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west life

newsletter for staff working in CHCP

Strathbrock Bungalow

A new service, which will be housed in a council owned bungalow (situated adjacent to the Strathbrock Family Unit) has been developed to provide short breaks from caring, for the families of children and young people with a learning disability physical disability and complex needs.

The service will remove the need for many children to use services provided outwith West Lothian, which can incur additional disruption to families and additional transport costs.

This service will enhance and sustain the quality of life of the child, or young person and their family. It is flexible and designed to meet the needs of the child, or young person and their family, as specified within the assessment of need and the child's plan.

The Child Disability team will work in partnership with Barnardo's to deliver this key early intervention service to the families of children and young people with complex needs, in such a way as to prevent the need for more extensive service provision in the future.

Jim Forrest, Director of West Lothian CHCP, said: "The establishment of this local resource providing short breaks from caring for families of children and young people with disability is a major achievement. Families have long been indicating the need for this sort of resource and are pleased with this new facility."



New eating disorders unit opened

The new South East Scotland Regional Eating Disorders Unit at St John's Hospital was officially opened by the Minister for Public Health, Michael Matheson, on 24 January.

The unit will provide inpatient care and treatment for male and female patients from the NHS Lothian, Borders, Fife and Forth Valley board areas.

There are 12 single rooms with en suite facilities, a therapeutic kitchen area, dining spaces, group work areas, seating areas and a quiet room, as well as interview and office accommodation.

The unit will be staffed by a multi-professional team comprising medics, nurses,

psychologists, dieticians, physiotherapists, social workers, support workers and admin and clerical staff, and will be operationally managed by the CHCP.

Theresa Douglas, Chair, West Lothian Community Health and Care Partnership, said: "The unit will offer a therapeutic, safe and creative environment and will be a much welcomed addition to the range of treatment services provided for men and women across the four South East Scotland regions."

Healthy Working Lives Award

The Healthy Working Lives Award is a national scheme which aims to promote health and encourage employers to build a healthy workplace and organisation. The three levels of award are Bronze, Silver and Gold. West Lothian Council has supported the scheme since 1999 and achieved the Gold Standard in 2006, which it has recently successfully retained. Health staff within the CHCP achieved Bronze and Silver in 2011 for their work in improving health in their staff in areas such as diet, exercise, stress/mental health, tobacco and alcohol use. www.healthyworkinglives.com



A day in the life of a Liaison District Nurse

Who? **May Melrose**

Liaison District Nurse, West Lothian CHCP

Welcome to my day!

For 15 years I have worked as the Liaison District Nurse covering St Johns. My role is to facilitate the transfer of care between acute and primary health care sectors by using my experience as a district nurse to understand the needs of the patient on discharge home to their community. I communicate with the hospital multi-disciplinary teams and with the community nursing teams to ensure the smooth transition of care from hospital to home.

My day begins with visiting the A&E department to pick up information on any community nursing patients who may have attended A&E over the previous 24 hours and pass the relevant information back to the appropriate team.

After visiting A&E I visit the OT dept meeting with the OTs to discuss any issues. I then meet with Susan Brown the discharge manager for St Johns and we co-ordinate efforts to get patients discharged back home or on to appropriate care placement. Throughout the morning my pager rings with calls from social workers, ward nurses and district nurses and other Allied Health Professionals (AHPs) looking for information or guidance on the best way forward for their patients.

I then head on to the surgical and medical wards in St Johns and get information on any patients who are likely to require district nursing input on discharge from the hospital. I am often asked for advice on complicated patients and whether their condition can be managed at home and what equipment the patient would require to ensure their safety on discharge from the hospital. This can result in ordering equipment such as hospital beds, hoists, commodes and other equipment from the Joint Community Equipment Store at St Johns.

Whilst in the wards I check the multi-disciplinary notes of all the patients and liaise with the variety of professionals involved in that patient's care, I often pick up potential issues about the care required on discharge and feed this back to

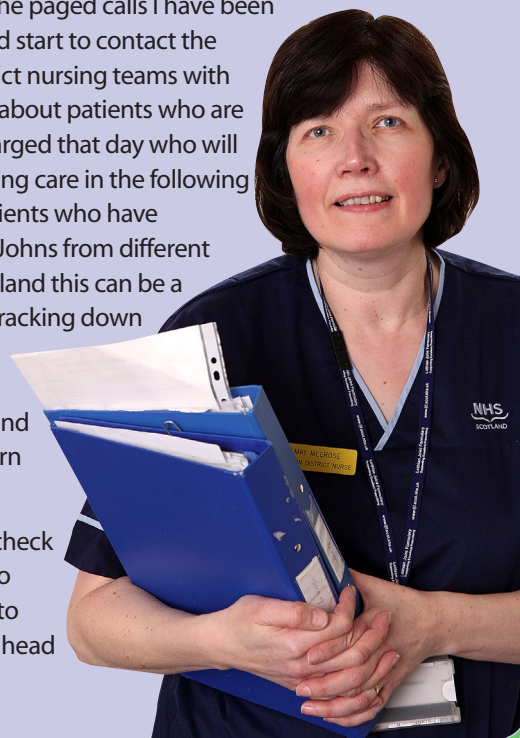
the ward staff and varying members of the AHP team.

In the afternoon I attend ward case conferences to contribute to the planning of the patient's journey. This involves co-ordinating the patient's transfer by participating in multi-disciplinary discussions on patient care.

I then head back to one of the medical wards to meet with a relative who has concerns about their family member's discharge home. I give them information on the district nursing service and contact numbers to obtain support during the day and out of hours. I then phone the district nurses at the health centre and the out of hours team leader to let her know the background to the patient's condition and that they may need contact with her service.

Heading back to my office at Howden Health Centre I respond to the paged calls I have been receiving and start to contact the various district nursing teams with information about patients who are being discharged that day who will require nursing care in the following days. For patients who have attended St Johns from different parts of Scotland this can be a challenge - tracking down teams in places as far flung as Ireland to the Western Isles.

With a final check that I have no further calls to respond to, I head home.



Happy 50th Livi

A series of events, exhibitions and activities are being planned to mark Livingston's 50th Anniversary as a new town on 17 April.

Community groups, West Lothian College, local businesses and individuals have rallied round to make sure that the 'golden' occasion is marked with style; and it's not too late to get involved.

There are lots of activities being organised for April and beyond, with an official celebration planned over the weekend of 13 to 15 April.

For more information visit:

www.westlothian.gov.uk/50



CHCP BRANDING

The CHCP branding for external leaflets, posters and other promotional materials has been revised (please see below). Please note, the headed paper branding will remain the same. CHCP staff producing promotional materials should contact Fiona Duffy, CHCP communications officer for advice on branding, design and content on **01506 282004** or email **fiona.duffy@westlothian.gov.uk**



Looking after your voice

Many people experience a disruption or difficulty with their voice at some point in their lives. This will be mostly temporary, however for other people this difficulty may persist and begin to impact on daily life and require attention.

The Speech and Language Therapists based at St John's offer a specialist service for the assessment and treatment of a wide variety of voice problems, including vocal strain, hoarseness and discomfort. Referrals are received from GPs and/or The Ear, Nose and Throat department on behalf of patients with voice disorders.

Types of voice problems can include:

- Change in the structure of the vocal cords
- Misuse and abuse e.g. how the voice is used
- Stress and tension
- Neurological conditions which affect the muscles that control the vocal cords.

Most patients will attend a Voice Information Group to learn how their voice is produced, how best to look after their voice and to discuss the potential for individual voice therapy if required.

If your voice difficulty persists for more than 2 weeks then you should contact your GP for advice.

10 top tips

- Ensure you are well hydrated by increasing your water and reduce the amount of drinks that contain caffeine
- Good posture and alignment
- Relaxation
- Good breath support
- Avoid using a prolonged loud voice or prolonged quiet voice
- Steam inhalation (avoid menthol!)
- Ensure environment is well ventilated and humidified
- Reduce coughing and throat clearing
- Reduce alcohol intake
- Stop or reduce smoking if applicable (help can be sought from the GP).



Embracing new technology

Occupational Therapists (OTs) are harnessing the use of satellite tracking technology to promote safer walking for people with dementia, and other health conditions, which increase their risk of becoming lost outdoors.

In conjunction with neighbouring authorities, the West Lothian Community OT Service has reviewed a number of different GPS models and selected some which offer a range of features. The use of GPS has many benefits to both the user, the carer and the user's family - the user is given more freedom, the carer is given reassurance, and the family are given a positive way in which they can assist (instead of locking doors) and in some cases the use of GPS may prevent or delay the need for care home admission.

Comments from a carer and service user:

Carer: "The device gave me peace of mind and helped me manage my father's safety. My stress level reduced and there is now less conflict with my father, for example when my father wants to go out at inappropriate times, it has given me the confidence to let him go out, giving my father more freedom."

User: "This has had a massive impact on my ability to have some degree of independence in my life. I'm free from the fear of wandering and its traumatic consequences. It allows me to get a little bit of my freedom and dignity back."

This technology is also available in West Lothian to other service user groups via the Community OT Service such as people with traumatic brain injury, mental health problems and learning difficulties.

Long Term Conditions Self Management

Free Self Management Classes are being held which are open to everyone in West Lothian who has either a chest or heart condition. Classes will be held at a variety of locations. For further information or to book a place to attend, please contact: Health Improvement Team on **01506 775626**.

A patient's perspective

Pulmonary Rehabilitation is a six week programme of education and exercise aimed at improving the quality of life and fitness of people with chronic lung conditions. It supports people to self manage their condition.

Janet, pictured below, is 84 and has a chronic lung condition. She attended the programme at Strathbrock in 2011. On completion, Janet's fitness levels had improved and she felt less short of breath.

Six months later Janet says: "I will always be grateful for the six weeks I spent with the team. I got my life back. My oxygen levels have remained high and my doctor said I was fit to fly to Canada and see my sister. I attend a gym twice a week and I really enjoy the company and being able to exercise and stay strong."



Referrals to the programme are received from primary and secondary care health care professionals.

Developing care pathways for children with Developmental Co-ordination Disorder (DCD)

NHS Healthcare Improvement Scotland appointed Queen Margaret University and the University of Stirling to identify current service delivery for children with DCD (Developmental Coordination Disorder) and help to implement a preferred service pathway using an Action Research approach.



This project involves CHCP staff and is being carried out at St Johns Hospital. This work was commissioned with the intention of capturing and improving care pathways so that these can be replicated in other areas across Scotland.

Our pathway has been developed in collaboration with parents, Allied Health Professionals (AHPs), medical staff, educationalists and academics to support the engagement of children and parents throughout their care journey. Our work will encourage teams across Scotland to provide consistent approaches to the support and management of DCD. The outcomes will be published by Health Improvement Scotland later in the year.

<http://healthcareimprovementscotland.org/home.aspx>

Take the leap!

No Smoking Day takes place on 14 March 2012.

On the day more than a million smokers are expected to make a quit attempt.

Most smokers would really like to stop, but find it hard to. So this year smokers are being encouraged to **Take the Leap** and give it a go.

The theme recognises that giving up is tough, but the positive image and slogan speaks strongly to smokers helping them to aspire to a smokefree future.

No Smoking Day is part of the British Heart Foundation and offers year round resources to help people who want to quit.

For Stop Smoking Support Services in West Lothian contact 01506 651829.

contact us

West Life is published three times a year and made available to all CHCP employees. We welcome your feedback on anything covered in this issue and suggestions for future issues.

Please contact: info@westlothianchcp.org.uk

The next deadline for copy is 27 May 2012

Positive report

Last year Council services within the CHCP (Social Policy) underwent an inspection carried out by the Care Inspectorate (previously the Social Work Inspection Agency (SWIA)).

The feedback from the inspection was positive and highlighted that the work carried out:

- provided good information for the public
- was very good at staff development
- demonstrated that improvement through performance management was well embedded
- provided robust evidence of effective governance
- provided clear evidence that the approach to assessment and care management was strong and underpinned by good monitoring arrangements
- had strong adult and child protection partnerships in place.

The report also set out a clear agenda for continuous improvement in the standards and quality of the services provided in West Lothian.



New Appointment

Jennifer Scott has been appointed West Lothian Council's Head of Social Policy and Head of Council Services within the CHCP.

Jennifer had been Acting Head of Social Policy since September 2010 and has responsibility for all council social work services and health improvement within the CHCP, and is the Chief Social Work Officer for the council.

Jim Forrest, Director of CHCP said: "I have worked with Jennifer for a number of years and I believe she will do a fantastic job. On behalf of everyone at the CHCP, we would like to congratulate Jennifer on her appointment."

