

PULSE

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

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Printable Version

October 2021

Wear it Pink – Friday 22 October

October 1, 2021

Categories: Pulse, Pulse - Spotlight

Tags: breast cancer month, wear it pink



This month (October) is breast cancer awareness month, which is a UK-wide initiative led by [Breast Cancer Now](#).

To get involved and support breast cancer awareness month, you can 'Wear it Pink' on Friday 22 October, which involves wearing something pink on this day to promote awareness and support those affected by breast cancer.

Jane Kelly, health improvement team leader, Hamilton & Clydesdale Localities, NHS Lanarkshire said: "Breast Cancer Now's 'Wear it Pink' day will take place on Friday 22 October, where staff and local communities can get involved and wear pink as a fun way to start a conversation to raise awareness about breast cancer.

"Having these supportive conversations with the people we work with, family or friends can help to increase awareness of changes to look out for, while encouraging each other to get any changes checked straight away.

"We also know that inequalities occur in terms of screening uptake in that people within our population may face additional barriers to access. That's why this October we are asking local staff and communities to talk about breast screening to increase awareness and reduce barriers to this service.

"Breast screening in Scotland is open to all women ages 50 to 70 years of age. By sharing key messages with the wider population we can equip everyone with the information they need to make an informed choice about screening."

[Wear it Pink](#) has lots of fun ideas and suggestions for ways to wear it pink.



Please email any pictures with your team in pink to Jane.Kelly@lanarkshire.scot.nhs.uk



Special focus on care home wellbeing – fourth instalment

October 1, 2021

Categories: Pulse, Pulse - General News

Tags: Care Home Staff, care home wellbeing, special focus



In the fourth in a series of focus articles, The Pulse continues to look at supports available for care home staff across Lanarkshire.

While community, primary and acute teams have been a key focus of our messaging, local authority, the independent sector and NHS care homes are a vital audience – and part of our wider partnership – too.

In this [downloadable newsflash](#), today we focus on developing self-compassion. To care well for others we also need to care well for ourselves.

Consider for a moment how we all accept the instruction before a flight to put on our own oxygen mask, before we help someone else with theirs. Self-care and self-compassion are based on the same principle.

Our latest update provides tips and further reading on how to best look out for yourself.

This update follows a [recent Q&A](#) which outlines the work of the multi-agency Lanarkshire wellbeing group.

The final edition in this series will feature care home staff sharing examples of things that have made a difference and got them through.

Please [get in touch](#) if you would like to share examples from your care home with your colleagues.



Whistleblowing champion on new process to help staff raise patient safety concerns

October 4, 2021

Categories: Pulse, Pulse - General News

Tags: Whistleblowing



NHS Lanarkshire non executive director and whistleblowing champion Lesley McDonald explains the new whistleblowing standards and how they can be used to improve patient care, safety and experience as well as promoting an open, transparent and supportive working environment.

You can watch Lesley's full video here:

- Vimeo – <https://vimeo.com/618026508>
- Youtube – <https://www.youtube.com/watch?v=HpsTsCmUGEO>

Advice phone line

To assist NHS organisations with implementation, and to ensure those who want to raise concerns have access to all the information they need about raising a concern, the INWO team operate an advice phone line. You can contact the team on:

- Phone: 0800 008 6112
- Email: INWO@sps.gov.scot

Further information



The national Whistleblowing Standards went live on 1 April 2021. For further information on how to use the Standards and details of each stage of the Standards, click [here](#).

The National Whistleblowing Standards can be downloaded [here](#).

Further information is available on the [INWO website](#), including FAQs, cases studies and contact details. Further details on whistleblowing is also available [here](#).



Black History Month 2021

October 5, 2021

Categories: Pulse, Pulse - General News

BLACK HISTORY MONTH

October is Black History Month.

Dr Farhat Mushtaq, chair of NHS Lanarkshire's Ethnic Minority Employee Network (EMEN), has made a video message for staff:

- Vimeo – <https://vimeo.com/manage/videos/616902071>
- You Tube – <https://www.youtube.com/watch?v=5sENeSlum3Y&t=5s>

Dr Mushtaq said: "This October, NHS Lanarkshire celebrates its first ever Black History Month.

"Black History Month continues to recognise the continued sacrifices, achievements and contributions of black people in the UK and around the world. It is a reminder of the need for continued action against racism, inequality and injustice.

"This year's campaign theme is 'Proud to be Me'. It was inspired by the 2020 Black Lives Matter events and it will invite people of all ages and colours throughout the UK to share what they are proud to be."

BHM has been observed since 1987 and aims to celebrate important people and events in the history of people of African and Caribbean descent.

Chris Kimber, equality and diversity advisor, said: "During Black History Month we will be tweeting, posting on our EMEN Teams page; facts, profiles, webinars and words of celebration.

"We would love you to help celebrate by following us on Twitter @EqualityNHSL or join the network by emailing emen.staffnetwork@lanarkshire.scot.nhs.uk."



Special focus on care home wellbeing – sixth instalment

October 7, 2021

Categories: Pulse, Pulse - General News

Tags: anxiety, care home, care home wellbeing, special focus, staff wellbeing



In the sixth in a series of focus articles, The Pulse continues to look at supports available for care home staff across Lanarkshire.

While community, primary and acute teams have been a key focus of our messaging, local authority, the independent sector and NHS care homes are a vital audience – and part of our wider partnership – too.

In this downloadable [newsflash](#), today we focus on anxiety. Most of us will have experienced feelings of anxiety at some point over the past year as a result of the effects of Covid-19 on our personal and working lives. Our latest update provides some helpful tips on managing anxiety.

This update follows a [recent Q&A](#) which outlines the work of the multi-agency Lanarkshire wellbeing group.

The final edition in this series will feature care home staff sharing examples of things that have made a difference and got them through.

Please [get in touch](#) if you would like to share examples from your care home with your colleagues.

Staff LFD testing with new Orient Gene test kits

October 7, 2021

Categories: Pulse, Pulse - General News

Tags: LFD testing, staff testing, testing kits



As we move into the autumn and winter months, we are continuing to encourage staff to test twice-weekly with lateral flow device (LFD) testing kits. By continuing to test and record results regularly using an LFD kit, ensures we can isolate those positive staff at the earliest opportunity, therefore reducing any potential spread of Covid-19 infection. The Scottish Government had advised that we will be transitioning from the current Innova kits of 25 tests per box to the new Orient Gene kits with seven tests per box.

Staff are encouraged to take two or more boxes home with them to test twice weekly. Speak with your manager if you need further test kits and they will be supplied to you. Alternatively, visit FirstPort for further information at <https://www.nhslanarkshire.scot.nhs.uk/novel-corona-virus-covid-19/nhsl-staff/>

Staff are also reminded that they should be recording their results EVERY time they test in the portal at www.covidtestingportal.scot

Please see [attached for information](#) relating to the new Orient Gene test kits. These are different from the Innova test kits and all staff are urged to read the new instructions for use. Orient Gene test kits should be read 15 minutes after adding the sample drops to the testing cassette and no longer than 20 minutes.

Please note that the manufacturer's 'Instructions for Use' included in the Orient Gene LFD test kits directs users to contact the Medicines and Healthcare products Regulatory Agency (MHRA) via the yellow card scheme if they are harmed by a lateral flow device. In Scotland, the



appropriate pathway is to notify NSS IRIC at <https://www.nss.nhs.scot/health-facilities/incidents-and-alerts/report-an-incident/>



Heather Knox staff message, 6 October 2021

October 8, 2021

Categories: Pulse, Pulse - General News



In this week's video, Heather speaks about the current COVID-19 cases in hospitals in in the community, a recent visit to University Hospital Monklands and the Cabinet Secretary Health and Social Care's recent funding announcement.

Heather ends by speaking about Black History Month.

The video can be accessed on Vimeo and You Tube using the links below:

- Vimeo – <https://vimeo.com/626329149>
- YouTube – <https://www.youtube.com/watch?v=4cLKmtdV8WQ>

Staff say thanks to local pub for raising funds for staff and patients

October 11, 2021

Categories: Pulse, Pulse - General News, Pulse - People News

Tags: Brandon ward, charity night, Clyde ward, Empire Bar, Udston Hospital



Staff from the Brandon and Clyde wards at Udston Hospital were delighted to receive six CD players, two radios, meal vouchers, juice and water from Joanne Murray, manager of the Empire Bar, Hamilton, and patron Colin McNab, as a thank you for the money raised at a charity night held on 19 September.

The event saw an amazing £600 raised. The gifts will be split between the Brandon and Clyde wards and will go towards providing much enjoyment for both staff and patients.

Elizabeth (Liz) Kennedy, senior charge nurse, Brandon ward, said: "I'd like to thank Joanne Murray, the manager at the Empire Bar, for holding the charity night and raising such a tremendous amount. I really appreciate the kindness of everyone who donated on the night.

"This is a wonderful donation and one which is greatly appreciated by both our staff and patients."

Photograph (L-R) Sheridan Scott, senior charge nurse, Clyde ward; Paul Elliott, clinical support worker, Brandon ward; Liz Kennedy, senior charge nurse, Brandon ward and Colin McNab, patron of Empire Bar.

Baby Loss Awareness Week 2021

October 13, 2021

Categories: Pulse, Pulse - General News

Tags: Baby loss, Baby Loss Awareness Week



University Hospital Wishaw will be lit up in pink and blue to show its support for Baby Loss Awareness Week 2021 (9 to 15 October).

Baby Loss Awareness Week, now in its 19th year, is an opportunity for bereaved parents, families and their friends, to commemorate babies' lives, raise awareness of pregnancy and baby loss, and to drive for improvements in both care and support for those affected and to save babies' lives in the future.

Vicky Grove, bereavement specialist midwife, said: "We hope turning University Hospital Wishaw pink and blue will spark conversations about baby loss and give local bereaved parents and families an opportunity to talk about their precious babies.

"Although this is a very sad occasion, it enables many families to come together to unite and form friendships with people who have experienced the same tragic loss. We do everything we can to support families through the grieving process.

"There will also be a small tree of remembrance available in the hospital sanctuary from the 9-15 October for families wishing to write a message of remembrance for their baby."

This year Baby Loss Awareness Week will be exploring the theme of wellbeing and sharing what has helped that anyone affected by pregnancy and baby loss to recover and build a life after loss.



National Allied Health Professions Day

October 14, 2021

Categories: Pulse, Pulse - Spotlight

Tags: AHP Day, Allied health professionals



Who are the NHS Lanarkshire AHPs?

In Lanarkshire, the allied health professions (AHPs) consists of dietitians, occupational therapists, orthotists, physiotherapists, podiatrists, diagnostic radiographers, and speech and language therapists. However, in Lanarkshire, audiology and spiritual care are also aligned to the Lanarkshire AHP cohort.

What is AHPs Day?

AHP day is an invitation to join allied healthcare professionals to celebrate AHPs Day (#AHPsDay & #AHPsDayScot), which is taking place on Thursday 14 October 2021.

As with previous years, we join with other allied health professionals in a day of collective action. The first-ever AHPs Day was held in October 2018 to celebrate, appreciate, and recognise the extraordinary work of the AHP workforce.

In 2019, it was all about sharing why we were proud to be an AHP. We were joined by AHPs from across the globe, including Singapore, New Zealand and Australia, making it a truly international social movement. The celebration in 2020 was somewhat curtailed due to the pandemic.

In 2021, the value of coming together globally as an allied health professional community has never been more critical. The past 18 months have been extremely challenging, but it has also been inspiring, seeing the daily positive impact AHP make on people's lives and how AHP practice has been adapted to meet the demands of a pandemic.



Peter McCrossan, NHS Lanarkshire director for allied health professions, said, "I have never been prouder of the NHS Lanarkshire AHP team for the commitment and dedication shown over the past year. Staff continued to support numerous final year AHP students to enable them to complete their courses and graduate."

This year AHPs want to use AHP day to stop, think, and ponder on the contributions AHPs have made in the past year and reflect on the importance of working together as an allied health professional community and working in partnership with the other clinical teams and colleagues to assist the people we support.

A new and exciting AHP compendium has also been developed to help people understand who allied health professionals are and what differences they make and all the work to support allied health professionals in Scotland was created and can still be accessed at

<https://tinyurl.com/4acpyxe8>

Celebrate, Appreciate, Inspire, Connect

This year the four key areas of focus will continue to be:

Celebrating: who we are as allied health professionals, the people we work with and the impact we can make every day. Why not have a virtual get together to share and celebrate all your successes – you choose how! **#celebrate**

Appreciating: our skills and impact on care and support in our local communities is essential. Do you have local stories to share? Maybe you will be hosting AHP appreciation awards? We know relationships and people are at the heart of everything we do. **#appreciate**

Inspiring: our future workforce and ensuring we can continue to grow the AHP workforce fit for the future is everyone's responsibility. This theme is about supporting people looking into a career as an AHP, a career of choice. You could share how you are inspiring our future workforce or maybe how you are offering new and innovative models of practice placements **#inspire**

Connecting: with others by building relationships and conversations to include the AHPs into workforce transformation and pathway redesign in your system? How are you connecting research with clinical practice? How are you sharing success and joining the dots on quality improvement and local and national policies? How are you connecting across the system on the shared ambition and aspiration of Scotland's National Performance Framework? **#connect**

On the day itself, we are aiming for #AHPsDay to be a social movement. AHPs seek to share the hashtags #AHPsDay & #AHPsDayScot on social media and get the AHPs trending on social media platforms.



Resources are available here:

<https://learn.nes.nhs.scot/56286/allied-health-professions-ahp-learning-site/ahps-day/ideas-to-get-you-started>



Special focus on care home wellbeing – seventh instalment

October 14, 2021

Categories: Pulse, Pulse - General News

Tags: care home, care home wellbeing, mindfulness, staff wellbeing



In the seventh in a series of focus articles, The Pulse continues to look at supports available for care home staff across Lanarkshire.

While community, primary and acute teams have been a key focus of our messaging, local authority, the independent sector and NHS care homes are a vital audience – and part of our wider partnership – too.

In this downloadable [newsflash](#), today we focus on mindfulness. Mindfulness is a natural state that we have all experienced at some stage throughout our lives. We are more likely to experience this state of mindfulness when we are doing something that we enjoy doing at our leisure, without the pressure of time restraints.

Our latest update provides some helpful tips on how you can be more mindful.

This update follows a [recent Q&A](#) which outlines the work of the multi-agency Lanarkshire wellbeing group.

The final edition in this series will feature care home staff sharing examples of things that have made a difference and got them through.

Please [get in touch](#) if you would like to share examples from your care home with your colleagues.



Infection prevention and control surveillance team say a fond farewell to Liz Young

October 14, 2021

Categories: Pulse, Pulse - General News, Pulse - People News

Tags: Infection Control, infection prevention, Liz Young, Retirement, surveillance team



We say a fond farewell to Elizabeth (Liz) Young, lead infection prevention and control surveillance nurse, who retired in September after nearly 40 years' service.

Liz has a background in orthopaedics and worked in Glasgow's Victoria Infirmary and Philips Hill in East Kilbride before joining NHS Lanarkshire when she was appointed to Law Hospital in Carluke. Liz later moved on from orthopaedics to surveillance and, in 2007, joined the infection prevention and control surveillance team at University Hospital Wishaw where she remained until her retirement.

In her spare time, Liz is a very keen walker and hopes to continue this following her retirement.

The infection prevention and control surveillance team would like to wish Liz a very happy retirement.

Heather Knox weekly staff update – Friday 15 October 2021

October 15, 2021

Categories: Pulse, Pulse - General News

Tags: Heather Knox, staff update, weekly update



In this week's video, Heather speaks about the current Covid-19 cases in hospitals and in the community.

Heather celebrates Allied Health Professional Day and thanks our AHPs for all the vital work they do for our patients and services users.

The video can be accessed on YouTube and Vimeo using the links below:

- <https://youtu.be/Dq2nPxxVfxY>
- <https://vimeo.com/631058036>

World Menopause Awareness Day

October 18, 2021

Categories: Pulse, Pulse - Spotlight

Tags: menopause awareness, World Menopause Day



Today, Monday 18 October, is World Menopause Awareness Day.

We are taking this opportunity to remind staff that NHS Lanarkshire has a Menopause at Work policy – <https://www.nhslanarkshire.scot.nhs.uk/download/menopause-at-work-policy/>

The aims of this policy are to:

- support women experiencing the menopause, and help them to minimise the impact it can have on them while at work
- create an environment where women feel confident enough to raise issues about their symptoms and ask for adjustments at work
- ensure all staff know and understand what the menopause is and have access to a policy where help and support within NHS Lanarkshire is clearly defined, and
- inform staff and managers about the potential symptoms of menopause, what the potential consequences can be and what support is available

NHS Lanarkshire aims to provide a safe environment where all employees are treated fairly and with dignity and where staff feel confident enough to raise issues relating to the menopause.

Women who choose to disclose that they are experiencing the menopause will be supported. This support will include the consideration of reasonable adjustments to help reduce the potential impact menopausal symptoms can have on women while they are at work.



COP26 Traffic and Travel information

October 18, 2021

Categories: Pulse, Pulse - Spotlight

Tags: COP26, Information, Traffic, Travel



With COP26 around the corner (31 October – 12 November), this will create a unique set of challenges for travelling, both in and around Glasgow.

It is highly likely that if you live in Glasgow, and travel to work between 23 October – 15 November, your journey will be impacted.

Kay Sandilands, director of human resources, NHS Lanarkshire said: “COP26 is a hugely exciting event that is coming to Glasgow, however, it is anticipated that given the size of the event – the largest Glasgow has ever seen – that from mid-October until mid-November, there will be some disruption within the area.

“Despite this being a Glasgow based event, we’re aware that this will have a direct impact on our staff who are based in Glasgow and travel to work, and perhaps a knock-on effect on staff based in Lanarkshire as roads are expected to be busier during this time.

“Those who live in Glasgow, and are able to work from home, should consider doing so within the above timeframe as travelling either by road or public transport is expected to be disrupted.

“We understand this is not an option for everyone, so if you travel to work, please plan ahead accordingly and allow additional time for your journey.

“Many organisations are working together to support this event, ensure safety and minimise transport disruption, as best as possible.”



Visit [GetReadyGlasgow](#) for all planned road closures and alternative routes. (Please access this website using Google Chrome or Microsoft Edge.)

You can also visit [Traveline Scotland](#) for all public transport information.

Keep up-to-date with all NHS Lanarkshire [COP26 and sustainability information](#).



Making everyday, sustainable changes

October 19, 2021

Categories: Pulse, Pulse - Spotlight



Among NHS Lanarkshire's various sustainability initiatives, there are also many staff members involved in making everyday sustainable changes in the workplace. In Particular, Dr Johnny Edgar, who is involved in a group called the Scottish Environmental Anaesthesia Group (SEA G).

The group applied to COP26 to highlight their work within the Theatre Sustainability Group at the conference & made a video of their projects in Scottish hospitals which will be shown at one of the COP26 venue sites.

Dr Johnny Edgar, Anaesthetist at NHS Lanarkshire.

Dr Johnny Edgar, anaesthetist, NHS Lanarkshire, said: "As healthcare professionals, we are trying to improve the health of our individual patients, but in so doing we are exacerbating the public health crisis associated with climate change. If Global Healthcare was a country, it would be the 5th largest polluter on the planet. I find this statement quite shocking. I had not realised the massive environmental impact of healthcare.

"The operating theatres have a particularly high carbon footprint (40% in most acute hospitals). I felt we needed to try to look at what we are doing & reduce our carbon footprint. There are quick wins we can achieve & other things that will take a bit longer. But it's worth making a start. People are keen to get involved & we have had great support from the Sustainability department within NHSL. Hospitals across Scotland are doing this & we are sharing ideas & progress. COP26 has been a great incentive to get this rolling & we are presenting our work across Scotland at this event.



“What can you do about it? Each healthcare professional can think about their workplace & the ways they can reduce their carbon footprint. This could be things like:

- Ensuring the lights are switched off in rooms that are not in use
- Phasing out plastic drinking cups,
- Improved sorting & recycling of waste
- Increasing the awareness of healthcare sustainability within their work areas.

“They could also think about different ways to travel to work that are more sustainable, having meat-free days & generally consuming less. It’s all about everybody taking small steps; these marginal gains will add up. Healthcare staff are incredible people. Together we can make a difference!”

[Find out more about SEA G.](#)

Michael Simpson, energy and environment officer, NHS Lanarkshire, added: “If you would like to try out some new sustainable changes to your everyday life, there are some great tips and advice from [Home Energy Scotland](#) and [Energy Saving Trust](#).

“As NHS Lanarkshire is working towards net-zero carbon targets, it is also important to make staff aware of the resources available to them to become more sustainable at home.

“Funded by the Scottish Government, Home Energy Scotland (managed by the Energy Saving Trust) have some great resources available, such as interest-free loans and grants, to help staff assess what is available to them based on dwelling type and age.

“Loans and grants are available for a whole host of measures, from improving or upgrading windows and doors, to installing high-efficiency insulation. These resources carry many benefits and allow staff the opportunity to reduce bills, create warmer homes, and help tackle climate change.”



New website launches to support services for children and young people at risk of offending

October 20, 2021

Categories: Pulse, Pulse - General News

Tags: inclusion as prevention, services for children, Young People



A new website has been launched to support a project which aims to collaboratively shift and re-shape the design and delivery of services for children and young people at risk of offending.

Inclusion as Prevention (IAP), which also seeks to support the young person's family, is based in the South Lanarkshire local authority area, currently focusing on Rutherglen and Cambuslang.

The IAP approach involves shifting from crisis-driven intervention, normally taken when a young person becomes involved in offending, to a proactive and preventative approach. In effect, IAP seeks to provide early and inclusive support to young people who are at risk of offending before negative patterns of behaviour begin. IAP are also tackling – and aiming to understand – the root causes of offending.

IAP aims to provide practitioner support, to health and care professionals (and partners) working with children, young people and their families by sharing learning from research and activities.

Diane Dobbie, service manager (children and justice) South Lanarkshire Council, who works within the broader partnership and has been key in developing the website, said: "Inclusion as Prevention is a hugely exciting project, because it is intended to redesign from scratch t



we try to help young people avoid being drawn into a life of crime through wrong choices, bad influences and a perceived lack of alternatives.

“Instead, the project is listening to the young people themselves to let a new approach be formed that we hope may form a model that can be replicated elsewhere in South Lanarkshire, across Scotland and even beyond. At the same time, it offers support to the young people and to those who can assist and work with them.

“The website offers a great first-stop view of the project and what it is aiming to achieve. I would encourage anyone who is interested in the plight of young people who are at risk of being drawn down the wrong road to visit it and discover more.”

For more information and resources visit: [Home – Inclusion as Prevention](#)



Specialist Support to Quit Smoking Videos for Pregnant Women

October 20, 2021

Categories: Pulse, Pulse - Spotlight



NHS Lanarkshire's Tobacco Control Team has created [three new videos](#), to highlight the specialist support offered to pregnant women and their partners and families who want to quit smoking.

Protecting a mother and baby's health from tobacco smoke is one of the best ways to give newborns a healthy start in life. The team's dedicated advisers work with pregnant women to provide specialist support, encouragement and nicotine replacement therapy (NRT) which are safe during pregnancy, as well as one-to-one video or phone appointments.

[Watch and share these videos.](#)

Kirsty Sweeney from Blantyre, who quit smoking through the service when she found out she was pregnant, said: "Falling pregnant made me decide to give up smoking, I had tried lots of times previously but my baby provided me with the motivation I needed.

"I received telephone support and my NRT products were delivered to my house. My Quit Your Way nurse was the main positive aspect, she was fabulous and I knew she was there for me anytime at the other end of the telephone. I could chat to her about anything.

"I also noticed a massive difference in my finances which was really positive.

"It's been over a year since I had my baby boy, Jack, and I feel confident I will not return to smoking. I am an older Mum so I want to be able to keep up with Jack and I am now rea



concerned about the health aspects as both me and Jack get older.”

Tracy Henderson, health improvement senior – tobacco control and pregnancy, NHS Lanarkshire, said: “Whether pregnant women have just found out they’re expecting or are further along their pregnancy journey, our specialist advisers will support and empower them to quit smoking.

“We understand it can be hard to tell their midwife they smoke; these are natural worries but we make sure all our clients feel safe, secure and at ease. It’s never too late to try and stop smoking, no matter how far along in the pregnancy.

“Second-hand smoke can also affect mother and baby before and after birth, support and information is available for partners and family members of the Mum-to-be too.

“Quitting smoking is achievable, and the health benefits to baby and mother can be noticed as soon as the first 24-hours of quitting.”

Referring patients to Quit Your Way

Refer your patients to NHS Lanarkshire’s Quit Your Way service for free, stop smoking support.

The Quit Your Way Service in Lanarkshire has set up a local helpline number which is available Monday to Friday from 9am until 5pm on [07813 569289](tel:07813569289), for all staff, patients and partners to access, we will assist with any queries in regards to stopping smoking, including:

- Taking referrals
- Provide behavioural support to clients who are motivated to stop smoking (as required)
- Advise on pharmacotherapy products available to support quitting

The national phone number is [0800 84 84 84](tel:0800848484) and will be available Monday to Friday from 9am until 5pm.

Staff can also use our [‘Click to be Contacted’ service](#) too.



Special focus on care home wellbeing – eighth instalment

October 21, 2021

Categories: Pulse, Pulse - General News

Tags: care home, special focus, staff wellbeing, staying connected



In the eighth in a series of focus articles, The Pulse continues to look at supports available for care home staff across Lanarkshire.

While community, primary and acute teams have been a key focus of our messaging, local authority, the independent sector and NHS care homes are a vital audience – and part of our wider partnership – too.

In this downloadable [newsflash](#), today we focus on staying connected. Spending time with people we like is good for our wellbeing. The pandemic has disrupted this and many of us are adapting and learning new ways of staying in touch with family and friends. Our latest update provides some helpful tips on how you can stay connected.

This update follows a [recent Q&A](#) which outlines the work of the multi-agency Lanarkshire wellbeing group.

The final edition in this series will feature care home staff sharing examples of things that have made a difference and got them through.

Please [get in touch](#) if you would like to share examples from your care home with your colleagues.



IPC team mark international infection prevention week

October 21, 2021

Categories: Pulse, Pulse - General News

Tags: international infection prevention, IPC, IPCT



International Infection Prevention Week takes place October 17-23.

Infection prevention is more important than ever in the battle against a global pandemic, and to keep the world safe from healthcare-associated infections and outbreaks, this year's theme is 'Make Your Intention Infection Prevention'.

To mark International Infection Prevention Week, NHS Lanarkshire's infection prevention and control team (IPCT) is emphasising the role that individuals can play in infection control and reminding staff that infection prevention and control is everyone's business.

Everyone can help join the fight against infection and improve patient safety along the way by being aware of, and adhering to, the basic principles of infection control.

Christina Coulombe, head of infection prevention and control, said: "The IPC team would like to ask staff to join us in encouraging everybody — healthcare personnel, patients and families — to celebrate the bravery and dedication our NHS staff have shown before and throughout the Covid-19 pandemic."

In support of International Infection Prevention Week, the IPCT will be distributing a range of educational resources to help promote infection prevention and control throughout the week, details of which are listed below.

- Break the Chain of Infection poster

Helpful tips on:



- Management of loose stools of unknown origin
- Suspected norovirus outbreak – key steps to manage situation
- Influenza – key steps to manage situation
- Covid-19 – key steps to manage situation in hospital

How to prevent polyvinyl chloride (PVC) related Staphylococcus aureus bacteraemias (SABs):

- <https://www.youtube.com/watch?v=K7vqEemNTps&sns=em>

For Standard Operating Procedure Manual for Invasive Devices please visit the infection prevention and control page on [FirstPort](http://firstport2/staff-support/infection-prevention-control/default.aspx) at <http://firstport2/staff-support/infection-prevention-control/default.aspx>



Fond farewell to senior charge nurse Geraldine Ruddy

October 22, 2021

Categories: Pulse, Pulse - General News, Pulse - People News

Tags: Geraldine Ruddy, Retirement



We say a fond farewell to senior charge nurse Geraldine Ruddy who retired on 4 October after 32 years' service.

Geraldine, who was based in ward 18 at University Hospital Monklands (UHM), began her nursing career in 1989. On qualifying, Geraldine joined NHS Lanarkshire in 1992 when she was appointed as staff nurse in ward 19 at University Hospital Monklands.

Geraldine thereafter moved to ward 18 and, in 1996, obtained a degree in nursing. In 2008, Geraldine took up the post of senior charge nurse, a position she held until her retirement.

Geraldine is married to Andy and has two daughters, Nicola and Debbie, and a son Daniel. Geraldine is passionate about patient safety and care and has dedicated her life to ward 18 at University Hospital Monklands.

In her spare time, she enjoys meeting friends for tea, walking, shopping and spending time perfecting her gardening skills.

Sharlen Bissland, charge nurse, ward 18, UHM, said: "Geraldine is a model professional, she leads the team by example, setting very high standards thus bringing the best out of ward 18 staff. She is always encouraging to strive for excellence.

"Geraldine has dedicated her working life to nursing in ward 18 at Monklands and will be missed as a leader, colleague and, most importantly, as a friend".



Staff message from Dr Jane Burns

October 22, 2021

Categories: Pulse, Pulse - General News



Dr Jane Burns, NHS Lanarkshire Executive Medical Director, stands in for Heather this week.

Jane speaks about working under the current pressures and the impact this has on us all and our working relationships with each other. Jane stresses the importance of looking after our personal wellbeing, taking annual leave and having downtime, and maintaining respect and kindness for our colleagues.

Jane also welcomes the military personnel who are providing assistance for frontline clinical services over the coming weeks.

The video can be accessed on Vimeo and You Tube using the links below:

- Vimeo – <https://vimeo.com/637410432>
- YouTube – <https://www.youtube.com/watch?v=NIpyUngN-4>

Lanarkshire realistic medicine conference

October 26, 2021

Categories: Pulse, Pulse - General News

Tags: Lanarkshire realistic medicine, realistic medicine conference



The Lanarkshire 'Realistic Medicine: Back to the Future' conference will take place on Thursday 25 November from 9.30am to 4pm. The conference will be delivered by both attendance and virtually via Microsoft Teams. Attendance in person will be limited to 20 places. To book a place, please email LQA.RealisticMedicineTraining@lanarkshire.scot.nhs.uk

The conference is open to all NHS Lanarkshire and health and social care partnership staff.

The conference will feature updates from keynote speakers on the national realistic medicine programme. It will also showcase our progress and success to date, highlight best practice from across the country and help us map out the next steps in our realistic medicine journey. Training and workshop sessions on realistic medicine will provide an opportunity to learn and network with other colleagues.

Karen Morrow, realistic medicine programme manager, said: "The conference is open to all health and social care professionals within Lanarkshire. Attending the conference will enable staff to engage with the realistic medicine vision for Lanarkshire, how it aligns with recovery, remobilisation and redesign plans. It will also provide local and national updates on progress.

"CPD accreditation and revalidation will be achieved through conference keynote sessions and workshop activity with colleagues showcasing their innovative work.

"Although engagements continue to be restricted, providing a hybrid conference widens the opportunity for staff to be a part of the event. The virtual audience will have the opportunity for questions and answer sessions as well as the aforementioned workshops. The conference



support colleagues to develop increased awareness on realistic medicine principles enabling application into their own roles and specialty areas.”

For details of the conference flyer, programme and booking form, please click on the links below:

- [Conference flyer](#)
- [Programme](#)
- [Booking form](#)

For further information on realistic medicine, as well as access to presentations, reports and the national shared decision-making training module, please visit the realistic medicine page on [FirstPort](http://firstport2/staff-support/realistic-medicine/default.aspx) (<http://firstport2/staff-support/realistic-medicine/default.aspx>) or www.realisticmedicine.scot



Clydesdale health improvement team mark Breast Cancer Awareness Month

October 26, 2021

Categories: Pulse, Pulse - General News, Pulse - People News

Tags: breast awareness, breast cancer, Clydesdale health improvement



To mark Breast Cancer Awareness Month (1-31 October), the Clydesdale health improvement team – in partnership with Healthy Valleys – held a ‘Wear it Pink’ day with the aim of promoting awareness and supporting those affected by breast cancer.

The event, held on Wednesday 20 October, included a 40-minute walk from St Brides Centre, Braehead, Douglas to Douglas Castle.

Participants were issued with information leaflets and shower cards on breast cancer and screening. They also took part in making stress balls, made from rice and pink balloons.

Jane Kelly, health improvement team leader, Hamilton and Clydesdale localities, NHS Lanarkshire, said: “Douglas was the place to be. Healthy Valleys invited NHS Lanarkshire health improvement locality staff along to join in with a breast cancer awareness focussed ‘Place to Be’ session at St Brides Centre.

“Local people joined in making some breast cancer awareness stress balls, shared their own experiences and accessed information about breast cancer and screening.

“After a busy morning, it was time for a hearty bowl of soup before heading out for a walk around the local Castle grounds. It was a fun day and a good opportunity to have conversations about breast screening.”



Photograph (L-R) Jane Kelly, health improvement team leader and Anila Ansari, health improvement practitioner



Significant milestone reached in vaccination programme

October 26, 2021

Categories: Pulse, Pulse - General News

Tags: vaccination programme



We have recently reached the significant milestone of administering one million doses of the Covid-19 vaccine.

Tom Elrick, general manager for the Covid-19 vaccination programme in Lanarkshire, said: "Reaching a million doses is an incredible achievement and would not have been possible without the continued dedication and hard work of our NHS and council colleagues. I would like to say thank you to each and every person involved in the vaccination programme for going above and beyond to help protect our communities as quickly and as safely as possible.

"The roll-out of the Covid-19 vaccine has been the largest ever vaccination programme delivered by NHS Lanarkshire. While it hasn't been without its challenges, our staff continue to work tirelessly to make sure clinics run as smoothly as possible."

To help continue the roll-out of the vaccination programme we need extra staff. It does not matter if you have previously worked in the vaccination programme, or if you would like to join the team for the first time.

We can offer flexible shifts in our vaccination centres located across Lanarkshire and also in the community-based housebound team. Shifts are available across seven days and offer competitive rates of pay as set out in [DL\(2021\)17](#).

Shifts are available now, so please get in touch as soon as you can. Please email covidsupportteam@lanarkshire.scot.nhs.uk



Sad passing of our colleague Jonathan Smith

October 27, 2021

Categories: Pulse, Pulse - General News, Pulse - People News



It is with deep sadness that we have to advise of the tragic death of Jonathan Smith, a healthcare support worker based in the community testing team.

Karen McLennan, NHS Lanarkshire team leader for the public health nursing teams, said:

“We are left with feelings of shock and sadness following the sudden death of our dearly loved colleague Jonathan Smith.

“Jonathan was a healthcare support worker based in the community testing team in the Outreach Programme and was an asset to our team. He came to us a few months ago following retirement from his position as a Community Partnership manager with North Lanarkshire Council.

“Jonathan had worked in North Lanarkshire Council supporting the Syrian resettlement Programme since 2015, and in recent years directing support to other migrants who meet difficulties in North Lanarkshire, including those without recourse to public funds. This experience proved to be invaluable for the Community Outreach Programme.

“Within the team, Jonathan was a champion for the cause of Covid testing, vaccination, mental health and other important interventions and helped in the recovery of communities.

“He was a much-loved colleague and he will be greatly missed. Our thoughts are with Jonathan’s friends and family.”



Staff acute vaccination clinics to close on 12 November

October 28, 2021

Categories: Pulse, Pulse - For You



Staff flu and Covid-19 booster vaccination clinics based at the three acute hospitals will close on 12 November.

Each acute clinic currently has immediate availability and staff are encouraged to make an appointment at these clinics before they close.

All staff can attend the acute site clinics, including those who are working in the community.

Staff can arrange an appointment to receive their **flu vaccine only**, or to receive **both** their flu vaccine and Covid-19 booster (if they are eligible).

Those eligible to receive both can do so at a single appointment.

Following the acute clinic closure on 12 November, staff can continue to attend one of the seven community clinics being held across the NHS Lanarkshire area.

The online booking portal can be accessed at the following link: [NHS Inform portal](#).

Further information including help on accessing the booking system can be accessed [here](#).



Flexible approach set out for a challenging winter ahead – as members of the public asked for their support

October 28, 2021

Categories: Pulse, Pulse - General News

Tags: SLHSCP, South Lanarkshire IJB, Winter Plan



Details of key actions to mitigate against severe pressures on the health and care system over the busy winter period have been published.

Members of South Lanarkshire's Integration Joint Board (IJB) approved a report on 26 October which outlined robust yet flexible preparations for the ongoing Covid-19 pandemic, staffing challenges and traditional winter pressures from increased respiratory illness such as flu.

The arrangements are being set in place in close partnership with key agencies, including NHS Lanarkshire, respective local authorities, local and national partners.

"It's been well-documented that health and social care services have already experienced winter levels of pressure in the middle of summer," said Soumen Sengupta, director of health and care for South Lanarkshire.

"The current backdrop is also well-publicised – we are experiencing increased demands across our entire systems of health and social care, higher levels of staff sickness due to the Covid-19 pandemic and national staff shortages. As we now actually approach the season, it has never been more important to plan for the additional pressures on the system that can be created in the winter months.



“Plans have been refined for some time and we continue to work closely with all partners. We are gearing up to be very responsive and our unremitting focus is patient and service user safety.”

The IJB heard how actions are underpinned by the largest flu vaccination campaign ever undertaken in Lanarkshire. Almost 400,000 people will be eligible for either a flu vaccine, Covid-19 vaccine or both in 2021. Both North and South Lanarkshire Councils have assisted in the identification of the venues for the campaign.

Mr Sengupta said: “The Covid-19 booster, along with the flu vaccine, will help to protect our communities through the winter period. We are working our way through the priority lists for those who are eligible and I would encourage people to attend their vaccination appointment when they are invited.”

The IJB heard about other measures which included:

- The largest ever vaccination programme for staff is also well underway. This will include NHS employed staff, social care staff from both council and independent and voluntary sectors in Lanarkshire and all teaching/school based staff who will be eligible for a flu vaccine. Many of these staff will also be eligible to receive a Covid-19 vaccine, as part of the overall vaccination programme.
- Plans on having a range of additional staff to support flow across the hospital system and into the community. This will include identifying patients who are clinically well enough for discharge at the earliest and safest stage – to ensure hospital capacity for people who are most unwell.
- GPs: To ensure continued access for patients, some practices will be open on public holidays during the festive period (Tuesday 28 December and Tuesday 4 January). Full details will be clearly communicated in due course.
- There will also be an extended public holiday pharmacy service available to ensure that people can access prescriptions.

Councillor John Bradley, Chair of the IJB said: “We welcome the arrangements set out and recognise that our staff and partners remain resolutely committed to providing exemplary care and support. We are immensely grateful for their ongoing dedication.

“These actions are designed to underpin and direct our resource and energies to priority areas as they emerge.



“The bottom line is that we need everyone to play their part – and that includes members of the public.

“Central to the approach is our ongoing messaging which has and will clearly detail how people will be able to get the right care at the right time.

“We’d ask people to take heed of these messages and continue to be kind to our staff and partners, who are committed to caring, come rain, hail or shine.”

The final winter plan will be considered by the NHS Lanarkshire Board in December.



Wellbeing strategy to help improve working lives

October 28, 2021

Categories: Pulse, Pulse - For You



A new group is working to develop a Lanarkshire-wide health and wellbeing strategy to help improve the working lives of health and social care staff.

As part of the strategy development, health and social care staff across Lanarkshire will be asked their opinions on how the organisation can help them stay well and live their best lives while working.

The engagement exercise will see staff being approached for their opinion, to ensure the strategy is effective for all staff groups.

Paul Graham, head of spiritual care and wellbeing, said: "Colleagues across health and social care in Lanarkshire routinely put everyone before themselves. Whether that be their patients or their colleagues, staff consistently go the extra mile for others.

"This has never been more evident than during the pandemic.

"Across health and social care, we have worked through the toughest time of our lives together. The pandemic isn't over, nor is the impact it's having on our staff.

"Throughout this period we have put in place a number of supports like our wellbeing hubs and helplines to allow staff to get rest and recovery.

"However, it is important that this support continues to improve throughout and beyond the pandemic. Our colleagues deserve nothing less.

"Our aim is for NHS Lanarkshire and the partnerships to be among the best workplaces local area and across Scotland."



To develop the strategy, engagement teams will be asking staff what is important to your wellbeing at work.

If you would like to submit any comments or opinions on what matters to your health and wellbeing at work, in advance of the engagement exercise, please email staffcare@lanarkshire.scot.nhs.uk.



'We're listening' – South Lanarkshire Health and Social Care Partnership invite views on a blueprint for tomorrow

October 29, 2021

Categories: Pulse, Pulse - General News

Tags: SLHSCP, Soumen Sengupta, strategic commissioning plan



People across South Lanarkshire are reminded that they can have their say on a plan that will shape the ongoing development of local health and social care services.

South Lanarkshire Health and Social Care Partnership (H&SCP) are currently seeking views on their Strategic Commissioning Plan 2022–2025. In effect, the document will be a blueprint for the future – as it will set down key priorities to inform significant resources invested in health and social care provision going forward.

The partnership recently published an easy-to-use online survey – <https://bit.ly/2Vhoong> – and is currently holding a range of targeted events with stakeholders.

Soumen Sengupta, director of health and social care for South Lanarkshire, stated: “My message is clear – we’re listening carefully.

“We know how difficult the last year and a half has been for people. Health and social care staff across South Lanarkshire continue to work tirelessly to address the significant and ongoing challenges created by the pandemic.

“At the same time, we are also committed to looking to the future, collectively, and being ambitious for what we think our ‘new normal’ should look like.”



He added: "We are really keen to hear from people in communities across South Lanarkshire and glean their views and experience. This will have a vital role in shaping a progressive and sustainable vision for health and social care services."

Craig Cunningham, head of commissioning and performance for the H&SCP, added: "In essence, the strategic commissioning plan will focus on the support that the H&SCP can provide to people in local communities to assist them to maximise their health and wellbeing.

"So it's crucially important we hear from individuals from across of South Lanarkshire in terms of what matters to them and their families."

South Lanarkshire HSCP have prepared an animation to explain the rationale behind the plan and why views are sought. Visit: <https://vimeo.com/598762784>

Frequently asked questions about the strategic commissioning plan can be accessed on the partnership's website: <https://bit.ly/3zWdvX9>

The online survey is open until the end of November.



Chief executive message

October 29, 2021

Categories: Pulse, Pulse - General News



In this week's video, Heather speaks about the pressures across all health and care services (including Covid-19 cases), the actions taken last week and the areas that will be taken forward by short life working groups to see if we can make a difference to the number of patients being admitted to hospital. Heather also asks all staff to share the message about the importance of getting the vaccine.

As we approach the end of Black History Month, Heather shares a thought-provoking story she heard at an international learning event.

The video can be accessed on Vimeo and You Tube using the links below:

- Vimeo – <https://vimeo.com/640317603>
- YouTube – <https://www.youtube.com/watch?v=az-QTmF5tcU>