

MEET OUR 2015 WINNERS!

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DANCING THE NIGHT AWAY

Almost 100 doctors and nurses attended this year's Forth Valley Summer Charity Ball at the Stirling Court Hotel which raised £666 for the new Forth Valley Maggie's Centre. Thanks to Medical Education Services Administrator Mary Malarkey and doctors Michael McDermott and Cameron Brown for organising the event, and to local businesses in Dunblane, Bridge of Allan and Doune for donating raffle prizes.



Pictured left to right, Dr Fraser Waterson, Lachlan McGowan (Maggies), Mary Malarkey and Liz McMillan



FROM LARBERT TO LONDON

It's more than 450 miles! But, for the second time, Dr Dan Beckett got into the saddle to cycle to London to help raise awareness of Sepsis, a life-threatening condition that kills thousands of people in Britain every year.

Sepsis, also known as blood poisoning, claims 37,000 lives annually, of which almost 3,000 are in Scotland. It is an unpredictable condition which can strike at any time without warning and kills more people in the UK than bowel, prostate and breast cancers

combined. Rapid diagnosis and treatment are critical to survival.

Dr Beckett, a Consultant Acute Physician at Forth Valley Royal Hospital in Larbert, explained: "My Uncle Dave narrowly survived sepsis, having been made aware of the condition as a result of the first Cycle4Sepsis. I work in acute medicine, so I have witnessed how rapidly the illness can take hold.

"It was a long stretch, but we trained to prepare us for the 500 mile cycle from Scotland to London, stopping off along the route in Edinburgh, Melrose, Carlisle, Skipton, Chesterfield, Leicester,

Northampton, Watford and Uxbridge, to raise awareness and talk about our experiences.

"During the trip we met teams from four corners of the UK and although our journey was long and hard work at times, it was nothing compared to the ordeal faced by bereaved families and sepsis survivors."

The Cycle4Sepsis teams convened to join Health Secretary Jeremy Hunt at a reception hosted in the Houses of Parliament by Cheryl Gillan MP, Chair of the All Party Parliamentary Group on Sepsis.

HONOURED FOR EBOLA WORK

NHS Forth Valley Emergency Consultant Dr Roger Alcock, who was among the first NHS volunteers to travel to Sierra Leone in the fight against Ebola, has been honoured with a medal for his work at the Port Loko Treatment Centre. It was presented at 10 Downing Street by International Development Secretary Justine Greening.

Dr Alcock described the outbreak – which resulted in more than 10,000 deaths in West Africa – as a medical humanitarian crisis where urgent help was needed to control and contain the virus. After receiving his medal he commented: “It is a great honour and totally unexpected and I feel that the medal is really not just for me but for all the people back in the UK who supported me.”



REEL-Y FANTASTIC!

Health Promotion's Laura Boyle put on her dancing shoes this summer and became Senior British Champion in Highland Dancing. This was Laura's 5th time winning the title, which she gained at Airth Highland Games.

Laura began dancing in the school playground at the age of

six, copying friends who went to dance lessons. She persuaded her Mum to take her to class and has been helping to teach since she was 14 years old. She says she loves to see all the younger dancers trying so hard when they are given corrections.

Her favourite dance is the Reel “because you can swing people around as fast as you want!”



RULES IS RULES - Remembering Eddie

A charity golf day, in memory of former NHS Forth Valley General Manager Eddie MacDonald who passed away in May 2015, has helped raise a fantastic £4,200 for the new Maggie's Centre in the grounds of Forth Valley Royal Hospital.

The event saw 20 teams of four battling it out at Alloa Golf Club for the Eddie MacDonald Memorial Trophy, which was won by a team from Ayr. The trophy is inscribed with one of Eddie's favourite sayings: "Rules is rules, without rules we have anarchy!" The event organisers included eHealth

Manager Mary Cameron, and there was also a raffle and a question and answer session with professional golfer, European Tour Player Craig Lee.

A big thank you to the local businesses and golf clubs who made the day such a success and all those who donated raffle prizes for the evening.



TOUGH MUDDER

Jane Shearer, an Associate Specialist from Oral and Maxillofacial Surgery spent a day with colleagues this summer toughing it out to raise money for the Beatson Institute.

Together with Consultant colleagues Jeff Downie and Ewen Thomson, and Speciality Doctor Yasir Shammaa, they completed Tough Mudder at Drumlanrig Castle. This is an 11 mile course with 25 obstacles, advertised as the toughest event on the planet!

Together they raised an amazing £2,500.



SUPPORTING DOWN'S SYNDROME - AND BETHANY

Iain Carson-Brown from the NHS Forth Valley's IT Department, whose daughter Bethany has Down's syndrome, arranged an evening of rock, pop and indie at a Falkirk nightclub to raise money for Down's Syndrome Scotland. The event netted more than £900 and was sponsored by many local companies who gave vouchers to be raffled.

Ian's mother-in-law is Lynne Brown, Revalidation Administrator in NHS Forth Valley's Organisational Development Department, said: "Bethany Mia Carson-Brown, who is three in October 2015, was born three months early and diagnosed with Down's Syndrome. The Down's syndrome organisation has been a great help to Bethany and the family, along with NHS Forth Valley. Bethany was given an electronic tablet to help her learning, a hearing band which has helped her hearing and, in turn, helped her speech. This, coupled with the ongoing support of nurses and doctors, ensures that Bethany continues to make good progress.

She added: "Bethany loves music, enjoys drumming along with her Dad and loves it when her Grandad sings to her. She torments her two older sisters, and absolutely adores her Mum, Charlene."



THE GREAT MEDIC BAKE-OFF

Some of the 'tools of the trade' were represented on this splendid cake, baked to welcome NHS Forth Valley's new medical trainees. More than 70 medics were invited to tuck in to the cake and Dr Michael McDermott was given the honour of cutting the first slice. The event was arranged by NHS Forth Valley's Medical Education Services Postgraduate Department.

STAFF SHOW SUPPORT FOR NEW CANCER CAMPAIGNS

Staff in NHS Forth Valley are supporting two new national campaigns to change how cancer is viewed in Scotland. The wee C campaign aims to alter the way people think about the disease, often referred to as the Big C, and highlights that cancer isn't the threat it used to be. The Get Checked campaign encourages people to present earlier with potential signs or symptoms of cancer. People across Scotland are also being encouraged to take a 'Get Checked Selfie' wearing something checked or tartan to show their support for the campaign. Earlier detection, research breakthroughs and treatment advances are cutting the disease down to size.

For more info visit www.theweec.org



Miss Tracey Gillies,
Medical Director



Alex Linkston,
Chairman



Lindsay Hathaway,
Communication Assistant



David Anderson,
Webmaster



Pathology Laboratory



Oncology Department

Haematology Laboratory



THINK SAFE BY BEING CLEAN

Tucked away at the back of Falkirk Community Hospital is a single storey building marked simply ASDU. It's an acronym for Area Sterilisation Disinfection Unit and it's here that 2.6 million instruments are sterilised every year. Any medical device considered reusable and compatible with a validated decontamination process comes through the doors in UN approved plastic containers which need to be able to be dropped from a height of six metres without bursting open!



Brought in by a small team of drivers the instruments are collected from theatres, community settings, wards, clinics, outpatient areas and day surgery. Sterilising for reuse is a highly skilled job – taking up to three years to be fully trained. Safety standards are set by the Institute of Decontamination Sciences and achieving the technical certificate covers microbiology, anatomy and physiology, and the decontamination process.

instruments in theatre with a surgeon about to operate. It could lead to a procedure having to be cancelled.”

Forty one staff are involved in the seven day a week operation and their own personal safety and the safety of others is a constant. Deputy Manager Michelle Holburn explained: “You don't want dirty or the wrong

The ASDU in Falkirk was the first unit in Scotland to become accredited to BSEN ISO 13485 – a quality management standard particularly for reusable medical devices. Staff have to be alert to exposure risks when handling used equipment and hazardous substances. A new theatre nurse or dental nurse spends half a day with the unit as part of their induction, so they appreciate the challenges ASDU staff can sometimes face and also learn how to make sure used instruments are packed appropriately when sent for cleaning.

THINK SAFE AND STOP FALLS

The importance of falls prevention training is particularly apparent in elderly care, and Ward B21/22 at Forth Valley Royal Hospital is an excellent example of where patient safety is paramount.

Every patient undergoes a full risk assessment on admission, to decide what control measures should be put in place; occasionally this can mean one-to-one support with a nurse sitting with a patient at all times.

rails because they are confused or disorientated may be safer without. Instead they can have a low bed just inches off the floor with a safety mattress at the side should they roll out. The Ward has also introduced hip protectors, garments worn like underpants which have polystyrene inserts in side pockets to cover and protect hip bones. These have proved extremely successful in preventing fractured femurs with only one such incident in the past year.

falls and injures themselves it's devastating for the team. So I think they see the benefit of stringent risk assessment at the start of the patient journey, and re-visiting that all the time.”

Poor fitting footwear can sometimes cause falls and, thanks to the Society of Friends of Forth Valley Royal Hospital, patients are offered a free pair of sturdy slippers which give correct support.

Senior Charge Nurse Nicola Doonan offers on-site training for staff which she's willing to undertake in 20 to 30 minute bursts. She says the uptake has been phenomenal and gives a first-hand insight into how to deal with delirium, adults with incapacity and dementia. Nicola explained: “If someone



Most patients who fall from beds receive bumps and bruises and, although the use of bed rails can be effective in preventing such injuries, patients who attempt to climb over

THINK SAFE BY STAYING CALM

One area where training in managing violence and aggression is paying dividends in spades is Loch View in Larbert, which has 26 beds split over four 'houses.' Many of the patients have complex conditions such as mental illness, autism, challenging behaviour, epilepsy and varying degrees of learning disability. But over the past five years there's been a marked decrease in the use of restrictive practices such as restraint, although the patient group has grown more complex.

Senior Nurse Caroline Gill explained: "Before 2003 when Loch View opened, techniques to restraint

patients were used more than they are now. However, thanks to ongoing training and development, staff are much more skilled in calming the situation and keeping the patient, and those around them, safe. A big part of this getting to know individual patients and understanding what triggers their anger or aggression. For example, they may feel unwell or upset about something and learning diversion tactics to help take their mind off it and defuse the situation is definitely the way forward."

Every nurse undergoes violence and aggression training. In addition, there are courses geared to inclusive communication and the use of talking mats, modules on positive approaches to challenging behaviour and mental health, and positive behavioural support training, some

of which is carried out in conjunction with Edinburgh Napier University. Three staff nurses who studied at Napier have recently been putting learning into practice during a pilot project in one of the four houses. This has included a garden scheme where, with support, patients grew and ate their own vegetables and due to its success, there are now plans to seek funding to roll out user-friendly gardens in the other houses.

As Caroline explained: "It's about getting to know what people like and don't like and responding to their individual needs. Really listening to what they are trying to tell you and treating people with kindness and respect are all crucial. Using these skills, alongside those taught on the course, makes a huge difference and helps enormously."



THINK SAFE WHEN FIRE BREAKS OUT

A summer evening in Ward B11 at Forth Valley Royal Hospital. Advanced nurse practitioner Stewart McNaughton, a member of the hospital at night team, had just reviewed a patient and was at the nursing station writing up notes. Suddenly the fire alarm sounded. Stewart saw nurses escorting a patient from a room and dashed along to find clothing and papers alight. Together with another nurse they grabbed a fire extinguisher.

“The smoke and smell were probably the worst but it was all over in a few minutes” explained Stewart. “I have had fire training within the NHS and some years ago undertook practical training at Alloa Fire Station which included using fire extinguishers. I think it’s really important to know what to do in situations like this. You never know when fire might break out and being able to react immediately is crucial especially where vulnerable patients are concerned.”

This experience highlights an incident which has happened on a number of occasions in recent years. It illustrates that fire does not come by appointment. Thankfully on this occasion trained staff using the appropriate fire extinguishers were able to save the day.

NHS Forth Valley employs two Fire Safety Advisers – Eddie Hattie and Alan McGeachie. Alan says the risk of

fire in all NHS premises is ever present. Fire training is delivered in stages starting with induction into local fire safety awareness and procedures. Staff should be familiar with fire exits, where fire extinguishers are and local evacuation procedures. The next stage is using Learn-Pro to accumulate further skills.

Alan explained: “On a scale of 1 to 10 I would say it’s 10 for knowing what to do in the event of a fire alert. We also do practical fire extinguisher training using a state of the art digital fire simulator where you can play the role of firefighter. Remember, an immediate response is key to minimising damage and possibly saving lives.”



MARKING EUROPEAN HEALTH AND SAFETY WEEK IN FORTH VALLEY

To coincide with this year’s European Health and Safety Week, the NHS Forth Valley Health and Safety team will visit every department (132 departments / teams as listed within our eRSM system) to deliver a management pack (including work related stress information) which has been developed specifically to raise the profile and focus on health and safety across the organisation. Further information on European Health and Safety Week and local training courses is available on the risk management section of the intranet.

A number of displays and information sessions are also being held during the week beginning October 19th 2015.

Day	Dining Room Forth Valley Royal Hospital	Front Door Foyer Forth Valley Royal Hospital
	Topics	
Monday 19th October	Stress Management / Health Promotion	Stress Management
Tuesday 20th October	Health & Safety Management / Occupational Health	Fire Safety
Wednesday 21st October	Stress Management	Not Available
Thursday 22nd October	Health and Safety Management / Occupational Health	Health Promotion
Friday 23rd October	Stress Management	Slips, Trips and Falls

INTO AFRICA

Imagine a hospital serving 50,000 patients with just three doctors, in an area stricken by Aids. Or a woman and child who hadn't eaten for days, abandoned by a husband who had infected her with HIV.

These are some of the challenges which have faced Caroline Izatt, a transfusion nurse specialist at Forth Valley Royal Hospital, who visits South Africa regularly as part of the Aid4Aids charity, set up by Alva Parish Church.

Caroline, who first went to the Eastern Cape in 2004 and has just returned from her third trip to Tsolo, says the Aids situation is improving with access to anti-virals, but there is still a big stigma attached to it. She describes helping set up a project where, with the help of a local nurse called Lulu, workshops were arranged to help people care for family, friends and neighbours suffering from Aids. The education message is spread by word of mouth using lay people. Caroline explained: "For example, someone can go round and say look at me; I've been HIV positive for 13 years. I eat a good diet, take my medication and I have a normal life."

The Tsolo area is one of the poorest in South Africa. Homes are two-room huts made from mud bricks, left to

dry in the sun or shacks built from whatever people can find, for example corrugated steel and tarpaulins. These can be sited on waste ground close to where people dump rubbish as there are no bin collections.

Money raised through the charity helps with basic needs to keep people clean by providing items such as face cloths, baby baths and incontinence pads and to provide simple dietary foods such as porridge. Funds are also channelled into running a vegetable garden which provides food for pre-school children. Donations from Aid4Aids pay for a retired teacher and a woman to cook meals for the 24 children who attend Sinobomi Pre-School. On this recent trip the charity also supplied some educational materials for the teacher including exercise books, activity books, work sheets, coloured pencils, erasers and sharpeners.

Caroline visits the Eastern Cape with Joyce Bell, a retired Strathcarron Hospice nurse. They have helped set up several health and education initiatives. Volunteer carers have been shown how to look after people who are bedridden, and, at a small medical centre, local residents can have their blood pressure and

blood sugar checked, and receive HIV counselling and testing.

But it's a huge challenge. Caroline recalls a poignant moment whilst visiting a shanty town with a group of women training to be home-based carers. She explained: "We came across a young woman who was 24 and had a three year old son. They hadn't eaten for several days after her husband walked out after infecting her with HIV. The support workers had been given a packed lunch but willingly shared what they had, whilst knowing that it was probably the only meal that they were going to get that day."





Caroline looks forward to her African trips because, she says, the people are so lovely. She said: "It really angers me when I hear people complain about our health service. They really don't know they're born. They ought to go out there and see how the other half live. These people are so happy and contented with what little they have."



RINGING ENDORSEMENT FOR CYCLE SCHEME

Specialist Biomedical Scientist June Plummer has written to Staff News saying she wants to give a big thumbs up to the Cycle to Work scheme. June has bought two cycles through the scheme –the first a mountain bike and the second a hybrid, more suitable for her route to work although the mountain bike is good for snow and icy days.

“It has made an amazing difference to me” she explains. “It’s not just the obvious things like not needing a parking permit and getting out of work quicker at 5 o’clock when all my colleagues are stuck in traffic. But it has also improved my overall fitness which is important at 50 years of age!”

Earlier this year, June won the cycle scheme monthly selfie photo competition and was awarded the prize of £250 worth of cycle gear. To see a photo of her outside Forth Valley Royal Hospital in torrential rain, about to go on night shift, follow the link <http://www.cyclescheme.co.uk/cycle-selfie> and scroll down to April 2015.

Because of her fitness levels June has also been able to take part in a Pedal for Parkinson’s event. Both her Mum and grandfather died with Parkinson’s disease and June was able to raise more than £900 for Parkinson’s UK, helped by generous donations from colleagues in the NHS Forth Valley’s laboratories.



WALK THE WALK



The results of a recent Work Positive survey highlighted that health promotion staff were keen to start a walk at work programme. Practising what they preach, they wanted to show how important physical activity is within the work day.

They launched their programme in summer to coincide with the Big Fit Walk national campaign. The walk took around 2,800 steps, taking around 30 minutes to complete. This is around a third of the total we should all aim to walk on a daily basis as 10,000 steps per day (equivalent to 8 kilometres/5 miles) is recommended for an active lifestyle.

Each staff member who registered received a pedometer pack which they could use to monitor their steps on ongoing basis.

To find out more about walks in your area or sign up for next year’s Big Fit Walk visit www.pathsforall.org.uk



WIN A CHRISTMAS HAMPER WORTH £100!

Get yourself into the Christmas spirit with this fantastic prize from Marks and Spencer Simply Food.

Staff will be familiar with the store in Forth Valley Royal Hospital which is operated by manager Graeme Young and is located near the main entrance on the ground floor. The store, as well as offering a superb range of sandwiches, confectionery and drinks also offers a range of 'evening dining' and 'top up shopping' products, from ready meals, fruit and vegetables to jars of coffee and teas.

The store has healthy alternatives across most of the product range as well as the M&S award winning 'Count on Us' and 'Balanced for You' ready meal ranges.



To win a hamper, all you have to do is answer the following question;

If you add all the gifts in the song 'Twelve Day of Christmas' together, what would the total number of gifts be?

- a) 226
- b) 77
- c) 364



Hamper pictured is for illustration purposes only, actual hamper will vary.

Closing date for entries is Monday 16th November 2015.

Terms and Conditions: Prizes are non-transferable and no cash alternative will be given.

Send your answer to FV-UHB.StaffNewsCompetition@nhs.net or by post to Communications Department, Carseview House, Castle Business Park, Stirling FK9 4SW

ON TRACK[📶] FOR SUCCESS



A system to track moveable medical equipment in Forth Valley Royal Hospital has been featured as a success story in the Clinical Services Journal. Problems locating certain items which had been 'borrowed' or tucked away in cupboards have been solved by the head of Medical Physics Bryan Hynd, and his team of 14 staff who are responsible for managing all 14,000 devices. This includes buying new equipment, carrying out planned maintenance and repairing faults.

Initially 1,000 medical devices were fitted with radio frequency identification tags and five fixed readers were installed in key areas of the hospital. In addition, eight hand-held mobile readers are used by the medical physics team when auditing wards. The benefits being experienced in finding 'lost' equipment have allowed Bryan to justify further investment and rapidly expand the system.

NEW RESOURCE FOR MENTAL HEALTH

Staff who previously worked at Westbank and Dunrovan day hospitals are now working under one roof at the newly created Woodlands Resource Centre based in the grounds of Falkirk Community Hospital.

They have been joined by colleagues from Falkirk Council, bringing the number of employees at the new

facility to around 70. These include doctors, nurses, psychologists, physiotherapists, dieticians, mental health officers and social workers.

Kathy O'Neill, NHS Forth Valley's General Manager for Community Health Services, said: "Bringing separate mental health services and teams together in the one place makes it easier for staff to work together and provide a more joined-up and co-ordinated service. It will also help speed up the referral process to ensure local people are seen and assessed as quickly as possible."

The centre, which was opened by NHS Forth Valley Chairman Alex Linkston, is housed in two former hospital wards which underwent an extensive £2m refurbishment to create a variety of group and individual therapy rooms, as well as garden areas and courtyards.

The Centre also provides a range of personal development, social and recreational activities such as gardening, art therapy, music classes and Tai Chi to help support patient's recovery and improve their quality of life.



NHS Forth Valley Chairman Alex Linkston (Far left) and Councillor Allyson Black (back row second from left) joined members of staff for the official opening



CLINICAL SERVICES REVIEW UPDATE

Work is currently underway to finalise the reports of the 8 workstreams who have been working with frontline staff, community groups and service users to review clinical services over the last year.

The recommendations from these

reports will form the basis of our new healthcare strategy which will set out the plans and priorities for developing healthcare services across Forth Valley over the next five years.

Our local healthcare strategy will also be informed by the new national Clinical Strategy which the Scottish Government is expected to publish

in the next few months. This will enable us to complete our initial draft healthcare strategy which will be subject to further consultation before it is finalised.

You can find out more about the Clinical Services Review and the case for change on our website www.nhsforthvalley.com/shapingourfuture

TACKLING HATE CRIMES

A new protocol and guide has been launched by NHS Forth Valley on how to respond to hate incidents which it is hoped will encourage staff to come forward and report them, whether they are a victim, witness or third person.

Hate incidents and crimes can occur when a person is targeted because they are seen to be different. This could be because of a disability, their race, religion or belief, their sexual orientation or their transgender identity. It can involve verbal abuse, damage to property and/or physical violence.



Lynn Waddell, NHS Forth Valley's Equality and Gender Based Violence Manager said: "Hate crimes and incidents hurt and can be confusing and frightening. It's an act of victimisation directed towards a person because of who they are or are seen to be.

"However, by reporting them through existing channels you may be able to prevent these incidents from happening to someone else. All reported incidents will be fully investigated so you can get the support and service you deserve."

For more information see the hate incident protocol in the area wide policies section of the staff intranet http://nhsforthvalley.com/_documents/ig/policies_areawide_hrfiles/hate_incident_protocol.pdf

CREATING A HEALTHIER SCOTLAND:

THE CONVERSATION BEGINS

The conversation has begun on the long term future of health and social care services in Scotland – and your input is needed. From now until April 16th 2016, the Scottish Government is holding a series of events and discussions around the country involving the NHS, the care sector, charities, patient groups and volunteer organisations, to develop plans beyond 2020. They have also set up a Creating a Healthier Scotland website giving people the opportunity to follow the conversation and contribute to the debate as it progresses.

Scottish Health Secretary Shona Robison said: "Our Vision for 2020 – that people should live longer healthier lives at home or in homely settings – remains the right course to set. But our approach to health and social care between now and 2030 cannot simply remain the same as we face increasing challenges and pressures and we

must start discussing and planning for that now.

"Most importantly, I want to ensure that as far as possible the outcome of the national conversation is turned into a practical reality. This isn't about producing just another vision – we want to take these views and put them into practice as quickly as we can.



The national debate will focus around three broad questions:

- What support do we need in Scotland to live healthier lives?
- What areas of health and social care matter most to you?
- Thinking about the future of health and social care services, where should our focus be?

Find out more on the Creating Healthier Scotland website: <http://healthier.scot/>

Contribute to the debate via post and email, or by joining the discussion on the Scottish Government's blog, Twitter (@scotgovhealth), or Facebook page.

Postal address:
Healthier Scotland Conversation,
St. Andrew's House,
Regent Road, Edinburgh, EH1 3DG
Email address: healthierscotland@scotland.gsi.gov.uk

WANTED - YOUR GOOD IDEAS!



Across Scotland, NHS staff are continually innovating and coming up with new ideas, many of them simple devices, gadgets or programmes that help them do their job more easily. Some of these ideas can be commercialised and developed into new products to improve healthcare.

It is exactly these ideas that Scottish Health Innovations (SHIL) wants to capture! Set up in 2002 by NHS Scotland, SHIL works with all staff across all Scottish NHS Boards to develop ideas and inventions into products which can be sold back into the NHS and the wider market place. Often the simplest ideas are the best and SHIL have developed and marketed products based on ideas put forward by a wide range of healthcare staff including midwives, porters and pharmacists, to name but a few. The Rhinopinch device, used to stop nosebleeds, started life as nothing more than a couple of wooden tongue depressors held together with elastic bands when it was brought to SHIL by an A&E doctor! Staff developed it into a CE-marked device which is now in use in A&E departments, GP surgeries, schools and clinics across the country and beyond.



If you have an idea for an invention which would improve healthcare then don't be shy, get in touch with SHIL and one of their business development managers will be delighted to come out and meet you to discuss it further. Successful products generate revenue which is fed directly back to the health board AND to you the inventor, which is even more reason to get in touch with them. You never know, your simple idea might be the next big seller!

For more information please see www.shil.co.uk or drop an email to SHIL's Head of Business Development, Robert Rea (robert.rea@shil.co.uk)



Meet the new Flu Immunisation Team (left to right) Debbie Musik, Strathie Adams, Tracey McGregor, Victoria McDonald, Carol Mackay, Anne Reid and Amie Fleming

FLU - WE'RE READY FOR YOU!

With winter approaching, staff are being reminded to look after their health by getting a flu jab. Not only will it help protect you, but it will also help stop infection spreading to family members, patients and colleagues. This year the aim is to vaccinate 50 per cent of the workforce.

A recent survey has shown that many NHS Forth Valley staff are immunised by their GP, but that they forget to inform Occupational Health who are then left unaware of the actual total number of immunised staff. To help address this staff are asked to email fv-uhb.ohsadmin@nhs.net or phone the Occupational Health Department on 01324 566663 to let them know if you have had the vaccine at your GP practice.

Head of Occupational Health Dorothy Bell-Sneddon said: "It is crucial for staff to get vaccinated every year as the flu viruses can mutate from one year to the next. Receiving regular vaccinations also protects against waning immunity. The vaccine only takes a couple of minutes and will protect you against flu for around a year.

"Staff working in areas where patients may be at greater risk of experiencing severe complications from flu, such as intensive care units, paediatric wards, cancer centres, care of the elderly wards or emergency facilities, are being encouraged to receive the flu vaccine as soon as it is

available to reduce the risk of spreading infection."

The 2015 flu campaign is now under way and will continue until the end of February 2016. It is supported with posters, leaflets, payslip messages and updates on the staff intranet.

Occupational Health will provide extended opening hours in the first two weeks of the campaign and then continue to provide daily immunisation clinics for staff throughout the winter months. Outreach services will be provided to all Community Hospitals – details of all clinics date and times are available on the staff intranet. This year, a small pilot study is being undertaken in theatres where vaccinations will take place within the Department. Managers across the organisation are also acting as Flu Champions to encourage, enable and support their staff to take up the vaccine.

In addition, a newly created immunisation team has begun vaccinating primary school pupils against flu. Over the next three months, the vaccine will be offered to around 24,000 Forth Valley youngsters. The vaccinations will be carried out during school hours with children in P1 – P7 being offered the nasal spray, *Fluenz Tetra*[®]. The programme is being delivered in collaboration with local authority education departments.

CONTINUES ON NEXT PAGE...



CONTINUED

MythBusters

MYTH – THE FLU VACCINE CAN GIVE YOU FLU

Fact – The flu vaccine doesn't contain any live virus so it's impossible to catch flu simply by having the vaccine. Some patients may experience mild side effects but these are usually resolve without treatment. People who go on to develop colds and flu after having the vaccine are likely to have been infected before they were vaccinated or just after as the vaccine can take up to 10 days to work.

MYTH – FLU IS JUST A BAD COLD

Fact – Flu is a much more dangerous virus which can lead to serious infections and illness. It's a contagious disease of the respiratory tract (nose, throat, and lungs) that can lead to complications including pneumonia, bronchitis, meningitis and encephalitis. It can cause worsening of chronic conditions, such as congestive heart failure, asthma, or diabetes.

MYTH – ANTIBIOTICS CAN CURE FLU

Fact – Absolutely not. Antibiotics kill bacteria. Flu is caused by viruses, which don't respond to antibiotics. Sometimes people who experience complications as a result of flu can be given antibiotics because they develop a bacterial infection (such as pneumonia) – but these do not help treat flu.

MYTH – THE FLU VACCINE PROTECTS YOU STRAIGHT AWAY

Fact – It actually takes about ten days for you to be protected against flu after you get the vaccine – so theoretically you could be immunised and then pick up flu before you are fully protected. That is why it is best to get the vaccine as early as possible and before there's lots of flu viruses circulating.

MYTH – THE VACCINE ISN'T EFFECTIVE

Fact - During the last 10 years, the flu vaccine has generally been a

good match for the circulating strains of flu, including swine flu, and the vaccine changes every year to help tackle the strains which are expected to be circulating.

MYTH - ONCE YOU'VE HAD THE FLU VACCINE, YOU'RE PROTECTED FOR LIFE

Fact - No, you aren't. The viruses that cause flu can change every year, so you need a vaccination each year that matches the new viruses. The vaccine usually provides protection for the duration of the flu season that year.

MYTH - I'M PREGNANT, SO I SHOULDN'T HAVE THE FLU JAB BECAUSE IT WILL AFFECT MY BABY

Fact - You should have the vaccine whatever stage of pregnancy you are in. If you're pregnant, you could get very ill if you get flu, which could also be bad for your baby. Having the jab can also protect your baby against flu after they're born and during the early months of life.

MYTH - THE FLU JAB WON'T PROTECT ME AGAINST SWINE FLU

Fact - Yes, it will. This year's flu vaccine protects against three different flu viruses, including the H1N1 swine flu virus. This is because the virus is expected to be circulating this year.



For more information on flu vaccination visit
www.immunisationscotland.org.uk

AMAZING RESPONSE TO LOCAL STAFF AWARDS



The help and care which one of our health visitors has given to local mums over the past 25 years earned her the Chairman's Award in the NHS Forth Valley 2015 Staff Awards. No less than 67 nominations from patients and colleagues were received for Sheila Atalla, a health visitor based at Meadowbank Healthcare Centre in Polmont, who was described as "a real treasure in the health service" and "an incredible support to women wishing to breast feed."

Sheila, who runs a breastfeeding support group in Brightons Community Hall and has backed the Buggy Walking Scheme in Polmont, was also praised for her commitment to supporting local families. One mum of twins told how Sheila phoned her at midnight the day of their birth;

another wrote that Sheila was "a fabulous caring person that would go to the ends of the earth to help."

Presenting the trophy at the NHS Forth Valley 2015 Staff Awards ceremony on 16th September 2015, NHS Forth Valley's Chairman Alex Linkston said: "The number of nominations Sheila received is testimony to how highly she is regarded by patients, colleagues and the local community where she works. I am very proud that staff of her calibre are working in NHS Forth Valley and willing to go above and beyond the call of duty to deliver outstanding care and support on a daily basis."

The Chairman's Award was one of seven awards presented to recognise the work of individuals, teams and volunteers from across the organisation. This year's winners and runners up were selected from 526 nominations – up from more than 350 last year.

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NHS FORTH VALLEY 2015 AWARD WINNERS

OUTSTANDING CARE AWARD



Outstanding Care Award - WINNER - Ward A12

Winner: Ward A12, Forth Valley Royal Hospital

"Thank you for the kindness, friendliness, care and support"

"The response, care and exceptional smiling staff of Ward 12 has impressed us"

"The team work extremely hard and well together, and I feel privileged to work with such an effective team"

First Runner Up: Annemarie King, Paediatric Complex Care Sister

"She sees my child as far more than the sum of her medical problems"

Second Runner Up: Children's Ward, Forth Valley Royal Hospital

"Their care, time, empathy and understanding is second to none. No stone was left unturned"

INNOVATION AWARD



Innovation Award - Liaison Psychiatry for Older People

Winner: Liaison Psychiatry for Older People

"They have expanded their service to work over seven days to improve outcomes for older people"

"The team involves families/carers in every case"

"Reduced lengths of stay and improved home discharge rates have been shown"

First Runners Up: Nicola Henderson and Caroline Ritchie, Dietitians

"The work that these two members of staff have undertaken has been truly transformational"

Second Runner Up: Reliable Rescue Team, Forth Valley Royal Hospital

"A fall in sepsis mortality of 12% per year – an amazing achievement"

INSPIRATION AWARD



Inspiration Award - Lynn Speed

Winner: Lynn Speed, Lead Physiotherapist for Mental Health

"Lynn is imaginative, positive, empathetic and gives so much to the field of Mental Health in Forth Valley"

"Lynn conducts herself with quiet professionalism and dignity"

"Skilled at encouraging and developing staff"

First Runner Up: Allison Ramsay, Lead Nurse Learning Disabilities

"Allison's personal values are exemplary and her approach to everyone is of a standard that we should all strive to deliver"

Second Runner Up: Ross Cheape, Senior Charge Nurse, Ward 2, Forth Valley Royal Hospital

"Ross continually has a smile on his face which lifts my spirits and makes me feel like the day is worth taking on"

TOP TEAM AWARD



Top Team Award - Ward A11

Winner: Ward A11, Forth Valley Royal Hospital

"Great quality of staff, efficiency and really excellent quality of care"

"A team that lead by example and embrace change. They are not afraid to challenge the normal day to day process to optimise the outcome for the patient"

"A caring and compassionate team who support relatives during difficult times"

First Runner Up: Paediatric Diabetes Nursing Team

"The impact of the team has stopped children having to be admitted to hospital in diabetic crisis"

Second Runner Up: Orthopaedic Team

"All members of the team go above and beyond what is required and as a result we have a very coherent team who get the job done"

UNsung HERO AWARD



Unsung Hero Awards - Rosemari Penman

Winner: Rosemari Penman, Administrator, Clackmannanshire Community Health Centre

"Rosemari is an excellent role model and takes on any extra task in her stride. You never feel that anything is a problem"

"She is a constant, reliable, professional, conscientious, dedicated, motivated and forward thinking member of staff"

"Regularly assisting others with a cheerful, bright and friendly manner"

First Runner Up: Helen Lawson, Pharmacy Support Worker

"Helen is a true hero and needs to know how much we as a team appreciate her"

Second Runner Up: Philip Hacking, Health and Social Care Chaplain

"Shows genuine compassion, sensitivity, commitment, openness and flexibility. His concern for the 'other' is always first on his agenda"

VOLUNTEER AWARD



Volunteer Award - Nurse's Choir

Winner: NHS Forth Valley's Nurses Choir

"My wife has dementia and doesn't speak very often. When listening to the choir she sang along with every song. Thank you"

"They work in their own time raising funds for so many worthy charities and raising the spirits of patients"

"Managed to hear them sing at Christmas in the front lobby and they were like angels, truly"

First Runner Up: Sheila Pheely and the RVS Cafe Team, Stirling Community Hospital

"Sheila is 82 years old and works every day organising the RVS cafe. An inspiration to us all she has a heart of gold and really does put other people first"

Second Runner Up: Maureen Egdell, Volunteer, Ward 1, Clackmannanshire Community Hospital

"Mo is a very happy lady and is a ray of sunshine in the ward. Loved by both staff and patients"

CHAIRMAN'S AWARD



Winner: Sheila Atalla, Health Visitor, Meadowbank Health Centre, Polmont

"A wonderful person with so much to give to us mums and babies"

"Sheila is always there if I need any support and nothing is a problem"

"Her support has helped me more than I can put into words"

IN THE SPOTLIGHT

How did you arrive at your current post?

I accidentally fell into audiology when I left the now Glasgow Caledonian University in 1993. Training for Audiologists was Modern Apprenticeship style with professional exams - I loved the idea of training and getting paid at the same time! We attended Stow College weekly and I even won Student of the Year.

Training in the busy Glasgow Royal Infirmary site prepared you well and I got to work alongside the team at the Medical Research Centre and the late Prof Stuart Gatehouse who is world renowned in audiology.

It was while working there that I met my audiologist husband, who now manages audiology services in Glasgow Royal Infirmary.

After qualifying, I went to work across the South Side hospitals. We moved to North Lanarkshire in 2005 and I joined the team in Forth Valley the same year. After a couple of exciting secondments with NES and the Scottish Government, I was successfully recruited to the current post of Highly Specialised Audiologist. I am responsible for the day-to-day adult services, complex adult cases and I support hearing impaired teenagers through transition into adulthood.

A case of bouquets or brickbats?

Definitely bouquets. Since moving here, the service has won the BAA Audiology Team of the Year, twice. Recently we were the first department in Scotland to operate a fully open access service for

existing hearing aid users and as such eradicated our waiting list for reassessments. We were also runners up in the 2015 Healthcare Science Awards for our innovation.

Back when I started we had just three aids to choose from - mild, moderate and strong. We now have sophisticated digital devices with 16 channels of frequency modulation that are custom fitted. Devices are adjusted similar to using a graphic equaliser and computer software, so the skills for the role have certainly changed over the years.

Audiologists are more than just technical, with counselling and rehabilitation a substantial part of the job.

What are the biggest challenges in your job?

We tend to be 'fix it' people and it can be frustrating if we are dealing with often complicated/severe hearing disorders for which hearing aids will only offer limited support. Also, as the population ages, there is a worry about how we will cope with future demand.

What makes you smile?

Helping people to hear. I think I may have prevented a few divorces in my time!

If you could be any figure from history who would you be - and why?

No one, the future is better.

What's your favourite place in the world?

Any Thai restaurant.

Best time of day

Straight after the gym, I do five



Stephanie Doody,

Highly Specialist Audiologist



classes a week and love the post workout buzz.

Which living person do you most admire and why?

My husband became a paraplegic at two years old and has never let his disability stop him. He is a great audiologist, dad, best friend and even dying 11 times following surgery for cancer, he beat all the odds to be clear now for nearly three years.

Proudest moment

Belly dancing in front of a sell out crowd at the Theatre Royal in Glasgow, I am part of an Arabic Dance troupe. I also do Burlesque dancing but that is whole other interview.....

Pet hate



My family's inability to find anything by themselves.

Biggest regret in life

None!

If you had one wish?

That my children grow up to have very happy, healthy long lives or that hearing aids had homing devices so we could track the lost ones!

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