

CHOIR'S BIG NIGHT OUT

(P21)



**BABY BOXES
BEGIN P5**



**TREKKING THE
SAHARA P20**



**WIN A LUXURY
SPA DAY P19**

RING OUT THE BO'NESS BELLES

A volunteer choir group – the Bo'ness Belles – have been spreading some musical cheer to patients at Bo'ness Community Hospital. The choir started out three years ago singing Christmas carols for the elderly in the hospital and a couple of local care homes. Now their numbers have swelled from the initial 10 to 26 members and they visit around 17 care homes, sheltered housing and hospitals in the Falkirk area.

Founder Jeni Mallace, whose grandmother was cared for at Bo'ness Community Hospital, said: "All the girls are volunteers and we are all one big happy family. We have so much fun and don't take ourselves too seriously. We love what we do and it makes it all worthwhile when you see the joy and smiles a few songs can bring to residents and patients alike."



STAFF SUPPORT CHILDREN IN NEED

The NHS Forth Valley Nurses Choir sang their hearts out in the atrium of Forth Valley Royal Hospital to raise money for Children in Need. Their efforts were rewarded as they managed to raise over £500 in under an hour thanks to the generosity of local staff, patients and visitors.

Staff from Health Records also brought a bit of sparkle to Forth Valley Royal Hospital by dressing up and donning their dancing shoes to raise money for the annual BBC appeal. The X-ray department and secretaries from the Surgical Directorate organised their own local fundraising collections bringing the total raised to £1,776.

Many thanks to everyone who contributed and helped raise money for such a good cause.



X-RAY STAFF LOVE TO RIDE

Twenty three members of staff pedalled their way to success in a national cycle challenge organised by Love to Ride (a national organisation which encourages people to cycle) and Falkirk Council. The aim was to cycle as much as possible over a month and receive points for distance achieved, getting someone else to join in and bonus points for new riders, riding to work or achieving three badges during the challenge.

NHS Forth Valley's X-ray department were first in the category of 50-199 staff and scored an amazing 4423 points. They covered 3078 miles and saved 450kg of CO².

A total of 13 organisations took part, clocking up 26,295 miles in total.

SWIMMINGLY BEAUTIFUL

Pictures of some of the babies born at Forth Valley Royal Hospital are now featured on the walls of the Labour suite, thanks to a donation from Elaine Jackman who runs 'Water Babies' swimming classes. The little ones are shown during lessons, gaining confidence in the water.

Jennifer Szotek, Senior Midwife, said: "We are very grateful for this fantastic donation. It's great to see images of some of the babies who were delivered by our local midwives being captured in such a special way. The new pictures will be put up in some of our delivery rooms to help create a homely, relaxing atmosphere for our mums to be and future Forth Valley babies."

Elaine Jackman added: "I wanted to



give something to the labour ward to help create a calming atmosphere in the delivery rooms and give mums something to focus on whilst they are

in labour. I think the new pictures will also make a great talking point and help highlight the benefits of learning to swim at an early stage."

MAKEOVER FOR FAMILY BEREAVEMENT ROOM

The Family Bereavement room in the Women and Children's Unit at Forth Valley Royal Hospital is to get a major makeover with the help of £1,600 donated by a family from Stirling and Alloa.

The fundraising effort follows the stillbirth at almost eight months of Kevelia Precious Clark, whose Mum Gemmalee is pictured (second right) with other family members, presenting a cheque to Bereavement Adviser Susan Milne.

Grandmother Lilius Clark, known throughout the family as Nana, said: "The hospital were really good with us and we thought we could raise funds for someone else who may have to go what Gemmalee went through. I started to collect all the prizes and we all mucked in. We decided to hold a bingo night and disco so the young ones could attend as well. Everyone was very generous."

The generous donation will be used to buy new furniture and equipment including a sofa bed, comfy chairs and tea-making facilities.

Bereavement Adviser Susan Milne explained: "I think it is really important for parents suffering tragic loss in pregnancy to be able to receive care in a comforting environment. Women often tell us what good care they have received in the Unit and we are keen to continue providing this, especially for families facing difficult circumstances."



NEW HEAD OF NURSING



Patrick Rafferty, Programme Manager for the Institute of Healthcare Optimization (IHO) patient flow project has been appointed as Head of Nursing for the Medical Directorate.

Patrick started his NHS career 16 years ago as a nursing assistant with NHS Lanarkshire. He subsequently became a nursing student at Edinburgh Napier University and held a number of senior nursing roles in NHS Lothian, before moving to Forth Valley in 2014 as Operational Site Manager for Capacity and Flow. He was assigned to the IHO project a year later.

Patrick has gained a wide range of clinical skills and expertise over his career, with the opportunity to nurse vulnerable patients in a challenging setting. He has also played a lead role in staff education. Director of Nursing, Professor Angela Wallace said she was delighted with Patrick's appointment as he has a real passion for nursing and service improvement.



PRETTY

MUDDY



Staff from Ward B32 at Forth Valley Royal Hospital got themselves a bit down and dirty recently, all in the name of charity.

The team, which was made up of staff nurses, nursing assistants and the ward pharmacist and known as 'Medical Mayhem', were competing in 'Pretty Muddy' a 5k race though a mud-filled obstacle course, held at Bellahouston

Park in Glasgow. The course involved taking on inflatable obstacles, crawling under and over cargo nets, through muddy tunnels and racing on space hoppers, all the while surrounded by mud and water!

Overall an amazing £2,673 was raised for Cancer Research and the team hope to make this a yearly event.

Pictured is the team before and after the race.



FIRST CLASS DELIVERY

Three local women from Clackmannanshire were the first in Scotland to take delivery of new baby boxes as part of a new Scottish Government initiative.

Expectant mums Toni Akandi and Joan McKinven and new mum Gayle Mellor, with two week old baby Libby, were presented with the boxes at Clackmannanshire Community Healthcare Centre by First Minister Nicola Sturgeon.

The baby boxes, full of essential items, such as clothes, nappies and books will be gifted by the government to every newborn baby, to help ensure they get the best start in life. Following the hugely successful Finnish model, the Box is also suitable for babies to sleep in.

The First Minister also met Community Midwives Sheila Lannon and Rachel Boyland.

Gillian Morton, Head of Midwifery at NHS Forth Valley said: "We are delighted that Clackmannanshire has been selected as one of the pilot sites for the new baby boxes. Pregnant women from the local area are really looking forward to receiving their boxes and we are sure the wide range of items will be very useful during those important early weeks and months."

The three-month pilot began on 1st January 2017 in Clackmannanshire and Orkney, and the new baby boxes will be rolled out to all newborns across Scotland by summer 2017.

STACEY'S PROUDEST MOMENT

Local Surveillance Data Manager Stacey McPherson is waiting to hear whether her ten year old son Calum will win a major charity award after he recently learned to talk for the first time.

Calum was born with a rare genetic condition, a De Novo mutation of the CHAMP1 gene, which causes severe speech difficulties. But the brave schoolboy stunned doubters by speaking for the first time with the help of smartphone app Proloquo2Go.

Stacey, who works in Infection Prevention and Control, recalled: "Our proudest moment was last year when Calum started to use this new app on the smartphone which turned him from a non-verbal frustrated child to a little boy who was able to use a device that opens up his whole world.

Finally everyone knew what he truly needed and he was so happy.

"Some people were sceptical that he would be able to use the device correctly, but I never doubted my boy. He has continued to thrive using it at home and at school.

"Recently I downloaded the Scottish accent in the settings. He was overjoyed to hear himself sounding just like his mummy and daddy when he pressed his words. I had tears in my eyes. I could list many proud moments, but nothing will compare to seeing your child being able to communicate."

The 'Contact a Family Awards' were set up by the national charity that supports families with disabled children, to celebrate the countless things UK families do when caring for disabled children. The Proudest



Moment Award category is one of six categories, including Parent Power and Family Champion.

Calum, who has been shortlisted for the award, has been invited with his family to a special ceremony and reception at the end of January 2017 in the state rooms of the Speaker of the House of Commons, John Bercow MP, at the Palace of Westminster.

THE BIG STAFF HEALTH QUIZ WINNERS

There was a huge response to the recent Big Staff Health Quiz with no less than 767 staff trying to win one of the many prizes. The quiz was published on the staff intranet and paper copies were also circulated to staff who don't have regular access to a PC.

The Health Promotion team would like to thank all the staff who took part. The feedback and information provided has generated useful data which will help inform future improvements. The Healthy Working Lives Planning Group is currently reviewing all of the information provided by local staff to identify the key issues and future actions to improve staff safety, health and wellbeing.

The Autumn 2016 issue of Staff News also contained a feature about the national Healthy Working Lives (HWL) Award along with details of who you can contact with ideas, comments or suggestions. In addition, the Planning Group has been busy collating evidence for the re-accreditation of the HWL Bronze & Silver awards, both of which have been successfully maintained.



Left to right: Val Judge, Staff Nurse – Reiki blessed bracelet from Soul Sonja; Lesley MacKenzie, Health Visitor - Transformation Card from Rezults, Falkirk; Shirley Anne Farmer, Nursing Assistant – Cake voucher from Cakes by Maureen; Anne Farmer, Senior Dietitian – Kindle Fire from RVS; Ursula Mackintosh, A & E Consultant - £50 from Unison Forth Valley – donated to Adult emergency and trauma centre in Blantyre, Malawi. Alison Porteous, Senior Community Dietitian – family swimming pass from The Peak, Stirling; Annie Gibbs, Community Psychiatric Nurse - gift voucher from Waitrose / John Lewis.

Some of the lucky winners of the Big Staff Health Quiz are pictured below and details of all the winners were published on the staff intranet.

SMOKING AT HOME – THE DAMAGE IS CLEAR

Do you or someone you know smoke? Do you want to find out how smoking in the home can damage your health? Air quality monitors are now available through the Health Promotion Department as part of a drive towards smokefree homes and cars. They show how smoke moves throughout the home and can linger for up to five hours.

Data is collected during monitoring and once the devices are returned to Health Promotion staff the figures can be downloaded to produce a graph showing smoke peaks and troughs and where it doesn't disperse so quickly.

Local Stop-Smoking Co-ordinator Gillian Bruce explained: "Unfortunately cigarette smoke does not always drift the way we would

like it to drift, and the majority of smoke is odourless and colourless. It's all very well standing at the front door or opening the kitchen window to smoke, thinking you are minimising the risk, but using the air quality monitor can show people exactly how the smoke moves within their house."



In December 2016 a ban was introduced in Scotland on smoking in cars carrying children. The new legislation means fines of up to £100 for anyone who smokes in a car which has a passenger under the age of 18.

Public Health Practitioner Davy Cairns said: "The smoking ban in cars carrying children will help protect them from conditions linked to second hand smoke such as bronchiolitis, pneumonia and asthma."

Air quality monitors can be obtained from Health Promotion on 01786 433293.

TRANSPLANT SUCCESS

A great deal of effort by the multidisciplinary renal team resulted in 20 Forth Valley residents receiving kidney transplants in 2015 – the highest number ever during a single year. Almost a fifth of those developing irreversible renal failure received a transplant without ever needing to start dialysis, a pre-emptive procedure. This is more than twice the Scottish average of 8%.

The team were praised by Consultant Nephrologist, Dr Bruce Mackinnon who said they had made sure that patients with end-stage renal disease had access to transplantation.

Most renal transplants for patients from Forth Valley take place in Glasgow, though those with diabetes, who may require a kidney and pancreas transplant, are seen in Edinburgh.

Outcomes after kidney transplant are improving and, among Scottish patients transplanted in the last 10 years, 95% of transplants are still functioning at

one year and 88% at five years. In Forth Valley the figures are 95.3% and 89% respectively.

To find out more about organ donation and join the register visit <https://www.organdonationscotland.org/>



CARING FELLOWS

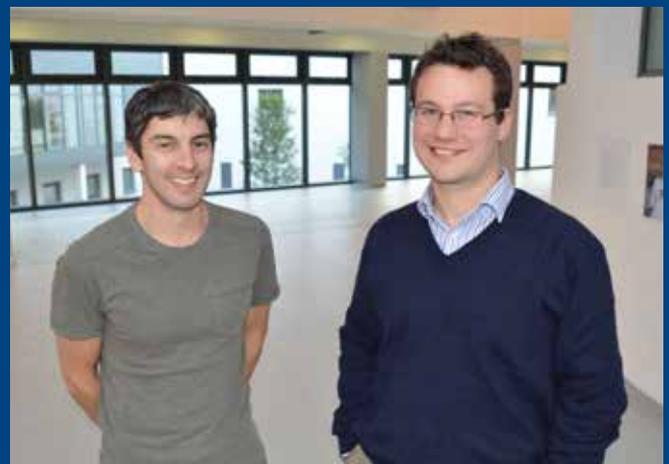
A pilot scheme has been launched in parts of Forth Valley to help frail, elderly patients and those with complex health problems avoid being admitted to hospital. Three GP fellows will provide medical support and advice to the local Enhanced Community Team, initially in Bo'ness, Grangemouth and the Braes areas. They will also work closely with local community hospitals, GP practices and the Rapid Access Frailty Clinic at Forth Valley Royal Hospital. The pilot project will focus on patients from 10 local GP practices and is part of a wider strategy to deliver improved care in the community. If the scheme is successful, it is hoped to roll out to other areas in Forth Valley.

The GP fellows are part of a new national training programme run in partnership with NHS Education for Scotland which aims to develop the skills and experience of recently qualified GPs in caring for older people.

Dr Paul Treon, GP Fellow

"I have found it really helpful to work alongside various specialties across NHS Forth Valley and feel it will help to improve my skills in caring for the frail elderly over the next year.

"I'm looking forward to seeing and to start putting everything we have been working on into practice



GP Fellows Dr Paul Treon (left) and Dr Robert Wilson are looking forward to working with the Enhanced Community Team as part of a new pilot project

and further develop the new role of providing medical support to the Enhanced Community Team."

Dr Robert Wilson, GP Fellow

"Having not worked in NHS Forth Valley before I have found it has given me a thorough grounding across a range of services and allowed me to build good relationships with clinical staff. All staff have been really friendly and welcoming.

"I'm excited about the challenges ahead and I'm looking forward to working with the local Enhanced Community Team and developing a new model of service."

REDUCING FALSE



Many of us have experienced the frustration of a false fire alarm, being sent outside to wait in the cold or witnessed the concern caused within a patient area. This is an ongoing problem and could lead to a lack of urgency or confusion in a real fire emergency. Together we can work to reduce the number of false fire alarms which can often be caused by the following simple things:-

Cause: Aerosols: This includes deodorants, body sprays and air fresheners used by patients, staff and visitors. This is by far the most common cause.

Solution: Use other non-aerosol deodorants or spray and ask patients to do the same or not to use them at all.

Cause: Steam: From showers and cooking.

Solution: Ensure shower room doors are closed during showering and immediately after use and close the doors to any kitchens or food preparation areas.

Cause: Nebulisers: Vapours from nebulisers being used directly beneath a fire detector.

Solution: When administering a nebuliser ensure there is adequate ventilation in the room and don't use it directly beneath or near a fire detector.

Cause: Cooking: Mainly from toasters!

Solution: Never leave cooking food or toasters unattended. If you have to leave, switch the cooker or toaster off and remember, some toasters do not pop-up automatically. Close doors to any areas where food is being cooked and never wedge a kitchen door open.

Cause: Accidental Damage of Fire Alarm Boxes: by patients, staff and visitors.

Solution: Be alert to damaging fire alarm boxes (also known as Fire Call Points) accidentally, by careless movement of beds, wheelchairs or other equipment. Be observant of patients and visitors who may inadvertently set off an alarm when leaving wards or other areas.

USE FIRE ALARMS

REPORTING FALSE ALARMS

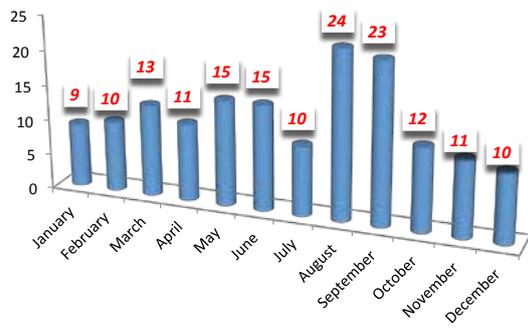
All false alarms must be recorded on the Safeguard System using an Adverse Event Form which will enable an investigation to be carried out. If you are aware of a situation which could cause a false alarm please don't wait for it to happen, report it to your line manager or contact our Health and Safety Department for advice on 01786 434 434.

Working together we CAN reduce our false fire alarms.

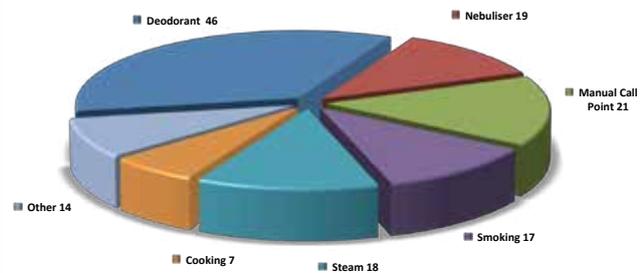
REDUCING FALSE FIRE ALARMS

FALSE ALARMS AT FORTH VALLEY ROYAL HOSPITAL JANUARY TO DECEMBER 2016

FVRH Fire Alerts 2016

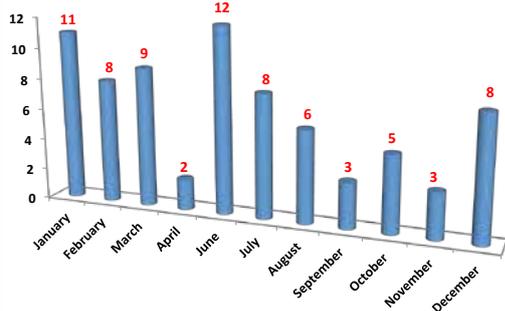


FVRH Fire Alerts by Cause

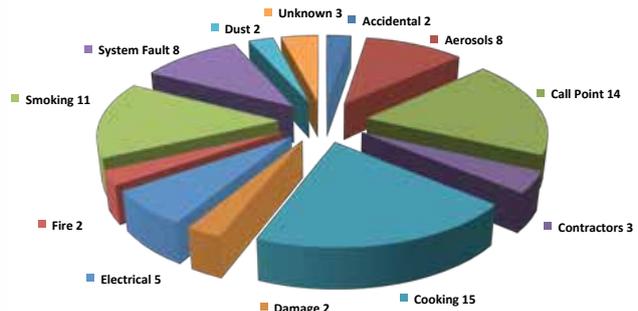


FALSE ALARMS IN COMMUNITY PREMISES JANUARY TO DECEMBER 2016

NHS Forth Valley Community Premises Fire Alerts 2016



NHS Forth Valley Community Premises Fire Alerts by Cause 2016



iMatter VIEWS FROM A TOP TEAM

The dedication and excellent standards of care provided by staff in Ward A31, together with their kindness and cheerfulness when dealing with patients, won them the Top Team Award in the 2016 NHS Forth Valley Staff Awards.

So who better to ask about iMatter? We asked how this is being used in their team and what encouragement they had to participate. The team told us that they were encouraged to complete the iMatter survey by their ward managers and senior staff nurses, who asked them to be open and honest when answering questions.

Here is what else they said:-

“We believe iMatter can work within our team by boosting staff morale and encouraging not only the good work that the staff do within the ward, but also in improving the patient care that staff provide 24/7.”

“We have a great working relationship with each other; this includes all members of the team including ward doctors, nurse practitioners, occupational therapists, physiotherapists and housekeeping staff.”

Winning the Top Team Award has shown us as a team that we are valued and respected as employees of NHS Forth Valley. We strive to work to these standards and encourage our staff by praising them daily and making them feel valued. Even on the days when work can be overwhelming, it's always good to debrief and discuss any issues or problems which have arisen and how they could be dealt with better or differently. We are always open to people's suggestions and opinions.”

Our areas for improvement

- Taking time to complete training, eKSF and learnPro mandatory training.
- Encouraging helpful feedback through safety briefs and debriefing.
- Making senior staff more visible and accessible as staff are unsure who their senior managers are. As a first step, the ward has introduced a flow chart of senior managers and their role within the organisation.



iMatter

UPDATE

In February 2017, all staff within the Information, Management and Technology (IM&T) and Finance Directorates will begin the first year of their iMatter continuous improvement journey.

When this goes live, it will mean that every Directorate within NHS Forth Valley is participating in iMatter. The phased roll-out of iMatter in NHS Forth Valley began in 2015 so some Directorates are at different stages in their journey.

New iMatter eLearning modules will be launched in 2017 to provide refresher information for all staff and iMatter managers who wish to review their understanding of what iMatter is, how important it is to participate and how best to support this.

PERSONAL DEVELOPMENT - NEW VIDEO GUIDES

New NHS Education for Scotland (NES) Personal Development Planning and Review (PDP) video guides are now available on the Development Matters section of the staff intranet. PDP is part of a continual process of planning, monitoring, assessment and support to help staff develop their capabilities and fulfill their potential.



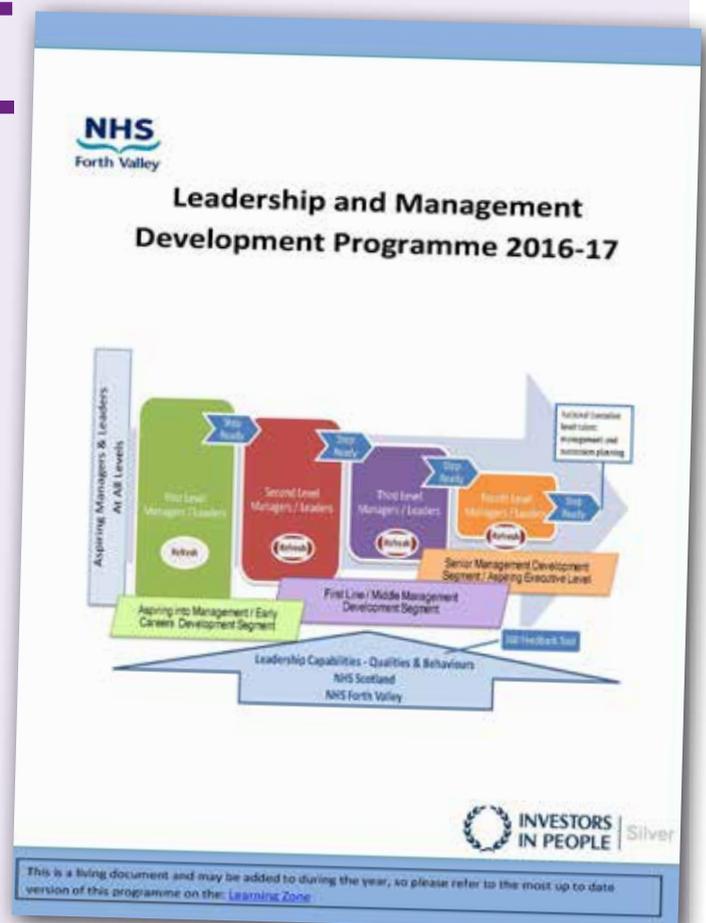
NEW LEADERSHIP AND MANAGEMENT DEVELOPMENT PROGRAMME

The Organisational Development Team has launched a new programme of leadership and management development opportunities available during 2017. This can be downloaded from the Organisational Development or Learning Zone pages on the staff intranet.

What is different in this programme is that the organisation is offering specific management and leadership development at four different levels to help support every manager and leader in NHS Forth Valley.

Find out more about the new programme, then discuss and agree with your line manager what you feel is appropriate for you to be undertaking at this stage of your career, and complete the application form.

You will be advised, as soon as possible after applying, whether or not you have been allocated a programme place.





MOVING FORWARD WITH MENTAL HEALTH NURSING

Three members of staff who work in mental health services are featured in a series of new videos produced for the Royal College of Nursing (RCN) Scotland.

The experiences of Healthcare Assistant Mary McMeekin, Senior Charge Nurse Ross Cheape and Student Mental Health Nurse Connor Kennedy highlight how nurses and healthcare support workers help people achieve recovery and better outcomes. They show how mental health nursing, once regarded as a 'Cinderella service', has been completely transformed with the vast majority of mental health nurses now working in the community as part of multidisciplinary teams.

The films were made to illustrate a report from the RCN in Scotland which

concluded that people leading Scotland's new Health and Social Care Partnerships could learn a lot from how change was managed when the country's mental health services shifted from large institutions to community-based services, with the person at the centre of care.

Although great strides forward have been made, Student Nurse Connor Kennedy says there is still an unspoken rule that people have to be strong and stay silent. It is this kind of stigma, he argues, that can result in mental illness or suicide. The main way to tackle this, he advocates, is to have everyone talking openly about what mental health is, and what it does to someone. You can watch the videos on the multimedia section of the NHS Forth Valley website www.nhsforthvalley.com/multimedia

WE CARE - FACING THE FUTURE WITH A FIRM PROMISE

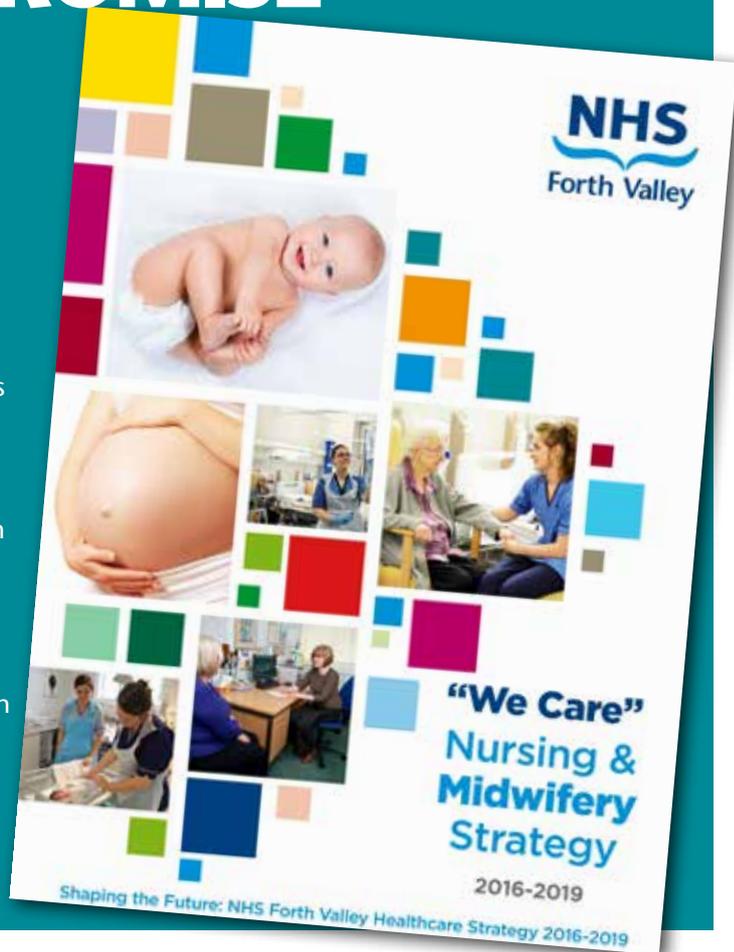
Nurses and midwives in Forth Valley have pledged to be better every day at promoting caring, safe and respectful care. The promise is part of a new nursing and midwifery strategy 'We Care' which has been approved by the Board after significant consultation involving staff, patients and public partners.

The 16-page document recognises that excellent care is what matters most to patients, families and their staff and that working in changing, challenging and complex times presents a need for innovation and skills development.

The document also notes considerable achievements, including a 54% reduction in the cardiac arrest rate at Forth Valley Royal Hospital, and sustained improvement in the identification and treatment of sepsis.

Director of Nursing, Professor Angela Wallace acknowledged that the new Strategy is intentionally ambitious but highlights, that as a profession, nurses are proud and passionate about the services they provide with patients at the heart of all they do.

The Strategy covers the next three years and the Nursing Directorate will produce an annual report to share information about successes and set out plans for identified areas of improvement.



CAPACITY TO CARE - ARE YOU UP FOR THE CHALLENGE?

Two new challenges have been launched to encourage staff, primary care colleagues and social care partners across Forth Valley to make changes that will help release valuable appointment time and free up inpatient beds.

This includes reducing the need for face-to-face outpatient appointments, preventing avoidable hospital admissions and reducing delays which stop patients from being discharged from hospital when they have recovered.

Bed Days Challenge: Do things differently so that people spend 10,000 days at home instead of having to be in hospital. This amounts to around 3% of 346,766 occupied bed days. The average occupied bed day costs £465.

Outpatient Appointments Challenge: Make changes that will save patients 10,000 unnecessary face-to-face outpatient appointments. This amounts to roughly 670 clinic sessions and an average cost per appointment of £103.

See the home page of the staff intranet for more information and details of how to register.

<http://staffnet.fv.scot.nhs.uk/systems/campaigns/capacitytocare/>



SETTING AN EXAMPLE

Arthroplasty Nurse Mary McDermott is running a trial at Forth Valley Royal Hospital which helps avoid patients with knee and hip replacements having to travel to the hospital for face-to-face clinic appointments. The new pilot service is already freeing up consultant time to see new and urgent cases.

It involves local staff checking patients' progress by telephone and, if there are no particular problems, asking them to attend a routine X-ray within the next three weeks at a time convenient to them. This could be at Forth Valley Royal or Stirling Community Hospital.

Mary explained: "We watch for signs of loosening and wear and tear. Once that happens we can work with patients to decide whether to revise or re-do the replacement joint. Checks always used to be carried out at face-to-face clinics but patients contacted so far by telephone like



Arthroplasty Nurse, Mary McDermott was one of the first people to register for the Outpatient Challenge.

the idea. It means they don't need to take time out to travel to hospital. They also appreciate the three week window for an X-ray appointment because it gives them a choice of when they can attend."

Any patients who report problems or pain when contacted by phone are booked in for a face-to-face appointment as soon as possible and advised to have their X-ray before attending.

Several hundred hip and knee replacements are carried out annually in NHS Forth Valley. Checks are made at one year, then at five yearly intervals until 15 years. After that, patients normally undergo an annual assessment. Staff are currently designing feedback forms to officially evaluate the benefits of the pilot service and, if successful, the approach could be rolled out to other clinics.

MORE WARDS SWITCH ON TO HePMA

More wards at Forth Valley Royal Hospital have successfully rolled out HePMA, a new hospital electronic prescribing and medicines administration system. Medical, Ageing & Health and Surgical Wards along with Theatres, Intensive Care and Day Surgery are the latest areas to use HePMA.

The system will also be rolled out to Maternity, Neonatal, X-ray and the Emergency Department in the near future. The HePMA team is also working with staff in Community Hospitals with planned HePMA roll

outs to Stirling in January 2017 and Falkirk in February 2017, along with other sites in Clackmannanshire, Bo'ness and Bellsdyke.

HePMA will deliver many benefits as it removes any problems with deciphering handwriting, a problem with the former paper-based Kardex system, and ensures that information can be easily accessed and updated by all relevant staff. It also makes it easier and quicker to order medicines by removing the need for duplicate paperwork and reduces the number of steps in the ordering process.

Training resources have been developed for staff using the new

electronic system, including LearnPro modules as well as hands-on training courses for clinical staff. Prescribers must undertake mandatory LearnPro and hands-on training sessions and nursing staff must undertake a mandatory LearnPro module. Logins for the system are only issued once the necessary training has been successfully completed.

For more information visit the HePMA intranet page (which can be accessed under H in the A-Z section of the Staff Intranet or email the HePMA Project Team at (FV-UHB. HePMAProjectTeam@nhs.net).



BETTER EVERY DAY

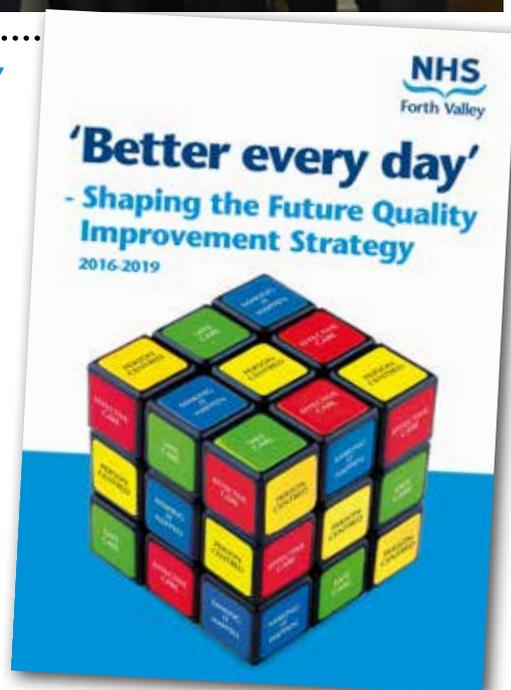
A new Quality Improvement Strategy called 'Better Every Day' has been published, which sets out our commitment to improve the quality of care for patients, families and the wider public across Forth Valley.

The Strategy aims to ensure that all our staff have the knowledge, skills and support to achieve the best outcomes and experiences for our patients.

It highlights recent achievements, sets out our commitments to further improve the safety and effectiveness of the services we deliver and describes a range of expected outcomes along with details of how these will be measured.

These include key outcomes for people with dementia and their carers, care for older people in hospital, food, fluid and nutritional care and the early years collaborative.

To find out more visit the publications section of the NHS Forth Valley website www.nhsforthvalley.com



WORK STARTS ON NEW STIRLING CARE VILLAGE



Work is now underway to build a new Care Village in Stirling, which will provide specialist facilities for older people including additional short-term care, assessment or rehabilitation following an illness or operation and support for patients with dementia or those who need palliative and end of life care.

The £35m development has been approved by the Scottish Government and is expected to be operational by Autumn 2018. Final building works, roads and car parking are due to be finished by Autumn 2019.

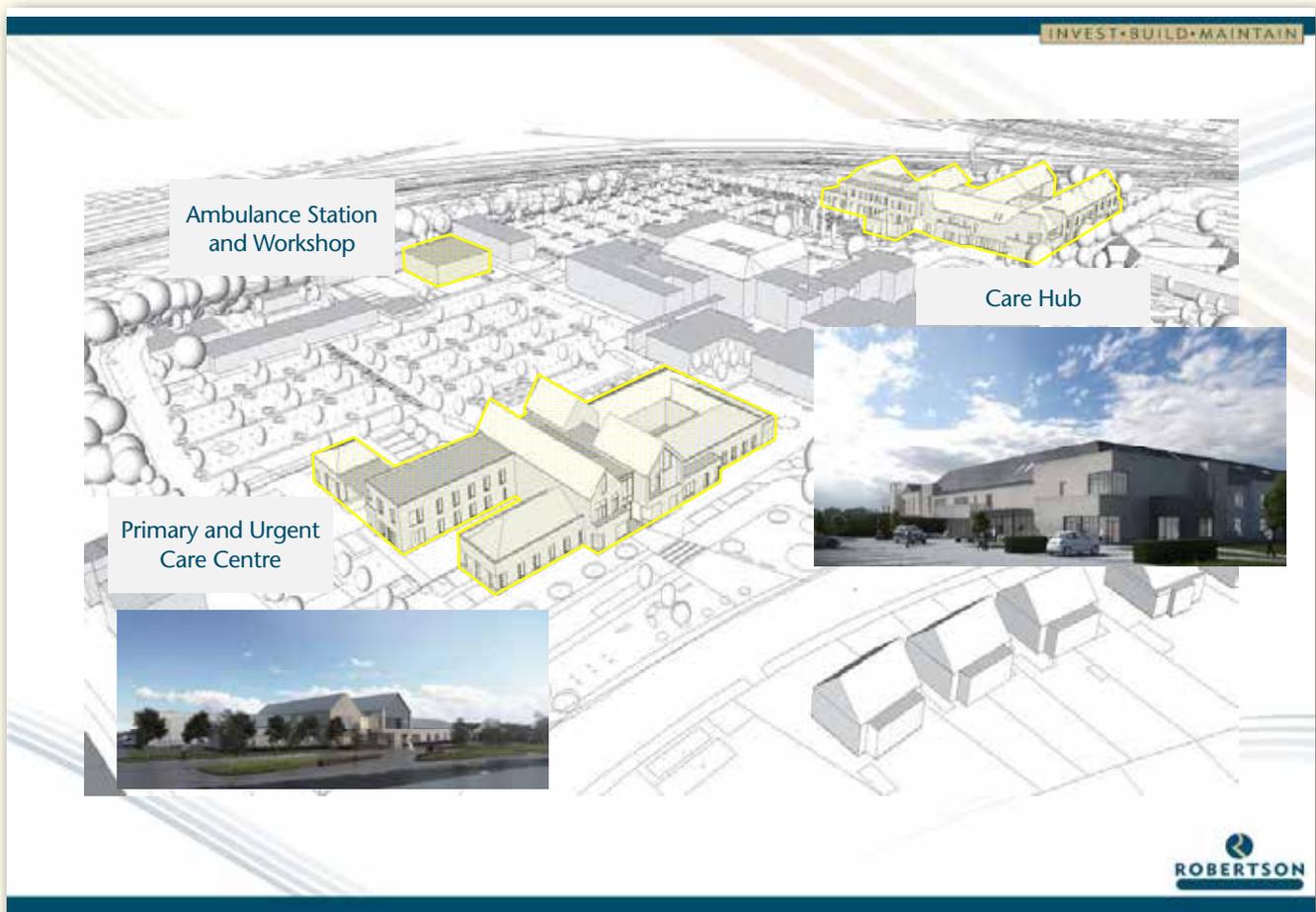
The new Care Village, which is being built in the grounds of Stirling Community Hospital, is a joint venture between Stirling Council, NHS Forth Valley and the Scottish Ambulance Service. It is being developed through hub East Central Scotland (a joint partnership between public and private sector organisations aimed at developing and delivering better local services across East Central Scotland).

Services will be delivered in a modern, purpose-built 'Care Hub' with more than 100 short-stay care beds.

This will ensure people are cared for in a comfortable, homely environment to help them recover, regain their independence and, in the majority of cases, return to their own homes.

A new Primary and Urgent Care Centre is also being developed to house a number of existing health services on the site. These include Minor Injuries, X-ray facilities and GP out-of-hours services along with primary care services provided by a number of local GP practices which will re-locate to purpose-built premises within the new Centre. In addition, the Scottish Ambulance Service plan to move their existing ambulance station in the Riverside area of Stirling to the site.

Partners are also keen to develop a range of onsite recreational facilities, such as a café and a hair salon, where older people could socialise and meet friends and family. And Forth Valley College is keen to explore opportunities for local people who want a career in health and care services to be trained within the new Care Village through placement and volunteering opportunities.



SPARKLING NIGHT NHS FORTH VALLEY

NHS Forth Valley had an amazing night at the recent 2016 Scottish Health Awards, producing no less than four winners.

SHARON COGGINS, an additional support midwife practitioner at Forth Valley Royal Hospital, took home the **MIDWIFE AWARD**. Sharon supports families with a range of social, medical and/or mental health problems, including substance misuse and domestic violence. She goes above and beyond, often working in her own time and using her extensive networks to source clothing and other items for newborn babies including prams and bags full of clothes!

FIONA DONNELLY and the primary care team at HMP Glenochil received the **INTEGRATED CARE FOR OLDER PEOPLE AWARD** for their work to meet the changing needs of the prison population which is now made up of many older, physically frailer men. They have worked with Scottish Prison Service colleagues to redesign a number of cells to allow prisoners to use hospital beds, hoists and wheelchairs and undertake

joint training to ensure continuity of care. They have also forged close links with the NHS Forth Valley Palliative Care Team and Macmillan Cancer Care to provide end of life care.

The mental health nurses at Kersiebank and Bannockburn GP practices **JANICE BIRD, STACEY McINTOSH, JANE WHITFIELD, JANE YULE** were named as the winners of the **CARE FOR MENTAL HEALTH AWARD**. The nurses have set up a unique mental health service, believed to be the first of its kind in Scotland, providing triage and face-to-face appointments for patients with mild to moderate mental health problems. They work as part of a multidisciplinary team and their appointment has eased pressure on local GPs as a significant proportion of repeat visits to surgeries are linked to mental health issues such as stress and depression. The nurses provide advice on how to improve physical and mental health, can review and prescribe medication, and offer psychological support.

CHARLOTTE RITSON, a former student nurse from the University of Stirling,

won the **YOUNG ACHIEVER AWARD** due to her inspiring leadership and determination to improve healthcare practice. Charlotte is passionate about her profession and as a final year nursing student she led a successful campaign for the provision of free flu vaccines for all student nurses, midwives and allied health students in Scotland. During a placement with NHS Forth Valley Charlotte also contributed to new clinical guidelines for NHS Forth Valley on the prevention and management of skin tears.

NHS Forth Valley Chief Executive Jane Grant said: "I am delighted that the work of our staff has been recognised with these prestigious national awards. Their hard work, dedication and commitment has significantly improved local health services and made a real difference to patients. I would also like to congratulate all six finalists from the Forth Valley area who fought off stiff competition from across Scotland to make it to the finals."

To view the full list of winners visit www.scottishhealthawards.com



HT FOR LEY



Jonathan is pictured receiving his award from Shirley Gorrell, Strathclyde Pharmaceuticals.

A DOSE OF THE RIGHT MEDICINE IS A WINNER

A Forth Valley pharmacist closely involved with the development of a local scheme which offers free antibiotic treatment without prescription for a number of health conditions was named Independent Pharmacist of the Year at the 2016 Scottish Pharmacy Awards.

Jonathan Burton from the Right Pharmacy at Stirling University highlighted the benefits of the new service which enables people across Forth Valley to access treatment for urinary infections and impetigo (a common skin infection which causes blisters and sores) from their local pharmacy without a prescription.

At the time of the launch Jonathan said: "I'm very pleased to be involved with this new local service which provides more accessible walk-in services for patients in Forth Valley. Community pharmacists are trained to assess and treat a variety of medical conditions and this enables us to manage more of the common illnesses that patients would otherwise need to see their GP or local Out-of-Hours service to resolve. This is a great use of our skills and expertise, good for patients and helps our colleagues in local GP surgeries and hospitals."

The Scottish Pharmacy Awards act as a benchmark for excellence and offer an opportunity for healthcare professionals to not only showcase their personal success, but to mark the achievement of their peers. The event was hosted by TV presenter Rachel McTavish.

MARVELLOUS MENTORS

Final semester nursing students at the University of Stirling recently said thank you to NHS Forth Valley staff for helping them with their future careers.

The students were invited to look back over their time on placement with the Health Board and asked to nominate the people who helped them learn and supported them during this time. Nominations were also put forward for mentors from NHS Forth Valley's Practice Education

Facilitators. Altogether, a total of 117 people received awards for exceptional mentoring, some were nominated up to four times. Awardees were presented with certificates and pin badges at an event in the Learning Centre at Forth Valley Royal Hospital.

As part of the ceremony, three first time mentors shared their experiences of mentoring across different specialities of nursing.

Professor Jayne Donaldson, Head of School of Health Sciences at the

University of Stirling, who spoke at the event, said: "A key reason our students develop and graduate as nurses, is because of the mentorship of staff across NHS Forth Valley and the time and effort they put in to this important role."

The certificates were presented by Jayne, along with Professor Angela Wallace, Director of Nursing and Rita Ciccù-Moore, Associate Director of Nursing.



EVERY PICTURE TELLS A STORY

BATHED in the moody light of a stormy sky, this dramatic shot of the Forth Bridge was captured on camera by our Head of Medical Physics, Bryan Hynd.

It was one of the breathtaking entries in an international competition which showcases the world's most iconic buildings, landmarks and natural wonders as we have never seen them before.

Bryan's mercurial snap of Scotland's most renowned bridge made it into the top 10 after striking a chord with more than 47,000 enthusiasts who cast their vote in the Photocrowd contest.

Bryan, of Cairneyhill, Fife, only took up photography a few years ago and is surprised at how well his landscape and wildlife images have been received.

He explained: "I live in Fife and the Forth Rail Bridge is one of my favourite subjects. It has so much character and can look completely different depending on the angle, the weather and the light. The shot I entered in the competition was taken from North Queensferry. I like it because of the



moodiness of the sky and the shading on the rocks.

I am delighted my photo ended eventually being placed sixth. There were many incredible entries."

The Forth Bridge wasn't the only landmark flying the flag for Scotland, with the Kelpies and Scott Monument also making appearances in the competition.



Competition

WIN A SPA DAY FOR TWO



NHS Forth Valley's Staff News has teamed up with Bannatyne's Health Club to offer one lucky staff member a chance to win a spa day for two which also includes a massage and facial.

Found in Bannatyne's Health Clubs, the spa concept is focused on relaxation, unwinding and relieving the stresses of modern day life.

Bannatyne Spa offers practicality for customers and includes complementary treatments and skin care services, enabling both members and non-members to benefit from an extensive Spa menu.

Professional suppliers such as Elemis, Lycon and Leighton Denny provide you with the very best of products, which enable trained spa teams to service your own individual needs through consultation and discussion.

For more information on treatments on offer head to www.bannatyne.co.uk/spa

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

The name 'Spa' is derived from a town in which European Country?

a) Switzerland b) Belgium c) Germany

Send your answer to FV-UHB.StaffNewsCompetition@nhs.net or by post to Communications Department, Carseview House, Castle Business Park, Stirling FK9 4SW by Friday 3rd March 2017. Good luck!

Looking to get fit in the New Year?

Bannatyne's is just one of several local gyms offering discounted rates to staff. Details of participating gyms can be found under the staff benefits section of the intranet.

NHS

NEW HEALTHY START

You spend all your time helping the health of others so let us look after your health for a change.

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- 15% off Full Annual Memberships
- All yours upon production of your NHS ID
- Newly refurbished Gym

TECHNOGYM VERULM wattbike MYZONE

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join.bannatyne.co.uk

Bannatyne
Health Club & Spa

The winner of our Autumn 2016 Staff News competition was Roy Smith, Healthcare Support Worker, Theatres, FVRH who won lunch for two at Hotel Colessio in Stirling. The missing word was cough. Congratulations Roy!



KATIE GOES GLOBAL

Consultant Pathologist Katie Robertson recently completed a tough five-day trek on foot across the Sahara desert achieving her fundraising target of £1,500 to help provide much needed support for pathology and laboratory services in under-resourced countries.

Her trip was part of the Royal College of Pathologists Global Health Initiatives and Katie was a member of a group which included three pathologists, a retired vascular surgeon, and a professor of molecular medicine.

Katie said: "The trip was amazing from start to finish. My fellow trekkers, our local guide Hussain, Omar our cook, our three camel drivers (and their six camels) as well as Mohammed, our backup 4x4 driver, were great.

"We walked for up to 8 hours a day, stopping only for water and snacks. Once at camp we relaxed, ate like kings and queens, and slept in tents or under the stars.

Surprisingly it rained (a lot) and we had to cope with flash floods and sand storms. But we had a ball."

On her return, Katie attended the 'Pathology is Global' symposium in London which focussed on the role of pathology and laboratory medicine in humanitarian disasters and public health emergencies. Katie reflected: "The meeting gave me real food for thought on how I, as a Consultant Pathologist, working in NHS Forth Valley can contribute to the wider world of global pathology. Watch this space!"

KING OF THE THEATRE

Continuing his dalliance with the 'Big Time', NHS Forth Valley's Jonathan Procter made his fourth appearance at the Kings Theatre in Glasgow – playing the lead role in the musical Fiddler on the Roof.

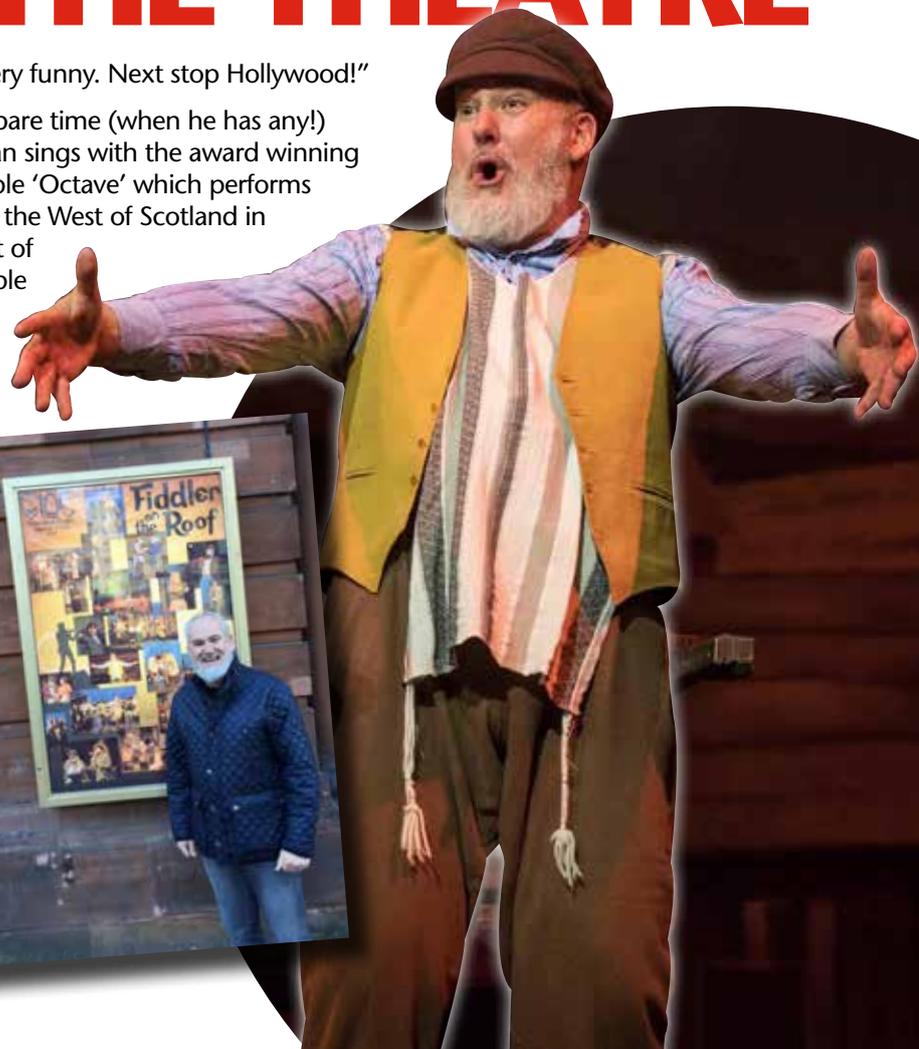
Jonathan, who is the IM&T Director and eHealth Lead, has taken part in amateur productions for the past 36 years and considers himself very fortunate to have performed in some wonderful shows, with parts ranging from Professor Higgins in 'My Fair Lady' to Captain Tempest in 'Return to the Forbidden Planet.'

He described his latest starring part as Tevye as a dream role, and one he relished on the big stage.

Amongst his audience was Organisational Development Adviser Anne Benton, who sent him a letter of congratulations following the performance. "He was just a star" she recalls. "The show was completely spectacular, spellbinding, moving and

very, very funny. Next stop Hollywood!"

In his spare time (when he has any!) Jonathan sings with the award winning ensemble 'Octave' which performs all over the West of Scotland in support of charitable causes.



NURSES CHOIR TAKES CENTRE STAGE

Viewers who switched on to the Michael McIntyre Big Show on Christmas Eve saw 21 of our nurses become the unexpected stars of the show. The nurses, who all sing in the NHS Forth Valley Nurses Choir thought they were travelling to London to appear in an audition for a Christmas concert but instead found themselves in front of a packed theatre audience.

NHS Forth Valley's Director of Nursing Professor Angela Wallace, who was in on the subterfuge and hidden in the audience said: "We managed to keep it a surprise and I will never forget the look on their faces when they came out onto the stage and saw Michael McIntyre for the first time – not to mention the 2,200 people in the audience wearing Santa hats!"

"When it dawned on them what was actually happening some were in tears and others couldn't stop laughing with the sheer mixture of shock and joy!

It was a fantastic experience and I'm really proud of our nurses as they gave an outstanding performance."

The nurses, who regularly sing for patients and at events to raise money for local charities, managed to hold their nerve in front of a live audience at London's Theatre Royal in Drury Lane to sing White Christmas as the finale to the Show.

The Choir's TV debut attracted some fantastic feedback on social media - here are just a few examples of what people had to say about their performance:-

"As one of the choir members, this was an amazing experience to log in our memories. We have so much fun together but our reward is singing for the patients and seeing them respond from being quiet still people. Music comforts the core of everyone. Truly fantastic experience" Ailsa Bayne, Facebook

"Just saw you Forth Valley Choir girls tonight on McIntyre's Show- so proud

of you all, well done!" Christina Leij, GP in Bannockburn, Facebook

"Well done. You were all amazing. Made us all very proud!!" Yvette Gordon, Facebook

"Watching @McInTweet with the fabulous @NHSForthValley choir. Amazing girls! x" Robin Galloway, Heart Scotland DJ, Twitter

"Wow! Forth Valley Nurses Choir doing Scotland & NHS proud on #michaelmcintyre show. You looked proud as punch @Profawallace. Well done all!" Nicola Sturgeon, First Minister, Twitter

"Loved working with the inspiring & lovely @NHSForthValley nurses choir on @McInTweet's Big Show. Merry Christmas lovely ladies" Juliet Russell, Vocal Coach, Twitter

"@Profawallace @NHSForthValley What a stunning performance on tonight's Michael MacIntyre show" Shirley Rogers, Twitter

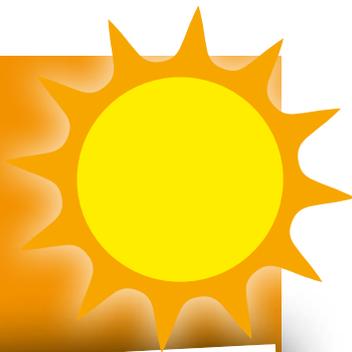


FAREWELL PAM

Friends and colleagues gathered together recently to say a fond farewell to Pam Paul after 30 years in NHS Forth Valley.

Pam began her career as a dietitian in the former Falkirk and District Royal Infirmary in 1985 and progressed through the ranks to become the Chief Dietitian, leading the development of dietetic services for both adults and children. Pam has also managed the Forth Valley Diabetes Service and was involved in many other projects and initiatives. Pam became the AHP Manager for Acute services in 2011 and was admired and respected by all her colleagues.

Pam has now left the NHS to spend more time at home with her family and her cats and to enjoy more holidays in her home in North Cyprus.



RETIREMENT IS 'JUST A DATE' FOR IRENE



According to former Head of Community Nursing, Irene Warnock, retirement is 'just a date.' Irene was speaking as she said goodbye



to the NHS after more than 38 years service. Her memories included sitting in her granny's kitchen applying for nursing jobs, and a letter received at the start of training, asking her to report for duty with two pairs of brown shoes, brown tights and white Kirby grips to keep her hat in place! She also recalled her first wage - £74 a month - and staying in the nurses' home at the back of the former Stirling Royal Infirmary.

Presenting gifts, which included a framed picture of an artist's impression of Stirling Royal Infirmary and money to build a hen house, Kathy O'Neill, General Manager for the Community Services Directorate, praised Irene's boundless energy and enthusiasm, keenness to embrace all things new and 'can do' attitude.

Irene held a wide variety of posts throughout her long nursing career. These included staff nurse in various wards, district nurse/midwife, advanced nurse practitioner in community hospitals, anticipatory care lead and a spell in GP out-of-hours services.

She intends to spend her retirement with grandchildren, collecting eggs from her new hen house (hopefully) and "possibly doing some arty things at college".



KAREN HEADS FOR NEW CAREER

Colleagues have said farewell to Staff Nurse Karen Robertson, who has retired after 32 years in the NHS. Karen started her nursing career as an enrolled nurse at Falkirk and District Royal Infirmary and worked in Bellsdyke and Bonnybridge Hospitals before returning to Unit 4 in what is now Falkirk Community Hospital.

Karen has always worked within care of the elderly and her achievements include improvement work for patients suffering dementia.

Senior Charge Nurse Avril Bruce said: "Karen is a very caring and compassionate person and all the patients love her. She will be a big loss to the team and greatly missed by colleagues. I wish her all the best for the future."

Karen may be retiring from nursing, but she won't be putting her feet up just yet, as she is starting a new job with Marks and Spencer. Colleagues are already after her staff discount! Karen is also looking forward to spending more time with husband Findlay, daughters Kirsty and Linzi and granddaughter Robyn.

A BIG THANK YOU FROM BETTY

Nursing Assistant Betty Wright, who celebrated her 80th birthday on 6 January 2017, said she wanted to say a big thank you to kind-hearted local staff who raised nearly £800 to help her, following the theft of her handbag.

Betty was loading shopping into her car at a Falkirk supermarket with her bag on the trolley handle. When she turned to take the trolley to the bay, the bag containing £3,500 in cash, together with children's bank books, had been snatched.

Betty, who had been shopping for her disabled son and had lifted money from the bank for a number of family events

and a holiday in Blackpool, was distraught. The bag was later found empty outside a local bakery. Her purse was discovered around a mile away, also empty except for her bus pass, and was handed in as the man who found it recognised her name as she had previously nursed his grandfather.

"I would like to thank all the local staff who collected money for me from the bottom of my heart" said Betty. "My job keeps me going but I thought I was seen as just a wee old wife who went in and did her work and then went home. I didn't realise so many staff in Forth Valley thought so much about me and I was really amazed at the response."

The money, which was raised through a Facebook appeal and

cash collections, was presented to Betty by colleagues in Ward A31 at Forth Valley Royal Hospital.



GAIL HEADS FOR THE COAST

After 9 years of leading the development of pharmacy services across Forth Valley, Gail Caldwell has left to take up a new role as Director of Pharmacy with NHS Ayrshire & Arran. During her time with NHS Forth Valley Gail has been involved in what she referred to as many 'interesting challenges'.

These include the swine flu outbreak and distribution of tamiflu, the move to Forth Valley Royal Hospital and introduction of a new robotic pharmacy and, more recently, the successful roll out of a new hospital electronic prescribing system (HePMA). Gail has also overseen the implementation of many new pharmacy initiatives which have delivered significant savings and improved services for local people. Known for her can do attitude and ability to get things done, Gail will be missed by colleagues across the



Gail is pictured with pharmacy colleagues at Falkirk Community Hospital

organisation. While she is looking forward to her new role nearer the West coast, she says it is the people she will miss most and the relationships she has built up over many years. She joked: "I've worked with four different Medical Directors in the last 9 years

so I thought it was time to move on before I broke any more!" Gail received a number of presents from colleagues including champagne, flowers and a hotel voucher. We wish her all the best for the future.

IN THE SPOTLIGHT



DREW BURNETT, ADVANCED NURSE PRACTITIONER (ANP) - GP Portfolio Team

Tell us a little about your job

My job involves reviewing the patients under the care of the consultants in the community hospitals and liaising with local GPs and medical staff to ensure the best quality of care is provided. We work as a team and cover a wide area in Forth Valley. There are four ANPs, myself included, and five GPs at present. The team also provide support to Cornton Vale and Glenochil prisons and Polmont Young Offenders Institution. We can prescribe and do full assessments of patients, with the ability to investigate and act on these findings.

Why did you choose to work in the NHS?

I had wanted to help people from an early age and I always had an interest in medicine so nursing was a good choice for me.

How do you spend your leisure time?

These days it's about running the kids about and doing stuff with them, be that ice skating, rock wall climbing or swimming. I still go up the rock wall sometimes but more often I seem to be the one standing at the bottom just in case anyone falls!

I still enjoy hill walking but don't get out as much as I used to. I have climbed almost all the hills in Glencoe and some of the peaks in Skye including the Cuillins. The picture of me is at the foot of the Inaccessible Pinnacle.

Memorable moments?

Getting married and having my two kids.

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

Don't eat yellow snow! Only kidding.... Listen to the people who have done it before you, they know what they are talking about.

The way you would spend your fantasy 24 hours with no travel restrictions?

Go to Disney World in Florida for the day with the family.

The temptation you wish you could resist?

That last bit of cheese cake!

What possession do you value above all others?

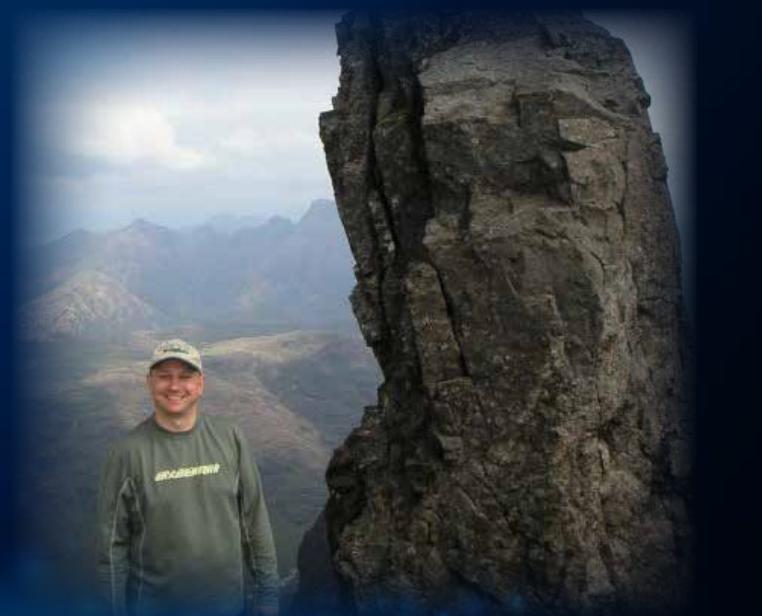
None, people mean more. There are obviously things like photographs which you would miss terribly if there was a house fire but I am not bothered about material things. Some people may say their mobile phone, but to me things like that don't really matter.

Unfulfilled ambition?

I should have travelled more. When I was working in the Isle of Man I came into contact with a lot of people from New Zealand, Australia and South Africa who were travelling after qualifying. Listening to them I wished that I had taken the option to spend a couple of years seeing the world. I still would like to go to Australia and New Zealand but money, kids and work have put paid to that for the time being. I'll get there one day.

How do others see you?

I would hope I'm the guy they can go to for help at work.



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