Welcome!
...to the winter issue of Health link—keeping you updated on news about health care in your local community.
We'd like to know what you think about Health link and what you'd like to see in the next issue.
Give us your feedback by filling in the form on page 2 or visit www.nhslOTHIAN.scot.nhs.uk/news/mediaroom/healthlink.asp

Prepare yourself for winter
Make sure you're well prepared this winter.
For more information on flu vaccinations, GP opening hours and where to get treatment over the winter period, turn to pages 4-5.

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JIMMY GAVE ME THE GIFT OF LIFE

When Jennifer needed a kidney, she never dreamed her husband would be the donor

Eventually Jimmy (57) insisted on having tests to see if he could donate one of his own kidneys to his wife. And they were in luck—he was a good match.

A little over a year ago, after six months of careful preparation and discussions with NHS Lothian's transplant team, the couple went into the Royal Infirmary of Edinburgh. Jennifer said: “Jimmy was taken in during the morning and had his kidney removed, then I was taken in and it was transplanted into me.

“Everything went perfectly: I have just had my one year check-up and everything is fine.

“I was worried about Jimmy doing this for me, it was a very brave thing to do, and we feel so close because of it.”

The Haddington couple had been deeply worried as Jennifer's health grew ever worse—one kidney had to be removed, the other was in a poor state, and she was undergoing 3.5 hours of dialysis three times a week.

“It was very difficult—we couldn’t have a proper life. I couldn’t socialise, or go on holiday, we couldn’t plan or do any of the things most people take for granted,” she said.

AFTER four years on a transplant waiting list, a kidney donor came forward to transform Jennifer Elliot's life—her husband Jimmy.

John Forsythe, Clinical Director of the Transplant Unit at the Royal Infirmary of Edinburgh, said: “It is great that this transplant has been such a success and has given a new lease of life to Jennifer. Hopefully her husband will also benefit from her newfound good health so that they can enjoy life together.”

Jennifer (53) said: “People can take it from me, the difference a transplant makes is incredible.

“I've got my life back now: we can go out again and enjoy ourselves and are even planning a big trip to New Zealand next year to visit Jimmy's son and grandson.”

How to become a donor

Join the NHS Organ Donor Register to give someone else the gift of life. There is a desperate need for more people to donate their organs after their death—last year more than 400 people died while waiting for a transplant.

Don’t presume that your family will know your wishes – join the register and discuss your wishes with them so that they know what to do when the time comes.

Only 27% of us have joined the Organ Donor Register.
HEALTH LINK READERSHIP SURVEY 2009

HEALTH link is your newspaper, which aims to keep you up to date with healthcare in your community. We want to continually improve Health link, and we want to hear your views and ideas about what you would like to see in your newspaper.

Everyone who completes and returns a survey questionnaire will be entered into a free prize draw to WIN £100 of John Lewis vouchers.

We want to make Health link the best it can possibly be, and for that to happen, we need your feedback.

The survey questionnaire will only take a few minutes to complete. Please cut out this box and send your completed form to FREEPOST HEALTH LINK by Friday 26 February 2010.

The survey can also be downloaded from www.nhslothian.scot.nhs.uk/news/mediaroom/healthlink.asp

1. What gender are you?
   - Male
   - Female

2. How old are you?
   - Under 18
   - 18-30
   - 31-40
   - 41-50
   - 51-64
   - Over 65

3. Which edition of Health link do you read?
   - Edinburgh
   - West Lothian
   - East Lothian
   - Midlothian

4. Health link is produced quarterly. How often do you read Health link?
   - Every issue
   - Twice a year
   - Once a year
   - Never

5. Do you find Health link...
   - (please tick all that apply)
   - Informative
   - Not informative
   - Friendly
   - Formal
   - Informal
   - Engaging
   - Not very interesting
   - Other (please specify)

6. Do you enjoy reading the paper?
   - Very much
   - Quite a lot
   - Not much
   - Not at all

7. Where do you pick up Health link?
   - GP surgery
   - Hospital
   - Leisure centre
   - Library
   - Other (please specify)

8. What stories would you like to see more of in Health link?
   - Local news for my area
   - Healthy lifestyle
   - Pioneering medical advances
   - Achievements of NHS Lothian staff
   - Availability of healthcare services
   - Patient experiences
   - Reader feedback
   - Other (please specify)

9. In your opinion, how could Health link be improved?

10. Any additional comments?

   Please note that your contact details will only be used to contact you if you are a prizewinner.

   Name
   Address
   Telephone

WOULD YOU PREFER A DIFFERENT FORMAT?

This publication is available in alternative formats on request.
If you require Health link in a different format, please call 0131 536 9315 or e-mail lothian.communications@nhs.net
Veteran athlete eyes record after second hip replacement

A VETERAN Olympic hammer thrower is aiming for the record books – just weeks after his second hip replacement operation.

Chris Black, 59, has battled back to full fitness after major surgery at the Royal Infirmary of Edinburgh (RIE).

It is his second hip replacement, but Chris is confident it won’t hold him back – especially because he set a world record after undergoing his first operation.

Now the athlete, from Edinburgh, is determined to set another UK record and is back on a gruelling training schedule. His target is the UK record for the over 60s, which stands at 53.5m.

He said: “I am the living proof that life does go on even after a hip replacement. People can and do continue to do virtually all of the things they used to. I’ve always been a really active person and I couldn’t bear to sit about and do nothing. I am in training for my next attempt in three months’ time and I’m determined to collect that UK record.”

NHS Lothian surgeon Colin Howie, who performed Chris’s second operation, said the athlete was an inspiration. “Chris shows that life does not have to slow down after a hip replacement or that patients will have to give up the things they like to do. His positive outlook has helped give an excellent result because we rely on the patient to make the most of what we do. He will be an inspiration to many who are about to undergo a hip replacement.”

Chris took up hammer throwing in his late teens and went on to have a glittering career in the sport. He competed in two Olympics – in 1976 in Montreal where he took seventh place, and in Moscow in 1980 – and four Commonwealth Games where he took bronze in 1978 and 1982.

In 1998 he underwent his first hip replacement, but he refused to adopt a slower pace and gradually worked his way back to fitness with walking, weightlifting and stretching.

It took nine months, but he managed to make a comeback in hammer throwing and in 2001, he set a world record for the over 50s when he threw a 6kg hammer a total of 66.92m – a record which he still holds.

“New hip hooray!”

Travel by public transport to NHS Lothian hospitals

PUBLIC BUSES

Buses that reach the following NHS Lothian hospitals include:

- Royal Infirmary of Edinburgh: Lothian Buses – 24, 38;
- Western General Hospital: Lothian Buses – 19, 24, 29, 37, 38; E&M Horsburgh – 64, First – 129
- St John’s Hospital: First – 6, 9, 8, 12, 16, 28;
- E&M Horsburgh – 557, 411;
- Royal Hospital for Sick Children: Lothian Buses – 41.

LINKING NHS LOTHIAN SITES

The services 400 and X400 run by E&M Horsburgh, (Healthlink) runs between St Johns with the Royal Infirmary. Nordi service 630 and 631 links St John’s with the Western General.

PARK AND RIDE

Around the edges of the city are park and ride facilities at Ingliston, Hermiston, Sherrmhall, Stratton and Wallyford.

Join us online for tweets and updates

WANT to find out more about NHS Lothian’s latest news? We’ve gone online, which means you don’t need to wait for the next edition of Health link to keep updated on our latest news.

You can now follow us on twitter, or become a fan on facebook.

Our facebook friends and twitter followers will be among the first to receive news updates, find out what’s happening with the H1N1 vaccination programme, and much more.

We’ve also set up a page specifically for Health link on facebook.

Let us know what you’d like to see in the next edition of your staff newspaper by logging onto our website.

To start receiving our tweets, log on to www.twitter.com/NHS_Lothian

To become a Facebook friend, log onto www.facebook.com and search for NHS Lothian.

To become a fan of Health link on facebook, click on the link from the main NHS Lothian Facebook page.
WHERE is the best place to go if you need hospital treatment for cuts, burns or simple bone fractures?

Top marks if you said the Minor Injuries Clinic (MIC) at Edinburgh’s Western General Hospital.

The clinic is celebrating its 15th birthday this winter, and over the years it has become an increasingly important part of NHS services in Lothian.

What’s great about the MIC is that you can get expert treatment for a range of injuries, and also have X-rays, seven days a week from 8 am to 9 pm.

Fiona Churchill, lead nurse Practitioner, said: “When people have hurt themselves, perhaps they have a nasty cut or think they have hurt themselves, perhaps they need an X-ray.

They need a place to go that is easy to get to, where they can be seen quickly and get expert treatment.

We are open seven days a week, and are designed to offer the first line of care for non life-threatening conditions.

The clinic is a “one-stop shop for treating minor injuries and minor ailments”.

HOW TO GET IN TOUCH

THE Minor Injuries Clinic is open 8 am-8 pm every day. No appointment necessary.

The address is: Minor Injuries Clinic, Western General Hospital, Crewe Road South, Edinburgh EH4.

If you’re sure whether your injury is suitable for treatment at the Minor Injuries Clinic, you can call them on 0131 537 1330/1331.

For directions, visit the NHS Lothian website at www.nhslothian.scot.nhs.uk/emergencies/minorinjury.asp

For emergencies ring 999.

Stay well in winter

Simple precautions can help you beat the bugs this winter - and that includes swine flu.

To reduce your risk of catching and spreading infections, such as colds or flu:

• wash your hands often
• avoid people with colds and flu, where possible
• clean surfaces you touch with a germ-killing disinfectant
• don’t touch your nose, eyes or mouth. Germs enter your body easily by these paths
• when you cough or sneeze, use a tissue - then throw it in the bin.

For your good health

• Keep a supply of remedies at home. Paracetamol (paracetamol suspension – preferably sugar-free for children), ibuprofen or aspirin all help to reduce raised temperatures and relieve the aches and pains associated with coughs, colds and flu. If you have a cough, cold or flu, drink plenty of water or other non-alcoholic liquids to replace fluids lost in sweating and keep warm and rest as much as you can. Do not give aspirin to children under 16 years.

• Have a thermometer handy to check your child’s temperature if they become unwell.

• Check medicines in your home are up to date and keep them in their original labelled container.

• Always follow instructions on the box or label. If you are unsure, or taking other medicines prescribed by your doctor, check with your local pharmacist first.

• Many cold and flu remedies already contain paracetamol, ibuprofen or aspirin. Using several products together can be very dangerous and can lead to an overdose. Products say on the label if they contain paracetamol, ibuprofen or aspirin, so always check before using them.

• Layers of thinner clothing are more effective at keeping you warm than one thick layer. Choose clothes made of wool, cotton or fleecy synthetic fibres. Also wear a hat (up to half your body heat is lost through your head) and make sure your shoes are made of wool, cotton or fleecy synthetic fibres.

• If you need urgent dental care, phone NHS 24 on 08454 24 24 24.

• If you need to be seen out of hours for urgent and emergency situations, telephone answering service will give guidance.

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• For emergencies ring 999.
THIS winter it is important to be prepared for swine flu, as well as the regular seasonal flu. A vaccination campaign for swine flu – its proper full name is Influenza A (H1N1) – is already being rolled out across NHS Lothian.

The first phase is aimed at those in most need of protection. They include:

- people aged over six months and up to 65 years in current seasonal flu vaccine clinical at-risk groups
- all pregnant women, subject to licensing considerations
- household contacts of people with compromised immune systems, such as people in regular close contact with patients undergoing cancer treatment
- people aged 65 and over in the current seasonal flu vaccine clinical at-risk groups. This does not include otherwise healthy over 65s, since they appear to have some natural immunity to the virus
- others judged by healthcare professionals to be at high risk.

If you are in a priority group your GP will be in touch about receiving the vaccination.

Dr Dermot Gorman, consultant in public health medicine for NHS Lothian, said:

“It is very important for people in these higher risk groups to be immunised against H1N1. “Most people who get swine flu only have mild symptoms, but for some it can be very serious indeed.”

The vaccination programme will be rolled out in the coming months, starting with children aged between six months and five years, who will be the next group to be vaccinated.

If you have questions about the vaccination, contact the Scottish Swine Flu Vaccination Helpline on 08000 28 28 16. Advice is also available by calling NHS 24 on 08454 24 24 24.

WHAT ARE THE SYMPTOMS?

SYMPTOMS are similar to regular seasonal flu. People with swine flu typically have a fever (a body temperature above 38°C) and two or more of the following:
- respiratory symptoms such as a cough or runny nose
- sore throat
- body aches/chills
- headache
- fatigue
- diarrhoea or vomiting.

I think I’ve got swine flu – what should I do?

Check your symptoms using the self help guide, NHS 24’s website or by calling NHS 24 on 08454 24 24 24. You can seek advice from your GP by phone, or by contacting NHS 24. Stay at home to avoid the risk of passing on the virus.

What treatment is there?

Rest and drink plenty of fluids. For most adults, paracetamol or ibuprofen can offer some pain relief. Pregnant women and small children should only use paracetamol, not ibuprofen. Over-the-counter flu treatments containing decongestants and/or sedatives in addition to paracetamol are not recommended. A nasal spray, vapour rub, steam inhalation or a simple cough syrup can be used if needed. Antiviral treatments, including Tamiflu or Relenza, will only be prescribed to patients with a clinical need.

If you think you have swine flu, contact NHS 24 on 08454 24 24 24 or call your own GP. Get the latest information on NHS Lothian’s dedicated website at www.nhslothian.scot.nhs.uk/swineflu
Your feedback will ensure we’re Better Together

YOU can help us to make sure we provide you with the best possible service by participating in the Better Together patient experience programme.

If you have stayed overnight in a hospital during the last year or are registered with a GP in Scotland, you can give us your feedback to help us find out more about your experience.

A GP survey was posted out to nearly 500,000 people across Scotland during November, and if you were one of the people who received it, you need to send it back as soon as possible.

An adult inpatient survey will also be sent out in January to people who have stayed overnight in hospital.

The surveys will be used to see where things are going well and where there is need for improvement.

If you would like more information on the GP or inpatient survey, please contact patientexperience@scotland.gsi.gov.uk or visit the Better Together website at www.bettertogether.scotland.com

Your feedback

Working to give disabled people easier access to healthcare

NHS Lothian has been finding ways to make it easier for people with disabilities to access health services and employment in the NHS.

It has already come a long way in tackling discrimination and promoting equality, but there is plenty left to do.

Carers, patients and healthcare professionals were brought together on a steering group to create a Disability Equality Scheme, which sets out improvements to be made between now and 2012.

Group members included Zoe Picton-Howell, the mum of a little boy with serious disabilities and multiple health problems – she is also a lawyer with expertise in childhood disability.

Zoe was impressed by the efforts made to ensure that service users and carers had a strong voice on what should be included in the scheme.

“It’s early days, but it was a very positive experience being involved. I hope it will lead to real change, because real change is needed,” she said.

The priorities identified by the group, and through wider public consultation, are now at the heart of the scheme. They are that:

- staff should have more positive attitudes to disability through better leadership and training
- all barriers to access should be tackled, including communication
- NHS Lothian should become an employer where disabled people are treated equally
- NHS Lothian should work with service users and partner organisations to support independent living and anticipatory care for disabled people.

There is an action plan showing how the aims will be achieved.

Impact assessments will be carried out to measure the effect of the scheme.

Zoe and her fellow group members will also carry out a full review in a year’s time to make sure it is making a real difference.

All this builds on the achievements of the last three-year scheme, set up in recognition of the need to provide better access for the one in five people in Lothian with a disability.

These included £1 million invested to improve physical access to buildings and disability equality training for 3000 staff.

The Disability Equality Scheme can be found on the NHS Lothian website or by contacting NHS Lothian on 0131 536 9000.

Consultation launched on improving palliative treatment

A PUBLIC consultation has been launched to encourage patients, families and members of the public to give us their views on plans to improve palliative care in Lothian.

The plan, called Living Well and Dying Well in Lothian, lays out how we are going to improve the end-of-life care which is given to patients. The plan has been jointly developed in partnership with the independent Lothian hospices – Marie Curie and St Columba’s.

Palliative care is about ensuring a good quality of life during every stage of a life-limiting illness from diagnosis onwards. It includes care that relieves symptoms and provides physical, social, psychological and spiritual support.

The plan has been developed with the help of a steering group which is given to patients. The plan has been jointly developed in partnership with the independent Lothian hospices – Marie Curie and St Columba’s.

Palliative care is about ensuring a good quality of life during every stage of a life-limiting illness from diagnosis onwards. It includes care that relieves symptoms and provides physical, social, psychological and spiritual support.

The aim is to extend the high quality of end-of-life care presently offered to those dying of cancer to everyone with a life-limiting illness.

David Oxenham, chair of the group developing the plan, explained: “Palliative care doesn’t just mean terminal cancer care. It’s about the provision of care to anyone who has had a life-threatening or life-limiting diagnosis. This strategy will support health and social care services provide the best care for all patients and to their loved ones at the end of their lives.”

Living and Dying Well in Lothian aims to support people at the end of their lives to make the right choices for themselves and their families, so that when the time comes, people can die in comfort and with dignity.

As this is such an important issue and an emotive topic, we would like to encourage as many people as possible to send in their comments, ideas and suggestions on the plan. The consultation will run until Friday 5 February 2010 and you are encouraged to send in your comments.

For more information, including a copy of a summary version of the plan and consultation questions, please visit: www.nhslothian.scot.nhs.uk/ ladwinlothian or email: ladwinlothian@nhslothian.scot.nhs.uk

You can also telephone Tom McCarthy, assistant programme manager for palliative care, on 0131 536 9057.

“GIVING PATIENTS THE BEST CARE UNTIL THE END”
The new Royal Hospital for Sick Children Edinburgh has taken the next step forward with the production of concept designs. The hospital’s new home will be its fifth since being founded in 1860, and the launch of these initial designs is the start of activities to mark 150 years of pioneering healthcare for children in Lothian.

The designs show what the building may look like, its position on the site at Little France and its relationship with the existing Royal Infirmary buildings. In particular, the images demonstrate the importance of creating green space in and around the new hospital.

Patients, families, staff and other groups have all been given a chance to contribute to the design process. As part of the formal planning process, the consultation is now being opened up to a wider audience.

A series of exhibitions is planned for sites across Lothian in January, providing the general public with an opportunity to view the concept design proposals and give their feedback.

Jackie Sansbury, director of strategic planning and modernisation, NHS Lothian, said: “The building is being designed specifically to meet the needs of the children and young people who will be cared for in the hospital, and their input and ideas are vital in getting the design right. “We are planning further engagement with these groups – as well as parents, staff and voluntary organisations – as we move towards more detailed design.”

The Royal Hospital for Sick Children Edinburgh sees more than 90,000 patients a year and has outgrown its current premises in Sciennes. Moving to Little France ensures children and young people benefit from closer collaboration between paediatric specialists and their adult service counterparts working in the Royal Infirmary.

The new hospital, due to open in 2013, is being publicly funded, with the Scottish Government backing NHS Lothian’s stance that it would not be funded through the private finance initiative.

Green spaces are a key design feature of building dedicated to young people

Top marks for NHS Lothian

Healthcare staff in Lothian have been praised for their hard work and commitment to improving care for patients. Nicola Sturson, cabinet secretary for health and wellbeing, carried out an annual review of the health board earlier this year. Following the review, the cabinet secretary wrote to NHS Lothian to thank staff for their commitment.

She said: “NHS Lothian is to be congratulated for its hard work over the years and has shown a great deal of progress again this year in delivering high-quality patient services. “I greatly value the commitment, dedication and professionalism of NHS staff and I am grateful to them for their continued efforts to improve the care of every patient.”

Cold and flu germs can live on some surfaces for hours. Always carry tissues with you and use them to catch your cough or sneeze. Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a sanitiser gel. This is the best way to help slow the spread of flu.

Flu. Protect yourself and others.
How to get involved in your local NHS...

DO you want to find out more about health services in your community? Becoming a member of a Public Partnership Forum (PPF) can help you to become more involved in the development of health services in your community.

To find out more about East Lothian PPF, contact Meriel Deans on meriel.deans@nhs.net, telephone 0131 536 8025 or visit www.nhslothian.scot.nhs.uk/community

NHS Lothian is providing the best possible patient care

PARTNERSHIP FORUM, East Lothian Council, Community Health Partnership, other local healthcare groups and staff met over the past few months to address these issues.

Patient and Public Partnership Network (covering the Royal Infirmary of Edinburgh, Western General Hospital, Liberton Hospital, Princess Alexandria Eye Pavilion and the Royal Victoria Hospital) – pat.straw@wlt.scot.nhs.uk or call 0131 242 3386.

Information on how to get involved is also on the NHS Lothian website. Visit www.nhslothian.scot.nhs.co.uk

Recommendations to improve services at Belhaven

SPOTLIGHT ON PATIENT CARE

WARD 2 at Belhaven Hospital, a 12-bed ward under the medical responsibility of three Dunbar and one East Linton GP practices, has recently undergone a review.

The review was undertaken to address patient safety issues and to ensure that NHS Lothian is providing the best possible patient care.

A review group made up of representatives from across the local community – including Dunbar Community Council and Hospital Friends, Public Partnership Forum, East Lothian Council, Dunbar Carers, GPs, healthcare unions and staff – met over the past few months to address these issues.

At a meeting in early November, the review group considered a number of options and made recommendations which received unanimous support from within the group.

The recommendations include retaining all services currently at Belhaven, improving the environment by providing the service in single rooms in another area of the hospital and retaining the minor injuries unit.

The recommendations will be considered by the East Lothian Community Health Partnership, other local healthcare groups and finally by the board of NHS Lothian. No decisions have been made or will be made until these have been considered.

The missing word is ____________________________________________________

Get into shape with East Lothian SportPlus

M C R A C K E R S S M M
O I E E A A Y N A H I B
M G N I E E N N O S N A
S U T C K D T G T I S U
L I L R E A N L E Y A B
O W U L C P E I L L M L
R T O L E T I L E M E T E
A O A N D O E R R S S
C U Y E S H W Y S S I B
S S S T U F F I N G R T
P R E S E N T S N S H O
S T O C K I N G E E T

The missing word is ____________________________________________________

DO you want to keep fit? We’ve teamed up with SportPlus to offer three lucky readers a family swim voucher. With five swimming pools in East Lothian to choose from, it’s a great way to kick-start your exercise regime. The vouchers will admit a family of four (minimum of two children) for one swimming session.

To be in with a chance of winning this prize, simply tell us which word or phrase from the list is missing from the word search.

MULLED WINE
SANTA CLAUS
CHRISTMAS
MISTLETOE PRESENTS
MINCE PIES
REINDEER BAUBLES
STOCKING CAROLS
CRACKERS ANGEL
STUFFING SNOW

The winner of the three family swim passes in the last issue was Penni Gordon. Well done!

The missing word is ____________________________________________________

Name ____________________________
Address __________________________
Contact telephone number __________________________

Send your answer to: communications department, NHS Lothian, 148 Pleasance, Deaconess House, Edinburgh EH8 9RS by Friday 26 February 2010. The first correct entry drawn out of the hat will win.

The winner of the three family swim passes in the last issue was Penni Gordon. Well done!