



YEARS YOUNG

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RSNH ARCHIVE GETS WORLD HERITAGE STATUS

The news that photographs and papers from the early days of the Royal Scottish National Hospital (RSNH) in Larbert have been recognised as of outstanding historical importance by the United Nations' cultural body, UNESCO, provided a trip down memory lane for some of our staff.

Although the memorabilia precedes their time working at the hospital, many still hold the former RSNH in great affection. The documents and pictures – now in the care of the University of Stirling's Archives - have been added to the UNESCO UK Memory of the World Register - an online catalogue created to help promote the UK's documentary heritage across the UK and the world.

NHS Forth Valley Chief Executive Professor Fiona Mackenzie said:

"I am delighted to hear that the fine work carried out by the Royal Scottish National Hospital has been considered worthy of recognition by UNESCO. Throughout the nineteenth



and twentieth centuries the hospital challenged prejudice and influenced social change. Queen Victoria became one of its influential patrons, and 'Royal' was added to its name.

"There is no doubt that the hospital was a trailblazer and its legacy is one of care and compassion. Although now demolished, and the site of the new Forth Valley Royal Hospital, its memories live on, and it is still held dear by both by NHS Forth Valley staff and the local community."

Established in 1862 the RSNH was the foremost hospital providing custodial

care for mentally impaired children in Scotland in the 19th and 20th centuries. It closed in 2002.

This year there have only been 11 additions, to the UK UNESCO Register, including the hospital archives, the famous Domesday book and the silent movie collection of Alfred Hitchcock.



HAPPY BIRTHDAY TO US!

Zimmer frames, theatre trolleys, X-ray plates and even a skeleton were trundled into the atrium as part of the props for a picture to commemorate the 65th birthday of the NHS.

Other star attractions included two newborn babies and their Mums, and a giant birthday cake, courtesy of facilities company Serco.

Since the formation of the NHS in 1948, healthcare in Forth Valley has undergone a major sea change. However, the area's two district hospitals, which have now become community hospitals, were both leaders in their field in the early years of the National Health Service.

Falkirk for example, was a trailblazer when the Infirmary was chosen by the Scottish Home and Health Department to pilot an alternative to the Nightingale wards with long rows of beds, a design which was deemed outdated and wasteful of staff and patient energy. The result was a new surgical block supported by four-bedded wards and single rooms, built around a central area where common facilities such as the nursing station were located. Thus was born the 'Falkirk Ward' a model still in use today.

At Stirling Royal Infirmary a new £10,000 X-Ray department was



built in late 1948, described as "the finest in the country." An eye clinic was under construction and plans were announced for a new operating theatre, sterilising room and an extension to the maternity home. A Society of Friends of Stirling Royal Infirmary was also formed in the same year.

The intervening years saw the closure of the Royal Scottish National Hospital at Larbert for people with learning difficulties with patients moved into supported accommodation in the community. It is now the site of the new Forth Valley Royal Hospital. Small hospitals in Clackmannanshire have also been replaced with the Clackmannanshire Community Healthcare Centre in Sauchie.

In addition to posing for commemorative pictures, staff also sang Happy Birthday. They can be heard in fine voice on our YouTube channel which can be accessed via the video clips section of the NHS Forth Valley website

<http://www.nhsforthvalley.com/forthvalleyroyal/multimedia/videos/happy-65th-birthday-nhs>

STRANGE BUT TRUE

- Burying three quart jugs of a patient's urine was once regarded as a cure for kidney disease.
- Most nurses in the 19th century workhouses collected their wages in beer.
- *Staphylococcus aureus* is the most common source of staph infections. But the name, first coined in Aberdeen, means something quite different – a golden bunch of grapes.
- George Orwell wrote his second draft of *Nineteen Eighty-Four* in 1948, the same year the NHS was born – while receiving treatment for TB in Hairmyres Hospital, East Kilbride.
- Penicillin was so scarce at the outset of the NHS that it was recovered from the patient's urine to be used again.
- The NHS now spends around 25 times more money (£1.12 billion) on drugs than it did to run the entire health service in 1949 (£41.9 million).
- The NHS is Scotland's largest employer with a virtually limitless list of occupations. In 1975 that included 55 cabinet makers, 6 farm managers, 2468 porters, 742 sewing maids and tailors, 466 gardeners and 82 hairdressers!

TAKE THE PATH TO A HEALTHY LIFE

Health professionals are being encouraged to join in a bid to get more people active, healthy and happy. The Scottish charity Paths for All has launched a pack with details of a 12 week walking programme. It includes pedometers, walker diaries and guidance for group leaders.

Colin Ward from Paths for All said:

"Our new pack can be used across a range of settings, from primary care, older adults' groups, health condition support groups, local leisure services or by public health specialists."

The Scottish Household Survey 2011 indicated that only 39% of adults met the Chief Medical Officer's recommendation of 150 minutes of activity per week.

The Paths for All Community Pedometer Pack contains enough resources for 10 participants and one group leader. It includes pedometers, walker diaries, a team leader booklet and online resources along with leaflets and posters to help recruit participants. Please visit the Paths for All website www.pathsforall.org.uk/ pedometer for more information and to order packs.

EMERGENCY APPOINTMENT

Welcome to Sarah Dickie who recently took up post as the Head of Nursing for the Emergency and Inpatient Unit. Sarah started her nursing career in Yorkshire where she worked in a number of roles including Charge Nurse, Emergency Nurse Practitioner and Regional Research Nurse.



Sarah moved to Scotland in 2001 to take up post as Clinical Nurse Manager for Emergency Services for NHS Ayrshire & Arran, where she led on the design and introduction of the first stand-alone Emergency Nurse Practitioner service in Scotland. She later took up the role of Nurse Consultant for Unscheduled Care after completing an MBA at Strathclyde Business School.

NEW CAMPAIGN HIGHLIGHTS EXPERIENCES OF COMING OUT

NHS Forth Valley is supporting a campaign which aims to help gay and transgender people 'come out' to family and friends. It is backed by a video produced by the Gay Police Association Scotland (GPA) which features police staff

discussing what it was like for them growing up as gay or transgender.

Research shows 52% of lesbian, gay and bisexual pupils have experienced bullying in secondary schools and 26% of gay Scots have attempted to take their own life.

For further information contact Joe Hamill who currently chairs the LGBT Staff Network on 01786 433287.

To report hate crime:

- Talk to a member of NHS Forth Valley staff
- Telephone 999 (emergency) 101 (non-emergency)
- In person at any police office
- Complete an online Hate Crime Reporting Form
- Visit a third party reporting centre

The video clip is available on <http://www.nhsforthvalley.com/about-us/equality-and-diversity/protected-characteristics/sexual-orientation/>

NEW BOOK SHEDS LIGHT ON CHILDHOOD HEADACHES

A leading children's doctor at Forth Valley Royal Hospital is the editor of a new book which could help medics around the world diagnose childhood headache. NHS Forth Valley Consultant Paediatrician Dr Ishaq Abu-Arafeh says it is important to recognise that headache is prevalent in around 60% of children, predominantly girls, and around 20% of schoolchildren complain of headache more than once a week.

This book aims to raise awareness among clinicians of the different types of headache that children may suffer from. Although migraine and tension type headache are common, there are many other types of headache that can be difficult to diagnose and sometimes difficult to treat. Children are increasingly suffering from types of headache that were thought to be exclusive to adult patients such as chronic daily headache and headache due to excessive use of painkillers.

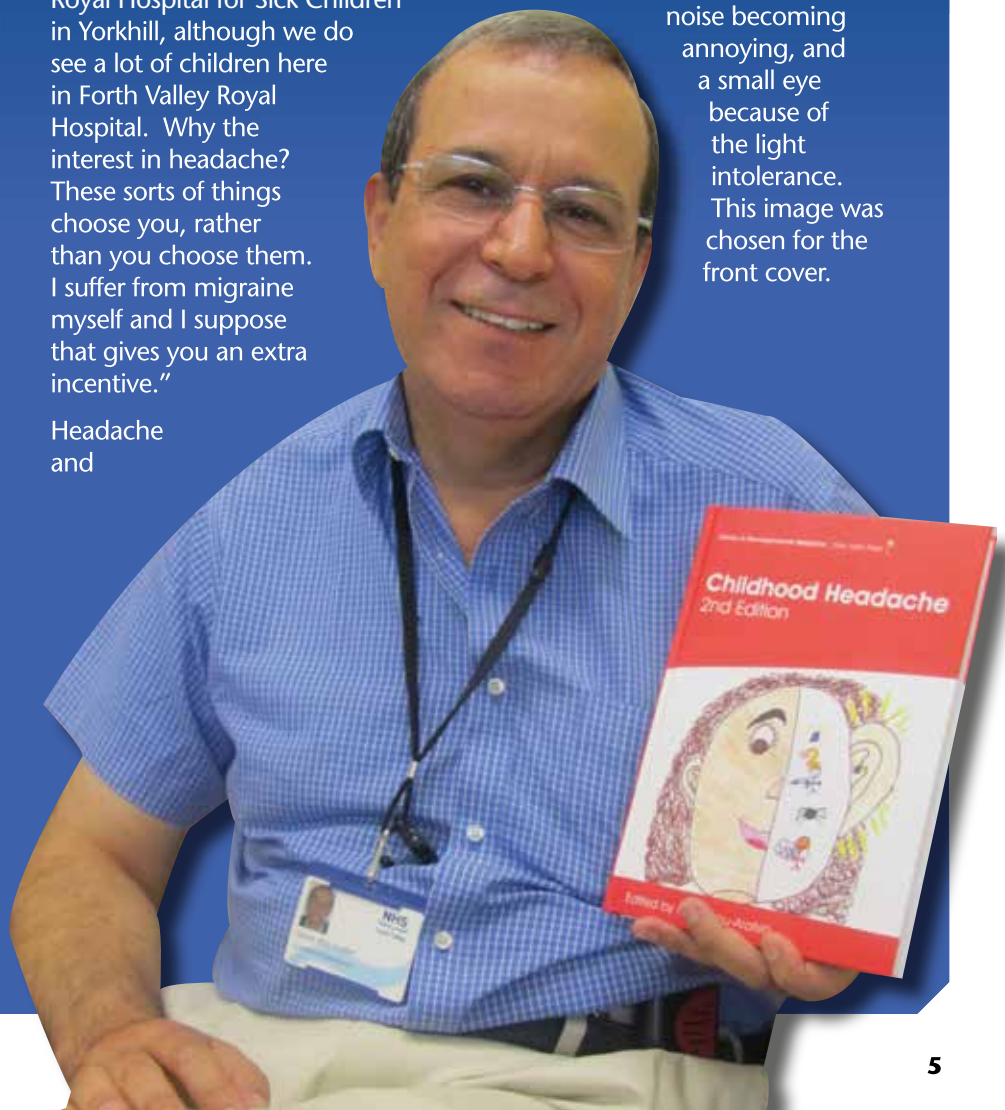
The book, which has taken two years to produce, contains 31 chapters written by well known experts in the field from all over the world. Dr Abu-Arafeh says the impact of headache on a child's school

attendance, education, family and social life continues to be universal, but unfortunately it is poorly recognised or under-reported in many parts of the world.

He explained: "I have a long interest in headache. For the past 20 years I have been researching the condition and holding a clinic for headache at the Glasgow's Royal Hospital for Sick Children in Yorkhill, although we do see a lot of children here in Forth Valley Royal Hospital. Why the interest in headache? These sorts of things choose you, rather than you choose them. I suffer from migraine myself and I suppose that gives you an extra incentive."

Headache and

migraine can sometimes be difficult to describe by young children, but drawing is shown to be very expressive. Dr Abu-Arafeh dedicated one chapter of the book on children drawings of their feelings during migraine attacks. One child drew a face of two halves; one half normal looking and the second half pale with a huge ear to represent noise becoming annoying, and a small eye because of the light intolerance. This image was chosen for the front cover.





MORE THAN SKIN DEEP

Thanks to the generosity of the local charity So Precious, a second AccuVein device is now in use in the Women and Children's Unit at Forth Valley Royal Hospital. The latest equipment can detect veins under the skin surface to a depth of 10mm by simply clicking a switch and is being used in the children's ward.

It means kids in Forth Valley who need blood samples taken in hospital are now benefitting from one of the most modern pieces of kit in Europe. The first AccuVein, which is used in the neonatal unit, can illuminate veins to a depth of 7mm.

Ward Manager Fiona Cook, pictured with 7-year old Marc Benzie, says the AccuVein is a boon for children who are needle phobic. Not only

does it make taking blood easier, but shining the light also takes a youngster's mind off the procedure. Fiona says they are so grateful to So Precious.

Alison Kilgour, founder and trustee of So Precious added: "With support from the Forth Valley community and our dedicated fundraiser we have been able to purchase a second AccuVein device. I've seen it in use on my own son and know the immediate benefits, first and foremost for the patient but also the staff and parents too. It is our intention to add further devices to key paediatric clinics throughout Forth Valley."

The AccuVein is already in use in hospitals across the USA and Forth Valley Royal Hospital is among the first in the UK to have this revolutionary equipment.

IT'S CLEAR DRINK MORE WATER!



Staff across NHS Forth Valley are being urged to drink more water as part of a new campaign being launched by community dietitians and health promotion staff. The main aim is to raise awareness of the many health benefits associated with drinking enough water, and to increase the availability of healthier drinks, particularly water, in vending machines throughout NHS Forth Valley premises.

Senior dietitian Pamela Murray said: "Although this campaign will initially target NHS Forth Valley staff inpatients/outpatients and visitors, it will also reach a wider audience as a Drink More Water webpage has been developed on the internet, which the general public can access.

"In addition, over 100 workplaces registered with Healthy Working Lives will also be informed about this campaign via email, directing them to our Water Webpage for more information and resources."

The campaign will run from August 26th to September 9th 2013. Posters and leaflets are also being distributed and the campaign will be highlighted in wage slips.

For further info visit www.nhsforthvalley.com/water

ALL CHANGE

The shape of senior roles in NHS Forth Valley is set to change on October 1st this year. Jane Grant has been appointed the new Chief Executive and succeeds Professor Fiona Mackenzie who is stepping down as Chief Executive after eleven

years in the role. Jane is currently the Chief Operating Officer of NHS Greater Glasgow and Clyde's Acute Services Division.

Dr Graham Foster, currently a Consultant in Public Health Medicine has been appointed Interim Director of Public

Health, to take over from Dr Anne Maree Wallace who retires at the beginning of October 2013.

Following the departure of Medical Director Dr Iain Wallace to NHS Lanarkshire, this role has been taken up on an interim basis by Associate Medical Director Dr Peter Murdoch.



LEAVING LUNCH FOR LESLEY



Members of the Patient Public Panel organised a lunch at a Falkirk hotel to say goodbye to Lesley Sherwood, as she heads for pastures new, Lesley has been the NHS Forth Valley Patient Focus Public Involvement Co-ordinator for the past five years.

She has taken up a new role with NHS Greater Glasgow and Clyde,

as a Senior Health Improvement Officer, and she'll be working in health information centres in Stobhill and Victoria Hospitals and will also be involved with the development of an information centre at the new Southern General Hospital.

Panel chair Helen Macguire presented Lesley with a necklace on behalf of the group.

ACCOLADES FOR FALKIRK FALLS PREVENTION PROJECT

Proof that partnership working can pay huge dividends came recently when the Falkirk Falls Management Project - a joint venture between the NHS Forth Valley's ReACH Falkirk team and Falkirk Council's Mobile Emergency Care Service won the 'Working Better, Working Together' category at Scotland's national care sector awards – the Scottish Social Services Council (SCCC) Care Accolades awards.

A recent evaluation of this award winning project also showed that it not only has significantly reduced the



number of falls people experience at home, but has also saved millions of pounds in health and social care costs over the last eleven years. As a result, there are now plans to explore if a similar programme could be rolled out across Stirling and Clackmannanshire.

THREE CHEERS FOR

SUPER NORRIE



Six years after having a heart triple bypass operation, Ironman Norrie Swan has been on the run again – this time the West Highland Way Race, which he completed in 27 hours, 13 minutes and one second.

Norrie, who is a Serco security officer at Forth Valley Royal Hospital, has, in the past three years, competed and finished nine marathons and four ultra marathons. He is pictured here with Consultant Nurse Catherine Mondo and former NHS Forth Valley employee Liz McLeod, who were in the support vehicle.

Norrie would like to thank Dr Dan Beckett and cardiac nurse Julie Binnie, who ran parts of the route with him.

IN MEMORY OF DOUGIE



Staff in the Finance Department at Falkirk Community Hospital have raised more than £1,000 for Guide Dogs, in memory of a former colleague.

Douglas Peden, a long-time supporter of Guide

Dogs, was the Financial Services Director in Falkirk Community Hospital who died suddenly in December 2011. Douglas was a prolific fundraiser who sponsored six guide dogs, one of whom was named after him. Framed photographs of the dogs adorn the Finance office in the hospital.

To honour his enthusiasm for guide dogs, Natalie Smith and Pamela Carson of the Finance team decided to arrange a fundraising walk. The recent Carse of Lecropt

hike covered four and a half miles, and took in the Touch Hills, Stirling Castle and the Wallace Monument, as well as views of Ben Ledi and Ben Lomond.

The twenty-one walkers also raised funds through sponsorship, a dress down Friday, and a raffle of jewellery donated by Kathryn Thomson of Missy Magpie, and in total raised £1,160 for Guide Dogs Scotland.

Natalie and Pamela plan to make the walk an annual event and will vary its location so that as many of their colleagues as possible from Denny, Stirling and Falkirk can take part.



WIN A MEAL FOR TWO & BUBBLY



Behind The Wall (BTW) in Falkirk is a unique, multi-space venue for dinner, drinks, sport and live music. Over the past few years it has blossomed into one of Central Scotland's most vibrant and individual eating, drinking and entertainment venues.

This Autumn Staff News has teamed up with BTW to offer one NHS Forth Valley employee the chance to win dinner and bubbly for two in our staff competition.

The lucky winner will choose from a wide range of delicious starters, fantastic main courses and mouth-watering desserts – all washed down with a bottle of chilled Prosecco.



Terms and conditions apply.



To be in with a chance of winning simply answer the following question correctly:

Q: When did Behind the Wall first open its doors to the public?

• 1975 • 1985 • 1995

Send your answers to FV-UHB.StaffNewsCompetition@nhs.net or by post to Communications Department, NHS Forth Valley, Carseview House, Castle Business Park, Stirling FK9 4SW, by Friday 11th October 2013.



PREVIOUS WINNER

The winner of our Summer Edition's 'Win an Overnight Stay for Two at Airth Castle Hotel and Spa' competition was Ellen Toner, Phlebotomist at Forth Valley Royal Hospital. Congratulations! The answers to the anagram quiz were:

- | | |
|-------------------------------------|---------------------------------|
| 1. NIANEV – VIENNA | 6. LINE SIKH – HELSINKI |
| 2. HUG BIN RED – EDINBURGH | 7. BRAIN IO – NAIROBI |
| 3. DREG WON BIT – BRIDGETOWN | 8. LATE VALT – VALLETTA |
| 4. SIT ON AGA – SANTIAGO | 9. SOLMOTHCK – STOCKHOLM |
| 5. RUG PEA – PRAGUE | 10. SPAIR - PARIS |

More NHS staff discounts can be found at www.nhsstaffbenefits.co.uk

CARING THROUGH THE DECADES

Shades of nursing past were recounted by staff at this year's Nurses Day, which celebrates the birth of Florence Nightingale and highlights the tremendous job that nurses do across the world. Also on display were some photographic gems, and a selection of uniforms and equipment recalling the days when frilly caps and capes were de rigueur!



Those attending the event, in the Learning Centre at Forth Valley Royal Hospital, also heard about the future of nursing from Executive Nurse Director Professor Angela Wallace. In addition, Senior Charge Nurse Barbara Ann Niven spoke about care and comfort rounds, and District Nurse Irene Warnock highlighted improvements to nursing care within the community.



NURSING IN THE 00's – Ross Cheape, Interim Deputy Charge Nurse

I started my Nursing career in 2003 as a Nursing Assistant. I believed initially that this job involved mostly doing the nurses filing and only when I was presented with the actual work did reality strike! After getting over the shock of it all I begin to develop a keen interest in nursing and the massive impact good nursing can make to patients. The relationship between different professionals is one which I have seen develop over the last 10 years with increasing multi-disciplinary working and a greater focus on shared decision making. The role of the nurse continues to expand but has never lost the ethos of having the patient at its heart.

NURSING IN THE 1960s – District Nurse, Val Stevenson

Gimlet-eyed Sisters who ruled the ward with an iron fist, instilling fear into student nurses, junior doctors and patients alike; a hierarchical system, the boundaries of which were never crossed; little in the way of disposable equipment or pressure relieving aids; no lifting aids; doctors'

handmaidens and no casual chatting to patients. This was nursing in the 1960s. However, the clinical experience gained over three years was more than enough to ensure you qualified as a confident staff nurse, ready to take responsibility for patients' care.



FAREWELL TO DR WALLACE

Staff from across Forth Valley popped over to Carseview House to bid farewell to Dr Iain Wallace before he headed off for pastures new as Medical Director for NHS Lanarkshire.

Iain, who had been our Medical Director for three years, will be sadly missed by colleagues across the organisation. He received a number of gifts including silver cufflinks, speciality tea, a Stay Calm mug (not that he needs it!) and gift vouchers for John Lewis.

Iain would like to thank everyone who made it along and looks forward to continuing to work with

Forth Valley colleagues in his new role as Medical Director for NHS Lanarkshire.

Dr Iain Wallace is pictured with PA Irene Graham



GOODBYE TO HEATHER KNOX

Staff at Carseview held a farewell tea for Heather Knox, who has moved to NHS Fife on an 18 month secondment as Director of Acute Services. For the past nine years, Heather has worked from Carseview as Director of Regional Planning for Specialist Services for the West of Scotland.

She was known amongst staff for making jewellery and delicious home-made jam! Heather received a gift of silver necklace and earrings.





STOMA SUCCESS

Ten Community Nurses have completed the Coloplast Foundation Course in Stoma Care. This was introduced to Community Nursing by Amanda Forbes, Project

Manager for the Enhanced Recovery after Surgery service and organised and mentored by Stoma Nurse Lesley Newlands.

District Nurse Irene Warnock says

patient care will benefit greatly from the skills and knowledge acquired and is asking anyone who may be interested in undertaking the course to get in touch by contacting her at irene.warnock@nhs.net

OUTSTANDING SERVICE

Long service awards were presented to these community nurses who together have worked a total of 461 years in the NHS! The awards were presented by the Queen's Nursing Institute Scotland (QNIS) and are dedicated to those who have worked in the community for 21 years or more.

Glynis Gordon Lead Nurse for Community Health Services in NHS Forth Valley, said: "These awards are an excellent way of recognising the hard work and fantastic service provided by our community nurses throughout Forth Valley. We are delighted and proud that so many of our local staff have been rewarded for their outstanding service to the NHS."



WELL DONE

Well done to three mental health nurses who have been successful in obtaining degrees from the University of Stirling.

Charge Nurse Linda Crothers and Community Psychiatric Nurse Fiona Mitchell have gained a BSc in Professional Practice. Lorna Wotherspoon, who is also a Community Psychiatric Nurse, has been awarded a BSc in Nursing.

The nurses all work within Falkirk Integrated Community Mental Health Services and between them they have at least 50 years nursing experience.

CONSULTANT RECEIVES UNIVERSITY HONOUR

A consultant psychiatrist at Forth Valley Royal Hospital who helped set up a clinic for treating psychological trauma shortly after the Dunblane tragedy, has been given the title of Honorary Professor by the University of Stirling. Professor Keith Brown is interested in the treatment of the consequences of psychological trauma and childhood adversity, and their role in the development of psychiatric illness.

He said: "This appointment has opened up further opportunities for working closely with the University



to investigate how knowledge in this area amongst clinical students can be improved. Hopefully by doing this we can improve the quality of care for a particularly vulnerable group of patients."

Professor Brown studied medicine at the University of Edinburgh and then trained as

a psychiatrist. He was appointed as a consultant in NHS Forth Valley in 1991.

He is the chair of the Scottish Intercollegiate Guideline Network and a member of the Scottish Medicines Consortium, the Advisory Board of the British Nutrition Foundation and the Scottish Trauma Advisory Group.

OUR LOCAL HEROES



Congratulations to ICU Staff Nurse George Egan, who recently won the 'NHS Employee of the Year Award' at the Central FM Local Hero Awards 2013.

George was nominated by the wife of one of his patients at Forth Valley Royal Hospital, and is pictured here (right) with Central FM's Joe Kilday.

Staff from the NHS Forth Valley Emergency Department were also recognised as local heroes. They are part of the Safe Drive, Stay Alive team, who received the Special Emergency Services Award. The team also includes members of Central Scotland Fire and Rescue, the Scottish Ambulance Service, and Police Scotland, and works closely with those affected by road accidents in Forth Valley.



PHYSIO SCORES A DOUBLE



Congratulations to Dr Lesley Dawson who has been selected as one of the physiotherapists for Team Scotland for the forthcoming Commonwealth Games in Glasgow. Lesley has previous Team Scotland experience in Melbourne and Delhi.

This accolade follows her recent success in gaining a Professional Doctorate in Health and Social Care. Her thesis was 'Recommending core outcome measures for adults with musculoskeletal knee conditions: a consensus development conference.'

MEET OUR NEW DEMENTIA CHAMPIONS



More staff in NHS Forth Valley have now qualified as dementia champions, bringing the total number to eleven. They include an occupational therapist and a physiotherapist. Pictured are members of the latest cohort who are working to drive up standards of care for people with dementia. They received their award at Murrayfield in Edinburgh.

Dementia Champions receive 5 ½ days of face-to-face training, delivered over five months. They also participate in online learning and work-based activities before completing robust assessments that include a portfolio of practice and reflective accounts.

The Dementia Champions Programme is part of a range of activities being taken forward by NHS Education for Scotland and the Scottish Social Services Council. It has been developed by the University of the West of Scotland and Alzheimer Scotland. It is estimated that up to 82,000 people in Scotland have dementia, a number expected to double over the next 25 years.

If you would like to become a Dementia Champion, please contact Audrey.melrose@nhs.net

TRANSFERRING SKILLS TO RWANDA

Skills learned at the Scottish Clinical Simulation Centre (SCSC) based at Forth Valley Royal Hospital are now being transferred to hospitals in Rwanda thanks to an important new partnership.

Dr Georges Ntakiyiruta, Head of Surgery at the National University of Rwanda and the Director of the National Simulation Centre of Rwanda, recently visited the SCSC to meet staff and participate in the faculty development course.

Run by Dr Simon Edgar and Dr Alistair May, this renowned course attracts participants from around the globe. Students learn how to design and run scenarios using the high fidelity mannequins and undertake debriefing sessions. Techniques learned can then be taken back to local simulation centres in their own countries to help improve patient safety.



The team at Forth Valley Royal Hospital intend to continue to exchange both team members and ideas with their Rwandan colleagues over the forthcoming years.

To find out more about the SCSC and the courses available visit www.scsc.scot.nhs.uk

IMPROVING TRIAGE

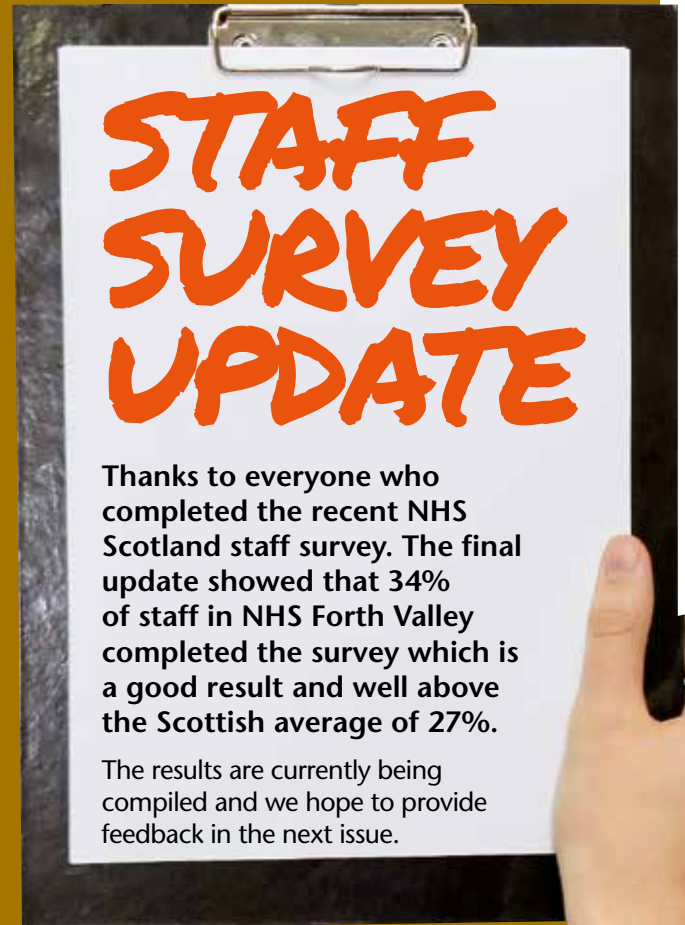


recent survey in the Emergency Department. This sought feedback from patients and carers on a revised triage system designed to improve patient flow.

Two members of our Patient Public Panel (PPP) have been invited by staff to join the Triage Group to provide the patient's voice in discussions and decision making.

They have already been able to advise on what useful information should be displayed on posters, leaflets, TV screens and highlighted by Radio Royal. Four members have also helped with a

Their input has been praised by Deborah Whyte, Senior Clinical Nurse, Emergency Nurse Practitioner. She explained: "I can genuinely say that the PPP presence on our group has given us a wider perspective on the implications which triage has on our patients and their relatives and the advice they have given has altered our approach to communication."



Thanks to everyone who completed the recent NHS Scotland staff survey. The final update showed that 34% of staff in NHS Forth Valley completed the survey which is a good result and well above the Scottish average of 27%.

The results are currently being compiled and we hope to provide feedback in the next issue.

UNDERSTANDING MENTAL HEALTH MEDICATIONS – NEW ONLINE RESOURCE

NHS inform
Health information you can trust

When people are diagnosed with a mental health condition there is often a lot of information they need to take on board, both on their prognosis and their treatment.

NHS Inform - Scotland's national health information service - helps to support people facing this type of diagnosis through its 'Mental Health and Wellbeing Zone'. The zone is designed to increase understanding

of a wide range of topics by providing high-quality, trustworthy information on different aspects of mental health and wellbeing. A key element of this is understanding the treatment of mental health conditions and the types of medications that are available. The Zone has now been fully updated to offer this additional information to patients.

Dr John McAnaw, NHS 24's Head of Pharmacy, explains the changes to the Mental Health and Wellbeing Zone: "NHS Inform has now partnered with 'Choices &

Medication' to provide answers to these key questions.

"By clicking on the link people will find a useful resource that will guide them through all aspects of medication use – what the medicine is, what it's used to treat, how to use it, and possible side effects. We hope that both patients and professionals working in this area of health and wellbeing will find it a useful resource."

Visit NHS Inform for further info <http://www.nhsinform.co.uk/MentalHealth>

EXCELLENT TEAMWORK SAVES LIVES



Groundbreaking work by a team at Forth Valley Royal Hospital is saving lives. Figures show that the number of patients suffering cardiac arrest in the Acute Assessment Unit (AAU) has fallen dramatically over the last few years, thanks to enhanced safety measures which have been implemented by staff. Now the new ways of working are being

tested in other acute medical units across Scotland, and are being adopted as part of the innovative Scottish Patient Safety Programme.

The study results, which recently appeared in the BMJ Quality & Safety journal, show that in a 17 month period to August 2012, the number of cardiac arrests per 1,000 admissions fell by 71%. There was a

similar reduction in the number of calls made to the resuscitation team and an overall improvement in 30 day survival rates.

NHS Forth Valley Consultant in Acute Medicine, Dr Dan Beckett, clinical lead for the project said: "The quality of medical care provided in the first 48 hours of admission is one of the most important factors in determining the

outcome for a patient so we looked at a number of ways in which we could further improve the monitoring, care and treatment provided during this critical period.

"The outcome has been achieved with negligible cost and one of the great advantages is that these new ways of working can be easily tested worldwide."

A number of initiatives were introduced in the AAU to improve the quality and safety of patient care. These included the introduction of weekly safety meetings where medical staff, nurses, advanced nurse practitioners, pharmacists, allied health professionals and medical/nursing students were encouraged to voice any concerns and suggest potential solutions. The Unit adopted twice-daily consultant led ward rounds. A new



Dr Dan Beckett

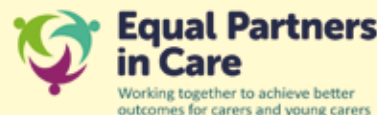
system was also developed to ensure a reliable response to deteriorating patients and encourage team working between

nursing and medical staff.

In addition, measures were put in place to improve end-of-life care and decision making including closer ties with the hospital palliative care team.

Progress updates in reducing the numbers of cardiac arrests were also displayed on a quality improvement dashboard in the relatives' waiting room to increase awareness and support a culture of transparency.

SHARE YOUR EXPERIENCES OF WORKING WITH CARERS



People who work with carers and young carers are being asked to share their experiences online in a bid to implement six key outcomes which have been identified by Equal Partners in Care (EPIc), a joint project between NHS Education for Scotland and the Scottish Social Services Council.

The core principles have been identified to try to ensure a consistent approach. They outline the knowledge and skills workers need to identify and support carers and, as

part of an EPIc Implementation Team, staff can take part in an online forum to discuss good practice and learn from the experience of others.

If you are interested in getting involved in the EPIc Implementation Network, please contact Gill Ryan, Project Lead (Carers Strategy) at gill.ryan@nes.scot.nhs.uk for more information.

You can access the core principles, related practice examples and learning resources at www.knowledge.scot.nhs.uk/equalpartnersincare

SUPPORTING PEOPLE WITH ASPERGERS



The Speech and Language Therapy Service are conducting a survey which could lead to changes in the way support is delivered to people with Aspergers Syndrome or autism without a learning disability. The project is being funded by the Scottish Government and will ask adults with Aspergers about their experiences of living with the disorder.

NHS Forth Valley Speech and Language Therapy Co-ordinator (Adults) Anne Marie Irving said: "At present the support services for adults without a learning disability are limited. Only by getting people's views can we change the way we respond to Aspergers both in the time leading up to diagnosis, and in the support mechanisms thereafter."

The team are being as flexible as possible in the way they gather information which in effect is being seen as a 'needs analysis.' They are providing email and paper questionnaires and individual or group interviews.

For further information contact michelle.henderson@nhs.net or phone 01324 673585 – emails should be marked ACAS project.

CLOCK THIS



Dementia-friendly clocks and signs have now started to appear in dementia wards in community hospitals

across Forth Valley, and adult wards in Forth Valley Royal Hospital. The large, rectangular clocks bear the day, the date and the month, and are easily recognisable to patients who sometimes find numbers confusing and difficult to read.

The clocks will also be accompanied by brightly-



coloured signs which point the way to showers, toilets, bathrooms, bedrooms and sitting rooms. Each carry a picture which helps people know where to go.

Audrey Melrose, Alzheimer's Scotland Nurse Consultant for Dementia in NHS Forth Valley said: "It's really important for all patients to feel comfortable in their surroundings. These simple

aids are worth their weight in gold."

'Welcome to ward' signs are also being rolled out and, in addition, what are known as 'orientation tents' are being supplied for bedside lockers. The small cards, which sit together in the shape of a tent make the area easily recognisable.

APPLICATIONS SOUGHT FOR NEW HEALTH GRANTS PROGRAMME

Applications are being sought for a new £155,000 grants scheme which aims to improve the experience of patients across Forth Valley.

The 'Investing in Health Grants Programme' - launched by the Endowment Committee - is designed to make the best use of existing funds and maximise the benefits for patients of all ages.

The Programme consists of two different types of grant funding – small grants of up to £5,000 which will be awarded for a maximum period of one year and large grants of £5,000 and over which can be funded for up to three years.

Grants are open to NHS Forth Valley wards, departments and services and external grant applications will also be considered from not-for-profit organisations and registered charities. Small grants are available for disbursement throughout the year and the closing date for applications is Friday 27th September 2013.

For further information, including copies of the application form and guidance notes, visit <http://www.nhsforthvalley.com/about-us/donations-and-fundraising/investing-in-health-grants/>. Alternatively you can contact Forth Valley Giving on 01324 566081 or e-mail craigholden@nhs.net

IN THE SPOTLIGHT

Tell us a little about your job – and your career experience

For 31 years I have been fortunate to be in a profession which I am still passionate about. I started my career in London working with children and dipping my toe in the adult world of speech and language therapy. I soon discovered that my chosen pathway was within the area of children's services. From London I moved to Hull to develop a service for deaf and hearing impaired children. During my 18 years I witnessed a major change in deaf education which allowed the children to be educated within a bilingual setting where both spoken English and British Sign Language were used.

I joined NHS Forth Valley 12 years ago, initially working between Dunblane and Tullibody clinics. The Scottish accent was a challenge for an interloper but I have just about mastered it! Here I am nearly 11 years later leading a talented team of 56 individuals to provide speech and language therapy services to children across Forth Valley. If anybody had told me 12 years ago that this is where I would be I would have never believed them.

What's the most satisfying aspect of the work you do?

I continue to get the greatest buzz from my direct work with children and their families. Helping parents and carers develop the skills that they need to support their child's speech, language

and communication development is always fantastic to see. They can make the biggest difference to their children having positive outcomes.

Lark or night owl?

I would say lark but my husband says neither.

Favourite food?

Childhood memories of school trips fortified with Mars bar sandwiches make me salivate. Being Cornish a 'tattie oggy' is a simple dish to die for and scones with clotted cream a must. However, although not a fussy eater or healthy if the above is anything to go by, the best food is always a dish I haven't cooked myself.

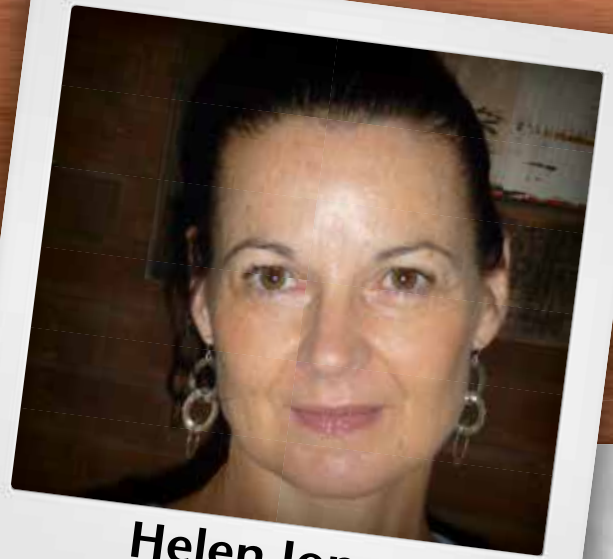
What pleases you most/ what do you find particularly irritating?

Pleasing is a 'to do list' completed, a comfy sofa, a glass or two of wine and brain numbing TV.

Irritating – is the ring of a cold caller asking if I'm interested in switching to heating produced from glaciers in Iceland!

How do you spend your leisure time?

Leisure time sees me braving the weather, performing contortionist's acts and sleeping on slopes in my 1976 VW Westfalia Camper, known affectionately



Helen Jones
Coordinator for Children's Speech
and Language Therapy

as Hilda! My husband and I have managed to get away to some fantastic loch side spots in Scotland. A fabulous country when the sun shines!

Most embarrassing moment?

Well there have been many but recently on a shopping trip to M&S I was so engrossed in the half price bargains that I failed to notice the mobility scooter stealthfully wending its way. Before I knew it I was knocked to the floor much to the amusement of the on looking shop assistants. Fortunately the only thing bruised was my ego.

Greatest achievement?

Completing the Great North Run and climbing Ben Nevis.

One wish?

That the chic of the VW campervan was supplemented with the interior luxury of the Winnebago.



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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.