Stamp of approval

DAVID Gow, director of rehabilitation engineering services and bioengineering at NHS Lothian, recently received a stamp of approval for his i-limb bionic hand invention, which will be featured on a new set of Royal Mail stamps.

The pioneering invention is one of eight great innovations from the last century that will be honoured to celebrate Inventive Britain.

The bionic hand has a rotatable thumb and articulated fingers, each one individually powered by its own miniature motor and gearbox.

Users only need to think about moving their hand to send an electrical signal from their brain to make it work. It gives them both a powerful grip and a light touch as required.

David said he was proud to see the i-limb feature on a Royal Mail stamp. "The Royal Mail stamp is an icon in itself, so to see the i-limb featured on one is a great honour," he said.

“When I first started working in prosthetics, I simply wanted to try to use technology to help improve the lives of people with limb loss – I could never have imagined that it would one day lead to this.”

David began to specialise in artificial limbs within the NHS before setting up Touch Bionics, an international company specialising in prosthetic limbs, and launching the revolutionary i-limb in 2007.
Staff recognition

Celebrating Success Awards

WE received some amazing entries for the Celebrating Success Awards 2015. A huge thank you to everyone who nominated – the judging panel found that all of the nominations were of an extremely high standard. The shortlisted entries are:

HEALTH HERO
- Michelle Snell, epilepsy nurse specialist, RHSC
- Kevin Macdonald, senior audiologist, RIE
- Margaret McEwan, play specialist, RHSC

STAFF MEMBER OF THE YEAR
- Gillan Clarke, team lead for the capacity and site management team, RIE
- Angie Robinson, community psychiatric nurse (addictions). West Lothian
- Diane Clarke, housekeeper, CAMHS, REH

TEAM OF THE YEAR
- Violence and aggression training team, Comely Bank Centre
- Laundry staff at St John’s Hospital
- Ward 206, RIE
- Domestic services team, Liberton Hospital

VOLUNTARY SERVICE AWARD
- Allison Parkin, volunteer, ward 109, RIE

NEWS

Send us your stories

Your online Connections appears bimonthly. We want to hear about staff achievements, fundraising efforts and other news from across NHS Lothian for the next issue of Connections. If you have something you wish to be considered for the magazine, please send your stories (of no more than 200 words) along with a high quality photograph to us by Friday 19 June.

Please contact Alexis Burnett on 0131 465 5647 or alexis.burnett@nhs.net or Sian Mackenzie on 0131 465 5645 or sianmackenzie@nhs.net

Connections is designed by Connect Publications.
www.connectcommunications.co.uk

Going green

Doctors at Wester Hailes travel in style!

Our grounds go smokefree

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A Walk To Remember
Sat 13 June 2015

Walking is good for us, challenges us, and gives us time to reflect.

Whether you are walking to honour or to celebrate a life well lived and much loved, join us on A Walk to Remember. On this 13 mile route through the hidden heart of the city of Edinburgh, we can take time out to reflect on the good times we’ve had with those no longer with us.

Balerno - Leith (13 miles)
Murrayfield – Leith (5 miles)

Suitable for everyone, dogs on a lead please.

Quote AWRNHS discount code when registering and receive individual registration for £8 rather than £10!

Register at stcolumbashospice.org.uk or call 0131 551 1381.

FNP celebrates five-year anniversary
Family Nurse Partnership marks success with Edinburgh Castle event

THE pioneering Family Nurse Partnership (FNP) programme recently staged a major double celebration event in Edinburgh.

The programme, which was created to support first-time teenage mothers in Edinburgh, has celebrated its fifth anniversary and the city has become the first in the world to offer a concurrent service to all eligible clients.

Staff and clients celebrated the milestone in style with first minister Nicola Sturgeon, interested groups, partner organisations and nursing experts at Edinburgh Castle. Nicola hosted the event, which was also attended by Maureen Watt, minister for public health; Kate Billingham, international FNP nurse adviser; and Melanie Johnson, director of nursing for NHS Lothian.

Melanie said: “We are really proud to celebrate five years of FNP and announce our achievement of a continuous service delivery model which enables us to offer all eligible clients in Edinburgh the programme.

“I commend the dedication of the family nursing team over the last five years, which has helped us expand the service to West and Midlothian. Our vision for NHS Lothian is to offer a concurrent sustained service to all areas, which includes ambitions to include East Lothian in the near future.

“NHS Lothian is really proud to have been the pioneer site for such a fabulous service in Scotland.”

Family Nurse Partnership is a research-based early intervention programme starting in pregnancy and designed to support first-time teenage mothers.

Family nurses support teenage mothers at home on topics such as life course development, personal health and maternal role, among other subjects.

Healthcare awards finalist
ANDREA Macdonald, right, occupational therapy sites lead for Edinburgh Community Health Partnership, has been announced as a finalist in the 2015 UK Advancing Healthcare Awards.

Andrea was nominated for her research project into Support Worker Assistant Practitioner (AP) Education.

This involved developing an electronic pathway to help guide staff on consistent use of existing and new tools for AP and other support worker grades.

The pathway is on offer in some pilot sites in Lothian and will soon be available on the knowledge network. A formal national education award for AP staff across the AHP and nursing professions has also been developed, with an anticipated first entry of students later this year.

For more information, contact andrea.macdonald@nhslothian.scot.nhs.uk

St Columba’s Hospice
Care and Campaign
7.8 years. The average length of time between sexual abuse starting and the point at which a child tries to tell someone. Every day CHILDREN 1ST supports many children to a safer and happier childhood.

With your help we can reach out and be there for even more vulnerable children across Scotland.

Please text the word ACT to 70444 (this will make a £5 donation to CHILDREN 1ST)*

Or visit www.children1st.org.uk/drawaline

*Text costs £5.00 plus network charge. CHILDREN 1ST receives 100% of your donation.

EIGHT NHS Lothian staff were among 25 healthcare workers from across NHSScotland to graduate recently from a programme aiming to support staff working with people with a learning disability.

The first group of graduates took part in the “train the trainers” programme, provided by NHS Education for Scotland, in order to support the roll out of an educational resource for support workers. Our graduates included charge nurse Tracy Goodfellow; staff nurses Joyce Findlay and Victoria McDermott; nursing assistants Stephanie Lafferty, Kyle Weighland and Arnee Talactac; and behavioural support assistants Colette Robinson and Thomas Meikle.

Recruitment for the next group of staff will take place later this year.

Further information on NES work to support Learning Disability Nursing is available here.

FRANCES Rolland has recently set up the first PANDAS (Pre and Postnatal Depression Advice and Support) group for women and their families affected by postnatal depression in East Lothian.

Frances, a mental health nurse who has worked for NHS Lothian for more than 10 years, feels very passionate about postnatal depression and ensuring there are supports in place.

After coming across an English charity, PANDAS, she decided to set up her own peer support group in East Lothian.

The group has seen a successful first year, with group members describing it as an informal, relaxed environment where they feel safe to talk about their illness. If you would like further information, please contact Frances on 07535 021880, visit the PANDAS website at www.pandasfoundation.org.uk or have a look at the East Lothian PANDAS Facebook page here.

WELL done to Brodie Gordon-Gibson, nine, who swam an amazing 256 lengths (6km) at Drumsheugh Baths at the end of last year to raise more than £1,000 for Edinburgh Centre for Neuro-Oncology.

Brodie gets in the swim!
Professional award

Academy certification for senior scientist

CONGRATULATIONS to Siobhan Meagher, a senior clinical vascular scientist based at the Royal Infirmary of Edinburgh, who was recently awarded a certification of equivalence.

The certification is obtained through the Academy for Healthcare Science, the overarching body for the whole of the healthcare science profession.

This qualification means Siobhan, right, is eligible to register with the Healthcare Professions Council as a clinical scientist and proves her knowledge, skills and competency equate to obtaining an MSc through a scientific training programme.

Support for MoonWalk 2015

“There is never a good place or a good time to hear you’ve got breast cancer, but having a facility like ours, thanks to the wonderful walkers and sponsors, makes the start of the journey seem like one that’s achievable. We can all do so much if we all walk in the same direction!”

The 10th MoonWalk will be held at Inverleith Park, Edinburgh, on 13 June. Entries are open for the New Moon (6.55 miles) and volunteers are being recruited for the event.

Visit www.walkthewalk.org/moonwalkscotland for more information.

SMART engineer takes his research to Parliament

GRAHAM Henderson, a clinical scientist at the South-east Mobility and Rehabilitation Technology (SMART) centre at Astley Ainslie Hospital, recently showcased his engineering research in the SET for Britain competition.

The competition, held at the House of Commons, gives early career researchers the opportunity to showcase their research to a range of politicians and a panel of expert judges.

Graham, pictured, was shortlisted from hundreds of applicants to present his research poster about developing a powered wheelchair control system using mass market imaging technology.

This was judged against dozens of others. He said: “The event was really useful in gaining insights from a variety of people about different aspects of my research and this can help to generate ideas for possible future developments.”

The MoonWalk raises millions of pounds every year, which goes towards helping to improve the lives of those living with cancer. This includes providing funding in Lothian for a new mammography unit and operating theatre at the Western General Hospital, as well as the renovation of the breast ward.

Mandy Stewart, who is superintendent radiographer in the mammography unit, said: “Taking part in The MoonWalk is me giving back a little to those who walked before me and who raised astounding amounts of money. This money has helped us develop our department into one where patients can feel looked after and in safe hands.”

THE mammography team at the Western General Hospital have shown their support for The MoonWalk Scotland 2015 by giving their reception area a makeover.

The team created a midnight-themed bra and banners to encourage staff and patients to take part in the annual event, which celebrates its 10-year anniversary this year.

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Sick Kids Tandem Skydive

7th June and 26th / 27th September 2015
Fife Airfield, Glenrothes
Limited charity places available

To sign up and for more information:
www.edinburghsickkids.org/events
0131 668 4949 • rachel.mckenzie@luht.scot.nhs.uk
Recognition for our staff

“THEY are called ‘nurse practitioners’. Perhaps, like many, you never knew such angels existed.

“More than nurses and pretty close to being doctors, these fully trained people are to be found in specialist wards such as ward 11 in the Western General.

“I spent a day there yesterday. I arrived, slightly apprehensive, and was warmly welcomed – despite the fact I had mixed up my Western General appointments and should have been there today.

“I had a wee procedure done which involved spending the entire day there and just relaxing while these amazing nurse practitioners and their team solved problems, helped and stabilised patients and prepared them for ward admission.

“Devoided husbands hovered anxiously beside their partners and a grand-daughter sat patiently beside her grandma, who was having a welcome snooze.

“Not once did these nurses have time to rest. They were kept busy disinfecting and preparing beds for future patients. They managed to be cheerful and supportive.

“Amazingly, coffee and biscuits were served morning and afternoon and a delicious hot meal appeared at tea time.

“Because I was there alone, they arranged transport home all the way to Livingston. Blessings on all nurse practitioners, especially the team at ward 11.”

Beryl Beattie, patient, 24 March 2015

Congratulations to Marina Copping, clinical information manager at Waverley Gate, who was chosen to receive a Child Bereavement UK 21 Champions Award in recognition of her dedication to improving outcomes for bereaved children within the NHS.

Marina said: “I am so humbled to receive this award. My work at NHS Lothian essentially entails ensuring that all NHS services meet the needs of children.

“I became involved with Child Bereavement UK (CBUK) on behalf of NHS Lothian and was aware of the charity’s work in Scotland through the City of Edinburgh Council.

“We work collaboratively with partner agencies, aiming at all times to keep the wellbeing of children the central focus of our endeavours.

“Badly managed grief is not good for a child’s wellbeing – it lives with them. The work of CBUK is important because we need to change that.”

The awards mark the charity’s 21st year of helping families to rebuild their lives after bereavement.

For more information, visit www.giulanos.co.uk

Win a meal for two at Giuliano’s!

GUILIANO’S on Union Place, Edinburgh, is offering a lucky member of staff a voucher to spend on a delicious meal for two at the family-run Italian restaurant.

One of three popular restaurants in the Giuliano’s Partnership, Giuliano’s on Union Place is centrally located within a short walking distance of Edinburgh’s Princes Street and top musical venue The Playhouse Theatre.

The restaurant is renowned for its great food, excellent service and party atmosphere. Giuliano’s offers a warm welcoming environment, with stylish and relaxing surroundings and guarantees the very best of Scottish hospitality with an Italian twist.

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Celebrating 25 years of St John’s Hospital

We look back at a quarter of a century of excellent healthcare

As St John’s Hospital in Livingston prepares to mark its 25th anniversary, it can be proud of its central role in serving the local population for quarter of a century by providing excellent healthcare to its patients.

West Lothian has a very rich history associated with the delivery of healthcare to those in need. Torphichen Preceptory was the Scottish headquarters of the Order of St John in Scotland and its association with West Lothian dates back as far as the 12th century.

St John’s Hospital, which was named after the Order, came many years later, opening to patients in late 1989 before its prestigious official opening by Her Majesty Queen Elizabeth II in 1990.

Prior to this, Bangour General Hospital was the main hospital in the West Lothian area. There were ongoing discussions about the future of Bangour from the 1950s; however, it wasn’t until 1974 that the decision was made to move the general hospital to Livingston.

Since Bangour closed in the early 1990s, St John’s Hospital has been the main general hospital, providing exceptional patient care in West Lothian, as well as being home to many specialist services for south-east Scotland including oral and maxillofacial, burns and plastic surgery.

As well as regional services, the hospital provides a comprehensive and expanding range of services for the people of Lothian, including a renovated accident and emergency ward and a large maternity unit – where about 2,500 babies are born every year.

The hospital is the main regional centre for elective surgery and minimally invasive surgery. This includes orthopaedic surgery and urology, as well as ear, nose and throat surgery following the relocation of the service from Edinburgh to merge with the head and neck unit. This facility now sees about 4,500 patients a year.

St John’s has also received special status as a teaching hospital for the University of Edinburgh Medical School.

The hospital is still expanding 25 years on, with cutting-edge healthcare improvements this year already including the official unveiling of a new state-of-the-art MRI scanner and the opening of the new special care baby unit providing care for newborns.

About 2,500 babies are born at St John’s maternity unit every year!
A look back at developments through the years...

1950s Discussions begin about the future of Bangour General Hospital, right.
1974 It is announced that a new hospital would be built at Howden, Livingston.
1981 Building work for St John’s Hospital starts, below.
1986 NHS Lothian Board begins to commission services for the new hospital.
1989 The first 30 patients arrive at the hospital in October.
1990 St John’s Hospital is officially opened on 12 July by Her Majesty the Queen, below right.
1991 Radio Grapevine begins broadcasting to patients, staff and visitors.
1992 Phase two of the hospital opens, doubling the hospital’s capacity and providing a new regional burns unit.
1993 West Lothian NHS Trust was established under the terms of the NHS and Community Care Act 1990.
1994 The £3.5 million accident and emergency upgrade opens.
2000 The West Lothian NHS Trust becomes the West Lothian Healthcare Trust to support greater patient perspective in healthcare.
2001 West Lothian sensory resource centre opens, working closely with St John’s Hospital eye department and a range of voluntary organisations to provide a co-ordinated service.
2004 The West Lothian Healthcare Trust is dissolved and becomes West Lothian healthcare division of NHS Lothian Board.
2005 The renal satellite unit opens, catering for 24 patients initially – it now supports 40 patients each week.
2006 Specialist head and neck unit services transfer from Edinburgh to the hospital. St John’s is awarded university teaching hospital status.
2007 The mother and baby unit opens, providing a safe, welcoming and healing environment for women experiencing serious mental illness during pregnancy or after childbirth. The unit has been accredited as excellent by the Perinatal Quality Network – only the second in the UK to achieve this.
2009 The endoscopy unit opens, treating twice as many patients as before, and supports the Lothian-wide bowel screening programme.
2011 The short stay elective day surgery centre opens and is catering for more than 3,000 patients every year.
2012 The Regional Eating Disorders Unit opens, offering 12 bedrooms with en-suite facilities, a therapeutic kitchen and group work areas.
2013 The Hooper hand unit, a unique facility in Scotland, is opened at St John’s by Geoffrey Hooper, right, who was at the forefront of modern hand surgery and spent 10 years working at St John’s.
2014 West Lothian palliative care service is launched, based at the MacMillan Centre, above.
2014 The labour suite upgrade completed, providing much-improved facilities including en-suite facilities and birthing pools.
2015 A new MRI scanner is officially unveiled and expected to cater for more than 4,500 patients annually.
2015 The special care baby unit upgrade opens, providing care for newborn babies.
A word from our Chief Executive...

TIM DAVISON, CHIEF EXECUTIVE, NHS LOTHIAN

“St John’s Hospital has developed a great deal over the last 25 years and will continue to go from strength to strength in the years to come. It provides a unique range of primary and secondary care services to its local West Lothian population and some specialist services to the wider population across Edinburgh, the Lothians and the South East of Scotland region.

“As we reach the 25th anniversary of St John’s, I would like to take this opportunity to thank all of the clinical, administrative and support services staff there for working so hard to give the hospital its unique community spirit and for their unceasing commitment to providing excellent care for all of our patients who attend each year.”

Patients and staff enjoy rich heritage

ARTLINK has been working with the St John’s Hospital 25th Anniversary Group to celebrate not only its amazing achievements, but also the hospital’s place in the rich history of West Lothian.

With the support of staff, Lothian Health Services Archive, West Lothian Local History Library and Almond Valley Heritage Trust, Artlink is creating a lively timeline display which adds visual interest and gives visitors, patients and staff a flavour of their rich heritage.

We are grateful to the Friends of St John’s for their generous support with this project.

Looking to the future

CHRIS Stirling, site director, St John’s Hospital said:

“Healthcare is constantly changing. So what will be the long-term future for St John’s Hospital?

“NHS Lothian has committed, through its strategic plan, that the hospital will continue to grow as a busy local acute hospital with an emergency department and as a regional centre for specialist head and neck services.

“Over the coming year, more integration between health and social care will introduce a new chapter for the hospital, which will continue to build on one of West Lothian’s traditional strengths – integration and joint working.

“This should be especially important as the hospital and the wider community face the challenge of an increasing elderly population, which demands that we change how care is provided while maintaining the highest standards for patients.

“The recent investment in new services such as the MRI and special care baby unit are part of the continuing commitment to building services locally.

“The development of a site masterplan for the St John’s campus has created the potential for further longer-term investment by NHS Lothian.

“This will be aimed at developing more theatre capacity on the site – initially for more day case ophthalmology and plastic surgery capacity.

“However, while bricks and mortar and new equipment are vital, what has helped St John’s develop over the last 25 years – and will keep it developing over the coming years – is the commitment and enthusiasm of its staff.

“The hallmark of the St John’s experience is the friendliness and warmth of the staff and a ‘can-do’ attitude.

“I would like to thank all staff who have contributed to St John’s over the last 25 years and helped shape the positive reputation of the hospital.”