

# PULSE

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

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January 2022

# Research and development department pay fond farewell to colleague Maureen Brown

January 7, 2022



Colleagues gathered at the Alona Hotel in Motherwell to pay a fond farewell to senior clinical research nurse Maureen Brown who retired in December after 22 years' service with NHS Lanarkshire.

Maureen, who was based at University Hospital Monklands, started her nursing career in mental health nurse training in 1982 in Gartcosh where she was a staff nurse for a year.

She thereafter undertook general nurse training and worked as a staff nurse until she took a break to have her children in 1989. While her children were young, Maureen returned to work, working nightshift in care of the elderly services for several years.

It was in 1999 when Maureen decided to take a career change and joined NHS Lanarkshire as a school nurse, a post in which remained for 10 years. At the same time, Maureen also worked sessional shifts for NHS Lanarkshire's stop smoking service.

Maureen thereafter joined the health improvement team and worked as a nurse specialist in the stop smoking service where she remained for eight years. While working there, a research opportunity came up in the research and development department looking at stopping smoking in pregnant women which required a background in smoking cessation. Maureen was successful in being appointed to the post and, after some time, extended her work in research at the start of the Covid-19 pandemic. Maureen had worked on the Siren study for the past year and was instrumental in helping to recruit 1200 staff in NHS Lanarkshire on to the study.



Maureen has a son and daughter, both of whom have children of their own. Maureen dotes on her grandchildren and adores being a hands-on 'nonna'. Her daughter is expecting another child and Maureen is looking forward to welcoming another grandchild in February 2022.

Maureen has decided to take retirement to allow her to spend time with her son and his family who are living in Singapore.

Berni Welsh, lead clinical trials nurse, said: "I've been Maureen's line manager for the past four years in clinical trials and worked with Maureen many years ago in care of the elderly.

"Making the move to work in research can be daunting – for many nurses it's like landing on another planet where people speak a different language. Maureen took to her role in research with ease – with great gusto, enthusiasm and efficiency. She has been a core member of the team working on the Siren study and was a major contributor to its success.

"Staff will also miss the personal touch that Maureen always brought to the workplace – a positive, 'can-do' attitude – always laughing and making other people laugh, always there to help, support and bolster others when there was a need.

"We wish Maureen a very happy retirement and bon voyage on the trips that she has ahead of her."



# Staff weekly message from Heather Knox

January 7, 2022



In this week's staff message, Heather begins by wishing staff a happy new year and outlining the current position in relation to Covid.

Heather also reminds staff of the wellbeing support that is available to them.

Message to staff from Heather Knox - 7 January 2022

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

- YouTube – <https://www.youtube.com/watch?v=xLiGfxS4gn0>
- Vimeo – <https://vimeo.com/manage/videos>

# Self-care advice issued for thousands of Lanarkshire people self-isolating

January 10, 2022



With Covid cases and hospitalisations rising fast in Lanarkshire over the past week, NHS Lanarkshire issued self-care advice for people sick at home with Covid or one of the other common winter illnesses.

Speaking about the advice issued today, Dr Linda Findlay, Medical Director, South Lanarkshire Health and Social Care Partnership, said how concerned they were about the rapidly rising Covid case numbers and increasing hospitalisations across the area:

“We’re seeing around 3000 daily positive Covid cases as the highly transmissible Omicron variant races across Lanarkshire and hospital admissions are rising, fast.

“The majority of people who have been double vaccinated or those who have already had their booster, will – we hope and expect – have a mild illness if they do catch Covid, a bit like a winter cold or bout of flu with many of the same symptoms.

“Most people can look after themselves perfectly well at home. Rest is important: many will need to spend a few days in bed. So too, is keeping windows open, for fresh air. Be strict about hand hygiene. Drink plenty of fluids but avoid tea, coffee and alcohol and eat simple food if you’re hungry.

“Take over the counter painkillers like Paracetamol or Ibuprofen for headaches and sore and aching limbs.”



Last winter, the levels of many common seasonal infections like flu, the common cold and the winter vomiting bug (norovirus), remained low even as the COVID-19 pandemic surged. Scientists believe that the measures we took then to fight the pandemic – such as limiting social interactions, physical distancing, mask wearing, hand washing and keeping windows open – had a huge impact on these other common illnesses.

But with everyone's focus on the new Covid variant, it's easy to forget how transmissible other common winter bugs are: once one person in a group becomes sick, everyone else tends to fall sick too.

So what can people do to prepare and how can they self-care at home, if they or their loved ones become sick?

### **Step 1: Know what you're dealing with**

There are some similarities and important differences between Covid and these seasonal illnesses that are worth taking note of.

The main symptoms of colds and flu are ones we're all familiar with: sore throats, headache, temperature, runny nose, aching limbs and tiredness. However, these are now also reported as symptoms experienced by double and booster vaccinated people, who actually turn out to have Covid.

If you have these symptoms, you *must* get a PCR test (don't rely on a home LFT) and self-isolate until you get the results.

The main symptoms of the winter vomiting bug (norovirus) can *also* include a high temperature, a headache, aching arms and legs alongside symptoms that are a little different: feeling sick (nausea), diarrhoea and actually being sick (vomiting). The symptoms start suddenly within 1 to 2 days of being infected.

### **Step 2: Take action to stop the spread**

You can protect friends and family from falling ill by taking a lateral flow test every day or so; keeping rooms well ventilated; keeping 2 metres apart from other people not in your family or bubble and above all, washing hands well and often.

Anyone with 'cold or flu like' symptoms, must get a PCR test and self-isolate until the results are back.



Norovirus can spread very easily and is most often caught after close contact with someone who has the virus; by touching surfaces or objects that have the virus on them, then touching your mouth or sharing and eating food that's been prepared by someone with norovirus.

Washing hands frequently with soap and water is the best way to stop it spreading. Alcohol hand gels **do not** kill norovirus.

### **Step 3: Self-care, at home**

Most people will be able to treat themselves or a loved one at home for most winter infections and most people start to feel better in 2 to 3 days.

The best thing is to rest and drink lots of fluids (avoiding tea, coffee and alcohol) to prevent dehydration. If you're vomiting or have diarrhoea, take oral rehydration salts. These can be easily bought, over the counter, at the pharmacy.

Keep these handy with your other 'self-care at home' medications such as paracetamol or ibuprofen, useful for headaches, sore throats and aching limbs. Gargling with cool, boiled water with a pinch of salt, can help ease sore throats.

Check supplies of essential, prescription medication and make sure your household has some simple, first aid essentials such as antiseptic, burn plasters and wound dressings.

### **10 tips for self-care at home this winter if you get sick with a cold, flu, norovirus or Covid**

1. Stay at home and stay away from other members of the household, to limit the spread.
2. Rest
3. Wash your hands often and well with warm water and soap.
4. Don't prepare meals or share food, plates, mugs or cutlery with others in your household.
5. Take Paracetamol or other over the counter painkillers for headaches, sore throats and sore and aching limbs.
6. Keep windows open to ventilate rooms
7. Drink plenty of fluids but avoid tea, coffee and alcohol. Water is best.
8. Eat small, light, meals if you feel like it.
9. If you are vomiting or have diarrhoea take oral rehydration salts. You can buy these at a pharmacy. If you have blood in your poo, seek medical help.



10. If you're worried about a baby under 12 months, or if you as an adult don't get better after 7-10 days, or if you feel your symptoms are worsening at any point, call NHS 111.

NHS111 can deal with any urgent questions or concerns. There's also more information on NHS Inform [www.nhsinform.scot](http://www.nhsinform.scot) and advice at [www.nhs.uk](http://www.nhs.uk)



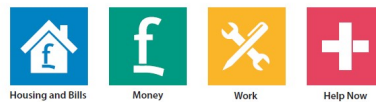


# Free app to help with money matters

January 11, 2022

## My Life My Money

A free app with local information, advice and support on welfare and money worries in Lanarkshire.



Are you worried about energy bills rising? Falling behind on your energy bills can be extremely stressful.

If you are finding it difficult to make your next bill payments or to find money to top up your meter, you need to contact your energy supplier. Your supplier is required to help you come up with a solution and discuss a payment plan that works for you both. There is extra support available if you are vulnerable, if you have health needs, a disability, are pregnant or have young children. Your supplier will have details of grants and charities that might be able to support you as well.

Vicki Trim, senior health improvement manager, commented: "We recognise that money worries may be an issue for some patients and staff members, even more so at this time of year and twinned with the effect of the pandemic. I would encourage people to have a look at the 'Your Life Your Money' app which provides easily accessible information and resources with details of where they can get help."

Further advice and support on money worries is available by downloading the 'My Life, My Money' app which can be accessed from Your Health Matters webpage at <https://www.nhslanarkshire.scot.nhs.uk/your-health-matters/>



# Support for healthier lifestyle New Year resolutions

January 12, 2022



Image credited by the World Obesity Federation.

At a time where many of us are traditionally making new year resolutions to be healthier, NHS Lanarkshire is supporting staff who wish to stick to their pledge, by raising awareness of the free NHS [online 12-week weight management programme](#).

Designed for over 18s, this step-by-step programme encourages healthier behaviour choices, that then turn into positive daily habits.

Each week of the programme varies to include:

- A wide range of easy to follow wellbeing topics
- Tips from others who have successfully gone through a similar journey
- Weekly tasks, such as completing a lifestyle diary, checking nutrition levels on food labels or planning meals for the week

Jonathan Cavana, weight management service manager, NHS Lanarkshire, said: “We all know how sticking to new year’s resolutions can be tough, however, this programme focuses on changing behaviours long-term which in turn, make a positive difference to your lifestyle.

“This is all about making long-lasting positive lifestyle changes, not diets. It’s great for those that are taking their first steps to leading a healthier lifestyle.

“Being physically active and eating a balanced diet are important for not only our physical wellbeing, but also our emotional and mental health. This free 12-week plan requires no



previous exercise or nutrition experience, and includes a body mass index (BMI) calculator to find out if the programme is right for you.

“For those considering making positive changes, this support from NHS Lanarkshire will be massively helpful.”

[Find out more about this programme.](#)



# Pedaling the way to improved mental health

January 12, 2022



Mountain biking can have a positive effect on wellbeing by improving physical and mental health.

The Trail Therapy project is a mountain biking group that was developed by NHS Lanarkshire mental health nursing and occupational therapy (OT) staff.

The project is riding strong and has supported over 10 NHS Lanarkshire inpatient and community patients to take up mountain biking to improve their mental health, so much so, one patient is now fully trained as a leader within the programme.

An inspiring short video was developed in conjunction with Scottish Cycling and Trek Bikes. The video features NHS Lanarkshire OT assistant Amy Fletcher, patient turned leader, James and Paul McFarlane, trail therapy mountain bike leader sharing the amazing details of the project and benefits for all involved.

The Trail Therapy project is run in partnership with Scottish Cycling who have supported the group by funding input from Paul as a dedicated coach as well as four NHS Lanarkshire OTs and two members of nursing staff who have completed their Mountain Bike Leadership Training.

Participating patients take part in weekly mountain bike trails within Lanarkshire, and have built up their skills and confidence, the group have even grasped the opportunity to ride the dedicated mountain bike trails at a world class venue; Glentress in Peebles.

Alongside mountain biking, patients also have the opportunity to learn how to repair and maintain their bikes.



Susan Cairns, advanced practitioner occupational therapist, NHS Lanarkshire said: "I'm thrilled with how the Trail Therapy Project has developed and supported patients since it launched.

"The majority of patients have now purchased their own bikes and are cycling out with the group times, it has also given staff the skills to use cycling as a treatment activity for relevant patients.

"One of our patients was loaned a bike as part of his occupational therapy treatment which he used when experiencing increased symptoms of anxiety as a way of coping. He has reported a reduction in the use of his PRN medication since this was introduced, which is fantastic.

"We're continually developing the programme to include bike maintenance classes, maintaining bikes for local schools and lending bikes to patients for one-to-one sessions.

"The big goal for this year is for the patients to ride the trails at Nevis Range mountain experience, the highest in the UK, which I'm sure they'll triumph!"

James, the patient who is now a qualified mountain bike leader, said: "Before I joined the programme, I was an inpatient. I started to get involved in a few groups and then I was introduced to the Trail Therapy programme through the OTs, and I've never looked back!

"I started to enjoy my cycling more and more, from there Paul asked me if I'd like to become a mentor, and that's where I am today. I feel brilliant being able to support others, participants know I was where they were and I think they look up to me in a way. Recovery to me is about progress rather than perfection."

Marie McKeown, green health partnership manager, NHS Lanarkshire, added: "The project is a fantastic and innovative way to improve people's physical and mental health. There are so many positive aspects including the social side which allow people to get out and enjoy cycling together, along with many green health benefits that come with being outdoors."

[Watch the video.](#)



# NHS Lanarkshire Never Services Briefing

January 12, 2022



NHS Lanarkshire is moving to protect essential services as pressure on health and social care services hits historic levels.

While we are seeing lower levels of serious illness as a result of the Omicron Covid-19 variant, there are a large number of cases as well as other winter illnesses and complex presentations.

There are also ongoing serious staff shortages across health and social care services. Hospital admissions are still rising and our community services are caring for a huge amount of people with Covid-19, who require our services but do not need admitted to hospital.

Our services – whether delivered by independent contractors, the Health and Social Care Partnerships or the Acute Directorate – are experiencing more pressure than at any other point.

Under the circumstances the only way we can preserve our never services – the ones we would never wish to stop – is by making difficult decisions on prioritising the use of staff across health and social care.

This unfortunately means pausing or reducing services in other areas to allow staff to be redeployed.

Each part of the organisation has been asked to identify their never services and is responsible for prioritising staffing to deliver these.

A new group has been set up as part of NHS Lanarkshire's strategic command structure to help identify solutions where a service does not have sufficient staff to continue without additional support. The group will make recommendations to the existing Clinical Tactical Group v reports to the NHS Lanarkshire Strategic Command Group.



Where redeployment of staff to other areas is necessary, NHS Lanarkshire staff and manager redeployment guidance will be followed. Staff will only be redeployed to appropriate roles.

In addition, staffing support has been requested from other member organisations of the Lanarkshire Resilience Partnership. We are grateful to the local authorities, both of which have agreed to release staff to help.

Following agreement with the GP Sub Committee and Lanarkshire Local Medical Committee, we have written to GP practices to advise that they should move to a managed suspension of service.

GPs continue to deliver services, but the reduction in the managed services which support General Practice (e.g. treatment rooms and district nursing) reduces their ability to deliver all that they would wish. This means that they will be focussing on the most urgent and time critical cases including the assessment of people who are unwell with respiratory or Covid-19 symptoms.

Some community pharmacies may need to reduce their hours due to staffing pressures.

These actions are being taken reluctantly, and only because they are necessary due to the critical nature of the current situation and its impact across our services.

We realise many of our patients and staff are suffering the effects of these pressures on a daily basis.

Staff are asked to be aware that this is affecting all parts of the system. More than ever it is important not to promise what level of care other parts of the service may be able to provide and try to manage expectations as far as possible.

Our aim is return services to normal as soon as is possible. Cases of Omicron are expected to peak soon. In the meantime, we are also working hard to address staffing shortfalls through recruitment and the staff bank.

Strategic Command will continue to monitor the situation daily and ensure the actions we are taking allow us to preserve our never services during this period of pressure and recover at the earliest opportunity.

We would like to take the opportunity to remind you of the health and wellbeing support that is available to all health and social care staff across Lanarkshire.

Information on the support that is available to you can be found on the 'Your Health Matters' web hub at <https://www.nhslanarkshire.scot.nhs.uk/your-health-matters/>



Thank you for your continuing professionalism and dedication during these challenging times.

***NHS Lanarkshire Strategic Command Group***





# Latest discounts from NHS Staff Benefits

January 13, 2022



Save £££s on some great deals both in-store and online, all especially negotiated for NHS staff. To find out more, or sign up to receive all the latest discounts, visit: [www.nhsstaffbenefits.co.uk](http://www.nhsstaffbenefits.co.uk)

Here are some of the latest deals from some fantastic brands.

- 20 per cent off line rental at EE – save up to £300 on latest iPhone, Samsung and Google phones

NHS staff can save up to £300 off their next mobile phone contract using the exclusive discount code.

The 20 per cent discount can be used on all 24-month mobile phone contracts and 18 and 24-month sim contracts. This means you could save money on the latest iPhone 12 or the latest Samsung phones, as well as some fantastic sim plans if you want to keep your current phone. Choose from the latest iPhone, Samsung or Google phones.

To redeem the offer, all you need to do is take your unique discount code and add it to the checkout once you have made your selection. It then should go into the section labelled 'Got A Voucher?'

You can claim up to five discounts.

Please note that the offer is available to new customers only.

For more details, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/20-off-line-rental-at-ee-save-up-to-300-on-iphone-samsung-google-phones>



- 10 per cent off all face masks from Lucky Jocks

Lucky Jocks started by selling tartan underwear and quickly branched out into other leisurewear clothing. They have a strong relationship with the Scottish Association for Mental Health (SAMH), Scotland's mental health charity, and have already raised thousands of pounds for the charity through their 'Serie Alba' range of football tartan masks and snoods.

Lucky Jocks have a large selection of tartan face masks and NHS staff are being offered 10 per cent off all face masks on the Lucky Jocks website, including the new 'keyworker tartan' mask. Fifteen per cent of the 'keyworker tartan' mask and others is donated to SAMH.

To redeem the discount, simply use the exclusive discount code. You will be asked to enter it into the discount code box at the checkout section.

For more details visit: <https://www.nhsstaffbenefits.co.uk/deal/10-off-all-face-masks-from-lucky-jocks>

- 45 per cent off your first box from Green Chef, 25 per cent off your second and 20 per cent off your third and fourth

Green Chef is new and part of the HelloFresh family. They operate a subscription-based meal plan service, delivering the healthiest meals for all types of diets. Green Chef offers a weekly subscription-based menu catering to five different diet options – vegan, vegetarian, lower carb, balanced and keto. There is something for everyone with Green Chef. All of the fresh ingredients are provided in the box so customers can cook their meals from scratch, with easy-to-follow recipe cards, delivered at a time and day that suits them.

NHS Staff Benefits members are being offered 45 per cent off their first box, 25 per cent off the second box and 20 per cent off the third and fourth box.

To secure the discount, simply copy the code and apply it to your order.

Please note that the offer is available to new customers only.

For more details, including terms and conditions, visit

<https://www.nhsstaffbenefits.co.uk/deal/45-off-your-1st-box-from-green-chef-25-off-second-20-off-third-fourth>

Don't want to miss new NHS exclusive deals, limited time offers or competitions? Follow NHS Staff Benefits on Instagram. Here, you will find all the new deals – so while you are browsing your feed or watching stories, you can stay in the know about the best of NHS Staff Ben

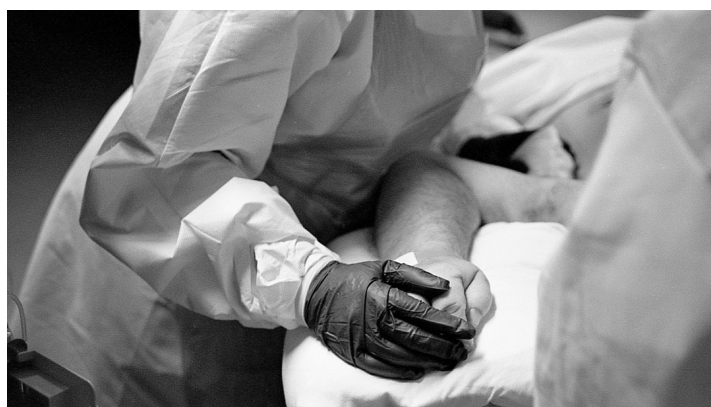
Follow on Instagram at <https://www.instagram.com/nhsstaffbenefits/>





# “When can I go home?” Partnership hospital programme providing answers to fundamental question

January 14, 2022



A programme based on providing clear answers to a fundamental patient question has gone live in NHS Lanarkshire’s three acute hospitals.

The planned date of discharge (PDD) programme aims to establish a clear date of when someone will go home (or to a community setting) – at the earliest possible stage during their stay in hospital. By providing a clear route-map through the hospital ‘journey’, PDD is geared to reducing any uncertainty and anxiety.

The programme, which has also seen a substantial reduction in delayed discharge rates in the pilot phase, is now live in University Hospitals Wishaw, Monklands and Hairmyres. Figures presented to South Lanarkshire’s Integration Joint Board in December 2020 outlined a 60 per cent reduction in people who experienced a delay in getting home, compared to the previous year.

“We appreciate that coming into hospital for an operation or procedure can often feel like the beginning of a daunting and complicated journey” explained Soumen Sengupta, director of health and social care for South Lanarkshire.

“When people are admitted, regardless of the reason for that admission, the first question invariably asked is ‘when can I go home?’



“In any other major event in life, whether it be building a house or embarking on a long journey, we always set out with the end result, or destination, clearly established.

“PDD works on precisely the same basic principle and caters for that fundamental human need – for a person to know when they can go home, to return to loved ones or those close to them.”

Marianne Hayward, head of health and care, South Lanarkshire Health and Social Care Partnership, who is leading the multi-agency roll-out of PDD across Lanarkshire, added: “We know from feedback that having as much certainty as possible about when a person is able to be discharged is really beneficial, both for the patient and their carers and/or family.

“The key feature of PDD is multi-disciplinary teams of health and care professionals working together with hospital staff and looking at discharge planning with the patient and family. A planned date of discharge is identified at the earliest opportunity, sometimes on admission.”

As part of the PDD process the patient’s existing social care arrangements – and any potential and necessary changes to this – are taken into consideration by the team to jointly plan and agree a safe and appropriate transition back home.

Judith Park, director of acute services, NHS Lanarkshire, said: “In many ways this is not a new idea. What we have introduced now is an improved system of working, with smoother, more seamless links between NHS staff, the hospital-based social care workers and the community teams. Our dialogue with families, carers, and of course the patient, is also key.

“Partnership, collaborative working and communication is the simple but really effective foundation of this programme.”

As well as benefits for the patients, a PDD pilot programme, which was instigated in University Hospital Hairmyres, led to a sustained drop in delayed discharges from hospital.

Ms Park added: “The efforts of our staff, coming together from a variety of disciplines and their commitment to finding solutions has shown the potential to create vital capacity when we need it – as well as marked benefits for the patient and their families.”

Ross McGuffie, chief officer of Health and Social Care North Lanarkshire, said: “This is an exemplar of health and social care services working closely together, across Lanarkshire and across disciplines. PDD epitomises the commitment of our staff and partners to good, safe patient care – based on a human touch.”

PDD programme shaped on patient and carer experience

The PDD programme in Lanarkshire was developed in close partnership with a range of stakeholders including carer organisations, patient advocacy groups and organisations



representing specific care groups including those with mental health challenges.

Thomas Moan, development worker of Partnership for Change, an independent forum for effective service user and carer involvement, is the chairperson of a stakeholder engagement working group, focussing on PDD.

Thomas said: “There has been a real commitment to developing the new approach to discharge planning with those who will be directly affected by it, namely patients and their families and carers.

“We continue to work extremely closely with partners to ensure this approach continues to be guided by the experience and feedback of those in receipt of health and social care – and that the patient and their family are at the heart of the discharge planning process.”

Margaret Moncrieff, a community representative and member of the multi-agency steering group which has implemented PDD, said: “Being a valued member of this group has ensured patient and carers’ voices have influenced this important process.

“There has been a lot of work involved in the launch – but PDD is based on simplicity and ensuring patients and carers have absolute clarity about the steps ahead of them when they enter the hospital.”

An animation has been produced to explain the PDD programme and its aims. You can watch at the following link: <https://vimeo.com/524206343>

Frequently asked questions are available to read at the following link:

<https://www.nhslanarkshire.scot.nhs.uk/hospitals/planned-date-of-discharge/a-clear-route-map-for-your-journey-in-and-out-of-hospital/>



# Weekly staff message from Heather Knox

January 14, 2022



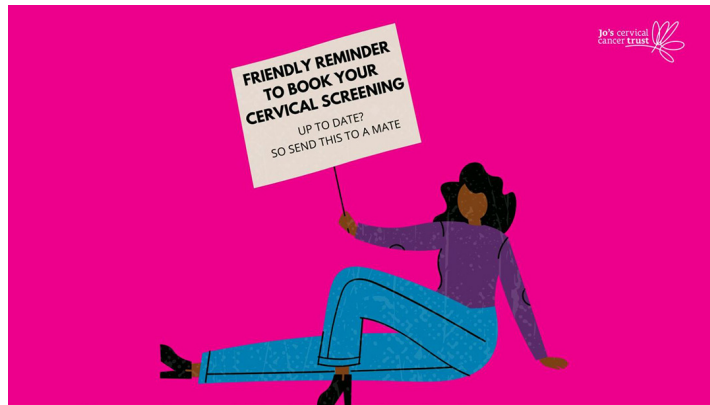
In this week's staff message, Heather speaks about the Covid-19 cases in Lanarkshire, workforce pressures and the impact on services as well as the work of the local resilience partnership.

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

- Vimeo – <https://vimeo.com/665975715>
- YouTube – <https://youtu.be/91FN05ZW710>

# Importance of HPV testing during cervical cancer prevention week

January 17, 2022



Women and people with a cervix are being encouraged not to ignore their cervical screening (smear test) invite, as a drive gets underway to highlight the importance of the test, which screens for the human papillomavirus virus (HPV).

To mark Cervical Cancer Prevention Week (17 – 23 January 2022), healthcare professionals across Scotland have reinforced that the cervical screening test now offered is more sensitive, screening for HPV – the main cause of cervical cancer – to help ensure any cell changes are identified and treated earlier.

As the test is more effective, those who are found to have HPV will be invited for screening every year, so any cell changes can be closely monitored, and referred for further investigation and treatment if needed.

Those whose test sample shows no signs of HPV will be invited for their screening appointment in five years, as evidence shows the chance of developing cervical cancer during this time is very low.

Scotland introduced five-year cervical screening testing for women aged between 25-49 years with no HPV in March 2020, at the same time as HPV testing was introduced into the cervical screening programme.

This followed a recommendation from the UK National Screening Committee, the body of scientists who advise ministers and the NHS about screening programmes.





Celia Briffa-Watt, NHS Lanarkshire consultant in public health today reassured women about testing for HPV as they encouraged those eligible to attend their smear test appointment when invited.

“Even if everything feels fine, it’s important not to ignore your smear test invite as it can stop cervical cancer before it starts.

“HPV testing, which is carried out as part of your smear test, is much more effective and sensitive, helping identify those at higher risk of cervical cancer much quicker.

“It takes a long time for HPV to develop into cervical cancer, so it’s very rare for a woman who doesn’t have HPV to develop cervical cancer within five years.

“If HPV is found as part of your smear, please try not to worry. HPV is very common, and you’ll be invited back every year to monitor any cell changes, before they could potentially develop into cervical cancer.

“It’s understandable to feel anxious about the smear test itself, but the five minute test is the best way of preventing cervical cancer, so please don’t put it off.”

For more information on cervical screening, visit [nhsinform.scot/cervicalscreening](https://nhsinform.scot/cervicalscreening) and for information on HPV, visit [www.jostrust.org.uk/hpv](http://www.jostrust.org.uk/hpv)



# GP practices move to providing the most urgent care

January 17, 2022



Health and social care services across Lanarkshire are continuing to experience more pressure than at any other point in their history. Due to this sustained pressure, record Covid-19 numbers and ongoing staff sickness absence, NHS Lanarkshire has asked GP practices to prioritise urgent care to help keep our health services safe.

GPs continue to deliver services, but the reduction in the community services which support general practice – for example, treatment rooms, reduces GPs’ ability to deliver all the services that they would wish.

From Tuesday 11 January for four weeks, all local GP practices moved to a ‘managed suspension of services’ which means they will focus on the most urgent and time-critical care. This includes the assessment of people with respiratory or covid-19 symptoms, along with providing a range of other services.

Dr Linda Findlay, medical director, South Lanarkshire Health and Social Care Partnership, said: “GPs have been open throughout the pandemic and have been busier than ever. This change to GP practices will help us deal with the continuing challenges in community services and help reduce the pressure across the whole system, including our acute hospitals which are under sustained pressure.”

To read more, visit [www.nhslanarkshire.scot.nhs.uk/news-gps-move-urgent-care/](http://www.nhslanarkshire.scot.nhs.uk/news-gps-move-urgent-care/)



# Health and Wellbeing Ideas and Support

January 18, 2022



NHS Lanarkshire's Weight Management Service (LWMS) is supporting staff who wish to make healthier lifestyle changes.

Being physically active and eating a healthy balanced diet are important for not only our physical health, but also our emotional and mental health, therefore, LWMS has put together a range of enjoyable health and wellbeing ideas to support and empower you to lead a healthier lifestyle.

Ranging from [staff specific initiatives](#) such as online yoga, an e-bike loan and the cycle to work scheme, there is also a [range of support within Lanarkshire](#) that staff can reap the benefits of; including Weigh to Go, an online 12-week weight management programme, signposting every outdoor gym in Lanarkshire, health walks, healthy eating ideas and more!

Martin Webb, adult healthy weight – health improvement senior, LWMS, said: “New Year is a great opportunity to remind people that there is lots of support, resources and initiatives to make use of for anyone who chooses to make healthy lifestyle changes.

“Staff can take part by going along to a class, from home or outdoors, there is something suited to people of all ages as well as ideas the whole family can enjoy. And don't forget the social benefits too!

“The good news is, it doesn't need to involve rigorous workouts and lots of time in the gym. Small changes such as walking, adding more nutrition to our diets and any kind of physical activity including gardening, housework, parking your car further away all contribute – as long as it's something you like doing.”

[View all LWMS staff specific initiatives.](#)



[View all LWMS health and wellbeing initiatives.](#)



# Latest discounts from NHS Staff Benefits

January 19, 2022



Save £££s on some great deals both in-store and online, all especially negotiated for NHS staff. To find out more, or sign up to receive all the latest discounts, visit: [www.nhsstaffbenefits.co.uk](http://www.nhsstaffbenefits.co.uk)

Here are some of the latest deals from some fantastic brands.

- Dakota Hotels – exclusive 20 per cent discount off stylish accommodation

Dakota is a UK-based lifestyle brand with five locations known for their stylish hotels, bustling brasserie grills and upscale cocktail bars.

Dakota's story started with two boutique hotels on the outskirts of Edinburgh, in South Queensferry, and Glasgow, in Eurocentral. They have now expanded into prime city centre locations in Glasgow, Leeds and Manchester.

Their fully air conditioned bedrooms offer widescreen HDTVs with Sky packages, complimentary high speed WiFi and contemporary ensuite bathrooms with monsoon showers and bespoke toiletries. Their luxurious suites offer spacious living spaces, Nespresso coffee machines and complimentary stocked fridges.

The Grill offers an interesting, fresh, sophisticated menu with luxury service provided. While the stylish bar supplies an extensive cocktail list of classic and unique drinks, along with an impressive range of wines. People are at the heart of delivering the Dakota brand ethos to give guests a first class experience with great guest service being paramount.

NHS Staff Benefits members are being offered an exclusive increased discount of 20 per cent off accommodation bookings at their various locations.



To redeem the offer, use the promo code on the Staff Benefits site and click through to the Dakota Hotel website to find your desired location and book direct.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/exclusive-20-discount-off-stylish-accommodation>

- 10 per cent discount on ScotRail return off-peak and advance tickets

We know how hard NHS staff work and that time off is precious. So as a thank you for everything you do, ScotRail is delighted to offer all NHS employees a 10 per cent discount on return off-peak and advance tickets. The 10 per cent discount is valid for yourself plus three others when you all travel together.

ScotRail is looking forward to welcoming you on board. All that they ask is that you follow the current guidelines and wear a mask within stations and on board the train. You can find out more about what ScotRail is doing to keep passengers safe at [www.scotrail.co.uk](http://www.scotrail.co.uk).

To book tickets, click the 'Book Now' button and you will be taken to the booking page to select the dates you would like to travel. Valid fares will show with 'KEY10' next to them – the price shown includes the discount.

You can choose to pick the ticket up at a ticket machine, booking office or have it posted it out to you.

Once you have got your ticket, you can take the kids with you for £1 return with a 'Kids for a Quid' ticket. These tickets are valid on any off-peak service. You can buy this ticket from a station ticket office or on board the train if a ticket office is not available.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/10-discount-on-return-off-peak-and-advance-tickets>

- Get 10 per cent discount all year round at Loch Tay Highland Lodges

Loch Tay Highland Lodges – a breath of fresh air – from cottages and cabins to wigwams and domes, all set amidst breath-taking scenery in the foothills of Ben Lawers and the bonnie banks of Loch Tay.

Based within Perthshire, Loch Tay Highland Lodges offer a diverse and exciting range of accommodation. Available all year round for comfortable, peaceful, relaxing breaks and holidays in one of the most beautiful areas of Scotland.



NHS staff can receive 10 per cent off Loch Tay Highland Lodges using the code when booking online.

The 10 per cent discount can be taken at any time of the year, including school holidays and bank holidays, and can be taken across all of the accommodation types – from glamping pods to premium properties. (Not available at Christmas or New Year).

Please click through to visit the Loch Tay Highland Lodges website. When you get to 'your selected accommodation' page and price, enter the code into the 'Voucher code' box and remember to select 'Add Voucher Code'. Failure to click 'Add Voucher Code' will result in the discount not being applied.

Please note this site is family friendly and does not allow hen and/or stag parties or large noisy groups.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/get-10-discount-all-year-round-at-loch-tay-highland-lodges>

Don't want to miss new NHS exclusive deals, limited time offers or competitions? Follow NHS Staff Benefits on Instagram. Here, you will find all the new deals – so while you are browsing your feed or watching stories, you can stay in the know about the best of NHS Staff Benefits.

Follow on Instagram at <https://www.instagram.com/nhsstaffbenefits/>





# Linda exceeds her fundraising target for Maggie's Lanarkshire

January 19, 2022



Medical secretary Linda Lennon has raised a remarkable £1400 for Maggie's Lanarkshire, in recognition of the support she has received from the cancer caring charity.

On 18 December 2021 – to mark the one-year anniversary of her surgery – Linda, along with friends and relatives, took on the challenge of the 974m climb to the summit of Ben Dubh in Loch Lomond, to raise funds for the charity as a thank you for the support she has received since her initial diagnosis of breast cancer in September 2020.

Linda was determined to take on the hillwalk to celebrate her good health and worked hard in training throughout the winter, overcoming the difficulty of post-surgery fatigue and exhaustion to do so.

Linda, who is a member of the Salus occupational health team, said: "It's been a hard slog trying to get my fitness back, but I have my friends and family right by my side – my very own team of cheerleaders.

"Both my daughters and four friends joined me on the climb and lots of others supported my training. We put our hearts and souls into it despite the dark nights and cold mornings and our mascot Levi the labrador kept our spirits high."

Linda was delighted to raise the impressive sum for Maggie's Lanarkshire cancer caring centre, based at University Hospital Monklands, which provides emotional, practical and social support for people with cancer and their loved ones.

Linda added: "Others are not so fortunate to have such a robust support network and rely more so on the great work of charities like Maggie's. Their knowledge, experience and compassion were, and continue to be, an invaluable support to me. As a family, we are very





grateful. I also cannot thank the breast care teams at University Hospitals Wishaw and Hairmyres enough – their support has been fantastic.”

Linda, her two daughters and friends now plan to take on another munro, Ben Lomond, in the spring.

We wish them all the best in their endeavour.

Photograph: Linda (second right) is pictured with friends and relatives at the top of Ben Dubh



# New district nurses

January 20, 2022



Health and Social Care North Lanarkshire (HSCNL) has started welcoming its latest intake of district nurses.

Laura Henderson was the first to complete her training and be signed off as a district nurse. Supported by her mentor Marie McNulty, as well as practice assessors Marie Brown and Pauline Schoneville, Laura has now joined Louise McCrory's team.

Laura was a community staff nurse in Airdrie and undertook her training in Viewpark (Bellshill locality) for her training. She is continuing to work in Bellshill and now has her own caseload and team of staff nurses and a healthcare support worker.

She is joined by another of our new intake in the shape of Airdrie based Carla Ritchie, who has been supported by her team leader Alana Cunningham and mentor Gillian Dick. Carla was a staff nurse in Camglen and was encouraged to undertake the training by her then team leader Joanne McGregor.

Morag Anderson, associate nurse director, said: "We are delighted for, and so proud of, Laura and Carla for completing their district nurse training. It's great to welcome them both to their roles. I'm sure they will very quickly become very valued members of our district nurse team.

"Not only have they completed the district nurse programme, which is demanding in its own right, but they've accomplished this during, very possibly, the most challenging period the health and care sector has ever faced.

"Clearly Laura likes a real challenge as she also bought a house which required extensive remodelling at the same time!

"It's also amazing to see that Carla has been such an inspiration that her sister has now started district nurse training with us.



“We currently have three cohorts of 17 trainee district nurses and we look forward to them taking up their roles once they have qualified and completed their district nurse competency framework.

“It takes real dedication to qualify as a district nurse, however the rewards are more than worth it. Our district nurses play an incredibly important role looking after a large number of people spread across North Lanarkshire.

“I’m sure Laura, Cara and the rest of the group coming through will play a massive role in caring for, and improving the lives, of many local people over the coming years.”

Photo (L-R) Carla Ritchie and Laura Henderson



# NHS Lanarkshire Never Services Briefing – Update

January 20, 2022



NHS Lanarkshire is moving to protect essential services as pressure on health and social care services hits historic levels.

Our services across the whole system are experiencing more pressure than at any other point.

Under the circumstances the only way we can preserve our never services – the ones we would never wish to stop – is by making difficult decisions on prioritising the use of staff across health and social care.

A new group was set up as part of NHS Lanarkshire's strategic command structure to help identify solutions where a service does not have sufficient staff to continue without additional support.

This group has now made its recommendations, which include the redeployment of staff to other areas, in line with staff and manager redeployment guidance.

Where possible, departments across the organisation have highlighted a small number of staff who could be redeployed to support key services, while still enabling the department to continue to provide their never services.

Conversations have now taken place with staff across the organisation, who have volunteered to be redeployed into key areas to help relieve the pressure across the organisation.

These areas are: ward 11 at University Hospital Monklands, Hospital at Home and Home First.

By redeploying staff to these areas, it is hoped that we will be able to increase flow through the hospitals by facilitating the safe discharge of patients to their home.



We would like to thank staff for their flexibility during these difficult times.

We realise many of our patients and staff are suffering the effects of these pressures on a daily basis.

We understand the pressure of temporarily moving to an unfamiliar role and setting. We would like to take the opportunity to remind you of the health and wellbeing support that is available to all health and social care staff across Lanarkshire.

Information on the support that is available to you can be found on the 'Your Health Matters' web hub at <https://www.nhslanarkshire.scot.nhs.uk/your-health-matters/>

Our aim is return services to normal as soon as is possible. In the meantime, we are also working hard to address staffing shortfalls through recruitment and the staff bank.

The situation will continue to be monitored daily to ensure the actions we are taking allow us to preserve our never services during this period of pressure and recover at the earliest opportunity.

Thank you for your continuing professionalism and dedication during these challenging times.

**Linda Findlay,**  
**Medical Director, South Lanarkshire Health and Social Care Partnership,**  
**Chair of Silver Clinical Command Group**

**Kay Sandilands,**  
**Director of Human Resources, NHS Lanarkshire**  
**Chair of Silver Workforce Command Group**



# Approval for the Vision Anywhere system

January 21, 2022



NHS Lanarkshire's strategic command group has approved the use of the GP Vision system remote access software, 'Vision Anywhere' (VA). This will allow the user to remotely access a single GP practice's Vision system or multiple practices' systems, where practices agree to share their data for that purpose.

Fraser McLellan, head of digital, strategy and governance, said: "This is a great investment for NHS Lanarkshire and this software will be crucial for contingency purposes. It means that staff working in GP practices can access systems remotely, to ensure a continuity of service.

"This will build on the successful trial which ran in treatment rooms in the Hamilton locality from September 2021. It will also facilitate a technical solution to locality-based contingency arrangements, which will strengthen the current buddying contingency arrangements."

Further updates will be provided in future editions of The Pulse.

# VIP invite to Six Nations tournament – 5 February

January 21, 2022



One lucky member of NHS Lanarkshire staff will watch the Calcutta Cup match between Scotland and England at Murrayfield as a VIP guest of the Scottish Rugby Union (SRU) to thank the NHS for their efforts throughout the pandemic.

You can nominate a colleague by telling us in no more than 30 words why they deserve to attend. The winner and their chosen companion will be invited as SRU's guests to the match – Scotland's first of this year's Six Nations tournament – on 5 February (kick off 4.45pm).

You will have to be fast as nominations close at 4pm on Monday 24 January.

Please check in advance with your nominee that they would be available to attend on that day.

Email your nomination to [alison.mccutcheon@lanarkshire.scot.nhs.uk](mailto:alison.mccutcheon@lanarkshire.scot.nhs.uk)



# Video message from Heather Knox, NHS Lanarkshire chief executive

January 21, 2022



In this week's staff message, Heather speaks about the Covid-19 cases, with the acute inpatient numbers coming down, and the success of the booster vaccination programme in Lanarkshire.

Heather also welcomes colleagues from the Lanarkshire resilience partnership who are supporting the three acute hospitals over the coming weeks. Heather gives thanks to these colleagues and to our own staff who have agreed to being redeployed during these challenging times.

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

Vimeo – <https://vimeo.com/668667881>

YouTube – <https://youtu.be/b-0M0aE9CEY>





# Care at Home on careful footing to reintroduce full supports after most challenging period on record

January 24, 2022



A process has begun to carefully step out of contingency measures that were activated to safeguard vital supports for vulnerable people.

The measures were implemented during what has been one of the most challenging months ever for health and care services in South Lanarkshire.

At the turn of the year, health and care services across South Lanarkshire were faced with escalating pressures – and this was particularly pronounced among the Care at Home workforce. For that reason, South Lanarkshire Health and Social Care Partnership activated a range of pre-organised and temporary measures to prioritise community health and care provision for those people at most risk within local communities.

Soumen Sengupta, director of health and social care, explained that despite the pandemic continuing to present significant challenges, the South Lanarkshire Care at Home service is now in a position to carefully reintroduce its full range of supports for local people.

“In common with other areas in Scotland, our Care at Home service had to contend with extreme challenges over the festive period” said Mr Sengupta.

“The safety of those in our care and of our staff is my priority – and for that reason necessary and temporary changes were enacted so that we could continue to prioritise support to the most vulnerable in our communities.”



As pressures escalated in the festive period, Care at Home staff undertook an exercise to assess the needs and risks to each service user with existing care packages. Where temporary changes could safely be made, discussions then took place with the service user, their family or their friends.

Mr Sengupta added: "These short-term changes have been absolutely necessary to enable us to protect those most at risk in our communities.

"However, myself and my team have always been clear that we would look to step out of these contingency measures at the earliest opportunity that it was safe to do so.

"Having monitored the situation closely, we are now in a position to do this – and so I have made the decision to carefully reintroduce the full range of our care at home services. We are currently writing to all service users to inform them of our position.

"I completely appreciate how frustrating and worrying this time has been for many people. Myself and my colleagues very much appreciate everyone's patience and understanding.

"We are also extremely grateful to those families and friends who have helped care for service users for their ongoing support. We are committed to continuing to work with them as we navigate our way through the challenges we will face in the days and weeks ahead."

Mr Sengupta added: "Across our South Lanarkshire communities our dedicated staff continue to work around the clock – and they do this because they care. I thank them for their continued fortitude, their professionalism and their compassion.

"I would also like to thank all our local partners for their ongoing assistance throughout this period. The solidarity and support across our council and NHS services, our local voluntary organisations and our Lanarkshire Resilience Partnership has been overwhelming".

### **Accessing right care and the right time**

Anyone who needs emergency help should call 999. If it is not an emergency, call NHS 24 on 111.

There is help and advice on NHS Lanarkshire's website including [Ask the Expert](#) which offers a range of services that local healthcare professionals across Lanarkshire can provide. You can go directly to the right healthcare professional for the help you need when you need it, without having to see your GP first or face a lengthy wait in A&E.

The NHS Inform [website](#) also provides advice on self-care, NHS 24 can provide urgent health advice out-of-hours and your local pharmacy is the first port of call for minor ailments.



also help free up appointments for those who need them.



# Access Quit Your Way for support to quit smoking

January 25, 2022



We have partnered with NHS Greater Glasgow and Clyde and NHS Lothian to support anyone who wishes to quit smoking, including NHS Lanarkshire staff, by re-launching the 'Don't Wait' campaign.

The campaign features NHS respiratory consultant, Dr Colin Church, emphasising that it's never too late to see the benefits that come from quitting smoking, and encourages anyone who is thinking of quitting smoking or vaping to contact the free NHS stop smoking service, Quit Your Way. [Find out more about the campaign.](#)

The service is open Monday – Friday from 9.00am to 5.00pm, and is open to anyone who has any questions or requires support in relation to quitting smoking and vaping, as well as family members of people who smoke.

**NHS Lanarkshire staff member Linda, who quit smoking with Quit Your Way, said:** "I smoked for 31 years, and have tried on and off to quit for a few years. Previously when I had tried to quit smoking, I didn't have a support network like Quit Your Way, and this time I felt really positive that I could do it.

"The main change for me since I've quit is that I feel healthier, and my breathing is better and clearer, I also have more energy.

"I received my money tin from Quit Your Way and used this to put aside the money I would normally spend on cigarettes, I saved £330 in seven weeks, which I used to redecorate my bedroom. If I hadn't quit smoking, this would have taken me a lot longer to save the money.

"My nurse advisor, Anne is so lovely and has been so patient, she has also recommended different support ideas to help me."



Smoking remains a leading cause of preventable disease and premature death in Scotland, and this joint campaign between Scotland's three largest health boards focuses on the harms smoking can cause and the free NHS stop smoking services available to support residents who are ready to stub out the addiction.

**Dr Colin Church, NHS respiratory consultant and face of the campaign, said:** "Stopping smoking is one of the most important things that you can do to keep yourself healthy and reduce the chances of getting diseases such as coronary artery disease, lung cancer and chronic obstructive pulmonary disease (COPD).

"The health benefits from stopping smoking start almost as soon as you stop. I would urge anyone who smokes and is thinking about stopping to contact the NHS Stop Smoking Services – Quit Your Way to find out about the support available in their local area."

**Shirley Mitchell, senior health improvement manager – Quit Your Way, NHS Lanarkshire, commented:** "It's inspiring to see that people are looking to quit smoking, as we know nicotine is a powerful and addictive drug.

"Through partnership working, we will be in a much stronger position to raise awareness of this free NHS stop smoking service, especially at a time where many people who smoke may have made new year resolutions to quit.

"The service is available for anyone who smokes, as well as their family members and anyone who has queries in regards to stopping smoking.

"Giving up smoking is not something people have to do on their own and by getting the right support, it can increase their chances of quitting."

Smoking is linked to many illnesses and long-term conditions, substantially increasing the risk of heart disease, diabetes, emphysema, chronic bronchitis, stroke and cancer.

Quit Your Way is a free NHS stop smoking service. To find out more about the stop smoking services and to access support to quit, call the Quit Your Way helpline service on **0800 84 84 84** or visit [QuitYourWay.scot](https://www.quityourway.scot).

Quit Your Way can be contacted Monday – Friday from 9am until 5pm.

You can also visit your local **Community Pharmacy** for FREE stop smoking support.



# Home First approach sets down strong foundations for tomorrow's health and care delivery – today

January 26, 2022



More South Lanarkshire residents will soon benefit from innovative services that provide greater community-based care – and which will contribute to the reduction of unnecessary hospital stays.

Members of South Lanarkshire's Integration Joint Board (IJB) heard yesterday (25 January) about the action being taken to significantly extend the coverage of the 'Home First' approach across local communities.

Home First ensures that people can be cared for at home (or as close to home as possible), prevents avoidable admissions to hospital and, where hospital admission is necessary, supports timely discharge.

"During a time of need – such as ill health – most of us will want to be close to our loved ones, in familiar surroundings, within our communities" said Soumen Sengupta, director of health and care for South Lanarkshire.

"We also know that drawing on these connections with families and friends can improve recovery.

"This is the very essence of the Home First ethos – which also places a person's needs and wishes at the centre of all decision making."





As the partnership embarks on a careful process to move out of social care contingency measures that were activated to safeguard vital supports for vulnerable people during the festive period, members of the IJB heard how the principles of Home First underpinned the response to one of the most challenging periods on record.

Plans are in place to build further momentum around various practical steps that make Home First a reality in the longer term. This includes, for example, the continuation of vital work by the focused, multi-disciplinary Home First team who currently work closely with colleagues at University Hospital Hairmyres.

The Home First team's work plays a crucial role in the implementation of the planned date of discharge (PDD) programme, which aims to establish a clear date of when someone will go home (or to a community setting) – at the earliest possible stage during their stay in hospital. By providing a clear route-map through the hospital 'journey', PDD will contribute to reducing uncertainty and anxiety on the part of individuals and their carers/families.

Building on a well-established spirit of partnership working between all key agencies, over £4 million is now being invested to recruiting health and social care staff and so enable the further expansion of Home First across South Lanarkshire.

Mr Sengupta added: "Our staff work exceptionally hard – and challenge themselves – to do their best to ensure that people across South Lanarkshire receive the right care in the right place at the right time.

"That ambition has been significantly tested through the pandemic and across the last few months in particular.

"The significant investment in our Home First approach – with its accompanying expansion of our community workforce – will strengthen their and our ability to deliver transformed care as we move through 2022 and beyond."

Councillor John Bradley, Chair of the South Lanarkshire IJB, said: "Alongside coping with the unrelenting pressures of the pandemic, our staff and partners remain committed to developing and embracing leading edge models of care today – which are fit for all our tomorrows.

"The detailed work that has been and is being undertaken to scale up Home First is a testament to their tremendous fortitude and foresight – which can only be applauded."

Various practical steps that have been put in place during an initial, formal phase to deliver Home First approach include:



- The establishment of a small but focused multi-disciplinary Home First team in University Hospital Hairmyres dovetailing with the work of a hospital-based social work team.
- Funding is being used to consolidate the teams and create permanent backfill for those who were redeployed.
- Their work plays into the implementation of the planned date of discharge (PDD) programme, which aims to establish a clear date of when someone will go home (or to a community setting) – at the earliest possible stage during their stay in hospital. By providing a clear route-map through the hospital ‘journey’, PDD is geared to reducing any uncertainty and anxiety. The programme, which has also seen a substantial reduction in delayed discharge rates in the pilot phase, is now live in University Hospitals Wishaw, Monklands and Hairmyres. Members heard how the work on Lanarkshire is also acting as a national ‘pathfinder’ site exemplifying good practice. More information can be found at:

[https://www.slhscp.org.uk/news/article/194/when\\_can\\_i\\_go\\_home\\_partnership\\_hospital\\_prog](https://www.slhscp.org.uk/news/article/194/when_can_i_go_home_partnership_hospital_prog)

- In the community, additional nursing staff have been recruited to boost the capacity of the integrated community support teams (ICSTs) in South Lanarkshire. The ICST – made up of staff from NHS Lanarkshire and South Lanarkshire Council – aims to prevent unnecessary hospital or care home admissions and reduce the length of stay in hospital.
- A rolling programme to expand local Care at Home capacity through recruitment and retention of staff.

The full agenda pack for South Lanarkshire’s Integration Joint Board is available at:

[https://www.slhscp.org.uk/downloads/file/288/sl\\_ijb\\_meeting\\_papers\\_25\\_january\\_2022](https://www.slhscp.org.uk/downloads/file/288/sl_ijb_meeting_papers_25_january_2022)

Highlights from the South Lanarkshire Integration Joint Board (IJB) meeting held on 25 January can be found at:

[https://www.southlanarkshire.gov.uk/slhscp/downloads/file/292/sl\\_ijb\\_brief\\_jan\\_25](https://www.southlanarkshire.gov.uk/slhscp/downloads/file/292/sl_ijb_brief_jan_25)





# Ann Jane Garvie wins VIP invite to Six Nations tournament

January 27, 2022



Congratulations go to Ann Jane Garvie, charge nurse, forensic services, Iona Ward, Beckford Lodge, who was the winner of the VIP invite to the Six Nations tournament being held at Murrayfield on 5 February.

On winning, Ann Jane said: "I'm actually speechless for once. I'd like to thank Caroline for her kind nomination. I'm a real avid rugby fan and winning this invite as a special guest is something I could've only ever dreamed of."

Ann Jane was nominated by her colleague, senior charge nurse Caroline Watson, for her care and compassion within mental health services. Caroline said: "Ann Jane is considered to be one of the most reliable, caring and compassionate nurses within mental health services. She goes above and beyond to provide high standards of care to patients and, in particular, has supported many sporting activities for patients such as arranging for patients with severe mental health problems to attend football matches.

Caroline added: "Ann Jane has worked tirelessly throughout the pandemic and has provided excellent leadership, support and understanding to patients, carers and colleagues, while also dealing with significant family health issues and caring responsibilities and has not missed a single day of work. She really is a perfect example of someone who demonstrates the core values of NHS Lanarkshire."

Ann Jane, along with her brother James McManus, will be invited to watch the Calcutta Cup match between Scotland and England at Murrayfield on 5 February – Scotland's first of this year's Six Nations tournament – as VIP guests of the Scottish Rugby Union (SFU) as a thank you to the NHS for their efforts throughout the pandemic.





# Council and partnership colleagues supporting acute hospitals

January 27, 2022



NHS Lanarkshire is delighted to have the support of colleagues from North and South Lanarkshire councils to help staff across the three acute hospitals during these challenging times.

As pressures across the acute sites continues as a result of winter pressures, continued cases of the Omicron variant and workforce shortages caused by staff absences, NHS Lanarkshire is turning to council colleagues to help manage current workload over the next month.

A number of staff from the councils, third-sector partners and volunteers are also supporting Covid-19 testing and vaccination as well as providing Health and Social Care support.

NHS Lanarkshire chief executive Heather Knox said: "Our services across the whole system are experiencing more pressure than at any other point and the present demand on our hospitals is exceptional.

"The Omicron variant continues to have a negative impact on many of our health services and we continue to face staffing challenges across health services.

"We are delighted to welcome the support of council colleagues over the next month to help ensure our services can deliver effective patient care. We really appreciate their assistance as this time and I would also like to take this opportunity to thank our staff for their continuing hard work and dedication over this particularly busy time."



Ten staff from South Lanarkshire Council have completed training and have already started supporting on the wards at University Hospital Wishaw and University Hospital Hairmyres. A further 12 staff from North Lanarkshire Council will be deployed in University Hospital Monklands and Wishaw next week.

Organisational development colleagues and practice development unit colleagues have been instrumental in supporting the swift deployment of staff.

Jackie Baird, senior nurse at University Hospital Hairmyres, said:

“We are thrilled to welcome colleagues from the council as we face severe challenges this winter. We have had three council colleagues joining us yesterday with another couple starting Monday. They have hit the ground running and been such a big help already. All the current staff have received a big lift and we can’t say how grateful we are for their help at this time.

“The staff will be providing a general role in the wards, with tasks including supporting the movement of patients and equipment, engaging with patients, supporting the management of patients and visitors through the sites and general housekeeping duties that will support departmental staff in the provision of patient care.

“All deployed staff will be suitably trained and fully supported by existing staff on site.”

Des Murray, chief executive of North Lanarkshire Council said: “It’s clear that Covid-19 has placed enormous pressure on some of our most crucial services such as health and social care, as well as acute services at NHS Lanarkshire, which is enhancing its patient capacity at hospitals.

“Our staff have shown remarkable resilience throughout the pandemic to support other council services when needed and that willingness has already been extended to our partners over the last 18 months with many working to support the delivery of the vaccination programme. The proven success of that combined effort continues as a remarkable cohort of staff in facility support roles will assist in acute settings at NHS Lanarkshire sites.

“Our priority is that the people in our communities who are the most vulnerable continue to receive the urgent care that they need and that critical services can be accessed.”

South Lanarkshire Council chief executive Cleland Sneddon said: “One positive aspect of Covid-19 has been the way public sector organisations have worked together to strengthen the collective effort against the pandemic. There are numerous examples of this, as indeed there are of community groups and volunteers stepping up to play their part too.

“I am pleased that, in this particular case, South Lanarkshire Council and South Lanarkshire Leisure and Culture staff have volunteered to help our colleagues in the NHS continue to deliver



much-needed hospital services. They have received training for this and we will continue to give them the support they deserve for their selfless efforts.”



# Caroline aims for gold at 2022 Commonwealth Games

January 28, 2022



NHS Lanarkshire's senior improvement advisor Caroline Brown is hoping to win gold after being selected to represent team Scotland once again at this year's Commonwealth Games.

Caroline, who is based at Kirklands Headquarters, won silver alongside team-mates Kay Moran and Stacey McDougall in the women's triples final against Australia at Gold Coast 2018.

It was Scotland's first ever Commonwealth Games medal in the event and the first medal in women's lawn bowls since Melbourne 2006.

Caroline, from Motherwell, certainly isn't green on the greens, having competed at two previous Commonwealth Games. She said: "To win a Commonwealth Games medal was a dream come true. It goes to show with lots of hard work, determination, perseverance and continued support from my family, friends and support networks, great things can be achieved."

Having travelled to the other side of the world four years ago, having the Games in England this year will make a big difference but Caroline just hopes that restrictions will be lifted enough for supporters to attend.

Caroline said: "It's my fourth time and I'm really looking forward to it. Winning gold would be out of this world and that's everything as a player."

"Being closer to home, hopefully everything will be okay with restrictions and we can get more home support from Scotland. It would mean the world if we manage to win gold."

Caroline added: "My colleagues in NHS Lanarkshire have also been a fantastic support to me over the years, which is something I appreciate very much and I am always extremely grateful for."



Caroline's previous triumphs include a gold medal in the fours and a bronze medal in the triples at the 2012 World Championships. She is also a past singles winner at the World Indoor Championships and took silver at World Champion of Champions in 2011.



# Video message from Heather Knox, NHS Lanarkshire chief executive

January 28, 2022



In this week's staff message, Heather speaks about the Covid-19 cases in Lanarkshire and a recent online meeting with the Humza Yousaf MSP, Cabinet Secretary for Health and Social Care, and the MSPs for Lanarkshire.

Heather also speaks about the launch of the LGBT+ network which will take place on Tuesday 1 February. Chinese New Year is also Tuesday 1 February and Heather wishes all our staff who are celebrating a happy, healthy and prosperous Year of the Tiger.

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

Vimeo – <https://vimeo.com/671171906>

YouTube – <https://www.youtube.com/watch?v=XW8CD62Uxgk>





# Project bids sought to advance shared decision making with patients

January 31, 2022



Teams across NHS Lanarkshire are being asked to consider project bids for this year's Scottish Government's realistic medicine team's value improvement bids.

Given the ongoing pressures on our health services, there has been an extension to the original deadline to **5pm on Friday 11 February**.

Dr Babu Mukhopadhyay, consultant physician and endocrinologist and clinical lead on NHS Lanarkshire's realistic medicine team, commented: "Our teams are being encouraged to consider projects that would help with progressing shared decision making with our patients. Recognising the importance of two-way conversations with our patients, the bids could potentially include sourcing new equipment, creating new advanced processes or the appointment of staff who can help develop patient communications."

A slideshow showing the timescales is available on [FirstPort](http://firstport2/staff-support/knowledge-services/public-health/Staff%20Emails/VIF%20timeline%20for%20Dec%20bids%202021.pptx) at [http://firstport2/staff-support/knowledge-services/public-health/Staff Emails/VIF timeline for Dec bids 2021.pptx](http://firstport2/staff-support/knowledge-services/public-health/Staff%20Emails/VIF%20timeline%20for%20Dec%20bids%202021.pptx)

Please share with your teams.

Please email completed applications to [Karen.Morrow@lanarkshire.scot.nhs.uk](mailto:Karen.Morrow@lanarkshire.scot.nhs.uk) by **5pm on Friday 11 February**.

