Well done Christine!

Christine Owen, Head Occupational Therapist for children’s services in West Lothian, was shortlisted for the 2013 Advance Healthcare National award for her work on the successful management of Developmental Coordination Disorder (DCD). This condition could affect up to 6 per cent of UK children and Allied Health Professional (AHP) involvement is a vital factor in its successful management.

The ACHIEVE Alliance, an academic/practice partnership established with Queen Margaret University, working with NHS Lothian, specifically West Lothian CHCP, developed a new DCD care pathway – integrating evidence based approaches and providing a model for services in other board regions. The project report and resources are available on Healthcare Improvement Scotland’s toolkit for integrated care pathways (ICPs) www.icptoolkit.org.

This project also demonstrates that not only children with DCD benefit. Wide ranging changes have been made to service provision for all children with additional support needs, with tools and resources developed being used across the children AHP and education services within the demonstration site. The ACHIEVE Alliance has demonstrated that evidence-based practice can be practically integrated into service delivery whilst meeting quality targets and reducing costs and it is hoped that this approach will be translated across services nationally.

The project was shortlisted from over 100 applicants for the 2013 advancing Healthcare Awards, finishing as a runner up in its category, Improving quality: measuring and demonstrating impact.

New team in town

REACT is a new service in West Lothian for over 75s. It offers an alternative to hospital admission as well as supporting early discharges from hospital and provides rapid assessment of adults in their own homes.

Following a GP referral, the REACT team can provide hospital level support and therapy interventions within a patient’s own home. This normally lasts for a short period of time and offers patients and families an alternative to being admitted to hospital. REACT will treat any medical conditions which can be managed at home, and provide the care and intervention required to support people to remain at home.

The team work alongside other services such as reablement, and includes:
- consultant doctor
- advanced assessment nurse
- occupational therapists
- physiotherapists
- speech and language therapist
- pharmacist.

Following referral a REACT team member will arrange to see the person in their home, the same day the referral has been made, to undertake an initial assessment.

Along with a general examination this may also involve appropriate tests such as an Electro Cardio Graph or blood tests and, if appropriate, an assessment of functional needs.

The REACT team, in collaboration with the person, will then decide the best intervention, agree a treatment plan and/or therapy goals.

The other part of REACT is supporting patients home from hospital so ward based referrals are accepted to expedite hospital discharges that require a higher level of therapy input.

For more information contact Pat Donald on 01506 281009 or email patricia.donald@nhslothian.scot.nhs.uk

Congratulations to CHCP (Social Policy) Learning & Development Team for winning a Gold Award in COSLA’s annual Excellence awards for their outstanding work.
For more information about the CHCP go to www.westlothianchcp.org.uk

Who? Rob Waller

Welcome to my day!

In West Lothian General Adult Psychiatrists look after both in-patients and out-patients across the full range of mental illness, so every day is different. We are also involved in teaching and management.

My day starts with a short drive to the hospital. This can be a good time to keep up to date with the latest developments in psychiatry by listening to podcasts. On arriving at St John’s Hospital, I usually go to the ward where I have in-patients [Ward 17] to see any new admissions. This time, a man has been picked up by the police while psychotic and brought to St John’s for treatment in a safe place.

Several mornings a week, I have an out-patient clinic. These appointments can be for seeing new referrals from GPs, such as a lady with worsening memory. I also see some people I have been seeing for many years, such as a man with stable schizophrenia. I also fit in emergencies, such as a lady with a combination of problems: debt, a difficult marriage, over-use of alcohol and suicidal ideas. Helping someone like this requires a team of people, not just a psychiatrist. All kinds of people struggle with mental health problems and I am often struck by their bravery and determination.

The Mental Health Team at St John’s works well together and one reason for this is that we all try and manage a short lunch in the canteen. St John’s has a great hospital canteen – with lots of healthy options, but also plenty of cake that is all too tempting!

The afternoons get booked up with meetings about complex patients, or management and teaching commitments. This afternoon starts with a group meeting about a young lad with autism and psychosis, answering questions about education, driving, medication, home support, respite care and a recent brush with the police.

Part of my role as a psychiatrist is to give specialist advice on medication and diagnosis. In some cases, for example if a person is detained under the Mental Health Act, there are legal roles too.

Later in the afternoon I teach a group of medical students about how to help someone who has taken an overdose. We use an on-line interactive scenario where another medical student has taken some tablets after a relationship ended, which makes it more real for them. Most of these students will not go on to become psychiatrists, but they are all keen to learn.

Throughout the day I also answer about 50 emails, read my post and take a number of phone calls from people asking for advice. I have a blackberry and laptop, which allows me to do some of this away from the hospital if needed, though I do try to keep work at work.

At the end of the day I drive back home – though by this time the radio is tuned to something a bit more relaxing. One night in ten I am on-call from home for the evening and overnight. This mainly involves phone calls to supervise the on-call junior psychiatrist who is always available at the hospital.

Suicide prevention week

During the week of 9 – 13 September the CHCP, in partnership with a range of organisations, community groups and individuals throughout West Lothian, will host events to help target those at risk. The theme of Suicide Prevention Week will be ‘Stigma: a major barrier for suicide prevention’. On Sunday 8 September a ‘Touched by Suicide’ service will be held at 3pm (venue to be confirmed).

The Health Improvement Team provides mental wellbeing and Choose Life training all year round. Please contact the team on hit@westlothian.gov.uk or phone 01506 775626 for more information about this and activities during Suicide Prevention Week.

Mother and baby unit excels

Livingston Mother and Baby Unit (MBU), based at St John’s Hospital, has been accredited as excellent by the Perinatal Quality Network – only the second MBU in the UK to achieve this.

The unit provides a safe, welcoming and healing environment for women experiencing serious mental illness during pregnancy or after childbirth.
Reshaping care for older people

The Reshaping Care for Older People (RCOP) programme is a Scottish Government funded initiative that aims to improve services for older people. The programme aims to shift care to anticipating what people will need in the future and putting preventative measures in place.

This Change Fund enables health and social care partners to implement local plans to make better use of their combined resources for older people’s services. In West Lothian a local partnership involving the CHCP, together with voluntary and independent sectors, has developed a range of projects to provide services in a much more integrated way.

Scotland’s older population is projected to increase by around two thirds in the next 20 years. Unplanned admissions to hospitals and care homes account for nearly one third of the combined resources that we currently spend on health and social care for older people. Two of the projects developed in West Lothian to address the challenges of an increasing older population and related funding pressures include the Rapid Elderly Assessment Care Team (REACT)(see front page) and Home from Hospital.

Can Can

Following two hugely successful events the third ‘CAN’ Olympics event was held at Broxburn Sports centre recently. The aim of West Lothian Care Activity Network (CAN) is to increase levels of physical activity within care settings (care homes, day care, sheltered housing, and care at home).

The Care Activity Network (CAN) event was supported by the CHCP, Xcite, West Lothian’s Ageing Well project, the Red Cross and Supajam. Kirkhill Primary School Choir also sang three action packed songs. Ten teams competed in a variety of activities including hook a duck, skittles and new age kurling.

West Lothian pledge to looked after children

In May five young people from West Lothian attended the Who Cares? Scotland, ‘It’s Time to Listen’ conference in Edinburgh.

Local authorities were asked to back the Who Cares? Scotland campaign to stamp out stigma faced by our Looked After Children.

Liam Wilson, Stephanie Anderson, Siobhann McCulloch, Cole Stewart and Caitlynn Emery signed a pledge on behalf of West Lothian Council.

The pledge reiterates the council’s commitment to listening to and working with West Lothian’s Looked After Children. We believe that, together, we can make a difference.

HOME FROM HOSPITAL

In March an important new service was launched in West Lothian by the British Red Cross which enables people who need short-term support after an illness to return to their own homes sooner and help prevent unnecessary re-admissions to hospital.

The service is designed to help newly discharged patients with everyday tasks which they might not be able to do themselves, such as shopping or light housework, and to carry out welfare visits. If, after six weeks, help is still needed the Red Cross will signpost service users to other relevant agencies. People living in West Lothian can be referred to the Red Cross service by any health professional or they can contact the service co-ordinators directly by telephoning the Red Cross office in Bathgate on 01506 654652.

For more information about the CHCP go to www.westlothianchcp.org.uk
On 10 June 2013, PIP replaced Disability Living Allowance (DLA) for all new claims by people who are aged 16 to 64. When people claim PIP they will be assessed by the Department for Work and Pensions (DWP) on their ability to carry out daily living tasks and their ability to get around. This is to allow the DWP to work out whether or not they will be entitled to get a Personal Independence Payment. There is no guarantee that people who are receiving DLA will be eligible for the PIP.

October 2013: Anyone reporting a change of circumstances or reaching the end of their award will be reassessed for PIP. If you are invited to apply for PIP it is essential that you do so.

2015 onwards: Everyone else getting adult DLA will be invited to claim PIP. This change will not affect anyone on DLA who turned 65 prior to 8 April 2013.

Making a claim: To claim PIP, the claimant (or someone supporting them) should call the DWP on 080091 72222 or textphone 080091 77777. They will need to have personal details and their national insurance number.

Over 30,000 people visited the CHCP website between April 2012 and March 2013