June 2015

Working Together

#hello my name is... Campaign Comes to Dumfries

Over 150 health professionals and students gathered at Easterbrook Hall on Tuesday 23 June to hear Dr Kate Granger MBE talk about her internationally renowned #hellomynamesis campaign.

Kate is a 31 year old married consultant from Yorkshire who specialises in care of the elderly. She also has terminal cancer.

Since being diagnosed in 2011, Kate has experienced what it is like to be a patient and it was after an unplanned spell in hospital to deal with an infection following a routine stent exchange that #hellomynamesis was born.

In her recent contribution to the dghealth blog Kate said: “No matter which discipline of healthcare you train in, I’m sure that introductions are covered as an important part of interacting with patients. In Medicine, we even assign marks in exams for introducing yourself properly. But somewhere along the line in some places this simple courtesy has been lost.

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We welcome your stories and feedback and would be keen to hear how you think we might improve future editions. You can contact us by email or by phone on:

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The Communications Team
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“As an avid exponent for both healthcare improvement and social media I decided that it was just not enough to simply complain. My complaint would be politely acknowledged but nothing would change. Therefore, after an inspiring conversation with my husband, in which I was plainly told to “stop whinging and do something”, we set off on the #hellomynnameis journey.”

Kate came to Dumfries as part of her two week tour of 15 healthcare organisations which started in Leicester and finished in Rotherham. She chose to make Dumfries the only Scottish stop on the tour because she completed her medicine for older people attachment at Dumfries and Galloway Royal Infirmary.

During her presentation, she spoke about her time in Dumfries and how Dr Ian Hay had inspired her to pursue a career as an elderly care specialist.
Construction of Dumfries and Galloway’s new acute hospital got off to a healthy start earlier this month when Health Secretary Shona Robison cut the first sod at a special ceremony on the site.

Chairman of the Board, Philip Jones, welcomed the Health Secretary to the site of the new £200 million facility. When it opens in 2017, the hospital will have 344 single rooms, an emergency care centre and a new combined theatres complex. New models of care and the latest technologies will enable staff to provide patients with the highest standards of care.

Mr Jones said: “This is a really memorable day for NHS Dumfries and Galloway and the new hospital project. The team has worked hard to get us to this point and the progress we have made is a real testament to their dedication. I am delighted that the Health Secretary was able to join us for this special occasion.”

International construction and engineering company Laing O’Rourke is building the new hospital as part of the High Wood Health consortium.

Bill Haughey, representing High Wood Health said: “We are delighted to welcome the Scottish Health Secretary, along with our client NHS Dumfries and Galloway, to officially mark the start of construction here today.

“With the works now progressing, not only will the site on which we stand soon begin to transform, but we can also begin to drive the economic and educational benefits we’ve pledged to create through the construction programme and beyond. This is a very exciting project that the High Wood Health consortium and our wider team are proud to be delivering.”

The construction and delivery of the new hospital will bring a range of community benefits to the region, including the creation of 150 new jobs, 36 apprenticeships, and opportunities for small and medium enterprises to tender for contracts.

High Wood Health is working with Dumfries and Galloway Council’s Employability Partnership to deliver the new jobs and an education programme.
British Dental Health Foundation’s National Smile Month

The British Dental Health Foundation’s National Smile Month took place between 18 May and 18 June. The UK’s longest running oral health campaign aims to educate, motivate and communicate the importance of good oral health.

NHS Dumfries and Galloway’s Oral Health Team showed their support for National Smile Month by snapping staff as they showed off their super smiles.

The team is responsible for delivering Childsmile and other oral health programmes. If you want to talk to the team to find out more you can meet them at the following events over the summer:

Saturday 27 June   Closeburn Gala
Wednesday 29 July   Stranraer Show
Thursday 6 August   Stewartry Show, Castle Douglas
Saturday 8 August   Youth Beatz, Dumfries

For further information about oral health please contact the team by phone on 01387 272 762

Find them on Facebook and like their page.

Staff Show off Super Smiles for National Smile Month

19th May – 19th June 2014
Celebrating Excellence Awards – Open for Nominations

Every year, thousands of people in Dumfries and Galloway receive excellent quality care from staff in hospitals, community settings and their own homes.

In order to recognise the dedication and acknowledge the numerous achievements of staff, we are hosting the fourth annual Celebrating Excellence Awards Ceremony at Easterbrook Hall on Friday 18 September.

Nominations are now open and we are calling on all staff, patients and local people to take part by telling us who they want to see recognised for their commitment to their work. Pick up a nomination form from Dumfries and Galloway Royal Infirmary or request an electronic copy from margo.christie@nhs.net, l.pattinson@nhs.net or nshdg@entourageuk.com.

The deadline for submitting nominations is Friday 31 July.

These awards will formally demonstrate our appreciation of staff, who deliver outstanding care, improvements to service and innovative practice to people and communities across the region.

We invite our patients and/or their carers to nominate staff within the Patient’s Award, whom they feel deserve recognition. We would also like to invite a patient and/or their carer to join our judging panel on the Thursday 20 August.

For further information about the Celebrating Excellence Awards please contact Lori Pattinson by phone on 01387 241 083 or by email at l.pattinson@nhs.net.
Board Update

Carers’ Week took place between Monday 8 and Sunday 14 June and Board Members took the opportunity to reflect on Carers working for NHS Dumfries and Galloway at their most recent meeting on Monday 1 June.

They also heard from Health and Wellbeing Specialist Phil Myers who presented a paper which set out to gain agreement that the Board would work towards the Carer Positive Kite Mark. This kite mark is awarded by Carers Scotland to employers who ‘offer the best support to Carers, allowing them the flexibility they often need to deliver care at home’.

As part of this work, the Board accepted Lesley Bryce’s offer to champion this area of work and recognised that this work fits in with the wider commitment to support the broader health and wellbeing of staff.

In another important development, the Board agreed the proposed nominations for membership of the Integration Joint Board. Look out for an update on membership of this important group in the monthly Integration Briefing.

Integration

The integration of adult health and social care will present us all with a wide range of challenges, not least of which is how we make the best use of the information and communication technologies (ICT) available to us. The Information and ICT Workstream is working on a number of issues including information governance, technology infrastructure, communications and information sharing.

This month’s staff briefing will let you know what else the Information and ICT Workstream has been doing to help move integration forward. Watch out for it on Hippo or by email.

Dumfries and Galloway Partnership Strategic Plan 2016 – 2019 Consultation

In preparation for the Integration of Health and Social Care in Dumfries and Galloway, a draft Strategic Plan has been developed that sets out how we will plan and deliver care and support services for the region.

You are asked to share your views and help shape health and care services in Dumfries and Galloway. The consultation runs until Friday 28 August 2015.

The document sets out the case for change, key challenges for health and social care and plans how to address these.

The plan has been developed by listening to local people, those who use health and social care services, families and carers, partner organisations and staff. There are questions at the back of the document for you to consider.

The consultation is available at www.dumgal.gov.uk/consultations

You can also respond to this document by posting your response to:

Dumfries and Galloway Partnership Strategic Plan Consultation Document Response, Lochar South, Crichton Hall, Bankend Road, Dumfries DG1 4TG

If you require the Consultation Document in other formats or hard copies, these are available on request from dg.integration@nhs.net or Tel: 01387 272753.
National Blood Donor Week started on Monday 8 June this year and culminated in global celebrations on Sunday 14.

This year, the Scottish National Blood Transfusion Service (SNBTS) is urging blood donors to be aware of their blood group and help make an even bigger difference to Scotland’s patients.

Dr Moira Carter, Associate Director of Donor Services, SNBTS says: “There are eight different blood groups and here in Scotland we must maintain five to seven days of all blood groups at all times. We need donors from the two most common groups, O positive and A positive. Visit www.Scotblood.co.uk to register and find out more.”

NHS Blood and Transplant’s theme for the National Blood Donor Week was the Missing Type. The campaign’s message is that unless enough people donate blood of different types there will not be enough blood available when it’s needed.

We need over 200,000 new volunteers this year to keep the national blood stocks at a safe level for the future.

When a survey asked for the reasons why they don’t give blood, respondents gave a range of reasons. The top three were a fear of needles (22%), knowing it’s a good thing to do but not getting around to it (27%) and health problems so they don’t believe they are eligible to donate (21%), which may not be the case.

In contrast, 86% of respondents who had given blood felt that it was as expected, or easier than they expected it to be. Well over half (56%) said it makes them feel worthwhile donating blood, whilst over a quarter (27%) feel like they are giving something back to society.

If you want to help make sure there’s no missing type if you, your family or friends need it please visit the website at www.Scotblood.co.uk complete the quiz to find out if, and where, you can donate. It might just save a life.
Self-test kits for HIV that give an instant result are legally on sale for the first time in Scotland. NHS Dumfries and Galloway has welcomed their introduction and set out some key information for the public to be aware of.

The new BioSure HIV Self-test kits have been available online (www.hivselftest.co.uk) since Monday 27 April 2015 at a cost of £29.99 plus postage and packaging.

Dr Nigel Calvert, Consultant in Public Health Medicine for NHS Dumfries and Galloway said: “In Dumfries and Galloway, free HIV tests are readily available – for example through general practices and through Sexual Health Dumfries and Galloway – but these self-testing kits may be preferred by some people.

“If used properly they can be reliable but I would encourage people to look at the information we have made available on the health protection website at www.dghps.org/hiv-self-testing/ before buying one of the kits. Also, it would be a good idea for people to think about where they would get local support if the DIY test gave a positive result. The information we have put online will point people in the right direction.”

The new kits are the first that give those using them an instant result, without consulting a health worker or sending it to a lab and have received the European safety and quality ‘CE’ mark. This follows the change in the law last year to allow the sale and distribution of instant result self-test kits.

The new kits do not replace existing free, fast and confidential testing services, which can provide instant support and treatment, as well as testing for other infections, should you need them. Please contact your GP or Sexual Health Dumfries and Galloway for further information.
GP Trainees have been working with the Dumfries and Galloway Royal Infirmary Education Centre to create a new Facebook page - NHS Dumfries and Galloway - Doctors, Nurses, Medical Students. The page aims to promote the region and provide news to encourage doctors, nurses and medical students to come here.

Local photographers including Kenny Muir, Keith Kirk and Tom Langlands have given the page a helping hand by sharing their amazing images of Dumfries and Galloway.

If you want to help spread the word about what a great place this is to live and work in please follow these four simple steps:

Go to Facebook and their site: www.facebook.com/NHSDumfriesDoctors

If you have anything you feel should be posted on their Facebook site, photographs, videos or information about an event get in touch with Matt Starostka by email at m.starostka@nhs.net.

Summer Ball

The Dumfries and Galloway Royal Infirmary Doctors Mess Summer Ball will take place at Easterbrook Hall on Friday 24 July. The night begins at 7.00pm with dinner followed by a ceilidh with music from Whigmaleerie.

Tickets are available from the Education Centre Reception Desk from £20 - £30 and the dress code is formal.
News

Laboratories Gain first ISO Accreditation in Scotland

Haematology and Blood Transfusion staff pictured with their certificate of accreditation from International Standards Organisation (ISO). They are the first Health Board laboratories in Scotland to received this accreditation.

Queen of the South Visit to Dumfries and Galloway Royal Infirmary

As part of Dumfries’ Guid Nychburris, the Queen of the South, attendants, cornet and cornet’s lass arrive at the Infirmary to visit patients.
Robert Joins Elite Athletes’ Club

Theatre Nurse Robert Morrow cemented his athletic credentials earlier this month by completing a gruelling challenge to join an exclusive club.

Runners taking part in the Bob Graham Round face the enormous challenge of completing a 66 mile, 27000 ft circuit of 42 of the highest peaks in the Lake District. Only the few who complete this feat in less than 24 hours get to join the Bob Graham 24 Hour Club. Robert did it in 22 hours.

Speaking after the event Robert said: “I decided to run the Bob Graham Round as a personal challenge; you could say it was a dream of mine. Any Fell runner or ultra distance enthusiast would want to take part in what is an epic physical challenge.

“Only one third of the people who attempt to complete the round are successful and I’m pleased to be one of the few. The best thing about being a member of the Bob Graham 24 Hour Club is that you can’t buy your way in; you have to earn it.”

Alzheimer Scotland’s It’s a Knockout!

On Saturday 29 August 2015, Alzheimer Scotland will be holding its first It’s a Knockout obstacle race fundraising event at the Park Farm Showground, Dumfries.

The event will provide a full day of fun and excitement for participants and spectators. There will be plenty of other attractions including children’s games, bouncy castles, food and craft stalls.

The event will raise funds for the Dumfries and Galloway Alzheimer’s Scotland Services.

Volunteers are required to help out with the information stall, collection buckets and first aid.

If you would like to volunteer your time or even enter the Alzheimer Scotland team (entry fee £30 pp) please contact Nina Parkin.

Telephone 01387 214 886
or email nparkin@alzscot.org
or Join their Facebook page:- Dumfries It’s a Knockout!
There’s no doubt that Midwifery Assistant, Julie McClelland (3rd left-front row), is one tough woman. She has lived with Type 1 diabetes for over 20 years and for the last eight years she has relied on an insulin pump.

She has never let her illness stand in her way and on Saturday 20 June Julie joined teammates from Dumfries to take the Tough Mudder challenge at Drumlanrig Castle to raise funds for local stillbirth and neonatal death charity, Sands.

The Tough Mudder course covers 11 gruelling miles and includes 26 challenging obstacles, many of which participants need to help each other to overcome.

Julie works at Cresswell Maternity Unit where she delivers hearing checks to newborn babies. She said: “I have never let my diabetes stand in the way of anything I want to achieve and Tough Mudder was a challenge I couldn’t resist.

“My wee waterproof insulin pump and I made it all the way around the course, which included a loch swim, electric shock therapy, climbing walls, log carrying and the arctic enema ice bath obstacle, without any problems.

“It was one of the most difficult challenges that I have ever faced but with great teamwork I made it through and actually had a lot of fun in the process. We also raised over £1300 for Sands, a fantastic charity that does great work.”
On Sunday 17 May staff from Care and Support Service (CASS), Short Term Assessment Reablement Service (STARS) and Activity and Resource Centre (ARC) and their friends and family ran, crawled and climbed around Scotland’s largest mud filled assault course.

Tamara McCallie, Area Manager East, CASS set the challenge of a sponsored mixed-team Mud Rush at Craufurdland Castle in East Ayrshire, to help raise awareness of Scottish charity Visibility.

Visibility supports people with visual impairments to make their own choices and live their lives fully, confidently and independently within their own community.

The 200 participants would like to thank everyone who helped them raise over £6000.

You can check out highlights on Facebook at www.facebook.com/mudrush2015.
What difference does a Community Council make?
A Community Council can make a difference to your local area. They can:
• Be key partners in local government
• Identify the views and needs of your community
• Represent those views to Dumfries and Galloway Council and other external bodies
• Develop local projects and initiatives.

How can I find out the name of the Community Council for my area, and whether it is active?

How can I become a Community Councillor, or nominate somebody?
If you would like to become a Community Councillor in the area where you live, or nominate somebody to become a Community Councillor, you have to submit a nomination form.

Where can I obtain a nomination form?
Nomination forms will be available from Monday 20 July, 2015 from Returning Officers*, Area Framework offices, Customer Service Centres, Libraries and our Council’s website. Completed forms should be submitted to Returning Officers no later than 5 pm on Friday 25 September, 2015.
*The Council’s website will contain a list of Community Council areas and details of the Returning Officer for each area.

Who can nominate or become a Community Councillor?
Anyone aged 16 years or over, who has registered to vote and lives in the relevant Community Council area, can nominate someone to become a Community Councillor, or be nominated. Nomination forms must be signed by one proposer and each person may propose only one candidate.

What’s the process for Elections?
Every Community Council has an allocated number of members. If the number of validly nominated candidates is equal to or more than half, but does not exceed the allocated number of members, the candidates will be declared to be elected unopposed. However, if there are more nominations than the number of members allocated to an individual Community Council, there will be a public election on Thursday 22 October 2015 in that area.

What if my area doesn’t have a current Community Council?
These areas will be listed on our Council’s website and if at least 20 electors submit a written application to their local Area Framework staff, they will work together with you to establish a new Community Council. For assistance with this, please telephone the Council Contact Centre on 030 3333 3000 and ask for the Area Framework team in your local area (Annandale and Eskdale, Nithsdale, Stewartry or Wigtown).

Where can I find more details on Community Council elections?
As we progress towards the election, the Council’s website will be continually updated. www.dumgal.gov.uk/communitycouncils. Across the region, public notices will be published in the local press and information about the elections will also be available through social media.

The Council’s Area Framework teams will be providing local support for these elections and the Community Council Liaison Officer shall be providing strategic support.

If you have any queries, please contact your Area Framework team through the Council Contact Centre – 030 333 3000.

How do I register to vote in the local government elections?
If a young person asks you how they may register to vote, please direct them to: call 01387 260 627 https://www.gov.uk/register-to-vote mailto:ier@dumgal.gov.uk
Don’t Spoil Summer

Drinking and Driving is Just Not Worth the Risk

Road Safety Scotland launch their Summer Drink Driving Campaign this month.

A driver is stopped every two minutes in Scotland – the likelihood of getting caught if you drink and drive is greater than ever.

More than 20,000 Scottish drivers are stopped by Police Scotland every month. Scotland’s new drink driving limit means just one drink is enough to fail a test, and in the eyes of the law it doesn’t matter if you’re only just over – you’re still a drunk driver.

Despite what many people think, eating food or perceived tolerance to alcohol do not impede the effects of alcohol - even a small amount impairs your judgement and reactions. Even one drink makes you three times more likely to be in a car crash.