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Issue 88 | 19 January 2023

Elected Members Update   
for local MPs, MSPs and Councillors

This update is part of our on-going commitment to keep elected members informed of the latest developments at NHS Fife that may be of interest to you and your constituents. We would also encourage you to regularly visit and refer your constituents for the latest news and updates from NHS Fife on our [**website**](http://www.nhsfife.org): or follow us on our social media channels.

**suggests this may be as high as one third of the adult population with 50% of those**

Launch of the High Risk Pain Medicines (HRPM) 3 year patie

**Enquiries**

To ensure accurate and timely responses from NHS Fife, all enquiries from elected members should be directed to the NHS Fife Chief Executive Office for response and co-ordination at [fife.chiefexecutive@nhs.scot](mailto:fife.chiefexecutive@nhs.scot). Members are politely asked not to approach services or individual members of staff directly for responses.

**Main updates**

**Ongoing pressure on services**

Our hospitals remain extremely busy and above pre-pandemic activity levels.

The demand for inpatient beds remains extremely high, and this, coupled with the ongoing difficulties in ensuring the timely discharge of patients to social care services, continues to restrict the flow of patients through our hospital system.

However, we are ever mindful that our colleagues in the Fife Health and Social Care Partnership are working around the clock with care homes and social care providers to ensure the appropriate and timely discharge of patients from hospitals into social care services, where at all possible.

A&E presentations, including those referred by NHS 24, also remain very high. Importantly, those who are most unwell are prioritised and assessed quickly on arrival before receiving the appropriate care.

Despite the pressures we face, we have not ceased our elective surgical programme. Our elective capacity at the Victoria Hospital has been reduced, however elective procedures at Queen Margaret Hospital have continued without any notable disruption.

It must be stressed that our staff are working incredibly hard in hugely challenging circumstances, and we are, as always, indebted to their commitment, skill, and compassion.

**Ambulances outside A&E**

Over recent weeks there have been several media outlets reporting on the number of ambulances parked outside our A&E.

As referenced above, and in common with other Health Boards, we are experiencing significant and sustained pressure on our services and the demand for frontline care is considerable.

There are several reasons why ambulances may be parked outside A&E. However, on occasion a small number of patients have remained within ambulances with trained paramedic staff before being seen. During such times, these ambulance crews remain in regular contact with our A&E staff.

**Know Who to Talk To initiative**

Know Who to Talk To is a new internal campaign for staff, which encourages colleagues across NHS Fife to speak up, speak out and, if needs be, to seek support if they feel that something is wrong.

During the most challenging time in the history of the NHS, we want our staff to feel empowered and confident to speak up if they feel that something is not right. An open organisation is a healthy organisation, and we are committed to learning from concerns and issues and, importantly, having the opportunity to address them.

**New staff wellbeing hub opens at Victoria Hospital**

The latest Staff Wellbeing Hub has opened in the former Women’s Royal Voluntary Service area at the Victoria Hospital.

Accessible 24-hours-a-day and including modern kitchen facilities and comfortable seating and eating areas,the hub is part of an overall project which will see staff wellbeing hubs opened in all 10 NHS Fife sites, supported by over £480,000 in funding from the Fife Health Charity. The funding includes a significant donation from an anonymous benefactor to support NHS Fife staff and grant funding from NHS Charities Together.

Staff Wellbeing Hubs have already opened at Randolph Wemyss Memorial Hospital, Glenrothes Hospital and Queen Margaret Hospital, with all hubs designed to provide calming environments for staff to recharge away from busy hospital wards and departments.

**Work to enhance gynaecological care to resume**

Work to enhance inpatient gynaecological care at the Victoria Hospital will resume next month.

Plans to enhance the environment were due to start in 2020, but had to be postponed due to the pandemic. The £400,000 project will see the existing layout revised to provide a bespoke triage area, five side-rooms, a three-bed bay area, a separate early pregnancy clinic, increased inpatient beds, improved signage, and soundproofing.

The plans for these enhancements to develop the environment were informed by clinicians and feedback from gynaecology patients. More information is available [here](https://www.nhsfife.org/news-updates/latest-news/2023/01/works-to-recommence-on-enhancements-to-inpatient-gynaecology-service-at-victoria-hospital/).

**Palliative care improvements**

At the start of the pandemic changes had to be made to the way that palliative care services in Fife were delivered.

This enabled a greater balance of specialist care to be provided in patients homes to help keep vulnerable people safe and ensure we could directly support family members. Informed by patient and carer feedback, this model remains in place and continues to evolve to meet demand and the changing needs of patients.

Prior to the pandemic, work had begun to look at the future delivery of specialist palliative care in Fife and extensive engagement has been undertaken with patients, carers, primary care, social work and the third sector. This engagement, in addition to learning accrued during the pandemic, will help to shape palliative care provision moving forward.

No decisions have been taken about any changes to inpatient end-of-life care. It is expected that any proposals around this will be taken to NHS Fife Board and the Integration Joint Board later this year.

**Changes to visiting at Cameron, Glenrothes and Queen Margaret Hospitals**

To protect patients, staff, and services, we have re-introduced booked timeslots for visiting in three Fife hospitals.

Until further notice, these slots will be required to be booked in advance for visiting patients in Cameron Hospital, Glenrothes Hospital, and some wards within Queen Margaret Hospital. Those planning on visiting these sites are asked to call the ward in advance of attending to book a slot. The latest visiting arrangements are detailed [here](http://www.nhsfife.org/visiting).

**Methilhaven surgery update**

Since August 2022, Methilhaven Surgery has been run by NHS Fife and the Fife Health and Social Care Partnership, and is based temporarily within Randolph Wemyss Memorial Hospital.

The practice is being staffed by locum GPs with the support of a larger multidisciplinary team, who are working incredibly hard to provide patients with the best standard of service they possibly can, in extremely difficult circumstances.

We recognise that some patients are experiencing problems contacting the surgery by phone, and in turn are having difficulty accessing appointments. There are several short- and longer-term actions being taken to improve access to appointments and provide more sustainable local medical services for patients of Methilhaven Surgery.

We are in the process of writing to all registered patients to apologise for any inconvenience and to let them know we are also working to improve access to appointments. We recognise a longer-term and sustainable plan is required to ensure patients have access to good quality, local medical services.

The work to develop such plans is ongoing and is happening at pace and we are committed to continuing to update patients and elected members on those plans as they progress.

**New online cancer resource**

A new online cancer hub is helping patients and people affected by cancer to access the information they need to navigate their cancer journey.

Available on the NHS Fife website, the hub is for those who have received a cancer diagnosis, those awaiting procedures or results, people living with cancer, and people affected by cancer. More information is available [here](https://www.nhsfife.org/news-updates/latest-news/2022/12/new-online-hub-helps-fifers-navigate-through-their-cancer-journey/).

**Call for return of good condition walking aids**

Due to a shortage of walking aids at some of our sites, we have issued a request for the return of walking aids that patients have been issued by us but no longer need.

If the aids, specifically crutches or Zimmer Frames, remain in good condition, they can be cleaned and re-issued to others. Drop-off points have been set up at the Victoria, Queen Margaret, and Cameron Hospital receptions for the next two weeks.

**Weight management app made available**

NHS Fife has funded a new weight-management app designed to support long term healthy habits and improve overall health.

Second Nature monitors progress by tracking weight and daily steps, provides 1:1 support from a registered nutritionist or dietitian, interactive content, and many other benefits. More information is available [here](https://www.nhsfife.org/media/37912/second-nature-leaflet.pdf).

**NHS 24 mobile app**

People across Scotland who are unwell can now find out more about their symptoms, when to self-care, and what to do if their condition worsens and they need medical help via a new, easy to use mobile app from NHS 24.

The NHS 24 Online app is available to download for free on the Google Play Store for Android devices and the App Store for Apple devices. More information is available [here](https://www.nhsfife.org/news-updates/latest-news/2022/12/download-the-nhs24-app-for-quick-healthcare-advice/).

**Vaccination**

**Covid vaccination**

The [online vaccination portal](https://www.nhsinform.scot/wintervaccines) remains open for those who are eligible to book their appointment. They can also book an appointment by calling 0800 030 8013.

Drop-in sessions are also being provided across Fife, where appointments are not required. The latest information on these sessions can be found [here](http://www.nhsfife.org/dropin).

The latest information on local vaccination more generally, including flu immunisation, can be found [here](https://www.nhsfife.org/services/all-services/immunisation/covid-19-vaccination-programme-and-advice/covid-19-vaccination-programme/).

Sharing our messages

We appreciate the support of elected members in sharing our health messages and note that you have already been engaging with the topics we have suggested on social media - we are grateful for your support.

Help us to help you keep your constituents informed

NHS Fife would ask our elective representatives to share our regular updates and guidance via their own channels of communications with their constituents. By supporting us you can help to ensure that we can reach as many people as possible across Fife in a timely manner.

Accessible information and translation

NHS Fife continues to provide interpreting and translation services for patients despite there being no face-to-face interpretation currently. These assets and further information can be found [here](https://coronavirus.nhsfife.org/accessible-informationtranslation/).

Additional vaccination information/stats

You can find out about the numbers of people in Scotland who are vaccinated along with data about case numbers, and hospitalisations by accessing the Scottish Government [Daily Update](https://www.gov.scot/publications/coronavirus-covid-19-daily-data-for-scotland/) or by visiting Public Health Scotland’s [Daily Dashboard](https://public.tableau.com/app/profile/phs.covid.19/viz/COVID-19DailyDashboard_15960160643010/Overview)

All Information correct at time of publishing. Issued by the communications team.