

PULSE

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

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July 2022

Chief Executive staff message

July 1, 2022

Categories: Pulse, Pulse - General News



In this week's video, Heather speaks about a visit, accompanied by the Chair, to the vaccination centre at Eddlewood Public Hall (Hamilton) and Hunter Health Centre (East Kilbride).

Heather ends by giving an update on the Covid-19 cases in Lanarkshire.

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

- Vimeo – <https://vimeo.com/726050150>
- YouTube – https://youtu.be/uTokroJhc_4

Congratulations go to operational service manager Jeanette Brown on her retirement

July 5, 2022

Categories: Pulse, Pulse - For You

Tags: Jeanette Brown, Retirement



Congratulations go to Jeanette Brown, operational service manager, north-east sector and specialist children's health services unit, Houldsworth Centre, Wishaw who recently retired after 30 years' service.

In October 1992, Jeanette joined NHS Lanarkshire as a higher clerical officer based at Strathaven health centre before moving to Beckford Lodge in October 1993.

In September 1999, Jeanette became an administrator with the ending violence and aggression (EVA) service at the former Strathclyde Hospital in Motherwell.

It was in June 2001 when Jeanette first took up the role of operational service manager when she joined the paediatric service. She also took up this role with Wishaw locality and children's service; north-east unit and hosted services; Bellshill/Motherwell/Wishaw locality and hosted services and, finally, with north-east sector and specialist children's health services unit where she remained until her retirement.

In her spare time, Jeanette enjoys reading and spending time with her family. She is looking forward to more holidays when her husband Gordon retires in July.

Sharon Simpson, health and social work manager, said: "I'd like to pay a huge thank you to Jeanette for her 30 years of hard work, motivation and service in NHS Lanarkshire, particularly over the last 11 years within the north-east localities and children's services.

“We will miss Jeanette for all the support and advice she has provided to us over the years and wish her every happiness in the next phase of life’s journey.”

Chief Midwife thanks everyone involved in Tiny Lives

July 5, 2022

Categories: Pulse, Pulse - General News

Tags: maternity unit, neonatal unit, Tiny Lives, University Hospital Wishaw



The last episode in the latest series of Tiny Lives was broadcast on BBC One last night.

Speaking last night, our chief midwife, Cheryl Clark, thanked everyone involved in the production.

Cheryl said: “Tonight was the last episode of Tiny Lives series two and it has been an emotional rollercoaster.

“We wanted to film the series to show the community our neonatal unit, what it is like inside and how it operates. Mainly, we wanted to show what it is really like for a family when their baby is born pre-term.

“I would like to thank Red Sky Productions, all of the families and staff, and the public for watching the programme.”

Cheryl’s ‘thank you’ video can be accessed on Vimeo and YouTube using the links below:

- Vimeo – <https://vimeo.com/726981552>
- You Tube – <https://youtu.be/oKgoIMeniPg>

Tiny Lives is still available on BBC iPlayer –

<https://www.bbc.co.uk/iplayer/episodes/m000922v/tiny-lives>

Update to National Infection Prevention and Control Manual

July 6, 2022

Categories: Pulse, Pulse - Spotlight

Tags: infection prevention, IPC, IPC guidelines, NIPCM



Antimicrobial resistance and healthcare associated infection (ARHAI) Scotland has started the transition period to move away from Covid-19 specific guidance and revert back to the national infection prevention and control manual (NIPCM). The winter respiratory IPC addendum will only be available until Monday 11 July. Thereafter the relevant IPC guidelines contained within the addendum will transfer to the NIPCM. The information is detailed within a [transition graphic](#) and [transition document](#).

Public Health Scotland [pandemic guidance](#) is available via the Public Health Scotland website.

Senior nurse, infection prevention and control, Nicola Miller, stated: “This is a welcome return to the national infection prevention and control manual, which will allow us to return to patient-placement based on risk-assessment in conjunction with the application of routine standard infection control precautions and transmission based precautions.

“The NHS Lanarkshire IPC team will continue to drive quality and excellence in care using this more standardised approach that aligns with our core IPC activities and ensures patient safety remains paramount.”

To replace the winter respiratory IPC addendum there is the addition to the NIPCM of Appendix 22 – ‘Community infection’.

Prevention and control Covid-19 pandemic. This incorporates Covid-19 specific guidance for staff to continue to manage patients safely, including the extended use of face masks guidance that currently remains in effect within NHS Lanarkshire.

Senior nurse, infection prevention and control, Lee Macready, added: “The relaunch of the Public Health Scotland national infection prevention and control manual will enable NHS Lanarkshire to resume its business-as-usual activities safely and ensures that staff have clear and easy-to-follow guidance that should, once again, streamline and standardise practices as we continue to transition from the pandemic.”

The Public Health Scotland website provides pathogen specific information – go to [A-Z of pathogens](#).

NIPCM Index

- [About the Manual](#)
- [Responsibilities](#)
- [Chapter 1 – Standard Infection Control Precautions \(SICPs\)](#)
- [Chapter 2 – Transmission Based Precautions \(TBPs\)](#)
- [Chapter 3 – Healthcare Infection Incidents, Outbreaks and Data Exceedance](#)
- [Chapter 4 – Infection Control in the Built Environment and Decontamination](#)
- [Winter \(21/22\), Respiratory Infections in Health and Care Settings Infection Prevention and Control \(IPC\) Addendum](#)
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Meet Elsie, the NHS Lanarkshire mobile app for patient pre-operative assessment

July 6, 2022

Categories: Pulse, Pulse - General News

Tags: digital app, Project Elsie



We are leading the way on a new initiative for pre-operative assessment which is being rolled out across our three acute sites and moves from a face-to-face assessment in hospital to a brand new digital system.

Project Elsie has changed the way we assess patients before surgery. It allows patients to answer questions on their mobile device and delivers information about the hospital, anaesthesia, recovery, medicine and fasting alerts. It also has a messaging system for patients to contact clinicians, should they have any questions.

NHS Lanarkshire is the first health board in Scotland to use this system, which will improve the efficiency of the surgical pathway at a time when waiting lists are growing due to the challenges of the Covid-19 pandemic.

Patients without mobiles, or struggling to use the system, can either 'buddy' with a relative or friend or take part in telephone or video support, with their information still being digitised, allowing reminders, alerts and information to be delivered.

The new digital system is already being used in University Hospital Hairmyres and University Hospital Monklands with plans to introduce it to University Hospital Wishaw this month.

Information on the new app is available for staff and patients on our website at:

<https://www.nhslanarkshire.scot.nhs.uk/services/pre-operative-assessment/elsie/>

Latest discounts from NHS Staff Benefits

July 7, 2022

Categories: Pulse, Pulse - For You

Tags: staff benefits, staff discounts, staff offers



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

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

- **Save up to 10 percent off short breaks in the UK and Europe with Barrhead Travel**

Discover Barrhead Travel's range of exciting short holiday breaks at outstanding locations across the UK and Europe by visiting <https://www.barrheadtravel.co.uk/nhs/short-breaks>.

Alternatively, drop in for a chat with a Barrhead Travel consultant at one of their locations or telephone 0800 273 3708.

When visiting a Barrhead Travel store, let them know you are NHS staff to access 10 per cent off Barrhead Travel's own brand holidays and 6 per cent off ABTA tour operators and selected cruises. NHS staff also have access to Barrhead Travel's selection of pre-discounted short break offers, exclusive to NHS staff. You can call Barrhead Travel on 0330 094 8364 to speak to one of their advisors.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/save-up-to-10-off-short-breaks-in-the-uk-and-europe>

- **50 per cent off your first beauty box from LOOKFANTASTIC and get a free mystery box**

With a new theme each month, amazing products in every box, plus exclusive content and offers galore, a LOOKFANTASTIC beauty box will never be boring.

NHS Staff Benefits members can save 50 per cent off their first beauty box from LOOKFANTASTIC plus get a free mystery box.

Simply copy the exclusive voucher code, click through to their website and apply the code at the checkout stage when placing your order.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/50-off-your-first-beauty-box-from-lookfantastic-and-get-a-free-mystery-box>

- **15 per cent NHS discount off bookings at Ibis Styles – Glasgow locations**

Ibis Styles are offering NHS Staff Benefits members a 15 per cent discount on their best available accommodation rate when booking directly at their Ibis Styles Central and Ibis Styles Centre locations, Glasgow.

To secure the discount off your booking, contact your chosen hotel directly and quote the exclusive voucher code. You will be required to show proof of employment to validate the discount.

Contact details to book

Central Hotel: email hb1c4-re@accor.com or telephone- 0141 428 4477

George Square Hotel: email h9684-re@accor.com or telephone- 0141 428 3400

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/15-nhs-discount-off-bookings-at-ibis-styles-glasgow-locations>

Don't want to miss new NHS exclusive deals, limited time offers or competitions? Make sure you are signed up to the NHS Staff Benefits newsletter and follow on Instagram and Facebook. 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.

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Chief Executive staff message

July 8, 2022

Categories: Pulse, Pulse - General News

Tags: Chief Executive



In this week's video, Heather speaks about the NHS Lanarkshire Board meeting which approved a proposal to develop a long-term sustainable configuration for general surgical services.

Heather also highlights the increase in Covid-19 cases in the community and advises everyone to be careful and assess the risk associated with different social situations.

Finally, Heather mentions the end of the recent series of Tiny Lives and thanks everyone involved in the making of the programme.

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

- Vimeo – <https://vimeo.com/728131783>
- YouTube – <https://youtu.be/gkQ2SyjGzok>

NHS Charities Together funds five local projects

July 11, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Endowment Fund, NHS Charities Together



More than £300,000 of funding has been awarded to Lanarkshire Health Board Endowment Fund to help support five projects across Lanarkshire.

This welcome funding from NHS Charities Together will allow both North and South health and social care partnerships and third sector partners to support the long-term health and recovery of NHS staff, patients, community and volunteers impacted by Covid-19.

From support for the wellbeing of NHS Lanarkshire staff to growing sustainable food, the five project will benefit people across Lanarkshire and beyond.

The five projects are:

Project 1

Staff Long Covid Support

The project will support the recovery of those NHS Lanarkshire staff who report symptoms of long Covid, aiming to restore capacity for work and minimise any impairment caused by the symptoms of the condition.

Project 2

University Hospital Hairmyres Staff Courtyard Outside Rest Area

Construction of an outside staff rest area. University Hospital Hairmyres has a number of internal courtyards and, following risk, health and safety and fire safety assessments, one particular courtyard

has been identified as being suitable for development as a staff only space.

Project 3

Blantyre Specialist Care Hub

As part of an investment in a specialist care hub by NHS Lanarkshire and South Lanarkshire Council, we identified a need and demand from the local community for a complementary investment in provision of community supports to facilitate the wider population's recovery from Covid-19. Specifically, we have identified a need for new services and activities to be delivered in Blantyre which will empower local people to take control of their health and wellbeing.

Project 4

Green Health: Provision of Hospital Gardening

The aim of the 'green health' project is to continue to support and enhance six therapeutic gardening groups within community hospital sites across Lanarkshire: Kirklands, Coathill, Udston, Lady Home (partnership with local primary school), Hairmyres (wards 19 and 20), Airbles Road rehabilitation centre, and to support the development of a community garden in King George Vth Park, Wishaw.

The weekly gardening groups facilitate health and wellbeing benefits for hospital inpatients, outpatients and community volunteers, facing the greatest risk of health inequalities, as well as staff facing significant levels of stress throughout the pandemic.

We have identified a need to pivot to offering more support for patients recovering from Covid and this expansion of the hospital gardening project would enable us to meet the increased demand for therapeutic services from this cohort.

Project 5

University Hospital Wishaw: Therapeutic Garden for Patients

Create a large outdoor space for patients to socialise in line with Covid-19 guidance.

The Trustees of Lanarkshire Health Board Endowment Fund, said: "We are delighted that the bid to NHS Charities Together for funding to support five different projects has been successful.

"Each of these projects are supporting local communities and NHS staff recover from the pandemic after what has been the most challenging two years in the history of the NHS.

"NHS Charities Together recognised that each of these projects were offering support to sustain good health and wellbeing for NHS Lanarkshire staff and people across Lanarkshire.

Martin Hill, Chair of Lanarkshire Health Board Endowment Fund, added: “We are delighted that NHS Charities Together has provided us with funding totalling £308,000 to support five very different projects but all equally deserving of funding.”

Royal Edinburgh Military Tattoo thank NHS staff with special offer

July 12, 2022

Categories: Pulse, Pulse - For You

Tags: Edinburgh Tattoo, Royal Edinburgh Military Tattoo



This summer marks the triumphant return of the Royal Edinburgh Military Tattoo. Talented acts from across the world will take to the Edinburgh Castle esplanade this 5-27 August for the show, which this year is called 'Voices'. The show will be a celebration of expression and draws inspiration from people across the globe who, despite physical separation, continue to connect and share their voices creatively through spoken word, song, music and dance.

The Tattoo is committed to giving back to those who have shown their support to the event in the last few years. So, to say thank you to the heroic NHS and social services staff that have been supportive over the last two years, and to celebrate 74 years of the NHS, The Royal Edinburgh Military Tattoo is offering 25 per cent off tickets for NHS workers. This will be available on the first 1000 tickets sold from 5 July using the code NHS25.

Please note that the 25 per cent discount will apply to seat only tickets.

To claim your ticket, visit www.edintattoo.co.uk/tickets and use the code NHS25.

For details of the terms and conditions, visit: <https://www.edintattoo.co.uk/tickets-terms-and-conditions>

Activities during the school summer holidays in North Lanarkshire

July 12, 2022

Categories: Pulse, Pulse - Spotlight



Now that schools are out for summer, North Lanarkshire Council is running a variety of programmes for children and young people to take part in.

David Kennedy, health improvement senior, NHS Lanarkshire, said: “We’re thrilled to share all the local activities that children and young people can enjoy free within North Lanarkshire during the school holidays.

“North Lanarkshire Council’s Club 365 provides primary school children entitled to free school meals a packed, free programme full of fun activities.

“There are also other free programmes available for all children to take part in, listed below!

“The sun is shining, it’s the perfect time to get out and enjoy fun and healthy activities.”

North Lanarkshire Leisure – Free Programmes

Club 365

- Club 365 is open at weekends and school holidays in our communities for primary pupils who are entitled to free school meals. There is no need to book, children can just turn up on the day. Sessions run from 11.30am to 1.30pm. And it’s all free!

Street Soccer

- Street Soccer is for 9-16-year-olds and encourages young people to improve their health and well-being in their communities through football and will take place between 7pm and 9pm at the following venues – Youth Workers will be on site providing other activities, chat and support.

Friday and Saturday Night Project

- The Friday and Saturday Night Projects provide a fun and safe environment for young people (9-17/18 years) to socialise with friends and play a variety of sports. Each Friday and Saturday night, the centres will be closed to the public and available for young people in the community to enjoy a range of sporting activities including football, dance, badminton, basketball and swimming.

Smoking and mental health support, new report from ASH Scotland

July 12, 2022

Categories: Pulse, Pulse - General News



ASH Scotland is urging the Scottish Government to do more to tackle health inequalities by increasing specialist smoking cessation service support for the estimated 230,000 people who smoke in Scotland who are experiencing mental health problems.

The call comes as the health charity publishes its [**Closing the Inequality Gap: Smoking and Mental Health**](#) report which spotlights the current smoking prevalence for people experiencing mental health problems in Scotland's poorest communities is between 40 to 50 per cent, comparable to the country's general population smoking rates back in the mid-1970s. In contrast, the present smoking rate for people without mental health problems in Scotland's wealthiest areas is only four per cent.

With the Scottish Government refreshing its strategies to improve mental health and address tobacco control in the upcoming months, ASH Scotland says it is vitally important that both strategies prioritise improving the physical health of people with mental health problems by making connected commitments to support cessation and smoking prevention work among this priority group.

The charity wants the government to set a specific key performance indicator and regularly report to show progress of reducing smoking prevalence among people with mental health problems and the narrowing of the inequality gap with the general population smoking rate, which currently stands at 14 per cent.

Sheila Duffy, Chief Executive of ASH Scotland, said: “People with mental health or substance misuse issues smoke more, tend to be more addicted to nicotine and find it harder to quit than others in society, and our new report spotlights that there is a serious health inequalities gap which needs to be urgently addressed.

“Almost half of people with a mental health problem in our most deprived communities are people who smoke, and it is vital that they are supported and empowered to make informed decisions about quitting smoking to improve their health and wellbeing.

“There is a common misconception that smoking is a relaxant when such feelings are only temporary and soon give way to increased cravings and withdrawal symptoms like anxiety, depression and fatigue. Nicotine dependence is the main stress that is relieved so smoking can actually worsen the mental health of people who are already struggling.

“Despite people with mental health issues smoking disproportionately more, they are just as likely to want to quit as the rest of the general population – and the benefits of quitting can be considerable in providing relief from their symptoms as well as better physical health.

“Going forward, the Scottish Government must ensure that NHS boards are required and resourced to provide specialist person-centred smoking cessation advice to people with mental health problems, and performances are measured to demonstrate successes by those important services are being achieved.”

In its report, the charity highlights the good practice of NHS Lanarkshire whose Tobacco Control Strategy (2018-23) lists people with mental health problems as a priority group and there is a focus on reducing smoking in the most deprived communities. Specialist support is offered to anyone experiencing mental health issues who is ready to quit smoking, with dedicated advisers providing support and advice on nicotine replacement products. For people experiencing more severe mental health problems, a mental health nurse specialist works to support smoking cessation in both community and acute settings.

Data from Lanarkshire between 2018 and 2021 for people referred to a mental health nurse specialist shows that four-week and 12-week smoking quit rates are still lower than figures for the whole population using specialist services, suggesting a diminishing inequality gap. ASH Scotland says this information underlines the value of specialist cessation support for those with mental health problems and the charity wants smoking cessation data by mental health diagnosis to be routinely recorded and published by each health board.

Sharon Rankine, mental health nurse specialist, NHS Lanarkshire, said: “Stopping smoking is associated with improved mental health and overall wellbeing. Many people with a mental health diagnosis have successfully quit smoking with the help of our specialist service.

“It is often believed that the withdrawal from nicotine has a negative impact on mental health, however, the results are the opposite. Those who have successfully quit, regularly report improved self-esteem and confidence.

“People living with mental health conditions are just as motivated to quit as the rest of the population who smoke and stopping can lead to an improvement in mental health for those with depression, anxiety and stress as well as an overall better quality of life. Quitting smoking is achievable, and our specialist support is available when you’re ready.”

Liam Walker, 47 from Airdrie, who successfully quit smoking after using NHS

Lanarkshire’s specialist service, said: “I had help from the Quit Your Way mental health nurses to support me to stop smoking. They gave me help and information which I found really clear, given I have some learning disabilities. I was provided nicotine gum, which was a great support. I have now stopped smoking and I am doing really well.

“My mental health was really bad. It was hard not to think of smoking when I first stopped but the nicotine gum helped with my cravings and my mental health has really improved since I quit. I feel much healthier and I’m saving so much money too.”

View ASH Scotland’s [**Closing the Inequality Gap: Smoking and Mental Health**](#) report.

NHS Lanarkshire’s **Quit Your Way service** can be contacted Monday – Friday from 9am until 5pm.

To find out about the stop smoking services and to access the best support to quit in your area call the **Quit Your Way helpline service on 0800 84 84 84** or visit [**QuitYourWay.scot**](https://www.quityourway.scot).

You can also visit your local **Community Pharmacy** for FREE stop smoking support. Find your [**nearest community pharmacy**](#).

Latest discounts from NHS Staff Benefits

July 14, 2022

Categories: Pulse, Pulse - For You

Tags: staff benefits, staff discounts, staff offers



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

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

- **20 per cent off hotel stays at Peebles Hydro**

Peebles Hydro offers a beautiful setting in gardens, in the border town of Peebles. This charming, historic hotel features an indoor swimming pool, a spa, a gym and restaurant.

NHS Staff Benefits members can book a stay in the hotel and receive a 20 per cent discount off the booking.

To access the offer, copy the exclusive voucher code and use it at the booking stage. The offer excludes the festive period and is subject to availability. The rate is also subject to availability and only available for NHS personnel.

For more information, visit: <https://www.nhsstaffbenefits.co.uk/deal/20-off-hotel-stays-at-peebles-hydro-nhs-discount-code>

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

Save up to £300 off your 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 the unique discount code and add it to the checkout once you have made your selection. It needs to go into the section labelled 'Got A Voucher?'.

You can claim up to five discounts.

For more information, including terms and conditions, visit:

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

- **NHS staff can claim a four-recipe £1 trial box**

Bored of your mid-week meals? Well SimplyCook has provided all NHS staff with some delicious recipes for just £1 for four kits.

SimplyCook delivers authentic herbs, spice blends, pastes, marinades, garnishes and sauces that pack a flavour punch. They blend up to 23 individual ingredients in each flavour pot to deliver the perfect combination of flavours in every meal you will cook. SimplyCook makes recipe books and ready-made jars of sauce a thing of the past. Their exciting recipes only require 4-6 fresh ingredients that are easy to find in your local store. What is more, the recipes can be cooked from scratch, in around 20 minutes.

With over 100 recipes in the range, there is something for everyone including great summer dishes and BBQ ideas. From lamb kofta flatbreads, indian spiced lamb burgers and a great grilled halloumi salad.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/nhs-staff-can-claim-a-4-recipe-1-trial-box>

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Palliative care nurse specialist Eleanor Grant accepts George Cross on behalf NHS in Scotland

July 15, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Eleanor Grant, George Cross



This week Eleanor Grant, our palliative care nurse specialist at University Hospital Wishaw, accepted the George Cross from Her Majesty The Queen on behalf of the NHS in Scotland. Eleanor was named Nurse of the Year at the Scottish Health Awards 2021. She embodies the great honour and deep pride we all have in caring for the people of Lanarkshire.

Her Majesty The Queen presented the George Cross to the NHS for 74 years of dedicated service.

The award for heroism was accepted by representatives of the NHS from Scotland, England, Wales and Northern Ireland in an audience at Windsor Castle.

It is only the third time in the award's 82-year history that the honour has been presented to an organisation and follows the efforts of health and social care workers across the country during the Covid-19 pandemic.

Accepting the award on behalf of the health service in Scotland was NHS Scotland chief executive Caroline Lamb and Eleanor Grant.

Ms Lamb said: "We wouldn't be where we are today without our health services. NHS and social care staff have cared for all of us on the frontline of the pandemic.

"Thanks to their dedication and duty our NHS has saved countless lives and the George Cross is a symbol of the country's gratitude. I know that the rest of Scotland will join me in paying tribute and

giving thanks for everything the NHS and wider social care has done for us not only during the pandemic, but since its formation in 1948.

“The NHS is only the third entity to receive the George Cross and I am truly honoured. This award goes beyond the commitment and personal sacrifices staff have made over the past two-and-a-half years. It reflects the wider admiration and gratitude we all have for the NHS.

“I’d like to take this opportunity to thank everyone working across the health and social care sector for everything they have done, and continue to do, to care for us all.”

Eleanor has been a nurse for 35 years, working in St Andrew’s Hospice before re-joining the NHS to provide hospital patients with palliative and end-of-life care.

Eleanor said: “I’m absolutely thrilled to accept this award on behalf of my colleagues across health and social care in Scotland. It’s an honour and a privilege.

“For me, Covid-19 has changed how I work. When patients were unable to have loved ones with them in their final moments, it was for me to be there. We all pulled together in the toughest of times and did what we had to do.

“The George Cross is sometimes awarded to individuals involved in the military and it feels quite fitting for this recognition to be given to the NHS as the early days of the pandemic did feel like a battle.”

Picture: Caroline Lamb, chief executive, NHS Scotland and Eleanor Grant accepting the George Cross

Weekly message from Heather Knox, NHS Lanarkshire chief executive

July 15, 2022

Categories: Pulse, Pulse - General News

Tags: Chief Executive, Heather Knox, weekly message



In this week's video, Heather speaks about the current Covid-19 cases and capacity issues across our services and thanks all staff for their continued efforts.

Heather also pays tribute to Eleanor Grant, palliative care nurse specialist at University Hospital in Wishaw, who this week attended a meeting with Her Majesty The Queen and Prince Charles to accept the George Cross on behalf of NHS Scotland.

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

Vimeo – <https://vimeo.com/730266189>

Youtube – <https://youtu.be/OoYVxpMzMak>

New University Hospital Monklands – flash report July 2022

July 18, 2022

Categories: Pulse, Pulse - General News

Tags: flash report, July, Monklands Hospital, Monklands Replacement Project, MRP, new Monklands, University Hospital Monklands



Here's an update on the latest developments in some of the workstreams for the [Monklands Replacement Project](#) (MRP) – our exciting vision for a new University Hospital Monklands at Wester Moffat, Airdrie.

Workforce



Workforce lead Laura Ireland said: “The workforce planning sub-group had further discussion to finalise its terms of reference and heard about development of indicative workforce figures for staff groups.

“Healthcare Improvement Scotland are to assist with the analysis of our recent single patient rooms observation study, which was designed to help us measure workload across all job roles.”

Service planning

“We have been working with clinical teams and planning colleagues to understand the use of Attend Anywhere video consultations and the opportunities for service improvement,” said redesign assistant Lesley Aitken.

“We’ll be liaising with therapy services to scope the transition to the MRP model. There are also plans to work with pharmacy colleagues on a ‘test of change’ on the storage of medicines.”



Digital

“Work has continued on the digital innovations register, for awareness of new technology opportunities, and the ‘information management security’ workstream is developing its strategy,” explained digital lead Maureen McGinn.

“We will be a key stakeholder in the refresh of NHS Lanarkshire’s digital strategy. There will be further meetings with [NHS Scotland Assure](#) – the national service established to assess the quality and management of healthcare construction projects – which is supporting the MRP’s digital ambitions.”

Equipment



Equipment manager Helen Tomlinson said: “The equipment sub-group is continuing to update its work plan. We’re also updating the ‘equipment responsibilities matrix’, which is initially focused on specialist equipment.

“Plans are being developed to look at equipment storage and there will be workshops with NHS Scotland Assure’s equipping colleagues to agree principles and share lessons learned.”

Monklands Engagement Forum (MEF)

“The MEF, which involves community representatives, set up an action tracker and discussed topics including communications & engagement opportunities,” said communications & engagement officer Bob Smyth.

“The forum will continue to provide feedback as the outline business case develops, including on key issues such as the plans for travel and transport to the new site.”



Other news

- We're delighted to welcome new team member Alison Bell, who has joined us as PA to project director Graeme Reid.

For full information on the Monklands Replacement Project, including latest updates, visuals, frequently asked questions and previous flash reports, visit the MRP webpage

www.monklands.scot.nhs.uk.

Flash reports are also included as an infographic in the staff briefing and published on the MRP webpage.

Hitting the media headlines – a monthly round-up

July 18, 2022

Categories: Pulse, Pulse - Spotlight

Tags: media coverage, media highlights



NHS Lanarkshire has featured on a variety of media outlets recently – here are the highlights.

Media coverage: The Queen has awarded the George Cross medal to the NHS as recognition of its ‘courage, compassion and dedication’ during the pandemic.

Eleanor Grant, palliative care nurse specialist from University Hospital Wishaw, received the award at Windsor Castle along with Caroline Lamb, chief executive of NHS Scotland. The George Cross medal is the highest award bestowed by the British government for ‘acts of the greatest heroism’. This is only the third time the honour has been presented to an organisation. The story has generated lots of media coverage, being featured in news reports such as BBC News

(<https://www.bbc.co.uk/news/uk-62136262>) and the Scottish Government website (<https://www.gov.scot/news/nhs-receives-george-cross/>).

National Broadcast: The national broadcast of ‘Tiny Lives’ on the BBC received a great response from the public. The programme featured the maternity unit at University Hospital Wishaw and explores the hard work and compassion from staff as they care for the most vulnerable babies.

Watch Tiny Lives on BBC iPlayer:

<https://www.bbc.co.uk/iplayer/episodes/m000922v/tiny-lives>

Health Awareness: Scottish Breastfeeding Awareness Week took place during June, including the breastfeeding conference attended by many of our key partners. This provided an opportunity to celebrate the work being done to support, protect and promote breastfeeding in Scotland, as statistics show that rates of long-term breastfeeding in the region are on the rise.

Read the breastfeeding release here: <https://www.nhslanarkshire.scot.nhs.uk/news-breastfeeding-week-2022/>

Thanks to everyone who has been involved in working with our communications team to deliver these stories.

If you have a story for the team, please email media@lanarkshire.scot.nhs.uk

Out of hours service is for urgent care only

July 19, 2022

Categories: Pulse, Pulse - General News

Tags: out of hours



The Lanarkshire public are reminded that NHS Lanarkshire's primary care out of hours service is for urgent care only, as experience indicates that many patients call with minor or non-urgent problems.

Almost 200,000 calls came into the service between the start of 2020 and end of May 2022, with 45% handled as advice calls, over a third (38%) resulting in patients being seen at the primary care centre and 8% of calls resulting in home visits.

When your GP surgery is closed and you are too ill to wait, you can access NHS Lanarkshire out of hours service by calling NHS 24 on 111.

Dr Iain Hathorn, NHS Lanarkshire's clinical director in primary care, said:

“Experience within the service shows that many of the calls into the service are for minor or non-urgent problems and many of these patients could have turned to a more appropriate place for help.

“Please help us help you get the right care at the right time to ensure that those who need to use the service for urgent care are prioritised.

“We understand that when someone has an illness or minor ailment they want help as soon as possible. We would like to remind the public that this is an urgent care service. There is no direct access for the patient and it's not a walk-in service.

“Unless a patient's condition is life threatening or critical they should seek advice for the appropriate healthcare support by ringing NHS 24 on 111 day or night. They will be able to direct people to the right NHS service, including the out of hours service where appropriate.

“There are a number of options that people can turn to for healthcare with a range of help and advice on NHS Lanarkshire’s website including [Meet the Experts](#) which offers a range of services that local healthcare professionals across Lanarkshire can provide.

“The NHS inform [website](#) also provides advice on self-care and your local pharmacy is the first port of call for minor ailments. This can also help free up appointments for those who need them with our out of hours service.

“The last couple of years have been extremely busy and the high volume of calls are testament to the excellent hard work and teamwork across the out of hours service. As the figures show, calls are triaged to ensure the patient receives the best form of care, whether that be over the phone, at home or face-to-face at the primary care centre.

“The service has evolved and adapted as a result of the pandemic. The GPs, advanced nurse practitioners and nurse practitioners all work together to ensure patients are seen and treated in a timely manner. There is also a psychiatric nursing liaison service which deals with all adult mental health calls to the service.

“Around about 10 per cent of our referrals comes from professional to professional calls from district nursing, ambulance service and community pharmacy among others.”

One role that has evolved is the paediatric nurse practitioner role which has proven vital due to the high number of under-16s who are seen by the service.

Jane McDonald, NHS Lanarkshire out of hours senior charge nurse, said: “My role is to see, treat and discharge the paediatric patients who come in. Under 16s account for about 40 per cent of our patient group.

“They are sent to us from NHS 24 and are initially assessed by our clinical support workers before coming to me for an assessment and then either send them home with treatment or onto our other acute colleagues.

“There is always support and someone to ask for second opinions or support. It is a good team feeling in the workplace.”

The advanced nurse practitioners (ANP) works closely with the GPs and covers face-to-face consultations in the primary care centre, home visiting and telephone reviews. They also have a role in mentoring trainee ANPs.

Laura Lawson recently qualified as an advanced nurse practitioner within the team.

Laura said: "I've been part of the out of hours team now for four years. I started as a nurse practitioner, completed my training for my prescribing and advanced assessment and then took role of trainee ANP, starting in the January just before Covid. I completed my training over past two years and qualified earlier this year as an ANP.

"We are very close knit and it is a great team to be part of. One of the things I like about being here is the GPs are very supportive, you can ask for help, they take you through your training and they become your mentor. You are assigned a GP and they help you through your training, so you have someone to turn to if you are needing help or support which is really good."

Dr Mike Coates appointed as primary care out of hours clinical director

July 20, 2022

Categories: Pulse, Pulse - Spotlight

Tags: mike coates, out of hours



Dr Mike Coates is NHS Lanarkshire's new clinical director for its primary care out of hours service.

He said: "I am delighted to be the primary care out of hours service's new clinical director. I have worked within the service since 2016 and have formed strong working relationships with all those involved.

"We are a hard-working and dedicated multi-disciplinary team, and I feel privileged to be taking up an extended role as we continue to develop as an integral part of NHS Lanarkshire's whole system.

"I have been a vocational trainer and a mentor for colleagues undertaking training in non-medical prescribing. I am a great advocate of trauma informed care and am a qualified trainer for the Solihull Approach. I also sign Makaton."

Soumen Sengupta, director of health and social care for South Lanarkshire, has executive responsibility for the primary care out of hours service.

"The primary care out of hours service is a key part of our Lanarkshire-wide urgent care arrangements. The service has evolved in response to ongoing high levels of demand and the learning gained through the pandemic. This is to the credit of our committed team and the leadership of their outgoing clinical director, Dr Iain Hathorn," said Soumen.

“Mike brings a wealth of experience throughout his many years within NHS Lanarkshire, and we are delighted to welcome him into his new leadership role.”

Mike graduated in 1999 from University of Glasgow and qualified as a GP in 2004. He has worked exclusively within NHS Lanarkshire ever since, first of all in general practice for 12 years. As well as being part of the primary care out of hours team for the last six years, Mike has also taken on roles in the drugs and alcohol service and the NHS Lanarkshire flow navigation centre.

Mike is also the deputy clinical lead for realistic medicine and has special interests in communication, medical education and helping patients with additional support needs.

In his spare time, Mike enjoys spending time with family and has a passion for motorsports and graphic novels.

New international recruitment appointment

July 21, 2022

Categories: Pulse, Pulse - Spotlight

Tags: international recruitment manager, Yoma Oweh



We wish a warm welcome to our new international recruitment manager, Yoma Oweh. Yoma joins NHS Lanarkshire as part of our continued efforts to support the recruitment of hard to fill roles.

Prior to joining NHS Lanarkshire, Yoma worked with the Scottish Fire and Rescue Service and NHS Lothian as well as NHS Education for Scotland.

Yoma said: “I joined NHS Lanarkshire to help make a difference in the health and care of people living and working in Lanarkshire and to provide support – in my role as international recruitment manager – to ensure that our hospitals and health centres are adequately staffed.”

It has been a busy time for Yoma since she joined us, with the first group of internationally recruited nurses having recently arrived from India.

Eight experienced nurses have joined University Hospital Wishaw to work in a variety of different departments including paediatrics, perioperative, care of the elderly and the emergency department.

Yoma said: “The nurses have just arrived in Scotland and we are currently going through the induction process. We have a ‘buddy system’ in place partnering our current and new nurses. Our pastoral care team are also involved, offering support to help the new nurses settle in.

“We will be doing everything can to make them feel at home over the coming weeks and months.”

The next group of nurses will join University Hospital Monklands later this month before some new medical staff arrive in August.

The key aim for the rest of this year will be to establish the international recruitment unit, with a view to expanding overseas recruitment across more NHS Lanarkshire health and care job families. Discussions are currently taking place with the Scottish Government to decide on the recruitment numbers for the next project, which will aim to support departments in recruiting too hard to fill roles.

Yoma added: “It’s great to be part of a multifaceted team that is working together to support and facilitate in the recruitment of health care workers from overseas to fill our vacancies and hard to fill roles. I look forward to organising the recruitment activities that are required to bring in overseas health care workers and getting to meet them as they arrive in the country to work with us.

There is dedicated support from the nursing, midwifery and allied health professional (NMAHP) practice development centre to support and enable a smooth transition for the nurses to gain registration with the Nursing and Midwifery Council (NMC) and provide support in clinical practice.

Practice development practitioners, Rebecca Brew and Alex Gray, are supporting all our international recruits.

Dedicated webpage offers essential wellbeing guide

July 21, 2022

Categories: Pulse, Pulse - General News

Tags: Caroline Martin, health and social care partnership, wellbeing guide, wellbeing support



All care home staff in Lanarkshire are being reminded of a [dedicated webpage](#) that has been developed, offering an essential guide for wellbeing support. The site has been devised by Lanarkshire's multi-agency care home staff wellbeing group – and materials based on the feedback from care home staff.

Caroline Martin, NHS Lanarkshire senior nurse, who co-chairs the group, said: “We strive to tailor supports to what will make a difference. We staged a recent wellbeing survey of staff and despite their ongoing effort commitment and compassion, we know things can be tough.

Caroline added: “We’d like to thank all those who participated. The results of the survey are being carefully considered and views taken on board to informing future support. We also hope it will be of comfort to know there’s a raft of support currently available.

“It was highlighted in the past that it could be challenging to know where to find wellbeing information. Since then, our group has focussed on developing and sharing meaningful help and support information, from wallet cards with helpline support, a series of information videos and a series of special edition newsletters.

“We are aware of how busy care home staff are. The collation of these supports in one webpage means staff who perhaps missed some of the updates, or would like to revisit the tips and guidance, can find them all in one accessible place.”

The group is made up of care home staff, representatives from North and South Lanarkshire health and social care partnerships, NHS Lanarkshire and the Scottish care/care home sector. Its aim is to

ensure that staff are supported, from simple wellbeing provision, to those who require mental health assessment and intervention.

A short film has also been produced to explain the group's work:

<https://vimeo.com/698545516/a45f856be4>

Dr Phil Smith, NHS Lanarkshire clinical psychologist, said: “Staff have also consistently told us that the support they access and value the most is from each other. The power of having someone who ‘gets it’ cannot be underestimated.”

“Where necessary, we aim to support staff to continue to be there for each other, sharing ideas and ensuring they have access to information and resources such as our [psychological first aid module](#). It's also important they know where to reach out to for help when it's needed. This web page adds to the support and signposts available.”

Care home staff wellbeing group needs you

If any member of the care home workforce would like to join the wellbeing group, or share their thoughts, please get in touch. Please email caroline.martin@lanarkshire.scot.nhs.uk

Latest discounts from NHS Staff Benefits

July 21, 2022

Categories: Pulse, Pulse - For You

Tags: staff benefits, staff discounts, staff offers



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

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

- **25 per cent off single trip travel insurance policies with Start Travel**

Business or pleasure, cover your trips with affordable and dependable travel insurance from Start Travel.

With travel insurance policies from Start Travel, you can benefit from:

- up to £15 million medical and repatriation cover;
- up to £5,000 cancellation cover;
- up to £2,500 personal effects and possession cover;
- professional 24/7 medical helpline;
- no excess on 5-star packages.

NHS Staff Benefits members can save 25 per cent off single trip travel insurance policies with Start Travel. Simply copy the exclusive voucher code, click through to the Stuart Travel website and apply the code in the 'promo code' box when purchasing.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/25-off-single-trip-travel-insurance-policies->

with-start-travel

▪ **Get 10 per cent off products at Face the Future with NHS discount**

Face the Future is the go-to beauty destination if you are looking for skin and self-care for every version of you.

Through real experience and knowledge, Face the Future provides support and advice for your lifelong self-care journey. Whether you are a Skintellectual or new to the skincare game, their team of experts, practitioners and customer advisors are available to give you advice for life.

Face the Future also stock industry-leading haircare and cosmetics brands to offer you the ultimate destination for all your self-care and beauty needs.

Simply copy the exclusive voucher code and apply the code at the checkout stage when placing your order.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/get-10-off-face-the-future-products-with-nhs-discount>

▪ **Get up to 15 per cent off Field Doctor meal**

Field Doctor create meals to feed your health.

Dietitian-designed by its in-house dietitian Sasha and chef made by Michelin-trained Matt and his team in its Somerset kitchen. The award-winning meals are frozen to lock in the goodness and flavour and delivered direct to people's doors.

Field Doctor also have the UK's first certified low FODMAP ready meals range and are often recommended by dieticians to people who suffer with certain health conditions like IBCCS.

- All meals are dietitian-designed with health front of mind;
- Chef-made in its Somerset kitchen;
- Planet friendly with sustainably sourced ingredients and vegan ranges delivered straight to your door;

NHS Staff Benefits members are being offered up to 15 per cent off Field Doctor meals. Simply use the discount code FDNHSSB15OFF to get 15 per cent off your first subscription (cancel anytime) or FDNHSSB10OFF to get 10 per cent off any order.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/get-up-to-15-off-field-doctor-meals>

Don't want to miss new NHS exclusive deals, limited time offers or competitions? Make sure you are signed up to the NHS Staff Benefits newsletter and follow on Instagram and Facebook. 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/> or visit Facebook at <https://www.facebook.com/NHSSB/>

Weekly message from Heather Knox, chief executive

July 22, 2022

Categories: Pulse, Pulse - For You

Tags: Chief Executive, Heather Knox, weekly message



In this week's video, Heather thanks staff for their ongoing efforts this week during the exceptionally hot weather.

Heather speaks about the current Covid cases which are trending down, with an expected further decline over the coming weeks. Heather advises that we are on track with plans for the implementation of general surgical services from 1 August.

Finally, Heather speaks about the autumn vaccination programme which will see frontline and care home staff receiving their vaccinations, as well as those aged over 50 and people in clinically vulnerable groups.

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

<https://vimeo.com/731764824>

<https://youtu.be/K5vwLilmbDw>

New partnership between BASCD and Faculty of Public Health

July 25, 2022

Categories: Pulse, Pulse - General News

Tags: Albert Yeung, BASCD, dental public health, dentistry, Faculty of Public Health, FPH



The British Association for the Study of Community Dentistry (BASCD) is delighted to have partnered with the Faculty of Public Health (FPH) and act as the special interest group for oral health. BASCD is focused on oral health improvement, epidemiology, teaching and training, research, dental services, member resources and the provision of member conferences and meetings.

The FPH is a membership organisation for nearly 4,000 public health professionals across the UK and around the world. Its role is to improve the health and wellbeing of local communities and national populations.

Dental public health specialists and oral health promotion practitioners contribute to the broader public health workforce, which is included within the FPH workforce strategy. The FPH has advocated on oral health issues over a number of years. Dr Dympna Edwards, a dental public health consultant from North-West England, has served as a board member of the FPH.

The partnership was recognised by the cutting of a celebratory cake by the presidents of both associations during the BASCD summer scientific meeting held in Glasgow in June. The cake was presented by BASCD in recognition of the partnership to honour the 50th anniversary of the FPH.

The BASCD conference theme was 'Build Back Better: Inclusion, Integration and Innovation' and included a keynote address from Professor Maggie Rae, president of the FPH, following Albert Yeung's presidential speech.

Albert Yeung, the new president of BASCD, also presented Professor Maggie Rae with a glass award to commemorate the anniversary. Upon receiving the glass award, Professor Maggie Rae said: "What

a privilege to be with you all today to pay tribute to BASCD's work in the public health family.

“I want to pay tribute to both Albert and Maria Morgan (past president of BASCD) for their long-standing contribution to the FPH and the way in which they have worked with the faculty over many years. We are delighted to be partners with BASCD.”

Picture: Albert Yeung and Professor Maggie Rae during the BASCD summer scientific meeting held in Glasgow

Albert Yeung becomes new president of BASCD

July 25, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Albert Yeung, BASCD, president



Albert Yeung, consultant in dental public health at NHS Lanarkshire, was recently inaugurated as president of the British Association for the Study of Community Dentistry (BASCD). The presidency was passed over from Maria Morgan, former senior lecturer in dental public health at Cardiff University, who successfully served as BASCD president between 2020 and 2022 during the Covid pandemic.

BASCD is the UK's professional association for the science, philosophy and practice of promoting the oral health of populations and groups in society with a specific emphasis on preventing and controlling oral diseases and conditions.

Originally from Hong Kong, Albert studied dentistry at the University of Glasgow and graduated in 1989. He has a diverse background of experience working in dentistry in the UK, including general dental practice, hospitals, community dental service and teaching in dental schools.

Albert was sworn in as president during the BASCD summer scientific meeting which was held in Glasgow in June.

This was BASCD's first in-person conference since 2019 and attracted a wide range of delegates from across the UK with the theme 'Build Back Better: Inclusion, Integration and Innovation'. The conference programme included a keynote address from Professor Maggie Rae, president of the Faculty of Public Health (FPH). This follows the recent partnership between BASCD and the FPH, with BASCD acting as the special interest group for oral health. The social programme included a mix of Chinese and Scottish traditions such as Chinese dancing, a bagpiper, highland dancing and a ceilidh band.

Albert said: “I’d like to thank the BASCD family for trusting me to be their president for 2022/23. It is a huge honour and I look forward to serving as the BASCD president in the coming year and onwards.”

The BASCD autumn scientific meeting will be held in London on 10 November. For more information on BASCD conferences and events, visit: www.bascd.org/conferences-and-events/meetings-and-events-calendar

Picture: Albert Yeung and Maria Morgan at the BASCD summer scientific meeting held in Glasgow

Nominate your health hero

July 26, 2022

Categories: Pulse, Pulse - General News

Tags: scottish health awards



Nominations are open for the Scottish Health Awards 2022.

This is the 21st year of the awards which celebrates those working across NHS Scotland and its partners in delivering high quality health and social care services to the people of Scotland.

The Scottish Health Awards offer the opportunity to recognise and acknowledge the achievements and success of those working in health and social care during this demanding period, as services and staff were put under severe pressure while dealing with the Covid-19 pandemic.

Heather Knox, NHS Lanarkshire chief executive, said: “Given the pressures that staff have been under – particularly during the last two years of the Covid pandemic – we have a lot of hard-working and dedicated staff throughout NHS Lanarkshire who have gone above and beyond to provide an exceptional standard of care and service on a daily basis for our patients.

“We often hear from members of the public who are looking for a way to recognise staff who have given them a positive healthcare experience. The Scottish Health Awards is an excellent opportunity to acknowledge and recognise everything that our staff and volunteers do and enables us to express our gratitude. The awards let us all say thank you for the exceptional work that they do.”

There are sixteen award categories, including a People’s Choice Award which will be open to a public vote:

1. Support Worker Award (sponsored by UNISON NHS Lothian Branch)
2. Innovation Award
3. Volunteers Award
4. Midwife Award (sponsored by Royal College of Midwives)
5. Allied Health Professional Award

6. Young Achiever Award
7. Unsung Hero Award
8. Care for Mental Health Award
9. Integrated Care Award
10. Tackling Health Inequalities Award (sponsored by Scottish Government)
11. Leader of the Year Award (sponsored by NHS Education for Scotland)
12. Nurse Award (sponsored by Unison Greater Glasgow and Clyde)
13. Doctor Award
14. Top Team Award (sponsored by UNISON Scotland Health Committee)
15. Global Citizenship Award
16. People's Choice Award (sponsored by Alpha Solway)

The 2021 Scottish Health Awards winners included Eleanor Grant, who recently accepted the George Cross on behalf of NHS Scotland from the Queen. On winning in the Nurse Award category, Eleanor said: "I'm very privileged to do the job I do and I truly love it. It has been a lovely experience to be awarded this honour."

Other healthcare staff who were recognised for the inspirational work they do at the 2021 Scottish Health Awards ceremony were Angela Shaw, clinical support worker, public health department, Kirklands Headquarters who was the winner in the 'Support Worker Award' category and the Coatbridge Living Well in the Community team, Coathill Hospital who won in the 'Integrated Care Award' category.

Please take the time to nominate someone you believe deserves to be recognised across the sixteen award categories for this year.

All winners will be announced at the awards ceremony at the O2 Academy in Edinburgh on Thursday 3 November.

Submit your nominations for the Scottish Health Awards 2022 online by 5pm on 21 August at: www.scottishhealthawards.com.

Financial wellbeing support for staff

July 26, 2022

Categories: Pulse, Pulse - For You

Tags: debt, financial difficulties, financial support, financial wellbeing



Are you worried about debt or experiencing financial difficulties? Have the recent price increases in fuel, food and other bills started to cause you concern or made your existing situation worse?

North Lanarkshire Council's financial inclusion team and South Lanarkshire Council's Money Matters Advisory Service both provide support to residents when it comes to money worries. Our health improvement team works closely with their teams to highlight this support to NHS Lanarkshire staff, as well as patients.

Jo Duffy, senior health promotion officer, BBV & sexual health promotion and tackling poverty, NHS Lanarkshire, said: "NHS Lanarkshire works closely with partners in both North and South Lanarkshire Council, who offer free and confidential advice on a wide range of financial topics and issues. We know lots of our NHS Lanarkshire staff are also residents here and can therefore access the same support as we would promote to clients, patients and other service users.

"Stigma and shame can often lead us to be too embarrassed to open up about financial worries, but there are lots of supports available and seeking help quickly is the best way to reduce the stress and associated impact on health and wellbeing.

"Please don't keep these worries to yourself, both North and South Lanarkshire Council have dedicated services that offer specialist advice and support to help people dealing with money worries."

North Lanarkshire Council – Financial Inclusion Team (FIT)

NHS Lanarkshire colleagues living in North Lanarkshire who are worried about money matters can access support from our partners in North Lanarkshire Council's financial inclusion team.

Money worries can affect anyone and the stress can have a big impact on your health. The financial inclusion team will provide free, impartial and confidential money management support to any colleague who requests it.

The support can be on money management challenges like maximising your income by carrying out a benefit check and identifying and supporting you to benefits you may be entitled to, debt and budgeting advice for the short and long-term. It can be by email, over the phone or in person.

To talk to someone about any of these issues, telephone 01698 332551 or email

FIT@northlan.gov.uk

South Lanarkshire Council – Money Matters Advisory Service (MMAS)

Did you know that South Lanarkshire Council's Money Matters Advisory Service (MMAS) has over 20 years experience of helping people who are dealing with money worries? They offer debt and benefits advice to South Lanarkshire Council residents and aim to take away some of the stress and anxiety that money problems can bring. If this is something you, a family member or a friend would like to explore, the first step is to make contact. Here are the different ways you can do this:

- online enquiry form for managing [Debt – South Lanarkshire Council](#)
- online form for [Benefits advice enquiry – South Lanarkshire Council](#)
- telephone advice helpline for benefits advice for pregnant women and families with young children: 01698 453154
- full contact details of the South Lanarkshire MMAS local offices: [Local Area Office search – South Lanarkshire Council](#) or telephone 0303 123 1008

[The health improvement web page](#) has further information on the support services and additional services the councils and wider organisations can offer.

Baseball home run back to France for Monklands physio

July 27, 2022

Categories: Pulse, Pulse - Spotlight

Tags: physio, University Hospital Monklands



University Hospital Monklands physiotherapist Fiona Brambley is embarking on a home run all the way to France as part of the Great Britain baseball team at the women's European Baseball Championships next month.

Fiona (26) currently lives in Glasgow but was born and raised in Toulouse until she was 19 years old and she can't wait to touch base with family and friends as she returns to the South of France for the tournament in Montpellier between 3-6 August.

Fiona will be taking on the role of team physio and has also been training with the squad so if any of the team are injured or can't play, she will be more than ready to take on that curveball and step up to the plate if required.

She said: "My family are British but I was born and raised in France. I got into baseball just after I finished school. The local baseball field in Toulouse were looking for volunteers ahead of the European Championships that were taking place then.

"I got to learn about the sport during the tournament but didn't actually start playing baseball until 2019 when I saw someone in a shop in Glasgow with a baseball bat sticking out their bag and decided to give it a shot! That person is now a team-mate in Glasgow."

Fiona now stars as the first female player for Glasgow Galaxy as part of the Glasgow Baseball Association in the Scottish league and is the only representative from north of the border in the Euro squad for France.

She said: “Although I’ll be going as team physio, I’ve been training as part of the squad and if any of the girls get injured or can’t play I’ll be ready to step in. Of course, I’ll be trying my best in my role as physio to help keep all the girls fit. I’m hoping they will all be fine but I’ll be ready if called upon.

“I never expected to get this opportunity. I was just enjoying the training sessions and then I was picked for the pre-travel team.

“The Scottish league is still fairly new and it’s a mixed league with very few girls. They made me very comfortable when I first joined and always help me with extra drills and training. They have encouraged me to improve every day so I have a lot to thank them for.

“I’ve only been playing for a few years but my game has developed and improved playing with the national team. I’ve learned so much from all my team-mates and coaches. It has been nice to play as part of an all-girls team. One of the girls has been playing for 20 years and the standard in training is so high.

“As well as training, I’ll be keeping an eye on the rest of the team, including making sure they are properly hydrated and assessing any niggles or injuries. It’s going to be busy and hard work but I’m really looking forward to it and it will be a great experience.

“I’m the only one involved from Scotland so there’s been a lot of travelling for a training session which have been once a month in Sheffield and London. It’s been totally worth it though. I also train with my club once a week and we have games most Sundays from April until October.”

There are four teams competing in the tournament that kicks off on Wednesday 3 August – Great Britain, France, Czech Republic and Netherlands.

Fiona added: “We all play each other once and then the top two teams play again in the final. France are the current champions but are missing some of their main players. It will still be a tough challenge.

“The winner of this tournament will qualify for the World Championships which has been running since 2004. This is the first time Great Britain women’s team have competed. We hope to have a lot of family and friends supporting us and they get to spend some time in the south of France which is also appealing I’m sure.

“My mum (Joanne) and dad (Edward) have been in France for 30 plus years and they will be coming to the tournament along with some of my school friends. It will be nice as I’ve not been home for a couple of years.

“My parents have visited me in Scotland but I would usually go home two or three times a year before the pandemic but because I have a hands-on job as a physio, I couldn’t go back when the quarantine rules were in place so that was tough. I can’t wait to go back now though.

“I might even be able to spy on the French team and listen to what they are saying and get some tips!”

Fiona moved to Scotland in 2014 where she attended Glasgow Caledonian University and then took up a role as physio at University Hospital Monklands in 2018.

She added: “I really enjoy my role as physio at Monklands. Since I started I have been doing rotations so I am gaining experiences from a variety of inpatient and outpatient wards in different areas. I was also redeployed to ICU in September 2021 to provide extra support and assist the nurses.

“I’d love to inspire more Scottish female players to take up baseball. Anyone who wants to get involved in a fun team sport should come along to our training in Glasgow. We are all a fun bunch of guys. Some take it very seriously and others just do it for a laugh. We all really enjoy it though.”

For more details on the upcoming Euros, click [here](#).

More information on baseball in Scotland can be found on the Baseball Scotland page [here](#).

Scotland can't wait – World Hepatitis Day

July 27, 2022

Categories: Pulse, Pulse - General News

Tags: 28 July, World Hepatitis Day



Tomorrow (Thursday 28 July) is World Hepatitis Day.

Hepatitis C can cause serious and potentially life-threatening damage to the liver.

Hepatitis Scotland will host an online event on Thursday 28 July from 1pm to 2.15pm which will focus on providing an overview of hepatitis C in Scotland, exploring the current landscape of hepatitis C infection and examples of assertive outreach models and voices of people with lived experience.

To register for the event visit:

https://uso6web.zoom.us/webinar/register/WN_XzisY7buSDaqzzh-sx9hNQ

Trish Tougher, Lanarkshire's blood borne virus (BBV) network manager, said: "A range of organisations across Scotland are using World Hepatitis Day to highlight Scottish Government's continued commitment to eliminating hepatitis C by December 2024.

"The Lanarkshire's blood borne virus network continues to lead on the challenge to deliver the Scottish Government's hepatitis C elimination strategy.

"The key to achieving this target will be the need to think creatively about how to reach the people in Lanarkshire that are in need of treatment, consider how we can work with other partners within health and social care and the third sector to achieve this.

"Increasing awareness of the new treatments for hepatitis C and increasing our testing initiatives across Lanarkshire to find people with hepatitis C will be pivotal".

Nowadays hepatitis C treatments have over a 90 per cent cure rate, with treatments much shorter at 8 to 12 weeks, no injections and significantly less side effects. The new drugs have transformed treatment and treatment pathways and enabled a different approach to who gets treated and where treatment is provided.

For the latest information on hepatitis C, visit: <http://hepctrust.org.uk/about-hepatitis-c-virus>

For more information on the work of the Lanarkshire BBV network, contact Trish Tougher, BBV network manager, on 07876 080308 or email trish.tougher@lanarkshire.scot.nhs.uk

Latest discounts from NHS Staff Benefits

July 28, 2022

Categories: Pulse, Pulse - For You

Tags: staff benefits, staff discounts, staff offers



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

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

- **10 per cent off all self-catering breaks**

Argyll Holidays have a great selection of self-catering (including hot-tub) lodges and deluxe caravans throughout Loch Lomond and Trossachs National Park.

The family-run organisation now has eight unique lochside and riverside holiday parks, with stunning scenery and a host of outdoor and indoor attractions, food and drink and first-class leisure facilities.

NHS Staff Benefits members are being offered an exclusive 10 per cent discount off all self-catering breaks at Argyll Holidays. To book, use the exclusive voucher code when booking online or telephone 0345 459 9772 and quote 'ThankYou10' to secure the discount.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/6-off-all-self-catering-breaks>

- **25 per cent discount off MessyWeekend sunglasses**

MessyWeekend is a young, vibrant start-up from Copenhagen, Denmark. The Scandinavian brand designs high quality sunglasses and ski goggles. The brand was founded in 2018 by the co-founders

Morten and Marc, both passionate skiers and eyewear enthusiasts.

Their eyewear is characterised by stylish design and made of best high-quality materials like acetate and TR90. Both materials are very durable, lightweight and flexible, which makes the sunglasses ready to accompany you for several years of sunny vacations and wild festivals. The lenses of the sunglasses and ski goggles have a full UV400 protection and are made for everyday usage.

NHS Staff Benefits members are being offered a 25 per cent discount when shopping online with MessyWeekend. To secure the discount, simply use the exclusive voucher code at the checkout stage when ordering.

For more information, visit: <https://www.nhsstaffbenefits.co.uk/deal/25-discount-off-messyweekend-sunglasses>

- **15 per cent off all online orders from Benefit including sale**

Benefit's mission is to turn every gal's beauty frown upside down. Their innovative instant beauty solutions express their unique DNA through laugh-out-loud names and creative packaging. Benefit's customers continually inspire them to create one-of-a-kind products that solve everyday beauty dilemmas.

NHS staff can save 15 per cent off their order including sale using the exclusive voucher code.

For more information, visit: <https://www.nhsstaffbenefits.co.uk/deal/15-off-all-online-orders-including-sale>

Don't want to miss new NHS exclusive deals, limited time offers or competitions? Make sure you are signed up to the NHS Staff Benefits newsletter and follow on Instagram and Facebook. 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.

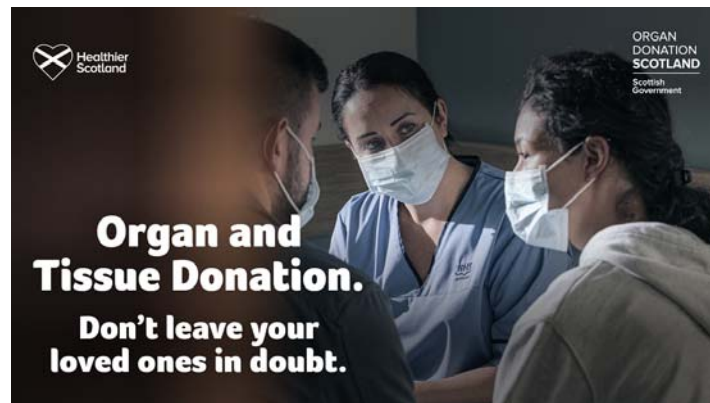
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New organ and tissue donation campaign

July 28, 2022

Categories: Pulse, Pulse - General News

Tags: organ and tis, organ donation, tissue donation



NHS Lanarkshire is proudly supporting the Scottish Government's new organ and tissue donation campaign, 'Don't Leave Your Loved Ones in Doubt'.

A TV ad from the perspective of an NHS Blood and Transplant Specialist Nurse highlights the importance of making a donation decision known.

Diane Bowler, Specialist Nurse, Organ Donation at NHS Lanarkshire said:

“Family and friends will always be involved in discussions about organ or tissue donation. If a person is in hospital and dies in circumstances where donation may be possible, a Specialist Nurse would check if the person has registered a decision on the NHS Organ Donor Register (ODR). The Specialist Nurse would then discuss any registered decisions, or lack of one, with family and friends in order to ascertain the individuals most recent views, which may have changed since the recording of any decision.”

Watch the TV ad here: <https://www.youtube.com/watch?v=SZZeH6qMXTU>

To register a donation decision or find out more visit: www.organdonation.scot or **0300 123 2323**.