

SN

Staff Newsletter
October 2009



Fitness can be fun...

LET'S DANCE!

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Wing Commander Philip Barlow shortlisted for award

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The sky's the limit for fund-raising hillwalkers off to the Himalayas

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Cleanliness champs at GDH

Enthusiastic team are the first domestic assistants to complete the programme

CONGRATULATIONS to the domestic services team at Glasgow Dental Hospital who are the first domestic services assistants in NHSGGC to complete the cleanliness champions programme.

The team at the dental hospital were encouraged to undertake the programme by their manager, Mary Govan, and took three months to complete it. During this time, they were mentored by Mary and senior supervisor Margaret Spalding, as well as the senior infection control nurse for the Northeast sector, Jackie Stewart.

Jackie was very impressed with the team's hard work and enthusi-



The GDH cleanliness champions with (centre, from left) Mary Govan, Jackie Stewart and Margaret Spalding

asm. She said: "They met me on a fortnightly basis, coming in before their shift was due to start in order to work through the programme."

The cleanliness champion programme is a self-directed learning course comprising 10 units and is designed so that any

Undertaking the cleanliness champion programme allows staff to act as role models to their colleagues and helps ensure a high standard of care

healthcare worker can undertake the course. The course provides knowledge

and understanding of key infection control issues such as hand hygiene and

environmental cleanliness. Jackie added: "The prevention of healthcare acquired infection is a priority for all of NHSGGC. Undertaking the cleanliness champion programme allows staff to act as role models to their colleagues and helps ensure a high standard of care."

New hospitals nominated for best building

THE two new hospitals opened by NHSGGC earlier this year have both been shortlisted for the best hospital design in the Building Better Healthcare Awards.

Following a record number of nominations, each short-listed entry had to battle



through some very tough criteria to make it to the final stage of judging.

HLM Architects, which designed the New Victoria Hospital, will now go head to head with Reiach & Hall



Architects, which designed the New Stobhill Hospital. Both are up against some stiff competition from across the UK including Royal Manchester's Children Hospital, the Oxford

Churchill Hospital, Bristol Heart Institute and Altnagelvin's Area Hospital new south wing.

The winner will be announced at a ceremony in London on 12 November.

Renal unit celebrates

Staff and patients, past and present, celebrated 10 years of Inverclyde Royal's Renal Unit at a summer ball, held in Greenock's town hall recently.

The celebrations started in the run up to the Ball with a variety of fundraising events including a sponsored walk.

Kidney Research kindly donated goody bags and a fabulous night was had by all 180 people who attended.

Staff to receive two flu vaccines

Programme to protect against seasonal flu and H1N1 set to begin in October

The flu vaccination programme for staff is expected to start in late October/early November 2009. This year, staff are being offered the normal seasonal flu vaccine as well as a vaccine against the H1N1 virus.

The seasonal flu vaccine will not protect against the H1N1 virus but will protect against the predicted strain for winter influenza. This will be administered as a single injection.

The seasonal flu injection will be offered along with the H1N1 vaccination.

Both vaccinations will be offered only to staff that have direct contact with patients. Members of staff who do not have direct clinical contact will be offered the vaccination at a later date in conjunction with the Scottish Government's plan to offer

all of the population the H1N1 vaccine.

The 2009 vaccination programme will be delivered within clinical departments. This will be done either by designated members of staff vaccinating their colleagues within their own clinical areas or by a team of nurses visiting each area. The vaccination programme will be

co-ordinated via occupational health.

The sessions are expected to run from 8am to 8pm, Monday to Sunday. Due to the expected volume of uptake, each department will have one planned visit but they can access sessions within other clinical areas.

Staff unable to attend these sessions will be able to arrange an appointment

within their local occupational health department.

A timetable of the vaccine administration programme will be available on StaffNet, along with information on the specific vaccines. There will also be a questionnaire that staff are requested to complete prior to attending the vaccination sessions.

Staff who have had a severe anaphylactic reaction to any vaccination in the past or who have chronic health conditions are requested to attend their GP for vaccination.



Patients now to be screened for MRSA

Every patient coming into our hospitals for a planned operation will now be screened for MRSA before being admitted. The screening process will become part of the pre-admission procedure and is one of the largest programmes of its kind in the UK.

Other groups of patients who will be screened include; elective and emergency admissions to care of the elderly, renal, dermatology and vascular surgical specialties.

A pre-assessment pilot has already begun at the

RAH in Paisley and a phased programme will be rolled out to the remaining sites starting in October for completion by January 2010.

MRSA screening project manager Debbie Forsyth explained: "The screening programme will ensure that patients who are already carrying the bacterium are identified, treated and appropriately managed to prevent further spread and risk of infection to themselves and others.

"By screening people prior to or at hospital admission, we will be able to identify



any positive cases and the patient will begin the process of decolonisation. The reduction in patients being admitted to hospital carrying MRSA will lower the risk of MRSA negative patients contracting the infection."

It is estimated the introduction of the screening programme will mean around 86,000 more tests

being carried out per year across our nine acute hospital sites.

Although this will mean an increase in work for lab staff, laboratory management are implementing a staffing programme which will ensure that as workload increases, there will be no change to the current working process.

DATES FOR THE DIARY



THE SCOTTISH MENTAL HEALTH ARTS AND FILM FESTIVAL

1-22 October
various venues

Now in its third year, NHSGGC is a lead partner of the festival which features a range of events including film, music and literature in a host of venues across Glasgow. www.mhfestival.com

BREAST CANCER AWARENESS MONTH

1-31 October
www.breastcancer.org.uk

LUPUS AWARENESS MONTH

1-31 October
www.lupusuk.org.uk

BABY LOSS AWARENESS WEEK

9-15 October
www.babyloss-awareness.org

WORLD MENTAL HEALTH DAY

10 October
www.wfmh.org

ANNUAL REVIEW
19 October, 1.30pm
Thistle Hotel, Glasgow

BOARD MEETING
20 October, 9.30am
Dalian House, Glasgow

SPACE BETWEEN 2
28-29 October
The Drumossie Hotel, Inverness

Aims to address current developments in the provision of palliative care anchored in the main themes of enabling and conserving the dignity of patients and their carers
For more information email: thespace@highlandhospice.org.uk or tel: 01463 243 132.



RETA: 52 YEARS ON

ONE of Scotland's longest serving nurses – Reta Scott – has retired after an incredible 52 years of caring for patients in Glasgow.

Reta, who was a theatre nurse at the Victoria Infirmary for 43 years, began her training at the Western Infirmary in 1957. She was one of the best-known and popular faces at the Victoria.

Reta said: "I had a plan that if I got to 70, which I did in April this

'Most glamorous theatre nurse' retires after a marvellous career

year, and I was fit and well, it would be time to go. I've had a marvellous career and I've loved it all. I'll dearly miss all my wonderful colleagues and of course the patients too. It will be strange not working, but I feel now is the right time to

retire. Offers for how to fill my time are flooding in and carpet bowls is chief among them! Most of all I'm really looking forward to spending more time with my family."

Colleagues past and present gathered to wish Reta well in her

retirement. Theatre sister Shona Campbell, who worked with Reta for almost 25 years, said: "Reta has been a fabulous colleague and friend. She is incredibly well-respected and an inspiration to us all. Over many years she has contributed so much. Her common-sense approach and kind manner have made a difference to so many people, patients and staff alike.

"We'll all miss her terribly,

Our military health hero



"We'll all miss her terribly, particularly her fantastic sense of humour"



Reta (circled) has seen huge changes since training in 1957 (above) to today (left)

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particularly her fantastic sense of humour and her glamorous style – she has been the most glamorous theatre nurse the Victoria Infirmary has ever had!"

To mark Reta's remarkable contribution to healthcare, NHSGCC Chairman Andrew Robertson took her out for a special celebratory lunch.

Mr Robertson said: "Nursing is a vocation and, having met her, it

is quite clear that Reta was always destined to be a nurse. She is a remarkable woman and her dedication and quality of care to Glasgow patients cannot be overestimated. I am very grateful for all her tremendous work over the half century she has spent looking after others. I know that Reta, with her infectious cheerfulness and good humour, will be very sadly missed."



A GLASGOW neurosurgeon who has saved countless lives in Afghanistan has been shortlisted for healthcare reservist of the year in the second annual Military and Civilian Health Partnership Awards (MCHPA).

Wing Commander Philip Barlow from RAF Leuchars is also a consultant neurosurgeon at the Southern General, but it is for his work in Kosovo and Afghanistan saving civilian and military lives that he is being recognised. The healthcare reservist of the year is presented to an individual who has "made a significant contribution to the healthcare of military patients".

Hearing about his nomination, Philip said: "I was surprised to receive the nomination given that on deployment I was a very small part of a big team. Nevertheless, I hope

the attention the awards bring can translate in some way into support for the military in general, and the frontline troops in particular."

The aim of the MCHPA awards is to acknowledge the importance of having strong, effective, modern health partnerships and the excellence of care these bring in delivering healthcare and health services within the armed forces.

The cabinet secretary for health and wellbeing, Nicola Sturgeon, said: "Throughout the UK and abroad, the men and women of our armed forces benefit from outstanding healthcare and these awards celebrate the partnerships that make that possible. Each and every one of them deserves our thanks."

The MCHPA ceremony takes place in Edinburgh later this month.

Throughout the UK and abroad, the men and women of our armed forces benefit from outstanding healthcare

Nicola Sturgeon, cabinet secretary for health and wellbeing



Wing Commander Philip Barlow has been recognised for his work in Kosovo and Afghanistan

What's in it for me?

This year's alcohol awareness week (4-10 October) asks 'What's in it for me?', encouraging us all to think about making positive lifestyle choices, changing our drinking habits and drinking more responsibly.

The idea behind the campaign is that by making a few simple changes we can get more out of our day, week, and weekends, our working lives and time spent with friends and family.

By making positive choices and drinking responsibly – i.e. within the sensible drinking guidelines and alternating alcoholic drinks with soft drinks or water – you'll feel better the next day and your night out might last that bit longer!



Successful bids funded



Seven NHSGGC projects have been successful in getting funds from the Working Well Challenge Fund (WWCF) which was set up earlier this year by the Scottish Government.

Six of the successful bids are projects to tackle aggression and violence – a key issue for NHSGGC following feedback from the Staff Survey which revealed 20% of our colleagues had experienced a violent incident in the past 12 months. Bids were received covering verbal and non-verbal abuse within forensic mental health, addressing violent encounters within

community addictions, a general staff awareness campaign and developing training for staff dealing with head injury patients.

Our final successful bid is to fund a money advice handbook for staff.

The WWCF contained a total of £1.5 million, with £500,000 set aside specifically for schemes designed to reduce violence and

aggression towards healthcare staff. In total, around £110,000 was secured by NHSGGC.

All of the funded projects will be evaluated as they proceed and a report sent back to the Scottish Government at the end of the project in March 2010.

House gives better mental health care

Skye House – the dedicated service for young people with serious mental health problems – has been officially opened by the cabinet secretary for health and wellbeing Nicola Sturgeon.

The purpose-built unit is the largest of its kind in the country and serves young people aged 12 to 18 from across the West of Scotland.

At a cost of £7.6 million, Skye House provides inpatient treatment for young people with conditions such as severe depression, eating disorders, psychosis and obsessive-compulsive disorders.

All bedrooms are en-suite and there is a gym, classrooms and landscaped gardens as well as overnight accommodation for visiting families.



NHSGGC Chairman Andrew Robertson and the cabinet secretary for health and wellbeing Nicola Sturgeon with one of the young patients at Skye House

Service director for child and adolescent inpatient units Julie Metcalfe said: "Skye House offers a unique and unrivalled ability to offer young people what they have never had before – a modern service that gives access to up-to-date evidence-based therapies, education and recreation in a warm and inviting homely environment."

Grand delight!

Congratulations to Michele Nisbet, staff nurse in ward B4 at the Beatson, who won the August £1000 SN competition.

Michele was delighted, if a little surprised, to win as she has never won anything before.

With two grandchildren to spoil, a third due at the end of September and a fourth due in April, there is no shortage of ideas on where to spend her winnings.



Michele Nisbet (left) with colleague Andrea Kerrigan

WIN, WIN, WIN!

If you would like to win our next £1000 prize courtesy of Staff Lottery/Appeals society, answer this question:

Q: How many years service has Reta Scott given to the NHS?

Send your answer to: staffnewsletter@ggc.scot.nhs.uk by 31 October. When emailing your answer, please state your work location. The competition is open to all NHSGGC employees. Winners must be available for publicity and

their details will be printed in future issues of SN. Only one entry per person.

Staff Lottery Roadshows

Staff Lottery will be out and about visiting sites to tell you the benefits of joining the staff lottery. Why not pop along to your local canteen and see them?

Victoria Infirmary 14 October
Western Infirmary 28 October
Gartnavel General 11 November
Glasgow Royal 25 November

Check out all the latest Staff Lottery winners on [StaffNet > benefits and services > NHS staff benefits staff lottery](#)

To join the Staff Lottery, and have the opportunity to win £5000 each

month, as well as take part in the mega draws in March and September, contact Isobel Huk, email: isobel.huk@ggc.scot.nhs.uk or tel: 0141 211 5850 or visit: www.nhsstaffbenefits.co.uk

SKY TREK!

Nepal is the final frontier for two keen hillwalkers raising money for Yorkhill Foundation



Yorkhill Children's Foundation challenge to raise funds has two more brave 'volunteers' for its ambitious trek to the Himalayan Annapurna region.

Ready to tackle the 11-day trek in the high peaks of the Annapurnas are Lindsey Finlayson and Carlene Sloan from the RHSC.

Lindsey, a staff nurse in the emergency department, convinced Carlene, senior staff nurse in PICU, that trekking in Nepal would be a great way to raise funds for the hospital – with the opportunity of a holiday to explore the country at the end of the trek.

Both keen hill walkers and rock climbers, the girls have been training hard since the beginning of the year and enjoying some of Scotland's own glorious scenery.

Carlene enthused: "I was hoping to trek in Nepal last year but it fell through, so I'm delighted to be getting to do it this year with the added bonus of raising money for the foundation.

"Everyone knows about the good

work the hospital does, but working here we get to see first-hand how imperative the work of the foundation is. Being able to do something I love while raising funds just seems ideal."

The trek will be gruelling – both physically and mentally – with the added challenge of having to raise a minimum of £3000 to take part.

Lindsey added: "We both like to keep fit and healthy so the time-consuming preparatory work has been in the fundraising.

"Everyone has been very generous though, and I've managed to raise almost all the required amount so far through cake stalls, car boot sales, a sponsored silence, charity cans and of course donations from family, friends and colleagues."

As well as being home to some of the world's highest peaks, the Annapurna region is believed to be one of the world's finest trekking destinations.

The trek will travel from the fascinating city of Kathmandu, through

mountainside villages and thick rhododendron forests, until they reach a point where they will be rewarded with a 360 degree view of the Annapurna massif, including the monolithic hulk of Lamjung Himal and the famous fishtail peak of Machupuchare.



Carlene trekking in Morocco last year



Lindsey hill walking on Carn Dearg

Three more join ranks of staff Ready to Lead

Three staff members collected certificates after successfully completing the Ready to Lead programme.

Douglas Blair, George Carson and Cameron Raeburn were presented with their certificates by HR director Ian Reid.

Similar presentations are being carried out across the organisation. The Ready to Lead initiative is fully backed by directors and 229 people have successfully completed it over the past 12 months.

Feedback from line managers and participants has been overwhelming.

Ready to Lead has been designed to help develop and enhance the leadership skills of front line managers across NHS GGC and local authority partnership posts. The initiative consists of five modules delivered over eight days and spread out over a 12-month period.

As part of the programme, delegates embark on an improvement activity project to demonstrate:

- using the opportunity to apply new skills and reinforce their learning
- that applying new leadership and improvement skills will make a tangible difference to both their own performance and that of the organisation
- begin growing an improvement culture where people are motivated and can contribute their skills to make things better both for themselves and for patients/clients.

The projects had a range of target activities including:

- merging and motivating teams
- improvement of systems through redesign.

Funding has now been approved to support a new phase of Ready to Lead with a start date in October 2009.

For more information, visit: www.staffnet.ggc.scot.nhs.uk/Human+Resources/Organisational+Development/Ready+to+Lead/default.htm

Carnival time at the IRH

A LITTLE touch of Latin American carnival has arrived at the IRH as staff have begun keep-fit classes to the rhythm of the Samba.

The 10-week dance programme is led by Brazilian-born dancer Thaissa (aka Electricat) who has performed and taught dance around the world for more than a decade.

The weekly half-hour classes are the brainchild of community nutritionist at the hospital's department of nutrition and dietetics, Dominika Bugajska-Brown.

Dominika said: "Dance is my

passion. I've always liked Latin music, and also enjoy tango and salsa."

The work-out sessions, "Brazilian Buzz – Dance Work-Out for Health", are being financed thanks to a successful application to NHSGGC and Glasgow City Council's staff health action plan small grant fund. The classes will also contribute to the Healthy Working Lives programme.

Dominika added: "Brazilian dance makes for a very vigorous work-out, so it's not only good for



Staff who sign up not only get fit, they also find their mental well-being improves

Dominika Bugajska-Brown, community nutritionist

activity levels but also a great introduction to dance as a pleasurable form of physical activity.

"Staff who sign up will not only get fit, but could also find their mental wellbeing improves."

Thaissa added: "I think this is a really fun way of keeping fit. Brazilian music is very energetic and all about having fun."

Best foot forward at Southern General



RADIO Clyde DJ Suzie McGuire was on hand for the acute services division's launch of Walking at Work at the Southern General – even leading staff on a brief stroll around the site.

Staff who took part in the week, organised as part of Healthy Working Lives, and who noted their daily steps on the counter cards, will now be entered into a prize draw for a fantastic weekend away donated by Barrhead Travel.

HR associate director Anne

MacPherson said: "Healthy Working Lives is an excellent initiative which enables our staff to take small steps to improving their health and wellbeing. We recognise that many of our staff walk as part of their jobs. However, there are many of our staff who do not have that opportunity.

"Walking at Work Week has raised awareness that even taking a small number of steps everyday can have a positive impact on your health and wellbeing."

Thank you from our cycling docs

DOCTORS who took on the challenge of cycling 600 miles from London to the French Alps to raise money for spinal injuries charities have completed the task and would like to thank everyone who supported them.

Paul Jones and Andrew Eggleton from the GRI and Michael Mcginlay and Rob Plum from the RAH all returned in one piece from the Ride2Recovery charity cycle – but with some moans about saddle sores, mountains and French drivers!

Andrew told us: "It was a gruelling but hugely enjoyable experience. We'd like to thank everyone who sponsored us. The support has been immense from the hospital staff and has contributed to the still-rising total of £80,000 – far more than we ever expected!"

See how much is raised at: www.ride2recovery.co.uk

Pictured, from left: Paul Jones, Andrew Eggleton, Michael Mcginlay and Rob Plum



Above (left to right): radiographer Selina Igoe, porter Peter Faulds, multi-site stores manager Colin Johnston, site & facilities manager Lorna Campbell, staff nurse pre-admission clinic Jane Herbison, estates officer Colin Purdon (who ran Great Scottish Run in aid of diabetes) and office manager/medical secretary obs & gyn Linda Colvin

Our happiest joggers

CONGRATULATIONS to the RAH Healthy Working Lives Jog Group, which ran some excellent times in the Paisley 10k at the end of August.

All of the group trained hard for the event and supported each other through training as well as the run itself.