

# PULSE

*For the people in NHS Lanarkshire and health and social care partnerships*

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## Print Version

Thursday 29 April 2021

to

Thursday 6 May 2021

# Tobacco control team equips local primary schools with fun and friendly second-hand smoke resources

April 29, 2021



The tobacco control team supplied each primary school in Lanarkshire with Jenny and the Bear resources, aimed at primary one children, to highlight the risk of children's exposure to second-hand smoke to their parents/carers.

This gentle story of a little girl and her teddy, offers the opportunity to explore the themes of a favourite toy, rewarding positive behaviours and consideration for others.

Yvonne Lambie, Yvonne Colquhoun and Karen Griffin from the team sent the bears off to their new homes, putting together each school pack, consisting of a storybook, presenter version, teddy bear, as well as an audio and video version of the story, and organised for them to be distributed to each school.

The complete resource is to support and encourage parents, carers and wider family members not to smoke in front of children, ultimately becoming a positive smoke-free role model.

Handed out to 280 local schools, teachers can show the video or read the story to children in the classroom, and afterwards each primary one child is issued with a shortened version to take home to keep and read with their family.

Tracy-Ann Kidd, health improvement senior – tobacco control, NHS Lanarkshire, comm  
“The Jenny and the Bear resources are an interactive and fun way to support teachers to



highlight the risks of second-hand smoke.

“Children are especially vulnerable to second-hand smoke as their lungs and immune systems are still developing making them breathe faster; therefore they inhale more toxic chemicals from tobacco smoke than adults.

“By working with North and South Lanarkshire Councils, we’re committed to continuing and developing initiatives that work with families and reduce the barriers they face to creating a smoke-free home and car.”



# For she's a jolly Goodfellow

April 30, 2021



After almost two decades in Lanarkshire, it's au revoir Ashley.

Ashley Goodfellow is leaving us to pursue a new role with the population health team at NHS Lothian.

Having started within NHS Lanarkshire's health improvement team in 2002, working from a Portakabin at Strathclyde Hospital, Ashley latterly took up the role of consultant in public health.

Ashley said: "I will really miss the people I have worked with over the years. However, I know I have made some life-long friends.

"NHS Lanarkshire has been a great place to work. There is a real dedication to the communities we serve and a focus on partnership working."

Ashley is no stranger to partnership working. Her 19 years in Lanarkshire includes a five year spell with North Lanarkshire Council where her job was to improve the nutritional standards of school meals.

Ashley had a great rapport with the pupils who referred to her as the 'fruit lady'.

While working within North Lanarkshire Council, Ashley's punctuality really improved. If she timed it right, she could get her meals for free in the various schools she worked with.

Following her time at North Lanarkshire Council, as a qualified nutritionist, Ashley returned to NHS Lanarkshire as a public health nutritionist in 2009.

Ashley said: "Some of the work I am most proud of is working with colleagues to improve maternal and infant nutrition including breastfeeding."

Over the past year, Ashley has played a crucial role in assisting care homes to combat COVID-19.



Sharon Murray, associate director of nursing for care homes assurance and support, said: "On behalf of the care home team, I would like to thank Ashley for her commitment, professionalism and everything she did to improve outcomes for residents across all our care homes. She is truly an exceptional individual and an authentic leader."



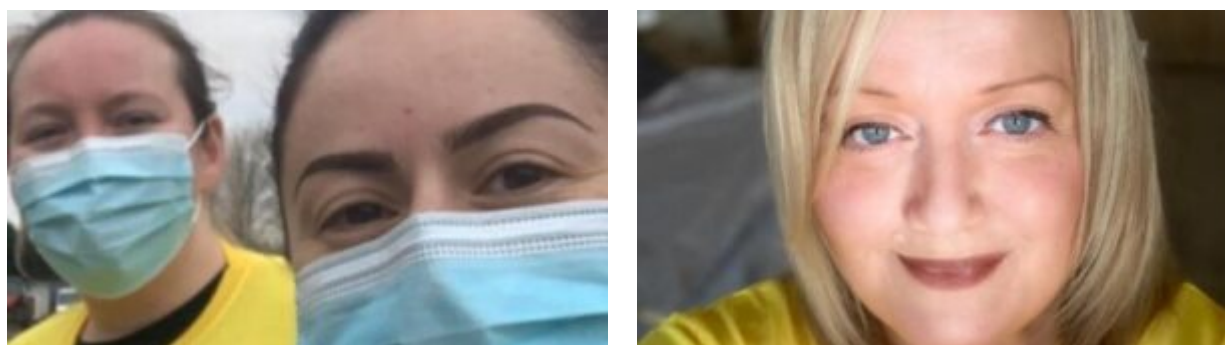
# Team Iona raise funds for local charity

April 30, 2021



In the current climate, it is safe to say that many people have struggled with their mental health in some way. With so many restrictions being placed upon our lives, and the uncertainty of things to come, it can be easy to overlook self-care.

To lift their spirits, a group of nurses from the Iona ward at Beckford Lodge decided to walk 100 miles to raise money for the charity Chris's House and, more importantly, raise awareness of mental health and suicide prevention.



The group 'Walk 100 miles for Chris's House' was created by local Bothwell man Mark Burns who was delighted at the huge response, with over 200 participants from across Lanarkshire taking part. Over £12,000 has been raised to date, with £1000 raised from the team at Beckford Lodge.

Lucy Mackie, registered mental nurse, said: "Overall, it has been a truly positive experience for the group, with everyone motivating and supporting each other throughout the challenge.

"I would like to thank each and every person who has donated to the cause, the funds raised have made such a difference to the charity. The donations mean that more people can receive the invaluable support that Chris's House provides."



Chris's House was founded by Anne Rowan, a local Wishaw woman who tragically lost her son to suicide in 2011. The non-profit organisation is a centre of help, response and intervention surrounding suicide and provides support for those thinking about suicide. It also provides support to those who have been affected by the issue.

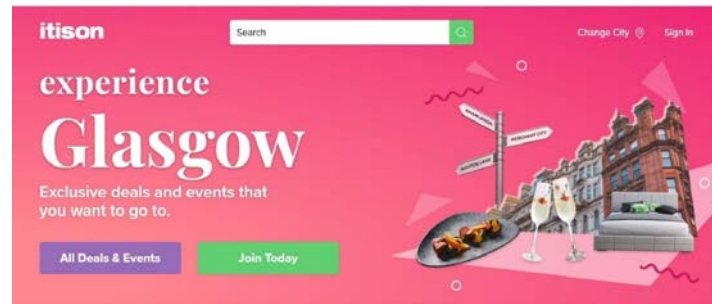
Anyone affected by issues surrounding suicide can speak to someone in confidence by calling Chris's House on 01236 766755.

Photographs: Members of Team Iona Ashley Mitchell, Lucy Mackie, Chloe Freeman, Stacy Stewart, Emma McGowan, Beth Stark, Caroline Watson, Sophie McCulloch, Tommy Whiteside and Hayley Russell



# Win £149 Itison voucher – May 2021

April 30, 2021



The latest Pulse competition will see two lucky readers each win an Itison voucher worth £149.

Itison is Scotland's leading online deals and events service which aims to give its members amazing experiences at incredible restaurants, hotels, spas and events around the country. From family breaks to outdoor activities, Itison has something for everyone. Visit [www.itison.com](http://www.itison.com) to access the incredible deals and experiences at the best places across Scotland and the North of England.

To enter, answer the following questions:

- On what date will the online information session for school nurses be held?
- What has project co-ordinator Carol Rattray recently celebrated?
- Where is the main acute respiratory illness centre (ARIC) based?

Here is a clue: you will find all the answers in recent articles in The Pulse.

Please send your competition answers including your name, location and contact number to:

Alison McCutcheon  
Communications Department  
NHS Lanarkshire Headquarters  
Kirklands  
Fallside Road  
Bothwell  
G71 8BB





or email [pulse@lanarkshire.scot.nhs.uk](mailto:pulse@lanarkshire.scot.nhs.uk) with 'Itison Voucher' in the subject line.

**The deadline is Friday 28 May.**



# NHS Louisa Jordan helped radiology department continue vital service

May 3, 2021



NHS Lanarkshire's radiology department continued to diagnose and scan thousands of patients over the last few months thanks to the NHS Louisa Jordan.

The NHS Louisa Jordan played a crucial role in providing much needed space for the continuation of NHS services during the pandemic. NHS Lanarkshire's radiology department managed to see over seven thousand CT scan patients and 760 breast clinic patients at the temporary hospital from September 2020 until the end of March 2021.

NHS Lanarkshire radiographer Jenn Hogg believes there were a number of benefits to being able to use the NHS Louisa Jordan.

Jenn said: "The Louisa Jordan provided a great opportunity to learn new equipment and to meet and work with radiographers with a wide knowledge and skill base, who I would probably never have met.

"While I am glad the Louisa Jordan didn't get used for its intended purpose, it was a great way to allow patients to access vital services while taking the strain off the main hospitals. It was also, in a strange way, a nice change of scenery during lockdown, providing a different focus and different conversation."

Lesley Sharp, NHS Lanarkshire deputy diagnostic service manager, added:

"Like a lot of NHS services, we had to pause our service during the first lockdown last March. This created a big backlog but thanks to the Louisa Jordan we have been able to see a lot of patients."



number of patients face-to-face, detecting and diagnosing illnesses at an early stage which helps save lives.

“The response of all our staff was great with everyone working well as a team. Our radiographers, consultant radiologists and advanced practitioner radiographers have all been providing a service at the Louisa Jordan. Some of our staff were working long shifts and weekends to see as many patients as possible and help clear the backlog and reduce waiting times.”

Now the Louisa Jordan hospital is no longer in use, services will continue across the three acute hospital sites in NHS Lanarkshire as well as the Golden Jubilee.

Lesley said: “When we started to remobilise, our service still operated on our acute sites so we have managed the transition well now that Louisa Jordan is no longer available.

“We can see around 70% of our pre-Covid capacity to ensure physical distancing as well as a safe environment for patients and staff. Our team of radiographers, consultants, nursing, clerical and support staff continue to play their part during these challenging times.”



# New midwife Emily Seggie describes joining the NHS Lanarkshire team during the pandemic

May 5, 2021



**To mark International Day of the of the Midwife, new midwife Emily Seggie describes joining the NHS Lanarkshire team as a midwife during the pandemic.**

When people ask me when I knew I wanted become a midwife, I am never sure what to answer. I don't recall ever making the decision that this was the career path I wanted to take. However, at aged 10 I wrote in my primary school yearbook that my future ambition was to become a midwife – but in all honesty I think I probably thought that meant a housewife at the time.

I am always incredibly proud to tell people I am a midwife, but never more so than over the past year where the efforts of all those within the NHS have been appreciated massively. With 2020 being the year of the nurse and midwife, and the enthusiasm of being a newly qualified midwife, I was eager to enter my new role in midwifery. However, if somebody would have told me then that I would have to face a global pandemic – as well as adjusting to my new role – I would be completely daunted by the prospect. I remember at the beginning of the pandemic, head to toe in full PPE under a hot light waiting for the arrival of a baby, a dad told me he couldn't understand why I did this. And at that point I had to agree that I didn't understand how I could do it either.



Through the height of the Coronavirus I had to move out of my family home for five months due to family members shielding, and as a new midwife working in the changing pressures of a pandemic, I'd be lying if I said I hadn't cried in the staff toilets more than a handful of times.

The anxiety of feeling out of my depth and constant self-doubt as to whether I was cut out to do this career loomed over me for many months. With long 12 hour shifts, it can become weary and the enthusiasm turns to tiredness. When this happens I always try to remember that although this is just another shift, for the women and their partners who visit us it is most likely one of their most important days of their lives.

The strength of the women I have encountered has been so inspiring to me. They have endured the fears and anxieties of a pandemic, giving birth in unprecedented circumstances. There has been a sense of solidarity in their shared experience, and seeing women connect has been an honour. Being there for them – sometimes as their only mode of support – has been something very special that I will take with me throughout the rest of my career.

It has been a tough necessity to have to enforce regulations around birthing partners and visitors. We understand how disheartening this has been on many women, to not be able to have the birth experience they had hoped for, however these unfortunate changes have been sadly a necessary step in order to protect the public and staff to prevent the spread of Coronavirus.

We, as midwives, are present in order to provide not only medical care, but emotional support during pregnancy. The enforcement of these rules has made the physiological support we give to women more important than ever. You are not just helping them to birth their baby, you are there to hold their hand and champion them along the way.

Graduating in late 2019, as a newly qualified midwife, I have had the opportunity to rotate within the maternity unit which allowed me to work within all aspects of maternity care throughout 2020. Currently working within the triage unit means I don't get to deliver babies very often (on occasion when we don't quite make it down the corridor) however this type of work comes with its own quota of fulfilment. Expectant mothers attend because they haven't felt their baby move and the sigh of relief you both breathe whenever you hear that heartbeat or getting to know the couple who attend frequently and being able to be a familiar face for them in what is usually a nerve-wracking time.

Although it is a job that has its downsides. I always worried that being exposed to loss would make me numb to it, but every time you are by a mother's side when she is told there is no heartbeat is a type of sadness you never get used to.



I remember reading how every midwife has a cairn in their heart and for every loss they experience a stone is added. Some days it can be really heavy and the sadness of the job outweigh the positives. But on days when it seems all too heavy, whether it be the best friends you made during your training or the team of brilliant midwives you work with on the ward, who look after you no matter how busy the unit may be, that is what gets you through.

I love my job and I never forget what privilege it is to be able to be with women at their most vulnerable and joyous times of their life. The shifts can be long and it's easy to be consumed with the stress. When the shift finally ends and you get to go home, quite often you take what that day brought home with you. But every day, whether it's witnessing the first time a new mother looks at her child- that grasp of a new-born's hand around your finger – or even just a simple thank you – its reminds you of why you became a midwife in the first place.



# Celebrating staff excellence leadership podcast

May 5, 2021



In these unusual and unpredictable times, it has never been more important that NHS Lanarkshire and both health and social care partnerships listen – and respond – to staff.

Not only is this vital to ensure your views are being heard, but also to answer questions where you have them.

As part of this commitment to open communication, we are running a series of leadership podcasts – interactive sessions answering your questions.

## **[This time the focus is on Health and Social Care North Lanarkshire \(HSCNL\).](#)**

Each of these podcasts are part of NHS Lanarkshire's Realistic Medicine communications plan and is supported by a project grant from the Realistic Medicine unit of the chief medical officer.

The HSCNL panel is made up of:

- Ross McGuffie, chief officer
- Dr Lucy Munro, medical director
- Karen McCaffrey, associate nurse director, mental health and learning disability
- Diane Fraser, head of adult social work

The quality directorate linked in with staff to collate questions, ranging from resilience to how workplaces will look, for the panel.

Thank you to everyone who sent in questions and also to our panel for their contribution.



As always, we are keen to hear your feedback on anything you have heard today. Please feel free to get in touch with the communications department ([info@lanarkshire.scot.nhs.uk](mailto:info@lanarkshire.scot.nhs.uk)) if you wish to take part in one of our future podcasts.





# Emma's walking challenge blog

## – week 2

May 6, 2021



Hello everyone! I hope everyone is still enjoying getting active and been getting out.

I won't lie this week has been tough! The week before I was out and about a bit more but this week has been more challenging. I worked late a few nights, so I was trying to walk as much when I came home and more at work. At times I got up and just walked up and down the office, people were probably thinking "what is she doing?".

At the weekend I was very active and managed to get out a big walk as well as bootcamp on Saturday. Although, on Sunday I didn't want to move so much as I hurt all over from bootcamp. There's only so much tyre flipping one 5-foot 2 girl can do!

I have been updated on how you are all doing, and I am so impressed with you all. There are 1620 of us amongst 377 teams and altogether we've walked 279,848,988 steps and 191,917 kilometres! How amazing is that? The Endoscopy Dolls, The Hot Steppers and The Walking Aids have already reached Rome and you guys are making me feel lazy!

Every week I'll update you on how everyone is doing and don't beat yourself up if you haven't got out as much as you want. Try and have fun with it and I'll see you all next week!



# Ian hangs up his lab coat

May 6, 2021



Ian McCormick, lead biomedical scientist (BMS) for microbiology, has hung up his lab coat for the last time.

Ian had been a microbiology BMS for over 40 years, coming to NHS Lanarkshire from the laboratories at Yorkhill Hospital in August 1990 to take up a senior post at Law Hospital. He subsequently managed the move of the microbiology laboratory service to its current location at University Hospital Wishaw in 2001.

In 2010, Ian became the lead BMS for microbiology services across Lanarkshire, managing the service across the three acute sites, as well as primary care.

There have been many changes to laboratory sciences over the course of his career, but Ian's passion for his profession has kept him up-to-date, moving the service with the times.

At the heart of everything he does, Ian has always been committed to the patients of Lanarkshire, spending many additional hours at night and over weekends to complete projects that benefited service users.

Ian will be a familiar face to many in NHS Lanarkshire, particularly over the last year where he has managed the implementation of a Covid-19 testing service where, from a standing start, over 180,000 tests have been performed in the space of a year.

Ian has a passion for travel and the great outdoors, as well as playing the drums – which he claims to be very mediocre at. He will now have time to indulge in his hobbies and perhaps take some lessons on the drums.

Lynn Guthrie, lead BMS, said: "Ian will be missed by all of his colleagues at the Hairmyres, Monklands and Wishaw laboratories, as well as many other staff who knew him across the organisation.



“Everyone in the microbiology department wishes him a very long, happy and healthy retirement.”

