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READY STEADY EDDIE - GO

Dozens of staff turned up at a farewell tea at Carseview House to celebrate Eddie Macdonald's retirement after 36 years service. Eddie was General Manager of Stirling Community Health Partnership and had held a number of posts during his health service career, starting as a general administration assistant in Gladstone Place.

Indeed Eddie was interviewed in the very room that finally ended up as his office and became familiar to staff as a Marilyn Monroe shrine, complete with Marilyn clocks, calendars, picture, posters and desk ornaments – all in

the best possible taste of course!

Eddie's other achievements included qualifying as an accountant. In 1983 he became District Financial Accountant, in 1986 Budgeting Accountant and by 1993 was Acting Deputy Director of Finance. Also in the 1990's he undertook a management role at the Royal Scottish National Hospital.

Golf plays a significant part in Eddie's life and he was a whizz at badminton winning no less than 13 championships Eddie also liked life in the fast lane with a series of high-spec cars, yet colleagues say he was still late for everything!



JIM SINCLAIR RETIRES



NHS Forth Valley Chief Operating Officer, Margaret Duffy, presenting retirement gifts to Jim Sinclair

NHS Forth Valley has said goodbye to one of its most popular members of staff, Jim Sinclair, General Manager for Surgical and Cancer Services, who has retired after almost 40 years with the NHS.

Jim trained as a radiographer in the early 1970s and held a number of related posts across several health boards before moving into management with Ayrshire and Arran Health Board in 1991. He joined NHS Forth Valley 10 years later, first leading Clinical Facilities and then extending this to include the Surgical and Cancer Services Unit.

Jim made an invaluable contribution, particularly in relation to staff and team development. He was always keen to recognise people's abilities and provide opportunities for professional and personal improvement. His popularity was reflected in the significant number of gifts he received at a retiral tea in Forth Valley Royal Hospital.

JANET SWAPS STORY TIME FOR COFFEE TIME

Speech and Language Therapy colleagues and friends from many other departments joined Senior Clinical support worker Janet Donnelly to ensure a lovely send

off after 29 years service in the NHS. Janet began her career as a domestic in RSNH, was promoted to supervisor and joined Speech and Language Therapy in 1994.

NORMAN PEDEN – THIS IS YOUR LIFE



Associate Medical Director Dr Norman Peden was given the red carpet treatment on his retiral when he received that famous book *This is Your Life*. Compiled by Administrator Lorraine Dougan it was testimony to his colourful character which includes more than 30 years of angling – for fish! – and more than a passing reference to his other great hobby, skiing.

Dr Peden, a Cambridge graduate, subsequently attended Middlesex Hospital Medical School, University of London. He began working in Forth Valley in 1984 and had previously been a lecturer in pharmacology and therapeutics at the University of Dundee and Honorary Senior Registrar in Medicine at Tayside Health Board.

During his time in NHS Forth Valley, Dr Peden has cared for 25,000 people in hospital... but is unable to put an estimate on how many cups of tea he has drunk in the past 27 years. Among his retirement gifts was a letter from Rangers manager Ally McCoist and a signed and framed Rangers top.



MARATHON MAN

It was a tough challenge – 30 half marathons in 30 days! But oncology pharmacist Alastair McMurray achieved his goal, and raised more than £20,000 pounds for Leukaemia and Lymphoma Research. His gruelling schedule was arranged as a tribute to his close friend Pat Beausang, a consultant with NHS Forth Valley, who lost his battle with leukaemia when he was just 43.

Alastair's epic challenge ended on the Esplanade at Stirling Castle where he downed a well-earned beer. But two days later, and he was pounding the streets again, this time in the Denny 10k. He was joined by more than 60 of Pat's family and friends, and the team effort raised around another £10,000.

Alastair is also urging people under 40 to register for bone marrow donation. For more details check out anthonymnolan.org



Pictures courtesy of Central Scotland News Agency



RIISING TO THE CHALLENGE

A 16 mile run and a 39 mile cycle was the goal facing Staff Nurse Fiona Mowbray, who took part in the Martin Currie Rob Roy Challenge which started at Drymen and finished in Kenmore.

Fiona, who works in the Day Surgery Unit at Forth Valley Royal Hospital, was in a team of four who were the first ladies team to finish coming 11th out of 82 teams. Her result as an individual competitor was 178th out of nearly 700.

The team managed to raise just over £600 which will be divided between the three charities supported by the event, namely Scottish Alzheimers, the NSPCC and Sightsavers.



WHAT A KNOCKOUT!

Getting soaked with buckets of freezing cold water, tackling huge inflatable obstacle courses, leaping through giant puddles, and fighting their way through slippery foam, all in wet and windy weather! Not to mention having to take shoes and socks off for one game when it was so cold that standing on grass with bare feet was almost impossible!

Not everyone's cup of tea but a valiant team from NHS Forth Valley put themselves through this to raise money for Strathcarron

Hospice. They were taking part in It's A Knockout" held at the Scottish Police College at Tulliallan.

The team, which included Ewan Murray, Margaret MacKinnon, Derek Blues, Lesley White, Laura Crockert, Scott Urquhart and Janette Fraser, raised around £1,450 – well ahead of their £1,000 target. They finished the day in fifth place.



SERVICE WITH A SMILE

ROLL UP YOUR SLEEVES

Kim and Aggie – eat your hearts out! Members of the public are now involved in checking whether Forth Valley Royal Hospital is maintaining its sparkle. Working with the facilities provider Serco, representatives from the Patient Public Panel (PPP) are helping to carry out domestic audits, inspecting wards and observing general standards of cleanliness.

The audit covers all areas highlighted in the NHS National Cleaning Specifications, for example checking floors, toilet

areas, fixtures and fittings, curtains, glass work and kitchen areas. Items which could be picked up might range from a speck of dust in a corridor to a faulty temperature setting on kitchen equipment. Each area, ward or department is assigned a code, depending on risk with high risk areas coming under more intensive scrutiny.

To help maintain top standards at Forth Valley Royal Hospital several advanced cleaning systems have been introduced by Serco. The hospital has been praised for its innovative approach which includes an ozone laundry and robotic equipment to help clean the 16 high-tech operating theatres.

A welcome and familiar sight on hospital wards – the WRVS trolley – has begun making rounds at Forth Valley Royal Hospital. The well-loved service has been introduced following discussions with representatives of the Patient Public Panel - who help develop local health services - and through patient feedback.

The new service not only provides patients with the opportunity to purchase a range of popular newspapers and magazines, as well as items such as tissues, fruit squash and healthy snacks, but also provides a valuable opportunity for people to have a chat with friendly volunteers.

The service is provided Monday to Friday and starts in the renal unit before moving to all the inpatient wards.



ALTER EGO

WALK THIS WAY

Health Promotion Officer Ann McArthur spent six days battling the hot sun, torrential wind and rain as well as the dreaded Scottish midge. She lost four toe nails, suffered from aching legs, scarred heels and blisters - all in aid of Breast Cancer Campaign, a cause very close to her heart.

In December 2009, Ann's youngest sister Denise was diagnosed with breast cancer. Ann and her sister Helen were advised to visit Falkirk and District Royal Infirmary for a routine mammogram. This resulted in Helen also being diagnosed with the condition, three months after her sister Denise's diagnosis. Both girls embarked on two years of intensive treatment.

As the sisters began to recover, Denise suggested that the entire family walk the West Highland Way and raise money for Breast Cancer Campaign.

Ann said: "Denise did a brilliant job researching the route and booking our accommodation way in advance guaranteeing we had a comfortable bed each night. There were thirteen of us along with my Mum and Dad who were a great support; they drove a packed car each day which lessened our load, all we carried was a small backpack with the day's essentials."

Walking approximately 20 miles a day took its toll on their feet, and there were many times they doubted

if they could carry on. Ann said:

"On day three I set out wearing a pair of white toeless sandals. I had so many bandages on my feet I couldn't get into my walking shoes. Other walkers, dressed for the occasion, were looking at me as if I was crazy. I was delighted when I reached the Green Welly Shop at Tyndrum where I bought a new pair of boots a size bigger, ah that was bliss! We trained hard for our walk, we thought we were ready, but the terrain was so hard on our inexperienced feet.

"A couple of times I felt like giving up, it was so hard, particularly walking downhill in the driving rain. But then I would look at my sisters who had come through so much, they were so determined, they gave me inspiration to complete the challenge."

Despite the pain, Ann claims walking the West Highland Way was a very uplifting experience, one the whole family will never forget. She remembers with tears in her eyes:

"Seconds before we crossed the



Ann's family who went under the name 'Hackett Hikers'

finishing line, 96 miles and 6 days since we eagerly set out, my sisters, our husbands and myself put our arms around each other lifted our leg and crossed the finishing line together. We had all conquered the challenge and to finish like that was wonderful."

The family has now raised approximately £4,000 for Breast Cancer Campaign, and would like to thank all family, friends and work colleagues for their financial support and encouragement. They would also like in a special way to thank and praise the Oncology staff who treated and cared for them.

Ann says, "Would you believe it, our Denise is at it again, she has us all training for the Edinburgh Marathon in May!!!"

Ann will be happy to share her experience with anyone who would like to attempt the 96 mile challenge and be one of 15,000 people who complete it every year.



PRISON HEALTHCARE STAFF JOIN THE TEAM



RESPONSIBILITY for health care in Scottish prisons has passed from the Scottish Prison Service to local NHS Boards across Scotland. This is an important responsibility, especially for NHS Forth Valley as not only do we have three of Scotland's 15 prisons within our health board area, all three are also national centres.

The transfer, which involved around 80 staff from Cornton Vale in Stirling, Polmont Young Offenders Institution in Falkirk and Glenochil Prison in Clackmannanshire, took place on 1st November 2011. The majority of staff who transferred across are nurses who provide a wide range of services in each of the prison health centres. These include chronic disease management, dental services and a wide range of health clinics. Many prisoners also require support and treatment for ongoing wound health care, mental health problems or drug

and/or alcohol use.

Staff and prisoners will notice very little change as a result of the transfer as it's very much 'business as usual'. In fact, the majority of staff will continue to work as normal in their current workplace, unless they have opted for a change. In the long term, however, it's hoped that the move will bring a number of benefits to both staff and prisoners.

Dr Andrew Fraser, Scottish Prison Service Director of Health and Care, said: "One advantage for staff is that they will be joining the mainstream of healthcare in Scotland. They will have the same

opportunities as other health professionals to develop their skills and their careers. It will also be easier for them to call on the wider NHS for complex or challenging conditions."

Dr Iain Wallace, Medical Director for NHS Forth Valley, said "The transfer will also provide greater continuity of care for prisoners, especially those with drug and alcohol issues."

Prison healthcare services across Forth Valley will be managed on an interim basis by Sue Dow, General Manager for Falkirk Community Health Partnership, supported by Prison Health Centre Managers. Dr Craig Sayers, who currently works at Cornton Vale, will provide clinical leadership and support.



BEHIND CLOSED DOORS



Rosemary Duffy arrives early to start her 7am shift. As a Clinical Manager at a rather unusual health centre, she knows she has a busy and challenging day ahead of her.

Rosemary doesn't arrive early so she can grab a morning cup of coffee. She needs the extra time to surrender her mobile phone and be issued with a large set of keys and a radio. For her health centre is in Cornton Vale prison near Stirling – Scotland's only women's prison.

Locking each door carefully behind her, her first task of the day is to distribute medicines to the prisoners. This takes almost two hours and plays a vital role in the smooth running of the entire prison. If there is a delay in medicating, all other regimes are held up.

Many of Rosemary's patients have complex needs, and mental health issues which keeps her hands full.

She explained: "Seventy per cent of prisoners have a mental health

issue of some form. For the majority, this will be depression, although I see some women with severe mental health problems including personality disorders.

"Sixty eight per cent also have a history of abuse, which is an underlying issue in their ability to cope in prison. Many people take drugs to block out their problems, meaning that 98% of the women also have an addiction to drugs."

Health centre staff are often called to emergencies within the prison. This can range from tending to women if they have been in a fight, to providing immediate treatment for those who have self harmed or attempted suicide.

The centre runs a wide variety of clinics throughout the day including

nurse-led clinics, well woman clinics, diabetes, cardiovascular, chronic disease management, wound care and sexual health clinics. Since many of the women were previously reluctant to access healthcare, many prisoners receive care that they wouldn't have received outside.

A lot of health problems are also directly related to the woman's drug history: "Heroin can act as a powerful pain killer. So, for example, a woman with dental problems will not be aware of the pain until they start to come off the drug.

"This is the same situation throughout the whole body. We are treating young people for vascular problems that you would usually expect in an 80 year old."

TREAT YOURSELF THIS WINTER

To enter the competition just match up the pictures of our cheery Santa's with their 'usual attire' (Example A=1)

The person with the highest number of correct answers will win the prize. The winner will be selected at random if a number of correct entries are received.

Answers should be emailed to FV-UHB. StaffNewsCompetition@nhs.net before Monday 19th December 2011.

Or post your answers to: Communications Department, Carseview House, Castle Business Park, Stirling, FK9 4SW.

1ST PRIZE: WIN A BIKE WORTH £250

Staff News has teamed up with GW Smith in Falkirk to offer one lucky reader a free bike for work.

With its unique folding action, the unisex Gekko micro folding bike is the ultimate healthy way to get to work.

GW Smith's has also signed up to the NHS cycle to work scheme, meaning that all staff can take advantage of their wide range of bikes at a reduced price.

Based in Falkirk's town centre for over 100 years, the knowledgeable staff can take you through their extensive range of bikes and help you select the bike that best suits your needs.

Staff will make the scheme as simple as

possible; talking you through how it works and even filling in the forms for you.

Cycling to work not only saves you money in travelling costs, it burns calories and also helps the environment.

To find out more about GW Smith's cycle to work scheme, call 01324 621227 or visit the shop at the east end of Falkirk High Street, opposite the bus station.

Further information on the cycle to work scheme is available on the Staff Benefits section of the Staff Intranet.



WINNING ANSWERS

Last edition's 'Guess the Treatment' competition was our most popular competition to date.

The lucky winner of the day at the Macdonald Inchyra Hotel and Spa was **Julie Mitchell, Recruitment Services Manager.**

The correct answers were:

Tattooers hyphen -
Freely go lox -
A rampage hates
mayors -
A seaman said hinged -

A nice rum -
Images oaf toast -
Gel wax -

Hot Stone Therapy
Reflexology
Aromatherapy
Massage
Indian Head
Massage
Manicure
Tai Foot Massage
Leg Wax

2ND PRIZE: THE PERFECT PAMPER

Sonas Boutique Beauty Spa is offering one reader the ultimate winter treat.

The unique Stirling spa offers exceptional customer service, giving a high quality personalised experience in a welcoming, vibrant and chic environment.

All of the staff are qualified advanced skin therapists who are passionate about delivering

customised and effective therapies. They use products that contain only the finest ingredients available from eco-safe sources.

The fantastic prize consists of:

a 45 minute Hot Stone Therapy Back, Neck and Shoulder Massage

Diamond Microdermabrasion Treatment

Sonas also offer 15% off all treatments to NHS staff, when you present your staff ID badge. To find out more about Sonas, visit www.simplysonas.com or call 01786 469777.



BENEFITS FOR STAFF

All NHS Forth Valley staff can benefit from discounts on everything from servicing your car to bargain prices at your favourite high street stores.

Now you can find the full range of discounts all in one place: the NHS Staff Benefits website.

Whether you are planning a well earned break, having a meal out with friends or spoiling yourself

with a relaxing beauty treatment, NHS Staff Benefits can save you money.

The NHS Staff Benefits website allows you to register for free to see all the discounts available. You can also search by category so you can quickly find the deal that you are most interested in.

You can access the website from the 'Staff Benefits' tab on the homepage of the Staff Intranet.

SOMEONE TO TALK TO

Every day around two people in Scotland take their own lives and NHS Forth Valley Nurse Practitioner Rhona Mackie is acutely aware that when someone is feeling suicidal they need a shoulder to lean on. But it's a sensitive subject to approach so, as part of Suicide Awareness Week, Rhona decided to arrange practical skills courses at Forth Valley Royal Hospital.

The final course is on 14/15 December and will show people how to watch out for signs that someone they know may be feeling suicidal, invite that person to talk to them about how they are feeling and – crucially – ask them directly if they are feeling suicidal.

While suicide continues to affect people living in more deprived areas, and young men are particularly vulnerable, suicide is a complex issue and suicidal feelings can impact on anybody at any point in time. Suicide also leaves a lasting impact on families, friends and carers.

For information on what to do if you are worried someone is feeling suicidal, and to download 'The Art of Conversation', a free guide on spotting the signs, starting a conversation and being a good listener visit www.chooselife.net

If you are feeling suicidal or suspect that someone you know is considering suicide, contact Samaritans on 08457 90 90 90 (24 hours) or Breathing Space on 0800 83 85 87 (Mon-Thurs (6pm-2am; weekends Fri 6pm-Mon 6am).

Sandra Campbell, Nurse Consultant for Cancer and Palliative Care is a mother who has had to come to terms with the grief of losing her son. This is her story.

Both my life and my husbands' life have been destroyed by the death of our son Craig which we largely attribute to him taking cannabis. We believe that cannabis, which some choose to believe is safe and harmless, resulted in serious mental illness. He was twenty-four years old when he took his own life.

As his coffin lay at the front of the church, I wanted to scream, "there is nothing recreational about this!" How do we have such a ridiculous phrase to describe something that has the power to destroy life and families?

Craig was our eldest son with his death also having a profound effect on his two younger brothers, they were all so close. He was a likeable character and very popular with many, many friends, most of whom he had known from school. They too were deeply affected by his death and I get so much comfort from them – I feel each time I meet any of them, they bring a little of Craig to me.

Suicide leaves a grief that is different – emotions such as guilt can torture – with the added dimension of unanswered questions that can tear you apart forever. Alongside that is the tremendous loss of wonderful things Craig could have experienced. This makes all potentially good

experiences such as our middle son's wedding five months later, for us as parents, tinged with immense sadness.

I wish I could describe my grief - I can't - there aren't the words to describe the intensity of it. It is a pain that envelopes your whole being – it overwhelms you – it can dominate every waking moment on some days, especially in the early days following the death. For me, I will never forget the moment when I learned of Craig's death. I will never forget the tormented look on my husband's grief stricken face as he said the words –

"they've found a body..."

Since that moment, we have walked a different path through life. My coping and living with loss, is due to the love and support of family, friends and colleagues, all of whom listen to me when I need to talk about Craig. Thank you!



SEE YOUR GP – VIA THE TV

Dunblane Medical Practice is taking part in an innovative pilot scheme which allows patients to book and cancel routine appointments via digital TV. The EMIS Access service is being developed in partnership with NHS 24 and can be particularly useful during times when the practice is closed, telephone lines are busy or if people are away from home.

Patients interested in making appointments are being asked to register at reception where they can choose the media they wish to use. Not only can they access through Sky and Virgin, but they can also opt to book appointments through Wii and Pc or through any web-enabled mobile phone.

The television pilot is part of a wider digital TV channel which NHS 24 has launched to improve patients' access to health information and advice from the comfort of their own home.

Heath Secretary Nicola Sturgeon said: "We are piloting booking GP appointments and looking at whether repeat prescriptions can

be ordered through the channel in future. It is now possible to check on your alcohol intake through your remote and soon a full health check may be available.

"The NHS doesn't stand still. This is a fantastic example of how we are constantly updating the way that patients interact with the NHS to make sure that we deliver a top quality service."

Dunblane patients who are interested in making appointments are being asked to register at reception where they can choose the media they wish to use.



HELPING CHINA

Two doctors from China recently visited NHS Forth Valley to gain first hand knowledge of rehabilitation techniques. During their two week stay they were able to observe rehabilitation in the community through ReACH Forth Valley. They also visited stroke wards at Forth Valley Royal and Bannockburn Hospitals, plus Unit 1 at Falkirk Community Hospital and the Talking Mats research and development centre in Stirling.

Surprisingly China has no qualified therapists, and physiotherapists, occupational therapy and speech and language therapy is delivered by assistants under instruction from doctors, who often have little knowledge of the rehabilitation process.

The visit by Professor Zhang and Dr Ba Fang was a follow-up to a



Ba Fang and Professor Zhang with members of ReACH Forth Valley

trip to Shenyang last year by NHS Forth Valley speech and language therapists Sally Boa and Joan Murphy.

Through a link with Queen

Margaret College, Professor Zhang is now considering the possibility of setting up an undergraduate training programme for rehabilitation professionals in China.

FORTH VALLEY HELPS LEAD THE WAY

FORTH VALLEY is one of five pilot areas of Scotland which has been chosen to take part in a research and development programme that will see up to £10m invested in finding innovative solutions that could improve the lives of millions of people with long term conditions.

The aim is to encourage 10,000 or more older adults living in the pilot areas to take part in the DALLAS (Delivering Assisted Lifestyles At Scale) initiative. The programme will examine the use of new technologies to support people in their own homes and find out which innovative products, systems and services work best.

NHS Forth Valley Chief Operating Officer Margaret Duffy welcomed the announcement. She said: "NHS Forth Valley is delighted to be chosen as one of the five pilot areas for this project. There is no doubt that the use of technology to support patients with long-term

conditions in their own homes is the way of the future - for example patients with diabetes being able to check their own blood samples electronically.

The three-year research and development project, is part of a UK-wide scheme run by the UK's innovation agency, The Technology Strategy Board.



OLYMPIC EFFORTS



The Olympic games measure sporting performance on the world stage but how do you measure nursing care in Forth Valley?

That was the conundrum which was given to Barry Lowe in IT.

Barry is a highly experienced Systems Developer and worked in partnership with a range of nursing professionals to build a performance database which allows frontline staff to chart their performance on a range of key measures. This functionality means ward and dept staff can see where issues may lie and target improvement themselves.

Comments from several Senior Charge Nurses include 'easy to access', 'user friendly' and 'results and data appears in a flash.'

Nursing staff say they are very grateful for Barry's expertise in understanding issues and developing a user-friendly rapid reporting database.

POETRY PLEASE

Many patients spend their time in hospital either reading or watching TV. But one 92 year old who spent two weeks in Ward A31 at Forth Valley Royal was inspired to write poetry whilst recuperating.

Ward Manager Rosario Walshe said: "He was one of those unique people who had a real gift for writing. Staff thought he was fantastic and his skills remarkable for a nonagenarian".

Rosario thought readers would like to share one of his poems.

LARBERT – A CLINICAL ASSESSMENT

*If you're asked to design a hospital
An architect needs to be at his peak
It really is an important job
You have to be on a winning streak*

*It's also wise to take good care
there's been proper public
consultation
The design should recognise
it will deal
with an ageing population*

*In the strategy for Larbert hospital
A comprehensive scheme was
prepared*

*To make sure that everyone's
needs were met
With the provision of total care*

*Who can deny that the final result
Is a tribute to the architect's skill
It looks good; and a good place
to be
if you suffer poor health or you're ill*

A VERY PREGNANT PAUSE

Playing "statues" with a balloon under your clothes to simulate pregnancy proved very successful to drive home the message that alcohol and pregnancy don't mix! The 'freeze' moments – at Forth Valley Royal Hospital, the Thistles Centre in Stirling and outside Asda in Alloa certainly attracted attention from onlookers, clearly puzzled at the sight of both women and MEN sporting bumps!

The message was delivered by the Forth Valley Alcohol and Drug Partnership to remind people that stopping drinking for nine months will protect their baby from alcohol-related birth defects. These include brain damage which can lead to learning difficulties and behavioural problems. In Scotland, 10,000 children are estimated to be affected by Foetal Alcohol Spectrum Disorders.



NEW TECHNOLOGY FOR NURSES

Around a thousand nurses at Forth Valley Royal Hospital have been trained to use new blood glucose monitors which provide a more comprehensive picture of blood glucose levels and improve patient safety.

Describing the mammoth training exercise, Lead Diabetes Nurse Hilary Whitty explained: "As the machines have to be quality controlled every 24 hours patients can be reassured that they are accurate and there will be no misleading results which could lead to inappropriate treatment."

The new meters, which were introduced to all areas last month,

can download information within 20 seconds of being placed in a docking station. Information is relayed electronically and can be viewed on a computer screen. It details the patient's name, which nurse took the test, the time the test was taken and the result, all of which can be easily viewed at any time by the diabetes team or other clinicians with access to the system.

Nurses are issued with their own barcode once they have completed training and each nurse has to undergo a refresher course every year. The monitor alerts them 90 days before this is due.

HOSPITAL HISTORIES MAKE GREAT GIFTS

Looking for a stocking filler this Christmas – then look no further. Just published are two books tracing the history of healthcare in Falkirk and Stirling, from humble beginnings to the £300 million pound Forth Valley Royal Hospital at Larbert, one of the most modern and well-equipped in Europe.

Read about barber surgeons who did a little primitive bloodletting and tooth

pulling in the medieval towns, the poorhouses and the isolation hospitals. Recognise some of the doughty figures who ran the wards with clockwork precision. Indulge in a little nostalgia with staff memories.

The books retail at £9.99 but are available to staff at the special price of £7. For your copy contact Craig Holden on 01324 566081 or email craigholden@nhs.net



SIMPLY THE BEST

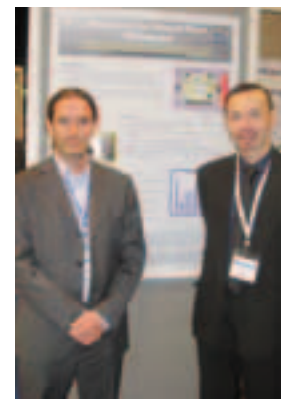
Groundbreaking ideas from NHS Forth Valley staff scooped two of the four poster awards at a national NHS event to showcase quality and innovation. They included an education programme for Type 1 diabetes patients to give them the skills and confidence to self manage their condition, including adjusting their own insulin doses.

Eileen Sharp and Kathryn Fraser who developed the diabetes project said patients had described the results as life-changing and some reported their blood sugar levels as the best they had

been in years.

The second NHS Forth Valley submission to win a plaudit was the infrastructure award which went to Liam Coughlan and Chi kong Cham for their work to introduce touch-screen patient whiteboards into acute wards.

Large touch-screens provide the wards with an electronic ward map, replacing the manually maintained map, which has resulted in a huge improvement



in recording patient transfers and tracking where they have moved to. It also helps staff identify bed capacity.

RECORD FIRSTS

Proof that working in Health Records is more than simply pulling and filing case notes has come in a raft of exam successes. Thirteen staff have now been presented with a Certificate of Technical Competence gained through their professional body, the Institute of Health Records and Information Management (IHRIM).

They are Michelle McLean, Brenda McHardy, Helen Young, Jillian Watson, Siobhan Holmes, Sarah Lauder, Mary Ann Pender, Elaine Loggie, Lorraine Fergus, Arlene McMahon, Claire Kerr, Sandra Watson and Rosie Martin.

A further 19 staff who have successfully completed the



course, are awaiting their certificates, and more training sessions are under way.

VOLUNTEERS REWARDED

The army of volunteers who work tirelessly throughout NHS Forth Valley were thanked for their efforts at a special presentation at Stirling Community Hospital. Chairman Ian Mullen is pictured with staff and volunteers after accepting an Investing in Volunteers Award on their behalf from George Thomson, Chief Executive Volunteer Development Scotland.

Assessors from Investing in Volunteers said the vast majority of those they spoke to felt very well supported and a range of training opportunities included the opportunity to learn British sign language, the European Computer Driving Licence and infection control.

The volunteers work in a number of areas including assisting with patients in the oncology unit, carrying outpatient surveys and working with disabled people.



They also helped shape the design of Forth Valley Royal Hospital. The Investing in Volunteers Award is held for three years and then re-assessed.

GIVING VOICE IS A WINNER

Speech and language therapists from NHS Forth Valley have been voted the best team in Scotland for the way they supported the national Giving Voice campaign. It earned them a £1,000 prize from the Royal College of Speech and Language Therapists, and gave them the chance to meet up with Pop Idol finalist Gareth Gates, who was attending the awards ceremony. Gareth was happy to pose with the team for a memorable photograph!

The Giving Voice campaign showcased how speech and language therapy makes a difference not only to people who have communication difficulties but to their families and wider society as well. The Forth Valley event included a series of road shows and was supported by local politicians including Health Minister Michael Matheson, MSP for Falkirk West, who met some of the service users.



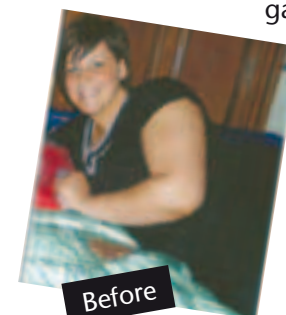
LOSING POUNDS GAINS TOP AWARD

After being slim her whole life, practice nurse Lorna McLeod found that two pregnancies changed her beyond recognition, "I put on five and a half stone when I was pregnant with my oldest daughter, Mirren," she admits. I managed to lose weight then, when I fell pregnant for the second time, I

gained too much weight once more. I felt frumpy. So when Rowen,

was three months old, I went straight back to Scottish Slimmers."

Lorna's efforts to shed the pounds were encouraged by her sister Leigh, who also attended classes. Now, after losing almost seven stone, Lorna, who works at Dunblane Health Centre has walked off with the Looking Good prize at the Scottish Slimmers Slimmer of the Year awards.



Before



After

WINNING WAYS

The use of robots to fetch and deliver at Forth Valley Royal Hospital helped Serco, NHS Forth Valley and Forth Health win a coveted UK award from the British Institute of Facilities Management. They were up against stiff competition including the Co-operative, and KPMG, international tax and audit advisers.



The award "Facilities Management Excellence in a Major Project" recognised the hospital had achieved its primary aim – patient privacy and dignity – by implementing a 'no frills' plan that will stay the course for at least 30 years.

Serco, NHS Forth Valley and Forth Health were also "highly commended" in the Innovation in Technology and Systems category.

SCOTTISH HEALTH AWARDS FINALISTS

Six finalists from NHS Forth Valley have been shortlisted for this year's Scottish Health Awards. This is

a tremendous achievement and double the number of Forth Valley finalists last year!



Top Team Award

Dr Dan Beckett & Acute Admissions Unit Team, Forth Valley Royal Hospital, Communications Team, NHS Forth Valley

Care for Children Award

Anne Vallance, Senior Sister Neonatal Unit, Forth Valley Royal Hospital

Care at Home Award

Fiona Burton, Health Visitor Camelon Health Clinic, Falkirk Community Nursing and Paediatric Team, Meadowbank Health Centre, Falkirk

Volunteer Award

So Precious, Forth Valley Royal Hospital

IN THE SPOTLIGHT

How did you become a PPF co-ordinator?

I originally started with Forth Valley Health Board in 1976 (I was five at the time!). But it wasn't until 2006 that I applied for the post of Patient Public Forum Development Co-ordinator. It was a newly established post as the PPFs only started in 2005. I have to say it did not come with a DANGER sign, but reading between the lines of the job description there was a hint of "beware of the unknown!"

How challenging is your job?

My job is very challenging, but it has its rewarding moments too. I meet many different people on a daily basis from all walks of life, all with different views on the NHS and how it should be run by them!

Most surreal moment

I was invited to attend the Scottish Health Council AGM in Delta House Glasgow a couple of years ago and met with Nicola Sturgeon. On arrival I got in the lift and was checking my hair and makeup - as you do- in the shiny panels on the wall, when who got in beside me but Nicola Sturgeon! I went weak at the knees as I had only ever seen her on the TV prior to this brief encounter and when she smiled at me and said "hello" I blurted out, "I am Jessie-Anne Malcolm from NHS Forth Valley and I am here to meet with you today and I am terrified !!!!!" She was so lovely and just laughed and said "I know how you feel!"

Hidden talents

I would like to say I was gifted with a beautiful voice and enjoy singing to

the public and have done on many occasions throughout my life without shattering too many windows on reaching a Top "C". I also used to enjoy playing the piano but when practising at home my husband constantly asks me if I went to the Les Dawson school of music !!!

What's usually in your fridge?

So much food it could feed the whole of Denny! I tend to forget there are only three adults living in my house. I have to admit that there have been occasions in the past when you opened my fridge and were faced with a box of maggots. Not rotten food, just bait for my husband and son's fishing trips!

How would you spend one million pounds?

On my family first, to give them all a secure future, then my close friends and then my Church. It could also allow me to fulfil my ultimate dream which has always been to adopt a load of children from orphanages and open up an animal sanctuary to rescue animals that have been badly treated.



JESSIE-ANNE MALCOLM
PPF DEVELOPMENT CO-ORDINATOR

I could then teach the children to care for the animals and become happy in themselves.

Secret to staying happy

Having a husband who always makes me laugh when he doesn't really mean to! I call him "Victor Meldrew" Two children and now two beautiful grandchildren. A boy and a girl in both categories

What's your biggest regret in life?

If you were to ask my husband of nearly 27 years this question he would tell you, "A video of our wedding so he could play it back in slow motion for a happy ending !!! " My true answer would be that I didn't carry on to be a professional singer when I had the chance!

One wish - what would it be?

To always have the love and support of my family and friends – even though I drive them all to distraction at times!