Freshers Week Fun

It’s the start of the University experience for the new year 1, who will be joining our hospital colleagues across the site very soon. As part of their induction we have lectures, clinical skills sessions, freshers fayre and meet your regent events, in addition to activities in Old Aberdeen and of course social events. Part of that experience is getting involved and we now have 48 registered groups and societies—representing a wide range of activities. Many are medical discipline based like Ogston, Paediatric Society, Shrink, while some are sports based like lacrosse, football and ultimate frisbee and finally interest and skill based like musical medics and acapella. Watch out on our website for details of their events.

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Doors Open Day

We again opened the doors for this special day and had over 100 visitors. The Anatomy Department with Museum and 3D show was very popular and they even did some face painting with the children—whilst they offered to paint on muscles, flowers proved more popular!

A number of the student societies and staff also gave demonstrations of learning techniques and equipment with CPR and laparoscopic surgery (picking up sugar cubes and polos with the appropriate equipment) proved very popular.

All of our visitors stayed over and hour with some staying almost 2 1/2 hours and our feedback was mainly excellent (with one good) with people all said how interesting it had been and how clear it was everyone was delighted to show them round and tell them about the Centre—a great success.

Public engagement is important to us so look out for details of the next series of Café Med in the next edition—some of the topics we hope to cover are—Health & Sustainability, 3D Imaging, Alzheimers, Food Standards, IBS and Birthing.

Core & Restore

5.30-6.30pm, room 217, Suttie Centre.

Core & Restore is a rejuvenating, mind-body class that will leave you feeling long, strong, calm and centered. Using Pilates method core strengthening exercises and yoganic flexibility and relaxation techniques, Core & Restore is the perfect way to tone and unwind at the end of a long day.

Backache and poor posture are often the result of weak, inflexible muscles. The ‘core’ section of this class can help to lessen these imbalances by building a foundation of internal core strength and stability, whereas the ‘restore’ section aims to lessen symptoms of stress, anxiety and mental fatigue by incorporating breathing and meditation practices.

This class is suitable for all levels of ability including beginners. Booking a space is not required - just turn up in loose, warm, comfy clothing. You may wish to bring along your own yoga mat and blanket, but this is not essential.

Core & Restore is delivered by the University’s Sport and Exercise Team. Entry is free to University staff, students and NHS staff.

ZUMBA

Feeling more like something energetic is up your street? Zumba Fitness is a Latin-inspired cardio-dance workout that uses music and choreographed steps to form a party atmosphere. While many of the types of dance and music featured in the program are Latin American inspired, classes can also contain everything from jazz to African beats to country to hip-hop and pop.

Classes are on Monday 6.15—7.15pm in Room 217—run by NHS Grampian attendance is free to both partner organisations.

Patient Partner Lunch

We are unbelievably fortunate to have 206 truly exceptional patient partners who freely give up their time and expertise to help not only with student learning but also staff CPD. Whether they are showing off an existing condition or allowing the students to participate in a bit of role play they are integral to all teaching and help build the students confidence with patients.

As a very small token of our appreciation for their efforts each year we invite them to join us for lunch. This was held at Norwood Hall and thoroughly enjoyed by all.

A number of volunteers also received long service awards.
Walking Group
We continue to encourage everyone to enjoy the outdoors and take some light exercise as part of our walking group.

We leave every Wednesday from Suttie at 12.30 for a 30 minute walk. This is a drop in group with no commitment so anytime you are free come along and join us.

Reunion Groups
We have recently hosted a number of medic reunions - 1958, 1966 & 1986. We have a tour, some demos - including 3D visualization & some training equipment to have a go with. It shows how much teaching has changed over the years.

If you are organizing a reunion for any healthcare groups please do ask if you would like a tour and we will do what we can to accommodate.

We are also happy to hear from non-related groups who would find a tour interesting.

PREVENT
Organizing an event with us? In line with new legislation (Counter Terrorism & Security Act 2015) we may ask you to complete some additional paperwork if attendees may include members of other organizations or the public or if the speaker is external to the partner organizations.

Initial forms are very simple but if you require assistance please ask Arlene Ray—01224 437754 or arlene.ray@abdn.ac.uk

Review of Advanced & Specialist Nursing & Midwifery roles within NHS Grampian
The review lead by Caroline Hiscox, which complements and supplements the Scottish national work on transforming nursing roles, fed back locally to participants and their management teams at a celebration event hosted in the Suttie Centre. The survey had 337 respondents, and preliminary results indicate ~ 430 nurses in non-traditional nursing roles, of which ~1/3 are already working at advanced level, and 2/3 are either in training for advanced practice roles, or working in specialist roles. 50% of participants are nurse independent prescribers giving patients improved access to required medications. The event was well attended with over 200 delegates hearing the national speakers—Eddie Docherty and Mark Cooper, as well as a comprehensive presentation of the local preliminary results. Practitioners also had the opportunity to participate in workshops which will help to inform how these roles are developed in the future.

The celebration event was run on 2 consecutive days to optimize participation and opportunity to hear the national speakers. Eddie Docherty is the Executive Nurse Director in Dumfries and Galloway, and chairs the national group undertaking the work on transforming nursing roles. Dr. Mark Cooper from Greater Glasgow & Clyde is a Nurse Consultant in Advanced Practice. Their talks on the evolving roles of nurses in modern healthcare and comparisons with advancing practice in their own health boards were challenging, thought provoking, and very well received. The local results were presented by Karen Kindness on behalf of the review team.

The afternoon workshops were facilitated, and covered “what good looks like” in terms of Education, Governance, Workforce Planning and Service Planning for advanced and specialist nursing & midwifery roles which will be sustainable and evidence healthcare benefits for the people of NHS Grampian.
Wasted Space
In the last 3 months over 180 hours of usable teaching space have been wasted due to failure to cancel in time
June 54.5 hours
July 56 hours
August 69.5 hours
This continues to show improvement. Please help us to continue ensuring space is available for your next teaching or learning session - wherever possible cancel an unrequired space a minimum of 14 days in advance. Your confirmation email contains a link to cancel or email.

Medical Humanities and Visual Art
During their six week Medical Humanities Component third year medical students are encouraged to consider Medicine, Healthcare, Illness and Disability from an alternative perspective, in this case through an artist’s eye. Every year there are talented students who undertake art projects producing a range of artwork in different media. Many consider art and anatomy, whilst others explore and often challenge views of health and illness. There is a long history of art and medical collaboration and these students are continuing that tradition.

The Suttie Centre hosts an exhibition of a small sample of the artwork produced by the students. It currently comprises the cabinet on the first floor in student breakout area and in the cabinet in the video conferencing room 220, one side of which is visible from the Atrium. There have been many positive comments made by users and visitors to the Suttie Centre about the beauty and standard of the work produced. Thanks to the students’ for permission to exhibit their work; Bethany Hastings, Amy Hu, Charlotte Mayes, Rhiannon McReavey, Neena Suchdev, and Emma Whitely.

The exhibition is refreshed and changed every year as further artwork is produced so don’t forget to take another look next semester.