

# PULSE

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

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Thursday 10 June 2021  
to  
Thursday 24 June 2021

# NEW Pulse competition – win two-night stay at Portsonachan Hotel and Lodges

Categories: Pulse, Pulse - For You

Tags: Portsonachan Hotel, pulse competition



We have teamed up with NHS Staff Benefits and Portsonachan Hotel and Lodges to offer one lucky reader a two-night stay for two people – including a standard en suite hotel room, continental breakfast and bottle of Prosecco – at Portsonachan Hotel and Lodges, to be taken in July or August 2021.



Portsonachan Hotel and Lodges is located on the shores of South Loch Awe, just 20 minutes from the picturesque village of Inverary. Looking for peace and relaxation in a magical location? Portsonachan Hotel and Lodges invites you to enjoy Scottish hospitality at its best on the banks of the beautiful Loch Awe, and discover a hidden retreat in one of Scotland's most beautiful, wild and undiscovered landscapes.

For NHS staff, Portsonachan Hotel and Lodges are offering the following two exclusive deals:

- Four-night stay for two people at The Portsonachan Hotel. NHS Staff Benefits members are being offered a five-day/four-night stay in a standard en suite hotel room with continental breakfast for two people for just £296 – usually £344.



- Self-catering accommodation with hot tub for up to six people. NHS Staff Benefits members can purchase a voucher to book a three-bedroom premium lodge with hot tub for the discounted price of only £297 per night for up to six people – usually £350.

To book either of the offers, please visit [www.nhsstaffbenefits.co.uk](http://www.nhsstaffbenefits.co.uk) and search for 'Portsonachan'.

To enter, answer the following questions:

- How many days did University Hospital Hairmyres patient Neil McLaughlin stay in an intensive care unit with Covid-19?
- Where did Neena Mahal, our chair of NHS Lanarkshire, receive her second Covid-19 vaccination?
- Name the two full-time trainers and advisors with the Prevention and Management of Violence and Aggression (PaMoVA) service.

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

Please send your competition answer 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 'Portsonachan Hotel' in the subject line.

**The deadline is Wednesday 30 June.**



# Boost your Health and Wellbeing, with Weigh to Go!

Categories: Pulse, Pulse - For You

Tags: staff weigh to go, weigh to go



Being physically active and eating a healthy balanced diet are important for not only our physical health, but are also a great way to boost our emotional and mental wellbeing.

To support those who wish to lead a healthier lifestyle, NHS Lanarkshire has a free, community adult weight management group; Weigh to Go.

Run in partnership with North Lanarkshire Council and South Lanarkshire Leisure, Weigh to Go can be accessed across North and South Lanarkshire Leisure centres. You can also access the class from the comfort of your own home with Weigh to Go's online Zoom classes.

Each class is led by a qualified instructor, and consists of a 45 minute healthy eating and lifestyle interactive chat, followed by 45 minutes of a low impact exercise class, and is open to anyone who wishes to join, including all NHS Lanarkshire staff.

Weigh to Go online was initially piloted throughout the Covid pandemic, and was such a success it will continue to run alongside the face-to-face group classes which have relaunched at a limited number of leisure centres across Lanarkshire.

One participant of the online class commented: "I signed up to Weigh to Go mainly looking to find something that combined healthy eating planning and exercise.

"I love the class, the instructor is really supportive and demonstrates each exercise. He encourages us and mixes up the exercises each week which is really motivating."

Martin Webb, health improvement senior – adult healthy weight, at NHS Lanarkshire, says "Weigh to Go is a great chance to continue to improve your overall health and wellbeing



“The programme incorporates both an education and physical activity element tailored to suit all fitness levels, and anyone in Lanarkshire is welcome to come along.

“Held by a friendly, qualified instructor, you will be supported on your journey to eat healthier and become more physically active.”

Melanie Menzies, health and wellbeing manager, North Lanarkshire Council, commented: “After successfully piloting our online classes we are delighted they will continue alongside our hugely popular Weigh to Go programme within our centres.

“We’re looking forward to welcoming all attendees who wish to join.”

Scott Crone, health development officer, South Lanarkshire Leisure, said: “Our popular, Weigh to Go classes are available for residents to join in and receive advice on living an overall healthier, balanced lifestyle, including exercise.

“Each week covers different health and wellbeing topics and how attendees can implement these into their current lifestyle.

“The exercise section of the class will also contribute to the NHS recommended amount of weekly physical activity (150 minutes).”

Culture and Leisure North Lanarkshire – [Menziesmel@northlan.gov.uk](mailto:Menziesmel@northlan.gov.uk)

South Lanarkshire Leisure – [scott.crone@southlanarkshireleisure.co.uk](mailto:scott.crone@southlanarkshireleisure.co.uk)

[Find out more information](#) on timetables, registering interest, and venue locations, as well as other health and wellbeing ideas.



# Heather's video message – Friday 11 June 2021

Categories: Pulse, Pulse - General News

Tags: Chief Executive, Heather Knox, video message, weekly video



In this video, Heather gives her regular update on the number of Covid-19 cases and the progress of the vaccination programme.

Lanarkshire is seeing an increase in cases and Heather advises everyone to be careful and to stay safe.

Heather also speaks about our strategic work and that our current Chair, Neena Mahal, is stepping down at the end of June having completed her tenure in line with the requirements of public appointments.

Heather's video can be viewed on:

- YouTube: <https://www.youtube.com/watch?v=bjHaMgHCiog>
- Vimeo: <https://vimeo.com/561806908>



# Chair receives MBE

Categories: Pulse, Pulse - People News



NHS Lanarkshire has congratulated its Chair, Neena Mahal on being awarded an MBE in the Queen's Birthday Honours List.

Neena, who has been the Chair of NHS Lanarkshire since 2013 and a Non-Executive Member of the Board for eight years prior to that, is receiving the honour for services to healthcare.

Neena said: "I am humbled and deeply honoured to receive this recognition. It has come as a total surprise and I am grateful to whoever nominated me for this honour. I have been enormously proud and privileged to lead NHS Lanarkshire and I want to pay tribute to my colleagues and the staff of NHS Lanarkshire for their achievements, efforts and support. I would also like to thank my wonderful family for all their encouragement and backing over the years. This would not have been possible without them."

Heather Knox, chief executive of NHS Lanarkshire, said: "On behalf of colleagues at NHS Lanarkshire I would like to congratulate Neena on this richly deserved honour. It is recognition of the outstanding contribution she makes not only as Chair of NHS Lanarkshire, but through the valued input she has made and continues to make across a wide range of organisations locally and nationally.

"Neena's commitment to delivering the very best for our population consistently shines through in every meeting and conversation. Her passion and drive have been at the beating heart of NHS Lanarkshire throughout her time on the Board We are delighted to see her included in the honours list."

Neena has made a contribution to the NHS for 17 years starting as a Non-Executive Board Member and then becoming Chair of NHS Lanarkshire. In that time, as well as leading the Board through a number of challenges, including the response to the Covid-19 pandemic, she has contributed to a number of national areas of work. This has included supporting the



implementation of the NHS Blueprint for Corporate Governance, leading on work to improve Diversity on Boards and Development programmes for Board Members.

Neena started her career as a qualified careers guidance adviser and has also worked in the field of promoting Equality, Diversity and Inclusion. She is passionate about supporting people to fulfil their potential through personal development and mentoring and has experience in working with disadvantaged communities.

She has considerable experience in corporate governance and strategic management, having served on the Boards of various Public Bodies, charitable and voluntary sector organisations over the last 30 years. This has included the Broadcasting Council for Scotland, National Museums Scotland, BBC Children in Need and The Glasgow Academy, where she was Chair of the Education Committee.

She is a Lay Governor on the Court of Glasgow Caledonian University and is Chair of the People Committee.

Neena was honoured to have been commissioned as a Depute Lieutenant for Lanarkshire in 2014 and is Vice Chair of the Lieutenancy's Community and Voluntary Organisations Committee.

Neena is due to leave NHS Lanarkshire when her current term as Chair ends on 30 June this year.





# May 2021 Pulse competition winners

Categories: Pulse, Pulse - For You

Tags: competition winners, Heather Elliott, May 2021, pulse competition, Pulse winners, Stephen Simpson



Congratulations go to Stephen Simpson, medical records, University Hospital Monklands, and Heather Elliott, secretary to Stewart Marshall, Hamilton service manager, Michael Taylor, community mental health service manager and Doreen Buttery, operational service manager, Udston Hospital, who were the winners of the May 2021 Pulse competition. Stephen and Heather's correct entries win them each a £149 Itison voucher.

On winning, Stephen said: "I've been entering competitions for a long time and this is the first time I've ever won anything substantial. It was awesome to have won – I think the excitement really got to me.

"It's my son's birthday in June so I might try and get a night away as a birthday treat – may even treat the fiancée to a spa day – there's so much choice.



"The new online Pulse is better than the paper copy as it's more up-to-date and easy to navigate. Meeting the team from the NHS families and reading their stories is part of the Pulse I like reading the most."

Heather said: "I was reading through the Pulse items and thought why not. I don't usually enter competitions as I am not very lucky, but I suppose if you don't try you won't succeed. It was a real surprise and I am over the moon.





“As a family, we missed out on some special birthdays during lockdown so I think this will go towards a nice meal for us all in a posh restaurant.

“I think Pulse online is really informative and it’s great to have regular updates on what is happening across Lanarkshire. My favourite part is the ‘For You’ section.

It’s good to read about people’s achievements through this difficult time.”

# Cervical Screening Awareness Week

Categories: Pulse, Pulse - General News



An NHS Lanarkshire consultant is encouraging women who have missed their last smear to contact their GP practice, as it could save their life.

The move comes during Cervical Screening Awareness Week (14-20 June 2021) which urges more women to have a smear test.

Cervical screening tests, also known as smear tests, now screen for the human papillomavirus (HPV) – the main cause of cervical cancer.

Celia Briffa-Watt, NHS Lanarkshire public health consultant, said: "Screening for HPV helps to ensure cell changes that could develop into cervical cancer are identified and treated earlier.

"Women who are found to have HPV will be closely monitored and treated, if required, meaning HPV is extremely unlikely to develop into cervical cancer."

Cervical Screening Awareness Week is organised by the charity [Jo's Cervical Cancer Trust](#) and aims to reduce confusion about HPV and raise awareness of the importance of cervical screening.

Celia said: "Women aged between 25 and 64 will receive a cervical screening invite but less than 80% of them will take up the offer in Lanarkshire. We need more women to have screening to prevent more cases of cervical cancer and reduce deaths.

"The test only takes a few minutes and will be carried out by an experienced female smear taker who does this testing all the time. The change to include HPV screening in 2020 means we have an even more effective test now.



"I know women will worry about the results when they have a smear test, I do too, but over 90 per cent of us will be given the all-clear.

"I'm sure there will be confusion about the new test and whether or not you can even go to your GP practice for cervical screening during the pandemic. However, screening services are open and it's important you make and attend your appointment. The female smear taker will be able to answer any questions you may have."

The NHS inform website has a lot of information about cervical screening –

<https://www.nhsinform.scot/healthy-living/screening/cervical/cervical-screening-smear-test>

Those who have been vaccinated for HPV should still go for screening. This is because the vaccine does not protect against all types of HPV that can cause cancer. The combination of the HPV vaccination and cervical screening should eventually wipe out cervical cancer in Scotland.

Celia stressed: "Please don't miss the opportunity when you get your invitation. Make that appointment.

"While screening is the best protection against cervical cancer, it is important to visit your doctor if you spot any symptoms of cervical cancer. Symptoms include lower back pain, pain during sex, bleeding during or after sex or in between periods, post-menopausal bleeding and unusual vaginal discharge. These can be caused by something else but it's always important that you get them checked out at your GP practice."



# TEC podcast with Ewan Summers – episode three: Tomorrow's world – the future of TEC

Categories: Pulse, Pulse - General News

Tags: episode 3, Ewan Summers, Marianne Hayward, TEC podcast, Tomorrow's world



Pulse Online recently shared its [second podcast](#) – a discussion with Dr Adam Daly, a consultant psychiatrist who has been using the video platform Near Me to deliver digital care for patients.

Thank you for your warm feedback on these productions.

Having established the growth of technology enabled care (TEC) in [episode one](#), and bottomed out the aforementioned compelling example of current day use, our resident TEC podcaster Ewan Summers was keen to find out what the future holds for this tomorrow's world technology.

This leg of Ewan's journey of TEC discovery led him to Marianne Hayward, interim chief officer/head of health and social care for South Lanarkshire's Health and Social Care Partnership.

In this discussion, Ewan and Marianne cover a range of issues, including digital hospital discharges, how TEC will expand in the future and how current technology can adapt to future needs.

So, relax, take a break from the screen and enjoy listening to this latest instalment in the technology enabled care podcast series.



Podcast music: [‘Roll the intro’ and ‘piano sting’ by Alexander Nakarada](#)

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## Feedback

What did you think of this podcast? We would be really keen to hear your views.

Email [ewan.duguid@lanarkshire.scot.nhs.uk](mailto:ewan.duguid@lanarkshire.scot.nhs.uk)

If you have any questions related to TEC, Lanarkshire’s TEC team will be delighted to support you. Email them at [TEC.Programme@lanarkshire.scot.nhs.uk](mailto:TEC.Programme@lanarkshire.scot.nhs.uk)

## Podcast transcript

**Ewan (E):** Hello, and welcome to the latest episode of the technology enabled care podcast. My name is Ewan Summers and I have been fascinated by the massive growth in use of technology enabled care, which is also known as TEC for short. TEC enables everything from providing a direct patient-to-healthcare staff video link, to remote monitoring using everyday text messages, and much more. Thus far, this series has had an overview of TEC with Morag Hearty as well as divulging how it’s used currently in psychiatry with Adam Daly. So, naturally, after talking about the past and present, this episode will discuss the future of technology enabled care. To do this, I spoke to Marianne Hayward who is head of health and social care for South Lanarkshire’s Health and Social Care Partnership. In this discussion, we covered a range of issues, including digital hospital discharges, how TEC will expand in the future and how current technology can adapt to future needs. So please, sit back and enjoy our conversation. And without further ado, I give you Marianne Hayward.

**Marianne (M):** I guess with the last 18 months hasn’t given us much opportunity to take anything else in that we would normally try to progress and roll out. And that might be something we go back to. We also aren’t – our team in south particularly – is quite fortunate because we’re also linked into the assistive technology team, so we have a lot of new technology in relation to fall sensors and things that will do preventative work in the home. And there’s a lot of work happening in South Lanarkshire in a new intermediate care facility, which will test some of that tech going forward. We’ve done a bit of work with South Lanarkshire looking at early intervention around falls. I guess our main priorities over the last 18 months has been to keep people safe at home. And, you know, the next phase of this programme will be to look at what else is out there and how can we improve things.



**E:** When I spoke to Morag recently, we covered how much TEC has blown up during Covid, but how do you see the future of it beyond Covid?

**M:** Covid's just given us impetus to escalate this beyond all measure, so I see this us growing on that. We also know that as services step up, we would want to continue that momentum and encourage our clinicians across in acute and community to carry on using it and expand it. So there's a few services coming on board and heart failure and blood pressure monitoring has come on board recently. We've got an enormous amount of opportunity in terms of diabetes. There's currently a pilot ongoing at the moment around Covid monitoring, which is happening quite a lot down south but not really that many places piloting up here. And I think it's over 80 people who are now being monitored using the home health monitoring for Covid and there'll be other services that come on board as we move forward. So psychiatry are using Near Me quite successfully at the moment and we'll be sitting down with our acute colleagues to say 'well, where else' and 'where can we go now'. So it can only get better, but I suppose we'd want every service across Lanarkshire to be putting this as a priority and start doing measuring whether they've actually achieved it or not. Set some targets and goals.

**E:** You've said that you'll be sitting down with your partners and saying where now, but where do you think you'll go?

**M:** Well, that's where we'll have to go. And, I mean, Covid's not gone away, so we have to think of new ways of working. We can't have that many people in our buildings anymore, and there'd be an opportunity now to actually really look at the ways that we could invest our resources in other ways. So it means more tech to support this, other things that are out there that we can build in. I saw some really interesting work at the recent digital health and care conference where they were looking at sensors for falls in new builds and housing etc and we could really be influencing those kinds of initiatives and expand on them across Lanarkshire. As I said before, we've still got a lot of work to do around our clinical services, our out-of-hours and there was a bit of work that we were doing with the prison prior to Covid I want to pick back up and have a look at to see if we can expand the use of clinical across the prison and our clinical services.

**E:** How hopeful are you that you will be able to expand it successfully?

**M:** Oh, yeah, I mean, it's been well accepted across Lanarkshire that this is what we need to be doing. I don't think we'll have any barriers necessarily. As soon as they start working with a team and they can see the opportunities with it, it becomes a lot more easy to make those changes. I heard recently - I listening to the webinar recently about Near Me - it was fascinating to hear the learning that some of the clinicians have taken on during this, which was thinking it almost too difficult to do at the beginning, but actually learning as they went and making



you do a clear space to have that consultation with your patient; making sure that the waiting room areas are easily accessible and also understanding that age is not a barrier for using technologies – somebody of 91 could be using technologies just the same as someone who's 21.

**E:** You've mentioned before about the remote Covid monitoring, and we're obviously hoping that it won't be around forever, so what have you learned from the Covid monitoring that you'll be able to implement further down the line?

**M:** Well, I haven't been directly involved with the pilot, but I would assume that with 85 people going through being monitored from home we've managed to prevent them going into hospital. Or we've made sure the right people go into hospital through the monitoring. And I think the monitoring at the moment is looking at pulse ox, so anyone whose oxygen saturation is dropping, they'll be able to react quickly to it. And it makes sense because that's the way that all the monitoring, text reminders, etc do; it's about helping people to be safe at home. I would see it as, well, I don't know if Covid will ever go away completely, I think that would be naïve, I think we will end up living with it. If it does go away completely, I'll be absolutely delighted with the rest of the population. So this is a way by testing it to make sure it's safe by using, you know, one or two practices just to see how it walks through, you can see how this would have enormous benefits to not having somebody have to trail in through a hospital or through an assessment centre, they could be monitored successfully at home.

**E:** What would you say has been the main health benefits for the patients from your work?

**M:** Well, it's multi-factorial, and quite holistic also, because by having your consultation from your armchair, you can imagine that it's a lot less anxious than trying to get to a hospital site for an appointment, or indeed to your GP. By sitting in your living-room, it's also a lot less stressful than trying to find a parking space. These appointments done remotely through Near Me have saved an enormous amount of time and space and effort. The home health monitoring has saved 25,000 GP consultations have been saved using the home health monitoring – and that's an enormous amount of time saved, but also efficiency saved. For the patient, they get the benefit of seeing someone face-to-face, even though they're not in the room with them. They're safe from any transmission of Covid or any other condition, and there's the reassurance that somebody is picking up and looking after them.

**E:** Are you in regular communication with your patients, and what key conclusions have you managed to reach from these consultations?

**M:** That Near Me works, and it could be part of your day-to-day business as usual, it doesn't have to be an add-on. Where we do need to see people face-to-face, because there's some things that you just have to; so if you want to do a diagnostic on somebody, they have to come in and have the diagnostic. But everything else in terms of follow-up review etc, or indeed a new





consultation without the diagnostics, can be done face-to-face. One of the clinicians was talking about being able to see people's reactions, judge their facial expression which you just can't get over the phone. Now I'm not saying it's perfect because our physio colleagues were describing looking at somebody's leg when they were trying to talk to them which can be a bit awkward. Adam Daly, he's a psychiatrist, was describing having consultations with someone's ear. So it is a learning curve for people, there are some things for physiotherapy, they said they just couldn't do using Near Me, so we're gonna have a look at that, we'll walk through it with them and see if there's anything we can do to improve that. But on the whole, most of the clinicians are singing the praises of it.

**E:** Do you see it as being, in the near future, being the first choice as opposed to face-to-face, in-person?

**M:** I think we've got a bit of work to go with there, but yeah, I would hope for some conditions, safety included, would be seen as the first call. I think there's a lot of work we could be doing around diabetes, because people with diabetes are not ill, well at least most of them are not ill. They have to monitor and look after themselves, so they don't become ill, so you can see where a lot of Near Me and the home health monitoring would directly support that. And you could have a scenario where people just don't have to come into hospital at all in that case. There are some other work around the home health monitoring: people being supported to do injections at home, there's a weight management service which we need to go back and revisit because it's not been picked up quite as well, which is surprising during Covid, because you'd imagine people being stuck at home with only their fridge for company, it could be a problem. But they're not being picked up so we need to have a look at the figures around that.

**E:** Would you be able to go into a bit more detail?

**M:** It's about hints and tips more than anything, and signposting. So people who are wishing to reduce their weight or maintain their weight being monitored remotely using this. Florence acts in a way that would give you a hint or a signpost to some place that would support you. It's a valuable programme, especially when you consider, say, type two diabetes, where you would want to help support someone lose weight. They can't go to groups, or at least the groups are all being done remotely, so it could be useful. We just need to revisit why it's not been picked up so much compared to some of the other programmes that we're running.

**E:** Just finally, would you be able to give any personal highlights or stories from your time at TEC?

**M:** There's a few. I love the telehealth team, the TEC team, they're a phenomenal group of people and seeing how they've been valued over the last year through the organisation has been phenomenal – and recognised nationally. The team have had some high-profile awards



over the last year, one of which was the national award, knocking out quite a number of councils along the way which was great. The second highlight has been around exploring how we use Near Me with delayed discharge. So as people have not been allowed to go into hospital, they've not been as connected to their loved one as we would like, so the team have been using Near Me on iPads to have those conversations with their loved one, prepare them for discharge and in one or two cases they've managed to bring them home earlier because the family has been engaged. Now we need to do some work with the wards to try and escalate that because you can see how valuable it will be. Maybe visiting will be relaxed, but I don't think it will be for some time, so we've still got some challenges around connecting people in their homes to their loved one on a ward. It must be terrible not to be able to visit your loved one while they're poorly and even more troubling when you can't actually plan what's happening with them. That was a real highlight, and the two people leading that are brilliant and if anybody can make it roll out across the sites, they will.

**E:** Perfect. Marianne, thanks a lot for joining me today.

**M:** That's okay. Thank you for that.

**E:** Thank you very much, bye.

**M:** Thanks, Ewan, bye.

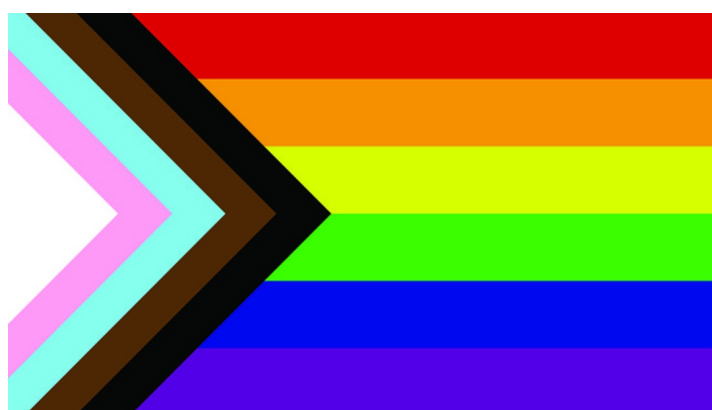
**E:** Thanks to all of you who listened. I hope this episode has provided some insight into how technology enabled care continues to grow and how it will expand in years to come. I look forward to you, our listeners, learning more about TEC as we go further on this journey of discovery in future podcasts. But for now, thank you.



# Lesbian, gay, bisexual, transgender, queer and intersex (LGBTQI+) staff invited to join engagement forums

Categories: Pulse, Pulse - General News

Tags: engagement forums, LGBTQI+



NHS Lanarkshire is committed to tackling all forms of inequality, prejudice and discrimination and values the diverse make up of its staff. It has a range of governance and partnership forums that allow their voice to be heard and supported. As a Board, it is committed to ensuring that it continues to develop more inclusive approaches to partnership work with its staff.

Chris Kimber, equality and diversity advisor, said: "To enhance these structures, and ensure that they are representative of our diverse workforce, we want to engage directly with lesbian, gay, bisexual, transgender, queer and intersex (LGBTQI+) staff.



"NHS Lanarkshire – as an employer – wants to create a safe working environment for all its staff, where they feel empowered and able to fulfil their full work potential without prejudice. We want to learn, listen and understand the experiences of LGBTQI+ staff working in Lanarkshire."

"We'll be holding a series of forums which will offer a safe and confidential space for staff to discuss their experience in an informal environment."



The 90-minute engagement forums – using Microsoft Teams – will be held to mark Pride month and will take place as follows:

- Wednesday 23 June, 2.30pm-4pm;
- Thursday 24 June, 3.30pm-5pm;
- Tuesday 29 June, 4.30pm-6pm.

NHS Lanarkshire supports staff protected time to attend. If you intend to register for a session, please ensure you plan and arrange with your line manager to attend.

The sessions will be hosted by Avril Osborne, NHS Lanarkshire non-executive director, supported by Lilian Macer, employee director, Kay Sandilands, director of human resources and Hina Sheikh, equality and diversity manager.

To book a place, please email your preferred date to [chris.kimber2@lanarkshire.scot.nhs.uk](mailto:chris.kimber2@lanarkshire.scot.nhs.uk).

If you would prefer to discuss, or require further information, please contact Chris through the email above or telephone 01698 754291.



# Heather's video message – Friday 18 June 2021

Categories: Pulse, Pulse - General News

Tags: 18 June, Heather's video, weekly video



In this video, Heather gives her regular update on the number of Covid-19 cases and the progress of the vaccination programme.

Heather speaks about the high number of patients attending our emergency departments and asks that staff consider reminding people of the local services available that provide support, such as local pharmacists and optometrists.

Heather shares information provided by our spiritual care and staff wellbeing teams on the number of staff who have had support from wellbeing services.

Finally, Heather congratulates Neena Mahal, chair of NHS Lanarkshire, who was recently awarded an MBE in the Queen's Birthday Honours List.

Heather's video can be viewed on:

- <https://vimeo.com/563754583>
- <https://youtu.be/ArlZD7ZNIL8>

# Digital safety plan set for launch

Categories: Pulse, Pulse - Spotlight

Tags: Airdrie CMHT, digital safety plan, Mental health



Our mental health services are transforming the way they help service users with thoughts of suicide or self-harming improve their mental wellbeing and resilience.

And they are doing it all from the convenience of a service user's pocket.

Working with a member of the mental health practice improvement and development team and staff from the Airdrie community mental health team (CMHT), service users have been piloting digital safety plans which give them instant access to their bespoke plan.

The plan supports staff to work with service users to use their own phone to store the plan which they devise, design and list the information that is important to them.

The new system, which is evidence-based, is initially being rolled out to the CMHTs and ward two at University Hospital Wishaw.

The wheels were set in motion for the pilot, which was completed at Airdrie CMHT after a service user with suicidal feelings completed a paper safety plan, but said: "My life is on my phone."

Feedback from patients has been so positive that the digital safety plans are now set to be officially launched on Wednesday 23 June.

The pilot has had resoundingly positive feedback from service users and staff about the efficacy of the digital safety plan.

Feedback included:



- All staff believed the digital plan was useful;
- 90 per cent felt the digital plans are used to their full potential by patients;
- All service users who previously had a paper plan said they did not take it out of the house with them;
- In comparison, 80 per cent reported using the safety plan when away from the home;
- All service users said they did not share their previous safety plan with family or friends;
- 80 per cent said they had shared the digital one with family or friends;
- 90 per cent of service users said they preferred using a digital safety plan.

Ultimately, all service users reported feeling more in control and more involved in the design of their safety plan which confirms it as a wholly person-centred intervention.

# How the digital safety plan is making a difference

Categories: Pulse, Pulse - Spotlight

Tags: digital plan, digital safety plan, distress, Mental health



It has only just finished its pilot period, however, the digital safety plan is already making a positive impact with service users and staff.

The digital plans were praised by service users with responses including:

- “Much more information on it than the paper one”;
- “It’s like a CPN in my pocket anytime I need it”;
- “It engages lots of my senses – sound, touch and sight which really helps me”;
- “I feel like it’s really just mine and not bog standard issue”;
- “I never used my old one before when I was out but now I’m just looking at my phone like everyone else”;
- “It engages all my senses which is really important to me”;
- “I think it is really helpful for people who are aware of their illness and know their symptoms”;
- “Links have been helpful for other services”;
- “I have gained a lot from using the electronic plan as it includes sensory elements which have a significant impact on my mental health”.



Each plan has hyperlinks to supports such as NHS24/Breathing Space to encourage a digital approach to managing distress. The digital element also allows the service user to take ownership and encourages self-management of symptoms while providing easier access to a plan that can be used any time or place.



Karen McCaffrey, associate nurse director, mental health and learning disabilities, Health and Social Care North Lanarkshire, said: “Staff and service users develop safety plans together as a means of helping them identify their coping strategies and protective factors for use in combating suicidal thoughts.

“This was being done on paper, however, we found that patients were losing them, seldom referred to them unless prompted and were unlikely to have them outside the home.

“Evidence and patient feedback tell us the paper safety plans are useful in the first instance for supporting individuals explore what helps them and mitigate possible triggers to their negative thinking.

“This is an excellent example of staff listening to service users, being committed to explore new ways of working and embracing positive change.”

# Take the pledge for NHS Scotland Pride Badge

Categories: Pulse, Pulse - General News

Tags: LGBT+, Pride badge



On 14 June, NHS Boards across Scotland launched the NHS Scotland Pride Badge to reinforce core values of care, compassion, openness, honesty, dignity and respect for everyone, irrespective of their individual identities.

By wearing the #NHSScotlandPride Badge, staff are pledging to become an 'ally to progress' which means:

- Be aware of, and consider, the impact of issues facing lesbian, gay, bisexual and transgender (LGBT+) and minority ethnic people when accessing care;
- Be a safe person to talk to;
- Use inclusive language;
- Respect identity.

Chris Kimber, equality and diversity advisor, said:

"Making the pledge and wearing the badge aims to create a safer and more equal NHS for patients, people who use our services and staff alike.

"Our commitment includes, but is not limited to, the trans community – represented by the white, pink and blue chevrons – and people from visible minority ethnic groups represented by the and brown chevrons."



Chris added: "One in four LGBT+ people have faced discrimination in healthcare settings and this discrimination increases if someone identifies with more than one marginalised group. For example, Black African and lesbian. Pledging a commitment and wearing a badge proudly helps promote an inclusive and supportive environment across NHS Lanarkshire."

Click [here](#) to:

- watch the Pride Badge video;
- take the pledge;
- access the Pride badge toolkit; and
- social media assets.

The online pledge form is available using Chrome, Firefox and Safari browsers. Please note that it is not available through older versions of internet explorer.

For any queries, please email Chris Kimber at [Chris.Kimber2@lanarkshire.scot.nhs.uk](mailto:Chris.Kimber2@lanarkshire.scot.nhs.uk)



# NHS Scotland donates oxygen concentrators and other critical supplies to India

Categories: Pulse, Pulse - General News

Tags: India covid crisis, Indian Government, supplies to India



NHS Scotland recently supported a four nations effort to supply critical healthcare items to India as the country continues its challenging fight against Covid-19.

Following an initial offer which included personal protective equipment (PPE), turbine ventilators and consumables, the Indian Embassy has accepted 100 oxygen concentrators, 40 continuous positive airway pressure (CPAP) ventilators and associated consumables.

The units were urgently required by the Indian Government as the healthcare system is under extreme pressure. The devices can be used in hospitals, intensive care unit wards or other locations and are ideally suited to treat Covid-19 patients when there are constraints on medical gas infrastructure supply.

NHS National Services Scotland's (NSS) National Procurement and Health Facilities Scotland worked with the Scottish Government and the UK Government to co-ordinate the supply and transportation of these valuable donations.

Willie McGhee, project manager in Health Facilities Scotland who manages NSS's home oxygen programme, said: "The oxygen concentrators have come from a contingency supply which had been prepared in readiness for a pandemic of this nature. In Scotland, because of our planning and preparedness, NHS Scotland's oxygen concentrator supply remains at a good level across all boards enabling us to be in a good position nationally to give generously to support other countries at this important time."



## Support for staff

The situation in India will be impacting on staff across the NHS, even as we move forward in tackling Covid-19 here in Scotland. As well as staff with family and colleagues in India and the wider region, the scenes of healthcare staff grappling with the Covid crisis in hospitals around the country will remind us all of our own experiences working to tackle the pandemic here in Scotland. Staff are reminded that help and support is available from the National Wellbeing Hub – [www.nationalwellbeinghub.scot](http://www.nationalwellbeinghub.scot)

## About the Scottish Government's Global Citizenship Programme

The NHS Scotland Global Citizenship Programme, which is facilitating the Scottish contribution to the UK wide response, supports effective and co-ordinated health sector involvement in global health.

Professor John Brown CBE, Chair of NHS Greater Glasgow and Clyde and Chair of the NHS Scotland Global Citizenship Advisory Board, explained: "An extraordinary effort is taking place right now to support needs in India. The donation of oxygen concentrators and other critical items will help to save lives. We want to thank National Services Scotland, Menzies Distribution and Dolby Vivisol who've assisted this effort."

**Further information on the NHS Scotland Global Citizenship Programme can be found at [www.scottishglobalhealth.org](http://www.scottishglobalhealth.org)**

## How to Help

Staff wishing to donate any further equipment, for example through local charities they are connected with, are asked to ensure that any donation has been checked against the list of technical standards that equipment needs to adhere to, in order to be accepted for the India Covid-19 response. The list, provided by the Government of India, has been shared with the NHS clinical engineering community and is regularly updated.

Staff wishing to donate to India-focused appeals may also wish to consider the following options:

### British Asian Trust 'Oxygen for India' fundraiser

- Details: <https://www.justgiving.com/campaign/indiacovidappeal>
- Contact: [Mehta@britishasiantrust.org](mailto:Mehta@britishasiantrust.org)

## UK India Business Council



- Details: <https://www.ukibc.com/message-from-the-ukibc-chair-call-for-support-for-india-to-tackle-covid-19-second-wave/>
- Contact: [covidsupport@ukibc.com](mailto:covidsupport@ukibc.com)

### **Disasters Emergency Committee**

- The Disasters Emergency Committee (DEC) have extended their coronavirus appeal to include India.
- Details, including on how to donate, can be found at: [dec.org.uk](https://www.dec.org.uk).

### **Indian High Commission (equipment)**

- Details: [https://twitter.com/HCI\\_London/status/1385996001983488000?s=20](https://twitter.com/HCI_London/status/1385996001983488000?s=20)

Staff should refer to the 'Guidance on Management of Medical Devices and Equipment in Scotland's Health and Social Care Service' and the NHS Scotland Global Citizenship 'Doing it Well Guide', both of which provide advice on the donation of surplus equipment to low and middle income countries. Both documents are available at: [www.scottishglobalhealth.org](https://www.scottishglobalhealth.org)



# Launch of Scottish Health Awards 2021

Categories: Pulse, Pulse - General News

Tags: scottish health awards



Nominations are open for the Scottish Health Awards 2021.

Each year the Scottish Health Awards provides an important opportunity to recognise and celebrate the work of those dedicated individuals and teams who deliver high quality health and care services to the people of Scotland.

Again this year, NHS Scotland and its partners across health and social care have risen to the challenge of dealing with the Coronavirus (Covid-19) pandemic. Staff have adapted their services to support as many people as possible – maintaining urgent care, flexing capacity and developing innovative ways of working. It is more important than ever to recognise and reward staff for what they have been doing day-in and day-out.

The launch marks the start of a 10-week nomination period where the public and those working across the health and social care system can nominate individuals and teams who have gone that extra mile to provide the highest quality health and care for the people of Scotland.

Heather Knox, chief executive of NHS Lanarkshire, said: “2021 has been an unprecedented year for everyone in the health and social care sector.

“Throughout the Covid pandemic, staff from across health and social care have adapted their services to deliver an exceptionally high quality health and care service to the people of Lanarkshire on a daily basis.



“We often hear from members of the public who are looking for a way to recognise staff who have given them a positive health care experience.

“The Scottish Health Awards are an excellent opportunity to acknowledge and recognise everything that our staff and volunteers do and enables us to express our gratitude. The awards let us all say thank you for the exceptional work that they do.”

“If you know a person or team that has made a difference, this is a great way to say thank you. Taking the time to put forward a nomination is really appreciated by the staff themselves.”

There are sixteen award categories including a People’s Choice Award which will be open to a public vote from 13 September.

- Support Worker Award
- Innovation Award
- Volunteers Award
- Midwife Award
- Allied Health Professional Award
- Young Achiever Award
- Unsung Hero Award
- Care for Mental Health Award
- Integrated Care Award
- Tackling Health Inequalities Award (previously Healthier Lifestyle Award)
- Leader of the Year Award
- Nurse Award
- Doctor Award
- Top Team Award
- Global Citizenship Award
- People’s Choice Award

2021 has been an unprecedented year for everyone in the health and social care sector. Show your appreciation in the form of a [#ScotHealthAwards](#) nomination.

Further information on the awards can be found at <http://www.scottishhealthawards.com>

Nominations must be submitted online by Thursday 26 August.





# Soumen Sengupta, director of health and social care/chief officer, South Lanarkshire Health and Social Care Partnership: start date confirmed

Categories: Pulse, Pulse - People News

Tags: chief officer, health and social care partnership, SLHSCP, Soumen Sengupta



The incoming director of health and social care/chief officer for South Lanarkshire Health and Social Care Partnership (HSCP) has spoken of his pride to be joining the 'partnership family'.

Following the recent announcement of the appointment of Mr Soumen Sengupta as director of health and social care/chief officer for South Lanarkshire HSCP, a start date of Monday 9 August has now been confirmed.

Soumen is currently head of service review – quality assurance with Healthcare Improvement Scotland. He joins South Lanarkshire following an extensive career in public health and in health and social care management; and having led strategic transformation programmes at local, regional and national levels.

Ahead of taking up post, Soumen said: "Having already had a number of introductory meetings with the senior management team and other colleagues, I'm very much aware of the incredible effort and the fantastic work of local health and social care staff – and indeed teams across South Lanarkshire."



Council, NHS Lanarkshire, primary and secondary care, as well as partner agencies, over the last year in particular.

“I’m also aware that this compassion and commitment for patients and service users – working alongside unpaid carers and local communities – continues.

“I’m incredibly proud to be joining the South Lanarkshire health and social care ‘family’.”

Soumen added: “I’m very much looking forward to getting started on 9 August, meeting more colleagues, listening to and working with everyone throughout our teams, our services and, indeed, our valued partners in Lanarkshire and beyond.”

Ms Marianne Hayward, head of health and social care, is currently in the role of chief officer of the health and social care partnership on an interim basis.

