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Royal Seal of Approval



The new Forth Valley acute hospital being built at Larbert has been granted Royal status - exactly 135 years to the day that a similar seal of approval was given to Stirling Infirmary by Queen Victoria.

The new £300 million hospital will now be known as The Forth Valley Royal Hospital.

The decision has been welcomed by NHS Forth Valley Chairman Ian Mullen, who said the news that the Queen had approved the application maintained a fine tradition in the area.

"Both Falkirk and Stirling hospitals have enjoyed a unique link over the years with the Royal family. Ours is a long association and the conferring of Royal status on the new £300 million pound hospital means these ties are set to continue throughout the 21st century."

The original letter, conferring Royal status on Stirling Infirmary, was penned in 1874 by the Marquis of Stafford.

"I have the honour to inform you that her majesty has been graciously pleased to signify her approval that the Infirmary in Stirling shall in future be styled Royal Infirmary in Stirling. I have the honour to be your obedient servant."

The letter referring to the new acute hospital bears the lines: "I can confirm the Scottish Government has consulted with Her Majesty The Queen and Her Majesty has indicated that she is content for the title "Royal" to be transferred to the Forth Valley Royal Hospital."

The new acute hospital is due to take its first patients this summer.

Cashing Up

After 13 years with NHS Forth Valley, Moira Bonner has cashed up for the last time and is now enjoying her retirement. Moira began working in Falkirk and District Royal Infirmary in 1996 and since 2003 had been employed in both Falkirk and Stirling cash offices.

Moira is looking forward to spending more time with her family and becoming a grandmother for the first time. She loves to travel, and is hoping to go to America in Spring. A keen athlete, she ran for Falkirk Harriers for many years but now enjoys salsa and Zumba dancing.



Signing Off

Friends and colleagues past and present joined Rita McIlwaine at the Forth Valley Sensory Centre to celebrate her retirement from the NHS after 25 years service. Many stories were recounted and lots of achievements recorded in speech and Makaton singing!

Rita began her career in the Royal Scottish National Hospital as a nursing assistant and ended as a senior clinical support worker in the speech and language therapy department.

Rita is enjoying time with her family, cooking and mastering the Wii Fit!



Equality Champion Steps Down



One of the champions of racial equality in Forth Valley, Pek Yeong Berry, has retired from RAHMAS, an organisation set up around 16 years ago to tackle racist attacks and harassment.

Pek is pictured with a crystal tulip bowl which was presented by

Convenor of the Joint Police Board and former RAHMAS member George Matchett.

Pek arrived in Stirling from Kuala Lumpur in 1974 and has held a variety of roles including Director of the Racial Equality Council in Central Scotland and Secretary of the Central Scotland Chinese Association.

Although 74 years old, she has no intention of retiring completely from her work with equality groups. She will continue to sit on NHS Forth Valley committees and undertake voluntary work.

Winning Poster

Many congratulations to NHS Forth Valley's Louisa Russell, who won the poster presentation at the Scottish Respiratory Nurse Specialist Forum. The Forum is an annual conference where respiratory nurse specialists from all over Scotland network and share best practice.

Louisa presented the self-management plans and hand-held records used for COPD - chronic obstructive pulmonary disease - which includes conditions such as emphysema and chronic bronchitis. Louisa's colleagues say they are immensely proud of her.



Crackdown on Violence

A major crackdown has been announced on violent and aggressive behaviour in Forth Valley hospitals, health centres and dental practices. The campaign includes sending letters to people who assault, threaten and intimidate staff, warning that if their behaviour persists they will be reported to police for prosecution.

From November 2008 to October 31st 2009 almost 2,300 incidents were reported.

Recent cases include having to hire a security guard to protect the public and staff while a patient receives treatment. Four members of staff - and a patient who got out of bed to help them - being punched, and the accident and emergency department having to be cleared when a man kicked doors and punched the reception desk.



NHS Forth Valley Violence and Aggression Co-ordinator Andrew Delaney said: "Our message is that staff should not have to undergo such treatment from people they are trying to help and we have to get tougher with perpetrators."

CCTV coverage in both Stirling Royal Infirmary and Falkirk and District Royal Infirmary has been stepped up with additional cameras being installed. Warning letters will not be considered for people diagnosed with a mental illness or any medical condition which reduces their capacity to manage their own behaviour.

Successful Year for NHS Forth Valley

The dedication of NHS Forth Valley staff was praised by Chairman Ian Mullen at the annual Public Review with Shona Robison, Minister for Public Health Sport.

Reporting on a year of major health achievements, Mr Mullen said: "It is a testament to the commitment of all of our staff that we continue to improve the quality of our services. In every ward and department, NHS staff deliver high quality patient-centred care, and their dedication to maintaining and improving standards is remarkable."

Mr Mullen said considerable progress had been made including improved access to cancer services, shorter waiting times for treatment and significant improvements in minimising the risk of infection, both in hand hygiene and a reduction in the incidence of common infections. The new Forth Valley acute hospital remains on track to accept its first patients this summer.

Once again, NHS Forth Valley ended the year in financial balance. However, Mr Mullen noted that the current economic climate presents a challenging environment and said he was grateful to staff for continuing to meet this challenge.



Achievements

- Maximum waiting time for outpatient, inpatient and day case treatment reduced from 18 weeks to 12 weeks. National target 15 weeks.
- 97.7% of people urgently referred for suspected cancer began treatment within the national 62 day target.
- More than 70% of people in Forth Valley now have access to NHS dental care. National average 50%.

The Best Dressed

Staff in NHS Forth Valley who wear a uniform will soon be sporting a new look which will help patients and the public identify their roles and provide better value for money. Orders have already been placed for some of the new national uniforms which will be standard across Scotland by the end of 2012.

Robert Jarvis, NHS Forth Valley Head of Procurement. "By using a single supplier and a bulk-buying process, we will achieve best value. Secondly patients and the public will be able to identify the most appropriate person to help them. And thirdly staff will benefit from uniforms which are made from better material, are more comfortable and practical to wear."

Clinical staff involved in patient treatment will wear tunics in shades of blue with navy trousers. Senior charge nurses will wear navy blue. Facilities staff including porters, catering and domestic staff will wear shades of green with navy trousers. Darker shades of green represent catering and domestic supervisors.



Act Against Harm

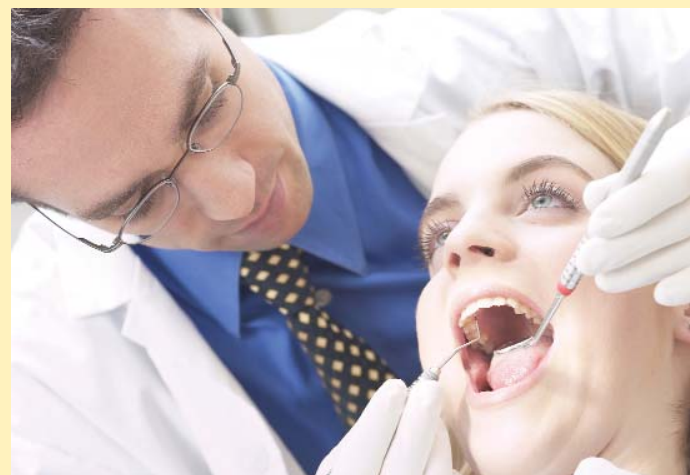
Act against harm. That's the message behind a new campaign designed to help protect adults in Scotland who are at risk from harm or neglect.

The campaign has been launched to raise awareness of The Adult Support and Protection (Scotland) Act 2007 and NHS Forth Valley is one of the members of the Forth Valley Adult Protection Committee, which also includes representatives from the three local authorities, police and the Mental Welfare Commission.

Mega Bite for Dentistry

Dental practices in NHS Forth Valley are on line to start using SCI Gateway to make electronic referrals for patients. The system was piloted in four practices last summer and an eHealth team is now visiting interested dental surgeries to set up Gateway and train personnel.

The move has been prompted by the availability of new communication lines and means patients can be referred electronically to oral surgery, orthodontics, community dental or an orthodontic practice run by an independent contractor. During the pilot almost 200 referrals were made in a 3 month period.



SCI Gateway has been used by GP's since 2005 and has solved several problems with the old method of posting referrals. For example electronic referrals are received more quickly, cannot get lost in transmission, practices can check referrals to determine whether they have been seen and receiving organisations can monitor the current status of a referral.

For more information contact Eric Hill at 01786 434748 or eric.hill@nhs.net

It's Official



The Clackmannanshire Community Healthcare Centre has been officially opened. Minister for Schools and Skills, Keith Brown, who is also the local MSP, unveiled a commemorative plaque and saw a series of glass sculptures commissioned from artist Elin Isaksson.

Mr Brown is pictured centre with (left) Councillor Sam Ovens, chairman of the Clackmannanshire Community Health Partnership, and NHS Forth Valley chairman Ian Mullen.

The sculptures, called Water Ponds, Water Drops and Water Lilies, have been inspired by the Celtic meaning of the word Alloa which means a 'swift ford' or 'running water'.

The £20 million campus provides healthcare provision for a population of more than 49,000. It houses a replacement for the current Alloa Health Centre as well as new premises for inpatient services and mental health, and a day therapy unit for older people.

Kathy is Tops

A senior manager with NHS Forth Valley has been recognised nationally for her hard work and dedication.

Kathy O'Neill, who heads the Clackmannanshire Community Health Partnership, collected the coveted Top Manager Award in the Scottish Health Awards 2009. She was nominated by colleagues to commend her success in driving forward patient care.

Described by staff as an outstanding leader, Kathy has encouraged her staff to cultivate innovative ways of working which has led to the development of integrated community mental health services and



the commissioning of the new state-of-the-art Community Healthcare Centre in Clackmannanshire. Kathy has also supported the creation of new roles for nurses in schools and the community hospital.

Health Secretary Nicola Sturgeon said: "With over 300 nominations received across 17 award categories, it is no doubt that there is a great affection for NHS Scotland and those who work in it. All nominations showcased excellent examples of personal commitment, innovation and excellence."

Fiona Mackenzie, Chief Executive NHS Forth Valley commented: "This award is richly deserved and celebrates Kathy's leadership and vision. She is an outstanding manager who has had considerable success particularly in partnership working with Clackmannanshire Council."

Big Game



Visitors to the disability service at Forth Valley Sensory Centre in Camelon will now be able to try their hand at giant board games, thanks to the CFSLA - a staff lottery for Clackmannanshire, Stirling and Falkirk Councils, together with Police, Fire and Assessors services.

Operating since 1994, CFSLAS has donated well over £200,000 to local community groups and local, national and international charities.

Pictured is CFSLA chairman Russell Taylor handing over the Connect 4 and giant compendium of games to Charlene Condeco, NHS Forth Valley Disability Advisor, and Stacey Fleming, office volunteer for PAVE (Patients, Advice, Volunteer and Education project).

Cutting Down on Booze

More than 2,000 people across Forth Valley have taken advice from GP's and hospital staff and sought help to cut their drinking to a sensible level. The "brief interventions policy" is part of the Forth Valley Alcohol and Drug Partnership's strategy and by using empathy and warmth rather than confrontation, patients are being encouraged to make the necessary changes themselves.

Over the past year 10,000 people have been identified as suitable for this type of assistance. Some have been spotted through routine medical screening, such as a visit to a general practitioner, or during a hospital stay when a lab test has revealed an alcohol-related problem.

Those who have chosen to try to drink less can talk about their intake and receive information and support on how to cut down. Clinicians can also help patients by helping them establish specific goals and build skills for modifying their drinking behaviour.

Surveys have shown that in Forth Valley 16% of 13 year olds and 34% of 15 year olds reported consuming alcohol in the previous week. 17% of men and women said they consumed more than the recommended number of units per week (21 and 14 respectively) and 5% are drinking between 35 and 50 units a week. 5,400 men and 1,900 women are dependent upon alcohol.

Top Tips

Patients asked us to reduce noise at night

- Think about others
- Turn down volume on phones
- Be considerate about TV viewing
- If listening to music consider others
- Keep your voice down
- Wear soft shoes
- Dim lighting
- If appropriate, close doors
- Minimise activity



Almost Five Thousand Years of Service

More than 60 staff who share a total of 1,540 years of service to the NHS received long service awards at a special ceremony at Stirling Royal Infirmary. Another 148 employees who were unable to attend have notched up 3,100 years between them.

Among those present was Geraldine Vearonelly, a senior radiographer who has been with the NHS for 40 years. Another colleague with 40 years service, Chief Biomedical Scientist Mark Pierzchalo was unable to attend.

After the awards ceremony there was the opportunity to catch up with colleagues old and new over a welcome cuppa.



40 years



30 years



30 years



30 years



20 years



20 years



20 years

IT Training to Meet Your Needs

The eHealth Programme Office, based in Gladstone Place, Stirling offers a variety of IT training courses to suit everyone, from basic IT skills to complex clinical systems. The team not only help you understand the systems but more importantly get you using them to their full capability.

The training team are all TAP® Accredited Trainers offering the highest standard of course delivery tailored to meet specific requirements.

New for 2010 - Modular Training

Colin Smith, eHealth Training Manger, says modular training is now being introduced for the most popular courses. So, for example, if you want to produce graphs from Microsoft Excel, but don't have the time for a full day course, then the MS Excel - Charts module will be ideal - a 90 minute session focused solely on creating Charts. Modules currently available are:-

- MS Word – Tables
- MS Word – Mail Merge
- MS Excel – Charts
- MS Excel – Working with Data Lists

Further modules are being developed including PowerPoint – Enhancing Your Slides. Also on offer are **drop-in workshops** on Activedition, eWard and PACS.

Details of all courses and links to KSF dimensions are available on:

http://intranet.fv.scot.nhs.uk/home/Learning/IT/ITtraining_Acute_CourseSchedules.asp

This site is updated daily.

To book a place or for further information, please contact us:-

Telephone 01786 434743 / 434740

Email fv-uhb.ehealth-training@nhs.net

New Way to Access Case Notes (Acute Services)

If you use the paper case notes from the SRI & FDRI acute filing rooms in Health Records and are a Healthcare Professional - Consultant, Registrar, Doctor, Nurse, AHP, GPwSI or support clinical staff e.g. ward clerks, etc then you need training in EDMS (Electronic Document Management System for Health Records).

Why not learn how to use the system effectively before the move to Larbert?

Health Records Services are modernising - make sure you are up-to-date.

Training sessions for view only can last less than 30 minutes.

For more details about EDMS please see the Intranet:

<http://intranet.fv.scot.nhs.uk/home/Depts/ICT/SupportedSystems/Systems/EDMS.asp>

Training dates are now available. For more details please contact:

Anne Fielding, EDMS Project Team Leader,

anne.fielding@nhs.net Tel: 01786 434141

or Christine Ross, EDMS Project Support,

christine.ross@nhs.net Tel: 01324 614304





Physiotherapist Lynn Speed, one of three facilitators for the cycling group Pedal 4th has been selected by Scottish Cycling as “Volunteer of the Year.”

Lynn was presented with the award in recognition of all her hard-earned effort in developing Pedal 4th, which helps people with mental health issues get back into the saddle. She has worked hard to obtain funding, and equipment purchased includes a 12-bike trailer, tow bars, bikes, high visibility vests, helmets, and tools.

Lynn has also organised training for both client group and staff including road proficiency and bike maintenance. Enthusiasm throughout Forth Valley has grown significantly. Last year, six group members crossed the Pedal 4th for Scotland finishing line after cycling from Glasgow to Edinburgh. This year the number was 14!

Cycling Scotland has recommended that the achievements of Pedal 4th should be submitted.

Love Your Lungs



Free lung function tests were offered by health professionals from NHS Forth Valley as part of events organised by the Airways Managed Clinical Network (MCN) to mark World COPD Day. Chronic obstructive pulmonary disease includes emphysema and chronic bronchitis. The tests were offered in the Howgate Centre, Falkirk and the Asda store in Alloa together with carbon monoxide screening for smokers and smoking cessation advice.

Pictured (left to right) are: Nan O'Hara Joint Clinical Lead Airways MCN and Practice Nurse, Josie Murray, Respiratory Co-ordinator, Chest, Heart and Stroke Scotland, Anne McEwan, British Lung Foundation and Marie Phinn, Smoking Cessation Nurse.

Better Healthcare Better Survival Rates

People in deprived communities in Forth Valley who are diagnosed with bowel cancer are now presenting at an earlier stage of their illness thanks to good service and easy access to GP's and primary care staff. The findings are the result of research led by consultant surgeon John Camilleri-Brennan, based at Stirling Royal Infirmary.

In the past patients from poorer areas tended to seek treatment when the cancer was more advanced, and therefore had a shorter survival rate. But the latest study, based on more than 800 patients over the past five years, has concluded that better and more uniform access to healthcare services is paying dividends. There is now no difference in the stage of presentation of bowel cancer between those living in deprived areas and those who are well off.

The results of the study were presented in Prague at the annual conference of the European Society of Coloproctology.



Learning and Sharing

Five care groups met together for the first time in the Conference Centre at Stirling Royal Infirmary to learn and share from good practice, incidents, complaints and compliments. Feedback was overwhelmingly positive, with a strong appetite for more Learning and Sharing Network events in future.

The opening remarks were made by Clackmannanshire CHP General Manager Kathy O'Neill and a series of abstracts were judged by Dr Stuart Cumming, Dr Leslie Cruickshank and David Thomson from QIS. Winners were presented with a certificate and a box of jelly babies - book tokens to follow!

Those successful were:

Adult Mental Health: Therese McGoldrick (Introduction of Local Cognitive Behavioural Psychotherapy Service to Clackmannanshire)

Community Alcohol and Drugs Service: Sue Gilfillan/Dr Michael Gotz (Alcohol Liaison Nurse Service in the Acute Setting)

Child and Adolescent Mental Health: Jacqueline Sproul (Health Spot at Alloa Academy)

Learning Disabilities: Heather Proctor/Carol Davie (What's a cervical smear? Education of person with learning difficulties and autism)

Older People's Services: Audrey Melrose (Dementia Resource Pack, a guide for NHSFV staff)

For more information or to become involved in future events visit the Intranet site or contact Lesley White on 01786 483133, mobile 07825 608268 or lesleywhite@nhs.net

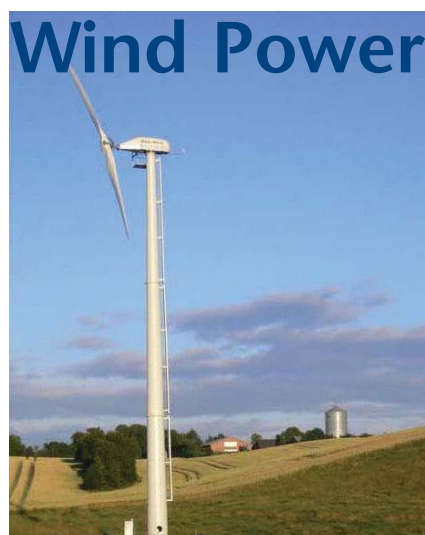


Reshaping Mental Health

In-patient adult mental health services at Falkirk and District Royal Infirmary are being re-designed ahead of the move to the new Forth Valley acute hospital at Larbert later this year. A new model of care is being formulated with Ward 18 as the pilot. The 23 beds are being separated into two distinct areas - admission/assessment and recovery.

The function of the intensive psychiatric care unit (IPCU) will remain unchanged.

The pilot will be evaluated in April prior to the move to Larbert. The project is designed to provide a more focused approach to care and to improve patient experience.



Cheaper electricity could soon be on the way for NHS Forth Valley.

Planning permission has been granted to erect an 18 metre high wind turbine in a field behind the learning disabilities unit at Lochview. It is estimated that the 11 kW turbine will generate about 30,000 kWh of electricity each year which will be fed directly to Loch View and reduce CO₂ emissions by almost 13 Tonnes per annum.

The site was selected as part of a trial sponsored by the Scottish Government and Health Facilities Scotland. Although not noted for particularly strong winds the long stretch of slightly rising, open ground to the south west of the site should give ideal operating conditions for the type of turbine to be used, which starts to generate in relatively light winds.

It is hoped that electricity will start to flow before the start of the new financial year.

Risky Business

Mobile displays like this one, which was set up at Board Headquarters in Carseview, were one of the features of the NHS Forth Valley



Health and Safety Week. Advisers offered information on risk assessment and training and staff were invited to enter competitions with some great prizes including £100 shopping vouchers.

The campaign was designed to raise awareness on health and safety issues, provide information and practical advice, encourage activities that have a positive impact in the workplace and to identify and recognise good practice. Organisers included the Risk Management Department, Manual Handling Unit trainers, trades union representatives, health promotion staff, Healthy Working Lives, Central Scotland Police and Central Scotland Fire and Rescue.

The Risk Management Department hope to make this an annual event and would welcome feedback via the form located at <http://intranet.fv.scot.nhs.uk/home/Depts/RM/RiskManagement/HealthandSafetyWeekEvent.asp>

First in Scotland

A mobile ventilator which is the first of its type in Scotland has been presented to Stirling Royal Infirmary by the hospital's Society of Friends. The equipment was handed over by chairman Allan Dewar to Dr Martyn Hawkins a consultant in intensive care. Costing £12,000, it enables patients with long-term severe breathing difficulties who are currently supported from a fixed system at the bedside, to leave their bed and walk around the hospital.

Pictured at the presentation are Sadie Wilson with her husband Jim and devoted dog Sam, a reunion which would not have been possible without the ventilator which is a radical new design using the latest technology.

Over the years the Society of Friends have equipped a clinical skills training centre, provided a garden for wheelchair patients, a train for the children's ward and much more.



MRSA Screening Begins in Forth Valley

Patients in NHS Forth Valley who could be particularly vulnerable to infection or who are having planned surgery are to be swabbed for the so-called MRSA superbug.

The MRSA screening programme will apply to emergency admissions of vascular patients and those under the care of a geriatrician. Patients having elective surgery (with the exception of children, obstetrics and day cases) will also be screened as part of their pre-op assessment process.



NHS Forth Valley MRSA Screening Project Manager, Eliza Jenkins said: "The idea is to detect patients who may be carrying the so-called superbug but are showing no symptoms. They could then be considered for treatment before admission, thus reducing the risk of developing serious infections or spreading MRSA."

Eligible patients will be given an information leaflet which is available in other languages, as well as in large print, in Braille (English only) and on audio tape. An easy-read version is also being produced. It is thought that 7% of patients admitted to hospital have the MRSA bacterium on their skin or in their nose even though they may feel well.

In the spotlight this issue is . . .

Gillian Morton,
General Manager / Head of
Midwifery, Women, Children's
and Clinical Services Unit



A typical day?

Not being a morning person I try not to speak until 10 am So apologies to all those who have early morning meetings with me!!

I meet with various members of Forth Valley staff most days. I like to have an hour alone in my office at the end of each day by which time my husband has made the tea!! I go to bed around 1.00am which possibly explains why I am not so hot on mornings. I confess to being a confirmed night owl!

Your career before your present job?

Before becoming a general manager I was a Sister Midwife and worked mainly in Labour Ward. I have been in some form of nursing since I was a nursing cadet in a private hospital in Edinburgh in 1979, where one of my favourite jobs was to make cotton wool balls and arrange them in packs of 10 ready for the autoclave (steriliser).

My least favourite job was cleaning out metal bedpans and I was a bit concerned when I came to NHS Forth Valley in 1981, and the bedpans were made of paper mache! Most of my family are nurses and even those who went to university to do other things eventually succumbed to some form of caring profession!

What are you afraid of?

The usual worries about the health and happiness of my family and friends etc.

What is always in your fridge?

A well known brand of Danish butter (unsalted for

health reasons ha ha!), cheese - and don't ask me why - but tiny tomatoes and green olives.

If you could change something about yourself what would it be?

I absolutely hate wrinkles, so it would be that, although if I was to make a list it would be a long one . . .

If you hadn't worked for the health service, what would have been your perfect job?

I would love to have been a beautician (I would have to have owned the shop though!).

Dream holiday?

Spilt between the relaxation of the Maldives and the madness and chaos of Florida. I love all the rides and am a secret thrill seeker, although anywhere with a fabulous beach and a coco loco cocktail or margarita would do!

Favourite pastimes?

Music: Seal; Films: When Harry Met Sally (huge romantic); Books: Any kind of whodunit; TV: Come Dine With Me.

What might people not know about you?

I am actually quite shy...

Where do you see yourself in ten years time?

In NHS Forth Valley doing something, somewhere, you just never know!

Do you like Staff News?

Let us have your comments or suggestions for future articles on Staff News by either emailing us on: FV-UHB.YourHealthService@nhs.net or by telephoning us on 01786 457243

