

Help to shape  
Our Health

**PAGE 2**



Tackling the  
parking problem

**PAGE 4**

**Deadly  
duo  
of  
alcohol  
and tobacco**

**Read the facts about smoking and drinking ... and be afraid**

**T**HE TWO biggest causes of illness in Greater Glasgow are the two that are most preventable.

Between them, smoking and alcohol wreak havoc through our communities.

They cause sickness, they cause death and they bring untold misery to the thousands of people who, every year, have their lives cut short or seriously impeded by the illnesses they bring.

It's time to do something about it.

NHS Greater Glasgow can only do so much and we will do everything we can to help.

But it's up to YOU to take responsibility for your own health.

Dr Harry Burns, Director of Public Health for NHS Greater Glasgow, said: "People need to wake up to what they are doing to themselves. We all need to take responsibility for our own health and make the conscious choice to follow healthier lifestyles.

"The message can't be clearer - a lifetime of heavy drinking, smoking and

poor diet will only lead to a bleak future dominated by debilitating illnesses such as heart disease, stroke, cancer and diabetes.

"All doctors working in what is arguably Europe's sickest city are heartily sick of witnessing so many wasted lives, opportunities and precious NHS resources and then having to pick up the pieces of self-inflicted disease."

This edition of NHS Health News makes no apology in presenting a hard hitting analysis of two of Glasgow's biggest killers - smoking and alcohol.

**Dying for  
breath**

**PAGES 6 and 7**

**Our fatal  
attraction**

**PAGES 8 and 9**



# Health priorities and finite budgets

## Difficult decisions

Spending is about providing value ... not winning friends

**S**PENDING NHS money has always been about priorities and difficult decisions.

New drug treatments, new sophisticated equipment, investing in alcohol, drug or tobacco projects.

Then there's child health, maternity services, mental health, cancer, heart and stroke initiatives.

Hospital cleaning, catering for patients, the sterilisation of surgical equipment and the role of the NHS in continuing care for the elderly are amongst the other areas competing for finite funds.

The budgets given from the Scottish Executive to local health systems have never been bigger.

But the pressures on the NHS to reduce waiting times; improve health; better the wages, conditions and training of thousands of dedicated health staff; and satisfy the increasing expectations of patients present huge challenges.

These challenges are about making decisions about where best to spend available monies ... and where not to.

NHS Greater Glasgow, in

### Doctor warns patients could lose out if hospitals are saved

**HELEN PUTTICK** HEALTH CORRESPONDENT GLASGOW  
 Dr John Gilmour, who has been a 20-year member of the British Medical Association in Scotland for the past five years, told the BMA's annual representative meeting in Liverpool, that seriously ill doctors could be left in the lurch if hospitals were not downgraded or closed because such measures would be unpopular. He warned that if Malcolm Chisholm, health minister, pursued the controversial decision to close the Queen Mother's maternity hospital in Glasgow, it could set a precedent which would be against patient interests - for health services across the country.

### HOW the Press have reported on the spending problems facing Greater Glasgow.

common with other Scottish health systems, is facing a very challenging couple of years that will inevitably involve making decisions that will not be popular with some patient groups or some medical or political interests.

Pressures in the form of NHS Greater Glasgow having to identify £46m from existing spending plans to fund new workforce and service delivery changes emerged. The challenge originally amounted to £58m but Health Minister Malcolm Chisholm announced extra NHS Scotland funding of which Glasgow's share was £12m.

Overall there will still be more money spent on health in Glasgow this year and in future years ... but spent differently.

Inevitably the NHS has had to take a hard look at everything that is done and the way it is done. It has to modernise the way we do things. In this issue of Health News you can find out about how we are centralising six instrument decontamination

units into a single, more efficient unit.

Laundry services are now all on one site in Hillington delivering efficiencies.

Other areas that will deliver efficiencies and the release of current spending to front-line care include:

1. Pan-Glasgow procurement
2. Improvements in prescribing management
3. Bringing together separate functions within former Trusts and the Board into one including Finance / Human Resources / Estates Management and Communications.

There are also plans to concentrate services such as cardiothoracic surgery on one site instead of two to deliver better and more efficient services to patients.

We have promised to look at everything we do and to work with staff, patients and other stakeholders to deliver the best health service we can with agreed priorities and within our resources.



## Well done mum!

NHS Greater Glasgow staff were presented with certificates at the recent SVQ awards ceremony by stars from the BBC's soap opera, River City.

Joyce Falconer, who plays Roisin and Morag Calder, who plays Ruth, presented certificates to candidates, assessors and internal verifiers at the first ceremony of its kind, which took place at Jury's Glasgow in June.

SVQs, which are designed to be delivered in the workplace and are based on national standards developed by industry for industry, are achieved through training and assessment.

A wide range of staff received certificates, among them Catherine Scott, Healthcare Assistant at Parkview Resource Centre, who received her certificate from a familiar face - her daughter, Morag Calder (picture above).

# Working towards an improved service



## '21st Century steamie' opens

A NEW laundry which will clean the linen of all Glasgow's hospitals is due for opening in autumn this year.

Based at Hillington Industrial Estate, the £4.9million facility will wash, dry and iron the thousands of items of bed linen and other items used by NHS Greater Glasgow staff and patients every year.

Project manager, Alex McIntyre said: "This new, modern laundry will provide a service that is much quicker and cost-effective than before. Because of the new high tech machinery we are installing, there will be less need for staff to manually handle the linen, improving safety and efficiency."

## Seeing the big picture

THE NHS team with a mission to engage local communities in Greater Glasgow's £750 million hospitals modernisation, is gearing up to deliver a full programme of work in the coming weeks.

One of its tasks will be to distribute a CD-ROM which contains a short presentation explaining why hospitals are being modernised and what this will mean for services.

Team head, Niall McGrogan, explains: "Although at first sight it seems that the issues surrounding the city's hospitals are very complicated, when you break them down, the problems and our proposals to deal with them are actually quite straightforward and logical.



"The short presentation on the disk sets out the issues in a very clear way and will help people understand what will be happening to hospitals and what they can expect from a modern system of care."

If you would like a free copy of the hospitals modernisation CD-ROM or would like to arrange a presentation by Niall's team to an organisation you belong to, contact the NHS Greater Glasgow Community Engagement Team on 0141 201 4751 or e-mail [mark.mcallister@gghb.scot.nhs.uk](mailto:mark.mcallister@gghb.scot.nhs.uk)

## Posters keeping the community informed

BILLBOARDS about NHS Greater Glasgow's massive programme of modernisation have been erected at Stobhill Hospital and the Victoria Infirmary.

The boards have accompanying racks which hold leaflets packed full of information about the new Stobhill and Victoria Hospitals and the latest developments at the hospital sites.



**ROYAL VISIT:** Front (left to right) Professor Sir John Arbutnot, Prince Charles, Liz Cameron (Lady Provost, Glasgow City Council); Middle: Dr Carol Craig (author of The Scots Crisis of Confidence) and Councillor Jim Coleman (Deputy Leader of Glasgow City Council and NHSGG Board member); Back: Michael Fox (Prince's Trust), Professor Phil Hanlon (Professor of Public Health at the University of Glasgow), Dr Harry Burns (Director of Public Health, NHS Greater Glasgow), Malcolm Chisholm (Minister for Health & Community Care), Dr Carol Tannahill (Centre for Population Health Manager), Councillor Bill Timoney (Glasgow City Council spokesman on health) and Pam White.

## Royal visit to Centre for Health

THE reasons why Glasgow is one of the sickest cities in Europe was just one of the topics discussed by HRH Prince Charles during a recent visit to the city.

Prince Charles met representatives from the Glasgow Centre for Population Health and the Health Minister Malcolm Chisholm to talk

about the innovative work of the centre.

The Centre for Population Health is a new initiative set up by NHS Greater Glasgow in partnership with Glasgow City Council and the University of Glasgow. Its specific remit is to examine in closer detail the reasons why health in Glasgow is

not improving as quickly as elsewhere.

As well as trying to understand better what creates health in a city, the new Centre for Population Health will also work on new ways to narrow the health gap between Glasgow and the rest of Scotland.

# Investing in the future of Stobhill

£100million development includes new walk-in hospital

## MORE than £100million worth of new developments are being built on the Stobhill Hospital site over the next five years.

And things are going to start happening at the hospital soon.

Costing in the region of £80m, one of the biggest new developments on the site will be the building of the new Stobhill Ambulatory Care Hospital.

Work starts in the spring of next year for completion in the winter of 2007. Three empty ward blocks from the existing hospital will be knocked down to make way for the new hospital with the demolition work for this part of the project scheduled to start early in 2005.

Robert Calderwood, Programme Director for Acute Services Implementation, said: "The new hospital will see patients receiving their care in modern, purpose-built facilities.

"As part of the modernisation programme, we are also restructuring the way in which care is delivered so that many more investigations and treatments can be done in a single visit or one-stop basis."

Mr Calderwood revealed that since

plans were first put together, there has been the opportunity to accelerate the provision of new day surgery theatres and endoscopy rooms and these will now be an integral part of the new ACAD hospital. It has also been agreed that the hospital will provide some services for people living in the east end of Glasgow, including day surgery, gynaecology and renal outpatients.

Due to pressures on the service, the planned move of Stobhill's Casualty Unit has been brought forward.

## Mental health facilities for young people

DESIGNED to provide care and treatment for patients with mental illnesses who require a secure environment, work on the new local forensic psychiatric unit is expected to begin during summer 2004 and is scheduled to open in April 2006.

A new 15-bed inpatient ward for patients with drug and alcohol problems is about to open at Stobhill.

The purpose-built ward, which replaces existing addiction wards at Parkhead and Ruchill Hospitals, will provide services for the north and east of the city.

There are also plans to replace the

Originally the unit was not going to close before 2007 when the new ambulatory care hospital opens, but, due to a number of outside pressures, NHS Greater Glasgow will have to close it in August 2005.

A drop-in Minor Injuries Unit will take its place and planning is underway to develop the service for emergency patients who currently use the unit.

Part of the modernisation of the Stobhill site includes the merging of some specialities into bigger units.

existing West of Scotland inpatient facility for young people with mental health problems at Gartnavel Royal Hospital with new purpose-built accommodation. This will ensure that the small numbers of young people who require to be admitted to hospital are cared for in a modern, attractive environment designed to meet their health, social and emotional needs.

These include young people who suffer from illnesses such as anorexia and depression. Stobhill is the most likely location for this new inpatient facility as suitable land adjacent to MacKinnon House recently became available.

# Shaping and sharing the vision

IT'S time for a healthy discussion. There's a need for meaningful dialogue about "Our Health" - not just the delivery of traditional health services but how we, together, improve the health status of people living in Greater Glasgow.

NHS Greater Glasgow is determined to open up new ways of engaging with the people who use our services and who work with us.

The Board itself now has 31 members of which 22 are non-executives. The non-executives appointed by Scotland's Minister for Health and Community Care include five elected local authority councillors and an employee director.

## September 23 - make a date to talk to us

Representing a wide range of stakeholder interests reflecting a diverse community these non-executives are at the centre of all strategic Board decisions.

Although a huge network of patient and public involvement activity already exists with patient groups, voluntary organisations, charity organisations and other lay advisors the Board is determined to create a new relationship of openness to allow individuals even more access to influence local health plans.

On September 23rd in Glasgow's Royal Concert Hall the NHS is organising a patient focus/public involvement event to bring together opinions and ideas from all around our communities to interact with health professionals and, in particular, non executive board members.

It is planned to begin the event at 10am with short presentations and open discussions followed by focus groups to allow maximum input from those attending.

All ideas will be taken on board and follow-up events will feedback how your voice has helped shaped opinions and decisions.

The "Our Health" event will be followed by a sandwich lunch and NHS Greater Glasgow's Annual General Meeting at the same venue.

Let's face it, there's no shortage of issues to discuss and no shortage of opinions on the best way forward. If you want to attend and take part in discussing and influencing the way forward for health in Greater Glasgow please send your contact details to NHS Greater Glasgow Communications, Dalian House, 350 St Vincent Street, Glasgow G3 8YZ or telephone NHS Communications on 0141 201 4767.

**NHS Greater Glasgow** Gearing up to solve hospitals' problem

# It's parking mad!

Charges, security and convenience ... we need your views to help us plan a better system

**P**ARKING is a huge problem at most of Glasgow's hospitals. Too many people are trying to park in too few spaces and it's causing major congestion problems, not only on the hospital sites, but also in neighbouring streets.

This situation is unlikely to improve unless NHS Greater Glasgow develops a car parking policy for staff, patients and visitors. And that's exactly what we're doing.

NHS Greater Glasgow is now consulting on how we can manage car parking at all our major hospitals sites in the future and the fairest way for patients, visitors and staff to pay. We are looking at free parking for the disabled, free short stay drop-off points, the ability of our staff to pay and ensuring all staff, patients and visitors have access to quality parking facilities.

We are also looking at how car parking at Glasgow's hospitals will link into other traffic management schemes and public transport initiatives in the city.

What NHS Greater Glasgow will not be doing is charging people to park to make money for frontline NHS services. Any money raised will be used to create safer and secure parking facilities including CCTV, better lighting and better facilities for patients, visitors and staff using public transport.

Jonathan Best, Chair of NHS Greater Glasgow's Transport Group, said: "This is not an easy issue as free parking has always been available at Glasgow's hospitals and the vast majority of people would prefer not to pay. However, NHS Greater Glasgow cannot continue with the current status quo.

"This is not just a Glasgow issue and many Boards in Scotland already have a car parking policy in place with pay and display parking in Aberdeen, Edinburgh and Dundee.

"We are looking at all aspects of car parking at Glasgow hospitals and need comments from anyone who has an interest - whether it be staff, patients or visitors."

At this stage there has been no decision on what parking will cost at Glasgow's hospital or



**THE shortage of parking space often results in overcrowding and sometimes desperate measures!**

## HERE'S WHAT SOME STAFF, PATIENTS AND VISITORS HAD TO SAY...

**JEAN Ferguson** from Cardonald said: "I don't like the idea of paying. If you're coming from out of town, why should you have to pay to come and visit someone who's a patient all the time?"



**JANE Woods** also from Cardonald agreed that hospitals should have security, but added: "I do agree with security systems in hospitals - but I don't agree with having to pay for your parking!"



**JENNIFER Cameron** from Ibrox commented: "It's okay if you're going to use the money for a good use, but say there is an accident, the first thing you would do is jump in your car and rush to the hospital. If you've not got any money you would not get near the hospital front entrance."



**CAROLINE Dawson** works at the Southern General Hospital as a Cardiology Secretary. She said: "I think introducing parking charges has an equal mix of pros and cons. If the money meant we'd have better security facilities in the car parks then it would be a good thing. However, it would be difficult for a member of staff who had no choice but to bring their car to work. If that meant paying a fee every day then they'd struggle."



**WILLIAM Gibson**, Hospital Land Engineer, would be happy if the money raised was used to improve parking conditions and security. He said: "It's difficult to say. Although I don't think it would be good to charge, it would be good if the money meant we could make security better and extend the car park areas. We get vandalism a lot in the car parks, like car windows getting broken and glass smashed on the ground, so better security would definitely be a bonus."



**JAMES Concannon** is a hospital porter and is concerned about what charging in the hospital grounds will mean for the surrounding streets. He added: "If charges are introduced there will be problems. From an administration point of view it will be hard to handle the fees and to make sure everyone pays and to have the parking areas constantly manned. Another major problem will be parked cars cluttering up nearby roads. For example, the main road next to the Southern General is a busy place so it would be a nightmare if people started parking there just to avoid the hospital car park charges, and I think that's the sort of thing that would happen."



how parking spaces will be allocated. This is what NHS Greater Glasgow needs to consult on and we would like your views and comments to help us understand people's concerns.

Tom Divers, Chief Executive, NHS Greater Glasgow, understands people will be

concerned but wants to assure staff, patients and visitors that their comments are valuable to the consultation process.

He said: "Our ultimate aim is to ensure that patients, visitors and staff can park in safe, well lit and well-monitored environments."

So now's the time to have

your say.

The Draft Car Parking policy can be viewed and commented on in the NHS Greater Glasgow website [www.nhsgg.org.uk](http://www.nhsgg.org.uk).

If you would like to send us your comments or views please contact:

Mr J C Hamilton

Head of Board Administration  
Dalian House  
350 St Vincent Street  
Glasgow  
G3 8YZ  
Tel: 0141 201 4608  
Fax: 0141 201 4601  
Email:  
[carparking@gghb.scot.nhs.uk](mailto:carparking@gghb.scot.nhs.uk)

**NHS Greater Glasgow** Clydebank plan for cardiothoracic

# New centre for heart and lung surgery?

Greater Glasgow and Lanarkshire look at Golden Jubilee proposal

**H**EART and lung surgery (cardiothoracic) services could be centralised in a single state-of-the-art unit under proposals currently being explored by three health organisations.

NHS Greater Glasgow, NHS Lanarkshire and the Golden Jubilee National Hospital have been looking at the possibility of establishing a regional centre for adult cardiac and thoracic surgery at the Golden Jubilee National Hospital in Clydebank. The proposal is also looking at the possibility of integrating this service with elective interventional cardiology (angioplasty).

At present, up to 2500 patients a year undergo cardiothoracic surgery every year in Glasgow. This includes valve replacements, heart bypass surgery, heart transplants, and pacemaker insertions as well as lung cancer surgery. In Lanarkshire, around 600 patients undergo thoracic surgery every year.

Kevin Hill, General Manager Cardiology, Cardiothoracic & Respiratory Services at the Western Infirmary, said: "The concept of a central centre for this type of surgery is not new. Plans already exist, under NHS Greater Glasgow's Acute Services Review, to bring together adult cardiothoracic surgery services at Glasgow

Following the success of the women's project, COMPASS has established similar projects for male asylum seekers and refugees. Tracy wasn't the only Allied Health Professional to be recognised in the Awards. A project which aims to make it easier and faster for patients to access footcare services in Greater Glasgow was one of the five runners-up.

The "Redesign of Footcare Services" involves patients more in their own treatment and enables appropriately trained podiatry assistants to deliver basic treatment such as nail reduction, while freeing up podiatrists to concentrate on more specialist work.



**HEART and lung surgery may transfer to a regional centre at Clydebank.**

### IT'S A FACT

- NHS Greater Glasgow treats some 1795 patients every year for cardiac surgery and 850 patients for thoracic surgical procedures, these include heart transplants, heart bypasses and pacemaker insertions.
- NHS Lanarkshire treats approximately 600 patients for thoracic surgery every year.
- The Golden Jubilee National Hospital already treats around 500 patients for cardiac surgery each year. The hospital was originally designed to accommodate cardiac surgery and therefore has existing facilities on site.

Royal Infirmary (including the Scottish National Heart Transplant Unit) and the Western Infirmary on the Gartnavel General Hospital site by 2012.

"We are looking to create a single site cardiothoracic service much earlier by placing it within the Golden Jubilee Hospital and adding thoracic surgical services

currently provided at Hairmyres Hospital in Lanarkshire.

"By concentrating cardiothoracic staff and services together on the one site, we will be able to further develop and improve on the way we offer care to heart and lung patients."

A wide-ranging public consultation exercise on the proposals is about to begin. This will propose the transfer of cardiothoracic services from Glasgow and Lanarkshire to the Golden Jubilee on a phased basis, with services from Glasgow Royal Infirmary moving first.

To help shape this proposal, NHS Greater Glasgow has already begun engaging with the public.

On July 12, members of the public, patients, community representatives and carers were taken on a tour of existing services at the Royal Infirmary and the Western and then shown the proposed new facility at the Golden Jubilee Hospital. The feedback from this event will be used to help shape the detailed proposals on which we will again engage with the community through a formal consultation period.

Discussions about the proposals are also already underway with patient support groups and local health councils

For more information on the proposal contact: Sandra Moir, 0141 201 4314.

## Dancing their way to health



**THE Eastbank girls strut their stuff on the dance floor ... and get fit at the same time.**

EAST end youngsters have been boogying their way to fitness thanks to Girls With Attitude - a three-year Street Dance project set up at Eastbank Health Promotion Centre.

And the dancing queens, from Eastbank Academy, showed how fitness can be fun by strutting their stuff on stage recently at Shettleston Halls.

Dance coordinator Shona Fulton, a final-year student at Strathclyde University who is on a placement at Eastbank Health Promotion Centre, explained: "Street Dance was chosen by the girls themselves after we chatted about what put them off getting active and what they would enjoy.

"The free classes, named Girls With Attitude, are led by a professional dance teacher twice a week in term-time and have seen a total of 80 girls participating in the first year."

## SMOKING... THE FACTS

- Smoking is one of the biggest causes of death in Scotland - around 13,000 Scots die every year through smoking-related diseases (one every 40 minutes!)
- Smoking causes lung cancer (it's by far the greatest cause), coronary heart disease, and bronchitis
- It also causes cancers of the mouth, larynx, oesophagus, cervix, bladder and pancreas
- On average, for each cigarette smoked, a smoker shortens his or her life by about five and a half minutes
- Smokers can expect to reduce their lifespan by around ten to 15 years
- Half of all smokers will die prematurely
- One third of smokers who die from smoking-related disease, die before retirement
- You are 20 times more likely to die from a smoking-related disease than in a road accident
- When you smoke, your body takes in a number of poisons including carbon monoxide and tar
- Passive smoking increases the risk of lung cancer in non-smokers.

## SMOKING... AND CHILDREN

- Smoking when pregnant increases the risk of your baby being premature, underweight and increases the risk of cot death
- If you continue to smoke after birth, your child is more at risk of developing certain cancers, suffering asthma attacks and other breathing difficulties and will be twice as likely to become a smoker themselves
- In the UK, it is estimated that around 17,000 under-fives are admitted to hospital because their parents smoke
- Passive smoking can make conditions such as asthma and bronchitis worse
- It has been linked to conditions such as glue ear in children.

# Dying for a breath?

**N**EARLY 13,000 people living in the Greater Glasgow area are thought to suffer from a preventable lung illness that, in 2002, caused 575 deaths in the city.

Chronic Obstructive Pulmonary Disease (COPD) is the term used for a collection of diseases that includes chronic bronchitis, emphysema and Chronic Obstructive Airways Disease.

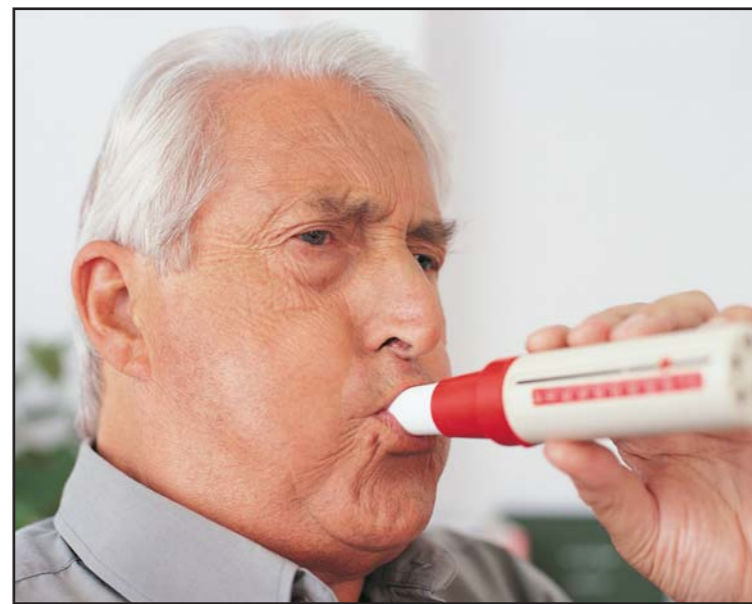
Largely caused by smoking, people with COPD have permanently damaged lungs and have difficulty breathing for most of the time. It can lead to death.

Dr Harry Burns, Director of Public Health, NHS Greater Glasgow, said: "COPD is another example of how smoking can kill you. Like other diseases caused by smoking, COPD is an extremely debilitating illness that can lead to a very slow and lingering death over many years. There is no cure and sufferers will never get better, only worse."

Most cases are caused by one thing - smoking.

About 90% of all cases are caused by smoking, although environmental and occupational causes (such as mining), exposure to certain types of dust and inherited illness can also cause COPD. Passive smoking may also be a factor.

Usually affecting people over the age of 40, COPD is one of those diseases that creeps up gradually over time which is why most sufferers are older by the time problems start to appear.



In the case of smoking-related COPD, what happens is that smoking causes inflammation in the lungs and severely affects the elasticity that allows the lungs to expand and contract during breathing. The airways are narrowed and the flow of air in and out of the lungs becomes obstructed.

In cases of chronic bronchitis, excess mucus is produced causing sufferers to have a lot of phlegm and a cough. With emphysema, the air sacs (alveoli), which help the body absorb oxygen into the bloodstream, become over-inflated, their elastic fibres are destroyed and small holes appear in their walls lessening their ability to work properly.

The main symptoms of COPD

are: shortness of breath, coughing and producing excess mucus.

### How do I know if I have COPD?

If you've been suffering from breathing problems, your doctor can perform a spirometry test which measures lung airflow. Once COPD is diagnosed, your doctor will discuss with you any treatments you may require.

Free spirometry testing is being offered as part of the European Respiratory Society's 2004 Congress in September this year. Anyone wishing to be tested for COPD can go along to a specially erected tent in George Square on September 4 and 5 and be tested for the disease.

### How can I prevent myself getting it?

The simple answer is don't smoke or give up now.

If you have been diagnosed with COPD, the best thing you can do is give up smoking and avoid other smokers. Do some exercise every day, eat healthily and have a flu vaccination every year.

There is no cure for COPD. Any treatment that is given is aimed at slowing down the progression of the disease and relieving the symptoms. Treatments include use of drugs, bronchodilators and inhalers. In severe cases, patients may need oxygen.



## THE COSTS OF SMOKING

- Apart from the cost to your health and that of your family and friends, smoking is expensive and prices will continue to rise
- If you smoke 20 a day, you are likely to be spending around £100 a month on smoking - £1200 a year, £12,000 in ten years
- In 1996, UK smokers spent £11 billion on tobacco

### TO THE EMPLOYER

It is estimated that the cost of smoking related absence in Scotland is £40million per year, with total productivity losses estimated at around £450million per year

Around £4million is spent every year in Scotland due to losses from fires caused by smoking materials

### TO THE HEALTH SERVICE

The Health Service in Scotland spends more than £140million per year in treating people with smoking-related illnesses

### FIRES IN THE HOME

In 1999, smoking materials and matches were thought to have been responsible for 6,083 fires, 132 deaths and 2,119 people being injured in Scotland

Around 81% of all house fires are accidental - smoking materials (ie cigarettes, pipes and cigars) account for about 9% of these fires, matches are about 1%.

## Sheila makes a fresh start

GREATER Glasgow's pharmacy stop smoking scheme, Starting Fresh, celebrated its first anniversary with the news that, since its launch, 700 Glaswegians have completed the full 12-week support programme.

The scheme offers Nicotine Replacement Therapy, support and advice to anyone who wants to give up smoking.

Involving 143 local chemists across Glasgow, over the last year, 6,500 Greater Glasgow residents have started the scheme, 2,000 made it past the one-month mark and 700 have completed the full 12-week programme.

To find your nearest pharmacy offering this service, freephone 0800 389 3210.

Sheila Dickson, Milngavie, aged 58, (pictured) joined the scheme in June 2003. She has stayed smoke free for one year thanks to Starting Fresh and is determined to keep up the good work.

She said: "I was a smoker for 36 years. The pharmacy



**Starting Fresh**  
with the Glasgow Pharmacy  
Stop Smoking Project.

staff that do the Starting Fresh Project are so encouraging.

"I did experience the feeling of temptation, but I got so much support that I kept going.

"I feel much better about myself and my health and the money I've saved through not buying cigarettes has been a brilliant boost."

## WANT TO GIVE UP?

SO what's available for smokers who want to quit? Smokers can:

- Be referred to a stop smoking initiative by their GP;
- Contact the stop smoking coordinators directly; and
- Get help through their local pharmacists.

For information on how to contact the stop smoking coordinators or to find out which local pharmacists offers a stop smoking course, contact Smoking Concerns free on 0800 389 3210. For general information on stubbing it out, visit the new website: [www.smokingconcerns.com](http://www.smokingconcerns.com)

## THE BENEFITS OF QUITTING

- Within 20 minutes of your last cigarette, blood pressure and pulse rate drop to normal
- After eight hours, the carbon monoxide level in the blood drops and the oxygen level in your blood increases to normal
- After 24 hours, the risk of having a heart attack decreases
- After 48 hours, nicotine is eliminated from your body
- After 72 hours, breathing becomes easier as the bronchial tubes relax and your lung capacity increases
- Between two weeks and three months: circulation improves and lung function is increased by 30%
- Between one and nine months, coughing, sinus congestion, tiredness and shortness of breath decreases.

## GET YOUR VIEWS HEARD

ARE you a vociferous anti-smoker?

Or do you think smokers have a right to puff wherever they like?

Either way, the Scottish Executive is keen to hear from you. It recently launched its public consultation into the proposal to ban smoking in public places.

The consultation paper contains a range of questions to gauge public opinion on the issue and are available from doctors' surgeries, libraries and other public outlets as well as on the net: [www.scotland.gov.uk/smokingconsultation/](http://www.scotland.gov.uk/smokingconsultation/)

There are a number of public events being held throughout Scotland to allow everyone to give their views. The Glasgow event is taking place in the Royal Concert Hall, Glasgow on July 29, 2004 between 11am and 1pm and will be attended by Deputy Health Minister Tom McCabe.

# Major respiratory congress for city

**A MAJOR conference that will bring 16,000 lung and breathing experts to Glasgow is talking place in September.**

The European Respiratory Society's (ERS) 2004 Congress is taking place in the SECC on September 4 to 8, 2004.

This is the first time the Society has held its congress in the UK and one of the main themes for the event will be Chronic Obstructive Pulmonary Disease (which includes Chronic Bronchitis), its prevention and early diagnosis.

There will be a number of events linked to the congress taking place elsewhere in the city. These include:

- An opportunity for Glaswegians to have their lungs tested for COPD for free. The ERS tent, containing ten spirometry machines will be placed in George Square over the weekend of September 4 and 5. It will be staffed by chest physicians and respiratory technicians and information will also be available on giving up smoking and lung health;
- NHS Greater Glasgow is holding a Rehabilitation Festival at Glasgow Caledonian University's Ark Recreation Centre on Sunday, September 5, 2004 from 1 to 4 pm. The festival is aimed at people with lung illnesses and their families, and includes information and advice on a range of lung health issues including the benefits of exercise.

In addition, the British Lung Foundation (BLF) is

holding a 5K run on Sunday, September 5 from 9am at Glasgow Green. The BLF are hoping to raise £20,000 to help the 500,000 Scots who suffer from lung disease. Around 1,000 runners are expected to take part.

Dr Robin Stevenson, consultant physician, Glasgow Royal Infirmary and vice-chairman of the Glasgow Congress Committee, said: "This congress will be the largest medical conference ever held in the UK with delegates not only from Europe, but also from USA, the Far East and Australia. It will provide a unique opportunity to highlight Glasgow's poor record of lung health and will help us to emphasise the importance of quitting smoking and the benefits of exercise. We will also be able to

focus on COPD, the other lung disease which is so common in the West of Scotland."

To coincide with the congress, NHS Greater Glasgow will be re-launching its campaign to encourage Glasgow smokers to give up.

As the Scottish Executive completes its consultation on smoking in public places, NHS Greater Glasgow will be making a major push to provide even more Glaswegians with the information, advice and help they need to give up smoking.

For more information on the respiratory congress, go to the European Respiratory Society's website: [www.ersnet.org](http://www.ersnet.org)



# It's time to halt Glasgow's deadly love

**A**LCOHOL kills four times as many people in Scotland as it did only a generation ago.

And in Glasgow, that equates to more than 500 people a year who are literally dying for a drink.

But that's not all. There's still the 300 people a year who suffer from alcohol related brain damage - a figure that doctors think is only the tip of the iceberg.

### So why can alcohol be so bad for you?

First things first, let's be clear, there's nothing wrong with having the odd drink, so long as you don't go over the score. Having one or two, doctors say, can even be good for you.

But how many of us are unwittingly (or wittingly!) drinking too much and putting our health at risk?

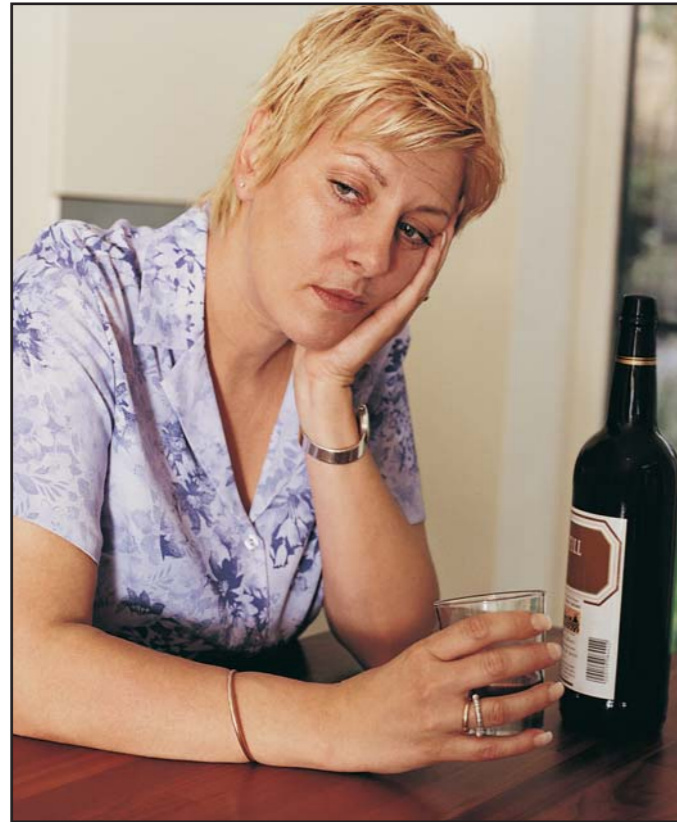
Jane Hasler, Coordinator with Greater Glasgow's Alcohol Action Team (a partnership between NHS Greater Glasgow, the local authorities, voluntary sector, prisons and Strathclyde Police), said: "In the year 2000, studies indicated that around 30,000 men in Greater Glasgow were drinking more than twice the recommended weekly limit. There is a culture in Scotland of drinking specifically to get intoxicated, for the affect of the drug, unlike our Southern European neighbours who tend to drink moderately, to savour the taste.

"The number of young women drinking to excess is also worrying. The so-called "ladette culture" means some young women are downing ten or more units a night. We're also seeing 25-45-year-old women drinking more. It's become more socially acceptable for women to drink and drink regularly.

"And then there's older people. We're hearing from health and social services anecdotally that there are groups of people in their 50s, 60s and older who are maybe living alone and drinking to excess - perhaps to ease isolation or other worries.

"The last group are underage drinkers for whom experimenting with alcohol is almost a 'rite of passage'. 33% of 15-year-olds report they usually drink once a week, with boys reporting an average of 13 units a week and girls reporting ten."

**There's also a strong link between deprivation and drinking problems: "Men living in a deprived area are estimated as being seven times more likely to die from an alcohol related cause than someone living in more affluent areas."**



# 'There's a culture of drinking to get drunk ... not to savour the taste'

Jane Hasler - Alcohol Action Team Co-ordinator

### So why are people drinking more?

- Cheap drink promotions;
- More pubs and clubs and licensed premises - alongside a wide range of off-sales outlets
- Alcohol being more affordable
- The changing strength of alcoholic drinks combined with larger measures
- The tendency for some groups to drink to get drunk

There is a huge amount to do to change Glasgow drinking cultures.

Glasgow's Alcohol Action Team (AAT), which was set up in November 2002, has been

working on a range of initiatives that aim to prevent heavy drinking or help those with a problem. A selection of these include:

- The creation of an Exploring Alcohol pack for use in primary schools - this has been so successful in Greater Glasgow that the Scottish Executive are looking to roll it out nationally
- The development of a training module with Scottish Training on Drugs and Alcohol - "Alcohol and the care of Older People" to train home helps and other people who work with older people, to recognise the signs of someone who may have drinking problems



- A City Centre Alcohol Action Group (part of AAT) and Glasgow City Council have been working to reduce alcohol related crime and improve community safety within Glasgow city centre
- Research on alcohol and masculinity issues and on what makes/promotes safer drinking in licensed premises has been started
- The development of a card to be given by Police to intoxicated persons who have been arrested - the card gives them information about where to go for help and advice on tackling alcohol problems (this initiative is still in the development stage)
- The development of the Arrest Referral Scheme - if someone is arrested for alcohol or drug related reasons, they will be seen by someone from Social or the Health Services rapidly and support and treatment arranged linking into services in their own community

There are also a number of services available throughout Greater Glasgow for people with alcohol problems. Community Addictions Teams (CATs) are a partnership between NHS Greater Glasgow and the local authorities. The teams help people with alcohol or drugs problems access services to help them manage and combat their addictions. CATs will also ensure clients are referred into appropriate services such as the Councils for Alcohol or services for people with more severe problems.

There are also six existing community-based alcohol education and prevention initiatives in Drumchapel, Royston, Greater Easterhouse, the East End, Pollok and West Dunbartonshire. A new one is just being developed in the Rutherglen and Cambuslang area.

An exciting new development in Glasgow City is the intention to commission seven new Community Alcohol Support Services across the city area as part of the major re-development of addiction services.

Greater Glasgow is to receive £667,000 to spend on alcohol services this year and a further £1.1million will be made available next year to continue developing the services.

### IT'S A FACT

- More than 500 people died in 2001 in Greater Glasgow from alcohol related illnesses (mostly liver disease)
- In Glasgow, 36% of men and 32% of women are exceeding the recommended number of units of alcohol every week
- 9% of men are drinking more than 50 units of alcohol per week - the highest level in Scotland
- 2% of women are drinking more than 35 units of alcohol per week
- There were 341 confirmed cases a year of patients with brain damage caused by excess drinking in 1999 - around 75% of them can have some chance of recovery if their condition is caught early enough
- Research has shown that the proportion of women who drink alcohol is highest among professionals and lowest among semi-skilled women.

### RECOMMENDED LIMITS

**Men: 3-4 units per day**  
**Women: 2-3 units per day**  
**Both are recommended to have at least two alcohol-free days in between each drinking session.**

### HOW MANY UNITS IN MY DRINK?

- 440ml can of very strong lager or beer - 4 units
- 330ml bottle medium strength lager or beer - 1.7 units
- One pint medium strength lager or beer - 2.8 units
- One pint standard strength lager or beer - 2.3 units
- One pint strong cider - 4.5 units
- 50ml port or sherry - 1 unit
- 275ml Alcopops - 1.5 units
- 35ml measure of whisky / gin / rum / vodka - 1.4 units
- 700ml bottle of gin / rum / vodka - 26 units
- 700ml bottle of whisky - 28 units
- 175ml glass of wine - 2.1 units
- 250ml glass of wine (large) - 3 units
- 750ml bottle of wine - 9 units

## affair with alcohol

# Gonnae no dae that?

Campaign urges adults not to buy alcohol for under-18s

**H**OW old were you when you had your first drink? And how did you get it? The odds are that you were under 18 and probably given it by someone older.

Certainly that's how 25% of Glaswegian youngsters aged 12 to 15 got their first taste of alcohol ... they persuaded someone over the age of 18 to go and buy it for them.

Alcohol use is a huge problem in Glasgow and it's being made worse by older people obtaining the drink for youngsters.

In a groundbreaking new poster campaign, NHS Greater Glasgow, Strathclyde Police, Glasgow Council on Alcohol Local Prevention Projects and Greater Easterhouse Alcohol Awareness Project (GEAAP) have joined forces to persuade adults to not buy alcohol for young people.

The "Do Us A Favour?" campaign sees health, GEAAP and GCA staff and the Police working with off-licences and alcohol outlets in five areas of the city - Easterhouse, Greater Pollok, North Glasgow (including Royston and Sighthill), Drumchapel and the East End - to reduce the number of adults buying alcohol for under 18s.

Nikki Boyle, Health Promotion Officer with NHS Greater Glasgow, explained: "The aim of this campaign is to reduce the number of adults buying alcohol for under 18s by reinforcing the message that it is against the law and that anyone doing it risks a fine of up to £1000. The campaign also aims to remind off-licence staff that they also have legal responsibilities and obligations in this matter."

## DO US A FAVOUR...?



**THIS FAVOUR COULD COST YOU A FINE OF UP TO £1000**

**BUYING ALCOHOL FOR PERSONS UNDER 18 IS AN OFFENCE**  
**DON'T RISK IT**

**POLICE MONITOR THESE PREMISES**



## WHY IT'S NOT CLEVER TO BUY DRINK FOR CHILDREN

- In the year 2000, nearly 1500 young people aged between 10 and 19 in Scotland were admitted to hospital as an emergency because of acute intoxication due to alcohol. Of those, nearly 400 were under the age of 15 and 1036 were aged 15 to 19.
  - The numbers of young people under the age of 18 who drink regularly rose from 14% to 21% in the period 1990 to 2000.
  - In 1990, one in one hundred deaths in Scotland were alcohol related. By 1999, this figure had risen to one in 40 (1,585)
  - More than two-thirds (73%) of alcohol related deaths are men
  - The majority of these male deaths were in the 45 to 64 age group, but, in the younger age group (30 to 45) the number of deaths has doubled, indicating that alcohol problems are starting in drinkers at a younger age
  - Of the number of alcohol related deaths, 44% of the deceased persons had been diagnosed with alcohol dependence
- Above figures Scottish Executive Plan for Action on Alcohol Problems (2002).

- IN a recent survey of the drinking habits of young people in Greater Glasgow:
- 62% of 13 year-olds and 85% of 15 year-olds report as having had a proper alcoholic drink
  - 20% of 13 year-olds and 40% of 15 year-olds report having drunk alcohol in the week prior to the survey
  - Of those who reported having had an alcoholic drink, 14% of 13 year-olds and 33% of 15 year-olds report usually drinking once a week
  - Boys report an average of 13 units over the week while girls report an average of 10 units over the week
  - the most commonly reported kinds of alcohol consumed were alcopops (57%), spirits or liquors (55%), beer, lager or cider (43%)
  - 15% of 13-15 year-olds buy alcohol from a friend or relative
  - 10% of 13-15 year-olds buy alcohol from someone else
- Information from: Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) 2002

## WHERE TO GET HELP

- East Addiction Services, 871 Springfield Road, Glasgow, G31 4HZ (0141 552 9287)
- Greater Pollok Addiction Service, 130 Langton Road, Glasgow, G53 5DP (0141 276 3010)
- West Addiction Service, 7 - 9 Hecla Square, Glasgow, G15 4PH, (0141 274 4346)
- North Addiction Service, Closeburn Street, Possilpark, Glasgow G22 5JZ (0141 276 4570)
- North Addiction Service, 94 Red Road (Springburn), Glasgow, G21 4PH (0121 557 0056)
- North East Addiction Services, 1250 Westerhouse Road, Glasgow, G34 9EA (0141 781 4002)
- North West Addiction Team, 59 Ruchill Street, Glasgow, G20 9PY (0141 287 6291)
- South Addiction Service, 187 Old Rutherglen Road, Glasgow, G5 0RE (0141 420 8100)
- South East Addiction Service, 10 Ardencraig Place, Glasgow, G45 9US (0141 287 6100)
- South West Addiction, C/o The Drug Project, Southern General Hospital, 1345 Govan Road, Glasgow, G51 4TF (0141 201 1956)
- North Alcohol Prevention & Education Project, Hyde Park Business Centre, 60 Mollinsburn Street, Glasgow G21 45F
- Glasgow Council on Alcohol, 82 Union Street, Glasgow, G1 3QS (0141 226 3883)
- Greater Easterhouse Alcohol Addiction Project (GEAAP), 51 Trondra Place, Glasgow, G34 9AX (0141 773 1222)
- GATE Project, Community Alcohol Prevention Project, 27 Brockburn Road, Pollok, Glasgow G53 5BQ (0141 883 8111)
- SADIE's Team (Safer Alcohol Drinking in the East End), The Bumbury Regeneration Centre, 67 Yate Street, Glasgow G31 4AE (0141 550 7018)
- East Dunbartonshire, Unit 20, Fraser House, Whitegate, Kirkintilloch, G66 3BQ (0141 588 5143)
- WEST DUNBARTONSHIRE Dumbarnton Council on Alcohol, West Bridgend Lodge, Dumbarnton, G82 4AD (01389 731 456)
- EAST RENFREWSHIRE Substance Misuse Team, St. Andrews House, 113 Cross Arthurlie Street, Barrhead, G78 1EE (0141 577 3368)
- SOUTH LANARKSHIRE Community Substance Misuse Team South Lanarkshire, Rutherglen & Cambuslang, Royal Borough House, 380 King Street, Rutherglen G73 1DQ (0141 647 9977)
- NORTH LANARKSHIRE Addiction Advisory Service, 81c Hallcraig Street, Airdrie ML6 6AW.
- National Alcohol information line (0800 917 8282)
- Alcoholics Anonymous (AA) www.aa-uk.org.uk (0845 769 7555)
- Alcoholics Anonymous, 50 Wellington Street, Glasgow (0141 226 2214)
- Al-Anon (for families of people with alcohol problems) (020 7403 0888) www.al-anonuk.uk
- Al-Anon Information Centre, 22 Mansfield Street, Partick (0141 339 8884).



# Technology at work in Yorkhill

# Doctor...it's long distance!

Revolutionary new telemedicine network for paediatrics in Scotland

**N**Hs Greater Glasgow helped make Scotland that little bit smaller with the launch of a unique telemedicine network that allows children's experts at Yorkhill to 'examine' patients in hospitals all over the country without leaving their own wards.

The network is made up of hi-tech mobile cameras and monitors that can transmit heart ultrasounds from newborn babies, allows doctors to share x-rays and gives concerned parents the opportunity to talk 'face to face' with a specialist about their child's health whilst being miles apart.

This is the first time in Scotland such a network has managed to bring a specialist who is many miles away directly to the bedside of an ill child.

Dr Alan Houston is one of the Paediatric Cardiac Consultants at Yorkhill who has been getting to grips with the new system.

He said: "The technology involved in this project is tremendous, allowing us to interact with patients and colleagues in outlying district general hospitals in a way that has not been possible before."

"The network offers clinicians a high standard of detail that is comparable to actually being at the patient's bedside. It is truly a 21st century way of allowing children's doctors to work together and make the best possible decisions for some of Scotland's most ill children."

The state-of-the-art system links Yorkhill with Wishaw General Hospital (Lanarkshire), Ayrshire Central (Ayrshire) and Ninewells Hospital (Dundee), but plans are already underway to expand the network to other Scottish paediatric and neonatal units.

Health Minister, Malcolm Chisholm,



**DOCTORS** are using the new telemedicine network to treat children all over Scotland.

commended NHS Greater Glasgow for their work in this area.

He said: "I am delighted at this development. It helps ensure that patients - in this case babies and children from all over Scotland - can have access to first-class, highly-specialised care which realistically

## Praise for city services

TWO innovative Glasgow community health services which improve patient choice, care and access have been praised in a new BMA publication - the 'A-Z of Doctors Making a Difference'.

The Sandyford Initiative and the Greater Glasgow Nursing Homes Care Team are both featured in the A-Z, which includes a foreword by the Prime Minister Tony Blair.

Glasgow's flagship emotional and sexual health service, the Sandyford Initiative, was commended for its 'Shared Care' scheme, which improves choice and access for people with Chlamydia and other sexually transmitted infections (STI's).

Sexual health advisers work closely with GP practices to provide ongoing support, advice and education around the management of STI's and a dedicated telephone support line is also provided for GP practices to contact the sexual health adviser team on any issue relating to their patients and the management of chlamydia.

Websites with further support to GPs are [www.sxhealth.co.uk](http://www.sxhealth.co.uk) and [www.sandyford.org](http://www.sandyford.org).

The work of the Greater Glasgow Nursing Homes Care Team is making a real difference to those in nursing homes in Glasgow.

Staffed by a dedicated GP team with input from other GPs and pharmacists, the Nursing Homes Care Team service aims to address some of the particular difficulties faced by patients in nursing homes. It improves access to medical care (primarily for older people) and provides care for the significant number of younger patients with chronic illnesses, specific psychiatric conditions and those with learning disabilities.

Since the service began in 2002, more than 2,000 of the 3,700 people living in nursing homes have registered with the service, which has proved popular with residents, carers, families and nursing home staff.

can only be provided in a very few centres of clinical excellence.

"I am determined to make sure that Scottish patients get high quality, safe care and that they are able to access this care as close to home as possible. This project demonstrates how the modern NHS can bring together local access and world-class quality."

"I want to see this approach widened to benefit more patients being treated in more specialties across the NHS in Scotland."

## Ethnic minority women have say on gynaecology

WOMEN from ethnic minority communities across Glasgow gathered for a conference recently to help shape the future of outpatient gynaecology services.

Organised by NHS Greater Glasgow and the National Resource Centre for Ethnic Minorities, the event was part of an overall review of outpatient gynaecology services.

Attendees were invited to discuss the findings of focus groups and a patient survey on gynaecological services for ethnic minority women.

They looked at the key issues that affect them when using the services, identified where the gaps were and suggested ways to address the issues raised.

Attendees were then asked to

help health staff devise an action plan for gynaecology services which took into account their various cultural needs.

Kate Munro, Community Engagement Manager for NHS Greater Glasgow, explained: "The conference gave us a great opportunity to meet with women from many different ethnic minority backgrounds to discuss how we can better

provide gynaecological outpatient services for them.

"The women really made the most of this opportunity to voice their thoughts and feelings on how gynaecology services can be developed, so we gathered a lot of valuable information."

"I'd like to thank everyone involved for making the conference such a big success."

# Positive progress all across Glasgow



## New sterilisation unit is planned

**DO** you ever wonder how medical equipment is cleaned for re-use in our hospitals and other NHS facilities? Most people go into hospital and never think how or where this is done.

The cleaning of medical equipment is known as decontamination and this procedure is currently carried out at one of six 'decontamination units' throughout the city.

These units - known as Theatre Sterile Supplies Units (TSSU) - have served Glasgow well over the years. However, the introduction of new national decontamination standards means that our whole service has to be modernised. It is not possible to upgrade the six existing units, and things cannot remain as they are, so what is going to be done?

What has been proposed is a new Centralised Decontamination Unit at Cowliars. This pan-Glasgow unit will be one of the largest and most modern in Britain and has now been given the go ahead by the Scottish Executive.

This project is a new development for the NHS in Glasgow and, now that we have approval from the Scottish Executive, it is full steam ahead with the conversion of a building identified at Cowliars.

Jonathan Best, Lead for the NHS Greater Glasgow Decontamination Project, said: "NHS Greater Glasgow is constantly striving to improve and modernise healthcare services and facilities for our patients and staff."

"This latest pan-Glasgow project has been

a significant and challenging undertaking that has brought out the best elements of single system working from within NHSGG.

"Hospital staff, trade unions and other partners from Glasgow's three Acute Divisions have worked together to plan for the move from six disparate, ageing, decontamination units to one of the most efficient, state-of-the-art facilities in the country."

"We are delighted to be keeping Glasgow's decontamination service within the NHS, which will allow us to build upon the existing high standards we have already established."

"This new development will represent not only an improvement for patients and staff, but will also be a significant step forward in environmental terms, taking into account the latest ecological guidelines, driving down carbon emissions, and increasing the recycling of waste."

Eddie Manderson, Sterile Services Manager at the unit at Gartnavel General, has been involved with the project from the outset and has been heavily involved in the design and planning of the new unit.

He said: "This is a major step forward for Glasgow. This new unit will be one of the largest and most up-to-date facilities in Britain."

"The reason for decontaminating medical equipment is to protect patients and staff from hospital acquired infection. The process of decontamination involves the medical devices undergoing a mechanical wash, or a thorough hand wash if the device is delicate. The equipment is then sterilised, inspected and packed ready for re-use."



**INSTRUMENT** and equipment decontamination has to meet stringent new standards.

## AND HERE'S MORE GOOD NEWS

THERE have been a lot of good things happening in the NHS throughout Greater Glasgow - news that may have been overshadowed by some of the big issues lately.

In case you missed them, here's a roundup of the good news stories from NHS Greater Glasgow over the last few months....

### Pregnant Women to breathe easy

PREGNANT women in Glasgow who smoke are being given help to ditch cigarettes in a new midwife-led scheme.

The breathe project involves testing mums-to-be at their first clinic visit to find out if they're smokers, then helping them to give up, including offering them Nicotine Replacement Therapy, one-to-one counselling and individual stop smoking programmes. Pregnant women interested in taking part in this scheme should speak to their midwife.

### Talking the walk

NHS Greater Glasgow recently launched a report which celebrated the success of a range of youth health projects throughout the area.

The Talking the Walk report looked at the last five years of youth health projects and the important contribution they make to the lives of young people. The projects help young people deal with a range of health issues including mental health, sexual health, smoking, drugs, alcohol, physical activity and healthy eating.

### Sexpression offers advice to the young

YOUNG people seeking sexual health information can get help and advice from other young people thanks to a student-led national organisation.

Sexpression was set up initially by a group of medical students to take information and education about sexual health out to young people living in Britain.

The Glasgow group is supported and managed by NHS Greater Glasgow and volunteers organise and deliver programmes of free interactive workshops to young people on a range of different sexual health subjects.

### Defibrillators for Glasgow ambulances

STATE-of-the-art defibrillators, which can save the lives of people who've had heart attacks, are now being fitted to all frontline ambulances in Greater Glasgow.

As part of a £5.1million Scotland-wide funding package from the Scottish Executive, the city's ambulances are ditching older machinery and being fitted with new high-tech heart defibrillators that allow emergency crews to deliver faster and better treatment to heart attack patients.

### Deaf Awareness pack

JUNE saw the launch of Listen Up! - a deaf awareness pack aimed at helping health professionals and receptionists communicate with deaf and hard of hearing patients.

The first of its kind in the UK, the new pack has been created to educate NHS staff about the deaf community's needs and help them provide the support needed to help break down communication barriers between doctor and patient.

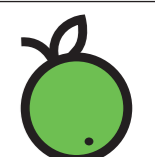
### Smoke quit bid targets mums

MUMS-TO-BE who smoke can get help to quit from a pioneering project. The new service will aim to cut the number of children born prematurely, such as with Down's syndrome.

### £5m heart-kit boost for Scots 999 crews

A city ambulance trust has received a £5 million boost from the Scottish Executive to help it purchase new heart attack defibrillators for its 999 crews.

## Glasgow eats up healthy eating awards



SIX Glasgow catering teams received prestigious healthy eating awards at the recent Scottish Healthy Choices Award ceremony.

Awards went to: Anniesland College's refectory; Clydesdale Bank's Buchanan Street branch staff canteen; Low Moss Prison's catering department - that provides meals for prisoners and staff; Jordanhill College's diner, coffee shop, tea bar and staff dining room; and Glasgow City Council's canteen in Nye

Bevan House - which serve a joint total of 5,000 customers daily.

Award assessor, Catherine Henderson, Health Promotion Officer with NHS Greater Glasgow, said: "Scottish Healthy Choices is a national initiative to improve Scotland's diet. It's managed locally by NHS Greater Glasgow's Health Promotion team and Glasgow City Council's Environmental Protection Services, who assess catering establishments and provide support to attaining the award."

The Health Promotion Officer added that the awards are given to caterers for qualities such as:

- Providing and promoting healthy food choices
- Showing support for breastfeeding mothers
- Complying with Scotland's Healthy Choices food safety and hygiene criteria
- Providing non-smoking areas on the premises.

## healthy living

Catherine continued: "The winning caterers give Glasgow people the opportunity to eat healthily, while educating them about diet and health in the hope they'll take home what they've learned to help their families follow healthier lifestyles."



# Much needed cash helps in front line

# Funding boost for men's health

£477,000 will help to launch more MOT clinics in Glasgow

**M**EN'S health has traditionally been a neglected area of Scotland's health. But NHS Greater Glasgow has made it a priority by introducing men's MOT clinics all over the city.

Additional funding of £477,000, recently announced by the Scottish Executive as part of a national funding package, will allow a range of new health initiatives to be introduced complementing the existing services and meeting the specific needs of men in Glasgow.



**Alastair Low... welcomed new funds.**

Alastair Low, Senior Health Promotion Officer for Men's Health, NHS Greater Glasgow, said: "We welcome this additional funding which will help us to significantly improve and expand our existing local health services for men across the city." He added: "Many local groups and individuals have been involved in developing these initiatives and the feedback from local pilots has been very encouraging. We are committed to monitoring and reviewing these new developments on an ongoing basis to ensure they continue to meet the needs of men."

The additional money will fund the introduction of new men's MOT clinics in



Indicator (BMI). Results of the tests will be available at the same appointment and individuals can be referred to their GP, other healthcare professional or a number of voluntary agencies, as appropriate.

Ian Anderson, a typical visitor to one of the existing MOT clinics, said: "I am one of those men who never went to their doctor unless I could not walk or was seriously ill, and that seems to be the case for a lot of guys. Many people who went for the MOT discovered that there was something wrong with them that they did not know about."

Ian says the changes he has made are not only improving his health but his family are benefiting also. He said: "The kids are loving it too because they get to go swimming when I go to the gym. The wife has also signed up for the gym and the whole family is eating more healthily."

There are plans to use some of the extra funding to recruit an outreach development worker to build links with the local community and train volunteers to take key health messages out to men in the Greater Pollok area.

The introduction of new weight management classes for men in the South East of Glasgow and the recruitment of a Greater Glasgow network co-ordinator to monitor activity and ensure services are delivered to a consistent high quality across the city, are also part of the plans to improve men's health in Glasgow.

local health centres and community venues across Greater Glasgow adding to the existing clinics already up-and-running and ensuring men in Glasgow have a clinic close at hand.

Men attending the clinics will be asked to complete a questionnaire to help identify potential problems linked to lifestyle factors such as stress, diet and smoking. They will also be able to have samples of their blood and urine analysed, have their blood pressure checked and have their weight and height checked to identify their Body Mass

## £550,000 extra for dental health services

NHS Greater Glasgow is to receive £550,000 to improve community dental facilities for children and adults with special needs.

The additional funding, which is part of a £2.35m national initiative announced by the Scottish Executive, will be used to develop and expand dental facilities at Pollok and Springburn Health Centres.

Pollok Health Centre will receive £400,000 to develop a new purpose-built facility to accommodate the existing general dental practice and a new salaried community dental service.

The new dental facility - which will allow staff to provide services to 2,000 additional patients - will have more surgery space, a recovery area, improved access and a special dental unit to enable staff to offer an extended range of services for children and adults with special needs.

Springburn Health Centre will receive £150,000 to upgrade and extend existing dental surgery accommodation within the centre. The development, which will be taken forward over the next year, will provide a larger recovery area, improve access for wheelchair users and allow patients with special needs to be treated under sedation where necessary.

Proposals to appoint additional dentists, dental hygienists, therapists and nursing staff within both facilities have also been developed as part of a wider plan to expand and improve community dental services for children across the city. This will enable staff to provide additional preventative treatment and support to children at high risk of developing tooth decay.

## Award for nurse Julie

CONGRATULATIONS to Glasgow Practice Nurse Julie Rennie who recently scooped a major new award for her work in improving the care and treatment of patients with Chronic Obstructive Pulmonary Disease (COPD).

Julie, who works for the Crownpoint Practice in Bridgeton Health Centre, won joint second place in the Scottish COPD (Chronic Obstructive Pulmonary Disease) Care Awards which were organised by the British Lung Foundation, Scotland and GlaxoSmithKline.



**JULIE Rennie, Practice Nurse, Crownpoint Practice in Bridgeton Health Centre (centre) is pictured with members of the judging panel and representatives from the British Lung Foundation and GlaxoSmithKline.**

### OUR PARTNERS

NHS Greater Glasgow works with a number of partner local authorities, charities and other organisations such as Strathclyde Police and NHS 24. Our main partners are:

