

PULSE

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

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September 2021

North Lanarkshire having quality conversations to get it right first time

September 1, 2021

Categories: Pulse, Pulse - General News

Tags: first point of contact, HSCNL, North Lanarkshire, three conversations



North Lanarkshire's health and social care services are exploring better ways of working to ensure people receive a quick and effective response the first time.

Health and Social Care North Lanarkshire (HSCNL) is determined people receive a prompt service, with a focus on helping people to help themselves, when they first make contact.

To achieve this, the partnership is adopting the First Point of Contact (FPOC) model to ensure quality conversations are held between staff and service users to support getting it right first time.

FPOC will support people across North Lanarkshire to receive the right support, from the right person, at the right time. It aims to focus on prevention and early intervention, resolving issues quickly and reducing the need for further referral.

As part of this work, Partners4change is introducing 'Three Conversations'.

An innovation site has been set up in Motherwell to test the Three Conversation approach across adult services including access, social work, hospital social work, GP link workers and the voluntary sector. The site's impact will be evaluated to help guide further development across North Lanarkshire.



Councillor Paul Kelly said: “One of our key aims is to ensure we get things right first time and focus on what people feel is most important to them.



“North Lanarkshire, and the country as a whole, faces a significant increase in service demand during a time of demographic change. While this is challenging it is also an opportunity to listen to the people of North Lanarkshire and deliver the person-centred health and social care that works best for them.

“We fully believe that by holding effective conversations with people, families and communities our staff can positively change lives. This ensures we use our resources and skills to help them achieve their goals by connecting them to the right people, communities and organisations.”

Staff Travel Survey

September 2, 2021

Categories: Pulse, Pulse - General News



Complete the annual Staff Travel Survey

You can help shape the future of NHS Lanarkshire's travel plans!

Head to this year's [Staff Travel Survey 2021](#) to share know-how you travel to work and what changes you'd like to see at your workplace. Deadline to complete the survey is Wednesday 15 September.

It takes a couple of minutes to complete, and you can let us know your thoughts on a range of subjects, from showers and changing facilities to cycle parking and safer pedestrian routes. With your help, we can make NHS Lanarkshire more sustainable and offer colleagues more options for travelling to and from work.

There's a chance to win a £50 voucher of your choice and you can also remain anonymous if preferred. All views are welcome!

Georgie Stuart, Active Travel Project Officer, NHS Lanarkshire said: "We're running the annual Staff Travel Survey to find out how staff are travelling to and from work and most importantly their needs and desires for future investment and improvements to support their travel habits. We are continuously reviewing provisions for staff to walk, run or cycle to work, and your views are essential for us to ensure we're providing the best facilities and opportunities we can, as well as have the most appropriate policies in place. The survey is conducted by [Sustrans](#), with a focus on active and sustainable forms of travel.

"The results of this survey will help inform the future of the Active Travel Engagement project run in conjunction with Sustrans. In its first year, the project has seen [six new secure cycling parking shelters](#) installed, two [bike loan schemes](#) established and has engaged many reconsider their travel habits and activity levels. There are also big plans for the coming



including a new partnership with Mobilityways to tackle commuter emission levels, and working more directly with colleagues to enable more active and sustainable travel choices. If you'd like to hear more about any of our work, please do get in touch or find us on [Twitter](#) and [Facebook!](#)"

If you have any questions or would like any additional information on the opportunities and initiatives mentioned in this survey, please get in touch with Georgie, at Georgie.Stuart@lanarkshire.scot.nhs.uk



Video message from Trudi Marshall

September 3, 2021

Categories: Pulse, Pulse - General News



This week's video comes from Trudi Marshall, nurse director, Health and Social Care North Lanarkshire.

Trudi speaks about the increase in COVID-19 cases in the community. This week it was reported that NHS Lanarkshire is the 'hot spot' in Europe with the highest number of cases per 100,000 people – <https://www.bbc.co.uk/news/uk-scotland-58383606>. This is placing significant pressure on our health and social care services across Lanarkshire. It is expected that the number of cases will rise over the next few weeks and senior management staff are developing plans for how this will be managed.

As cases rise, it is important that staff continue to stay safe at work and outside of work and make use of the wellbeing support services that are available.

The video can be viewed on:

- YouTube – <https://www.youtube.com/watch?v=J6JXlrwOwWs>
- Vimeo – <https://vimeo.com/597150506>



Alcohol and pregnancy do not mix

September 6, 2021

Categories: Pulse, Pulse - General News



Alcohol and pregnancy do not mix.

This is the key message NHS Lanarkshire is keen to promote as we approach Foetal Alcohol Spectrum Disorder (FASD) awareness day on Thursday 9 September.

Jill Madden, NHS Lanarkshire's programme manager, said: "A recent study by Alcohol Focus Scotland suggests that around 29 per cent of adults were drinking more than before Covid-19 restrictions were introduced. Among people that drink, younger adults were more likely to report an increase in the frequency and quantity of alcohol consumed. As such, we want to increase awareness of the risks of drinking alcohol in pregnancy.

"There is no proven safe level for alcohol consumption during pregnancy. The only risk-free approach is to avoid alcohol completely."

FASD is the term given to a group of life-long conditions that are entirely preventable if a woman abstains from alcohol throughout her pregnancy. These include behavioural and learning difficulties, problems with vital organs, hearing and sight issues and specific facial characteristics.

The term 'spectrum' is used because each individual with FASD will be affected differently and may have these challenges to a degree from mild to very severe.

Lorna Shearer, health improvement senior, added: "Women do not drink to intentionally harm their baby. There are a number of reasons why women might drink alcohol while they are pregnant or they might not even know they are pregnant.



“FASD is completely preventable and, if you want to be sure that your baby will not be born with alcohol related brain damage, the message is clear – avoid alcohol for the duration of your pregnancy and when planning to conceive.

“Everyone can play a helpful role in raising awareness and preventing foetal alcohol harm. It is vital that we reach prospective mothers and their partners with factual information and support where necessary.

“Any woman who is concerned about alcohol in pregnancy should speak to their midwife.”

The FASD hub Scotland can provide direct support services for people affected by, or living with, FASD. Telephone the helpline on 0300 666 0006 (select option two for FASD hub Scotland), open Tuesday to Friday, 10am-2.30pm.

For more information, visit: www.alcohol-focus-scotland.org.uk/contact-us/



Suicide prevention is everyone's business

September 7, 2021

Categories: Pulse, Pulse - General News

Tags: suicide prevention



Suicide prevention is everyone's business and continues to be a priority in Lanarkshire.

That's the message of Suicide Prevention Week which runs 5 to 11 September.

Every year during Suicide Prevention Week organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide.

Every suicide is a tragedy that has a far-reaching impact long after a person has died.

Jenny Hutton, NHS Lanarkshire's public mental health and wellbeing development manager, said:

"The past eighteen months have been tough for everyone. The key message to emphasise is that suicide is preventable. We should all look out for each other, encourage people to talk about their feelings and seek support when they need it.

"If someone close to you shows signs of not being themselves – even if the signs come and go – ask them about it. Talking openly about feelings can help someone get clarity or perspective on their distress.

"You don't need to have a solution to their problems – being there for them and listening, without judgement, shows that you care."

Support and help is available around the clock.



This year suicide prevention coasters will be distributed across Lanarkshire to pubs, restaurants and eateries with key points to look out for if you are worried about someone and support line contacts.

Help and support is available at:

- Samaritans – 116 123 (24hr) Calls are free & confidential. Email jo@samaritans.org For people experiencing distress or despair, including those that could lead to suicide.
- Breathing Space 0800 83 85 87 (6pm – 2am daily and 24 hours weekends) A free and confidential phone-line service for any individual, who is experiencing low mood or depression.
- For help and support for your mental health, speak to your GP or if out of hours, call NHS 24 on 111.
- Lanarkshire Suicide Prevention App- search for SP Lanarkshire with your App store provider
- ChildLine 0800 1111 – a free 24-hour helpline for children and young people in the UK.
- HopeLine UK (0800 24 20 24) a free service for children & young people under the age of 35 who are experiencing thoughts of suicide & for anyone concerned that a young person could be thinking about suicide.
- <http://www.element.org.uk> – for more focused supports and services
- <https://www.lanarkshiremindmatters.scot.nhs.uk> – run by NHS Lanarkshire Adult Psychological Services. It aims to link you to mental health information, advice and help, wherever you live in Lanarkshire.



Retirement of Kate McGhee, Tobacco Control nurse specialist

September 8, 2021

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



The Tobacco Control Team wished their colleague, Kate McGhee, nurse specialist a happy and long retirement, as she leaves the team after twenty years.

Kate shared the story of her 42-year career with the NHS: "I started my nurse training at the Southern General as it was then now (Queen Elizabeth) in 1979. Being the closest hospital to Glasgow airport, this provided me with the opportunity to 'get my wings' (not flying a plane) but bringing patients back to the mainland from the Highlands and Islands for Hospital treatment which was great as I got to see lots of different places.

"I joined NHS Lanarkshire in 1982 to train as a midwife, before going back to general nursing a few years later where I worked night shift in Monklands and the Community in Shotts. I was also Marie Curie Nurse of the year in 1999, which was an amazing privilege. From there, I joined the Stop Smoking Services in 2001, which wasn't the service it is today, at that time there was no Stop Smoking Service service. My first task was to set up a service for the Wishaw Shotts area and I've been with the Tobacco Control Team ever since!

"I've worked in the NHS for 42 years, and I've really enjoyed working with my colleagues and patients, but I'm ready and excited for what retirement will bring!

"I have fond memories, having been with the team for twenty years, and my favourite memory I'll look back on is working with the support groups for people quitting smoking. It was good fun and there was never a night I didn't laugh, I still chuckle thinking of the couple declaring motivation for quitting was to save up to get a divorce!



"I'll be spending my retirement with my family, I've got five grandchildren and a big family, I'll enjoy days spent with my husband (he might not) as he works part-time, and holidays with my sisters.

"All in all, I have had some desperately sad times in dealing with patients and their families but I have also laughed to my sides are sore at times and that's what keeps your head above the water."

Jackie MacDonald, Tobacco Control team leader, said: "Congratulations to Kate!

"Kate's caring and down to earth personality was very much appreciated by her patients and clients. As a colleague Kate was supportive, always had a listening ear and was ready to give advice. Kate will be very much missed however we wish Kate the very best in a well-deserved retirement."

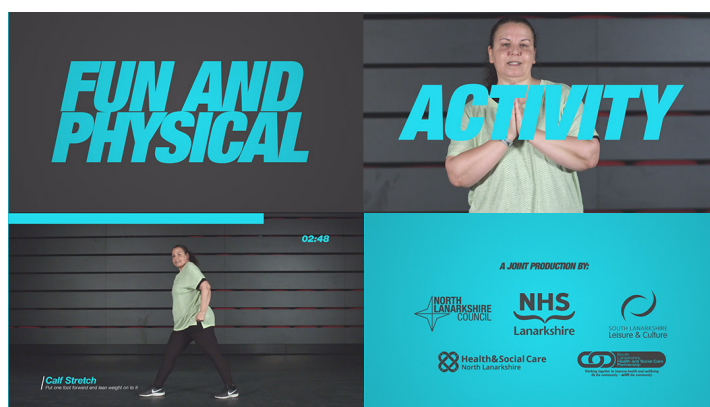


Workouts at home, for children and young people

September 8, 2021

Categories: Pulse, Pulse - For You

Tags: PT Videos, work outs at home, workouts for children



Stay active at home, with NHS Lanarkshire's new physical activity videos!

Developed with Sport and Physical Activity Coaches from North Lanarkshire Council and South Lanarkshire Leisure & Culture, they aim to support children, young people and families with fun and engaging exercises that can be completed from the comfort of their own home!

There are nine videos in total, which are packed full of fun and exercise, for each age range:

- Early years to primary three
- Primary four to primary seven
- Aged 12+

Marc Conroy, health improvement senior, NHS Lanarkshire said: "We had great fun making these videos, and hope the children, young people and families that take part enjoy them too!

"There are three videos per age range, lasting no longer than twenty minutes, and consist of simple home work outs and expert support which don't require you to leave the living room!

"Exercise helps improve our mental and physical health, and I would encourage families to get involved and give the videos a try."

[Watch the videos and take part!](#)



Special focus on care home wellbeing – third instalment

September 8, 2021

Categories: Pulse, Pulse - General News

Tags: Care Home Staff, care home wellbeing, sleeping better



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

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

In this downloadable [newsflash](#), today we focus on sleeping better.

Most of us have had nights where we cannot get a good night's sleep, and given the current challenges, it is possible that your sleep may be affected. When you are worried or stressed you might struggle to get to sleep, wake up in the night or have nightmares. This is because the survival parts of your brain are more active and reluctant to switch off. This is helpful at times when you need to stay awake to keep yourself safe, but not when you are exhausted.

Read our [newsletter](#) for tips on how to get a good night's rest (or day's rest for those of you on nightshift).

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

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



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



University Hospital Monklands welcomes visit by Minister for Mental Wellbeing and Social Care

September 9, 2021

Categories: Pulse, Pulse - General News

Tags: Kevin Stewart, minister for mental wellbeing and social care



University Hospital Monklands recently hosted a visit to the hospital by the Minister for Mental Wellbeing and Social Care, Kevin Stewart.

Mr Stewart wanted to recognise the extraordinary efforts of front line hospital staff during the pandemic and hear about the pathways in place to support older people in hospital.

Mr Stewart met senior staff including our Chair, Neena Mahal, Graham Ellis, deputy chief medical officer and Karen Goudie, chief nurse.

The Minister was introduced to Dr Andrew Russell, consultant in accident and emergency, who is also part of the rapid emergency assessment care team (REACT). REACT was introduced as a new way of treating people when they present at the emergency department to improve the waiting time for the patient to be assessed and improve the patient experience.

Dr Russell spoke at length on the triage of frail adults who are admitted to accident and emergency and the work of the REACT unit to get frail adults transferred to the frailty unit from the emergency department as quickly as possible.

Mr Stewart was interested in learning more on the introduction of specialist nurses with the emergency department for frail adults who focussing on screening and access to a



comprehensive geriatric assessment, and spoke to Dr Caroline McInnes, clinical lead for the geriatric department.

The last stop was to visit the Hospital at Home team to find out more about their work and how it links in to the pathway for older people with frailty.

To view a video message from Mr Stewart on his visit, visit:

Vimeo – <https://vimeo.com/600908789>

YouTube – <https://youtu.be/I0b8AiHQvhk>



Rainbow at University Hospital Wishaw provides colourful symbol of gratitude

September 9, 2021

Categories: Pulse, Pulse - General News

Tags: rainbow, thank you, University Hospital Wishaw



The recent Covid-19 pandemic brought an uncertainty and fear that no one had yet experienced. During this time, the rainbow became a symbol of hope.

Credit and recognition goes to all the staff who worked tirelessly throughout these difficult times, always showing courage and compassion in the face of trauma and sadness. Many people lost their loved ones, but the care and compassion shown by all the staff provided reassurance to those families that their loved ones were cared for and looked after.

The rainbow at the entrance of University Hospital Wishaw (UHW) is also a symbol of the dedication and recognition to all the staff who put those in their care first above their own fears and concerns during the pandemic. Many staff became almost invisible as the colours of the rainbow in their uniforms disappeared, to wearing white attire that included white gowns that then resembled the severity of the pandemic. The rainbow brings back the colourful array of identity in the uniforms again now worn by staff. The rainbow colours represent life, healing, sun, nature, art, harmony and spirit.

Anne Leitch, chief of nursing, UHW, said: "The rainbow is a fitting tribute and a huge thank you goes to all the staff. It will be a constant reminder of the gratitude and recognition to those who worked under difficult and unpredictable times. It will also be a comforting thought for families knowing that their loved ones will always be remembered."





Staff at UHW would like to acknowledge those who contributed to making the rainbow a symbol of gratitude. This includes staff from Serco, medical illustration, Cadzow Bridge Building Supplies, Stewarton Memorials, the spiritual care department and Mackay and Inglis, the company who made the sign.

A special thank you goes to Jimmy Grieve, volunteer gardener, who has given his time and expertise to transform the surrounding area of the rainbow into a wonderful display of plants and stone chippings.

Jimmy said: "I've been volunteering in the memorial garden for the last three years and it's my privilege to be able to contribute to supporting families and staff. I've spoken to many families and staff who visited the memorial garden and the impact the pandemic has caused.



"The memorial garden is at the heart of my work and recently I was asked about preparing the grounds at the rainbow site. This is a very fitting tribute to say a huge thank you to all the staff. Many people have commented on the rainbow and how lovely the site is. Comments included 'what a lift I get on entering the hospital'."

Personalised, sustainable commute options for NHS Lanarkshire staff

September 10, 2021

Categories: Pulse, Pulse - For You

Tags: COP26, sustainability, sustainable travel



NHS Lanarkshire's Sustainability Team is marking Scotland's Climate Week (Monday 13th September – Sunday 19th September), by announcing a new partnership with Mobilityways, which will allow all staff who commute to work, to receive personalised, sustainable options, from their home to their place of work in the near future.

Created with staff in mind, this new perk will allow those who would like to try travelling more sustainably to view which options are available to them.

The new platform will be made available in the coming months, and can be accessed by all staff throughout communities, health centres, clinics, offices and hospitals. In the meantime, staff are being asked to complete a few questions to help support this evolving piece of work:

[Complete this short questionnaire.](#)

Those who sign-up via the questionnaire will also receive future communications directly to be able to download their own personalised travel plans.

Utilising Mobilityways Scoping Smart Mobility tool, which analysed over 7000 anonymised employee postcodes, revealed 96% of staff had at least one sustainable commuting option available to them. This included active travel, like walking or biking, accessible public transport options such as train or bus.



Michael Simpson, Energy & Environment Officer, NHS Lanarkshire said: “We’re really excited to bring this new platform to NHS staff, not only will it afford those who would like to try commuting more sustainably the information to do so, it will also provide us with a wealth of information we’ve never had before and has already greatly improved our understanding of travel habits across the board.

“The platform is an evolving piece of work and, in the near future, staff will be able to download their own personalised travel plans based on their home postcode and destination. We’re encouraging staff to complete our quick questionnaire to help us to enhance the robustness of our reports, understand how staff get to work, and promote active travel alternatives wherever appropriate to do so.

“As COP 26 approaches, we’re thrilled to share this new initiative will be rolled out NHS Lanarkshire wide later in the year.”



Infant minds matter: A new infant mental health service in NHS Lanarkshire

September 14, 2021

Categories: Pulse, Pulse - Spotlight

Tags: IMH, infant mental health, infant minds matter



Despite their vulnerability there remains a potentially serious lack of understanding around the mental health needs of infants.

That is the message from Graham Shulman, our head of child psychotherapy, as the board works towards launching its new infant mental health (IMH) service.

Tasked by the Scottish Government as part of its mental health strategy, health boards across the country are setting up dedicated IMH services.

We have been one of two 'pathfinder' boards – along with NHS Fife – at the forefront of developing the service. This was in recognition of well-established and unique developments in both IMH provision and a range of targeted IMH training in Lanarkshire delivered by child and adolescent mental health services (CAMHS).

Graham, who is also a consultant child and adolescent psychotherapist, is lead for the new service.

He said: "Infants are the most vulnerable group in our society and it's not always understood that infants can have serious emotional and attachment difficulties and even disorders.

"Early identification and intervention are vital in this critical period of development, where foundations of mental health for a lifetime are being built.



“There remain significant inequalities and barriers to infants accessing specialist mental health services. These can include lack of services, ignorance, prejudice and stigma.

“We’re determined that, with the new service about to launch, this is set to change.



“The phased roll out the Infant Mental Health Service is gathering pace. We are now setting up a dedicated schedule of meetings with Health Visitor and Family Nurse teams which will take place over the coming months.”

Graham’s words are reflected in the service’s motto ‘Infant Minds Matter’.

How the IMH service will work

The new service is dedicated to developing an infant-centred specialist service with an infant-centred approach to IMH and supporting services contributing to infant mental health in Lanarkshire.

With this in mind, a three-pronged strategic approach is being taken:

- Development of a direct IMH clinical service for infants with moderate to severe mental health difficulties;
- Rolling out multi-disciplinary and multi-agency IMH training and up-skilling the wider workforce;
- IMH awareness and consciousness raising.

The strategy’s core elements include the development of a Lanarkshire infant mental health observational indicator set which is a shared frame of reference for use across all agencies, as well as a learnPro module ‘Infant Mental Health: When to be Concerned’.

Graham said: “The involvement of people with lived-experience in informing and shaping service development, and the involvement and inclusion of the voluntary sector in developments, have been key, and invaluable, components.

“The whole project has been very complex to set up and we’ve greatly benefitted from the varied skillset across the team as well as the invaluable ongoing input, co-ordination and support of Karen Grant, our project manager seconded from National Services Scotland.”

Health visitors (HV) and family nurse partnership (FNP) nurses will play a vital role in the assessment, monitoring and promotion of infant mental health, as well as identifying potential



mental health concerns in individual infants.

Graham added: “The IMH team is piloting and developing systems and close working links with HV/FNP teams and managers. This will include an HV/FNP IMH consultation and advice line with the support of the health improvement programme led by early years’ service improvement co-ordinator Sandra MacInnes and Vivian Boxhall, health improvement manager for children and young people.

“The infant mental health team has been designed to be multi-disciplinary and multi-agency with a distinctive approach which puts the individual infant at the heart and centre of everything being undertaken.”

The infant mental health team launches on Monday 20 September. A designated IMH section on the website is being created and will go live soon.



Heather Knox staff message 15 September

September 16, 2021

Categories: Pulse, Pulse - General News



In this week's video, Heather speaks about the increase in COVID-19 cases in hospitals in the community over the last couple of weeks. However, the numbers have levelled off this week. Heather also gives an update on the vaccinations including the older children and booster vaccination programme.

Heather also mentions 'Falls Prevention Awareness Day' which takes place on Wednesday 22 September. .

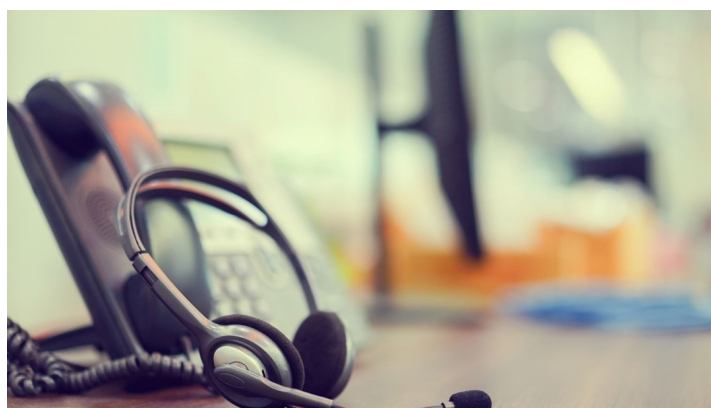
- Vimeo – <https://vimeo.com/606376149>
- YouTube – <https://youtu.be/P9grmxGpnp4>

Carol provides listening support service to her peers

September 16, 2021

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

Tags: Carol McGuigan, Nurse Lifeline, peer support



One member of staff who has managed to balance the challenges of working in a full-time nursing role and offering her free time to help colleagues in the nursing and midwifery profession is Carol Gray, a charge nurse with the renal department at University Hospital Monklands.

In June this year, Carol became a volunteer call handler with Nurse Lifeline – the first national nursing and midwifery-led initiative to offer a free and confidential peer-to-peer listening service – by nurses and midwives – for nurses, midwives, health care support workers and their friends and families.

The service aims to encourage and amplify the voices of those within the nursing and midwifery workforce through sharing uplifting stories of those who have overcome challenges, and through creating a service that can be shaped and contributed to at all levels.

Carol said: “My role involves listening and providing peer support over the telephone, while ensuring that safeguarding and confidentiality standards are met. I’m able to signpost service users to other support services where appropriate.

“I’ve always found myself lending a listening ear, whether to family, friends, patients or colleagues. When I saw the advert for Nurse Lifeline I applied without hesitation, as I felt this could be the right path for me. After such a difficult and unsettling year for everyone in the NHS, I felt it was time for me to give something back and offer support where I could to my peers. We all need to stick together and help each other out where we can in such uncertain times.”



Carol added: “As challenging and different as my new role has been, I’m really enjoying being part of something so new and amazing and hope to help as many of my peers as possible. I would highly recommend the service to any of my nurse friends and colleagues, as we all need a chat and someone to offload to now and again. The staff are all experienced nurses and will understand where you’re coming from. I would encourage anyone in the nursing or midwifery profession to contact the service.”

If you are a nurse, midwife or health care support worker and would like to volunteer your time to the service, visit: www.nurselifeline.org.uk for more information.

To contact Nurse Lifeline, telephone 0808 801 0455, Monday to Friday, 7pm to 11pm.



Special focus on care home wellbeing – fourth instalment

September 17, 2021

Categories: Pulse, Pulse - General News

Tags: care home wellbeing, fourth instalment, healthy eating



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

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

In this downloadable [newsflash](#), today we focus on healthy eating.

Facing such challenging circumstances for such a prolonged time is really hard for the majority of us. We can be drawn to foods we think will bring us the comfort we crave. In this update, there are some simple suggestions, from our health improvement team, of ways we can eat healthier to feel better.

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

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

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



North and South health and social care partnerships take part in iMatter

September 20, 2021

Categories: Pulse, Pulse - General News

Tags: health and social care partnership, iMatter, north and south HSPC



Teams within the North and South health and social care partnerships have received their iMatter questionnaires and are being asked to complete them by 4 October.

The purpose of using the iMatter staff experience tool is to help individuals, teams, directorates, health and social care partnerships and health boards understand, celebrate and work together to improve staff experience. Evidence shows that the better the experience of staff at work, the better the experience of patients and their families.

iMatter is designed to help line managers understand what it is like for their staff as an individual at work, in their teams and in NHS Lanarkshire.

Ross McGuffie, chief officer, Health and Social Care North Lanarkshire, said: "Health and Social Care North Lanarkshire fully recognises the current pressures on our staff and the importance of supporting staff wellbeing given the unprecedented demands across all health and social care services. I

would encourage teams within the North partnership to take the time to complete their iMatter questionnaire to ensure that everyone has their voice heard."





Marianne Hayward, head of health and social care, South Lanarkshire Health and Social Care Partnership, said: “By completing the iMatter questionnaire it will help line managers understand the levels of satisfaction of our staff within the South partnership – particularly given the pressures they’ve been under during the Covid pandemic – and what it’s

like for them as an individual at work, in their teams and in NHS Lanarkshire. This will allow us to put in place any support that may be required to ensure that employees feel motivated, supported and cared for at work.”

Staff can take just 10 minutes out of their day to fill in their questionnaire, completed anonymously. The completed questionnaires will then be processed by an external company making it totally confidential.

Completing the questionnaire – online, on paper or by SMS (text message) – allows staff the chance to give feedback on, and be involved in, influencing change and improvement in their workplace.

Please take the time to fill in the iMatter questionnaire by 4 October. If you are in one of the teams above and have not received your questionnaire, please speak to your line manager.

Want to know more about iMatter?

- Contact Sharon Simpson, local iMatter champion (North HSCP), at sharon.simpson@lanarkshire.scot.nhs.uk;
- Contact Jacqueline Cringles, local iMatter champion (South HSCP), at jacqueline.cringles@lanarkshire.scot.nhs.uk;
- Visit FirstPort at: <https://www.staffgovernance.scot.nhs.uk/monitoring-employee-experience/imatter/>;
- Visit the national iMatter website at: <https://www.imatter.scot/teamstories2020HSCP/> where you can view a number of team stories from across NHS Scotland, including several from Lanarkshire;
- Visit the national staff governance website for NHS Scotland at: <https://www.staffgovernance.scot.nhs.uk/monitoring-employee-experience/imatter/>



ACT Now – North Lanarkshire

September 21, 2021

Categories: Pulse, Pulse - General News

Tags: COP26, sustainability



As part of the response to the Scottish Government target of achieving the goal of net-zero carbon emissions by 2045, the North Lanarkshire Partnership established the new Action Together on Climate initiative, (ACT Now).

The North Lanarkshire Partnership consists of:

- North Lanarkshire Council
- NHS Lanarkshire
- Scottish Fire and Rescue Service, Lanarkshire
- Police Scotland, Lanarkshire
- Scottish Enterprise
- Voluntary Action North Lanarkshire (VANL) on behalf of the wider Community and Voluntary Sector (CVS)

Maddy Halliday, CEO of Voluntary Action North Lanarkshire and ACT Now lead said: “Action on Climate Together North Lanarkshire (ACT Now NL) is a vital, area-based partnership aiming to mobilise every organisation, community and resident in North Lanarkshire to take action to reduce their carbon emissions – with the goal of achieving net-zero emissions across North Lanarkshire.

“We recently held our ACT Now NL community launch event, which was really important as it will start discussions about setting up of community-led ACT Now Groups across the nine localities in North Lanarkshire. These groups – with support and funding – can then identify and take forward local priorities to reduce carbon emissions in their community. For example,



community-run gardens and woodlands; green transport; lending and upcycling initiatives and more!”

Michael Simpson, energy and environment officer, NHS Lanarkshire, added: “Community-led initiatives are hugely important to tackling the effects of climate change whilst also offering residents and organisations the opportunity of getting involved in fulfilling purposeful projects and initiatives.

“ACT Now NL has the added benefit of building engagement and identifying local concerns in the context of climate change. NHS Lanarkshire is hugely supportive of the work being done.”

[ACT Now North Lanarkshire.](#)



Staff Autumn Vaccination Programme

September 21, 2021

Categories: COVID-19, Pulse, Pulse - For You, Pulse - General News



The Autumn vaccination programme has now commenced.

Lanarkshire health and social care staff (including independent contractors) are now being invited to book an appointment to receive their annual flu vaccination and Covid Booster vaccination (if eligible). Those eligible to receive both can do so at a single appointment.

The Covid-19 booster can only be administered if **6 months (24 weeks)** have passed since your last Covid-19 vaccination. Appointments can be booked online, from Tuesday 21 September via any device.

Heather Knox, chief executive for NHS Lanarkshire, said: "The flu vaccination and Covid-19 booster is important further protection for you, your colleagues and our patients. I would strongly encourage everyone eligible to come forward for their vaccinations.

"Like every other year, all staff are eligible for a free flu vaccination.

"In addition, this year a range of eligible staff will also be able to receive the Covid-19 booster. This includes staff working on the frontline and any staff over 50 years old.

"Non-clinical staff are also eligible if they come into contact with personal belongings, physical tissue or body fluids of patients, residents or clients. This includes domestic staff, porters, catering staff, laundry and receptionists and ward clerks.

Healthcare laboratory and pathology staff are also eligible."

Those wishing both the flu and Covid-19 booster vaccinations can book a single appointment and receive both vaccines at the same time.



When you attend for your vaccination you will be asked to provide proof of employment. Please remember to bring your ID badge, payslip or wear your uniform on arrival.

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

Staff working in the acute hospitals

Staff working in the acute sites can book an appointment at each of the three acute hospitals. Appointments at these clinics can be booked via the online portal.

The clinics will be running at:

- University Hospital Hairmyres – Medical Records secondary store (beside procurement)
- University Hospital Monklands – Ward 5
- University Hospital Wishaw – Staff Gym, level 0

Staff working in the community

Staff working in the community can book an appointment at one of the 7 clinics being held across the Lanarkshire area.

This also includes:

- NHS independent contractors including GP, dental and optometry practices, community pharmacists and laboratory staff (working on COVID-19 testing) and support staff
- social care workers who regularly deliver direct care and support
- nursery, primary and secondary school teachers and pupil facing support staff in both a local authority and independent setting

Appointments at these clinics can be booked via the online portal.

Frequently asked questions

I work in the acute sector, where will I receive my vaccine?

You can receive your vaccine in one of the acute hospitals at the following locations:

- University Hospital Hairmyres – Medical Records secondary store (beside procurement)



- University Hospital Monklands – Ward 5
- University Hospital Wishaw – staff gym, level 0

I work in the community sector, where will I receive my vaccine?

Staff working in the community can book an appointment at one of the 7 clinics being held across the Lanarkshire area:

- Airdrie Town Hall, Airdrie
- Fernhill Community Centre, Rutherglen
- Braidfute Retail Park, Lanark (with satellite locations TBC)
St Nicholas Church Hall will be used for the first few weeks until the new site is ready
- Link Community Centre, Cumbernauld
- Ballerup Hall, East Kilbride
- Banqueting Hall, South Lanarkshire Council Headquarters, Hamilton
- Ravenscraig Regional Sports Facility, Motherwell

What members of staff are eligible for the flu vaccine?

- All NHS Lanarkshire staff are eligible for FLU vaccination.
- NHS independent contractors including GP, dental and optometry practices, community pharmacists and laboratory staff (working on COVID-19 testing) and support staff
- Social care workers who regularly deliver direct care and support
- Nursery, primary and secondary school teachers and pupil facing support staff in both a local authority and independent setting

What members of staff are eligible for the Covid booster vaccine?

Covid Booster Vaccine is available to staff who received their previous two doses, including:

- Frontline Staff (staff who have face-to-face contact and provide physical care or treatment)
- Non-clinical staff who come into contact with the personal belongings, physical tissue or body fluids of patients, residents or clients. (This includes domestic staff, porters, c
laundry and receptionists or ward clerks).



- Healthcare laboratory and pathology staff – those who frequently handle SARS-CoV-2 or potentially infected items, for example laboratory staff and those that handle items coming to the lab such as porters and lab receptionists.
- Staff Over 50 years old
- Social care staff including:
 - Those working in residential care for adults
 - Those working in children’s residential or social care (including special needs teachers/education)
 - Those working in the community providing care at home (including housing support and personal assistants)

The Covid-19 booster can only be administered if **6 months (24 weeks)** have passed since your last Covid-19 vaccination.

I am under 50 but come under one of the other categories, can I receive my Covid-19 booster vaccine?

Yes

If I am eligible to receive both vaccines, will I receive them at the same time?

Yes

What flu vaccine will I receive?

The flu vaccine changes every year and the vaccine components are decided by the World Health Organisation. This year we will be using Flucelvax which is a cell-based quadrivalent influenza vaccine (QIVc). Further information on this vaccine can be found here:

<https://www.medicines.org.uk/emc/product/9753/pil>

What Covid-19 booster vaccine will I receive? Will I receive the same vaccine that I did previously?

The Pfizer vaccine will be used in NHS Lanarkshire for the booster dose.

Please read the following leaflet before attending for your vaccine:



<http://www.healthscotland.com/uploads/documents/60144-Covid-19%20vaccine%20information%20leaflet%20for%20boosters-Sep2021-English.pdf>

How will the vaccines be administered? Will they be injected into the same arm?

If receiving both vaccines at the same time, they will be injected into opposite upper arms.

Is it safe to receive both the flu vaccine and covid-19 booster vaccine at the same time?

Yes

Where can I find information on the safety of the Covid-19 booster vaccine?

The booster vaccine you will receive is exactly the same dose as the previous vaccinations you had. Information on the safety of the Pfizer vaccine can be found here:

<https://www.gov.uk/government/publications/regulatory-approval-of-pfizer-biontech-vaccine-for-covid-19/information-for-uk-recipients-on-pfizerbiontech-covid-19-vaccine>

How do I make an appointment for the vaccines I am eligible for?

You can make an appointment by visiting – [NHS Inform portal](#).

The following guide will help you in making an appointment – [making an appointment](#).

If you received your previous C19 vaccine from Salus Occupational Health and cannot remember the date of a previous vaccination (you will require this to register), please check your text/SMS messages as you will have been sent a confirmation text at the time of your previous appointment from “Salus”. If you no longer have this information and need assistance in locating the dates of your previous vaccinations, please call the national helpline on **0800 030 8013**.

For any other queries call the Salus Occupational Health Helpline on 01698 759333

It has been less than 6 months since my last Covid-19 vaccination. Can I still receive the booster?

No, you must wait until 6 months after your last Covid-19 vaccination. If you book before the 6 month period (24 weeks) has elapsed, this will be checked at the appointment and you will be asked to return at a later date.



It has been less than 6 months since my last Covid-19 vaccination. Can I still receive the flu vaccine?

Yes

If I reach 6 months since my last Covid-19 vaccine at a later date, can I book separate appointments for both my flu vaccine and Covid-19 booster?

Yes

If I recently tested positive for Covid-19, how long should I wait before receiving my Covid-19 booster?

Vaccination should be deferred until around four weeks after onset of symptoms or from the first PCR positive specimen in those who are asymptomatic. (PHS Website 16 September 2021)

What proof of employment will I need to bring with me to my vaccination appointment?

NHSL ID Badge, payslip, or uniform are all acceptable. If you have none of these with you, you may be asked to leave and return with ID.



Covid-19 booster and flu vaccination work begins in care homes

September 21, 2021

Categories: Pulse, Pulse - General News

Tags: Abercorn care home, care homes, covid booster, flu vaccine



Our top teams of vaccinators are now out and about across Lanarkshire administering the Covid-19 booster and flu vaccination to care home residents and staff.

Hamilton's Abercorn care home was the first in Scotland to receive the initial Covid-19 vaccination last December. Healthcare staff this week returned to add another layer of protection against Covid-19 and the flu.

Among the residents being seen was Annie Innes (91) who was the country's first care home resident to receive the initial Covid-19 vaccine.

Eligible care home residents are being offered both the Covid-19 booster and flu vaccine following advice from the Joint Committee on Vaccination and Immunisation (JCVI) that they could be given alongside one another as long as six months had passed between Covid-19 vaccinations.

Health and Social Care North Lanarkshire (HSCNL) is managing the care home vaccination programme and will vaccinate approximately 3,600 eligible care home residents and around 6,000 staff.

Annie Innes said: "It was a relief to get the Covid-19 vaccinations earlier in the year and it gives me and my friends in the home further reassurance to be getting more protection against Covid-19 and the flu."



Sharon Murray, associate director of nursing (care home assurance and support), HSCNL, said: "It's great to get the booster programme underway for Lanarkshire's 96 care home residents. It will offer longer lasting protection against severe Covid-19 illness and also, importantly, the flu as the winter months get closer.

"Where possible, those eligible will be offered the Covid-19 booster and flu vaccine together. This is another important step in protecting individual, and wider public, protection against both of these viruses.

"Despite it being a very complex area of work, our staff have been excellent in meeting the challenges of storing and transporting the vaccines and this will enable us to carry out the vaccination programme very efficiently.

"This is a multi-faceted operation and we're dedicated to ensuring residents and staff are prepared for our visits and have consented to receiving the booster and vaccination."

Health Secretary Humza Yousaf said: "I am delighted to see Mrs Innes receiving her Covid-19 booster injection after she became the first care home resident in Scotland to be vaccinated last December. The booster offers longer lasting protection against severe Covid-19 illness and I wish Mrs Innes many more years of good health.

"Mrs Innes also received her flu jab – the roll-out of Covid-19 boosters is running alongside our biggest ever flu vaccine programme as both of these programmes are important for individual and for public health and wherever possible, those eligible will be offered Covid-19 and flu vaccines together.

"This will be a busy time for our largest vaccination programme ever but I want to thank NHS Lanarkshire and all the boards for their continuing hard work in making this roll-out such a success."



National Fitness Day

September 22, 2021

Categories: Pulse, Pulse - General News



Today (Wednesday 22 September) is National Fitness Day!

National Fitness Day is a chance to highlight the role physical activity plays, for people of all ages, to continue to lead a healthier lifestyle.

There are many short and long term benefits of being physically active, even if you're just starting out or if you have been physically active for a long period of time.

National Fitness Day - Wednesday 22 September

David Kennedy, health improvement senior – physical activity, NHS Lanarkshire, said: “National Fitness Day is a great event to remind people that physical activity doesn't need to be gruelling exercise, it can be anything from walking, washing the dishes, or parking your car further away, it really doesn't matter what you do – as long as it's something you enjoy!

“Being active throughout the day can help reduce anxiety as well as improve our sleep. It can also help improve our immune response, bone strength and brain health as well as reduce the risk of heart disease. There are also the social benefits if you like to be active socially, it's a great way to get to know new people.

“The health benefits linked to being more physically active are well proven, and the good news is that every move counts.”

Lanarkshire Physical Activity Opportunities:

[Physical activity advice and resources](#)

- Any amount of physical activity – no matter how small – is good for you.



[Exercise videos at home](#)

- The whole family can take part in these fun and active videos from home, ranging from early years to 12+!

[Free six month gym membership for 11-15 year olds](#)

- This new membership will provide free access to any North Lanarkshire Council gyms for 11 to 15-year-olds from October 2021 until March 2022 in a bid to encourage young people to get active more often.

[Outdoor gyms](#)

- There are over 20 outdoor gyms across Lanarkshire that are free & easy to use.

[Health Walks](#)

- Take part in short, volunteer led, friendly walks in every local authority in Scotland



Falls Prevention Awareness Day

September 22, 2021

Categories: Pulse, Pulse - General News



Today (Wednesday 22 September) is Falls Prevention Awareness Day.

Falls prevention is everyone's business and is one of the main priorities in Lanarkshire.

Peter McCrossan, director for allied health professions, said: "To mark Falls Prevention Awareness Day, we would like to remind colleagues of the various resources available (*links below*) to reduce falls risks of our patients across acute and community services.

"Lanarkshire's Falls Strategy is also underway aiming to take a whole system approach to falls prevention and management across Lanarkshire."

For further information regarding the Falls Strategy or falls prevention advice/support please contact Lynn Frew: lynne.frew@lanarkshire.scot.nhs.uk

Falls Prevention Resources

What to do if someone falls – <https://vimeo.com/386311658/5fe99c87b9>

National Up and About booklet:

<http://www.healthscotland.com/uploads/documents/23464-Up%20and%20about-Taking%20positive%20steps%20to%20avoid%20trip%20and%20falls-April%202019-English.pdf>

Take the Balance Challenge:

<http://www.knowledge.scot.nhs.uk/fallsandbonehealth/the-national-falls-programme/take-the-balance-challenge.aspx>

Digital Health and Care Scotland Upwards and onwards videos:



<https://vimeo.com/386308336/3352fd829a>

Episode 1: How to get up – <https://vimeo.com/386303888/b25565a40f>

Episode 2: If you can't get up – <https://vimeo.com/386305991/4228c335f3>

Episode 3: Every fall is different – <https://vimeo.com/386306919/4faf44a09f>

Episode 4: Prevent – <https://vimeo.com/386307643/39beef0a33>



Carers' Academy comes to Lanarkshire

September 22, 2021

Categories: Pulse, Pulse - General News



World Dementia Awareness month sees the launch the award winning* Alzheimer Scotland Centre for Policy and Practice (ASCPP) Carers' Academy in Lanarkshire.

The programme, developed with NHS Ayrshire and Arran, brings together NHS Lanarkshire's Alzheimer Scotland nurse consultant Helen Fox, academics from the ASCPP and Alzheimer Scotland advisors and aims to support the needs of family members caring for a relative with dementia.

Launching initially for all health and social care staff, as of Thursday 30 September, the centre will be open to all carers who have a family member with dementia.

Helen said: "We are really pleased to launch the Carers' Academy centre and look forward to welcoming family carers to the University of the West of Scotland (UWS) Lanarkshire Campus located at Hamilton International Technology Park. We will be delivering the programme monthly.

"The Carers' Academy offers an initial one-day programme with state-of-the-art practical skills-based learning and information to support family caring for the person living with dementia."

The academy aims to:

- Enhance knowledge and understanding of the effects of dementia.
- Develop practical skills in the fundamentals of care and caring.
- Facilitate opportunities for peer-to-peer learning.



Helen Fox and colleagues have been part of a growing collaborative to extend and expand this initiative.

Helen added: "Our pioneer group were all health service employees who are combining their contribution to the public in their professional role with that of a family carer at home. We are grateful for everyone's attendance and we all had a very interesting and productive day together.

Interested family carers can make contact with Helen on 01698 366760.

**Winner of Best Educational Initiative in Scotland's Dementia Awards 2019 and Winner of Innovations in Education at the Mental Health Nursing Forum Scotland Awards 2019.*

Meanwhile, Lanarkshire Police Division, along with NHS Lanarkshire, have introduced The Herbert Protocol, a nationally recognised scheme for people living with dementia who may be at risk of going missing.

Family, friends or carers can download the Herbert Protocol form from Police Scotland's [website](#), which records important information such as personal details, routines and significant places. The form should be kept up-to-date and should contain a recent photograph of the person.

The form will be retained by family or carers and only given to police in the event that the person is reported missing. Having the form completed in advance, can save vital time in tracing the person and will prevent family or carers the worry of trying to recall and provide information at such a stressful time.



July/August 2021 Pulse competition winner

September 22, 2021

Categories: Pulse, Pulse - For You

Tags: competition winner, July/August Pulse, Kirsteen Caulfield



Congratulations go to Kirsteen Caulfield, clinical services secretary, older adult mental health department, Hunter Health Centre, East Kilbride, who was the winner of the July/August 2021 Pulse competition. Kirsteen's correct entries win her a Milly Grace jewellery voucher worth £100.

On winning, Kirsteen said: "I've always enjoyed reading the Pulse. My favourite section is the 'People News' as I like to read good news about other staff members.

"I enter the competition every month and I am very pleased to have won as I am never this lucky. I've had a look on the Milly Grace website and, with my voucher, I'm hoping to get myself a new ring."



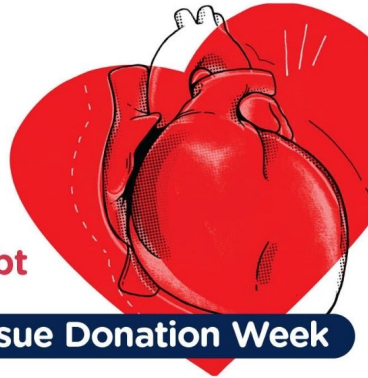
Leave no doubt – share your donation decision today

September 23, 2021

Categories: Pulse, Pulse - General News

ORGAN
DONATION
SCOTLAND

**Make it,
Record it,
Share it -
Leave No Doubt**



As Organ and Tissue Donation Week gets underway, people are being encouraged to leave no doubt about their donation decision.

Everyone has a choice under Scotland's opt out system of organ and tissue donation—to be a donor or opt out of donation. Whatever you decide, it's important to make it known.

If people haven't recorded a decision about donation, then it will be assumed they have agreed to donate certain organs and tissue for transplantation, unless they are in a group for whom the law doesn't apply.

People can record their decision on the NHS Organ Donor Register at any time, but it's also important to discuss that donation decision with family and friends.

Families are always involved in the donation process, and leaving them with no doubt about your wishes can make it easier to ensure your decision is honoured.

Dr Nina Tatarkowska, Consultant in Anaesthetics & Intensive Care, Clinical Lead for Organ Donation at University Hairmyres said:

"It's encouraging to see the number of people in the area who have recorded their donation decision. Organ and tissue donation remains a personal choice, but it's important to make your decision known.

"You can record your decision at any time on the NHS Organ Donor Register. Sharing that decision with family is also important, as having that knowledge can make it easier for them to honour it."



Leave no doubt and help make this Week count—share your donation decision today.

Find out more and register your donation decision at organdonationscotland.org or call 0300123 23 23.



Immediate access to support services for those with alcohol and drugs issues in North Lanarkshire

September 23, 2021

Categories: Pulse, Pulse - General News

Tags: alcohol and drug issues, North Lanarkshire, support services



People in North Lanarkshire struggling with drug or alcohol issues will soon be able to access rehab and support services quicker and for longer.

Plans to provide fast access to treatment, support for more people to access treatment, services reacting immediately to help people, and increased use of residential rehab facilities will help people struggling with drugs and alcohol abuse and support their families.

Members of the North Lanarkshire Integration Joint Board yesterday (Tuesday 21 September) heard of North Lanarkshire Alcohol and Drug Partnership's (NLADP) far-reaching plans to tackle addiction issues in the area.

Working with the Scottish Government's National Mission Priorities, NLADP aims to:

- Provide fast and appropriate access to treatment and support;
- Improve frontline drugs services;
- Ensure services react immediately for people who need support and maintain it as long as it is required;
- Increase capacity and use of residential rehab;



- implement a more joined-up approach between services to address underlying issues.

NLADP will work using the national Medication Assisted Treatment (MAT) standards. As a result, all people accessing services will have the option to start treatment on the same day they contact drug and alcohol services.

Those at high risk of drug-related harm will be proactively identified and supported to start or continue treatment for as long as they need. People will also receive evidence-based low intensity psychosocial support where required, be helped to grow social networks and receive mental health care if experiencing mental health difficulties.

In addition, everyone accessing the service will have access to independent advocacy and support for housing, welfare and income needs.

Dr Avril Osborne, North Lanarkshire Integration Joint Board chair, said: “North Lanarkshire Alcohol and Drug Partnership’s plans to help people struggling with alcohol and substance issues are welcome and very encouraging.

“There’s not only a very clear vision on how to ensure people with addiction issues benefit from effective support to achieve recovery, but also a firm focus on prevention and early intervention.

“All of us in health and social care are determined to help people with substance and alcohol issues recover, lead healthy lives, and rebuild and maintain strong relationships with their families, friends and communities.

“It’s also significant that children and families affected by alcohol and drug use will be safe, healthy and supported while loved ones are in recovery.”

Councillor Paul Kelly, North Lanarkshire Integration Joint Board depute chair, said: “It’s very positive to hear that NLADP will work towards identifying people who need support sooner and targeting resource to improve health and well-being.

“Improved access to residential rehab, for those who want it and it is clinically appropriate for them, has the potential to be a real boost for people determined to recover from alcohol or drug abuse.

“Importantly, the plans will place the experience of people with lived experience, and their families, at the centre of developments. Engaging with all stakeholders will significantly reshape how services are commissioned and create a robust response to the challenge of preventable drug and alcohol deaths in North Lanarkshire.”



New e-bike loan scheme for all staff

September 23, 2021

Categories: Pulse, Pulse - For You



NHS Lanarkshire has launched a new [e-bike loan scheme](#) for all staff. The scheme will provide staff with an alternative travel mode to driving for their commute, one which is cleaner, greener and in all likelihood – more fun!

The scheme offers a folding e-bike to an NHS Lanarkshire member of staff for a period of up to 3 months, free of charge. Read all about the [e-bike loan scheme](#) and how to apply.

Since August 2020, NHS Lanarkshire has been working with sustainable transport charity Sustrans to offer safer, more accessible active travel options for staff. So far there have been safer walking routes developed at UH Hairmyres, UH Wishaw and Coathill Hospital, as well as supporting a workplace engagement officer to deliver a range of improvements and initiatives.

Recent events include a 'Dr Bike' free servicing and repairs event for staff and free security bike marking. As well as this, facility improvements continue across our sites, with [new secure cycle shelters installed](#), two new bike maintenance stations and new lockers for storing trainers, helmets and more. Our efforts to improve travel options for staff have been recognised by Cycling Scotland, with five sites now having received the [Cycle Friendly Employer Award](#), including UH Wishaw and UH Hairmyres.

NHS Lanarkshire's new partnership with Mobilityways will allow all staff who commute to work, to receive personalised, sustainable options, from their home to their place of work in the near future. Created with staff in mind, this new perk will allow those who would like to try travelling more sustainably to view which options are available to them – [register](#) to be kept informed directly about this feature!



Plenty of research has demonstrated the energy efficiency of cycling as an alternative mode of transport. Here's a great round-up on [cycling's role in tackling the climate crisis](#). As an energy efficient transport mode, emitting 13 times less CO2 than driving a conventional car, it has a lot to offer in the move to Net Zero emissions. What's more, e-bikes could be most helpful to those affected by rising transport costs, as a hugely cost-effective mode of transport.

If you're looking to purchase your own bike, [Cyclescheme](#) is an employee benefit that saves you 25-39% on a bike plus accessories. There are no upfront costs, and the payments are taken tax efficiently from your salary.

For help or advice on anything active travel, get in touch with Georgie, our Active Travel officer, at Georgie.Stuart@lanarkshire.scot.nhs.uk.



Video message from Heather Knox – Thursday 23 September 2021

September 23, 2021

Categories: Pulse, Pulse - General News

Tags: 23 September, Heather Knox, video message



In this week's video, Heather speaks about the COVID-19 cases in hospitals in in the community. While the community case numbers are still high, they are on a downward trend which is encouraging. However, the number of hospital inpatients continues to increase slightly. There is still pressure on the intensive care units across the three acute hospitals. At the time of recording, there were also nine care home outbreaks.

Heather also speaks about the pressures on the Scottish Ambulance Service and whole system pressures including social care.

The [Police Scotland Herbert protocol](#), which is an information gathering tool to assist the police to find a person living with dementia who has been reported missing, has been in the media this week and Heather takes the opportunity to raise awareness of this initiative.

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

- Vimeo – <https://vimeo.com/612664418>
- YouTube – <https://www.youtube.com/watch?v=jYT0VwyUz0k>

Special focus on care home wellbeing – fifth instalment

September 24, 2021

Categories: Pulse, Pulse - General News

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



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

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

In this downloadable [newsflash](#), today we focus on exercise and the activities you can do to keep yourself motivated.

Our latest update provides tips and further reading on how to help your physical and mental wellbeing.

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

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

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



Staff within North health and social care partnership encouraged to participate in iMatter

September 29, 2021

Categories: Pulse, Pulse - General News

Tags: iMatter iMatter, North HSCP North HSCP, North partnership North partnership, staff survey staff survey



It is the last few days for staff within the North health and social care partnership to complete their iMatter staff experience survey.

In this video, Ross McGuffie, chief officer, Health and Social Care North Lanarkshire, encourages staff within this group to complete their questionnaire by 4 October.

- Vimeo – <https://vimeo.com/617928856>
- YouTube – <https://youtu.be/pvQYrjTOles>

Completing the questionnaire – online, on paper or by SMS (text messaging) – allows staff the chance to give feedback on, and be involved in, influencing change and improvement in their workplace.

Staff can take just 10 minutes out of their day to fill in their questionnaire, completed anonymously. The completed questionnaires will then be processed by an external company making it totally confidential.



Please take the time to fill in your iMatter questionnaire by 4 October. If you are in one of the teams above and have not received your questionnaire, please speak to your line manager.



Staff within South health and social care partnership encouraged to participate in iMatter

September 29, 2021

Categories: Pulse, Pulse - General News

Tags: iMatter iMatter, South Lanarkshire H&SCP South Lanarkshire H&SCP, South partnership South partnership, staff survey staff survey



It is the last few days for staff within the South health and social care partnership to complete their iMatter staff experience survey.

In this video, Marianne Hayward, head of health and social care, South Lanarkshire Health and Social Care Partnership, asks that staff within this group complete their questionnaire by 4 October.

- Vimeo – <https://vimeo.com/617794698>
- YouTube – <https://youtu.be/XWCzTIT9TVc>

Completing the questionnaire – online, on paper or by SMS (text messaging) – allows staff the chance to give feedback on, and be involved in, influencing change and improvement in their workplace.

Staff can take just 10 minutes out of their day to fill in their questionnaire, completed anonymously. The completed questionnaires will then be processed by an external company making it totally confidential.



Please take the time to fill in your iMatter questionnaire by 4 October. If you are in one of the teams above and have not received your questionnaire, please speak to your line manager.



Clydesdale health improvement team mark suicide prevention week

September 29, 2021

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

Tags: Clydesdale CMHT, health improvement, suicide prevention week



To mark Suicide Prevention Week (5-11 September), Clydesdale health improvement team – in partnership with South Lanarkshire Leisure and Culture, Healthy Valleys, Lanark Development Trust, Lanarkshire Association for Mental Health and Clydesdale’s community mental health team – held two events with the aim of promoting and supporting Suicide Prevention Week and having meaningful conversations about good mental health and suicide prevention.

The first event, held on 8 September, included a Lanark Lifestyles Centre walk led by Healthy Valleys project worker Gail McAra and, on 9 September, a walk around Castlebank Park, Lanark led by the Castlebank horticultural centre’s educational gardener, Stuart Ritchie. Mr Ritchie showed the group around the park and spoke about the positive impacts of being outdoors on health and well-being.

Quotes from some of the participants when asked what they enjoyed most about the events included:

- ‘Finding out about services and information’;
- ‘Great to hear different experiences’;
- ‘Meeting new people, being outdoors and having an open, honest conversation’.

Participants were issued with information leaflets on mental health well-being and the available, as well as pedometers, pens, key chains and water bottles.





David Inglis, health improvement senior, Clydesdale locality, said: “Hosting an event to raise awareness of suicide prevention was a first for Clydesdale locality. It was a good opportunity for me to bring some of our locality health teams and locality organisations together, to work in collaboration and support promoting this important topic.

“The event itself was a good networking opportunity for staff and local people and we’re keen to make this an annual event. As a result of good conversations, constructive and positive feedback, and strengthened relationships from both days, we’re all keen to come back together and look at the next steps, as we focus our energies on promoting positive mental health and suicide prevention in Clydesdale.”

Anila Ansari, health improvement practitioner, said: “It was a great opportunity to meet members of the public and colleagues from various Clydesdale-based organisations and have a meaningful conversation about a topic some people feel uncomfortable to talk about. The chats with my walking buddies also highlighted the need to do more work in addressing the stigma around mental health. We will definitely work with partners to make this an annual event.”

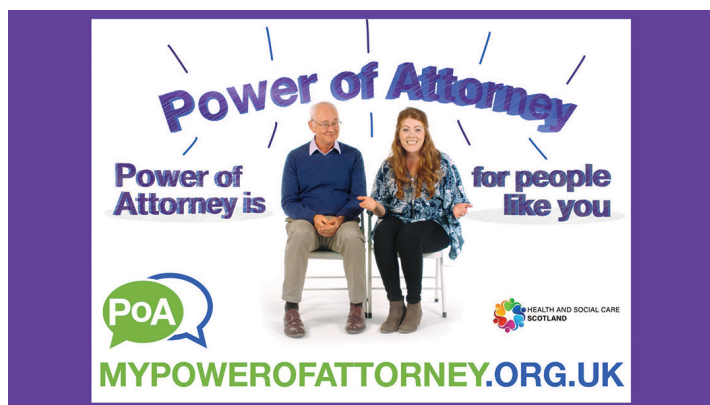
A special thank you goes to Aldi, Carluke; Tesco, Lanark and Tunnocks, Uddingston who all kindly donated healthy foods and water for the events.

Power of Attorney – It's for people like you

September 30, 2021

Categories: Pulse, Pulse - General News

Tags: Power of attorney



No one wants to be left in limbo if they suddenly find themselves incapacitated – struck down by Covid-19 or other serious illness or accident.

Where a loved one can no longer make decisions for themselves – often due to a dementia diagnosis, mental health issue or injury – distressed families and partners often discover they have no automatic legal rights to direct that person's medical welfare or financial affairs.

In such cases, a court-appointed guardian generally steps in to oversee their welfare.

The only official way to ensure that a trusted family member or partner is legally empowered to oversee their loved one's affairs is to have a Power of Attorney (PoA) registered with the Office of the Public Guardian (Scotland).

Anyone aged over 16 years can grant a PoA, addressing either their welfare or financial affairs, or combining both in a single document.

This is such a crucial issue for the people of Lanarkshire, that Health & Social Care North Lanarkshire (HSCNL) and South Lanarkshire Health & Social Care Partnership (SLHSCP) have joined forces to actively support and spread the word about today's Power of Attorney Day 2021.

Multiple partners from the public, private and voluntary sector are on board, including the Office of the Public Guardian (Scotland), Scottish Legal Aid Board, the Law Society of Scotland and Alzheimer Scotland with support from carers' networks and advocacy groups.



Ross McGuffie, chief officer, HSCNL, said: “The campaign aims to encourage people to talk to their loved ones about establishing a PoA. It’s vital that if the person takes ill and is unable to make decisions then someone can step in.

“Having a PoA in place really can make a difference and can ensure that people’s wishes are carried out quickly without prolonged legal negotiations. If a loved one is in hospital and there is no PoA this can delay the patient’s discharge and have them remain in hospital longer than necessary.

“PoA isn’t just for the elderly or infirm – it’s for everyone. It doesn’t mean giving away your power or legal rights nor does it replace your will. It’s a straightforward document to safeguard your own wishes during your lifetime.”

Soumen Sengupta, director, SLHSCP, said: “I would urge everyone in Lanarkshire who is eligible to prepare a PoA. We know that appointing an attorney can relieve a lot of stress and heartache for families in what are already difficult situations.

“Appointing an attorney makes sense as it will help to protect you and your family should an accident or ill-health affect your ability to make decisions for yourself.

“You never know when your physical or mental health could change as a result of accident or illness. It’s important that people ensure they decide who should look after their affairs if they are no longer able to.”

Both medical professionals and attorneys are legally empowered to authorise Power of Attorney.

More details are available at [My Power of Attorney.](#)

