Wee c campaign tackles cancer fears
Improving Scotland’s health and wellbeing

Staff encouraged to engage in ‘National Conversation’ that could shape the future of the NHS

STAFF and the public are being encouraged to take part in a national conversation about the future shape of the NHS.

The conversation will run until April 2016 and aims to seek agreement on how to make more progress in improving the health of the population, and on how our NHS and social care systems should develop by 2020 to continue supporting everyone to live well.

Our own Clinical Services Board set out to identify ways in which our services and those of social care partners could develop to better meet the needs of our population in 2020. Now the national conversation is setting out to extend that future-planning model by a further decade.

A discussion board has been created on our FTFT pages on StaffNet enabling any member of staff to open a discussion thread or add to existing comments and discussions. This will be summarised and fed into the national conversation. Visit StaffNet - Information Centre > Facing the Future Together > Our Patients > National Conversation.

Staff can also head straight to the national conversation website www.healthier.scot or email staffFeedback@NHSGGC.scot. Alternatively, you can send tweets by post to ‘Creating a healthier Scotland. What matters to you?’ The Scottish Government, St Andrews House, Regent Road, Edinburgh EH1 2DG.

A Scottish Government information leaflet encouraging people to take part in the conversation explains: “Improving the health and wellbeing of people in a safe, caring and respectful way is the core purpose of Scotland’s health and social care services.

“That will require new ways to provide services and systems and a renewed focus on how best to support people to live well in their communities.

“People’s needs and expectations are, rightly, very different from when the NHS was created in 1948. Caring for people when they need it remains an absolute priority, but nowadays people want to be more involved in their own health and health care. In addition, advances in treatments and technologies mean that, as a nation, we are living longer than ever before, but with more complex health and care needs.

“We have a shared vision for everyone to live longer, healthier lives at home or within a loved one’s setting. The people of Scotland can play their part by taking responsibility for their own health.

“Now is the time to have a conversation about how services and systems should evolve to meet our needs. Now is the time to think about how we can support communities and families to live healthier lives and prevent unnecessary illness.”

Putting local care at the heart of the NHS

The vast majority of interactions with the health system are with family health practitioners in the community - GPs, practice nurses, dermatologists, community psychiatrists and pharmacists.

We have 25 million GP appointments alone in Scotland every year.

There are 25 million GP appointments alone in the community every year.

We want more care delivered locally, with more services developed to suit GP practices. This could mean more teams of health and care professionals working together in communities.

Health and social care teams are working together to support patients facing wider social issues which are having an impact on their health and wellbeing.

Specialist doctors and nurses supporting people in the future environment, as well as in hospital. Clear care planning, information and support so that people can go to the most appropriate treatment.

Steps we can take to improve healthcare for patients

Give people information and tools to allow them to make the right choices for themselves and their families.

Give service users a clear vision in the design and delivery of care.

Promote the use of community facilities and accessible premises, courses, groups and support for activity groups which help people to stay well.

Engage people more in building their own personal health challenges, including long-term conditions, enabling them, as far as possible, to be in control.

Ensure good communication around medicines and treatments.

Creating a healthier Scotland: What matters to you?

Retiring Board nurse director reflects on the amazing changes she has seen over 42 years

“IT has been a hugely rewarding career which has seen a massive amount of change over the years which has benefited patients and nurses and midwives alike.”

So Rosslyn Crocket MBE, retiring Board nurse director, sums up her time within the NHSGGC.

She entered nursing straight from school at the tender age of 17, qualifying in 1973 after three years’ training at the Victoria Infirmary.

And Rosslyn only came into possession of her qualification picture, right, after it was discovered during the closure of the Infirmary.

She said: “I trained as a general nurse at the Infirmary, where we were told we were privileged to be training as nurses as we would be caring for patients and their families at a vulnerable time in their life and it was our role to care and support them. It was a spur-of-the-moment decision to go into nursing, but I can honestly say I have never regretted it.”

She said that there have been many challenges but being focused on the patients makes all it worthwhile.

“I have never lost the desire to do and be the best for patients. Quite simply, if we all treat and care for patients as we would want our loved ones looked after then we won’t go far wrong,” said Rosslyn.

After her general training, Rosslyn went on to be a district nurse, midwife and health visitor before becoming a nursing officer and going on to hold general manager posts – she was appointed director of nursing in Ayrshire and Arran in 1995 and in 1999, Rosslyn returned to Glasgow as director of nursing with the primary care trust.

In 2002, she became Board nurse director. Rosslyn became director of women and children’s services before moving full-time to the Board in 2011.

Rosslyn said the amount of change that’s happened in her career is amazing and she recalls a few significant examples:

• patients spending less time in hospital
• increases in day care and emergency care
• changes in nursing/ midwifery education from ‘Schools of Nursing/ Midwifery’ to University
• the creation of new rules such as clinical nurse specialists, advanced practitioners and nurses’ midwife consultants – nurses of whom even existed when she started her career.

In addition, there were no waiting times or other targets such as the ones we have today.

Rosslyn has watched as the pace of life generally has changed dramatically and that has certainly been the case within our hospitals, out-patient departments and clinics, where the number of people treated and cared for has increased year on year.

She added: “The one thing that I have realised is a constant in the NHS is change, and I will be watching with genuine interest to see how future changes impact on nursing and midwifery and the NHS in general.

‘So I move into retirement, I can’t believe how the years have gone by, they have just flown by so quickly.

‘I wish all my colleagues in NHSGGC a continued bright and successful future.’

Nurses and midwives urged to check their revalidation is in order ahead of new rules

NMC REGISTER

Time to act: Fiona McCluskey warned nurses and midwives to check their revalidation is in order ahead of new rules

“All nurses and midwives are being urged to check that they meet the new revalidation requirements for registration to avoid working illegally.

From April 2016, all nurses and midwives wishing to remain on the NMC Register must conform to the new revalidation model. This will be launched by the NMC in December this year.

Fiona McCluskey, assistant chief nurse professional for governance and regulation, said: “Although the vast majority of nurses and midwives keep their registration up to date, a small number have allowed their registration to lapse.

‘If they continue to work, this contravenes their contract of employment.’

Nurses and midwives who are not on the NMC Register must register at the NMC website. Registered nurses should then go to the NMC website at: www.nmc.org.uk/revalidation

You can find more information on what’s happening in NHSGGC by accessing the Nursing and Midwifery Portal at: www.nhsforgg.org.uk/nurses
Let’s turn Scotland’s Big C into the ‘wee c’

New initiative highlights advances in diagnosis and treatment that can help cut disease down to size

MORE people in Scotland are surviving cancer than ever before – but we still have a way to go.

A new initiative – the wee c – has been launched with the aim of changing the way cancer is viewed in Scotland, in a bid to reduce fear around the disease and boost survival rates.

The Scottish Government, in partnership with Cancer Research UK, joined forces with 14 of Scotland’s leading cancer charities to issue a rallying cry for people across Scotland – together we can turn the Big C into the wee c.

The ‘Big C’ is still a term commonly used by people to refer to cancer – reinforcing a fatalistic view of the disease.

The wee c is focused on highlighting that cancer isn’t what it used to be. Thanks to earlier detection, research breakthroughs and treatment advances, Scotland is making positive strides towards bringing cancer down to size.

Here, Dr Emilia Crighton, interim director of public health, and features some of our staff who also back the campaign!

So much has changed for the better since my student days

UNLIKE my grandmother, who always had her herbal remedies at hand, and “enjoyed” her ill health, my grandfather was a picture of health with his head of dark hair, active pursuits and a very healthy appetite that made him look young in spite of being well over 70.

That was until one beautiful spring day when he took himself to see the doctor, only to be told that he had cancer that had spread too far to have anything done about it. As a medical student then, I watched my grandfather through the late stages of cancer wondering if that’s all we can do – give people medication that keeps them comfortable. I am happy to say that my experience has changed dramatically since those days.

My friend, Paul, in his 70s, was diagnosed with cancer only to be given the all-clear a few years later. He then went on to develop another cancer that was kept well under control and he went on to die of old age. In the last few years, I’ve been skiing and hillwalking with friends that have been through the cancer diagnosis and treatment experience and they are well enough to bag a Munro or try ski mountaineering.

How things have changed in the last 25 years. These days, survival rates are better for people who have had their cancer detected early by screening programmes like those for cervical, breast or bowel cancer; for cancers that present at an early stage like cancers of the womb or thyroid or the malignant melanoma, and for cancers which have seen substantial advances in treatment over time, like cancer of the testicles or Hodgkin’s disease.

Unlike the days of my medical studentship, I now know there are things we can do to prevent cancer altogether through maintaining a healthy weight, eating the right things, exercising, covering up in the sun and not smoking. We also can find or prevent cancer through the screening programmes. We can diagnose more effectively through improvements in imaging and we are far better at treating cancers through advances in drugs, surgery and radiotherapy, but also through the way we work together.

The “Big C” of my medical student days is certainly a “wee c” and I know we can make it even smaller together.

For more information on how you can get involved visit: www.weec.org
Credit for Union is well deserved

There has never been a better time to join top money service

THE NHS Credit Union is growing from strength to strength and its popularity with staff across the country is growing at record levels. As the fastest-growing credit union in Scotland, it already offers affordable loans and a secure home for the savings of almost 13,000 NHS staff and their families across the country.

And if you sign up right now, you will be able to take advantage of a £500 Budget Loan offer as soon as your initial payment is received by the Credit Union. That’s effectively £500 in your pocket for whenever you need it – maybe especially useful at Christmas or for any other purpose. And it’s flexible too. It can be withdrawn in instalments as and when needed and repayments are fixed, affordable and come straight off your salary so no messing about with direct debits.

If you need more than the £500 offer, our professional staff can advise you on your eligibility and all of the Credit Union’s wide range of flexible loan products.

Thousands of your colleagues in Glasgow and Clyde already know they can always bank on the NHS Credit Union being there for them. Why not join them now?

*To find out more information or to join, visit: www.nhscreditunion.com/*

For existing members of the NHS Credit Union, pick up the phone and join, visit: www.nhscreditunion.com/

Why not join them now?

MONEY MATTERS

Free call can cut heat bills

ADVANCE is about cutting energy bills but still having a warm home is always welcome. The Home Energy Scotland (HES) campaign is a one-stop shop for advice and support and, since it started, around a third of Scottish households have been offered advice after ringing the free hotline on 0800 826 2992.

HES offers free, clear and impartial advice about making homes cheaper to heat. Staff can find out exactly what they are eligible for by calling the helpline or visiting www.homeenergy.scotland.org. Knowing how money worries affect our health – and where we can access help and support – can benefit both you and your patients. Go to the new Poverty & Financial Inclusion E-module, now available on Learn Pro!

To find out how Home Energy Scotland can help you save cash, visit: https://dotmailer-surveys.com/8632079-303269

STAFF SCHEME

Money advice help is at hand

Two sites are being used as pilot projects for a staff money-advice scheme with trained advisors offering advice and support.

Staff at Lightburn Hospital and the Eastbank Conference and Training Centre can book telephone and online appointments by calling: 0341 428 3777.

The service, available Monday to Friday from 9am to 5pm, is offered by the Greater Rotherham Money Advice Project (GEMAP) and will run until 11 December this year.

For details, contact Carol McGurin, head of patient resource and advocacy at the Templeton Centre, received an esteemed 2014 Magnusson Award allowing her to travel to Tanzania to participate in the life-saving ‘Kangaroo Mother Care’ project for premature and vulnerable babies.

The Magnusson Award allows students in their second year and upwards at Glasgow Caledonian University to take forward their next period of exploration, study, learning or personal growth. As part of the project Gillian taught techniques to help babies and mothers when needed and repayments are fixed, affordable and come straight off your salary so no messing about with direct debits.

If you need more than the £500 offer, our professional staff can advise you on your eligibility and all of the Credit Union’s wide range of flexible loan products.

Thousands of your colleagues in Glasgow and Clyde already know they can always bank on the NHS Credit Union being there for them. Why not join them now?

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Why not join them now?

Education

Gillian’s inspiring trip to Tanzania

COMMUNITY nurse Gillian Magnus, based at Townhead Health Centre, received an esteemed 2014 Magnusson Award allowing her to travel to Tanzania to participate in the life-saving ‘Kangaroo Mother Care’ project for premature and vulnerable babies.

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Why not join them now?

STAND AGAINST HOMOPHOBIA

£1000 fee discount

For MSc Nursing: Advancing Professional Practice students

Self-funding students applying to this programme in the 2015/16 academic session will be awarded an automatic £1000 discount of their full-time fees. The £1000 discount will be split pro-rata per year for part-time students.

For full terms & conditions and information on the discounts available to part-time and online students, please see our website: www.gcu.ac.uk/staff/scholars/pscp/ps/graduate

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THE sun was out to greet the Health Board golf outing players when they arrived at Bonnyton Golf Club last month.

Competition was stiff but it was local knowledge from Bonnyton club member and former finance head Les Jacobs which won through in the end.

John Thomson, a previous winner, was content to finish as runner-up and Karen Murray finished third.

Organiser of the 18th Board annual outing, John Hamilton, came fourth and Mark White fifth.

The standard of play is expected to be even higher next year thanks to the prize of a lesson from former Scottish PGA champion and Tartan Tour winner David Orr at Eastwood Golf Club, where he is based.

John Hamilton expressed thanks to all those who donated prizes including Alan Ramsay of Connect Communications; golf pro David Orr and Fendix Media. John also thanked Richard Groden for hosting the outing at his golf club and Andrew Daly for being score-master.

THE Scottish Government’s Take it Right Outside campaign aims to raise awareness of the harmful effects of second-hand smoke and give parents facts to help them keep homes smoke-free.

Eighty five per cent of second-hand smoke is invisible and has no smell.

Every time you smoke, you breathe out second-hand smoke containing more than 4,000 toxic chemicals including lead, cyanide and arsenic.

After just one cigarette, the harmful chemicals from second-hand smoke linger. Smoking out an open window or at the back door isn’t enough to protect children as the harmful chemicals can creep from room to room for up to five hours, waiting for your child to breathe them in.

People who smoke are not always aware of the steps they should take to protect those around them when they light up. Everyone’s situation is different but changes to create a smoke-free home include:

- Asking a trusted friend or neighbour to look after kids while you pop out for a smoke.
- Using other opportunities to smoke, like taking the rubbish out or walking to the shops.
- Trying nicotine patches, gum or spray when you want to smoke but can’t get outside.
- Asking visitors who are smokers to go right outside to smoke.

Make the right choice for your kids and never smoke in your home or car. For more information and advice visit www.rightoutside.org

COMPETITION

WIN a VIP day at Partick Thistle

THIS month we’re giving away a star prize where you and a friend will get to experience full hospitality at Partick Thistle Football Club. You will also take home a signed Partick Thistle strip and football!

On Saturday 5 December you and your lucky guest will receive five-star treatment, including a drink on arrival followed by a two-course meal. You will then watch Partick Thistle v Motherwell from the Jackie Husband Stand.

You will also get a free match programme as a keepsake of the day.

To win this fantastic package, simply answer the following question and email your answer, name and work location to: staffnewsletter@ggc.scot.nhs.uk or send to: Corporate Communications, JB Russell House, Gartnavel Campus, 1055 Great Western Road, Glasgow G12 0XH.

Question: When does the Nursing and Midwifery Council (NMC) new revalidation model start?

>> 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 for entries is 31 October 2015.