

DOC' ON THE RUN

DOCTOR'S
WORLD RECORD
ATTEMPT AT
MARATHON
PAGE 11

FINANCE
UPDATE
THE CHALLENGES
AHEAD P3



FITBA CRAZY PAGE 4

TONI&GUY
HAIRDRESSING

WIN A FREE
HAIR CUT
SEE PAGES 8-9

**SUPER
SLIMMER**
SEE PAGE 10



CALENDAR GIRLS

The Girls Brigade picked up poster paints, pencils and felt tips to help create the 2011 NHS Forth Valley



Calendar. The winning designs came from companies in Polmont and Grangemouth and the lucky girls, pictured here, were presented with a £20 book token, a laminated copy of their artwork and, of course, a calendar!

The youngsters chose to illustrate the theme "disability" and their illustrations highlighted a number of important messages. These included treating disabled people with dignity and respect and a reminder that although different on the outside, everyone is the same inside.

The awards were presented by NHS Forth Valley General Manager Kathy O'Neill and the calendar is now being displayed in GP surgeries, community pharmacies and hospital wards across Forth Valley.

NEW FACES ON THE BOARD

Several new faces will be appearing on the Forth Valley NHS Board.

Health Secretary Nicola Sturgeon has appointed two new members – Fiona Gavine and Charles Forbes. Councillor Janet Cadenhead replaces Rev Sam Owens as the Clackmannanshire Council representative on the Board following Mr Owen's appointment as leader of the local authority.



Fiona Gavine, who has taken over from Graeme Simmers, has 25 years experience in finance,

operational, business and strategy roles. Carrying out post-graduate biochemical research she then trained as a chartered accountant with Touche Ross before moving back into the science world of ICI and Astra Zenica. She subsequently moved into the electronics/IT sector with Compaq and Hewlett Packard. Fiona also manages her own consultancy practice.



Charles Forbes, who will take over from Marlene Anderson when she steps down at the end of March 2011, is a former regional sales manager, healthcare policy adviser,

government relations manager and healthcare manager within the pharmaceutical industry. He also has a good working knowledge of the public sector having served as a Councillor and a non-executive director with NHS Forth Valley Health Board from 2001 to 2003.

Both these appointments will be for four years.



Councillor Janet Cadenhead is Clackmannanshire Council's Portfolio Holder for Regeneration and was Council Leader between May 2007

and September 2010. She was first elected to Clackmannanshire Council in 2003 having previously worked in the voluntary sector and as a community activist. She represents the Clackmannanshire South ward which covers her home town of Alloa.

GET THE RIGHT NUMBER



Need to look up a telephone number? Remember your first port of call should be the online BT directory available via the Staff Intranet home page.

If you do have to call Directory Enquiries please use 118707 as, on average, calls to this number are a quarter of the cost of a call to some other providers.

It's also important to remember that calls to Directory Enquiries from a mobile are much more expensive than those from a land line.

DESPERATELY SEEKING..... TOYS



The accident and emergency department at Stirling Royal Infirmary urgently need toys and books for children of all ages. The toys have to be new and washable, so no soft materials please.

If you can help, please contact the department on 01786 434110.

FINANCE UPDATE - THE CHALLENGES AHEAD

Like many other health boards across the country, NHS Forth Valley continues to face major financial challenges. Although significant savings have been made over the last year we need to continue our efforts over the next few months to ensure we balance our budget by the end of March 2011.

The outlook for 2011/12 is equally challenging. Although we expect to receive an increase of 1% in our overall budget (around £4m), this

will not cover all the cost pressures we face in the coming year. These include costs associated with the recent increase in VAT (up from 17½% to 20%), increasing cost and volume of prescription and specialist drugs, rising energy bills and increasing inflation. Whilst there is a pay freeze across many parts of the public sector, all NHS Boards will still have to find money to fund the pay increase for staff earning £21,000 or less, and cover the cost of

increments.

Fiona Ramsay, Director of Finance, explained: "To address these challenges we need to deliver all of the saving plans which have already been agreed but not yet fully implemented and also develop and deliver a number of new savings plans over the coming year. Work is now underway with service and clinical leads across the organisation to take this work forward."



In September 2010, a new staff suggestion scheme was launched as part of the ongoing work to identify savings and increase efficiency. Since then, staff across the organisation have come up with some great ideas to save money and work is now underway to take many of these ideas forward.

For example, work will be carried out to make sure lights and computers are switched off when not in use and temperature levels in buildings will be checked regularly.

Some suggestions, such as buying back annual leave would not be possible as the majority of terms and conditions are set nationally. We are, however, exploring further opportunities for staff to work from home.

Lots of positive suggestions have been received about stationery and supplies. These include recycling printer cartridges, reducing the stationery catalogue to 13 items, setting printers and photocopiers to double sided and reviewing and reducing the number of phones with internet access (smartphones)

and mobiles. This work is already reaping rewards as, at the end of December 2010, printing and stationary costs were down 10% on the December 2009 figures.

Continued efforts are being made to reduce taxi journeys and the leased car policy has been reviewed. Cars are only offered when it is economical to the Board. Staff have also been asked to review their diaries and travel only when necessary. These measures are already making a difference as staff travel costs were down 4% at the end of December 2010 when compared with the same period the year before.

The scheme is still open so if you have any ideas to save money - big or small - please email these to the Area Partnership Forum at FV-UHB.Savings-Ideas@nhs.net

FITBA' CRAZY

The last Christmas celebrations to be held in the children's ward at Stirling Royal Infirmary kicked off with a visit by the Falkirk Football team. Accompanied by their mascot, the wily Fergus Fox, the players spent a couple of hours chatting to young patients and handing out gifts. According to Play Specialist Seonad Hopkins, the event was definitely a winner!



TASTY FOOD HELPS MEDICINE GO DOWN

Celebrity chef Nick Nairn cooked up a tasty dish of chicken and vegetable teriyaki stir-fry to celebrate the official opening of the Forth Valley Royal Hospital restaurant. The culinary demonstration was just one of the ingredients at the event which also saw Serco, who operate the restaurant, receive a Health Living Award for helping to promote healthier food options.

The restaurant, which has extensive views across the River Forth, is far from the 'canteen' style traditionally associated with hospitals. Seating 300 people, it has been designed to create a lively and vibrant atmosphere with theatre-style cooking, where fresh food is made to order including a range of gourmet pizzas.

Mike McKay, Serco's Contract Director at Forth Valley Royal Hospital said: "The restaurant has been designed as a space where staff, patients and visitors can relax while benefitting from

our extensive range of healthy eating options. To receive the Healthy Living Award is a great beginning and an ideal way to celebrate this fantastic facility."

NHS Forth Valley Chairman Ian Mullen, who unveiled a plaque to mark the official opening, added: "We are very proud of the award winning catering service we provide. All food is cooked fresh on site by skilled chefs using nutritional guidelines, and support is provided from our extensive dietetic team. This restaurant is a wonderful place for staff and visitors to enjoy healthy food in a great environment."

Nick Nairn demonstrating his cooking skills



DOGGY TREATS

After a relaxing break, pooches Becky and Ronnie are now 'woofing' to get started on their new career which will see them becoming ward visitors.

The new Therapet scheme means that patients in Forth Valley will soon be able to 'paws' for a while to say hello to man's best friend. Research has shown that stroking animals relieves anxiety, slows down the heartbeat and reduces blood pressure. It also makes someone who has had a heart attack less likely to have another.

The dogs are being trained by Canine Concern Scotland Trust and two dogs have already been signed up to the scheme by owners Jim Fleming and Ann Logan. The pooches have been picked for their quiet, loving temperament.

Disability and Equality Adviser Caroline Nisbet said: "It is being increasingly recognised how much people miss having pets around when they are in hospital and the comfort and joy they bring. The mere act of stroking a dog can stimulate interest in someone who

has previously not communicated in another way."

Lyndsey Thomson who represents Canine Concern in Forth Valley added: "Dogs have so much love to give. The Therapet service offers patients the chance to have their spirits lifted by a friendly, loving dog while in hospital."

Anyone interested in volunteering with the scheme or would like Therapet to visit their service should contact the Disability Team on 01324 590870.



NURSE LED CLINIC HELPS BREAST CANCER PATIENTS

Breast cancer patients in Forth Valley who receive adjuvant Herceptin are now being treated more quickly, thanks to a nurse/pharmacist led outpatient clinic. A pilot project has not only resulted in a reduction in waiting times, but patients say they feel less stressed because the clinic is quieter and they are able to discuss their feelings and concerns more easily.

NHS Forth Valley provides around 90 chemotherapy outpatient treatments every week for a variety of tumours. Each clinic is attended by an oncologist from the Beatson Oncology Centre therefore clinic days are tumour specific. So to save the time patients had to wait to be treated with Herceptin, it was decided to look at alternatives.

Now they are phoned the previous day to check if they are well. Those without problems are seen at the nurse-led clinic, but any who have concerns are referred to the Beatson oncologist.

Liz Macmillan, NHS Forth Valley Oncology Department Manager

said: "Patients told us they would be happy to see a nurse or a pharmacist if it made their stay in clinic shorter". The Chemotherapy team conducted patient satisfaction surveys and have been told that not only is it timesaving but people get less tired and sore whilst waiting for treatment. We are now looking at ways of developing nurse-pharmacy protocols for other treatments within oncology."

Zoe Blain and chemotherapy team leader Fiona Galbraith recently shared their success with other oncology colleagues across the UK, producing a poster for a national conference in Manchester.

INTRODUCING THE ELECTRONIC PALLIATIVE CARE SUMMARY (EPCS)

The ePCS is an electronic palliative care summary which can be used to record and share clinical information on patients with palliative needs. It will (with patient consent), allow automatic twice-daily updates of clinical information from GP records to a central store, from where this information will be available to Out of Hours (OOH) services, NHS 24, Acute Receiving Units, Accident and Emergency Departments and, shortly, to the Scottish Ambulance Service.

The ePCS is one way of documenting some of the discussions and decisions taking place between health professionals and patients through 'Advance Care Planning' so that providers of unscheduled care can provide appropriate patient-centred care and support.

ePCS will be piloted in 9 GPs GP Practices and 4 EMIS GP Practices.

For more information please contact Samantha Robinson at 01786 434742 or Samantha.robinson3@nhs.net or visit the ePCS Intranet Page.

NEW RANGER PROMOTES NATURAL HEALTH SERVICE

Scotland's first hospital ranger is now hard at work in the grounds of Forth Valley Royal Hospital. The scheme, a joint project between Forestry Commission Scotland and NHS Forth Valley, is designed to encourage patients, visitors and staff to use the 70 acres of green space to boost healthy lifestyles.

Gordon, who is employed by Forestry Commission Scotland, has already cleared banks of overgrown rhododendron and has been consulting with local residents who live within a kilometre of the hospital grounds to find out what they would like to happen with the woodland and get them involved too.

"Woodlands provide excellent opportunities for green exercise

including walking, cycling or simply getting away from it all and enjoying time to de-stress. Gentle exercise can be just the tonic for outdoor rehabilitation and can form part of a patient recovery programme. Woodlands are the natural health service."

Plans for the hospital grounds include re-planting, the upgrading of existing paths, and the installation of cycle paths. It's also hoped to provide an outdoor classroom, an environmental education area and quiet viewpoints.

NHS Forth Valley Director of Strategic Projects and Property, Tom Steele said: "It's a fabulous public sector collaboration which is linked very much with the aspiration of NHS Forth Valley to improve health and

well being. In addition, it will ensure a great opportunity for patients, visitors and staff to enjoy easy access to the open countryside."

The former Larbert House estate, which dates from the late 18th and early 19th centuries, is home to brown long eared bats and a large population of common toads. It has been in public ownership since the 1920's when it was acquired for a national mental health hospital. This hospital closed in 2002. Many of the original trees, such as oak, beech, lime, chestnut, sycamore and Scots pine, have either been commercially felled or are over mature, and the deteriorating condition of the woodlands confirms the need for early rescue.

GETTING CLOSER TO GOING GREEN

NHS Forth Valley is moving towards its bid to go green. A pilot site at Loch View is close to having an environmental management system in place which is not only good for the planet, but will also cut operating costs through reduced energy bills, lower waste disposal charges (because of reduced landfill tax) and help avoid fines for breaches of environmental law.

A recent workshop at Loch View, attended by team members from Facilities, Property and Services, Procurement and Loch View staff, provoked lively debate and allowed the group to identify a number of areas for improvement.

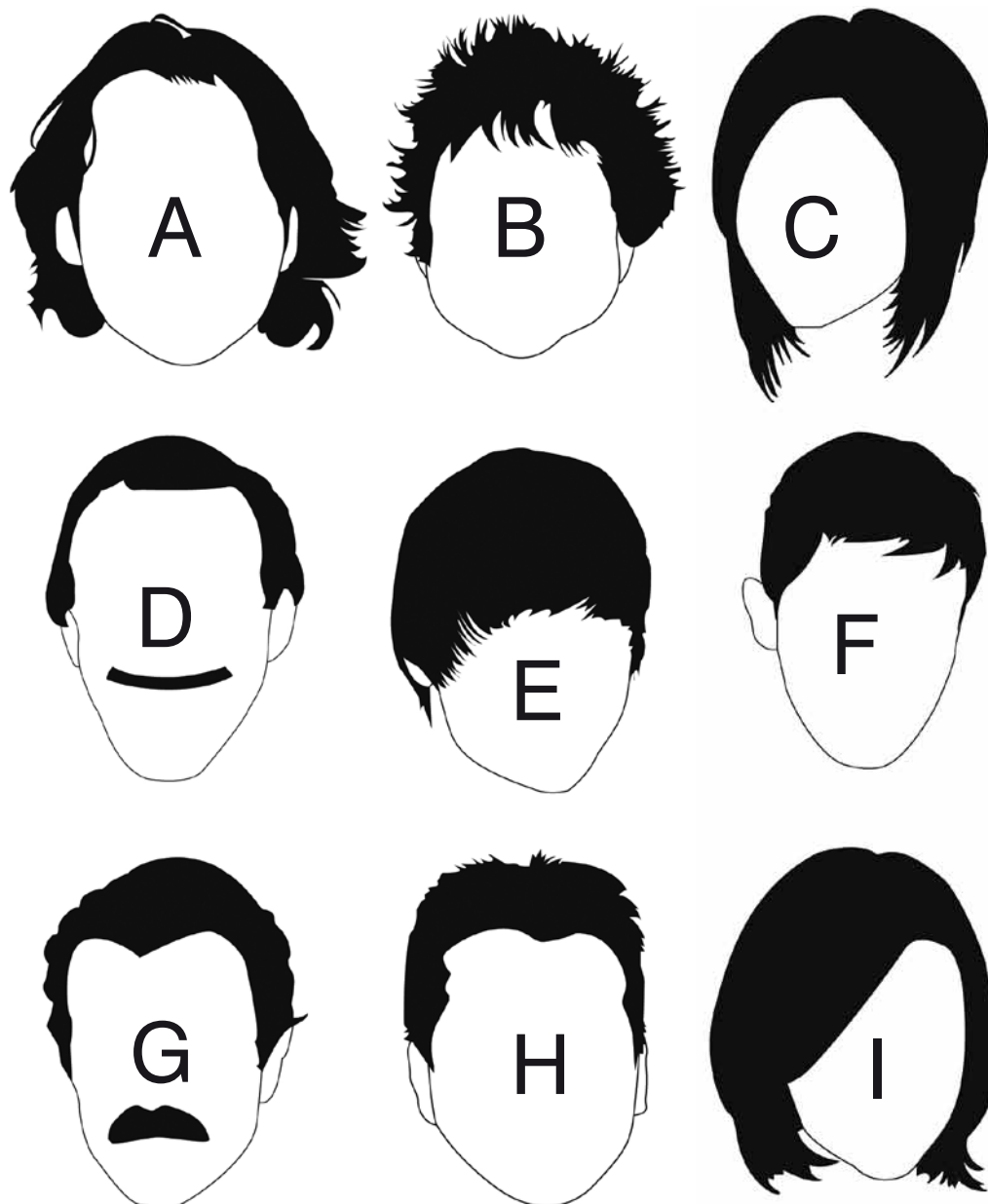
Energy and Utilities Manager Gary Sanderson said: "The improvement plan being developed for Loch View will provide the template for the roll-out of an environmental

management system to other sites. While we have identified some gaps, environmental management is all about continuous improvement and I think that most people in the group were pleasantly surprised at how much we are already doing without knowing it."

The roll out of the system to all other sites is expected to take around 18 months.



WHO'S HAIR?



There is a great prize up for grabs in this edition. You could win one of seven cut and blow dries from the Stirling branch of top hair salon Toni and Guy. Just guess the celebrity from their hair and description. The person who identifies the highest number wins the prize.

Answers should be emailed to nhsfvcomms@nhs.net before 1st March 2011. Or post your answers to: Communications Department, Carseview House, Castle Business Park, Stirling, FK9 4SW.

- A This man is going to be free on Friday nights.
- B This lady danced as Britney Spears.
- C This is one posh lady.
- D Nice to see you, to see you, nice.
- E This teen idol doesn't know where Germany is.
- F The magic's gone from this girls life.
- G This man has a baby in one hand and a cigar in the other.
- H This man goes on holiday with an x.
- I This lady is a winning mentor.

Winning Answers

Last edition's guess the baby competition' was a roaring success with entries flooding in from staff looking for a Christmas treat.

The first prize of a platinum beauty package worth £150 went to Lynn Brewster, Public Health Practitioner.

The second prize of a dinner for two at the Wheelhouse was won by Jean Brewster from Quality Improvement.

The correct answers were:
 Baby A – Ann Benton
 Baby B – Brian Nolan
 Baby C – Chris Kelly
 Baby D – Elaine Lawlor
 Baby E – Fiona Mackenzie
 Baby F – Hilary Chalmers
 Baby G – Jessie Ann Malcolm
 Baby H – Lynn Waddell
 Baby I – Lynne Brown
 Baby J - Mary Miller
 Baby K – Peter Murdoch
 Baby L – Robert Stevenson



WIN THE GORGEOUS HAIR THAT YOU DESERVE WITH TONI&GUY

Staff News has partnered with **TONI&GUY Stirling** to offer **SEVEN LUCKY READERS A FANTASTIC PRIZE OF A FREE CUT & BLOWDRY**

So if you're looking for a new look for 2011, or just want to indulge in a touch of hair pampering, TONI&GUY Stirling are on hand to create a unique style that reflects your own individuality, ensuring that you leave the salon looking and feeling fantastic.

HOW TO ENTER :

Send your answer to : nhsfvcomms@nhs.net
 or post to : Communications Department, Carseview House, Castle Business Park, Stirling , FK9 4SW

Entries must be received before 14th March 2011.

Term and Conditions Apply

TONI&GUY Stirling are also offering all NHS Forth Valley staff an ongoing 20% discount, valid Monday – Saturday with staff ID.

TONI&GUY, 7 Barnton Street, Stirling FK8 1HF T : 01786 445666

Term and Conditions Apply

TONI&GUY™ OFFICIAL SPONSOR **LONDON FASHION WEEK**

SORTED ON SEX

A new drop in clinic, which offers young people in Forth Valley free, confidential sexual health advice, has been launched at Falkirk Community Hospital. In the past, under-21's had to visit adult health centres if they wanted contraceptives or advice but the new clinic will offer an integrated range of services. These include contraception, testing and treatment for sexually transmitted infections and the provision of condoms.

NHS Forth Valley Consultant in Genitourinary Medicine, Dr Kirsty Abu-Rajab said: "This is an exciting time for sexual health services in Forth Valley, a lot of work has gone into setting up the young person's service, ensuring that is a friendly place for young people to go to and ensuring that the young people themselves have a say in the further development in the service.

"The service isn't just about testing for infections and providing contraception, we are really keen to see young people to promote positive messages around sexual health and to encourage positive communication between young people about their sexual health."

A DVD has been developed for local schools to give young people information about the new service and what actually happens when they visit the clinic. A website has also been developed www.centralexualhealth.org

To mark the launch of the new service, which has been developed with Falkirk Council, Health Minister Shona Robison joined NHS Forth Valley chairman Ian Mullen.

SOMETHING NEW TO DIGEST

Gastroenterology research in Forth Valley has grown by leaps and bounds, thanks to a Generic Research Nurse post funded for two years by the Chief Scientist Office. Working with Maggie Hughes who joined NHS Forth Valley in 2009, the gastroenterology department has gone from taking part in no formal research to participating in five ongoing studies, with more in the pipeline.

There are studies related to potential gastric cancers, looking at possible genetic factors in liver conditions and one in medical interventions in colitis.

The Research and Development (R&D) department is eager to

expand our research portfolio and increase opportunities for our patients to get the most up to date treatments. Participating in research has been shown to have a beneficial effect on patients and staff alike, and it's great to see this being extended into a new treatment area.

If you are interested in taking part in a research study, please check our page on the Forth Valley Intranet or contact the R&D Office directly to find out more about the process and what help and support is available.

http://intranet.fv.scot.nhs.uk/home/Depts/ResearchandDevelopment/RD_Home.asp

FV-UHB.RandD-depart@nhs.net
01324 677564.

SUPER SLIMMER

Medical secretary Gillian Allan is having a ball after shedding more than four stones and dropping four dress sizes.

The glamorous Mum lost her dad to a heart attack when he was just 40. With her own 40th approaching and two children to care for, Gillian took her health in hand and joined Scottish Slimmers. Now she's making up for lost time and loving life to the max.

"For years I'd been only too aware that I was getting bigger and bigger but suddenly the reality of everything I was risking became only too clear.

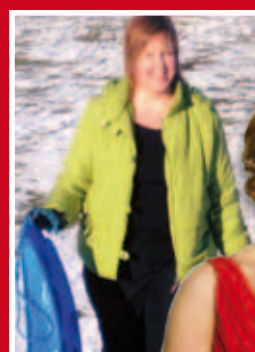
"My husband Stuart was always lovely about how I looked but I was forever faking illnesses to get out of going to balls and charity functions with him as I was terrified he would be ashamed of me"

At 15st 13 lbs Gillian hated going shopping for size 20 dresses. She now weighs 11st 9lbs and fits a size 12.

"I regularly take the kids swimming and to the park and even ice skating. And I

love getting dressed up and going out with Stuart who's admitted that he's 'gobsmacked' by my new figure. Being slim has made the world a happier, nicer place. My dad would have been so proud of me – and so happy to see the big smile that's almost permanently on my face."

For those still suffering from the excesses of the festive season Gillian has these words of advice. "Stick with it. Have something to aim for. Try to lose weight in stages – for example set yourself targets of 7lbs at a time. That's much more realistic rather than thinking you're never going to lose several stones."



ABOVE AND BEYOND THE CALL OF DUTY!

Travelling to work on a milk float was just one mode of transport used by a staff member to battle through snow to get to work!

Some members of staff battled for hours on foot to reach work – others were stranded on motorways as snow and ice took their toll. Many worked extra hours, staying overnight to make sure they were able to start their morning shift on time. Others who couldn't get to their usual base, pitched up at their nearest NHS premises. Staff from Forth Valley also provided support to colleagues in NHS Lanarkshire and NHS Tayside and many individuals opened up their homes

to colleagues who were unable to return home.

The severe weather also led to large doses of community spirit. A midwife from Blackford made her early shift to Stirling Royal Infirmary thanks to a local farmer who drove his tractor to clear the road ahead of her so she could reach the motorway. And an A&E consultant gave up her house to let hospital staff stay overnight while she went to stay with a colleague.

Several voluntary organizations lent a helping hand too, including the British Red Cross, International Rescue Corps, and Trossachs Search and Rescue who provided 4 x 4 vehicles and drivers to support out-

of-hours nursing services.

Chief Executive, Professor Fiona MacKenzie, said: "I'd like to thank staff across the organisation for their exceptional efforts during the recent period of severe weather. Many of you faced challenging and lengthy journeys to work and I know significant numbers stayed on to work extra hours. Others reported for duty even though they were not rostered to work, a move which was very much appreciated.

"The dedication and commitment shown by hospital and community based staff ensured that we were able to continue to provide all urgent and essential services throughout this difficult period."

MY WORLD RECORD ATTEMPT

On May 22nd 2011 I will be attempting to set a new official World Record at the Edinburgh Marathon for the fastest marathon run dressed as a doctor!

I have been running as a way to keep fit and de-stress for many years now and have even done a couple of events for charity. However it was a small article in the medical press that got my interest going last year. The current record is a respectable four hours and 10 minutes which is very decent considering that the official attire includes a full set of theatre scrubs, cotton white coat (Guinness have yet to take heed of the 'Bare below the elbows' policy!) and obligatory stethoscope around the neck. You can't take any of the items off while running which may lead to some significant heating problems if last year is anything to go by!

Motor neurone disease is one of

the most distressing and depressing conditions to afflict any patient – my brother was diagnosed in the summer of 2009 and has deteriorated rapidly to the point of being on home ventilation now. There is no cure and very little to slow down the progress. The average life expectancy is a mere 18 months. Motor Neurone Disease Scotland is the charity that supports people affected by this disease and funds some limited research. I am hoping to raise a significant amount of money to donate to this charity and have set up a just giving webpage to accept donations (www.justgiving.com/Ewan-Jack).

I am hoping to be

joined in my attempt by a couple of friends from home and possibly a team of surgeons from the hospital. If anyone else is considering running the marathon and/or joining me for some training you would be more than welcome.

ewan.jack@nhs.net

Dr Ewan Jack

Consultant Anaesthesia,
Stirling Royal Infirmary



Poetic Beginnings

For many women, being creative on maternity leave might extend to painting the new baby's bedroom. However, Shirley Higgins – a senior e-health trainer, returned to work as a fully fledged author.

Her book of poetry, 'How Did I Get Here', features the main landmarks of her life, from growing up to meeting her husband and becoming a mum.

Her main inspiration comes from wanting to express her feelings about becoming an Army wife.

"Before I was married, I tried not to watch the news. It's different now that I'm married because I would get to know about anything first. So when they say a soldier hasn't been named, I don't need to worry because I know that I would have heard about it first if it was my husband."

She added: "As a married person I have dealt with things a lot differently. Before he went to Afghanistan, we had to sit down and write his will. I was in an Army estate at the time, so had the other wives to lean on for support."

Shirley decided to pen her book while she had a

little time on her hands:

"It was enough to be looking after the baby! But when I was used to working full time I wanted a bit of a challenge."

In fact she wrote the book within a week.

"I went to an online publisher who told me they had an offer on and that I was to come back to her within a week. I thought that she meant I had to write the book within a week, so that's what I did. She was really surprised when I called her back saying it was finished."

Shirley has dedicated her book to her baby daughter Abby.

Shirley's book is now on sale at www.amazon.co.uk

Would you like to feature in Staff News?

Do you parachute from planes or pilot a hang glider? Are you a musician, or singer with a band? Is stand-up comedy your forte? Do you take part in charity runs or raise money for good causes? Or is your idea of a perfect holiday scaling Everest?

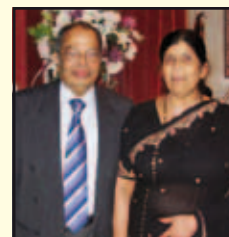
If so, we want to hear from you for what we hope will be a regular 'Alter Ego' feature in Staff News about people's lives outside of work. Tel 01786 457243 or email: nhsfvcomms@nhs.net

FINAL FLING



The Obstetrics and Gynaecology service has said farewell to two senior colleagues. The long and dedicated service of Dr Douglas Steven and Dr Laxmi Prabhu was celebrated with a Ceilidh.

Dr Steven was appointed as a Consultant more than 29 years ago. He introduced obstetric ultrasound scanning at Stirling Royal Infirmary and was the first consultant in Forth Valley to develop a colposcopy service for the investigation of cervical smear abnormalities. He has carried a large clinical load as well as teaching and training countless students and trainees



over the years. For the past four years he has been the lead gynaecologist for cancer care in Forth

Valley.

Dr Prabhu first came to work at Falkirk and District Royal Infirmary over 25 years ago, joining her husband Krishna, then Consultant Psychiatrist in Forth Valley. As Associate Specialist in Obstetrics and Gynaecology she has made an invaluable contribution to the service as well as teaching and training. Her first love was the Labour Ward and many mothers and babies have reason to be grateful for her care.

The arrival of a first grandchild has influenced the retirement decisions for both Dr Steven and Dr Prabhu and both are taking to their new roles as grandparents like ducks to water!

NEW YEAR RESOLUTIONS

There's an old saying "Be careful what you wish for" so we wondered what New Year's resolutions had been made by some of our staff, and what were their hopes are for the months ahead. Here's a selection.

Catherine Lawson Webmaster:



"An exhibition of my paintings. I've been working with oils for 20 years and would love to have my own show, anywhere that would have me. Why haven't I done this before is a good question which I often ask myself. Cowardy custard?"

Mark Craske, Travel Manager:



"I'm hoping to move into a farmhouse which has been my lifelong dream. Most of the negotiations have been completed and I'm just waiting to sign on the dotted line."

Dave McPherson, General Manager Facilities:



"I hope the move from Stirling Royal Infirmary to the new Forth Valley Royal Hospital goes as smoothly as possible and that Rangers win the League."

Dave Simpson, Head of e-Health Programme Office:



"Get fit enough to complete the Cuillin ridge on Skye, probably by doing lots of cycling, swimming and climbing. It's the ultimate climbing challenge in Britain."

Jane Thomson, Head and Neck Cancer Specialist Nurse:



"Use the experience gained while on reservist duty in Afghanistan to enhance my work here in Scotland. I also want to maintain my fitness, enthusiasm and energy levels and must remember not to eat too much!"

Karen Maclure Service Manager - Acute and Emergency Care:



"To complete the first year of my MBA."

Amanda Forbes 18 Week Referral to Treatment Programme Manager:



"I aim to go running four times a week and hopefully do a 10k run in under 50 minutes."

BYE BYE BABY (BABY GOODBYE)



A community midwife in Forth Valley, who's helped deliver thousands of babies has recently retired.

Kathleen Sharp, who hails from Buckie, undertook general training in Stirling Royal Infirmary, maternity care in Aberdeen and district nursing in Glasgow.

A well kent face to new mums,

particularly in Clackmannanshire, Kathleen has been a midwife for 36 years. As a member of the Buttercup Team, formerly the Ruby Team, her role involved ante natal and post natal care, as well as the births themselves.

She worked with three GP practices in the former Alloa Health Centre, the new Clackmannanshire Community Healthcare Centre in Sauchie and a GP practice in Clackmannan. During her career she has helped deliver three generations in some families.

NATIONAL HEALTH HERO



A consultant anaesthetist at Stirling Royal Infirmary has been commended with a Scottish Health Award.

Robin McKinlay scooped the Improvement and Innovation Award in recognition of his hard work and contribution to patient care.

Working in the field of anaesthesia and pain medicine, Robin strives to improve services for patients with acute, chronic and cancer pain and to provide the best training for health professionals. He has worked hard

to secure funding for patient care, introduced a multidisciplinary pain clinic and set up a palliative care provision for patients with terminal illnesses.

NHS Forth Valley Chief Executive Fiona Mackenzie said: "This award is richly deserved and I am immensely proud of Robin McKinlay's achievement and delighted that staff within NHS Forth Valley have been recognised nationally for their hard work and dedication to patient care."

Other NHS Forth Valley staff who reached the final stages were the Forth Valley Royal Hospital project team, who were shortlisted for the Top Team Award and Jane Thomson, a head and neck clinical nurse specialist. Jane, who completed a tour of duty in Afghanistan as an RAF reservist, was shortlisted for the Nurses Award.

To view the full list of finalists, or for more information, please visit www.scottishhealthawards.com

FIONA IS HONORARY PROF

Congratulations to our Chief Executive Fiona Mackenzie, who has been appointed an honorary professor of Stirling University by the Stirling Institute for People-Centred Healthcare Management.

Professor Mackenzie has held a number of senior posts within the NHS in Scotland. An honours graduate of St Andrew's University she spent her early career working mainly in mental health and became Chief Executive of Highland Communities Trust in 1996 and Highland Primary Care Trust in 1999. In October 2001 she was appointed to her current post.

She is also a non-executive director of NHS Education for Scotland, a Companion of the Institute of Healthcare Management and

holds an Executive MBA from Hull University.

Welcoming her appointment, Dr Mike Walsh who chairs the Institute said it reflected a substantial commitment by one of the key leaders in the NHS in Scotland.

The Institute currently delivers the Management Training Scheme masters programme for NHS Scotland and has secured a three year deal to develop a global health partnership to address the challenges of rural healthcare workers in Scotland and Ghana.



PAUL'S A WINNER

NHS Forth Valley's Paul Hopson has received a prestigious award from the Royal College of Nursing. The RCN Award of Merit is for members who have made an outstanding contribution to the work of the RCN.

Active in the College for more than 20 years, Paul is valued for the development of health and safety work in both Scotland and the UK. He represented RCN Scotland on the working group into 'needlestick injuries which led to the publication of Needlestick Injuries - Sharpen Your Awareness', and was a member of the working group for the RCN campaign Be Sharp, Be Safe.

A member of the RCN Scotland Board for the past six years, he is also the current chair of the UK Health and Safety Committee and represented the RCN in Belgium at an international conference on health and safety.

GROUND BREAKING MENTAL HEALTH SERVICE

Health Secretary Nicola Sturgeon recently met staff in NHS Forth Valley to gain first hand knowledge about a groundbreaking mental health service. Her visit followed a recommendation from the Mental Health Collaborative and Ms Sturgeon was briefed on the very successful nurse-led Care Home Psychiatric Service.

Starting from a pilot four years ago, this model of care has been replicated within other Health Boards across Scotland and the development of a local Behavioural and Psychological Symptoms of Dementia (BPSD) flowchart and checklist in 2007 is now being utilised nationally.

In Nov 2008 the service was recognised by the Mental Health Nursing Forum, Scotland, winning the National Award for Good Practice in Mental Health Nursing - Older Peoples Service category under the heading of "old nurses, new models".

TOP CLASS

The Procurement Department, which purchases goods and services, has now been recognised as one of the best amongst health boards in Scotland. Figures just released show that performance has risen from 61% to 75% which makes Forth Valley one of only four health boards to achieve superior status.

Several strengths were identified, including good examples of stakeholder engagement, strong accounts data, a small high-performing team and good supplier management.

In a year the department is directly responsible for a £25 million spend on everything from paper clips to syringes and needles.

HOME SWEET HOME

This fairytale confection, a treat for sweetie lovers, raised £70 for the cystic fibrosis unit at Stirling Royal Infirmary. It was "built" by pharmacy technician Heather Wilson and was on display in Euro House reception whilst waiting for a new home. Also on offer, for every £1 donation, was the chance to win a lunch for four at Dunblane Hydro or a selection of home-made chutneys.

The gingerbread house was won by Deborah Lynch, Clinical Effectiveness Support, the meal by Claire Eades, Trainee Health Psychologist and the chutneys by Kevin Hay, Senior Respiratory Physiologist.

Deborah is pictured being

presented with the cake by Senior Health Promotion Officer Joe Hamill and Heather Wilson.

The decision to raise money for cystic fibrosis was prompted because one of Heather Wilson's colleagues – Elsie Farrell – who has a small grandson with the condition. Elsie and her family and friends have already raised several thousand pounds to buy equipment for the children's ward.



Caring And Sharing

Good practice and lessons learned across five care groups in Forth Valley came under the spotlight at a special Learning and Sharing Network Event. It was attended by staff from adult mental health, child and adolescent mental health, learning disabilities, the community alcohol and drug service and older people's services.

The event was sponsored by Astra Zeneca, Janssen-Cilag, Lilly, Lundbeck, the Mental Health Collaborative with help from the Inchyra Grange Hotel. The judges were Dr Leslie Cruickshank, Dr Stuart Cummings, Amanda Forbes and Hugh Masters.

The winners were:

Winner: Linda McAuslan, Assistant Program Manager (Mental Health Collaborative)

Title: Improving Patient Flow

Through Adult Mental Health Rehabilitation

1st Runner Up: Sue Gilfillan, Jennifer Berry, Dr Michael Gotz, Hospital Addiction Team

Title: Hospital Addiction Team Service in the Acute Setting

2nd Runner Up: Neil Rothwell, Consultant Clinical Psychologist

Title: Forth Valley Adult Psychology Primary Care Service (PCS) Review of Strategy 2006-2009

Best Poster: Rhona Blues, Team Leader, Occupational Therapy, Forth Valley Royal Hospital

Title: Improving the Therapeutic Programme

For more information, contact Lesley White (CG Manager) 01786 483134 or lesleywhite@nhs.net



Consultant Psychiatrist Dr Michael Gotz

What is your average day?

After fuelling up on a large English breakfast I head into the office and check on my emails. A large part of the day is spent listening to people talking about feelings and relationships. Some of them are actually my patients!

What do your friends think about the job you do?

Some think I sit in a comfortable chair at the head end of a couch listening to people talk about their problems and concerns. I know that most of them (and all of them educated and intelligent) secretly do believe that I can actually read thoughts.

What about hidden talents?

I can listen to the radio, dictate a clinical letter, eat and drive simultaneously.

What other career would you have liked to pursue if you hadn't studied psychiatry?

I'd be a cabinet maker.

How would you get away from it all?

Visit Glen Brittle on Skye, climb the Cioch and swim in the river at OS Map (1:50000) sheet 32 grid reference 438257. Drink wine from a thermos flask by the river and eat oat cakes.

Who would you like to invite to dinner?

Whoever I am planning to poison next.

Your ideal holiday?

A cruise ship in the company of Morris dancers and darts enthusiasts! The ship's orchestra would serenade with a range of 'best of classics' and there would be a golf driving range on Deck F next to a pool. The captain would have to have decent sideburns and I'd listen enraptured to fellow passengers, who start most sentences with "on our last cruise....."

Who has been the biggest influence in your life?

Professionally - a consultant psychiatrist who shall remain unnamed. He said: "you know, my boy, in your future career it will happen regularly that you get the distinct feeling that there is nothing to do. That's because there is nothing to do. Don't fight it."

Personally - a teacher during Higher exams after I had announced that I wanted to become a psychiatrist: "anything I can do to prevent that from happening?"



EXCELLENT CUSTOMER SERVICE



A mental health service, which is a joint partnership by NHS Forth Valley and Clackmannanshire Council, has won a prestigious national award for delivering customer care over the past 12 months.

The Clackmannanshire Integrated Mental Health Service received the Customer Service Excellence Award, a Government award which replaced the old Charter Mark. The service was judged on delivery, professionalism, staff attitude, information and timeliness.

Members of the team are pictured being presented with their award by Clackmannanshire Councillor Kenneth Earle.

WINNING WAYS FOR ASTHMA CARE



Respiratory Nurse Specialist Margaret Davidson, who's based at Stirling Royal Infirmary, won the poster presentation at the annual Scottish Respiratory Nurse Specialist conference.

The posters were designed to

show areas of good practice in respiratory nursing across Scotland, and Margaret's plaudit was for an asthma discharge checklist developed by the respiratory team. This followed a national audit by the British Thoracic Society which had highlighted areas of asthma care that could be improved.

The checklist, which is completed before a patient is discharged home, asks among other things whether inhaler technique has been checked, if the patient knows the trigger for this latest attack and whether they have been taking their prescribed medication

Congratulations to Margaret and all her colleagues.