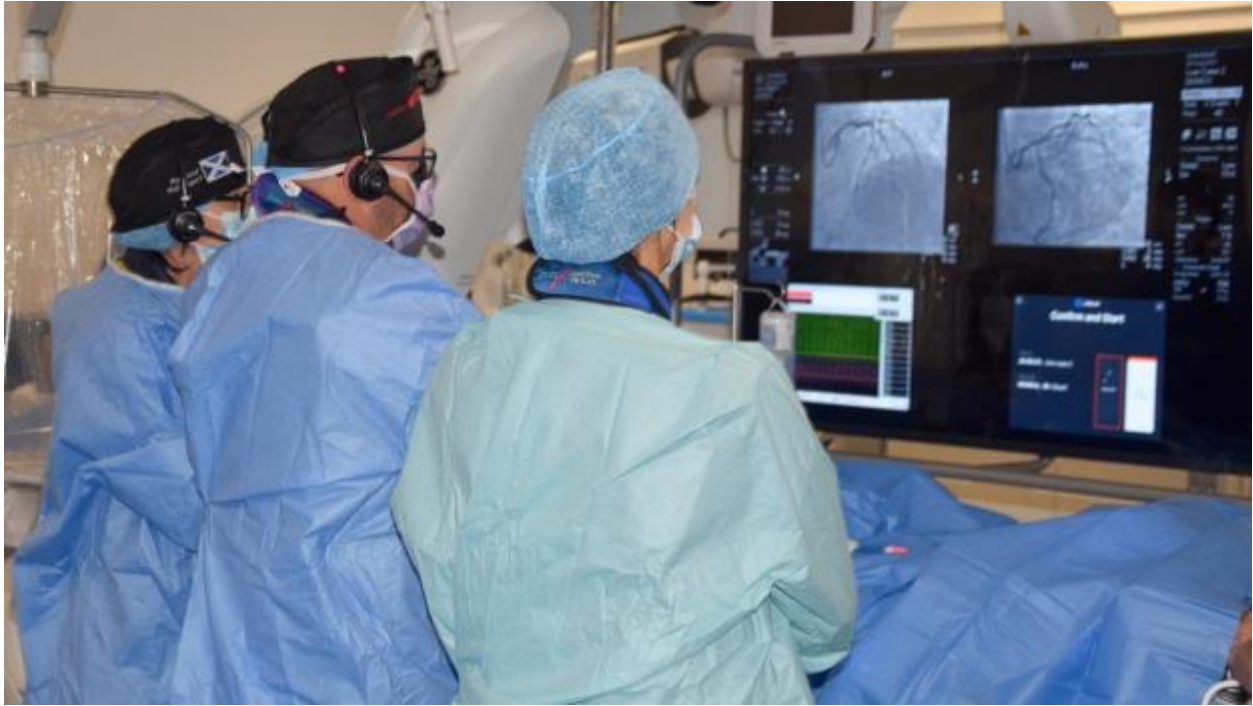


# Jubilee Life **September**



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## Issue 28

*Welcome to the September 2021 edition of your monthly digital staff magazine.*

*Remember there's a handy icon at the bottom right to help you navigate through the sections.*

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## News



### **Scottish first for innovative heart imaging**

In a Scottish first, our consultants have used innovative imaging technology to see inside heart arteries.

The technology is being hailed as the new generation of intravascular imaging with Optical Coherence Tomography (OCT) giving higher quality images inside arteries to help treat patients' coronary disease more accurately and in the most appropriate way, resulting in better outcomes for patients.

Our Interventional Cardiologists, Dr Stuart Watkins and Dr Margaret McEntegart, used the new Dragonfly OpStar imaging catheter in a live recorded case for the internationally renowned PCR event which takes place on 14 October 2021.

The innovating duo carried out the procedure on a patient for the online educational platform which gives cardiologists from around the world the opportunity to share information, learn new techniques for treating heart disease and understand how best to use the new technology to treat patients in the future.



[Click this link for the full story](#)

The story also featured in [The Herald](#) newspaper.

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### Using AI to treat heart disease

NHS Golden Jubilee patients who need stents fitted in their heart arteries are the first in Scotland to have the procedure performed using guided artificial intelligence (AI) technology.

Our skilled cardiologists are using software which merges existing Optical Coherence Tomography (OCT) with the power of AI for enhanced visualisation. This allows them to make quicker and more accurate decisions during planned percutaneous coronary intervention (PCI) procedures to treat coronary artery disease.

Using both tools together gives cardiologists a comprehensive view inside patients' heart arteries, helping them to determine the best treatment for arterial calcification.

The Ultreon 1.0 Software improves the speed of procedures, using infrared lasers and AI to measure how much of the artery is diseased and the size of stent required.

Combined, this helps ensure that stents are more accurately fitted – leading to improved long term outcomes for heart patients.



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### Cardiac Advance Life Support course accredited

We're pleased to announce that NHS Golden Jubilee has become an accredited teaching centre in Cardiac Advanced Life (CAL) Support.

This means that, the course which has been running since 2008, is now part of an international team which is able to provide this life saving course.

The course is designed to train both medical and nursing staff to use a set of devised protocols that address the patient suffering a cardiac arrest and all common serious complications in ICU or on the ward. This enables a common language for all cardiothoracic practitioners.



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*“The aim is to empower all practitioners to act with confidence to better treat our critically ill patients using well validated protocols, safely managing the patient until expert help arrives. While reducing patient mortality post cardiac arrest.*”

*“This means that the hospital is now part of a global collaborative providing a global approach to education and the widespread understanding of the CSU-ALS algorithm which will create calmer and more cohesive responses to emergency situations, which will benefit patients.”*

The protocol has grown and has been accepted as the European Association of Cardiothoracic Surgery's official protocol and has been accepted by the European Resuscitation Council.

The Society of Thoracic Surgery also created an expert consensus statement which is published in the Annals of Thoracic surgery (March 2017) which sets these protocols as the standard of care in the USA.

Although our staff were trained in the CALS protocols, accreditation means that they have now attended a standardised course which means all skills and knowledge are transferable to any other cardiac centre.

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### **Vaccine booster and flu vaccine**

Due to a large volume of emails to the Occupational Health department about vaccine slot booking, staff are asked to ensure their email address is correct before confirming their appointment time on the booking system and to ensure they have chosen a time slot from the menu.

If the menu appears blank when selecting a morning or afternoon time slot, please select another day as no slots for that period are left.

Failure to correctly input your email address will mean you won't receive your registration email. Failure to select a time slot for your vaccine will mean that you do not have a slot booked.

### **COVID-19 booster and seasonal flu joint vaccine clinics**

Vaccination clinics have been arranged for staff who received the second dose of the COVID vaccine on or before 31 March 2021 to receive the COVID-19 booster and seasonal flu vaccine in a single appointment.

Booking is now open for clinics which will run from Thursday 30 September until Sunday 3 October, from 8.30am to 7.45pm each day.

Booking for clinics on Thursday 7 and Friday 8 October will be sent out nearer the time.



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### **Booking links**

*You can book your joint vaccination appointment directly using the links below.*

*Managers can also book appointments for staff by clicking the 'add participant' option.*

*You must inform your line manager of your appointment date and time as soon as possible so that they can release you to attend.*

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- *Friday 1 October appointments: <https://link.webropol.com/ep/1stOctoberVaccinations>*
  - *Saturday 2 October appointments: <https://link.webropol.com/ep/2ndOctoberVaccinations>*
  - *Sunday 3 October appointments: <https://link.webropol.com/ep/3rdOctoberVaccinations>*
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*For further information and updates on COVID-19 guidance, please [click here](#).*

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### **Policy and guidelines update**

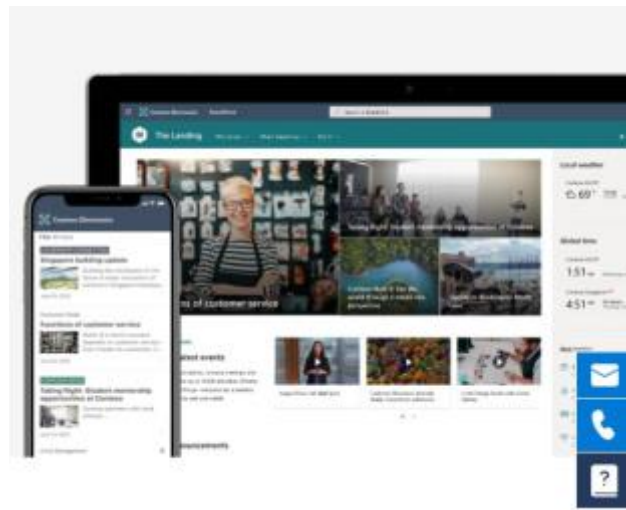
*Staff are advised that the following policies and guidelines have been updated or added on [Sharepoint](#).*

*For more information on these updates please contact [Katrina Black](#).*

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- Management of Expressed Breast Milk
- Food Hygiene in Staff Ward Kitchens
- National Infection Prevention and Control Manual
- Management of patients with Clostridioides Difficile
- Eradication of Meticillin Sensitive Staphylococcus Aureus (MSSA) in Cardiac patients
- Use of Positive and Neutral Pressure Rooms in NSD
- Air Sampling

- Ice for Immunocompromised patients
- Ice Machines
- Staphylococcus Aureus Bacteraemia Surveillance
- Water Damage - Environmental Control of Aspergillus
- Adverse Weather policy
- Facilities policy
- Procedure to Assist in the Prevention and Control of Tuberculosis in Healthcare Workers – Pre employment/Pre placement screening
- Job Evaluation policy
- Menopause policy



## Organ Donation Week



### Young dad sees son born thanks to heart transplant

A young dad who received his heart transplant at NHS Golden Jubilee, has said it has given him the best days of his life, and allowed him to be present at the birth of his first child.

Ross Peters, from Dundee, was 21 when he was out with friends when he felt suddenly unwell. After deciding to go home early, he awoke the next morning and couldn't catch his breath.



After being taken by ambulance to Ninewells Hospital, Ross was transferred to the Scottish National Advanced Heart Failure Service (SNAHFS) at NHS Golden Jubilee. There, the team diagnosed him with cardiomyopathy – a disease of the heart muscle which affects its ability to pump blood around the body.

In the summer of 2020 Ross was shielding due to the COVID-19 pandemic but his health had deteriorated to the point that he was put on the urgent transplant list - just months before his wife was due to give birth to their first child.

Five years after being diagnosed with the rare heart condition, Ross was admitted to the Golden Jubilee and warned he was too sick to leave.



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[Click here to read the full story](#)

*The story also featured in numerous national media outlets, including:*

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- [The Herald;](#)
  - [Sky News;](#) and
  - [STV News.](#)
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## Record your organ and tissue donation decision

It has now been 6 months since Scotland introduced its 'opt out' system.

This means that everyone has a choice to be a donor, or to opt out of donation, whatever your decision, it's important to make it known.

New figures show over half of people in Scotland have now registered their donation decision.

Everyone feels different about organ and tissue donation, but most people are aware of its life-saving and life-enhancing importance.



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To record your donation decision, visit [Organ Donation Scotland](#) or call 0300 123 23 23.

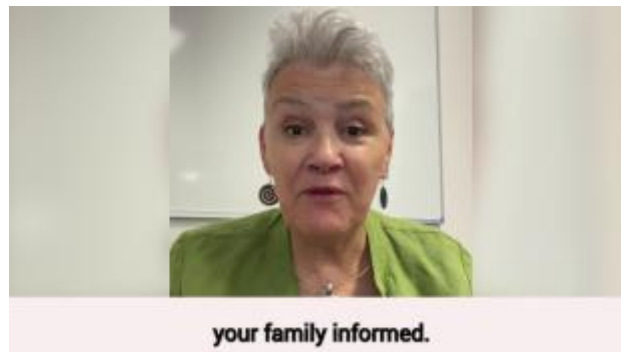
To read more, visit [this link](#)

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## Chair Vlog - September

NHS Golden Jubilee Chair Susan Douglas-Scott talks about Organ Donation Week and thanks our heart transplant team for their amazing work, and the families of organ donors for their precious gift of life.



<https://sway.office.com/BNV9ioUEmVCKwr1d#content=cf5dt4bulFMLSt>

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[Click this link to register your choice, or for more information on organ donation](#)

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## #OrganDonationWeek

### Well done!

As part of Organ Donation Week, System Administrator and Clinical Coder Team Leader Caroline Brown and Information Manager Brian Lawson were presented with an Exceptional Partnership certificate on behalf of NHS Blood and Transplant.

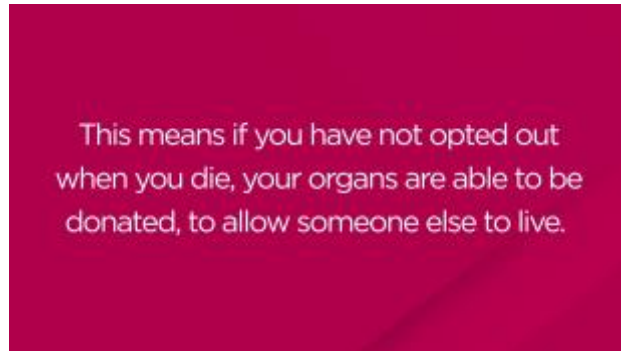
The presentation was to say thanks for their support in providing on-site and remote access to resources which gives specialist nurses access to patient clinical notes enabling them to make safe assessments of patients.



**Record your decision**

Everyone feels different about organ and tissue donation, but most people are aware of its life-saving and life-enhancing importance.

To find out more about why it is important that you take the time to make your donation decision and record it visit: [www.organdonationscotland.org](http://www.organdonationscotland.org)

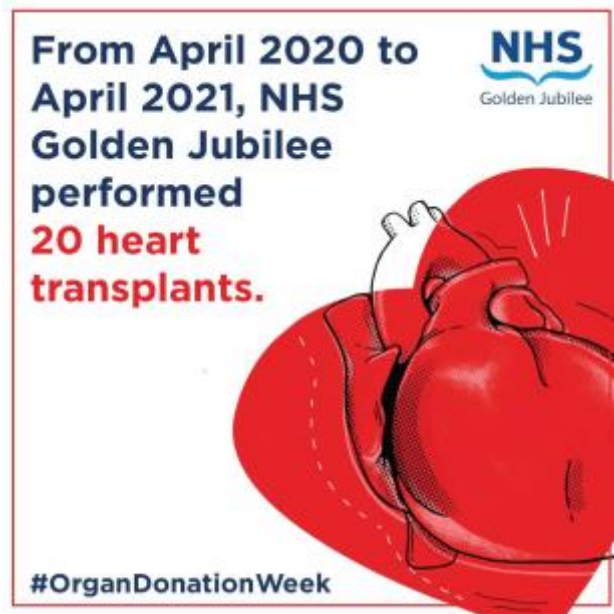


<https://sway.office.com/BNV9ioUEmVCKwr1d#content=My8OyvkImIATqH>

### **One donor = 9 lives**

In Scotland, there are an average of 500 people waiting on an organ transplant at any one time.

One donor can save or transform up to 9 lives.

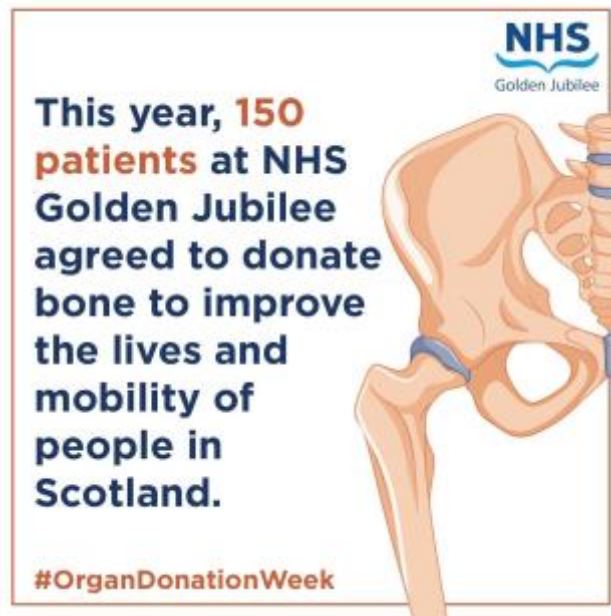


### **Bone donation**

This Organ Donation Week we also highlighted the importance of donating bone.

Bone grafts can make a significant difference to quality of life. So far in 2021 around 150 patients at NHS Golden Jubilee have generously agreed to donate bone to improve the lives of others.

Patients having their first hip replacement are assessed to see if they are appropriate for bone donation, they will then be given the choice to do this.



### Everyone has a choice

If you do nothing it will be assumed you agree to donate, but it is important to make your wishes known to loved ones. Thank you to all donors who give the gift of life from everyone at #TeamJubilee.



of what they've been through, only hits them

<https://sway.office.com/BNV9ioUEmVCKwr1d#content=qOhPADGbP420Kk>

## People



## Frances and Nicki – Dynamic duo or double trouble?

When heart patients meet our physios for the first time, it can sometimes be a daunting prospect.

Senior Physiotherapist Frances Young and Physiotherapy Assistant Nikki Maxwell McKenzie work in the National Services Department (NSD ward, Level 3), attentively caring for some of our most vulnerable patients with heart failure or awaiting a heart transplant on the urgent list.

It's their job to optimise the patients, through prehabilitation, to ensure they are in the best possible position to withstand transplant surgery and receive a new heart if a suitable one becomes available for them.

Sometimes our patients are only on medication in NSD however they may require mechanical help like a [balloon pump](#) to support their heart prior to transplant, a support machine that previously would have involved being bedbound. We are the only hospital in the UK that now mobilises patients on this machine, an innovative person centred development that hugely benefits patients. The physiotherapy team have won a prestigious award for this practice.

It's vital for these patients to be active and avoid problems associated with being bed-bound. Following risk assessment and medical review, Frances and Nikki aim to mobilise patients twice a day using specialist equipment.

It's a similar scenario for recovering patients, and while some are more than happy to get involved, a few do take a little time to get used to the idea.

However, once Frances and Nikki work their magic, those who are walking out of the ward, on their way home to live the rest of their lives, are eternally grateful.

Frances, from Oban, has been with the Golden Jubilee for over 3 years, after graduating with a Masters in Physiotherapy at Glasgow Caledonian University.

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*Frances said:*

*“Some patients are independent and only require guidance from physio to maintain their physical function.*

*“We do get patients saying, ‘Oh no, not you again!’, when we walk into their rooms to get them exercising, so we always just say, ‘You’ll like us when you leave here’. And they always do.*

*“But it’s important that we are quite firm with patients too when we need to be. Although they are vulnerable, if at times we feel they’re not giving their best, we’re not shy in telling them that.*

*“We want the best for them and a lot of people respond immediately to it, so we tell them exactly what they need to do, why they need to do it, build up trust with them and be transparent.*

*“Everyone has a bad day, so we can’t just be on autopilot and say, ‘you have to do this!’ That’s not going to work.*

*“Sometimes we’ll tell them to have a think about it and we’ll come back later or the next day and see how they are. Sometimes they can be quite despondent, which isn’t totally surprising, so we have to help them through that stage.*

*“A recent patient told us, when he was leaving the Hospital, that we were the highlight of his day and that is really something special for us. That was an emotional one.”*

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*1 - Frances*

The exercise regime Frances and Nikki instil is scheduled throughout a patient’s day, which gives them structure and can also help take their mind off their situation.

As the pair see the patients daily, and potentially for long periods of time, they build up relationships. When patients know ‘Frances and Nikki are coming in’ to see them, it provides familiarity in unfamiliar surroundings, as well as some comfort.

Nikki, from Glasgow’s South Side, has been with us for 6 years and has a Degree in Psychology which, she says, is helpful working with the group of patients she does.

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*Nikki said:*

*“The psychology degree comes in handy working in the NSD ward.*

*“I love working with different people. We might do the same treatments or behaviours with patients every day, but we do them with individuals, everyone’s personalities are different and they are each dealing with different traumas.*

*“Person-centred care is really important working with patients in NSD. You simply cannot get patients on board unless you provide person-centred care. It’s not a ‘one size fits all’ situation.*

*“You need to build trust with patients and if you don’t see them as a person and adapt in a way that will make them feel good, it’s just not going to work.”*

*“Psychology is a huge part of the job in NSD, mental health is as important as physical health in this environment.”*

*“The NSD team is brilliant at including absolutely everyone and having everyone on board, it’s really important for that patient group to get the best person-centred care.”*

*“Relationships with patients need constant nourishment. Frances and I have been a team for a while now and it’s never a job done for us, we’re always looking to improve how things are done.”*

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2 - Nicki

Their work experience also gives them unique insights into the effects organ donation has on those on the receiving end of the journey.

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*Frances said:*

*“if you don’t work in this environment, to think about donating your organs is a very anonymous thought process, you can’t even envision it.”*

*“But the implications of not going through this process are massive and I think the biggest benefit that we have is seeing this up close and personal.”*

*Nikki added:*

*“I think it’s important to hear our testimonies as most people will not get as close to the benefits organ donation brings.”*

*“We see these benefits every single day, the life that it brings. There’s just no words to describe the feeling.”*

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### **New Chief Registrars – welcome Dylan and Sonul**

This month we welcomed Dylan Tan and Sonul Gajree to the role of Chief Registrars in their departments.

Chief Registrars are peer leadership roles which are held by senior trainees or senior Clinical Development Fellows (ST3/or equivalent and above).

Trainees can be appointed from any specialty and the posts are open to both numbered trainee posts and clinical development and research fellows.

Sonul, from Glasgow, is an ST6 Ophthalmology Registrar currently doing a cataract surgery fellowship here the Golden Jubilee, beginning in August this year, after studying at the University of Glasgow.



3 - Sonul Gajree

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*Sonul said: “I have an interest in medical leadership and management and hope that I will be able to build on this with this new role as Chief Registrar.”*

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Dylan, originally from Malaysia, obtained a Bachelor of Medicine and Bachelor of Surgery at the University of Plymouth in 2018, before completing Foundation training in the West of Scotland in 2020.



He went on to take up his current position as a Clinical Teaching Fellow in Cardiorespiratory and is now in his second year in that role.

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*Dylan said:*

*“A core vision of mine with this pioneering role is to develop and establish a culture of communication and collaboration within the junior doctor group here in the Golden Jubilee National Hospital.*

*“As Chief Resident of the Heart, Lung, and Diagnostics Division for 2021-2022, I aim to develop a modern, intuitive and accessible system where junior trainees can share and highlight thoughts around training opportunities.*

*“I believe that a centralised online platform, that is readily accessible to all, is paramount in promoting learning, research, and development.”*

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4 - Dylan Tan

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### **Retirement – Liz Rogers**

Colleagues said a heartfelt farewell to our former Volunteer Services Manager, Liz Rogers, who retired this month.

Liz worked in the NHS for 27 years and transferred to the Golden Jubilee from Yorkhill Hospital in 2005 to take up the post of Senior Project Administrator for the heart and lung services that were due to transfer over to here.

It was an initial 2 year post before she became a PA to the Nurse Director in 2007.

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*Liz said:*

*“The transfer of services had its challenges, but I’m glad to say that the service was implemented very well.*

*“The Nurse Director at that time was Shona Chiab and we worked very well together and soon became a great team. Shona was a great leader who encouraged and supported me to learn new skills and grow in my career and I then achieved my SVQ level 7 in Volunteer Management.*

*“Latterly my post changed to PA/Volunteer Services Manager as we continued to build the Golden Jubilee volunteer service and I was then offered the new post of Volunteer Services Manager in January 2016.”*

*Liz then embarked on 5-year Volunteer Strategic Plan and improved and expanded the Volunteer Service within the organisation.*

*Liz added: “I am very privileged to say that when you love what you do, work doesn't feel like work.*

*“I am very proud of the excellent work that the Volunteer team has accomplished together over the past 5 years. Our work has improved and I believe we have undoubtedly enhanced the patient experience.*

*“For me it has been incredible how a group of people from such diverse backgrounds came together and worked so closely and well together, so my thanks go to the dedicated team of volunteers. Without the volunteers, we do not have a service.*

*“I would like to wish Maureen Franks, the New Volunteer Services Manager, all the best in her new role and if she enjoys and embraces the challenges of the role half as much as I have, she will excel.*

*“It is strange to think that I am now a retired lady. Unfortunately, health has dictated this decision for me this year, but I am ready to retire gracefully and embark on the next journey of life with my wonderful family.*

*“It has been an honour and a privilege to have worked with such special people. Thank you all so much, and please keep in touch if you can.”*

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Thank you for all your years of service Liz, you'll always be part of Team Jubilee.

We would like to thank Liz for her service to our hospital community and want to take up a collection for a suitable gift, a memory to take away and to remember her time here with fondness.

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*If you would like to contribute please contact either [Maureen Franks](#), Volunteer Services Manager or [Tosh Lynch](#), Spiritual Care Lead.*

*We hope to have collected by Monday, 11 October.*

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**Val-You**



## Here's some social media comments from patients and the public about you!

**Claire Malcolm:** Mum had her hip op here. From booking in to home again. The nurses were lovely and we would like to say a massive thank you to all staff. Thanks for your care to our mum. Hero's don't always wear capes. Thanks again.

**Fiona Pearson:** I had a total knee replacement on 20 July, 2021. Every single member of staff, from Bookings, Reception, Outpatients, Consultant, Anaesthetist, Theatre, Recovery, Orthopaedic Ward and PainTeam were brilliant. Special thanks to Mr Welsh and to the nurses on the Ward including the Pain Team. Words will never thank you enough.

**Graham Adams:** I suffered a heart attack at the end of October last year. I was then told that I would need a quadruple bypass which was performed on the 8th February at The Golden Jubilee Hospital by Professor Nawwar Al-Attar to whom I will be forever grateful for giving me a new lease of life. I must also thank all staff for my care but mostly the nurses if Ward 3 East with special mention and thanks to Meghan, Lesley and Debbie as having never been in hospital for any operation I was an emotional wreck but their empathy and care helped me tremendously. I now have a new outlook on a healthy lifestyle and I cannot thank you enough.

**Marie Coyle Robertson:** I had heart transplant in the Jubilee this year. I am forever grateful to my donor's family and the most amazing team at the Jubilee.

**Carol Grant:** My dad had a heart transplant in the Royal hospital Glasgow. He was number 7 in Scotland. He got 26 years after his operation before he died of an unrelated condition. Keep well. The golden jubilee is an excellent hospital.

**Eleanor Mccomb:** Aww lovely what would we do without these hospitals it's a great hospital was in there myself with my heart.



## iMatter – The Story so far...

A huge thank you to everyone who took the time to complete the iMatter questionnaire - your continuing engagement is valued.

The questionnaire closed on 20 September with 66% of NHS Golden Jubilee staff responding - see table 1 for the breakdown of response rates across Directorates.

Please note: This figure does not reflect fully all submitted paper questionnaires, some may still be included in the final response rate count published on Monday 4 October.

**Table 1 – iMatter Response Rates**

NHS Scotland	Email	Paper	SMS	Total
NHS Golden Jubilee (Board)	70%	21%	67%	66%
Corporate (Dir)	76%	19%	27%	67%
CEO and Chair (SMT)	75%	N/A	N/A	75%
Heart Lung and Diagnostics Services (Dir)	69%	20%	100%	66%
National Elective Services (Dir)	66%	27%	0%	64%

### Team Reports

Your Team Report will be available from Monday 4 October. You will receive an email or text (depending on your chosen method of completing the questionnaire) from 'noreply-iMatter@Webropol.com' with a link. Otherwise, your line manager will provide you with a hard copy of your team report.

Please note that if you are a member of a small team (1 - 4 members), your team is required to achieve 100% response rate to receive a team report.

However, don't worry if as a small team you did not get the sufficient responses to generate a team report as your voice and views will not be lost. All responses received are aggregated into the directorate and board level reports and you will still participate in the next stage of the iMatter process.

### Making the most of your Team Action



The next stage of the iMatter process is for your team to come together and generate a team action plan.

This is your team's opportunity to agree what the team does well (celebrating successes) and identify up to 3 actions you will commit to.

This is your opportunity to make a difference at a team level. Your manager will arrange COVID safe ways for you to input into your team action plan.

Teams have until 29 November to confirm their team action plan.

Be creative, make things different, change that one little thing!

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*If you have any queries regarding the questionnaire results, your team report or action planning, contact [Lisa Walsh](mailto:Lisa.Walsh@gjnh.scot.nhs.uk) or [Sandra Hill](mailto:Sandra.Hill@gjnh.scot.nhs.uk) at [L&ODInfo@gjnh.scot.nhs.uk](mailto:L&ODInfo@gjnh.scot.nhs.uk).*

*Watch this space: more communications, resources and support coming your way soon.*

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## Workplace Equality Index survey

To ensure our workplace practices are allowing our LGBTQ+ staff to be themselves, feel valued and realise their full potential, we have issued a questionnaire.

As part of our Workplace Equality Index (WEI) in partnership with rights charity Stonewall, all staff will be asked to submit feedback on their experiences.

This is to determine whether our WEI reflects the real lived experiences of our staff, as well as whether staff are empowered to be good allies.

The information you provide is anonymous and completely confidential. Stonewall does not report publicly or to your employer on any responses that may be personally identifiable.



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*"It is important to us that the WEI reflects the real-lived experiences of our staff.*

*"We also want to see whether staff are empowered to be good allies. Do non-LGBTQ+ staff feel able to support their LGBTQ+ colleagues?"*

*Brynley Pearlstone, Project Officer*

[Click this link to access the survey](#)

*Click the link for more information about [Stonewall's Workplace Equality Index](#).*

*If you have questions about the survey, contact [Brynley Pearlstone](#).*

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## Bi Visibility Day

On 23 September, the NHS Golden Jubilee LGBTQ+ network and NHS Greater Glasgow and Clyde LGBTQ+ forum paired up to celebrate Bi Visibility Day with a social gathering featuring a guest speaker.



This marked the first in-person event for both networks since early 2020, the first event co-facilitated by the two groups working together, and the first in a new hybrid in-person and online format.

The event was organised for LGBTQ+ staff members to participate, regardless of their disclosure at work, whilst still allowing allies and interested people to join the event, no matter where they were.

The networks invited Stonewall's Bi Network Chair, David Bender, to speak virtually at the event about a range of key themes which affect the bi community.



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*“David’s talk covered key themes around bi identities, including common misconceptions about bi identities, bi erasure and what even is a bi identity anyway.*

*“An in-person group gathered in the Glasgow Royal Infirmary to gab and chat over tea and biscuits, and to take in David Bender’s talk, which allies to the community and remote participants were able to call in to.”*

*Rob White, Service Design and Equalities Lead*

*The talk was followed up with a Q&A session fielded from the room and online attendees.*

[Click here to view the talk](#)

*“It’s vitally important that we carry the spirit of visibility with us in everyday life, and that we remember everyday struggles for people with differences that we can’t always see.*

*“Initiatives like the NHS Scotland Pride Badges serve as a reminder to keep these communities in mind.”*

*Brynley Pearlstone, Project Officer*

***Pride Badge***

*If you would like to show your support for the LGBT community and be a safe contact for LGBTQ+ staff and patients, show your pride in doing so by signing up for the badge.*

[Click here to get your NHS Pride Badge](#)

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## Long Service Awards – honouring our NHS Heroes

We are celebrating the commitment and loyalty of team members who have from 10 to 50 years' service in the NHS.

Click on the green 'View' button on the Sway to find out more about how to apply for your Long Service Award.

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src="https://sway.office.com/s/y6iqjQp9ysSoYj5E/embed" frameborder="0" marginheight="0"  
marginwidth="0" max-width="100%" sandbox="allow-forms allow-modals allow-orientation-lock allow-  
popups allow-same-origin allow-scripts" scrolling="no" style="border: none; max-width: 100%; max-  
height: 100vh" allowfullscreen mozallowfullscreen msallowfullscreen webkitallowfullscreen></iframe>

## Health and Wellbeing





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*We are committed to supporting the health and wellbeing of our staff and have a range of resources available.*

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## National Wellbeing Hub resources

### What can I do when I feel exhausted?

When you're working flat out, it's easy to lose sight of the things that will get you through this.

There is some great advice and tips on how to deal with tiredness or exhaustion which will help give you physical as well as emotional nourishment in the weeks and months to come.



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[Click here for more information](#)

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## Home and family

The National Wellbeing Hub has a range of sections covering issues and topics that affect us all in healthcare.

The Home and Family section looks at: Work Parenting; Home Schooling; My Family's wellbeing; and Food and Nutrition.

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*There's a blog on [Tips from working from home](#) and a podcast for [Sleeping on the job – managing sleep and shift work](#), among many more.*

*[Click this link to check out all the resources](#)*

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## Hotel fitness classes restart

Fitness classes have started in the Hotel once again.

Stephen McGeever, Hotel Guest Experience Manager, has also begun a couch to 5k running club which runs on Thursdays at 5.30pm. Any members of staff wishing to join are welcome.

All staff wishing to join up will have a range of classes to choose from, more information can be found [here](#).



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*For more information please contact [Stephen McGeever](#) or call on extension 6002.*

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## National Fitness Day

As part of our Health and Wellbeing strategy, staff were encouraged to participate in National Fitness Day and World Car Free Day on Wednesday 22 September.

On the day, Centre for Health and Wellbeing Supervisor Ian Huggan ran a free fitness class.

### **Jubilee Active blog**

The latest Jubilee Active blog by Occupational Health Physiotherapists David Longhurst and Kathryn Wales focuses on National Fitness Day with excellent tips and advice on easier and sustainable ways to exercise and stay healthy and active.

This blog discusses fitness for all and provides ideas and reasons to get started.



### **World Car Free Day**

Wednesday 22 September



### **Re-imagine our streets around people**

Less stress - reduce emissions - save money - ease congestion - better physical and mental health

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[Click here to view the blog](#)

*If the link does not work on Internet Explorer, please copy the link into Google Chrome.*

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## Learning and Organisational Development



### Further and Higher Education Funding Scheme

We are delighted to be able to offer another opportunity to support colleagues through the Further and Higher Education Funding Scheme. The scheme funds up to 70% of fees to a maximum of £2,000 for courses commencing before 31 March 2022.

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*Further information can be found [here](#) and you can apply using the [application form](#). Closing date for applications is Friday 22 October.*

*Please contact [Nyree Anderson](#) for further information.*

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### Advanced Diversity Training – book your place now!

It's important that we all understand the ideas of systemic racism, we can spot its effects, and know how to challenge it. NHS Golden Jubilee is proud to be rolling out a new diversity training module:

Positive Moves in Health: Challenging racism and creating an inclusive culture

The course will look at the systemic nature of racism and its impact on relationships at work. It will support managers to develop practical ways to create a diverse and inclusive culture in which all staff can thrive.

The course is strongly recommended for those in leadership, managerial and recruitment roles, but is open to all staff to attend.

The 3-hour workshop is led by Gillian Neish, and will be conducted via MS Teams on the following dates:

- Friday 1 October, 8.45am – 12.30pm
- Places can be booked directly via [eESS](#).

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### Mental Health First Aid

Mental health conditions are increasing and it's now more important than ever that we are trained to be able to support staff when they need it.

This course is available to all staff and will cover:

- Increase awareness of what mental health is and why people develop mental health conditions.
- The role of a First Aider for mental health and to gain an understanding of the stigma surrounding mental health.
- Know how to provide advice and practical support for a person presenting a suspected mental health condition.
- Know how to recognise and manage stress by identifying the signs and being able to advise on how to manage it.
- Understand the impact of substance abuse on mental health. Know the effects of alcohol and drug abuse on a person's mental health and be able to identify the potential negative consequences of substance abuse on employment and lifestyle.
- Understand the first aid action plan for mental health and be able to put it in place.
- Know how to implement a positive mental health culture in the workplace.
- Understand a range of mental health disorders, including bipolar, stress and depression as well as the support and therapy provided by professional healthcare providers.

The course will give a better understanding of the signs and symptoms of mental health and the initial support that can be provided to someone who is experiencing a mental health problem.

As a First Aider for Mental Health you will contribute to the creation of a positive mental health culture within NHS Golden Jubilee.

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*Dates available:*

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- *Wednesday 6 October – MS Teams*
  - *Wednesday 20 October – Classroom*
  - *Wednesday 3 November – Classroom*
  - *Places can be booked directly via [eESS](#).*
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### **Mindfulness Training Programme**

NHS Golden Jubilee is excited to be working with Ten for Zen to offer 'The Zen Minds Programme'. This 8-week programme will be conducted via weekly, hour long MS Teams sessions and will cover the following topics:



- An Introduction to Mindfulness
- Building Resilience
- Managing Change
- Dealing with Stress and Anxiety
- Developing Focus and Clear Thinking
- Mindfulness for Happiness
- Getting a Good Night's Sleep
- Managing Mood Swings

The course will run every Thursday from 21 October until 9 December, 5.30pm-6.30pm. Participants must be able to commit to attending on all of these dates and should be willing to take their learning to their teams demonstrating the practice of Mindfulness.

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*To register your interest in taking part in this course please contact [Tosh Lynch](#).*

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### **Citizen Leadership and Empathy - Alexander Warren**

Citizen Leadership is an activity that happens when citizens have power, influence and responsibility to make decisions. There is a direct link between the level of citizen influence to the success of service delivery.

In this Leadership Links webinar we are delighted to invite Alexander Warren a citizen leader to speak about his life and his journey to becoming a business owner. He will talk from first-hand experience about what it's like to be someone with a learning disability who has had to navigate different services whilst pursuing his many hopes, dreams and aspirations. He will bring to life the [six leadership capabilities](#) which promote citizen leadership.

He will also show how empathy from others helped him to become a citizen leader. He will unpack how empathising can help you to recognise and value the leadership skills of others, and that we all need to give and be given empathy in order to develop our leadership skills, whether we are using or providing services.

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*This session will be held on: Monday 4 October 2021, 1.30-2.30pm.*

*[Click this link for more information or to book](#)*

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## The Social side



### What's happening on our social media pages

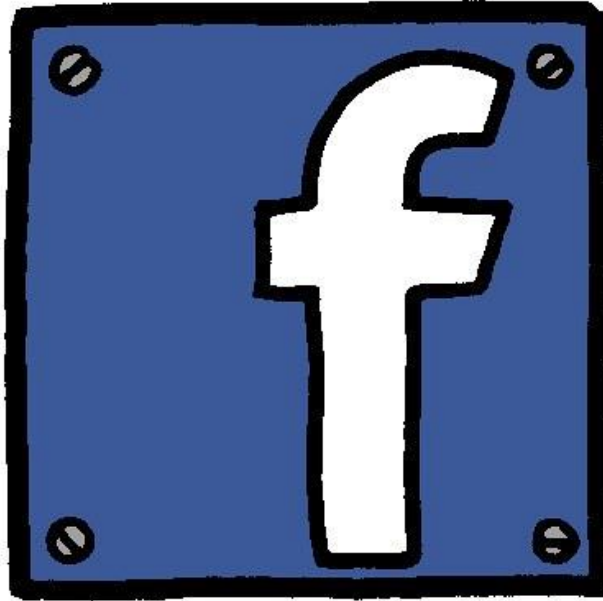
#### Facebook:

The massive Asalet cargo ship passing us on the River Clyde, adding to the great view for some of our patients, was one of our most engaging posts on Facebook over the last few weeks.

Some of the views we have on to the famous river are spectacular.

[Read the full post here](#)





5 - [Click here to access our Facebook page](#)

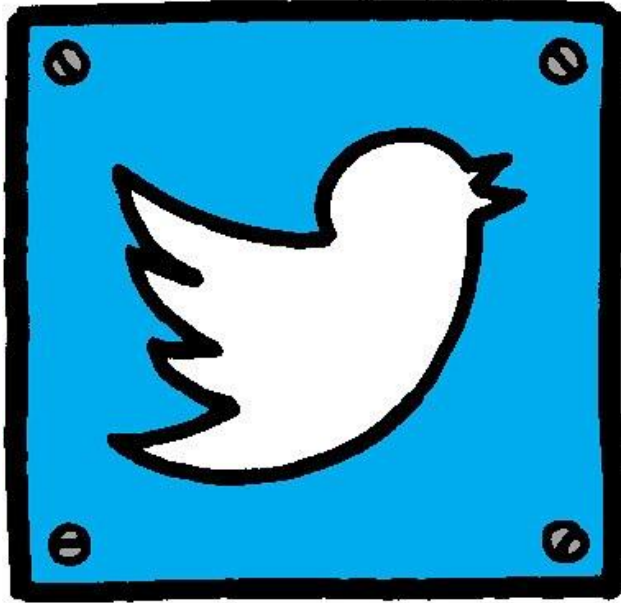
**Twitter:**

Video of a Chinook helicopter from RAF Lossiemouth carrying out an aerial survey of our helipad as part of our helipad policy annual review was well received on Twitter. And, we're pleased to say, it remains Chinook compliant.

We salute all those in the Armed Forces who have served and are serving to help keep us safe.

[Read the full post here](#)





6 - [Click here to access our Twitter page](#)

**YouTube:**

Our Gowning and Gloving staff information video was the most watched with 2,384 views on our YouTube channel over the past 28 days, showing that staff find these videos useful.





7 - [Click here to access our YouTube page](#)

**LinkedIn:**

Our job opportunity post promoting a vacancy for an experienced Clinical Perfusionist to join our dynamic team was one of a few we posted on LinkedIn over recent weeks.

Help your fellow colleagues and departments fill their vacancies by Liking, Sharing and Commenting on these posts on all of our social media channels.

[Read the full post here](#)

Visit the job page on our website by clicking [this link](#).





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### Get the latest on video by subscribing

Keep up to date with our new video uploads on YouTube, featuring colleagues talking about their fantastic work and patients narrating their journeys through NHS Golden Jubilee with your person-centred care at the heart of their stories.

Subscribing to the channel is the best way to stay up to date with our latest videos.

And there's plenty of upcoming content with our Staff Awards, Long Service Awards, more patient stories, news and updates featuring developments from around the Golden Jubilee.

Departments/individuals with stories to tell should get in touch us to be featured on the channel and our other social media platforms.



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*Here's some highlights to get you started:*

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- 
- [Ross tells his transplant story](#)
  - [Nicola Sturgeon visits the Golden Jubilee](#)
  - [Scottish first for Rosa robot](#)
  - [COVID-RV heart trial](#)
  - [Patient information – Joint School film](#)
- 

Click [this link to visit our channel](#) then hit the red Subscribe button at the top.

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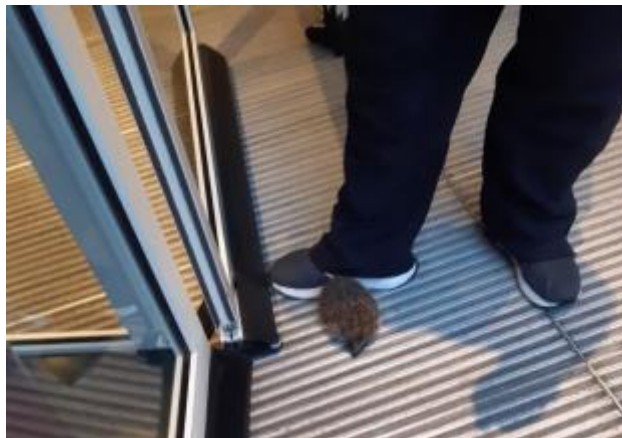
## Social Media Posts

### Goldie the hedgehog

This is Goldie the Golden Jubilee hedgehog.

We caught Goldie trying to sneak in through the Hotel entrance without a COVID-19 test.

Thankfully kind staff redirected our little Womble friend back to the bushes with advice on how to best access healthcare services in the future.



### Grief Awareness Day

Whilst grief is a natural part of life, it can often leave us feeling overwhelmed, showing itself in different ways, at different times.

On Grief Awareness day, we encouraged people to allow themselves the opportunity to experience their feelings to the fullest as they move forward.

[You can view the full post here.](#)



### **Blood pressure checks**

Know Your Numbers!

Many people living with high blood pressure don't show any symptoms, if left untreated this can lead to serious health conditions.

That's why it's important to check your blood pressure.

For more information, including how to check your BP at home, [visit here](#).

[You can view the full post here.](#)



### **Flu vaccines for young**

Flu is serious and immunity levels may be lower this year so it's more important than ever for primary and secondary school pupils to protect themselves and others by getting the free flu vaccine nasal spray.



For more information, [visit here](#).

[You can view the full post here](#).



### **World Literacy Day**

Wednesday 8 September marked World Literacy Day, an annual awareness day to highlight the importance of literacy around the world.

Improving your literacy can have a positive impact on your confidence.

Watch the short video for some useful links to helpful information.

[You can view the full post here](#).



### **Emergency Services Day**

On Emergency Services Day we said a massive thank you to all of the people who work and volunteer in the emergency services across the country, including all of our amazing NHS colleagues.

[You can view the full post here](#).



### **World Suicide Prevention Day**

This year on World Suicide Prevention Day, we focused on Creating Hope Through Action, standing with [United to Prevent Suicide](#) in encouraging all to talk about suicide.

No matter who you are or your experience, together, we can all play a role in preventing suicide. United To Prevent Suicide to find out the ways you can help, [visit here](#).

[You can view the full post here](#).



### **MSP visit**

This month we were pleased to welcome Member of [The Scottish Parliament](#) for Clydebank and Milngavie [Marie McNair MSP](#) on her first visit to the site since being elected in May.

[You can view the full post here](#).



## Arthritis Week

For Rheumatoid Arthritis Week, a Senior Physiotherapist shared a simple exercise that can help keep your joints moving.

There are many advantages of exercising with all types of arthritis, including reducing pain and keeping muscles and bones strong

[You can view the full post here.](#)



### Standing heel raise

Standing while holding onto a wall or the back of a chair for balance. Slowly push up onto your toes, lifting both heels off the ground. Hold this for five seconds, then relax back down to a normal footing. Repeat this regularly throughout the day.

## Events



### Civility Saves Lives – online event

A national virtual event is being hosted by NHS Greater Glasgow & Clyde for colleagues across NHS Scotland who are interested in civility at work, which can improve working relationships and benefit patient experiences.

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*Civility Saves Lives Scotland is a growing movement and founder Dr Chris Turner will speak at the event on:*

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- *Friday 5 November, 10am – 3pm.*
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*Information with booking arrangements will be issued in the coming days.*

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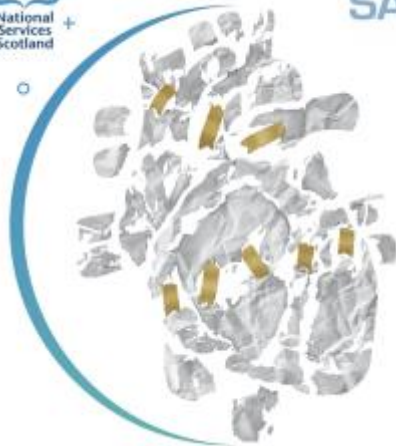
**CIVILITY SAVES LIVES**  
Calling It Out With Compassion In Scotland  
Civil work environments matter because they reduce errors, reduce stress, and improve patient outcomes.

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### Registration open for SACCS conference

Registration to attend the 10th annual Scottish Adult Congenital Cardiac Conference (SACCS) conference is now open.

The hybrid event will feature an update on adult congenital heart disease (ACHD) guidelines, the launch of ACHD protocols for Scotland and case-based discussions to support guidance into practice.



## Save the Date

### 10th Scottish Adult Congenital Cardiac Service Conference 26 November 2021

Our hybrid event will provide an update on ACHD guidelines, launch of ACHD protocols for Scotland and case-based discussions to support guidance into practice

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*Click the links below to register for the event on 26 November:*

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- [Virtual attendance](#)
  - [In-person attendance via Eventbrite](#)
- 

*A limited number of spaces are available for in-person attendance at the event in the Golden Jubilee Conference Hotel.*

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### **Time to Heal: Recovery and Renewal Conference**

This event is the inaugural President's Conference of the Royal College of Physicians and Surgeons of Glasgow and consolidates Professor Jackie Taylor's commitment throughout her Presidency to improve clinicians' wellbeing.

The 2-day programme on 6 - 7 October will focus on healing and wellbeing for the clinician and how we develop a leadership which embeds those values in our health service.

ROYAL COLLEGE OF PHYSICIANS AND SURGEONS OF GLASGOW

College Physicians Surgeons Dental Surgery Travel Medicine Podiatric Medicine

### Time to Heal: Recovery and Renewal

06/02/2021 - 07/02/2021

Online

12 CPD Approved

This event is the Glasgow Presidents Conference of the Royal College of Physicians and Surgeons of Glasgow and a tribute to Professor John Taylor's commitment throughout his Presidency to our patients' wellbeing. The two-day programme will focus on healing, wellbeing for the clinician and how we develop a leadership which embodies those values in our health service.

[Book Now](#)

Closing date: 31 October 2021

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For more information and to book a place, please [click on this link](#).

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## Looking ahead...



### The Da Vinci Mode

Next month we will be issuing a press release to celebrate our Cardiothoracic team's milestone of doing 500 lung procedures using the Da Vinci robot.

Chief executive Jann Gardner presented the dedicated team with a memento to mark the occasion.



## Bolus is Best Week

Bolus is Best Week will begin on 4 October to encourage nursing staff to use the bolus method of drug administration, where possible, rather than infusion for antibiotics. Nursing staff will be reminded to check Medusa to see if a drug can be given as a bolus.

A range of information sources, educational buzz sessions and quizzes with prizes will take place throughout the week across all ward areas.

All nursing staff are encouraged to participate in this initiative!



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*For more information, contact your Clinical Educators or Pharmacy.*

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## Contact



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*Tell us what you think...we want to hear your views!*

*If you would like to comment on any of the issues featured, please send your comments to [Comms](#) or complete the [feedback form](#).*

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