

PULSE

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

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December 2022

Health & Social Care North Lanarkshire cost of living helpline now available

December 1, 2022

Categories: Anxiety, Mental Health, Pulse, Pulse - General News

Tags: Finance, Mental health, North Lanarkshire



A dedicated helpline devoted to supporting North Lanarkshire residents impacted by the cost of living crisis is set to be expanded in the coming weeks.

On Wednesday 30 November, at a meeting of the North Lanarkshire Integration Joint Board, members heard the cost of living crisis will force thousands of local people into poverty.

The next two years are expected to be extremely challenging for a growing number of local people. As a result, Health and Social Care North Lanarkshire has prioritised exploring ways of increasing the help and advice available to individuals and families.

The IJB's members approved the use of £600,000 of funding to support the expansion of North Lanarkshire Council's Tackling Poverty Team, including its single point of contact helpline.

Work is already underway to add debt advisors, income maximisers, clerical support and a welfare rights advisor to the team. This will help them to expand the helpline capacity as well as enhance activities around First Point of Contact, outreach surgeries and wider support to community planning partners.

Councillor Ayeshah Khan, chair of the North Lanarkshire Integration Joint Board, said: "We know the cost of living crisis is forcing people in North Lanarkshire, and across the UK, into making

extremely difficult decisions on how they prioritise their money.

“We expect the resulting impact on wellbeing, and physical and mental health, will result in existing health inequalities being intensified. Given the partnership’s role in helping people to maintain their health, we have looked at options to further increase the early help and support available.

“Today members approved £600,000 of funding for the helpline over the next two years. In addition, they also agreed the request for increasing the size of the council’s Tackling Poverty Team.

“This helpline will not eradicate the effects of the crisis by itself, however it will be an important tool in ensuring people access advice, information, support and advocacy in areas including income maximisation, and fuel, debt and money advice.

“The Tackling Poverty Team is working to recruit the additional staff required as quickly as possible. Part of this work will include looking at traineeships, modern apprentices, and other employment opportunities for North Lanarkshire residents as part of the team.

“I’m confident the helpline and the expanded Tackling Poverty Team will play a vital role in supporting our residents at this difficult time and I’d encourage people to use them if they are struggling.”

People can contact the team now on 01698 332551 or email TPTeam@northlan.gov.uk.

Early Christmas gift for Pulse winner Tony

December 1, 2022

Categories: Pulse, Pulse - For You

Tags: pulse competition



Tony Clark received an early Christmas present by winning the latest Pulse competition.

Tony, a clinical secretary at University Hospital Hairmyres, correctly answered the gift on day five of the 12 days of Christmas carol was five gold rings.

He wins a limited edition ARRAN Sense of Scotland Christmas bundle that includes an advent calendar containing contents worth over £140. A Coorie 30cl scented candle, mandarin and petitgrain 30cl scented candle and a hot toddy 30cl scented candle.

On winning the prize, Tony said: “It feels great to win this fantastic prize. I entered this competition because I love the Arran range of products and scents.

“I enjoy reading the Pulse and my favourite part is the spotlight section and reading about people’s achievements and appeals taking place.

“It is going to be a nice and quiet Christmas in the Clark house with wife, my five-year-old son and 13-year-old daughter. We have a panto booked and plan to go to the carnival between Christmas and New Year.”

Thanks to everyone who entered this competition. Don’t forget, NHS Staff Benefits members can save 30 per cent off Arran Sense of Scotland’s Christmas collection. For details, visit:

<https://www.nhsstaffbenefits.co.uk/deal/save-30-off-arran-sense-of-scotlands-christmas-collection>

Remember to test for HIV infection

December 1, 2022

Categories: Pulse, Pulse - Spotlight



Thursday 1 December is World AIDS Day.

This is a day to reflect on both the many lives (over 40 million) that have been lost to HIV/ AIDS worldwide over the last four decades, as well as to celebrate the huge advances that have been made in the prevention, diagnosis and treatment of HIV/AIDS during this period.

Dr Nick Kennedy, Lead Clinician for the NHS Lanarkshire Blood Borne Virus Prevention and Care Network, said: “HIV in the Scotland should now be regarded as a long-term condition that can be very successfully treated, although not cured, with modern medicines.

“A normal life-expectancy can be anticipated for most patients. As with most other medical conditions, early diagnosis is very important for prognosis and is a key factor in ensuring that people living with HIV can lead long and healthy lives.

“Early diagnosis is also very important for preventing the onwards transmission of HIV to others. Treatment as Prevention (TasP) is now recognised as one of our most effective HIV prevention interventions. We now know that a person with HIV who is on appropriate treatment and has a fully suppressed (undetectable) virus level in the blood will not pass their infection to another person. Undetectable = Untransmittable (U=U) is a simple but powerful evidence-based message.”

Dr Kennedy added: “HIV testing rates in Scotland need to increase to reduce the prevalence of undiagnosed HIV and ensure earlier diagnoses.

“The message that we are trying to convey is about the ‘normalisation’ of HIV testing – all doctors, nurses and midwives should be able to obtain verbal consent for an HIV test. Testing is

straightforward and should be undertaken in a variety of settings in both primary and secondary care, not just in sexual health clinics.

“In broad terms it is appropriate to offer an HIV test to individuals with identified HIV risk factors (for example life-style or country of origin) or to individuals who present with certain signs, symptoms or conditions (‘clinical indicator conditions’) that are associated with an increased chance of underlying HIV being present – even if no obvious HIV risk factors have been identified.”

Published UK guidelines provide more detail – see [BHIVA/BASHH/BIA \(2020\)](#) and [NICE \(2016\)](#).

The HIV team based at University Hospital Monklands and colleagues in sexual health services are happy to provide advice about HIV testing and HIV treatment and care.

Deputy Chief Executive staff message

December 2, 2022

Categories: Pulse, Pulse - General News



Judith Park, NHS Lanarkshire director of acute services and deputy chief executive, gives this week's staff message.

There has been an increase in the number of inpatients with Covid-19.

Pressures continues across our services and whole system work is ongoing to mitigate and manage these pressures. This has resulted in the production of a detailed action plan and timescales to address the issues.

Judith also mention the extraordinary NHS Lanarkshire Board Meeting that considered a draft outline business case (OBC) for the Monklands Replacement Project to develop a new hospital at Wester Moffat, Airdrie. Staff sessions are taking place at University Hospital Monklands to give staff an update on the progress.

Judith ends by mentioning that our new chief executive, Jann Gardner, starts in NHS Lanarkshire next week.

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

- Vimeo – <https://vimeo.com/777337967>
- YouTube – <https://youtu.be/8gONpfeUF7M>

First frailty friendly trolley

December 5, 2022

Categories: Pulse, Pulse - Spotlight

Tags: University Hospital Wishaw



Emergency department staff at University Hospital Wishaw have access to a frailty friendly trolley for the first time.

The site's acute care of the elderly team has handed over the trolley to ED colleagues. The trolley will benefit frail older adults who are a vulnerable group that often find hospital admission distressing.

The trolleys have been used in parts of NHS England to try and ensure hospital journeys for this patient population are less stressful from the outset.

The trolleys contain communication aids including hearing aid batteries, non-slip socks in case the patient arrives at ED without safe footwear and information leaflets to give to relatives about common frailty syndromes such as delirium.

The trolley also contains activity books, colouring books, radio and twiddlemuffs that can be handed out to alleviate boredom and reduce distress. Look out for the trolleys appearing in other wards in UHW in the coming months.

Hamilton nurse receives prestigious Queen's Nurse award

December 6, 2022

Categories: Pulse, Pulse - General News

Tags: award, campbell, nurse, queens, robert



A Hamilton nurse is among a group of 20 extraordinary clinical nurse leaders to have been awarded the prestigious title of Queen's Nurse.

Robert Campbell was selected earlier this year to take part in a nine-month development programme run by the Queen's Nursing Institute Scotland (QNIS).

The Senior Nurse at NHS Lanarkshire was nominated for his wealth of clinical experience and his ambition to navigate the challenges of advanced practice to ultimately improve patient care.

After completing the programme successfully, Robert Campbell was awarded the historic Queen's Nurse title along with 19 other community nurses and midwives at a ceremony staged on Friday (2 December) evening at the Sheraton Grand Hotel in Edinburgh.

Queen's Nursing in Scotland dates back to the late 19th century, when nurses completed specific training which allowed them to work as district nurses. They provided healthcare and health promotion to people in their own homes and became well respected figures within their community.

Following the introduction of a national certificate for district nursing, QNIS ceased training, awarding the original QN District Nursing title for the final time in 1969.

However, the decision was made to reintroduce the Queen's Nurse title to Scotland in 2017, with 20 community nurses chosen to take part in a transformational development programme which would see them become the first modern Queen's Nurses, representing the range of contemporary

community nursing and midwifery roles. Nurses are selected by employer nomination, and subsequent panel interviews for their clinical expertise and compassionate care.

This year, 20 community nurses were selected to complete the nine-month programme which consists of a week-long residential workshop followed by two further workshops and individual coaching sessions.

The programme requires them to choose an issue for development which will have a significant impact on those they care for, so that the learning during the nine months is applied in practice.

Other community nurses in the group include a Neurology Nurse Specialist for Parkinson's and Huntington's, a community Children's Nursing Team Leader and an Advanced Nurse Practitioner working on an Orcadian island.

Nurses provide a wide range of support to the people in their communities including complex care for older people, support for substance misuse and advocacy for people with learning disabilities.

Those working in community mental health, district nursing, school nursing, care home nursing and health visiting are also part of the group.

At Friday's formal ceremony, each nurse received a Queen's Nurse badge, designed by Silversmiths Ortak, a certificate, and a specially commissioned Harris Tweed sash or tie, presented by Chief Nursing Officer Professor Alex McMahon

Clare Cable, QNIS Chief Executive and Nurse Director, said: "These 20 exceptional individuals can be deservedly proud of being awarded this prestigious title. From the late 1880s, Queen's Nurses were social reformers who were taking public health into people's homes to help families take better care of themselves. The modern Queen's Nurses are building on this proud heritage – sharing this pioneering spirit to improve the health and wellbeing of the communities of Scotland.

"Their roles vary, from bringing care to some of society's most vulnerable and marginalised groups to supporting people in mental distress or end of life care. They represent the geography of Scotland, from rural communities and small islands to concentrated areas within the big cities, but they all demonstrate nursing excellence which makes a real difference to the lives of the people they work with."

Lesley Thomson Nurse Director, South Lanarkshire Health & Social Care Partnership, said: "Over the past 12 months Robert has been part of the Queen's Nursing programme. This has afforded Robert the opportunity to link with and learn from nurses working in communities across Scotland.

"Robert has grown throughout the programme, sharing his reflections with the team and striving to improve patient care. I look forward to Robert continuing the work of Queen's nurses, addressing

inequalities for people within South Lanarkshire.”

NHS Lanarkshire launches a new recruitment website – Care to join us?

December 7, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Recruitment



A new website dedicated to the recruitment of staff to vacancies across NHS Lanarkshire has launched this week making it easier for people to apply for jobs and find out more about NHS Lanarkshire.

The web pages are a one stop shop for job seekers to identify potential job opportunities from a range of specialties and departments that are crucial to supporting our patients.

This incorporates an incredible range of diverse roles which not only includes doctors, nurses, pharmacists, occupational health specialists, domestics and porters but professions such as physiotherapy, radiography, paediatrics, mental health, psychology, psychiatry, learning & disability, medical education, district nursing/health visitors, dentists and a whole lot more.

The new website also features videos with testimonials from you, our staff, on their experiences and career opportunities since joining NHS Lanarkshire, including Gary who says ‘*I always get very proud when I put on that badge in the morning*’, and Katy who said: “*Lanarkshire is a quite unique place to work. There is very much an ethos of team work*”.

Allison joined us as a basic grade radiographer and has worked her way up to becoming the Superintendent in MRI so there are opportunities for career progression.

Jann Gardner, newly appointed chief executive of NHS Lanarkshire, said: “Having started my own career here I am delighted to be coming back to NHS Lanarkshire where people come first – our

patients and our staff. There has never been a more exciting time to be part of this progressive organisation. Come and join us and let's make a real difference together for the people of Lanarkshire.”

Every staff member involved in the videos agrees that there are opportunities for development and that the organisation values the work of staff and a massive thank you to the many staff who took part in the project.

The website aims to help potential recruits navigate through the recruitment process with factual information about what it's like to work at NHS Lanarkshire, highlighting the career opportunities available and international recruitment.

If you know anyone wanting to join us and start their career with NHS Lanarkshire please direct them to our new web pages where they will find a host of information.

Click here to view the new website:

<https://www.nhslanarkshire.scot.nhs.uk/recruitment/>

Click here to view the new videos available on the new website:

<https://youtu.be/7QumwpzyiJY>

<https://youtu.be/5cfFP9Q2e-k>

Latest discounts from NHS Staff Benefits

December 8, 2022

Categories: Pulse, Pulse - For You

Tags: staff benefits, staff discounts, staff offers



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

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

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

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

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

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

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

- **20 per cent NHS discount on all orders from Charlotte Tilbury online**

Charlotte Tilbury 20 per cent NHS discount is now available to all NHS Staff Benefits members.

Browse the award-winning 'Charlotte's Magic Cream' and the Hollywood Flawless Filter foundation that gives you starlit skin in seconds to the world-famous, universally-flattering Pillow Talk matte revolution lipstick – these are the sell-out magic makeup and skincare products everyone wants.

Charlotte Tilbury is offering a 20 per cent NHS discount on all full priced orders.

To access the offer, click on the promo code and input at the checkout stage.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/20-nhs-discount-on-all-orders-from-charlotte-tilbury-online>

- **10 per cent off all orders at Books2Door**

At Books2Door, they want to encourage a love of reading in all children. That is why they have been offering exceptional books at affordable prices since 2004. Books2Door select books that they know your children will fall in love with, from treasured classics to the latest must-have series.

With their extensive range of authors and genres, there is something for every child, from reluctant readers to eager bookworms.

To secure the exclusive NHS staff discount, copy the promo code and apply at the checkout stage.

For more information, visit: <https://www.nhsstaffbenefits.co.uk/deal/10-off-all-orders-at-books2door>

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

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Don't feel snowed under this Christmas – help is there for you

December 8, 2022

Categories: Pulse, Pulse - Spotlight



Christmas brings joy to many, but for some it's a time when stress and pressure can be worse than ever.

But those feeling overwhelmed are being reminded that help and support are available – and it is vital to accept that assistance.

To help those who are struggling in any way, the South Lanarkshire Council and NHS Lanarkshire have launched their 'Feeling Snowed Under, Coping with Christmas' campaign.

A collection of handy hints and tips for surviving the festive season has been put together both as a booklet and [online](#), along with useful information and phone numbers for organisations who offer support for a range of issues.

In light of the present economic climate this year, a section dedicated to money worries has also been included.

Councillor Joe Fagan, Leader of South Lanarkshire Council, said: “This time of year can bring it's own pressures and whether this is adding to existing worries or creating new ones, it can feel overwhelming.

“The council and other organisations are well aware of this and ready to help. No one should feel that they have to deal with this on their own – if you need help, please do get in touch.”

Soumen Sengupta, Director of Health and Social Care for South Lanarkshire, added: “The festivities and celebrations that are taking place all around, and the fact that we are bombarded with images of

happy people can make all of this feel so much worse, but please remember that you are not alone, and there is always something that can be done to help.”

For anyone feeling snowed under, the guide to surviving Christmas [**can be found on the South Lanarkshire Council website**](#), while help and support can also be found in talking to other organisations, who can be contacted as follows:

- Samaritans (24hrs): 116 123
- Breathing Space (Mon – Thurs 6pm – 2am, Fri 6pm – Mon 6am): 0800 83 85 87
- NHS 24 (out of hours): 111
- Childline (for Children and Young People): 0800 111
- Hopeline UK (For Young People: 0800 068 4141

Message from new Chief Executive

December 9, 2022

Categories: Pulse, Pulse - General News



In this introductory video, Professor Jann Gardner, our new chief executive, introduces herself and speaks about joining NHS Lanarkshire.

Jann also highlights the visits she has undertaken during her first week and the planned visits over the coming days and weeks.

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

- Vimeo – <https://vimeo.com/779614231>
- YouTube – <https://youtu.be/V2J-CENhqwk>

Expansion of primary care occupational therapy service

December 12, 2022

Categories: PCIP, Pulse, Pulse - Spotlight

Tags: Occupational Therapy, primary care, service



NHS Lanarkshire is set to become one of the first health boards in Scotland to provide a primary care occupational therapy (OT) service to all local GP practices.

On Wednesday 7 December NHS Lanarkshire's Oversight Executive Group approved the proposal to make the current temporary service, permanent.

The primary care OT service has been tested in GP practices across the Hamilton and Bellshill localities and will be spread to all areas across Lanarkshire. Once recruitment has finished, occupational therapists will start to arrive in practices in spring, with the ambition that all local GP practices will have access to an OT by summer.

Dr Mark Russell, Medical Director South Lanarkshire Health and Social Care Partnership, said: "This is a great investment in primary care and a real benefit for the people of Lanarkshire. This work is part of the implementation of the national GP contract, which aims to refocus the role of the GP and allow them to focus on more complex care.

"Some tasks previously carried out by a GP, will now be carried out by other members of the wider primary care multidisciplinary team (including occupational therapists) – where it is safe, appropriate and improves patient care."

Janice McClymont, Head of NHS Lanarkshire Occupational Therapy Profession, said: "Early access to primary care occupational therapy services can support people to enhance their personal level of independence, and enable them to live their best lives before their condition becomes chronic or long term in nature.

“Occupational therapists can assess the impact of both mental and physical health conditions on a person. They see beyond diagnoses and limitations to hopes and aspirations, and they look at the relationships between daily activities or ‘occupations’, alongside the challenges individuals are experiencing, and the environment in which people live and work. By recommending practical and realistic adjustments tailored to each person’s needs, occupational therapists can help people to make positive changes to maximise their potential in everyday life.”

Dr Tyra Smyth, Secretary of the Lanarkshire GP Sub-committee, added: “I’ve seen first-hand the benefit of occupational therapy support in practices. This is a really positive step for practices in Lanarkshire. GP workload is reduced by providing the holistic care, support and empowerment that helps people transition back from being patients, into people.”

Implementing this service across Lanarkshire will take time and the first step is to recruit staff. There are a number of posts available across bands 5, 6 and 7, for occupational therapists at different stages of their careers. To find out more about the roles and to apply, visit <https://apply.jobs.scot.nhs.uk/> and search ‘Lanarkshire’ and ‘Allied Health Professions’ closing date for applications is Monday 9 January 2023.

Links to individual jobs:

- Band 5 occupational therapist primary care – <https://apply.jobs.scot.nhs.uk/Job/JobDetail?JobId=89464>
- Band 6 specialist occupational therapist primary care – <https://apply.jobs.scot.nhs.uk/Job/JobDetail?JobId=129313>
- Band 7 advanced practitioner occupational therapist primary care – <https://apply.jobs.scot.nhs.uk/Job/JobDetail?JobId=129315>

For more information on the roles, we are holding three online recruitment sessions – taking place on Thursday 15 December 2022, Monday 19 December 2022 and Thursday 5 January 2023 at 6.30pm. To book a place on one of the sessions, please email LanGMS2018@lanarkshire.scot.nhs.uk

‘Espresso’ webinars

December 12, 2022

Categories: Pulse, Pulse - General News



A treble bill of special half-hour webinars will bring key elements of our Discharge without Delay (DwD) programme into sharp focus.

The sessions will be held this Friday morning (16 December) and on Monday (19 December).

The overriding goal of the DwD programme is to help prevent delays and reduce length of stay in hospital through an enhanced system of communication and coordination between health and social care partners.

The interactive live sessions – which will include expert insight, practical tips and learning gained from first-hand experience – have been arranged as all elements of Lanarkshire’s health and care system experience continued pressure.

Marianne Hayward, Programme Director for Discharge Without Delay, explained: “Current times are difficult and we also recognise that listening and talking to peers dealing with similar challenges can be a huge help. We also realise time and capacity are at a premium. So these half-hour ‘espresso’ webinars are designed to be clear, to-the-point, helpful and supportive for staff.

“I would strongly encourage those who are able to attend.”

Webinar fact file:

Title: Planned Date of Discharge – an essential guide

- **What’s it about?**

The Planned Date of Discharge (PDD) programme aims to establish a clear date of when someone will go home (or to a community setting) – at the earliest possible stage during their stay in hospital.

By providing a clear route-map through the hospital 'journey', PDD is geared to reducing any uncertainty and anxiety. Learn more about this vital programme.

- **When is it and who's hosting?**

Friday 16th December 10am – 10.30am

Presenters are Katrina Coyle, Integrated Discharge Facilitator, and Suzanne Gumbrell, Senior Social Worker (NLC)

Who's it for?

All health and social care staff, inclusive of primary, acute and community

How do I join?

[Click here to join the meeting](#)

Title: Home First / Home Assessment Team (HAT)

- **What's it about?**

The Home First programme is based on three concrete aims. Firstly, people can be cared for at home (or as close to home as possible). Secondly, prevention of avoidable admissions to hospital and thirdly, where hospital admission is necessary, Home First seeks to support timely discharge. A practical example of this in action will be delivered by the **Home Assessment Team**.

- **When is it and who's hosting?**

Friday 16th December 10.30am – 11am, Presenters will be Geraldine Flanagan, Home Assessment Team rep, and Suzanne Blake, Operations Manager, Home First / Hospital Discharge

- **How do I join?**

[Click here to join the meeting](#)

- **Who's it for?**

All health and social care staff, inclusive of primary, acute and community

Title: Discharge Planning

- **What's it about?**

Discharge Planning is about the effective coordination of various elements required for a patient's smooth transition from hospital back home or to a homely setting. There are various practical methods that can be used to ensure this process is as seamless as possible – maximising capacity and ensuring good patient outcomes.

- **When is it and who's hosting?**

Mon 19th December 12pm – 12.30pm. Presenter – Eli Begg, Service Manager, Care of the Elderly

- **Who's it for?**

All health and social care staff, inclusive of primary, acute and community

- **How do I join?**

[Click here to join the meeting](#)

Marianne continued: “Marked progress has been made, but as profound pressures on the health and care system continue, we have developed a range of materials, including these webinars, with two clear aims in mind.

“Firstly, in times of challenge and pressure it's important, as teams, services and wider organisations working collaboratively and in partnership, we remain focussed on clear, shared goals.

“We recognise there's no magic wand to make the challenges of delay disappear – but by working together we can exert control and influence over the challenges.

Further info:

- A [two minute animation](#) provides a clear overview of what the DwD programme is, how it works and, crucially, why we are doing it.
- A list of questions staff and partners have asked – with answers, has been published. Read our [FAQs](#) on DwD.

Supporting people living with HIV

December 13, 2022

Categories: Pulse, Pulse - Spotlight

Tags: AIDS, HIV and Aids



We celebrated World AIDS Day on 1 December. This is a day of reflection for the lives (over 40 million) that have been lost to HIV/AIDS worldwide over the last four decades, as well as to celebrate the huge advances that have been made in the prevention, diagnosis and treatment of HIV/AIDS during this period.

For the remaining 364 days of the year the Lanarkshire Blood Borne Virus (BBV) Network continues to work to prevent HIV by raising awareness, providing education and training, and supporting people who are living with and affected by HIV and other blood borne viruses.

As recently highlighted by Dr Nick Kennedy, Lead Clinician, Lanarkshire BBV Network: "We all have a role to play in helping to prevent HIV within our community, we are acutely aware of the lack of knowledge around HIV. HIV should now be regarded as a long-term medical condition that is readily treatable (albeit not curable) with modern therapies. Someone diagnosed with HIV in 2022 can anticipate a normal life expectancy – as long as they have not been diagnosed too late."

Over the last 14 years the Lanarkshire BBV Network has developed and delivered targeted social media campaigns raising awareness of HIV and other sexually transmitted infections.

This Christmas and New Year the Lanarkshire BBV Network in partnership with Terrence Higgins Trust Scotland (THTS) are re-running their successful [HIV postal testing social media campaign](#).

The campaign targets young people, the general public and gay, bisexual and men who have sex with men (GB MSM) via a range of social media platforms.

Trish Tougher, BBV Network Manager states: “The importance of testing cannot be over stated. By testing and knowing your HIV status you are able to take the next step to accessing support services and the new, effective treatments that will stop the HIV virus from damaging the body’s immune system. We therefore encourage individuals who feel they may have been at risk of acquiring HIV to take a test.

Normalising routine, regular testing for HIV, and indeed all sexually transmitted infections, should be seen as positive approach to improving one’s sexual health and wellbeing.”

For more information on the Lanarkshire HIV Postal Testing Social Media Campaign go to.

To find out more about the Lanarkshire BBV Network please contact:

Dr Nick Kennedy, Consultant Infectious Diseases/ BBV Lead Clinician, NHS Lanarkshire

Nicholas.Kennedy@lanarkshire.scot.nhs.uk

Trish Tougher, BBV Network Manager, NHS Lanarkshire

Trish.tougher@lanarkshire.scot.nhs.uk

Covid rehab team get their Christmas jumpers on

December 13, 2022

Categories: Pulse, Pulse - General News



The Covid rehab team took part in Save the Children's Christmas Jumper Day last Thursday.

By pulling on our Christmassy knits and donating, we will be helping mums and babies stay healthy and giving them a chance for the future they deserve.

Just £20 could buy antibiotics to help ten children beat malnutrition.

Just click the Give Now button in the link below to donate £2 (or more if you're feeling generous) and the UK government will double it. We've also got our own QR code: just scan the code with your phone camera and donate!

So donate now and help the team reach their target.

For more details and to donate, visit

<https://christmas.savethechildren.org.uk/fundraising/gail-rae-mckenna-christmas-jumper-day>

Supporting staff in dealing with grief and loss

December 13, 2022

Categories: Pulse, Pulse - For You

Tags: staff health and wellbeing



NHS Lanarkshire staff are often very close to bereavement through their role within healthcare, as well as experiencing personal loss of their own which can feel particularly difficult to cope with around Christmas.

There are several sources of support available, including NHS Lanarkshire's Spiritual Care Team which aims to nurture the spirit. Each of the acute sites offer sanctuaries and wellbeing areas where staff are always welcome to drop in and spend time whether for peace and quiet, prayer, reflection and contemplation, reading or rest.

Staff can also visit The Good Grief Trust, which offers End of Life Aid Skills for Everyone. Visit here <https://www.thegoodgrieftrust.org/>

Sudden can provide staff with support books to help adults and children experiencing grief. Order for free here <https://sudden.org/>

Other information that was part of Staff Health and Wellbeing Week is available on [Your Health Matters](#).

Retirement of Celine Robertson, Health Improvement

December 14, 2022

Categories: Pulse, Pulse - Spotlight



Congratulations to Celine Robertson, Health Improvement Assistant, who is retiring after an amazing 14 years of service!

Celine joined NHS Lanarkshire's Tobacco Control Team in 2008 and has remained with the team ever since. **Celine said:** "My first position was as a higher clerical officer for 6 years, based at Udston Hospital. I then progressed to Personal Secretary to Susan Lyttle and Shirley Mitchell, both of whom I enjoyed working with immensely.

"My current position is as a Health Improvement Assistant and as you can imagine, after 14 years with this service, I have worked on every topic within the Tobacco Control Team.

"The most enjoyable part of my role is supporting clients who have signed up to the service to successfully quit smoking. This aspect of my job I love, as I am a "people person" and enjoy building up a good relationship with the clients who I have supported.

"What I will miss most are my colleagues and in particular the friends that I have made during my journey with the NHS, although I have a good few lunches and catch-ups arranged for the New Year.

"As I have a house in Mil Palmeras, Murcia, I will enjoy spending a lot of my retirement in the sunshine, particularly the winter sunshine, and spending quality time with family and friends."

Shirley Mitchell, Senior Health Improvement – Quit Your Way, NHS Lanarkshire, said:

"Celine has worked for our team for many years and has been a key member of staff throughout all these times.

“Celine is probably best known for her “straight-talking”, “being super-helpful” and most of all her “loyalty”. If you want a job done Ask Celine.

“Celine is also very much about fairness and ensuring everyone is treated well in the workforce which over the years has been so valuable to me.

“I probably can’t put into words how much of a support Celine has been to me personally over the years, I think it’s fair to say Celine will be sorely missed, not just by me, but all of our colleagues. We all wish you a very happy healthy retirement and hope you enjoy making lots of new memories.”

Tracy Henderson, Health Improvement Senior – Quit Your Way, NHS Lanarkshire,
added: “Celine’s caring and supportive personality has been very much appreciated by the clients that she has supported on their journey.

“Celine is a very valued member of staff whose commitment has been very obvious. Over the years Celine has kindly shared her knowledge and guidance with many staff members. We wish Celine a wonderful retirement which is very well-deserved.”

Virtual dental awards ceremony

December 14, 2022

Categories: Pulse, Pulse - General News

Tags: Dental



The British Association for the Study of Community Dentistry (BASCD) held an awards ceremony at their autumn scientific meeting last month.

Albert Yeung, NHS Lanarkshire's consultant in dental public health, took over the role of the president of BASCD in June 2022.

BASCD are keen to encourage researchers in the field of population oral health. To support this, BASCD offer four awards including the Keith Woods Essay Competition and the BASCD-Borrow Foundation Early Career Poster Award.

All the prizes were presented during the BASCD meeting held on 10 November 2022. Due to the London tube strike, the event was moved to a virtual platform. The theme of the conference was *A Place to Call Home: Rescue or Repair*. It explored the provision of dental care for asylum seekers, refugees and looked-after children.

During the conference, BASCD President Albert Yeung wore the Ukraine flag bow tie to express solidarity with those people affected by the conflict in Ukraine. He also put on the poppy as a show of support for the Armed Forces community.

Albert said: "The standard of the entries this year was so high that the judging panel had difficulty to decide on the winners. It was a shame not able to present the awards in person at a virtual event."

Ellie Macintosh (pictured receiving her award with Albert), a recent graduate of dental therapy and hygiene from the Peninsula Dental School, was the winner of the Keith Woods essay competition. The title for the essay in 2022 was: The oral health of refugees and the mobilisation of oral health care services to meet their needs.

This competition was open to any undergraduate from dentistry, dental therapy, dental hygiene or dental nursing student registered at a dental school in the UK and is designed to foster the interest of the next generation of dental professionals in public health dentistry.

The BASCD-Borrow Foundation Early Career Poster Award was sponsored by The Borrow Foundation which is actively engaged in promoting oral health and disease prevention.

The poster prize was open to BASCD members from academic and non-academic institutions in their early careers, e.g. undergraduates, clinical fellows, trainees and those undertaking Masters and PhD degrees. This includes dentists, dental care professionals and any other groups with an interest in public health.

K Julia Hurry of Queen Mary University in London was the winner of this award on the topic of Barriers and dental care pathways for children looked after in the UK.

The impact of smoking during the cost of living crisis podcast

December 15, 2022

Categories: Pulse, Pulse - Spotlight



As the cost of living continues to rise, many will find it difficult to make ends meet. Smoking is a very expensive addiction and can place a financial burden on people who smoke and their families.

The Quit Your Way teams in NHS Lanarkshire, NHS Greater Glasgow & Clyde and NHS Lothian have created a campaign which focuses on the money people who smoke could save by quitting, as well as the health benefits.

As part of this campaign, a podcast aimed at referrers was created to discuss the impact of smoking on mental and physical health during the cost of living crisis.

The podcast features; Sheila Duffy, Chief Executive – ASH Scotland, Jo Duffy, Senior Health Promotion Officer, Tackling Poverty – NHS Lanarkshire, Geraldine Lucas, Team Leader – Quit Your Way – NHS GGC and Donnamarie Bell, Mental Health Adviser – Quit Your Way, NHS GGC. [Listen to the podcast here.](#)

Shirley Mitchell, senior health improvement manager – Quit Your Way, commented:
“Our Quit Your Way service will support all Lanarkshire residents who smoke to quit, even if they

have tried to quit with our support before.

“The cost of living crisis is such an important issue, and people struggling might believe smoking helps them to relax. However, that relaxed feeling only lasts a short time before they start to feel anxious, tired and depressed. That can then lead to smoking more – it’s a vicious circle.

“Smoking is not the main reason for poverty, but it does make things much worse for people living with money worries. For example, if someone smokes twenty cigarettes per day, research shows quitting could save them at least *£3000 per year.

“Smoking isn’t a lifestyle choice, the addictive nature of smoking is considered a key cost people that will sustain, even if they are experiencing periods of financial hardship/poverty. Referrers can support their patients and/or people in the community who are ready to quit smoking by referring them directly to Quit Your Way.”

All staff can refer patients who smoke to the Quit Your Way team. Find out more information on our dedicated [FirstPort page for referrers](#), or phone our local helpline on **07813 569289**, which is available Monday to Friday from 9am until 5pm.

Or, for more information about quitting smoking call **0800 84 84 84** or visit the [Quit Your Way webpage](#).

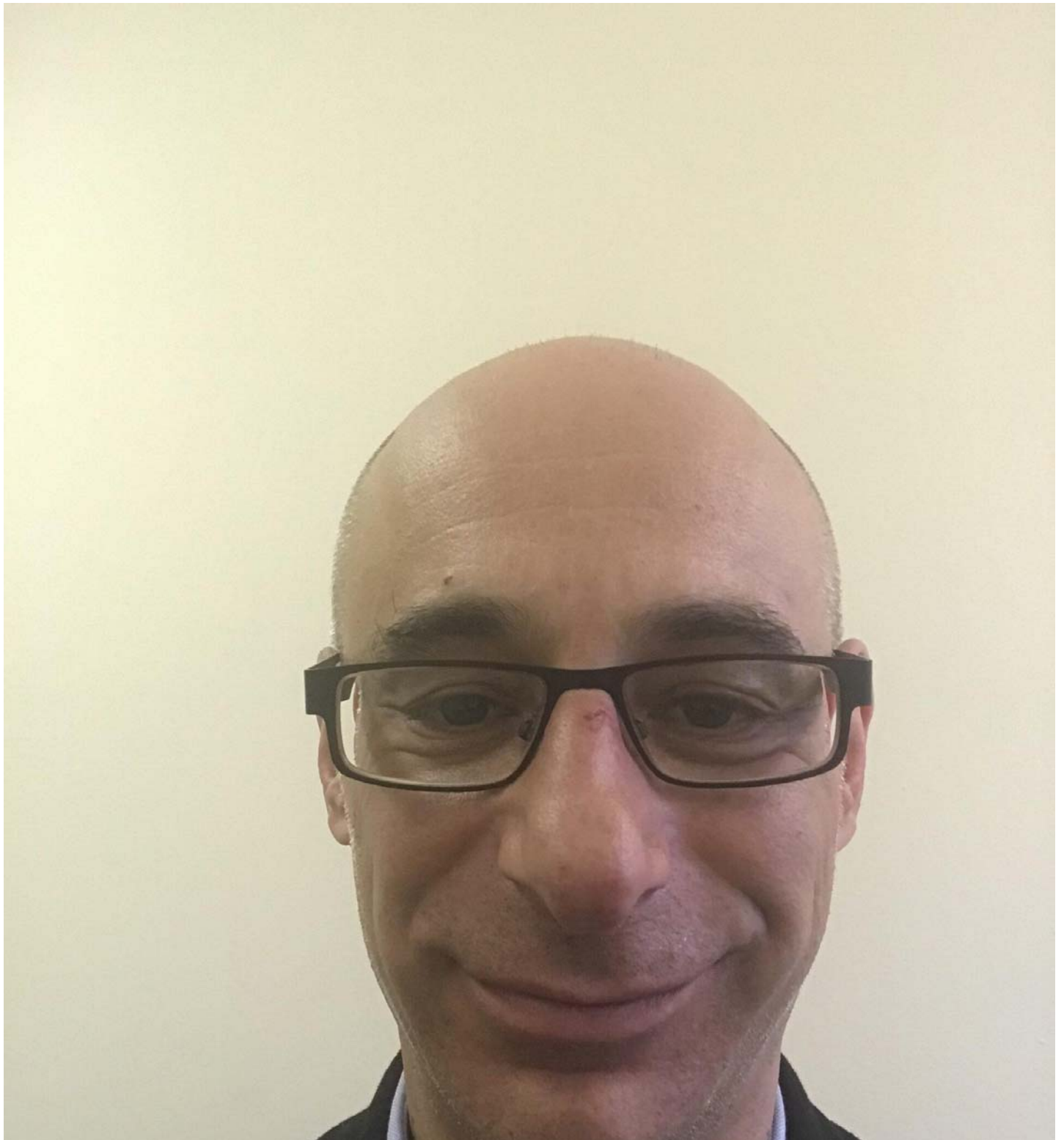
*Savings of over £3000 per year is based on ASH Scotland’s research, ‘[Calculating the Cost of Smoking](#).’

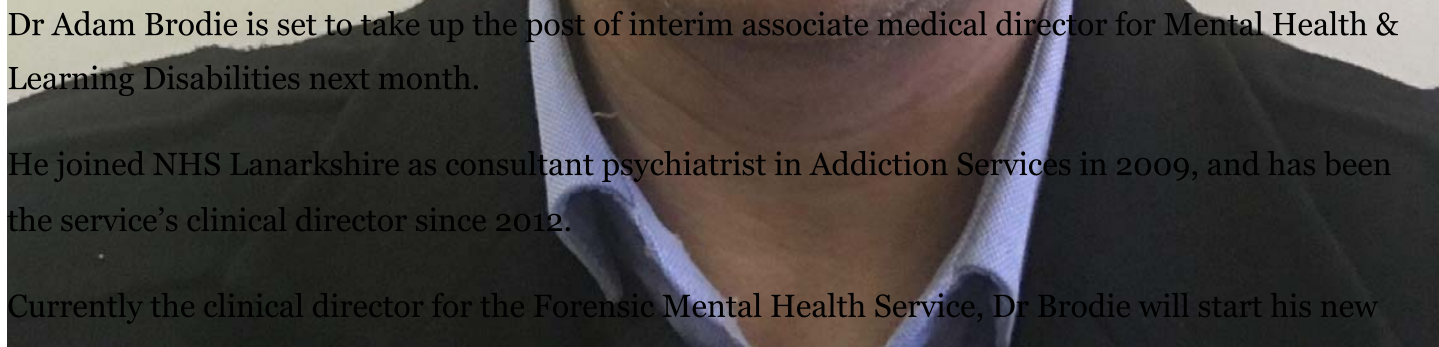
Evidence for the campaign – taken from ASH Scotland’s [Poverty Alliance Smoking and Poverty Report](#)

Interim associate medical director appointed for Mental Health & Learning Disabilities

December 15, 2022

Categories: Anxiety, Mental Health, Pulse, Pulse - General News



A close-up portrait of Dr Adam Brodie, a man with short dark hair, wearing a dark suit jacket, a light blue shirt, and a dark tie. He is looking directly at the camera with a neutral expression.

Dr Adam Brodie is set to take up the post of interim associate medical director for Mental Health & Learning Disabilities next month.

He joined NHS Lanarkshire as consultant psychiatrist in Addiction Services in 2009, and has been the service's clinical director since 2012.

Currently the clinical director for the Forensic Mental Health Service, Dr Brodie will start his new position on 04 January.

Dr Lucy Munro, medical director, Health & Social Care North Lanarkshire, said: "Dr Brodie taking up this post in January is fantastic news. He brings a significant breadth of knowledge and leadership experience to the role. With his appointment we are in an excellent position to work closely and effectively as a team to further build on the service's successes.

"His role comes with significant responsibilities, however I know how committed he is to supporting our excellent, hardworking staff and ensuring we meet the needs, and expectations, of the people of Lanarkshire."

Dr Brodie commented: "I'm pleased, and proud, to be appointed as the service's interim associate medical director.

"I'm looking forward to adding to the excellent work of my predecessor Dr Adam Daly. I'll be working collaboratively with staff and stakeholders to ensure we continue to develop the best possible services for people across Lanarkshire."

Dr Brodie has a special interest in Alcohol Related Brain Injury, and has been involved in producing national guidance for this area of practice and for those who suffer dual mental health and addictions problems.

He has published research on issues relating to problem alcohol use and other substances in addition to designing and delivering training in these areas. He has spoken at national conferences and has given presentations on addictions issues at the Scottish Parliament.

Morag Anderson retires after long career in nursing

December 16, 2022

Categories: Pulse, Pulse - Spotlight



We say a fond farewell to Morag Anderson, Associate Director of Nursing, who recently retired after 39 years' service.

Morag (pictured right with Trudi Marshall left) began her career in 1985 in Bangour Village Hospital as a student nurse and worked as a nursing auxillary in the Fife hospital before taking a position in a mixed adult and children's ENT ward.

Eventually she made the decision to move to the west and took up a position in Stonehouse Hospital. It was after leaving Stonehouse that she began her community journey as a staff nurse then a district nurse of which she is extremely proud of.

In 2014 she joined the senior management team and thought that her senior nurse role was going to be her final post before being persuaded to take up the position of Associate Director of Nursing for North Lanarkshire Health and Social Care Partnership and it is from this position she retired after a life of nursing and caring for others.

Trudi Marshall, Nurse Director, North Lanarkshire Health and Social Care said: “We are all going to miss Morag with her calm sensible approach to everything she does. She has given 39 years of her life caring for others and everyone who knows her will join me in wishing her and her family congratulations and good luck in her retirement.”

Play your part in shaping North Lanarkshire's health and social care services

December 16, 2022

Categories: Pulse, Pulse - General News



North Lanarkshire residents are being urged to make their views known on the shape of local health and social care services over the next three years.

Health & Social Care North Lanarkshire is engaging on its draft Strategic Commissioning Plan 2023-26. The plan sets out the priorities for the partnership over the next three years and North Lanarkshire residents can give their feedback until Friday, 20 January.

An extensive engagement process has already been carried out over the past four months to ensure a wide range of staff, people who use services and carers have had an opportunity to participate and shape the development of the plan.

This draft plan is now ready for engagement and feedback through an online questionnaire. This is important as it ensures that the partnership continues to provide community health and social care services that meet the needs of local people and enables them to continue living in their communities.

The plan sets out the key priorities for health and social care services in North Lanarkshire over the next three years.

Health & Social Care North Lanarkshire is dedicated to ensuring people are supported to live in their own homes and lead independent lives at the heart of their communities.

Key areas the partnership's strategic commissioning plan is focusing its attention and resources include:

- A person centred approach – people are in control of the care they receive and it meets their needs
- Prevention and early intervention – supporting people to manage their own health
- Connecting communities – addressing the needs of each person as well as those around them
- Managing expectations – people are supported to agree individual realistic plans when they need help

Ross McGuffie, the partnership's chief officer, said: "A number of events have already taken place to ensure we hear from as many people as possible.

"It is really important that people tell us how the partnership is meeting their needs in the community and how we can further develop them.

"I'd also encourage staff to take part in their survey to ensure their voice is heard and we do all we can to make sure we're equipping them to ensure the people of North Lanarkshire are supported to live independently in their own homes."

The questionnaire can be accessed at <https://www.northlanarkshire.gov.uk/social-care-and-health/strategic-commissioning-plan> and will be open until Friday, 20th January. Responses are completely confidential and unidentifiable with the information provided being retained for six months only.

Global Citizenship programme

December 19, 2022

Categories: Pulse, Pulse - General News

Tags: global citizenship



Lanarkshire's Global Citizenship programme has made important steps in strengthening relationships between NHS Lanarkshire and existing partnerships as well as developing new health partnerships.

Health colleagues from Malawi and Zambia recently visited Blantyre, birthplace of David Livingstone. The visit, hosted at the David Livingstone Centre, Blantyre was attended by the Provost of SLC and representatives from NHS Lanarkshire Board, SAS, Police Scotland, Fire and Rescue service and the Health and Social Care Partnership, South Lanarkshire.

It was part of the work to develop a Global Health Twinning Project between the Lanarkshire Global Health Citizen Programme, South Lanarkshire Health and Social Care Partnership, and Central Province/Chitambo District in Zambia.

Future meetings will be held to help understand the strategic priorities to promote a knowledge and skills exchange to support improvements in community health and social care.

We are also planning our second Lanarkshire Global Citizenship Network meeting in late January 2023/early February 2023. The main aim of the meeting would be to develop a pan-Lanarkshire Global Citizenship steering group and agree role and remit of a Lanarkshire network.

We would like to specially extend an invitation to colleagues who may be interested in becoming involved in the Lanarkshire Global Citizenship Programme, those who are currently involved in global health partnerships or have experience of participating in such partnerships and would like to be members of our network.

How to get involved?

As a first step, please get in touch with us at langlobalcitizenship@lanarkshire.scot.nhs.uk or our dedicated Project Manager – [Magda Henderson](#) we will provide you further information about the programme and let you know how you can get involved.

For more information on the programme, progress and next steps of the programme, please go to our dedicated [FirstPort](#) page.

Maternity Christmas song 2022

December 19, 2022

Categories: Pulse, Pulse - Spotlight



Our musical maternity team are back with a new Christmas song for 2022.

Wishing everyone a 'Merry Christmas'.

- Vimeo – <https://vimeo.com/782491791>
- You Tube – <https://youtu.be/VoddAMV1H68>

Christmas Joy at Glencairn

December 20, 2022

Categories: Pulse, Pulse - General News



After waiting three whole years for a real Christmas tree to bring joy to the Glencairn ward in Coathill Hospital, their wish came true thanks to the generosity of Coatbridge B&Q who donated the tree.

Patients, staff and students helped decorated the tree to help get everyone in the festive spirit.

Winter Resilience resources available from National Wellbeing Hub

December 20, 2022

Categories: Pulse, Pulse - For You

Tags: staff health and wellbeing



A range of resources are now available via the National Wellbeing Hub to support staff in building resilience this winter.

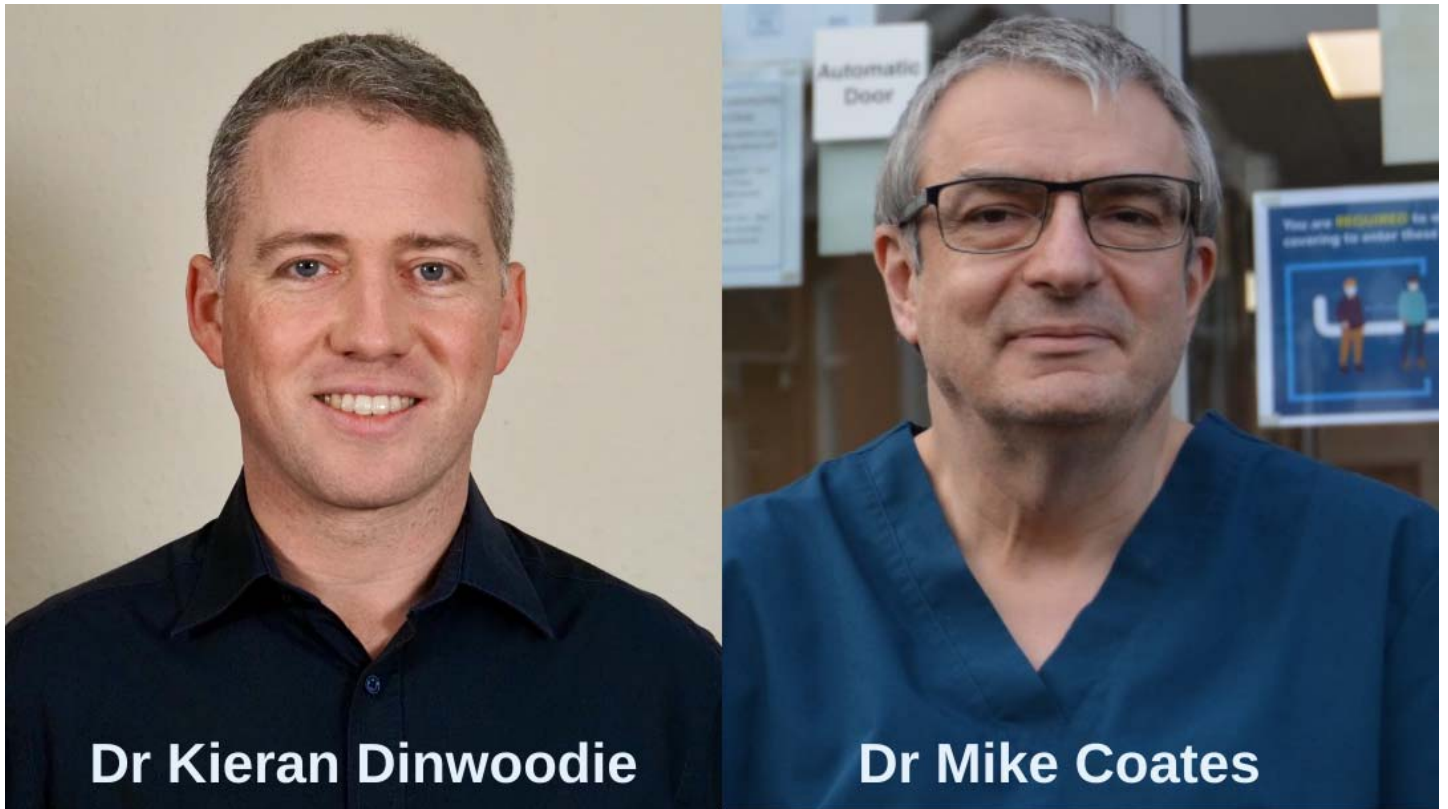
Information on eating, exercise, sleep, managing worry and ways to recharge are available here [National Wellbeing Hub](#)

Local doctors receive prestigious fellowship award

December 21, 2022

Categories: Pulse, Pulse - General News

Tags: award, fellowship, GP, RCGP



Two local doctors have been awarded prestigious fellowships of the Royal College of General Practitioners (RCGP).

Dr Mike Coates, Clinical Director for the NHS Lanarkshire primary care out-of-hours service and Dr Kieran Dinwoodie, a local GP received the highest level of membership as a mark of achievement, excellence and recognition for their contribution to general practice and to medicine more broadly.

Dr Coates, said: “I have been a GP since 2004, obtaining my membership of the RCGP at that time. I developed special interests in the treatment of drug and alcohol dependency, custodial medicine, urgent and unscheduled care and caring for those with additional support needs.

“I am a trained educator and support, mentor and teach GPs in training along with nursing colleagues at various stages in their professional development along with other allied health professionals. It is a huge honour to be granted fellowship as it is peer recognition of the impact an individual has had as a primary care provider.”

Dr Dinwoodie, added: “I qualified as a GP in 2012 then did the diploma of tropical medicine and public health before spending a year volunteering at Bwindi Community Hospital in East Africa. Since coming home I’ve enjoyed maintaining the RCGP partnership and facilitating other GPs going out to volunteer.

“Working locally, I’ve developed interests in dermatology, geriatrics and pain management along with training GPs. It’s been a pleasure to take on the national chronic pain GP advisor role over the past three years. Despite all the pressures of working as a GP it was humbling to be nominated for fellowship.”

Soumen Sengupta, Director of Health and Social Care South Lanarkshire Health and Social Care Partnership, said: “I would like to congratulate Mike and Kieran for their significant achievements. We provide support for local GPs to apply for RCGP fellowship as a recognition of their hard work and the crucial part they play in delivering local healthcare.

“This is another example of the outstanding skill and commitment of our staff who continue to work extremely hard, in spite of the significant challenges, to provide safe and effective care for the people of Lanarkshire.”