

# PULSE



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

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**Printable Version**

**Thursday 6 May 2021  
to  
Thursday 13 May 2021**

# Emma's walking challenge blog

## – week 2

May 6, 2021

Categories: Pulse, Pulse - For You



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

Categories: Pulse, Pulse - People News

Tags: Ian McCormick, laboratories, laboratory, microbiology, Retirement



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."



# Heather's weekly video message

May 7, 2021

Categories: Pulse, Pulse - General News



In this video, Heather talks about the number of vaccinations given and new Covid-19 cases in the community and across the three acute hospitals.

- YouTube: <https://www.youtube.com/watch?v=VEbXU0VSMpl>
- Vimeo: <https://vimeo.com/546437719>

Wednesday 5 May was [International Day of the Midwife](#) and Heather gives a special mention to the NHS Lanarkshire midwifery team.

Heather also highlights that it will soon be [Quality Week](#) (24-28 May) and encourages staff to take part.

Finally, Heather ends by mentioning that NHS Lanarkshire has been commended for the Mind Matters website – <https://www.lanarkshiremindmatters.scot.nhs.uk/>. Dr Gary Tanner, director of psychological services, has been invited to present this work to an all-party parliamentary psychological group at Westminster.



# Half way to Rome

May 10, 2021

Categories: Pulse, Pulse - For You



Hi! I'm Georgie and I'm one of the team responsible for your aching legs and impressive step counts in the NHSL Walking Challenge!

As we reach the half-way point of the event, I'm reflecting on what a ride these past few weeks have been!

And I mean that literally, as I gave my first bike ride of the challenge a go and saw my steps shoot up! A weekend away in the Forest of Bowland was just what the doctor ordered to shrug off the lock-down blues. As I cycled and hiked my way through the mini-break I felt the endorphins rushing into action to clear my head and blow off the cobwebs.

My daily walks so far on my mission to 10,000 steps have taken me to an Alpaca farm, a brewery, my favourite ice cream van and of course to Morrisons on my almost daily ritual that sees me clocking up steps in the name of a nice pastry treat in the middle of it.

In an attempt to spice things up (lockdown's been hard on us all...) I've taken to bringing my long-suffering cat on walks with me, too. I've got 6 three-week old kittens in the house at the moment thanks to a few timely meetings with a pregnant stray cat on several of my other walks, and much to my own cat's displeasure. So she likes to get out of the house as much as me!

If anyone else fancies taking their cat for a walk, please send photos! Or for the more traditional among you, if you've been enjoying walking the dog lately, let us know how you're getting on out there too!

I hope the next three weeks bring plenty more active animal-related outings, café-restaurant-pub-and-brewery-trips, supermarket- and school- runs and missions to collect tasty treats for you all.



Keep the steps coming and let us know how you're getting on over on [Twitter](#) or [Facebook](#) with #NHSWalkingChallenge, or drop me a line at [Georgie.Stuart@lanarkshire.scot.nhs.uk](mailto:Georgie.Stuart@lanarkshire.scot.nhs.uk).



# Green Health Week

May 10, 2021

Categories: Pulse, Pulse - General News

Tags: green health, Green Health Week, Mental health, outdoors



Research shows that spending time outdoors plays an important role in improving our overall mental health and wellbeing.

This week is Green Health Week (Saturday 8 May – Sunday 16 May) and could be the perfect time to embrace spending time outdoors.

Marie McKeown, partnership manager, Lanarkshire Green Health Partnership, NHS Lanarkshire said: “Green Health Week is a fantastic opportunity to explore outdoors and this year is even more important as it coincides with Mental Health Awareness Week’s theme of connecting with nature.”

“The health benefits of spending time in nature are known to help relieve stress, reduce symptoms of anxiety and depression, and improve sleep.”

“Our work as part of the Green Health Partnership is to highlight Lanarkshire’s greenspace, parks and nature and we’re grateful to all our partners for supporting Green Health Week and offering such varied and fun activities across the week.”

Take a look at some green health activities and ideas across Lanarkshire:

## [CCI Scotland](#)

Over the past four years, we have has partnered with Clydesdale Community Initiatives Scotland (CCI Scotland) to develop the green health programme, where various green health opportunities are offered for inpatients and outpatients as well as hospital staff and visitors, across five of our hospital sites.





NHS Lanarkshire's green health programme integrates green activities into patient rehabilitation programmes and dementia groups, as well as growing fresh vegetables on hospital sites where all produce grown is used within NHS Lanarkshire or donated to Clydesdale foodbanks.

Since the partnership began, CCI Scotland has donated 825kg of vegetables to the Clydesdale foodbank, all of which is grown on NHS Lanarkshire grounds.

### [Find out more.](#)

You can enjoy a great day out at CCI's Langloch Farm, including a nature trail, play park, low ropes course, climate change trail and market garden – there is something for everyone.

### [Lanarkshire Outdoor Gyms](#)

There are 16 outdoor gyms across Lanarkshire that are free and easy to use – find your nearest using our [interactive map](#). There is also a brief description of each facility.

### [Get Outdoors Lanarkshire](#)

Get Outdoors Lanarkshire has lots of tips and resources for connecting with nature.

As part of Green Health Week, they have introduced the 'green elf code' for kids and families to stop, look and listen to nature. You might even spot some green elves when you are out and about Lanarkshire.

Great fun for all the family – find out more about putting the green elf code into action on the Get Outdoors Lanarkshire website.

### [Local Outdoor Activities](#)

There are lots of greenspace facilities and activities across Lanarkshire including Calderglen Country Park, Chatelherault Country Park, Lanark Loch and more.

### [Being Active Outdoors](#)

There are many ways to enjoy the health benefits of being outdoors, including walking, gardening, cycling, volunteering, outdoor learning and play as well as just enjoying being out in green spaces and nature.

Our Natural Health Service Animation - Lanarkshire



# Gentle remobilisation of non-urgent elective care

May 11, 2021

Categories: Pulse, Pulse - General News

Tags: Acute, Judith Park



NHS Lanarkshire is to begin gentle remobilisation of some non-urgent elective procedures.

As part of the gradual reintroduction of elective procedures, NHS Lanarkshire is increasing the number of endoscopy procedures over the coming weeks. Patients will be kept informed of any new appointment or cancellation.

The decision was taken in January to temporarily postpone all non-urgent elective procedures and a targeted range of outpatient appointments. A number of clinically urgent and priority procedures were not affected.

This allowed NHS Lanarkshire to focus acute service delivery on Covid-19 inpatients and emergency care. Treatments for urgent cancer care remained in place and all three acute sites continue to operate an emergency service for theatres and diagnostics.

The number of patients being treated in Lanarkshire hospitals with Covid-19 has now dropped to 15 as of Monday 10 May, falling from a high of around 350 during the second half of January. There is one Covid patient in ICU following a peak of 25 in late January.

Judith Park, NHS Lanarkshire director of acute services, said: "As part of NHS Lanarkshire's plan to safely redesign and restart services affected by Covid-19, we are now in a position to gradually and safely restart some non-urgent elective care.

"Due to all the infection prevention and control measures required in our hospitals to ensure the safety of staff and patients, there are still a number of challenges in restarting services. We are asking the public for their continued patience and understanding.



“As part of our initial gentle remobilisation, we will be increasing our capacity over the next couple of weeks for endoscopy procedures for patients in a low-risk pathway – patients who are asymptomatic, have isolated at home for a short period prior to the treatment and have no known contact with a Covid case.”

NHS Lanarkshire is able to reduce physical distancing to one metre in endoscopy units following updated Health Improvement Scotland (HIS) and the Scottish Intercollegiate Guidelines Network (SIGN) [guidance](#).

Judith added: “This has allowed us to increase our capacity and see more patients. Other infection prevention and control measures such as wearing a face mask and robust hand washing must remain in place.

“Staff have worked tirelessly treating Covid and non-Covid patients throughout the pandemic and the safety of staff and patients is of paramount importance. We continue to take all necessary action to ensure safe and effective patient care.

“Appointments will continue to be prioritised on clinical need. Patients will receive a letter, text message or voice message giving details of their new appointment.

“Patients who continue to have their appointment postponed will be notified by text message. The decision to postpone any appointment is not one that we take lightly and I apologise for the impact on patients.”

Appointments for urgent referrals, including cancer referrals, maternity and neonatal clinics have continued throughout the pandemic.

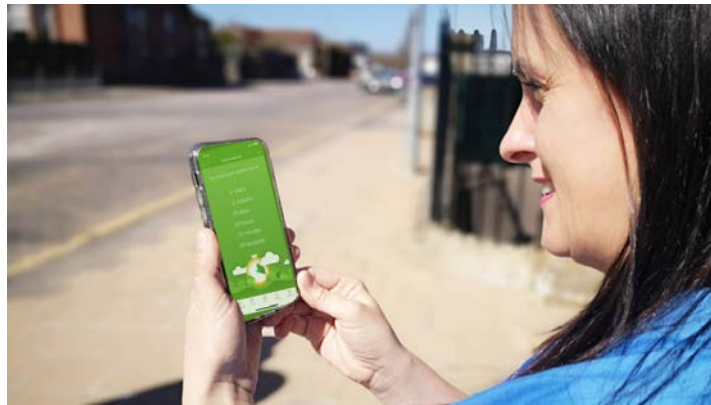


# Additional staff support to quit smoking with free Smoke Free app

May 12, 2021

Categories: Pulse, Pulse - For You

Tags: quit smoking, staff quit smoking, staff support to quit smoking



## A smoke-free and 'Appier you

We have partnered with Smoke Free, to give NHS Lanarkshire staff who smoke additional support to quit, simply just by reaching into their pocket.

Previously piloted with acute staff, the programme is now open to any member of staff who is ready to quit smoking.

Those who register will receive 12-weeks free access to the Smoke Free app, and will also be supported by a Lanarkshire Pharmacy of their choice.

The app has supported half a million people in the UK to quit smoking and includes features such as:

- Guidance for managing cravings and withdrawals
- Advice on stop smoking medications
- Displays how long you have been smoke-free to the second
- View your progress including money saved & health improvements
- All progress is up to date and done for you, including the number of cigarettes you've not smoked



What's needed to get started:

- A smartphone with access to either Google Play or App Store
- Choose and set your quit date
- Access to a [Lanarkshire Pharmacy](#).
- Complete a short survey at the end of your 12 weeks

The pilot project has been introduced as an additional support method whilst face-to-face stop smoking support cannot be offered due to Covid-19 restrictions.



Mary Wilson, Bank Nurse, Monklands Hospital, NHS Lanarkshire, said:

"I am a retired Ent CNS having taken early retirement in 2019 (for a couple of weeks) and came back to work in ENT on Staff Bank 2 days a week thereafter. During my time in ENT (37yrs) I have seen and been involved with many patients who have suffered smoking related head and neck disease.

"To be honest I decided to stop smoking on a spur of the moment urge after seeing the Smoke Free app advert on my work email.

"I had smoked on and off since my early 20's but found since retiring and having more time on my hands, especially during lockdown and sometimes working from home, the amount of cigarettes I was smoking had increased and also was expensive.

"I didn't tell anyone that I was thinking of stopping not even my husband until I had committed in case I backed out.

"I am now six weeks' smoke-free having started on April Fool's Day and I'm feeling very proud of myself, I have used the Smoke Free App and nicotine replacement patches on a daily basis so far with no issues. No one is more surprised than me at having achieved this so far!

"The app itself has lots of interesting and very helpful support areas to use as and when you want them. There isn't any feeling of "I have to go on the app" but it's there if you want it and the daily bot check-ins (although I felt would be annoying at first) have been really helpful as was the daily missions.

"To date, I have saved over £400 and am continuing to deliberately put my cigarette money away daily and plan on doing something special with my savings at a later date. I feel be



within myself, food tastes better and I don't feel I have the lingering smell of cigarette smoke on my hair and clothes."

To register your interest and find out more about taking part email [smokefreeapp@lanarkshire.scot.nhs.uk](mailto:smokefreeapp@lanarkshire.scot.nhs.uk)

Find your nearest [Lanarkshire Pharmacy](#).



# Retirement of Billy Robertson, Salus health and safety advisor

May 12, 2021

Categories: Pulse, Pulse - People News

Tags: Billy Robertson, Retirement



Congratulations go to Billy Robertson, Salus health and safety advisor, who retired in April after a remarkable 43 years' service.

In 1978, at the age of 15, Billy joined what is now NHS Greater Glasgow and Clyde as an apprentice electrician. After qualifying, he worked across many NHS Glasgow sites including Glasgow Royal Infirmary, Woodilee Hospital and Gartnavel Royal as his career progressed.

In 2008, Billy joined NHS Lanarkshire as an assistant maintenance manager with PSSD, before making the move into the field of health and safety compliance.

In 2009, Billy joined Salus occupational health and safety and undertook additional studying and training which led him to being awarded a Bachelor of Science (BSc) degree in occupational health and safety.

Billy was the nominated advisor for South Lanarkshire Health and Social Care Partnership and also undertook external business work on behalf of Salus with NHS Harrogate. Billy was a familiar face at corporate induction, health and safety training courses and audit visits, where he enjoyed telling people his many tales of safety mishaps as an apprentice electrician.

In 2020, Billy was seconded as the head of health and safety for NHS Forth Valley where he remained until his retirement.

Carole-Ann Wright, Salus health and safety advisor, said: "Billy has built up many friendships over his years with NHS Lanarkshire and will be hugely missed by all his friends and co



“We wish him a long, happy and healthy retirement. We know that he will enjoy spending time with his family, including his daughter Fiona and granddaughter Robyn and also planning his next holiday to the sunshine. We wish him all the best.”

