A new you in 2020

More ways to get healthy with Active Staff Full story on PAGE 3
Inverclyde community diabetes team took the iMatter ethos of “helping individuals and teams understand and improve the staff experience” to a new level when they introduced a new training session for people with Type 2 diabetes.

Looking at what they currently provide to people with the condition they recognised that they could do better by introducing a few small changes.

The session aimed to support people newly diagnosed with Type 2 diabetes, equipping them with the necessary knowledge and tools to enable them to self-manage their condition and ultimately prevent long-term complications whilst maintaining a good quality of life. Following discussion at their iMatter action-planning session, they worked together to determine the following actions:

- Change venue
- Double number of people invited (14 patients currently)
- Include user-friendly patient education information with the invitation letter
- Telephone consultations in advance of sessions
- Inclusion of podiatry input into session.

Boreen Kennedy, Diabetes Specialist Nurse, said: “We wanted to give a warm welcome to those attending and dispel any beliefs that the session was similar to classroom teaching. “Implementing these actions resulted in a 30–40 per cent increase in uptake at the education sessions, with overall attendance now at 64 per cent, which is a fantastic increase!”

Staff felt that the iMatter process has focused the diabetes team to achieve their objective of improving diabetes patient education uptake and are very proud of their efforts.
As another year begins, we want to make 2020 the best year yet for Active Staff, with as many people as possible benefitting from what the service has to offer. So, whether you’ve been part of Active Staff before, not been in a while, or never heard of us, now’s the time to get involved!

We now have more than 30 free classes a week across our hospital sites. With low-medium intensity activities like yoga, tai chi and dance-based workouts to high intensity classes like boot camps, Metafit and Fatburn Extreme, there’s something for everyone!

Find out what classes we have at a site near you and book it now at www.nhsggc.org.uk/activestaff. Here you’ll also find FAQs, if you would like some more information.

Walking Challenge
Kick-starting our activities for 2020 is the latest Active Staff Walking Challenge. This year, our virtual, 540-mile route from Gretna to Skye takes in some of Scotland’s most iconic landmarks. Registration opens on Monday 6 January, with the four-week challenge beginning on Wednesday 22 January. You’ll need a team of up to five colleagues to take part so round up your fellow virtual hikers and get ready to walk away the winter blues. Register now at www.activestaff.worldwalking.co.uk

As always, getting active isn’t the only benefit; we’ll have a range of competitions throughout the challenge to keep you on your toes, with great prizes to be won!

New Coordinator!
It’s a new year and Active Staff has welcomed a new coordinator! Barry Hope, who has volunteered with the service as an activator at the QEUH for a number of years leading our Fatburn Extreme classes, has now taken on responsibility for the service as a whole, as part of a wider remit for staff health.

Barry is enthusiastic and passionate about physical activity (as anyone who attended his classes can attest to) and will bring a lot to the role.

If you have any questions about Active Staff or the activities on your site, you can contact Barry, email: activestaff.legacy2014@ggc.scot.nhs.uk

What staff said...

“I really enjoy the yoga classes, they’ve given me the opportunity to try a different form of exercise.”

“It helps to relive stress from the working day and it feeds into that overall work/life balance which NHSGGC promotes for employees.”

“These classes have been a great way to meet people from the hospital, have fun, feel better and end a day at work in a very positive way.”
Congratulations to Christopher Quinn, who has passed his Adult Apprenticeship and has started his new post as a Mechanical Technician.

Chris has a long-standing relationship with Dykebar Hospital. He was born in a Hospital House on the Dykebar site in November 1964 and started as a groundsman there in July 1986.

He covered all the duties associated with the post such as cutting grass, tending the planted borders and keeping the bowling green in top condition. He worked at this post until 1998, when he moved to become a maintenance assistant which included assisting the craftsmen and looking after the steam boilers in both Dykebar and Hawkhead Hospitals.

Working in this role gave him a yearning to gather more knowledge and he decided he would like to train to become an engineer, using the adult apprenticeship which the Board has in place. Chris had an initial meeting with Alan Gallacher, general manager estates, who decided that he would make an ideal candidate for this training.

Chris completed his training in March last year and put his training into practice, joining the team at Dykebar.

Mark Riddell, Head of Estates Operations, said: “Christopher has put a lot of effort and hard work into achieving this over the last few years and it’s great to see that he will now be taking up a substantive post with the Dykebar Estates team.”

“Hopefully over the next few years he can take the next steps in gaining the different experiences that come with the role which will ultimately make him a better tradesperson.”
Happy 50th birthday to Paisley Maternity

Last month was the 50th anniversary of Paisley Maternity, now the Royal Alexandra Hospital Maternity Unit.

To celebrate this momentous achievement, staff and patients, past and present, enjoyed a birthday party on the 16 December, the date the first baby was born in the original Paisley Maternity Unit in 1969.

The day was an opportunity to celebrate the achievements of maternity services and recognise the changes in midwifery in the last 50 years.

Dorothy Finlay, who is Lead Midwife at the unit, has been a midwife for 37 years and has loved every minute of it.

She said: “I would like to take this opportunity to thank the whole team at the unit for the years of service to women in the Paisley area.

“It is 50 years of looking after mums both before and after they give birth.

“The team from the clinical staff to the domestic staff provide a world class service to local women and we should be immensely proud of the care and support we give to each and every woman who comes through the doors of the Royal Alexandra Hospital Maternity Unit.”

As well as staff, patients and babies, Councillor Lorraine Cameron, Provost of Renfrewshire, joined the celebrations with a word of thanks for everything the staff have done for the last 50 years to support mums to be across Renfrewshire.

The Community Maternity Unit was on the site before the main Royal Alexandra Hospital Maternity Unit opened its doors in 1988.

The original unit had 112 beds and two places for private patients.

In 1988 the new Royal Alexandra Hospital was built with a new maternity unit and this is where, for the last 31 years women across Renfrewshire have given birth to their little bundles of joy.

As well as a birthday party the first 50 babies born on 16 December received a special commemorative bib as a keepsake.

From left: Dorothy Finlay, Carol Wraith; Carol Anne Beatts; Lorraine Cameron, Provost of Renfrewshire; Linda Lang; Tricia Hyslop

Paul is going places with transport prize

Paul Reid, Corporate Transport Manager at the QUEH, has lifted the Scottish Fleet Manager of the Year award at the annual Transport News Scottish Rewards.

When it comes to managing trucks and vans, there is little difference between a large road haulage company and our own account fleet. And this year, the Scottish Rewards judges not only went for the latter, but recognised the intense distribution work of the NHS, in particular Greater Glasgow and Clyde.

NHSGGC currently operates 380 vehicles which are used to transport clean and dirty laundry and move clinical waste as well as delivering food products from central production units with refrigerated trucks to provide meals to patients.

Soon to be launched are a further three special build refrigerated vehicles for pharmaceuticals to meet new legislation on transporting such goods.

It all adds up to a hefty logistics operation for Paul, who has also taken delivery of 18 electric vans to replace diesel equivalents as part of the NHS sustainability project to reduce emissions, as well as embarking on all weather driver training programmes to ensure that medical equipment gets to its destination.

Congratulations to Paul on winning this prestigious award!

NHS Heroes

All about you – written by patients for you

Queen Elizabeth University Hospital

My uncle is in ward 61 and was in ward 62. I would just like to say that the staff in both these wards have been amazing, helpful and friendly. Also the main reception staff were extremely helpful in helping with directions.

New Stobhill Hospital

I brought my daughter in for a biopsy and the service she/we received was world class. Please pass on our gratitude.

Queen Elizabeth University Hospital

My partner’s brother and mother were in a car accident and taken to A&E. Every member of staff we met were extremely helpful, kind and professional. As soon as we went in, reception staff ushered us to the family room. All nursing staff and doctors were kind and informative. It was a busy Saturday night and they handled everything excellently. They were kind, patient and thorough before discharging the patient. I sat and felt so lucky to have such an excellent NHS. Thank you.
Last month, all wards in the QEUH introduced a person centred approach to visiting, acknowledging the growing recognition of the importance of encouraging and supporting people to stay connected with those who matter most in their lives, and supporting whenever possible how they would like to be involved in their care.

Morag Garder, Chief Nurse, said: “The introduction of person centred visiting at the QEUH comes after working with multiple wards and specialties, with support from leaders and management, over the past six months to ensure the smooth implementation of this visiting approach. “Staff have worked hard to embrace this new approach to visiting for the benefit of patients and their families and I would like to thank them for their support, especially at such a busy time of year.”

There is a five-step process to help staff implement PCV:
1. Engage with the multidisciplinary team about the opportunities and challenges presented by PCV
2. Speak to patients and family members about their current experience of visiting to understand any improvements to be made locally
3. Consider how consistently welcoming the ward environment is for visitors - display ward entrance poster, and remove any information which conflicts with the core principles
4. Incorporate conversations about visiting into existing admission processes - who patients want to spend with them when in hospital, and if they need any support for them to be able to do this
5. Clarify with staff when it is important and appropriate to maintain patients’ needs for privacy, dignity and rest.

For more information, please email:
rachel.killick@ggc.scot.nhs.uk

Use of Airbnb for staff business travel

Members of staff have been using Airbnb for business travel in order to reduce travel expenses. However, following articles in the media regarding Airbnb, the travel team asked both the Board Administration Department and the Joint Trade Unions and Professional Organisations Committee (JOC) to consider if staff should use Airbnb for accommodation while on business.

Airbnb is unable to verify that the accommodation is of a suitable standard and conforms to health and safety requirements and therefore both the Board Administration and the JOC have agreed that Airbnb is not appropriate for staff business travel. Under the NHS GGC Business Travel Policy staff may arrange their own travel and claim the expenditure back through expenses where the cost is less than £50. However, Airbnb should not be used for business travel in these circumstances and any such expenditure will not be reimbursed.
There’s still time to get your flu vaccination

Flu season has begun and the latest surveillance data from across the UK is showing an increasing number of confirmed flu cases, with initial data suggesting an H3N2 Flu A season, as well as an increase in the number of consultations in general practice for flu-like illness.

Dr Syed Ahmed, Immunisation Coordinator/Consultant in Public Health Medicine, pictured below, said: “So far the majority of the viruses genetically analysed are a close match to this year’s vaccine strain so the vaccine should provide good protection against this year’s flu strain.

“As H3N2 flu strains disproportionately affect the older population, who are likely to have pre-existing health conditions and serious flu-related complications, it is important that all staff come forward and get this year’s flu vaccine not only to protect themselves but also their patients.”

If you haven’t had your flu vaccination yet this year there is still time. Peer vaccinators are waiting for you to get in touch and you can find a list of them and their locations on our website www.nhsggc.org.uk/staffflu or you can contact our Occupational Health team and arrange an appointment – tel: 0141 201 0626.

We know that many staff with pre-existing health conditions get vaccinated at their GP practice or local pharmacy and if this applies to you please let us know by completing this short survey at https://www.smartsurvey.co.uk/s/QFANA/

We don’t need any health information, just your job group, directorate and where you are based.

Congratulations to Ian Adam, Paediatric Orthotic Rehabilitation Technician, at the Royal Hospital for Children, who was one of only 57 people selected from 400 to present a paper to the International Society of Prosthetics and Orthotics (ISPO) World Congress in Kobe, Japan.

As ISPO’s flagship meeting, the World Congress is a unique interactive event where professionals involved in the care of people in need of prosthetic, orthotic, mobility and assistive devices get together to learn about the latest scientific and clinical advances, products, innovative technologies, designs and materials in prosthetic and orthotic care.

The paper Ian presented was titled ‘Designing an online qualification for O&P (Orthotic & Prosthetic) Technicians.

Ian explained: “I was heavily involved in setting up a new national qualification with SQA (Scottish Qualifications Authority) and Glasgow Clyde College.

“Previous to this qualification there was no national training in the UK for technicians working within orthotics and prosthetics.

“This new Professional Development Award (PDA) at SCQF level 7 is taught using an online teaching environment, which means that it can be delivered anywhere in the UK without the candidate leaving their place of employment.

“So far we have had 60 technicians undertaking the qualification and we are now looking at launching it internationally which was the reason for presenting my paper at the ISPO congress in Kobe.

“Visiting Japan was a wonderful experience as it was a very cultural and fascinating country with very courteous people.

“My paper was very well received and I made some good international contacts that will hopefully see us offering this qualification in other countries where there is a need for orthotic and prosthetic technician training.”

Have you played the flu bee game yet?

Staff can buzz their way to flu fighter status, building a honeycomb path around the flu bugs from outer space to reach the moon.

Players answer questions which bust common vaccine myths and helps them understand why, and where, they should get vaccinated.

You can play the Flu Bee game on any device through a browser, it only takes a few minutes and it’s fun!

Don’t forget to share your score with colleagues and challenge them to beat you.

To download the game, visit: www.ggc.flubeegame.com
Runners raise £9,000 for IPF battle

Queen Elizabeth University Hospital Dietician Anne McNeill organised for herself, two colleagues and 28 friends and family to take part in the Great Scottish Run in memory of her dad. Anne’s dad was diagnosed with idiopathic pulmonary fibrosis (IPF) in 2017 and sadly passed away later that same year. She said: “I was inspired to fundraise for Action for Pulmonary Fibrosis (APF) and do what I could to raise awareness of IPF. The Great Scottish Run took place during Pulmonary Fibrosis Awareness Month so it seemed fitting to sign up. “I gathered 31 of us, some of whom had never attempted a 10k before. It was great fun and between us we managed to raise a staggering £9,000 for APF.”

CUT YOUR HOUSEHOLD BILLS

Cash-saving competition

This winter, Home Energy Scotland is keen to support local efforts to help people who may be struggling to heat their homes to stay in control of their energy bills and keep warm and well.

As part of its winter campaign, Home Energy Scotland has devised a winter advice competition quiz. Gas and electricity bills are a significant part of household expenditure and during the colder months energy use tends to rise, in addition to which energy prices have risen recently.

- The competition is educational.
- Making small changes around the home can make a big difference to comfort levels and energy bills.
- Ways to take control of your energy spend include shopping around for a cheaper energy deal. The average annual saving you could make by switching supplier is £200 but it could be as much as £300 if you have never switched at all.
- Reading and acting on the simple tips given will help householders save energy, save money and keep cosy for less.

Win! FREE energy bills for a whole year!

The free and impartial energy advice service!

Read the quiz carefully, answer three multiple choice questions, enter your details and you could be the lucky winner. The quiz can be completed in a range of ways including by calling Home Energy Scotland free on 0808 808 2282 or by visiting: http://bit.ly/FreeEnergyBills. Closes: 28 February at 11:59pm. Terms & conditions apply.