

Slàinte

NHS Western Isles Staff Magazine – Autumn 2008



Eileanan Siar
Western Isles
1948-2008
60 years of the NHS

Better Health, Better Care, Better Here!



*Celebrating 60 years of the NHS
in the Western Isles*

STAFF COMPETITION

Win a return flight
from Stornoway to Glasgow!

Improving Health and Health Services throughout the Western Isles

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SUBMISSIONS

Please send items for the next issue no later than 11th November 2008. (Due to space limitations, later submissions may be saved and used in a future edition)

The Slainte Editorial Team reserves the right to adapt as appropriate any contributions.

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Slàinte

NHS Western Isles Staff Magazine – Autumn 2008

In the words of Lord Lieutenant of the Isles and former Chairman of Western Isles Health Board, Sandy Matheson: 'Without the catalyst of the NHS, I don't know where we would be'.

Listening to recollections of past and present NHS staff and sifting through a mountain of old photographs for this latest edition of Slainte, it is clear that we have much to celebrate in our health service – both locally and nationally.

As we commemorate six decades of what is arguably one of the most significant developments of our time,

we look back at how services have developed over the years – but also look forward to improvements in healthcare, new ways of working and advances in technology.

Prior to the inception of the NHS 'Free for All', patients paid their doctors' fees with 'bobbin' socks or live cockerels and hens, and some local doctors travelled by boat or horseback to visit their patients. Today, we have such advanced technology locally in our new 64 slice CT scanner that we have the ability to capture exact images of any area of the body, including the rapidly

moving heart and lungs. And with ongoing developments in telemedicine, we are already moving forward with the concept of tele-clinics.

I hope you enjoy taking a stroll down memory lane in this 60th Anniversary edition of Slainte, and celebrating the progress made over the years. The National Health Service has touched the lives of every one of us, and it is you - the staff - who have shaped what it is today.

Maggie Fraser
Editor

PS – Check out Page 11 for the Staff Flights competition!



The first ENT endoscopy clinic via tele-link for Western Isles patients who require an ENT assessment went live 60 years after the NHS was established – a stark contrast from the days when doctors had to travel miles to see a patient.



1959 – Dr AJ Macleod leaving Craigard on horseback to see a patient.

1948 Cover Photo

On the front page is an extremely interesting photo of the entire staff of the old Lewis Hospital in 1948 - clerical staff and three local GPs included. The hospital began as a teaching hospital in April 1947.

Back row, left to right:
Marion Morrison, Scalpay;
?; ?; ?; Pharmacy?;
Pharmacy?; Secretary?;
?; ?; Sister Campbell; ?
Campbell (Tolsta); Flora
Macleod (Hushinish); ? Smith
(Balallan).

Middle Row: (Uig) nurse?;
Dr Alexander Matheson?;
Sister Tutor (Balallan)?; Dr
MacPhail; Miss Anderson
(Matron); Mr Jamieson;
Registrar; Dr Sheila Gillies;
CB Macleod (Francis Street);
Sister Kay Macleod.

Front row: Jessie Macleod;
Chrissie Macleod
(Shawbost); Johnina
Morrison (Scarista); Mary
Ann Macaulay (Breasclete);
Mary Morrison (Ness); ?
(Tolsta); Mairi C Macleod; ?
Macdonald (Lewis Street);
Ishbel Maciver (Back);
? Macdonald; ? Smith
(Balallan); the late Joan
Mackay (Ness).

(Please contact us if you are able to identify any other names.)



Staff Dance: Sister B. A. Macleod, 3rd right back row - Bellann Macleod, Dalmore, Carloway.



M.C. Morrison, A. Macleod, and M.J. Macleod.

THE 60th Anniversary of the NHS on July 5 this year has given people all over the country a stimulus to reflect on the development of the Service over the years, occasionally to ponder on how things would have been without the NHS and, I believe, renewed determination to develop and improve services for the population.

The Scottish Government Health Department recently announced that it had agreed the Board's financial recovery plan, and would provide brokerage in relation to the Board's accumulated deficit if our financial position continues to be healthy by September this year. This will take the pressure of repayment off the Board. The Government is providing an additional £250,000 per annum to assist the Board to build

Foreword from the Chair

capacity to underpin services in a number of departments and to strengthen governance arrangements. These steps will be taken in consultation and partnership with other Boards as necessary, with the primary focus initially, but not exclusively, on discussions with Highland Health Board, because of contiguity and existing links in providing services. The Cabinet Secretary's commitment to the Board's continuing as an independent body was emphasised and welcomed, as is the clear will to support the Board to ensure viability and sustainability. The Scottish Parliament's Audit Committee will consider the

SGHD response to their report on the Board, and our response, on September 10.

Our progress over the past year will be reviewed at the Annual Accountability Review on November 10. We will be able to report that waiting times targets were met, that the process of developing a Clinical Strategy was reshaped and restarted, that significant investment was made in equipment purchases and that the Board more than broke even financially. The achievements and progress which we will report are in no small measure due to the efforts of staff in delivering on the Board's objectives. Recruitment of three

non-executive Board members is currently in train, and I would like to thank retiring members, Mairi Bremner, Helen MacKenzie and Christina Smith, for their support to me since February 2007 and their service to the Board in their terms of office.

We will need continued commitment by Staff, Board and partner organisations to be able to meet the opportunities and challenges which lie ahead as the Clinical Strategy is developed and is implemented, and as we face yet another change in Executive leadership with the departure of John Turner at the end of August. I am sure all of those who met John in his period in office here will join me in wishing him well in his new post of Chief Executive of NHS 24.

John Angus MacKay

A Fond Farewell from John Turner

As you may be aware, I shall be leaving the Western Isles at the end of August to take up the post of Chief Executive of NHS24, so this is my last opportunity to contribute to Slainte.

I came to NHS Western Isles in September last year, and find it hard to believe that the 12 months have passed so quickly. It has been a privilege to come and work here and I am grateful for the support given and openness shown by everyone. We all know that the Health Board itself has had past troubles, but there has never been any doubt about the quality and dedication of staff working in the service, and I have been continually

impressed by the staff I have met and services I have seen since I came here.

The Board has made significant steps forward in the past year. Thanks to the efforts of many, financial balance was achieved in 2007/08 (for the first time in five years) and the Board is currently on track to achieve financial balance in 2008/09; the Patient Safety initiative was launched and Clinical Governance improvements made; the detailed development of the Clinical Strategy commenced; partnership working with Comhairle nan Eilean Siar has become embedded; and the CHaSCP went 'live' in April. The service met key Government

access targets for inpatient, outpatient and cancer services; the endoscopy suite at Uist and Barra Hospital, the CT Scanner and the A&E improvement schemes at Western Isles Hospital were all delivered and we invested in a range of Patient Safety equipment. Partnership working with staff has improved and additional staff support services of counselling and Confidential Contacts have been launched.

We can all be proud of the services delivered and the improvements underway. There is though, of course, more to be done in the future, and to continue to improve – specifically the Clinical Strategy work must continue to

be supported, developed and finalised; financial discipline must be maintained, and joint working with the Council, the Patient Safety initiative, partnership with staff, the focus on meeting national targets and delivering high quality care must all be taken to the 'next level'.

I would again like to thank each and every member of staff for the contribution which you make, and to encourage you to continue your good work. I have enjoyed working with you and will keep in close contact with development. I wish you all the very best for the future.

With best wishes,
John Turner

Developing Health

By Dr John A.J. Macleod,
General Practitioner,
North Uist and Berneray
1973-2000.

In Uist, before the 1939-45 war, there was one GP in each of North Uist, Benbecula, South Uist and Barra for a much greater population. There was a County Council Doctor covering Public Health and schools who was based in Lochmaddy. There were Queen's Institute District Nurses in many areas. Daliburgh Hospital was staffed by Nursing Nuns. Lochmaddy Hospital patients were a combination of very poor people and psychiatric patients.

The first Outer Hebrides Air Ambulance was to North Uist in 1933 (Cairn at road side near Clachan). I regard the start of this service as the greatest local advance in healthcare as it brought the island patients almost on to the same level for accessing urgent specialist care as mainland patients.

My father, Dr. Alex J. Macleod (1932-1974) moved here from Applecross in 1932 and then married Dr. Julia (1933-1973) in 1933.

In each of the islands, the surgery was part of the house

so our dining room was also the waiting room. There were only occasional visits from dentists so the GP had to do extractions. There was a second door to the surgery and if we saw father carrying his pan of dental instruments though to boil them in the kitchen it became a signal for us to crouch behind this door and listen to the patients' reactions. Once discarded, some of the angled dental forceps were great for getting at car engine nuts, in awkward places, as car maintenance was also part of the job.

Over the years, my mother's primary responsibility was to her family, her milking cows, hens and ducks. However, she was always available to cover my father's absences whether they were to distant parts of the island ...he had 15 sea crossings to islands or isolated promontories...or was off the island for meetings. One specific instance, of standing in, was in the second week of January 1935. Father was across in Grimsay and a boat came from Lochportain with a message from the Lochmaddy Nurse requesting urgent

help with a delivery. Mother collected the midwifery bag, went off in the open boat for the 45 minute trip to Lochportain, walked the 2 miles on a rough track to Cheesebay, helped with the delivery and then returned home.

Two days later, she went by the Lochmor and a car to Stornoway



Dr Scrimgeour, District Nurse Joan Morrison, Dr AJ Macleod, District Nurse Mrs Mary Ferguson, Dr Julia Macleod

where she lodged in the Old House on Francis Street and her first child was delivered two weeks later by my father's long time friend...Dr. C.B.Macleod. The baby she delivered in Cheesebay was Duncan Mackay and he still thrives today. The one she had in Stornoway was myself.

The nurses' lives were as hectic and un-predictable as those of the doctors. Nurse Mary Ferguson told me that there was a time when she had a patient in Lochport and one in Grimsay who required daily visits. She would cycle from Carinish via Clachan to Lochport, attend to that patient, leave her bicycle there and walk over the moor to Claddach Carinish. From there, she would either be collected in a rowing boat or wade across the ford to Grimsay. When her work was completed, she made her way back to Carinish. The next day, she did the trip in reverse.

During the 1939-45 war, the UK Government agreed on the concept of the NHS and decided that whichever party was in power after the war, would introduce it. Dr. A.J.Macleod and Dr. Murdo Maclean of Dunvegan were two of the doctors who represented Inverness shire at the planning meetings in

Edinburgh. They fought to try and get some of the best bits of the Highlands and Islands scheme included in the final proposals.

The start of the NHS with free medical and dental care for all led to a chaotic time for the health professionals as there was such a back log of untreated illness. It led to the development of new electric drilling machines for dentists with emphasis switching from extraction to conservation. I remember the travelling dentist...Mr. Luth with his drill that he worked with a foot pedal so you can imagine how slow and painful that would have been.

On the midwifery side, in the 30's with many large families, I have records that show the pregnant mother having only one contact with the midwife before delivery. This is quite a contrast to the system today.

I am proud to have worked in the NHS and particularly in Uist where I was able to continue and expand the pattern of the service developed by my parents. Whatever I achieved could not have been done without the help of my wife Lorna, the Community Nurses and the staffs of the Uist hospitals.

(Photographs from Dr. Macleod's own collection).



1959 - Nurse Ferguson

h Care in the Uists

Nicola Sturgeon opens Endoscopy Suite at Uist and Barra Hospital

Health Secretary Nicola Sturgeon officially opened the endoscopy suite at Uist and Barra Hospital on July 1.

Around 150 endoscopy procedures are carried out at the hospital each year and the new suite will increase capacity, helping to take some of the pressure off the unit at the Western Isles Hospital in Stornoway.

Ms Sturgeon said:

"I am pleased to open the endoscopy suite as I know the improved facilities will be greatly valued by both staff and patients and also secure endoscopy services locally.

"The Uist and Barra Hospital is an excellent example of GP-led medical care and the endoscopy suite will only enhance that further."

During her visit to the hospital, Ms Sturgeon also toured the physiotherapy and occupational therapy units as well as a maternity and general ward and the

outpatients department. As well as the Uist and Barra Hospital, the Health Secretary visited St Brendan's in Barra and

met patients and staff at a number of other health centres and care homes, including North Uist Medical Practice, Lochmaddy;

Griminish Medical Practice, Benbecula; South Uist Medical Practice, Daliburgh; and Sacred House/South Uist Care Home, Daliburgh.



Pictured are Mary Flora Cross (Theatre, OPD, and A&E Sister), Hospital Manager Malina Macleod and Nicola Sturgeon

X-ray machine, at Lochmaddy Surgery

In 1945, the Lewis Hospital, which was then a voluntary one supported by public subscription, bought a new X-ray machine. Somehow, Dr. A.J. Macleod was able to get the old one. I do not know if he paid for it but he certainly paid for its dismantling, the freight and the installation at Lochmaddy as is shown on the cheque stubs from "The North Uist Medical Amenities Fund". It was installed in his small surgery. The doctor's house and surgery was one of a few County Council buildings,

in Lochmaddy, that received electricity from a generator at what was "The Institution" and which became Lochmaddy Hospital. The electricity was for lights and radio only but ironing could be done during daylight hours. I do not know if he had permission from Inverness County Council to install the machine. When it was ready and tested, he was refused power to use it, so, it remained unused until it was taken out in 1975.

Dr. John A.J. Macleod



Back: Peggy Campbell, Betty Ferguson, Etta Morrison, Cath Macdermot, Alina Dick, ?, Ann Lister, ?.

Middle: M Morrison, Sandra Smith, Ann Glen, K. Murray, Marina Maciver, E. Patterson, Kathleen Macrae, Maggie MacCallum, Diane Macleod.

Front: Elizabeth Mackenzie, Joe Bolan, C Maclean, Dr Spears, Mrs Maclean, Donna Maciver.

A TRIP DOWN MEMORY LANE

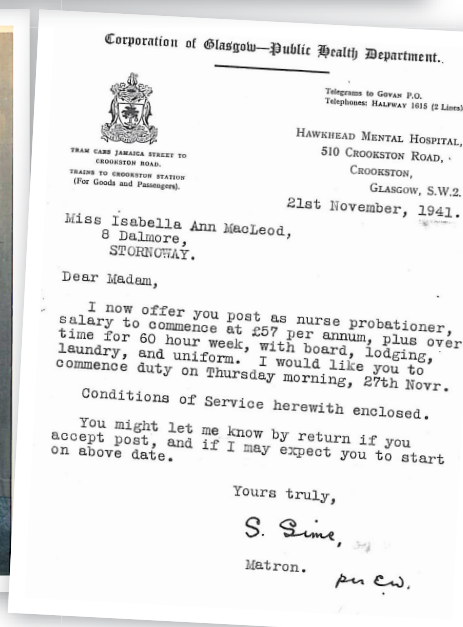


Above: Agnes Macleod (patient) and Sister Cae Macleod, Theatre (back), Lewis Hospital.

Left: Medical Ward, Christmas 1959, left to right, Ishbel Macarthur, Kay Macdonald, Annie Mary ?, Babsie Matheson, Mairi C Morrison, Shan Maciver, Peggie Macleod, Mary Ann Macleod, Katie Ann Morrison, and Peggie Morrison.



1940s Bellann Macleod, Dalmore.



Carol Singing on Christmas Eve in the Lewis Hospital Children's Ward.

Legacy of the Highlands and Islands Nurses and Midwives

The Highlands and Islands Medical Service was a unique social experiment in Britain long before the NHS. It was formally set up in 1913 with a Treasury grant of £42,000 in the wake of a report by Sir John Dewar's committee.

War delayed the introduction of the service although a resident nurse was found for the island of St Kilda in 1914.

Working in the most remote communities became an attractive career option for nurses and doctors. Not only was care being delivered to all sections of the community, it was of a standard higher than much of the rest of Britain.

The nurses and midwives of the Highlands and Islands in particular left a long lasting legacy, inspiring colleagues around the world.

Their exemplary care of mothers and babies in remote communities provided the model for the Frontier Nursing Service in Kentucky whose nurse-midwives famously covered the Appalachian Mountains on horseback.

The American pioneer Mary Breckenridge visited Scotland in August 1924 and on her return built the Frontier Nursing Service in Kentucky on the HIMS model.

"When I went to Scotland in mid-August of 1924 to make



Nurses on North Uist, 1926.

a study of the Highlands and Islands Medical and Nursing Service, I knew that weeks of enchantment lay ahead of me, but I could not know until it happened what it would be like to enter a strange country and feel at once that I had come home" Breckenridge later wrote.

The key to it all was what Breckenridge called nurse-midwives. Not just midwives, as she saw in France, but nurses in public health who tended to the wider needs of families in preventing disease and ill-health – such as vaccinating against diseases and sorting out problems before they became serious.

On her return to Kentucky,

Breckenridge set about putting into practice what she had seen in the Hebrides.

(The nurse-midwives in the Hebrides would have been very proud of them.)

Meanwhile, services were extended to hospitals in the 1930s with further Treasury funding.

Stornoway already had its first surgeon in 1924. Wick gained its first in 1931 with the support of Aberdeen University. Shetland and Orkney followed by 1934. Close links were developed with the other medical schools.

By 1935 it was really taking off with the first air ambulance service. Eight patients were airlifted to specialist mainland

hospitals under a contract with Scottish Airways Limited based at Renfrew.

The first actual flight was in May 1933 for fisherman John McDermid in urgent need of an abdominal operation but much too ill for the sea and road journey. He was at the Western Infirmary in Glasgow just over an hour after the aircraft had left Islay.

The Highlands and Islands Medical Service revolutionised care for more than 300,000 people on half the land mass of Scotland.

By 1948 it had been providing comprehensive care for 35 years. The rest of Britain was about to experience it for the first time.



2nd left Annie Macleod, 8 Dalmore, Carloway.



1930s - Front row middle: Annie Macleod, 8 Dalmore, Carloway.

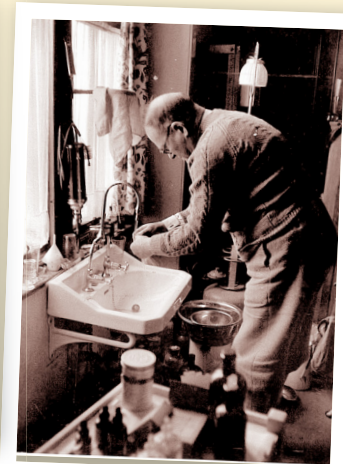
Looking back over

1950s

- 1951 – Swiss TB scheme gets going
- 1952 – Prescription charges introduced
- 1953 – DNA structure revealed
- 1954 – Smoking Kills
– Dangers revealed
- 1957 – Interferon discovered
(to treat MS)
- 1958 – Ultrasound established
- 1959 – First nursing studies unit is set up



Queen's visit to Daliburgh Hospital 1956. Triplets Teresa, Ciorstaidh and Mary Campbell presenting the Queen with gifts. Teresa is now a Domestic Assistant in Uist & Barra Hospital.



1950s - Dr AJ Macleod in Surgery.

1960s

- 1960 – UK's first successful kidney transplant
- 1961 – Thalidomide dangers revealed
- 1962 – First hip replacement
- 1963 – World's first Chair in General Practice
- 1964 – Aberdeen Typhoid Outbreak
- 1968 – First NHS heart transplant



Nurse's Home, Stobhill.



Lewis Hospital (Surgical) on Christmas Day – Maggie I Morrison (deceased), Catherine Dolina Maclean, and Christine Maciver

1970s

- 1972 – NHS Scotland Act comes in
- 1972 – Apoptosis discovered
- 1972 – CT Scans introduced
- 1973 – Chief Scientists Office created
- 1974 – NHS Family Planning rolls out
- 1975 – Enkephalins discovered
- 1978 – First test-tube baby



(1972) A few staff with their patients at Belvidere TB ward.



Back row from left: Alina Morrison, Murdo Afrin, Ann Campbell and Effie Macleod. Front row from left: Alice Macleod, Cath Macleod, Dolina Maclean, (the late) Maggie I. MacDonald and Bessie Campbell (Afrin).

Over the decades...



Some of the North Uist twins who gathered a few days before the Big Event on July 4, 1985, when one or two from 36 pairs of twins born in North Uist met the Prince and Princess of Wales (age range was between two and 82). The main gathering took place in Tigh na Hearraidh, Lochmaddy.

This was the first time that a 'twins party' had ever been held for the Royals and it has frequently been copied since.

1980s

- 1980 – MRI service starts
- 1980 – Black Report published (Highlighted a growing gap between rich and poor in Britain)
- 1982 – First case of AIDS identified
- 1987 – First heart, lung and liver transplant
- 1988 – Breast Cancer Screening introduced
- 1989 – First Keyhole Surgery operation in Scotland



as Day (late 1960s)
Catherine Macleod,
er



1992 Last day in Surgical, Lewis Hospital. Beds stripped and the patients have been transferred. Ina Nicolson, Christina Macleod, Alina Smith, Amanda Campbell, Christina Macaulay, Nana Macleod, Alina Edgar and Igor Sonak (JHO).

1990s

- 1992 – Private Finance Initiative (PFI) introduced for hospital building
- 1993 – Community Care and Mental Health rolled out
- 1994 – NHS Organ Donor Register – set up to co-ordinate supply and demand
- 1997 – MRSA control unit set up
- 1999 – Free Personal Care Report comes out



Courtesy Stornoway Gazette.

The Renal Unit in Western Isles Hospital opened in March 2007.

2000s

- 2000 – Adults with Incapacity Act (AWIA) passed
- 2004 – Paramedics give clot-busting drugs
- 2004 – Abolition of NHS Trusts
- 2006 – Smoking Ban introduced
- 2008 – A Mutual NHS introduced

Looking back at Slàinte over the years

Seek Attainable Goals – Avoid Groundless Hopes (May 1979)



Sandra Campbell (Ness), Mary Morrison (Scalpay), Catherine Macleod (Uig), Rachel MacSween (Scalpay), Chrissie MacRitchie (Point), Christine Macmillan (Barvas), Doreen Morrison (Tong), and Ann Maciver (Breasclete). Other girls who are qualified but who worked on the mainland are Mary Bell Macarthur (Point), Linda Mary Mackenzie (Barvas), Janet Ramsey (Sandwick), and Christina Anne Macleod (Carloway).

In a moving and inspiring address to young nurses who had qualified as state Enrolled nurses at Lewis Hospital, Mr John Macleod, Principal of Lews Castle College, advised them to seek attainable goals and to avoid groundless hopes and baseless fears.

He told the attentive audience: "Sir William Oslet the great Canadian Physician and Professor of Medicine whose book, the Principles and Practice of Medicine' is still a textbook after 87 years, believed WORK to be the master word in ongoing life. It is the touchstone of progress, the measure of success, the fount of hope." It is directly responsible, he said, for all advances in medicine and technology.

Meal Plating Service for Patients (May 1979)

Patients in the Lewis Hospital at Stornoway have been enjoying a new and quicker method of having their food served. Called the plated meal service system, it was the first to be installed in a hospital in the North of Scotland. The advantages of the system are many. Nursing staff at all level are freed from catering duties and chores and can afford more time to nurse the patient. For the patient, it means a much wider choice of menu, and a greater rota of meals.

Unit's Warm Welcome to the Lord of the Isles (May 1993)



The new £32million Western Isles General Hospital has received a royal send off with its official opening by the Prince of Wales. Afterwards he said he had been extremely impressed by what he had seen during his tour of the 212 bed hospital.

The Changing face of Lochmaddy Hospital (April 1992)

Lochmaddy Hospital is achieving new levels of excellence in the long term care of the elderly. The hospital's philosophy of 'home from home' in-patient care is being enhanced by quality assurance initiatives throughout all disciplines. Pictured are Flora MacDonald and Ellena MacDonald in a new single room. Also, kitchen staff MaryAnn Campbell, Catherine Laing, Sandra McKinnon and Catherine McLean.



New X-Ray for Daliburgh (Spring 1994)

Daliburgh Hospital is to get a new X-Ray machine in March. The new machine is easily transferrable between sites and will replace Daliburgh Hospital's old equipment.

New Hospital to be built at Balivanich (Spring 1994)

The Health Board has opted for the provision of a new hospital near Balivanich following the public consultation on hospital services in the Southern Isles.

Day Surgical Unit One Year On (Summer 1996)

On the 26th June, the Day Surgery Unit (DSU) will have treated 960 patients – that's not bad for their first year! The efficient running of the Unit is down to a highly motivated team led by Ina Nicholson (ward manager Surgical) and run by Marie Macmillan and Christina Smith.

Cataract Surgery at Western Isles Hospital (Winter 1997)

On November 18th Western Isles Health Board expanded its Ophthalmology services in Western Isles Hospital to include Cataract Surgery. This new service has been introduced following a period of careful planning and as a response to a requested need for patients to receive this treatment in the Western Isles. It is intended that somewhere in the region of 100 cataract operations will be performed within the first year of the service and a similar number of operations in subsequent years, depending on the demand. Staff from Western Isles Hospital visited Raigmore Hospital in order to gain the necessary experience in the surgical techniques and the Nursing care of cataract patients pre and post operatively.

CT Scanner for Western Isles Hospital (Winter 1997)

At the Health Board meeting in September, final approval was given for the plan to purchase a CT Scanner for the Western Isles Hospital. It is envisaged that the Radiologist will be provided with a laptop which he can take with him when he is not in the department, or even on the island. He can then be contacted and urgent images transferred to him for viewing so that he can give a remote diagnostic service. Although the Helical scanner is perfectly capable of performing traditional transverse cross sectional scans, the ability to provide computer reconstruction has greatly increased the scope of the technology and has regained much of the ground that appeared to have been lost to Magnetic Resonance Imaging.

The way we were



County Hospital staff.



2nd Left Back: Dolina Macleod, Shawbost; 3rd Left Back: Bellann Macleod, Dalmore; 4th Left Back: Catriona Macleod, Carlaway; Back Far Right: Joan Mackenzie, Lochs; Middle Row Far Right: Annie Coul, Lochs. (Hawkhead Hospital Glasgow - 1940-55).



From left to right, Alastair MacDonald (Joiner), Kenny MacIver (Joiner), Kenny Morrison (Clerk of Works) and Angus MacLennan (Laundry).

Back: Chrisell Macleod, Middle: Dr Singh, Jinty Morrison, Dr C. Bryan, Front: Nana Maclean, Chrissie Macleod, Dr Graham Stewart.



STAFF COMP

Win a return flight from Stornoway to Glasgow!

Two return flights from Stornoway to Glasgow are up for grabs. Just answer the two multiple choice questions below (please note, the competition is only open to NHS Western Isles staff). The two winners will be announced in the next issue of Slainte.

- Which items were part of a nurse's uniform in 1948?
 - Cloak and Cape
 - Blue Hat & Long Socks
 - Kilt & Kilt Pin
- How many people currently work for NHS Scotland?
 - 16,000
 - 150,000
 - 750,000

Competition Rules

- The competition is only open to NHS Western Isles staff.
- All entries must be received by October 31, 2008. Late or incomplete entries will be disqualified.
- Each correct entry will be shortlisted and the winner will be selected randomly.
- Answers should be emailed to Slainte@wihb.scot.nhs.uk or addressed to Slainte Editor, Maggie Fraser, Health Board HQ, South Beach, Stornoway, Isle of Lewis, HS1 2BB.

(Flights were kindly supplied by Flybe, who take over Western Isles routes from October 26)

flybe.com

Development of Western Isles Health Service



The Lewis Hospital was built 300 yards from where Sandy Matheson was born. Pictured are some of the patients being cared for outside. The patient on the left is Agnes Macleod.

As a doctor's son, Pharmacist and former Chairman of the Board, Sandy Matheson recalls his memories of the health service.

In the period before the NHS (1946/47) I was too young to appreciate the extent of what was going on, but I remember as a child the patient debate surrounding the implementation of Bevan's Act. There was a great deal of patient debate as to whether a National Health Service was the correct way of tackling the problem of providing free and quality health services to the people.

I would have thought my father (Dr Alexander Matheson) and his colleagues would have welcomed the imminent NHS, but I don't think the doctors were convinced there was compatibility of non-payment of medical bills for medical treatment and a good quality service.

Lewis didn't get its first proper hospital until 1896 when the Lewis Hospital was created and built on Goathill Road – a mere 300 yards from where I was born. For the next 50 years it drew its income entirely from fundraising and

Carnivals every year in order to pay for the hospital and treatment. The hospital was an interesting place in the early days, in that the patients were looked after by their own doctor rather than staff doctors.

During the war the Lewis Hospital took in a lot of servicemen. The patients then would have been paid for by the military. The hospital had increased turnover and better funding. Apart from the Lewis Hospital there was a County Hospital, it had its genesis in the 1920s. It was built primarily to deal with returned servicemen who had been injured, but it soon developed into an isolation hospital for the treatment of tuberculosis, which was the scourge of the island. I was aware from a very young age of the problems of TB. My own contemporaries went out to the 'sani'. Before the intervention of drugs the treatment included better diet, and sunshine. As a boy I passed the 'sani' frequently and in reasonable weather the patients slept out on the balcony rather than inside – that was because the fresh air was good for them (a flawed theory, as it wasn't until 1948/9 that streptomycin was introduced to treat TB).

My father ran a practice of 4,000 patients. He had regular surgeries between 9-10am,

2-3pm and 6-8pm. Frequently of an evening, someone would knock at the door for help, and I could go for days on end not seeing my father – because he and the District Nurse were attending a 'maty' (a maternity case). 90% of the births in those days were home births – and the doctor and midwife would have to be back and fore to supervise all stages of the birth. I remember the sense of relief when he would appear home again.

I wasn't there, but I remember on one occasion my father went to visit an old lady who was bed-ridden. My father was extrovert and had a wonderful bedside manner. He was taking the lady's pulse as the lady lay there in bed and on the bedside table, he spied the Free Presbyterian monthly magazine. He looked at her and he said 'I see you're a Free Presbyterian'. The women went into raptures afterwards and said 'what a wonderful doctor he is – he knew by taking my pulse that I was a Free Presbyterian!'

Part of my father's work was as a social worker as well as a clinician! I remember people in great distress asking him to intervene in other matters. I remember one Saturday afternoon our whole household

being disrupted because a hysterical woman came to the house because she had overbought on her higher purchase system and the bailiffs were knocking at her door. So the doctor was there not just for her health – but to get the bailiffs off her back!

After 1948, there were still three divisions: public health was run by the local authority, general medical services were run by the Executive Council and the hospital was run by the local regional board – our hospital was managed and run from Inverness. In 1973 all of that changed and we had the creation of Western Isles Health Board. From that time on the hospital services and general medical services were run by the new Board. I was appointed in 1973 under the new system.

In my own experience of illness, I would like to remark on how the health service has changed for the better. The steps that have been taken are absolutely remarkable in such a small area as ours. Who would ever have dreamt that cancer would become a treatable condition? Without the catalyst of the NHS, I don't know where we would be.



Back: ? Janet Burns, Dr John Goodall, Cot Skinner.

Front: Ina Nicolson, Joe McCloskey, Angusina Morrison, Sandy Matheson.



Prize Giving - Eva MacRae, Murdina Buchannan, Effie MacPhail, Kay MacDonald (Mackay), and Peggie Macleod



Set - Katie Ann Morrison, Mary Ann Macleod, Murdina Buchannan, Joan Macleod, and Kay Macdonald (Mackay)

My First Day at the Lewis Hospital - 10th August 1958

by Kay Mackay

To be a nurse was not a childhood dream of mine. It was only after two years at a domestic science college that I decided that catering and cooking were not for me.

After a family meeting about my future, I vaguely remarked that I'd quite like to be a children's nurse. My father promptly replied that I'd much better do my general training first and then do children's nursing. Without warning or discussion he told me the next day that I had an appointment with the Matron of the Lewis Hospital, Miss P Campbell. Before I had time to draw breath I was in the uniform of a Nursing Auxiliary in August 1958 with the prospect of starting my training in January 1959.

My first day will remain vividly in my memory forever. I had to report to the Assistant Matron who I could tell was very busy and could see me far enough. In those days there was no pharmacist in the Lewis Hospital so the Assistant Matron did all the dispensing, ordering and making sure the wards had all their supplies. I

arrived in the middle of the dispensing day!

She took me upstairs to the changing room and produced the necessary dress called a wrapper, starched apron, belt, cap and muffs. Yes, even the lowly Nursing Auxiliary was kitted out suitably starched! Nobody told me to bring safety pins, studs for collar and hairgrips to keep a cap on.

The poor lady went berserk and berated me on my foolishness (first of many, even on my first day). She went off in search of said pins, grips, studs, etc. and much to my confusion, consternation and anxiety, did not return for two hours. I had lots of thoughts during these two hours. Do I stay? Do I go searching for her? Do I run home? However, common sense prevailed and I sat waiting. She returned and pulled and pushed and tucked me into shape, although I looked a comic sight.

I was taken into the Surgical Ward, probably because it was the first ward she came to, and she handed me over to a Student Nurse to teach me what to do. Thus began my nursing career and on that first afternoon I didn't think I would return the following day

but I retired from nursing in December 2004, 45 years later, after a very fulfilling and varied career as a general nurse. I never did go on to do children's nursing.

At that time nursing hierarchy was absolute. The nurse three months ahead of you was your boss and told you what to do, what to say and had complete domination over you. If you were lucky you got a senior who was kind and understanding and as I recall most of them were. Staff Nurses and Sisters didn't really have much input into your education as a Nursing Auxiliary, as you were so low down in the hierarchy that you were invisible.

We had lots to do every day. Cleaning was our constant work, with lots of soap, water and foul-smelling disinfectant to assist us. The wards were Florence Nightingale wards with beds down both sides and a female and male ward.

Every day the beds down one side of the ward got pulled out into the middle of the ward and behind them was cleaned and damp dusted. The lights, radiators, external pipes, chairs, beds, tables, screens were all washed thoroughly. Everything

was then put back in place and the other side of the ward was done the following day. The ward maid did the floor and they washed and polished that horrible old brown linoleum and you were in deep trouble if you trod on her wet floor or newly polished surface.

The sluice was my domain and I took great pride in washing and polishing the stainless steel bed-pans and all the equipment in there. This was my escape, I was safe in here, washing and polishing, no senior nurse or Sister could ask me to do anything that scared me. The rubber sheets and draw sheets had to be washed, dried and powdered and put on wooden rollers. If they were folded, the rubber cracked and this caused problems for the patients who lay on them, i.e. bed sores. All the linen had to be taken out of the linen skips and counted - so many sheets, so many draw sheets, etc. All blood and body fluid stained linen had to be sluiced with cold water before sending to the laundry. We had no latex gloves to protect our hands and so, very often, the skin on our hands was hacked and cracked and believe me were very sore.

And so went my first day, a lot of time cleaning, washing and sluicing but not a lot of time spent with patients. That came later after the apprenticeship of the sluice room. So I went home vowing not to return but I did and funnily enough I cannot remember my second day!

NHS Birthday Roadshow comes to Western Isles

A dedicated one-off roadshow travelled to the Western Isles on June 20 to celebrate the 60th Anniversary of the NHS. The Public Health Roadshow, hosted by national health improvement agency NHS Health Scotland, took a look over its shoulder at 60 years of public health north of the border.

As part of a 14-stop tour round Scotland's towns and cities, from Melrose to Lerwick, the roadshow took us on a varied

journey through the decades. Along the way, this featured free cod liver oil and mass TB screening programmes in the 1950s, a typhoid outbreak and measles immunisation in the 1960s, advertising to combat alcoholism in the 1970s, anti-smoking footballers and the first case of Aids in the 1980s, breast screening and health education in radio soaps in the 1990s, and the smoking ban just two years ago!

60TH ANNIVERSARY CELEBRATIONS - Uists



Dr John AJ MacLeod standing in front of our display with "Florence" our model nurse!

As part of the programme for the 60th Anniversary of the NHS, tea parties for former members of staff are being held in various locations.

An afternoon tea for retired nurses took place in Uist and Barra Hospital on July 8 at 2pm, and included a talk from Dr John AJ Macleod.

A display of old photographs was also on display in the

reception area of Uist and Barra Hospital from the week beginning July 7 for visitors to pop along and take a trip down memory lane.

Also as part of the 60th anniversary celebrations in Uist, a Ceilidh afternoon was held for patients on July 5 and a special evening was planned for current members of staff.



Talk in the Dining Room with retired and present staff.



60th Anniversary Website www.wihb.scot.nhs.uk/60th

NHS Western Isles launched its 60th Anniversary Website on July 4 to celebrate the milestone and to keep staff and the public up to date and informed about local and national birthday celebrations.

The aim of the Anniversary Website (designed and developed by Webmaster Mark Stainton) is to recognise NHS Western Isles' journey over six decades across Lewis, Harris, Uist and Barra. It also gives us the opportunity to recognise the contribution of staff, professional organisations, volunteers and patients who have made the service what it is today – through a feedback facility.

'This is Your Life'

A special 'This is Your Life' event held in Glasgow to celebrate the 60th Anniversary of the NHS was attended by Mary Macleod, Lewis and Harris Breast Cancer Support Group – who flew the flag for the Western Isles.

As part of the event, Mary was interviewed by the host, BBC Scotland television presenter Jackie Bird on the evening of June 24.

Participants included Sir John Crofton and Professor Jimmy Williamson, who were part of the Edinburgh-based team that developed the world's first gold-standard cure for tuberculosis; Professor Sir Graeme Catto, President of the General Medical Council and Professor of Medicine at the University of Aberdeen;



Professor Sir David Lane, the Dundee-based scientist who discovered the breast cancer suppressor gene, P-53, and, of course, Mary Macleod.

The show's other participants, who included nurses, a paramedic, a midwife, an occupational therapist, a consultant radiographer, a domestic services supervisor and a patient representative, were joined on stage by Nicola Sturgeon, Cabinet Secretary for Health and Wellbeing, and Shona Robison, Scotland's Minister for Public Health.

Lunch with the Queen!



Nellie Flanagan, Medical Records (Uist and Barra Hospital) recently found herself in prestigious company when she was invited to a special VIP lunch as one of our longest serving members of staff.

Also in attendance was Ishbel Conning, a pharmacist at KJ MacDonald's Chemist in Stornoway.

Ishbel has been a pharmacist in the Western Isles for many years and Nellie (above in pink)



has been working for NHS Western Isles since 1970. The ladies were invited to attend the special event as part of the celebrations to celebrate the 60th anniversary of the NHS.

Held at the Beardmore Hotel in Glasgow on July 3, Nellie and Ishbel were in the company of Her Majesty the Queen, His Royal Highness the Duke of Edinburgh, Cabinet Secretary for Health and Wellbeing Nicola Sturgeon, the Countess of Airliie, and Director General

Health (Chief Executive of NHS Scotland) Kevin Woods – amongst many others. Ishbel, in fact, shared a table with His Royal Highness the Duke of Edinburgh!

Nellie confirmed that she had a wonderful time, and that the lunch was beautiful. She also presented Kildonan Museum with a menu from the Queen's visit to Daliburgh Hospital in 1956, to be displayed as part of a special exhibition looking back at 60 years of the NHS.

CHaSCP Update

The Health component of the CHaSCP team have left the Health Board Offices and migrated up to The Health Centre on Springfield Road where they are now very comfortably settled and would welcome visitors. The staff involved are Michael Cook, Janet MacSween and Finella Morrison. Since the move they've been joined by Ann-Marie Henderson the new CHaSCP admin support. They've waited a long time for this replacement for Liz Strachan so Ann-Marie is very welcome indeed. Interviews will shortly be held to fill the post of CHaSCP Project Officer and if successful the team will be complete and the work of the CHaSCP can ratchet up a gear or six!

Sheila Macleod has also joined the CHaSCP team and will be adding to her already considerable workload as she adapts to her new base.

One of the unexpected benefits of the new location is the daily interaction with the Community Nurses - an excellent reminder of why we're all here - providing care to patients.

Patients to benefit from donation to Renal Unit

A special event was held in the Renal Unit in Western Isles Hospital, to mark a generous donation, which will benefit patients in the Western Isles and beyond.

The Western Isles Dialysis Machine Trust recently donated a complete dialysis station to the Renal Unit, bringing the total complement of machines to six.

Three of the Trust's original trustees - Sheriff Colin Scott Mackenzie, Dr John Smith and Lieutenant Commander W.A.J. (Peter) Cunningham – attended the event on August 20, together with NHS Western Isles staff and local Renal Dialysis patients.

Six patients now regularly receive dialysis at the Unit, in morning and afternoon sessions. Two others have also already made use of the Renal Unit for holiday dialysis, with holiday dialysis continuing to be available for those who require it.

NHS Western Isles Chairman John Angus MacKay thanked the Dialysis Machine Trust for their support and very generous donation.

"It is quite a thought; in the 60th year of the National Health Service, that we are in a position in which we still rely

on voluntary contributions to enhance the work of the NHS," said Mr Mackay. "That has been the case for many years and it will continue to be the case for many years ahead. There are now six machines, thanks to the Dialysis Machine Trust, and it is greatly appreciated. Thank you very much for what you have achieved so far, and please do continue with your good work."

Lieutenant Commander W.A.J.

(Peter) Cunningham gave a personal account about how dialysis has affected his family.

"My brother-in-law, Angus Maciver in Carloway, fell victim to kidney failure in 1976," he explained. "Almost overnight, a large collection of money, exceeding £5,000, was raised locally and elsewhere to provide means of treatment. The final total reached about £23,000. Angus received

dialysis at first in Raigmore, but a portacabin and essential equipment and furnishings were purchased with this money and established in the grounds of the former Lewis Hospital with the permission and cooperation of the NHS.

"My late wife and her sister Mary lovingly cared for their brother with thrice weekly dialysis, until death eventually carried him off in 1984, aged only 52."



Renal patients, NHS Western Isles staff and three of the Dialysis Machine Trust's original trustees - Sheriff Colin Scott Mackenzie, Dr John Smith and Lieutenant Commander W.A.J. (Peter) Cunningham – attended the event.

The long road to recovery – March 1939

Nancy Macleod from Nicolson Road, was only seven years old when, as she set off for home at the end of the school day, was mowed down by a motor lorry, and severely injured. Her memory of the event is still vivid. She was conscious throughout the accident and recalls being trapped under the lorry from the waist down. The police attended with other members of the public and they had to wind up the back of the lorry so they could free her. They then rushed her into the teachers Tea Room in the Matheson Hall buildings where they stemmed the bleeding whilst waiting for the ambulance. Nancy was not expected to survive albeit for the sheer dedication of the hospital staff, and on three occasions they considered amputating her right leg due to the severity of her injuries. Of course, back in 1939 they didn't have the blood transfusion service so after testing several members of the family to get a blood

match, her 15 year old brother was put in another bed next to her and transfusion was commenced over several days. Miraculously, Nancy pulled through and spent the next 2½ years in the Surgical Ward enduring many operations including skin grafting. The Children's Ward had not opened by then but Nancy was transferred into the Ward on the day the Children's Ward opened. After eventually being discharged from hospital she required to attend for further operations up to three times a year until she was 18 years old.

The doctors and nurses involved in her care at that time were Mr Jamieson and Mr Holdsworth, Sisters Gordon, McCallum, Kay Macleod and Matron Ross.

It goes to show, all those years ago, even without the technology they now have that they still maintained the skill and dedication to each and every patient and for that we remain forever thankful.

NHS Chairman to 'turn the first turf' in special patient garden

Elderly patients in Western Isles Hospital's Clisham Ward will soon benefit from a new safe and beautiful garden to spend time in and enjoy.

As part of NHS Western Isles' 60th Anniversary celebrations, the Clisham Garden Project will be launched on September 15, with Chairman, John Angus MacKay, 'turning the first turf'.

The launch of the Clisham Garden is a response to the Mental Welfare Commission's report 'Older and Wiser'. This report made recommendations for both internal and external environments in wards for older people.

Head of Planning and Development at NHS Western Isles, Emelin Collier explained: "It is intended to have a garden specifically

designed for older people with mental health problems including those with Dementia. We want to create an area where they can wander safely and with minimal staff supervision. To this end, two members of the Group have already attended a design course in Stirling University and are engaging with consultants there to help with the design.

"Local schools and other community groups have been approached to become involved in developing the garden and they have willingly agreed. Additionally, the League of Friends have already committed £1,000 to the project."

Hopefully by next spring our patients will have a safe and beautiful place to garden, sit or walk through and enjoy.

RETIREMENTS



Andrew Dunn recently left Patient Travel, and has now moved to Glasgow. We are currently recruiting a permanent Patient Travel Officer / Cashier to the team, and we are also putting new IT systems in place so that we can provide a speedier and more reliable service to patients.



Barbara Macaulay retired at the end of August after 13 years as a Practice Nurse in Benbecula Medical Practice.

Barbara initially came to Uist in 1975, and started district nursing in 1985. She continued as a District Nurse until 1995 when she accepted maternity leave cover in Benbecula Medical Practice – where she has remained.

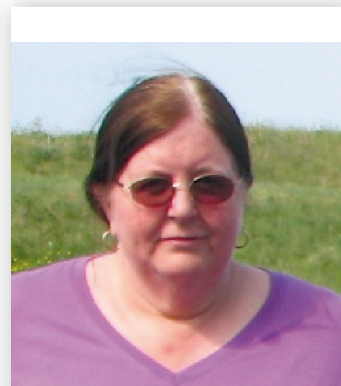
Barbara commented: "I plan to spend some time in Edinburgh and the rest of my time in Uist. I have also enrolled in an upholstery course. There are many projects around the house that I will be keeping up with."

Good Luck!



John Turner took up his new post as Chief Executive of NHS24 at the beginning of September. Mr Turner had been Acting Chief Executive at NHS Western Isles since September 2007.

John Angus MacKay, Chair of NHS Western Isles said: "John Turner has made a huge impact since he joined us in September last year and he will be greatly missed in the Western Isles."



Joan Whittaker, Speech & Language Therapy Assistant, left the Western Isles Health Board in early September after six and a half years with the Speech & Language Therapy Department in the Uists. We wish Joan and her family well as they move to the mainland.

S AND DEPARTURES

New Recruits



Annie Mary Macaulay

Staff and Patients in OPD are missing Annie Mary Macaulay who retired recently after 17 years service.

Annie Mary started work for NHS WI as an Auxilliary Nurse on night duty before joining OPD staff some 14 years ago and was, at the time of her retiral, the only member of staff who was in the department when Western Isles Hospital opened.

A tea was held in the department to mark her leaving and it was good to see staff who had worked with Annie Mary there to share the momentous occasion. Annie Mary received a number of gifts including a garden bench and other garden furniture. Following this Annie Mary was piped out of the Hospital - a fitting end to an emotional day.

A dinner was also held in Digby Chicks to enable current department staff to say their goodbyes - though we all hope Annie Mary will continue to pop in to see us and join us in many more nights out!!

Good Luck!



Julie Yates, Nurse Consultant (Public Health) left NHS Western Isles in July. Julie has moved to Somerset Primary Care Trust as a Consultant in Public Health. We wish Julie all the best in her new role.

We wish all the leavers farewell and best wishes for the future:

Kostana Azmi (Finance), Fernando Isaza (Consultant), Alexander Leeper (Medical Staffing Junior), Anne Mary MacAulay (Out Patients), Carol MacDonald (Public Health & Health Strategy), Linda MacDonald (Nurse at Uist & Barra Hospital), Helen MacIver (Medical Ward 1), Christina MacKenzie (Uig & Bernera Practice), Anne MacLeod (Health Promotion), Fiona Morrison (Human Resources), Louise Morrison (Mixed Specials), Richard Myles (Medical Staffing), Sathish Parasuraman (Medical Staffing Junior), and Sandra Russell (Mixed Specials).

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Linda MacDonald (Auxiliary Nurse) recently left Ospadal Uibhist agus Bharraigh for pastures new. She had been with us since 2004. We wish her all the best in her new job. **Amanda Baxter**, specialist BMS has recently left the Laboratory Department, Western Isles Hospital. Amanda has left the island and has headed to pastures new in Yorkshire. We wish Amanda all the best in her new role.



Farewell wishes to **Sister Clare Lockhart** — Relief Chaplain Western Isles Hospital — Sister of Charity, priest in the Scottish Episcopalian. Clare was born in Wales into an Irish/German family. Before coming to Lewis, Clare was a chaplain in hospitals in the North of England.

Clare has run the Carmel Community in Gress for a number of years and has been a Relief Chaplain at the Western Isles Hospital for the past four years.

Her skills as a Healthcare Chaplain & Counsellor has been appreciated and valued by the staff and we are sorry to see her leave.

Clare is leaving because of the needs of her Mother House in Plymouth and our best wishes go with her.

Good Luck!

Non Executive Directors

Christina Smith, Helen Mackenzie and Mairi Bremner come to the end of their term as Non Executive Directors on September 30, 2008, and they will not be seeking reappointment. Christina and Mairi were appointed as Non Executive Directors on October 1, 2004, and Helen was appointed on October 1, 2005.



Kenna Campbell has recently been appointed as Senior Health Promotion Officer (Uists & Barra) with the Health Promotion Department. She is based in the Balivanich office. Kenna was previously employed with the Western Isles Council as a Community Education Worker.



Ann-Marie Henderson recently started work as the CHaSCP Admin Officer. We wish Ann-Marie all the best in her new role.



A warm welcome to **Louise Kelly**, who recently started work as a Domestic in the Health Board Offices.

NEW RECRUITS

We wish a warm welcome to the following new members of staff

Anjan Bhattacharya (Consultant), **Neil Bremner** (Senior House Officer), **Jacqueline Campbell** (Domestic Assistant), **Kathleen Campbell** (Domestic Assistant), **Marion Campbell** (Domestic Assistant), **Graham Cooper** (General & Dental Practitioner), **Christine Gartshore** (Health Improvement Practitioner), **Ewa Alicja Jucha** (Dental Nurse), **Louise Kelly** (Domestic Assistant), **Ashfaq A Khattak** (Consultant), **Michelle Lodge** (Mental Health Specialist Nurse), **Calum MacArthur** (Catering Assistant), **Neil MacCallum** (Porter), **Dee MacDonald** (Administrative Assistant), **Joanne MacDonald** (Dental Nurse), **Mairead MacDonald** (Health Improvement Practitioner), **Mairi MacDonald** (Mental Health Healthcare Assistant), **Catherine Mackay** (Domestic Assistant), **Ian MacKenzie** (Clinical Support Worker), **Margaret MacLeod** (Administrative Officer), **Janet Marshall** (Administrative Assistant), **Jacqueline McLachlan** (Mental Health Healthcare Assistant), **Karen Mior** (Administrative Assistant), **Jaime Morris** (Dental Nurse), **Diane Morrison** (Administrative Assistant), **Sheena Murdoch** (Senior House Officer), **S Purigali Mallaiah** (Senior House Officer), **May Roushdy-Gemie** (Para 94), **Susi Salihi** (Consultant) and **June Taylor** (Domestic Assistant)



Denise Symington recently took up post as the Drugs Development Officer for the ADAT. Denise tells us: "I was previously the Partnership Manager of a thematic partnership under the Community Planning Partnership in Glasgow called the big step, which was a multi agency partnership to address the inequalities faced by young people who came through the care system. Since moving to the island I was in a short term temp post within Social Work providing admin support to the Community Care Team."



Isobel McGill returned home to the Western Isles nine years ago from Motherwell to take up a post at the Alliance and Leicester Bank in Stornoway. After that closed she worked as a Hospital Cashier at the Western Isles Hospital, moving on to Medical 2 and Maternity, and has just recently moved across to the Health Board Offices where she has happily settled in at Reception. She is married with a 27 year old daughter, and enjoys gardening and crosswords in her spare time. We wish her well in her new post.



Lorraine Gillies recently started work as the part-time Admin Assistant for the Clinical Strategy. Lorraine also works part-time for Health Promotion.



Kay Magee took over from Adrian Trevor as an Accounts Clerk for NHS Western Isles on 18th August. Kay is based in the Health Board Offices. She recently moved to South Dell, Ness, from Stockport.

Ceud Mile Fàilte!



Christine Gartshore has been appointed as Barra's Smoking Cessation Adviser. Christine qualified RMN from the Western School of Nursing, Glasgow in 1991, and worked in acute admissions in Gartnavel Royal Hospital for six years before specialising in Child and Adolescent Psychiatric nursing. She was appointed the Community Psychiatric Nurse in Barra in 2004.



Karen Moir joined NHS Western Isles as Receptionist in Western Isles Hospital on May 12. Karen has returned to her home of Melbost from Granton on Spey.

Karen Tarn has been appointed to the post of Clinical Strategy Project Manager on an interim basis until March 2009.

Karen was previously a Regional Healthcare Planner for the NHS in Scotland South East and Tayside regional group, a post she held since February 2007.

The Board is currently considering the arrangements for recruitment to this post on a permanent basis beyond April 2009, and more details about this will be available in due course.

Ceud Mile Fàilte!

MOVING ON UP/ CONGRATULATIONS



Gordon Jamieson, currently Nurse Director/ Chief Operating Officer, took up the post of Interim Chief Executive on September 1, following the departure of the current Acting Chief Executive John Turner at the end of August. The appointment panel consisted of Chair John Angus MacKay, Non Executive Directors Councillor Angus McCormack and Anne Ryan, Employee Director Elenor MacLeay, NHS Orkney Chief Executive Iain Crozier and Comhairle nan Eilean Siar Chief Executive Malcolm Burr.

Gordon joined NHS Western Isles in February 2008, having previously been the Nurse Director/ Director of Patient Safety at NHS Dumfries and Galloway. Gordon has also been a member of the NHS Quality Improvement Scotland Board since 2003. Chair John Angus MacKay said: "I am very pleased that we have appointed Gordon to this important post and at a time when NHS Western Isles is moving forward positively. Gordon is well known to many staff in the Western Isles. He has significant experience of working in the NHS, including 15 years at a senior executive level. I know that we will all wish to support Gordon in this role.

"We are exploring arrangements to ensure that the roles of Nurse Director and Chief Operating Officer, currently fulfilled by Gordon, will be sustained in the interim period and we will make these arrangements known to staff as soon as possible.

"The Board expects that the post of permanent Chief Executive will be advertised early in September."



Adrian Trevor recently started work as the Board's new Procurement Officer. Adrian was previously an Accounts Clerk. Adrian will be liaising closely with budget holders to assist them in achieving the best possible value for money for the Board.



Seumas MacKay recently qualified as a Registered Nurse with the Open University. Seumas worked at Uist & Barra Hospital as a Nursing Auxiliary from 2001 and began the Open University course in 2004.



Gina Hough now has a permanent full time position as a staff nurse in Uist and Barra Hospital after working as bank since September 2006.



Lyn Gormley has been appointed lead BMS in haematology/blood transfusion, taking over from Ian Gilbert who was appointed Laboratory Manager. Lyn was previously Senior BMS in and moved to the Western Isles Laboratory in 2005.



Congratulations to **Louisa Read and David Reid** who got married on May 30. David is a dentist at Bayhead and Louisa works as a senior dietitian at Western Isles Hospital.



Congratulations to **Debra Vickers** (British Heart Foundation Nurse) and **Jimmy Myles** (Practice Education Facilitator) who got married on July 4 in Ullapool.



Mairead MacIntyre (Admin Supervisor) is currently on maternity leave and **Dee MacDonald** (above) has taken up the post of admin assistant while Mairead is off. Mairead is pictured (below) with baby Jordan.



Congratulations to **Donna** (Reception, Health Board Headquarters) and **Calum Macleod**, who recently welcomed their first child into the world. Baby Connor Malcolm was born on July 25 at 5.45am, weighing 7lb 9. We wish the happy family all the best.

Student Nurse **Laura Jane Johnstone** has successfully completed her Diploma in Adult Branch Nursing, Well Done!

Laura Jane hopes to gain a placement on the NQN programme for a year, working in St Brendan's Hospital. Colleagues in St Brendan's look forward to working with her in her new role.

Mary Temple

It was with great sadness that friends and colleagues throughout NHS Western Isles heard news of the sudden death of Mary Temple on Tuesday May 27, 2008.

Mary had been employed by the Health Board since May 2004 and worked as an administrative assistant within the Human Resources Department. Mary was a valued member of the HR team, dedicated to her work and brought a sense of fun to the office. Mary's presence is dearly missed by all. Mary will be remembered by her colleagues as a trusted friend, committed to her work and assisting others.

Above all Mary was a devoted

wife, mother, sister and auntie and to all her family and close friends our deepest sympathy is offered at this difficult time.

Message from Louis Temple

Dear All

I wish to express most sincere thanks to everyone throughout the Health Service in the Western Isles for all the help, support and sympathy I have been given following the loss of my wife, Mary.

We have always known, since Mary and I moved to the Isles, that the spirit of community was alive, but I now fully appreciate just how valuable a community is.

The amount of comfort and



strength I gained from so many genuine feelings of shared loss in no small way helped me come through the last few weeks. I truly felt cushioned by a caring community.

Although we all know the void left by the loss of a loved one

can never be filled, given time you can learn to live with it, and because of all your kindness I have been given any chance to achieve this. I shall always be grateful to you all.

Louis

Get involved in the development of your health services!



Work is ongoing to develop a Clinical Strategy for the people of the Western Isles, and since the re-launch in February, a number of consultation events have been held for staff, stakeholders and the public. The Clinical Strategy project team has held a series of 'Clinical Strategy kiosks' (pictured above) for staff, patients and the public, where relevant information was available and there was the opportunity to ask questions

and give feedback.

The purpose of the Clinical Strategy is to develop a plan to deliver better health services for the people of the Western Isles over the next three to five years. No decisions have been made yet regarding what exactly will be in the Clinical Strategy – so staff still have the opportunity to feedback viewpoints about how to improve services. What is required to develop the best possible services is a collection of ideas from everyone involved

– so your input would be valuable to developing this important piece of work.

Many people have already contributed to the development process through staff and public meetings, the Clinical Reference Group or at kiosks. If you would like to contribute you can get involved in a number of ways:

- Through future meetings, kiosks and events (keep an eye on the website for details)

- By posting comments on the website – www.seurbeatha.org
- By emailing comments to Clinical.Strategy@wihb.scot.nhs.uk
- By contacting the Project Team on 01851 702997 (Ext: 3160).

Healthy Working Lives

Western Isles NHS has registered for the Bronze award of Healthy Working Lives (HWL). HWL has replaced Scotland's Health at Work and supports employers and employees to develop health promotion and safety themes in the workplace in a practical, logical way that's beneficial to all.

A steering group has been formed to organise events throughout the Western Isles. The first of these events were the Healthy Lifestyles Weekend. A questionnaire will be issued to all staff to assess staff health needs and policies promoting health will be formed or reviewed i.e. Sickness Absence, Smoking, Health & Safety.

For further information contact Douglas Jamieson on 01851 704704.

New Anaesthetic Equipment

Three state of the art advance anaesthetic machines have recently been installed in the Theatre Department of the Western Isles Hospital. The machines, which were supplied by Datex Ohmeda, part of GE healthcare, feature built-in ventilators with electronic gas flow meters; built-in monitoring with ECG, NIBP, SPO₂, temp, Co₂ spirometry; 2 non-invasive pressure channels – one for measuring arterial pressure and the other for measuring central venous pressure and an entropy module which can measure the depths of anaesthesia.

In addition to the installation of the new machines, a networked printing system was also set-up. This means

that patient parameters from monitors in the anaesthetic room, theatre 1, theatre 2, recovery and the endoscopy room can all now be printed out at a central station.

Anaesthetic staff received a full day's training from Jim Cassidy of Datex Ohmeda which means that they can now train other staff in the use of the machines.

Another department to benefit from new state of the art machinery is the High Dependency Unit which has received a GE Healthcare workstation ventilator with built-in CO₂ monitoring and all modes of ventilation. The staff in the High Dependency Unit also received training from Jim Cassidy.



Update on Finance - Improving Services

The Scottish Government's decision to approve our Financial Recovery Plan and to provide brokerage for the accumulated deficit is very welcome news, and demonstrates much greater confidence in the Board's ability to manage its finances. In terms of the 2008-09 the position at Month 2 (up to the end of May - Month 3 figures will be available shortly) we are on track to stay within our budgets - there are a number of new cost pressures (e.g. fuel prices!) but we are also working hard to ensure that the savings agreed in the recovery plan are achieved. Part of this exercise is a new focus on procurement and our new Procurement Officer, Adrian Trevor, started work recently with a very clear brief to help us find **at least** £100,000 of recurrent savings. This will involve reviewing a whole range of commodities and services that the Board buys in to check that we are making the best use of national contracts and payment terms. From the initial work we have done with National Procurement we are confident that this target is achievable, and our Procurement team (Martin Jones, Edward Watson

and Adrian) will be liaising closely with budget holders to assist them in achieving the best possible value for money for the Board. This is a collaborative approach and we won't be reducing budgets until we've agreed with service managers that the savings we've identified are fully achievable.

Since Martin Jones joined us as Deputy Director in April we've been carrying out a review of the Finance function to make sure that we've got the right staff and resources in place to support the Board in going forward. We aim to have a stable staffing structure in place within the next few months, and will be consulting managers and budget holders closely to see how we can best support them in managing their budgets. Some immediate priorities are streamlining the ordering process, setting up procedures for accessing capital funding, and establishing a new policy on use of endowment funds. Looking slightly further ahead we'll be working closely with colleagues in the Tayside consortium to enhance our financial systems so we can provide more useful financial information and allow departments to order goods

and services electronically. We have also been overhauling the Patient Travel policy to provide more clarity on exactly what travel is eligible under the scheme - this should make it much easier for both staff and patients in future. We spend over £2 million a year on Patient Travel, so it's a really important area to get right.

We are also looking at ways of integrating patient travel

with staff travel, taking more advantage of the Air Discount Scheme, and the impact of the introduction of the new FlyBe service in the autumn (a word of warning - photo ID will be required on all flights!).

If you have any suggestions as to how we can improve the services we provide please don't hesitate to contact Marion Fordham on ext. 3011 or Martin Jones on ext. 3045.



The Staff Dining Room in Western Isles Hospital was recently kitted out with new tables and chairs, and new sofas have been delivered to make the seating area more comfortable. The room is set to be painted in the near future, and new curtains will complete the revamp of the area.

Patient Safety

NHS Quality Improvement Scotland visited NHS Western Isles on June 17, to meet with our patient safety teams, hear about progress, and provide advice and guidance on the way ahead.

Jane Murkin, National Co-ordinator of the Patient Safety Programme and Carol Haraden, Vice President of the Institute for Healthcare Improvement in Boston, USA, gave positive feedback across all workstreams: Leadership, Medicines Management Team, Peri Operative Team and Critical Care/General Ward Team.

Both Jane and Carol commented on the excellent progress that has been made, the enthusiasm and commitment of multi-professional staff, and clear signs that this work

is starting to make a difference to patient safety and experience. Areas to progress further included more engagement between leads and workstream teams, and commencement of more formal reporting through to the Scottish Patient Safety Programme network and up to the NHS Board.

Both Nurse Director/Chief Operating Officer Gordon Jamieson and Mike Hutchison, expressed the view that patient safety is much bigger than this programme. We need a radical rethink over how we measure the patient experience in order to make safety the foundation upon which quality is built. It is for this reason that NHS Western Isles is committed to having regular Leadership Walkrounds whereby our Executive Directors will



Pictured are: Gordon Jamieson, Evelyn Dunstan (secretarial support, pharmacy dept), Erica Duffy (Clinical Support Nurse), Veronica MacRitchie (Ward Sister, Medical 1), Dawn Tiernan (Principal Pharmacist), Jane Murkin, Carol Haraden, Andrew Hothersall (Lead Consultant Western Isles Hospital), and Mike Hutchison, Patient Safety Lead).

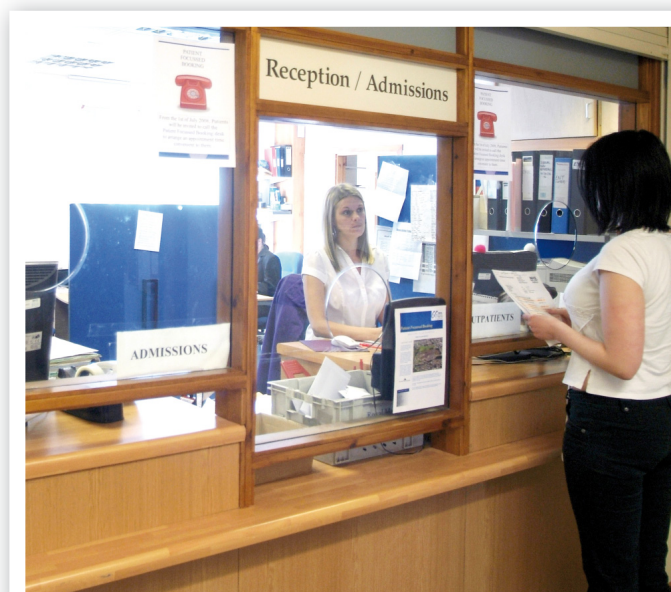
engage with front line staff in productive dialogue around patient safety and any other issues they wish to raise and feedback to them how their comments have resulted

in improvements. We are committed to looking at how we can actively engage the public in our patient safety agenda as well as our professional bodies.

New Uists Multiple Sclerosis Support Group

Wednesday May 28 saw the start of a new MS support group for the Uists and Benbecula. With the increased diagnosis of MS in the Western Isles and an identified need for additional support for local people with MS, Sheila Murray, Family Health Nurse and Christine Lapsley, Head of Speech and Language Therapy arranged the inaugural meeting of the group, which they did in conjunction with Catherine Buchanan of Tagas Uibhist.

The first meeting was well attended and present was Alison MacIver, MS Co-ordinator for the Western Isles. She spoke about her role and gave some helpful information regarding various grants available. She also provided a selection of literature from the Multiple Sclerosis Trust. The group agreed that regular meetings were needed and had discussions on a variety of topics for future meetings. A questionnaire will now be sent to all to ascertain what people would like to get out of the group so that future meetings can be planned to meet the needs of those involved.



Courtesy of the Stornoway Gazette

Launch of Advanced Appointment Booking System

An advanced appointment booking system was introduced in the Western Isles Hospital from July 1.

As part of the new Patient Focussed Booking system, patients will be offered a choice in the date and time of their appointment which means they can choose an appointment that is more suitable for their circumstances.

Medical Records Manager

Bob Nicolson stated: "This means that patients are not given appointment dates in advance – but are invited to contact the hospital before their appointment is due to arrange a date and time convenient to them."

The new booking system is being introduced for a number of outpatient clinics from July 2008 onwards, commencing initially with Surgical Referrals.

Well North Project

The pilot project for an exciting new anticipatory care programme – *Well North* – has been extremely successful and the screening programme is now being extended across the Western Isles.

Well North comprises six remote and rural anticipatory care (screening and early detection) programmes across the five Boards in the North of Scotland. The programmes will receive a total of £750,000 over the next two financial years.

Western Isles NHS Board is enhancing the local provision of preventative health services through extending the screening services currently provided by the mobile Men's Health unit 'Bus nam Fireannach' into CVD (Cardiovascular Disease) Prevention and Diabetes Screening.

A 'pilot' was recently completed in North Lochs, with the GP Practice contacting each patient individually. 90% of those invited (more than 160 people) attended an appointment on the Bus – far exceeding initial expectations of between 50-60%.

The screening programme will now be extended throughout the Western Isles over the next two years.

Mileage Allowances Update

New mileage allowance rates for staff have been confirmed by the Scottish Government, effective from July 1, 2008 – which increases rates across the board for those who use their own cars for work.

The public transport rate has also increased from 23 pence per mile to 24 pence per mile, the passenger rate has increased from 2 pence per mile for each passenger to 5 pence per mile for each passenger, and the rate for pedal cycles has risen from 6.2 pence per mile to 10 pence per mile.

Full Mileage Rate details can be viewed at www.show.scot.nhs.uk/sehd/publications.asp

Computer Skills and E-Library

Would you like help logging on to and/or using the e-Library? Do you need help with email or computer skills? If so, contact Lindsay Bradley, Learning Resource Facilitator, Education Unit Library, Western Isles Hospital – Tel: 01851 708236. Email Lindsay.Bradley@wihb.scot.nhs.uk

Tell us what you really think about the Western Isles Hospital Library and help us to improve our service. Please complete the online survey anonymously at http://wihbweb/WILibrary/Library_maint.asp

Hard copies are also available in the library.



Pictured, in the Birthing Suite, Western Isles Hospital are:

L-R Carol Macdonald (Ward Clerk), Catherine Macdonald (Senior Midwife), Dr R. Myles (Locum Obstetrician), Kathryn Kearney (Supervisor of Midwives), Agnes Hodgart (Secretary), Barbara Purdie (NCT), Joanne Murray (Midwife), Donella and David Brown with baby Josh, Cathy MacIver (Midwife), Kneeling: Kulvant Bartle (Midwife), Margaret Ann MacIver (Health Care Assistant).

National Childbirth Trust visit

Barbara Purdie from The National Childbirth trust came to the Western Isles in July to raise awareness of the organisation and assess the need for NCT activities locally.

The NCT is the UK's largest charity for parents – helping over a million mums and dads each year through pregnancy, birth

and early days of parenthood. The Trust offers antenatal and postnatal courses, local support and reliable information to help all parents.

Barbara set up a stall at the Tong Highland Games, and also met with staff from the Maternity Unit, and Maternity Services Liaison Committee MSLC

members.

There is a qualified breast feeding councillor in Benbecula and The National Childbirth Trust supports her work. Another local lady has also expressed an interest in becoming a breast feeding councillor, and the Trust will work together with her to achieve this.

Dysphagia Day

Karen Krawczyk QIS Dysphagia Project Lead and her team led a very successful training session in Point 1 in June for 18 professionals from throughout NHS WI.

Earlier in the year, Emelin Collier Head of Planning & Development and Lesley Russell, Specialist Speech and Language Therapist had submitted a successful bid to NHS Quality Improvement Scotland for the NHS WI to be a demonstration pilot site for their project, *QIS Delivering A Programme Of Practice Development*. NHS WI is only one of six Health Boards selected. The Practice Development Programme supports professionals working in the area of dysphagia in



Stroke by empowering staff to improve their patient's journey in dysphagia management, using the best available evidence.

The day began with an

overview of the Dysphagia Project then being divided into groups to discuss aspects of team working, patient involvement, training and so on. In the afternoon in different

groups we discussed our own situation revisiting the dysphagia patient journey and identifying areas for improvement within that journey.

Celebrating the Healthy Outer Hebrideans Project

Family health nurses, representatives of the Queen's Nursing Institute Scotland and NHS Western Isles staff – past and present – gathered

together in Stornoway on June 18 to celebrate the success of the Healthy Outer Hebrideans project, which has now come to an end.

The project, which involved carrying out health checks through workplaces in the Western Isles, was launched in January 2007 to improve

the health of local workforces. Since then an impressive 845 people have attended health checks, with the majority 'very satisfied' with the experience.

Through Healthy Outer Hebrideans, Family Health Nurses worked closely with Scotland's Health at Work (SHAW) in conducting health checks and promoting a healthier lifestyle. Having now completed the 18 month project, the nurses involved fully believe this was a worthwhile project and that this pro-active approach to nursing is extremely effective.

The project was marked with a special celebration event and healthy buffet in the Cabarfeidh Hotel, when the Family Health Nurses gave presentations on the project and the impact it has made locally.

Independent Advice and Support Service

NHS Western Isles' record of patient satisfaction is impressive but we are always keen to listen to and learn from occasions when outcomes were less successful. There is a well-established complaints system in place to enable us to investigate areas of concern and put in place action to reduce risk, but it can be seen as daunting to an individual to raise one's voice against such a large organisation as ours.

In recognition of the difficulties and reluctance some people have in coming forward to tell us about perceived shortcomings NHS Western Isles entered into partnership with the Citizens Advice Bureau to provide an **Independent Advice and Support Service** to help and support people to have their concerns raised and heard. Since the scheme was established in October 2006 the four CABs throughout the Western Isles have assisted people to raise 15 complaints. Of these three were partially upheld, two were rejected, three withdrawn after claim lodged, five are pending and results of two other claims are unknown at present.

Please draw this information to the attention of any acquaintances, friends or family who may have had experiences which could help us to review and improve our services.



Hand Hygiene Compliance

NHS Western Isles staff are to be congratulated for reaching 96% hand hygiene compliance during the 1st quarter period (May 5 to 16, 2008).

Thanks to the continued efforts of staff, the Board has again exceeded the target of at least 90% compliance by November 2008.

NHS Western Isles continues to be one of the top three Boards for hand hygiene compliance (together with NHS Forth Valley and NHS Orkney).

Chair John Angus MacKay said: "I would like to applaud the efforts of NHS Western Isles staff for reaching 96% hand hygiene compliance, which is a considerable

achievement. I am confident that, with the continued support of staff, we will continue to improve on this level of compliance. Good hand hygiene is widely acknowledged as being one of the most important ways of preventing avoidable Healthcare Associated Infections."

Health Walks Quiz



Laura-Jayne Maciver, Chris Ryan, David Green, Sharon Mackinnon and Mary Burgerhout.

A presentation event was recently held in Lews Castle College, when awards were presented to some of the participants in a health walks quiz.

Mary Burgerhout received a 'Sportsworld' gift voucher for £50 and a certificate marking her participation in over 50 Paths to Health weekly lunchtime walks since they were launched in 2006. David Green received a gift voucher for coming 'top of the class' in a recent healthy lifestyles quiz, and Sharon Mackinnon and Laura-Jayne Maciver both received Paths to Health Polo Shirts and a pair of waterproof trousers as runners-up in the same quiz.

Courtesy Stornoway Gazette.



BullsEye Digital Fire Extinguisher

NHS Western Isles has recently taken delivery of the first BullsEye Digital Fire Extinguisher outside of the United States.

The BullsEye, which was set up for staff to use at the Promoting Healthy Lifestyles Day at Western Isles Hospital, represents the latest advancement in fire training technology. BullsEye

senses where the user aims and sweeps the laser training extinguisher and automatically varies the LED driven digital flames in response. This allows trainees to learn how to effectively use a fire extinguisher without the cost and clean-up associated with using dry-chemical or CO2 extinguishers.

Chocolate has health benefits!

When I was a child a chocolate biscuit or a small bar of chocolate was a treat, but nowadays it is all too common to buy chocolate bars in multi-packs, which can be far too tempting for chocoholics to resist a second helping.

With the ever increasing problem of obesity we have all been surprised to read that in fact chocolate can have health benefits. Admittedly, only in small amounts, unfortunately. But what a turnaround. Chocolate is now good for us and we have not been slow to take up the challenge. Figures show that £85 million worth

of dark chocolate was sold in Britain last year, a rise of 96% on 2005.

The origins of chocolate can be traced back to the Maya and Aztec civilisations who made a drink from roasted cocoa beans, water and spice, but drinking chocolate did not arrive in the UK until 1657 when a French chocolate house opened in London. At the time it was very expensive and considered a luxury. Nowadays chocolate is widely available in many differing forms and has become accessible to all.

Diana Shearer

How much are people in Scotland really drinking?

A new report 'How much are people in Scotland really drinking?' was launched by NHS Health Scotland in May. The report suggests that people in Scotland may be drinking twice as much as surveys have previously reported.

Figures for the Western Isles reflect a national rise in alcohol related illness and show the serious nature of alcohol related problems. Glass sizes have grown along

with the strength of many wines, beers and lagers. This has led to confusion for many people who consider that they are keeping within safe drinking levels. The recommended limit is 2/3 units for women and 3/4 units for men per day, with at least 2/3 alcohol free days per week.

To check your limits you can use the unit calculator log on to www.units.nhs.uk/media-press.html

Walking for the British Heart Foundation

Communities across the Western Isles took steps to beat heart disease in June – and raised £6,500.

Four sponsored walks from the Butt to Barra were held to raise money for the British Heart Foundation, and to mark the 60th anniversary of the NHS.

The walks were very well attended with 108 people taking part in Stornoway, eight in Harris, 22 in Uist, and nine in Barra.



Top: Walkers at Porter's Lodge, Stornoway. 2nd: Walkers at McGillvrey's Lodge, Northton, Harris with John Murdo Morrison, Vice Lord Lieutenant. 3rd: Uist walkers. Bottom: The Barra group.

Courtesy Stornoway Gazette.

STARS Project

The STARS (Stroke Training and Awareness Resources) project led by Chest, Heart and Stroke Scotland and supported by NHS Education for Scotland (NES) have produced an e-learning training resource for health and social care staff which is based on the Stroke Core Competencies. Our own OT Manager, Sonja Smit was involved in the development of the site. The website provides an interactive way of learning with quizzes, animations, video clips, and case scenarios. Learners can print off a personal learning log detailing the competencies they have completed and use this for

their CPD portfolios.

On June 26 Clare Adams the project leader from CHSS held a STARS Roadshow here. Twenty-one staff from CNES and NHSWI were given an informative talk by Clare on the usefulness of the website in the Health Board Offices.

A visit to the website is highly recommended for all staff with an interest in Stroke Care. For more information, please contact Pat Welsh, Co-ordinator, Coronary Heart Disease and Stroke Managed Clinical Network 01851 708013 ext 3013.

www.strokeCoreCompetencies.org



(L-R) Archie Macdonald, Western Isles Area Manager, HIE; Malcolm Burr, Chief Executive, CnES; Alasdair Alan, MSP (standing); John Turner, Acting Chief Executive, NHS Western Isles; and David Green, Principal, Lews Castle College, UHI

New scheme to help people with depression

A two-year pilot telephone-based scheme aimed at helping people living in the Western Isles deal with depression was launched in the Western Isles on August 25.

The project, NHS Living Life, has been established by NHS 24 and will increase access to psychological therapies in the region. It is believed that this is the first time a telephony-based service of this kind has been made available in the UK.

The pilot scheme is being delivered in partnership with five health boards, including the Western Isles, Shetland, the Borders, Lothian and Greater Glasgow and Clyde.

While medication is frequently prescribed for depression, there is a broad awareness that psychological therapies such as Cognitive Behaviour Therapy (CBT) can provide long term benefits to patients.

It is hoped the therapy will

promote mental health wellbeing, and help reduce the prescription of anti-depressant medication for adults suffering from mild to moderate depression.

Lead Nurse for the Community Health and Social Care Partnership (CHaSCP), Finella Morrison stated: "NHS Western Isles is delighted to be taking part in this innovative pilot, which has the potential to provide a number of long-term benefits to patients in the Western Isles.

"Following discussion with their GP, a patient will be able to access the service by telephone from the privacy and comfort of their own home - and the telephone calls are to a free phone number. The service is absolutely confidential as only the GP, the therapist at the other end of the phone and the patient will know anything about it."

NHS Western Isles hosts Landmark Conference

A range of international experts on telehealth travelled to the Western Isles in May to share their knowledge about the unique opportunities that telehealth can provide in radically changing the way services are delivered.

NHS Western Isles hosted a Telehealth Conference in the Cabarfeidh Hotel, which was attended by around 80 delegates and a number of prestigious speakers.

The conference gave an insight into the importance of using technology in medicine, and evidence on the impact

that telehealth developments are having across the world.

In recognition of the significant opportunities and benefits that telehealth can provide, Chief Executives from NHS Western Isles, the Comhairle, Highlands and Islands Enterprise and Lews Castle College signed a concordat signifying intent to 'work together through common and linked strategic aims wherever the opportunity arises, so establishing the area as a centre of excellence for telehealth and integrated service delivery for the people of the Outer Hebrides'.



(L-R) Iain Anderson, Development Consultant, ATOS; Professor Gordon Perterkin, Founding Director, Scottish Centre for Telehealth; Dr. Sheila N Scott, Director of Public Health, NHS Western Isles; Garry Payne, International Development Director, IMETRIKUS; Joe Macphee, Economic Development Manager, CnES; Graham Colclough, Global Vice President, Cities and Regions, CAPGEMENI; and Donnie Morrison, Senior Executive, Connected Communities, HIE.

Do you know a Healing Hero?

In the year of the 60th Anniversary of the NHS, the Scottish Health Awards will recognise and reward Scotland's most committed and caring NHS workers. There is a category for every NHS worker and the areas they work in including a special 60th Anniversary Award and a new Equality in Healthcare Award.

Information on the awards and how to nominate

an individual or a team can be found at www.scottishhealthawards.com or you can call 0141 309 1480 to request a nomination form or for further details or assistance.

All nominations must be submitted by 5pm on Monday September 8. The awards ceremony will be held on Thursday November 6 at the Corn Exchange in Edinburgh.

Promoting Healthy Lifestyles Day

An extremely successful Promoting Healthy Lifestyles Day was to be held in the Western Isles Hospital on Friday June 13. This event, which was run as part of the 60 years of the NHS celebrations, encompassed many stalls and sessions and included links to the past, present and future. The Day was open to all NHS Western Isles staff, as well as Comhairle Nan Eilean Siar staff and to the Emergency Services and other Healthcare providers in our community.



Launch of the Western Isles Healthy Start Initiative

Families in the Western Isles are being encouraged make use of the Healthy Start Initiative.

Essentially, Healthy Start provides qualifying families with a £3 voucher (per child under four) each week to put towards the cost of a balanced and nutritious diet, as well as free vitamin supplements and relevant information on breastfeeding, healthy eating and a healthy lifestyle.

A number of local retailers have signed up for the scheme, where you can swap your vouchers for healthy food.

Healthy Start applies if you are pregnant or have a child (or children) under four years old and you fall into one of the following categories:

- you or your family get Income Support, or
- you or your family get income-based Jobseeker's Allowance, or
- you or your family get Child Tax Credit (but not Working

Tax Credit unless it's WTC "run on") and have an annual family income of £15,575 or less. There is an exception which

means you qualify regardless of income if you are pregnant and under 18 years of age.

You can get a pack from your

health visitor or midwife, go online at www.healthystart.nhs.uk or phone the helpline on 08701 555 455.



Pictured are Financial Awareness Officer Sandra MacRae, FHN Shirley Campbell and Partner in Cross Stores Rona Morrison. (Photograph courtesy of the Stornoway Gazette.)

Launch of the Western Isles Bowel Screening Programme

The Scottish Bowel Screening Programme – which aims to detect bowel cancer at an early stage in people with no symptoms – was launched in the Western Isles on July 1.

Regular bowel cancer screening has been shown to reduce the risk of dying from bowel cancer by 16 per cent. Bowel cancer screening can

also detect ‘polyps’ (wart-like growths). These are not cancers, but may develop into cancers over time. They can easily be removed, reducing the risk of bowel cancer developing.

As part of the Bowel Cancer Screening Programme, all men and women aged between 50 and 74 will

receive a Faecal Occult Blood test (FOBT) kit by post to their home address. The kit is completed at home and returned to the national Bowel Screening Centre for Scotland, which is based in Dundee at King’s Cross Hospital.

If the overall result of screening is positive, then

the individual will be referred to hospital for further assessment and may be offered a colonoscopy, if appropriate.

If you are unsure about anything regarding bowel screening, contact the Bowel Screening Centre Helpline (freephone) on 0800 0121 833.

Courtesy Stornoway Gazette.



Tackling Childhood Obesity

NHS Western Isles will benefit from £34,000 this year to introduce new family-focused treatment programmes for overweight and obese children aged between five and 15.

Designed to engage children in practical and educational sessions, the programmes will promote healthy eating and physical activity and address the psychological, social and behavioural causes of weight gain.

Cabinet Secretary for Health and Wellbeing Nicola Sturgeon said: “This funding I am announcing today will directly benefit overweight children in the Western Isles and is an extremely important addition to the actions we are already taking to tackle health inequalities, such as free school meals, raising the age of cigarette sales to 18

Launch of the Child and Adolescent Mental Health Strategy

Pictured above are, from left to right, Mike Sullivan, Community Mental Health Worker; Maggie Macleod, CAMHS Nurse; Shannon Finlayson, Educational Psychologist; Margo Fyfe, CAMHS Nurse Adviser to the Scottish Government; and Joan Tilley, CAMHS Lead Nurse.

Pictured are Isabel Steele and Katherine Mathis of Health Promotion, at the top of Ben Mhor, the highest hill in Uist. They did the walk in May with a group of Uist people who are interested in hillwalking and keeping fit.



Physiotherapy Drop-in Clinic

The Physiotherapy Department will be providing a Drop-in Clinic between 2pm and 4pm every Thursday in Western Isles Hospital from September 4 onwards.

The Drop-in Clinic will mean that patients can refer themselves, no appointment needed, without having to see a GP first.

Patients can drop in to the clinic if they have:

- Back pain
- Neck pain
- Recent injuries – strains or pains
- Joint or muscle pain
- Urinary stress incontinence
- Sciatica/trapped nerve
- Arthritic conditions

Physiotherapists running the Clinics will not provide a full assessment or treatment, but will discuss problems and give advice, where appropriate.

Physiotherapy Manager Sheila Nicolson stated: “The Clinics will be running on a first come first served basis, and each individual patient will receive consultation of around 15 minutes. They will then either be transferred on to the appropriate waiting list, discharged, or possibly provided with advice and exercises.

“The Drop-in Clinics will be run in Western Isles Hospital as a three month pilot, but will be rolled out, if successful. It is hoped that the pilot will improve access to the Physiotherapy service and lead to a reduction in the number of DNAs (patients who ‘Did Not Attend’ an appointment). It should also result in a smoother patient journey.”

BARRA TO BUTT CYCLE CHALLENGE

Highlands and Islands Fire and Rescue Service personnel, Tony Walker District Officer for the Western Isles, Mark Tebbutt Community Safety adviser for Western Isles and Norman 'Misty' MacDonald Watch Manager for Great Bernera Fire Station recently undertook a charity cycle ride from Barra to the Butt.

From Castlebay Fire Station the team cycled up through the Western Isles covering approximately 160 miles – with the £2,000 raised split between the Fire Service National

Benevolent Fund, now known as The Fire-fighters Charity, Bethesda and Western Isles Hospital.

As so much was raised, Western Isles Hospital is benefiting from two new pieces of equipment for children with additional support needs such as autism and challenging behaviour. The equipment is thought to be beneficial for calming and decreasing agitation and stress.

Many thanks to the cyclists for this generous and much appreciated donation!



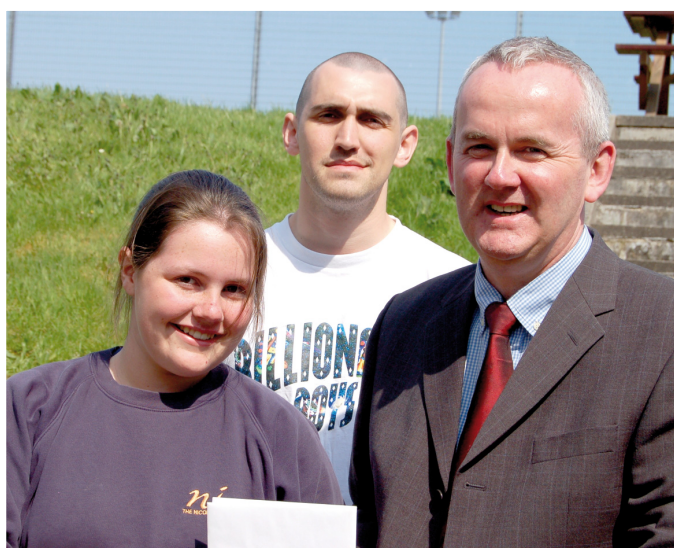
Tony Walker and Mark Tebbutt.

ADAT Logo Design

Two third year pupils at the Nicolson Institute jointly won a competition to design a logo for the Alcohol and Drugs Action Team (ADAT) for the Western Isles.

In March, ADAT set out a competition whereby all S3 – S6 pupils in the four secondary schools: Nicolson Institute; Sir E Scott; Sgoil Lionacleit and Castlebay were given the opportunity to participate in designing a logo for the ADAT Western Isles.

From the entries received, two winners were chosen and the prize of £100 Woolworth Vouchers was split by in half by two S3 pupils of the Nicolson Institute. The two designs have been further developed into one official logo design by local Graphic Designer Donald Smith. One of the winners, Laura Maclean, is pictured with Donald Smith, Graphic Designer; and Donald Macleod, ADAT Chair. (The other winner did not wish to be named).



The Alcohol Health Needs Assessment was launched on June 19 in the Cabarfeidh Hotel, Stornoway and on June 20 in the Caladh Trust, Balivanich. Pictured are D.A. Macleod, ADAT Chair, Dr Sheila Scott, Director of Public Health, Wendy Ingledew, Alcohol Development Officer and Martin Malcolm, Head of Public Health Intelligence and Information Services.

Launch of the Western Isles Alcohol Needs Assessment

Patterns of the consumption of alcohol in the Western Isles are similar to those found in the Scottish Health Survey – but there are significantly higher percentages of non-drinkers in the Western Isles.

These are some of the findings of the Western Isles Alcohol Needs Assessment of the population of the Western Isles. The piece of work was recently been undertaken by the NHS Western Isles Public Health

Division on behalf of the Alcohol and Drug Action Team (ADAT) Western Isles.

The Alcohol Health Needs Assessment looked at people's attitudes, knowledge and behaviour to alcohol in general and looked at binge drinking in particular. It also assessed the impact of age, gender, and levels of deprivation, mapping current health-related services and analysed gaps in service provision.



YOU SHALL GO TO THE BALL!

An NHS Staff Ball to celebrate the 60th Anniversary of the National Health Service is being organised by local staff.

The ball will take place on October 3 in the Cabarfeidh Hotel, Stornoway, and tickets will be available to staff (on a first come, first served basis).

On arrival you will be met with a welcome drink, followed by a special anniversary meal (with jazz band accompaniment). Afterwards there will be a dance with the Woodlands Ceilidh Band and a staff raffle (with any proceeds being donated to local charities).

The Staff Ball will be formal dress code, so get out your Tux (Kilts for those brave enough!) and Evening Gowns, and join in

the special celebrations.

Tickets will be available in the near future, so look out for the posters.

For further information contact one of the organisers, Angela Grant (Ext. 3033), Janet MacKenzie (Ext.3034) or Tina MacRitchie (Ext. 3031).

A ticket event will also be held in An Lanntair on October 30 to mark the 60th Anniversary, which will include a talk from Lord Lieutenant of the Isles Sandy Matheson, a historical display, appropriate videoclips and a display of NHS paintings from Western Isles primary children.

Further details of the event will be made available shortly.

'THE ROAD TO RECOVERY' LAUNCH

The new National Drugs Strategy 'The Road to Recovery - A New Approach to Tackling Scotland's Drug Problem' has been launched by the Scottish Government, and focuses on recovery from the effects of drug use.

The Strategy introduces a fresh approach to drugs education, including the provision of factual information on drugs to

every household with parents or grandparents in Scotland. It also includes a commitment to strengthen existing powers to seize assets from drug dealers.

The Strategy will be supported by a package of £94million over the next three years with Health Boards receiving a 3.8 per cent increase in existing funding for drug treatment services.

MRSA Screening Programme

A new MRSA screening programme will take effect in the Western Isles from September 1, when all emergency patients and those who have been admitted to hospital for arranged medical and surgical procedures will be screened for the infection.

The pilot project screening will be carried out in both the Western Isles and Uist & Barra Hospitals.

NHS Western Isles is one of three health boards participating in a year-long pilot screening programme. Based on the outcomes of the feasibility study, it is possible that the programme will be rolled out across Scotland during 2009/2010.

Nurse Director/Chief Operating Officer Gordon Jamieson stated: "Preventing the spread of infection is of paramount importance to us and this is a valuable opportunity to assist in testing the screening model for our hospital patients. Our

infection control team already has a proven and successful range of measures in place to protect patients. However, this is a very important pilot which will help demonstrate the benefits of mass screening to individual patients."

The test will be carried out either in hospital or in an out-patient clinic. It involves a painless nose swab taken using a cotton bud. Patients with confirmed MRSA will undergo their medical procedure as planned, but they may be nursed in a single room or with other patients who have tested positive.

Infected patients will be treated with antibiotics, while anyone colonised will be given a cream and a skin wash to reduce numbers of bacteria and reduce the possibility of infection/germ.

Screening is not compulsory but patients will be urged to participate in this important initiative in the fight against infection.

Chill-out at the Festival

Following on from the success of last year's Hebridean Celtic Festival, NHS Western Isles, Comhairle nan Eilean Siar, NCH and the Alcohol & Drug Action Team (ADAT), joined together at this year's event to provide a safe chill-out zone.

The zone offered fun interactive games and awareness raising of various health issues including alcohol, drugs and sexual health, free water, hand massage, as well as a space to relax and the opportunity to chat to trained staff in a relaxed informal atmosphere.



NHS Western Isles Chair John Angus Mackay has been welcomed to the Western Isles Credit Union by Angus Campbell who chairs the local branch. Mr MacKay recently signed up to the credit union - which lets people in the community come together to save and borrow money at low rates, and is operated on a not-for-profit basis, with surpluses being returned to members. Call the Credit Union on 01851 701865 or pop into the office at 9 Cromwell Street for more information.

Prize awarded for Health float

Despite getting soaked by the rain, spirits were high at this year's Carnival – and the NHS Western Isles float did not disappoint.

The theme for this year was the 60th Anniversary of the National Health Service and staff and friends decorated an impressive float with a big birthday cake to celebrate the event.

Many congratulations to those who decorated this year's float and got dressed up for the event. The hard work was fully recognised with the prize of 'Best Dressed' being awarded to the health float.



Courtesy Stornoway Gazette.

Penne all'Amatriciana

INGREDIENTS

For the sauce

3-4 tbsp extra virgin olive oil
1 onion, peeled and chopped
4 slices streaky bacon, rind removed, chopped
500g/1lb 2oz ripe cherry tomatoes, cut in half
salt and freshly ground black pepper

For the pasta

1 tsp salt
2 litres/3½ pints boiling water
250g/9oz penne pasta
20g/¾ oz parmesan cheese, finely grated, to serve

For the bruschetta

2 ciabatta rolls, cut in half
1 garlic clove, peeled and cut in half
extra virgin olive oil, for drizzling
250g/9oz ripe cherry tomatoes, cut into quarters
1 x 125g/4½oz ball buffalo mozzarella
salt, to taste
1 small bunch fresh basil, leaves only

Method

1. For the sauce, heat the oil in a frying pan, add the onion and cook over a medium heat for about 2-3 minutes, until softened.
2. Add the bacon to the pan and fry gently until lightly



- golden-brown, about ten minutes.
3. Add the tomatoes to the pan and stir well.
4. Reduce the heat and simmer until the tomatoes begin to break down, about five minutes. Season, to taste, with salt and freshly ground black pepper, but take care with the salt as the bacon is salty.
5. For the pasta, place the salt into a saucepan of boiling water and add the penne.
6. Boil for 8-10 minutes, or according to packet instructions, until al dente (the pasta should give some resistance when bitten into). Drain, then add to the pan with the sauce and mix well.
7. Meanwhile, for the bruschetta, preheat the grill to medium. Toast the ciabatta halves on both sides.
8. Lightly rub the cut sides of the garlic clove over the ciabatta halves.
9. Drizzle generously with olive oil.
10. Place the tomatoes on top of the ciabatta. Tear the mozzarella into pieces and place on top of the tomatoes.
11. Season, to taste, with salt and drizzle over a little more olive oil. Tear the basil leaves into pieces and scatter over the top.
12. To serve, divide the pasta between two bowls and sprinkle over the parmesan. Serve with the bruschetta with mozzarella.

Janet Mackenzie, Public Health.

Yoghurt Cake

INGREDIENTS:

1 x regular pot of yoghurt (flavour of your choice)
Clean out yoghurt pot and use to measure:
2 x caster sugar
3 x self raising flour
Half tsp baking powder
150g melted butter
3 eggs

Method:

Whizz everything together, adding eggs one at a time then split between 2 loaf tins (lined) and bake at 180C (gas mark 4) for 40 mins.

Tina MacRitchie, Public Health.



Innovative Tele-endoscopy ENT clinic goes live

The first ENT endoscopy clinic via tele-link for Western Isles patients who require an ENT assessment went live on Wednesday May 28.

The project between Western Isles Hospital and Raigmore, Inverness, has been set up with support from the Scottish Centre for Telehealth (SCT) with a view to continuing this as a sustainable service for the local population.

The project involves examining selected patients; primarily those referred with voice disorders, throat disorders and swallowing difficulty, in the Outpatient Department at the Western Isles Hospital - while videolinking to the ENT Department at Raigmore. The Consultant at Raigmore is able to talk to the patient and also view the images, enabling him to make a diagnosis and plan further medical intervention if necessary. The first patients

were seen via videolink by Raigmore consultant Mr Leo McClymont.

The Speech and Language Therapist in Western Isles Hospital, Lesley Russell, carries out the scoping procedure and is also involved in therapeutic intervention with most of the patients scoped. For around 50 per cent of people with voice disorders, voice therapy is the main form of treatment and this can commence on the day of the examination.

NHS Western Isles Nurse Director/Chief Operating Officer Gordon Jamieson commented: "This development will mean that patients in the Western Isles can be seen quickly without having to travel. This will be a high quality local service that will enable early diagnosis of serious conditions. In most cases, it will also allow us



Gillian Dykes was the first Western Isles patient to be seen by Raigmore consultant Mr Leo McClymont via tele-link. Gillian is pictured with her daughter Daisy.

to eliminate a diagnosis of serious pathology and this will considerably reduce stress levels for the patients concerned."

Further benefits are that

consultant travel time and costs to Stornoway will be reduced, and access to specialist ENT education for local healthcare staff will be improved.

A wet learning experience!



In May nine local and four NHS Highland Midwives enjoyed a wet learning experience at the Lewis sports centre. Susie Murphy, an experienced aquanatal trainer, led the group in a very enjoyable two days of pool and classroom activities. Now that they have completed this intense training the Midwives will be able to offer safe and fun aquanatal sessions for all pregnant women across the islands. As well as Lewis and Harris staff, Midwives from Uist and Barra also participated and are very enthusiastic about developing new sessions in their local pools. This session was an

update for existing instructors and opportunity for other midwives to be trained.

Exercise for pregnant women is essential to both the mother and babies health and wellbeing and the buoyancy of water makes exercise less strenuous on joints. The group activity is also fun with diverse music that is planned to lead the group and get them singing along or learning new dance steps in water.

This programme is only one of the many initiatives local Midwives have been developing to improve normality and active birth for island women and babies.