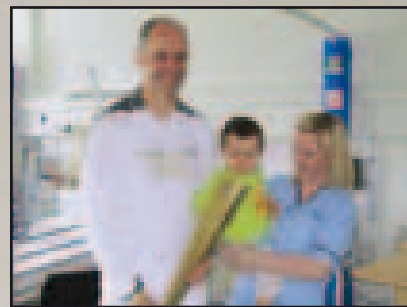


## FROM FORTH VALLEY TO AFRICA

Helping children  
in Mozambique

**PAGE 9**



Sharing the  
Olympic  
excitement  
**PAGES 4-5**



d'yoga



## COMPETITION

WIN our fantastic meal for four  
**PAGES 10-11**



**BEHIND THE  
FRONT LINE**  
**PAGES 12-13**

**Now Showing**

**100**  
hippodrome  
1913-2013

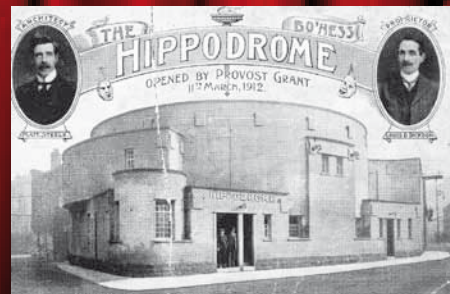
# A CENTURY OF CINEMA IN THE FALKIRK AREA

A touch of nostalgia will be showing in the atrium at Forth Valley Royal Hospital with the arrival on 6-21 October of an exhibition celebrating 100 years since the Hippodrome Cinema opened in Bo'ness.

"Now Showing: A Century of Cinema in the Falkirk Area" will draw on memories, photos and artifacts gathered since the Hippodrome re-opened in 2009 and held in the Falkirk Community Trust Archives, the National Library of Scotland and the Cinema Theatre Association. It will tell the story of cinema-going in the Falkirk area from past to present, featuring a few famous faces including Jimmy

Finlayson, one of Larbert's own sons and regular co-star with comedy greats Laurel and Hardy.

Shona Thomson, Producer of the Hippodrome 100 project said: "There used to be at least twenty cinemas across the Falkirk area. Each had a special place in the community and everyone has a story to tell about going to the pictures. Now there are only three cinemas left and it's still a popular night out for young and old. We hope "Now Showing..." will evoke that magic of sitting in the dark watching the silver screen come alive, especially when beautifully restored picture palaces such as the Hippodrome are back open for business."



For more information on the exhibition and to be part of the Hippodrome 100 project, please go to: [www.falkirkcommunitytrust.org/hippodrome100](http://www.falkirkcommunitytrust.org/hippodrome100). Follow them on Facebook and Twitter (@FalkirkCultural and #Hipp100).

## IT'S BEHIND YOU!

The magic of pantomime provided another dose of fun in the children's ward at Forth Valley Royal Hospital. Although not traditionally the panto season, youngsters thoroughly enjoyed a performance of Dick Whittington, courtesy of the charity Starlight.

As well as patients, children and grandchildren of staff were also able to join in the glittering performance. There were sweets and treats in the interval and a sing song with the cast at the end of the show.

Starlight creates entertainment in every hospital and hospice in the UK and also grants once-in-a-lifetime wishes for seriously and terminally ill children.

To refer a child or make a donation go to [www.starlight.org.uk](http://www.starlight.org.uk)



# IT'S A SNIP



A pop-up hairdressing salon in the foyer at Forth Valley Royal Hospital became a 'mane' talking point amongst patients, staff and visitors. The cutting edge idea was the brainchild of NHS Forth Valley's Charitable Arts and Wellbeing Co-ordinator Babs McCool, and 60 people enjoyed a free hair cut from professional hairdresser Alan

**Grieve in exchange for telling a story on tape or video.**

The quotes and comments are to be published in a small book and customers will be able to keep a copy as a memento.

The initiative was part of NHS Forth Valley's wider art strategy which is designed to involve patients, staff and local people in a wide range of art projects across Forth Valley.



Good Life, Good Death, Good Grief is an Alliance working to make Scotland a place where there is more openness about death, dying and bereavement. Members want to make people feel better supported through the difficult times surrounding end of life, and help them plan ahead for illness and death; after all making plans when you're healthy means there's less to think about if you get sick.

For example, it's good sense to make a will, take out life insurance or talk to loved ones about granting power of attorney.

If you think that death, dying and bereavement could be talked about as a more general topic of conversation, you can sign up in support of the work of the Alliance at <http://www.goodlifedeathgrief.org.uk/content/signup/>

It's quick, easy and there is no obligation to undertake any specific activity if you do not want to.

## DON'T BE A DONKEY – GIVE UP THE FAGS!

AN unusual new recruit is helping spearhead a massive campaign to boost the physical – and financial- health of NHS staff. He's a grinning donkey who tells smokers they've got Hee-Haw to lose by quitting smoking.

The rapidly-

growing NHS (Scotland & North England) Credit Union has joined the drive to encourage health workers to give up smoking. Adverts not only feature the donkey, but also point out the very attractive 'financial carrots' smokers could earn by giving up cigarettes and using the money to access a credit union loan, vastly increasing their purchasing power.

Leaflets, posters and fliers have been distributed to NHS sites across Scotland and material has been sent out directly to Credit Union members.

The organisation's General Manager, Robert Kelly, said: "There are very few

people who don't know that smoking is an expensive habit, and that stopping will save them money.

"However, what we are trying to do in this campaign is show them just how much money they could access if they used the cash they now spend on cigarettes with the credit union.

"It's a different way of getting a very important message over. You could be a lot healthier ... and wealthier. That's something every smoker should consider."

For more information: Tel 0141 445 0022; <http://www.nhscreditunion.com>



# GOING FOR OLYMPIC FEAST

Throughout the Games, an Olympic flavour was on the menu in the restaurant at Forth Valley Royal Hospital with a selection of tasty meals reflecting the countries taking part.

The opening dish of the day was of course, British, with medallions of pork with mustard and cream sauce, served with bubble and squeak.

Other culinary delights included bratwurst to represent Germany, Mama's American Pie for the USA and Caribbean Jerk Steak baguette for Jamaica.

Catering Manager Anne Davidson said: "Everyone was buzzing because of the Olympics and we wanted to participate in the excitement. We thought providing Olympic specials would give us a flavour of the Games."



Whilst tucking in, diners were able to catch up on the latest from the Olympics via a large-screen television in the restaurant area.

## STAFF AND PATIENTS SUPPORT LOCAL 'OLYMPEAK' GAMES

Inspired by the brilliant performance of Team GB in London, more than 150 members of the Healthy Hearts Club held their own 'OlymPeak' event at The Peak sports village in Stirling. During the day-long extravaganza they participated in badminton, basketball, cycling, football, table tennis and swimming.

The theme of the event, in line with London 2012, was inspiring others - particularly the younger generation. Participants ranged from three to 83 years old; in several cases four generations of families joined in. To acknowledge success, five-year-old Evie Blair, ably assisted

by her mum Jean Blair - a lead nurse with the NHS Forth Valley Cardiac Rehabilitation Team - presented gold, silver, bronze and even chocolate medals!

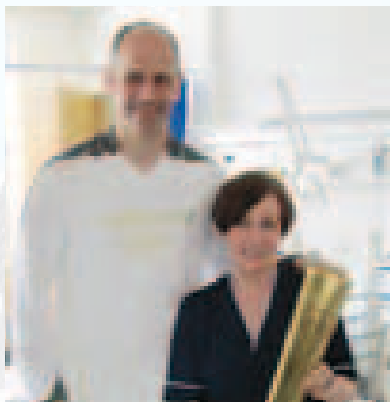
Embracing the spirit of the Games, the day was a true collaboration between the Healthy Hearts Club, the NHS Forth Valley Cardiac Rehabilitation Team, and the team at The Peak-Active in Stirling. Catherine Mondoia, NHS Forth Valley Consultant Nurse and honorary president of the Healthy Hearts Club is now exploring the possibility of setting up 'training camps' to prepare for a possible larger event to celebrate the "Come on Health" Games in 2014!





# GOLD

## OLYMPIC FLAME LIGHTS UP CHILDREN'S WARD



**The Olympic Flame burned bright at the Children's Ward at Forth Valley Royal Hospital, thanks to a kind hearted torch bearer.**

Dougie Gillespie from Larbert lit up the children's faces as he offered them the chance to hold the famous torch.

Dougie, who ran the Forth Valley

College to Falkirk Stadium leg, said: "Running with the torch was fantastic. Normally the thought of being in front of that amount of people would make me run the other way! But there was something about the day that meant you couldn't help but wave to the crowds and smile."

Dougie was nominated for his fundraising efforts and his dedication to helping young people.

## OLYMPIC SMILES



**For Bannockburn dentist Patricia Manson, the 2012 Olympics turned out to be a once-in-a-lifetime experience. Two years ago Patricia was one of 20,000 applicants who applied to become part of the 4,200-strong medical team.**

For 11 out of the 14 days she worked in the basketball arena where she treated athletes and was trained to assist in stretching them off if injuries were serious. She often saw VIPs come to watch USA teams play, and during her first shift spotted

Michelle Obama who was sitting only 20 feet away!

Patricia also spent a day in the dentistry department on the third floor of the polyclinic in the athletes' village, where she treated five athletes. She noted that many of the competitors from poorer countries, especially central and east Africa and the Caribbean, had never seen a dentist before and also arrived with no mouthguards; around 200 were made over the two week period!

Patricia loves sport and has always been a huge fan. Scaling, filling and polishing has therefore helped her fulfil one of her dreams. It was, she says, "an amazing experience, really brilliant."

# ON THE RUN

It's not too late to help a team from our IT Department to raise money for the Yorkhill Children's Foundation by donating at <http://uk.virginmoneygiving.com/NHSFV10K>. The team were inspired to take part in the recent Great Scottish Run 10k in Glasgow, after the hospital's fantastic treatment of Eve Jaffray who's father Scott is Head of IT. They have already notched up more than £3000.

Eve was diagnosed with a brain tumour and within days the tumour was successfully removed. Eve has now been discharged from hospital and is getting stronger by the day.

For those people who do not want to donate electronically, sponsor forms are available within the IT Department and the Learning Centre, FVRH.



Eve with her parents

Pictured below are the team: Sarah Bell, Graeme Gracie, Michael McKinnon, Murray Brunton, Andrew Mardon, Steven McGhie, Fiona Boote, Stuart Hannah, David MacFarlane & Scott Jaffray



# STRAWBERRY FAYRE

District nurses from three GP practices at Clackmannanshire Community Healthcare Centre served up a mouth-watering display of strawberry and pink-themed culinary delights at a special Strawberry Tea within the Healthcare Centre to raise money for Breast Cancer Care. Staff from almost every department tucked into the delicious spread and raised more than £200 for the charity.

Strawberries were also on the menu at a similar event organised by surgical secretaries at Forth Valley Royal Hospital which raised £251.25.



# WE ARE FAMILY

A party of seventeen family members and their dog, which included Health Promotion Officer Ann McArthur, have just completed a summer challenge in aid of Breast Cancer Care. They scaled Ben Lomond, Ben Nevis and Ben A'an.

Ann's two sisters, Denise and Helen were both diagnosed with breast cancer within three months of each other in 2009.



# STAFF PHYSIO SERVICE GOES FROM STRENGTH TO STRENGTH

**Stiff joints? Bad back? Pains in your arms or legs? Remember, help is at hand from the staff physiotherapy service which is going from strength to strength.**

Last year almost 800 new patients were treated, with 78% being seen within the set timescale of within one week if on sick leave, or within four weeks for a routine referral. However, routine referrals may take a little longer over the next few months due to staff changes.

There are 1.8 WTE physiotherapists working for the service, the majority of which is delivered at Falkirk Community Hospital with the remainder at Stirling Community Hospital.

The service is extremely keen to support staff, and are asking people who can't keep their appointment to let them know in advance, so they can offer the place to someone else.

To find out more contact Occupational Health on 01324 566663.



## ONE PATIENT'S JOURNEY

**Kate had developed back and leg pain over a two week period which led to her being off work. She was seen by an occupational health adviser and, as she was on sick leave, referred within a week to the Staff Physiotherapy Service.**

An initial assessment revealed minimal movement in her back. She was struggling to bear weight on her right leg and could not straighten it whilst lying down. The most likely cause was determined as a disc bulge with nerve compression.

To get the pain under control, Kate was advised to see her GP for medication and given a physiotherapy appointment for the following week. But over the next few weeks progress was slow, so acupuncture was introduced to help with pain management.

A combination of acupuncture, manual therapy and exercise produced some improvement but it was then decided to refer Kate to the back pain service in orthopaedics for further assistance. At this stage her symptoms had settled sufficiently not to have to

undergo an MRI

scan. However, she subsequently suffered a setback and a scan confirmed a disc bulge with nerve compression.

Kate then began to improve and started a Back Into Fitness class designed to increase activity levels. With the help of several departments in NHS Forth Valley she was able to come back to work after eight months. This was a particularly severe case which is relatively rare but is just one example of how the Staff Physiotherapy Service can get people back on their feet.

### HOW PHYSIO HELPED - KATE'S EXPERIENCE

*"When you hurt your back you think you'll never recover. The pain is so intense and constant and painkillers only take the edge off. I was extremely lucky as I was given a staff physiotherapy appointment within the first week of hurting my back. My physiotherapist was brilliant and reassured me throughout my treatment, both mentally and physically.*

*I was off work for eight months, and seen by people in many departments who all wanted to help me get back to work.*

*When the pain began to ease I was booked into a fitness class which gave me the confidence to exercise. Thanks to everyone, I was able to resume my job on an extended phased return."*





# PEBANE'S BEST FRIEND

Where most spend their annual leave relaxing with friends and family or jetting off to the sun, Dr John Schulga spends his spare time fundraising for those less fortunate. Through his small charity 'Friends of Pebane', the Consultant Paediatrician has helped raise £60,000 to improve the facilities of a small hospital in Pebane, Mozambique.

His latest fundraising effort saw him and five friends brave hail, sleet and snow as they cycled over 400 miles from Cape Wrath to Campbeltown.

John said: "There were six of us cycling 420 miles in four days. The first day was the worst day as it was -1c. It was a tough day and took a lot out of us all.

"Our target was to raise £10,000. At the beginning of the year, Pebane was hit by a cyclone. The powerful storms destroyed thousands of houses. The money we raise will help build houses for the 4,000 families who lost their homes."

Pounding the pedals approximately 100 miles a day is no mean feat and building up to these distances meant a strict training regime for several months beforehand.

"We weren't racing each other; we were trying to last the four days. Once you have done 100 miles you need to do the same the next day. All of us found it challenging."

Although John admits he isn't a natural cyclist, his 400-mile challenge is not his first fundraising attempt for the hospital. In the past few years he has been involved in a cycle from Lands End to Stirling, and attempted to cycle the length of Ireland.

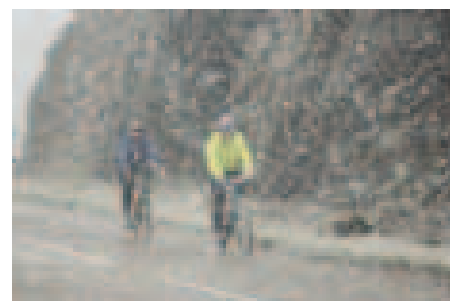
He explained: "Two years ago we did a cycle ride from the southern tip to the northern tip of Ireland. We aimed to cycle 500 miles in 5 days. However, I didn't last. After hitting a pothole at the halfway mark, I fell off my bike and broke my collar bone."

As well as completing regular fundraising activities, John visits the hospital in Mozambique every year to provide child health and life support training.

"The hospital has fairly basic facilities, which can be frustrating. It's not like our brand new hospital in Larbert. Due to the area being remote and roads being in a bad condition, deliveries can be erratic. This means that the staff don't know what facilities and drugs they will have from day to day.

"As a result they have had to become extremely economical with supplies. For example, in Forth Valley, we would use a pair of protective gloves once before throwing them away. In Pebane, they have to put them in the sterilising unit. They have worked out that they can do this five times before the gloves disintegrate!"

When asked what his most rewarding



experience at the Pebane hospital has been, John has one moment of which he is particularly proud:

"The most rewarding thing has been treating a child who had a chest infection. The child needed oxygen and antibiotics, however, the staff at the hospital didn't know how to use the old oxygen cylinder that they had. We managed to get the cylinder working and show the staff how to use it. It saved that child's life."

If you would like to donate money to the cause, you can sponsor the Pebane Bikers by visiting: <http://uk.virginmoneygiving.com/Pebanebikers>. To find out more about the Friends of Pebane, visit: [www.friendsofpebane.org/Friends\\_of\\_Pebane/](http://www.friendsofpebane.org/Friends_of_Pebane/)

d'yoga<sup>®</sup>

CONTEMPORARY INDIAN RESTAURANT



# taste of madia

**Staff News has teamed up with d'yoga to offer one lucky reader a meal for four.**

**The prize includes:**

- a candle-lit three course chef banquet, which can be tailored to your needs
- sparkling wine
- the best seat in the restaurant

**The Falkirk based contemporary Indian restaurant and bar provides exquisite authentic Northern Indian cookery with a contemporary presentation, phenomenal service and extraordinary ambiance.**

**When you enter d'yoga, you are instantly surrounded with the natural beauty of Indian Granite. The calming theme and**

**magnificently designed artistic glass works will make your experience unbelievable.**

**d'yoga also offers all NHS staff a 20% discount when you show your NHS ID badge.**

**To find out more about d'yoga, call 01324 622555. Or visit [www.dyoga.co.uk](http://www.dyoga.co.uk) to view the full menu.**

**To enter the competition, simply answer the following question:**

## **Q: What is the capital city of India?**

Entries should be emailed to [FV-UHB.StaffNewsCompetition@nhs.net](mailto:FV-UHB.StaffNewsCompetition@nhs.net) before October 31st 2012.

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

## **PREVIOUS COMPETITION ANSWERS**

The lucky winner of last edition's competition was Agnes Gillespie an Auxiliary in the Cardiology Department at Forth Valley Royal Hospital she won a £250 holiday voucher

from Barrhead Travel. The correct answers were:

A = Russia  
B = Greece  
C = New Zealand  
D = Italy

E = Finland  
F = Thailand  
G = Zimbabwe  
H = Canada

Ewan Lawson Motors also offered one reader

two seated tickets to see Elton John at the Falkirk Stadium. The winner of the tickets was Speech and Language Therapy Clinical Support Worker, Evelyn Anderson.

## **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, or visit [www.nhsstaffbenefits.co.uk](http://www.nhsstaffbenefits.co.uk)



# BEHIND THE



Dr Roddy Neilson

While our troops fight on the front line, the story of those who battle to save their lives often goes untold. Behind the scenes, hundreds of Scottish doctors and nurses provide first class healthcare to those injured in the line of duty. In NHS Forth Valley for example, a number of doctors, nurses and other professionals are members of the Territorial Army, the Royal Navy Reserve or the RAF Reserve. Most senior of them is Consultant Haematologist Dr Roddy Neilson who is a Colonel in the TA Army Medical Services and currently Commanding Officer of 205 (Scottish) Field Hospital, the only TA Field Hospital in Scotland, a post he's held since September 2011.

"I joined the TA in the early 1990s when I was a senior registrar in Glasgow" says Col Roddy. "At that time I was coming to the end of my specialist training as a haematologist and was looking round for something to do. I joined the TA and have never regretted it"

Col Roddy went on to say, "Since joining the TA I have been on deployed operations in

Kosovo, Bosnia, Iraq twice and Afghanistan. My role has been as a physician and haematologist supporting clinical services in the front line hospitals. Our aim is to provide the best medical care possible to deployed personnel and the Reserve Forces provide over 50% of that capability."

"The training involves being credible as a soldier as well as learning all about the medical equipment the military uses. However, the other aspects such as comradeship, leadership and surviving in an austere environment are also vitally important. When you've spent time in a trench being mortared and having Scud missiles launched at you, you know who your friends are very quickly!"

205 Field Hospital has recently opened a detachment in Inverness (see picture), in addition to it's detachments in Glasgow, Edinburgh, Dundee and Aberdeen. This will allow more recruitment to the Unit. Col Roddy finished, "if anyone is interested in a career outside the NHS that is testing, demanding but ultimately fulfilling I can firmly recommend the Reserve Forces."

A recruitment poster for the 205 Scottish Field Hospital. The top left text reads '205 Scottish Field Hospital (Volunteers)'. Below this is the headline 'OPERATIONS OF A DIFFERENT KIND'. The bottom left says 'Recruiting Now'. The bottom right has the slogan 'Join the team that makes a difference' followed by 'Do something amazing with your healthcare career'. On the right side, there is an image of a green military helicopter and a smaller inset photo of medical staff in a field hospital setting. The top right corner features the 'ARMY BE THE BEST' logo with the Royal Coat of Arms. A Facebook logo is in the bottom right corner.



# FRONT LINE

## Commanding Officer Stephen McGee, lecturer in Nursing and Midwifery at the University of Stirling has completed two deployments.

Stephen McGee says putting on his uniform gives him a sense of 'honour' that he has never felt before. He joined the 205 (Scottish) Field Hospital Volunteers after hearing about the opportunities on offer from a colleague at Glasgow Royal Infirmary.

Stephen said: "I was told of the opportunities in terms of training and fitness. Working in an intensive care unit, I knew my skills would be valued by the military. Given the nature of the injuries that troops unfortunately sustain in operation, I knew I could offer them something."

After completing training, Stephen was deployed to the Field Hospital in Iraq in 2003 and was the officer commanding the Emergency Department in Basra in 2005. Volunteers are recruited for the hospital based on the threats that troops face.

He said: "At the moment we are looking for staff from primary health care, wards, intensive care and the Emergency Department. The current threat is insurgents. This is different from a threat from an army. Since their tactics are different, we are dealing with more blast injuries."

Although he regularly sees high levels of trauma, Stephen is proud of the fact that what he does can be the difference to whether a soldier lives or dies.

"I have seen a lot of nasty injuries. There was a lot of head trauma, which can be quite rare. Given the nature of the weapons, some of the injuries are not survivable. However, because of the advancements in health care, there are many more people who survive."

"I would encourage people to get involved. It's added huge value to my

career and has allowed me to meet people I never would have met in my normal social circle. The opportunities I have had have been fantastic."

If you feel you have what it takes to be a member of 205 (Scottish) Field Hospital (Volunteers), you can email [205hosp-rhq-urweso@mod.uk](mailto:205hosp-rhq-urweso@mod.uk) or call 0845 6038761.

Stephen McGee

# CELEBRATING NURSES DAY

Shades of nursing past were captured in these photographic gems provided by local historian Ian Scott. They were used in a caption competition on Nurses Day which celebrates the birthday of Florence Nightingale and highlights what a fantastic job nurses do. The two successful staff received gift vouchers.

A number of stands and poster displays were on show at an event at Forth Valley Royal Hospital, which was attended by NHS Forth Valley Chairman Alex Linkston, Director of Nursing Professor Angela Wallace and Clare Mayo who addressed staff.

A series of workshops also provoked vigorous discussion on a number of topics including an overview of shared governance and how RCN principles can support nursing practice.



**"I know they say cold hands warm heart, but this is ridiculous!"**

Submitted by Clinical Co-ordinator Cathy Johnston



**"I must not pat the dog, I must not pat the dog... I know this is an infection control test."**

Submitted by Staff Nurse Sharon Captain

## WHAT A DIFFERENCE A DAVE MADE

Thanks for everything Dave

**Staff from across NHS Forth Valley joined the eHealth Programme Office and IT colleagues to say goodbye to Dave Simpson after 22 years working for NHS Forth Valley.**

Dave joined the health service from Ford Motor Company and was instrumental in setting up the eHealth Programme Office in Gladstone Place. A strong champion for developing use of technology to improve patient care, Dave made an invaluable contribution. In his most recent role as eHealth

consultant he was instrumental in producing the refreshed eHealth strategy; his parting shot to the team was KISS –Keep It Simple Stupid – a reminder of his mantra for project management and eHealth.

Dave organised many team social events; bowling, pool and rounders. And of course the Xmas Quiz and the Forth Valley fantasy football competition.

Retiral for Dave? Or more challenges? Cycling from Stirling to London, bagging those last Munros, crossing the Cuillin ridge, the possibilities are endless.

# MEET FORTH VALLEY ROYAL HOSPITAL'S NEW RESUSCITATION OFFICER

**Steven Morrison pictured, has recently been appointed to the post of Resuscitation Officer for Forth Valley Royal Hospital. He was recruited to the post after Graeme Ramage left the organisation and Katrina Steel retired.**

Steven has worked in NHS Forth Valley since 1988, in a variety of roles including Advanced Nurse Practitioner in the Hospital at Night Team, the MICU at Falkirk Royal Infirmary and the CCU at Stirling.

Steven initially graduated from Forth Valley College of Nursing with a Diploma but later graduated from Stirling University with a Bachelor of Nursing degree. More recently, he graduated from Glasgow Caledonian University with an MSc degree in Advanced Nursing.

Steven has been involved in education and training for many years. He has been teaching Advanced Life Support for approximately 12 years and is also involved in helping deliver a range of other clinical education courses within and out-with the NHS. He has also completed a secondment to the role of Lecturer in Advanced Practice at Glasgow Caledonian University.

Steven said, "Graeme and Katrina had more than 30 years of resuscitation training experience between them, so they have left a huge void! I will try my best to fill that void but it will be a massive challenge. Saying that, I relish a challenge and look forward to



providing training for the staff in Forth Valley Royal Hospital."

Although just into post, Steven has already worked with David Anderson from the Communications Department to develop a Resus Training web page which is part of the new Medical Education section of the NHS Forth Valley website. This provides information on courses as well as an online bookings system. It can be accessed via the A-Z of the Staff Intranet and externally via the NHS Forth Valley web page A-Z of Services or by visiting [www.nhsforthvalley.com/medicaleducation/resus-training/](http://www.nhsforthvalley.com/medicaleducation/resus-training/)



## GOODBYE MISTER TOM

Senior planning manager Tom Hammond has retired after almost 17 years with the organisation. Tom, who also managed the South East Scotland Regional MCN for Learning Disabilities, had held a variety of roles throughout his long career. These included probation officer, social worker and being employed in the voluntary sector.

A keen Arsenal fan he is also a cricket enthusiast and has spent some of his retirement gift on garden furniture.



Just a sample of the creativity amongst patients in the old age psychiatry unit at Forth Valley Royal Hospital. Pictured is Occupational Therapy Support Worker Margaret McDonald with a selection of project pieces to highlight Dementia Awareness Week.

# DECONTAMINATION COURSE SUCCESS

Earlier this year, the Area Sterilisation & Disinfection Unit (ASDU) in Falkirk was privileged to be asked to participate in the pilot of a recognised technical certificate course in decontamination through the Institute of Decontamination Science in partnership with Anglian Ruskin University.

Production Supervisor Dorothy-Ann

Davidson, and Production Technicians Rosemary Shaw and Yvonne Smith all passed with "credit" and were formally presented with their certificates at a lunch in the Beardmore Hotel, Glasgow.

ASDU's Production Manager Michelle Holburn and Quality Manager Alison Sneddon also had an important part to play, taking on the role of mentor and assessor respectively.

ASDU Manager Lysnay Ann Gracie

said: "On behalf of the ASDU I would like to congratulate them all on their successful participation and recognise their efforts in gaining recognition for decontamination services."

The course was made up of work based learning with a workbook and assignments as well as two formal exam papers covering all areas of the decontamination process from microbiology to technical requirements for equipment.



(left to right): Dorothy-Ann Davidson (Production Supervisor), Michelle Holburn (Production Manager), Alison Sneddon (Quality Manager), Yvonne Smith (Production Technician) and Rosemary Shaw (Production Technician)

## INFORMATION WITH DISTINCTION



**Lead data protection officer Linda Allen has become one of only four people in the UK to gain an MSc in Information Governance.**

**Not only did she pass but with flying colours, as she was awarded a distinction!**

Linda was in the first cohort to undertake the new course which is offered by the Royal College of Surgeons and the University of Bath. After two years of intensive learning which included confidentiality and Caldicott, data protection, human rights and Freedom of Information, she embarked on her final postgraduate Masters project.

Linda opted to look at the knowledge of Information Governance within NHS Forth Valley and says she wants to thank all staff who took the time to

complete and return a questionnaire. After two years of ups and downs her final dissertation was submitted in April.

"I cannot put into words what it felt like to read I have great pleasure in informing you that you have passed and then to see the award of distinction."

Linda graduated from Bath Abbey, accompanied by two of her children on what was she said was a fabulous day which will be remembered for a long time.



# CRITICAL CARE SUCCESS



**Congratulations to NHS Forth Valley staff nurse Pam Scott, who's been awarded an MSc in Critical Care at the University of Glasgow. Pam already had a first class honours degree in psychology and was keen to develop her knowledge in ICU- acquired delirium, which is common in critical care patients.**

Pam focused on delirium for her dissertation, noting that a study carried out in England reported an incidence rate of 63% when monitored over a three month period. Not only does this type of delirium affect mortality but also can result in longer hospital stay, discharge to a destination other than home and cognitive impairment for up to a year after leaving hospital.

Her service evaluation showed that the implementation of a delirium screening system in daily nursing practice is achievable and she is now hoping to disseminate her findings to junior members of staff so they can learn from her research. Her project has also been awarded a quality improve prize by the Scottish Intensive Care Society Audit Group (SICSAG)

Pam formerly held a senior nursing position in one of the biggest general and cardiothoracic critical care units in Europe with 31 critical care beds. She also gained experience in the renal HDU and regional adult and paediatric neurological and trauma centre at the Royal London Hospital, before moving back to Scotland.

## FABULOUS FOUR

Four staff nurses who work on ward B31 – a surgical specialist ward at Forth Valley Royal Hospital – have gained additional qualifications. Curstan Ainslie, Suzanne Howden and Jennifer Whitworth all passed a recognition of adult physical illness module from the University of Stirling. And Marlene Digney has successfully completed a Macmillan head and neck cancer course.

## FRONTLINE LEADERS

**Two NHS Forth Valley nurses have been awarded a Postgraduate Certificate in Frontline Leadership and Management.**

Marilyn Gardiner, a Community Development Nurse at Stenhousemuir Health Centre, and Tracy Cole, a Charge Nurse at Westbank, were among 62 graduating students, with more

than half being awarded a merit or distinction.

The programme aims to develop the leadership and management capabilities of people in a range of frontline roles and is the result of a collaboration between NHS Education for Scotland (NES) and higher education providers, De Montfort University and the University of the Highlands and Islands (UHI).



## NEW SYSTEM TO TACKLE INFECTION

NHS Forth Valley has joined a global team of 1,000 hospitals using a state-of-the-art data system to help reduce health associated infections (HAI) by allowing Infection Prevention and Control teams to spot emerging bugs quickly and allow them to spend more time with patients.

The ICNet Infection Prevention Case Management and Surveillance System links together all elements of information needed by the infection prevention team, such as laboratory and patient data with real-time alerts and live reports. In addition, and in line with the Scottish Framework Agreement, ICNet will also help healthcare staff understand and manage infections by providing all relevant data in one place. This will help contain outbreaks, understand trends, reduce paperwork and free up staff time.

NHS Forth Valley Infection Prevention and Control Public Manager, Jonathan Horwood, and Lesley Shepherd, lead nurse in infection control added: "One of our biggest challenges is the cumbersome use of a multitude of database systems that do not always provide accurate and reliable data when we need to see it. Often data isn't available for up to a week later. Through our use of ICNet we will be able to spend more time with patients and review practices to make sure we make a positive impact on the HAI burden."

Figures released in 2011 show that around one in 20 patients across Scotland who require acute care acquire an infection whilst in hospital. This can result in an extended stay of up to one week. An estimate by NHS Scotland revealed this could translate into an extra cost to the health service of £180 million a year, equating to 380,000 bed days lost. Although these infections continue to be reduced, a significant burden remains to be managed.

## KEEPING PATIENTS SAFE



**Twelve GP practices across Forth Valley have been leading a programme to improve patient safety in primary care. The pilot, which has been run in conjunction with three other Scottish Health Boards, has enabled practices to improve the reliability of care received by people taking high risk medications or those with heart failure and has improved the safety culture of practice teams. In addition, eight out of the 12 practices held patient focus groups to gain feedback on the quality of their service.**

The pilot highlighted several key points:

- Communication between secondary

and primary care could be improved, specifically in relation to medication reconciliation

- Patient educational materials could be better used, particularly to inform of side effects
- Monitoring and follow up of some medications could be improved.

The programme achievements were acknowledged at this year's National Patient Safety Awards where the NHS Forth Valley team (pictured) were approved for highly commended under the patient safety in primary care category. Learning from the programme will inform the development of the National Patient Safety for Primary Care programme which will be rolled out across Scotland in March 2013. It also builds on the successful Scottish Patient Safety Programme work already underway in inpatient wards across Forth Valley.



## THE ANSWER IS CLEAR

**Got a clinical question? Try CLEAR - the online clinical enquiry and response service from Healthcare Improvement Scotland and NHS Education for Scotland.**

Submit your clinical question through the CLEAR website and a team of information professionals led by Healthcare Improvement

Scotland will aim to provide you with summarised, clinical evidence that is quick and easy to access and can be used at point of care. More information can be found at <http://www.clear.scot.nhs.uk> or contact Forth Valley Library Services <http://www.nhsforthvalley.com/health-services/library-services/>

# GETTING BETTER SOONER - SPEEDING UP RECOVERY AFTER SURGERY

A new approach which aims to speed up recovery after major surgery is being introduced by NHS Forth Valley as part of a National Programme by the Scottish Government. The Enhanced Recovery After Surgery (ERAS) programme will be used in a number of specialities including; colorectal, urology and gynaecology, and could lead to patients being allowed back to their own home sooner following an operation.

The programme encourages people to be active in their own recovery process. Pre-op assessments identify and address risk before surgery. Prior to a major operation, patients will be given high carbohydrate drinks. This has a positive effect on hydration as well as post-

operative metabolism, recovery and comfort.

Wounds will be kept as small as possible to promote quicker and more effective healing. Following surgery, patients will again receive a high carbohydrate drink and begin eating a normal diet as soon as possible.

ERAS Clinical Lead, Mr Aijaz Jabbar, said: "There are key factors in this programme which differ from the traditional surgical approach. All are designed to help patients get back on their feet more quickly. If someone has an operation in the morning we will be encouraging them to be mobile within a few hours, as this decreases the risk



of post-op complications. Our ultimate aim is to help people recover sooner so that life can return to normal as quickly as possible."

The new system was recently introduced into colorectal surgery and now applies to urology and gynaecology as well.

## PATIENT RECORDS – YOUR CHANCE TO SHAPE THE FUTURE

Bulky paper files containing countless pages of patient notes are set to be replaced over the next few years by electronic records. The new Electronic Patient Records (EPR) programme will be launched at an event at Forth Valley Royal Hospital in October 2012 and staff are being urged to attend so they can influence development, contribute to discussions and see some early examples of some of the eHealth tools which have been developed.

Using electronic records will provide a

host of benefits. These include:

- Fast, secure and easy-to-use online access to provide real time information at the point of care, providing a better patient experience and supporting effective decision making.
- All clinical staff will be able to record clinical notes in a standard and structured manner
- All clinical staff will be able to order diagnostic investigations and refer quickly, effectively and to agreed clinical standards.
- Clinical staff and managers will have access to real-time information for planning and clinical audit.

It's hoped as many staff as possible will engage with the development of the EPR programme; their participation is seen as critical to its success. The launch event will take place in the Learning Centre on October 26th 2012 between 12 noon and 2.00pm and lunch will be provided. To book a place: [Ralph.fielding@nhs.net](mailto:Ralph.fielding@nhs.net) or 01786 454776.





# IN THE SPOTLIGHT

## Why NHS Forth Valley?

A completely new place and a completely new life was required!

As a freelancer based in Fife - working on a variety of public arts projects including an exhibition made out of ice, the 'Fife Bench', a community radio station and, as fate would have it, NHS Forth Valley's arts strategy - I just got drawn in by the people, the monumental new spaces and the organisation's vision and energy, in a place which just happened to have huge skies, a canal and a wonderful old cinema.

## What makes you tick?

Beauty

## Which part of your job do you like the most?

When there's a breakthrough and a project finally comes together, the funding's in place at last, everything's ready to go, the anxiety disappears and I know it's really going to happen. And of course the arty glamorous side of the job like cleaning and lugging stuff around.

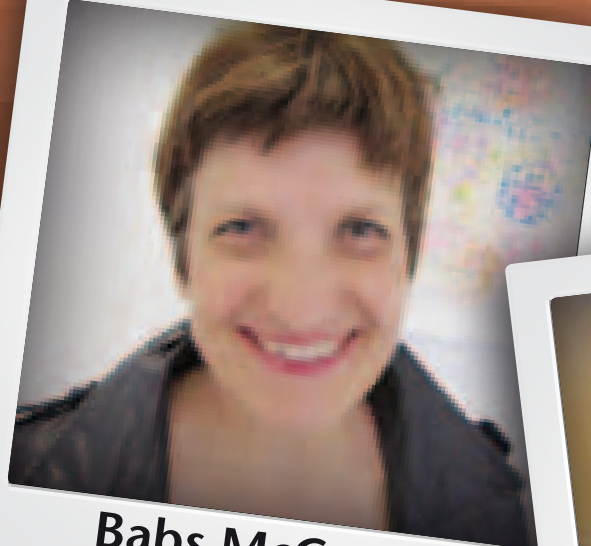
## Most surreal moment?

Driving back from working late in Rochdale to Manchester in a rainstorm (if it's ecologically correct to call it that), large puddle across road, slowing, braking, car turning 180 degrees towards railings, railings flipping over bonnet, car sliding into river, righting itself, headlights dutifully lighting up rocks and shopping trolleys, coat and bag snug on the back seat, moonlight glinting on the black water..... everything very quiet....oh sugar...

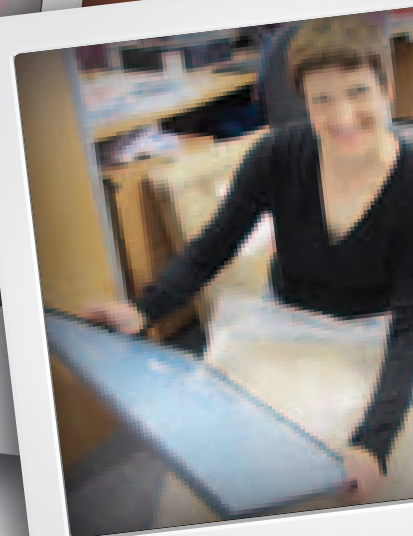
(River Irwell 1984)

## Biggest regret in life?

Returning to work full-time when my son Fergus was 10 weeks old. The physical wrench, the grief, not doing anything about it, berating the me that is the product of an oppressively strict 1950s upbringing and the Scottish public school system which constantly exhorts you to 'get on with



**Babs McCool,**  
Charitable Arts and Wellbeing  
Co-ordinator



it' and 'pull yourself together or I'll give you something that'll really make you miserable'. All still with me.

## How would you spend one million pounds?

On a couple of bits of good art.

## What's your worst nightmare?

Being trapped in a car in a river....

## Books on your bedside table?

A selection of Larbert Library's best. 'The Photograph Book' by Phaidon, 'Being Alive' poetry anthology edited by Neil Astley, 'The Ice Palace' by Tarjei Vesaas, 'There but for the' by Ali Smith and 'Step by Step Boat Maintenance' by A. Curtis (as I've just co-bought a cruiser, a Colvic Watson Fisher 23 for any sailing aficionados who happen to read this, to sail on the canal).

## Greatest achievement?

My greatest achievement will be, I hope (as I've just started the training) a happy old age.

(And I can cook quite well and I've always believed that buying summer clothes - even thinking about buying summer clothes - is a complete waste of time.)

## Personal motto?

Gina Lollobrigida (pronounced Geeeeena Lollobreeeeeegida and thought with gusto.)

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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.