

Become a Dementia Friend – Helen Macguire

Dementia Friends Scotland held 4 sessions at FVRH on Thursday 5 April 2018 to give staff and volunteers the opportunity to learn a little bit about what it is like to live with dementia.

At the session, which Mary Miller, Sheila McGhee and myself attended, Anne McWhinnie, the Dementia Friends Programme Manager, told us that with the right support and understanding, people can live well with dementia and still contribute to their local community.

During the session we looked at the negative and positive effects of the language used when talking about someone with dementia.

Five Key messages of Dementia Friends Scotland are:

- Dementia is not a natural part of ageing
- Dementia is caused by diseases of the brain
- Dementia is not just about losing your memory
- It is possible to live well with dementia
- There is more to the person than the dementia

The hour went quickly and I felt the session had given me more understanding of how best to interact with people who have dementia.

The session was well attended by staff and there were other volunteers present. At the end, we were registered as a Dementia Friend, given a certificate and a badge and asked that we continue to spread the word about Dementia Friends and use our new-found knowledge to help those who need it.

You can become a Dementia Friend by going online at : www.dementiafriendsscotland.org

Arts and Wellbeing Volunteers Project – Helena Buckley

The Arts and Wellbeing Volunteers project on Ward B21/22 started 4 years ago under the guidance of Babs McCool, Charitable Arts and Wellbeing Coordinator and The Friends of the Hospital.

The team has grown and now there are nine volunteers (including former PPP member, Evelyn Finnie).

The volunteers support patients to enjoy activities such as arts and crafts, dominoes and chatting of days gone by.

As well as sitting with the patients and chatting with them, the volunteers often host tea parties and sing-alongs. These are hugely popular with patients and their families. Senior Staff Nurse Jan Ray said: ' We look forward to the volunteers coming in and as well as bringing additional support for patients they brighten up our day too'.

David McLaren, PPP member, visited the ward to see the volunteers in action.

David is picture here with volunteers Linda Smart and Moira MacCalman.



“Your GP and You” Event held on 6 March 2018 – Helen Macguire

The purpose of this event was to give patients and carers the opportunity to discuss the changes that will be taking place when the new GP Contract commences.

We were provided with a summary of the new 2018 General Medical Services Contract in Scotland , which stated:

The new GP contract will provide improved access to the GP when it is really needed, and to a range of professionals in the wider multi-disciplinary team. This will help to ensure that we have a stronger and more effective general practice within a wider NHS and will help to maintain the continuity, comprehensiveness, accessible contact and co-ordination for patients that lies at the heart of general practice and primary care.

As well as improving care for the individual, the new contract offers an important opportunity to increase the role of general practice in improving local population health by ensuring that the needs of the wider community are being met by the local and national health and social care system.

Website PPP Pages: www.nhsforthvalley.com/get-involved/public-involvement-groups/patient-public-panel/

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Dr Lucy Munro, currently an Adviser to the Scottish Government, explained in detail the aims of the changes to the contract. She said it could take 2-3 years to implement and would be a gradual process for change. At present there were not enough young doctors wanting to be GPs, but this was changing. There were 300 places for GP training in the past. This has now increased to 400 and more GP vacancies were now being filled.

She continued to say that getting the right person to treat a patient's condition was important and introducing triaging was a possibility. Patients would then receive their treatment from the appropriate member of the Practice Team, eg GP, Nurse, Pharmacist, Paramedic, Mental Health worker, etc.

During the Q/A session that followed there were questions regarding

- Involvement with Social Care and need for them to be included .
- How the changes to the contract would be monitored
- Who would be responsible for triaging patients.
- Who had overall responsibility for the Practice Team.

There were 2 topics then discussed by delegates in groups at each table:

Discussion One – Opportunities and Concerns:

- What we saw as the main opportunities presented by the contract
- What were the potential issues with the contract
- Were there any special considerations that needed to be made in order to support people in our area.

Discussion Two – Ensuring public engagement

- What mechanisms would we like to see in place that would make us confident that the decisions/actions during the implementation of the contract are being informed by the public.
- What are the 'must-dos' for the GMS Implementation Group

There were some useful points raised at my table including:

- The need for individual GP Practices to have a more standardised approach to patient care as there is a lack of consistency at the moment.
- If triaging was to be introduced, staff dealing with it would need to have extra training.
- Financial and Human Resources would be needed to achieve the proposals in the contract.
- There would need to be critical appraisal and external scrutiny.
- There was a need to be more joined-up with Social Care
- GPs, Pharmacists and other stakeholders needed to speak to one another
- Publications for the general public needed to be produced in plain English and give meaningful information.
- There was a need for wider public engagement at local and national levels.

Feedback will be sent to the group at a later date.

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Urinary Catheter Care a new course - Sheila McGhee.

I have in the past couple of years been involved with the 'Urinary Catheter Care Passport'. A document given to patients when they receive their operation. The Passport details what and how to care for the device and allows you to document when the device is changed etc.

When Helena Buckley contacted me to tell me about this new course being put on by NHS Forth valley I was so pleased to hear about this progress and simply had to go along and observe the training.

It was run by Mhairi Thomson and Margaret Keane, Contenance Nurse Specialists and Joby Taylor, Consultant Urologist.

The aims, objectives and responsibilities were clearly outlined with clear diagrams of the procedure. The course was very well attended with almost full capacity in the Stirling Community Hospital Lecture Theatre by district nurses, students and care home staff.

I hope this can be run again at least annually/biannually to help keep staff up to date.

The actual document is too large for the PPP News so it is being emailed as a separate document.



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