

PULSE

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

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December 2021

World AIDS Day – 1 December

December 1, 2021

Categories: Pulse, Pulse - General News

Tags: 1 December, World Aids Day



Every year across the world people mark World AIDS Day on 1 December. This is the international day to remember those who have died from an AIDS related illness, raise awareness to help prevent new cases of HIV and challenge the stigma and discrimination associated with the illness.

Jo Duffy, senior health promotion officer for the blood borne virus and sexual health promotion team, said: "This year we are marking 40 years since the first reported cases of HIV-related illnesses and deaths.

Today in Scotland, however, HIV is considered a manageable long-term health condition, with treatments allowing people to live long, healthy lives. The most up to date figures estimate there are 6,122 people living with HIV in Scotland. Around 92 per cent of these people have been diagnosed and 90 per cent of those who have been diagnosed are attending specialist care services.

"This year, it's more important than ever to promote regular testing, because the sooner people know their status, the quicker they can access effective treatment. This is both beneficial to them and to any sexual partners they may have.

European HIV and Hepatitis Testing Week is promoted just before World AIDS Day, this year from 22–29 November."

Despite improved treatments and understanding, the condition continues to affect some of the most vulnerable people in our communities, often driven by stigma. The red ribbon is the international symbol for World AIDS Day and we will be promoting the National AIDS Tr



#RockTheRibbon campaign, so please show your support and be an ally to those living with or otherwise affected by HIV by wearing a ribbon. These can be obtained by emailing Jo Duffy at jo.duffy@lanarkshire.scot.nhs.uk

For further details on HIV and hepatitis prevention, testing and treatment in Lanarkshire, visit:

- <https://www.lanarkshirehivandhepatitis.org/>
 - <https://www.lanarkshiresexualhealth.org>
-



Winter Wheelers cycling campaign

December 1, 2021

Categories: Pulse, Pulse - For You

Tags: cycling campaign, Love to Ride, Winter Wheelers



Wrap up and ride this December with Love to Ride's Winter Wheelers campaign.

Winter Wheelers is a fun cycling campaign about helping people to conquer the cold and get on their bikes in winter (as well as giving out prizes) and NHS Lanarkshire staff can take part.

The cold, wind and rain can deter people from riding a bike, but this cold-busting campaign from [Love to Ride](https://www.lovetoride.net) aims to show that, with a little preparation, every day is a biking day.

Alongside the great health and sustainable benefits cycling brings throughout December, you can turn your rides into amazing prizes (like a bike worth £1,500). It does not matter if you are brand new to riding or a pedalling pro, anyone can join. To take part, register at www.lovetoride.net and log your journeys from 1 to 25 December. Remember to join the NHS Lanarkshire team.

Love to Ride is a behaviour change expert who has refined its approach by helping hundreds of thousands of people around the world get into biking. With quick courses articles with plenty top tips, everyone registered with Love to Ride can access the tools they need to build their biking confidence. Each rider will receive tailored emails that address their barriers to riding and help them to get in the saddle.

As the nights draw in and the cool sets in, it is an ideal time for all in NHS Lanarkshire to embrace all the benefits riding a bike can bring:

- Boost your physical health – even a 10-minute bike ride will raise your heart rate;



- Improve your mental health – riding a bike can make you feel happier and more connected to your surroundings compared to other modes of transportation;
- Reduce stress and anxiety – any form of physical activity is good for releasing endorphins and reducing stress;
- Make an impact on your environment – reduce your carbon footprint by leaving the car at home.

NHS Lanarkshire’s active travel officer, Georgie Stuart, said “It’s easy this time of year to want to stay warm and dry, but the more we can push ourselves to get outside, enjoy some fresh air and get our bodies moving, the better we’ll feel in the long run. Winter Wheelers is the perfect opportunity to get out for a short ride, reap the rewards and maybe even win some prizes.

“NHS Lanarkshire has several schemes our staff can access to enable more physical activity through the working day and we we’d encourage all staff to make the most of them.

“For any staff who don’t have access to a bike, the NHS Lanarkshire staff [Brompton loan scheme](#) is available for a free three-month loan of a folding bike. Or else staff can purchase their own bike with at least a 25 per cent discount through the [Cycle to Work scheme](#), with secure cycle parking facilities now at [11 of our sites](#).”

How does it work?

- Register for free at www.lovetoride.net
- Join NHS Lanarkshire’s team
- Log your bike rides before 3pm the following day
- Wait and see if you won. There are prizes to be won every day and one lucky winner will receive a text on Christmas Day saying they won a bike.

NHS Lanarkshire is committed to supporting staff to commute actively and welcome your thoughts. Please contact bikeusergroup@lanarkshire.scot.nhs.uk with comments or queries on the new cycle parking, the Winter Wheelers campaign or the Brompton loan scheme, and keep up-to-date with info and opportunities via our [Twitter](#) and [Facebook](#).



Special focus on copyright – third instalment

December 2, 2021

Categories: Pulse, Pulse - General News

Tags: Copyright, YouTube



Copyright: YouTube

This article is the third in a series from the Knowledge Services team on issues relating to copyright, to help promote good copyright practices within NHS Lanarkshire. This article will cover YouTube videos and how to make sure you are using them in a copyright compliant way.

Amanda Minns, head of evidence, said: “Seeking copyright permissions for YouTube videos can be complicated. This article gives some information on how to find out if videos are available through Creative Commons licenses and where you might find copyright free alternatives.”

YouTube

Not all media uploaded to YouTube has been done so legally. There are many videos available to view which violate copyright laws, for example illegal copies of films/television shows or videos which sample music without the creators’ permission.

Just because a video is available freely online does not necessarily mean it can be reused legally. The account that uploaded the video may not be its creator, therefore it is your responsibility to try and source the official copyright holder and seek their permission before reusing any YouTube content.

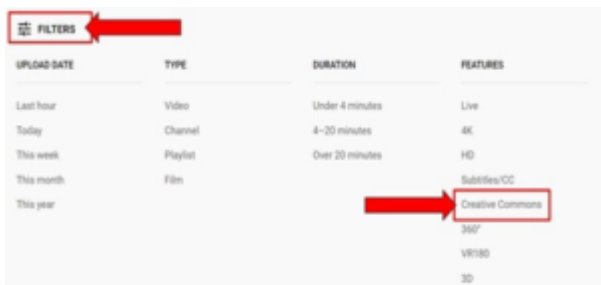
Seeking copyright permissions for YouTube videos can sometimes be complicated and can involve not only contacting the supplier, but also the director, producer or actors/singers involved. If you need help checking the copyright for any videos found on YouTube, please email the library at libraries@lanarkshire.scot.nhs.uk



Creative Commons

If you are having difficulty in tracking down the copyright holder for a video you are looking to reuse, you can use YouTube's search filters to check if it is available under a Creative Commons (CC) license.

Once you have typed your search terms in to YouTube's search box and found a video you would like to use, you can filter the results to show only Creative Commons videos:



If the video is still in the list of results, it is available to use under a Creative Commons license. The licence details should be available in the description below the video.

You can also use this function to find CC licenced alternatives to videos you have been unable to secure permissions for.

Read the previous article on the different permissions of CC licenses at

<https://www.nhslanarkshire.scot.nhs.uk/pulse-special-focus-on-copyright-first-instalment/>

Non-commercial sources

There are a few non-commercial sources where you can find freely available audio and video clips:

- Wikimedia Commons: https://commons.wikimedia.org/wiki/Main_Page
- Videezy: <https://www.videezy.com/>
- Free Music Archive: <https://freemusicarchive.org/>
- Freesound: <https://freesound.org/>

When using any video or audio from these sites, always make sure that you are following complying with the copyright permissions.

If you have any questions regarding copyright, please email libraries@lanarkshire.scot.nhs.uk or log a request on ServiceNow. Visit the copyright page on FirstPort at <http://firstport>

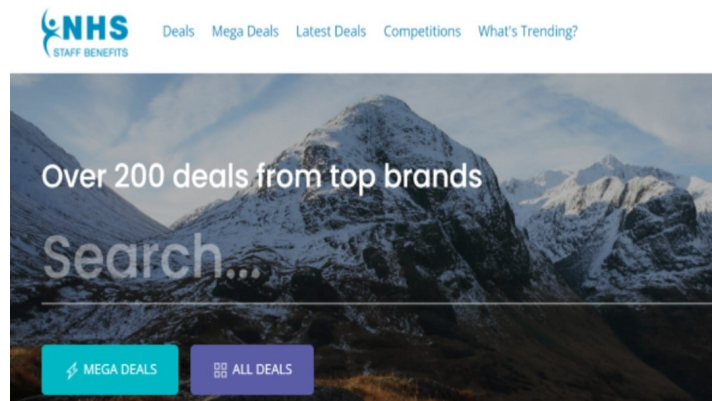


Save £££s on some great deals with NHS Staff Benefits

December 2, 2021

Categories: Pulse, Pulse - For You

Tags: latest deals, NHS Staff Benefits



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 off bed and breakfast stay at Marine Troon**

Relax on the Ayrshire coast with 30 per cent discount on bed and breakfast rates at Marine Troon. Marine Troon is perfectly located to explore Ayrshire's golf coast.

Located on the beautiful South Ayrshire coastline, the stunning four-star hotel with refurbishments has everything you need for a relaxing getaway or day trip. Overlooking Royal Troon Golf Club and the dramatic Isle of Arran, the iconic building offers a central point to explore everything from vibrant towns to quiet beaches.

To secure the offer, simply enter the exclusive code into the promo code box on the website when making your booking.

The package is fully pre-paid at the time of booking.

For further details, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/30-of-bed-and-breakfast-stay-at-marine-troon>

- **20 per cent NHS discount from GiftsOnline4U**



GiftsOnline4U is a specialist in personalised gifts. They have got gifts for all your family and friends and each one of their gifts can be personalised with a message of your choice to create something truly special. GiftsOnline4U pride themselves on creating gifts that make you smile.

NHS Staff Benefits members can save 20 per cent off orders over £35 from GiftsOnline4U. To secure the discount, simply enter the exclusive code and apply it at the checkout stage when making your order.

For further information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/20-nhs-discount-from-giftsonline4u>

- **Up to 40 per cent off orders from Body&Fit**

Life is just better when we feel fit, healthy and confident, so Body&Fit want to help everyone keep moving forward with their personal health and fitness goals. They have a range of products including sports nutrition, dietary preferences and men's and women's clothing.

Body&Fit are offering NHS staff up to 40 per cent off when shopping with them online. Available discounts are:

- Save 40 per cent off Body&Fit products
- Save 30 per cent off GPN and Body&Fit clothing
- Save 20 per cent off all other brands on site

To secure the above discounts, simply enter the exclusive code and apply at the checkout stage when placing your order.

For further information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/up-to-40-off-orders-from-bodyfit>

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

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



Video message from Heather Knox, NHS chief executive

December 3, 2021

Categories: Pulse, Pulse - General News

Tags: Chief Executive, Heather Knox, weekly video



In this week's message, Heather updates staff on the new Covid-19 variant, the importance of getting boosters and discusses what can be done to address violence against women.

You can view the video on Vimeo and YouTube using the following links:

- <https://youtu.be/bA9-XxGpJr4>
- <https://vimeo.com/652021945>

NHS Staff Benefits Christmas deals

December 7, 2021

Categories: Pulse, Pulse - For You

Tags: Christmas deals, staff benefits



NHS Staff Benefits have sourced a whole range of Christmas deals. Make the most of this Christmas by planning in advance and taking advantage of the discounts, hand-picked exclusively 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 Christmas deals from some fantastic brands.

- **Bloom & Wild NHS discount: 30 percent off for new customers and 20 per cent off for existing customers**

Bloom & Wild is the UK's top flower delivery company, designing exciting, on-trend bouquets of fresh flowers that are designed to fit through the letterbox. The flower team want to put the fun back into flower gifting by designing exciting, on-trend bouquets of fresh flowers. The seasonal bouquets are designed to fit through the letterbox with all of the flowers freshly cut, each bloom individually netted 'in-bud' and hand-packed in our innovative letterbox packaging allowing you to enjoy the full life of cut flowers – from bud to bloom.

Bloom & Wild are offering NHS Staff Benefits members 30 per cent off for new customers and 20 per cent off for existing customers.

Take your gift giving to a new level with an NHS discount on on-trend letterbox fresh flowers and gifts. For more details, including a chance to win six months of Bloom & Wild flowers, visit: <https://www.nhsstaffbenefits.co.uk/deal/bloom-wild-nhs-discount-30-off-for-new-cus-and-20-off-for-existing-customers>



- **An extra 15 per cent off NHS discount from The Fragrance Shop**

Get an extra 15 per cent NHS discount with The Fragrance Shop online. To access the offer, simply copy the discount code and click to visit The Fragrance Shop. Enter the discount code at the checkout stage.

Whether you are looking for your favourite fragrance, wanting to try something new every month with a subscription service or on the hunt for that perfect gift, The Fragrance Shop has something for everyone. It has over 500 fragrance and beauty brands from such names as Dior, Hugo Boss and Paco Rabanne to the best celebrity fragrances from Arianna Grande and David Beckham. It even has its own exclusive brands like IKON, 1667 and Yu Parfams, available only to The Fragrance Shop. The Fragrance Shop's aim is to make mainstream and luxury fragrance affordable and accessible, so all of their designer fragrances are available at high-street prices.

For more details, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/an-extra-15-off-nhs-discount-from-the-fragrance-shop>

- **15 per cent discount online from ROX – Diamonds & Thrills**

Award winning luxury retailer ROX is one of the UK's most exciting and inspiring jewellers, with exceptional customer service and daring designs at the heart of the company. With six boutiques at leading shopping destinations, including flagship stores in Glasgow's famous Argyll Arcade, Newcastle's Monument Mall and Edinburgh's iconic Assembly Rooms on George Street, as well as at the respected shopping hotspots of Trinity Leeds and Liverpool One, ROX – Diamonds & Thrills is proud to continually bring new and exciting concepts to the jewellery industry. From breath-taking diamonds to luxury watches and contemporary cutting edge designer pieces, customers can expect a truly special shopping experience.

ROX – Diamonds & Thrills are offering NHS Staff Benefits members an exclusive 15 per cent discount which can be redeemed online. It could not be easier to make the most of the offer. Simply insert the exclusive promotional code when shopping only to secure the discount.

For more details, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/15-discount-online>

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

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



Effective recycling of hospital equipment to save lives in Africa

December 8, 2021

Categories: Pulse, Pulse - General News



University Hospital Wishaw has donated an amazing two vans worth of medical equipment, which are no longer fit for use within NHS Lanarkshire, to Med Aid.

Med Aid is a social enterprise that provides sustainable medical solutions, advice and training for those working in Low to Middle Income Countries, it accepts a [range of donations](#) and picks up the donations from your place of work.

Organised by the acting orthopaedic service manager, David Murray, the items donated included nine stryker trollies, curtains, medical bins, endoscopy cupboards and drug cupboards, with more to follow in the coming weeks. All will make their way to Africa and be used to save people's lives within their hospitals.

David Murray, acting orthopaedic service manager, University Hospital Wishaw, said: "I would urge other departments in NHS Lanarkshire, that are storing equipment that will not be back in general use, to repurpose and donate what they can for Med Aid; who will rehome it to save lives.

"I worked closely with Med Aid to review equipment that we can no longer use and I'm part of the group looking at appropriate storage on the UHW site and how we can reduce the amount stored.

"I'm delighted we're able to support our colleagues and patients in other countries who have access to the same resources as the NHS does, and I'm really keen to roll out a Lanarkshire



wide plan for this.

“Should anyone wish to find out more information or donate to Med Aid, they are welcome [to get in touch with me](#) to find out more.”

Michael Simpson, acting head of sustainability and environmental management, NHS Lanarkshire, added: “The donation of equipment to Africa is a great example of the principles of circular economy in action.

“Whilst the donated items have reached the end of their useful life in an NHS Lanarkshire, that isn’t to say there isn’t still life left in them. Ensuring they are donated and made use of in other healthcare settings ensures a better quality of life for the patients treated in these hospitals and, it is hugely beneficial for the environment by avoiding any unnecessary waste disposal too.

“The circular economy is a central part of our developing sustainability and climate change strategy and we will look for further opportunities such as this to share resources and collaborate.”

For more information, [email David](#) or visit www.medaid.co.uk



Special focus on copyright – fourth instalment

December 9, 2021

Categories: Pulse, Pulse - General News

Tags: apps, Copyright, Knowledge Services



Copyright: Apps

Apps and Copyright

This article is the fourth in a series from the Knowledge Services team on issues relating to copyright, to help promote good copyright practices within NHS Lanarkshire. This article will cover apps and how to make sure you are using them in a copyright compliant way.

An 'app' is an application usually found on a phone or other mobile device like an iPad. Apps can be used for a variety of reasons and many of you will have apps on your phones for games, images and links to information/messaging portals such as Facebook or WhatsApp.

If you are involved in the development of apps for your team, or for a group of patients in NHS Lanarkshire, you need to consider copyright in your development.

Questions to ask if you are developing an app from scratch:

- What information will I include?
- Do I own or did I create all the written information?
- Is this a joint development? Who else will contribute to the app?
- If I am using information from another source (internet or from an article/guideline/other App) have I asked permission from the authors/owners?
- Will I include images? Do I own these?



- Do I need to get images developed?
- Will I be using logos?
- Have I checked my app content with the relevant teams such as evidence/information governance and IT?

Amanda Minns, head of evidence, said: "If you're involved in the development of apps for your team, or for a group of patients in NHS Lanarkshire, you will need to consider copyright in your development. This article highlights some of the questions you will need to think about and where to find help."

If you need help with securing permissions for the use of third party materials, please use the copyright request service.

If you have any questions regarding copyright, please email libraries@lanarkshire.scot.nhs.uk or log a request on ServiceNow. Visit the copyright page on FirstPort at <http://firstport2/staff-support/knowledge-services/copyright/default.aspx>



Busy time for Monklands Replacement Project as plans for new hospital move forward

December 14, 2021

Categories: Pulse, Pulse - General News

Tags: Monklands, MRP, new hospital



It's been a busy time over recent months for the [Monklands Replacement Project](#) (MRP) as work continues on the outline business case to take forward our exciting vision for a new University Hospital Monklands (UHM).

Fiona Cowan, MRP clinical lead – nursing, said: “We’re delighted that a picture of how the new UHM could look is really taking shape, and we shared some concept **hospital design** images in our recent media release and [Pulse article](#). Work on departmental design layouts has progressed well and a sign-off process with stakeholders and staff leads is now being completed.

“The **workforce** for the new hospital is high on our agenda and bed modelling aligned to staffing requirements has been carried out. We’ve also designed an example recruitment plan for medical workforce requirements and are preparing the same for all the other job families.

“It isn’t just staff at UHM who are supporting the MRP. I’m looking forward to linking with colleagues at University Hospital Wishaw, who’ll be helping us with a study to assess how single rooms impact staff working.”

Fiona continued: “We have an ambition for the new UHM to be Scotland’s first **digital hospital** – ensuring we use the most modern and appropriate technology for the benefit of patients and staff. We’ll be pushing forward with that vision in the new year and we’ve asked staff for



range of areas if they'd like to join our working group as 'digital champions'. We'll also be involving public/patient representatives.

"This futuristic theme is also reflected in the work, spearheaded by the MRP, to design an **operational command centre**, providing a real-time overview of activity within Lanarkshire's acute and health & social care services. We're excited to be visiting Morecambe Bay NHS Foundation Trust to learn more about their command centre model."

MRP director Graeme Reid added that the project team had played a key role in a recent UHM site **service planning** event.

He said: "We were delighted to contribute and our team will be a stakeholder in a new group to take forward UHM site planning, with a view to reconfiguration of services on site – mirroring the clinical models for MRP where possible."

Infection prevention & control (IPC) is also among the MRP's priorities and its IPC sub-group functions as a decision-making forum and also provides support and assurance to the other sub-groups, which, in turn, feed in to the IPC group with initial strategies, plans and designs.

Graeme noted: "Robust **assurance** around the MRP is key to our progress so we have created an assurance sub-group to make recommendations to the team.

"These will include internal and external audit processes and lessons learned from other health boards. Importantly, the group will also advise on the requirements of the upcoming review of our outline business case, to be carried out by our partners at NHS Scotland Assure – the new service established to assess the quality and management of healthcare construction projects."

Full details of the Monklands Replacement Project at www.monklands.scot.nhs.uk.



NHS Staff Benefits Christmas deals

December 14, 2021

Categories: Pulse, Pulse - For You

Tags: Christmas deals, Christmas discounts, NHS Staff Benefits



NHS Staff Benefits have sourced a whole range of Christmas deals. Make the most of this Christmas by taking advantage of the discounts, hand-picked exclusively 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 Christmas deals from some fantastic brands.

- **Exclusive 10 per cent discount code on luxury watches and diamonds at Chisholm Hunter**

Chisholm Hunter are offering NHS Staff Benefits members a 10 per cent discount off full price items when buying online.

To redeem the discount, simply use the exclusive discount code at the checkout stage.

For more details, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/exclusive-10-discount-code-on-luxury-watches-and-diamonds>

- **Exclusive 15 per cent NHS discount on all orders from Letterbox Gifts**

Letterbox Gifts are the premium online gifting service for beautiful, hand-wrapped gifts for every occasion, delivered straight through the letterbox. Free next day delivery is available.

Letterbox Gifts provide a unique selection of thoughtfully-presented letterbox gifts which feature a wonderful selection of handpicked British products. Choose boxes designed for



birthdays, anniversaries and new arrivals. You can customise with additional gifts and a gift card.

To redeem the offer, you will need an exclusive voucher code and then go to the retailer's website to redeem it.

For more details, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/exclusive-15-nhs-discount-on-all-orders-from-letterbox-gifts>

- **15 per cent off personalised gifts from Bluecrate**

Bluecrate is the London-based shop to get that gift for the person who has everything. It has been in 'the biz' since 2017, scouring the globe for the perfect gifts to compliment its range of already amazing products. With over 1.3 million followers on Facebook, to date, it has made over 250,000 customers happy.

NHS Staff Benefits members can save 15 per cent off personalised gifts from Bluecrate.

To secure the discount, simply copy the exclusive code and apply it at the checkout stage when ordering.

For more details, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/15-off-personalised-gifts-from-bluecrate>

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

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



24 days of nature ideas with Get Outdoors Lanarkshire's Nature Advent(ure)

December 15, 2021

Categories: Pulse, Pulse - Spotlight



For those looking to go on a nature adventure, Get Outdoors Lanarkshire has prepared a fun Nature Advent(ure) Calendar, for the whole family to enjoy throughout December!

Each day, a new idea will be revealed on Get Outdoors Lanarkshire's [Facebook](#) and [website](#), which range from joining a walking challenge, noticing 3 things outside, making seed bombs and fruit kebabs for the birds – there is something for everyone.

With 24 great ideas in total, the winter project is an initiative to support people to increase their physical activity and improve their mental health through engaging with the natural environment. If you missed the start of the fun on 1 December, you can start working your way through each top tip anytime, especially in the depths of winter.

Sarah Burgess, development officer (Green Health Volunteering), Voluntary Action South Lanarkshire, said: "It can be hard to connect with nature during the winter, and so throughout advent we're bringing you daily prompts to encourage you to get outside and notice the nature around you."

Marie McKeown, green health partnership manager, NHS Lanarkshire, added: "Get Outdoors Lanarkshire's Nature Advent(true) is a great opportunity to explore and enjoy nature during winter, whether it's from indoors spotting different things, out in your garden or a walk.

"Spending time outdoors plays an important role in improving our overall mental health and wellbeing, with health benefits are known to help relieve stress, reduce symptoms of anxiety and depression."



and depression, and improve sleep.”

[Take part this Winter!](#)



Funding approved for new £3.65 million Chryston community health clinic

December 16, 2021

Categories: Pulse, Pulse - General News

Tags: Chryston health centre



A new £3.65 million state-of-the-art community health clinic for Chryston has moved a step closer after the business case and funding were approved by the board.

As a result, the new community health clinic could provide a larger, more modern facility than the existing Muirhead Clinic for almost 27,000 local people.

As part of our commitment to provide all community services in people's local areas through integrated health and social care teams, it is expected the clinic could host services including:

- midwifery
- health visitor pre/post-natal
- rehabilitation team
- treatment room services
- breastfeeding support
- mental health learning disability
- community mental health teams

Following similar successful joint projects with North Lanarkshire Council, the new facility will be part of a wider development including the council's planned Chryston Primary School H development.



Muirhead Clinic only allows a small range of community health services to be provided locally due to its size and lack of dedicated car parking. It will continue to operate its existing services while the new centre is built.

Health and Social Care North Lanarkshire chief officer Ross McGuffie said: "This is a major milestone towards delivering a new state-of-the-art health clinic for Chryston and the surrounding area.

"A new community health clinic will be purpose-built to provide clinical services close to where people live and ensure local people no longer need to travel to Glasgow for certain services.

"Through detailed engagement with local service users and stakeholders we are working to develop a modern facility that will meet the needs of people in the area.

"This partnership working also means services will continue to run at the existing health centre during construction, and then transfer to the new facility once completed, meaning there should be minimal disruption for patients and service users."



Bellshill health improvement team gift appeal

December 17, 2021

Categories: Pulse, Pulse - Spotlight

Tags: Bellshill health improvement, gift appeal



Staff from the Bellshill health improvement team have been running its toy appeal since November. The organisations involved have been overwhelmed with donations of toys and have made up toy packs across the locality for over 300 children.

The team has received many donations for babies and young children, however, still require gifts for 9–16 year olds. There is still some time to get involved. If you can donate a voucher, you can do so via the wish list below or, if you have suitable donations for this age group, they can be delivered to the Salvation Army building on Gladstone Street, Bellshill.

Marc Howard, health improvement senior, Bellshill locality, said: “Many organisations in the Bellshill locality have supported families at Christmas for many years. This year, however, due to the pandemic we anticipated a greater demand for support with many families’ finances being impacted. With this in mind, health improvement sought to bring these organisations together to share resources and knowledge to reach as many people as possible.

“To date, the organisations have helped over 300 children in the locality. Health and social care staff and communities have joined forces in donating gifts, food hampers and winter clothing to meet the needs of the Bellshill community.”

If you are able to help this year in offering a donation, please visit the Amazon wish list at: https://www.amazon.co.uk/hz/wishlist/ls/11GI47PKWK5QR?ref_=wl_share by Monday 20 December.



If you have a donation that requires to be collected, please contact Marc Howard on 07973 785190 or email marc.howard@lanarkshire.scot.nhs.uk



New Monklands will be home to planned orthopaedic surgery

December 20, 2021

Categories: Pulse, Pulse - General News

Tags: elective orthopaedic surgery, Elective orthopaedics, Monklands Replacement Project, MRP



Elective (planned) inpatient orthopaedic surgery in Lanarkshire will be based at the new, state-of-the-art University Hospital Monklands when it opens around 2028.

The Board of NHS Lanarkshire today approved the preferred option to relocate the service to the new hospital, to be built at Wester Moffat on the outskirts of Airdrie.

Elective orthopaedics, currently provided primarily at University Hospital Hairmyres (UHH) in East Kilbride, is planned surgery to replace the main bony joints, such as hip, knee and shoulders, and for repairs to the associated tissue.

The decision follows an extensive process of stakeholder engagement in August and September, which sought feedback on the preferred option, proposed by the health board's Corporate Management Team.

Orthopaedic *outpatient* care will still be available at Lanarkshire's three acute hospitals and the decision does not affect the orthopaedic *trauma* service at University Hospital Wishaw.

Neena Mahal, Chair of the Board of NHS Lanarkshire, said: "I would like to thank all those stakeholders who took part in the engagement process, including the public, orthopaedic patients and their families, staff from NHS Lanarkshire and health & social care partnerships, elected representatives and other members of the community.

"All of their valuable feedback, which included nearly 400 responses to a survey, was detailed in an engagement report to inform the Board's decision-making, alongside other information as an integrated equality and inequality impact assessment and a carbon impact analysis.



NHS Lanarkshire medical director Dr Jane Burns explained: “Most of our current elective orthopaedic surgery takes place at University Hospital Hairmyres. Additional capacity is provided by the NHS Golden Jubilee National Hospital and independent hospitals, with shoulder and upper body orthopaedic surgery carried out University Hospital Wishaw.”

Jane said there was broad clinical support from NHS Lanarkshire’s orthopaedic team for the move and outlined a number of benefits to having a state-of-the-art elective (planned) orthopaedic unit within the ultra-modern new hospital:

- Purpose-built wards and theatres will allow for higher productivity and improved rehabilitation, reducing patients’ length of stay and improving their experience;
- Single-room accommodation for post-operative orthopaedic patients is the “gold standard” for infection prevention and control.
- UHH can’t accommodate all current elective activity with a significant proportion being carried out in the independent sector. There will be no inpatient and theatre capacity to accommodate future growth there;
- Future demand for surgery will increase as the population ages and life expectancy increases, and so this “gap” will increase;
- This development will allow the orthopaedic team to grow by eliminating the need for independent sector orthopaedic capacity.

Jane stressed there would also be positives for Hairmyres.

She said: “We’ll have the opportunity to improve other services by using the vacated ward, theatre and clinics. This could include bringing other independent sector surgery back to Lanarkshire and the continued development of the new vascular surgery service.

“The exact nature of this will be determined through the development of our new healthcare strategy, Our Health Together, through 2022.”

Director of planning, property & performance Colin Lauder said: “While a journey to hospital for elective orthopaedic surgery should be a ‘one-off’ experience for the majority of patients, we recognise from the feedback that travel and transport is a key issue.

“Public transport infrastructure is at the heart of the [Monklands Replacement Project](#), to ensure necessary improvements are made for the benefit of communities across Lanarkshire. The planned [East Airdrie Link Road](#) will provide enhanced access to Wester Moffat.”

Colin added: “An outline business case for the new hospital is being developed and is expected to be submitted for approval to the Scottish Government in 2022. This decision allows us



include the requirements for building and staffing the operating theatres, wards and other facilities needed for an orthopaedic unit.”

North Lanarkshire's Care at Home service to receive £3.6m boost

December 21, 2021

Categories: Pulse, Pulse - General News

Tags: Care at Home services, North Lanarkshire



Care at Home services in North Lanarkshire are set to benefit from a funding boost of almost £3.6m to help ongoing work to expand the service.

The Scottish Government funding will enable staff to see more service users, deal with the current surge in demand and complexity of individual needs and help ease pressures on unpaid carers.

The funding will help support Health and Social Care North Lanarkshire to:

- commission more hours of care;
- expand existing services;
- support complex assessments, reviews and rehabilitation;
- enable unpaid carers to have breaks;
- provide long-term security to existing staff;
- recruit internal staff.

Dr Avril Osborne, North Lanarkshire Integration Joint Board chair, said: "Care at Home staff have shown excellent flexibility, compassion and resilience throughout the pandemic. They have responded to the challenges of the pandemic impressively while still showing empathy delivering safe care to our service users.



“The last three months have been, quite possibly, the most challenging time our staff have experienced during the pandemic. This extra funding will help us to support our staff which, in turn, will give them extra capacity to keep our service users safe.

“The extra money will fund a range of approaches to prevent care needs from escalating. This includes areas such as intermediate care, rehabilitation or re-enablement and enhanced multi-disciplinary team support to people living in their own homes or in a care home who have health and social care needs.

“It will also enable us to continue our work in technology-enabled care. This includes equipment and adaptations which can contribute significantly to the streamlining of service responses and empower our service users to live independently in the heart of their communities.”

Funding has also been secured to increase the hourly pay of adult social care staff who provide direct care to service users. As a result, the hourly wage will rise to more than £10.02.

Depute chair Councillor Paul Kelly said: “The Covid-19 pandemic has increased demands, continues to disrupt staffing levels and influences the way our services are delivered. Our staff’s ongoing understanding and dedication is extraordinary despite the challenges we continue to face.

“This funding is a welcome addition to our work to retain and recruit staff in the sector and to help tackle the immediate pressures facing the service.

“We have recently recruited 81 new staff to the service and will be advertising further roles over the coming weeks and months. This, alongside the wage increase for independent sector providers will help to make the posts attractive for people starting out in a very rewarding career.”

The partnership has also been allocated funding for Hospital at Home and the provision of interim care.



Top 5 Festive Tips to cope with winter stress

December 21, 2021

Categories: Pulse, Pulse - For You



With rising case numbers in Lanarkshire of the new Omicron variant and the uncertainty over festive plans, it's understandable that people's anxiety levels are running high in the run up to Christmas.

NHS Lanarkshire wants to make sure that local people know where to get mental health support if they're struggling this winter and has provided some useful tips to cope this year.

While many of us look forward with excitement to Christmas and New Year, for many others it can be a difficult, sad, stressful or lonely time.

The pandemic, consecutive lockdowns and new Covid variants – combined with remote working and studying – have taken a toll on many people's mental health.

In response, there was a need for NHS Lanarkshire Psychological Services to launch a new website – Lanarkshire Mind Matters – that signposts people to the wide range of services available online.

There are courses, information resources and links to help people to find better ways to cope with a wide range of problems such as anxiety, depression and sleep problems.

For example, two new online programmes, **Daylight** and **Sleepio** are offered through the website and can be accessed at any time of the day or night. Designed and tested by experts, and already used widely around the world, the programmes offer personalised help for two common problems: anxiety and poor sleep.



Dr Simon Stuart, Consultant Clinical Psychologist and Digital Lead for Psychological Services at NHS Lanarkshire, said: “Our message is that “It’s OK to feel what you’re feeling,” and if someone needs help with their mental health, there is support available.

“The Lanarkshire Mind Matters website is a great place to begin: it provides trustworthy, high-quality information you can use straight away.

“And if people need more specific help, there are of course, further options. Your GP will be able to offer further advice and link you to our other services if needs be.”

Where to get help

Anyone who needs emergency help should call 999. If it is not an emergency, call NHS 24 on 111 or make an appointment to speak to your GP.

- Find help online [lanarkshiremindmatters.scot.nhs.uk/](https://www.lanarkshiremindmatters.scot.nhs.uk/)
- Call Samaritans on 116123 or email jo@samaritans.org
- Call Breathing Space on 0800 838587
- Health and social care staff can access a wide range of health and wellbeing support at any time of the year. The one stop staff webpage for health and wellbeing support (<https://www.nhslanarkshire.scot.nhs.uk/your-health-matters/>) provides information and support on a variety of topics that can impact both your working and personal life, as well as links and guidance on how to access services that may be useful to you.

Across NHS Lanarkshire there is a huge amount of information and support available and this page is intended to bring as much of that together for you in one easy location.

Coping with winter stress – our five top tips

Dr Simon Stuart, Consultant Clinical Psychologist & Dr Emily Pathe, Counselling Psychologist

NHS Lanarkshire Psychological Services

1. Be kind to yourself

Things are tough right now and winter isn’t looking any easier. Being kind to yourself has never been more important! There’s no rule book for coping with these challenging times – and whatever you’re feeling, you’re allowed to feel it. So be gentle with yourself. Rather than beating yourself up, give yourself a wee hug and ask: what can I do, in this moment, that I might enjoy? What might I suggest to a friend if they were struggling?



2. Watch what you drink

When it's cold and dark, it's tempting to reach for a bottle. But while a drink might feel like a good way to cope with winter stress, alcohol often ends up making problems worse. Have a look at <https://www.nhsinform.scot/healthy-living/alcohol> for useful advice. And if you are having a drink, try to enjoy it mindfully, in line with our next tip ...

3. Slow down into the moment

When we're stressed, we often find ourselves living in our minds without realising it – racing ahead anxiously (“what if?”) or mulling over things gloomily (“if only”). This means we can miss the moments that truly bring us happiness – ones as simple but rewarding as fussing a pet, watching something fun on TV, or properly enjoying that mince pie. In a world which wants us constantly to be switched on, slowing down and really engaging with what we're doing, in any given moment, is a powerful thing to do.

4. Stay connected ... on your terms!

Winter can be a lonely time – it can feel like everyone else is having fun, and we're not. Often that stops us from reaching out – “ach, they won't want to hear from me”. But if we don't try, we'll never know. So if there's someone you want to connect with: pick up the phone, or maybe try a video call. It might make their day – as well as yours. At the same time, of course, watch how long you spend online: it's really easy to get digitally fatigued. And that's where our final tip comes in ...

5. Stay active

When we think about good mental health, we often overlook our physical health – yet it's essential. So try to stay active – wrapping up nice and cosy and taking a walk on a crisp winter's day can be a beautiful thing to do, and is really good for both our physical and psychological wellbeing.

NHS Staff Benefits Christmas deals

December 21, 2021

Categories: Pulse, Pulse - For You

Tags: Christmas deals, Christmas discounts, NHS Staff Benefits



NHS Staff Benefits have sourced a whole range of Christmas deals. In the lead up to Christmas, or for those last-minute purchases, take advantage of the discounts, hand-picked exclusively 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 Christmas deals from some fantastic brands.

- **15 per cent off all orders from My 1st Years**

My 1st Years are the trusted online destination for personalised baby and children's gifts in the UK. All items are personalised for free, delivered in a luxury gift box and made with love, making them the perfect present every time.

The My 1st Years range has expanded to include teddies and toys, blankets, clothing, bed, bath and home accessories – while the signature luxury gift box – which arrives free with every order – has proven a particular favourite with customers for newborns through to their first years.

NHS staff can receive a 15 per cent discount on personalised baby and children's gifts, delivered in a luxury gift box – just use the discount code to access the offer.

For further details, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/20-off-all-orders2>

- **Save 10 per cent on Gillette products**



Gillette prides itself on helping every man to be their best. From shaving to beard care and beyond, Gillette has been at the forefront of grooming since 1901, when founder King Camp Gillette paved the way for over a century of innovation with the launch of the original safety razor. Fast-forward to today, and we're proud to be there for men, at every stage of their lives.

NHS Staff Benefits members can save 10 per cent on Gillette products. To secure the discount, simply copy the exclusive code and apply it at the checkout stage.

For more details, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/save-10-on-gillette-products>

- **22 per cent off at LOOKFANTASTIC**

Europe's number one online premium beauty retailer, LOOKFANTASTIC® is the ultimate destination for all your beauty needs and has a LOOKFANTASTIC NHS discount for you to enjoy. Carrying over 22,000 products with complimentary worldwide shipping to over 200 countries, they have become the online partner of choice for many leading brands.

NHS staff can save 22 per cent off selected products using the discount code.

For more details, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/22-off-nhs-staff-at-lookfantastic>

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

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



Couple's Christmas donation

December 22, 2021

Categories: Pulse, Pulse - General News



A kind-hearted couple handed over some early Christmas presents at University Hospital Wishaw.

Jamie and Stefanie Millar, from Greengairs, donated a 'cold cot' and comfort packs to the maternity and neonatal team in memory of their baby boy, Brodie.

The mum and dad sadly lost Brodie, who was born prematurely at just 23 weeks and five days, in the neonatal unit back in April.

Jamie said: "We benefited from having the use of a cold cot when Brodie passed. We were so grateful, we decided that we wanted to buy another one for parents who find themselves in the same situation.

"These cots enable families to spend more time with their baby. The cold cot will be a lasting tribute to Brodie. It has a plaque bearing his name and displays the dates of his brief time with us."

The couple set out to raise £5000 but smashed this target by almost another £1000 – thanks to the generosity of individuals and businesses donating money and prizes that the couple could raffle.

The extra funds were shared with charities and to buy comfort packs, containing toiletries, which will be used in the bereavement suite as well as the neonatal unit

Stefanie said: "I'd like to thank all our family, friends and local businesses who supported us and donated prizes to allow us to raise this money. I'd especially like to thank my friend Rebecca who set up a JustGiving page and helped organise the raffle.



“We were overwhelmed with just how much money we managed to raise and at the generosity of everyone who gave us their time, support and money.

“The neonatal staff were amazing when Brodie was in the unit. They were not only great with Brodie, they were great with us too. They helped lift our spirits and they would always be willing to do anything to help. When Brodie passed, three of the staff came to his funeral.

“After his funeral, we decided we wanted to give back. While we didn’t have Brodie, we were so thankful for everything the staff did for us and Brodie. Sadly, he was just born too early.

“We will continue to mark Christmases and birthdays by donating gifts to children’s charities. While we’ll not get to share these milestones with Brodie, another child will benefit and we take comfort from this.”

Vicky Grove, bereavement specialist midwife, said: “The maternity service here at University Hospital Wishaw are so grateful to Stefanie and Jamie for thinking of us and other families at this sad time.

“By donating the cold cot in Brodie’s name, many other families suffering from a loss will also get the benefit of spending time with their baby and this brings great comfort. The staff were privileged to care for Brodie and his parents, and he will always be remembered.”

Surviving Christmas when feeling low

December 22, 2021

Categories: Pulse, Pulse - General News

Tags: suicide prevention, Surviving Christmas



Senior leaders of public sector organisations across North Lanarkshire have rallied around a drive to raise awareness about suicide prevention in a bid to encourage people to talk about it and seek support over the festive season.

Senior officers from organisations – including us and Health and Social Care North Lanarkshire – took to the streets in a specially-wrapped vehicle. The eye-catching van is promoting helpline numbers as part of the ‘Surviving Christmas’ campaign to directly address the stigma around suicide to both staff and to communities to encourage people to open up and talk about how they feel.

The streetscene van will be visible throughout North Lanarkshire over the coming months to encourage people to pick up the phone for support, particularly at this time of year.

Councillor Paul Kelly, depute chair of Health and Social Care North Lanarkshire, explained: “The festive season and new year can be particularly hard for many people who are feeling lonely, depressed or suicidal. It’s a time that people sometimes need that extra bit of support and talking to someone at the end of the phone can really help.

“Whether you work for one of the partner organisations or you live in one of our towns and communities, someone will always have time to listen to you. It’s vital that we become more used to talking about this issue openly.

“The newly wrapped van is a great way to get the message about suicide awareness into the heart of our communities. The van is very bright, very visible and carries helpline support



numbers for those who may be struggling particularly at this time of year. The team driving the van have undertaken suicide prevention training and are happy to talk to anyone about suicide as they go about their duties.”

North Lanarkshire Council has also launched its festive guide ‘Surviving Christmas’ to support people who may be feeling lonely or vulnerable and give them advice on how to stay safe and get help if they need it. The guide contains information to help people cope with a range of issues including debt, stress and loneliness.

Health and social care staff can access a wide range of health and wellbeing support at any time of the year. The one stop staff webpage for health and wellbeing support

(<https://www.nhslanarkshire.scot.nhs.uk/your-health-matters/>) provides information and support on a variety of topics that can impact both your working and personal life, as well as links and guidance on how to access services that may be useful to you.

Lynne MacDonald, suicide prevention lead, said: “Our ‘Surviving Christmas’ guide is aimed at people who may be experiencing low mood, anxiety, or stress at this time of the year. The festive season is a happy occasion for many, but it can be very challenging for others.

“The last couple of years have been very difficult for everyone, and lots of people have worries about their own mental health and of those they care about. It is vital people know that help and support is available to them at all times.”

Councillor Kelly added: “The emotional impact on families, friends and communities bereaved by suicide is devastating and can have awful long-lasting effect on those left behind. If you’re worried about someone, a friend or a family member, asking them directly about their feelings can help to save their life.

“By taking the time to show you care and are there to listen, you could change their life.”

The Surviving Christmas guide is available by visiting: www.northlanarkshire.gov.uk/social-care-and-health/suicide-prevention-nl

Pictured: Scott Kennedy (group commander Scottish Fire and Rescue); Dermot McMahon (NLC); Daniel Callaghan (NLC), Lynne MacDonald (NLC); Superintendent Andy Thomson (Police Scotland); Ross McGuffie (chief officer Health and Social Care North Lanarkshire) and Des Murray (chief executive, NLC).



Alex graduates in cyber security

December 23, 2021

Categories: Pulse, Pulse - General News

Tags: Alex McTear, cyber security



Congratulations go to IT infrastructure engineer Alex McTear who has graduated from Glasgow University with a Bachelor of Science in Cyber Security.

Alex joined NHS Lanarkshire's eHealth department in April 2018 and, in October that year, enrolled in the graduate apprenticeship with Glasgow University, initially attending day release, to study towards completing a degree in cyber security.

Alex said: "I had no qualification in IT when I joined NHS Lanarkshire in a voluntary capacity. It was only until I moved into my current post when I decided to study for the degree course.

"I'm delighted to have qualified in cyber security. Despite the challenges of having a new baby boy in year two of my study, it was a privilege to have taken part in the course. I've learned lots of skills and knowledge which I'll be able to put into practice".



NHS Lanarkshire Choir Christmas video

December 23, 2021

Categories: Pulse, Pulse - General News



We would like to wish everyone a happy and healthy festive season.

The NHS Lanarkshire choir would like to dedicate this year's Christmas song to Neena Mahal, who will step down as Chair of the Board on 31 December having completed her term of office.

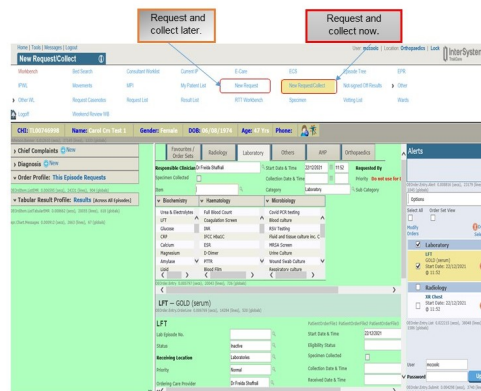
- https://www.youtube.com/watch?v=4hfDsYTNO_U
- <https://vimeo.com/659624662>

Acute order communications system coming soon

December 24, 2021

Categories: Pulse, Pulse - General News

Tags: acute order communications system, OCS



Electronic ordering – for the majority of laboratory samples – will soon be available in NHS Lanarkshire with the implementation of an electronic laboratory order communications (OCS) system. The primary aim of the system is to remove most of the current paper-based process for requesting laboratory investigations and for receiving results. The introduction of the laboratory OCS will replace these processes with an electronic alternative to improve patient safety, quality of care and the efficiency of laboratory request and results management.

This is a challenging and complex project which requires expertise from laboratories, eHealth, the clinical user group and suppliers combined. The project will be delivered by means of a pilot phase within University Hospital Hairmyres in January 2022 and, following successful completion of the pilot, the system will be rolled out on a site-by-site basis to the three acute hospitals later on that year.

Dr John Keaney, acute divisional medical director, said: "I am delighted that NHS Lanarkshire is implementing paperless laboratory ordering and results reporting. Deployment of acute order comms across the three acute sites will contribute to a more complete electronic case record, as well as supporting local strategies to promote paper-light working. It will also improve our governance of results sign off. My hope is this system will both streamline the process for clinicians and make our system safer."

Donald Wilson, director of information and digital technology, added: "I'm really pleased that we are progressing towards order comms being introduced across our acute hospitals. The ability to order labs tests and receive results electronically will improve the delivery of patient



care. This represents another significant milestone in our journey to delivering an electronic health record within NHS Lanarkshire.”

For further information, please visit the acute order communications systems page on FirstPort at: <http://firstport2/staff-support/acute-ocs/default.aspx>



Heather Knox staff message, 23 December 2021

December 24, 2021

Categories: Pulse, Pulse - General News



In this week's staff message, Heather begins and ends by thanking staff for their efforts over the past year. The video also includes the regular update on Covid-19 cases in Lanarkshire.

Heather also speaks about the recent Board approval for the preferred option to relocate elective (planned) inpatient orthopaedic surgery in Lanarkshire at the new, state-of-the-art University Hospital Monklands when it opens around 2028.

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

- Vimeo – <https://vimeo.com/659909848>
- YouTube – <https://www.youtube.com/watch?v=3KFqOdteFTQ>

NHS Lanarkshire has new director of public health and health policy

December 29, 2021

Categories: Pulse, Pulse - Spotlight

Tags: Director of Public Health, Josephine Pravinkumar



With a vision to promote health and wellbeing and reduce inequalities, Professor S Josephine Pravinkumar has taken up the post of NHS Lanarkshire's director of public health and health policy.

Josephine is leading NHS Lanarkshire's public health directorate, which assesses the health status and healthcare needs of the community and helps to improve them through health protection, health improvement and health service development.

She said: "I'm delighted to be taking on this exciting role, working with colleagues in NHS Lanarkshire and other parts of NHS Scotland, North and South Lanarkshire's health and social care partnerships and councils, other public health partners, including Public Health Scotland, and voluntary organisations, to tackle Lanarkshire's public health challenges."

Originally from Chennai, India, Josephine began her career in the UK in 1995 in the specialty of obstetrics and gynaecology before moving to pursue her ambition to work in public health.

She has a strong association with NHS Lanarkshire, having joined in 1999 to train in public health medicine. Following a period as a consultant with NHS Ayrshire and Arran, Josephine returned to Lanarkshire in 2009 and has worked with the health board as a consultant in public health medicine since then.



Josephine said that the pandemic has had a huge impact on individuals, families and communities.

“There has been a tremendous response by people across Lanarkshire in relation to care homes, health and social care, nurseries, schools and colleges, workplaces, hospitality venues and other social settings.

“People have been making sacrifices in their personal and working lives for nearly two years and have been, in the vast majority of situations, keeping informed about developments and making responsible decisions about their behaviour including testing, vaccination and taking steps to reduce the spread of infection.

“The NHS Lanarkshire public health team has worked closely with Covid-19 community champions to get a better understanding of the experience that people in local communities have been having as the response to the pandemic has progressed. This joint working has influenced the way in which information and services have been provided in order to try to meet people’s needs as well as possible.”

Josephine said the focus on public health has never been as intense and she has witnessed first-hand how her colleagues in NHS Lanarkshire and partner organisations have striven tirelessly to battle Covid-19.

She commented: “The pandemic has also underlined more than ever the importance and urgency of addressing various public health challenges, especially inequalities.”

The disease, Josephine noted, has also had an effect on pre-pandemic public health priorities, including mental wellbeing, health in early childhood, making communities safe and healthy and reducing harm from alcohol, tobacco and other drugs.

She explained: “Covid-19 has had a huge impact on the population and provides a major opportunity for public health services to make a difference by improving and promoting health and wellbeing and reducing health inequalities – the unfair and avoidable differences in people’s health across social groups and between different population groups.”

Josephine also paid tribute to the leadership of Gabe Docherty, her predecessor as public health director.

She said: “Gabe gave us phenomenal leadership before and during the pandemic. He is great with people and has given the team confidence and offered them great opportunities, providing a wonderful foundation as I take on the role. I’m stepping into big shoes.”



Stressing the importance of following Covid guidance to stay home as much as possible in light of the highly-infectious Omicron variant, Josephine said: "Please also take regular lateral flow tests, especially before you socialise, continue to wear a face covering, maintain good hand hygiene and ventilate rooms.

"And get fully vaccinated. To counter Omicron, it is particularly important to get a booster dose three months after completing your primary course of vaccination."

NHS Lanarkshire chief executive Heather Knox said: "Having had the pleasure of working closely with Josephine over many years, I am delighted that someone of Josephine's experience and ability has taken up this crucial role. We look forward to moving ahead with our vital public health agenda under her leadership."



Latest deals from NHS Staff Benefits

December 30, 2021

Categories: Pulse, Pulse - For You

Tags: latest deals, NHS Staff Benefits



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.

- **Get 45 per cent off – £3.31 per month for three months of getting 10 of your favourite prints delivered to your door**

Your best photos delivered monthly, klikkie helps you select, save and print 10 premium quality photos. Enjoy a variety of formats to display and share your family moments.

What do you get?

- Fun photo packs with a variety of formats.
- Easily look back on previous months. All photos are saved in the app.
- Never forget to print your photos with monthly reminders.
- Your moments deserve the highest quality prints.
- Shipping is always included.
- Flexible pausing and cancellation, whenever you like.
- Happiness with your photos guaranteed.
- Normal price only £6.95 per month.



NHS staff can get their first three months of klikkie for £9.95 instead of £17.95 – that is £3.31 per month instead of only £6.95

To access the offer, copy the discount code and visit the klikkie NHS offer page. Paste your coupon code and select the membership you want to start.

For more details, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/get-45-off-3-months-of-klikkie-your-favourite-photos-delivered-monthly>

- **20 per cent off gifts, clothing and homeware from Home in the Highlands**

Home in the Highlands is based on the traditional, cosy but eclectic feel of a highland home. They aim to inspire you with ideas for decorating your home or help you find the perfect new outfit, gifts for friends, family, a treat for yourself. The offering reflects both the Highlands of Scotland and their own personal favourites, something for everyone, every season and occasion.

The team like to make sure they offer something a bit different, so change their home, gift and clothing collections regularly. They work with makers and artists from across the country to bring you the best of Scottish and British design, mixed with contemporary and European style and an increasing focus on ethically sourced products.

NHS staff can get 20 per cent off their order when purchasing from the Home in the Highlands online store. Copy the discount code and paste it at the checkout stage to receive the offer.

For more details, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/20-off-gifts-clothing-homeware-from-home-in-the-highlands>

- **10 per cent off orders from Whittard of Chelsea**

Save on tea, coffee, hot chocolate and tableware with an exclusive NHS discount from Whittard of Chelsea.

Since 1886, Whittard of Chelsea has been passionate about tea, coffee and cocoa. Today Whittard of Chelsea's world-class range of tea, coffee and cocoa satisfies every curiosity and taste – from classic English Breakfast tea to creative hot chocolate flavours and unique tea and coffee blends.

To say thank you, they are currently offering 10 per cent off orders to all NHS staff. To access the discount, copy the discount code and visit their website.



For more details, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/10-off-orders-from-whittard-of-chelsea>

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

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



Neonatal collaboration ensures preterm babies get care they need

December 30, 2021

Categories: Pulse, Pulse - General News



Collaborative work across health boards ensures preterm babies get the neonatal care they need.

Given the current significant capacity issues, availability of intensive care cots and overall pressure on the system, neonatal units throughout the country are working together through the Scottish Perinatal Network to ensure that the right level of care is accessible for all sick and preterm babies.

Cheryl Clark, NHS Lanarkshire Chief Midwife, said:

“We are experiencing significant pressures within our neonatal service and the excellent work across the neonatal network is vital in ensuring sick and preterm babies get the care they need.

“There is increased pressure on intensive care cots across the country and sometimes this can mean transferring a baby born preterm to another hospital. This is fairly common and care is not compromised. It is standard practice but we are currently seeing more movement due to current pressures.

“Where possible, we try to move the mother in utero, so before the baby is born. However sometimes we have to move a baby and mother to create a bed for a vulnerable baby who needs intensive care support.



“Babies are only moved if it is deemed safe. We care for some of the sickest and most preterm babies in Scotland and need to ensure access to our intensive care cots.

“Not all neonatal units can provide intensive care support and so we also accept babies into our unit in University Hospital Wishaw from other hospitals that don’t have these facilities.

“All the teams within the network discuss neonatal care and cot availability on a daily basis. This teamwork and collaborative approach from neonatal services throughout the country helps to ensure the safest care for sick and preterm babies.

“Parents are supported and kept fully informed of any decision and the process involved. Scotland has a dedicated Neonatal Transport Service so any baby that has to be moved from one hospital to another is cared for by specially trained and dedicated neonatal medical and nursing staff.

“We appreciate that this can be a stressful time for new parents who have experienced a preterm birth, however the safety of our mums and their baby are of paramount importance.”

NHS Lanarkshire also continues to urge pregnant women to get their vaccination. The Joint Committee on Vaccination and Immunisation (JCVI) last week announced that pregnant women are now classed as a priority group, with vaccination strongly recommended by the Royal College of Obstetricians and Gynaecologists (RCOG) and the Royal College of Midwives (RCM).

Recent data in Scotland shows that almost all (98%) of pregnant women admitted to hospital with coronavirus with symptoms were unvaccinated and pregnant women who get coronavirus with symptoms are three times more likely to have a preterm delivery.

Cheryl added: “Vaccination is the best way to protect women and their babies against the known risks of Covid-19 in pregnancy. It is important that pregnant women get the vaccine as soon as possible. It is best to get both doses before the third trimester, and the booster dose, to ensure maximum protection.

“For those breastfeeding, you can continue to breastfeed as normal after vaccination.”

If you are pregnant you can book your vaccination using the online booking portal at www.nhsinform.scot/covid19booster or through the National Helpline on 0800 030 8013.

You can find helpful information about the vaccines, along with how to book your appointment, at NHS Inform: www.nhsinform.scot/covid19vaccinepregnancy



A fond farewell to Agnes Robb

December 31, 2021

Categories: Pulse, Pulse - Spotlight

Tags: Agnes Robb, Retirement



After a long and successful career spanning over 40 years in NHS Lanarkshire, learning and development manager Agnes Robb has decided that it is now time to start a new chapter in life and retire at the end of the year.

Agnes is a well-known member of staff, having initially started her career as domestic services manager in primary care before joining the learning and organisational development team based at Law House.

Agnes has supported many staff over the years in her role, managing the provision of personal and professional learning, education and training initiatives as well as leading on the development and ongoing implementation of learnPro.

Kirsty Cole, head of organisational development, said: "We would like to thank Agnes for all her work and contribution to NHS Lanarkshire and wish her all the best for the future."

Linda inspires staff's bumper donation to foodbank

December 31, 2021

Categories: Pulse, Pulse - General News



Compassionate colleague Linda Cameron spearheaded a bumper Christmas donation to Airdrie Foodbank by staff at University Hospital Monklands.

Linda, secretary to the anaesthetics department, once again organised the generous collection after she successfully oversaw donations last year.

Paying tribute to her colleague's selfless effort, consultant anaesthetist Dr Claire McIntyre said: "Linda is a kind and compassionate person, who is very active in her local community. The foodbank collection is just one example of how caring she is.

"The pandemic has highlighted the growing needs of those in the community and Linda wanted to make a special effort last year to help those in need locally. The success of this led to a desire to repeat it this year – with fantastic results.

"Linda spread the word about the collection, which led to donations from across the site. Staff from many departments in the hospital managed to collect three car-loads of food, toiletries, treats and toys. Special thanks to the labs, dieticians, domestic staff and the anaesthetics department for their generosity.

"This was an amazing collection, which matched – or perhaps even exceeded – the donations made last year.

"Linda is well known and popular in the hospital. A large part of her job is to organise and look after people, which comes across outside of her job as well. We are very proud of her, and count ourselves very lucky to have her as a valued colleague and member of the local community.



Consultant anaesthetist Dr Gordon Cowan, clinical lead in anaesthesia, added: “We first had a collection last year. The community had supported the hospital so visibly in wave one of the pandemic and, with Christmas being so difficult for many, we were inspired by Linda to return the good turn. So, in year two, this is now a tradition!”
