

Mental Health

We take an in-depth look at how everyone should be alert to signs of mental ill-health

Don't walk the line

Pulse meets a Johnny Cash fan who's using texts to manage his illness

Labels for less

Enter our staff competition for the chance to win a £150 voucher for GetTheLabel p18



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September / October 2015

the pulse



HAT'LL BE INCREDIBLE!

As we prepare for the opening of the Lanarkshire Beatson, Ann Muir, North Lanarkshire Public Partnership Forum describes the satellite centre as 'incredible'.

Page 04

Partnership working has delivered important cancer facility

thepulse

Contents

News	2-5
Stroke Awareness	6-7
Health improvements	8-9
Dental Services Update	10-11
Cardiac Alerts	12-15
Staff Benefits	16-17
Retirals	19
Staff News	20



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 2 October.

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.

SAFETY FIRST - RAJ'S AIM

Four-day training course teaches basic to advanced skills

Dr Raj Padmanabhan takes great pride in sharing his work with his colleagues and trainees. The consultant anaesthetist at Wishaw General Hospital is passing on cutting-edge techniques to trainees to improve patient care and safety.

Speaking about his work Raj said: "I am absolutely committed to teaching and training the anaesthetists of tomorrow particularly regarding aspects of airway management."

Raj has established the first ever structured manikin-based airway management training programme for anaesthetic trainees across NHS Lanarkshire.

Dr Raj Padmanabhan said: "Anaesthetics is a specialty where airway management is a fundamental skill. The course sees trainees spend four days learning a range of techniques in a structured setting and ranges from basic to advanced."

The course has now expanded to involve NHS Dumfries and Galloway, NHS Ayrshire and NHS Forth Valley, making it the first ever joint anaesthetic venture between 'non-teaching' Scottish health boards and demonstrates the critical role that consultants play in

providing training and education throughout the NHS.

Dr Padmanabhan has also published a practical guide for the use of Aintree Intubation Catheter – a guide originally intended for local use, which has since been recognised on a national level and is in use in many hospitals across the UK. Raj has established LEAT (Lanarkshire Endoscopic Airway Training) and ETAC (end-tidal anesthetic concentration) – two innovative and successful NHS Lanarkshire based national skill courses.

His leading work, in conjunction with colleagues at a local and national level, has ensured that NHS Lanarkshire has been a proactive leader in implementing many national patient safety recommendations pertaining to structure and standardisation of airway equipment.

Raj said: "Without the motivating thought that eventually our patients will benefit, many of these innovations would not have happened. I acknowledge the encouragement, help and support rendered by many of my clinical and non-clinical colleagues through this patient centred journey to date".

"I am absolutely committed to teaching and training the anaesthetists of tomorrow particularly regarding aspects of Airway Management."

Structured improvements

The organisation of formal airway training has been the topic of much discussion in anaesthetic literature and its importance has been heightened by the restriction in theatre hours imposed by the European Working Time Directive. Recognising this, the three anaesthetic departments within

NHS Lanarkshire worked together to design and implement a structured programme of airway teaching for their trainees. The aim is to optimise non-clinical learning opportunities within the framework of departmental and national Difficult Airway Society guidelines.



Arun pioneers ear surgery technique

Traditionally, ear surgery is carried out with a skin incision either in the front or the back of the ear – resulting in slow healing, pain for patients and scarring. But, Mr Arun Iyer, a consultant ear, nose and throat surgeon at Monklands Hospital, has introduced the use of endoscopic ear surgery in Scotland.

This pioneering approach allows Arun to see where he's operating by inserting an endoscope into the ear canal.

Arun said: "I was so impressed by the procedure that I decided to start a cadaveric course with the help of The Royal College of Physicians & Surgeons of Glasgow."



Arun: better care is outcome

"The first course in October 2014 was a huge success and we had renowned international faculty and delegates from as far as Israel."

He continued: "There are lots of benefits to this technique, it improves the experience for the patient as they have less discomfort and they recover a lot quicker. It is particularly useful for treating children as it can be done with very minimal pain and without the need for admission."

Skills enhancement

Dr Tammar Al-Ani, a third year trainee anaesthetist, has undertaken the airway management training programme.

Tammar said: "It was excellent and has given me additional skills that I can use to provide the safest level of care to our patients. As it is a relatively new course, I have also had the chance to share these skills with my more established anaesthetist colleagues and pass on what I've learned."



Dr Tammar Al-Ani

New health and council centre opens in Wishaw

Patients and staff have given the new Houldsworth Centre the thumbs up.

The new joint health and council community facility in the heart of Wishaw is a physical example of integrated working.

Coltness woman, Elaine Isaac, said: "The new centre is fantastic. It looks great from the outside but it is even better inside and, with a range of services all under one roof, it is very handy."

"It is a real community hub and I am sure local people will appreciate the amount of thought the council and NHS have put in to create this wonderful facility."

The new 7800 square metre facility hosts a range of health services including GP and dental practices as well as the North Lanarkshire Council library, First-Stop-Shop and housing service.

Centre administrator, Heather Hutchison, said: "I worked at Wishaw Health Centre for 26 years so I was quite sad to be leaving those premises. However my sadness quickly disappeared once we opened the doors to patients at the Houldsworth Centre."

"I am really impressed with the size of the building and how bright and airy it feels. You can tell by the looking at the patients when they enter the building for the first time how



Elaine Isaac and Heather Hutchison

impressed they are too."

The former health centre building will be demolished to make space for a two-storey car park with 190 spaces.

Colin Sloey, NHS Lanarkshire director of strategic planning and performance, said: "The Houldsworth Centre is a tremendous addition to the town centre allowing people to access a wide range of health and council services in one convenient location."

"This represents a significant investment by NHS Lanarkshire in local health care and shows our commitment to integrated working and to playing our part in the regeneration of the local area."

News in Brief

The Houldsworth Centre is the third new community health centre which NHS Lanarkshire has opened in 2015, along with Hunter Community Health Centre in East Kilbride and Kilsyth Community Health Centre.

The three facilities, with a total value of £43million, are the result of a partnership between NHS Lanarkshire and hub South West Scotland Limited.



'At'll be incredible

from page 01

The Lanarkshire Beatson will open at the end of November and everyone involved with its development and build is excited to see the progress of the satellite site at Monklands Hospital.

Since Monklands Hospital is already our identified cancer centre, hosting a number of cancer services, this new facility expands the work of the renowned Beatson centre, based in Glasgow. The £22m satellite radiotherapy site is being developed within this major working hospital, with the centre's footprint occupying nearly all available space.

Access has had to take account of an outpatients department, a day surgery unit and the 'blue-light' ambulance route to A&E. However, the whole project is about bringing positive change to healthcare in the West of Scotland. So patient experience and delivering high standards of care are no less important.

The design reflects this is through the entrance to the new building - a two-storey atrium, designed to feel welcoming rather than intimidating. It's described as more like a hotel lobby than a hospital.

The new centre will include two state-of-the-art linear accelerators. This will enable around 80 patient treatments a day, predominantly from Lanarkshire, who require radiotherapy for lung, breast, prostate and rectal cancers to be treated.

The centre will use the same equipment, clinical protocols and management structure as the Beatson West of Scotland Cancer Centre, and section staff will spend a proportion of their worktime on site in Lanarkshire.

Ann Muir, North Lanarkshire Public Partnership Forum, said: "The services provided in by the Beatson in Glasgow are world-class so to have a satellite centre in Lanarkshire is incredible."

The new Lanarkshire Maggie's Centre is also located on the site.

CO-OP

A new core laboratory at Monklands Hospital is streamlining work-flow and improving efficiency.

The new layout makes better use of space and helps the laboratory to run more smoothly.

Louise Brown, senior biomedical scientist, said: "The new core laboratory is the result of a great deal of hard work and cooperation from our staff. The creation of the new facility happened



Creating a good workflow - the new core laboratory at Monklands is part of the Lanarkshire-wide laboratory investment

'Fantastic' and 'spacious' Lincluden Centre opens

Lincluden Medical Centre in Uddingston has opened the doors on a brand new surgery.

The new building, which has been funded by NHS Lanarkshire, was open to patients on 16 July and officially opened by NHS Lanarkshire Chair Neena Mahal on 20 August.

Former Practice manager Neil Doherty said: "The whole process has been a number of years in the making, and we're delighted that it has finally reached a conclusion. The new premises will allow us to provide a better service to our 7,800 patients in the local area. It looks fantastic and is more spacious."



(l-r) Senior partner Dr Bruce Thomson, Neena Mahal, Katherine Phipps, new practice manager; Neil Doherty and Rena Hall, assistant practice manager

The new surgery significantly increases the space available to develop specialised clinics and increase appointment times to improve access for patients in a way that was not possible at the old surgery in 53 Bellshill Road. It also allows the surgery to meet the needs of its growing list size and future population growth in Uddingston.

Seven GPs, four nurses and ten support staff are based at the new centre. The telephone number remains the same: 01698 813873

GENERATION PAYS OFF

Single pathology department for NHS Lanarkshire

in a number of phases. The team were really patient and supportive throughout the whole process and we are now seeing the benefits of the new set-up."

"The core blood sciences laboratory is staffed by a team of clinical scientists, biomedical scientists, medical laboratory assistants and clerical staff. They carry out analysis on fluids such as blood

and urine."

The core laboratory at Monklands is part of the Lanarkshire-wide laboratory investment work which will also see a new £1.8m pathology laboratory in the building previously occupied by corporate services on the Monklands site.

Allan Wilson, lead biomedical scientist

for pathology, said: "The new pathology department will house all histopathology and cytopathology services for NHS Lanarkshire and create a single, modern pathology department.

All tissue samples from across Lanarkshire will be processed and reported from the new laboratory."

OUR STROKE CARE EXCEEDS AVERAGE

Every year over 1,000 people in Lanarkshire have a stroke

Figures released by the Scottish Stroke Care Audit (SSCA) National Report show NHS Lanarkshire is one of the best performing health boards for stroke services.

Katrina Brennan, stroke managed clinical network (MCN) manager, said: "The most important indicator of the performance of stroke services is the performance against the Stroke Care Bundle. The Scottish average for individuals receiving the appropriate bundle is 65% while in Lanarkshire we are achieving 83%.

"This is a fantastic achievement and a testimony to the hard work of all the staff involved which ultimately benefits patients on the stroke care pathway."

NHS Lanarkshire stroke services is already exceeding their target for improvement to be achieved by end of March 2015.

Dr Mark Barber, stroke MCN clinical lead, said: "Every year, over 1000 people in Lanarkshire have a stroke and, contrary to popular belief, a stroke is not something that only happens to older people as about a quarter

occur in the under-65s.

"It's essential people recognise a stroke when it's happening and take prompt action. Delay increases the risk of death or major long-term disabilities, such as paralysis and communication problems. It is vital that the symptoms are not just ignored."

Picture caption (left to right): Katrina Brennan, Campbell Chalmers, NHS Lanarkshire stroke nurse consultant and Dr Mark Barber, hosted an event to inform health professionals and members of the public about the work of the NHS Lanarkshire Stroke MCN.

Act FAST with signs of stroke

It is essential people recognise a stroke when it's happening and take prompt action.

FAST – which stands for Face, Arm, Speech and Time to call 999 – aims to make people aware of the signs of stroke.

Campbell Chalmers, stroke nurse consultant, said: "The FAST campaign is designed to make members of the public react as quickly as possible.

"Rapid treatment can make a huge difference to the odds of surviving or being left with a long term disability."



After two transplants, Mary and family so gra

Mary Moffat's life was turned upside down when she was told that two of her young children needed life-saving heart transplants.

The midwife, who works at Wishaw General Hospital, now wants to encourage local residents to join the organ donor register, in a bid to save more lives like her children's.

Mary, from Motherwell, said: "In the year that Rachael started school, she was really tired all the time. I would come home from work every day and find her sleeping. My husband had a blocked aorta when he was

young and my mother-in-law saw the same symptoms in Rachael as she had seen in my husband."

Mary took Rachael to the paediatrician at Wishaw Health Centre, who referred her to Yorkhill Children's Hospital.

Mary added: "Around the same time, my husband called me at work to say that 10-year-old Stephen had collapsed.

There was no lead up to it. He was very active and had wanted to be a professional footballer. When Stephen collapsed for a second time, he was also referred to Yorkhill.

After tests, Mary and her husband were told some serious news. Their consultant told them that both children had a condition called Restrictive Cardiomyopathy.

"When you are told something like that, you can't take it in. I was really upset and you try to think that it must be someone else's children that they are talking about."

Mary and her husband were also given tests, which resulted in him also being diagnosed with the condition.

Both children were quickly added to the organ donor register.

STROKE?

& save a life
CALL 999

Can they smile?
Can one side droop?

Can they lift both
Is one weak?

Can – Is their speech
Clear or muddled?

- To call 999.

These signs call 999 FAST.



A stroke can strike at any age

From a sore head one Sunday morning, 40-year-old Temi learned he had actually suffered a stroke.

Temi, from Cumbernauld said: "It really shocked me. I now struggle to speak as I have a condition called aphasia. It all started with a sore head one Sunday morning. I didn't feel quite right, I struggled to speak, and I just thought I needed to go to sleep."

His wife, Alison, also noticed small changes in his behaviour that morning too. "Temi couldn't open the door, he struggled to get words out and, while trying to make a cup of tea, he made a real mess of the kitchen. You couldn't recreate this if you tried and it was totally out of character. It may have sounded trivial but I decided to call NHS 24," she said.



One year on, Temi is making good progress with his stroke recovery

"I didn't feel quite right, I struggled to speak, and I just thought I needed to go to sleep."

From there Temi, who has two young children, was taken by ambulance to Monklands Hospital for tests. Due to his age and because he's a fit person, Alison thought her husband would be fine the next day. However, the couple were to receive unexpected news. Following a thorough assessment, it was confirmed that Temi had suffered a stroke, so he was admitted to a stroke ward where he stayed for two weeks.

Temi said: "The hospital staff were fantastic, they knew what I needed to get better and I was referred to the CARS (Community Assessment and Rehabilitation Service) team. We went through a whole range of activities that were all set around what I wanted to achieve.

"With their help I made improvements every day. I am slowly getting better and, one year on, I am making a phased return back to work."

Helpful to donors

Mary said: "They both received their transplants within a year of being diagnosed, which is extremely quick. They have kept really well since.

"To donate an organ is the biggest gift you can ever give. I would like to thank the two families who donated their loved ones hearts so that my children could live."



Mary with Stephen and Rachael – now both doing well after their transplants

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

DON'T WALK THE LINE, JUST TEXT, SAYS JOHN

Modern technology is helping out with healthcare in many innovative ways. The Pulse meets one patient who's taking advantage...

LANARKSHIRE'S answer to Johnny Cash has revealed how the power of text has kept his life in harmony during ill health.

John Stalker (54), from Hamilton, was a long distance driver who – inspired by the Man in Black – sang and played guitar around local music halls and clubs in his spare time. However, life as he knew it was changed forever when, after bouts of increasing breathlessness and a persistent cough, John was diagnosed with chronic obstructive pulmonary disease (COPD) in 2011.

"The text message system, however, has given me an extra layer of reassurance and a sense of regaining control"

COPD is the name for a collection of lung diseases including chronic bronchitis, emphysema and chronic asthma.

John had to retire from his job, but ongoing medical support, including an innovative new text message system – which links patients directly to NHS Lanarkshire respiratory nurses to help manage their condition – has given him a crucial boost.

"When something like this happens it affects your confidence profoundly – especially when you're used to performing. The text message system, however, has given me an extra layer of reassurance and a sense of regaining control. Help and advice is only a text away."

The system is known as Florence and is free for the patient to use.

COPD patients, who can be of any age over 16 years, text details such as pulse and oxygen levels and receive texts back with advice and reminders, all based on the latest readings and their individual care.

If the symptoms worsen an alert is also sent to the specialist nurse allowing them to respond by phone, text or visit as required.

The innovative telehealth scheme is part of the European-wide initiative United4Health, which is geared to using new technology to improve healthcare. NHS Lanarkshire along with North and South Lanarkshire Council are partners. John had 11 hospital admissions last year due to his condition. Since starting using the text message system in January he's only been admitted once as he was able to initiate treatment and specialist support earlier from his own home.

To find out more e mail Morag Hearty on United4.HealthProject@lanarkshire.scot.nhs.uk

John Stalker with NHS Lanarkshire respiratory nurse Pamela Mcatamney



Lung cancer spotlight

Car crash revealed cancer for Peter

When Peter Doyle was in a bad car crash, he expected to be diagnosed with whiplash. However, in a shock turn of events, he was told he had lung cancer.

Lung cancer is the most common cancer in Scotland with around 5,000 new cases diagnosed every year.

The grandfather of three said: "In May last year, we were driving when this boy came out of nowhere and flew into us. The car was mangled and the fire brigade told us that they didn't know how we managed to get out alive. We were both in a bad way, but my wife got the worst of it. She ended up having to stay in hospital for three weeks.

"I was in a lot of pain in my ribs. I was in agony whenever I coughed or sneezed, so I was sent for some x-rays."

Peter was contacted to say that medical staff had seen a shadow in his lung, which was later diagnosed as cancer.

Peter said: "I was running about daft visiting my wife in hospital in between



appointments for myself. The stress was one of the worst bits of it. My head was in turmoil and I didn't know if I was coming or going. I was absolutely stunned.

"When you are told that you have cancer, everything goes through your mind. I even planned my funeral and told my wife exactly what I wanted and what I didn't want to happen on the day.

"After my final round of chemotherapy, they told me that the cancer had reacted to the chemotherapy and it had shrunk. This enabled them to take a section of my lung away instead of the full thing."

Peter said: "I feel good now. We were unlucky having the crash, but it ended up being lucky for us. It was due to the crash that I was diagnosed.

"Cancer doesn't hide from anyone. It affects all people at all stages of life."

Lung cancer – the symptoms

Symptoms of lung cancer include: a cough you have had for three weeks or more, a cough that you have had for a long time that changes, feeling breathless, a chest infection that doesn't clear up, coughing blood, unexplained weight loss, chest or shoulder pain, unexplained tiredness or a hoarse voice.

Having one or more of these doesn't mean you have lung cancer. However, if you've had them for more than three weeks you shouldn't ignore them – just visit your GP to be on the safe side.

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

Integration newsletters now available

The latest newsletters on the integration of health and social care have now been published.

As well as the latest developments, the respective third editions for North and South Lanarkshire map out the next key phase of integration.

Integration is focused on person-centred care, health, planning and delivery so people get the right advice and support in the right place and at the right time.

Partners including unpaid carers, the third (voluntary) sector, the independent sector are working closely with the respective local authorities and NHS Lanarkshire as the integration journey progresses.

You can read more now by visiting <http://goo.gl/9QR8po>





Participants with a colourful declaration of support for 'Growing a Movement for Change'

POSITIVE MOVES LESSEN SUICIDE

September and October are busy times of the year in Lanarkshire's mental health calendar. Suicide Prevention Day falls on 10 September and World Mental Health Day is 10 October. The Scottish Mental Health Arts and Film Festival also takes place from 10-31 October.

The Pulse takes a look at mental health and how we can help reduce the stigma.

According to the World Health Organisation (WHO), over 800,000 people take their own life every year.

Here in Lanarkshire there is a 'Movement for Change' to challenge the stigma and discrimination associated with mental health. An event was held earlier this year to bring partners together from a host of organisations to allow them to share resources and experiences to address this issue.

Kevin O'Neill, public mental health

and wellbeing development manager and chair of the Lanarkshire Recovery Network, explained the thinking behind a 'Growing a Movement for Change'.

He said: "We've done some fantastic work in Lanarkshire down the years in relation to mental health, but we deliberately choose the term 'growing' as we realise there's much to build on and still much to do.

"For me, 'Growing a Movement for Change', is a natural title for this continuing work as it encompasses



TO TOLL

everything we're trying to achieve. We want to create an environment where all of us recognise mental health, understand it, value it, know how to look after it and support others and know what supports are available.

"Let's be clear, stigma and discrimination stops people asking for help, hinders recovery and removes opportunity. Stigma hurts, support helps and we all have an important part to play.

"If not you, who? If not now, when?"

Life is good and **you're not alone**, says Len



Len Northfield values the help he's had to manage his depression

When Len Northfield was 28, he awoke on a hospital trolley receiving emergency treatment.

Len's last thought prior to that moment was to bid the world goodbye as he attempted to take his own life.

Len said: "I still remember coming to and being surrounded by medics intent on saving my life and being angry with them for succeeding. I also remember spending the night hooked up to a heart monitor with a nurse watching over me."

However, more than 25 years on, Len has learned how to manage the depression which drove this and is now a trained counsellor who, as a peer support worker, uses his lived experience to help people in the acute psychiatric admissions ward in Wishaw General Hospital on their recovery.

The Strathaven man shared his story to remind those who have a mental health problem that there are people and

services to help them.

Len continued: "I've suffered depression all my life and reached those points where you find yourself in this hateful, desolate place where you are the only inhabitant. However, I want to help people see that they are not alone and that it's possible to learn to identify the signs that often proceed a bout of depression, manage them and lead a relatively normal life.

"I take medication every day and will probably take it for the rest of my life. But I also use a variety of other tools to help me such as Mindfulness and use the Wellness Recovery Action Plan (MyRap) tool which is based on the principle of playing to your strengths."

Reflecting on the distance Len has come, he added: "Life is good and I owe a lot to the individuals and services who helped me and I want to help those who have reached the bottom to find the first step on the ladder out."



Paula MacLeod

Paula is new head

Paula Macleod has been appointed interim head of the mental health and learning disability service replacing Jim Wright who retired in June.

Paula has worked in mental health for over 30 years since starting her career in Glasgow's Leverndale Hospital in 1984.

She moved to Lanarkshire in 2005 becoming service manager

for Rutherglen and Cambuslang before becoming service manager for the South West Unit.

Paula said: "I'm really looking forward to supporting staff to provide effective, efficient and safe services for all our users and carers.

I also want to help our staff feel valued and aim to support and promote their professionalism."

ESSENTIAL INFORMATION

Your intervention can help prevent suicide

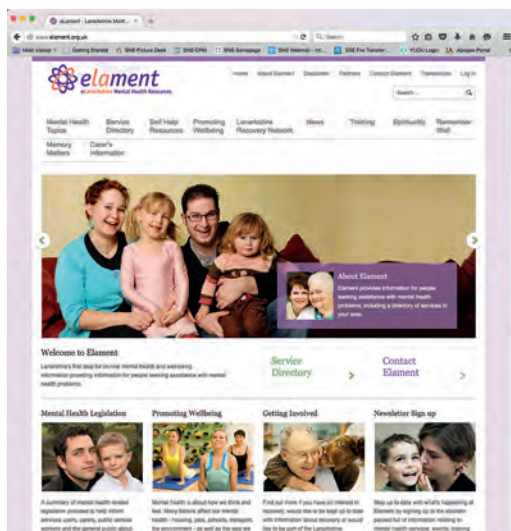
Working for the NHS means we are more likely to be in contact with someone who's experiencing emotional distress or at risk of suicidal ideas.

The signs can be ambiguous in nature which can make it difficult to see them and staff have a very important part to play in 'reading between the lines' and act on the warning signs.

Be ALERT

- Ask someone if they have thought about suicide. Talking does not make it worse – it helps
- Listen and show you care
- Encourage them to get help right now
- Tell someone. You can't do it alone.

It's important to remember that you don't need to be an expert to help someone. However there are a range of training courses available – ranging from one hour to two days – to help



build confidence and effectiveness in suicide intervention.

Visit the training section of elament (www.elament.org.uk) for more details.

Help yourself

Some tricks to help you protect and improve your mental health:

1. Connect with the people around you, family, friends, colleagues and neighbours. Think of these as the cornerstones of your life and invest time in them.
2. Be active. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Discover something you enjoy and that suits your level of fitness.
3. Take notice. Be curious. Catch sight of the beautiful.

Savour the moment, whether you are walking to work, eating lunch or talking to friends.

4. Keep learning. Try something new. Rediscover an old interest.

Take on a different responsibility at work. Learning new things will make you more confident as well as being fun.

5. Give. Do something nice for a friend, or a stranger.

Thank someone. Smile. Volunteer your time. Look out, as well as in. Create connections with the people around you.

Help others

Everyone needs help and support at times, never more so when stressed or down. Stigma and discrimination can add to this. To help someone:

1. Stay connected – don't let links drop just because the other person isn't feeling up to socialising, going out, or chatting much.

It might seem like they don't need you, but they do.

2. Be yourself - you don't have to be an expert to be a good friend to someone with mental ill-health. Just be there, listen, and show that you care.

3. Remember, that the person who is ill might not feel or seem like themselves at the minute, but they are still the friend, colleague or family member they were before.

Around

2

people die everyday in Scotland as a result of suicide

Where to get help

For more information about mental ill-health and stigma visit: www.seemescotland.org or www.elament.org.uk

See Me

End mental health discrimination

For urgent help and advice, contact your GP, NHS 24 on 111 the Samaritans on 08457 90 90 90, Breathing Space on 0800 83 85 87 or Childline on 0800 1111.

Well Connected is an award winning Lanarkshire programme designed to help people.

For further information visit the self-help section of elament or call 800 073 0918 for North Lanarkshire and 0330 3000 133 for South Lanarkshire.

Arts festival challenges mental health

The ninth Scottish Mental Health Arts and Film Festival will take place from 10-31 October. It's one of Scotland's most diverse cultural events and aims to challenge preconceived ideas about mental health.

Overseeing the festival in Lanarkshire is senior health improvement officer Susan McMorris.

Susan said: "Sadly, despite the fact most people will have some personal experience of mental ill-health, there is still too much stigma, discrimination and inequality associated with it and experienced by too many people both young and old.



Men are
3
times more
likely to die
by suicide than
females but
less likely to
ask for help

"This festival gives us a platform to challenge these problems and engage and explore the issues and themes around mental health."

The festival aims to remind everyone about the importance of good mental health and why it is important to value your own and other people's mental health.

Susan added: "Being, involved, creative, connected, learning new things are very important to our mental health and therefore the festival is for all of us."

For a full programme of the events taking place in Lanarkshire visit: <http://www.mhfestival.com/>

For more information contact:
susan.mcmorris@lanarkshire.scot.nhs.uk



Dr Albert Yeung collected the NOHPG Patron's Prize on behalf of NHS Lanarkshire and ASCS

Dental support pack for kids wins prize

A dental project carried out in NHS Lanarkshire has won a national award and was shortlisted for an international one after working to improve the oral health of children with physical disabilities and/or sensory or learning impairments.

The Special Smiles Dental Project, a collaboration between NHS Lanarkshire and Action for Sick Children Scotland (ASCS), won the National Oral Health Promotion Group (NOHPG) Patron's Prize and was one of four finalists at the Bright Smiles-Bright Futures Award.

The project's specially developed resource pack is used in schools which teach children with additional and complex support needs to help reduce these children's anxieties about the dentist and improve their oral health through preventative measures.



SMILES BETTER WITH OUTREACH

Why a smile is important:

- It takes 43 muscles to frown but only 17 to smile
- When seeking a new partner, a smile is top of the most sought after physical attributes, beating body shape, dress sense and eyes
- Teeth/Smiles are rated the second most important attraction feature, after personality, and the most important body feature surveyed (including body shape, height, hair, face and eyes)
- On a night out, 80% of us would be more likely to talk to somebody we didn't know if they smiled at us.

Lanarkshire residents have been full of praise for student dentists and nurses who put smiles back on their faces.

They have been beneficiaries of a unique initiative at NHS Lanarkshire's Dental Outreach Centre in the Buchanan Centre, Coatbridge, which gives people not registered with a dentist the chance to get a course of dental treatment absolutely free.

Since it launched five years ago, over 2000 people have received free treatment, and the centre is now appealing for new patients to come forward. Those eligible get a free course of supervised

Over 2000 patients have us

treatment from the student dentists and dental hygienists/therapists in their final year of training.

Arthur McLaughlin, 71, from Coatbridge said: "I needed new teeth so when I heard about this opportunity it was a no brainer for me. It's made such a huge difference to my smile and makes me feel a lot better as well."

Elizabeth Jorgensen, 70, from Coatbridge, said: "When my daughter told me about this, I

decided to find out more. It's the best thing I've done because it's given me the confidence to smile for the first time in years."

Alison Murdoch, 41, from Wishaw, said: "I saw a poster for the outreach centre in my GP surgery and got in touch. It was fantastic and I can only say the dentist had healing hands as they gave me my smile back."

One of the senior dentists at the Outreach Centre, Paul Hazlett, said: "As it's final year students who carry out treatment,

Alison Murdoch (in dental chair) with Paul Hazlett and student dental nurses (l-r) Laura McGuire, Collette McCann and dental nurse Lauren Gormley

Some oral health facts and figures

- A third of all children starting school have tooth decay
- Around 25 per cent of all adults say they have not visited a dentist in the past two years
- One in four adults don't brush twice a day, including a third of men
- One in 10 admit they regularly forget to brush their teeth
- 21 per cent of adults use dental floss regularly while one in three have never flossed their teeth
- Around 2 per cent of the population have never visited a dentist
- One in every seven adults who had ever been to a dentist suffers from extreme dental anxiety.

Fun facts

- Half of us brush our tongue when we brush our teeth
- Earrings, business cards, keys, matchsticks and screwdrivers are just some of the objects we admit to using to get food particles from our teeth
- More than half of us wouldn't tell a friend or colleague if they had bad breath in fear of risking a friendship
- One in five cannot remember when we last changed our toothbrush
- A toothbrush came top of the list of things we couldn't do without when we go on holiday
- If we only had five minutes to get ready in the morning, one in 20 would skip brushing our teeth.

Robbie has challenge to get his teeth into

An East Kilbride dentist has been named the President of the West of Scotland Branch of the British Dental Association.

Robbie Thomson, a GDP and practice owner of the Grey Gables dental practice in the Village in East Kilbride, said he was delighted to be chosen.

A dentist for 34 years, he said: "It's a real honour when you're chosen for such a prestigious position like this by your peers. I'm really looking forward to the challenge this office will bring over the next year."

For the past two decades

Robbie has been involved in the teaching and training of young dentists, both at Glasgow Dental School and in general practice.

After 32 years treating patients at Grey Gables, he says that the day-to-day interaction with his patients is what he really enjoys.

He continued: "I've looked after so many patients – often different generations of the same families – and it means a great deal that so many have trusted the practice with their dental care over the decades."

Orthodontic care improves with professional qualifications



Sitting on dental stool Lesley Sheridan based in Hairmyres, with l to r Margaret Lynch (Monklands), Nicola Jamieson who works between all three sites, Stacey Panton (Monklands), Mandy Taylor (Wishaw), Suzanne Brock (Hairmyres) and on the dental chair is Sarah Forbes from Wishaw

A magnificent seven orthodontic nurses in Lanarkshire now have a post qualification certificate in Orthodontic Dental Nursing.

It now means that all NHS Lanarkshire orthodontic nurses have completed the qualification which will allow them to give better oral health advice to patients.

Frances Queen, senior dental nurse for orthodontics, said: "This is no mean feat as this was a six-month course which required the nurses to travel to Dundee and produce a portfolio involving 50 case studies. Two of the case studies also had to document the treatment they gave from when it started to it finishing

and a further two case studies had to be combined with orthodontic and surgical intervention."

The seven nurses are based in the three acute sites with two each in Hairmyres, Monklands and Wishaw and one who works between all three.

Frances continued: "This qualification allows the nurses to more effectively and efficiently support the delivery of the consultant-led Lanarkshire-wide orthodontic service. This can only be good for patients and we are delighted that seven dental nurses have shown the level of commitment required to successfully complete this course."

ER ACH

ed the service

appointment times take slightly longer than normal and patients may not have as much treatment as they may expect in a general dental practice.

"However, the treatment is carried out to a high standard as experienced dentists will be supervising all the work."

To be eligible you must be over 16-years-old and not be registered with a dentist. For more information call 01236 703460.

Alert for the signs of cardiac arrest

A new project's helping to reduce the number of people who suffer a cardiac arrest on Wishaw General's cardiology ward.

The pilot project, which is being carried out in Ward 4, has seen a number of new procedures being introduced in a bid to halt a cardiac arrest in its tracks. The ward aims to reduce the number of cardiac arrests by 50% by June 2016.

Gary Boyle, senior charge nurse, said: "Before someone has a major deterioration, there are very subtle changes in their overall condition. If you can identify these changes and respond to them as they happen, you can often prevent a major deterioration from happening.

"We have introduced new ways to recognise a deteriorating symptom. For example, we introduced monitoring every patient's pulse manually instead of relying on machines. We've also introduced a standard observation procedure so that all staff check every patient

in the same way. If everyone carries out checks in the same way, we can detect more subtle deterioration in patients."

The team have also introduced new ways to flag up subtle changes in a patient's condition to nursing and medical colleagues.

Gary added: "When nurses are doing their observations and detect deterioration in the patient's condition, they take one of our new sticker alerts and place it in the patient's medical notes. They accompany this with a narrative saying why they have placed the alert, what they observed and whether the patient requires a medical review.

"Every time there is a change in the patient's condition, a new alert is placed in their record. The result is that there is a clear mapping of any deterioration and allows doctors to review their treatment much earlier than they would have been previously."

The ward aims to reduce the number of cardiac arrests by **50%** by June 2016

Did you know?

A heart attack is a serious medical emergency in which the supply of blood to the organ is suddenly blocked, usually by a blood clot. Lack of blood to the heart can seriously damage the heart muscle

Symptoms can include:

- chest pain – the chest can feel like it is being pressed or squeezed by a heavy object, and pain can radiate from the chest to the jaw, neck, arms and back
- shortness of breath
- feeling weak and/or lightheaded
- overwhelming feeling of anxiety

Wishaw General's cardiac rehabilitation nurses are working hard to help patients return to health





Did you know?

Angina is chest pain that occurs when the blood supply to the muscles of the heart is restricted. It usually happens because the arteries supplying the heart become hardened and narrowed.

The most common symptom of angina is a feeling of pain or discomfort in your chest. The pain can feel tight, dull or heavy.

The pain can spread from your chest to your left arm, neck, jaw and back. In some cases, the pain is similar to indigestion.

ANDREW'S CLIMBING TO BEAT CHEST PAIN

Eight-week cardio rehab class helped Andrew's health

When Andrew Jamieson was diagnosed with angina, Wishaw General's cardiac rehabilitation nurses helped him get back on his feet.

Wishaw General is one of the first hospitals in Scotland to fully integrated angina service, which cares for patients from diagnosis through to follow up care and lifestyle advice. The nurse-led service sees patients with angina being diagnosed and treated before receiving a further assessment where they are referred to the hospital's cardiac rehabilitation exercise class.

Andrew, from Motherwell, said: "A few years ago, I had been feeling a bit breathless and felt some tightness in my chest. My father had coronary heart disease and died in his forties. Being in my late fifties, I decided I needed to do something, so I made an appointment with my GP."

Andrew was referred to the rapid access chest pain clinic at Wishaw General Hospital.

"I was diagnosed with angina and put on medication. The nurse suggested that I attend an eight-week cardio rehab class in the hospital's physiotherapy department."

After the eight-week exercise programme, patients who are able are invited to attend a similar 10-session course at their local gym.

This course is facilitated by trained staff.

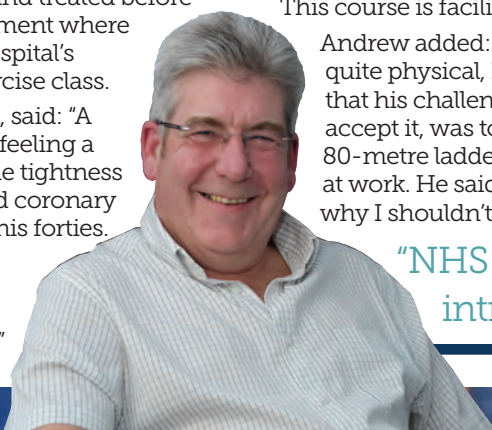
Andrew added: "Because my job is quite physical, I said to the instructor that his challenge, if he chose to accept it, was to get me to climb an 80-metre ladder in the wind turbines at work. He said there was no reason why I shouldn't be able to do that."

Ann Marie Blaney, chest pain nurse specialist, said: "Patients who are diagnosed with angina are reviewed at the nurse led clinic. When a patient's condition is stable, we offer them a place on our eight-week exercise clinic. The classes are tailored to each patient's needs and can be either high intensity or low intensity."

"NHS Lanarkshire is one of the first health boards to introduce this type of service for angina patients. After a diagnosis, each patient is reviewed again before being referred to the exercise and education programme."

"We see their health improving and they see the difference. Hopefully they keep it up and change their lifestyle for the better."

"NHS Lanarkshire is one of the first health boards to introduce this type of service for angina patients."



Labels for less - £150 on offer!

WE HAVE teamed up with NHS Staff Benefits and GetTheLabel.com to offer one lucky reader a £150 gift voucher to spend on the online store.

GetTheLabel.com is an online clothing and footwear retailer. They help customers to save money on popular labels and big brand names.

GetTheLabel.com offer shoppers iconic brands with unbelievable discounts.

With over 6,000 items online and up to 75% off, GetTheLabel.com has it all, from sportswear to fashion for all occasions.

The website has items from brands including Nike, Adidas, Timberland and Lipsy.

All Pulse readers are also entitled to a 10% discount. To find out more, visit: www.nhsstaffbenefits.co.uk.

How to enter

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

How much discount do Pulse readers get at GetTheLabel.com?

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 your answer to Alison.mccutcheon@lanarkshire.scot.nhs.uk with 'GetTheLabel' in the subject line.

The deadline for entries is Friday 2 October 2015.

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 areas.

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

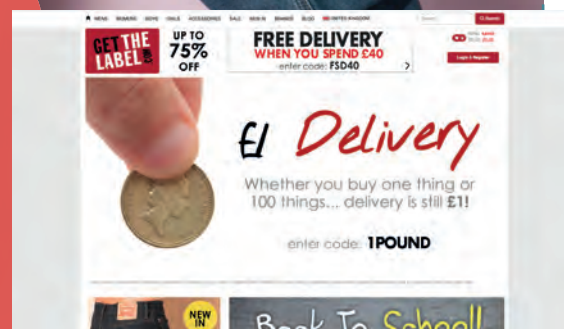
Last months winner!

In the last competition, senior healthcare support worker **Fiona Lovatt** and Smoking Cessation Nurse Specialist **Lesley Allan** both won a great day out with Escape Glasgow.

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

The challenge will see Fiona and Lesley being locked up in a mysterious room, with exactly 60 minutes to get out.

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





Saying goodbye to Elaine Allison



Josie Davidson retires after 41 years



Wishing Elspeth Moffat well as she retires



43 years! Enjoy your retirement Martha

SO LONG & ENJOY YOUR WELL-DESERVED RETIREMENT

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

Treatment room nurse **Anne Bartie**, Strathaven Health Centre, 18 years.

Congratulations go to **Elaine Allison**, health visitor at Alison Lea Medical Centre, East Kilbride who retired in May after 36 years service.

Elspeth Moffat, administration assistant, Property and Support Service Division (PSSD), Law House, 32 years.

Janette Tiernan, secretary, diabetic service, Monklands Hospital, 38 years.

After 41 years service, advanced specialist midwife risk manager **Josie Davidson**,

Wishaw General Hospital maternity unit

After a remarkable 43 years, **Martha McMaster**, deputy charge nurse, emergency room, Wishaw General Hospital.

Unison representative and Branch secretary **Mary Samson**, human resources department, Law House, 22 years.



Anne Bartie's retiring after 18 years



Farewell Mary - enjoy your retirement



Where did those 38 years go? Everyone wishes Janette Tiernan a happy retirement

STAFF SURVEY NOW OPEN - HAVE YOUR SAY

WHEN ASKED, 36% of NHS Lanarkshire staff said they had experienced emotional/verbal abuse from patients/service users or other members of the public. What about you?

The national staff survey runs until 21 September. Fill in the survey to let us know what you think about working for NHS Lanarkshire and have the chance to win an iPad mini courtesy of Lets Connect Home Computing Scheme.

Questions cover a range of key staff issues such as verbal and physical abuse, bullying, discrimination, equality, communication with your manager and safety.

Lilian Macer, employee director, NHS Lanarkshire, said: "The staff survey is a great opportunity for staff to share their experiences of working in NHS Lanarkshire in a way that can drive improvements. We want to ensure NHS Lanarkshire is the best possible employer and the survey is an important tool for identifying the key issues for staff and prioritising positive actions.

"To do that effectively, we need as many staff as possible to complete the survey so it gives an accurate picture."

The survey is anonymous. Your responses are confidential and will not be accessible by NHS Lanarkshire.

Everyone should have received an email with a password to allow them to access and complete the survey. If you have still not received this, contact geraldine.reilly@lanarkshire.scot.nhs.uk.

36% of NHS Lanarkshire staff said they had experienced emotional/verbal abuse from patients/service users or other members of the public. What about you?



Paper copies of the survey will be made available for anyone who does not have access to email. If you would prefer to complete the survey over the telephone, you can call FREEPHONE 0800 587 3115, Monday to Friday between 08:30 and 17:00.

Once you have completed the survey, let us know by leaving a comment on the staff survey story on Pulse online: www.thepulse.scot.nhs.uk/staffsurvey2015. All members of staff who comment will be entered into a prize draw with the chance to win an iPad mini courtesy of Lets Connect Home Computing Scheme.

It's a mugs game...

Do you have a colleague who has gone the extra mile to help you out? Do they deserve some recognition?

You can now say thanks by nominating your colleague to win one of our 'golden mugs'.

In each edition of The Pulse, we will award a mug to one member of staff who represents 'team spirit'.

To nominate your colleague, email The Pulse with your colleague's name, location of work and the reason why you are nominating them.

Nominations for the next edition should be sent to Fiona.o'dowd@lanarkshire.scot.nhs.uk, no later than Friday 2 October 2015.



Have you ever wished that the work your colleague does could be recognised in some way?

NHS Lanarkshire has made that wish come true by launching our own Staff Awards. They launch on 1 December when staff, patients and visitors will nominate staff and volunteers across the organisation for the care that they provide. Susan Dunne, head of organisational development, said: "We have a lot of hard working staff throughout Lanarkshire, who provide an exceptional standard of care and services to their patients and colleagues on a daily basis. The Staff Awards is an excellent opportunity to recognise our dedicated staff and volunteers.

"The award categories pay special attention to those who are unsung heroes, those who go the extra mile to deliver outstanding services and those who provide exceptional person centred care."

She added that the awards also recognise teams or individuals who are innovative and those who continuously improve services.

"And there's also a category to recognise volunteers who excel in their commitment to support the health and care needs of the people of Lanarkshire," Susan concluded.

The award categories are:

- Outstanding individual
- Outstanding team
- Outstanding care
- Outstanding volunteer
- Innovation in practice
- Service improvement

Nominations can be completed online at www.nhslanarkshire.org.uk, by telephone on 01698 377790 or by post.

Freepost nomination forms will be distributed to sites across the NHS Lanarkshire area.