



Alasdair Pattinson Message

Welcome to this latest edition of our public newsletter.

We have several exciting developments at Dr Gray's. The £1.5m refurbishment on Ward 7 is nearing completion; a new MRI scanner planned as part of National Treatment Centre programme and, the welcoming of two new consultants to our geriatrician team to help develop new pathways of care for the older population of Moray.

We have also welcomed the Cabinet Secretary recommendations and investment following the external maternity review process and are looking forward to working with our teams and the public to make good progress.

It has been an incredibly pressured few weeks at Dr Gray's with Norovirus and COVID-19 outbreaks having a significant impact on admitting capacity at our local hospital.

At times, there have been long delays for people being seen, treated and admitted or discharged from the Emergency Department. I know this can be difficult for patients. The increased pressures on our staff teams and Scottish Ambulance colleagues has also been felt but I'd like to express my sincere gratitude to the public and our patients for playing your part

By phoning NHS24 on 111 rather than attending at our Emergency Department and using other services including pharmacies and GP surgeries, means we can continue to treat the sickest people and those in need of urgent life-saving treatment here in Moray.

By continuing to do this and ensuring the use of the most appropriate service you really can help your local hospital - but in an emergency please do not hesitate to phone 999 as normal. For further information on knowing who to turn to can be found on www.NHSInform.com

I'd also like to take this opportunity to thank our amazing staff across the health and social care partnership and at Dr Gray's Hospital for their continued efforts in ensuring we provide the best care possible in what continues to be challenging circumstances.



Walking for health

Everyday walking is the ideal activity to improve your health and wellbeing. It's the easiest and most accessible form of physical activity, it's free - and here in Moray we have plenty of wonderful green space to get out and enjoy.

If you haven't been active for some time, are living with a long-term health condition or are in recovery from illness or injury, you might welcome some support to get into your stride.

The Walk Moray project managed by Health & Social Care Moray delivers organised health walks - a short, low-level walk led by trained staff or volunteers. Walks usually run weekly and often round off with a stop at a local café.

With over 15 health walks on the go, there should be one local to you. Head to www.pathsforall.org.uk/walk-project/walk-moray to see the local interactive map.



This publication is also available in other formats and languages on request. Please call Equality and Diversity on 01224 551116 or 01224 552245 or email: gram.communications@nhs.scot

Ask for publication MVC 220184

Advanced Nurse Practitioner's Celebration Day

Advanced Nurse Practitioner's (ANP's) have been working at Dr Gray's Hospital for a decade. During this time, there have been two very experienced team members in post within the Acute Medical Assessment Unit.

The team works across the hospital covering 7-day services. They are part of the clinical response team and trained in advanced life support.

In 2018, workforce planning along with support from the nurse consultant in advanced practice secured the recruitment of seven senior nurses to train in advanced practice at master's level with Robert Gordon University.

Three of the new team members have taken the next step to complete their master's degree with their dissertation projects being presented to the wider teams as learning opportunities but also as Quality Improvements for the service and for patients.

Lesley MacLeod the clinical lead for ANP's was appointed in 2019 to oversee and support the team in their ongoing development as well as interim lead for multi-professional education at Dr Gray's.

She said, "It is our hope that the team can expand further and develop more skills to support services across Dr Gray's and further improve patients experience".

"The team provide daily clinical support to the medical and surgical teams with their abilities to assess, examine, initiate treatment, prescribe medication and manage patient conditions on a day-to-day basis".



Featured in picture from left to right: (Helen Lamb, Fiona Shannon, Dawn Franklin, Sarah Cattell, Lesley MacLeod, Karen Simpson, Katrina Cruickshank, Fiona Stewart, Roberta Russell & Sara Milligan).

Dr Gray's MRI Scanner

The National Treatment Centre – Grampian (NTC-G) is one of ten centres across Scotland being developed to increase capacity and efficiency of elective services.

This will include the delivery of a new MRI facility at Dr Gray's Hospital in Elgin.

Radiology is a pivotal enabler that supports delivery of the highest standards of care, at all stages of referral, assessment, diagnosis, treatment and recovery.

Magnetic Resonance Imaging (MRI) is a modern cross-sectional imaging technique that supports a range of planned-care diagnostic and management pathways.

NHS Grampian's recommendation to develop National Treatment Centre MRI facilities in Dr Gray's Hospital Elgin, recognises the importance of placing communities

at the centre of what the health board does.

The investment in Dr Gray's Hospital, Elgin will support enhancement of the existing Radiology department and development and recruitment of existing and new team members.

At a wider level, this investment also represents improvement in the places where people live and tackles the issues that matter to them, with the expansion of specialist services available locally.

A purpose-built facility, designed to optimise both the patient experience and clinical service represents a vibrant opportunity in supporting population health.

The project is at a stage of confirming the final design around the facility, and the new additional workforce required to deliver this new service.

The new DGH MRI facility will be built adjacent and connected to the existing Radiology department.

It is planned that the business case in support of the new facility will be submitted to NHSG Board for review and approval in August 2022.

Following approval, a programme will be shared and communicated related to the construction and timescales to the new facility will follow.

For further information on this project, please contact gram.involve@nhs.scot



National Treatment Centre
Grampian



Dr Gray's Hospital £1.5M ward refurbishment works update

Patients in Moray will receive a welcome boost after it was announced they will be able start to reap the benefits of a £1.5 million upgrade at the region's flagship hospital.

NHS Grampian have confirmed that the work to refurbish the main ward for acute care of the elderly at Dr Gray's Hospital is near completion.

Alasdair Pattinson, general manager for Dr Gray's said, staff cannot wait to get started seeing patients at the revamped facility.

He said: "Ward 7, formerly known as the main General Medicine & ACE Unit, is celebrating its 40th year of operation this year and we are delighted that it is now able to boast a host of plush new features.

"The work saw the interior of the 24-bed area gutted and completely rebuilt from the ground up into a fresh, light, airy and welcoming space for patients."

Some of the changes include new relative and staff rooms, nurse bases, shower rooms, furnishings, televisions, lighting, windows, a raft of structural changes and new flooring as

well as new patient activity space.

Alasdair added "It's been a sizable investment and no easy task, but it is one that should help ensure that ward 7 remains the heart of acute elderly care in Moray for many years to come".

Lisa Duthie, NHS Grampian endowment fund lead said: "As the official health charity of NHS Grampian, we are delighted to have funded £455,000 towards the enhancements of the existing bed bays, bath and shower facilities and general decor.

"A key element was to create an activities room to enable patients to eat meals, socialise and relax when away from their bedside.

"I would like to express our heartfelt thanks to the local community for their generous donations towards the project.

"One of our core aims is to transform clinical spaces into welcoming and relaxing environments to help improve the patient's hospital experience and to also benefit NHS staff wellbeing."



Mr Toni Papadopoulos (Consultant in Orthopaedics) & Mr Alan Bulcraig (Lead Physiotherapist)

Shockwave

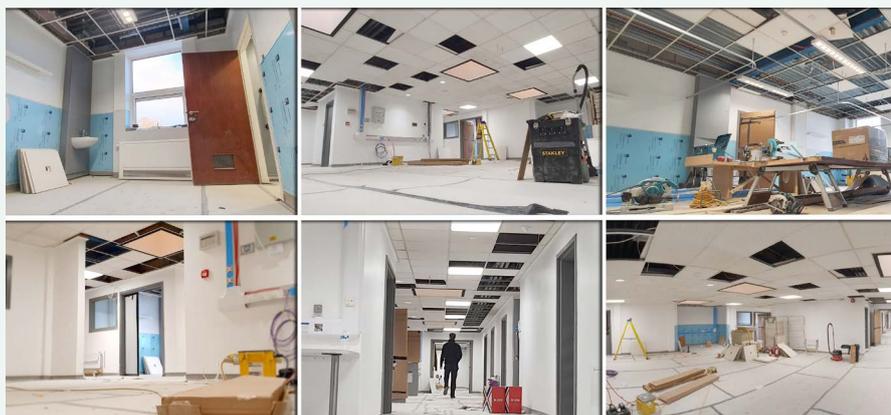
Treatment of common conditions like tennis elbow or pain in the thigh, hip, knee, and shoulder is now available in Moray. Shockwave therapy offers both pain relief and restores mobility, without requiring surgery, but up until recently, patients could only receive this treatment in Aberdeen.

New equipment, costing £23,000, has been installed at Dr Gray's Hospital and it is hoped weekly clinics will begin in mid-June.

The shockwave technology delivers soundwaves to the affected area, helping it to heal as well as reducing discomfort. Properly known as chronic or persistent tendinopathies, conditions like tennis elbow affect a large number of people, impacting on their ability to work and lead a normal life.

Mr Toni Papadopoulos (Consultant in Orthopaedics) said:

"We are pleased to announce the beginning of a service which was missing from our local population. We are trying our best to improve the treatment of musculoskeletal problems, as close to home as possible".



Proud to care

Front line care workers in Moray, as well as the people they care for, have come together to urge more people to join the social care workforce.

Stories and video clips of people supported by Moray Council's Care at Home Service and the Social Care Assistants who work with them, have been appearing on Health & Social Care Moray's social media platforms as part of an ongoing recruitment drive.

John Campbell, Service Manager, said: "There has never been a better time for people to join us and start building a rewarding career in this vitally important



role. From the start you'll be making a difference to somebody's life. It's far more than just a job - it's about building relationships and supporting people, often with fascinating life stories, to live well and with dignity."

4,000 hours of care are delivered by the service each week and demand continues to grow. 19 new Social Care Assistants were welcomed to the council team between January and April this year and more are currently going through the recruitment and induction programme.

Full and part-time contracts are on offer – call or text Jenny, our recruitment officer, on

07971 139 732 to get your application started.

Pictured above, Sarah Beane, Social Care Assistant - Buckie.

Working together for change

Locality planning brings decision making on the design and delivery of effective health and social care services closer to communities.

People who access services and people who provide services – from the council, NHS, third and independent sectors – are working together as members of Locality Planning Groups to drive forward local ambitions to address health inequalities and help people live healthier lives.

Health & Social Care Moray's four Locality Managers lead on the development of Locality Plans for:

- Buckie, Cullen and Fochabers
- Elgin
- Forres and Lossiemouth
- Keith and Speyside

Plans will set out the health and wellbeing profiles of each locality, priority outcomes identified through community engagement and how these will be achieved through service improvement, redesign and innovation.

If you would like to keep connected as a partner in the future of your own and your community's health and wellbeing, why not become a member of Health & Social Care Moray?

You'll be kept updated on our plans and service developments, the latest news on volunteering and recruitment, and opportunities to be actively involved in our work.

Membership is free and you can choose how and when we contact you.

Head to our website <https://hscmoray.co.uk> and complete the membership form or email involvement@moray.gov.uk



Could you care for a child?

Moray Council is urgently looking to attract more foster carers to provide a safe, stable and loving home for a child or young person.

There are no barriers on who can come forward – you just need to have a spare room and be passionate about providing amazing care to children. The council provides financial and practical support in return.

To find out more about fostering, adopting or supported lodgings, call the team on 01343 563568 for a chat or email dutyplacementservices@moray.gov.uk



A BIG thank you to...



Dr Gray's Hospital, Elgin

To celebrate Volunteer's Week and to say thank you to our wonderful volunteers, we will be hosting an afternoon team on Monday 6th June. During the afternoon they will have an opportunity to meet with our new Volunteer Coordinator, Alison Lowes. We are also keen to use the time to talk to them about other opportunities going forward and to tell them about a Moray volunteer recruitment campaign that is going live in June.

Interested in hearing more?
Email gram.involvemoray@nhs.scot



The Oaks Palliative Care Unit, Elgin

"We are celebrating Volunteers' Week by inviting all our volunteers to a buffet lunch at The Oaks on Friday 3rd June. We are also inviting all those that have decided not to return to their volunteering role as it will give us an opportunity to say a proper thank you and goodbye to them."

Interested in joining us?
Email gram.volunteer@nhs.scot



Thank you to all volunteers

Throughout the pandemic, volunteers have continued to make a vital contribution to community life and to health and social care services. Their support and dedication is greatly appreciated.

Over the past two years, the Health & Social Care Moray Volunteer Team received 350 referrals for volunteer buddies to help combat loneliness and for alarm responders to check in on people with a community alarm.

Current volunteers were able to respond to many of the requests but over 100 people are still waiting to be matched with a volunteer.

Could you help? Contact volunteering.CC@moray.gov.uk to learn more.

125 volunteers were recruited by the NHS to support hospital staff, patients and visitors as part of the Moray covid response. A new NHS Volunteer Coordinator is now in post to support the recruitment, training and placement of volunteers across health services in Moray.

If you have time to spare and are interested in volunteering opportunities in the health settings, drop an email to gram.involvemoray@nhs.scot.



Mobile Skills Unit

In April this year, The Moray Practice Education Team were delighted to host the Mobile Skills Unit at Dr Gray's Hospital. This was a two-week education event in partnership with the Clinical Skills Managed Education Network (CSMEN).

The mobile unit provides a safe learning environment with state of the art simulation equipment.

NHS Grampian staff across Moray were able to access local training and for many it had been the first time since the start of the pandemic that they were able to attend face-to-face training.

Organisation of the training programme and facilitation of the learning was a valuable team building exercise encouraging staff groups to come together to share their diverse knowledge and skills.

The main training focused on patient centred care and staff development.

This included recognition and management of deteriorating patients, advanced clinical skills, clinical scenarios for junior doctors, trauma education for emergency department and access to various other clinical skills workshops.

Following on from the success of this event the Mobile Skills Unit will be back on the Dr Gray's site in September 2022. A big thank you to everyone involved.

For further information about the Mobile Skills Unit please feel free to contact:

The Moray Practice Education Team
gram.morayeducators@nhs.scot.

Featured in picture from left to right: Jill Wallace, Practice Education Facilitator & Dr Gavin Tunnard, Emergency Medicine Consultant & Pre-Hospital Care Consultant.



Visit the digital Moray Health & Care News at nhsgrampian.org/drgraysnews

If you would like to continue hearing about NHS Grampian news and development in Moray and beyond, please contact us at gram.involve@nhs.scot

for bonus content and our latest news!



SCAN ME



A brand-new website has now been launched which will allow patients and their carers to access information ahead of their planned operation or treatment through the touch of a button.

The FITSurgery website features a wide range of advice on topics such as, reducing smoking, improve nutrition and exercise before their operation.

Professor Duff Bruce, Clinical Lead for National Treatment Centre and General Surgeon said: "Providing patients with the tools they need to prepare for surgery will help them recover as soon as possible and prepare their homes for when they are discharged.

"This will help patients waiting for elective surgery to improve their overall fitness and help reduce stress and anxiety before coming into hospital."

The website will continue to be developed in the coming months to offer even more useful information by healthcare professionals.

Prof Bruce added: "We want each and every patient that comes to our facilities in Grampian to have the best experience possible. By accessing and following the guidance on the FITSurgery web site, patients will support give their surgery the best chance of success. For further information please visit FITSurgery at <https://www.fitsurgery.org>