

Murray Foundation Quiz Final Ibrox

The grand finale of this year's hotly contested inter Support Group quiz league was held on 5th December. The suite, where the event was staged, was beautifully decorated in festive splendour with the impressive backdrop of an illuminated Ibrox Stadium.



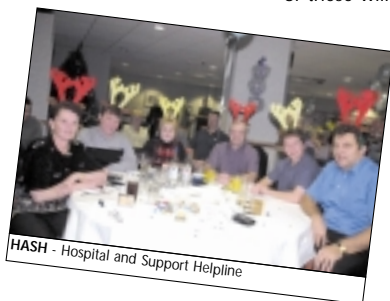
The Questions - Susan Shaw quizmaster

Our very own Susan Shaw presided over the event, standing in for the regular quizmaster Rhona Wilkie who, having set the questions, retired a safe distance i.e. the Far East!!

An exciting bid for the trophy developed with Alf (last year's winners and in the lead on points going into the final) battling it out with the eventual winners RAMP and HASH who gave them a run for their money! SCAFFOLD, SWAGGER, LAWSTEP and PUSH all put in a valiant effort and it is thanks to all the teams and a great quizmaster that such a good night was had by all.

This year there will be three quiz nights. The first of these will be hosted by the winners RAMP, in April, the second hosted by PUSH in August and the final at Ibrox in December.

New for 2002 will be a Race Night in June and an evening event at the Conference Day in October.



HASH - Hospital and Support Helpline



PUSH - Edinburgh and Lothian Amputee Support Group



The Scoring - Marjory and Sandra



The Winners - RAMP, Inverclyde Amputee Support Group



LAWSTEP - Lanarkshire Amputee Support Group

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Prosthetic Demonstration DAY

On 29th May at Ibrox Stadium the Murray Foundation is hosting it's second Prosthetic Demonstration Day. As with the previous event in 1998 the idea behind the day is to offer users an opportunity to see some new prosthetic componentry in action.

Four companies have been invited to showcase specific products. These products will be:

- * Vacuum Assisted Socket System (VASS) - to manage stump volume fluctuations from TEC Interface Systems
- * Skinergy - a silicone cosmesis from RSL/ Steeper
- * Mercury Foot - a dynamic foot from Chas A Blatchord and Sons
- * Ultimate Knee - from Ortho Europe.

Further details on the day and registration forms are available from the Murray Foundation office.

TEC Harmony Vacuum Assisted Socket System

The management of daily stump volume fluctuation in the trans-tibial amputee, is seen by many clinicians and patients alike, as the most problematic of issues for them to deal with. For the patient it may be noticed that as the day goes on the socket does not quite feel the same as it did when it was first put on in the morning, for example they may feel that they are sinking into the socket or that they have an increase in movement of the stump in the socket.

In the vast majority of cases it is volume loss, rather than a gain in volume that is most prevalent. This can be attributed to the external pressure of the socket on the stump resulting in high positive pressures on the stump causing fluids to be removed from the area of pressure. Recent studies have shown that on average a patient with a trans-tibial amputation can lose on average 10% of their stump volume in a day and that this can be as much as 12% in some cases. This volume loss applies to the distal section (bottom half) of the stump and does not generally occur, at least not nearly to the same degree, around the knee. The traditional method of making the socket fit as the day goes on is to apply a sock to the whole of the stump including the knee. However, if we look again at where the volume loss occurs, then tightening the socket fit around the area of the knee is not ideal and can lead to over compression of the tissues and underlying anatomy in that area without having the desired effect on the area at the distal end.



TEC Interface Systems have designed, manufactured and are now producing their Harmony system. This system aims to reduce the daily volume loss to 1% or less with obvious advantages to the trans-tibial patient that go along with maintaining stump size and shape at a near constant throughout the day. The Harmony system works by creating a negative pressure, rather than the usual positive pressure on the stump seen in traditional socket designs, which has an effect on the interstitial fluid mechanism that controls the volume of the stump. The Harmony PRS system is a shock absorber that is attached underneath the socket and the action of the shock absorber in the pylon actively draws air from inside the socket, drawing the patient towards the inside of the socket.

Undoubtedly, the use of this system will address the stump volume issues that have been highlighted earlier in this article and research in this field is ongoing.

If you require further information on the Harmony system, then please contact Rhona Wilkie BSc SR Pros/Orth MBAPO, Technical Services Director at Orthopro Ltd, Unit 2, 5 Campsie Rd, Kirkintilloch, Glasgow G66 1SL.
Tel 0141 775 1766 or 07860 206544

Skinergy Silicone Leg Covers

The question of providing a better, more realistic cosmesis has been a topic of concern to both users and suppliers alike for some time. To date, the use of silicone as a material has proved successful in enabling limb covers to be manufactured that are realistic to look at and have a texture that wearers find acceptable. In order to make a high definition cover that matches in shape and colour tones, many hours are required by a skilled Technician to mirror the characteristics of the sound limb. This works well, but is an expensive process that is often outwith the means of providers and patients.

The Skinergy Silicone Leg Cover, researched and manufactured by RSLSteeper, is a cost effective, attractive and durable cosmesis that provides a realistic finish for trans-tibial prosthesis. Using a new silicone based polymer called Tufsil 2; the tear resistant cover can be stretched to fit most sizes of limb with a 220mm to 300mm split toe foot. The cover is easy to clean, does not have the usual tacky feel of other silicones and has no unsightly seam at the back. There is also a choice of two finishes, standard and true finish (includes flocking) as well as eleven shades to choose from. Other further advantages include easy cleaning, durability, and on a technical point, they are easy to roll on and off to allow for maintenance to the prosthesis. This is not a high definition cosmesis, but certainly looks good, has been very well received by users, and sets new standards in immediately available silicone covers.

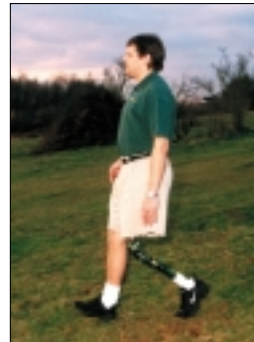


Ultimate Knee®

Ortho Europe's Ultimate Knee® is rated and tested for persons weighing up to 125kg/275lb.

The Ultimate Knee® has the unique ability to be a Manual Locked Knee, a Stance Lock Knee, and a Stance Yield Knee, all within the same unit. The use of these functions over time will allow a new amputee to develop from a first time user to one who will demand and receive high performance.

- **Sophisticated hydraulic knee - a revolution in prosthetic design**
- **Suitable for both new and high activity users**
- **Can be locked on weight bearing, or yield for slopes and stairs**
- **Fully adjustable hydraulic swing and stance phase control**
- **Ease of customising knee to the individual**



Support Group Details

In this and subsequent issues we will be putting some of the support groups under the spotlight, to see what they do and what they have to offer to amputees and their families.

SCAFFOLD:

Glasgow (North East)

The Scaffold group meet every fortnight on a Thursday evening, in the Alexander Resource Centre, Blair Road, Coatbridge. The group hold various fund raising nights throughout the year, and I am reliably informed that all who attend have a good time. The group also have various outings throughout the year. The group is open to amputees and their family/carers, and the contact Name & No. is **May Stevenson (01236) 609631**



SCAFFOLD 2001 Quiz Team

SWAGGER:

Glasgow (South West)

The Swagger group was very busy in 2001, with a whole host of events and outings. The group meet on the last Wednesday of the month in the Disabled Drivers Club, Aboukir St, Govan. In February the group had a beetle drive (I'll leave you to figure that one out for yourself, I only know it involves glasses and ashtrays). April saw Swagger have their 4th Anniversary and they celebrated it with an inter-group quiz night. There was great support from the other groups and also teams from the physiotherapy and prosthetic departments at Westmarc.



SWAGGER 2001 Quiz Team

Swagger held a number of games nights throughout the year and these proved as popular as ever. Some of the activities on offer were; snooker, pool, cards, and darts. The group also had a couple of outings to a garden centre, where they browsed the plants and had tea and cakes in the afternoon sun. August saw Swagger have their annual outing; this was a coach trip through the Trossachs to the lovely Loch Katrine where the group had a sail on the loch to round off a perfect day. December had Swagger heading off to the bonny banks of Loch Lomond for their Christmas dinner at the Duck Bay Marina, where they all had a lovely time, and I'm assured the food was excellent. Swagger hope to keep up the same level of activity for 2002, so anyone wishing to become involved with the group should contact **Wallace Currie on (01563) 522 191**.

PAGE:

(Glasgow Central and East)

The Page group started life as an in-patient support group within Glasgow Royal Infirmary in 1998. In 2001 they moved to their present location at the St Rollox Bowling Club, Kennyhill Sq, Denistoun where they hold their meetings on the first Wednesday of the month at 7.00pm. Since moving to the bowling club their membership has increased dramatically and they now enjoy a healthy turnout at meetings. They are working in partnership with the bowling club to improve the disabled access to the club, and this is coming on well. Page enjoyed a few outings last year, and thanks to a successful lottery grant; they had a trip to Oban in the spring, which was a great success and also a trip down the water on board the Waverly, and another sail on board the SS Sir Walter Scott at Loch Katrine. Another grant from Glasgow District Council and the Scottish Community Foundation has enabled Page to purchase an indoor bowling carpet and equipment, and this is now being enjoyed by the members. Page had a very enjoyable Christmas dinner at Frankie and Bennies American Diner in Glasgow where the food was delicious. Page has again been successful with a lottery grant and intends to continue with their outings, perhaps taking in a show or two this year. If anyone wants more details about Page then telephone **Norman McCallum on (01236) 873459**.

Page did not have a team in the 2001 Quiz League (hence no photograph) but intend to enter a team this year.

Support Group Details cont

ALF: (Fife)

Having won the Murray Foundation Quiz League in 2000, ALF decided to use the prize money to fund an outing for the group. On a lovely day in October, they set out for Ratho where they sailed on the canal with the Seagull Trust. After a very pleasant cruise, they rejoined the bus and embarked on a mystery tour of West Lothian, then over the Kincardine Bridge and across country via Dollar Glen finally arriving at Kinross where they had a meal. Then it was off back home to reminisce on the wonderful day out they had enjoyed thanks to the Murray Foundation and the quiz team who won the League.



ALF 2001 Quiz Team

ALF has successfully acquired funding from the lottery and intend to buy a computer for the group's secretary and to fund all planned outings for the year. ALF are delighted to get this grant, which will make the administration of the group much easier. It is great too that there will be no cost to members for outings to the theatre, pantomime etc during 2002.

Prosthetic Services Update

- **The requirement** for NHS trusts to undertake competitive tendering for orthotic and prosthetic services has been abolished in Scotland. Trusts now have the authority to decide how they wish to provide these services. Aberdeen changes to an in-house service instead of RSL Steepers Ltd. from April.
- **Princess Margaret** Rose prosthetic facility in Edinburgh moves to a temporary home at the Eastern General in early spring. From here it will relocate to a purpose built facility in Astlie Ainsley Hospital in 2003.
- **July of last** year saw the introduction of weekly Primary Clinics at WESTMARC (the prosthetic facility at the Southern General Hospital, Glasgow). These clinics focus solely on the needs of the primary patient, involving a multidisciplinary team and Murray Foundation Hospital Visitors are on hand should their input be required.

English Poem - My Gran Christopher Moffat (13) Grandson of Mrs Margaret W Reed

My Gran walking
In the hills
18 miles, further than me.
The Pentlands, the West Coast
The St Cuthberts way.
When you're older I'll have
To take you there.
Look! a deer! Where?
It's just jumped that fence!
Wow!
Here's a nice pub
You want a bar supper?
Great! I'll have fish and chips.
What are you doing today, Gran?
The commie pool, have an
aerobics class,
But first let's have
A coffee.
Have you got those Mr Kipling
cakes?
Of course,
And there's juice
And biscuits.

Can't wait
Staying at my Gran's
You've got enough stuff for
A month! you're only staying on
night.
Have you brought your
PlaySchool?
It's a Playstation Gran!
I sit watching TV
I think we've had enough telly
D'you want a game on
Rummikub?
How do you play that ?
It's easy, learn as you go along
Time for tea, and my Gran has
made
A chicken pie, her own recipe.
It's delicious!
After the pie
My Gran has made
Jelly Fluff.
It's like bubbly Jelly.
It wobbles on the plate.

It's cold tonight
I'll put on the electric blanket.
Thanks Gran.
It's time for bed and in I climb.
In the spare room.
See you in the morning!

My Gran has a lump
Down at her ankle.
What is it Gran?
Cancer.
We are upset but
She isn't worried.
I'm getting an operation.
The surgeon will take it out.
However, the cancer comes back.
Twice more before Gran says
I'd rather they wheeled off my
gammie leg
And got rid o' that flipping cancer.
So now my Gran just has
A wee stump where her right leg
was.

She's still got her knee
The stump goes up and down.
She has to go in a wheelchair
For a while. And she hates it!
I want out o' this blimmin' thing!
Soon she gets a false leg
And she's walking again.
But it took a lot of hard work.
That's my Gran in a nutshell.
Hard work and determination.
And now she just wants to get
out into the hills
As much as possible.

Any letters or articles published are the views and opinions of the contributors and do not necessarily reflect the views of the Murray Foundation

Acupuncture And The Amputee

I have been an amputee for more than forty years and have suffered like most of us from the usual range of amputee related problems.

My biggest problem however has been ongoing and often severe stump pains, for which there has been no satisfactory treatment apart from very strong painkilling injections. That was, until I was offered acupuncture!

It was about thirty years ago when I first went to Jan De Vries in desperation and he agreed to see me and discuss my problem. Acupuncture was recommended and as a result the level and frequency of the attacks became much less.

Whilst I was realistic enough to know that my pain problem had not been eliminated entirely, this treatment reduced it to an acceptable level, which enabled me to continue working and gave me back some quality of life.

Being a high level above knee amputee, inevitably, back and hip problems rear their ugly heads. Again I have found acupuncture to be of great help, improving circulation in the process.

Jan De Vries as you know is one of the top names in the world of complimentary medicine and I am delighted to report that whilst visiting him recently he agreed to write an article for our Foundations Magazine and even more exciting has agreed to supply us with further material.

What is Accupunture All About?

JAN de VRIES

I often ask students to describe in their own words what illness actually is, but receive many different answers.

Basically, illness is what the Chinese call "disharmony" and the aim of acupuncture is to restore harmony to that which is out of harmony. The first thing a practitioner learns is to look: then to listen: then to feel. Look how the hair grows, how the fingernails grow, how the ears stand, for instance. Then listen to the sounds the patient makes and finally "feel" where the energy is disturbed. Where disharmony is present, it is possible with the help of needles, to restore harmony. Although practitioners are taught which points to use, sometimes a good acupuncturist will follow their own intuition.

The practitioner may use stomach points, spleen points, kidney points, bladder points or liver points etc., but it is obviously dependent on the particular condition being treated. With the present electro-acupuncture, some very good results have been obtained by treating the lung, gall bladder and stomach meridians and also some of the governor points. The auriculo-acupuncture therapy, which centres on the ear points, is useful

in the treatment of muscles, joints, heel, toes, ankle, hip, shoulder and neck movements. Some patients suffering from leg spasms have been treated with electrical stimulation of several response points. This treatment, when followed up by auriculo-acupuncture, improves their voluntary motor control. This step-by-step programme has achieved some amazing results. It might be that these improvements are due to a change in the extra-cellular fluids, or that the general condition of the patient has also improved.

In acupuncture terms, it is most important to restore the yin and yang balance when it has been disturbed, either anatomically or in other ways. It does not matter if the condition is chronic or acute - the uncomfortable problem is there and needs to be looked at. However, it is fortunate that this old and proven method is now receiving more appreciation in the western world.



For more information please contact Jan de Vries Healthcare on 01292 311 414

Clinical Standards Board for Scotland

Established in April 1999 with a remit to develop and run a national system of quality assurance and accreditation of clinical service, the board has recently undertaken a number of Generic Standards Peer Reviews. The purpose of these reviews is to gather general impressions from

patient/carer representatives on where the Trust stands in relation to the generic standards. The Murray Foundation has been fortunate to have representation at some of these reviews with feedback from the review at the SGH NHS Trust in Glasgow, being particularly positive in terms of volunteer policy and support.

British Amputee Golf Open Staverton Park September 2001

Last September the Murray Foundation sponsored two of our golfers, Donny McDairmid and John Pennycott, to attend the British Amputee Golf Open. Here is Donny's account of the event.

I was privileged once again to take part in the British Amputee Golf Open supported by B.A.L.A.S.A. held at Staverton Park Golf Club and Complex.

Again the organisation of the event went well. An organised practice day on Tuesday, sponsors day on Wednesday and then into the competition Thursday, Friday and Saturday.

Some of the competitors had just returned from competing in the German and French amputee golf open and they were well into the competition mode. The whole event went well with competitors from all over the world attending.

Every evening was organised with entertainment. The highlights were the sponsor's dinner and prize giving, the theme night of National dress (the kilt out shone them all), a country western barbecue and the final prize giving Gala evening.

Once again the organisers laid on events for family and friends visiting historic sights such as Bleinham Palace, Althorp House, Stratford upon Avon and Warwick.

The feeling of the majority of competitors was that they would love this event to come to Scotland. This would be achievable with sponsorship, support and a suitable venue.



Home Choice Meals Reach Scottish Doorsteps in 2002

A service which has been successfully setting local residents in England free from cooking calamities and heavy shopping bags by delivering complete pre-cooked frozen meals direct to their homes, is now available in Scotland.

The 'proof of the pudding' has been in the eating of Home Choice Meals, which is a WRVS initiative launched at the end of last year, and those eating the desserts, and main meals, have certainly been coming back for seconds!

Jan Dugdale, national business development manager, Home Choice Meals said:

"The service has been a great success and proved to be the perfect solution for Oxfordshire, Berkshire, Wiltshire and Hampshire residents who need a little extra help in the kitchen, or are just too busy to cook. We are really pleased to open the new service in various regions of Scotland and anticipate that Home Choice Meals will be as popular in Scotland as they have been in the south of England."

The frozen meals service is delivered from distinctive coloured

vehicles with staff all wearing easily identifiable clothing. "Because we're part of WRVS customers feel more assured. They know that they will receive a quality meal from a quality, friendly service," Jan Dugdale continued

With more than 100 dishes to choose from Home Choice Meals helps older people become more independent and busy people find more time for themselves.

Ready-prepared breakfasts, soups, main meals and desserts are delivered straight to the door. For those online, a bright, clear website (www.homechoicemeals.co.uk) displays full menus, prices and delivery locations, which makes it really easy for those living outside the area to order for a friend or loved one.

Main meals cost from £2.60 and a range of specialist diet meals, including vegetarian, diabetic and gluten free are also available.

Deliveries are made to each area on a fortnightly cycle and delivery is free. To request a menu brochure or place an order call the customer service number on: **0845 602 1123** or visit the website www.homechoicemeals.co.uk.

Murray Foundation Hospital Visitors Course

- Registration is now being taken for the forth coming Hospital Visitors Course. Applications are welcome from all those who have been an amputee for over a year and who also have their own transport. All counselling days will take place at Jordanhill Campus, University of Strathclyde, Glasgow. For dates see calendar of events below.
- The Foundation would also be interested in hearing from any parents who have young children who are amputees, as we are currently looking at establishing a support package for this group.
- For more information or discussion, please call **Susan Shaw** on **0141 580 8564**

Amputee Support Groups

| | | |
|---|-------------------------|----------------------|
| ALF <i>Fife</i> | <i>Gillian Cosgrove</i> | <i>01383 726135</i> |
| AYR <i>Ayrshire</i> | <i>Archie Bennie</i> | <i>01294 215208</i> |
| PUSH <i>Edinburgh</i> | <i>David Wraight</i> | <i>0131 258 9555</i> |
| IN STEP <i>Falkirk & Forth Valley</i> | <i>Donnie McDiarmid</i> | <i>01786 822070</i> |
| SCAFFOLD <i>Glasgow (North East)</i> | <i>May Stevenson</i> | <i>01236 609631</i> |
| TULIP <i>Glasgow (North West)</i> | <i>David Lang</i> | <i>0141 576 0565</i> |
| PAGE <i>Glasgow (Central & East)</i> | <i>Norman McCallum</i> | <i>01236 873459</i> |
| SWAGGER <i>Glasgow (South West)</i> | <i>Wallace Currie</i> | <i>01563 522191</i> |
| RAMP <i>Inverclyde</i> | <i>Agnes Lang</i> | <i>01475 742 723</i> |
| LAWSTEP <i>Lanark</i> | <i>John McNeil</i> | <i>01555 770730</i> |
| DUNDEE <i>Tayside</i> | <i>Laura Rosbottom</i> | <i>01382 660111</i> |
| HIASG <i>Highlands & Islands</i> | <i>Anne Driver</i> | <i>01463 793584</i> |

QUIZ LEAGUE

Kip Marina, Inverkip
Wednesday 10th April

The Quays, Edinburgh
Wednesday 14th August

Finale & Christmas Party
Ibrox Stadium
Wednesday 11th December

RACE NIGHT

Headwell Bowling Club
Dunfermline
Wednesday 12th June

CONFERENCE DAY

Dean Park Hotel
Glasgow
Wednesday 9th October

PROSTHETIC DEMONSTRATION DAY

Ibrox Stadium
Glasgow
Wednesday 29th May

COURSES

Hospital Visitors
Mon 25th & Tues 26th March
Tues 9th & Wed 10th April

Living with Life-Long Disability (in conjunction with BAPO)
17th August, Birmingham

CALENDAR OF EVENTS 2002

THIS FOUNDATIONS MAGAZINE IS ALSO
AVAILABLE IN **LARGE PRINT**

PLEASE CONTACT THE OFFICE ON
0141 580 8564 FOR A COPY

Freephone Helpline
0800 0282822



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