

# CONNECTIONS



**2** EYE PAVILION 50TH ANNIVERSARY



**3** NEW HOSPITAL OPENS ITS DOORS



**4** A DECADE OF V1P SERVICE

## When Flu Strikes...

When we are young, fit and healthy we don't expect to get floored by flu but that's what happened to Gillian Walker in her thirties, an Occupational Therapist at the Royal Infirmary. Gillian always took the flu jab every year, but unfortunately in November 2013 it hit her a few days before she was scheduled to get it. To make matters worse it coincided with her flat being flooded so she had to move out away from friends and neighbours.

Gillian said: "I felt horrendous and it was horrible being away from home with no one to help me. I was too ill to go shopping for food and it was a major effort to do the smallest thing like making a drink." Worse was to come as the virus affected her chest and she developed asthma. I was so short of breath and at times could hardly breathe and was prescribed inhalers. Even when I went back to work two weeks later, I struggled with breathlessness and conversation was difficult. I had to keep stopping after every few words to catch my breath." When she was able to struggle to the shops for food she said the effort made her look like she had been in a torrential downpour. She said fortunately it was raining outside so it didn't look

strange. On top of all that she lost weight too. Gillian makes sure she gets her flu jab as early as possible now. "I'm first in the queue as soon as the flu clinics start," she added. "I've always taken the flu jab primarily to protect my patients and it's the responsible thing to do. I also take it now to protect myself as I never want to experience the flu and being so ill again."

If you want to avoid an experience like Gillian's make sure you take up the offer of a free flu vaccination. You can find details of flu clinics on the intranet at:

<http://intranet.lothian.scot.nhs.uk/Directory/flu vaccinations/Pages/FluVaccinationClinics.aspx>



Our Medical Director, Tracey Gillies, and other directors are leading the way and taking up our 'Be Incredible Again' challenge of getting vaccinated against flu.

Help take the strain off our NHS this winter and protect yourself and your patients against flu. Details of flu clinics can be found at the end of the flu story.



Connections is your magazine. If you've a story you wish to be considered or if you have feedback about the magazine please send (no more than 200 words) along with a high quality photo to [connections@nhslothian.scot.nhs.uk](mailto:connections@nhslothian.scot.nhs.uk)



## Eye Pavilion celebrates 50th anniversary with Eye Ball



**What better way to celebrate an eye hospital's 50th birthday than with an Eye Ball! That's what Princess Alexandra Eye Pavilion (PAEP) staff did, staging a Ball at Edinburgh's Balmoral Hotel in October.**

More than 150 people were at the Ball, including PAEP staff past and present, among them, Dr J.F. (Barry) Cullen, the only consultant at the Ball present at the PAEP's opening ceremony on 1st October 1969, when HRH Princess Alexandra gave the new hospital its royal seal of approval.

Professor Baljean Dhillon, Honorary Consultant Ophthalmologist and Professor of Clinical Ophthalmology at the University

of Edinburgh, who joined the PAEP as a trainee in the mid-1980s, was delighted to see Dr Cullen at the Ball.

"I've witnessed remarkable advances in ophthalmic diagnostics and treatments over the years, but the enduring constant, which has not changed, is the ethos of striving for excellence in all aspects of patient care," he said. "This can be traced back to Dr Cullen, who made the hospital

an exemplar among teaching hospitals. The PAEP is a very special place for patients and staff alike."

Karen McCabe, Clinical Service Manager, Ophthalmology, said: "As well as celebrating a special birthday, we celebrate the staff and their achievements over five decades of care. This is a proud year for all PAEP staff."

The PAEP is Scotland's only 'stand alone' dedicated Eye Hospital and a national centre at the leading edge of ophthalmic treatment, teaching and research. It provides specialist care to treat and manage diseases and conditions affecting the eye and eyesight.

Jas Singh, Clinical Director, Ophthalmology, NHS Lothian, said: "I'm immensely proud of the amazing achievements the entire PAEP team have made, leading to first class patient eye care for our community."

Building work on the eye hospital began in the grounds of Chalmers Hospital in 1965 and was completed in 1969, at a cost of approximately £700,000.

For more details on the PAEP's birthday and history, see this link: <http://intranet.lothian.scot.nhs.uk/News/LatestNews/Pages/Happy-50th-Birthday-Princess-Alexandra-Eye-Pavilion.aspx> - or visit the website of the charity Eyecare, the friends of the Eye Pavilion, at [www.eyecare.org.uk/Index.html](http://www.eyecare.org.uk/Index.html)

## NMC praises specialist mental health services

**Specialist mental health services staff at St John's Hospital have good reason to smile after receiving a glowing report from members of the Nursing & Midwifery Council (NMC).**

Our photo shows staff with the NMC team during the visit in October, which focused on the work of the Regional Mental Health Mother and Baby Unit; Regional Eating Disorder Unit; National Mental Health Service for Deaf People and the Perinatal Mental Health Community Team.

The NMC passed on high praise and positive feedback with comments including, "wonderful units", "one of the happiest teams we have had the pleasure of meeting" and "a great team with great managers."

Part of the feedback was addressed to Professor Alex McMahon, Director of Nursing, Midwifery and Allied Healthcare Professionals,



NHS Lothian, with the comment: 'Alex, you should be really proud.'

"The statement made me feel quite emotional and indeed proud!" said Professor McMahon.

All NMC members said they found the visit invaluable."

## Happy 25th birthday Minor Injuries Clinic!

The Western General's Minor Injuries Clinic celebrated its 25th anniversary on November 1, with Chris Stirling, WGH Site Director, thanking the staff for "25 amazingly successful years."

Chris and Catriona Rostron, the WGH's Associate Nurse Director, presented birthday cakes to Fiona Churchill, the only original member of staff still working in the clinic and now its Lead Nurse Practitioner, who said: "The clinic has seen many changes in 25 years, but our goal has been constant, to provide a high quality 'one stop shop' service for patients."

The clinic, the first nurse-led unit of its kind in Scotland, treated 10,000 patients in its first year and now sees more than 25,000 patients a year. Innovation is a hallmark of its work, with staff developing protocols that allow them to see and treat a wider range of patients, rather than see and refer patients for treatment elsewhere.

"Everything the clinic has achieved and represents demonstrates the pioneering spirit of the Western General and its focus on quality and innovation," said Chris Stirling.



"Staff should be proud of this award-winning clinic and all their achievements," said Catriona Rostron.

NHS Lothian's Communications Team marked the birthday by arranging a special piano rendition of Happy Birthday performed, appropriately for a minor injuries clinic, in the key of A Minor, promoted on social media. See the following link:

<https://vimeo.com/370345375>

## New hospital opens its doors



### The first inpatients were welcomed in November to the new £70 million community hospital in Haddington.

East Lothian Community Hospital (ELCH) will house all services previously delivered at the town's Roodlands and Herdmanflat Hospitals but will also offer a whole range of additional services from minor surgery to an out-of-hours service. The new build will also be able to support patients currently in Haddington Care Home, Crookston Care Home, and some patients from Midlothian Community Hospital. The hospital brings more services closer to the community as well as serving and helping to ease pressure on other sites.

The hospital will have an important teaching function and great care has been taken to incorporate screening facilities to allow students to view some procedures being carried out.

Alison MacDonald, Chief Officer, East Lothian Health and Social Care Partnership, said: "This hospital has been highly anticipated and will bring huge benefits for patients and carers in East Lothian.

"It is also a real asset to the community. There are public rooms available to local groups, a Royal Voluntary Service cafeteria and local radio, who will be providing hospital broadcasting. I would like to take this opportunity to thank our project team, staff, local artists and the community for their collaboration and support for the new hospital."

The final phase includes the construction of a new car park and landscaping of the hospital site.

# Thank you goes a long way

**It's important to celebrate staff achievements and there is no better way to do that than with a Celebrating Success Award nomination. If you know a colleague who gives their heart and soul at work everyday, you can nominate them now for a 2020 Award and help a fellow worker get the recognition they deserve.**

Nominations already received in the past few weeks include Rab Hildersley, Porter at the X-ray department, Western General for Staff Member of the Year. A patient he had taken from the ward to the X-ray department turned up a few weeks ago with a box of chocolates a year after being in hospital. The patient from abroad was back in Scotland and felt compelled to let him know how grateful they were for the service and care they received. They missed the opportunity of thanking Rab when they were a patient 12 months earlier.



Rab, who has worked as a porter at the Western since 2005, said: "I am delighted to be nominated for this award. I love working with patients."

Rab was born and still lives in Edinburgh with his wife and three children.

It's very easy to make a nomination. For more information go to <https://news.nhsllothian.scot/CelebratingSuccess/Nominate/Pages/default.aspx> Submit your nomination now while it's fresh in your mind.

# A decade of service

**Pioneering service, Veterans First Point (V1P) celebrated its tenth anniversary with a special event in the Great Hall at Edinburgh Castle in October. The evening was hosted by its Governor, Major General Bruce of Crionaich OBE and included a range of speakers and a panel of veterans who have used the service.**

V1P, which was developed and is run by veterans for veterans, is a dedicated hub which helps those leaving the armed forces to access specialist help and support to get into work, find a home and increase their wellbeing. Peer support workers offer help in health, education, employment, housing and social services.

Charlie Allanson-Oddy, Psychological Therapist and Team Lead, V1P said: "In acknowledgement of the 2000 and more referrals taken since we opened, the event was chaired by Miss Tracey Gillies, Medical Director and included speeches by Dr Lucy Abraham, V1P Lothian Service Lead and Linda Irvine-Fitzpatrick, V1P Scotland Strategic Lead. Most fittingly, the event included two speeches by former service



users and was brought to a close by Charlie Wallace, Scottish Veterans Commissioner."

Miss Gillies said: "I would like to congratulate all involved in Veterans First Point for reaching this special milestone. The dedicated service for veterans has been invaluable for those using the service and it was my privilege to attend the celebrations and meet many of the veterans who have benefited from the help on offer."

V1P in Lothian was the first of its kind when it launched in 2009 in the UK to offer specialist help and advice under one roof for veterans and their families. There are now six further V1Ps operating across Scotland.

# Emergency Department Taking Shape



**Work continues with the upgrade of the Emergency Department at St John's Hospital.**

A new reception facility within the main waiting room has been revealed along with a neighbouring domestic services room.

In bake-off style the doors have opened on a new staff room, dedicated training facility, new staff changing facilities and toilets, all to support staff wellbeing. A purpose-built family room and viewing room are now open to create a supportive space.



The build goes on...

The redesign continues with phase 3 of work underway within the department. This phase will create two triage rooms, three minors rooms, two cubicles and paediatric waiting facilities. Alongside this the courtyard extension build continues which will provide the department with six additional cubicles and supporting rooms. These areas are expected to be available in November.

Look out for the weekly bulletin all user e-mail that highlights key elements of the work and includes progress photos.

# Breastscreening month

**To mark Breast Screening Awareness month in October a screening event at Craighall Centre in Edinburgh took place for people with learning disabilities.**

Mary Tait and Karen Carty, two breast screening health promotion leads from the screening centre in Edinburgh, prepared and delivered an interactive session on how to be more breast aware and what screening is all about. Supported by colleagues and a member of the learning disability support group, a variety of methods were demonstrated including the breast model for people to feel a lump, use of a key ring called a thingamyboob that shows the size of lumps found by feeling



as well as national easy read literature.

Alison Milne, Detect Cancer Early Team manager, said: "The day was really worthwhile and helped us to understand what people with a learning disability need to help them make informed decisions."

## A Touch of Garden Therapy

**In October the Mother and Baby Unit (MBU) at St John's Hospital, Livingston officially opened "Little Blossoms Garden" a safe space outside for mums, their babies and families to get away.**

The garden was officially opened by Roslyn Neely (pictured), CEO of Edinburgh Children's Hospital Charity with help from Elena Hardie on Wednesday 9 October.

The garden, which was previously an unused courtyard, was funded by the Charity. The revamp includes sensory plants and a seating area which provides a place for mums to go and get away from the hospital environment when they aren't ready to face the outside world.

The MBU cares for women experiencing perinatal health problems. The positive impact of outdoor space on mental health is well documented and all the mums in the unit have had input in the design of the garden.

Elena (pictured) and her mum Alexandra were cared for by the MBU. She said:



"The unit and its staff are so important to mothers who have postnatal mental health problems and the garden will help them to get out of the ward and reconnect with nature during their time here."

Tricia Breslin, Nurse at the Mother and Baby Unit said: "It means everything for the mums that they've got somewhere to go. The mums are all excited about it as they have helped with the design."

## Café hosts golden moment



**The Ferryfield Hub, a new Dementia Café in Willow Ward, Ferryfield House, continues to break down the barriers of dementia and even helped one couple celebrate their Golden Anniversary.**

John Robertson, a dementia patient in the ward, uses the café regularly with his wife Sylvia.

The Hub is designed to feel like a quaint little cafe with plenty of colour, comfortable seating, music playing on the radio and old fashioned items around the room designed to bring back memories.

Since the opening of the hub John and his wife Sylvia have used it regularly.

Sylvia said: "The cafe is a lovely, bright and social area. It's great to have somewhere we can sit and talk. It's not filled with staff and feels like a real cafe so it's a nice break from the ward.

"He's happy within himself. He smiles and laughs and still loves listening to music, especially the Beatles. Sometimes he'll close his eyes and people think he's sleeping but if you listen carefully you can hear he's singing away to himself."

Hannah Moncrieff, Activities Coordinator in Ferryfield House, said: "Being able to see the benefits first hand is wonderful. Patients and relatives enjoy having a welcoming therapeutic space for themselves and their families."

The Ferryfield Hub was transformed from a simple office to a little cafe with the support from Ferryfield League of Friends charity. It was officially opened in July by the Lord Provost.

# A Way to Remember

Staff at the Royal Infirmary of Edinburgh have paid tribute to a “brilliant” former colleague Dr Robin Gordon Mitchell, by naming a road on the hospital campus “Robin Mitchell Way.”

The road winds behind the Emergency Department where Dr Mitchell became a leading figure making a huge impact on patients and colleagues alike, and which led to him being described as “the best emergency physician they had ever seen.”

Sadly Dr Mitchell died from pancreatic cancer in 2010. At the start of his career, Dr Mitchell trained in emergency medicine in Edinburgh before taking up his first consulting post in New Zealand.

In 2002, he returned to Edinburgh where his reputation grew, developing the first high fidelity simulator-based course in Scotland.

Robin had a saying “Attitude is a little thing that makes a big difference.” This positive attitude would help improve a



shift, department or patient’s life and helped Dr Mitchell advance to a new post - Training Programme Director and Regional Specialty Advisor for South East Scotland.

Robin returned to New Zealand in 2007. In his honour, the Robin Mitchell Medic 1 Fellowship has been developed. It is awarded to the Scottish Emergency Medicine Trainee who can most closely grasp and deliver the values Dr Mitchell held so dear and embodied in his daily practice.

# Looking after each other



**A Welfare Group in the Department of Anaesthesia at the Royal Infirmary of Edinburgh is going from strength to strength. They have formed a local mentoring programme with almost 20 trained mentors in south east Scotland which is available to all staff.**

John Wilson, Consultant Anaesthetist, Royal Infirmary of Edinburgh, said: “It’s early days but there has been take up of the programme and some positive feedback.”

The group, which was set up around 18 months ago to support staff, involved a listening exercise which highlighted a range of practical requirements including changing rooms, lockers and more. However, it also indicated the need to feel valued and to improve engagement with senior managers and the wider organisational structures.

John added: “The whole journey has been a very positive one and there is no doubt working on things in our immediate sphere of influence has yielded some very positive results.”

# Texting times

**Do you own a smart phone? It is estimated that 76 per cent of adults in Scotland own a smart phone and for some it is the main source of information, communication and entertainment. However using a smart phone for long periods of time can cause pain and discomfort.**

Text neck results from positioning your neck in an unnatural position – usually downwards – to view mobile devices. The weight of your head is between 10lb and 12lb and by angling it down the effective weight on your neck increases placing stress on the spine. Long periods in this position can cause head pain, neck pain, arm pain and numbness.

Texting thumb, which affects the tendons running along the thumb side of the wrist, is caused by constant texting and scrolling. Symptoms can include pain and or



swelling near the base of the thumb and trouble moving your wrist and thumb.

To reduce your risk of both text neck and texting thumb take regular breaks from using your phone, alter your texting position and use your fingers more to give your thumbs a break. You could also consider using voice recognition software. Whatever you decide it is important to reduce the length of time using your device.

# Kiltwalk Challenge



**A group of mental health professionals predominantly from St John’s and a nurse from NHS Lanarkshire raised around £1,000 for Carers of West Lothian by taking on the 23k Edinburgh Kiltwalk Challenge a few weeks ago. Well done to you all.**

## COMPETITION

## Win: A cut and blow dry at one of Cheynes 5 Edinburgh Hair Salons



There is nothing like a new hairstyle to boost your image and confidence. We've teamed up with Cheynes hair salons, thanks to NHS Staff Benefits, to offer you the chance to have a hair make-over. Cheynes has been at the forefront of hairdressing for over 40 years. At each of their five Edinburgh salons they have a team of talented stylists waiting to use their skills, creativity and talent to turn your hairstyle vision into a reality.

They make it their aim to create a hairstyle that flatters your features, showcases your style and complements your lifestyle.

Please note the prize is valid until the end of March 2020

Exclusive staff offer - Cheynes offers 30% off your first visit and 20% off thereafter. This offer is valid in their George Street, York Place, Bruntsfield Avenue, West End and Lothian Road salons. The discount is available Monday - Friday.

To find out about all the discounts available to you as an NHS Staff member, visit [www.nhsstaffbenefits.co.uk](http://www.nhsstaffbenefits.co.uk)

### How to enter

For the opportunity to win this amazing prize and revamp your image answer the following question:

**How many Edinburgh salons does Cheynes have?**

Just send us your answer along with your name, job title or department, site and telephone number to:

[connections@nhslothian.scot.nhs.uk](mailto:connections@nhslothian.scot.nhs.uk) or send to:

Communications Department  
NHS Lothian, Waverley Gate  
2-4 Waterloo Place  
Edinburgh EH1 3EG  
by Friday 24 January 2020

## BioRhythms choir sings out for new members



If you want to feel good, make your voice heard and are based at Edinburgh BioQuarter, why not join BioRhythms – the new, Edinburgh BioQuarter Community Choir?

The choir is for all staff, students, patients, carers and community members and aims to increase mental and general health and wellbeing for everyone.

The choir's message is that "everyone can sing, so join in!" It's free, there's no audition and no need to read music.

Rehearsals – Tuesday evenings, 7pm to 9pm, Seminar Room, CRM Building, 5 Little France Drive. Book at Eventbrite - BioQuarter Community Choir. The choir will sing in the foyer of the RIE on Tuesday 10 December at 7pm.

## Braving the blue yonder



June Sherwood, Catering Assistant in the catering department at St John's, took the brave step of jumping out of a plane at 10,000 feet in a tandem skydive, raising £1800 for the hospital's dialysis unit. June's fundraising was in memory of her son Darren, who was treated in the unit and who sadly died aged 25. Congratulations June for braving the skies.

## CONNECTIONS COMPETITION WINNERS

The previous competition winners of a bouquet of flowers every month were:

Rachel Newman, Clinical Psychology Nurse, Intensive Home Treatment Team, Royal Edinburgh Hospital.

Cath Tarbet, Speech and Language Therapy Secretary, Tollcross Medical Centre.

Naomi Scott, Lead Pharmacist, Rheumatic Diseases Unit, Western General Hospital.