

All about you....

PAGE 10



What Matters to you?



@WMTYScot #wmtty17

www.whatmatterstoyou.scot



Ask what matters, listen to what matters, do what matters



**GET CHECKED
EARLY** P9



**BRINGING THE
OUTSIDE IN** P5



**FIRST CLASS
COMPETITION** P18

THINKING FORWARD FOR LEARNING DISABILITIES

As part of Learning Disability Week 2017, staff from the Falkirk learning disability team held an event in the Howgate Centre, Falkirk to give people a chance to find out more about the service and share their views.

The theme for the week was "Looking backwards, thinking forwards" and included pictures of the former Royal Scottish National Hospital. The stand was popular with many people stopping by, from shoppers to people with

learning disabilities, who had heard about the event.

Staff were on hand to answer questions and also asked the public what they wanted to see more of in the future. Some of the suggestions included more social groups in the evening for young people with learning disabilities, cookery groups for those with learning disabilities and the need for a therapy pool in the local area.

All of the suggestions will be discussed at a team development day.



GET ON YER BIKE!

Staff and visitors to Clackmannanshire Community Healthcare Centre were urged to get on their bikes recently as part of Cycle Week. The programme of cycling activities was funded by Smarter Choices, Smarter Places, and arranged in partnership with Clackmannanshire Council, Stirling Cycle Hub, Healthy Working Lives and Recycle-a-bike. Included were free health checks for tired bikes and electric bikes for people

to try out. One man was also helped to get back into the saddle after a long illness.

Fruit and breakfast pots were given to everyone who made the effort to cycle or walk that week and, whilst the organisers said they appreciated that cycling is not a viable option for everyone, it does provide physical and mental health benefits and is less stressful than being stuck in traffic or searching endlessly for a car parking space!

For more information call 01786 474160 or email cyclehub@forthenvironmentlink.org



IN THE FOOTSTEPS OF BILLY ELLIOT



When Kyle Symon decided to switch from being a keen swimmer to take his first tentative steps in tap, little could he have imagined that seven years later he was on course to become a professional dancer. Kyle, whose mum Lesley is a receptionist in the Oncology Unit at Forth Valley Royal Hospital, beat off tough competition to gain a coveted place at the prestigious Royal Conservatoire of Scotland, now ranked third best in the world. He was one of 12 dancers chosen from more than 500 entrants, but as Lesley explains, the road to the top has been not only gruelling at times, but a testament to his commitment.

"His body hurts; he puts himself through a lot. He goes swimming once a week and runs a couple of times, he is so focused. He belongs to two dance schools, attends classes every day and also dances on a Saturday.

"He could do a Billy Elliott no problem. His tap is incredible and Kyle has

always said he wants to dance with the Bolshoi Ballet Company. How realistic that is, I don't know but it's testament to his character that he has pushed and pushed to get where he is."

Kyle's love affair with dance didn't begin until he was in Primary 7, quite old for someone with an ambition to become a professional dancer, as many kids start at the age of three. But dancing is in his blood. His grandfather, his grandfather's brother and his son, were all male dancers. The decision to follow in their footsteps was inspired after he had seen a film starring Gene Kelly and said he just wanted to dance.

Lesley thought Kyle's enthusiasm wouldn't last but two months after starting tap, his school put on a show. "Having an audience, cheering him on was electricity for him," she recalls. "Six months later he had taken up ballet to increase his repertoire. Ballet is a love affair for him."

For many years Lesley was a keep fit instructor and taught aerobics, but then her children's activities took over her life. Another son Lewis is a boxer, and her eldest son David swam



at national level. He became a civil engineer but is now going back to University to become a PE teacher.

Lesley is now looking forward to a little relaxation but is fiercely proud of what her boys have achieved. She said: "Your heart bursts really, especially when they win. It's wonderful to be able to do a job that you love and not just because you need the money."

HEALTH SECRETARY VISITS FORTH VALLEY

Health Secretary Shona Robison met staff and patients in Ward B32 when she visited Forth Valley Royal Hospital to launch a national consultation on staffing levels.

NHS Forth Valley has been a leader in using and testing the national workforce tools and the Cabinet Secretary said there was a clear link between effective and sustainable staffing levels and high quality care. She added: "Scotland has led the UK in the development and use of a groundbreaking evidence-based approach to nursing and midwifery workload and workforce planning. Now we intend to build on our record to date and go further still."

NHS Forth Valley's Director of Nursing, Professor Angela Wallace, said: "We have been using the national workforce planning tools in Forth Valley for many years and have also supported their ongoing development through local testing. These important tools form a core part of our



wider care assurance system to ensure we have the right number and skill mix of nursing and midwifery staff in all of our inpatient wards.

"They have also helped drive forward improvements in the safety and quality of care we provide for patients and their families by helping us to identify and respond to areas where additional resources are required to meet the needs of patients."

BEING MINDFUL IN CLACKMANNANSHIRE

Health visitors and support staff in Clackmannanshire enlisted the help of Lynne Black, Community Mental Health Worker, to help reduce stress in the workplace. Lynne initially gave the team an information session on stress, how it affects the body and ways to control this. Then, with many people unable to switch off from issues at work or home, mindfulness was discussed as a useful resource to ground staff in the present.

Lynne kindly agreed to facilitate a four week course which was extremely successful in allowing people



to accept thoughts and let them pass. Those taking part said they felt very relaxed.

Lynn also gave the staff strategies to practice at home and implement in the workplace.

HELPING AGNES AND JIM

How best to help Agnes and Jim – two service users – was the challenge posed at an innovation event at Forth Valley College in Alloa.

Staff from NHS Forth Valley, Clackmannanshire and Stirling Health and Social Care Partnership, Clackmannanshire Council, Clackmannanshire Third Sector Interface and the Scottish Fire and Rescue Service put their heads together to come up with the most effective solutions.

The event was aimed at increasing knowledge of technology and innovation and how it can be used within health and social care to benefit local people.

The two questions asked were "How can we simplify the communication about Agnes's care?" and "How can Jim be better supported to live his life well?" The scenarios were created by Clackmannanshire Third Sector Interface who interviewed people in the community and developed Agnes and Jim as the stimulus for generating new ideas. Seven concepts were pitched on the day from two workshop sessions and delegates voted for their favourite.

This event, designed to generate new ideas, will be followed by further steps on the innovation journey. These will include building on discussions with local GP practices, pharmacies and the community to refine the concepts and explore what can be taken forward, possibly using existing technologies and online systems.



Event Feedback:

"Invigorating and energising event."

"Good to harness the energy, but need to follow up, go back and speak to our teams and encourage people to think differently."

'Translation of ideas into reality will be critical, while some ideas require resources; others are developments of current services.'

"Need to be more flexible in our thinking, release our creative thoughts and think out of the box."

"Good energy and willingness to make changes in the 'wee county'."

"Now aware of services I did not know existed."

"Better informed about how social care operates and the challenges."

CHANGING LANDSCAPES AT FALKIRK COMMUNITY HOSPITAL

The main entrance to Falkirk Community Hospital has received a colourful makeover, thanks to the Health Promoting Health Service Greenspace Project. Responding to comments that the corridor was uninviting, Senior Health Promotion Officer, Shirley Hamilton and Health Promotion Officer, Rhona Denham invited staff to submit photographs reflecting green spaces. These were then printed onto banners and now line the rustic brick walls.

The initiative was an instant success as Shirley explained: "The day we were hanging



them up people were coming down and saying how lovely they were."

Rhona added: "The pictures provide an opportunity to stop, catch your breath and feel something positive. It puts a smile on your face."



The pictures will be refreshed in around six months time to maintain the theme of 'bringing the outside in.'

ACTIVE AND INDEPENDENT

The role that Allied Health Professionals (AHPs) play in keeping people active and able to live independently came under the microscope at a recent event in Forth Valley Royal Hospital. Around 100 staff heard Tracy MacInnes, Associate Chief Health Professions Officer from the Scottish Government, spell out the vision for the future. This included several new initiatives such as vocational rehabilitation (designed to get people back to work), the Eat Well programme (which focuses on healthy eating) and Making Every Communication Count (to create opportunities to deliver health messages when seeing patients).

Ms MacInnes touched on current successes such as the musculoskeletal (MSK) programme where, in the past, waiting times for treatment could be more than 20 weeks. Now, thanks to service redesign, 56% of patients are seen in less than four weeks, and 80% within 12 weeks.

Fiona Downie and Wendy Monteith also described their roles as Advanced Practice MSK Physiotherapists in the community. As Extended Scope Practitioners (ESPs) they provide a full streamlined service from assessing patients to providing physiotherapy, imaging and orthopaedic referral and undertaking steroid injections. In the two GP Practices where this service is currently implemented, GPs have seen a significant reduction in appointments for musculoskeletal issues (e.g. sore shoulders, backs) and have been able to extend their

appointment times from 10 minutes to 15 minutes.

A number of benchmarks have been set for the future including AHP services being easily accessible, partnership working, delivering excellence through research and innovation and making sure that all stakeholders are aware of the services which AHPs can offer. These are podiatry, physiotherapy, occupational therapy, speech and language therapy, dietetics, orthotics, orthoptics, arts therapies and radiography.

(left to right), Bette Locke, AHP Strategy Lead/Service Manager; Claire Withnell, Senior Speech and Language Therapist; Tracey MacInnes, Scottish Government and Natalie McLurg, Team Manager - Hospital Discharge Team/Intermediate Care, Stirling Council.



BUBBLICIOUS STAFF

Staff from the Intensive Care Team at Forth Valley Royal Hospital, along with AHPs and Rehabilitation Support Workers from Stirling Community Hospital, have been busy fundraising for Strathcarron Hospice by taking part in a 5k fun run, raising £1,400 and £1,500 respectively.

The teams, known as 'Intensive Chaos' and 'Bubblebees' (hence the bumblebee costumes!) took part in 'Bubblerrush' at Bellahouston Park in Glasgow, an event which involved working their way through a sea of bubbles as cannons pumped out coloured bubbles along the route. Everyone had a great day out and looked very colourful by the end!

Well done to both teams.



JANET'S HEARTFELT THANK YOU



An amazing £913 has been raised for the Cardiology Unit at Forth Valley Royal Hospital, all thanks to one woman. Janet Robertson has been a patient in the Unit for many years and wanted to show her appreciation for the care she has received. She did this by hosting a prize bingo night in Grangemouth to raise money.

Joanne Cusack, Head of Cardiac Investigations, said: "Janet has raised such a fantastic amount for the Cardiology unit and we really do appreciate it."

Joanne and Cardiology Department Manager Catherine Mondoia, along with Secretary Lynn Turnbull, presented Janet with some chocolate treats and a house plant as a token of their gratitude. Over the years, Janet has raised more than £10,000 for a number of different causes including Falkirk and District Royal Infirmary and Forth Valley Royal Hospital.

Catherine Mondoia, Cardiology Department Manager; Joanne Cusack, Head of Cardiac Investigations; Janet Robertson and Lynn Turnbull, Cardiology Secretary.



HAITI HELP

One of the more unusual venues for a performance by our Nurses Choir was Beath and Cowdenbeath North Church. The Choir were taking part in a concert to raise money for a group of nurses to travel to Haiti to care for children. The event raised a whopping £1,330.

RELAY RUNNERS RACE A GRAND

Thanks to the efforts of the Clackmannan Cheetahs and the Kincardine Crusaders, more than £1,000 was raised for Macmillan Cancer research. These were the team names chosen by GPs, nurses and administration staff from Clackmannan and Kincardine Medical Practices who took part in the Hairy Haggis Relay to complete the Edinburgh Marathon. Both teams covered the distance in 4hrs 41 minutes, an excellent result as two team members had run the Stirling Marathon the week before!

Although the day started off cloudy and cool, the weather soon became warmer but all the runners supported



each other. There was even some entertainment with salsa dancers, Vikings in a boat and a juggler all running the race at the same time!

Team members were Ryan Ewbank, Glenda Carruthers, Nadine McCool, Annabel Shepherd, Rachel Maclean, Hazel Corbett, Steven Ebsworth and Emma Richmond.

Steven and Emma are pictured at the end of their eight mile stretch, the rest of the team are pictured wearing their finisher t-shirts.





Week Before Diagnosis



Sisters



Halfway Through Radiotherapy



Time to Recover

PLEASE GET SCREENED

Ann's Story

It's a fact. Around 4,600 women in Scotland are diagnosed with breast cancer every year. Health Promotion Officer Ann McArthur has just undergone the journey from diagnosis to recovery and wanted to share her experience to encourage women to attend screening. Here is her story.

"As I stood on top of Ben Nevis, I thought – I've just climbed the highest mountain in Scotland and I felt good, I felt fit, I felt so proud of myself! Little did I know that, less than four weeks later, I would receive a 'recall' letter instructing me to come back for another mammogram, followed by a breast cancer diagnosis.

We now know that the earlier breast cancer is diagnosed and treated, the greater the chances of survival. I had been happy to accept the invite for breast screening at my local mobile screening unit and thought, "that's me for another three years". I am vigilant about my breast screening, as well as the self-examination procedures, as both my younger sisters had breast

cancer 7 years ago.

"What do we do next?" I asked. I was a bit shocked, no doubt about it, but I knew early detection was good and the sooner things got started, the better the outcome could be.

After my recall mammogram I had an ultrasound and a biopsy. One week later it was confirmed, I had breast cancer and I needed surgery. Surgery was to follow in five weeks, and I'll tell you that was a long five weeks. During that time I attended my nephew's wedding, a big hat on my head and all dressed to the nines; to onlookers I hadn't a care in the world. A week after that I flew to Dresden and Berlin for a family holiday. How could I enjoy myself I thought, but my family and my faith gave me the strength to keep going.

People say I'm a very positive person, I heard this so often throughout my cancer care and hearing it gave me determination to see the surgery and treatment regime through to the end. We have come a long way. Treatments now are highly targeted and personalised to each and every individual. Four weeks after surgery

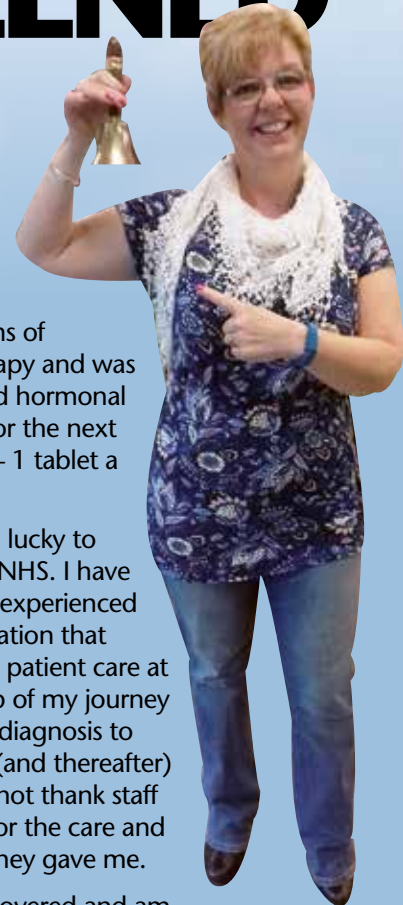
I received 19 sessions of radiotherapy and was prescribed hormonal therapy for the next 10 years – 1 tablet a day.

We are so lucky to have our NHS. I have seen and experienced the dedication that went into patient care at every step of my journey from pre-diagnosis to recovery (and thereafter) and I cannot thank staff enough for the care and support they gave me.

I have recovered and am now back at work and happy to share my experience with you.

The Scottish Government are promoting breast screening as part of their Detect Cancer Early programme and I urge all women aged 50-70 (and beyond) to take part. Please do not let it put off."

For more information visit www.getcheckedearly.org





what matters • listen to what matters • do what matters

what matters to you?

whatmatterstoyou.scot



It was a day of cheery smiles all round as volunteers, staff and patients posed for the camera to mark What Matters to You day. This national initiative aims to support more meaningful conversations by encouraging people to share what matters most to them when they are receiving health or social care.

Not only a fun day but one where staff in cardiology were able to see some of the great comments about the care they are providing. For more information: <http://www.whatmatterstoyou.scot>

iMatter

WHOLE SYSTEM ROLL OUT DATE FROM 2018

NHS Forth Valley is continuing to work towards a whole organisation single go-live date for the iMatter questionnaire. This is **Monday 9th April 2018**, thereafter we will continue to have one annual cycle on or around this date each year.

iMatter Manager Support Sessions

In order to support iMatter Managers across NHS Forth Valley in working with their teams to embed iMatter as a continuous improvement cycle, a programme of short facilitated sessions will be offered by the iMatter Team. These will be interactive 'topic specific' sessions (determined by iMatter Team Managers) where examples of

good practice will be shared with attendees as well as some discussion around managing areas such as 'improving response rates' and 'shared ownership and accountability' for improvement actions. You can find more information about these sessions on the iMatter section of the staff intranet: <http://staffnet.fv.scot.nhs.uk/a-z/staff-experience-project/>

Team Reports/Yearly Components/ Team Action Plan & Storyboard

These are now automatically available from Webropol for all staff who opt to complete the survey online and enter a valid email – work or personal.



NEW COURSE BOOKING ARRANGEMENTS

How to book a place on courses and classes

Booking face-to-face courses and classes in NHS Forth Valley is now done through the eESS learning module in the online eESS system rather than through learnPro. Managers will automatically be requested to approve applications for staff members applying to undertake learning, education or training opportunities.

Have your eESS number handy

Your learning history will be archived in learnPro but, from 4th July 2017, all future learning will be saved in your learning history in eESS. This means that all staff should ensure that they are aware of their eESS number and have an up-to-date password. Assistance for forgotten eESS numbers and/or passwords is available on the eESS online portal.

Accessing eLearning

eLearning will continue to be accessed via the learnPro platform.

BLOOD-BORNE VIRUS EXPOSURE – NEW CLINICAL GUIDELINES

The new policy for management 'Following Potential Exposure to Blood Borne Virus Infection' is available on the Staff Intranet in Clinical Guidelines in the Occupational Health category.

Training sessions have been arranged to provide staff with knowledge and understanding of the management of exposure in the workplace.

The sessions are for all staff in NHS Forth Valley, including GP and Dental Practices. They are designed

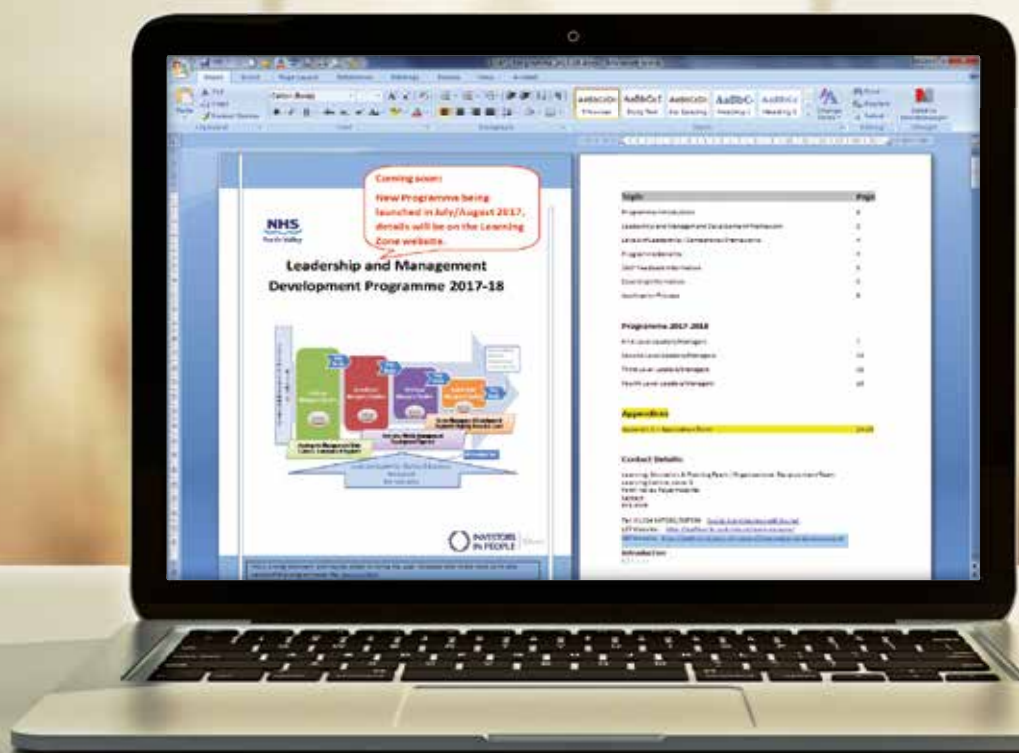
to highlight changes in the policy and update staff on how to effectively respond to exposures.

The half hour training sessions will take place on the 15th and 22nd August 2017 in the Learning Centre at Forth Valley Royal Hospital and there is no need to book a place.

Management of Exposure to Blood Borne Virus Infection Training

15 th August	Lecture Theatre, Forth Valley Royal Hospital	9.00am, 10.00am, 11.00am, 1.00pm, 2.00pm, 3.00pm
22 nd August	Lecture Theatre, Forth Valley Royal Hospital	9.00am, 10.00am, 11.00am

COMING SOON NEW LEADERSHIP AND DEVELOPMENT PROGRAMME



Following a very successful and fully subscribed programme last year, the new Leadership, Management and Personal Development Programme for 2017/18 will be launched in July/August 2017 – look out for details on the learning zone section of the staff intranet; <http://staffnet.fv.scot.nhs.uk/learning-zone/>

SKIN HEALTH SURVEILLANCE

There is a statutory requirement under Health and Safety Law for NHS Forth Valley to undertake skin health surveillance on ALL staff who are exposed to certain hazardous substances, wear gloves, have wet hands for significant periods throughout the day, or are frequent hand washers, all of which could affect their skin health.


Work related skin disease is common and may lead to chronic ill health. However, to a large extent it is preventable.

Managers are required to have a system in place to carry out skin health surveillance and for reporting skin problems. They can either take on this role themselves or delegate to a 'responsible person' within their work area who, after appropriate training, can examine skin and educate staff on the types of skin problems and how to spot them early. Assessments will be undertaken annually.

Only staff who have attended a hand hygiene session and successfully completed the LearnPro module 'Skin Care for Responsible Persons' can undertake hand hygiene and skin health surveillance.

For further information on skin health, see your local Health and Safety Control Book and/or for further advice contact the Occupational Health Service.

Training updates will be posted on the Staff Intranet throughout the year.




SKIN CHECKS FOR DERMATITIS

See your Manager / Responsible Person for your statutory skin check and to report any skin problems

Look for


DRYNESS ITCHING REDNESS

which can develop into
**flaking, scaling,
cracks, swelling
and blisters**



If you have skin problems, report it to your Manager / Responsible Person. Your Manager will need to refer you to the Occupational Health Department.

For further information on skin health see your local Health and Safety Control Book



For further advice contact the Occupational Health Service
01324 566663 FV-UHB.OHSadmin@nhs.net

CRUCIAL ACCOUNTABILITY TRAINING

Our most talked about and highly valued training this year has been 'Crucial Accountability'. This is a straightforward, step-by-step process for identifying and resolving performance gaps, strengthening accountability, eliminating inconsistency, and reducing resentment. The training uses video, group discussions, skills practice and real-life examples to make the course both entertaining and engaging.

To date, 125 managers have been trained and a further one day training course is available for managers from September 2017. Check the NHS Forth Valley training bulletin on the Staff Intranet for more information.



Feedback from recent sessions:

"This has been the most useful training I have done in years."

"I wish this had been available years ago."

"I'm now having the right conversations about what I expect and timescales for completion of work and it's getting results."

EASING PATIENT WAITS IN EPILEPSY

In past issues of Staff News we have featured the role of 'virtual clinics' as part of the Creating Capacity to Care Challenge. The scheme is designed to help release valuable appointment time, free up inpatient beds and reduce the need for patients to travel to hospital. More and more departments are coming on board, including the Neurology Department.

Staff have introduced a number of telephone clinics including a Rapid Access Neurology Telephone clinic (RANT). This provides a quick response to a wide range of patient queries including those relating to medication. The response from local patients has been very positive.

Epilepsy Specialist Nurse Darren Wilkinson explained: "The department is extremely busy with the number of review patients for the Epilepsy Service increasing from 600 to more than 900 over the past three years. Even so, the team has managed to reduce waiting times from 20 weeks in 2014 to 14 weeks in 2017. We have also been able to cancel one outpatient clinic per week, saving 156 outpatient reviews over six months and saved a further 260 outpatient appointments by moving these to telephone clinics. Patients find telephone contact very beneficial as many people with epilepsy do not drive."



In addition, Epilepsy and Huntington's clinics have gone 'paper light' and, with the use of the electronic outpatient notes, are hoping to see a positive impact on administration and clerical pressures. The purchase of telephone headsets and the introduction of a hopper system have further helped streamline administration systems.

To find out more about the Capacity to Care Challenge or register your project visit the staff intranet: <http://staffnet.fv.scot.nhs.uk/systems/campaigns/capacitytocare/>

|| COMING DOWN THE TRAK! ||

Work is underway to prepare for the introduction of a new patient management system called TrakCare. The system, which is widely used in NHS Boards across Scotland, will replace three existing hospital systems - eWard, EDIS and Topas. Initial presentations will be organised for key stakeholders of all three systems and site visits are being arranged with existing NHS Boards using TrakCare to enable staff to see the system working in a number of live environments. A new Programme Board, chaired by Medical Director Andrew Murray, has been established to oversee the implementation of the new system.

Andrew Murray said: "The implementation of TrakCare will be one of the biggest IT projects ever undertaken in NHS Forth Valley. It will require significant planning to map out the existing processes, workflows, information and reporting for each of the three current systems and identify how these will map across to the new system.

"This will be carried out over the next few months to prepare for

implementation later in the year. Detailed training and communication plans are also being developed to ensure staff are kept updated throughout the planning and implementation period."

A new section is being created on the Staff Intranet with information and resources to support the roll-out. Look out for updates in future issues of Staff News, Staff Brief and the Staff Intranet.



Better Every Day: Celebrating Success

In our Quality Strategy we have made a commitment to delivering improvements in a number of key strategic areas.

This included delivering the goal of the National Scottish Patient Safety Programme to reduce cardiac arrests in an acute ward setting by 50% by March 2017.

Our deteriorating-patient improvement focus is aimed at the group of patients highlighted in red in the diagram below with the aim of:

- Identifying patients who require interventions and escalation of care before they suffer a cardiac arrest.
- Identifying patients whose deterioration represents a progression towards the end of life and who require an appropriate plan of care and advance decision-making to prevent inappropriate resuscitation attempts where these would not be successful.

To date we have achieved a 58% reduction in the cardiac arrest rate due to our staff implementing reliable processes to recognise and respond to sick patients. Look out for further updates in future editions of the staff brief.

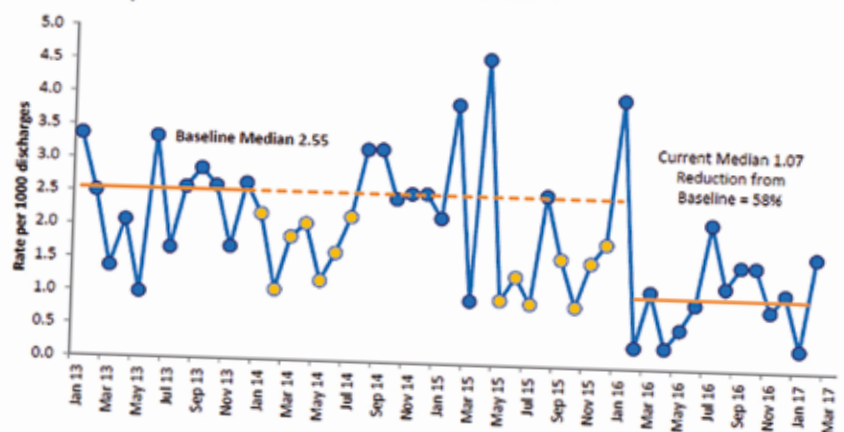
Forth Valley Quality Way Better Every Day



Making safe effective person centered care happen together.

FVRH
NHS Forth Valley

Cardiac Arrest Rate



Cardiac Arrests

**Sudden
Cardiac Event**

**Escalate to
higher level of
care**

**Decisions
about future
care/end of life
care**

OUTSTANDING EDUCATORS

Congratulations to Behavioural Psychotherapist Ivor Smith, who won 'Educator of the Year' at the recent Student Nursing Times Awards. Ivor combines his NHS work with a secondment at the University of Stirling where he works as a part-time teaching fellow.

Another NHS Forth Valley Behavioural Psychotherapist, Jennie Young, also on secondment to the University as a part-time teaching fellow, has been given a RATE award by students for Excellence in Teaching in the Faculty of Health Sciences and Sport. The RATE (Recognising

Achievement in Teaching Excellence) scheme offers students the opportunity to let the teachers they admire and appreciate know how valued they are. Ivor was also shortlisted in this category.



WINNING POSTERS

NHS Forth Valley won two of the seven poster categories at the recent NHS Scotland Event at the SECC in Glasgow and were finalists in another two other categories.

Nicola Wood, Team Leader Liaison Psychiatry and Yvonne Cairns, National Dementia Champion won the 'Effective' category for their poster on dementia care. Dr Colin Morton, Dermatologist, also won in the 'Infrastructure' category with dermatology colleagues from across NHS Scotland for a poster outlining a new app and website for dermatology patient pathways.

Wendy Nimmo, Susan Duffy and George Doonan were finalists in the 'Safe' Category with a poster on reducing hospital cardiac rates with a deteriorating patient structured response.

Fiona Downie and Wendy Montwith, Extended Scope Physiotherapists, were finalists in the 'Effective' category with a poster on using extended scope physiotherapy as an alternative to GPs

for musculoskeletal conditions in primary care.

Congratulations to all the staff involved in preparing and presenting the 7 posters which were submitted by NHS Forth Valley at this year's national event.



SENIOR DIETITIAN AWARDED OBE

A senior dietitian with NHS Forth Valley has been awarded an OBE in the Queen's Birthday Honours 2017, for services to dietetics and public health.

Morag MacKellar, AHP Manager (Children's Services) and Public Health Nutritionist for the Board, said she was honoured and humbled to receive the award which came as a real surprise. She said: "I am very proud to be a dietitian and believe this honour recognises not only my own work, but that of the many dietitians and other professionals I have worked with over the years."

After qualifying as a dietitian in 1975, Morag worked in England for a few years before moving

to Forth Valley in 1979. She has held a wide range of roles across the health board area where she has worked as the area dietitian and lead for primary care and community dietetic services. Morag, who is passionate about health improvement, also played a key role in developing NHS Forth Valley's food policy, the first of its kind in Scotland. She has also held a number of national roles and is currently chair of Nutrition and Diet Resource (UK), a nutrition information charity.

Morag, who lives in Doune, has worked in many locations across Forth Valley including the former Bellsdyke Hospital, Royal Scottish National Hospital and Falkirk and District Royal Infirmary.

She is currently based at Stirling Community Hospital where she has a key role in co-ordinating a wide range of services and support for children across Forth Valley.



INTERNATIONAL AWARD

Congratulations to John Camilleri Brennan, Consultant General and Colorectal Surgeon and his team, who were awarded the prize for the best e-poster in perioperative care/nutrition at the Association of Surgeons of Great Britain and Ireland (ASGBI) 2017 International Surgical Congress, which took place in Glasgow.

The theme of the congress was 'Safer Surgery' recognising the significant efforts and initiatives to ensure surgical services deliver safe and effective care.



TRAVEL IN STYLE! WIN FIRST CLASS TICKETS FOR THE CALEDONIAN SLEEPER



CALEDONIAN
SLEEPER

Journey of a night time



Staff News has teamed up with Serco to offer one lucky staff member the chance to win a pair of return journeys on the Caledonian Sleeper.

Hailed as one of Lonely Planet's 'Super Sleeper Trains', Caledonian Sleepers are overnight train services running between Scotland and London - getting you to your destination refreshed and ready to start your day. Serco took over the running of the service in March 2015.

At the heart of the service is outstanding hospitality, and, in February 2017, the company won VisitScotland's Taste Our Best award in recognition of its use of quality Scottish produce.

Enjoy this iconic railway journey with your own room with Arran Sense of Scotland toiletries, access to First Class station lounges and the onboard Lounge Car. From Spring 2018, new trains will also offer double room accommodation, a first in the UK, showers and on board wifi.

Further information can be found at www.sleeper.scot.

To be in with a chance of winning, all you have to do is answer the following question;

The Caledonian Sleeper departs from a number of train stations in Scotland, including Inverness, but what year did this station open?

A. 1837

B. 1855

C. 1901

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

The closing date for entries is 18th August 2017. Good luck!

Terms and conditions: Bookings must be made directly through Caledonian Sleeper Guest Service Centre. Bookings are subject to availability. Travel must be taken within 12 months of the prize being awarded. Caledonian Sleeper operates every night with the exception of Saturdays.

The winner of our Spring 2017 Staff News competition was Julie Donald, Midwife, who won an afternoon tea for two at Callendar House. The hidden teapot was on page 12. Congratulations Julie!

VICTOR PACKS UP HIS KETTLE

Staff in the dental department said goodbye to Senior Chief Dental Technician Victor Arthur who retired after more than 40 years in the health service. Victor began his career in the private sector as an apprentice dental technician. In

1975 he joined the Glasgow Dental Hospital where he embarked on specialist training in orthodontics. Seven years later he moved to a community dental laboratory and, in 1991, landed his final post at Falkirk and District Royal Infirmary.

Victor constructed highly complex orthodontic appliances for a variety of patients - from babies with a cleft lip and palate to adults who required complex jaw surgery.

He worked on his own for the majority of his time but had spells where he worked alongside NES to provide training opportunities to people embarking on a change of career. He also lectured on dental laboratory procedures to trainee dental nurses from the Forth Valley Dental Nurse programme.

Victor is hoping to spend more time 'honing' his bowling skills and long walks with his new rescue dog Oscar. Staff say he will be missed for his awful jokes, his pranks and his kettle!



NO MORE 'BIG HEADACHES'

Dr Ishaq Abu-Arafeh, Consultant Paediatrician has retired after more than 20 years with NHS Forth Valley.

He first joined as a locum at Stirling Royal Infirmary, travelling down from Aberdeen every weekend and has fond memories of Friday nights in the unit where the first thing the nurses would do when he arrived, was to order a takeaway curry!

In 1995, Ishaq became a permanent member of staff working across Stirling Royal Infirmary and Falkirk and District Royal Infirmary before moving to Forth Valley Royal Hospital. He welcomed the

centralisation of services as it meant no more phone calls in the middle of the night telling him to come to the labour ward - the caller hanging up before saying whether it was Falkirk or Stirling labour ward he was to attend!

Fellow Consultant Paediatrician, Dr John Schulga, joked that since they've worked together Ishaq has been a 'big headache' referring to Ishaq's well known work with childhood headaches, which saw him establish a child headache clinic in Glasgow and also editing a book on the subject in 2013, helping medics around the world diagnose childhood headache.



Dr Schulga also said: "It's been a privilege to work with Ishaq over the years. He has made a difference to many children in his time with NHS Forth Valley and will be missed by his patients."

Colleagues presented Ishaq with a framed picture of Stirling Castle and, fittingly, a cake in the shape of a brain!



MARY MOVES ON

Colleagues gathered together recently to say farewell to eHealth Manager, Mary Cameron, who recently retired after nearly 24 years with NHS Forth Valley.

Mary joined the NHS after undertaking a Stirling Women's Technology Course, designed to help get

woman involved in technology and IT. She worked initially at Board headquarters in Spittal Street, later moving to Stirling Community Hospital and also working at Forth Valley Royal Hospital. During her career Mary was involved a wide range of IT projects including the implementation of Electronic Patient Records across NHS Forth Valley.



JEAN'S GREEN FUTURE

Famed for her green fingers and her ability to grow fruit and vegetables, Staff Nurse Jean Armstrong, who retired recently from the Dental Department, is now looking forward to spending more time in her allotment.

Jean started her working life as a Dental Nurse which stood her in good stead for the nursing role she took up in the Oral and Maxillofacial Department in 1996. She helped in the transition from Falkirk and District Royal Infirmary to Forth Valley Royal Hospital where she was based in Area 6 of the Outpatient Department.

Jean, who never had a sick day during the entire time she worked for NHS Forth Valley, was caring and compassionate in her delivery of specialist head and neck care. Patient care was high on her agenda and she passed this ethos on to the many students who worked in the department.

Jean is a member of 'Friends of the Earth' and is a keen composter



and recycler. Last year her love of gardening netted her first prize for her outstanding onions!

FAREWELL TO THE BIG APPLE

Colleagues and friends gathered to say farewell to Dr Pete Bramley, Consultant Gastroenterologist who has retired after 23 years with NHS Forth Valley.

Pete started work in Forth Valley in 1995, moving to Forth Valley with his wife and two young daughters from his Specialist Registrar post in Aberdeen. He was one of two Consultant Physicians with an interest in Gastroenterology and his particular interest has always been hepatology.

He quickly became a fond favourite of his patients, some of whom referred to him as the 'Big Apple', in reference to his surname. His ability to mispronounce names was legendary and the cause of many jokes. Always at the centre of pranks, he once took an hour to get into his car which had been completely wrapped in cling film to mark his birthday.



Pete championed the cause of patients who did not routinely access healthcare and he developed a service which took the care to them in their own community, travelling to clinics wherever there was a need.

Pete's retirement plans are to spend as much time as possible pursuing his love of walking and cycling in the Cairngorm area and in developing his skills in Scandinavian Axe Carving - let's hope that doesn't end up with a trip to ED!



A CENTURY AND A HALF OF SERVICE!

Four members of staff who worked in NHS Forth Valley's Physiotherapy Department recently retired, after notching up a total of 150 years of service between them.

Mary Ferguson, who worked for NHS Forth Valley for 43 years, started her health service career in the catering department at the former Stirling Royal Infirmary in 1974. She worked in a number of departments within the hospital including domestic services, the maternity unit as a nursing assistant and casualty as a nursing assistant. She then moved to the physiotherapy department in 1990 to be a physiotherapy assistant, a role she held for the next 27 years both in Stirling and at Forth Valley Royal Hospital. Mary was also a trade union representative for many years.

Liz Smith joined NHS Forth Valley as a new physiotherapy graduate in 1975 and worked in the former Falkirk and District Royal Infirmary, the Royal Scottish National Hospital and Denny Health Centre. She became a physiotherapy superintendent in 1990 and in 2011 was appointed as Physiotherapy Co-ordinator with responsibility for all outpatient physiotherapists and clinics across Forth Valley. With an MSc in physiotherapy, her final five years were spent implementing the redesign of the musculoskeletal service to give local patients a better service.

Margaret Godsman spent 20 years working as a clerical assistant in the physiotherapy departments in Alloa Health Centre, Clackmannanshire Community Healthcare Centre and Stirling Community Hospital. Known for her cheerful friendly nature, she was able to put patients at ease with her welcoming manner.

Linda Thomson, who recently retired after more than 40 years service, started her health service career in the former NHS Board headquarters in Spittal Street in Stirling as a junior clerkess before moving in 1982 to the physiotherapy department in the former Stirling Royal Infirmary to work as a clerical assistant. In her 34 years working in the department office, Linda was a hardworking colleague, who kept the team together and was the first to organise any social event.



Front Left - Liz Smith, Front Right - Mary Ferguson, Back Left - Linda Thomson, Back Right - Margaret Godsman

WENDY'S 38 YEARS OF CARING

After 38 and half years of caring for babies, senior midwife Wendy Moncrieff has retired from the Neonatal Unit at Forth Valley Royal Hospital.

Wendy started her career in general nursing in Aberdeen in 1978 before training as a midwife a few years later. She joined the Neonatal Unit in 1985, first in Stirling Royal Infirmary and later moving to Forth Valley Royal Hospital.

When asked how many babies she has looked after Wendy replied "Thousands! I love caring for them and it's

so nice when people remember you or when they come and see you again. It's great knowing you've helped and had that impact."

Colleagues in the unit made a photo montage to highlight Wendy's career through the years, as well as showering her with gifts at three different retiral teas. Her retirement plans are to spend more time with her family, but she has also signed up for a teaching assistant course online and hasn't ruled out coming back for a bank shift in the future.



SANDRA SCOPES PASTURES NEW

Following a 37 year career which involved care of the elderly, working in theatres, looking after adults with learning difficulties and finally as Senior Sister in endoscopy, Sandra Fleming has retired and is now heading for pastures new.

Over the next two years she plans to be hardly at home, with Australia and Berlin on her travel itinerary.

Sandra looked back fondly on her early days in nursing and recalled working as a scrub nurse in theatre in the instrument store, preparing trays. Her memories also included making Sunday dinner in the autoclaves and cleaning endoscopes in a bucket!

A trip to Lourdes looking after adults with learning difficulties had a profound effect on her and she moved to the Royal Scottish National Hospital, training as a

nurse for people with mental illness. With rumours of closure she joined the Staff Bank and was sent to cover a shift in Endoscopy – the rest is history!



IN THE SPOTLIGHT



Eileen Sharp, Practice Education Lead for Allied Health Professionals

Tell us a little about your job

I have two roles within NHS Forth Valley. I work clinically as a podiatrist in community clinics and I am the Practice Education Lead for Allied Health Professionals in NHS Forth Valley. This post is funded by NHS Education for Scotland (NES) and was introduced to support and facilitate the development of the workplace as a sustainable learning environment for our staff and our students when they are on placements.

Why feet?

I became a podiatrist as I wished to help people and found the instant difference you can make really rewarding. Stepping out of my clinical role to work with NES enables me to work across and with various professions and services, both locally and nationally. As a result, I have developed my skills in education and teaching. I find this role really rewarding, working with colleagues who are creative and innovative, and with students who are our future workforce.

Your recipe for keeping fit?

Dancing, dancing and more dancing. I love to dance. Dancing is a great stress buster as the sound of the music and the different types of dances and steps distracts from the day job and is great fun. I get to buy sparkly shoes and a girl can never have too many dresses!

My husband and I danced in our teens and took up dancing again 6 years ago, a decision we wish we had done earlier. I undertook exams to become a professional dance teacher; this was more stressful than completing my masters degree, and I currently teach ballroom and latin classes at all levels. We compete in competitions where we invent new dance routines called sequences which other people can then dance. My favourite is the ballroom and the slow foxtrot, a beautiful, elegant dance.

Difficulty in achieving a work-life balance?

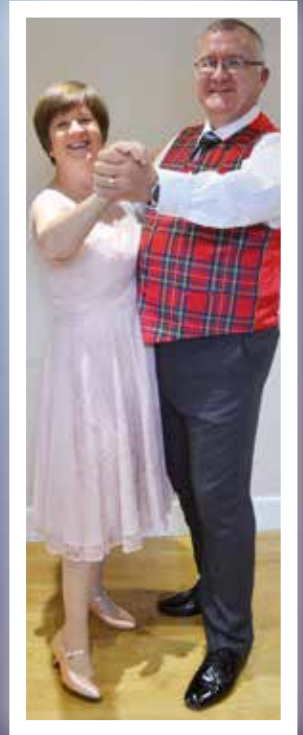
I like to keep busy and enjoy both my day jobs working clinically with patients as well as working with colleagues and students. There is lots of really good innovative practice taking place and I feel very privileged to hear about and offer support and advice to my colleagues. I relax by doing things. As well as dancing, I go to my daughter's Zumba class and I have played badminton with my friends every Wednesday for the last 21 years.

The song that means most to you?

I enjoy music and sang for many years in the Grangemouth Choral Society. I love to sing in harmonies and classical music such as Handel's Messiah. I sing in my church choir as an alto which stretches my ability to read the music and the words at the same time as I would normally sing mezzo soprano.

I never get the words to songs correct as my daughters keep on telling me and it always surprises me when I see the words at a Karaoke. We sang 'Come on Eileen' at my birthday and we were surprised at the words.

I love the big band sound and to I enjoy dancing and singing along to the songs such as Can't Smile Without You and Fly me to the Moon.



Who would you like to invite to a dinner party?

I would love to meet the Strictly Come Dancing presenters and professional dancers as I feel they would be really good fun and I would be able to learn lots from them. They always seem to be having fun and perform to such a high level. That would be inspiring.

What piece of wisdom would you pass on to a child?

I have always told my girls to do their best in whatever they choose to do. We only walk this way once and I would encourage children to enjoy each present moment and to follow their dreams.

Unfulfilled ambitions?

To win an inventive dance competition. I entered a recent competition where I danced a foxtrot, tango and jive. We reached the final last time with our jive.

Philosophy that underpins your life?

Treat others as you would like to be treated.

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Staff News is produced by NHS Forth Valley's Communications Department. If you have a story or suggestions for a future issue please contact Kate Fawcett, Communications Manager on 01786 457236 or Julie Wilson/Lindsay Hathaway on 01786 457243.