



# ANNUAL **REPORT** **2022 - 2023**

A summary of highlights  
and developments

# INTRODUCTION AND OVERVIEW

The last year has been a very challenging one as we continued to work very hard to reduce the backlog built up from the Covid-19 pandemic and respond to unprecedented levels of demand for local health and care services. This resulted in severe pressure across local hospitals, community teams, and GP Practices which, has unfortunately resulted in some patients experiencing longer waits or delays than we would have wanted. Despite these pressures we have continued to provide elective care and reduced the number of temporary additional inpatient beds in use within local hospitals which in turn will also address the need for additional supplementary staff and the costs associated with this. New assessment arrangements were also introduced in our Emergency Department to help reduce long waits.



On 23rd November 2022, the Cabinet Secretary for Health and Social Care confirmed that NHS Forth Valley had been escalated to Stage 4 of the NHS Scotland Performance Escalation Framework for governance, leadership, and culture. An Assurance Board has been established which brings direct formal oversight and engagement from the Scottish Government as we work to deliver sustainable changes and improvements in a number of areas through effective governance, strong leadership and an improved culture.

Healthcare Improvement Scotland (HIS) published a report on 5th December 2022 following an unannounced follow-up inspection visit to Forth Valley Royal Hospital on 27th and 28th September 2022. The report recognised the extreme pressures being experienced across the hospital at the time of the visit due to increased patient numbers and high levels of delayed discharges and staff absences. Immediate action was taken to address many of the issues and concerns highlighted however, we recognise that there is still more to do and work continues to fully address all of the report recommendations as part of our wider Escalation Improvement Action Plan.

There is no doubt that both of these developments have been very concerning for local staff, patients and the general public. However, despite the many challenges faced our staff have continued to focus the delivery of high-quality care and services. Throughout the year we have invested significantly in staff recruitment and development and, as a result, are one of the leading NHS Boards for the development of advanced roles for nursing and AHP across a wide range of services. This has helped free up medical staff time to focus on patients with more complex healthcare needs and also helped reduce waiting lists for many common surgical procedures and diagnostic tests.

We have also taken forward a number of service developments, a number of which are highlighted in this report along with local awards and achievements. I wish to put on record my thanks to staff for their ongoing efforts as we work together and with our partners to deliver sustainable improvements that put patients first.

**Cathie Cowan**

CHIEF EXECUTIVE  
NHS FORTH VALLEY

# AT A GLANCE

**6,079**

**Staff**  
(whole time equivalent)



**£618m**

**Annual Budget**



**305,710**

**Population  
Served**



**2,868**

**Number of  
Babies Born**



**79,868**

**Attendances at  
Emergency Department  
& Minor Injuries Unit**



**177,488**

**Outpatient  
Appointments  
Delivered**



**14,394**

**Theatre  
Operations**



**More than 100**

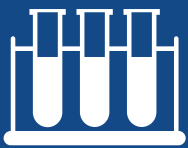
**Research Projects  
Underway**



# AT A GLANCE

**56,895**

**Covid-19 &  
Respiratory Virus  
tests carried out)**



**323,542**

**Samples processed  
by our microbiology  
laboratory**



**177,342**

**Radiology  
Scans carried  
out**



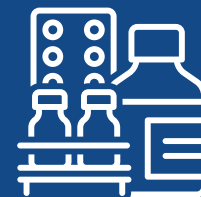
**321,361**

**Covid-19 and Flu  
Vaccinations delivered to  
adults and children**



**628,652**

**Pharmacy prescriptions  
processed for acute  
hospital patients**



**79,002**

**Contacts with our  
Health Visiting  
Teams**



**12,416**

**Contacts with our  
School Nursing  
Teams**



**20,942**

**Contacts with our  
AHP Community  
& Inpatient  
Teams**



# SERVICE DEVELOPMENTS

## First to Use New Laser Treatment for Bladder Cancer

The Urology Department at Forth Valley Royal Hospital became the first in Scotland to set up a new service for treating patients who have a suspected recurrence of bladder cancer.

Known as TULA (Trans Urethral Laser Ablation), it enables abnormal tissue in the bladder to be removed under a local anaesthetic in a clinic setting, removing, in many cases, the need for a general anaesthetic.

The procedure involves examining the bladder using a camera on a thin flexible tube that uses laser treatment to remove any tumours or suspicious areas. TULA usually takes between 10 and 20 minutes to complete and most patients are able to go home on the same day.

TULA is an important development which can be used as an alternative to standard diathermy treatment, a less reliable and well tolerated treatment, which uses heat to destroy a tumour.

Almost all the patients who have experienced the previous treatment have commented on how much better their treatment experience has been with TULA. Also, because it is so well tolerated, it can be used to treat much larger tumours that, in the past, would have required a general anaesthetic. Local staff worked hard to get the new TULA service in place, and Urology Advanced Clinical Nurse Specialist, Leanne Hamill, is one of the first nurse cystoscopists in Scotland who has been trained to use the new laser treatment.



## New Stroke Team Gets Off to a Flying Start

More than 200 stroke local patients have benefitted from services offered by START (Stroke Transition and Rehabilitation Team) which celebrated its first anniversary in November 2022.

These include being able to undergo rehabilitation at home, with the same level of expertise provided by a specialist team in hospital.

The Team includes physiotherapists, occupational therapists, a therapy assistant practitioner, a speech and language therapist, a neuro psychologist, as well as being supported by a Consultant from NHS Forth Valley's Stroke Service.



Patients who have been admitted to hospital following a stroke are now given information about START to explain how it works and the range of therapeutic support it offers. Most people are very keen to access support from the Team when they realise they can access specialist stroke care and support at home.



## New National Treatment Centre

Construction work started in June 2022 to create a new inpatient ward at Forth Valley Royal Hospital, marking the final stage in the development of a new National Treatment Centre based at the Larbert hospital.

The National Treatment Centre – Forth Valley will form part of a network of National Treatment Centres being developed to increase capacity and reduce waiting times across NHS Scotland.

The new 30 bedded ward is part of a £17m national investment that has also funded the opening of two additional operating theatres (bringing the total number to 16) and the installation of a second state-of-the-art MRI scanner. This has increased surgical and diagnostic capacity and created more flexibility for managing surgery. The specialist MRI scanner, which is used to take images of all parts, is housed in a customised room within the hospital's Radiology Department, complete with backlit picture wall and ambient lighting to help patients relax in calming, less clinical surroundings.

The National Treatment Centre inpatient ward, which is being developed at the rear of the hospital between the Mental Health Unit and the Emergency Department, will enable around 1,500 additional operations to be carried out every year, mainly hip and knee joint replacement surgery, to support the delivery of local and national plans.

So far, more than 90 additional staff have been recruited across a number of specialties. These include theatre nurses, anaesthetists, orthopaedic surgeons as well as theatre practitioners, healthcare support workers, staff nurses and clinical team leaders.



## Efforts Continue to Eliminate Hepatitis C

The fight against blood-borne viruses (BBVs) was strengthened locally with the appointment of a specialist community nurse (Sheree Fowler pictured) and increased outreach services, including visits to the Salvation Army premises and homeless units.

The drive is part of a national effort to meet the Scottish Government's target of eliminating Hepatitis C by 2024/2025. Around 3,000 people in the Forth Valley area are believed to be infected with Hepatitis – known as the silent disease – but so far only around 1,500 have been diagnosed.

Following the Covid-19 pandemic, the numbers coming forward for testing across Scotland have dropped off significantly and there is also evidence of increased equipment sharing.

Preventing and reducing harm is paramount in preventing the onward spread of Hepatitis C, so efforts continue to increase the uptake of testing and highlight the risks of sharing injecting equipment.



## Advanced Roles Help Transform Local Services

The creation of new advanced clinical roles for nursing and radiology staff has helped to transform a number of services, create additional capacity and reduce waiting times.

Advanced Nurse Practitioners (ANPs) now run a range of breast clinics for patients referred with suspected breast cancer who are able to have their outpatient consultation, mammography and ultrasound scanning performed during the same visit along with a biopsy, if required. They also assist in theatre and perform surgical procedures in both breast and plastic surgery as well as nipple tattooing following breast reconstruction.

This has led to consistently short waiting times for the breast and surgical skin cancer service throughout the Covid-19 pandemic and keep pace with rising demand.

Nurse Endoscopists working with the Endoscopy Department at Forth Valley Royal Hospital have been trained to carry out a number of new endoscopy techniques such as cytosponge endoscopy and colon capsule endoscopies.



Advanced practice roles are also being developed for a range of Allied Health Professionals (AHPs) including Advanced Radiography Practitioners who are able to read mammograms, perform diagnostic ultrasounds and take biopsy samples. In addition, a number of Healthcare Support Workers have undertaken additional training to carry out Assistant Practitioner roles within a range of areas, including nursing and radiology.



## New Service Offers Better Bone Health

A new service was launched for local people suffering with osteoporosis in May 2022. It provides DXA scans locally, face-to-face and telephone appointments, medication reviews and treatments.

The service is staffed by a Consultant Rheumatologist, specialist nurse, a Fracture Liaison team, radiographers, and a specialist pharmacist.

Nursing staff run clinics four times a week reviewing around six patients in each clinic. Radiographers scan patients five days a week and report on those scans weekly.

GPs have direct access to DXA and are able refer local patients to the new clinics. There are also future plans to offer education sessions and a helpline which can be contacted via email or phone.



Kris Robertson, Service Manager for Osteoporosis and the Fracture Liaison Service

## New Service for Patients with Heart Failure

Life for local patients with heart failure has become a little easier, thanks to a new service for patients with heart failure.

Specialist cardiac MRI scans are now able to be carried out locally, rather than patients having to travel to hospitals in other areas such as Edinburgh and Glasgow.

Radiographers within the department have worked tirelessly above and beyond to secure top-class imaging, supported by colleagues from the West of Scotland Regional Heart and Lung Centre based at the Golden Jubilee University National Hospital in Clydebank. The Centre provided specialist training for a number of NHS Forth Valley radiographers, helping them to gain valuable knowledge and experience which they have used to develop the new local service.

The new cardiac MRI service aims to provide high quality imaging for local patients which complements and enhances existing cardiology services. MRI plays an important role in the diagnosis and management of many cardiac conditions so having a local cardiac MRI service is a great asset. It also enables patients to be scanned locally prior to enable the quick insertion of an implantable cardiac defibrillator. Previously, this often required transfers to and from another hospital and an extended inpatient stay before the device could be inserted.



Consultant Radiologist, Dr Lindsey Norton reviews a cardiac MRI scan.



## Theatre Pilot Aims To Cut Waiting Times for Cataract Surgery

A pilot project, funded by the Scottish Government, took place to explore during the year to explore ways of reducing waiting times for cataract surgery.

The Ophthalmology Department at Falkirk Community Hospital tested an approach known as 'Jack and Jill theatres' – two theatres side by side running concurrently – for cataract operations. This allowed surgeons to step swiftly from one theatre to another to help increase capacity and efficiency. Supporting a second operating theatre to remain open has the potential to deliver the equivalent of 8 extra operating sessions and an additional 8 cataract cases to be carried out every day or around 32 additional cases every week. Normally, around 12 cataract operations can be carried out in a day using a traditional operation model, however a surgeon working across two operating theatres has the potential to do up to 20 cases in one day – a 67% increase in activity.

Whilst the waiting time and the number of people waiting for cataract surgery has significantly improved, rising demand is starting to outweigh the number of operations being carried out. To prevent a bottleneck developing and a queue forming, the capacity of outpatient clinics has also increased. This was achieved by reconfiguring the existing clinic space at Falkirk Community Hospital, where the majority of cataract operations in Forth Valley are carried out, as well as recruiting and training additional staff.

Work is now underway to explore how this approach could be adopted in the future to help address current and future demand for a range of ophthalmology procedures. Ophthalmology is one of the busiest services in the NHS and covers conditions that may be sight-threatening or sight-limiting which require surgery as well as the management of long-term diseases which require life-long monitoring. Patients with ophthalmic conditions are often vulnerable, and as the majority of demand is age-related, the demand is continually increasing as the population lives longer. Cataract surgery is one of the most successful operations delivered across NHS Scotland with a high success rate in improving vision and relatively low risks or complications.



## New Urology Hub Opens

A new Urology Hub opened at Forth Valley Royal Hospital to help improve the diagnosis of bladder and prostate cancers and carry out a range of surgical procedures. With three dedicated treatment rooms, two patient recovery bays and a central waiting and changing area, it brings the expertise of the entire urology team together in one area and provides a one-stop diagnostic and treatment service for local patients. It has also enabled a wide range of surgical procedures, such as vasectomies and circumcisions, to be undertaken in treatment rooms rather than theatres to help increase theatre capacity and free up lists for more complex operations.

Former Health Secretary, Humza Yousaf visited the Hub in July 2022 to see first-hand the difference the new facility is making to local patients and hear how staff have transformed local urology services to address workforce challenges, reduce waiting lists and create an improved, more sustainable service.

New and existing staff have been trained to take on new roles and responsibilities so that the majority of routine work can now be delivered by advanced nurse or surgical care practitioners, with the support of the consultant team. This includes Dean Barrowman, an Advanced Surgical Care Practitioner, who has undertaken specialist training and is one of only a few nurses in Scotland who is able to carry out their own surgical lists for patients requiring vasectomies and circumcisions.

Urology nurses have also received additional training and these advanced nurse practitioners now carry out the vast majority of diagnostic procedures. These include cystoscopies (which use a flexible thin tube with a camera to examine the bladder and urethra and are also used to monitor patients with bladder cancer), prostate biopsies (where an ultrasound probe is used to collect tissue samples which can then be tested for cancerous cells), bladder botox injections, uroflowmetry tests (which measure the flow of urine) and prostate cancer diagnosis and care.



Dean Barrowman, Surgical Care Practitioner, and Joby Taylor, Consultant Urologist



## Advanced Roles Help to Reduce Waiting Times

A number of experienced nurses and radiographers across NHS Forth Valley have undertaken additional training to carry out minor surgical procedures and mammography reporting to help increase capacity and reduce waiting times.

Marie Stein, an Advanced Nurse Practitioner, who works across the breast and skin services at Forth Valley Royal Hospital, is also very positive about the new advanced practice roles and the benefits for staff and patients.

She explained: "I run a number of outpatient clinics for the breast service and I also have been trained to carry out a range of minor surgical procedures such as biopsies and the removal of skin lesions.

"I really enjoy learning new skills and the greater variety that this new advanced nursing role offers. It also has helped us to increase capacity and see patients more quickly which is really important."

Nurse Endoscopists are also working with the Endoscopy Department at Forth Valley Royal Hospital where they have been trained to carry out a number of new endoscopy techniques such as cytosponge endoscopy and colon capsule endoscopies.

In addition, advanced practice roles are being developed for a range of Allied Health Professionals (AHPs) including Advanced Practice Radiographers who have been trained in reporting scans such as mammograms.

A number of Healthcare Support Workers have also undertaken additional training to carry out Assistant Practitioner roles within a range of areas, including nursing and radiology.





## First Overseas Nurses Arrive at Forth Valley Royal Hospital

Six nurses from overseas arrived at Forth Valley Royal Hospital in April 2022 from the Kerala state of India, bringing with them a wealth of knowledge and experience in a number of areas including intensive care and surgery. They were joined a few months later by a number of additional 7 nurses from India and Zimbabwe.

All of the nurses were recruited as part of a national Scottish Government initiative to increase international nurse recruitment and support the delivery of health services across Scotland.

This international recruitment programme, which aims to recruit around 200 nurses across Scotland, has been carried out ethically in line with the Scottish Code of Practice for the International Recruitment of Health and Social Care Personnel. This ensures NHS Scotland does not recruit from countries with their own qualified healthcare staffing shortages.

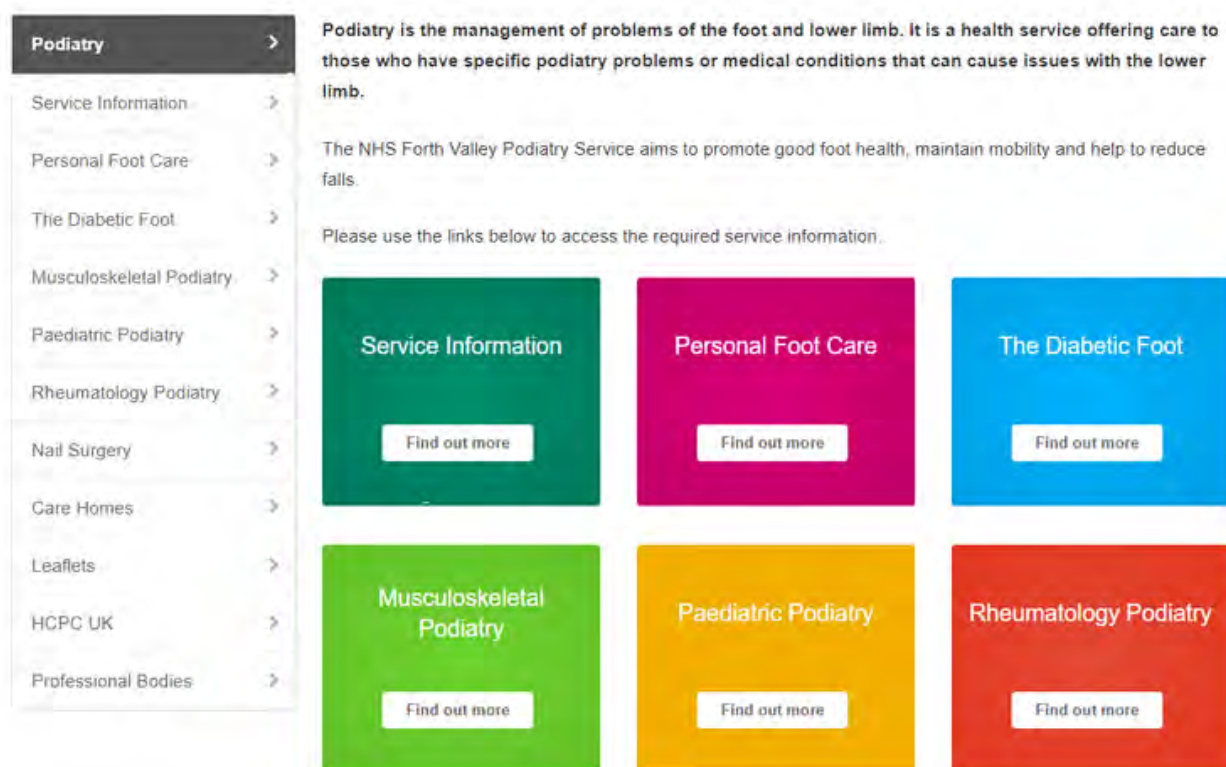
The nurses, who have experience in a number of areas including intensive care and surgical wards, have undergone a full induction programme and received support to help them settle into their new jobs and lives in Scotland where they have taken up a number of permanent nursing posts.

The new nursing arrivals were keen to come to Scotland as they felt they would have greater opportunities to learn and develop their nursing careers and they said they all feel very supported by everyone they had met since arriving in Forth Valley.



# DIGITAL DEVELOPMENTS

A number of new digital developments were taken forward during the year to increase the information, support and advice available for local patients and their families. This included a new podiatry section ([nhsforthvalley.com/podiatry](https://nhsforthvalley.com/podiatry)) with foot care information as well as specific advice for children and people with a range of health conditions, including diabetes and rheumatology. A new sexual health website ([centralsexualhealth.org](https://centralsexualhealth.org)) was created with a wide range of information on local sexual health services, clinics and contraception advice.



[Services](#) [Sexual Health](#) [Contraception](#) [News](#) [Contact](#)

[Professionals](#)

## NHS Forth Valley's Sexual Health Service

We are an NHS service and provide **FREE** sexual health care to residents in Forth Valley.

[Appointments](#)

[Free Condoms](#)





Other developments included a new physical activity website ([nhsforthvalley.com/physical-activity](https://nhsforthvalley.com/physical-activity)) with details of local activities, classes and services across Forth Valley suitable for people of all ages and abilities. This includes simple strength and balance exercises which can be carried out at home as well as tips, advice and videos to help people become more active.

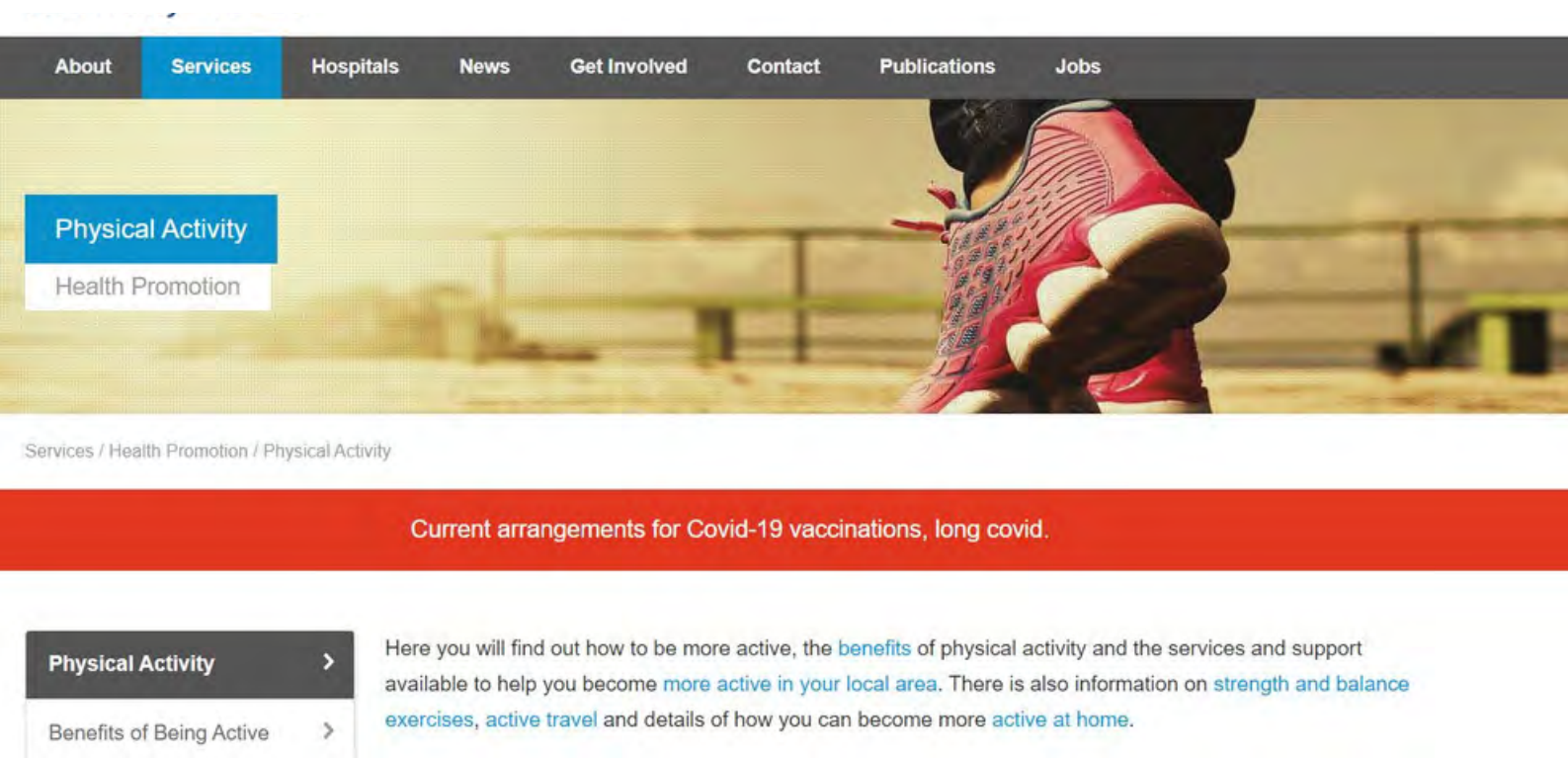
The website was developed in partnership with local Health Promotion leads who recognised that many people want to be more physically active but simply don't know where to start.

It also contains information for local health professionals and makes it easier for them to access details of all the physical activity opportunities available for their patients in one place, along with guidance on how they can start a conversation on becoming more active.

The website includes:

- Information on the benefits of being more active with videos and pictures
- Details of how you can become more active in your area with links to local service providers and organisations
- Information on active travel options
- Details of simple strength and balance exercises along with other activities which you can do at home

Work has been carried out with local GPs, physiotherapists and occupational therapists to help raise awareness of the new website and encourage more staff to recommend physical activities as part of wider efforts to improve the health and wellbeing of people across Forth Valley.





# RESEARCH

NHS Forth Valley's Clinical Research Team support a diverse portfolio of more than 100 research projects, covering areas such as oncology, cardiology, dementia, neurodegenerative diseases, diabetes, women's health, gastroenterology, mental health and paediatrics.

The Team works closely with local teams and services to give patients the opportunity to participate in a wide range of research trials to help assess new medicines and treatments, eliminate the need for more invasive or unnecessary procedures, improve waiting times and reduce costs. NHS Forth Valley is extremely thankful to all the patients, staff and partners involved in research as, without their participation and support, it would not be able to carry out much needed research into new treatments.

The following section highlights just a few examples of the wide range of research underway.

## Reducing Heart Attacks & Strokes

ORION-4 is an international study assessing the effects of the drug Inclisiran on outcomes for people with a certain type of cardiovascular disease. Recruitment started in January 2023 and participants will be followed for the next five years, with the aim of reducing their risk of heart attacks and strokes.



## More Effective Treatment for Gallstones

The Sunflower Study aims to establish the clinical and cost effectiveness of different approaches to the treatment of patients with gallstones. Since this study started, 112 participants have participated, exceeding the initial target of 50 and achieving a recruitment rate of 224%.



## Reducing Unnecessary Cancer Treatments

The OPTIMA research trial utilises genetic testing to determine whether some patients with breast cancer require chemotherapy after surgery, with an aim of reducing the use of unnecessary treatment. The Refine-Lung trial is investigating the benefits of reducing the frequency of immunotherapy in patients with a certain type of lung cancer.



## UK First For Forth Valley Researchers

NHS Forth Valley became the first NHS organisation in the UK to recruit participants to a new clinical trial which could help adults with early onset or mild dementia.

Using specialist headsets which record EEG brain waves, participants are asked to carry out a variety of tasks and short 'games' to test their memory, language, fluency, attention and overall concentration. They also wear a special headband at night to record EEG brain waves and monitor the quality of their sleep at home.



Patients with mild dementia can then be benchmarked alongside a control group of individuals who didn't have dementia and the responses compared to help track changes in cognition, concentration and sleep quality.

## Faster Test for Womb Cancer

NHS Forth Valley is the only site in Scotland to join a UK study to evaluate the use of a urine test which could help detect womb cancer in three hours. Detecting the cancer marker MCM5 (Minichromosome Maintenance Complex Component 5) in urine, could reduce the need for more invasive and sometimes painful procedures like biopsies in women suspected of having the disease.

The study is focussing on women with post-menopausal bleeding, one of the most common symptoms of womb cancer. Around 9,400 women are diagnosed with endometrial cancer, also known as uterine or womb cancer, in the UK each year. This makes it the fourth most common cancer in women in the UK – and the incidence and prevalence continues to rise each year.





# CELEBRATING SUCCESS

## Prestigious Award for Mental Health Services

Two mental health wards at Forth Valley Royal Hospital were awarded accreditation status by the Royal College of Psychiatrists (RCP) for their commitment to high quality care.

Currently, only two other mental health facilities in Scotland have managed to gain accreditation status and since the onset of the Covid-19 pandemic, there has been an increase in the number of people experiencing severe mental illness, such as psychosis, who have required to be admitted to hospital for inpatient care and treatment.

To achieve this prestigious recognition, staff in Wards 2 and 3 in the Mental Health Unit had to meet around 300 standards to demonstrate their commitment to the delivery of high-quality care and treatment. The rigorous and demanding process to evidence the standards were being achieved and maintained took more than two years to complete.



## Prestigious Queen's Nurse Award

Two nurses from NHS Forth Valley have been awarded the prestigious title Queen's Nurse.

Colette Fotheringham, team leader of the Children's Community Nursing Team and Laura McCann, Community Learning Disability Charge Nurse, were both selected to take part in a 9 month development programme run by The Queen's Nursing Institute Scotland.

Colette's nomination described her as a transformational leader for raising the profile of staff and championing a culture change within the service. Her colleagues said she had gone above and beyond by integrating the paediatric day care and community children's nursing services, to help children to stay at home and receive exceptional care in the community.

Laura McCann was recognised for her ongoing advocacy within local learning disability services and her drive to develop the staff and students she supports daily. She described her award as one of the amazing experiences of her career so far.





## Forth Valley Team Scoops National Health Award

The work of a local team in NHS Forth Valley was recognised at a prestigious national awards ceremony.

Staff from the Trauma Informed Cervical Screening Team Project team and Behavioural Psychotherapy Service Trauma Clinic were awarded the Care for Mental Award for their work to support women who have experienced rape or sexual assault to undergo cervical screening. Research has shown that less than 50% of women who have experienced sexual trauma attend for cervical screening compared to the national uptake.



Staff from both services worked together to develop a specialist cervical screening clinic within The Meadows in Larbert, a dedicated service for adults and children who have experienced sexual assault, rape or gender-based violence.

## Improving Sexual Assault Support Services

Hazel Somerville, NHS Forth Valley's Gender-Based Violence & Sexual Assault Service Lead, was among the first group of nurses in Scotland to train in advanced forensic practice.

She graduated at Queen Margaret University with eleven colleagues who are now working together to develop and improve services across Scotland on behalf of the Sexual Assault Response Coordination Service Policy Unit, the Crown Office and the Lord Advocate.

Hazel also continues to be supported by the east regional forensic physicians, as she was throughout her training.





## NHS Forth Valley team win UK Race for Recipients

NHS Forth Valley's Race for Recipients team was the 2022 winning team after it was the first team in the UK to smash the 7000km target to become the overall winner in the NHS Board/Trust level 3 or 4 category. The national race, which coincided with Organ Donation Week, challenges hospitals, NHS Boards and Trusts across the UK to travel 7,000km by walking, cycling, running or swimming in recognition of the 7,000 people currently waiting for a life-saving transplant in the UK.



## Cancer Service Celebrates 10th Anniversary

A specialist service which has given support to over 4,000 cancer patients and their families in Forth Valley celebrated its 10th anniversary in November 2022. Originally set up as a pilot project with funding from Macmillan Cancer Support, the Macmillan One to One service proved so successful it has now become a permanent service fully funded by NHS Forth Valley.

The community-based team receive referrals from oncology teams as well as many other local health and social care services and the voluntary sector. They provide valuable psychological, practical and social support to people affected by cancer to help improve their quality of life and focus on any individual concerns and issues.



## Top Prize for Dietician

Nicola Henderson, NHS Forth Valley Dietitian and eHealth Lead, graduated with a distinction and received the Imperial College London's Faculty of Medicine Dean's prize for her Digital Health Leadership MSc after finishing top of her class.

Nicola, said she was delighted and honoured to receive the prize and graduate in the stunning surroundings of the Royal Albert Hall in London.

She is also looking forward to putting her learning into action to improve the delivery of services across NHS Forth Valley.





## Royal Award for Vicky

Local nurse and Olympic gold medal winner, Vicky Drummond (formerly Wright), received an MBE for services to curling from the Princess Royal at an investiture ceremony in the Palace of Holyroodhouse in January 2023.

Vicky, who married fellow curler, Greg Drummond, was joined by team members and British curling team's head coach David Murdoch, who also received their awards following the team's gold medal at the Beijing Winter Olympics.

Vicky stepped back from elite level curling in May 2022 to concentrate on her career. She previously worked in Ward B11 at Forth Valley Royal Hospital before moving to ITU.

As well as getting married and receiving an MBE, Vicky also received an Honorary degree from Glasgow Caledonian University for her outstanding contribution to public wellbeing through her work at the front line of nursing and her success in the Olympic Games.



## Recognition for Pharmacy Technician

Steffani Beaton, Senior Pharmacy Technician, won the Katherine Miles Outstanding Contribution to Pharmacy Award at the Association of Pharmacy Technicians UK (APTUK) 70th anniversary conference in Birmingham on 10th April 2022.

Stephanie and her pharmacy colleagues played a vital role in the successful introduction and roll out of the Covid-19 vaccination programme across Forth Valley.



## Enhancing the Environment

NHS Forth Valley works closely with Forestry and Land Scotland to manage, enhance and increase access to the woodland around Forth Valley Royal Hospital. This provides a great resource for local patients, staff, visitors as well as giving the wider community access to beautiful greenspace which has a very positive effect on mental health and wellbeing. This work was recognised with a Landscape Institute Building with Nature National Award for protecting and enhancing existing natural features can be achieved through collaborative working.

An Acer Crimson King was also planted in the grounds of Forth Valley Royal Hospital by the Lord Lieutenant of Stirling and Falkirk, Alan Simpson, as part of The Queens Green Canopy project which has seen more than a million trees take root across the UK.





## Presidential Award for Public Health Nutrition

The Public Health Nutrition Team received the Royal Environmental Health Institute of Scotland (REHIS) President's Award for their work and training they deliver across the three prisons in Forth Valley.

Wendy Handley, Community Food Development Worker, has been delivering training and support to people in prison, Scottish Prison service staff and volunteers for more than 12 years. This work is invaluable in teaching basic nutrition as well as food hygiene, cooking and budgeting skills. It also helps prisoners achieve nationally recognised qualifications that increases their employability and helps them to get work within the food sector after they are released.



## Academy Accolade for Neurologist

A Consultant Neurologist at Forth Valley Royal Hospital has been recognised for his outstanding contribution to biomedical and health science.

Prof Malcolm MacLeod, who is also Professor of Neurology and Translational Neuroscience at the University of Edinburgh, was elected a Fellow of the Academy of Medical Sciences. This prestigious academy recognises individuals for their remarkable contributions to biomedical and health science and their ability to generate new knowledge and improve the health of people everywhere.



## Praise for Learning Disability & Mental Health Nurses

Norah Quinn, Interim Lead Nurse for Learning Disability Services, was selected from hundreds of entries as a finalist in the Learning Disability Nursing category of the RCN Nursing Awards 2022 for her efforts to improve the health of people with learning disabilities.

This included work to improve access to annual health checks at local GP Practices, develop a new advanced nurse practitioner post for learning disabilities and improve training across local health and social care services.

Two local mental health nurses, who developed an initiative to support colleagues during the pandemic, were also shortlisted in the Mental Health Nursing category of the RCN Nursing Awards 2022.

Aimee Kidd and Linda Crothers, wellbeing leads for the behavioural psychotherapy team at NHS Forth Valley, decided to make the changes when they returned from redeployment and wanted to do something proactive to improve the health and wellbeing of their colleagues.



# PERFORMANCE

**64%**

**of patients seen within  
18 weeks from GP  
referral to outpatient  
appointment and / or  
treatment**

(Scotland 67.1%)

March 2023

**80.5%**

**patients waited less  
than six weeks for one  
or more of the eight  
key diagnostic tests**

(Scotland 52.1%)

March 2023

**71%**

**of patients started  
treatment within 18  
weeks of being referred  
for psychological  
therapy**

(Scotland 81%)

December 2022

**73%**

**of patients waited less than  
62 days from urgent  
suspicion of cancer referral  
to first cancer treatment**

(Target 95%)

January - March 2023

**99.3%**

**of patients waited less than  
31 days from decision to treat  
to first cancer treatment.**

(Target 95%)

January - March 2023

**92%**

**Of people referred for  
drug or alcohol  
problems waited no  
longer than three  
weeks for specialist  
treatment**

(Scotland 92%)

March 2023

**93.3%**

**Of children received  
the rotavirus vaccine by  
the age of 12 months**

(Scotland 92.6%)

**92.6%**

**Of children had their  
4-in-1 booster\* by  
age 6 years**

\*provides protection against diphtheria,  
tetanus, pertussis and polio

(Scotland 92.5%)





[www.nhsforthvalley.com](http://www.nhsforthvalley.com)