

SN

Staff Newsletter
March 2013



Getting fit for the future

First steps to fitness



Some members of the Clutha House team

FOURTEEN members of staff returned to work in January feeling sluggish after overindulging over the festive period...but all that changed after January's special 'healthy' edition of Staff Newsletter landed in their inbox!

Madge Durkan, practice manager at Nursing Homes Medical Practice, said: "I read the article 'Set 30 minutes aside for life', the one about the Pedometer Loan Scheme and also about the Weigh in @ Work initiative and thought this would be a good team building exercise as well as a great way for us all to get active.

"Several of us are office based and the pedometers were great for highlighting how few steps we were taking in a day and also evidenced how easy it was to increase our activity levels."

Most of the fourteen members of staff, thirteen based at Clutha House and one at Stobhill, are now out walking every day at lunch time and others in the team who are not office based are active in their every day roles and are also increasing their activity in the evenings.

And with the lighter nights approaching the team have also discussed doing a group exercise one evening a week.

Madge continued: "The Staff

Newsletter was an extremely helpful resource as is the folder we have created in our shared drive into which we have scanned and saved the 'Weigh in @ Work' information pack as well as a picture of the eat well plate, a BMI calculator, activity diary, weight record cards, shopping list, food diary and recipes.

"Already we all feel that we have more energy and we are all working towards the one goal of eating healthy and being more active but also some of us have individual goals such as dropping a dress size and toning up for summer."

The team are of varying ages and levels of fitness but all are pushing each other to walk a bit further each week. Proving that everyone can include that little bit more activity is a member of staff who suffers from arthritis but still manages to go for a short walk.

Having peer support and a bit of healthy competition is helping keep them all on track!

For more information on the Pedometer Loan Scheme, email: Liz.Donaghy@ggc.scot.nhs.uk or tel: 0141 314 0024.

For more information on Weigh in @ Work, email: Mariam.Abbas@ggc.scot.nhs.uk or tel: 0141 314 0024.

Learning and e-support facilitator Valerie Wallace has taken up the walking challenge.

Since starting in November, Valerie has walked over 300 miles and lost nearly two stone. Before she started, she probably walked half a mile a day.

So what has got Valerie out walking? Her inspiration has come from Ingress a new game created by Google which is played on your mobile phone and requires players to physically interact with certain locations or "portals".

Portals are centred on public art, historical buildings, statues and unique local businesses, the GPS on your phone pinpoints where you are and lets you know if there are any portals nearby.

Valerie said: "For the first few days I played, I was going home quite tired and with sore feet, but because I was playing the game I didn't realise quite how far I was walking, I've been averaging around four miles a day!

"Working in the Queen Mother's Hospital I'm very close to Kelvingrove Museum and Kelvingrove Park. There are quite a few statues and pieces of art dotted around this area, and most of them are portals. Because I've put so much effort into it, I'm currently the top-ranked player in Scotland."

Who says fitness can't be fun? If you'd like to know more about Ingress, please email Valerie.wallace@nhs.net. Currently the game is invite-only but Google has given Valerie some invites to give away.



Valerie Wallace

Take the 5x50 challenge and raise money for charity

FOLLOWING our special "healthy" January edition of Staff Newsletter a team on the New Stobhill site have set their own personal fitness goals.

Charge Nurse Marjory Bond and 16 other members of the multi-disciplinary team at Skye House are taking part in the charity 5x50 challenge.

It begins on March 31 and takes place over 50 days with everyone taking part committed to running, walking, jogging or cycling 5k (or the 30 minutes of exercise equivalent) every day with the aim of changing fitness habits for a lifetime and raising cash for a good cause.

Marjory said: "We are doing a mix of exercise, running, walking, cycling or going to boot camp, and this can be done in segments of 10 or 15 minutes, adding up to a daily 30 minutes of activity.

"Not only are we a team at work, but some of us exercise together as well, and so we will motivate one another during this challenge.

"The whole philosophy is to change peoples' lifestyles and to get to day 21 is regarded as a defining moment because after that whatever fitness regime you have chosen is likely to become a habit.

"Hopefully people will continue



Left to right: Alia Ul-Hassan, Leigh Robertson, Teresa Cushley, Marjory Bond, Lauren MacFarlane, Fiona Rae

with their chosen activity and it becomes a normal part of their life."

The team's charity is Pet Fostering Service Scotland, which provides a short-term emergency care service for pet owners who are temporarily unable to care for their pet through accident or illness.

It was chosen because the team have seen the positive effect that animals can have on patients thanks

to a therapist who regularly visits the unit and through organised horse riding classes.

You can support the Skye House team by making a pledge at <http://www.justgiving.com/5adaygang>

For more information about the challenge log on to <http://5x50.co.uk/about-5x50>

Glasgow parkrun

GLASGOW parkrun is a free weekly 5k event for runners of all standards, which takes place every Saturday at 9.30am in Pollok Country Park.

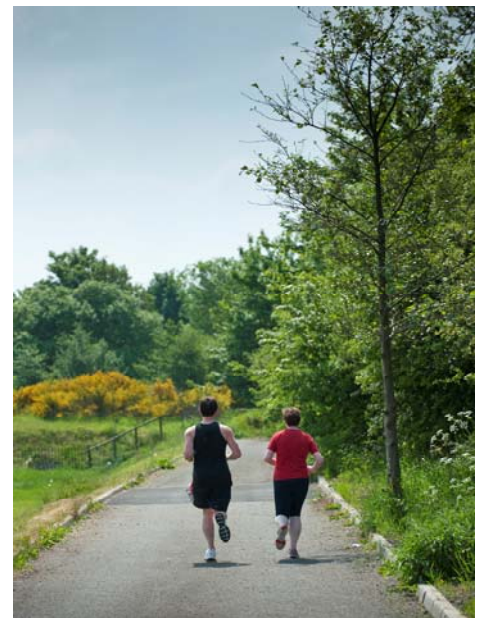
It is not a race, just a 5k timed run.

So whether you are a complete novice looking to get yourself started or a seasoned athlete wanting to use this as part of your training schedule, you're welcome to come along and join in.

It offers an opportunity for all the local community, male or female, young or old, to come together on a regular basis to enjoy this beautiful park and get physically active into the bargain. Plus we enjoy a post-parkrun coffee in the Burrell museum café!

Taking part is easy – just register before your first 'parkrun'.

For more information and to register to take part, visit: www.parkrun.org.uk/glasgow/



Your Health



THE Healthy Working Lives programme aims to improve employee health at work. Initiatives provided by NHSGGC can also have a positive impact on your wellbeing outwith work.

The following facilities/services can help if you want to improve your health and fitness.

Glasgow Life

NHS staff living within the Glasgow area can take advantage of a reduced monthly membership rate of £21.96 per month for the Glasgow Club. This gives access to all local authority sport and leisure facilities in Glasgow, including swimming, gym and fitness classes. For more information go to: www.nhsggc.org.uk/glasgowclub

East Dunbartonshire

East Dunbartonshire offers NHS staff a corporate membership at £27.40 per month. You will need proof of address and wage slip or ID badge.

West Dunbartonshire

West Dunbartonshire Council offers NHS staff a corporate membership of £32 per month. This covers access to gyms, pools and health suites (normal price £38 per month)

Inverclyde Leisure Services

Inverclyde Leisure offers NHS employees discount on membership fees for their Top Deck package, gym package, group fitness, swimming and skating. You can also save up to 10% on the annual membership fee. If you are interested in this offer, please contact Inverclyde Leisure direct.

You should evidence your employment with the NHS by showing your ID badge or recent payslip.

Renfrewshire

All employees who reside within this area are offered a discounted rate to local authority leisure centres if they have a monthly membership.

Call for budding rowing stars

IF you were inspired by the success of the Team GB rowing team last summer and fancy trying the sport yourself, the annual Clydesdale Amateur Rowing Club Corporate Regatta might be just what you're looking for.

The regatta's organisers are calling for local employers to assemble crews of four to compete in the event on 24 August.

No experience is required as over the summer participants will be provided with the necessary equipment, hopefully a few laughs and all of the training required to compete in a day of racing against other beginners.

NHSGGC teams have competed in the regatta in each of the last three years and now is your chance to take part.

Each team of four will learn the basic techniques on the land at the National Rowing Centre and then, with their allocated coach, take part in six rowing sessions on the Clyde in preparation for a day racing other teams in August. Race day is a great event for family and friends with a tea bar and BBQ at the clubhouse afterwards.

Lorna Kelly, head of policy and Linda de Caestecker, director of



Last year's NHSGGC rowing team

public health, both take part and spoke to SN about their experience.

Linda said, "It was a great experience to get exercise while learning a new sport and I particularly enjoyed seeing a whole new side of Glasgow from down on the river."

Lorna added: "We got a real sense of achievement as we moved over the course of our lessons from complete lack of coordination and speed to a pretty effective rowing unit."

For more information, visit:

http://www.clydesdalearc.org.uk/index.php?option=com_content&task=view&id=201&Itemid=59 or email: Catriona.renfrew@ggc.scot.nhs.uk

The search is on for health champions

AN appeal has been made for staff to put themselves forward as "Health Champions" and spread the healthy living message.

The new champions will work closely with Healthy Working Lives (HWL) representatives by making suggestions for events and then help put them into action.

They will also promote HWL information to colleagues, especially to staff who do not have PCs, are shift workers and work on isolated sites.

Debbie Nelson, staff health strategy co-ordinator, said: "I want to hear from people who are motivated and can enthuse others to take part in activities, events and groups.

"There are no set rules, just help your HWL reps as and when you can."

For more information contact Debbie, email:

Debbie.nelson@ggc.scot.nhs.uk, tel: 0141 314 0024, or speak to your local HWL representative.

New crackdown on smokers at hospital entrances

SMOKING at the entrances to our hospitals remains one of the most complained about issues for staff, patients and visitors alike.

We have tried many tactics including the use of voice recordings of young patients at the Royal Hospital for Sick Children appealing for smokers not to pollute the entrances.

Newspapers have joined with us to expose the breaches and force smokers to abide by the smoking ban. They have appealed to smokers to be more considerate...yet the smoking continues.

Patients and visitors puffing on their cigarettes outside cancer hospitals, smokers outside maternity hospitals, children's wards – it's all too evident all too often.

Now, in the face of continuing

breaches and complaints from those who object to walking through clouds of tobacco smoke on their way in and out of our hospitals, we are stepping up our efforts to enforce a zero tolerance to tobacco at our hospitals.

Over the coming weeks we will introduce smokefree wardens who will help enforce the smoking ban and encourage smokers to use smoking cessation services to quit their habit. These wardens will be further supported by high visibility "smokefree zone branding" at the main entrances to all of our main acute hospitals across Greater Glasgow and Clyde.

Patients and visitors – and NHS staff – will be made more aware of the help they can access to help them quit.

Major marketing and communications activity will support

the campaign which is designed to deliver a short-term high impact focus on our existing no-smoking policy on hospital grounds and ensure an ongoing legacy of improved compliance.

The smokefree wardens will patrol our entrances driving home the zero tolerance approach through till the summer but our signage and ongoing smoking cessation efforts will continue.

We know there is an appetite amongst the vast majority of our workforce and patients and visitors to take further action to enforce the policy of no smoking at our hospitals and we are determined to work with others to help deliver smokefree hospital grounds.

As this high profile campaign progresses staff will be kept informed via Core Brief and further articles in your Staff Newsletter.

Stopping smoking wins prizes under Quit and Win

STOPPING smoking can win you a prize thanks to the annual Quit and Win campaign which kicks off on No Smoking Day, March 13.

Running for three months, prize draws will be held every four weeks and participants who remain smoke free will have the opportunity to win fantastic prizes including Love2Shop vouchers, and a free one month and a one-year membership for the Glasgow Club, as well as Cineworld and theatre tickets.

Maria Osuji, Quit and Win programme manager, said: "Smoking is one of the biggest threats to public health in Scotland but quitting is the single most important step smokers can take to improve their health.

"In addition to the health impact there is also considerable economic cost to both employers and employees.

"People are more likely to quit smoking when they are presented with opportunity, options and support."

Staff sign up for the scheme by

giving their names to their workplace co-ordinators who pass them onto Health at Work staff.

The co-ordinators monitor participants and update the Health at Work team about who remains smoke free and eligible to be included in the prize draw.

Quitters also receive weekly emails/text messages pointing them to sources of support and tips on controlling cravings.

Meanwhile this year's No Smoking Day theme is Swap Fags for Swag, promoting what smokers will gain when they quit - as well as improved health, they'll have extra cash to spend on whatever they like!

For more information about the Quit and Win campaign, and entry forms, email:

catherine.gale@ggc.scot.nhs.uk or call Health at Work on 0141 314 0024.

For more information about smoking cessation services, visit:

www.nhs.gov.uk/smokefreeservices



Climate week 4-10 March

For every degree we heat our office accommodation above the recommended temperature of 19 degrees we increase our carbon emissions to the atmosphere and our energy bill goes up by 4 per cent.

Bowel cancer - don't take a chance take the test

ONE of our public health consultants is urging staff to use bowel screening kits being posted out as part of a national detect cancer early campaign.

The Scottish Government initiative aims to overcome the taboos around bowel cancer and increase survival rates.

Backed by NHSGGC and the Scottish Cancer Coalition, the campaign aims to raise the profile of bowel cancer for men and women aged 50-74 and outline the benefits of screening, as the best way to detect any hidden signs of the disease.

Although bowel cancer is the third most common cancer in Scotland, it's highly treatable if caught early.

In fact, 9 out of 10 people survive the disease if it's detected and treated in its earliest stages.

NHSGGC public health consultant Dr Emilia Crighton said: "Men in particular are being targeted by this campaign because we know from running our own programme since 2009 that they are less likely to take part in screening.

"With bowel cancer most people experience no symptoms, and some people ignore warning signs, such as a change of bowel habits lasting more than six months.

"The best way to find out if you have bowel cancer is by taking the screening test which can be carried out privately in people's homes and it can save lives.

"The earlier we find the cancer the higher the change of cure."

This is the next phase of the Scottish Government's four-year Detect Cancer Early programme which aims to increase the proportion of cancers detected in the first stage by 25 per cent by the end of 2015, meaning that more people can survive the disease.

Bowel cancer screening prevents 150 deaths nationally each year but currently only just under half of the 365,000 (49.7 per cent) people who are eligible to participate in screening in NHSGGC actually do.

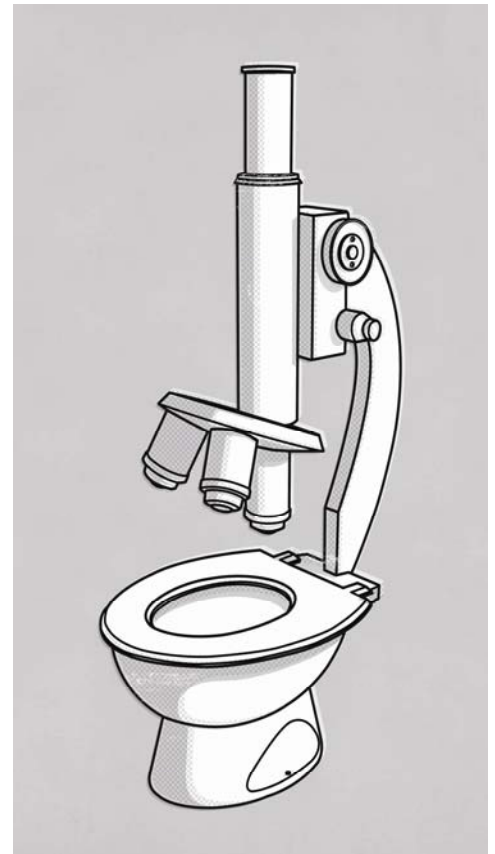
Frontline healthcare workers can play an important role in the fight against bowel cancer by discussing the early signs of the disease with their patients and discussing the benefits, and risks, of participating in the national screening programme.

This will help to 'normalise' the topic of bowel cancer and remove some of the barriers that prevent people taking the screening test or seeking advice.

Central to the new campaign is a bold TV advert featuring the voice of Scottish actor Ford Kiernan.

The advert uses some humour and the concept of Kiernan as an 'invisible man' to inform a regular man in a vulnerable moment on the toilet about the facts he doesn't know about bowel cancer.

Find out more about bowel screening at <http://www.bowelscreeningtest.org> or call the Scottish Bowel Screening Helpline on 0800 0121 833.



Lights, Camera, Action, Baby!

A SHORT information film giving a virtual tour of our three maternity hospital sites has been made for parents-to-be.

"Be ready for baby coming - Everything you need to know about using maternity hospitals", can be viewed on the NHSGGC website.

It features midwife Sharon Smith discussing basic topics such as what mums-to-be should bring with them on admission, where to find maternity unit entrances during normal and out of hours, plus tours of labour suites and a typical birthing room.

The film also offers information about health topics including breast feeding, smoking and healthy eating. Filming took place in the maternity units at the Southern General and Royal Alexandra Hospitals and the Princess Royal Maternity.

A key advantage is that parents can watch the film, which also has commentaries in Urdu, Polish, Slovak, Mandarin and Arabic, as well as English, again and again in the comfort of their homes.

It was made because midwives try to keep labour suites as calm and quiet as possible to enable women to labour effectively and traditional tours have the potential to cause disruption.

Sharon said: "Staff who have seen it think it is a valuable and worthwhile piece of work and that it is also an excellent way of making contact with those mums and birth partners who do not feel comfortable coming to classes."

To watch the film click on to www.nhs.gov.uk/bereadyforbaby



Infant feeding advisor and midwife Sharon Smith

Climate week 4-10 March

For information about cutting personal carbon emissions contact the Energy Saving Trust on <http://www.energysavingtrust.org.uk/scotland> or telephone 0800 512012.

Check out your green credentials during Climate Week

CLIMATE Week runs from March 4-10 and a busy programme of events has been planned across NHSGGC.

Energy Awareness roadshows, delivered in partnership with Carillion and the Wisegroup, are taking place on the following dates:

- Monday, March 4 at Glasgow Royal Infirmary; Princess Royal Building Main Entrance and Foyer
- Tuesday, March 5 at Southern General Hospital; Neurology Department Main Entrance and Foyer
- Wednesday, March 6 at Royal Alexandra Hospital; Main Entrance and Foyer
- Thursday March 7 at Gartnavel General Hospital; Main Entrance and Foyer
- Friday, March 8 at Inverclyde Royal Hospital; Main Entrance and Foyer.

As well as finding out how to be more energy efficient at home there will also be handouts including Smart Meters and Energy Awareness colouring books for children.



For more information, email: sustainability@ggc.scot.nhs.uk

Climate week 4-10 March

Make a difference in your workplace, tell your local Energy Group representative or site facilities manager if it is too cold, draughty or there are leaky taps.

They are speaking your language

OUR in-house interpreting service has been up and running for just over a year and is proving to be a real success story for interpreters and staff.

Offering interpretation in around 70 different languages, including British Sign Language and lip reading our 200 sessional interpreters have received more than 300 requests channelled through 15 call handlers from across the organisation.

Third year Glasgow University medical student Joanna Osmańska one of our Polish interpreters said: "I think our service is appreciated by both the patients and medical staff who both say we make communication at appointments easier when talking about procedures.

"Some appointments can be very emotional and not everyone can cope with this, especially if you have to pass on bad news.

"A tiny piece of information can be crucial for a doctor's diagnosis. In some specialities 90 per cent of the diagnosis is based on the history of the patient's family, and if the patient is unable to give that history it's difficult for doctors to understand what's wrong, this is where we can be very helpful."

Radiographer Michelle Brown, who works at the Beatson West of Scotland Cancer Centre, has first-hand experience of the effectiveness of using an interpreter.

Michelle said: "It is a fantastic service, if a clinician decides that a patient has to be admitted and English isn't their first language, I simply call the interpreting service and ask for an interpreter who speaks their language.

"Through the service we can explain to the patient that they are being admitted to hospital and describe the admission procedure".



Joanna Osmańska

Eileen Carroll, business manager interpreting services, said: "Being an interpreter is a very varied job and demands a wealth of terminology, interpreters have to be both empathetic and objective because they will be conveying good, bad and tragic news."

The service is available every day between 8am and 8.30pm. To book an interpreter complete the booking form available on StaffNet>Info Centre>Interpreting Services or tel: 0141 347 8811.

Show your support for Medicinema

THE Medicinema at the Royal Hospital for Sick Children screens the latest blockbuster movies twice a week for patients and their families.

Every Monday and Thursday patients are collected from the wards and taken to the cinema, giving them some much needed normality in what can be an extremely difficult time.

However no movies would be shown without the help and support of friends of the cinema who raise much needed funds to ensure the facility remains open to patients and their families.

Sheila Pacifico, Medicinema manager, said: "In a bid to keep up with the times and continue to give the children the best possible experience MediCinema has recently installed the latest 3D technology which is going down a treat!

"None of this is possible without the fundraising efforts of friends and supporters of the MediCinema. We would be most



grateful if anyone would like to help raise funds for us."

Why not support MediCinema by running the upcoming women's 10k or perhaps you have always wanted to SkyDive. Email: medicinema@ggc.scot.nhs.uk for more information.

A day to celebrate!

FORTY five dedicated members of staff have received formal recognition of their recent education achievements.

Chairman Andrew Robertson presented staff with their certificates for a range of professional qualifications.

Lyndsay Lauder, head of workforce planning and development, said: "Congratulations to all staff who successfully completed their qualifications. We were delighted at the number of staff who qualified from a wide range of departments and disciplines."

For further information on the opportunities available to gain professional qualifications, please contact Maureen Stewart, qualifications manager, email: Maureen.Stewart@ggc.scot.nhs.uk or tel: 07951492870 or Katerina Bartakova, qualifications administrator, email: Katerina.Bartakova@ggc.scot.nhs.uk or tel: 0141 201 4797.



Our successful staff with Chairman Andrew Robertson

NHSGGC bursary scheme

STAFF are being invited to submit funding applications for this year's Staff Bursary Scheme, which aims to give colleagues interested in pursuing an educational qualification the opportunity to apply for funding support.

Over the years, the wide range of

the services in which they work and ultimately the communities that we serve.

Sofi Taylor, health improvement lead (Equality and Diversity), is completing an MSc in Citizenship and Human Rights. She told SN: "The Bursary has enabled me to study by removing the

worry of financing.

The course is part of my PDP to support career development as well as personal interest in Human Rights and its impact on services. "I feel

that the organisation values my contribution and is supporting me. I have disabilities that can hinder my study and receiving this

award makes me feel that I am the same as everyone else in the organisation.

"I am now part of the Human Rights Impact Assessment project in the Learning Disabilities Sector and part of the team developing a mapping tool for forensic services." Applications to the Bursary Scheme are welcomed from employees of any grade across all areas of the service. The most important thing is that you have a real desire to learn, can show how it will help achieve objectives and how in putting the learning into practice, it will improve the service that we provide.

The Bursary Scheme will be launched on 11 March and the closing date for completed applications is Friday 26 April.

Look out for further Information on StaffNet or contact, Katerina Bartakova, tel: 0141 201 4797 or email: Katerina.Bartakova@ggc.scot.nhs.uk



Sofi Taylor

“
Impact on colleagues/team...
"Being able to share increased knowledge and skills with other colleagues in the team and building links with other services has supported better delivery of patient care."
”

educational learning opportunities created through the bursary scheme has brought many benefits to

Climate week 4-10 March

NHSGGC was one of the first NHS Boards to prepare a Carbon Management Plan and upgrading building controls in various hospital sites has improved efficiency by nearly seven per cent from the baseline.

Active Care roll out

ACTIVE Care is the process of delivering clinical care in prescribed intervals of time and supports the key quality ambitions of the Healthcare Quality Strategy for NHS Scotland – Person Centred Care.

In essence, it allows staff to keep a record of exactly when colleagues have checked on patients and when they have been asked particularly questions. Questions vary from “Would you like a drink or something to eat?” to “Can you reach your call buzzer or do you need the toilet?”

Claire Mavin, practice development sister, who has been instrumental in the set up of Active Care said: “Active Care is essentially a proactive tool which embeds the ethos of nursing. “With more than one nurse caring for the same patient the introduction of Active Care allows each nurse or AHP to view a record of care which provides assurance that the patient has had their care reviewed by a nurse within the documented time interval.”

These details were previously not



Claire Mavin

recorded at the bedside.

Claire continued: “Staff who have already implemented Active Care have reacted enthusiastically as it brings to the forefront basic care elements to

minimise harm and promote wellbeing amongst patients.”

Active Care will be rolled out across all acute sites by April/May 2013.

Grant scheme available for nurses and midwives



NHSGGC has a Board Nurse Director Grant Scheme available to nurses and midwives looking to further their professional education and we are encouraging you to apply for the grant.

The grant provides an opportunity to undertake training or study which sits under ‘Person Centred Care’ and/or ‘Safe and Effective Care’ and might not be funded through other means.

The grant offers a maximum of £1,500 per application and can be used for study or teaching materials such as books, DVDs, access to publications or online resources.

Board nurse director Rosslyn Crocket, said: “Learning and development is crucial to ensuring our patients experience is safe, effective and person centred and this grant scheme enables our nurses to move forward and develop their skills, knowledge and competencies in the area of Patient Centred Care.”

Information on the grant scheme can be found on the nursing portal which holds key information for nursing professionals and has been growing as more training and education programmes are uploaded.

You can also share your experience of delivering service improvements, initiating change or find out what nurses are achieving in NHSGGC on the nursing portal.

For more information, visit the Education and Development section of the nursing portal, at: www.nhsggc.org.uk/nurses



Rosslyn Crocket

Climate week 4-10 March

Cut your own carbon footprint by finding out about NHSGGC's sustainable and active travel schemes, contact Graeme Condie, email: graeme.condie@ggc.scot.nhs.uk