

# **PUBLIC HEALTH** **UPDATE**

## **ISSUE NO 114 – JANUARY 2019**

Welcome to the 114<sup>th</sup> edition update.  
If you would like to contribute  
to future editions, please contact:  
[felinaemslie@nhs.net](mailto:felinaemslie@nhs.net)

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Material for the next PH Newsletter should be submitted no later than Tuesday, 26<sup>th</sup> March 2019 to

[felinaemslie@nhs.net](mailto:felinaemslie@nhs.net)

### **MESSAGE FROM THE DPH**

I hope you all had a lovely restful break over the festive period – January 2019 has got off to a fast start. It was great to see so many of you



at the coffee morning prior to Christmas and the group videos made on the back of the Public Health Networking Event were excellent! If you haven't seen the videos yet, you will all have received a link to them via a password-protected page on HI-Net so do check them out.

I seem to be spending a lot of time traveling just now. On the positive side, I am becoming good at packing (even if I do say so myself) but, on the downside, I don't bump into folk to hear about the great work going on. I was delighted to be invited to the Health Improvement Team updates once a month where people share things they are proud of. It is great way for me to keep up to date, but also to nudge the system to unblock things if needs be. If you have something similar in your team, I would love to come.

I have found it hard to keep up with all the discussions on Public Health Reform. However, 2019 is a key year when Public Health Scotland will come into being. The Specialist Public Health Workforce Commission is looking at options for deployment of the Specialist Public Health Workforce – which is all of you and I. There are a number of potential options being worked up in the first half of this month to be discussed with us all, so please ensure you participate in this consultation as your views are very important – more information on this is on page 2.

**Susan Webb**

**Director of Public Health**

## PUBLIC HEALTH REFORM

As the process of Public Health Reform continues, we now have an opportunity to voice our collective views on the proposed options for the specialist public health workforce.

The specialist workforce commission definition of specialist is 'All staff engaged in public health activities that identify public health as being the primary part of their role', as such, every one of our voices in this process is pivotal.

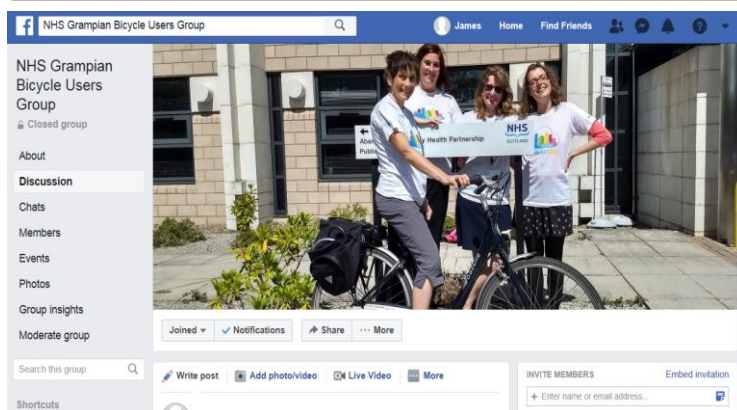
An email invitation has already been circulated to staff for a consultation event, where the options for our future workforce will be outlined and explored. Our Director of Public Health, Susan Webb, hopes that you will join us in sharing our thoughts and preferences so we return to our national colleagues a considered response to the options we are being presented with.

This event will take place on 13th March at Pittodrie Stadium, Aberdeen, 09.30-13.00. Registration forms should be returned to [nhsq.businesssupport@nhs.net](mailto:nhsq.businesssupport@nhs.net).

Please remember that the Public Health Reform Programme website contains information on the programme in general, as well as each of the commissions:

<https://publichealthreform.scot>

## NHS GRAMPYAN'S BUG (BICYCLE USER GROUP)



A great way to promote cycling and develop a pro-cycling culture within an organisation is to have an active bicycle user group (or BUG). For this reason a BUG was launched for NHS Grampian staff in October 2018 using Facebook. A BUG is also one of the criteria for obtaining the 'Cycle Friendly Employer' award from Cycling Scotland.

A BUG allows members to communicate, ask questions, promote events and relevant media stories. It's early days but so far the group has been a success, with 100 members signing up and at least half dozen members posting.

Please promote the group when you can, either by using the link below:

<https://www.facebook.com/groups/175705593340486/>

Or by stating that the group can be found by searching 'NHS Grampian Bicycle Users Group' under 'groups' on Facebook. Also please join yourself if relevant and post

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## SILVER FOR THE CORPORATE SECTOR – HEALTHY WORKING LIVES!

Congratulations to NHS Grampian Corporate Sector for achieving the Healthy Working Lives (HWL) Silver Award in December 2018 by successfully evidencing policies, procedures and practices which allow staff to become engaged in protecting and improving their health, safety and wellbeing in the workplace. They were commended by the external assessor for embracing the challenge of completing this with a large number of employees, who are employed to do a number of roles working across different sites. In addition, NHS Grampian Corporate Services delivered a number of successful interventions which included the distribution of thermometers for offices where employees felt the temperature control was inefficient; the promotion of walking medal routes; the cycle to work scheme and installing bike racks with a bike maintenance workshop onsite.



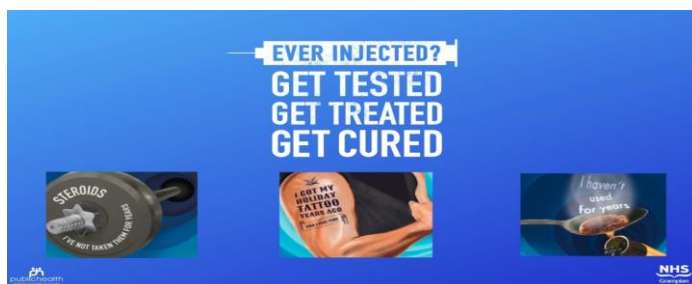
Opportunities are now also in place to encourage employees to access healthy food options, including fruit baskets with fruit purchased from a local charity, as well as encouraging healthy breakfast choice. Therapies' sessions were also noted as one of the interventions delivered to increase positive mental health in the workplace. The Corporate Sector looks forward to continuing their efforts and is now working towards the Healthy Working Lives Gold Award.

**Grace Adeshina** (left), incoming Chair of the Healthy Working Lives Corporate Working Group with **Diane Drysdale** (right), outgoing Chair of the Healthy Working Lives Corporate Working Group, receiving the award in December.

## TOGETHER LET'S ELIMINATE HEPATITIS C INFECTION

Since the introduction of a new generation of anti-viral therapies for the treatment of hepatitis C, patients have benefited from short treatment courses with minimal side effects, which cure the virus in over 95% of patients treated. There has been a reduction in hepatitis C related liver failure, cancers and deaths since these new treatments were launched. With these successful treatments and the demonstrable reduction in hepatitis C related disease, the goal should now be to eliminate the hepatitis C virus within the NHS Grampian population.

Close working with the substance misuse service has increased patient access to blood borne virus testing and treatment. The liver specialist nursing team have been contacting patients who have previously not felt ready to undertake treatment or who were deterred by the side effects of older therapies. This project encouraged 30% of hepatitis C patients known to the service, who had previously declined treatment, to undertake therapy. The Sexual Health and Blood Borne Virus Managed Care Network (MCN) are working on an elimination strategy. They are launching a public awareness campaign to encourage individuals to 'get tested, get treated, get cured', particularly those who have injected in the past; one of the biggest risk factors for having undiagnosed hepatitis C.



### **Penny Gillies**

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## NHS GRAMPIAN ACUTE SECTOR'S HEALTHY WORKING LIVES (HWL) SILVER AWARD

Congratulations to the Acute Sector for achieving the Healthy Working Lives (HWL) Silver Award in September. The HWL programme is part of Public Health Scotland and works in partnership with local boards to encourage, reward and recognise employers who promote a healthier workforce. The award is supported by local Public Health advisors and is delivered by an acute sector working group. To achieve the silver award, they have built on work completed to attain the Bronze Award in 2016. The group evidenced policies, procedures and practices, which allow everyone to become engaged in protecting and improving their health, safety and wellbeing in their workplace. They have been commended by the external assessor for the ongoing work in creating outside space and roof gardens for employees and others to use at the hospital site. In addition, the acute sector has a whole range of ongoing events to support staff wellbeing and offer opportunities for staff to engage in healthy choices. Examples include help for staff to increase physical activity, including an informal jogging club, onsite gym facility, and promotion of medal routes, cycle to work schemes roadshows, bike racks and a bike maintenance workshop onsite.

More information on the HWL programme can be found at: [www.healthyworkinglives.scot](http://www.healthyworkinglives.scot).



## FACULTY OF PUBLIC HEALTH CONFERENCE – DOUBLE CELEBRATIONS FOR MORAY

This year the Faculty of Public Health conference 'Right to Health' provided the opportunity to showcase examples of public health activity, which illustrate how together we can improve everybody's right to enjoy the best attainable health for all.

'Baby Steps' secured best poster in category 1 for 'visual impact, clarity of content and contribution to public health'. 'Baby Steps' is a multi-agency, Midwife-led, eight week programme for women with a body mass index of 30 or above; actively supporting women to take small steps to improve their health and wellbeing. 100% of women reported an increase in knowledge of the associated risks and how to take steps to improve their health and wellbeing.

'Fit Life' access to Leisure for care experienced young people, best poster in category 2, for 'recognition of successfully involving several organisations in driving forward health improvement.'

To ensure the young people had access to the types of leisure activities they would enjoy, they were involved, engaged, listened to and supported throughout by the Who Cares? Scotland Development Worker, the participation assistant, Moray Leisure Manager and Moray corporate parents.

Both programmes were a result of great partnerships and team efforts.



Pictured with the winning posters are Dr Catherine Calderwood, Scotland's Chief Medical Officer, Kirsteen Carmichael, Midwife, and Laura Sutherland, Acting Health & Wellbeing Lead.

## NATIONAL DENTAL INSPECTION PROGRAMME (NDIP)

The 2018 National Dental Inspection Programme (NDIP) report, published in October, shows that the oral health of Primary 1 children in Grampian is much better than observed in the last inspection in 2016.

There has been a considerable improvement in the proportion of children with no obvious decay experience, from 70% to 76%, and the number of teeth affected by decay experience (dmft) has also dropped from 1.09 to 0.89. These improvements are reflected across the Aberdeen City, Aberdeenshire and Moray Health and Social Care Partnership areas as well.

These local improvements are testament to the hard work and dedication of dental and oral health teams across Grampian. However, oral health inequalities still persist and reducing these inequalities remains one of the key priorities for NHS Grampian's Childsmile programme.

## DIRECTOR OF PUBLIC HEALTH (DPH) ANNUAL REPORT



The 2017/18 Director of Public Health (DPH) Annual Report focuses attention on the health and social care needs of people in contact with the criminal justice system. This report has drawn on both lived experience, professional testimony and published evidence base and data.

People in contact with the criminal justice system experience significant health inequalities with higher rates of premature mortality. It is noteworthy that prison and other custodial settings confer a relative protective effect on individuals. The majority of this population live in our communities; the challenge for community based services to recognise and respond is mounting.

The multiple and complex needs of the individual, in addition to service-based factors, restrict the opportunities for early detection, treatment and self-management of conditions. Furthermore, as the health needs of this population group are unmet, they are more likely to use relatively expensive urgent care services.

This report aims to build a shared understanding of the health and social care needs of people in contact with the criminal justice system in the north east of Scotland, informing actions and improvements across the system. A copy of the report, along with an accompanying animated video, are available at [www.hi-netgrampian.org](http://www.hi-netgrampian.org).

## ANNUAL VOLUNTEER TRANSPORT AWARDS 2018



AWARD WINNERS: JULIE MUIR, ALAN SHAW AND WINNIE COWIE

Transport volunteers across the North-east have been recognised for their outstanding service, commitment and contribution at the Grampian Volunteer Transport Awards.

The awards, which were first established in 2014, highlight the vital support that community transport provides to those who are elderly, isolated or perhaps have mobility or health issues, who may otherwise face difficulty travelling to key services.

The ceremony, which took place today (Friday, 9 November) at the Town House in Aberdeen, saw winners recognised under the categories 'Volunteer Driver of the Year', 'Volunteer Escort of the Year' and 'Organisation of the Year'.

Many vulnerable people across the region rely on volunteer transport services; whether it's to attend health or social care appointments or even to allow them to do a grocery shop or go to social activities. The awards were created to help thank and showcase the fantastic efforts of the volunteers who offer their free time back to their communities.

Volunteer Driver of the Year was awarded to Alan Shaw of the Speyside Community Car Share Scheme. Alan, of Rothes, has been a volunteer driver for 10 years. Those who he supports praise his great company and attentiveness and say they would be totally isolated and lost without Alan and the other drivers in the scheme.

Winnie Cowie from New Deer was recognised as Volunteer Escort of the Year for her work with Dial-a-Community-Bus. As a volunteer passenger assistant for over 10 years, Winnie's friendly manner and positive outlook make her popular with those she supports through the shopping service provided by the community bus.

The Organisation of the Year award went to CLAN Cancer Support Elgin, who, amongst other services, provide transport for patients and carers to life saving treatments in Elgin, Aberdeen and Inverness. Local Services Coordinator Julie Muir and her team of six drivers have supported dozens of people diagnosed with cancer, with the drivers recognised for giving up their time as well as their ability to listen and offer kind words of support and advice.

Each winner was awarded a £200 prize donated by sponsors First Aberdeen and Stagecoach North Scotland.

The awards are supported by a variety of Health & Transport Action Plan (HTAP) partner organisations across public, third and commercial sectors in Grampian.

Andrew Stewart, HTAP Programme Manager said, “These drivers and organisations make a huge impact on people’s lives; they can be a lifeline by allowing them to overcome travel barriers and access key services and amenities in their community. Much more than just transport, these volunteers provide not only their time but also support and friendship, helping to alleviate anxiety.

“Our judges this year were overwhelmed reading the stories of so many volunteers. They felt all the nominations were highly deserving of recognition and reflected an amazing contribution to our communities. I know that all the HTAP partners who support the awards are honoured to be celebrating this important sector.”

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NHS Grampian's Public Health Directorate have launched a new campaign on 5<sup>th</sup> November 2018 aimed at raising awareness of Mouth Cancer and the importance of checking your mouth regularly. The campaign will promote the Let's Talk about Mouth Cancer website and resources as well as promote a 2 minute video showing how to check your own mouth.

The campaign launched in November during Mouth Cancer Action Month with a social media campaign and also resources sent to health professionals and those working with groups who may be at increased risk. The campaign will be promoted throughout the next 12 months in a series of social media adverts, local events and also training for relevant staff and partners.

The launch took place at the Bon Accord Centre where dental students spoke to the public and showed them how to check their own mouths. The charity patron Scott Hastings (ex-international rugby player) also provided a video to help launch the campaign.

### **MOUTH Cancer Facts**

- Mouth cancer can develop in any part of the mouth including the tongue, gums, tonsils, lining of the mouth, lips and upper part of the throat.
- The early signs of mouth cancer can often be seen.
- When mouth cancer is found early there is a better chance of surviving it.

### **WHY Check My Mouth?**

- Mouth cancer is on the rise, especially in younger adults.
- Smoking can increase the risk, however, non-smokers can be affected too
- Most mouth cancers are preventable.

### **WHAT Affects My Risk?**

- Causes include:
  - Smoking
  - Excessive alcohol consumption
  - Heavy drinkers and smokers are **35 times more** at risk
  - Poor diet
  - Poor oral hygiene
  - Human papilloma virus

## WHAT Should I Look Out For?

- Red or white patches
- Lumps in your mouth that grow
- Ulcers in your mouth that do not heal after two weeks
- Persistent soreness in your mouth
- Look out for these changes, and see your dentist or doctor if they persist longer than two weeks

## MAKE IT A HABIT, CHECK YOUR MOUTH!

### #MouthCheck

**If you have any concerns, go to your dentist or doctor to see if you need specialist advice.**

If you would like any further information about the campaign contact Karen Tosh, Public Health Practitioner (Advanced), e-mail [k.tosh@nhs.net](mailto:k.tosh@nhs.net).

**Please note, leaflets and posters can be ordered free of charge from NHS Grampian's Health Information Resources Service by telephoning 01224 558504 or online by visiting <http://www.nhsghpcat.org/HPAC/Index.jsp>.**



NHS Grampian staff and dental students who were advising the public on how to carry out a mouth check



Rebecca Turner, NHS Grampian, Dental Student showing a member of the public how to carry out a mouth check



Left to right Dr Jonathan Iloya, Consultant in Dental Health for NHS Grampian, Professor Victor Lopes, Rebecca Turner, NHS Grampian, Dental Student and Professor Victor Lopes, Trustee & Policy Advisor for the Let's Talk about Mouth Cancer Charity



Aberdeen City  
Health & Social Care  
Partnership  
*A caring partnership*



## Vaccination Transformation Programme Newsletter

**“The 2 public health interventions that have had the greatest impact on the world’s health are clean water and vaccines”**

### What is the Vaccination Transformation Programme (VTP)?

Proposals for a new GP contract were agreed in January 2018. The contract sets out a new direction for GPs and aims to reduce their workload through the expansion of the primary care multidisciplinary team.

The Scottish Government and the Scottish GP Committee (SGPC) agreed vaccinations would move from GP delivery to dedicated teams within NHS Boards.

The Vaccination Transformation Programme (VTP) is one strand of the six priority areas included in Health and Social Care Partnership, Primary Care Improvement Plans.

VTP began in April 2018 and the redesign of vaccination service delivery will be complete by March 2021.

### Vision for the Future

By March 2021 vaccinations will have moved away from GP delivery.

New models of delivery will be based on local decision-making and leadership.

Any transformation is achieved without any adverse impact on safety or sustainability.

New models of delivery will have the necessary systems and infrastructure.

Grampian will have teams of immunisation staff who deliver researched based practice and promote vaccine uptake.

Grampian will improve vaccine uptake to meet / exceed National targets.

### Why do we do it?

Immunisation is a way of protecting against serious diseases. Once we have been immunised, our bodies are better able to fight. Immunisation is one of the biggest health successes of the last century. Some diseases that are caused by viruses can't be cured with antibiotics. The only way to control them is by

these diseases if we come into contact with them.

immunisation. The development of effective vaccines has led to a huge decrease in childhood deaths

## Meet the Team



Pictured from left to right:  
Helen Sleeth (Improvement and Development Manager); Katrina Morrison (Vaccination Programme Manager); Diana Webster (Consultant in Public Health); Jade Williamson (Secretary/Administrator)

## STAFF CHANGES

### Congratulations to:

- **Claire Blomfield**, Senior Analyst, Adult Mental Health – Health Intelligence Team. Claire is based in the Royal Cornhill Hospital and be contacted on Ext No 58492 or on email: [claire.blomfield@nhs.net](mailto:claire.blomfield@nhs.net)
- **Emma Darling**, Public Health Practitioner – Advanced, Public Health - Health Improvement Team. Emma's main area of work is supporting the implementation of new Framework for Prevention, Detection and Early Intervention of Type Two Diabetes. Emma is based in G78/80 and can be contacted on email: [emma.darling1@nhs.net](mailto:emma.darling1@nhs.net) or on Ext 58646.
- **Siobhan Leen** and **Susan Johnston** have accepted the positions of Area Public Health Co-ordinator in Moray. Siobhan will continue within her role and Susan commenced in her new role on 4<sup>th</sup> February 2019.

### Appointment of Deputy Director of Public Health and Divisional General Manager for Public Health

- **Chris Littlejohn** has been appointed as Deputy Director of Public Health, and Jillian Evans has been appointed as Divisional General Manager for Public Health. Chris is based in Room F138, Summerfield House and can be contacted on email: [chris.littlejohn@nhs.net](mailto:chris.littlejohn@nhs.net) or on Ext 58640. Jillian is based in Room F170 and can be contacted on email: [jillian.evans@nhs.net](mailto:jillian.evans@nhs.net) or on Ext 58560.