Anniversary marked by Royal visit

In NHS Grampian we are no stranger to royal visitors; last month it was the turn of Dr Gray’s Hospital to play host to HRH The Princess Royal.

Welcomed by The Friends of Dr Gray’s group, Princess Anne unveiled a mosaic depicting the hospital and commemorating its 200th anniversary. Kenny McKenna, a senior staff nurse on ward 6, commissioned the piece. He had asked for donations towards the fundraiser for his 50th birthday, rather than the usual gifts.

Our archivist, Fiona Musk, was on hand to share some of the stories from the first patients to use the hospital with the royal guest, before Princess Anne was taken on a tour of ward 5 and 6.

Her visit also included a stop-off at the dining room where Lynn Reid from the catering team presented a small box of cakes to the Princess.

The tour ended with Her Royal Highness leaving the building by the old front door, while the bell was rung to mark the event.

Alasdair Pattinson, general manager said: “The day was great fun for everyone at the hospital and there is a buzz around that lingers on.

“All staff teams played a part in making the visit so successful, most notably the domestic and portering staff teams, the catering team and those who are part of the Friends Group.”

Tim Wakefield, chair of the friends group, took a day off from his portering role and led the visit. He is pictured above alongside the Princess.

Endocrinology UK Nurse of the Year

An NHS Grampian nurse has been awarded a prestigious United Kingdom prize for her work in Endocrinology.

Alison Milne was chosen by the Society for Endocrinology as its nurse of the year for 2019 in recognition of her “exceptional” work.

The award recognises people who have demonstrated innovative and successful nurse-led initiatives. In particular, the society highlighted her support of patients with rare and complex conditions during a decade running the UK-wide Pituitary Foundation Endocrine Nurse Helpline.

Alison said: “This helpline is a really valuable service for patients and the families and carers of people who have been diagnosed with a pituitary condition. Many hospitals in the UK don’t have a specialist endocrine team and have no endocrine specialist nurse to offer advice and support. The Endocrine Nurse Helpline is a lifeline for many patients who feel isolated and over the years the increasing demand has highlighted this.”

The Sturrock Review

Many of you will have seen the recent coverage of the independent review of cultural issues related to claims of bullying and harassment at NHS Highland. In July 2019, led by John Sturrock QC. The report is available on the Scottish Government website and we would encourage all staff to read it. www.gov.scot

Many of the matters it looks at will not be unique to NHS Highland. We want to support and maintain a positive working culture in NHS Grampian. We know from Dignity at Work surveys that the overwhelming majority of staff do not experience bullying or harassment. However, some of you will have found yourselves in that position. We want to be very clear that we do not tolerate bullying or harassing behaviour and there are a range of policies in place to support you. Documents covering bullying, harassment, grievances and whistleblowing are all hosted on the HR section of the intranet. In addition, our full time Partnership team and staffside reps are there to provide advice and support. There are Confidential Contacts throughout the organisation who can provide independent guidance.

More broadly, the Occupational Health Service has access to a number of resources and the Learning and Development team can support with access to coaching or mentoring.

If any member of staff finds themselves in a situation where they are being bullied or harassed they should be assured they will have our full support in dealing with the situation.

Professor Amanda Croft, Chief Executive, Rachael Little, Employee Director

Jings, crivvens, help ma boab!

Oor Wullie arrives at Foresterhill

We are delighted to be playing host of one of the Oor Wullie Big Bucket Trail statues this summer! There are 36 scattered throughout Aberdeen – and also 60 in Edinburgh, 58 in Glasgow, 36 in Dundee and 10 in Inverness.

These 200 statues of the iconic character are part of Scotland’s first ever nationwide public art trail. At the end of the 11 week bucket trail the statues will be auctioned off, with proceeds going to the Glasgow Children’s Hospital charity, the Edinburgh Children’s Hospital charity and our very own ARCHIE Foundation.

This statue – Anatomy of Wullie, by Judi Milne – has already caused quite a stir with lots of photos appearing on social media.

If you strike a pose like Wullie, remember to tag the NHS Grampian social media accounts and use #OWBBT. There is also a free app to download form the App Store and Google Play or find out more at www.oorwullie.com
University appointment recognises AHP commitment

SUSAN CARR, our Director of AHPs and Public Protection, has been appointed as a visiting Professor at Robert Gordon University (RGU). The role recognises Susan’s expertise and experience in Public Protection and the valuable contribution of Allied Health Professions.

Professor Carr said: “This role enables me to help RGU achieve its strategic objectives via direct input in terms of advice, establishing and further developing strategically valuable relationships; ad hoc lecturing and supporting and identifying research opportunities.”

“On a personal note I view it as a privilege to have been awarded the title of Visiting Professor at Robert Gordon University. I am looking forward to further strengthening our already very strong partnership approach in both Public Protection and Allied Health, where both RGU and NHSGr have a mutual interest in promoting Active and Independent Living through Prevention and Self – Management.”

The role will run for three years initially. Congratulations to Susan!

Making the Best Start

NATIONAL STRATEGY The Best Start - A Five Year Forward Plan for Maternity and Neonatal Services is aimed at delivering the very best model of care for women, babies and families across Scotland. We are in the early stages of delivering this model in Grampian and it’s a very exciting time for maternity and neonatal services.

The strategy covers many types of care for women and babies, ranging from how we deliver antenatal education to how we promote women’s choice of location for birth. A major change is to reshape the relationship that midwives have with women as they progress through their pregnancy and birth experience.

Currently, women can see different midwives throughout their pregnancy and often give birth while being supported by a midwife they haven’t met before. In the Best Start model, women maintain a relationship with one midwife from pregnancy to postnatal care, and evidence shows this continuity of carer has major clinical benefits for women and babies.

These are hugely positive changes and will mean a very different way of working for lots of our midwifery staff. Such major change is always both exciting and challenging and a small team has been established to support staff, implement the changes and promote the Best Start journey in Grampian. A range of dates for 10 Staff Awareness Sessions is available for booking on TURAS.

For more information, get in touch with: christina.cameron@nhs.net lindastewart5@nhs.net or gill.valentine@nhs.net

Celebrating Me' at the RCN Congress

Earlier this year I was especially privileged to attend the Royal College of Nursing congress in Liverpool as a voting member alongside my colleagues from Grampian. As a group we encompassed those working in, or retired from: nursing education, adult nursing, midwifery, children & young peoples’ nursing, mental health nursing and learning disability nursing.

One of the many reasons I was motivated to go to Congress this year was to represent my own field of learning disability (LD) nursing. This year marks the 100th year anniversary of LD nursing and included in the Congress agenda were various related events. It was very gratifying to see my colleagues and I, with our diverse skill set and unique knowledge base, recognised in this way. Perhaps most interesting was the launch of the Foundation of Nursing Studies 2019 report, entitled ‘Celebrate Me’. This focused on current perceptions of LD nursing and the importance of sustaining the profession. It is a document which illuminates our profession and I would encourage staff to read it in full on the foundation website www.fons.org

Congratulations to Susan!
ARl laboratories host Biomedical Science Day

Pupils from Lochside Academy got the chance to get hands-on experience last month as ARI acted as the Scottish hub for Biomedical Science Day. Developed in partnership with Robert Gordon University, the event gave S4-S6 pupils the opportunity to tour working laboratories, talk with experienced scientists and gain analytical workshop experience using the simulated samples.

Biomedical Science Day is in its third year and promotes the vital role biomedical scientists play in healthcare by showcasing their work to patients, hospital staff and pupils considering a future in the profession.

Paul Drew, our senior chief biomedical scientist, said: “It was a pleasure to welcome school pupils to our labs and give them a glimpse of the exciting world we work in. The team provide vital, though usually unseen, support to clinical teams. Our expertise ensures they can determine the right course of treatment for patients. “A career in biomedical science is tremendously rewarding and I hope to see some of the pupils we met returning to our labs as qualified professionals in a few years time.”

More than 150 million samples are handled by UK laboratory services every year. A number of biomedical science specialisms are involved in their testing. The national event was founded by The Institute of Biomedical Science (IBMS), the professional body for biomedical scientists and laboratory support staff.

CAMHS teams move into Links Unit

Our Child & Adolescent Mental Health (CAMHS) teams in City and Shire made the big move to their new home at City Hospital last month.

Professor Amanda Croft (chief executive) and Alan Gray (director of finance) are pictured with CAMHS clinical lead Dr Lynne Taylor. Professor Croft also met our #KidsforCAMHS fundraisers; this is a group of young people working to support their peers by fundraising for additional extras, like toys and games, for the new unit.

The Links Unit has been refurbished thanks to £1 million worth of funding from the Scottish Government. It brings together staff who previously worked across three sites; the space is light and airy with colours drawn from nature.

Self-Image in Eating Disorders Scottish Conference in Aberdeen

The Scottish Eating Disorders conference took place last month at Pittodrie. This was the first such conference to be held in the past few years so represented a revival of a previously successful tradition. We are very grateful to the support of the Miller McKenzie Trust and the NHS Grampian Endowment Fund who funded 40 places at the event.

Clare Haughey, Minister for Mental Health, opened the event. It was immensely gratifying to observe how well our topic fits into the leading concerns of the government’s mental health strategy.

Main presentations covered topics such as “Inscribing the self: eating disorder and identity” and “Social Media and Body Image”. Whilst this programme was widely varied, both the contrasts and some unexpected links proved challenging, interesting and thought provoking.

Over coffee and lunch, delegates were able to view the poster presentation, and register their votes. After a close vote, the poster prize was awarded to Dr Rachael Smith and Kerry Young for their poster – “Comparing Current Practice for Children and Young people with Eating Disorders transitioning to Adult Eating Disorder Services with recommended Government Guidelines”.

We were delighted that our dear colleague and manager Jane Fletcher provided a reflective closing address drawing together the themes of the day. Jane preserved her well-earned bouquets to those worked so hard to organise the day. We were also very fortunate to have the support of Nurse Pauline Milne who came out of retirement for just one day to help look after us all.

Overall the event was a great success and those who attended tell us they have really valued it. Hopefully we will be able to host another conference in the future.

Linda Keenan    MCN Manager
Jane Morris    Consultant Psychiatrist

Nurses League Prize returns for 2019

For a second year the Nurse’s League are funding a cash prize to recognise the delivery of outstanding, person centred, care by our registered nurses and midwives. £500 will be awarded to the winner to enhance their professional and personal development.

Nominations can be made by patients and their relatives as well as colleagues and managers. Your nomination should include the name of the staff member and where they work, why you consider them worthy of the award, and your own context details. Send all of this information to nhsg.nursesleague@nhs.net or by post to Practice Education & Development, 4th floor East, Ashgrove House, Fortherfield Health Campus, AB26 2ZA.

Nominations close on 31st August 2019. The award will be presented at the Celebrating Excellence Event on Wednesday 30th October 2019.

The Scottish Health Awards: Nominations Open!

The Scottish Health Awards recognise the extraordinary work of the people on the frontline of healthcare provided by our NHS and its partners.

This year’s glittering awards ceremony will take place on Thursday 14th November, at The Corn Exchange, Edinburgh. These awards will recognise those that go that extra mile to improve the health and wellbeing of the people of Scotland.

The Awards reflect the amazing diversity of talent and showcase the dedication and commitment of the people who work tirelessly on our behalf.

There are seventeen award categories - whether it’s the local doctor or dentist, the support worker, nurse, paramedics or a volunteer. No matter what their title, or where they are based, if they have made a difference, we want to know about it.

Submit your nominations for the 2019 awards online by 5pm on 29th August 2019 at www.scottishhealthawards.com
Catharina abseils for Air Ambulance Charity

Earlier this year the Scottish Charity Air Ambulance advertised the opportunity to do a sponsored abseil from the Forth Rail Bridge to raise funds to support this service. The North of Scotland will soon be benefitting from a helicopter based in Aberdeen and I decided to take part in the event on Sunday 9 June. Fine weather on the ground turned into blustery conditions on the bridge and with additional ambience provided by trains running overhead it made for an exhilarating experience! Family, friends and colleagues have helped to raise £1222.08 and I want to thank everyone for their generosity.

Dr Catharina Hartman
Consultant, Emergency Department, ARI

Have a Safe Break when jetting off this summer

We’re in a holiday mood this month as our wordsearch focuses on having a safe break. If you’re jetting off to sunnier climes remember the safe skin rules: use plenty of high factor sunscreen, wear protective clothing, find shade when the sun is at its strongest.

The UpFront wordsearch is brought to you in association with Public Health. NHS Grampian’s Public Health team works in partnership with other organisations to drive improvements in population health through prevention, health protection and surveillance.

To be in the draw for a £25 voucher, find the 10 hidden words on the theme of summer holidays in the wordsquare and send the completed grid with your details to the address below.

Send the completed grid with your name, job title, location, and phone number before before Monday 29th July 2019, to UPFRONT, Room F3, Foresterhill House, Foresterhill Campus.

Send in your news and photos for the next Upfront. The deadline is 29th July 2019.

S Z N G S C A R J N S U N F T Z
I Q F P L R W P N S U E L O N A
O P E H X E N E F I T I T R D O
L O Y E T F E R O F M X A K E S
D N N A I R P L A N E A X E E F
U P S A C E A R T S E Q A L Z A
O F N S G S M V O E T I V G E P
C T N H X H P Y E T E Y E R R Z
E U T A S E A F L L E X P C F F
S G L D E D O E C N D C I P F W
B E S E I R S N P R W C T P J T
R E O L M E T K Q C X C H A E Y
E E O U K O D A D G N O C A F E
A H M Z W S O O D D T H S F F L S
K E O E Z N E O Z I E T E S G S
V E T Q E E U P S L P A M H Z C

Find the following hidden words:
• HOLIDAY
• SUNSCREEN
• RELAX
• SHADE
• TRAVEL
• BREAK
• SPF
• AIRPLANE
• REFRESHED
• PROTECT

Singing success for the Sweet Adelines

There are eighteen NHS employees past and present all of whom are members of the 80 strong Aberdeen Chorus of Sweet Adelines International. In May the chorus, directed by Sophie Radcliffe, competed in the annual regional contest for the UK and the Netherlands held in St David’s Hall, Cardiff. They placed second with their highest ever score, qualifying them to compete at the international competition in Louisville, Kentucky next year.

Current NHS staff include Vera Herd, Senior Research Nurse and Fiona Nairn, Organisational Development Practitioner.

Fiona said: “Sweet Adelines International is a women’s organisation which markets itself as a place to grow - as a singer, as a woman, as a leader and as a friend. My work life is undoubtedly enhanced by what I learn at rehearsals and I can use my work skills in my contributions to the chorus”

Vera added: “I decided to give it a try after watching a concert in Stonehaven where I was amazed at how happy everyone of the singers seemed - compared to other choirs where people seemed to sing with sad faces! That was about 10 years ago and I’ve loved every minute of it.”

Anyone who likes to sing - no need to be able to read music - is welcome to come along to a rehearsal any Monday evening at 7.30pm at CURL Aberdeen. For more information visit their website www.aberdeenchorus.scot

Booking now – manual handling event

The second manual handling one day event will be held on 24 October 2019 at the Aberdeen Altens Hotel. The event is open to all NHS Grampian and health and social care partnership staff. On the day there will be various workshops covering topics like low level working, violence & aggression, and caring for bariatric patients. More information on the event and a booking form are available on the intranet on the Forthcoming Events page.

Completed booking forms should be returned to nhsg.healthandsafety@nhs.net by 18th September 2019.

Send the completed grid with your name, job title, location, and phone number before before Monday 29th July 2019, to UPFRONT, Room F3, Foresterhill House, Foresterhill Campus.

Send in your news and photos for the next Upfront. The deadline is 29th July 2019.