkshire while improving the experience for patients and their loved ones. "Our 'Wear It Yellow' campaign is a fun way to encourage local schools and businesses to get involved and feel part of the new Lanarkshire Beatson. We'd like to extend our sincere thanks to Carluke High School and Laing O'Rourke for their efforts."

£10k
raised by
the Lorraine
Houlden Tribute
Fund in
12 months

A much loved wife, mum & colleague

A LOVING husband honoured the memory of his wife on the first anniversary of her untimely death. Jackie Houlden, whose wife of 28 years, Lorraine, was a nurse at Hairmyres Hospital, has set up an annual award to recognise a student nurse who has excelled in care and compassion. Lorraine, was a charge nurse in the day surgery department and worked for over 27 years at Hairmyres.

After a few weeks of enduring some pain around her ribs, a doctor colleague advised Lorraine to attend the emergency department. It was only a matter of weeks after that Lorraine was diagnosed with acute lymphoblastic leukaemia and, tragically, she passed away peacefully in Monklands Hospital, nine months later in June 2014.

Jackie said: "At Lorraine's funeral it literally was standing room only. I thought to myself 'this is just a hard working family girl'.

"I was astounded at the



**In memory of
Lorraine Houlden**

number of people who came along to pay their respect. Obviously I knew close hand of Lorraine's wonderful qualities but I didn't realise just how many lives she had touched - it really was a tremendous tribute."

He continued: "I wanted to do something in Lorraine's honour and I wanted the hospital to be the focal point. Lorraine and charge nurse Sandra Taylor were actually the first nurses to administer chemotherapy in Hairmyres back in the 90s. It seems so ironic that the very treatment she had successfully administered upon others, just didn't seem to work when she needed it."

Nursing student wins award

DIANE Hodge is the winner of the inaugural Lorraine Houlden Memorial Award at Hairmyres Hospital.

The final year nursing student, at the University of the West of Scotland, received the award from Lorraine's widower Jackie.

Charge nurse Laura Shankland, who nominated Diane for the award, said: "Diane deserves this recognition. She is a kind and caring individual who provides the best care that

she can for every one of her patients."

Diane said: "I wasn't aware that I had been nominated for this award. To get the call that I had won came as a real shock. I was doing what every good nurse does - providing the best standard of care for their patients. For this to be recognised is a real confidence boost and I will make sure I continue to provide the same level of care when I start a full-time nursing position."

"FINDING more Lorraines"

The 'Hairmyres Student Nurse of the Year' initiative - set up in Lorraine's memory - recognises student nurses who show great care and compassion and put the patient at the centre of everything they do. Jackie Houlden said: "It would be great if the award continued for five, ten or even fifteen years and we recognise 15 more Lorraines."

PRICELESS DONATIONS THAT HELP TO SAVE LIVES

A PAIN in her side, diagnosed as a five-year urine infection that she'd not experienced any symptoms of, damaged 19-year-old Karen Casey's kidneys. That was 30 years ago...

"Both my kidneys were damaged. At 19 years old I was told the devastating news that my kidneys would only last ten years," says Karen, from Wishaw. "Because of the brilliant care that I received, I actually got 24 years out of my kidneys before I needed dialysis. I was very lucky."

Karen's kidney function was monitored and gradually decreased until it reached 4% and she began three years of dialysis treatment at Monklands Hospital.

Karen added: "When my kidney function deteriorated to 4%, I began to develop fluid and put on three stone in two weeks. By that time I knew my kidneys were on their last legs. The staff at Monklands Hospital made me feel so welcome - it must be the best dialysis unit in the whole of the UK!"

"I received dialysis in the main unit for two weeks before moving up to self-care. My dialysis would last for four hours. In that time, the machines need to do what your body does over two days."

Last August, Karen received a call to say that there was a kidney available for her.

Karen said: "Somewhere out there, there's



Everyone should consider organ donation says Karen Casey

a family grieving. During their grief, they have taken the time to think about helping someone else. I think that they're amazing people who have done a beautiful thing in making that decision. I am so grateful to him and his family."

She added: "I want to encourage people to talk to their families about their organ donation wishes. When you make the decision to be an organ donor, it should be the same as when you write your will."

"It is hard for a loved one to make that decision if they've never had a conversation with you. There are many people who die who could have been donors, but they didn't express their wishes to their next of kin."

Karen has made it her mission to make people more aware about kidney disease and organ donation. She said: "If you look at a kidney patient, you may not notice that they're unwell, but it does so much damage to your body. I have lost some very good friends to kidney disease. It's such a sad illness."

Register your interest

Over 40% of Scots have already made their wishes known by joining the NHS Organ Donor Register, but it's vital you tell your family your wishes.

To find out more about organ donation and to join the NHS Organ Donor Register, visit www.organdonationscotland.org



Nicola and Leslie are working to help deliver the best facilities

Building Knowledge

EVERYONE expects architects and engineers to be involved in construction. But making sure we're designing buildings that are suitable for treating patients means involving those whose working lives are spent in them, too.

"It's important to ensure that, whether it is a new or refurbished healthcare project, it is as person-centred as possible. This means it has to provide the best environment for patients and healthcare professionals," said Nicola Ruddy, senior nurse and clinical adviser to the Monklands Hospital investment team.

In her role, Nicola has made sure that all construction and refurbishment work at the hospital has the needs of patients and staff at its heart. Most recently, she's been using her nursing knowledge to inform the construction of the £19m theatres and intensive care unit (ICU).

"As a registered nurse I'm well aware of the value my clinical experience brings to the project team. I have worked on a project where the input of clinicians has resulted in more innovative ideas and approaches."

Leslie McLellan is the theatre manager at Monklands. She's also had input to the theatre refurbishment project.

Leslie added: "As I work every day in the theatres, I'm very familiar with the needs of staff and patients. We have to ensure that theatres are able to support the ever increasing levels of demand for specialist acute clinical care."



BEST FOOT FORWARD: Lillis Oldham, 94, with VASLan's Emma Hodge

Find out more

For more information on activities run by the voluntary sector in South Lanarkshire. Visit <http://www.vaslan.org.uk/locator/> or contact 01698 300390. A new Act requires health and social care to integrate their services. Partners, like the voluntary sector and unpaid carers, will continue to play a crucial role. For more information on integration visit <http://bit.ly/1FqvUeI>

Lillis is stepping out with new walking programme

A GREAT grandmother who's visited the corners of the earth has revealed how an innovative walking challenge has reinforced her sense of adventure – aged 94.

Former social worker and lifelong traveller Lillis Oldham from Strathaven – who once ventured to Cambodia as part of

the humanitarian effort following Pol Pot's genocide in the 1970s – is a participant of Voluntary Action South Lanarkshire's (VASLan) Strolling Steady initiative.

Strolling Steady has seen around 100 recruits across South Lanarkshire issued with free start-up packs, including a pedometer, so they can clock up miles

in and around their own homes.

"Life, for me, has always been about going out and grasping opportunities. When I heard about the Strolling Steady initiative I wanted to give it a go," said Lillis.

The initiative was set up as part of the national Reshaping Care for Older

People (RCOP) programme and consists of a participants wearing a pedometer to record their activity.

Lillis added: "I've no immediate plans to travel but you can often find the best adventures in life are on your doorstep."

"The Strolling Steady programme has been part of that."



In good hands and now back home

Praise from Angela for girls' care

IT'S BAD enough when your child is in hospital, but it's even worse when both are in at the same time.

That's exactly what happened to Angela Feeney when her daughters suffered asthma attacks at the same time. Angela has now thanked staff at Wishaw General Hospital for the excellent care they provided to Maria and Anna.

The podiatrist, who is based at Newmains Health Centre, called NHS 24 who arranged for the girls to attend the accident and emergency department at Wishaw General.

Angela said: "They both spent the night in hospital. I had to keep leaving one daughter to spend time with the other. However, I completely trusted the staff to look after them when I couldn't be there.

"My oldest daughter Maria was in for one night. However, Anna spent a further week in hospital. I was amazed at how hard working the staff in the ward are. It's a general paediatric ward, so they care for patients with lots of different conditions.

"I would like to say a massive thank you to the staff who looked after my daughters. As a mother, you are panicking; however from the moment we went into accident and emergency, the staff were calm and reassuring.

"When you go into your local hospital and experience the care they give first hand, you understand how excellent that service actually is. We don't give it enough praise."

Lesley-Anne's
positive
attitude kept
her going

COPING WITH A CANCER DIAGNOSIS

Doctor's appointment gave shock outcome

WHEN Lesley-Anne Ewing went to her doctor complaining of cramps and stomach pains, she thought she might be suffering from a food allergy.

Lesley-Anne, a pharmacy technician at Wishaw General Hospital, also toyed with the idea she could have irritable bowel syndrome. The last thing the 36-year-old from Rutherglen expected was to be diagnosed with bowel cancer.

Bowel cancer is the third most common cancer in Scotland after lung and breast cancer with almost 4,000 people diagnosed with the disease every year.

Lesley-Anne's doctor decided to refer her for a colonoscopy and it was during this procedure that a tumour was picked up.

She said: "When I got the news, I said: 'Oh right, OK.' I was in shock. Working where I do, you hear bad news quite a lot and you can shut down to it.

"My parents were with me and they got upset but I was thinking: 'I have to listen to everything the nurse is going to say about what's going to happen next. She's going to have information and I need to know what's going to happen now'.

In December 2013, two months after her diagnosis, Lesley-Anne had an operation to remove the tumour and was fitted with an ileostomy bag to allow her bowel to heal.

"It is one of those things you hope won't happen but it's just another hurdle to go over to get through everything," she says. "You have to let it be part of you but not let it take over your life."

At the same time as adapting to having the bag, she also had to start on a seven-month chemotherapy regime at the Beatson West of

Scotland Cancer Centre.

In her work, she was used to seeing people going through chemotherapy.

"You see different people's coping mechanisms; how they do well or struggle," she says. "I, for the most part, got through things really well. I didn't struggle too much with side effects or sickness. I don't know if it was because I was younger or because of my attitude but I just kept going.

"Through my work dealing with patients and by doing research about bowel cancer on the Macmillan Cancer Support website, I went in with a bit more knowledge which really helped me as well. I was aware of the financial and practical support that is available."

"Your friends and family keep you grounded and pull you through as well."

Lesley-Anne's friends and colleagues are now organising a Bottoms Up Charity Ball to raise money for Macmillan Cancer Support and promote awareness of bowel cancer. The ball will be held at Celtic Park on 3 October.

For more information visit:
<https://www.facebook.com/bottomsupball>

**"Your friends and family
keep you grounded and
pull you through as well."**

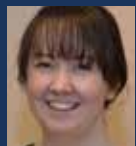
A new campaign is encouraging Lanarkshire residents to stay safe in the sun this summer and reduce the risk of skin cancer. The humorous social media campaign, which was launched this week, is a video parody of the Robert Burns poem 'My Love is Like a Red Red Rose'.
To view the video <https://vimeo.com/130749615>

4000
diagnosed
with the
disease
every year

FOOD FOR THOUGHT IN DIET CHOICES

Campaign tackles knowledge gap

WHEN WE are ill, we go to our GP. If we have toothache, we find a dentist. But if we want to improve our diet, many take the advice of a celebrity columnist before a dietitian.



Eileen Barr
Specialist Dietitian
within
Mental Health
Services

Dietitians are now addressing this with a national campaign which appeals to the public to trust their dietary advice rather than the opinions of often well-meaning but ill-informed others. Entitled 'Trust a Dietitian' it points out that only a qualified dietitian can give support and advice that is specific to an individual's requirements.

Eileen Barr, specialist dietitian within mental health services, said: "Many people claim to be experts in nutrition yet have very limited knowledge. Some of these individuals can offer contradictory or conflicting advice which can leave people confused.

"For example, a registered dietitian

is the only qualified health professional who can assess, diagnose and treat dietary and nutritional problems. They also work with both healthy and sick people and, uniquely, they use the most up-to-date public health and scientific research on food, health and disease which they translate into practical guidance on appropriate lifestyle and food choices."

Eileen adds that a registered dietitian is able to interpret the science of nutrition to improve health and treat diseases and conditions by educating and giving practical advice. They are also able to advise and help those who want to trial dietary interventions such as exclusion diets, nutritional supplementation or dietary interventions.

For more on why you should trust a dietitian, visit:
<http://www.trustadietitian.co.uk/why-trust-a-dietitian/>



INSTEAD of the 'Good Food Guide', The Pulse has written a good 'fridge' guide, to help everyone gauge whether or not their diet is as healthy as it could be...

The contents of your fridge say a lot about your diet. While we all enjoy occasional treats, a healthy balanced diet means our fridge should contain the following items:

- Skimmed, semi skimmed milk or fortified soy milk

Good fridge guide -

- **Fresh fruit**
- **Hummus.** Dip carrots in this chickpea spread
- **Low-fat yogurt. Mix fresh fruit into vanilla or plain**
- 100 per cent fruit juice
- **Bagged salad. Look for darker greens like baby spinach or a mix of multi-coloured lettuces**
- Lunch meats like, chicken turkey and lean roast beef
- **Tortillas. A fun alternative to bread**
- Fresh vegetables like broccoli, carrots, cauliflower, snow peas, and celery to serve as a snack, toss into salads, or steam
- **Low-fat cheese.**

You are what you eat

FOODS TO AVOID OR LIMIT IN YOUR FRIDGE

- Mayonnaise: High in calories and fat
- **Fizzy and other sweet drinks: High in sugar**
- Alcoholic beverages: From a nutritional standpoint anyway

- **Processed lunch meat: Can contain lots of sodium, fat and preservatives**
- Hot dogs and sausage: Like processed meats
- **Whole-milk products: Can have an overabundance of fat and cholesterol**
- Gourmet ice cream:

High in fat

- **Creamy salad dressing**
- Butter or margarine: High in saturated fat
- **Frozen chips**

We can all enjoy a few of these 'limited' items as a treat but not on a regular basis.



Aileen Boyd
wants
everyone to
be aware of
malnutrition

Nutrition matters

IT'S difficult to imagine a situation where preparing a meal can be so difficult that you would choose not to eat at all. However, for some people, this is a reality which can result in them becoming under nourished or even suffering malnutrition.

Aileen Boyd, lead dietitian for the primary care dietetic services, says a pack has been devised which will help staff identify patients at risk of malnutrition to enable earlier intervention. 'Nutrition Matters in the Community' contains a Malnutrition Universal Screening Tool (MUST) which can be used with adults in any setting.

Aileen says: "Malnutrition or under-nutrition is a major public health concern that is all our business. It's costly for patients as their health will suffer meaning poor response to treatment, tiredness, and other symptoms. It also has an economic cost as patients will have extended hospital stays and increased drug bills with lower than expected clinical outcomes."

All healthcare staff are asked to familiarise themselves with the new pack or contact Oral Nutrition Dietitians on 01698 201433/434

For more information go to the Pulse online www.thepulse.scot.nhs.uk

Did you know?

Dietitians are the only nutrition professionals regulated by law, and are governed by an ethical code to ensure they always work to the highest standard.

Great escape- Can you do it?

WE HAVE teamed up with NHS Staff Benefits and Escape Glasgow, to offer two members of staff a great day out with their family or friends.

Each prize is worth £66 and can be used for a team of up to five people.

The challenge sees you and your team being locked up in a mysterious room, with exactly 60 minutes to get out.

In order to beat the live escape game you and your team must solve many puzzles, riddles, brain teasers and identify clues. Using your powers of observation and problem solving you and your team will have to work together to escape.

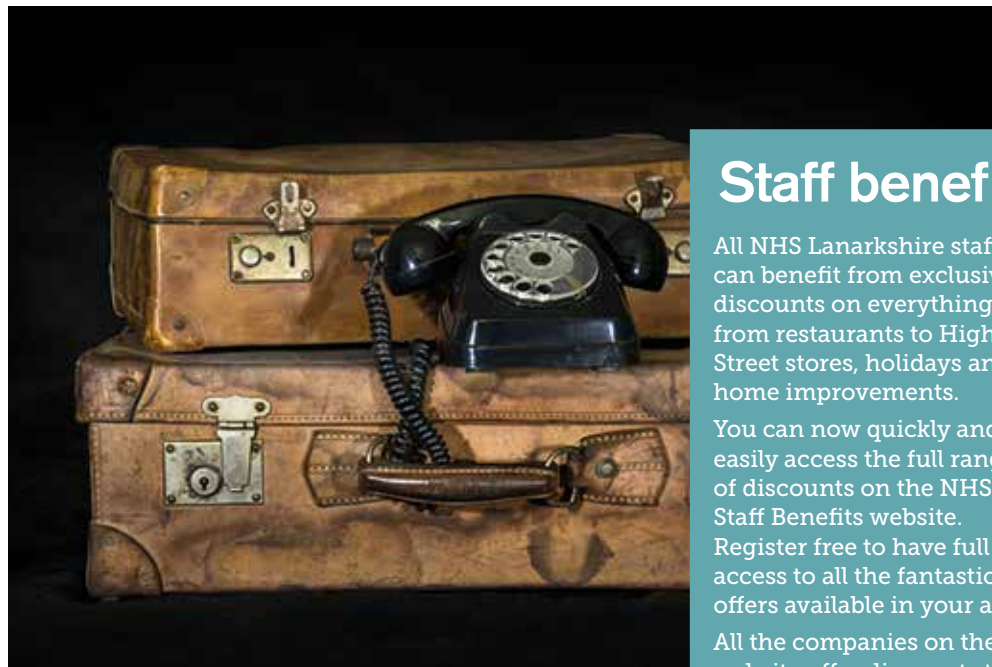
There are two games to choose from: the 'classic escape' or 'contagion'.

The 'classic escape' will see your skills in code breaking, observation and mental dexterity being tested. The bigger test will be in your skill as a team.

'Contagion' will see your team creating a vaccine and defeating a lock down on your laboratory. After 60 minutes, the room and all traces of your work will be incinerated.

Escape is different, challenging and great fun.

To find out more about Escape Glasgow, visit www.escape-glasgow.co.uk



Staff benefits

All NHS Lanarkshire staff can benefit from exclusive discounts on everything from restaurants to High Street stores, holidays and home improvements.

You can now quickly and easily access the full range of discounts on the NHS Staff Benefits website. Register free to have full access to all the fantastic offers available in your area.

All the companies on the website offer discounts to staff and there are many more offering great deals.

On the home page, you will find the Monthly Megadeal link, where you'll find extra special offers available for a limited time only.

Make sure you don't miss out – check the Monthly Megadeal now.

For information on the staff lottery mortgage, financial advice, online loyalty shopping, of course all the fantastic local discounts available, visit www.nhsstaffbenefits.co.uk

How to enter

To enter the competition, just answer the following simple question:

How many games does Escape Glasgow offer?

Please send your competition answers – including your name, location and contact number to –

Alison McCutcheon, Communications, NHS Lanarkshire Headquarters, Kirklands Hospital, Fallside Road, Bothwell, G71 8BB. Or email you answer to alison.mccutcheon@lanarkshire.scot.nhs.uk with 'Escape' in the subject line. The deadline for entries is Friday 7 August 2015.



Elizabeth Broadfoot retires after 40 years



Catherine McAlonan and team



Saying cheerio to Mary McLelland



Agnes Healy and her colleagues



65 years combined for Moira and Irene!



Linda Stark leaves after 37 years

SO LONG & ENJOY YOUR WELL-DESERVED RETIREMENT

We've said goodbye to many weel-kent faces recently

Agnes Healy, charge nurse, Hairmyres Hospital, 40 years.

Anne Morton, health visitor at Airdrie Community Health Centre, 37 years.

Catherine (Cathie) McAlonan, clinical support worker, Carluke Community Health Centre, 37 years.

Enrolled nurse Elaine Headley. Staff nurse **Elizabeth Broadfoot**, Wishaw General Hospital, 40 years.

Elizabeth (Margo) Brown, senior physiotherapy healthcare support worker, Wishaw General Hospital, 23 years.

After 25 years, medical secretary **Gina Park**, Wishaw General Hospital.

Helen Gilchrist, senior physiotherapist, Lockhart Hospital, 42 years.

Outpatient manager **Irene McLeary** and clerical officer **Moira Hamilton**, Wishaw General Hospital, after a combined 65 years!

Staff nurse **Jacqueline Graham**, Udston Hospital, 26 years.

Physiotherapy services manager **Jim Martin**, Hairmyres Hospital, 18 years.

After 24 years, medical secretary **Kathryn Hamilton**, Hairmyres Hospital.

Community paediatric special needs dietitian **Lesley Allison**, Beckford Street, Hamilton, 19 years.

Administration assistant **Linda Stark**, NHS Lanarkshire's property and support services division, 37 years.

Margaret Scoular, charge nurse and child protection link nurse, Wishaw General Hospital, 28 years.

Staff nurse **Mary McClelland**, Adult Critical Care Unit, Wishaw General Hospital, 38 years.

After 27 years, **Moira Hamilton**, Reception B, outpatients department, Wishaw General Hospital.

Epilepsy nurse specialist **Sandra Gillies**, Integrated Community Children's Nursing Service, Wishaw General Hospital, 36 years.



Come and try it! Neena enjoys a favourite novel

Starter for 10

Looking for inspiration? Why not pick six of the top ten books from the most celebrated authors of all time?

- 1: Anna Karenina by Leo Tolstoy
- 2: Madame Bovary by Gustave Flaubert
- 3: War and Peace by Leo Tolstoy
- 4: Lolita by Vladimir Nabokov
- 5: The Adventures of Huckleberry Finn by Mark Twain
- 6: Hamlet by William Shakespeare
- 7: The Great Gatsby by F. Scott Fitzgerald
- 8: In Search of Lost Time by Marcel Proust
- 9: The Stories of Anton Chekhov by Anton Chekhov
- 10: Middlemarch by George Eliot

LIBRARIES across Lanarkshire are becoming more popular than ever as the 'six books challenge' gets into full swing.

The challenge sees participants pick six books to read over a six-month period. All books read are recorded in the participant's reading diary and those who complete the challenge will be entered into a prize draw.

Joshua Cheyne, knowledge services officer, said: "Reading for pleasure can help people relax, help develop confidence and self-esteem and can promote enjoyment and wellbeing. We hope that the challenge will encourage staff to enjoy reading, including those who are new to reading for pleasure and those who've fallen out of the habit."

As well as getting people page-turning, the challenge hopes to increase the usage of NHS and public libraries and to

SPOTLIGHT ON SIX BOOKS CHALLENGE

develop friendships and communication across staff groups.

"Whether you enjoy novels, graphic novels, poetry or eBooks, we encourage you to pick six books that you will enjoy and take some time for yourself on your break or at home," said Joshua.

"If you are an avid reader, then we suggest that you challenge yourself and read something that you may never have approached before," he said.

To sign up for the challenge and to receive your reading diary, email josh.cheyne@lanarkshire.scot.nhs.uk or call 01698 366316.

My favourite reads:

Neena Mahal's copy of 'To Kill a Mockingbird' has all the signs of a well read and loved book.

With its highlighted sections and annotated margins, the book has taken pride of place in her collection, since it was bought in her school days.

Neena said: "This book is my childhood favourite as it is written through the eyes of a child. There are several moral lessons held within its pages including innocence, suffering and good over evil. I find it striking how things have moved on in society since this book was set."

Another book close to Neena's heart is 'Little Women', receiving her first copy as a prize at primary school.

Neena added: "'Little Women' is based on a family of girls, which is very similar to my own."

"The book is filled with strong independent characters, each with very different personalities. There is also a strong mother figure, which I can relate to."

Recommended reads

Amanda Minns – Atonement

This book was recommended to me by a friend as she knew I enjoyed books based around the war and strong female characters. This was the best of both as it interwove the characters and pre and post World War Two.

Josh Cheyne – Mort

My father was a huge Terry Pratchett fan, so I encountered Mort through him. It is about a teenage boy who becomes death's apprentice, ushering souls into the next world. It was the first book I recall really enjoying and laughing out loud.