Making healthy strides

Staff line up for Men’s 10k
New support for people living with dementia

NHSGGC is a key partner in a new service set up to support those newly diagnosed with dementia. We are working with Alzheimer Scotland, social work services and other voluntary organisations to provide Post Diagnosis Support (PDS) to people.

More than 2,000 people across the Board area receive this diagnosis every year and, from now on, those who are diagnosed with the condition will receive support from a named link worker for the following year.

Stephen Lithgow, our dementia support and development lead, said: “Receiving a dementia diagnosis can be a difficult time but it is important to provide support as early as possible.

“We know some people may be put off going to their GP because of the stigma and fear surrounding dementia, but practical and emotional support is available. PDS is tailored to each individual person and the link worker will work with the individual and their family or carers to make sure they know what help and support is available to them.”

Anyone who is concerned about dementia-like symptoms should contact their GP in the first instance.

For more information, visit: www.alzscot.org

“STOP” campaign a burning issue

NHSGGC has launched a new public health campaign providing parents with vital advice on effective first aid should their child sustain a burn or scald.

Each year, our A&E department at the Royal Hospital for Sick Children (RHSC) treats approximately 450 children with burn or scald injuries. The ‘STOP’ campaign aims to raise awareness among parents of four simple actions that should be taken if a child suffers a burn or scald:

S – Strip hot clothing and jewellery if possible
T – Turn on cold tap and run the burn under cool water for 10 to 20 minutes
O – Organise medical assistance – contact NHS24, attend A&E or dial 999
P – Protect the burn with cling film or a clean cloth but not dressings, fluffy cloth, creams or lotions.

Health visiting teams across NHSGGC will be giving parents or carers of under-fours a fridge magnet displaying the four steps. This will be backed up with posters in libraries, pharmacies, pre-five centres, leisure centres and schools.

Dr Gregor Walker, consultant paediatric surgeon at RHSC, said: “Most children we treat are under four and have suffered a scald by reaching up and knocking a hot drink over themselves. While we encourage parents to think about how such injuries could be prevented, we want to spread the message that if a child does suffer a burn or scald, effective first aid is the best way to limit the extent and depth of the injury.

“It’s important burns and scalds are not treated with anything other than cool running water. Children have been brought into A&E whose parents have applied ‘remedies’ such as toothpaste, ice-packs and creams – these won’t help a burn or scald and ice may actually worsen the injury.

“The only way to help the burn is to run it under cool water for 10 to 20 minutes then apply a loose sheet of cling film and bring them to hospital.”
On The Move: staff update

BY ANNE MACPHERSON, WORKFORCE DIRECTOR

Managing Workforce Change Framework

WORKING in partnership with our staff side colleagues, we have now approved the On The Move Managing Workforce Change Framework. This will be used to support the change programme, which will commence with estates staff. By the end of October 2014, we will have appointed all our senior supervisory and management staff within estates. Ensuring we have identified everyone in these roles, we can support these individuals to manage the changes within their new teams. I am also working with our interim director of facilities, Mary Anne Kane, to organise training programmes for estates staff to be undertaken during 2014, as the plant and equipment in the new South Hospitals is very different to that within our current existing sites.

Elsewhere, work is continuing to progress, with our Allied Health Professional colleagues looking at working hours and I am working with key leads across the organisation to ensure that we have identified the appropriate admin support for teams. Our Roadshows have commenced and I wish to thank all staff who have made the effort to attend the Roadshows and have provided very constructive feedback, enabling us to further develop our Question and Answer document. The current document has 69 questions from staff and we will be working with the Communications team to ensure this document is widely available across the division.

STAFF UPDATE

BY ROSSLYN CROCKET, BOARD NURSE DIRECTOR

Update: Adult generic Inpatient Ward Group

IN the previous edition of SN, I committed to providing a further update on the work of the Adult Generic Inpatient Ward Group. This group consists of representatives from nursing, facilities, IT, infection control, clinical co-ordinators, Hospital at Night, bed management, pharmacy, AHP and clerical colleagues. Members work together across the directorates with support from OD to produce an operational policy which describes the support services and ways of working within the wards of the new hospital. A mapping exercise was carried out to help identify the areas of work, sharing of information and agree the associated actions required. Effective means of communications will be key to enabling teams to work together in this new single room hospital environment. Members of the group have been consulted on such areas as the new telephone communications system, updating policies, advising on support services, IT systems, pharmacy services and patient admission/discharge processes. Group representatives have been invited to visit the ward environment in August and we look forward to the opportunity to invite a representative group of Senior Charge Nurses to test the processes outlined within the operational policy later in the year.

JULY ROADSHOWS

7 July, noon-1pm, 4-5pm Southern General Hospital Laboratory Conference Room
8 July, noon-1pm, 4-5pm Gartnavel General Hospital, Post Graduate Centre
9 July, noon-1pm, 4-5pm Victoria Infirmary, Ebenezer Duncan Centre
10 July, noon-1pm, 4-5pm Western Infirmary, Function Room in Canteen
11 July, noon-1pm, 4-5pm Yorkhill MediCinema Theatre
17 July, noon-1pm, 4-5pm Glasgow Royal Infirmary, Ian Kelly Lecture Theatre
21 July, noon-1pm, 4-5pm Royal Alexandra Hospital, Lecture Theatre
22 July, noon-1pm, 3.30-4.30pm Inverclyde Royal Hospital, Lecture Theatre
24 July, noon-1pm, 4-5pm Vale of Leven, Meeting Room 1, Postgraduate Centre 1st Floor, Community Maternity Unit Building.

Visit: StaffNet > Hot Topic > On The Move
Staff take it all in their stride

Staff are enthusiastically getting into the spirit of being more active, with a bit of fun thrown in.

A total of 20 colleagues, including porters, doctors and health improvement practitioners, took part in the Men’s 10k on 15 June at Bellahouston, all sporting their Live life t-shirts. Porter supervisor Colin Sinclair explains here why he took part (far right).

And in May, 42 women, mainly from the Victoria Infirmary theatre department, and some friends, donned bright pink outfits to walk/run the 5k Race for Life, inspired by a retired colleague who was diagnosed with terminal cancer earlier this year.

The pedometer challenge, with its Commonwealth Games theme, has also attracted a lot of staff interest, with very imaginative team names such as Revenge of the Sprouts.

And Renfrewshire Community Health Partnership staff organised a massive staff and family day with events for everyone of all ages and fitness levels.

If you’d like to get active visit: www.nhs.ggc.org.uk/activestaff
MAINTAINING and improving his fitness levels was the real motivation behind Colin Sinclair’s decision to run in the Glasgow Men’s 10k at Bellahouston Park.

The porter supervisor, responsible for both the Western Infirmary and Gartnavel General Hospital sites, won one of 20 tickets for the Men’s 10k secured by the Appeals Society and Staff Lottery, and took part in the race on 15 June.

He and our other winners all wore Live life t-shirts. Colin admits to being an infrequent runner, but decided to pull on his trainers for this race.

He said: “I have run a couple of 10ks before, but haven’t really run much for the last two years, but I feel ready to start again.”

Colin does work out regularly at the gym and plays five-a-side football, “to keep me from getting too unfit!” to counterbalance his desk job. He was delighted to cross the finish line in 1 hour 58 seconds, although his official aim was “just to finish it!”

The Men’s 10k Festival is organised by Men’s Health Forum and aims to engage men in Scotland and beyond in healthy, physical activity all year round. For more information, visit: www.mhfs.org.uk
A DEDICATED multi-disciplinary team of NHSGGC staff are behind a new-look Police Custody Health Care service.

The team, made up of 18 nurses, one team leader and forensic medical examiners (FMEs), is picking up patients who have not sought help for various long-term conditions.

Our nurse-led model is one of only three in Scotland and brings together a number of specialties, including general nursing, midwifery, addictions and mental health.

Patients are referred to the most appropriate specialist following a telephone triage from a police custody nurse, reducing the number of people sent directly to A&E. It has also cut the time police officers spend attending emergency departments with patients.

The 24/7 Custody Health Care Service covers 10 police offices, seven in Glasgow and one each in Clydebank, Paisley and Greenock.

Colin Macdonald, service manager, Police Custody Health Care, said the new scheme was driven by the Scottish Government and Police Scotland following various reports into health care in police custody.

He said: “We aim to make a positive impact on the health care of patients in police custody and streamline that care by reducing inappropriate referrals to emergency departments. We can also signpost people we see to relevant agencies who can continue to address their health care needs.”

Forensic examinations are carried out by FMEs to help collate forensic evidence required for court.

Colin added: “We see a variety of different cases but the common issues are around physical health care, minor injuries, addiction and mental health issues. It’s an interesting and challenging environment to work in. "We work closely with Police Scotland to ensure the optimal safety for our service users and colleagues.

“When a nurse is dealing with a patient, they are with an officer or officers are in eyeshot. There are also panic alarms in the medical rooms and all staff are trained in breakaway techniques.”

The team has found that many patients are happy to see a nurse to talk about their needs, help them get medication, and also to gain reassurance that their injury is not as serious as they thought.

Karan Simson, the service’s team leader, said: “Since the launch, we have been involved in interventions that have been immediately life threatening and our involvement has produced a positive patient outcome.

“The police have made us very welcome. The feedback is that patients are calmer when they know a nurse is available to see them.”

In the treatment room, back row (left to right): PC Chris Wyllie, custody inspector Davy Simpkins, Colin Macdonald, service manager. Front row (left to right) Karan Simson, team leader and Anne Keys, general nurse

ZOOMING ACROSS THE CLYDE

STAFF nurse Margaret Duffy and her friend and colleague support worker, Louise Radbourne, who both work at the GYN outpatients department in the RAH, are taking on a huge challenge.

On 13 September, they will be zooming across the river Clyde on a zip wire attached to a mobile crane.

When asked why they were doing it, Margaret said: “I lost my sister to motor neurone disease and wanted to do something to help raise the profile and funds for Motor Neurone Disease Scotland.

“I spoke to Louise and, between us, we agreed that we would do the zip slide. I think we’re probably quite mad. Motor Neurone Disease Scotland is a wonderful support network for both sufferers and bereft families. Funds are badly needed to provide education and information to assist with accessing practical help for those in need and they give this support willingly.”

> You can support Margaret and Louise in their fundraising by visiting: www.justgiving.com/Margaret-Duffy1 or www.justgiving.com/Louise-Radbourne

> Visit Motor Neurone Disease Scotland at: www.mndscotland.org.uk
Answering your money and benefits worries

AN 18-month pilot money and benefits advice service has been launched at the Southern General Hospital (SGH) for inpatients, staff and family members with a long-term condition.

If a need is identified, the project could be rolled out to other sites.

The SGH scheme is funded by the Big Lottery, managed by the Long Term Conditions (LTC) and Macmillan Financial Inclusion Service, and delivered in partnership with NHSGGC. Referrals can be made by completing forms distributed around wards, or staff can call the service directly on 0141 287 5901.

A similar financial inclusion advice service at the Royal Hospital for Sick Children at Yorkhill has already unlocked nearly £700,000 in benefits for children and carers over the last two years.

With welfare reforms and the recession biting hard, many families and staff are experiencing financial hardship. More than 7,000 NHS referrals were made to money advice services last year, including the Children and Families Financial Inclusion initiative Healthier Wealthier Children.

Since 2010, there have been 6,600 referrals, with a £6.6 million gain or, on average, an extra £3,000 per family every year.

For staff experiencing money worries, the NHS Credit Union can be a great source of help. The facility has recently enhanced its services, offering a range of affordable loans with extended pay-off terms with free insurance. To find out more, visit: www.nhscreditunion.com

For more information about the range of benefits and money advice services available in our Board area, visit: www.nhsggc.org.uk/infodir

Biggest quitters awarded prizes

WELL done to our latest group of quitters who have joined the ranks of ex-smokers after giving up the cigs for 12 weeks.

The 39 staff stubbed out their final cigarette and went smokefree from No Smoking Day (NSD) on 12 March as part of the Quit and Win campaign. A number of them have not only felt the health benefits, but also picked up prizes.

The initiative is an incentivised workplace quit smoking scheme which starts every year on NSD. Staff have the opportunity to win prizes if they remain smokefree at four, eight and 12 weeks.

Congratulations to all our staff who entered. The main prize winners are:

- One year gym membership: Karen Cairney, clerical officer, Health Records, Southern General Hospital;
- £50 Love to Shop vouchers: George Munro, laundry assistant, Hillington; Linda Helen Kerr, pharmacy support worker, Royal Hospital for Sick Children; Jillian Donald, nursing assistant, Glasgow Royal Infirmary; and Doris Williamson, health improvement lead, HMP Barlinnie;
- Theatre vouchers: Karen Anderson, Inverclyde Royal Hospital pharmacy; Phyllis Tracey, associate crisis practitioner, Crisis Team, Florence St, Glasgow; and Janet Garven, staff nurse, Leverndale Hospital;
- Annual Cineworld vouchers: Alister Blackie, porter, Southern General Hospital; and Marion Haueron, supervisor, Gartnavel Royal Hospital.

For more information about smokefree services at NHSGGC, visit: www.nhsggcsmokefree.org.uk

NHS SCOTLAND EVENT

Winning teams are picture of success

CONGRATULATIONS go to NHSGGC staff who picked up two prestigious awards at the NHS Scotland Event.

Julie Metcalfe, clinical director, specialist children’s services; Scott Wilson, senior information analyst; and development officers Louise Maxwell, Jacqui Wray, Neil Sugden and Lee MacPherson received the Effective category award for their poster – improving access and increasing efficiency of service delivery.

The poster demonstrates a choice and access approach (a lean referral methodology) in order to reduce waiting times and improve access to child and adolescent mental health services. This tool aims to improve the patient journey, while ensuring capacity meets the demand for service.

Maureen Villiers and Louise Brown, pregnancy screening laboratory, department of biochemical genetics; and Louise Linney, Regional obstetric ultrasound screening co-ordinator (ROSCO), scooped the Quality Infrastructure award for their poster on a multi-disciplinary approach to pregnancy screening for Down’s syndrome.

Their poster highlights that a multi-disciplinary approach between the laboratory, ROSCO and sonographers resulted in improved nuchal translucency measurements. This allowed the provision of a safe and effective screening programme by preventing a falsely low detection rate, which would have ultimately missed cases of Down’s syndrome.

To view the winning Effective and Quality Infrastructure posters, visit: www.nhsclotlandevent.com
THE XX Commonwealth Games, the largest multi-sport event ever held in Scotland, will take place in Glasgow from Wednesday 23 July to Sunday 3 August 2014.

The city will be busier than usual, with more than 6,500 athletes and team officials arriving, as well as spectators and other visitors who are coming to enjoy what Glasgow has to offer at this exciting time.

While all this activity is taking place, it will be “business as usual” for NHSGGC, with our services being provided as normal. Staff therefore need to make themselves aware of what’s going on and when, and to plan their journeys to and from work accordingly, making allowances for delays, disruptions and diversions. To help staff with this, we have created a one-stop-shop web portal providing links and guidance on a wide range of issues including travel advice, information for managers, Games routes and key venue maps.

Staff are also reminded of the importance of wearing an up-to-date ID badge at all times while on duty. Details of how and where to obtain this replacement can be sought from your local site facilities management team.

For all your Commonwealth Games information and to make sure you’re ready for the event, visit: www.nhsggc.org.uk/cwg2014

Ball raises thousands for charity

A Glasgow Royal Infirmary Ball held in the west end’s Oran Mor raised £3,281 for the hospital’s Dorcas charity, which provides services and equipment to support patient welfare.

The sell-out event, attended by 250 people, was organised by Dr Hilary Wilson.

Are you ready for the Games?

Staff Newsletter has once again teamed up with our friends at the Appeals Society and Staff Lottery to bring you a fantastic competition to win two Category 1 tickets worth £500 for the Glasgow 2014 opening ceremony. To enter, simply tell us:

Q What’s the address of NHSGGC’s Commonwealth Games web portal?

Email your answer, name and work location to: StaffNewsletter@nhs.scot.nhs.uk or send to: Corporate Communications, JB Russell House, Gartrave Campus, 1055 Great Western Road, Glasgow G12 0XH.

TBC: The competition is open to all NHSGGC employees. Only one entry per person. Winners must be available for a photograph, which may be printed in SN. The closing date for entries is 14 July 2014.

May competition winner

Congratulations to Wendy Davies, speech and language therapist at Stobhill, who picked up £300 of Auchrannie Resort vouchers. Answer to the May competition: Brodick.

Staff Lottery

You’ve got to be in it to win it so sign up to the Staff Lottery now!

Simply go to StaffNet and either click directly onto Staff Benefits or call 0141 211 5885. You’ll need to have your payroll details to hand and supply a signed consent form.

A single entry in the monthly draw costs £1.50 and every member of staff is allowed up to 10 entries. The money is taken directly from your salary (35p per week for those on weekly pay and £1.50 a month for those on monthly pay).

Appeals Society

Don’t forget all profits go to fantastic causes to benefit staff and patients thanks to the Appeals Society.

Anyone can apply for funding – even if they aren’t in the Staff Lottery. To suggest a worthwhile scheme for NHS Staff Lottery funding, go to: StaffNet > Info Centre > For Staff > Appeals Society to see how to apply.