

Summer 2021

Introduction— Welcome to the 11th edition of the Trauma Network newsletter..... As summer holidays begin and people naturally want to visit the north of Scotland, trauma services are feeling the pressure. In addition, the effects of COVID-19 and isolation periods are taking their toll on staffing levels. However, despite the unprecedented period of time over the last year, performance against the majority of the National Key Performance Indicators continues to improve, outlined in the recent Scottish Trauma Audit Groups (STAG) Annual [Report](#). This highlights the commitment from staff who are dedicated to delivering and improving trauma services.

This publication highlights the Network's expanding education programme as COVID-19 guidelines begin to relax and also focuses on psychology services which the Network has invested in over the last couple of years. I hope you find the read interesting and wish you happy holidays.

Anne-Marie Pitt, Network Manager

Scottish Ambulance Service

The 15th of June saw the NoS network and SAS reach another milestone in our commitment to delivering excellence in pre-hospital trauma care. Our Trainee Advanced Practitioners in Rural Pre-hospital Care based at Raigmore Hospital successfully passed their final practical examinations, overseen by Glasgow Caledonian University, which marks the end of the academic portion of their training. Over the coming months they will continue to work as part of the PICT team (Pre-hospital Immediate Care and Trauma), providing 7 day cover but will also begin taking tentative steps toward autonomous practice, enhancing the availability of "yellow skills" in the Highland region.



Peter Lindle
Consultant Paramedic, Major Trauma, SAS



Useful Link

For definitions of green, amber and red response:
[STN Minimum Requirements for Pre-Hospital Care](#)



to Peter Lindle (front row above) for his work nationally as Consultant Paramedic for Major Trauma since the inception of the Network as he moves onwards and upwards to take up the position of Head of Air Ambulance.

RACH updated Paediatric Head Injury Pathway can be found on our website [here](#)



Please follow and contact us on:

tay.nospgmajortrauma@nhs.scot

<https://www.nhsscotlandnorth/networks/trauma>

[@NoSTraumaNtwk](https://twitter.com/NoSTraumaNtwk)





NoS Trauma Education Sessions



Since re-commencing in March after a break (due to COVID) these sessions have continued to be well attended, with 30-60+ attendees per session.

There will be no session in July but we are back on Friday 27th August— topic TBC

To register please e-mail: tay.nospgmajortrauma@nhs.scot

We were delighted to welcome SAS's MTTT Lead, Stuart Manwell to present on the Major Trauma Triage Tool at June's lunch and learn.

Previous session recordings can be viewed via the website:

<https://www.nhsscotlandnorth/networks/trauma>



The network funded 14 nurses from Raigmore and Aberdeen to attend online PCAR training in June.

Secondary Transfer Training

This training was delivered at ARI in May using new iSimulate equipment funded by the network. It is hoped this training can also be delivered in Inverness and at Dr Grays later in the year. For a full course review see [page 6](#).

European Trauma Course, 2-4 June, ARI



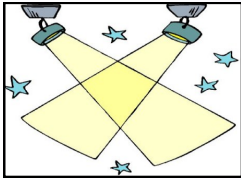
Feedback from Dr Roxy Bloomfield

The European Trauma Course was a much-awaited course in the North of Scotland; as a developing trauma network it was not only good for a revision in all trauma care but also a chance to meet with colleagues from Highland, Caithness and Shetland with whom we otherwise might only see on a screen or speak with on the phone. How we have missed that human interaction! The manual was a good succinct read and arrived in time to go through all the sections. I was pleased to see a human factors and teamwork chapter headlining the contents list as this is too often put in as an afterthought. For me, the ETC promised to be a modern revision on the back of an ATLS course taken a very long time ago. In fact, it delivered much more; teamwork, a philosophy of care, a method of assessment, a common language and structure, a focus on both leadership and followership. This would be an ideal course for any health professional working in a team dealing with trauma. You do not have to be working in the ED nor do you have to be a trauma lead to benefit. Or to put it another way as a colleague and I discussed together, "Imagine if everyone did this at the next trauma call?".



Coming soon.....

- **Trauma Care After Resuscitation (TCAR) - September 2021**
- **ETC @ Raigmore - October 2021**
- **Paediatric Advanced Cadaveric Surgery (PACTS) Newcastle - November 2021**
- **Definitive Surgical Trauma Skills @ RCSE - December 2021**
- **Local Cadaveric Surgical Skills Training - date TBC**
- **Silver Trauma Workshop - date TBC**



Spotlight on Psychology

An important change in patient care is that we are now able to offer face-to-face appointments in addition to video calls for our patients. This is essential for many of our patient group, in particular those with cognitive impairment due to traumatic brain injury. To ensure continuity of patient care we have set up monthly MT Community meetings attended by Clinical Psychology, Trauma Coordinators and Consultant in Rehabilitation Medicine to prepare for discharge planning and review the progress of patients already discharged from the MTC .



Dr Louise Buchan,
Clinical Psychologist,
ARI

As part of service development, we have established monthly peer supervision for Clinical Psychologist based in the MTC and TU in the NoSTN. We had our first meeting in June 2021 and since that time have agreed to extend the remit of peer supervision to include our colleagues in the EoSTN. We have also created a Standard Operating Procedure for Clinical Psychology in the NoSTN and will look to share this document with our EoSTN colleagues as they establish their service.

We have also had the opportunity to attend the virtual National Major Trauma Network conference which is held on a six monthly basis and is an opportunity to meet with and learn from Major Trauma Centre's across the UK. Exciting and busy times for psychology in the NoSTN.



Dr Ernest Wagner, Clinical Psychologist, NHS Grampian

Ernest's role in the NoS Trauma Network is to support the psychological and neuropsychological rehabilitation of major trauma patients following discharge from hospital in NHS

Grampian. Ernest trained in Clinical Psychology with the University of Edinburgh, completing his specialist placement in the Department of Clinical Neuropsychology at Aberdeen Royal Infirmary, where he continues to be based. As well as having a keen interest in neuropsychological rehabilitation, he has a passion for understanding the factors which relate to psychological adjustment and well-being following serious injury. Ernest has been involved in setting up the Wellbeing Group for major trauma clinicians to refer, and patients to register, their interest. This will likely run from late August and more details can be found on our website [here](#).

Ernest, Louise and Roisin from the department of Neuropsychology have been involved in a project to translate several of Headway's most popular publications into Polish and Russian. The translation was kindly funded by the Department of Neurosurgery Endowment Fund, NHS Grampian. The four publications that were translated are 'Coping with memory problems', 'Fatigue after brain injury', 'The effects of brain injury' and 'Minor head injury discharge advice'. The publications feature the original English text presented alongside the translated text for ease of cross-referencing.



Dr Roisin Jack, Clinical Psychologist (Neuropsychology), NHS Grampian

Dr Louise Buchan, the Clinical Psychologist who led the partnership, said, "We have frequently issued and recommended Headway resources to individuals and families who have sustained a brain injury. Having a free, accessible, and reliable source has benefited many of our patients and those who support them. As such it has been exciting to have the opportunity to work collaboratively with Headway to develop resources that complement their existing information library and also widen access to information about brain injury to those whose first language is not English. We look forward to supporting Headway with future projects."

The factsheets can be downloaded under the 'Other languages' section of the Information Library on the Headway Website <https://www.headway.org.uk/about-brain-injury/individuals/information-library/>

NewsFlash!

NoS Trauma Network Virtual Event 2021

Friday, 1st October 2021
Via Teams, SAVE THE DATE



Psychology continued...



Dr Dianne Beastall, Clinical Psychologist, Raigmore

Dianne and Helen (below) see every patient who is part of the Major Trauma pathway and if necessary support them through the acute stages, specialist rehabilitation and out into the community where ongoing psychological care and neuropsychological assessment are provided. They have both recently completed a 3 day online training delivered by the London Trauma School on Rehabilitation in Major Trauma and attended an online national meeting of Clinical Psychologists working in Major Trauma. These events will help inform service development and have provided opportunities for networking with other Major Trauma Clinical Psychologists based throughout the United Kingdom.

Monthly peer supervision has been set up for Clinical Psychologists working in the North of Scotland Trauma Network and the East of Scotland Trauma Network. The first session was organised and chaired by Dr Louise Buchan, Clinical Psychologist, and everyone found it hugely beneficial. The TU Major Trauma team have been working on Patient Experience Questionnaires for use in Acute and Specialist Rehabilitation settings and they are nearly ready to go live. Dianne and Helen hope to attend NES training in September on delivering a group for patients with acquired brain injury, with a view to setting up a group in Highland.

Dr Helen Aslett

Clinical Psychologist (full time), Raigmore

I am Helen one of the Clinical Psychologist's in Trauma for NHS Highland/NoSTN. My role is split between inpatient (0.6 WTE) and community (0.4 WTE) rehab. I joined the team in February 2021, having spent the previous two years working in Adult Mental Health after relocating from North Wales to the Highlands in 2019. I initially completed undergraduate and PhD studies at the University of York before moving to London to work in Psycho-oncology research at UCL. Frustrated by research I retrained as a Clinical Psychologist at Bangor University, qualifying in 2014. I subsequently worked across physical health and neuro settings prior to relocating. My new role with the NoSTN is great as it combines the two specialisms of psychology I love the most, and I thrive on the fact that no two days or patients are the same. I have a particular interest in continuity of care for both patients and their families across the patient pathway, and post-traumatic growth following injury. Patient-centred care for me is always a priority - people are so much more than their injuries. In my non-work time I can be found exploring the Highlands in my campervan with my dog Bella.



Dr Pauline Insch

Clinical Psychologist (0.5 WTE) MTC

I am one of the Clinical Psychologists working in the MTC community team based at Aberdeen Royal Infirmary in NHS Grampian. I started in post in November 2020 and have worked within NHS Grampian at all levels of my career to date starting as a PhD student in 2009 progressing in a variety of roles to a trainee clinical psychologist and now as a qualified member of staff. I love the variety of work my role has working alongside patients, their families and other clinicians within the MDT. I appreciate the challenges faced by those on the major trauma pathway and feel it is a real privilege to support them on their journey. In addition to my clinical skills I have also worked as a researcher, completing a PhD at the University of Aberdeen and undertaking a variety of research roles working with older adults and people with Alzheimer's disease. I have also lectured with the Open University and Robert Gordon University in Aberdeen teaching psychology to undergraduates and AHP's. I look forward to meeting and working with you all.



<https://uk.linkedin.com/in/dr-pauline-insch-4b016383>

The Scottish Trauma Network (STN) Update

The STN has now published their annual report for 2020-21, which can be seen on our website: <https://scottishtraumanetwork.com/2020-21-annual-report/>. I'm sure you will note that there have been various challenges and achievements over the course of the 12 months, that will be remembered for the global pandemic and the addition of "lockdown" to everyday language. None of the challenges these brought to NHS Scotland could have been faced without the hard work and dedication of staff on the ground continuing to deliver care for patients, whether they be trauma survivors, or COVID-19 patients, and as a team we thank you for continuing to strive towards the highest standards of care as well as driving forward change within the context of trauma services.

You may also be aware that the Scottish Trauma Audit Group (STAG) annual report has been published. This is available on the Public Health Scotland and STAG websites (<https://www.stag.scot.nhs.uk/Publications/annual-report.html>). We are delighted that data continues to show great achievements across Scotland, despite the challenges that have been faced in 2020. Everyone (except those working on the ground) has been surprised to see trauma numbers continue at pre-pandemic level through the lockdowns, and are impressed by the way that staff working in trauma care continue to manage patients throughout this time.

The STN team is busy preparing for the launch of the final two regional networks and opening of their MTCs, in Glasgow and Edinburgh at the end of August. Alongside those launches, we have been working with paediatric teams across the four regions to develop a number of paediatric guidelines, which will be available on the STN website over the next month – please do look out for them, even if you don't often deal with paediatric trauma, they may be useful at some time in your practice.

Alison Gilhooly
Senior Programme Manager, Scottish Trauma Network



MTC Update

We have a new senior team: Sean Berryman (Unit Operations Manager), Kapil Kumar (Unit Clinical Director) and Fiona Whyment (Nurse Manager)

The MTC remains very busy in adults and paediatrics. We have seen an increase in accidents and out of area incidents as people are getting out and about again.

Through the pandemic we realised that having a trauma co-ordinator following the patient's journey from start to finish was the way to go. Therefore, we have changed the roles of the trauma case managers and rehabilitation co-coordinators to bring them into one role. This has proven to be a very positive move from staff, the patient and their families. With limited visiting being allowed in hospital, the contact with the families has increased tenfold and the relationship between our coordinators and the relatives has become pivotal. We have also introduced a different way of working with having one of our coordinators cover paediatrics and adults. This has allowed us to have a holistic approach when dealing with families and more person-centred care for the family.

Fiona Whyment, MTC Nurse Manager



Channel 4 Trauma Documentary

Filming to begin Thursday 8th July in ED at Aberdeen Royal Infirmary!!! Firecrest Films has been working with the Scottish Trauma Network on a major new series for Channel 4. Trauma (working title), will be a six-part documentary series to be broadcast across the UK in a prime-time slot and will give an unprecedented insight into trauma care in Scotland and the new approach of the Scottish Trauma Network. Watch this space.....


 FirecrestFilms

Inter-hospital Transfer of the Critically Ill Course (Secondary Transfer Training)

Have you ever planned to take your toddlers or your elderly grandparents out on a trip to Edinburgh? If you haven't, then just consider the setting anyway...

Where are you going from and how will you travel?

When shall we leave?

Will they be ready? Will they be well enough? Will they remain well?

What about eating, drinking, toileting etc?

Will you need to stop on the way and if so, where?

What will the weather be like?

Have you got a plan B? And don't let's even start with the COVID considerations!

Now you have an insight into the issues taking patients from one healthcare facility to another in Scotland - and sometimes beyond. There have been inter-hospital transfers where I have wished for another day - with a couple of crying, vomiting children in a condensation streamed, broken down car at the side of the A90 in horizontal rain!

What is the best way to deal with this? One, share your horror stories and debrief with someone – it will make it better for the next person if the system can be improved. Two, familiarisation training will take some of the cognitive burden of the transfer environment off your shoulders and allow you to perform your role. This is where we come in. Vikki and Leanne are charge nurses in Critical Care, Gregor is a paramedic and Advanced Retrieval Practitioner in the EMRS and I work in Critical Care, Anaesthesia and the EMRS. Together we provide this course to nurses, doctors and paramedics involved in critical care transfers - across the network.

Our aim is that multi-professional teams will realise they do possess the skills to provide high quality care to unwell patients in this unfamiliar and challenging environment; dealing with that unfamiliarity by allowing staff into an ambulance without a patient to care for; bringing people's skills to the fore during simulation to work together and provide the best care and outcome for the patient. Hopefully we achieve this and although we like good feedback – constructive suggestions to improve have meant the course has changed quite a bit over the years.

Then onto 2020 and COVID. We were providing up to 4 courses per year with 12 candidates per course at its peak. This is no longer possible and to keep the candidates and faculty safe we have had to change...not for the worse it turns out though. Over 2020 we made videos to reduce lecture content and in case any faculty were absent or isolating – they have been popular and have provided an updating resource we didn't foresee. With MS Teams the theory can be done in the comfort of your own home. The face-to-face component has smaller numbers, extra cleaning and measures to keep everyone safe but now we have split this into two short days, candidates get a choice of day and everyone gets an early finish!

This isn't achieved alone, resource from the NoS Trauma Network, Critical Care in Aberdeen, Scottish Ambulance Service, Aberdeen University Clinical Skills Simulation and NHS Grampian not to mention our managers for giving us and the candidates time to attend. Without even one of these bodies it wouldn't be possible. The Trauma Network has also generously funded a sim monitor package that is an upgrade on our current set up, will be better for distancing during simulation and can run self-study packages for monitor familiarisation.

What does the future hold? We have a continuing commitment to improving the ability of multi-professional teams to transfer patients safely. Challenges are providing courses in other locations but as you can only guess – we're well up for a road trip!

Roxy Bloomfield, Consultant in Anaesthesia, Intensive Care and Emergency Medical Retrieval Service

