Our own ‘CSI’ agent
Forensic radiographer’s skills are in big demand
The 10-minute check that could save your life

YOU may think that Triple A is just a wee skinny battery, but it is also a screening programme that can save the lives of up to 170 men a year.

Now rolling out across NHSGGC, Triple A, or abdominal aortic aneurysm screening, is the first national male-only screening initiative. Those over the age of 65 are being invited by letter to take an ultrasound to detect the condition that can affect the main artery in the abdomen.

This affects one in 20 males, and often the first sign of a problem is when the aneurysm ruptures, with eight out of 10 ruptures fatal.

Consultant vascular surgeon Wesley Stuart explained: "The aorta is the main artery that carries blood to the various parts of your body. It runs from your heart through your chest and abdomen.

"As we get older, parts of the wall of the aorta can become weaker and balloon out to form a swelling called an aneurysm. This condition is fairly rare, but it occurs most commonly in the portion of the aorta in the abdomen. A simple 10-minute scan can detect this problem and the results are immediately available.

If your scan is normal, the chances of an aneurysm occurring later are extremely low, so you will not need to be invited again for another scan and the screening programme has done its job.

"If a small or medium-sized aneurysm is found, we will give you regular scans to watch for any growth, and if the screening scan picks up a larger aneurysm then you will be referred to vascular services."

So if you get invited to go for the screening, or if your husband, father or grandfather gets the invitation, please heed it. It could be a life saver.

Celebrating International Nurses Day

INTERNATIONAL Nurses Day is celebrated around the world every 12 May – the anniversary of Florence Nightingale’s birth.

This year, one of the key themes chosen is how nurses can help tackle health inequalities and be part of the drive to improve healthcare systems.

As one of the largest single employers of nurses in the UK, the issue of reducing health inequalities is a shared goal of NHSGGC. Focus is also being placed this year on improving maternal health, reducing child mortality rates and promoting gender equality.

These are highly relevant to the work of nurses across NHSGGC who seek to celebrate and share innovative and good practice every day to provide person centred safe and effective care.

Rosslyn Crocket, board nurse director, has seen for herself and don’t forget to update the nurses portal: www.nhsggc.org.uk/nurses
Glasgow’s very own CSI agent

SOUTHERN General radiographer Kirsteen Graham is on permanent stand-by to respond to any major atrocity in the UK. She’s one of a small team of highly specialised forensic radiographers who are relied upon in a major emergency.

The first such situation to call on Kirsteen’s specialist skills was the London 7/7 bombings in 2005.

Kirsteen, an advanced practitioner radiographer, got the call from the Home Office as a member of the UK Forensic Radiography Response Team in the aftermath of the terrorist attack, in which 52 people died and more than 700 were injured.

She said: "In London, I worked in the emergency mortuary, helping to identify body parts and what was contained in body bags through screening. This is because contents can also include personal effects, bits of rubble – even pieces of a bomb."

Her equipment was an X-ray unit with a camera to screen items placed on a table and Kirsteen wore her usual lead apron, her only protection.

She added: "I don’t think you really know how you are going to cope until you actually do it, but you can talk to colleagues because they understand what you are going through.

"In London, I stopped reading newspapers because it was upsetting to read about who was missing and who had been identified.

"It’s not for everyone, but I think everybody has a right to find out what has happened to their relatives and to be identified, and someone has to do that job."

"I have an interest in forensics and I think if I can carry out this small task for someone, then it’s something I should do."

Kirsteen has completed both theory and practical training in forensic imaging and is also a member of the International Association of Forensic Radiographers.

One of the first members to join the UK Forensic Radiography Response Team when it was formed in 2005, she has now gone on to become its Scottish co-ordinator.

The other NHSGGC staff in the Scottish team are Gillian Flaws and Evonne MacLennan, based at the Southern General; Elizabeth McSorley at Gartnavel General; Laura Kane, based at the New Victoria Hospital and Victoria Infirmary; and Barry Haig, at the Royal Alexandra Hospital.

Kirsteen and her team were on standby for last year’s Olympics and their next challenge is the 2014 Glasgow Commonwealth Games.

Win tickets to the Scottish Homebuilding & Renovating Show

IF you are interested in home improvements, renovation tips, energy saving solutions or building your dream home, look no further!

We have 12 pairs of tickets to the Scottish Homebuilding & Renovating Show to be won when the show returns to the SECC on 18 and 19 May.

All you need to do to enter is answer the question below and email your answer, with your name and work location, to: Staff newsletter@ggc.scot.nhs.uk or send to: Corporate Communications, JB Russell House, Gartnavel Campus, 1055 Great Western Road, Glasgow G12 OXH.

QUESTION: At which Glasgow venue is the Scottish Homebuilding & Renovating Show taking place?

The show, sponsored by Anglian Home Improvements, is the ideal place to meet self-build and renovation experts. New for 2013 is the Home Improvement and Interiors Zone, where visitors planning home improvements will find products and services to help them extend, add space and improve their home, including loft conversions and interior design.

Advance tickets can be booked until 3pm on 17 May. Under 16s go free. Opening hours are Saturday 10am-5pm and Sunday 10am-4.30pm. For more information, tel: 0844 581 1377 or visit: www.homebuildingshow.co.uk/scotland

T&C: The competition is open to all NHSGGC employees. Only one entry per person. Winners must be available for a photograph, which may be printed with their details in future issues of SN. The closing date is 30 April 2013.
Unveiled – the zero tolerance makeover coming to our acute hospital entrances

Campaign to use trained anti-smoking wardens, bold new signage and widespread media coverage

THIS sneak preview of the way our hospital entrances will soon be rebranded shows just how ambitious our plans are to stamp out the scourge of smoking on hospital grounds for good.

These bright red obtrusive hatching designs will create no smoking zones which will be impossible to ignore.

As we reported in last month’s SN online, staff, patients and visitors are fed up with having to “run the gauntlet” of getting past plumes of cigarette smoke when entering our hospitals.

In response, we will soon embark on the most ambitious zero tolerance campaign to smoking on our sites that we have ever undertaken and the support of our staff will be vital to its success.

Phase one of the campaign will see pairs of smokefree wardens patrol 11 of our main acute hospital sites. Their role will be to encourage staff who are smokers to take up the help on offer to quit, or at least seek support to help them remain smokefree during the day while at work on healthcare grounds.

Wherever you work in NHSGGC, there is a service for you and all staff can get free confidential information and support to stop smoking. We also need you to make sure that your patients and their visitors know that they cannot smoke on our grounds.

As you know, patients can get support to quit through our Smokefree Hospital Service stop smoking advisors. Visitors can find out about the range of stop smoking support available in their local area through Smokeline 0800 84 84 84 in the first instance.

We know there is an appetite among the majority of our workforce, patients and visitors to take further action to enforce the policy of no smoking at our hospitals and we are determined to work with others to help deliver healthy smokefree hospital grounds.

Smoking outlawed at the RAH

As part of the campaign, we are investing £200,000 to create a new fully enclosed entrance to the RAH in Paisley. This will reclassify the entrance as an internal public space and, under the terms of the smoking in public places ban in 2006, it will therefore be illegal for people to smoke in the entrance.

There were rumours in Paisley that we were investing money to create a smoking shelter, but nothing could be further from the truth!
NHSGGC SN ~ 5

INVERCLYDE CHCP staff have also launched a major smoking campaign on the streets of Greenock and Port Glasgow, which is already attracting lots of attention from smokers who want to quit.

A massive billboard, bus stop ad, posters in local pubs and a comprehensive leaflet drop are all hammering home the message – “with the right help, it is possible to finally stop smoking”.

TO help yourself become smokefree, you or your manager can refer to the Smokefree staff service, email: smokefree.staff@ggc.scot.nhs.uk

The Smokefree staff service will then contact you to discuss your options.

To help your patients become smokefree, contact: North 0141 201 0729, South 0141 201 5148 or Clyde 0141 314 6692.

To help visitors become smokefree, direct them to smokeline on 0800 84 84 84 to get information on their local stop smoking services.
From the outside, they look like any other vehicle in our fleet. But underneath the bonnets are state-of-the-art electric-powered engines that can even be programmed remotely by mobile phone to be warmed up and ready to go before you step in the vehicle.

The car and vans are currently on trial as part of a long-term plan to make our commercial transport fleet greener and to cut emissions. Gordon Beattie, head of procurement, said: “Electric vehicles are very suitable for our city centre areas and when vehicles are used over shorter distances during the day. They produce zero emissions, which is good news in our heavily congested city centre areas. “If the trials are successful, expect many more electric vehicles coming to a hospital near you.”

Our fleet has a range of vehicles which operate within city centre areas, not likely to exceed 50 miles per day, making them ideal for possible replacement by electric models. They are not only better for the planet, but also healthier for the population because traffic emissions produce pollutants – such as sulphur dioxide, carbon monoxide and particulate matter – have been linked with health conditions including respiratory problems. Staff are now trialling the vehicles to test their suitability.

Transport lead Scott Young said: “The trial is part of an overall approach to move to low-emissions vehicles across the board’s vehicle fleet, which has already reduced the maximum emission levels allowed for our lease car fleet.”

Three bright sparks that could revolutionise our transport fleet

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Doctor Livingstone’s gavel, I presume!

A MOVING tribute to Scottish medical missionary and explorer David Livingstone was made at the recent board meeting by his great, great grandson – himself a Glasgow surgeon.

Neil Wilson is a paediatric orthopaedic surgeon at the Royal Hospital for Sick Children at Yorkhill.

To commemorate the bicentenary of Livingstone’s birth, Neil presented Chairman Andrew Robertson with a historic gavel carved from the wood of the tree where Livingstone’s heart was buried in Zambia in 1873.

The gavel has a long-standing connection with the health service in Glasgow, as it was used by the NHS Executive Council for the City of Glasgow following the creation of the NHS from 1948 through to 1974.

Since then, the gavel has remained in safekeeping within the NHS archives.

At the presentation, Neil said: “To have such a tangible link is a great reminder that the events of the past live on into the present.”

Receiving the gavel on behalf of the health board, Chairman Andrew Robertson, said: “I am absolutely delighted to receive this wonderful historical artefact. “Following David Livingstone’s death, Florence Nightingale described him as ‘the greatest man of the age’ and it is indeed an honour to receive this gavel, which will be put on display for our visitors to see. “Given Livingstone’s strong links to medicine in Glasgow, it seems to me that it is fitting for us to be responsible for the safekeeping of this most extraordinary of artefacts.”

Patient Advice and Support Service

THE Patient Advice and Support Service (PASS) is an independent service providing confidential information, advice and support to patients, their carers and families about NHS healthcare.

The service allows patients to give feedback, comments or raise concerns about the healthcare they have received. PASS then works with NHS Scotland to improve healthcare provision following feedback from patients.

It is important that staff advise patients of this free, accessible service. PASS helps patients to understand their rights and responsibilities as a patient and also offers information on subjects such as debt, employment, housing and legal difficulties.

The service can be accessed from any of the 82 Citizens Advice Bureaux (CAB) or 250 Outreaches in Scotland. The CAB adviser will refer the patient to a patient adviser if it is appropriate, who can provide further specialist help or support regarding the NHS in Scotland.

For more information, visit: www.patientadvicecotland.org.uk

Learning lessons from Mid Staffs

LAST month, the report of the Public Inquiry into the Mid Staffordshire NHS Foundation Trust was published.

The key themes of the report included:
- culture, leadership, human resources and communication
- scrutiny and assurance of clinical services at board level
- engagement of clinicians in management structures and decisions.

Although the report was about a hospital system in England, we have decided that we should look at its conclusions to see if there are any lessons which we can learn to improve the care of patients and the way that we work.

We want to reflect on our systems for assuring high-quality care, safety, leadership and governance, and ensure we have identified and addressed any areas where we should do things differently.

We also want to assess our culture. Our aim is that this will be an open process which enables wide engagement with staff.

To start this process off, we have established a first phase of work by a team headed up by board medical director Dr Jennifer Armstrong and board nurse director Rosslyn Crocket to undertake an analysis of the recommendations and make an initial assessment of how we compare against them.

The team will include doctors, nurses, managers and allied health professionals, as well as a representative from the area partnership forum and the area clinical forum. Together, they will engage with a range of clinicians, managers and patients to seek their views and thereafter identify areas for further action.

After this first phase of work, we will develop a programme to ensure that staff can develop the actions we take to learn from this report. We have already taken an initial opportunity to engage our managerial and clinical leaders through our annual corporate event and this has produced really good ideas about how we can learn from what happened in Mid Staffs.

In order to investigate if there remain gaps and where they exist, this initial ‘gap analysis’ will form phase one of our response to the “Mid Staffs Report” and thereafter, any identified gaps will be further explored to develop recommendations about how to address these findings.
Wheel good effort

The guys braved a biting cold wind and snow and waves coming over the sea walls as they cycled in Scarborough one day and on to Robin Hood Bay the next. Ian said: “We have a good working relationship and enjoy exploring the great outdoors on our bikes, so it made sense for us all to combine a team-building exercise with getting fitter. “Fun and laughter with an aim of trying to get fit was the main object of the weekend.” He added: “John and I are both facility leaders for the Healthy Working Lives groups at Vale of Leven and GRI respectively, so we felt the weekend was a good opportunity to lead by example.”

Management accountants take up the 23½-hours challenge

THE management accounts team at Dykebar Hospital have taken up the challenge set by Canadian professor Dr Mike Evans to limit sleeping and encourage one another to get out of our chairs and walk, jog or run at lunchtimes. We’ve also started a weekly weigh-in where we discuss our lunchtime activities.”

The team of 15 has also introduced a Jog Scotland leader who runs a weekly jogging club for the more enthusiastic members. Each week, new members are joining the exercise club, motivating staff to take part in 5k and 10k races as well as entering teams into the NHS pedometer challenge. Have you taken up the 23½-hours challenge yet? If so, let us know.

Email: staffnewsletter@ggc.scot.nhs.uk

Walking to a healthier lifestyle

GETTING healthier is spreading across NHSGGC, with Renfrewshire CHP getting in on the act by organising their very own Pedometer Challenge. Eleven teams took part in the challenge to see who walked the furthest over four weeks.

The winning team were the “Happy Walkers”, led by captain Jill Cram and including Fiona Mackay, Clare Walker, Heather Cunningham, Ann Gallacher and Ellen Thomson. They scooped the title by clocking up a staggering 1,904,234 steps. The overall total across all 11 teams was an amazing 13,308,106 steps.

Organiser Arlene Motherwell, secretarial administrator, said: “Everyone who took part enjoyed it and it was amazing to see how competitive people became over the few weeks. It has encouraged staff to make more of an effort to go walking at lunchtime instead of sitting at their desk - and some have even decided to walk to work!” Renfrewshire CHP’s next challenge is in summer when they will ‘walk’ from Glasgow to the furthest city in the Commonwealth to mark one year until the start of the Commonwealth Games in 2014.

NHS Scotland Charity Golf Classic

10 MAY 2013
St Andrews Bay Golf Resort

The 5 Nations tournament has been running now for over 20 years and brings together teams from England, Wales, Northern Ireland, Scotland to compete for the trophy while raising money for the nominated charities.

In 2013 the Scottish Qualifying event will be held over the Kittocks Course at St Andrews Bay on May 10th. The top players will be invited to represent NHS Scotland in the finals on the 1st and 2nd of August.

The registration desk opens at 11am on the 10th with tea/coffee and bacon rolls before the game and soup and sandwiches after the game. The format is full handicap stableford* with a shotgun start in buggies (buggies are included in the entry fee).

Tee off at 12:30pm. A practice range is available throughout the morning.

Cost is £85 per person for NHS players and £150 per person for non-NHS players.

The Scottish qualifying event is always well attended and we have 80 places on a first-come, first-served basis so get your entries in early to avoid being disappointed.

For further details or to register interest please contact Gail Hayworth (galhayworth@nhs.net). Payment in cash on the day for NHS players. Non NHS players please contact Gail for an invoice. The entry form will be considered a contract with St Andrews Bay, as a result any calloffs within 7 days of the event are liable to a charge.

* Maximum handicap for Gents is 18 and for Ladies is 24