

YOUNG NURSES...

(from P.1) But you are only entitled to hold your job so long as you fill your position efficiently. And it is worthwhile remembering that your job may be only one part of a greater enterprise. In hospitals, as in many other fields of activity, teamwork is all important. See to it that you are not the weakest member in the team. Remember a craftsman or woman is one who is skilled in one's job, and who takes a pride and satisfaction in it. A craftsman or woman in any line should bear in mind the doctor whose prayer it was that he might never become slovenly in his work or so disinterested as to make a habit of prescribing 'the mixture as before.' Work is what we make it; it can be worthy and it can be satisfying.

"A person's physiological, psychological and health characteristics are different at every age. This change is part of the normal process of development. What a healthy-minded person seeks is not to be relieved of responsibility for conducting his life, but toughness and determination to live successfully under pressure. At no stage in life is it wise to trust to luck. At the relief of Dunkirk in the last war a motor torpedo boat leaving England for Dunkirk received the signal from shore 'Good Luck.' The Captain replied: 'Thanks. Actually we rely on skill.' So to you young people I would say rely not on Luck, but remember that employers are looking for young people with intelligence and drive enough to take on the tasks of life. Ambition is not merely holding out your hand to receive; it is positive, purposeful, energetic, creative and self assertive. Don't do too much day-dreaming; know what you have to do and do it. Myrtle Cook won the 100 yards gold medal at the Olympics in 1928 and when asked what she thought about poised at the starting line waiting for the signal, she replied, 'You just think — run as fast as you can.' — Be single minded.

"So then, one of the hallmarks of a mature person is that he or she is single minded. Not one given to day-dreaming. She is also open minded. She should be able to listen to both sides of an argument, without insisting that what is right for one is right for the next person — except in the Great Fundamentals where right is spelt with a capital R. The mature person will show gentleness towards error, based on her own capacity to admit her own shortcoming. None of us is perfect. And the older we grow, the more we see it and the more it wears us. Mature living carries in it the capacity to accept illness, disappointment and all that is largely beyond our control; to accept ourselves and others; to keep our balance through success and failure. If necessary to pick up the pieces and start again.

"We do not have to become mature all at once. We advance towards it little by little. We should seek attainable goals and avoid groundless hopes and baseless fears. Our jobs become a means of expressing the acquired skills of our hands and minds. We find ourselves with a new expertness in handling life, a new interest in people and a new competence to meet exasperating incidents.

"And may I add in conclusion that I have found that the best way of avoiding groundless hope and baseless fears is by learning from those who have gone on before me and who found a Person in whom they could pin their Hope and Faith to help them in every eventuality of life, and indeed when this present life is ended He has granted us the assured hope of being forever with Himself.

"So may I congratulate you all on your achievements which are being marked today and I hope you may all see this as merely the foundation. The beginning of a learning process, not only in professional terms but also in personal and social skills which will be of lasting benefit to you all and to the community you serve so well."

Right: Sister Mary receives TV set from L/B Graham Morris and L/B David Nunnery (Right).



The Health Board hope to move into their new administrative headquarters — the former Council Offices at the junction of South Beach and James Street, Stornoway, within a few weeks. The Board purchased the property from Comhairle nan Eilean for £135,000. The flitting is expected to be completed by mid July.

No decision has yet been taken as to the future of the Board's present headquarters at Newton House. One suggestion put forward is that it should be retained for use as a nurses' home while the redevelopment of the new Lewis Hospital takes place.

NO CHAIRMAN

The Western Isles Health Board are probably the only Health Authority in Scotland without a Chairman, although the last Secretary of State appointed new members to the board his successor has yet to appoint a Chairman.

The new members of the Board are Mr. J.H. Downie, Leverburgh; Dr. Neil Gillies, Stornoway; Mrs C. McEachen, Benbecula; and the Rev. Roderick Mackinnon, Lochboisdale, South Uist.

ARMY SAYS THANKS

Because they were so impressed with the way one of their Gunners was cared for by the staff at the Sacred Heart Hospital in Daliburgh, South Uist, the Royal Artillery presented a colour television set to the hospital.

Gunner David Nunnery (now Lance Bombadier) was admitted to the hospital last June with appendicitis. When he recovered he and a friend, Lance Bombadier Graham Morris, both stationed in Germany, came up with the idea to raise money for a TV set for the hospital. The 10th (Assaye) Air Defence Battery of the RA were back in the Hebrides for this year's firing camp this month.



RETIRALS

Dr. Jack Greig, Chairman of the Board for the last two years, said farewell to his colleagues at a reception in the Health Education Unit.

He was a member of the Board since its inception, and for 27 years was consultant physician at the Lewis Hospital. He was awarded the OBE in 1977.



Miss Catherine A.E. Macleod, Theatre Sister in the Lewis Hospital at Stornoway for over 30 years, has been honoured by her colleagues and friends on her retiral.

A native of Stornoway, Sister Macleod began her training in the Lewis Hospital and then carried out her general training in Aberdeen Royal Infirmary, where she stayed for four years. She then took her midwifery training in Glasgow. After two years she returned to Stornoway intending to stay for two weeks. Instead she stayed for 32 years as Theatre Sister.

She has a brother Calum in Aberdeen and a sister in Strathpeffer.

Dr. Jack Greig presented Sister Macleod with a monetary gift from her friends, colleagues and staff of the Lewis and County Hospitals.

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BY WESTERN ISLES HEALTH BOARD

May 1979

NEW HOSPITAL PLANS

BOARD SAY 280 BEDS NEEDED

The new hospital development at Stornoway, which will replace the two existing ones in the town — the Lewis and the County Hospitals — should have over 280 beds. This is revealed in a list of requirements for the development drawn up by the Western Isles Health Board after seeking the views of the various advisory committees.

The Board is therefore recommending to the Building Division of the Common Services Agency and the Scottish Home and Health Department that a total of over 280 beds be provided. The existing hospitals have a combined beddage of about 150.

The increase for the new development is mainly due to the high number of geriatric beds required in the island, as well as the Board's recent decision to ask the Department to have a Psychiatric Unit.

The requirements listed are:

- 30 medical beds (including provision for infectious diseases and intensive nursing);
- 48 surgical beds (including 8 orthopaedic beds and provision for intensive nursing);
- 10 gynaecological beds;
- 8 beds for children plus four cots;
- 2 for the staff sick bay;
- 14 maternity;
- 90 geriatric (including 30 geriatric assessment beds);
- 20 day places for geriatrics;
- 30 beds for psycho geriatrics; and
- 30 acute beds for psychiatric patients.

These will be in addition to the many other departments required in a modern hospital. The Board have also recommended that it should be made clear to the project team that they wish the development to be built on the existing site of the Lewis Hospital if

SEEK ATTAINABLE GOALS ~ AVOID GROUNDLESS HOPES



Our photograph shows nurses Sandra Campbell (Ness), Mary Morrison (Scalpay), Catherine Macleod (Uig), Rachael Macsween (Scalpay), Chrissie Macritchie (Point), Christine Macmillan (Barvas), Doreen Morrison (Tong), and Ann Maciver (Breasclete). Other girls who are qualified but who are now working on the mainland are Mary Bell Macarthur (Point), Linda Mary Mackenzie (Barvas), Janet Ramsay (Sandwick) and Christina Anne Macleod (Carloway).

PRINCIPAL'S ADVICE TO YOUNG NURSES

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.

possible. Speaking at a ceremony in the Health Education Unit at the hospital, Mr Macleod said that although his wife and sister were both nurses, he knew little about nursing himself except from a patient's point of view. However, he wanted to talk to them about work, about young people starting work, and on being a mature person.

He told his 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 the 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.

Young persons are likely to be more independent than were their elders, less respectful of codes of dress, speech and personal appearance, and more forthright in presenting their opinions. They want significant jobs from the beginning. And I would agree with that and I would say that you nurses have significant jobs — and the older nurses will undoubtedly agree that a lot of the drudgery of the job has been removed.

This discrepancy, however, will be one of the points discussed by the Board executive when they meet the CSA project team in Glasgow this week (May 31).

(Cont. on back page)

COMMUNITY NURSING



Harris Tweed overcoats have been helping community nurses in many parts of Scotland to cope with the recent arctic like weather conditions. Being warm, stylish and durable these coats were found to be the perfect answer for the Florence Nightingales of the road.

That answer was found by Boyd Cooper Ltd. of London, well known manufacturers of nurses' uniforms, who selected a new special 'raised' or brushed finish Harris Tweed for their latest range of overcoats for community nurses. This was supplied by Kenneth Mackenzie Ltd. of Stronoway (a member of the S.E.E.T. group), the largest manufacturers of the famous Orb-stamped pure wool hand made cloth, and also holders of the Queen's Award to Industry for Export.

Superb tailoring and the Mackenzie magic resulted in a smart and effective outfit in pleasing self colours of brown, blue, green and grey.

In the last few months Boyd Cooper have supplied most of the Scottish Health Boards with community nurses' uniforms. The firm, who are about to celebrate their bi-centenary, also design and supply uniforms to the medical world, the services and government medical departments.

When they were given a choice a few years ago the island nurses rejected Harris Tweed and opted for blue serge overcoats with crimplene dresses in winter and lightweight polyester dresses for summer.

"WESTERN ISLES NURSE TRAINING SCHOOL"

An informative new booklet entitled "Western Isles Nurse Training School", has just been published by the Western Isles Health Board. It gives full details of the pupil nurse training scheme which is administered by the Highland College of Nursing at Inverness. Well illustrated with colour reproductions it gives information on qualifications, age of entry, salary, holidays and the other opportunities available after qualifying.

The brochure and further information and application forms can be obtained from the Clinical Teacher, Western Isles Nurse Training School, Education Unit, Lewis Hospital, Stornoway.

BOARD'S THIRD REQUEST FOR FLUORIDATION

The Western Isles Health Board are to make a third request to the Western Isles Council to fluoridate the water supply for the Stornoway district.

The Board agreed last month to send the Council a copy of a letter from their area Medical and Dental Committee which expresses serious concern at the Council's 'disrespect of the Board's previous request', and points out that no reasons were given for their refusal and the offer of professional advice was not accepted.

The letter added: 'The Islands Council must realize that since reorganisation the Health Board is the health authority, and as there is neither engineering nor environmental problems associated with fluoridation, the Health Board has a right to expect more co-operation than it has received. It must also be pointed out that the Health Board has agreed to meet the full cost of plant and maintenance.'

In January 1979 the Secretary of State for Social Services stated that he continued to endorse fluoridation as a safe and effective means of protecting the community against dental decay. At the same time the Secretary for the Environment said 'There are no express statutory powers to fluoridate, but the view has been taken by successive governments that the addition of fluoride to water at the request of a health authority is consistent with the water authority's duties under what is now Section 11 of the Water Act 1973 and under Schedule 3 of the Water Act 1945.'

The Board also considered that a letter submitted by Mr. William Mackenzie, the chief Area Dental Officer, was too strong in its attack upon the Council. The letter, however, will be submitted at the Joint Liaison Committee which was set up by the Council and the Board.

Mr. Mackenzie's letter stated that the Council's failure to implement fluoridation was 'unreasonable and unacceptable' and that 'councillors

with no medical or dental qualification should not see themselves as having any special right to derogate such professional opinion. He then added: 'the primary decision to adjust the fluoride content of the public water supply rests with the Health Board. The Health Board's recommendation should have been accepted without question or debate, but the local authority appears to have been acting as if it was still the Health Authority, with the Director of Environmental Health assuming the role of the Medical Officer of Health.'

The Board's third request for fluoridation of the Stornoway water supply will be on the agenda of the Development Services Committee for their meeting on June 28.

ROSEBOWL PRESENTED

A Rosebowl in memory of the late Dr. Alexander Kerr of the County Hospital at Stornoway, who took a great interest in the care of the elderly, is to be presented annually to the person who has done the most for the elderly in the Western Isles.

The Geriatric Committee of the Western Isles Health Board, with representatives from various bodies, will make the nominations and the Rosebowl will be presented each March.

G.P.'s

Several changes in General Practices in the Western Isles have been notified to the Board.

Dr. Ian N. Murray has resigned from the Carloway practice and will take up duty with the Stornoway Group practice on July 1. The short listing for the appointment to this post will be held on June 14 and interviews will take place on July 5.

Dr. Ian Jamieson of Northton in South Harris has intimated that he will be retiring on September 30. The Board plan to spend about £2,000 on improving the doctor's house at Northton.

In South Uist Dr. Christina Lees will be joining the practice on September 1 to replace Dr. John P. Greenwood.

There is still a vacancy at Borge in Lewis where Dr. William G. Cunningham resigned to take up a post on the mainland.

SISTER CECILIA

Sister Cecilia, a ward sister in the St. Francis Nursing Home in Glasgow, has been appointed as Nursing Officer in charge of the new £500,000 Old Folk's Home and Cottage Hospital in Barra. The project was undertaken as a joint venture by the Western Isles Council and the Western Isles Health Board.

A member of the Order of St Francis, Sister Cecilia will take up her new duties in the near future. It is hoped that the hospital/home will be ready for occupation before the end of the year.

Sister Columbia, Mother General of the Order, will be visiting the isles with Sister Cecilia soon.

There will be a total of 23 staff employed in the hospital/home.

ACCIDENTS

In view of the fact that 10 of the 70 board cars are at present off the road due to accidents, a detailed report has been asked for so that the members can decide the most economic method of providing transport — either to provide cars for staff or to let them use their own vehicles.

CAPITAL SCHEMES

Architects have been instructed to seek tenders for individual capital schemes for extending and improving former executive council properties now owned by the Board. The properties are mainly surgeries and houses.

NOMINATIONS

The Rev. Ian Forbes of the Church of Scotland Manse at Griminish, has been nominated as a member of the Southern Isles Local Health Council. He replaces Mrs. Catherine McEachan who had to retire in view of her nomination to the Health Board.

Mr Alastair Macmillan, a Board member from South Uist, has been reappointed to serve on the Management Side of the General Whitley Council.

Top right: Patient Mrs. Jennifer Macdonald receives her plated meal from Sister Anne Mary Macleod in the special ward.

Right: Plating the lunch time meal. In the background can be seen the tray trolley and in the foreground the plates with the heated base.

MEAL PLATING SERVICE FOR PATIENTS

First in North Scotland

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 ward 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 28-30 over a five to six week programme. This is a great advantage for long stay patients.

The Catering Department is in full control of meal presentation and customer satisfaction. Portion control is very much improved, therefore plate wastage is reduced giving lower food costs.

The plated meal service system is a simple method of keeping food hot and flavourable from the time it is served and during the time it is actually eaten. The heat is stored in a special metal pellet which is held in a base holder. The source of heat stays with the food and continues to keep it hot up to 45 minutes, ideal for the slow eater.

Once the plates are put on the trays they are then loaded on to a trolley for delivery to the wards.

Mrs. Marie Morrison, the Board's catering manager, said: "We can now serve 80 meals in 20 minutes. It's a tremendous improvement on the old method of bulk food service. Under the old system the food went in separate containers on a bulk food trolley. The nurses then had to serve each course to each patient, which normally meant an hours work from start to finish. The patients are very happy with the new system."

Mrs. Morrison said that they had used a modified version of the Ganymede system. This meant that only four catering staff were required to prepare lunch, and only three staff for breakfast and evening meals.

She added that the new cafeteria at the hospital was also proving beneficial to all Health Board staff. Minimum price for a three course meal was 50p.

