An innovative sensory garden for patients at Queen Margaret Hospital has been officially opened.

The ‘Forget-Me-Not’ garden, developed in consultation with ward staff and patients’ families, provides a safe and stimulating environment for patients within Wards 3 & 4 (Older People’s Mental Health).

Designed to follow dementia guidelines best practice, the garden has been created within an internal courtyard and provides a private space that can be used both for patient relaxation and family visits, as well as for a range of activities to promote patient wellbeing.

Building work and extensive planting has taken place and accessibility improved. The garden now incorporates numerous flowerbeds and planters, a range of garden furniture, solar lighting, an outdoor music system and an astroturf area.

Windows surrounding the garden have been fitted with one-way privacy screens printed with images of Fife. The screens allow patients to look out of the garden windows onto a range of well-known landmarks including the Forth Road Bridge and Dunfermline Abbey, evoking happy memories, whilst at the same time allowing staff to maintain patient privacy and security.

The creation of the garden has been a collaborative effort between NHS Fife and the local community. Staff, patients’ families, local groups and businesses have all been involved in supporting the development, with funding provided through the NHS Fife Endowment Fund, a wide range of fund-raising activities and donations from individuals and businesses.

To mark the official opening, a celebratory tea was held with patients, families, staff and project supporters.
Work is progressing well on construction of the new Carnegie Unit, which will see the creation of a new dedicated space for community and primary care services.

The development of the Carnegie Unit is a key element of the Queen Margaret Development Project, and brings together a range of services from Carnegie and Abbeyview Clinics including Speech and Language Therapy, Child and Adolescent Mental Health, the Centre for the Vulnerable Child, Podiatry, Diabetes, Dietetics and Psychology. Bringing these services closer together within a dedicated unit will enable patients to have better access to a wider range of services, whilst providing a more modern and improved healthcare environment for patients and staff alike.

Located on the second floor of the hospital, the unit will also incorporate patient waiting areas, service support facilities such as a children’s art and play room, meeting rooms and staff areas. Work on the unit is expected to be completed in August 2016, with services relocating later in the year. Every effort has been made to minimise noise and disruption to other areas during the construction of the Carnegie Unit.

A comprehensive engagement exercise was carried out with patients from Carnegie Clinic, Abbeyview Clinic and the local community to hear their views about the relocation of services. Priorities identified by patients including accessibility on the Queen Margaret site have already been acted on – with an increased number of disabled parking spaces available and the introduction of parent and child, and short stay spaces.

A number of services have already relocated from Carnegie Clinic, including Adult and Child Physiotherapy and Children and Young People’s Occupational Therapy, which all moved to a new dedicated therapies suite at Queen Margaret.

Housing these specialist services alongside existing departments on-site has allowed the professionals to work closer together and develop their services more easily for the benefit of patients.

Staff Walkabout

As the construction process nears its final phase, a number of the staff involved in the relocation have had the opportunity to see the Unit coming together and get a feel for how services can be delivered once completed.

Speaking on her experience of the new unit, Business Manager for Community Services in West Fife, Elaine Duncan said:

“Although the works are not yet complete, it was clear to me that the new unit is a bright and open space that will provide a more welcoming environment for patients visiting the various community services that will be provided.”

The first staff walkabout took place on 26 Feb 2016 with more planned for the coming weeks and months.
Doors open for the day!

Visitors of all ages attended Queen Margaret Hospital's Doors Open Day, in what proved to be a popular event. Doors Open Days allow free access to hundreds of buildings across Scotland and enable local people to explore areas that are normally closed to the public.

A wide range of information and family-friendly activities were available as well as tours of specialist areas not normally seen by the general public. The hospital’s Day Surgery, Theatres and Cataract Unit were all open, allowing members of the public to have a behind-the-scenes look at what goes on within a busy working hospital.

A selection of information stands were also available in the hospital foyer, offering advice on a variety of topics. In addition to displays by NHS Fife staff on health and wellbeing, colleagues from the Scottish Ambulance Service, Scottish Fire Service and Police Scotland were also on hand to offer specialist advice and tips on keeping yourself safe.

Thank you to all those who visited us and to all staff who took part in the event.

In Focus: Hospice Ward

The Hospice Ward at Queen Margaret Hospital specialises in caring for people with life-limiting conditions such as multiple sclerosis, motor neurone disease and chronic respiratory diseases alongside those with incurable cancers.

The unit offers assessment and management for such patients, most of whom have complex symptoms which are difficult to manage at home. The Hospice provides a more homely environment where a patients’ holistic needs can be catered for, whether those needs are physical, emotional, social or spiritual.

The Hospice team practice a patient-centred approach which is focussed on the individual needs of each patient. The team consists of Medical and Nursing staff who work in collaboration with Occupational Therapy, Physiotherapy, Counselling and Chaplaincy. The team also work alongside Community Nursing and Social Work as part of the wider Palliative Care team.

The Hospice itself has nine beds along with a bright and comfortable day room where patients can spend quality time with family and other loved ones. The team also offers advice and work in collaboration with other departments and hospitals to provide optimal support for patients requiring end of life care and their families.

Our ‘In Focus’ section takes a look at services on the Queen Margaret site, providing a further insight into activity. In this edition we look at the Hospice.
Improved access for patients requiring specialist dental care

A new dental department has opened at Queen Margaret providing specialist care to patients in West Fife.

Keeping teeth healthy is closely linked to good general health and for those unable to access routine dentistry, or who find dental care particularly stressful, the new Special Care Dental Unit provides a valuable service.

The Special Care Dental Unit incorporates a new surgery and provides increased access for patients who have complex needs, such as a disability, a severe medical issue or significant dental anxiety. In addition to supporting adults with complex needs, the Unit also has a Specialist Paediatric Dentist, providing a specialist referral service for patients up to the age of 16.

The new surgery is equipped with gas and air sedation, a built-in hoist to support patients with restricted mobility, an on-site dental x-ray machine, and a new equipment decontamination facility. Appointments at the Unit are geared towards meeting the unique needs of individual patients and allow for more time to be dedicated to providing the highest quality care.

Aside from the benefits it provides to specialist patients, these improvements allow us to offer enhanced dental care to hospital in-patients and day-hospital patients at Queen Margaret Hospital, who will also be able to take advantage of some of the improved services on-site.

This increased access, paired with the development of existing links with the hospital’s Dental Anaesthetic Unit, will reduce the need for patients to attend services at various different locations and potentially make their hospital experience that little bit easier.

New audiology service to benefit kids in West Fife

A new paediatric audiology facility has recently opened at Queen Margaret Hospital which will provide hearing assessments and rehabilitation to newborn babies, pre-school and school children.

Hearing difficulties can delay a child’s ability to develop language skills and can often make communication more difficult. By providing children with access to early assessment and diagnosis, any hearing issues can be identified at a crucial stage and ongoing support can be provided.

The new service, which was opened to the public in February 2016, removes the need for many families to travel to Kirkcaldy for regular appointments and enables children to be seen closer to home for any ongoing care or assessment.

The new facility includes a sound-proofed assessment room, which uses a two-way mirror and state-of-the-art technology to monitor children as they undertake a number of hearing assessments. The service is run by a dedicated team, led by a Chief Audiologist and supported by Senior Audiologists, who work as part of a larger Fife-wide service.

In addition to improving access to the service, the new facility ensures children will continue to be cared for in line with national quality standards for paediatric audiology services.

If you have suggestions for any areas you would like to see covered in future editions please contact: fife-uhb.QMHNewsLetter@nhs.net

To request this newsletter in an alternative format or community language contact the Equality & Human Rights team by email: fife-uhb.EqualityandDiversity@nhs.net or on 01383 565142.