

Good food guide

Grub's up and it's going down well. Find out more P2-3

Jolly good fellow

Biomedical scientist Allan receives top award for his cell expertise P11

We're in the game

Our stroke care team's board game is improving patient care across Scotland P14



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January / February 2016

thepulse



SENDING THE RIGHT MESSAGES

Charter mark recognises our caring service - p17

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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 29 January.

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.

QUALITY MEALS PROMPT GREAT FEEDBACK

We're keen to make sure that everyone staying in our hospitals has access to good meals. We've been working hard to provide the best quality and taste and getting feedback from those who are being served them on the wards, as well as family members and visitors. Find out how we got on...

There was lots of positive feedback about the meals served on the wards at Hairmyres Hospital at a tasting session for outpatients, visitors and staff.

A mouth-watering selection of the hot and cold food served as lunches and evening meals was available to sample, including gluten-free options.

Sisters Laura White and Mae Plummer, both from East Kilbride, enjoyed an omelette and some sausages and were not surprised by the quality of the inpatient meals.

Laura said; "My husband John was treated here for a heart



attack just recently. He was in for eight days and said the food on the ward was marvellous and he enjoyed every meal he had."

Mae added: "And he's a fussy eater!"



Graeme Sheed, from East Kilbride, was visiting as an outpatient when he was drawn by the tempting aroma wafting through the main atrium.

He said: "The food looks really

nice and the pasta I tried was excellent. I would eat that at home – it's just as good as the pasta you'd get in one of the Italian restaurants in the town centre."

Friends Vivian Bryson and Peggy Shaw, both from Hamilton, praised the freshness of the salad. Vivian enjoyed a pasta dish while Peggy gave the thumbs up to the ravioli.

Susan Friel, chief of nursing services and nutrition lead for Hairmyres Hospital, said: "It is very encouraging to hear so much positive feedback from the visitors who tried our inpatient menu."

"We're extremely proud of the food we provide for our patients and continually work with our service providers, dietitians and patient representatives to monitor nutritional standards, quality and patient satisfaction."

Taste and try reveals satisfaction with menus

Hospital food has had a bad image in the past and that misconception was evident in a survey to check how patients, visitors and staff viewed the menu before and after tasting.

The results showed the perception of the dishes on offer at Hairmyres Hospital greatly improved after the tasting event. Ravioli, pasta bake, beef burger and apple pie with custard were particularly popular among those who tested the meals.

The survey results

There were 41 questionnaires completed with the clear majority giving positive feedback:

- Five patients took the survey. They gave the food an average score of 3.2 out of 5 before tasting, but this rose to 4.6 after, with three of them giving top marks.
- There were 17 surveys by visitors, who gave an average of 2.9 before getting a flavour of the menu. This went up to 4.7, with 13 giving 5 out of 5.
- Tasting sessions take place regularly at the acute hospitals to give people the chance to comment on the inpatient menu.



Older users go digital in Motherwell

A new generation of silver surfers are riding on the crest of a digital wave in and around the Motherwell area – thanks to an innovative community project.

From June 2014 to June 2015, around 150 older people took part in a six-week tutored programme learning to use tablets, iPhones and other digital devices.

Now the digital inclusion project has inspired a real ripple effect of activity – with many of the participants staying online, signing up for additional learning or joining – and even establishing – other related community activities.



"This initiative really has sparked a digital revolution at local level," explained Peter McNally of North Lanarkshire Council's Community Learning and Development team, who led the project in conjunction with North Lanarkshire Carers Together.



Councillor Jim Smith, Chair of North Lanarkshire Joint Integration Board, Janice Hewitt, Chief Accountable Officer and Dr Avril Osborne, Vice Chair North Lanarkshire Joint Integration Board

Setting out the vision for integration

Health and Social Care Integration in North Lanarkshire is in the national spotlight this month following the publication of a blog by Janice Hewitt, chief accountable officer. Writing for The Scottish Government's Chief Officer's Spotlight, Janice reflects on her – and the Joint Integration Board's – integration journey so far.

Janice looks ahead to the formal implementation of integration and what that will mean.

Crucially, she sets out the vision for integration in North Lanarkshire, which is:

- Citizens of North Lanarkshire will achieve their full potential through:
- Living safe, healthy and independent lives in their communities
- Receiving the information, advice, support or care they need, at the right time, every time, efficiently and effectively.

You can read the national blog here <http://goo.gl/1MgdG> or visit Pulse Online.

We will feature a link to a blog by Harry Stevenson, chief officer of South Lanarkshire Health and Social Care Partnership, on Pulse Online.

"Participants learned how to use internet, email, Skype, research family history and visit music sites. They learned new skills, gained new knowledge and got in touch with friends and family via these digital platforms."

The original programme was set up through the nationwide Reshaping Care for Older People. The ethos of multi-agency collaboration is now being extended to the entire adult population as health and social care integrate. The third sector, independent sector and unpaid carers remain key partners.

In this Service Delivery spread The Pulse hears from some of our executive team members on the progress and successes we've had over the past year...

HITTING OUR CARE TARGETS

Top of the league is our aim

Chief Executive Calum Campbell has the first year in charge of the third largest health board in Scotland under his belt.

Working with his team of directors, the former nurse, health visitor and professional footballer, wants to make sure NHS Lanarkshire 'hits the target' and 'tops the league' as the best performing health board in Scotland.

Calum said: "I joined NHS Lanarkshire at the start of 2015 along with Heather Knox and Irene Barkby. This mix of new and established executive directors meant we had a great combination of leaders, with a wealth of experience, come together to improve the health and wellbeing of the people in Lanarkshire.

"I was immediately struck by the positive attitudes of the clinicians. It was clear that they are dedicated to delivering exceptional care and what's more they are open to change to help ensure even better outcomes for patients.

"2015 was a busy year and I would like to thank all staff for their hard work and continued excellent performance in key areas and significant improvements in others."

Calum and his team will be not taking his eyes off the ball as we move into 2016 and beyond.



Calum Campbell: thanks to all staff

Calum said. "Work is underway to develop a new healthcare strategy which will describe new models of care to reflect our integrated approach to health and social care provision.

"It is vital to the success of the strategy that our staff and stakeholders are fully engaged with the process and welcome the continued involvement of the Scottish Health Council.

"As we enter 2016, we can't avoid the fact that we will be expected to continue to deliver high-quality services during what will be a challenging time financially."

Patient safety successes celebrated

NHS Lanarkshire is consistently outperforming both the national average and national target for psychological therapies waiting times.

There has also been an improvement compared with 2014 in our overall

unscheduled care waiting times.

When it comes to planned care, NHS Lanarkshire is one of the best performing boards in Scotland and patients with cancer are seen faster than almost anywhere else in the country.

In 2015 interim arrangements were introduced in the Out Of Hours service. As a result, performance in seeing patients on time has improved significantly.

Also, in the community, three new health facilities,

with an investment of over £43million, opened in East Kilbride, Kilsyth and Wishaw. At Monklands Hospital the £22 million Lanarkshire Beatson radiotherapy centre opened and work began to build a new intensive care unit.

"As we enter 2016, we can't avoid the fact that we will be expected to continue to deliver high-quality services during what will be a challenging time financially."

Patient safety successes celebrated

NHS Lanarkshire has held its fifth patient safety learning session and has celebrated the successes that have been made to date.

The learning sessions have taken place as a major part of the organisation's patient safety prioritised plan and reducing harm collaborative.

The Board's vision aims to ensure that NHS Lanarkshire is the safest health and care system in Scotland. Jane Murkin, head of patient safety and improvement, said: "Since the launch of the patient safety collaborative, we have seen some major improvements in the safety of the care that we provide and pilot teams are doing fantastic work testing and implementing changes recognised to improve patient safety.

"For example, one work stream has seen a number of new changes being tested and implemented to reduce cardiac arrests.

"By identifying subtle changes in a patient's condition and responding to them as they happen, you can often prevent a major deterioration from happening.

"We have introduced new ways to recognise a deteriorating patient and have ensured that all staff check every patient in the same way.

"We are also progressing work to reduce catheter associated infections by 30%.

"We have developed a criteria for catheter insertion, which has seen an overall reduction in the number of patients who have had a catheter inserted."

Each of these successes is based on strong team working, where staff have reliably tested, implemented and measured the changes that they have put in place.

Calum Campbell, chief executive, said: "I am delighted that so many members of staff have shown a strong commitment to making patient safety our highest priority.

"In order to transform the care that we deliver, we need to continue to radically redesign our care processes.

"I would like to challenge more staff to think outside the box and explore new ways that they can continually improve the level of care that they provide to our patients."

For further information about the patient safety collaborative, email Jane Murkin at jane.murkin@lanarkshire.scot.nhs.uk.



HEALTHCARE STRATEGY FOCUS

After arriving at NHS Lanarkshire, director of acute services Heather Knox set about improving A&E waiting times by focusing much of her time for the first two months at Hairmyres Hospital.

She said: "We've made very good progress at Hairmyres and can show a real improvement. Monklands Hospital has improved as well and site director Andrea Fyfe has driven that. We still have work to do at Wishaw General."

During the last six months NHS Lanarkshire's new healthcare strategy has been one of the main pieces of work.

Heather said: "I'm heading two streams – orthopaedics and planned and unplanned care. We've been doing detailed data analysis with each of the specialities and



Heather Knox

projecting the number and location of beds that we'll need over the next decade.

"We're also encouraging the site triumvirate teams to focus on patient safety."

"They need to make sure they can measure and deliver on the 'four harms' – cardiac arrests, falls with harm, pressure ulcers and catheter-associated urinary tract infections – as well as on our 10 essentials for patient safety."

RENEWED PRIDE IN OUR VALUES

Irene Barkby, director of nursing, midwifery and allied health professionals (NMAHP), is another of the senior managers who has joined NHS Lanarkshire within the past 12 months.

Irene said: "I look back at the past year with appreciation and pride.

"The enthusiasm demonstrated towards being more 'outcome-focused' has been extremely encouraging and has made this job much easier than it might otherwise have been."

Irene added that there is a "significant appetite" for a renewed focus on our organisation's values of quality, fairness, respect and working together. This has led to many achievements at an individual, team, department and site/locality level, all of which would make any leader "justifiably proud" to be part of such teams.

"Looking forward, I will be working with others



Irene Barkby

to 'refine processes' within NHS Lanarkshire, enhancing the level of joined-up working and ensuring delivery of safe, effective and person-centred care, while embedding new reporting and governance structures associated with the health and social care partnerships.

"Through this, I believe, a more empowered workforce will be better able to provide assurances about the standards of care and services being delivered."

Heading into 2016 with health goals at the ready

As a health promoting health service, NHS Lanarkshire aims to encourage everyone to make positive health choices. Find out how NHS Lanarkshire can support your healthy choice in 2016 through initiatives like Healthy Working Lives.

A poll in January 2015 found that the top five resolutions people made at the start of last year were:

1. get fitter and healthier
2. drink less alcohol
3. lose weight
4. get out of debt
5. stop smoking.

Chances are the resolutions people make for

2016 will be broadly similar. Given that Lanarkshire has alcohol and smoking rates higher than the Scottish average, the country is faced with an obesity epidemic

and personal debt is growing during tough economic times, they remain good choices.

Health improvement manager Gabe Docherty, explained: "The fact that people continue to make these sorts of resolutions is encouraging as it shows they're well aware of the health benefits that come from altering or modifying your lifestyle."

"Most, if not all of us, could probably benefit from tackling at least one of these five and ask ourselves, 'is this something I should embrace?'"

Why not consider one of these options. As a health promoting organisation, NHS Lanarkshire can also help.

Gabe Docherty



Asks staff to consider their health when making a new year resolution.

Getting more active can involve going to an exercise class or playing with the children.



Take the first steps to stopping smoking with specialist help

If you smoke, the one thing you could do to massively improve your overall quality of life would be to quit.

While smoking continues to decline in Lanarkshire, the number of those who prematurely die from smoking remains among the highest in Scotland.

Shirley Mitchell, right, NHS Lanarkshire stop smoking service manager, said: "The start of a new year is a common time for folk to vow to give up smoking."

"Given that the vast majority of smokers regret starting, it's hardly surprising. If this is you,



I'd appeal to you to contact our service as we have specialist stop smoking nurses who can help and support you. No one says it'll be easy, but at least take the first step and make contact with us."

To find out more about stop smoking visit: <http://firstport2/staff-support/stop-smoking-service/default.aspx>

Why not sign the Get Active Lanarkshire (GAL) pledge?

Over 40,000 Lanarkshire residents have already done so committing themselves to increase their physical activity.

Lesley Mackay, GAL project coordinator said: "Signing the pledge at the start of the year is a great way to motivate yourself. You don't have to commit to run a marathon, it can be as simple as walking the dog further,

getting off the bus a few stops earlier or using your bike once a week.

"The benefits of increasing your physical activity are well documented from getting better sleep to looking and feeling better."

To find out more about GAL visit: getactivelanarkshire.co.uk/

Beware of the harms of too much alcohol



Average alcohol consumption in Lanarkshire is the second highest in Scotland with around 23 per cent exceeding the recommended weekly limit.

If you're a man who has more than four units a day – two pints of normal strength beer – or a woman who has over three units – about a standard glass of wine – then you're part of this group.

Eleanor McDermott from the Lanarkshire Alcohol and Drug

Partnership said: "There is still evidence that many people underestimate the effects of their alcohol use, and the potential harm that they might do."

"People often think a couple of glasses a wine over dinner is acceptable. But, these days, those two glasses of wine will often be larger measures than in the past, and could easily add up to half a bottle."

"Half a bottle of standard (12 per cent) wine is around 4.5 units. Drink that

on four or five nights a week and it takes women well over the weekly recommended drinking levels, and takes men to the top end of the recommended level."

It's also important to have at least three alcohol free days a week. If this is something you are failing to achieve, you need to look at your alcohol habits immediately.

For more on alcohol awareness visit: www.nhslanarkshire.org.uk/HealthyLiving/alcohol



Making healthier life choices

Helping patients to live healthier lives is something we can all do. Here's a round-up of some of the initiatives in NHS Lanarkshire that're encouraging everyone to take some exercise or make healthier life choices.

It's estimated that over 60 per cent of Lanarkshire adults are overweight or obese. Weigh to Go (WtG), an NHS programme which combines exercise, dietary advice and support, is aiming to reduce this.

Those taking part learn about

diet and behaviour change and increased physical activity in a detailed 10-week education programme led by a specialist dietitian. While aimed at the wider community, NHS Lanarkshire workplace programmes supported by Healthy Working Lives, have proven to be very popular.

Dietitian manager Maureen Lees, who oversees WtG in Lanarkshire, said: "For those who want to get themselves to a healthy weight, WtG is a terrific programme as it explains

how a variety of steps help you achieve and maintain this.

"You can start WtG at any time of the year, but if you've resolved to achieve a healthy weight in 2016, we'd love to hear from you."

To find out more about WtG visit: <http://www.nhslanarkshire.org.uk/HealthyLiving/weigh-to-go/Pages/default.aspx>

To find out more about healthy eating, visit: eatbetterfeelbetter.co.uk

Kilsyth CHC - Fast Facts

January 2014 - construction work started.

27 April 2015 - the new Kilsyth Community Health Centre opened to patients and the public.

97 staff - many of whom transferred from the old Kilsyth Health Centre.

Kilsyth Dental Partnership transferred from premises in Main Street, physiotherapy from Kilsyth Victoria Memorial Cottage Hospital and psychological services from Monklands Hospital.

£7.8 million - the final cost of the 2,157 square metre centre.

The facility brings together a range of primary care and other community-based services under one roof.

Kilsyth Medical Partnership GP Practice; psychological therapies; podiatry; physiotherapy; speech and language therapy; public dental service, the Kilsyth dental partnership - an independent GDP; long-term conditions nursing and public health nursing.



Kilsyth official opening: (l-r) Janice Hewitt, Neena Mahal, Calum Campbell and Colin Sloey, NHS Lanarkshire executive director for strategic planning and development.

AND THAT MAKES THREE...

"Our aim is to provide the right support at the right time in the right place and this fantastic facility is part of a raft of resources that is ideally equipped to help us achieve this."

Kilsyth CHC opens to complete our trio of new

The new Kilsyth Community Health Centre was officially opened on 24 November by the Minister for Sport, Health Improvement and Mental Health, Jamie Hepburn MSP. The Minister was joined by NHS Lanarkshire chair Neena Mahal. The centre is part of a £43million partnership between NHS Lanarkshire and hub South West Scotland Limited which has delivered three new centres

in Lanarkshire, the others being the new Houldsworth Centre in Wishaw and Hunter Community Health Centre in East Kilbride.

Jamie Hepburn said: "The new Kilsyth Community Health Centre marks the culmination of a lot of hard work by the project team to bring this excellent new facility to the local community. It'll bring together a host of services under one roof

leading to more joined-up and seamless primary care services."

Neena Mahal said: "I would like to thank everyone who contributed to bringing this centre to fruition, including all our partners such as hub South West Scotland Limited, Graham Construction and members of the public who were involved in the design process.

"However, the resource which

centres finished in 2015

best compliments it is the skill, care and commitment of the staff who allow us to get the best out of any new facility and provide better health care for local people."

Chief executive Calum Campbell added: "As modern health care evolves to enable the delivery of health and social care services in community settings, this new state-of-the-art facility will allow our health care staff to enhance

the first class care they already provide to the people of Kilsyth."

Janice Hewitt, chief accountable officer for the North Lanarkshire Health and Social Care Partnership, said: "Our aim is to provide the right support at the right time in the right place and this fantastic facility is part of a raft of resources that is ideally equipped to help us achieve this."

Let's talk about a healthier Scotland

The Scottish Government is inviting you to have your say on what a healthier Scotland should look like in the next 10-15 years and the steps that could be taken to make this vision a reality.

The national conversation gives you the opportunity to have your voice heard on what matters to you when thinking about your health and wellbeing and how we can make changes to improve Scotland's future.

Opportunities to discuss and submit views on the national conversation should be taken at any pre-planned events or meetings. In Lanarkshire this is important as we are in the process of developing a healthcare strategy for Lanarkshire and strategic commissioning plans with the newly-formed health and social care partnerships.

More information and details on how to submit views to the national conversation are available on FirstPort.

A new chapter in Lanarkshire health

Work is continuing on the development of a new healthcare strategy for Lanarkshire which will describe new models of care to help deliver improved outcomes for patients and carers.

Being described by chief executive Calum Campbell as "one book with three chapters" the healthcare strategy will reflect the integrated approach to health and social care and will incorporate both the North and South Commissioning Plans. This focussed approach on planning aims to achieve improvements in health and social care services over the next 10 years and beyond.

Explaining the need for the strategy, Calum Campbell said: "The needs of our population are changing rapidly and we need to plan and deliver the best possible

solutions to provide the best health outcomes. This means planning how we can use the available workforce, resources and technology to deliver safe, effective and efficient services that can be sustained and improved in the long term.

"The development of the strategy is being taken forward through 14 workstreams. Each workstream is undertaking a significant amount of clinical engagement to ensure we are all working together to shape services so that they are fit for the future. The aim is to develop outline models of care which will be subject to wider engagement in the summer.

Further information on the workstreams is available on Firstport <http://firstport2/resources/programmes-projects/healthcare-strategy/default.aspx>

Public Health Annual Report

The latest NHS Lanarkshire Annual Report of the Director of Public Health has now been published.

The report, which covers the 2014/15 period, provides an overview of the health of the population of Lanarkshire and what is being done to protect and improve it.

The report also notes the work being carried out to reduce health inequalities, highlights welfare rights services and what is being done to help those in food poverty in Lanarkshire.

The Annual Report of the Director of Public Health 2014/15 can be found at www.nhslanarkshire.org.uk.

MAKE YOUR NOMINATIONS FOR AWARDS NOW!



We value excellence: Calum Campbell, Neena Mahal and Susan Dunne at the launch of the scheme

HEALTHCARE staff from across Lanarkshire are to be recognised for the inspirational work that they do, in a new awards programme. Patients, visitors and staff are being given the opportunity to nominate staff and volunteers from across the organisation for the care that they provide.

The nomination period will run until 31 January 2016, with the winners being announced in a ceremony on 18 May 2016.

The nomination period will run until 31 January 2016

Calum Campbell, chief executive, said: "We have a lot of hard working and dedicated staff throughout Lanarkshire, who provide an exceptional standard of care to patients on a daily basis. "NHS staff are often present at some of the most challenging events in a person's life and the care that they give in these times can make a lasting impression on a patient, their family and carers. We often hear from members of the public who are looking for a way to recognise staff who have given them a positive health care experience.

"The Staff Awards is an excellent opportunity for us all to appropriately acknowledge and recognise our dedicated staff and volunteers. "The 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.

"The awards also recognise teams and individuals who are innovative in addition to those who continuously improve services. There is also a category to recognise volunteers who excel in their commitment to support the health and care needs of the people of Lanarkshire."

Volunteers who work in NHS Lanarkshire and any NHS Lanarkshire employed staff including domestic staff, administration staff, nurses, midwives, allied health professionals, doctors and consultants are eligible for nomination.

The award categories are:

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

A dedicated website can be accessed via www.nhslanarkshire.org.uk. Nominations can also be made by telephone by calling 01698 377790. Nomination forms will also be distributed to sites across the NHS Lanarkshire area. These forms can be returned in the freepost envelope attached to the form.



Allan Wilson with Dr Suzy Lishman

Allan earns fellowship

NHS Lanarkshire biomedical scientist Allan Wilson has received the Royal College of Pathologists' highest honour. Allan, lead biomedical scientist in the pathology laboratory at Monklands Hospital has been made an honorary fellow of the college, joining a list of distinguished names that includes Nobel Prize winners. Allan, 56, from Cumbernauld, is only the second biomedical scientist in the UK to receive the accolade. He earned the recognition for his national work relating to cytology - the medical and scientific study of cells.

He said: "I'm delighted and honoured to have become an honorary fellow. I'm very proud to receive such recognition because it is a rare honour. It used to be dominated by medical professionals but the college is now giving the accolade to non-medical staff. "I feel this honour also recognises the advanced role of biomedical scientists in cytology."

Allan, who has been with NHS Lanarkshire for 27 years, previously worked at Glasgow Royal Infirmary, Edinburgh Royal Infirmary and had a spell in New Zealand. He is president of the British Association for Cytopathology.

Royal College president Dr Suzy Lishman welcomed the decision to recognise Allan's work. She said: "This is the highest honour the college bestows. Our honorary fellows comprise several Nobel Prize winners and others of great distinction and eminence. I congratulate Allan on achieving this recognition."



Our Jackie wins national support award

Jackie Tudhope scooped the Support Worker Award at this year's Scottish Annual Health Awards.

Jackie, who is a nursing assistant in the emergency care unit at Wishaw General Hospital, said: "I am absolutely delighted. I got into nursing by being a domestic and the charge nurse said to me, 'Do you not think you should go in for the auxiliary nurse position?."

"I originally said no but went for it in the end and here I am 20 years later."

Jackie assists patients with meals and also takes in home baking as a treat for those with no visitors. Her caring nature brings so much more to patients, many of whom have benefited from Jackie's hairdressing skills.

Tom Delaney, senior charge nurse, said: "Jackie conducts herself in a polite, professional and courteous manner at all times.

"She always has a smile on her face which rubs off on others and puts patients at ease." Jackie added: "Making a difference to patients makes you feel really good, if they are happy then I am happy."

Eight nominees from NHS Lanarkshire were shortlisted as finalists at the awards.

• The respiratory nurse team for Care for Long-Term Illness.

- Sinead Kelly, staff nurse at Wishaw General Hospital for Quality Champion of the Year.
- Surinder Singh, porter at Hairmyres Hospital for Unsung Hero.
- Jane Miller, highly specialist paediatric physiotherapist for Therapist award.
- Gillian Corbett, chief nurse at Wishaw General Hospital, for Leading and Managing for Quality.
- Roger Levie, dentist, for Dentist award.
- Andrew Pender, senior nurse at Wishaw General Hospital, for the Nurse award.



Jackie celebrates her win with colleagues

Symposium a success

The 2015 Lanarkshire Symposium for Mental Health and Learning Disabilities was held on 6 November.

As always, it attracted a wide range of health professionals. Minister for Sport, Health Improvement and Mental Health Jamie Hepburn MSP, opened the event. The 150 delegates heard consultant psychiatrist and clinical director for Adult Mental Health Dr Khalid

Nawab, say: "Once again we had a very impressive line-up of speakers who covered a wide range of topics. "This included mental health manifestations in autistic spectrum disorder, ADHD in adults, criminal justice system and people with mental health problems, mental health in Scotland, Scottish Government policy, strategy and delivery, physical health in mental health and psychopathology

and the clinical story. "All the presentations were excellent and everyone found the event informative and delegates had an opportunity to network and share their knowledge. I would like to thank Neena Mahal for her closing remarks and Calum Campbell, Dr Iain Wallace, Dr Gregor Smith and Professor Arturo Langa for their very valued contributions."

SCREENING KIT SAVED MY LIFE

Bob had surgery and has found new energy since op

A GRANDFATHER has thanked NHS Lanarkshire staff after a bowel cancer screening test helped him beat the disease.

Bob White has now had successful treatment and is backing NHS Lanarkshire's drive to ensure everyone uses their bowel screening kit.

Bob, from Kirkmuirhill, said: "I didn't have any symptoms but the test identified that I had bowel cancer. It was vitally important that I used it because it caught the disease early. If I'd decided not to bother to test myself this year and just put it off, the cancer could have had a chance to spread beyond my bowel."

Grandfather-of-two Bob, 75, who was diagnosed in April, added: "I've always made a point of using my screening test even though I didn't think anything was wrong."

"When it came back positive I was sent a second kit to double-check then I went for a hospital examination to confirm it was cancer. The

diagnosis came out of the blue but I was put at my ease by the professionalism of the consultant and the other medical staff. It meant I was confident in their hands and knew it was a treatable condition."

Bob had an operation at Wishaw General Hospital in July.

He said: "The nursing staff were so good during my recovery and I was very impressed by NHS Lanarkshire throughout my treatment."

"I'd been lacking energy before the diagnosis but I'd just put that down to old age. Since my operation I've had much more get-up-and-go and I'm back to enjoying energetic things like canoeing and going for long walks."

"I'm now a real supporter of taking the bowel cancer screening test and have been telling everyone I know in the right age group that they should be using theirs. The kit is very simple to use but it's proved to be a potential life-saver for me."

Champions help raise bowel cancer awareness in Airdrie

NHS Lanarkshire ran a special bowel screening awareness drive around Airdrie in November.

Initiatives to encourage locals to use their home bowel screening tests included events in Airdrie town centre, at the local health centre and at Monklands Hospital, supported by NHS Lanarkshire's bowel screening champions.

Accompanied by health improvement practitioner Wendy Kennedy, the champions - who have all had a previous diagnosis of bowel cancer - handed out leaflets and spoke to people about their own experiences.

Dr Jennifer Darnborough, NHS Lanarkshire consultant in



Champions: sharing their stories

public health, said: "The bowel screening test is sent to everyone aged between 50 and 74 and it can be a life-saver."

"The take-up of the tests is still too low - just over 52 per cent in Lanarkshire compared to the Scottish average of

nearly 58 per cent.

"Airdrie is one of the areas of lowest uptake. This week of intensive promotion helped us ensure as many people as possible in Airdrie are aware of the signs to look out for when it comes to bowel cancer and the importance of taking the test. Hopefully, it will lead to an increase in knowledge about bowel cancer and more people using their kits."

"Bowel cancer is Scotland's third most common cancer, and over 400 are picked up every year in Lanarkshire. The good news is that, if it's found early - by screening, even before any symptoms are there - nine out of 10 people will beat it."

Social media aims to reach wider audience

#GETCHECKED aims to encourage more people to visit the doctor earlier with potential signs or symptoms to increase the number of bowel cancers and other forms of the disease that are detected at the earliest stage.

The social media campaign is challenging the public to take a selfie with a checked item.

It is part of the Scottish Government's £39m Detect Cancer Early programme and the wee c initiative, which focuses on reducing fear around cancer.



"The kit is very simple to use but it's proved to be a potential life-saver for me."

Bob White

Op success news was "fantastic", says Phyllis

PHYLLIS Weir is one of the NHS Lanarkshire bowel screening champions who urged people in the Airdrie area to use their bowel cancer screening kits.

The test helped her to beat the disease and, since her successful treatment two years ago, 63-year-old Phyllis appreciates, more than ever, spending time with husband Tom and watching grand-daughters Teri, 10, and eight-year-old Abi growing up.

Phyllis, from Lanark, was diagnosed with bowel cancer in November 2013 after a home screening test.



Phyllis enjoying family life

"Following surgery I was clear of cancer," she said.

"I still remember that day like it was yesterday. To get the news that the operation was successful was just fantastic. I had six months of chemotherapy, which was recommended as a precaution for the future."

"Thankfully, I did the test when I did. It could save your life and I would recommend anyone who receives the test just to do it. I've even had a few friends who normally wouldn't do the test send it off as they know that if my cancer was not picked up in time, I possibly wouldn't be here."

"I supported the awareness-raising week in Airdrie and was at the event at Monklands Hospital."

Regular checks are essential

DR JENNIFER Darnborough said: "Screening is vital but it's also important to check yourself regularly, keep any eye out for any changes that you notice and if in any doubt pop along to see your GP to set your mind at rest."

Bowel Screening kits are sent to everyone aged between 50 and 74. People aged 75 and over are not automatically sent one but can request a kit free from the Bowel Screening Helpline on 0800 0121 833.

It's 'game on' to aid stroke knowledge

Learning more about stroke patients is the name of the game, thanks to a novel idea developed by NHS Lanarkshire stroke services and Chest Heart & Stroke Scotland (CHSS).

They've invented a new educational board game in partnership with Glasgow-based Focus Games.

Around 100 copies of the Stroke Game have now been given to stroke centres in Scotland. It helps frontline staff develop a better understanding of how patients with stroke are managed at the four key stages of the care pathway – emergency, acute, rehabilitation and community. The game is a clever group learning tool for between four and 12 players, built around real scenarios and best practice. It's easy to play and delivers a highly effective learning experience based on the stroke pathway.

Through a medical

educational grant, the Association of the British Pharmaceutical Industry (ABPI) has funded the distribution of the game.

It was officially launched at the Scottish Stroke Nurses Forum annual conference in September.

NHS Lanarkshire stroke nurse consultant Campbell Chalmers, chair of the Scottish Stroke Nurses Forum, said: "The Stroke Game allows multi-disciplinary teams to share and learn together, aiding communication and team work. We're extremely grateful to the ABPI as the grant has enabled a game to go to every stroke service, stroke trainer and nursing university in Scotland."

The Stroke Game is suitable for any staff members, specialist or non-specialist, who care for patients with stroke. It has been designed to work in a wide range of settings including acute, community and social care.

Stroke team win award

NHS Lanarkshire and Chest Heart & Stroke Scotland (CHSS) scooped Self Management Partnership of the Year at the Self Management Awards, hosted by the Health and Social Care Alliance Scotland. Campbell Chalmers, NHS Lanarkshire stroke nurse consultant, said:

"Our nomination was in partnership with Margaret Somerville from CHSS for the range of self management initiatives we have undertaken together."

The audience, including MSPs and 170 guests, was addressed by Health Secretary Shona Robison.



Act FAST to reduce death and disability

Stroke is a medical emergency. Through swift action, patients can receive the early acute assessment and treatment – such as the use of a clot-busting drug (thrombolysis) – that can prevent further damage to the brain.

Early referral can also be made to the acute stroke unit, which is known to reduce death and disability.

The Stroke Managed Clinical Network held stroke awareness sessions to promote the key points:

Stroke? Early recognition using the FAST test

Facial weakness – can the person smile? Has their mouth or eye drooped?

Arm weakness – can the person raise both arms?

Speech problems – can the person speak clearly and understand what you say?

Time – to act urgently

When? Time of onset of symptoms

Contact the on-call stroke consultant for thrombolysis/stroke thrombolysis nurse via switchboard

Then arrange an urgent CT scan.

SUPPORTING PATIENTS TO RECOVER

Real improvements achieved

The use of person-centred, supportive self-management has made a significant difference in the recovery of people affected by stroke.

People who have had a stroke often lack confidence, fear another stroke and feel anxious and depressed. NHS Lanarkshire and CHSS recognised there was a need to do more to improve people's recovery by using self-management skills to help them build their confidence, give them back a sense of control and foster coping mechanisms.

This important approach has been made available by NHS Lanarkshire in partnership with Chest Heart & Stroke Scotland (CHSS).

Person-centred self-management support includes:

- Individual support – delivered via professionals or peer supporters who have received training in self-management approaches.
- Group support – the Stroke Lifestyle Management Programme offers recovery support for people who have had a stroke and are living with the long-term consequences. The course aims to build on participants' own recovery strategies, using discussions, safe and appropriate exercise and relaxation.
- Online support – selfhelp4stroke.org is a free self-management website for anyone who's had a stroke. It can help the user gain control of their life by helping to set goals and supporting them to achieve them.
- Peer support – a COSMIC (Champions of Self-Management in Care) network was set up to offer opportunities for people who've experienced stroke to volunteer to develop their ability and that



of others to self-manage and to promote self-management (cosmicresources.org.uk).

These approaches have had a significant impact and shown positive results. Over 200 people have taken part in the lifestyle group and an evaluation has shown statistically significant improvements in several areas including coping levels, self-efficacy, levels of anxiety, depression and stress, and self-perceived progress.

"I did something I'm proud of..."

What patients said about taking part in the Stroke Lifestyle Management Programme:

"I did something I'm proud of – I changed the duvet cover. I had to sit down and make a plan. It took an hour and a quarter."

"I have found a remarkable change in my outlook on my condition and have new confidence."

"It has helped me with my anger – and to look at life differently: to plan, to cope better, to pace myself and not to feel guilty."

'FANTASTIC' NEW LAB NOW OPEN

Two years of planning culminates with all pathology services now in one site

NHS Lanarkshire's new £2 million pathology laboratory has opened at Monklands Hospital.

The ambitious project was completed on time and on budget and over 70 staff have now moved in and begun work. The modern, spacious laboratory processes and analyses tissue samples from across Lanarkshire and replaces the old Monklands lab and the pathology service at Wishaw General Hospital.

Lead biomedical scientist for pathology Allan Wilson, who oversees the lab, said he was delighted with the airy and spacious new building, on a site previously occupied by corporate services.

Allan said: "The lab is fantastic and has outstripped even our highest expectations. It was two years in the planning, and involved a tremendous amount of input into the design from me and my colleagues who will be



working here.

"Building started in February and we're pleased it progressed so smoothly. We have some of the latest and best equipment."

There are 72 staff, including 14 consultant pathologists. The other members of the team are biomedical scientists and support and admin staff. The new building houses all histopathology (tissue examination) and cytopathology (cell examination) across NHS Lanarkshire, creating a single, modern pathology department

and concentrating services, knowledge and experience.

Director of access Judith Park, who is responsible for the management of NHS Lanarkshire's laboratory services, said: "Allan and his team deserve thanks for all they have done to help with this major transformation of our services.

"Also deserving of praise are our building contractors GRAHAM Construction, who have completed this project on time and to a very high standard."

The BBV and Sexual Health Promotion team is recognised for the service they give to LGBT patients



Charter mark sends positive message

A team of NHS Lanarkshire staff, who raise awareness of sexual health, have been awarded an LGBT (Lesbian, Gay, Bisexual and Transgender) charter mark. The Blood Borne Virus (BBV) and sexual health promotion team were presented with the award which recognises services that provide a quality service to LGBT people.

Carolyn Arthur, health improvement practitioner for NHS Lanarkshire, said: "I am delighted that we have been awarded with this charter mark. We believe that LGBT people should be given the best healthcare possible. The charter mark was given after LGBT Youth Scotland examined our practices including our policies, website and training that we carry out and deliver.

"They then gave us feedback to let us know how we can continually improve the service that we provide. The charter mark sends a message to all LGBT people using the BBV and sexual health services that we provide a welcoming atmosphere where all sectors of the community are treated fairly and with respect."

For further information about the LGBT charter mark, visit: www.lgbtyouth.org.uk.

Red ribbons & flags show AIDS support

Events took place on December 1 2015 to promote World AIDS Day. The annual event is held to show support for people who have been affected by or are living with HIV. As well as hundreds of red ribbons handed out and worn by NHS staff, red ribbon flags were displayed at North and South Lanarkshire Council Headquarters, the University of the West of Scotland, Airdrie Town Hall, Ravenscraig Sports Complex and two campuses of New College Lanarkshire.

Kerri Todd from the Blood Borne Virus (BBV) and sexual health promotion team which coordinated the event in Lanarkshire, said: "Stigma and discrimination is still very prevalent within Scotland and World AIDS Day gives us the opportunity to challenge this. "It also gives us the opportunity to reflect on what actions we can take, not only on World AIDS Day, but all year round to think about HIV and how to prevent its transmission."

The aim of the 2015 event was to:

- Encourage anyone who thinks they may be at risk from HIV to get tested
- Remember those who have been affected by or are living with HIV
- Challenge the stigma that people living with HIV face

For more information on World AIDS Day and HIV visit:
www.lanarkshiresexualhealth.org/world-aids-day/
For more information on Blood Borne Viruses (BBVs), visit:
www.Lanarkshirehivandhepatitis.org



Guardians aim to protect our health

The plea was part of European Antibiotic Awareness Day (EAAD) on 18 November. The annual event is used to raise awareness about antibiotic overuse and the increase in antimicrobial resistance.

Dr Stephanie Dundas, infectious disease consultant and chair of NHS Lanarkshire antimicrobial management team based in Monklands Hospital, said: "Antimicrobial resistance is a major public health issue as without

effective antibiotics, many routine treatments will become increasingly dangerous.

"We need to cut the use of unnecessary antibiotics which is why we want everyone to sign the guardianship pledge. It asks signatories to choose one simple pledge about how they'll make better use of antibiotics and help save this vital medicine from becoming obsolete."

Area antimicrobial pharmacist Steve McCormick, who

oversaw the campaign in Lanarkshire, said: "We want both prescribers and patients to stop and think before they use antibiotics.

"They're often used to treat an ailment or condition which is likely to be self-limiting and would clear up anyway without the need for any antibiotic."

To sign the antibiotic guardianship pledge visit: <http://www.antibioticguardian.com>

Don't Miss Out - 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, financial advice, online loyalty shopping and the fantastic local discounts available, visit www.nhsstaffbenefits.co.uk.



Last month's winner!

In the last competition, **Sharon Ritchie from Wishaw Health Centre** won a pair of RayBans from Optomeyes EK.

The opticians has been in business for over 15 years. They have a great reputation for reliable, professional service and value for money and have had the pleasure of looking after families through generations.

Optomeyes EK offer NHS staff a 15% discount on spectacle frames and free initial contact lens consultations for new wearers.

Sew easy and useful, too... Learn a new craft for 2016!

We have teamed up with NHS Staff Benefits and Sew Confident to offer one lucky reader a sewing course up to the value of £155.

Sew Confident was created to cater to the needs of those who want to learn a new craft in a friendly and social environment.

Their aim is to ensure everyone takes away the invaluable creative skills necessary to sew/craft/make on their own whilst enjoying themselves and meeting new like-minded people.

There are classes available in Glasgow, Edinburgh,

Dundee and Aberdeen which cover everything from beginners sewing courses to quilting, curtain making and pattern cutting amongst an ever changing schedule of other unique craft classes.

Sew Confident also have a class specifically tailored to men, 'Sew Macho', which teaches men how to work a sewing machine, hem trousers and patch holes in their jeans.

NHS Staff receive 20% off all Sew Confident sewing classes, to find out more and get the discount code go to www.nhsstaffbenefits.co.uk

How to enter

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

What is the value of the sewing course prize?

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 mccutcheon@lanarkshire.scot.nhs.uk with 'Sew Confident' in the subject line.

The deadline for entries is Friday 29 January 2016.

SO LONG & ENJOY YOUR WELL-DESERVED RETIREMENT

We've said goodbye to many well known faces recently

Andrea Brown, deputy charge nurse, community mental health team, Udston Hospital, Hamilton, 37 years.

Management team secretary, **Jean Devlin**, north-east unit, Netherton House, Wishaw, eight years.

Richard Fox, senior infection prevention and control nurse, Monklands Hospital, Airdrie, 35 years.

Healthcare assistant **Shona McNally**, Douglas Street Community Health Clinic, Hamilton, 34 years.

Pauline Yule, team leader, public health team, Motherwell Health Centre, 37 years.



Pauline Yule says farewell to her colleagues after 37 years of service



Everyone gathers to wish Richard Fox well on his retirement



Deputy Charge Nurse Andrea Brown retires



Shona McNally, Healthcare Assistant, with her colleagues as she retires



Jean Devlin's team gave her a great send-off

District Nurse Natalie McCormick and home carer Ann Richford are part of the community-wide care team

BEST FOOT FORWARD WITH SKILLS SUMMIT

FRONTLINE health and social care staff have come together to participate in a 'walk in my shoes' skill-sharing summit in South Lanarkshire.

One of the aims of the Core Skills Training course was to ensure newly-recruited home care workers were equipped with a range of practical skills to support them in their day-to-day roles.

The innovative programme, where experienced district nurses from NHS Lanarkshire worked with 90 South Lanarkshire Council home care workers, has also strengthened a spirit of partnership between professions as health and social care integrate.

Natalie McCormick, of NHS Lanarkshire, one of the district nurses who led the course,

Carers and nursing teams share expertise

explained: "This programme was practical in focus but it wasn't about home care workers adopting the responsibilities of community-based nurses, or vice versa. It was about sharing knowledge and expertise, increasing empathy and understanding of each other's jobs – virtually walking in each other's shoes."

Home care workers' tasks can involve helping a person to wash, dress or get ready for bed, to administering medication. They frequently work in partnership with health colleagues, including district nurses, to deliver care packages to people in their own homes.

Natalie added: "The recent course focused on wider practical training like drug and alcohol

awareness, nutrition, palliative care and infection prevention and control. However, we really wanted to reinforce the message that home carers have a range of expertise to tap into – in many cases it's about picking up the phone to nurses and face-to-face contact.

"But that message is two-way. As nurses, home carers are very much our eyes and ears in the person's house."

Ann Richford, a South Lanarkshire Council home care worker who attended, said:

"This course has given me that extra level of confidence that I'm part of a wider team with a greater appreciation of the different expertise always at hand."

Partnership in action

Partnership working was a key message at the course. One example provided was the difference it could make to a service user if a home carer were to contact a district nurse at the early signs of pressure sores.

The aim of the training was to provide the knowledge to prevent sores, however, home care workers now also have an increased awareness of what early stages look like and to contact nurses as soon as they are aware.

Integration

The course came at a vital time as health and social care services integrate in Lanarkshire.

Harry Stevenson, chief officer of South Lanarkshire Health and Social Care Partnership said: "Within the H&SCP, each partner has their own specialism and we can learn from each other to find the best way to support people in our communities.

"Shared respect and understanding for each other's roles is the lynchpin of our partnership. This innovative course has embodied that spirit."