

HIRS Update – April 2019

Welcome to April's e-update from your local HIRS (Health Information and Resources Service); aiming to keep you abreast of recent/future developments in health information, resources and campaigns, both locally and nationally. Don't forget you can also keep in touch with local and national health improvement activities and events on Facebook by visiting our page HIRS Western Isles..

HIRS LEAFLET LIST

Staff are asked to note the attached updated HIRS Leaflet List (dated April 2019), which replaces all previous lists that should be binned to avoid confusion. Please ensure that publication dates on materials held matches those listed within HIRS Leaflet List..

NHSWI INHOUSE MATERIALS

Staff are reminded that the majority of NHSWI approved inhouse patient and health information materials can be accessed/viewed via the Intranet (*Clinical Links/Patient & Staff Info Leaflets*) at: <http://wihbweb.wi.scot.nhs.uk/index.php/wi-intranet/inhouse-patient-information-leaflets/>

All titles have been produced by NHSWI staff in conjunction with patients/carers, and have been approved for use by the NHSWI Patient & Health Information Group (PHIG). Staff are reminded that **only** inhouse materials which have been approved by PHIG are to be used with patients/carers. The following titles have recently been approved/reapproved for use:

- AAA and driving: Know the facts (version 2)
- Bedrails Guidance Sheet (version 2)
- Bleach Baths: A treatment for infected eczema (version 2)
- Community Mental Health Team (version 5)
- DATIX Risk Management (Managers Functions) (version 4)
- Dermatology Specialist Nurse (version 2)
- Eating After A Gastrectomy (version 3)
- Feeling Deflated (version 3)
- Fill Up On Fibre (version 2)
- Healthy Eating Following A Stroke (version 3)
- Healthy Weighs: Tips to help you on your way to a healthier diet (version 1)
- Herbs (version 4)
- Hospital Information: A guide for carers (version 1)
- Introduction to DATIX Web (version 4)
- Leaving Hospital: A guide to discharge planning for relatives and carers (version 1)
- Patient Ward Round Update (version 1)
- Protecting Patient Confidentiality (version 2)
- Self-Management Programme for Chronic Pain (Self Referral) (version 5)
- Staff Immunisation Passport (version 3)
- Telehealth Monitoring (Florence) (version 2)
- Tick and Lyme Disease (version 2)
- Tick Safe Removal Card (version 2)
- Welcome to the Ward (version 1)
- Wigs and Hairpieces (version 2)

Adult Sports Concussion Advice

The above-named title (produced by NHS Fife) providing national guidance for clinicians has also been added to the in-house patient information site (under 'General Information' section).

REVISED NHS HEALTH SCOTLAND TITLES

Please note that the following titles from NHS Health Scotland have recently been updated. New copies should be ordered via HIRS and older copies binned/replaced.

- Ready Steady Baby

Up and About: Taking positive steps to avoid trips and falls

A revised version of the above-named title has been produced by NHS Health Scotland. Older copies will continue to be issued and should continue to be used until existing stocks are depleted.

After an Immunisation 0-5 years

We have also been notified by NHS Health Scotland that their 'AFTER AN IMMUNISATION 0-5 YEARS' 50 sheet pad has been revised. Once received, a pad will be issued to each GP Surgery, but any surgeries/branches requiring more than one pad please contact HIRS direct.

Steps for Stress

We have been requested to inform staff that information available in the 'Steps for Stress' title, including the relaxation exercises, is available from the Healthy Living section at NHS

Inform: <https://www.nhsinform.scot/healthy-living/mental-wellbeing/stress/struggling-with-stress>. However, both the DVD and booklet will remain available for those who experience challenges accessing on-line information and would prefer a printed copy.

Play@Home (Baby, Toddler and Pre-school titles)

A revised version of the above named titles has been produced by NHS Health Scotland. Older copies will continue to be issued to families by Health Visitors and Early Years Service until existing stocks are depleted.

WALK ON HEBRIDES STEP COUNT CHALLENGE 2019 - REGISTRATION NOW OPEN!

Registration is now open for this year's Step Count Challenge - simply sign up at: <https://walkonhebrides.bigteamchallenge.com/> (closing date 30th April 2019).

'Walk on Hebrides' is a step count challenge starting on 1st May 2019 for people across the Outer Hebrides, aged 13 years and over. You can take part as an individual or as a team of two. The challenge is open for 6 weeks, closing on 11th June 2019. You can also track your progress with the Big Team Challenge app and website system. As an added incentive there is a FREE Walk on Hebrides starter pack for the first 20 registered!

BOWEL CANCER AWARENESS MONTH

April is Bowel Cancer Awareness Month reminding individuals it is the 3rd most common cancer in Scotland with almost 4,000 people developing the condition every year. The Screening Kit is offered routinely to those aged 50-74 years and to view the guide on how to complete the Bowel Screening Test

visit: https://www.youtube.com/watch?reload=9&v=bLASx2S4sxQ&fbclid=IwAR3n29i_e40gMp8KJQpL-tb14gThcpgrvHGcBLT6Ca6aUKcPtiL51jiXAfl

VITAMIN D ANIMATED FILM

An animated short film has been launched by the Western Isles Maternal Infant & Nutrition (MIN) group to raise awareness of the importance of Vitamin D. Produced in a 'whiteboard' style, the animation provides viewers with an entertaining and informative story about Vitamin D; how it benefits our health and the ways in which we can obtain it. This animation accompanies the previous three Vitamin D films produced. To view the animation please visit: <https://vimeo.com/296374851>.

FINANCIAL INCLUSION REFERRAL PATHWAYS

NHS Health Scotland has recently published new resources to help develop and improve financial inclusion referral pathways between health and money and welfare services. This includes what financial inclusion referral pathways are; how they can help to address child poverty; and key features of, and steps involved in, developing or improving pathways. The guidance includes 3 new films describing examples of pathways between money and welfare advice services within Maternity and Health Visiting services, GP services and Acute Care services. Visit: <http://www.healthscotland.scot/population-groups/children/child-poverty/local-actions-to-reduce-child-poverty/financial-inclusion-referral-pathways/example-referral->

[pathways?utm_source=ChildPoverty&utm_medium=Email&utm_campaign=ExamplePathways&utm_content=GeneralEmail](https://www.nhsinform.scot/pathways?utm_source=ChildPoverty&utm_medium=Email&utm_campaign=ExamplePathways&utm_content=GeneralEmail)

HOW THE NHS HANDLES YOUR PERSONAL HEALTH INFORMATION

Please note the above-named title has been updated. The new version (available as pdf and alternative formats including BSL, easy read, translations) is available on the NHS inform website. To view/access please visit: <https://www.nhsinform.scot/publications/nhs-scotland-how-the-nhs-handles-your-personal-health-information-leaflet>.

ALCOHOL POSTERS

HIRS has been informed that three new alcohol posters have been produced by the Scottish Government to highlight a national alcohol public information campaign to raise awareness of alcohol unit guidelines. Posters have been issued by the Outer Hebrides Alcohol & Drug Partnership.

FEEDBACK AND COMPLAINTS LEAFLETS (CHANGE OF ADDRESS FOR THE SPSO)

Please note the decision has been taken not to update these leaflets (due for review in 2020) to reflect the SPSO change of address at present. The current versions can be accessed at: <https://www.nhsinform.scot/care-support-and-rights/health-rights/feedback-and-complaints/nhs-scotland-complaints>.

WE KEEP YOU RIGHT CAMPAIGN (NHS INFORM)

NHS 24 have recently launched a new campaign to promote NHS Inform, reminding/encouraging individuals on how they can access the right care at the right time. View at: <https://www.nhsinform.scot/campaigns/well-keep-you-right#campaign-resources>

HEALTH INEQUALITIES ALERT

The latest Knowledge Services Health Inequalities Alert has been produced and is available to view at <http://www.knowledge.scot.nhs.uk/media/CLT/ResourceUploads/4093724/4cf6a30c-9ff7-448d-a14d-9694be9a99cb.pdf>

KNOWLEDGE NUGGETS (NHS Education for Scotland)

Please note that the latest issue of Knowledge Nuggets (72) is available at: www.widgetlibrary.knowledge.scot.nhs.uk/media/WidgetFiles/1003926/KN72.pdf

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