

PULSE

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

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Printable Version

February 2023

NEW Give your team or one you admire a Big Shout Out

February 1, 2023

Categories: Pulse, Pulse - Spotlight

Tags: staff recognition



If you're part of a great team or work with another team you think deserves a Big Shout Out Organisational Development want to hear about the fantastic work that's making a difference across NHS Lanarkshire.

Who should I nominate and why?

All parts of NHS Lanarkshire and both North and South Partnership teams can be nominated and some questions to consider when submitting nominations are:

- Creativity and Innovation:
 - o Have the team implemented new ideas and techniques on how they deliver their service e.g. use of technology?
 - o Have the team implemented smarter ways of working or found a more patient / customer / user friendly focused way to deliver service?
- Ways of Working
 - o Have the team collaborated with others to improve how a service is delivered to have a positive impact?
 - o Have the team found a way to make more of their time/resources?
- Caring for one another / our environment
 - o Have the team looked at how to improve wellbeing within the team?
 - o Have the team looked at sustainability and found ways to help the environment or reduce waste?

To nominate click the link or scan the QR code

<https://www.smartsurvey.co.uk/s/BigShoutOutNominationForm/>

NHS Lanarkshire is resetting how it communicates with staff

February 1, 2023

Categories: Pulse, Pulse - General News

Tags: Operation FLOW



NHS Lanarkshire is resetting how it communicates with staff to support Operation FLOW.

Calvin Brown, director of communications, NHS Lanarkshire, said: “If you don’t know about much about Operation FLOW yet, you’ll certainly hear plenty about in the coming weeks.

“You can find out more in our recent [Pulse article](#) and stay up to date by visiting on the Operation FLOW [webpage](#). In short, Operation FLOW is an exciting opportunity for us to all work together to reset our whole health and care system in Lanarkshire – and make a real difference to our patients and staff.

“We thought this was the perfect time to also reset and rethink how we communicate with you.”

“The fantastic team we have right across our services in Lanarkshire is our greatest asset. And the best teams thrive on connection and celebrating their successes.

“Excellent internal communications are at the heart of this. They engage, inform, interest and entertain. They bring us closer and support us to do our best.

We want to evolve our approach to do this better – bringing a fresh tone and style to how we communicate with you.”

The communications reset will build on the launch of the [Big Shout Out](#), a new initiative to recognise our staff. Every month we will shine the spotlight on teams and individuals through the Big Shout Out.

Staff are being asked to get involved and share their views and ideas to help shape the refreshed approach to staff communications.

Calvin said: “I’ve recorded a short video below on the communications reset. And one of the things we are doing is increasing the amount of videos we use – some produced by the communications team and some by you.



<https://vimeo.com/793404875>



“Staff should also look out for the hashtag #TeamLanarkshire on our social media posts and join in.

“We have more ideas we will share with you in the coming weeks and we really want to hear your suggestions too.

“What would you like to see from our communications? How can we give you the information you need in a style that works best for you?”

Email your ideas, comments and suggestions to calvin.brown@lanarkshire.scot.nhs.uk.

Latest discounts from NHS Staff Benefits

February 2, 2023

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.

- **100 free pairs of tickets to the Baby & Toddler Show (SEC, Glasgow)**

To celebrate the Baby & Toddler Show returning to Scotland, NHS Staff Benefits have teamed up with the organisers to run a limited free ticket giveaway.

Don't miss the ultimate pop-up shopping event when it arrives at the SEC, Glasgow on 21-23 April. Join other new and expectant parents and shop hundreds of products and essentials at the best prices, all under one roof. Save money with huge deals on all the top brands, discover unique innovative products, local services and experts, take part in free baby first aid workshops and so much more.

Stretch your baby budget even further with an incredible best price guarantee on all pushchairs, prams, travel systems, car seats and nursery furniture – save time and compare all the top brands in one place.

To book your free tickets, simply copy the exclusive discount code and apply at the checkout stage.

For more information, including terms and conditions, visit: <https://www.nhsstaffbenefits.co.uk/deal/100-free-pairs-of-tickets-worth-32-to-the-baby-toddler-show-sec-glasgow>

- **Save up to £25,000 on a new home with Persimmon Homes (The Grange, Larkhall)**

Find your stylish new home with Persimmon Homes with an exclusive NHS offer.

Using the NHS Staff Benefits key worker discount, for every £25,000 you spend towards the value of a Persimmon West Scotland home, NHS Staff Benefits will give you a discount of £500, up to a maximum of £25,000.

To redeem the exclusive discount quote 'NHS' when contacting Persimmons via email: wscs.sales@persimmonhomes.com or by telephone: Larkhall – 01698 681437. Click through to Persimmon Homes' website to see additional offers including 'Bank of Mum and Dad' and 'Deposit Boost'.

For more information, including terms and conditions, visit: <https://www.nhsstaffbenefits.co.uk/deal/persimmon-homes-nhs-discount3>

- **20 per cent off from Cult Beauty**

Cult Beauty are a dedicated team of beauty devotees on the hunt for the coolest cult products the world has to offer – from the latest scientific discoveries to hundred-year-old remedies that have never been bettered – Cult Beauty is the destination for those looking for the next big thing.

NHS Staff Benefits members are being offered 20 per cent off orders plus an additional 5% off sale. Simply copy the exclusive discount code and apply it at the checkout stage when ordering.

Please note that brand exclusions apply.

For more information, visit: <https://www.nhsstaffbenefits.co.uk/deal/20-off-almost-everything-from-cult-beauty>

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/>

Win one month's membership to Hang On Climbing

February 3, 2023

Categories: Pulse, Pulse - For You

Tags: Hang On Climbing, pulse competition



Staff have until Tuesday 28 February to enter the latest Pulse competition which will see one lucky reader win one month's membership to Hang on Climbing in Hamilton.

[Hang On Climbing](#) has over 600 square metres of bouldering surface and has over 180 routes, ranging from beginner friendly to brutally hard. It also has a dedicated kid's climbing area so there is something for everyone.

Don't forget, NHS Staff Benefits members can get 20 per cent off day passes and 23 per cent off monthly memberships at Hang On Climbing. For details, visit: [Get 20% off day passes and 23% off monthly memberships at Hang On Climbing with NHS! from Hang On Climbing – NHS Staff Benefits](#)

To enter, answer the following question:

What is the highest mountain in Scotland?

Please email pulse@lanarkshire.scot.nhs.uk with 'Hang On Climbing' in the subject line.

Alternatively, send your competition answer including your name, location and contact number to:

Richard Hendry
Communications Department
NHS Lanarkshire Headquarters
Kirklands
Fallside Road
Bothwell
G71 8BB

NHS Staff Benefits is free to register for all staff and has both local and national 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

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New report reveals extent of cost of living pressures for North Lanarkshire's unpaid carers

February 3, 2023

Categories: Pulse, Pulse - General News



North Lanarkshire Carers Together has published its [‘Tackling the cost of living emergency for unpaid carers in North Lanarkshire’](#) report.

It contains a number of recommendations on immediate and accessible financial supports. It also calls for improved access to wider financial and social care supports in the face of cost of living impacts on carers.

Developed following consultation with carers, the report outlines the extent of financial stress being faced by many of North Lanarkshire's carers.

Feedback shows that that high levels of deprivation are being experienced by many carers and the people they care for, with access to necessities including housing, food and warmth all being challenging.

Carried out across late November and December, the report shows:

- 79% of carers are struggling to meet essential household fuel bills
- 69% of carers are struggling to meet food costs
- 25% of carers are struggling to meet housing costs
- 84% of carers said their mental health was being negatively impacted upon by financial pressures.
- Carers have been cutting back on essentials for themselves to try to reduce the impact of cost of living increases on those they care for

Positively, the report highlights that ‘North Lanarkshire is home to impressive partnership working between the statutory and community and voluntary sector.’

Ross McGuffie, chief officer, Health & Social Care North Lanarkshire, said: “North Lanarkshire Carers Together’s report clearly outlines the challenges being faced by unpaid carers in the area and across the wider country.

“There is no doubt that many unpaid carers are facing pressures around their own financial situation and mental and physical health. As a result, we have contributed funding to the Cost of Living support line, where Carers can access support from the Tackling Poverty Team or be directed to other local community supports.

“Now, more than ever, it’s vital that we continue listening to carers and learn from their experience and knowledge. We are providing additional support through a one-off payment for carers who have a family member/relative discharged from hospital. This is to help with any additional costs such as heating, transport to collect prescriptions or supporting a particular diet linked to recovery.

“The report encouragingly points to North Lanarkshire being home to impressive, and well-established, partnership working and we’re all dedicated to continuing to build on this.

“Strong partnership working and community infrastructures are key to delivering accessible, meaningful support.

“Through the investment to support carers and in our Community Solutions programme, and working closely with our community and voluntary sector partners, we’re committed to using both proven and innovative new approaches to make a profound and meaningful difference to people’s lives.

“It is essential that we provide the tailored supports to unpaid carers to ensure they don’t feel isolated, and remain a valued part of our communities.”

Celebrating LGBT+ History Month 2023

February 7, 2023

Categories: Pulse, Pulse - Spotlight

Tags: LGBT+ History Month



February is LGBT+ History Month (lesbian, gay, bisexual and transgender plus) and is an opportunity to celebrate LGBT+ culture, reflect on the past and present of the LGBT+ community and continue to strive towards equality for all.

The 2023 UK theme is 'Behind the lens' which will celebrate LGBT+ people's contribution to cinema and film from behind the lens and shine a light on their lived experience. Events will take place across Scotland, delivered by community groups and organisations from all sectors. This year, there will be no central directory co-ordinating events in Scotland, so events will instead be promoted via social media. NHS Lanarkshire's health improvement team will share and promote local events that may be of interest. Follow on Facebook, Twitter and Instagram @NHSLHI to keep up-to-date.

To celebrate the annual event, NHS Lanarkshire's blood borne virus and sexual health promotion team will add a special 'Pride Bag' of condoms to the Condoms by Post service for the month of February.

Jo Duffy, senior health promotion officer, said: "Sexual health is one aspect of overall health and wellbeing, it is really important but often overlooked. In Lanarkshire, we operate a free Condoms by Post service which is available to anyone with a Lanarkshire postcode.

"The Condoms by Post service can be accessed via telephone or email by providing your name, address and type of condoms you would like – contact details and types of condoms we offer can be found at <https://www.lanarkshiresexualhealth.org/free-condoms-no-fuss/>

"LGBT+ History Month is a great opportunity to celebrate LGBT+ people in our communities. We believe everyone has a right to positive sexual health but recognise that – for some groups – there may be barriers to accessing services, such as cost or stigma. We hope that in providing 'Pride Bags' of condoms over the month of February we can continue to promote safer sex and raise awareness that our service is inclusive of everyone."

Get Outside for Green Health & Wellbeing Benefits

February 7, 2023

Categories: Pulse, Pulse - For You

Tags: staff health and wellbeing



As daylight lasts a little longer and the cold wind bites a little less, remember there are many ways to be physically active outdoors and enjoy the green health benefits, such as walking, gardening, cycling, volunteering, outdoor learning and play as well as just enjoying being out in green spaces and nature!

There are many physical, mental and social health benefits to green health, visit [Get Outdoors Lanarkshire](#) for Lanarkshire's greenspace, parks and nature information or take a look at what's going on in [North Lanarkshire](#), and [South Lanarkshire](#).

For further information and resources on Green Health visit [Your Health Matters](#).

Operation FLOW overview video

February 7, 2023

Categories: Pulse, Pulse - General News



NHS Lanarkshire has launched Operation FLOW – a positive and ambitious plan to reduce service pressures and improve patient care and experience.

A video which gives an overview of Operation FLOW is available using the links below:

- Vimeo – <https://vimeo.com/manage/videos/796321372>
- You Tube – https://www.youtube.com/watch?v=w_ExQejv77E

Plans are developing rapidly across the whole health and care system in Lanarkshire to reset our system to improve flow through our acute hospitals.

Improving hospital flow can lead to better patient outcomes, increased capacity, improved staff satisfaction and improved patient safety. It can also help reduce wait times and improve overall patient satisfaction.

Operation FLOW (Focused, Lanarkshire, Optimal, Whole System) is divided into three stages:

- Stage 1, Preparation & Reset, which is currently underway;
- Stage 2, Firebreak, which will take place from 23 February to 3 March 2023; and
- Stage 3, Maintaining Good Flow, which will involve the implementation of a new flow model.

You can find out more on our website: www.nhslanarkshire.scot.nhs.uk/OperationFLOW

If you have ideas, comments or questions for the project team, email us at operationFLOW@lanarkshire.scot.nhs.uk

Time to Talk Day Event to Support Mental Health

February 9, 2023

Categories: Pulse, Pulse - Spotlight



Time to Talk Day took place on Thursday 2 February, and is the nation's biggest mental health conversation.

In support of this campaign, NHS Lanarkshire's Health Improvement team held a Walk and Talk event, for people to attend to support their mental health. There are many physical, mental and social health benefits to walking and being out in nature, and this event allowed those who attended to explore these benefits.

The walk was organised in partnership with LAMH and Get Walking Lanarkshire, and was open to all Lanarkshire residents to come along, connect with others, socialise and link to local services which support mental health and emotional wellbeing.

An amazing 20 Lanarkshire residents attended the walk, which took place from LAMH Café & Wellbeing Centre in Wishaw.

The day provided an opportunity for supporting partners to set up stalls. Organisations who came along to support residents and signpost them to additional support included; Bazooka Arts, Get Walking Lanarkshire, and LAMH.

Grant Murdoch, health improvement practitioner, NHS Lanarkshire, and organiser of the event, said: "To support Time to Talk Day, we looked at ways to bring people together to promote good mental health and wellbeing.

"Despite the wet weather, the event went really well as the feedback from participants was that they would like to continue getting out walking and meeting new people. Due to the success of the day, which was organised with local partners LAMH and Get Walking Lanarkshire, a new weekly walking group has been set up taking place at LAMH Café & Wellbeing Centre on Wednesdays at 1.30pm.

"I really enjoyed planning the event and looking to the future I hope to organise many more. I would like to thank our partners for taking part, as well as Morrisons and Tesco for donating bottles of water."

Donna Wallace, health improvement senior, NHS Lanarkshire, and organiser of the event, said "Time to Talk Day is the nation's biggest mental health conversation and the day is all about creating supportive communities by having conversations with family, friends, or colleagues about mental health.

"We all have mental health and by talking about it we can support ourselves and others, as we know the more conversations we have, the better life is for everyone. Recent research also shows how important open conversations in communities are to support everyone's mental wellbeing.

"Talking about mental health isn't always easy, but a conversation has the power to change lives."

Latest discounts from NHS Staff Benefits

February 9, 2023

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.

- **Up to 15 per cent off Rabbie's UK and Ireland tours**

Rabbie's award-winning small group tours of the UK and Ireland take you beyond the guidebooks with a driver-guide who tells you laugh-out-loud stories, connects you with historic tales and immerses you in music and culture. Take in the highlights of the Scottish Highlands, Isle of Skye, Loch Ness, Lake District, Cotswolds, Wild Atlantic Way and many more.

Their mini-coaches accommodate no more than 16 people and depart from Edinburgh, Glasgow, Inverness, Aberdeen, London, Manchester and Dublin. You will support local communities – Rabbie's take you to the lesser-known attractions and recommend locally-owned accommodation.

NHS staff can save on Rabbie's scheduled tours using promo codes on the website or by contacting the reservations team on 0131 226 3133 or email tours@rabbies.com

For more information, including terms and conditions, visit: <https://www.nhsstaffbenefits.co.uk/deal/up-to-15-off-rabbies-uk-ireland-tours-for-nhs-staff>

- **Get 20 per cent off all skincare online at ishga**

Experience results-driven skincare derived from the ocean, backed by science. The name ishga is derived from the Gaelic word for water.

The pure, clean waters of the Hebridean Islands off the north west coast of Scotland are home to ishga and where it sustainably hand harvests the four types of seaweed that are at the heart of its organic skincare range. Hebridean seaweed contains potent natural antioxidants with properties which transform and protect skin.

ishga has developed a bespoke process to extract its natural goodness, harnessing an abundance of vitamins and bioactive minerals to create a remarkable range of high performing products that deliver efficacy for all skin types.

To secure your NHS discount, simply copy the exclusive discount code and apply at the checkout stage.

For more information, including terms and conditions, visit: <https://www.nhsstaffbenefits.co.uk/deal/get-20-off-all-skincare-online-at-ishga>

- **Get 10 per cent off Interflora orders**

Interflora has almost one hundred years of creating bouquets, a network of 900 local florists across the UK and Ireland and millions of happy customers and recipients. Find out all the reasons buying flowers with Interflora is a little special. You can shop by occasion and plant or flower type. Gift options are available too.

Simply select the arrangement you would like to buy and it will then be created by a local florist and delivered to your door. This makes surprising friends and family easier, because you can choose a fresh bouquet that will come straight from their nearest Interflora florist. International orders are available, as well as same day UK delivery should you be in a rush.

Interflora offers anniversary to birthday surprises and commemorative bunches and everything in between.

To redeem your NHS staff discount, simply copy the exclusive discount code, follow the link and apply at the checkout stage.

For more information, visit: <https://www.nhsstaffbenefits.co.uk/deal/get-10-off-interflora-orders-with-nhs-discount>

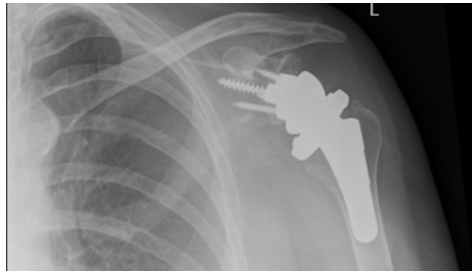
Don't want to miss new NHS exclusive deals, limited time offers or competitions? Make sure you are signed up to the NHS Staff Benefits newsletter and follow on Instagram and Facebook. Here, you will find all the new deals – so while you are browsing your feed or watching stories, you can stay in the 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/>

Patients Home Same Day After Orthopaedic Surgery

February 9, 2023

Categories: Pulse, Pulse - General News



Patients in Lanarkshire can now have ‘Reverse Total Shoulder Replacement’ surgery and be home by early evening the same day to sleep in their own bed.

Surgeons at University Hospital Wishaw are the first in Scotland to have performed this procedure and discharged the patient home on the same day.

The first patient to fit the bill was Anne Stillman who had her surgery in December. Anne, who lives in Lanark, has suffered from rheumatoid arthritis since she was a teenager and has undergone a number of procedures over the years as her condition worsened.

Anne needed shoulder replacement surgery as the normal ball-and-socket structure had worn so severely that an artificial shoulder was required to allow Anne to be able to move her arm and relieve her ongoing pain. Patients normally remain in hospital overnight and are reviewed in the morning before discharge but Anne’s consultant, Mr Stephen Hannah, Consultant Trauma & Orthopaedic Surgeon – Shoulder & Elbow Service, is leading the way on trying to get patients who fit a particular criteria home after the surgery as quickly as possible.

In Anne’s case she was discharged by dinner time with appropriate medication and came back to Wishaw the following morning to be reviewed.

Mr Hannah said: “This has massive potential benefits for both the health service and the patients. Nobody wants to stay in hospital any longer than necessary and being able to do shoulder replacement surgery and let the patient go home on the same day is remarkable and we are extremely proud of the team for being able to offer this to suitable patients.

“Anne was the first and we have already had another patient who underwent the same surgery and was home the same day. It will not suit everyone but where it is possible we can now let patients go home to their own bed after shoulder replacement surgery.

“We are hoping that this will become the norm and not the exception for patients choosing to undergo this particular procedure.”

Anne is full of praise for Mr Hannah and the team. She said: “I went to Wishaw in the morning, had my surgery and was home before 7.00pm. Mr Hannah explained everything to me and following the surgery I was given pain relief and discharged. It was great to be able to go home that night and not stay in hospital as I could get into my own bed.

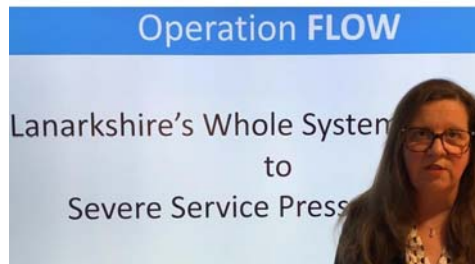
“Before surgery it was really difficult as I had limited movement of my left arm. Now, while I do not yet have full movement, it is coming back to me and every day I can see a difference.”

Pic: Anne’s X-rays after surgery

Operation FLOW Update 10 February

February 10, 2023

Categories: Pulse, Pulse - Spotlight



Watch this week's videos featuring our Chief Executive Jann Gardner along with our Medical Director Dr Chris Deighan talking about the learning from the mini firebreak at University Hospital Wishaw during last week. There is also a video of our UHW triumvirate sharing their experiences and learning.

Chief Executive Professor Jann Gardner and Medical Director Dr Chris Deighan

- <https://vimeo.com/797427809>
- <https://youtu.be/jbG6U6A3M6g>

UHW triumvirate

- <https://vimeo.com/797418656>
- <https://youtu.be/zO-cYEoWZ4E>

Maternity and neonatal psychological interventions service

February 13, 2023

Categories: Pulse, Pulse - General News

Tags: Maternity, neonatal



The maternity and neonatal psychological interventions service (MNPI) website is now live providing information about this service to members of the public and continuing to raise awareness of this important service for women and pregnant people, their infants and families across Lanarkshire.

The maternity and neonatal psychological interventions service was established in 2021. It is our mission to provide a service that supports well-being of women, their infants, partners and families in Maternity and Neonatal Settings in Lanarkshire.

The service provides expertise from clinical psychologists, an advanced specialist midwife and a mental health practitioner. We use evidence-based approaches to understand and help when people experience difficult thoughts or feelings that are affecting their wellbeing and making it harder to do the things that they need or want to do.

Find out more on the website [here](#).

Time running out to vote for our new CAMHS logo

February 13, 2023

Categories: Anxiety, Mental Health, Pulse, Pulse - Spotlight



There's still time to vote in our Child and Adolescent Mental Health Service (CAMHS) competition to choose a new logo.

The competition is a collaboration between the mental health service and New College Lanarkshire, with students from the college creating and submitting innovative logo designs.

Eight designs have been shortlisted as part of the work to find a new, vibrant, and engaging CAMHS logo. The winning design will be used on all future communications and promotional materials.

We're now inviting staff and people across Lanarkshire to participate in the competition by voting at <https://forms.office.com/e/gk8VJPDb9V> for your favourite design. Voting will take place online until Tuesday, 21 February.

Pauline Izat, general manager, Specialist Children's Health Services Unit, Health & social Care North Lanarkshire, said: "We are thrilled to be running this competition and are looking forward to seeing the results.

"Good mental health is a crucial aspect of children and adolescents' wellbeing, and we believe that the new logo will help to raise awareness and inspire positive change.

"I want to express our gratitude to the talented students of New College Lanarkshire who have taken the time to create these amazing designs.

"The level of creativity, innovation, and passion shown by the students is truly inspiring, and we are proud to be working with such a talented group of young people."

The Child and Adolescent Mental Health Service, hosted by Health & Social Care North Lanarkshire, is committed to providing high-quality mental health services to children and adolescents aged 18 and under in Lanarkshire.

NHS Lanarkshire celebrates LGBT+ History Month

February 14, 2023

Categories: Pulse, Pulse - Spotlight

Tags: LBGT+ History Month



Lesbian, gay, bisexual and transgender plus (LGBT+) History Month is marked across the UK throughout February as an opportunity to connect and reflect on the past and present of the LGBT+ community, celebrate LGBT+ culture and progress towards equality, while driving awareness that discrimination and violence against people in the LGBT+ community are all too common. Homophobic, biphobic and transphobic attitudes remain deeply embedded in many cultures around the world. In 70 countries, discriminatory laws criminalise private, consensual same-sex relationships and in at least five countries, the death penalty.

NHS Lanarkshire's LGBT+ staff network was set up in 2022 as a forum where LGBT+ employees can come together quarterly to discuss challenges/issues they face and create actions to address, make appropriate representation and promote LGBT+ inclusion.

LGBT+ staff network Chair Jonathan Cavan invites all staff who identify as LGBT+ to join the network.

Jonathan said: "We are a recently formed network but have already supported some vitally important discussions. We've had speakers on whistleblowing, Datix reporting of homophobic, biphobic and transphobic incidents and supporting LGBT+ families that adopt or foster at our meetings. We are currently forming an action plan to address LGBT+ awareness and inclusion across NHS Lanarkshire.

"NHS Lanarkshire supports staff protected time to attend so, if you would like to join us, please ensure you plan and arrange with your line manager – further information on all staff networks is available on [FirstPort](#)."

During LGBT+ History Month the equality and diversity team will be visiting acute hospital sites to raise awareness of the network, LGBT+ history and distributing inclusive Pride badges. The NHS Scotland Pride badge promotes inclusion for LGBT+ people and makes a statement that there is no place for discrimination in NHS Scotland.

The NHS Pride badge toolkit can be accessed at: <https://www.nhslanarkshire.scot.nhs.uk/services/nhsspb/>

For more information, email LGBT.staffnetwork@lanarkshire.scot.nhs.uk

Mindfulness and guided meditation staff resources

February 14, 2023

Categories: Pulse, Pulse - For You



As preparations for Operation Flow move into Week -1, 'identifying where we still need support and help', NHS Lanarkshire staff are reminded that there is a variety of health and wellbeing resources available on Your Health Matters.

This includes mindfulness and guided meditation videos, which are an excellent way to help staff build resilience and sustain this throughout Operation Flow's implementation. The very brief One Minute Restorer video is an excellent way to find out more about mindfulness practice and discover whether this technique is useful for you.

To find out more visit [Your Health Matters](#)

The Rooks will rock you

February 15, 2023

Categories: Pulse, Pulse - General News



Local up and coming band the Rooks of Larkhall gave up their free time on 23 December to come and perform a variety of classical, rock, pop and christmas music for the care of the elderly patients at University Hospital Wishaw.

They performed for almost two hours in the sanctuary for patients, relatives, staff and the public. The band have performed in venues such as King Tuts and had the week before performed for Lewis Capaldi and his management team.

They write and perform all their own music, however, they made an effort to rehearse songs from Elvis, the Beatles, Neil Diamond etc. to ensure the care of the elderly patients were catered for. They also performed some Christmas classics to ensure that while patients in hospital over the festive period could share the joy of the season.

Hazel Mitchell, service manager in the adult health services unit, said:

“Matthew McFadyen, one of the band members, is an NHS staff member and works in the vaccine clinics. Matthew approached me to see what I thought of the idea. I thought it was a fantastic gesture. The patients all loved it with one saying ‘it was the highlight of Christmas for her’.”

Latest discounts from NHS Staff Benefits

February 16, 2023

Categories: Pulse, Pulse - For You

Tags: staff benefits, staff discounts, staff offers



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- **Book by 28 February and save an extra 30 per cent off luxury European holidays**

Canvas Holidays offer luxury self-catering tent, glamping and mobile home holidays at some of the finest campsites across Europe including France, Italy, Spain, Croatia, Germany, Holland and more.

Discover fantastic resorts with swimming pool complexes, recreational facilities, excellent dining and entertainment options, along with a great choice of accommodation including luxury mobile homes glamping tents, lovely lodges and much more.

There has never been a better time to explore camping as your next holiday style choice, as adventures in the outdoors rewards holidaymakers with fresh air, plenty of space and the freedom to do exactly what you want. What is more, there is more than 200 amazing destinations to choose from.

Book by 28 February and save up to 30 per cent plus a further saving of up to 15 per cent off for NHS staff.

Take advantage of the exclusive discount and book with a low deposit of just £99. Enter the discount code to partner code box found on the website or via telephone (0345-268-0827) – simply quote the discount code at the point of booking.

For more information, including terms and conditions, visit: <https://www.nhsstaffbenefits.co.uk/deal/save-up-to-an-extra-15-off-luxury-european-holidays-with-nhs-discount>

- **Pre-order the new Galaxy S23 Ultra and get 10 per cent off**

Pre-order the new Galaxy S23 Ultra and get 10 per cent off, plus get an additional 5 per cent off the total price when you pre-order with any Galaxy product or accessory.

Pre-order the new Galaxy S23 or S23+ and get 10 per cent off, plus get up to £450 off when you trade in your old smartphone.

Pre-order the new Galaxy Book3 Pro 360 and get 10 per cent off, plus get an extra 5 per cent off when you add a Galaxy S23, Watch5, Buds2 Pro or Tab S8.

For more information, including terms and conditions, visit: <https://www.nhsstaffbenefits.co.uk/deal/pre-order-the-new-galaxy-s23-ultra-and-get-10-off>

- **35 per cent off all motor breakdown policies at Emergency Assist**

Emergency Assist provides motor breakdown cover for cars, vans and motorcycles at pocket pleasing prices without cutting any corners. It offers quality, reliable, trustworthy breakdown cover for all.

Emergency Assist boast a wealth of experience and knowledge in the motor breakdown sector, using this expertise to ensure its membership holders benefit from some of the lowest prices in the industry, with benefits and cover they can trust. As an independent breakdown provider, Emergency Assist use its unique position to bring flexible and value packed memberships to market.

Emergency Assist is offering 35 per cent off all standard motor breakdown policies to NHS staff. You can get annual breakdown cover for cars, vans and motorcycles for as little as £15.60 per year.

To redeem the discount, simply copy the exclusive discount code and apply at the checkout stage.

For more information, including terms and conditions, visit: <https://www.nhsstaffbenefits.co.uk/deal/35-off-all-motor-breakdown-policies-for-nhs-staff-at-emergency-assist>

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/>

North Lanarkshire one of country's best for treating patients at home

February 16, 2023

Categories: Pulse, Pulse - Spotlight



North Lanarkshire is one of the top council areas in Scotland for ensuring patients are treated at home and can avoid hospital stays.

That was the key message from a report heard by the North Lanarkshire Integration Joint Board's Performance, Finance and Audit committee this week.

At 75%, the area has the country's second highest proportion of adults with complex, long-term needs who receive their personal care in their own homes. This allows them to live as independently as possible and stay connected to their communities.

Public engagement exercises carried out by Health & Social Care North Lanarkshire (HSCNL) have shown top health and care priorities for local people is being in control of the care they receive and being supported to maintain independence and manage their care needs.

A number of key initiatives are playing a role in ensuring that residents are supported to live independent lives at home as long as possible. One of these, the Home Assessment Team, is an innovative new approach being rolled out across North Lanarkshire.

Members of the multi-disciplinary team visit eligible people within two hours of being discharged from hospital. They can spend up to a fortnight analysing what supports the person may need to live as independently as possible at home to avoid further hospital admissions.

Another programme, Planned Date of Discharge, ensures more people receive a planned date for discharge as early in their hospital journey as possible. The focus is on developing a fully integrated person-centred package of care in local communities rather than staying in hospital when clinically fit for discharge.

Also playing a key role in delivering more treatment in the community and helping people remain at home are the Integrated Rehabilitation Teams. These multidisciplinary teams deliver a range of specialist rehabilitation treatments to support early hospital discharge planning or, where possible, help avoid hospital admission altogether.

Brian Moore, chair of Performance, Finance and Audit committee, said: "Our commitment is to help people remain in their own homes and be a part of their communities for as long as possible.

"We always put the person at the very heart of everything we do, and we're dedicated to providing the best possible care for those who use our services.

"Working closely with voluntary and independent sector organisations we can provide high quality community-based care. This reflects our collective commitment to improving the quality of life for those with long-term and complex needs in North Lanarkshire.

"This partnership working allows a more comprehensive approach to care, ensuring that everyone has access to the support they need to live as independently as possible.

"The key point here, is that this is what people are telling us they want and we're dedicated to meeting their wishes. We know they want to live at home while minimising hospital stays. By listening to their feedback North Lanarkshire is now one of the country's best performing area in helping our residents meet this goal.

"We also now have more than 50% of people aged 65 or older receiving 10 hours or more of care at home in North Lanarkshire, making it the second highest percentage in Scotland. Our long term investment will further support this trend and allow even more people to receive the care they need while remaining in the comfort of their own homes.

"This way of working – with people who use our services and our partners – builds more inclusive and resilient communities which reduce future reliance on statutory agencies and services.

"It's important to record our thanks to all the staff and carers who have made such a positive contribution in tackling problems at the root and equipping people to lead better, more independent lives."

South Lanarkshire IJB publish Annual Performance Report

February 17, 2023

Categories: Pulse, Pulse - Spotlight

Tags: South Lanarkshire IJB Annual Performance Report



South Lanarkshire Integration Joint Board (IJB) has published its Annual Performance Report for 2021/22 – demonstrating unwavering commitment to care throughout adversity.

The document (supported by an [animation](#)) has been released at a time when the health and social care staff and partners negotiate well-publicised, unparalleled challenges.

Lesley McDonald, Chair of South Lanarkshire IJB says the report is a timely reminder of the inherent strength of South Lanarkshire Health and Social Care Partnership.

Ms McDonald said: “First and foremost, we completely understand that many of the challenges facing our services are also the cause of significant frustration and anxiety amongst the public. We are grateful for people’s patience and forbearance as we maintain and direct vital capacity to support those most in need.

“Our communities should be absolutely assured that our committed staff and partners continue to do their utmost to keep people safe and to deliver the best care possible in unprecedented circumstances.

“Whilst we are very much focused on the here and now, this report is a truly inspirational document to reflect on,” added Ms McDonald.

“The rigour and spirit of our Partnership is a golden thread woven throughout the APR’s pages. And that very resilience prevailed despite pressures that have been unrelenting in the last few years.

“Over the course of the period, we encountered national challenges around workforce supply, the continued adversity of the COVID-19 pandemic and ever-increasing demand, to name but a few. Yet, in this report, examples abound of improvement and innovation that show that teams have done so much more than ‘just cope’.

“As well as deliver safe and effective care, our teams continued to grasp the initiative and have set a national standard of good practice across several fields, also earning a number of awards.

“There’s so much to be proud of and we thank our staff and partners for their ongoing commitment.”

Soumen Sengupta, Chief Officer of the South Lanarkshire IJB said: “As much as this document is a look at the rear view mirror, the concrete evidence of outstanding achievement and exemplary professionalism is a source of strength and confidence in the extreme and well-publicised challenges of the present time.

“The APR also sets the scene for going forward as we endeavour to maintain the wellbeing of the workforce; we continue to invest in key areas to address the increased demand for services, while looking at how to redesign services to maximise the use of resources.

“And, in the current context, we remain completely committed to working with local partners in a concentrated and coordinated effort to stabilise and decompress our services, delivering benefits for both local residents and all of our staff.”

Mr Sengupta added: “Overall, what’s been achieved – and the ongoing commitment of our staff and partners – equips us well for the present day and bodes well for the road ahead.

“These continue to be challenging times for the communities that we serve, which makes the kindness, encouragement and understanding that local people show our health and social care staff all the more appreciated.”

- The APR is available to view:

https://www.southlanarkshire.gov.uk/slhscp/downloads/file/403/south_lanarkshire_integration_joint_board_annual_report

2022

- To order a hard copy, please contact Maureen.Bridges@southlanarkshire.gov.uk
- Animation captures spirit of APR: Watch: <https://vimeo.com/790094776>

Chief executive staff message

February 17, 2023

Categories: Pulse, Pulse - General News



Jann was out on the site at University Hospital Hairmyres meeting staff members ahead of Operation FLOW going live next Thursday (24 February).

Jann asks staff to get involved in the Big Shout Out by putting their team forward so we can hear about all the fantastic work being done across the organisation.

Finally, Jann congratulates the orthopaedic team at University Hospital Wishaw for being the first in Scotland to perform shoulder replacement treatment in the same day.

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

- Vimeo – <https://vimeo.com/799831289>
- YouTube <https://youtu.be/XpB6keaoBso>

Adult Support and Protection Day: recognising the signs of neglect

February 20, 2023

Categories: Pulse, Pulse - General News



The number of people referred to Adult Support and Protection in Scotland has risen by more than 200 a week in the last year.

Today (Monday, 20 February) marks Adult Support and Protection Day, with people being urged to look out for signs of neglect.

There were around 940 Adult Support and Protection referrals per week, on average between December 2021 and December 2022, compared to an average of around 700 the year before.

The majority of harm to adults has occurred in peoples' own homes. As a result, this year, the awareness day is drawing attention to the risk of neglect, self-neglect, self-harm, physical, psychological, financial or sexual harm for some adults who may be unable to safeguard themselves.

Neglect is when someone is not being cared for properly, either by themselves or by someone responsible for them. A neglected person may not have enough food to eat, be living somewhere that's cold, dirty or unsafe, they may not be appropriately dressed or might not seem to have washed recently.

They may be being denied the important medical and social care that would keep them safe and well. It is important that everybody gets the professional help they need, especially if they take medication.

Some people's ability to take and action decisions about keeping themselves safe may be compromised due to the impacts of trauma. This could present as behaviours that compromise health, wellbeing and safety, like self-harm, using drugs or alcohol, hoarding, or self-neglect.

Brenda Walker, National Adult Support and Protection Co-ordinator, said: "It's sometimes hard to see when someone is struggling to manage, or you might feel you don't want to interfere. Sharing your concern is the right thing to do and can allow support to be offered.

"Right now, many people are finding it even more difficult, and the cost of living crisis is making already challenging situations worse.

"Harm can happen anywhere: in someone's home, where they work, in a public place – often caused by the people closest to them. It can even happen in places responsible for keeping someone safe, such as a care home or day centre."

If you're worried that someone isn't taking care of themselves, or those they look after, or is doing things that might put their safety at risk, contact your local social work team (search Adult Protection), alert the Police on 101, or 999 if there is immediate danger.

You can also visit [Act Against Harm](#) for more information and contact details for your local council.

Board rounds

February 20, 2023

Categories: Pulse, Pulse - General News



Three-times-a-day **Board rounds** are a structured way to support the day-to-day running of the ward and help the ward team manage patients safely and effectively. They bring the multi-disciplinary team together daily to ensure everyone is working jointly to ensure patients get the best care and are discharged home when they are ready.

During a board round staff will review each patient, sharing information on what has happened with the patient since they last met. They will ensure there is a plan in place for the patient for that day. We have produced a video about board rounds which was filmed at University Hospital Monklands. It can be viewed at the following links:

- Vimeo – <https://vimeo.com/799451448>
- YouTube – https://youtu.be/nSXDk_SXU28

Cost of Living Support and Advice for NHS Lanarkshire staff

February 21, 2023

Categories: Pulse, Pulse - For You

Tags: staff health and wellbeing



The UK is currently facing a significant and wide reaching cost-of-living crisis.

This is due to the cost of everyday essentials, such as energy and food, rising much faster than average incomes and/or benefits.

Work to help reduce the impact on the people of Lanarkshire is already underway and is being led by North and South Lanarkshire Councils and the voluntary sector.

These organisations have a range of supports which can be accessed here:

- [Support and advice for North Lanarkshire residents](#)
- [Support and advice for South Lanarkshire residents](#)

Further information and wider staff support is available on [Your Health Matters](#)

Latest discounts from NHS Staff Benefits

February 22, 2023

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.

▪ 30 per cent NHS discount from Mama Mio

Mama Mio is one of the very first brands dedicated entirely to pregnancy skincare. Its founders – four mamas themselves – struggled to find high quality, efficient skincare during their pregnancies and so they created Mama Mio.

Its 'no nasties' promise ensures their products are 100 per cent safe to use during pregnancy and the high quality, natural ingredients deliver the results you really want; helping you to look amazing and feel great about your body.

With its incredible formulas, trusted retail partners, excellent customer service and expert advice your pregnancy is at the very heart of Mama Mio.

NHS Staff Benefits members can save 30 per cent off everything at Mama Mio when using the exclusive discount code – simply add the code when you checkout for the discount to be applied.

For more information, including terms and conditions, visit: <https://www.nhsstaffbenefits.co.uk/deal/30-nhs-discount-from-mama-mio>

▪ 20 per cent off kilt hires

Slanj Kilts have been a Scottish leader in innovative kilt-wear since 1996. They have premises in Edinburgh and Glasgow including their new showroom in Duke Street which holds a wealth of kilt wear, tartan trousers and other Scottish fashion garments. As well as a classy collection of full kilt outfits for hire or purchase, they sell tartan trews or tartan golf trousers, t-shirts with original Scottish banter designs, Scotland themed gifts and other accessories.

The Duke Street showroom has good parking facilities and plenty of comfort and space inside for young and old.

Slanj Kilts are offering NHS staff benefits members a 20 per cent discount off kilt hires in store and online. Simply use the exclusive discount code when buying online or quote the code in store to secure the discount.

For more information, visit: <https://www.nhsstaffbenefits.co.uk/deal/20-off-kilt-hires>

▪ 10 per cent discount in-store and online with Run4It

Run4It sees running as a force for good, an accessible sport capable of inspiring people from all walks of life to feel and be their best and achieve great things.

Its teams, both in the shops and online, aim to help runners of all levels and interests improve their running experience, through providing the best possible range of products, coupled with great customer service. Whether you are completely new to running, looking to run more regularly, bounce back after injury or achieve a new challenge, Run4It can help.

Run4It provides a wide range of running products including shoes, clothing and accessories, coupled with great service, knowledgeable advice and a free +runlab analysis service in all stores.

NHS Staff Benefits members are being offered a 10 per cent discount on purchases in-store or online.

Online purchases – Visit run4it.com and enter the exclusive discount code at checkout. Standard delivery is now free of charge for online orders over £25.

In-store purchases – Visit one of Run4It's eight shops, mention that you are NHS staff at the till and show a valid NHS/hospice/GP staff ID or payslip to secure the discount.

For more information, including terms and conditions, visit: <https://www.nhsstaffbenefits.co.uk/deal/run4it-nhs-discount>

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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Success of Demonstrator Programme at NHS Lanarkshire

February 22, 2023

Categories: Pulse, Pulse - Spotlight

Tags: demonstrator programme, Human resources, Recruitment, Staff



The hugely successful NHS Demonstrator Programme has helped long-term unemployed people back into work while providing NHS Lanarkshire departments with valuable staff members that have made vast contributions to their teams during a time of extreme pressure across the healthcare system. The programme was developed as part of [No-One Left Behind](#) to support people aged 25+ back into work, providing wraparound support, access to vocational training and a paid work placement.

26 people started paid placements in September 2022 across multiple sites in a variety of roles such as housekeeper, domestic assistant, porter, administration assistant and healthcare support worker.

The programme is an excellent example of partnership working across Lanarkshire as Local Employability Partnerships made referrals for participants and provided recruitment information and training sessions, while Routes to Work Limited stated:

“We are delighted to work in partnership with North Lanarkshire Council, South Lanarkshire Council and NHS Lanarkshire in securing a range of high quality 6-month jobs for our clients. We are passionately committed to our clients and we collaborate with others to do the very best for the people we work with. By working closely with each other, we are able to collectively & positively change the lives of our clients and provide a springboard for a much better future.”

Lorraine Allan, NHS Lanarkshire Domestic Services Manager, who supports one of the individuals on the programme said, “It is a very positive programme as it allows people to take up a post within the organisation; it enables the individuals to feel part of a team and feel worthy within themselves and also to feel that that they belong. This programme also allows the individuals to build up their confidence within the working environment as they are able to contribute to decision making within the team.”

Afshee Javed, who joined the programme as a Domestic Assistant in University Hospital Monklands, said, “The programme is aimed to help us manage our financial, physical and mental wellbeing by getting back into work. The Employability Hub team have also run workshops on improving interview confidence, how to write a CV and what opportunities are available within the NHS. This has personally been very beneficial to me.”

Nicole Grant, Senior Employability Advisor at NHS Lanarkshire’s Employability Hub team, said, “Getting our Employability Hub team up and running has been a pleasure; a big part of my role has been to support the NHS Demonstrator Programme individuals and it has been inspiring to see them flourish within their roles. I am a huge believer in the power of strong partnership working and this project highlights the benefits of working together in our local communities to tackle the shared goal of decreasing unemployment rates and improving the wellbeing of our citizens.”

The programme continues until 31 March 2023, then participants are encouraged to apply for vacancies in NHS Lanarkshire or utilise their new experience and skills in a new opportunity. The programme empowers people to succeed within their careers and improve their quality of life.

Lisbon half marathon to fund inpatient mental health unit

February 23, 2023

Categories: Pulse, Pulse - Spotlight



Fraser Anderson, Colin Young, Paul Gilmartin and Darren McCaughey will be running the Lisbon half marathon on Sunday 12 March to raise money for the inpatient mental health unit at University Hospital Wishaw.

The hospital has two specialist wards which both provide urgent mental health support for individuals in need of care and treatment. Recovery from mental health difficulties is about more than clinical treatment and we're raising funds to increase the number of activities available to patients during their stay.

Fraser is a clinical psychologist within the hospital and with the help of our amazing peer support workers asked patients for some ideas for things that they believed could help their recovery. These included exercise bikes and equipment, yoga mats, sensory lights, aroma diffusers, cookery equipment, and board games.

JustGiving link: https://www.justgiving.com/crowdfunding/wishawlisbonhalf?utm_term=D2zVppaZx

Partnerships recognised at premiere digital awards

February 24, 2023

Categories: Pulse, Pulse - Spotlight



SOUTH Lanarkshire Health and Social Care Partnership (HSCP) has been recognised on the national stage for its exemplary use of digital technology.

The Partnership's Lanarkshire-wide Paediatric Physiotherapy and Occupational Therapy digital transformation project was a finalist at the national Digital Health and Care Awards. The event recognises the achievements of the individuals and teams working in the health, social care and housing sectors whose creativity and innovation continues to put Scotland at the forefront of the digital revolution.

The project, which was shortlisted in the highly competitive Digital Service Transformation category, developed a range of resources, including a huge library of video and social media material and content, to support staff education and excellent care. The work is now recognised as good practice and has been replicated by health and care professionals in other areas of the UK.

Soumen Sengupta, Director of Health and Social Care for South Lanarkshire, said: "Our Paediatric Physiotherapy and Occupational Therapy teams created a potent blend of content with innovation and compassion. The benefits have been felt by people in our care and staff alike.

"This recognition demonstrates creative, local reinvention by necessity as we negotiated national and global challenges.

"I'm exceptionally proud and privileged to work with outstanding staff and extend my sincere thanks to them – and all our teams and services – who continue to work extremely hard for the people of Lanarkshire."

The programme is the latest example of South Lanarkshire HSCP's success on the national stage.

At the turn of the year, the Partnership celebrated a **treble haul** of trophies from a variety of prestigious award events – marking outstanding staff achievement across a diverse range of health and social care services.

Lesley McDonald, Chair of South Lanarkshire Integration Joint Board, added: "The most recent acknowledgment, at Holyrood Connect's event, is yet more concrete evidence of continuing achievement and exemplary professionalism.

"This is also demonstrative of a wider commitment to quality care and sustainability as we look to negotiate a well-publicised, challenging financial landscape.

"My congratulations to all involved."

FACT FILE:

Paediatric Physiotherapy (PT) and Occupational Therapy (OT) digital transformation project

Prior to the pandemic, the Paediatric Physiotherapy (PT) and Occupational Therapy (OT) developed paper based resources to equip staff with educational material and support patients with recovery. Covid-19 saw contact restricted, paper-based distribution stopped in its tracks – with a significant amount of the services' staff being redeployed in the emergency response to ensure people's safety.

The remaining OT/PT service developed a range of digital assets to not only meet local staff and patient need – but significantly enhance service.

This included:

- Preventative approach and promoting well-being for children and young people. Videos were designed for both parents and young people with details of skills and tasks to support their needs. A total of 120 videos were developed.
- Videos containing specific advice and signposting to programmes, workshops and learning, to improve overall wellbeing. 40 videos were made and shared.
- In terms of staff education, digital media teams were established, creating a framework for training videos for all staff, giving them confidence and skills to produce peer-reviewed digital resources efficiently and sustainably.
- Resources were shared widely through social media for public and existing internal channels for staff.

Chief executive message – Out of Hours visit

February 24, 2023

Categories: Pulse, Pulse - General News



This week Jann was joined on a visit to the Out of Hours service by Dr Chris Deighan, NHS Lanarkshire Executive Medical Director.

Jann and Chris met various members of the Out of Hours team including Dr Mike Coates, Clinical Director NHS Lanarkshire Out of Hours, who also features in the video.

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

- Vimeo – <https://vimeo.com/801991125>
- YouTube – <https://youtu.be/G1mKXtovpAA>

The video also includes an update on the current 'Firebreak'. If you have any feedback or ideas you can email:

operationFLOW@lanarkshire.scot.nhs.uk

You can find out more about Operation FLOW on our website: www.nhslanarkshire.scot.nhs.uk/OperationFLOW.

Organ donation and importance of sharing decisions with loved ones

February 27, 2023

Categories: Pulse, Pulse - Spotlight

Tags: organ donation



Specialist nurses for Organ Donation, Diane Bowler and Alison Mitchell recently spent a morning at University Hospital Hairmyres, promoting and discussing organ and tissue donation with members of staff and the general public.

The morning generated lots of interest, and provided an opportunity for Diane and Alison to answer questions around donation as well as emphasising the important message around sharing your decisions around organ and tissue donation with your family and friends.

Whatever your decision on donation, record it on the NHS Organ Donor Register and tell your loved ones too. Knowing your decision will make it easier for them to ensure it is honoured.

A new organ and tissue resource page has been added to [FirstPort](#), where staff will be able to find information, current guidance and useful documents which support organ and tissue donation.

For more information around organ and tissue donation or to register your decisions around donation, visit [Organ Donation Scotland](#).

Mental Health & Wellbeing Support for NHS Lanarkshire Staff

February 28, 2023

Categories: Pulse, Pulse - For You

Tags: staff health and wellbeing



Mental Health & Wellbeing is just as important as physical health and many factors and life events can have an impact on how we feel. NHS Lanarkshire staff are reminded of the various mental health and wellbeing support services available , including SALUS, Lanarkshire Mind Matters, elament and Living Life.

For further information visit [Your Health Matters](#)