

Veteran Vigilance

Helping our armed forces with the transition to civilian life (p6)

Platform for change

Community groups adopting local rail stations has been great for inclusion P16

Holidays for less?

Your dream holiday could be £200 cheaper with our staff competition P18



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January/February 2017

thepulse



HOULDSWORTH'S ALREADY A WINNER

Our new centre opens and also scoops town planning award

the pulse

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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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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 Bob (above) with your stories, comments and ideas.

The Health Promoting Health Service (HPHS) programme aims to support the development of a health promoting culture within the organisation. It applies to all acute, mental health, maternity, paediatrics and community hospitals across Scotland.

NHS Lanarkshire is fully behind it and there is HPHS work currently taking place in relation to smoking, alcohol, maternity, food and health, staff health and wellbeing, reproductive health, physical activity and active travel, managed clinical networks, inequalities and person-centred care and mental health.

For more information on HPHS visit: www.hphs.co.uk

CHALLENGING NEGATIVE PERCEPTIONS

With one in four people experiencing mental health problems at some stage in their life, a key part of HPHS work is achieving a mentally flourishing Lanarkshire.

To help address this, the Lanarkshire Movement for Change aims to challenge the stigma of mental health. The initiative is a partnership which includes community groups, faith communities, NHS Lanarkshire, North and South Lanarkshire Councils, North and South Lanarkshire Health and Social Care Partnerships and local businesses.

Over 400 organisations in Lanarkshire have pledged support so far and the hope is this will reach the 500 mark in the coming weeks and months. NHS Lanarkshire chair Neena Mahal said: "We would encourage individuals, employers, service providers, and community partners to pledge their commitment to this movement and make stigma around mental health a thing of the past."

Bobby Miller, head of adult social work services for Health and Social Care North Lanarkshire, added: "We're delighted to be signing the 'Stigma Free Lanarkshire and Suicide Safer North Lanarkshire pledge' and making a commitment as an employer, service provider, and community partner, to end negative attitudes to mental health issues."

Dr Chris Mackintosh, medical director of South Lanarkshire Health and Social Care Partnership, said: "It's important that we all take time to challenge some of the negative perceptions around mental health that still exist."

If you would like to join the Lanarkshire Movement for Change and help end the stigma associated with mental ill-health visit Element at: www.element.org.uk/lanarkshire-recovery-network/ For more information on mental health in Lanarkshire visit www.element.org.uk



Could you spare some time?

The HPHS is looking for volunteers to help with:

- Leading walking groups for staff, patients or visitors;
- Supporting 'Weight to Go' weight management groups;
- Supporting Healthy Eating Policy audits;
- Supporting the monitoring and implementation of the smoke-free policy and smoking prevention activities;

- Supporting patients and carers to access health improvement services;
- Raising awareness of financial insecurity among staff and patients and promoting support services;
- Getting feedback from staff and patients on health improvement services and how these can be improved.
- For more information email: Alana.mcglynn@lanarkshire.scot.nhs.uk

We're all in support of a mentally flourishing Lanarkshire and 400 organisations support us, too. Help us to remove the stigma of mental ill health...



"It's important that we all take time to challenge some of the negative perceptions around mental health that still exist."

Helping smokers comply with policy

An important part of the HPHS is to ensure on admission to hospital patients who smoke are managed effectively.

To address this, a Management of Nicotine Withdrawal Integrated Care Pathway (ICP) aims to relieve patients' discomfort from nicotine withdrawal while they are in hospital, provide information to patients on the benefits of stopping smoking, and offer referrals to the specialist services if they wish to quit.

It also helps patients comply with the No Smoking Policy which prohibits smoking and e-cigarettes on all grounds including entrances and doorways.

Lynne O'Hare, health improvement senior tobacco/communications, said: "We realise that not all those who smoke may be ready to quit, but it's still very important we recognise smoking as an addiction requiring treatment in order to support patients in our care.

"This will ensure the patient is kept comfortable during their stay and can also improve their recovery and reduce risk of complications. We have also experienced patients stopping completely who wouldn't have tried had they not been offered this treatment in hospital."

Stand up and make it count

Next time you attend or plan a meeting, why not think about standing as well as seating arrangements?

This is part of a series of recommendations included within a 'healthy meetings policy' which has 10 points staff should consider when organising meetings.

They include making drinking water available, encouraging participants to stand at points during the meeting or walk, and promoting active travel to the meeting such as walking.

For meetings that require food to be made available, it should be healthy such as bread, grains and rice and/or fruit or vegetables and not include sweets, savoury snacks or anything deep fried.

Public health nutritionist Susan Short said: "We would encourage everyone to give this some thought. For those who have already done this, we would love to hear their feedback and like them to share their experience with others."

For more on healthy meetings, visit the corporate policy page on FirstPort.

Optimising sources

A comprehensive approach to food and health has been developed in recent years through a hospitality policy and a healthy eating policy for staff and visitors.

The policy aims to promote and

improve the nutritional health of users and ensure a consistent approach to the provision of healthier food and drinks across all NHS sites.

For more on healthy eating, visit the corporate policy page on FirstPort.

Implementation starts for Achieving Excellence strategy

Work is underway to take forward the plans set out in NHS Lanarkshire's healthcare strategy Achieving Excellence.

Nearly 2,000 stakeholders from across Lanarkshire took part in a public consultation on the strategy from 2 August to 1 November.

NHS Lanarkshire chief executive Calum Campbell said: "We are grateful to everyone who took the time to contribute to the final version of the strategy.

"Throughout the consultation, there was strong support for the direction of travel and vision in the Achieving Excellence.

"We received a great deal of useful and constructive comments about how best to achieve these. We are using this feedback to update the strategy to ensure we have the right plans in place to deliver high-quality healthcare for the people of Lanarkshire.

"The real work is now underway to turn these plans into improvements to our services."

NHS Lanarkshire made a commitment that all three acute hospitals will continue to deliver emergency care.

The goal through Achieving Excellence is to shift the balance away from treatment in hospitals. Where required, hospital care will be organised into centres of excellence to provide specialised clinical services for patients.

There was strong support for this approach and the principle of centres of excellence during the consultation.

Detailed planning will be carried out to take forward centres of excellence and this will inform the outline business case for the redevelopment of Monklands Hospital.

Achieving Excellence links closely to the North and South strategic commissioning plans.

For more information visit: www.nhslanarkshire.org.uk/Involved/consultation/healthcare-strategy



Sweet day as 28 MINTS graduate

Congratulations to the 28 nurses and allied health professionals who recently graduated from the urgent care course, formally known as MINTS (Minor/Major Injury/Illness Nurse Treatment Service).

Veronica Kellighan, NHS Lanarkshire risk management facilitator/MINTS admin, said: "Lanarkshire's MINTS service has grown significantly over the past few years due to hard work and commitment from our dedicated nurses and AHPs.

"We currently have practitioners who have embarked on the course working within advanced practitioner roles in medical receiving units, ambulatory care units, orthopaedics,



surgical units, minor injury units, ACE services and within the Hospital at Home teams."

Unfortunately not all graduates could attend the ceremony at the University of the West of Scotland due to work commitments, so some are not pictured.

NHS Lanarkshire staff (l-r) Audrey Melrose, Heather Hutchieson, Lynn Haddow and Anne Burgon.

MODERN HEALTH CARE CELEBRATED AT HOULDSWORTH

Centre also wins town planning award



Colin Sloey, NHS Lanarkshire director for strategic planning and performance; Jim Logue North Lanarkshire Council leader; Neena Mahal, NHS Lanarkshire chair; Calum Campbell, NHS Lanarkshire chief executive; Janice Hewitt, chief accountable officer for the North Lanarkshire Health and Social Care Partnership.

The Houldsworth Centre in Wishaw was officially opened by NHS chair Neena Mahal and North Lanarkshire Council leader Jim Logue.

Among the guests present at the occasion were pupils from St Aiden's High School and Coltness High School, as both Wishaw schools took part in a community process to help design art for the centre.

NHS Lanarkshire chief executive Calum Campbell said: "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 allows our staff to enhance the care they already provide to the people of Wishaw.

"It's also a tremendous addition to the town centre in a convenient location and demonstrates our commitment to integrated working for the wellbeing of the community."

Neena Mahal added: "I would like to thank everyone who contributed to bringing this

centre to fruition.

"However, as with any new facility, the resource which best compliments it is the skill, care and commitment of the staff.

"Ultimately it is this which allows us to get the best out of this new facility and provide better health care for the people of Wishaw."

There was another reason for celebration when the Houldsworth won an award in the prestigious Scottish Awards for Quality in Planning, partnership category.

Judges said the project was "a superb outcome for the size and complexity of the project – all in keeping with Town Centre First Principle" and they "welcomed the ambition of both NHS Lanarkshire and North Lanarkshire Council to set a benchmark for healthcare in Scotland."

Graham Johnston, head of management services, said: "We were delighted to receive the national award which recognised our innovative approach to partnership working."

Houldsworth facts and figures

- The 7800 square metre centre is over four levels.
- It cost £23million and hosts a range of health services including GP practices, dental services, podiatry, physiotherapy, speech and language therapy, all community treatment room activity, mental health, phlebotomy, public health nurses and long term

condition nurses.

- It also houses a North Lanarkshire Council library, First-Stop-Shop and housing service.
- The name was taken from the Houldsworth family who founded Coltness Iron Works.
- The centre's artwork reflects the history and traditions of Wishaw such as steel and coalmining.

VETERANS IN THE VANGUARD OF NEW SPECIALIST SERVICE

First point of contact for those seeking help

A new specialist service to provide accessible, credible and coordinated support for veterans and their families for life after the armed forces has officially opened in Lanarkshire.

Veterans First Point (V1P) Lanarkshire seeks to support veterans in all aspects of their lives, including welfare, housing, mental and physical wellbeing.

The free to use service – which is part of the community-based focus of health and social care in North and South Lanarkshire – is staffed by a specialist team of psychologists, psychological therapists and veteran peer support workers (PSWs).

The PSWs are all ex-servicemen or women and – crucially – offer a first point of contact for anyone approaching the service.

Dr Nicola Cogan, consultant clinical psychologist of NHS Lanarkshire and V1P explained: "The PSWs ensure that veterans see someone – from the very outset – who understands the military context and has first-hand experience of the issues involved in transition from military to civilian life.

"PSW and clinical staff then work collaboratively, ensuring that veterans receive coordinated support, appropriate to their needs at the time."

V1P Lanarkshire is a close partnership between veterans, NHS Lanarkshire, the Scottish Association for Mental Health (SAMH) and the Lanarkshire Association for Mental Health (LAMH). As well as accepting referrals from across health and social care, including the voluntary sector, V1P also accepts self-referrals.

Dr Cogan added: "People can contact us by email, phone or can just turn up to one of our access points. We will then arrange a registration appointment with one of our PSWs, where a full assessment of the veteran's needs will be carried out and an individual plan created."

V1P will accept self-referrals or referrals from other agencies (statutory and voluntary sector).

For more information phone: 0300 303 3051 or email: LanarkshireV1P@lanarkshire.scot.nhs.uk

You watch a film on the service here: <https://youtu.be/HKXuWDF8gIA>



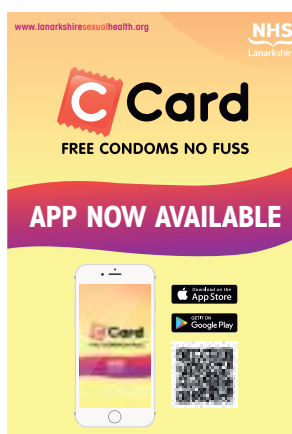
The 2016 VOSCAR awards

The outstanding efforts of local volunteers and voluntary sector organisations were recently celebrated at a unique Hollywood-themed 'VOSCARS' awards ceremony. The third sector is a key partner of Health and Social Care North Lanarkshire and the VOSCARS were organised by Voluntary Action North Lanarkshire. Awards were made on the night in 13 categories to



reward volunteers, voluntary sector organisations and partners of the voluntary sector who have demonstrated exceptional commitment to supporting people and communities across North Lanarkshire.

New no fuss C Card



The wonders of smart phone technology are being harnessed in Lanarkshire to raise awareness of safer sex and provide access to free condoms.

A new app has been developed by Lanarkshire's health and social care partnerships to support the 'Free Condoms No Fuss' C Card Scheme, which provides condoms to anyone living, working or studying in Lanarkshire. Using a C Card can save embarrassment people may feel when asking for condoms. People can access free condoms, without filling in registration forms, by simply showing a paper C



removes embarrassment

card at a C Card Centre. There are 118 C Card centres –including GP surgeries, health centres and pharmacies – across Lanarkshire operating the scheme. Janet Robison, project coordinator for condom distribution schemes in Lanarkshire, said that the new C Card app increases ease of access to this important service.

Janet said: "The app is a resource where you can access a variety of information about how the scheme works, a list of C Card centres within Lanarkshire and information about sexual health services, such as the clinics that are

available and where to access emergency contraception.

"There is also a section within the app called 'virtual C Card'. Members of the public can show their mobile phone screens to receptionists in health centres and pharmacies operating the C Card scheme, instead of showing the paper C Card."

C Card app is available to download from the App Store for free now. You can read more on Free Condoms No Fuss' C Card Scheme here: <http://www.lanarkshiresexualhealth.org/contraception/free-condoms/>

Your community needs you!

A retired Territorial Army major is renewing an appeal to help swell the ranks of befriending volunteers who are bringing both practical and emotional comfort to people with life-limiting illness. Major Andy McArthur is part of an initiative spanning Lanarkshire which sees the volunteers work alongside specialist community-based palliative nurses from St Andrew's Hospice in Airdrie.

The team's aim is to complement existing clinical support in the community – like district nurses, Macmillan nurses and GPs – and alleviate some of the stresses and strains that can often go hand-in-hand with a life-limiting illness, for both patient and carer alike.

Andy, a retired BT technician from Netherburn, who also spent four decades serving in the Territorial Army progressing from the rank of private to major, said the reassuring hand of friendship can be vital. "It's often the little things that can make a world of difference and reduce a lot of pressure and stress to the person with the life-limiting illness and their carer. Full training is provided on key aspects of communication and listening in palliative care so you enter the situation fully confident and equipped with knowledge."

If you are interested in volunteering phone St Andrew's Hospice on 01236 766951.



Call for volunteers

Kilbryde Hospice in South Lanarkshire recently threw its doors open for a special volunteer recruitment day.

Kilbryde is a voluntary, independent hospice which exists to provide specialist palliative care to patients with life-limiting progressive illnesses, and to support their relatives and carers. Services provided are available to those people with palliative care needs.

Margaret Mary Cowan, clinical services manager of Kilbryde Hospice, said they need to recruit additional volunteers for specific roles.

For more information email info@kilbrydehospice.org.uk or 01355 202020.

GIVING BABIES A 'HEALTHY START'

All mums encouraged to take part

Our health improvement team is working to increase the use of Healthy Start vitamins, which are now free for all pregnant women in Lanarkshire.

Specially formulated for maternal health, the NHS-approved vitamins contain:

- folic acid, which can reduce the chances of a baby being born with spina bifida;
- vitamin C to help maintain healthy tissue in the body;
- vitamin D to allow absorption of calcium and to support bone development throughout pregnancy and into the postnatal period.

All pregnant women will receive vitamins at their antenatal appointments through their community midwife and can be signposted to various suppliers after they have had their baby.

In addition, NHS Lanarkshire has initiated a different way to supply Healthy Start vitamins in the community for children up to the age of four, by connecting with local community partners, voluntary organisations and learning centres so parents can access them easier.

Healthy Start vitamin drops for children contain vitamins A, C and D, which are essential for infant health and wellbeing.



Susan Short, public health nutritionist and Healthy Start lead for NHS Lanarkshire, is leading the distribution model to encourage a wider uptake.

She said: "Research tells us that some mums feel their children eat healthily and don't need additional vitamins. There's national guidance that children up to the age of five should have additional vitamins, particularly vitamin D that children can't get enough of through diet alone."

Pregnant and postnatal women should contact their community midwife or health visitor for advice.

For eligibility for children's vitamins visit www.healthystart.nhs.uk or call 0345 607 6823. For distribution points visit: www.healthystart.nhs.uk/wp-content/uploads/2016/10/NHS-Lanarkshire.pdf. Please check stock beforehand.



Thriving and full of life - these Glenboig kids are enjoying a 'Healthy Start'

Milk allergy awareness pathway devised



The dietetic department has created a new cow's milk protein allergy pathway.

It is designed to manage young children within primary care who have mild to moderate symptoms caused by their allergy.

Paediatric dietitian Kathryn Kerr said: "Many professionals seek advice and support in managing infants under their care. There is also significant variability in knowledge of the condition and advice given."

"Nearly half of parents say they have waited 10 weeks and had four visits to primary care providers before a diagnosis is confirmed. Around 45 per cent of patients are referred to secondary care for diagnosis."

"Our pathway gives health visitors and GPs information to confidently identify, assess and diagnose a cow's milk protein allergy."

"It aims to cut the time from symptoms emerging to diagnosis and reduce the number of young children requiring referral to secondary care for diagnosis and treatment. It is also hoped it will reduce the number of infants who develop a feeding aversion as a result of ongoing symptoms due to delayed diagnosis."

"It will allow for quicker diagnosis and provide health visitors and GPs with information to treat and manage the allergy from diagnosis through to the reintroduction of milk protein to the diet."



Community groups involved with vitamin boosts

Glenboig Community Centre has much to cheer about by becoming one of the first community groups taking part in a new way of providing Healthy Start vitamins for children.

Local mum Sarah Maloney, who comes to the Glenboig group, voiced her approval of the scheme with her 22-month-old daughter, Abigail, enjoying the banana-flavoured drops.

Sarah said: "They are easy to take and she enjoys them. Vitamins are so important for the immune system and development of bones, especially vitamin D as we have a shortage of sunlight here. Why wouldn't you want to give a boost to keep your wee one healthy?"

As well as vitamins the Healthy Start scheme provides vouchers for the purchase of fresh and frozen plain fruit and vegetables and milk for pregnant and post-natal women and children up to the age of four.

Glenboig Community Centre development manager Teresa Aitken explained: "We provide the service at a local level, seven days a week, so people don't have to worry about transport or getting to a pharmacy or clinic to access Healthy Start vitamins or to use their Healthy Start voucher. We also have fresh fruit, milk and vegetables available in our onsite grocer."

Claire Robertson, from Coatbridge, attends Glenboig Community Centre's parent and toddler group with her youngest daughter Seren.

She said: "I took Healthy Start vitamins as I wanted the benefits for all round health while I was pregnant - especially vitamin D, which I understand we can lack here in Scotland."

Tackling emotive breastfeeding challenges

The UK has some of the lowest breastfeeding rates in the world. Breastfeeding rates in Lanarkshire remain lower than the national averages, despite UNICEF accreditation and ongoing work to support breastfeeding families.

AnneMarie Bruce, infant feeding development midwife, said: "UNICEF's recent Call to Action identified that the subject of breastfeeding is highly emotive because as so many families have not breastfed or have experienced

the trauma of trying very hard to breastfeed and not succeeding.

"Within NHS Lanarkshire we are working hard to ensure mothers have the information and support they need to initiate and maintain breastfeeding. We have invested in a breastfeeding support service to ensure families have the practical support they need.

"However, as UNICEF have identified, improving breastfeeding rates is not the

responsibility of individual women. We have a collective responsibility to create an environment which is truly breastfeeding friendly and overcome the cultural norms that discourage breastfeeding."

UNICEF has also created a call to action video on the subject of breastfeeding - <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/video/call-to-action-video/>



Anne Marie Bruce, infant feeding development midwife, with members of the health visiting team.



TCAT patient Dave Henshelwood with some of the team

Lung cancer patients' treatment impact study

NHS Lanarkshire has launched a new initiative in North Lanarkshire to support people following treatment for lung cancer.

It is part of the ground-breaking Transforming Care After Treatment (TCAT) programme, a series of pilot projects across Scotland within the NHS and councils, funded by Macmillan Cancer Support.

Heather Quail, Macmillan TCAT project manager for NHS Lanarkshire, said: "Our project offers patients living in North Lanarkshire, who have received treatment for lung cancer, a monthly online assessment over six months to look at the overall impact their treatment has had on their quality of life and the physical, psychological and mental effects on them and their family.

"The result of the assessment will be looked at by our lung cancer nurse specialist.

"Patients will be given information to help manage their concerns or be put in touch with the right services to help. This can promote a healthier lifestyle, encourage more independence in self-management and put patients back in touch with their local community."



From Left: Senior charge nurse Carol Andrews, Maureen Dobbin, Wishaw General chief of medical services Hakim BenYounes, patient safety improvement advisor Jonathan O'Reilly, Wishaw General chief of nursing services Gillian Corbett, patient safety collaborative improvement advisor Connie Sharrock, head of patient safety and improvement Jane Murkin

HIV awareness campaign to get



Chris Kimber from the Terrence Higgins Trust Scotland

Across Scotland, there are an estimated 6,150 people living with HIV, one in six of whom are unaware of their infection.

A campaign which ran last year to promote HIV awareness before, during and after the Christmas holiday period, is being repeated following its success.

Its purpose was to raise awareness of HIV among

the general public at a time when many people consume more alcohol increasing the possibility of risky sexual behaviour.

Due to the effectiveness of HIV treatments, the majority of new infections in Scotland today are linked to someone who doesn't know they have the virus in the first place.

The Festive HIV Awareness social media campaign



PATIENTS' SAFETY IN SHARP FOCUS

The spotlight was on making safety a priority in every case

Patient Safety Week marked the launch of a refreshed Prioritised Patient Safety Plan following two years of successful work by the Patient Safety Reducing Harm Collaborative.

Chief executive Calum Campbell said: "Patient safety is our number one priority. When we're caring for patients we must do so safely and effectively.

"We've seen numerous successes around patient safety over the past two years as part of our local safety collaborative.

"The staff's hard work has led to phenomenal progress on how we tackle the life-threatening condition sepsis. We have cut the risk of death from sepsis by nearly a third within hospitals.

"There has also been a significant improvement around the prevention of falls among patients while they are in our care.

"There are many more examples of success that are collectively making a big difference.

"That is reflected at all three of our general hospitals through a big reduction in hospital standardised mortality ratios (HSMR).

NHS Lanarkshire has exceeded a national improvement aim to reduce HSMR by 20 per cent.

"However, we recognise there are still areas for improvement and we are continuing to work on those."



Playing safe: a week of targetted events

Head of patient safety and improvement Jane Murkin added: "The week proved an excellent opportunity for all our staff to participate in activities to raise the profile of patient safety, share successes and achievements to date and focus on the next stage of priorities."

The patient safety team linked up with Health and Social Care North Lanarkshire to visit Airdrie Community Health Centre. They also organised events at Monklands Hospital in Airdrie and Wishaw General Hospital.

With the support of South Lanarkshire Health and Social Care Partnership, they were at Hunter Community Health Centre in East Kilbride. They also organised events at Hairmyres Hospital in East Kilbride.

extended second run

started at Christmas running into the New Year and will continue into February 2017 to include Valentine's Day.

It was felt an increased social media presence would be the most productive way of increasing visibility of HIV, promoting testing and local services.

Infectious disease consultant and NHS Lanarkshire's blood-borne virus lead

clinician Dr Nick Kennedy said: "We were delighted by the results of last year's campaign – for example a video received almost 200,000 views.

"This year's campaign will again be promoting Lanarkshire's HIV testing services as well as partner organisation the Terrence Higgins Trust's HIV Postal Testing Service."

New nurses for Lanarkshire

98 new nurses have started work across our three acute hospitals.

The newly qualified nurses, who graduated in September from the University of the West of Scotland.

Irene Barkby, executive director of nursing, midwives and allied health professionals, said: "We are delighted to welcome these newly registered nurses into Lanarkshire. "We hope that they enjoy working in our wards and departments and settle in to life in a busy hospital.



We will provide them with all the essential support and guidance to build on the knowledge and experience they already have as they start their professional careers as nurses.

Care with procurement

NHS Lanarkshire staff are being reminded to follow procurement rules and regulations.

The procurement of any goods or services by NHS Lanarkshire needs to follow the correct procedure depending on the value.

If goods or services can be purchased through a national contract then this must be used. This ensures the health board are buying from the most cost effective suppliers and it ensures a compliant route to market which protects the health board and its staff.

Where no national contract or framework exists, the procurement of goods and services is dependent on the overall value for one-off spends or if it is an ongoing requirement, value over the life of the contract.

Three quotes are required for anything up to £20,000 with further requirements for higher value contracts.

Whatever the value,

the right steps must be followed. All our procurement processes can be audited both internally and externally.

Terry Dunthorne, general manager of procurement, NHS Lanarkshire said:

"There are serious consequences and financial risks when people do not follow the right procurement process, particularly if this is done fraudulently.

"Undervaluing a requirement is illegal and anyone found guilty of procurement fraud could face up to 10 years imprisonment with an unlimited fine under the Bribery Act 2010.

"Challenges to contract decisions are becoming more frequent and have the potential to stop contract commencement. So it is important that decisions are explained to the bidders and that the decision making process is documented.

"Ask for advice from our procurement staff if you are unsure about any part of the process.

Have you signed up to receive your payslip electronically?

Using epayslips instead of the traditional paper payslip is one of the easiest ways all staff can help NHS Lanarkshire meet its savings targets.

Gordon Smith, head of finance corporate services, said: "At the moment less than 10 per cent of our staff are using epayslips.

"By signing up to an epayslip you are reducing the cost of posting printing and delivering the paper versions. We are also reducing the environmental costs."

If you have an @lanarkshire.scot.nhs.uk or nhs.net email address and access either SSTS, eExpenses or SWISS then you can choose to receive your payslip electronically.



Prescribing medicines has to become more sustainably efficient as part of the PQEP

REDUCING SPEND AND INCREASING EFFICIENCY

Frontline services benefit

PTIONS & ADVICE



Spending gap closing says Laura

NHS LANARKSHIRE started 2016 with a £45 million funding gap, the largest in its history.

Thanks to work across the organisation this gap has been narrowed and, if progress can be sustained, the Board should breakeven for 2016/17.

Finance director Laura Ace praised the work so far describing it as "a remarkable achievement." However looking forward she added: "Rising demand, new drugs and technologies will continue to outstrip any budget uplift the NHS will receive.

"2017/18 will prove challenging and we anticipate we will be required to save at least another three per cent."

Although savings of this scale will require a more fundamental look about how we provide services more efficiently, Laura still believes everyone can play a part.

She added: "We still spend more money than we need to at times. Lights on in empty rooms, desktop printing instead of using the multi-functional devices, stock going past its expiry date, paper payslips for those with electronic access, using a more expensive drug or product when a cheaper one would do just as well, travelling when we could link in by phone... these are just some of the daily examples where everyone being cost conscious will help save money.

"Every pound saved is a pound that then becomes available to help us continue to deliver the services that people need."

A great deal of work has taken place during 2016 as part of the Prescribing Quality and Efficiency Programme (PQEP).

Both primary and secondary care introduced a number of local initiatives and ideas to improve the quality of prescribing.

Medical director Dr Iain Wallace, said: "We have seen some great initiatives across NHS Lanarkshire which have reduced unnecessary expenditure on prescribing across the system.

"It is important that we do not lose energy in driving forward change and continue to work together to introduce improvements which are based on clinically sound proposals to create

sustainable efficiencies."

One successful primary care initiative is the GP Incentive Scheme for Prescribing. NHS Lanarkshire offers the prescribing incentive scheme to all of its member GP practices to support improvements in the quality, safety and cost-effectiveness of prescribing. Successful implementation has already delivered a range of improvements and at the same time released funding for other healthcare related activities.

Within the acute division, the respiratory service undertook some work to identify savings in the prescribing of inhalers.

Kate Bell, PQE programme director added: "We will continue to engage with clinicians in primary and secondary

care to identify areas of prescribing practice where we can help deliver quality improvement. In the ongoing efforts to improve the quality of prescribing we will work with the prescribing management team to share essential prescribing information - such as data on utilisation and performance, product choice, cost, trends and guidance - are available to all prescribers throughout NHS Lanarkshire.

"Senior clinical and management teams have shown strong leadership to deliver on Prescribing Improvements ensuring that prescribing quality and efficiency will be built into operational planning and delivery. The amount we save through our efficiency savings can be used to increase resources in frontline services."

ENDOWMENT FUND GUIDANCE EXPLAINED

Cash raised used for many purposes

We have made it even easier for people to make donations to NHS Lanarkshire's endowment fund – and staff can help by giving advice to fundraisers.

Their generous contributions – which amounted to over £150,000 last year – go into NHS Lanarkshire's endowment fund, officially known as Lanarkshire Health Board Endowment Funds.

To make it more convenient for supporters to highlight their fundraising and make their donations, we have set up an endowment fund section on our public website - nhslanarkshire.org.uk/Involved/endowment

There's also an NHS Lanarkshire page on JustGiving, the online platform for making donations - justgiving.com/nhs-lanarkshire

If a fundraiser gives you a cheque, make sure it is made out to "Lanarkshire Health Board Endowment Funds".

NHS Lanarkshire head of finance for corporate services Gordon Smith said: "The endowment fund is a registered charity and all donations are held in trust.

"They're used to fund a range of items and activities to advance the health of the people of Lanarkshire.

"These range from small items such as festive decorations and ward newspapers to larger projects including garden improvements and other developments to enhance and improve the environment in which we deliver healthcare. Patients also benefit from funding provided to support learning, development and educational



Lewis and Logan Donnelly with their parents and ward staff

opportunities for staff.

"These new online channels mean it's much easier for staff to offer advice to people who ask how they can give to NHS Lanarkshire. Supporters can specify how they wish their donation to be used. For example, for research purposes, to purchase equipment for a hospital or to benefit a particular service."

Staff can direct any donations received into the fund by contacting the finance team at Kirklands Headquarters. Email endowments@lanarkshire.scot.nhs.uk

There is further information, including useful guidance on making an application for expenditure to be spent through the fund, on FirstPort - <http://firstport2/staff-support/endowments>.



Sandy Ogilvie was so grateful for the care he'd received that he raised over £400 in a charity run



Expertise shared at mental health event

The 2016 Lanarkshire Symposium for Mental Health and Learning Disabilities was held at the Strathclyde Hilton in Bellshill.

The educational event, organised by Dr Khalid Nawab, clinical director in adult mental health, has become a regular feature in the clinical mental health calendar and regularly gets in excess of 100 health professionals from all over Scotland and other

parts of the UK.

Dr Nawab said: "Once again we had a very impressive line-up of speakers who covered a wide range of topics and I would like to thank them all for taking the time to share their considerable expertise with all the delegates."

The next symposium is planned for November 2017 and details will be announced nearer the time.



Archie Kirkland (Tom's brother), Lady Home charge nurse Margaret Ann McGowan, Lady Home clinical nurse manager Rosie Lang, Tom Kirkland, Robert Barclay (Tom's partner), Wishaw General ward 4 charge nurse Gary Boyle, Jimmy and Maisie Barclay (Robert's parents)



Gio Ferri, Linsey Ferri with new baby Emilio, bereavement specialist midwife/counsellor Elaine Hamilton, clinical services manager for women's services Lyn Clyde

Generosity is all around...

Here are just a few examples of some of the generous donations we have received recently.

- A couple raised over £11,000 in memory of their baby to help us create a special haven for bereaved parents. Linsey and Giovanni Ferri's fundraising drive began after they sadly lost their son, Enrico, who was stillborn at 36 weeks. Their baby inspired them to join efforts to develop a maternity bereavement suite at Wishaw General Hospital.
- A former patient was so impressed with his treatment at Monklands Hospital that he raised over £400 in a charity run. Sandy Ogilvie, who has epilepsy, had a series of seizures and was taken to Monklands and looked after on ward 14.
- A delighted couple returned to Wishaw General to thank the staff who saved their twin boys' lives. Lewis and Logan Donnelly are thriving, having overcome a series of serious and life-threatening illnesses through their care at Wishaw. The boys were born at 25 weeks and no one gave them a chance of survival. Parents Lynn and Tony and their friends raised £2,500, which they donated to the neonatal unit.
- A pantomime dame presented a bumper cheque to NHS Lanarkshire – oh yes he did! Tom Kirkland began suffering chest pain and had to pull out of his role in the local panto to have a triple heart bypass. Tom has now fought back to fitness and raised an impressive £3300 to be split between Lady Home Hospital and Wishaw General Hospital, where he received fantastic care after his heart trouble.

Interested in increasing your word power?



Local author Christopher Brookmyre with staff at a previous event

Knowledge Services is inviting staff to get Reading Ahead in 2017.

Formerly known as the Six Book Challenge, Reading Ahead is run throughout the UK by the Reading Agency. It encourages people who don't often read to delve into six books or other reading material over six months.

The challenge is to read any six leisure items between February and August – books, magazines, newspapers – you choose. You collect a stationery

prize for every month you complete. Participants keep a reading diary, which can be posted or handed in to any of the four NHS Lanarkshire libraries.

Completing the challenge means you are entered into the prize draw.

To sign up, email libraries@lanarkshire.scot.nhs.uk or call 01698 366316. Or visit one of the library sites – Hairmyres Hospital, Law House, Monklands Hospital or Wishaw General.

PLATFORM FOR CHANGE

Activity at rail stations supports patients and promotes inclusion

NHS Lanarkshire has won an award for offering people with mental health issues the chance to bloom in confidence by tending flowers at local railway stations.

The Adopt a Station gardening project, a partnership between NHS Lanarkshire's mental health occupational therapy service and social enterprise Clydesdale Community Initiatives (CCI), scooped the prize for Outstanding Teamwork at the Community Rail Awards.

The initiative sees people who are supported by mental health occupational therapists volunteering to brighten up five stations - Coatbridge Central, Coatbridge Sunnyside, Hamilton West, Whifflet and Wishaw.

Nicola Glendinning, a specialist occupational therapist at Coathill Hospital in Coatbridge, said: "The Adopt a Station Project has, literally, been a platform for change.

"It was set up and funded by ScotRail. Our mental health and forensic occupational therapy staff and clients work with CCI, a landscaping organisation which aims to empower people facing significant barriers to social inclusion and employment due to their learning disability, mental health issue or other challenges.

"The majority of volunteers will have experienced mental health issues. For some their condition has been long-term and severe, stopping them participating in community activities.

"The station project gives them a great opportunity to make a positive contribution to their community and to socialise. It allows them to develop their practical skills, while growing in confidence and self-esteem."

The team from Hamilton West station was the first to take part in the initiative and represented the project at the awards. The trophy was received by occupational therapy assistant practitioner George Simpson and volunteer Jamie Brennan, from Hamilton.

Advanced practitioner occupational therapist Maureen Black said: "At Hamilton West we have used the environment to enhance vocational skills with woodwork, willow weaving, dry-stone walling and planting a range of flowers and shrubs."

The trophy is received by occupational therapy assistant practitioner George Simpson (centre) and volunteer Jamie Brennan, from Hamilton (left).





Cheryl receives her award

Quality focus is rewarded

We scored a triple success at the first ever Quality Improvement Awards.

The Quality Improvement Champion Award went to improvement advisor midwife Cheryl Clark.

Cheryl teaches quality improvement by example and has achieved results. She was pivotal to the work of our Reducing Harm Collaborative and has strengthened quality improvement in the neonatal unit.

She introduced fun and innovative ways to demonstrate data through patient safety boards and newsletters and has created social media forums for midwives.

The Merit Award for Quality Improvement in Maternity, Neonatal and Paediatric Services was won by the team who worked on the Reducing Severe Postpartum Haemorrhage (PPH) project.

It included developing a PPH prevention and management bundle of care, which was tested across all of maternity services with engagement from 10 community antenatal clinics, three specialist hospital antenatal clinics, four acute wards and in theatres.

The Co-production with Families and Our Services Award was won by HMP Shotts in partnership with Health and Social Care North Lanarkshire for Understanding Your Child – HMP Shotts Dads Group.

Outcomes included dads having more positive relationships with their children, more discussion between dads about their children.

In-depth report examines Lanarkshire's health record



Dr Kohli discusses many aspects of patient well-being

Action being taken to promote and protect health and wellbeing and prevent illness is highlighted in a new in-depth report.

The latest NHS Lanarkshire Annual Report of the Director of Public Health looks back at key events and issues during 2015/16.

NHS Lanarkshire director of public health Dr Harpreet Kohli said: "Among the issues discussed is our effective health protection activities, seen during our response to the North Lanarkshire water quality incident in June 2015, when a water advice notice was issued to over 6000 properties.

"Our health improvement actions are tackling Lanarkshire's relationship with alcohol. We have seen a drop in alcohol consumption but we have a problem with a greater tendency in Lanarkshire to exceed daily drinking guidelines, meaning more work still needs to be done.

"Other key topics include Lanarkshire's two health and social care partnerships. They will work to ensure health and social care act better together to improve wellbeing, support and outcomes for people in north and south Lanarkshire.

"My report also discusses NHS Lanarkshire's proposed healthcare strategy, which outlines how we can provide health services as we live longer with long-term conditions, using prevention, self-management and hospital 'centres of excellence'."

Other areas covered in the annual report include cancer prevention, oral health, weight management and smoking.

The report and a handy summary, a Snapshot of Lanarkshire, are available to read or download on NHS Lanarkshire's website. The Snapshot is also available as a printed document.





YOUR GREAT ESCAPE COULD COST £200 LESS!

At this time of year thoughts turn to sunshine holidays so here's a great chance to win a £200 voucher from Barrhead Travel.

With a UK-wide network of 61 locations, a team of over 900 knowledgeable worldwide travel specialists and 41 years of experience in the travel industry, Barrhead Travel has held the title of the UK's Number One Travel Agent for seven years in a row.

From sun-drenched beach escapes to far-flung worldwide adventures, wherever in the world you're looking to explore, they've got a holiday to suit your every requirement.

What's more, as an NHS employee, you're entitled to a whole host of exclusive offers and special discounts. Barrhead Travel has a dedicated section for NHS staff on its website where you can find a selection of exclusive tailor-made offers with your discount included in the price.

Barrhead Travel's team of specialists hand-pick holidays which offer the very best quality at value-for-money prices. You can access this page by clicking www.barrheadtravel.co.uk/NHS To find out more about Barrhead Travel's



NHS employee discounts, such as free travel insurance and up to 10 per cent off your next holiday, log on to www.nhsstaffbenefits.co.uk

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

What year was Barrhead Travel established?

Please send your competition answer including your name, location and contact number to:

Alison McCutcheon, Communications, NHS Lanarkshire Headquarters, Kirklands Hospital, Fallside Road, Bothwell, G71 8BB.

Or email Alison.mccutcheon@lanarkshire.scot.nhs.uk with "Barrhead Travel" in the subject line.

The deadline for entries is Friday 3 February 2017.

Something smells good for Clare...

Clare Archibald will soon be cooking up a storm.

Clare, who works for the Salus occupation health service, is the lucky winner of the competition prize in the last Pulse - a Hotpoint Combi Microwave, worth £269.

It's from the Hotpoint Privilege Purchase Club, a members-only scheme which offers exclusive pricing on home kitchen appliances, all direct from the manufacturer.

Through NHS Staff Benefits, staff can access exclusive extra discounts each month, in addition to the pre-discounted prices.

See www.nhsstaffbenefits.co.uk to view this month's offer.

There for your 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.

For information on mortgage and financial advice, online loyalty shopping and the fantastic local discounts available, visit www.nhsstaffbenefits.co.uk

SO LONG & ENJOY YOUR WELL-DESERVED RETIREMENT

Colleagues gathered to convey their best wishes to Derek Cush who retired in September 2016 after 33 years with the NHS.

The principal analyst, who worked with information services at Kirklands Headquarters, Bothwell, started his career as a clerical officer at Inverclyde Royal Hospital where he carried out the microfilming of medical records.

Derek joined NHS Lanarkshire in April 1991, initially at Beckford Street, Hamilton and thereafter Strathclyde Hospital, Motherwell, before moving to Kirklands where he remained held until his retirement.

After 36 years' service, staff nurse Kate Farmer retired from NHS Lanarkshire in November 2016.

Kate, who was based within ward 14 at Hairmyres Hospital, East Kilbride, began her nursing career in 1980 when she trained as a nurse at Glasgow's Western University Hospital.

Kate thereafter joined NHS Lanarkshire and worked in various departments including surgical, theatre, intensive care unit (ICU) and rehabilitation. Kate also worked for a spell at Stonehouse Hospital, before returning to Hairmyres where she remained until her retirement.

Congratulations go to nursery nurse Jan Scott who retired from NHS Lanarkshire in October 2016 after a remarkable 41 years' service.

Jan, who was based within the neonatal unit at Wishaw General Hospital, began her career with NHS Lanarkshire in 1975 when she was based in the children's ward at Law Hospital, Carlisle. Jan thereafter moved to the neonatal unit at Bellshill maternity hospital before transferring to the neonatal unit at Wishaw General Hospital, a post she held until her retirement.



Lesley Thomson retires from the Hairmyres Intensive Care Unit after 40 years' service.

After 38 years' service, Mary Dunn, team leader/senior charge nurse, retired from NHS Lanarkshire in October 2016.

Mary, who was attached to the Wishaw elderly community mental health team at the Houldsworth Centre, Wishaw, began her career in 1978 as a nursing assistant before joining NHS Lanarkshire in 1982 when she took up the post of staff nurse at Hartwood Hospital.

In 1990, Mary became one of the first nurses in the newly-established PSG day hospital. She successfully gained a promotion to senior charge nurse in the newly-formed care home liaison service and helped establish the service which still exists to this day.

Colleagues paid a special farewell to clinical nurse manager Lesley Thomson who retired in September 2016 after over 40 years' service.

Lesley, who was based within the intensive care unit at Hairmyres Hospital, joined the NHS in 1974 when she trained to become a

nurse at Glasgow's Royal Infirmary.

After qualifying in 1977, Lesley joined NHS Lanarkshire as a staff nurse with the surgical department at Hairmyres Hospital before moving to the intensive care unit in 1979 where she remained until her retirement.

Friends and colleagues gathered to pay a fond farewell to Susan Johnstone who retired in November 2016 after 35 years' service.

The eHealth service delivery manager, who was based at Kirklands Headquarters, Bothwell, joined the health service in 1981 when she took up employment with the former Glasgow Health Board.

Susan joined NHS Lanarkshire in 1987 where she held several posts including deputy administrator, contracts manager for GP fund-holding and business manager, all at Hairmyres Hospital.

Susan moved to eHealth in 2001 as PMS project manager where she remained until her retirement.



Jan Scott says farewell to colleagues after 41 years' service.



Colleagues wish Mary Dunn a happy retirement.



Susan Johnstone retires after 35 years' service.



33 years and Derek Cush retires!



We'll miss you! Kate Farmer retires after 36 years' service.

Iron will gets Claire through tough event

A health and wellbeing nurse is practising what she preaches – after becoming an “Ironman” triathlete.

Claire Purdie, who works with Health and Social Care North Lanarkshire’s KeepWell programme, put herself through a gruelling 10-month training regime to tackle the punishing Ironman triathlon – running, cycling and swimming in the heat of Barcelona in Spain.

Claire, whose job is to offer medical checks and advice on health and wellbeing to staff at North Lanarkshire Council, took up swimming five years ago to conquer her fear of water.



Claire ran, swam and cycled her way to triathlon victory

The tough Ironman event included a 3.86km swim in the choppy waters of the Mediterranean. Along with that challenge was a 26.2-mile marathon and a 112-mile cycle ride.

Claire said: “The conditions in Barcelona were tough – it was 26C – but I was delighted to complete the marathon in five hours, 19 minutes, and the bike ride in just over seven hours. I did the swim in one hour, 29 minutes.

“I felt fantastic after the event and it was a great moment when I received my Ironman medal.”



Picture perfect: spectacular shot scoops a major UK photography prize

LESLEY FRAMES A WINNER

Exhibition of winners will feature demolition photograph

A medical secretary at Hairmyres Hospital scooped a top prize at this year’s Landscape Photographer of the Year competition.

Lesley Smith’s photograph of the demolition of the iconic Red Road flats in Glasgow earned her first place in the Urban View category.

Lesley said: “When I received the email at first I thought it was a wind-up and asked my husband to read it to make sure it was real.

“I had to keep quiet until the winners had been announced in the press but I still couldn’t get over the news.”

The photo will appear in an exhibition of the winning entries at Britain’s busiest train station, London Waterloo.

It will also be published in a book, Landscape Photographer of the Year: Collection 10.

Describing the process of taking the award-winning photo, Lesley said: “I waited five and a half hours to get the shot.

“I found the only hole in the fence for my

camera and didn’t want to lose my spot.”

Lesley’s love of photography began in sad circumstances following the loss of her friend, Nicola Waugh, who died four years ago, aged 39, after a battle with cancer.

They had been friends for over 30 years. However, after her death, Lesley searched for pictures of Nicola and her together but only found very old, blurry photos.

Lesley’s family bought her a professional camera for her 40th birthday with a note instructing her to “take pictures of everything and everyone”.

Lesley said: “After receiving a camera from my husband and children they encouraged me to take pictures all the time.

“To help me I also joined the East Kilbride Camera Club. I was nervous about using the camera at first. However, the club has been great and I couldn’t have won anything without their tutoring over the years.”