

Celebrating Success....



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WALKING THE DOG



Long walks with her Dalmatian dog, attending craftwork classes and visiting historic buildings are just a few of the things which Elspeth Wells is looking forward to following her retirement as a Staff Nurse at Bo'ness Hospital.

Elspeth, who initially trained as a midwife, worked at Bo'ness for 23 years. Her retirement gifts included jewellery, a handbag, and a celebration night at a Motown evening!



DIDN'T THEY DO WELL!

Congratulations to Senior Audiologist Stephanie Doody (left) and OD Advisor Anne Benton, two NHS Forth Valley graduates from the Postgraduate Certificate in Frontline Leadership and Management Programme 2009/10.



MORAG MOVES ON

Medical Secretary Morag Gilmour, who worked in the Department of Ageing and Health at Stirling Royal Infirmary, has retired after 24 years with NHS Forth Valley. Morag joined as Day Hospital Secretary then became Medical Secretary to Dr Christine McAlpine, who is now Head Stroke Physician at Stobhill Hospital in Glasgow.

For the past 13 years Morag has been PA to Dr Alan McKenzie.

She now plans to find time for a spot of oil painting and working on her Victorian dolls house.



HARD WORK PAYS OFF

Three nursing assistants from ward 16 Falkirk Community Hospital have successfully completed a six part self study course on Dementia, run in conjunction with the Iris Murdoch Centre at Stirling University.

The nursing assistants worked incredibly hard and gave 100% to the course. They are, from left to right, Shirley Hendry, Audrey McDonald and Elizabeth Christie. Also included in the photograph are Charge Nurse Carla Tait and Staff Nurse Sandra Adam, Dementia Education Facilitator for the ward.

Local Artist Aims To Help Healing



Talented local artist Alex McMillan watched as his painting was unveiled at the new £300 million Forth Valley Royal Hospital.

His masterpiece is designed to support the healing process and reflect the natural surroundings of the site which was once occupied by the Royal Scottish National Hospital. His inspiration came from autumn with vibrant colours and active skies.

Alloa-born Alex only started attending art college when he was 50, after training and working as a cooper for most of his adult life. He's called this picture 'New Beginnings' and hopes it will provide just that – not only in terms of the building but for all who may benefit from the hospital's many modern and high-tech facilities.

The artwork, which can be viewed in the hospital restaurant, was commissioned by Serco, who provide a range of services at Forth Valley Royal Hospital including portering, cleaning, catering and maintenance.



HITTING THE HEADLINES

If you've switched on a TV or radio recently then you've probably heard items about NHS Forth Valley.

The new Forth Valley Royal Hospital achieved worldwide news coverage when pictures of the new delivery 'robots' in action were beamed across five continents. Radio stations from as far afield as Moscow to Madrid ran interviews about how they operated which generated follow up interest from Australia and the USA.

BBC Reporting Scotland also covered Scotland's first fully robotic hospital pharmacy and the latest technology which is keeping the hospital clean and free from infection. BBC Scotland Health Correspondent Eleanor Bradford, is pictured talking to Senior Infection Control Nurse Lesley Shepherd about measures to beat bugs which include

an ozone laundry, robotic cleaners, disposable bedside curtains, motion sensor taps and overhead TVs which can be washed in soapy water.

BBC Radio 4 has been recording for a programme called Click On, featuring e-Ward, and STV were out with cameras at a pharmacy in Bonnybridge which was taking part in a scheme to coincide with Alcohol Awareness Week.



Picture: courtesy of BBC

Sexual Health Successes



Sexual health consultant Dr Kirsty Abu-Rajab has received two awards for her involvement in groundbreaking projects designed

to tackle some of the sensitive issues surrounding sexual health.

The first was a bursary from Durex, which will enable professionals from the NHS Central Sexual Health Department in Forth Valley to continue logging in to Gaydar chatrooms in Falkirk and Stirling on Wednesday evenings, to encourage gay and bisexual men to engage with sexual health services.

The innovative project began after a local HIV needs assessment described poor engagement with gay and bisexual men in Forth Valley. The award – one of only three offered throughout the UK – will enable health experts to continue to chat on line for another year.

Dr Kirsty Abu-rajab, NHS Forth Valley Consultant in Genitourinary Medicine explained: "We needed a way to help gay men who were reluctant to engage with their local services for fear of being 'outed' in the community. Whilst we can't diagnose a rash or take a swab over the

internet, we refer people on to a clinic or reassure them on any questions they have about practicing safe sex. It is also an opportunity to stress how vital condoms and lubricants are in protecting their health."

Dr Abu-Rajab has also been involved with a psychosexual therapy drop-in at the NHS sexual health clinic in Falkirk. Working with May Chamberlain, the manager of Relationships Scotland Couple Counselling Central, considerable success has been achieved with people with sexual relationship difficulties. More than 90% were helped to resolve their issues, and 78% said their relationship had improved.



The excellent results were recognised with an NHS Scotland WISH award, designed to promote

and celebrate the success of sexual health and HIV projects across the country. May Chamberlain is pictured receiving the award from Health Minister Shona Robison.



Hospital Staff Help Get Cash For Carers

Unpaid carers in Forth Valley have been able to access thousands of pounds in benefits thanks to NHS staff referrals made to Donna Mulder, the Carer's Health Liaison Worker, who is employed by the Princess Royal Trust Carers Centre to work in Forth Valley hospitals.

Donna helps NHS staff identify and support the army of unpaid carers who look after relatives, friends or neighbours who are elderly, ill or disabled.

When a member of staff refers a carer to Donna she is able to help them access support from a variety of different agencies and support

groups. This includes the services of the Older Peoples Advice Service (OPAS) which visits the over 60s at home and helps them to claim any benefits they are entitled to.

Thanks to the referrals Donna has received from NHS staff and passed on to the OPAS service, carers have shared in a total financial increase to their incomes of more than £80,000.

Referring a carer to Donna Mulder, Carers Health Liaison can be done via:

E-Ward : Carer Alert

Tel : 075 455 02405

Email: donna.mulder@nhs.net

Transgender Guidance

New guidance has been introduced to support staff treating transgender people. It has been developed by NHS Forth Valley together with the Central Scotland Transgender Group (Dunblane) and LGBT Youth Scotland.

The guidance is designed to help staff in what could sometimes become very sensitive areas. For example there could be difficulties with gender identification of a patient who was unconscious. Some transgender people wear wigs which may have to be removed for treatment. Careful use of words such as partner or parents doesn't assume people's gender.

As you know your professional code of conduct requires you to not discriminate against anyone when providing healthcare. This includes Trans people.

For advice or information please contact:

Lynn Waddell, NHS Forth Valley Equality and Diversity Project Manager.

Email lynn.waddell@nhs.net or Tel : 01324 574375

Or contact The Scottish Transgender Alliance Scotland www.scottishtrans.org

Or LGBT Youth Scotland Web: www.lgbtyouth.org.uk

Calling All Healthcare Scientists

Healthcare scientists are behind many of the diagnostic and treatment decisions that affect the lives of hundreds of thousands of people in Scotland each year. Although they represent only around 5 per cent of the total workforce in NHS Scotland, almost 80 per cent of patient diagnoses can be attributed to their work.

Now healthcare scientists in Forth Valley can help share knowledge

with each other thanks to the appointment of Stephanie Doody as Educational Development Lead.

Stephanie is an audiologist and has worked in Forth Valley for the past five years. Her 15 month secondment in conjunction with NES also covers NHS Lanarkshire. Stephanie will be visiting healthcare science departments including biomedical science, microbiology, haematology, medical physics and medical

illustration in addition to smaller groups such as neurophysiology and audiology. She is keen to get a better idea of who does what by shadowing them, discover what training opportunities are available and to promote healthcare science at all levels.

For more information Email: stephanie.doody@nhs.net or log on to: www.nes.scot.nhs.uk/disciplines/healthcare-science

WRVS DELIVERS MAJOR CASH BOOST



Volunteers at the WRVS café in Stirling Royal Infirmary have raised an amazing £100,000 through serving up gallons of tea and coffee, tens of thousands of scones and pancakes, and a range of other goodies.

The money has been handed over to NHS Forth Valley to be used to help fund a range of activities for patients, including arts and craft work, day trips, theatre outings and Christmas parties.

Sheila Pheely, Volunteer Service Manager WRVS, who has been working at the hospital for more than 11 years said: "All the volunteers and staff at WRVS are delighted to be able to gift this money. We have a team of volunteers from the age of 17-82 keeping the café open seven

days a week. I'd like to thank all the volunteers for their hard work and commitment over the years and I'd like to welcome anyone who might like to support the great work we do to come forward and offer their services."

The £100,000 has been raised over two years.

Graeme Simmers, who chairs the NHS Forth Valley Endowment Committee, said: "This is a huge sum of money and we are particularly grateful to the WRVS for their incredible generosity. Not only do the WRVS provide an invaluable service for patients, but they regularly donate substantial sums of money that can be used to improve quality and comfort for patients. This cheque will help us to continue to fund the Artlink Central group who involve patients in a wide range of projects from ceramics to silk painting."

Artlink Central work in 28 settings across Forth Valley. This includes elderly, dementia, mental health, children's services and learning disability. Last year 815 patients engaged in 90 projects.



GOLFERS TEE OFF FOR HOSPITAL

This year's Captain's Charity Day at Stirling Golf Club raised the terrific sum of £3,321 for the high dependency unit at Stirling Royal Infirmary. The decision to tee off for unit funds was made by Gents Captain Bobby Roy, who wanted to say thank you after his daughter was treated in HDU.

TEA'S UP



Tea and scones are back on the menu, now that the WRVS have opened their brand new café at Forth Valley Royal Hospital. It's situated near the Mental Health Unit and is open between 8.00am and 5.00pm Monday to Friday and between 10.00am and 4.00pm on

Saturdays and Sundays.

Karen Blyth, Manager of the WRVS café, said: "It's really exciting to be a part of the new hospital. The new unit is fantastic. It's nice and bright and completely different to what we are used to. It's a step forward for the WRVS."

The new cafe ensures that the organisation, with services in Falkirk and Stirling hospitals and Clackmannanshire Community Healthcare Centre, will continue to play an important part in the future of healthcare in Forth Valley.



STILL NEED A FLU JAB?

In the weeks throughout the winter, flu immunisation for staff will continue to be available at any of the scheduled Occupational Health immunisation clinics:

Drop in Clinic Forth Valley Royal

Mon	2.00-4.00
Tues	9.00-12.00
Wed	9.00-12.00
Thurs	2.00-4.00
Fri	9.00-12.00

Booked Appointment Clinic Stirling Royal Infirmary, tel 01324 566663 for an appointment

Tue	afternoon
Wed	morning
Fri	morning

DON'T BRING IN THE BUG

Infection control specialists in NHS Forth Valley have been busy urging people to realise that a bunch of flowers may not be the only gift they are taking into a ward if they are feeling unwell. Their month-long campaign which involved stands in



hospitals, supermarkets and a shopping centre was designed

to help prevent an outbreak of norovirus, also known as the winter vomiting bug.

Infection Control Nurse, Lesley Shepherd, said: "You don't just catch norovirus in hospital. People bring it in when they visit. If you have diarrhoea and vomiting, wait at least 48 hours after these symptoms have stopped before visiting. The winter vomiting disease can pass from one person to another very easily and patients may have to stay in hospital longer because of norovirus."

All wards in the new Forth Valley Royal Hospital have isolation rooms to help control this type of infection. Norovirus is very contagious and thorough hand washing is highly recommended.

BLOOMING WONDERFUL

Mental health patients in Forth Valley are coming up roses, thanks to a new therapy garden designed to provide them with peace and quiet and privacy.

The garden, which has cost around £50,000, is a joint project between NHS Forth Valley and Central Scotland Forest Trust and means that patients can step out on their own to enjoy the fresh air.

It has taken four years to convert a patch of ground behind the Tryst View unit at Stenhousemuir into a garden which is now stocked with non-harmful flowers and herbs, chosen for their sensory properties. These include lavender, sage, rosemary, roses, and buddleia, many of which evoke special memories for patients.

The garden also features benches inscribed with snippets of poetry which patients have written with the help of poet Andy Manders from Artlink Central, a community arts organisation.



NHS Forth Valley Charge Nurse, Margaret Hutchins said: "In addition to birds we have squirrels, rabbits, foxes, even a hare who drops in from time to time!"

I think it is crucial for patients to have their own space; it becomes part of their recovery process.

Central Scotland Forest Trust Project

Manager Ruth McElhinney added:

"CSFT staff were also able to secure funding from Scottish Natural Heritage which helped towards enabling the project's success. We're delighted with the result."

Patients now go to a nearby garden centre to help choose plants and ornaments.

Cutting Down On Drink

A group of community pharmacists in Stirling and Falkirk are helping people cut their drinking to a sensible level by inviting customers who may be at risk, to take part in a screening programme.

The pharmacists have all received special training and any consultation will take place in the privacy of consulting areas.

The initiative follows a pilot scheme in Clackmannanshire which demonstrated that the community pharmacy setting is ideal for what is known as a 'brief intervention'.

NHS Forth Valley Lead Pharmacist in Substance Misuse Jean Logan said: "It does not mean that anyone popping into their pharmacy for a packet of paracetamol will be asked about their drinking habits. But there are triggers such as constant indigestion and disturbed sleep which may prompt a pharmacist to ask people if they are aware of recommended drinking levels. This can help them prevent alcohol related harm."

Nine pharmacies have signed up to offer 'brief interventions.'

DRAWING ON DISABILITY

Three hours of judging produced 12 winning entries for this year's NHS Forth Valley Art Competition. Explorers, juniors and brigaders from branches of the Girls Brigade across Forth Valley, picked up poster paints, pencils and felt tips to create their designs. They chose to illustrate the theme "disability" and a mix of messages were chosen including treating disabled people with respect and dignity, and a reminder

that although different on the outside, everyone is the same inside.

The entries are now being incorporated into a calendar and the lucky 12 will receive a £20 book token, a laminated copy of their artwork and of course, a calendar! The awards will be presented by NHS Forth Valley Chief Executive Fiona Mackenzie.



SPELLBOUND AT SRI

A little bit of magic came to the children's ward at Stirling Royal Infirmary to celebrate Play in Hospital Week when face painting fairies sprinkled magic dust. Other activities

included a balloon launch, messy play involving making plaster casts of fingers and toes, exploring with gloop, children's entertainers and a 'party pad with karaoke.'

GUESS THE BABY COMPETITION



There are two fantastic prizes up for grabs. Just "guess the babies" above from the line up of NHS Forth Valley staff below. The person who identifies the highest number of babies wins a prize. The winner will be selected at random if a number of correct entries are received.

Answers should be emailed to nhsfvcomms@nhs.net before Wednesday 1st December 2010. Or post your answers to: Communications Department, Carseview House, Castle Business Park, Stirling, FK9 4SW.



Lynn Waddell



Elaine Lawlor



Anne Benton



Robert Stevenson



Lynne Brown



Fiona MacKenzie



Peter Murdoch



Mary Miller



Chris Kelly



Brian Nolan



Jessie Ann Malcolm



Hilary Chalmers



**1ST
PRIZE**

BE PAMPERED AT LUMIA

Win a platinum beauty package worth £150

Staff News has teamed up with Lumia Day Spa and Hair Salon, to offer one lucky reader a fantastic prize worth £150.

The unique Bridge of Allan spa offers a wide range of face and body treatments for men and women in luxurious surroundings.

Treatments on offer include waxing and IPL permanent hair reduction, body bronzing, botox, and wedding packages, all complemented by cosmeceutical solutions, holistic therapies and high quality hair stylists.

The fantastic 1st prize consists of:

- Comfort zone facial (tailored to your specific skin requirements)
- Full body massage, Comfort Touch or Swedish
- Manicure
- Pedicure
- Hair blow dry
- Bare Escentual Mineral Make Up

To find out more about Lumia, visit the website at www.lumiaspa.com or telephone 01786 831164.

2nd PRIZE – DINE AT THE WHEELHOUSE

Win a meal for two at the Wheelhouse, Falkirk

The second prize on offer is a meal for two at The Wheelhouse restaurant.

The Wheelhouse offers the very best food and wine with the stunning backdrop of the Falkirk Wheel visible from the Wheelhouse Restaurant's panoramic windows.

To find out more about the Wheelhouse, visit the website at www.wheelhousefalkirk.com or telephone 01324 673 490.

See all the great benefits online

The NHS Staff Benefit Programme provides a wide range of services to NHS Forth Valley staff – including local discounts.
Visit www.nhsstaffbenefits.co.uk

to see all the offers and discounts available to NHS staff.
Registration is free and gives you access to see all the benefits available.

Electronic Future for Health Records



As we move across to Forth Valley Royal Hospital and a new model of care, we are looking at new ways of working with health records and, where possible, to encourage the use of electronic records to improve efficiency for staff and patients.

This work falls under the remit of the NHS Forth Valley Health Records Committee, chaired by Dr Una Macfadyen, Consultant Paediatrician, with Agnes Provan, Head of Health Records Service as deputy chair.

Dr MacFadyen says: "Patient health records are so important and it is everyone's responsibility to look after them".

Currently represented on the committee are: Health Records (Acute, Mental Health and Child Health); Information Governance; Clinical Governance; Unit Administration including Medical Secretaries and Ward Administrators; GP Practice Management; eHealth; Specialist Consultants; Clinical Effectiveness and the Electronic Document Management (EDMS) Project Team.

Some of the main responsibilities include overseeing the Health Records Strategy; setting out the Annual Workplan, approving documentation to be added to the patient record (paper or electronic) and addressing issues concerning processes or procedures.

The Committee meets quarterly but ad hoc meetings are called as and when required. The Committee reports to the eHealth Programme Board and the Clinical Governance Group.

If you are interested in any of the Committee's work or would like to contribute please email christine.ross@nhs.net

RECORDS SUCCESSES

Congratulations are due to two members of staff who work in Health Records.

Fiona Hutchison, Health

Records Service Manager, has been awarded the Institute of Health Records and Information Managers (IHRIM) Diploma and Judith Moore, Health Records

Supervisor gained a distinction when she recently attained her IHRIM Certificate. The awards will be presented at a ceremony in Manchester.



Robotic Technology Pushes Boundaries

Scotland's first fully robotic hospital pharmacy has been officially opened by Professor Bill Scott, Chief Pharmaceutical Officer for Scotland, who described the facility at the new Forth Valley Royal Hospital as "technically the best" in the country.

Professor Scott watched the robotic system automatically

loading, picking, dispensing and labelling medicines and was shown a streamlined electronic system developed by the award-winning NHS Forth Valley pharmacy team, which ensures that the correct medication is continued when a patient is admitted to hospital, thus improving patient safety.

At the end of his visit, Professor Scott performed the official opening ceremony. He is pictured with (left to right) NHS Forth Valley Director of Pharmacy, Gail Caldwell, NHS Forth Valley Chairman Ian Mullen, and NHS Forth Valley Lead Pharmacist Acute Care and Quality, Jann Davison.

TOP MARKS FOR TOUCH SCREEN BED MANAGEMENT AT SRI



Speedy, accurate bed management has taken a leap forward at Stirling Royal Infirmary with the introduction of an electronic touch-screen bed management system in the Acute Assessment Unit.

Replacing the traditional handwritten ward board manually maintained by staff, the electronic system is updated via secure passwords by approved clinicians and ward staff, either on-screen or from a number of PCs located around the Unit, reducing the reliance on a single location for this information.

A central LCD touch-screen will continue to act as a focal point of the ward where each

bed is represented as a single cell, providing the usual ward board details of patient name, consultant, speciality and individual icons representing patient concerns.

The system, part of eWard, makes it easier to keep track of patient transfers, and the times a patient might be absent from the ward, for example for a diagnostic appointment. It is already proving a big hit with AAU staff who say it allows them to see immediately when a bed is available.

The pilot will now be evaluated with a view to roll-out across all acute wards in SRI and the new Forth Valley Royal Hospital.

New Screening To Help Mums And Babies



Developments are being introduced to the screening programmes which help thousands of women and their babies in Forth Valley. Through the existing newborn blood spot test, health professionals will now be able to detect two inherited conditions – Medium Chain Acyl-CoA Dehydrogenase Deficiency (MCADD) and Sickle Cell Disorder (SCD).

New tests are also being added to the screening programme in pregnancy. From March next year in Forth Valley a test for Down's syndrome will be offered to all women in the first trimester. Screening for haemoglobinopathies (inherited blood disorders) which affect the haemoglobin (oxygen carrying) component of blood to identify sickle cell disorders and thalassaemia will also be available. Pregnant women registering for support from maternity services after their first trimester but before 20 weeks gestation will have the opportunity to have a Down's syndrome screening test at that stage.

NHS Forth Valley Consultant in Public Health, Dr Rani Balendra said: "Every year 3,000 babies are born in Forth Valley. These developments are very positive as the conditions picked up are treatable and the outcome is much better the sooner the treatment starts."

New Mental Health Unit Completed



The second phase of the new Forth Valley Royal Hospital is now complete with the opening of the mental health unit.

NHS Forth Valley General Manager for Mental Health Services Kathy O'Neill said the new facilities not only provide high quality care in a modern environment, but also focus on promoting recovery.

"Many of our patients have lifelong mental health problems. Having to be admitted to an acute mental health unit can be a difficult time. This Unit is designed to make their stay as short as

possible and in the best environment to help speed up their return home. It forms part of a comprehensive range of mental health services for patients across Forth Valley."

The 94-bedded unit contains five wards and brings together under one roof all acute services for people with mental health problems, including acute inpatient services for adults and older people, an Intensive Psychiatric Care Unit (IPCU) and acute liaison services. It is also the base for the Intensive Home Treatment Team and Liaison Psychiatry Service.

It is expected to treat around 1,000 inpatients and around 4,000 outpatients a year (including Liaison Psychiatry). Outpatient mental health services will also continue to be provided locally in Falkirk (Falkirk Community Hospital), Stirling (Stirling Royal Infirmary) and Clackmannanshire (Clackmannanshire Community Healthcare Centre).

Getting Better Closer To Home

People living in ten villages stretching from Doune to Tyndrum, are benefitting from a new service to allow more patients to recover at home after inpatient treatment in hospital.

The scheme is being operated by the Rural North West Forth Valley Partnership (RNWFVP) a joint venture between NHS Forth Valley and Stirling Council, and includes an occupational therapist, physiotherapist, community nurses and rapid response carers. Referrals are being accepted through health and social care staff.

The aims of the partnership are:

- Locally based services
- Reductions in hospital admissions/readmissions
- Quicker discharge from hospital to local community-based support
- Intensive rehabilitation at home in a rural area for up to one

month

- Reduced duplication of community visits through improved communication
- Increased engagement with the local community

Up to six patients at a time will benefit from the four-week rehabilitation service. Patients can then be referred to the existing care-at-home services for any ongoing support that is needed.

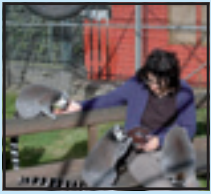
The partnership covers an area north from Blair Drummond to include Thornhill, Doune, Callander, Strathgryre, Balquhider, Lochearnhead, Killin, Ardeonaig, Crianlarich and Tyndrum and the local communities attached to these villages.

For more information, please contact Alison Keir
alison.keir@nhs.net or
01877 332742

If you go down to the zoo today...



Twice a month, Research and Development Officer Allyson Bailey steps out of her office and into 82 acres of parkland surrounded by 1,000 animals and the occasional snake which slithers round her arm.



For the past five years, Allyson has donated her own time to ensure that Edinburgh Zoo's 600,000 visitors have a great day out.

Her interest began while being a visitor herself: "I took my son to the zoo when he was small and saw that they had leaflets about volunteering, I thought that it would be a good excuse to spend time with the animals!"

Volunteers are used almost entirely for public interaction. A big part of the

zoos mission is education; they aim to teach people about the animals and about conservation.

All volunteers are given training to enable them to explain the exhibitions and on how to handle and present animals. They are also given health and safety training and taught presentation skills. However, for Allyson, talking doesn't cause a problem as she is also a lecturer in archaeology at Edinburgh University.

"What they normally say to volunteers, who are a bit scared that they will be asked lots of questions, is that the fact that you are there and that you are interested enough to do it probably means that you will know a bit more than the people coming in. If you don't know the answer, then you learn something interesting too."

Along with answering questions and helping with activities, Allyson has also had to explain displays in French and hand snakes to people who are a little scared:

"I have had to hand snakes to people who never ever wanted to handle a snake before. If you get a family in, mum and dad doesn't want to make it obvious to their child that they are scared, so they hold it. When they hold the snake their fear is gone. The snakes won't try to bite you; you are pretty much a big tree to them!"

As well as her work at Edinburgh Zoo, Allyson is also keen to volunteer at Five Sisters Zoo in West Calder, which originally started life as a garden centre.

"When you visit Five Sisters, you can actually go in and feed the lemurs. The kids adore getting that close to that kind of animal. You are supposed to scatter the food around, but they are not having any of that! When you walk in they jump on your shoulders to get to it."

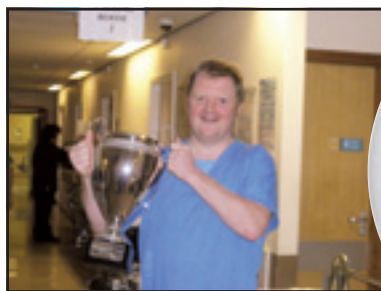
For further information about volunteering at Edinburgh Zoo you can log on to the zoo's website: www.edinburghzoo.org.uk

CASUALTY CUP



A team of A&E doctors and nurses beat off stiff competition from fellow emergency departments and ambulance crews to lift the 2010 'Casualty Cup'.

Nurse Charlie McCarthy, organiser of the seven-a-side football tournament said: "The tournament has been going now for six years and the emergency departments in Glasgow have enjoyed a stranglehold on the trophy. This year the nurses and



doctors representing Forth Valley were determined to do something about that history."

The cup now sits proudly in the middle of the emergency department and the team will be back to defend it next year.



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 feature in Staff News about people's lives outside of work.

Tel 01786 457243 or email: nhsfvcomms@nhs.net

CELEBRATING SUCCESS



Celebrating Success 2010 – the fifth year of an event which recognises the achievements of staff across the organisation - attracted more than 50 projects, and this year – for the first time – it was decided to have three winners and three runners-up.

The winners were:

Sister Midwife Betty Brodie, main picture above (recently retired from the neonatal unit at Stirling Royal Infirmary) and other members of staff for developing a bereavement pack to help parents cope with the distress of losing a baby.

The pack contains a checklist of what procedures staff should follow, and a medical pack provides necessary documentation for doctors who may have to obtain post mortem consents. For parents there is information on the SANDS support group, registering a death, contact

numbers for local undertakers and a remembrance book insert.

Consultant Physician Dr Norman Peden (*pictured top right*) for the redesign of urgent and acute care services which has resulted in greater efficiency and less dependence on trainee medical staff.

Consultant Psychiatrist Dr Michael Gotz (*pictured second picture top right*) for a pilot study which introduced changes to the assessment and treatment of patients experiencing alcohol withdrawal symptoms. This resulted in less violence, less medication, and less time spent in hospital.

This year's entries were themed around the NHS Scotland Quality Strategy with a range of topics including mental health, neonatal intensive care, infection control and self-management.



Runners up were:

Irene Warnock: Releasing Time to Care in Clackmannanshire District Nursing Using Lean Methodology (*below middle picture*)

Liam Coughlan: Electronic Transfer of Immediate Discharge Letters from Acute Services to General Practice (*below top picture*)

Graham McLaren: Implementing a Person-Centred Model of Care in Adult Mental Health (*bottom picture*)

Best Poster:

Annie Gibbs: Stepping Out



TRICIA IS TOPS

A big thank you to school nurse Tricia Porter for the support and inspiration she provides to pupils, teachers and schools in the Falkirk area in the field of enterprise and education.

Tricia was nominated by Slammanan Primary school for an Enterprise in Education Award which she is pictured receiving at a ceremony in Carronvale House, Larbert.





Pictured with the Healthy Working Lives Bronze Award are (left to right) Hazel Meechan, Health Promotion Manager; Sandra Robertson, Support Services Manager; Steve Bell, Strategic Director Scottish Centre for Healthy Working Lives and NHS Forth Valley Director of Public Health Dr Anne Maree Wallace.

GOING FOR... SILVER

With a Healthy Working Lives Bronze Award firmly under its belt, NHS Forth Valley is now aiming for a silver award next year. The latest challenge kicked off with Alcohol Awareness Week in October when staff manned stands in both the acute and community sectors, urging people to drink sensibly.

The Award Group involves

representation from HR, staff side representation, occupational health, health promotion, risk management, travel management and Stirling Community Health Partnership. Novel ideas in securing the bronze award included obtaining funding to allow 57 members of staff to commit to a free six week programme with Scottish Slimmers and the

development of healthy eating recipe cards.

If you would like to be involved in the project, or have any brainwaves about health promotion initiatives, please contact Sandra Robertson at sandra.robertson4@nhs.net

Further information on Healthy Working lives can be viewed on www.healthyworkinglives.com

A FIRST FOR NHS SCOTLAND – NHS FORTH VALLEY WINS BRONZE



NHS Forth Valley has become the first NHS Board in Scotland to achieve the prestigious Investors in People standard at Bronze level. The accolade has been achieved in recognition of

excellence in the way staff are involved, developed and managed.

Morag Thomson, the organisation's Corporate IIP Project Manager added: "The effectiveness of strategic leadership and partnership working,

particularly around the development and commissioning of the new Forth Valley Royal hospital was singled out as particularly strong. IIP had praised the Board, its Partnership arrangements, and the leadership of the Executive team for its open and transparent culture. Equality and diversity was also reported as being strong with the organisation seen as a fair employer."

The Investors in People assessment involved interviews with approximately 200 staff and managers across all levels and sites within the organisation.

The award was presented to the Chairman of NHS Forth Valley, Ian Mullen, by the Chief Executive of Investors in People Scotland, Peter Russian.

Beverley Finch, Head of Corporate Services

A typical day at work?

I'm not a morning person so I'm often greeted with "afternoon" or "glad you could make it." I do like to encourage a sense of humour in these challenging times!

Managing the Chief Executive's Office means no two days are the same and flexibility is key. I spend a lot of time either attending meetings or forward planning for them - ask any of the Exec Team about the 'Forward Planners' and they'll groan...but it's important stuff and makes sure the organisation focuses on its priorities. I also do a lot of proof reading and editing of papers and presentations. I'm now synonymous with the term "to be Beverleyed" which means my editor's pen has been at it everywhere!

My staff (affectionately, I'm told) call me The Commander and once bought me a military playset for my birthday. Say no more!

How did you arrive in your present job?

I moved from London to Scotland about 15 years ago, found a job in the NHS and rather like the Eagles, "Hotel California", I've never left! Contracts Manager, Service Manager for HIV/AIDs, Redesign Consultant, and after the

painstaking determination of the Chief Executive, who thought I would make an excellent contribution to her office..... I am where I am today!

What makes you laugh? And cry?

Rhod Gilbert definitely makes me cry with laughter – so much so that I have an oesophageal reflux problem, which, if I laugh too much, can make me throw up.....sorry to those of you who are eating your lunch whilst reading this!

What's always in your fridge?

Champagne and foie gras – what a snob!

Favourite food?

Decadence and fine dining is more my thing. I love the way these fabulous chefs combine great flavours with artistic flair. It's all about the experience, ambience and the company you are in.

I'll try anything new. Why limit yourself to a few favourites?

What is your perfect holiday?

Sun, Sand and S** (whoops, am I allowed to say that!)

What might people not know about you?

I've appeared in a movie with Richard E. Grant and Sarah Brightman, been in River City, had a bit part in a film about dementia and graced the front cover of an NHS Scotland cervical screening leaflet (although, for the avoidance of doubt, I am not a representative of the specialist group the leaflet is directed at.) I wander about the heather in shooting breeks and am a very amateur mycologist. Go on look it up – would make a great "Who Wants to be a Millionaire" question!

Oh and I also poisoned my daughter and ex partner once by serving chestnut soup – of the conker variety!!! Well how was I supposed to know that you couldn't get edible chestnuts in the wilds of Scotland – I'm English!

If you could change one thing about yourself what would it be?

My age.....I need to marry a plastic surgeon!

Epitaph?

Tried everything once and if she liked it, did it again....and again!

