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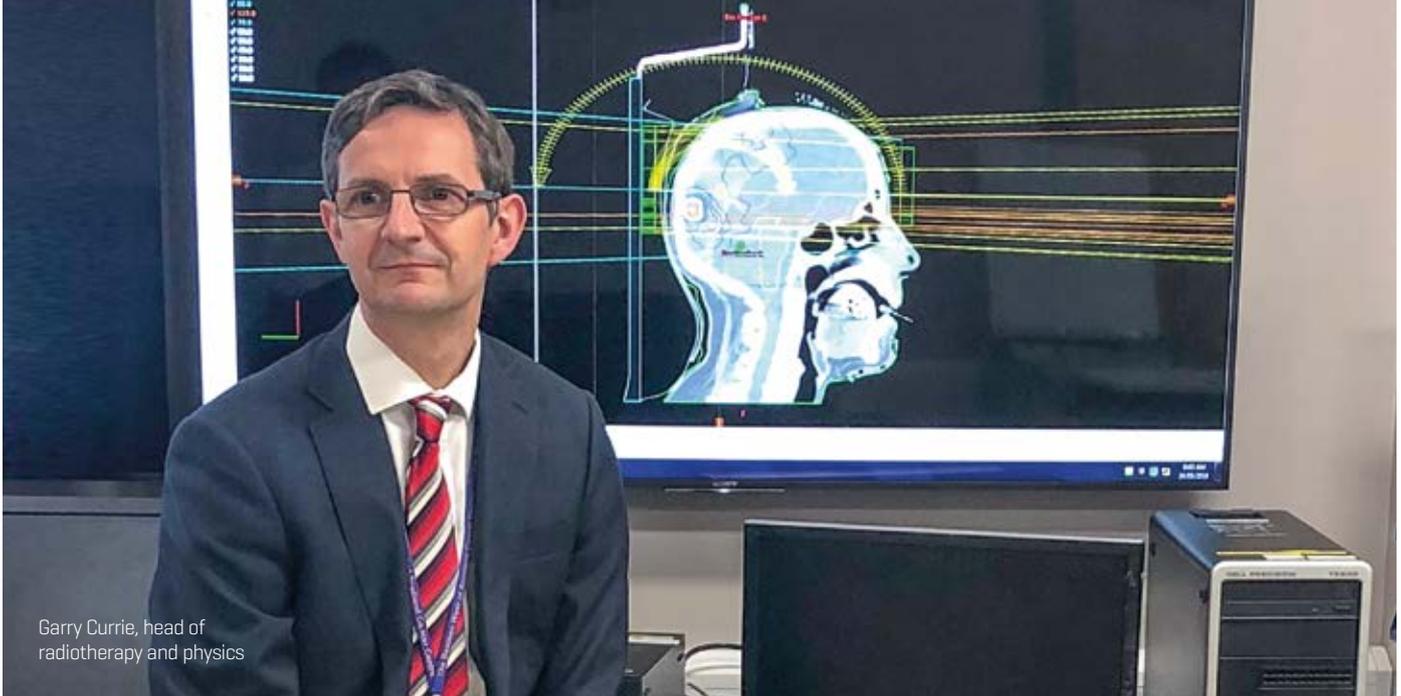
Staff Newsletter June 2018



Let's hear it for our colleagues!

International days mark the
magnificent work of staff

Full story on **PAGES 4 & 5**



Garry Currie, head of radiotherapy and physics

A world first for the Beatson

INNOVATION

The Beatson is the world's first cancer treatment centre to prepare highly complex radiotherapy treatment plans for head and neck, gynaecological and prostate cancer patients in a matter of minutes.

Previously, complex treatments plans could take more than a day to develop manually. Now, not only do the plans take a fraction of the time to create, but a much improved plan is produced that better protects sensitive tissues and other organs.

In addition, this new way of working has led to some patients having their dose of radiation to healthy tissue reduced by 20-30 per cent.

This substantially lessens the probability of adverse reactions to the patient while having no detrimental effect on the effectiveness of the treatment.

The Beatson's Radiotherapy Physics

team was the first in the world to apply new and revolutionary multi-criteria optimisation (MCO) software, which allows the planner to produce multiple treatment plans and determine the optimal and individualised solution for that patient. At least 20-30, and sometimes over 50, potential treatment

"I didn't expect us to reach this stage during my career"

plans for the patient are produced.

Garry Currie, head of radiotherapy physics, said: "I didn't expect us to reach this stage during my career. Our work never stands still; however, this is a real game changer.

"As recently as 2010, staff would start work on just one treatment plan and

come back in the next day - including weekends - to finish the calculations.

"Now we can input our own learning and combine it with others across the world to really tailor the best treatment plan for each patient. Around 200 of our patients are now benefiting from these rapid and high-quality treatment plans every month.

"We have learned a number of things that we would never have expected. Now that we can plan in this way, we can effectively sculpt the dose and reduce the risk of damage to other organs.

"We're at the forefront of this work; however, the results will continue to improve as more cancer centres start working in the same way and more and more collaborations take place.

"Even two years ago I didn't foresee us working this way; we're now able to share and collaborate, learning with UK teams and centres as far afield as Australia."

Come join us at
PRIDE

Pride Glasgow is Scotland's largest celebration of LGBTI equality.

This year, the festival will be held across the weekend of 14 and 15 July at Kelvingrove Park, Glasgow, and NHSGGC will

be there to engage with LGBTI service users and staff. If you're heading to the festival, we'd love to see you, so be sure and stop by our stall.

This year we're also hoping to bring together a large group of NHS staff from across Scotland to walk in the Pride Parade on the Saturday morning.

If you'd be interested in taking part in the parade, please email: alastair.low@ggc.scot.nhs.uk



A summer of celebrations

Creative juices have been flowing across the organisation as staff come up with ideas on how to celebrate the 70th anniversary of the NHS across Glasgow and Clyde.

We have had bids for ward parties, outdoor events, stalls depicting various roles throughout the decades of the NHS, poster exhibitions, and cupcakes for all inpatients.

Dementia Awareness Week will kick off the celebrations with an event – Lap the Gart – where the aim of the day is to ‘Challenge Dementia’... 70 and still going strong!

The geriatric orthopaedic rehabilitation ward at Gartnavel General is organising a screen memories session with Oscars, allowing patients to glam up for the event with afternoon tea and a singalong. Cinema clips from the 40s will give patients the

chance to reminisce about old times.

Learning disability inpatient services will celebrate by exploring the patient’s journey from home to learning disability services through an interactive forum theatre group. Involving patients and staff, the event will reflect on best practice and empower patients to advocate for themselves to have their needs met.

Ross Finnie, vice chair, said: “We have been delighted at the number of bids we have received from staff and are pleased

“We have been delighted at the number of bids we have received from staff”

that so many staff want to get involved in the celebrations along with their patients and visitors.

“Staff have really got on board and it looks to be a great summer of celebrations not only promoting the fantastic work the NHS does on a daily basis, but also encouraging organ donation and blood donation, and marking the varying advancements in medicine and treatments which have evolved in healthcare through the decades.”

Don’t forget to email in pictures of your celebrations to: staffnewsletter@ggc.scot.nhs.uk

For more information on the 70th anniversary, visit: www.nhsggc.org.uk/70thanniversary



Read all about you Written by patients about you

Vale of Leven Hospital

I had an exacerbation of my asthma and was sent over by the GP. I was seen quickly, checked over thoroughly, provided with treatment and reassured. Thank you.



Vale of Leven Hospital

Gartnavel General

I had to have an urgent appointment at the endoscopy unit at Gartnavel

hospital, endoscopy unit. I can only say how great the whole team were on the Saturday morning. They were welcoming with a friendly approach. They quickly reassured me and when I went in for the procedure, they were cracking jokes with me and the next thing I knew it was over. I just want to say a big thank you to all the team there that morning – you were the best.

Beatson West of Scotland Cancer Centre

Have just finished six cycles of chemotherapy for a recurrence of cancer. Cannot thank the staff at the clinic and the staff at ward B6 for all their help and kindness during my treatment. They are always under pressure but treat each patient with the same courtesy and afford them all the time needed. I thank each and every one of them x.

Helping you to share knowledge

As part of an overall drive to support and encourage knowledge sharing across the Board, the NHSGGC Library Network has recently launched a new ‘Knowledge Sharing Handbook’.

This is a comprehensive resource full of articles covering everything from finding and appraising information sources to storing and presenting finished pieces of work.

Knowledge sharing can cover a wide range of activities: maybe you want to create a poster for an upcoming conference, perhaps you’ve been thinking about getting your research published but just don’t know where to start, or maybe you think others could benefit from an example of best practice in your department.

Whatever you have to share, this new resource is an excellent starting point for your knowledge sharing journey.

To access the handbook, please go to: www.quest.scot.nhs.uk or for more information, email: library.network@ggc.scot.nhs.uk



Professional pride shines through

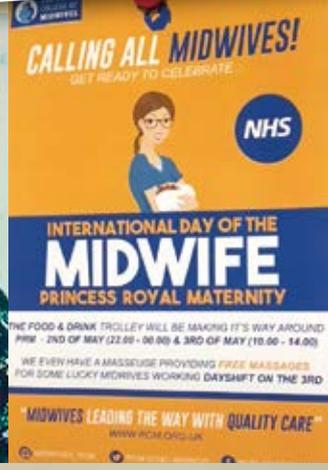
Staff across NHSGGC celebrated three momentous days in style.

International Day of the Midwife, International Nurses' Day and Operating Department Practitioners' Day were marked with displays, games, trolley dash, period uniforms and lots of cake!

Can you spot any of your colleagues in our picture collage?

Don't forget to send in any pictures of days you are celebrating, email: Staffnewsletter@ggc.scot.nhs.uk





HIV

I am positive.

I eat well, keep active and like most folk, I've had to attend hospital appointments for something or other. Unlike most, I'm always seen last. At least I've brought my book this time.

Are you seeing the positive?

Update your knowledge about people living with HIV
Visit www.hivstigma.scot

+vepeople

'Our treatment at the Brownlee is immense'

Day in, day out staff at the Brownlee Centre treat patients with HIV. They are all well sighted on the current facts of HIV, which has changed in the last 10 years. They treat their patients with dignity, compassion and respect.

So much so, a group of patients – all of whom have been treated for the effects of HIV over many years – presented the Brownlee team, including receptionists, secretaries, pharmacists, nurses and consultants, with a plaque to commemorate their treatment of respect and compassion.

The group said: "The Clinic is not like any other clinic we've ever been to and, believe us, we've collectively been to a few. From reception through to

consultants and pharmacy, and everyone in between, the way we are treated is immense.

"We are very fortunate to receive our care at this centre of excellence. We never experience stigma at the Brownlee."

"We are fortunate to receive our care at this centre"

Do you treat all your patients equally? Are you confident you provide the same person-centred care to patients with HIV?

Make sure you know the facts about HIV. For further information, visit: www.hivstigma.scot

Turas Appraisal is now live

Turas Appraisal, the replacement for e-KSF, is now live and can be used for recording your KSF personal development plans, reviews and objectives.

Key features include:

- KSF Post Outlines written in simplified language making it easier to understand.
- Videos for both reviewers and staff that are embedded within the application to support review meeting preparation.
- A video on how to write a SMART objective.
- Pages of helpful guidance e.g. explanations of what learning needs and objectives are, why we have them and examples. This helps users understand the process of personal development plan and review.
- Turas Appraisal can work on any mobile device e.g. smart phones and tablets, not just PCs and laptops. Many staff feel more comfortable using the touch screen on mobile devices rather than a keyboard.
- Turas Appraisal works with any internet browser, not just Internet Explorer.

Coming soon

Turas continues to be developed and new features will be added each month.

At the moment, Turas has pages for reviewers and reviewees to update/view personal development plans and reviews. Some of the new features that will be added soon are:

- Line Manager page – this will allow managers to assign KSF post outlines to reviewers.
- Historical information – all previous PDPs, reviews and objectives recorded on e-KSF will be added to Turas.
- Corporate reports on compliance.

Learning and Education Helpdesk Support

For help, support and advice, email: LE.Support@ggc.scot.nhs.uk or tel: 0141 278 2700 [Ext. 12700], choose option 3 for Learning and Education.

Further information is available on www.nhsggc.org.uk/hrconnect

COMPETITION



WIN

Apple Watch series 3

Enter this month's competition and Get Active while you Stay Connected! From this small device on your wrist you can: make calls and send texts; stream 45 million songs with Apple Music; ask Siri to set a reminder, send a calendar invitation or give you directions. See how far and high you go by tracking a casual walk, an intense ride and everything in between. Stay motivated by competing with and cheering on your friends. And watch Apple Watch celebrate each milestone with you.

Simply answer the question below and email your answer, along with your name and work location, to: competitions@ggc.scot.nhs.uk or send to: **Corporate Communications, JB Russell House, Gartnavel Campus, 1055 Great Western Road, Glasgow G12 0XH.**

Q: What days do we celebrate in the newsletter this month?

The competition is open to all NHSGGC employees. Only one entry per person. Winners must be available for a photograph, which may be printed with their details in future issues of SN. The closing date for entries is 30 June 2018.

QEUH and RHC choir: if you build it, they will come

Chaplain Jim Meighan talks to *Staff Newsletter* about setting up a hospitals' choir

The idea of forming a choir was one I had been thinking of for some time.

When I posted the idea on the QEUH staff Facebook page, I didn't expect such a positive response. I formed a support group that included Mark Lilley, emergency nurse practitioner, and Claire Brown, theatre practitioner, alongside Martin Kelly as musical director and Craig Meighan as video director.

Claire and Martin quickly created a forum and resource page to post pre-rehearsal material and kept the momentum moving forward. Similarly, I had worked with Craig (my son) and played cameo parts in some of his short films, so I was equally confident we were in the hands of genius.

Every rehearsal was a joy,



every mistake was a learning curve and everyone put in the time and dedication to make sure it was a roaring success.

On Thursday 3 May, we completed the final sound recording and video shoot. It was an incredible, fun-filled night of hard work and laughter. The process of putting these two ingredients together has now begun and we should have the final cut available for launch at the beginning of June.

Over the next few months, we will arrange two in-house performances and will start to pull the music and choir together for a number of

engagements, including an invite to sing in the City Chambers in December.

We have all been blessed by being part of this journey and hopefully it will inspire similar projects and perhaps even other NHS choirs. If so, I can guarantee they will be a part of something very precious.



It takes less than 10 minutes to make a difference

The Carers (Scotland) Act is now in place and requires staff to involve carers in discussions and decisions about the person they care for, before they are discharged from hospital. Staff also need to ensure their patient has consented to this.

To make a difference, carers and young carers are identified, are proactively involved in care and discharge planning, and are aware of the support available for them.

To support staff achieve this, a new video resource has been developed. This is a video version of briefings delivered across NHS GGC highlighting the requirements of the Act. The video has been co-produced with our staff.

Brenda Friel, health improvement senior [carers], explained: "This short video clip will take less than 10 minutes to watch. It explains how our staff can identify, involve and support carers whatever your role."

The video clip will equip you to know:

- about the Carers Act
- who carers are
- how to identify carers
- how to involve carers
- how to support carers
- about available resources

- how to evidence they have Identified, Involved and Supported carers.



Visit: www.nhsggc.org.uk/carers-resource to watch the video and make a difference for your patients and their carers.



Doctors use pedal power for fundraising challenge



Three of our rheumatology doctors from GRI have taken part in the **Don't Delay Connect Today** charity ride of the Hebridean Way.

Dr Stefan Siebert, Dr Sean Kerrigan and Dr Nma Campbell cycled a whopping 185 miles across 10 islands and six causeways, all to raise awareness of rheumatic and musculoskeletal disorders and the importance of gaining early diagnosis and access to care.

In addition to performing public and patient engagement and

educational events en route, they were also raising funds for National Rheumatoid Arthritis Society. Despite battling a lot of wind and rain during some nasty hill climbs, the team got through it and were elated to complete the challenge!

If you would like to support the cycling trio, you can donate at: www.justgiving.com/fundraising/rheumatosphere



Over the moon at charity walk

Five nurses from plastic outpatients and theatres, who called themselves **'Team Bravo Royale'**, took to the streets to complete the **London MoonWalk last month.**

Kicking off at midnight, Louise MacLeod, Elaine McSherry, Mags McNally, Tracey Conroy and Sheena Teevan got into the Wild, Wild West theme, donning their cowboy hats for the 26.2 miles route.

As the team and their fellow walkers made their way around the course, many of London's landmarks including the London Eye

and HMS Belfast were lit up in pink.

Speaking to *SN* on their return from London, Louise said: "We had a fabulous time. This wasn't our first MoonWalk – we completed the Edinburgh one before and have also completed several Kiltwalks for breast cancer and children's charities. However, we decided last year to save up and fund a trip to the iconic London MoonWalk.

"And it was well worth the trip – we have memories that will last a lifetime and we have raised over £3000 for breast cancer."



From left to right: Louise MacLeod, Elaine McSherry, Mags McNally, Tracey Conroy and Sheena Teevan

If you would like to sponsor Team Bravo Royale, visit: moonwalklondon2018.everydayhero.com/uk/team-bravo-royale-1?

A marathon effort, Steven!

Steven Smyth, senior support officer, public health, has completed his first marathon in a very competitive four hours and 31 minutes.

As we reported earlier this year, Steven was one of four lucky competitors



to be coached by Scottish running legend Liz McColgan.

Steven said: "I came 166th out of my

gender and age, which is actually good, and although I was a bit disheartened, I am very proud as I'm now part of the one per cent of the entire world population to complete a full marathon. And I was the first to finish out of the other McColgan runners.

"What an experience the marathon has been, and the lead up to it with the support from Liz McColgan and the Great Run Company. I will never forget the experience. And, of course, it was all for a good cause, raising in excess of £355 for Help the Heroes."