

PROSTHETIC DEMONSTRATION DAY

At the end of May the Murray Foundation hosted a Prosthetics Demonstration Day at Ibrox. The idea of the day was to offer users a balanced insight into some of the new prosthetic componentry available.

Over 130 consumers and professionals in the field of prosthetic attended to learn about the products being showcased by four prosthetic companies:

- **Tec Harmony** - the Vacuum Assisted Socket System (VASS)
- **RSL Steepers** - Skinergy Cosmetic Covering
- **Charles Blatchfords** - the Mercury foot
- **Othoeurope** - the Ultimate knee

The participants were split into four groups consisting of both consumers and professionals and spent an hour with each company. The companies gave an explanatory talk and then demonstrated their products, usually on an amputee, and were then available for discussions with the audience before the groups moved on to their next presentation.

The day proved a great success with everyone and as a result the Murray Foundation intends to hold a similar event in the summer of 2003.



VASS System



The Ultimate Knee



The Mercury Foot



Skinergy

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The Murray Hospital Visitors Course

In April and May of this year the Murray Foundation ran it's 5th Hospital Visitors Course.

The 8 participants first spent 5 days with a qualified counselling trainer from Jordanhill College learning counselling skills. This was followed by a day at the National Centre for Training and Education and Education in Prosthetics and Orthotics at the University of Strathclyde, to gain background knowledge of the whole rehabilitation process. Here they were given lectures by physiotherapists, specialised nursing and medical staff, a prosthetist, a technician and an occupational therapist. Additional input from current Hospital Visitors, Family Support providers and a Benefits advisor further expanded their appreciation of the Murray Foundation Hospital Visitor's role.



Some of our Murray Foundation Hospital Visitors and Family Support Providers

This latest course takes the number of Hospital Visitors on the register to 36 and thus increases the range of people we have to match with amputees who request a visit.

To give and insight to the experience of being a hospital Visitor here are two articles from established visitors giving their prospective on the service they provide.

HOSPITAL VISITOR - Wallace Currie

My name is Wallace, and I am a Hospital Visitor with the David Murray Foundation.

Things have changed a lot since my Trans-tibial amputation (below knee) in 1995. There was no such thing as an "amputee" Hospital Visitor, but thanks to Mr Murray that need has been addressed and there are now quite a few of us now.

I took my first steps to becoming a Hospital Visitor in 1997 when I went on a Hospital Visitors course arranged by the Foundation. The course is designed to give us listening skills . I spent the first four days at Jordanhill College and two days at the National Centre, at Strathclyde University.

Being a Hospital Visitor like everything else in life has its good days and bad, one-day frustration, next joy and job satisfaction. On one visit I met a patient who had just had a left leg trans-tibial amputation, he could not take this in, would not accept

that his leg was gone. He thought he would never walk again, and nothing I could say or do was going to change this. The hospital thought it serious enough to arrange for a psychiatrist to visit him, but unfortunately this did not work either. After a number of visits nothing had changed. That is the down side of the hospital visiting.

The next visit I made I had been given all the details of the many ailments this person had. He was diabetic, registered blind, on dialysis, waiting for a kidney transplant and had had a triple heart bypass. I didn't know what to expect when I got to the hospital, but I can tell you for all his ailments he was a joy to visit. For someone who had every reason to complain and feel sorry for himself, all he wanted to know was how long it would take for him to get his leg. I am pleased to tell you he's now home and I continue to keep in touch with him.

I would like to finish by saying that I consider it a privilege and pleasure to be a Hospital Visitor.

HOSPITAL VISITOR - Anne Dickson

I have been an amputee for nearly 8 years and it is almost 5 years since I made my first visit to a new amputee in hospital as a Murray Foundation Visitor.

In that time I have been privileged to meet so many wonderful people who are facing probably the most traumatic event in their lives and who are very apprehensive about coping in the days ahead.

Some amputees believe that their life is over. During our conversations they begin to realise that there is still so much you can do. It all depends on how you tackle the adjustments that have to be made. "Life is by no means over - just a bit different".

The patients tell me how much the visits are appreciated because we, as amputees, can understand the pain they have suffered and the problems they will face in the future.

I have been fortunate in so many cases to be able to follow their progress as they often keep in touch with me.

We have quite a number of new members in our Amputee Support Group, Scaffold, as a result of visits to them in hospital and passing on information about their local Support Group and the purpose of the Murray Foundation.

I can honestly say that I have come away from visits feeling quite uplifted and inspired by the patient after sharing with them their determination and hopes for the future.

LAWSTEP AMPUTEE GROUP WIN FUNDING



The Lawstep support group, who applied for Lottery funding in May of this year, are delighted to report that their application was successful. The funds will be used for a holiday in Blackpool in the near future. We all wish them a great time.

AWARDS FOR ALL

Awards for All is the best route to lottery funding for small local voluntary groups whose annual income is under £15000. The grants range from £500 to £5000, the application forms are simple, you can apply anytime and will hear the outcome quickly. For more information consult the website

www.awardsforall.org.uk or
telephone **0870 240 2391**

SENIORLINE - HELP THE AGED'S FREE TELEPHONE ADVICE SERVICE

SeniorLine is a free telephone advice and information service run by Help the Aged for older people and their relatives, friends and carers.

Help the Aged have been providing this service UK wide since June 1991 from their London office and in March 1995 two advice workers were employed in the charity's Edinburgh office to become part of the team answering calls from all over the U.K and to increase awareness of the service in Scotland.

We now have 4 experienced advice workers in Edinburgh and are keen to increase the number of calls we get from people in Scotland. We welcome calls from older people themselves or from someone calling on behalf of an older person eg. a relative, friend, carer or neighbour.

All advice and information is free, impartial and confidential and callers may remain anonymous if they wish.

The SENIORLINE team can answer questions about entitlement to welfare benefits and/or disability benefits, assessment for and provision of community care services, residential care, housing options and many other issues of interest to older people. The advice workers have several sources of information at their disposal to help them to deal with such a wide variety of enquiries. A comprehensive information system supplied by The National Association of Citizens Advice Bureaux, numerous advice leaflets written by our own information department and many other publications eg government circulars and Benefit Agency leaflets.

SeniorLine advice workers aim to help callers make informed decisions by offering the relevant information, discussing available options and encouraging callers to take further action themselves. If a caller needs help with something that is outside the scope of SENIORLINE advice workers have a large database of other organisations they can refer people to.

SENIORLINE'S FREE telephone number is **0808 800 6565** and the lines are open from 9am to 4pm, Monday to Friday



Help the Aged

Pain Clinics

Amputees who suffer chronic pain may find themselves referred to a pain clinic i.e a clinic specialising in the diagnosis and treatment of chronic, painful conditions. But what are these clinics and what happens when you attend them? In order to gain an insight into the Pain Clinic service we have an article from a Nurse Specialist and one from an Amputee.

[The Nurse Specialist](#)

QUEEN MARGARET HOSPITAL - DUNFERMLINE

Pain Management Service

The Pain Management Service at Queen Margaret Hospital is a multidisciplinary service with a team comprising of:

- 2 Consultants, who work 1 day each a week
- 1 Specialist Nurse, who is full time
- 1 Physiotherapist, who works 1 1/2 days a week
- 1 Psychologist, who works 1 1/2 days a week
- 1 Occupational Therapist, who works 1 day a week
- Secretarial support

The aim of the service is to help where possible and to teach patients how to manage their pain with a view to improving their "Quality of Life". There is no "Magic Cure", but by working with the patient perhaps we can make a difference to their life.

Referral to the service is via the G.P. Once the referral is received by the service, a Pre-Clinic questionnaire with an information leaflet is sent out to the patient. This is to obtain what we term the "patients eye view" of the pain problem. When this is received back the Consultant can then determine whether management of the pain can commence prior to appointment with him, either through the G.P or the Pain Specialist Nurse. This helps to reduce the waiting time for the patients. The waiting time from referral to appointment with the Consultant averages between 12-16 weeks, but with the use of the questionnaire management commences sooner.

The treatments available are;

- A review of the painkillers to see how effective they are and how they can be improved upon.
- A trial of a TENS or X -pain 2000 or a "Pain gone pen" may be of benefit.
- Physiotherapy and occupational therapy focusing on improving your fitness and abilities.
- If appropriate, Acupuncture may be offered.
- Occasionally it may be necessary to carry out injections of local anesthetic to treat the pain.

Patients can obtain information, help and advice over the telephone between the hours of 9-5pm. After that there is an answering machine and these calls are returned the following day.

Patients are given the opportunity to come in and discuss their pain problem with the Nurse if they find talking helps them. These talks are informal and are always at the patients request.

The staff at the Pain Management Service aim to provide as much education, support, advice and guidance as possible to help patients gain acceptance of their pain and learn ways of coping and managing to improve their Quality of Life.

For further information contact The Pain Management Service, Queen Margaret Hospital, Whitefield Road, Dunfermline.

Tel: 01383 623623

[The Amputee](#)

NHS PAIN CLINICS IN THE EDINBURGH AND LOTHIAN

There are two clinics involved in helping amputees to live and cope with chronic pain.

- 1, The Pain Management Programme held in the Astley Ainslie Hospital Edinburgh
- 2, The Pain Clinic held in the Western General Hospital Edinburgh

Both these clinics are accessed through the same channels, your G.P., consultant, Prosthetist, Physiotherapist or O.T. The options are varied but there is sometimes a long wait to see these specialists. Here is a short rundown and contacts for both Clinics.

[PAIN CLINIC, WESTERN GENERAL HOSPITAL CREW ROAD EDINBURGH 0131 539 1659/1646](#)

The Pain Clinic is run by three Consultant Anesthetists, a specialist Pain Clinic Nurse, Physiotherapist and Psychologist. There are also two secretaries who co-ordinate the clinic.

[WHAT DO THE STAFF IN THE CLINIC DO?](#)

A wide range of treatments are available in the clinic, including medicines, nerve blocks, specialist physiotherapy, TENS machines, Acupuncture, psychological support and Aromatherapy. The staff work together as a team to diagnose your pain problem and plan the best combinations of treatments for your pain.

[WHAT HAPPENS AT THE CLINIC?](#)

Each time you attend a clinic you will be asked to fill in a questionnaire about the pain and how it is affecting you as a person and the people around you.

At your first visit a doctor will go through the background of your pain symptoms with you. It is important to bring a current list of your medications, as this makes it easier for the doctor to understand your problems. If you do not have this information available contact your GP. The doctor will examine you, discuss the diagnosis and, in discussion with yourself, form a treatment plan.

Chronic pain is a difficult symptom to live with, so the pain clinic staff are happy to discuss any other worries that you might have, but this may need other follow up meetings.

[PAIN MANAGEMENT CLINIC, ASTLEY AINSLIE HOSPITAL 133 GRANGE LOAN EDINBURGH 0131 537 9128](#)

This clinic is slightly different from that run at the Western General as it does not rely on drugs alone to treat the chronic pain. Here they feel that since the patients have had their pain for more than 6 months, their quality of life will have been affected and so their aim is to work towards improving that quality of life.

The pain management clinic teaches many disciplines in self help programs that are worked out with the team and yourself to increase the ways to manage the pain. These include learning to move your body better, building up a program of simple and safe exercises to practice daily at home, setting goals e.g. getting back to some activities that you have given up due to your pain, and learning to relax and breathe to help deal with the affects of pain.

[HOW CAN I LEARN?](#)

At the clinic you will be given information on exercise, mood, ways of increasing your activities and the following points:

- Pain and how we feel it
- Why being active is good for you
- Drugs and pain
- Posture and movement
- How stress and tension affects the body
- How the pain affects family and friends
- Dealing with flare ups

This is a different approach to any other as it is run at your pace so you are in control.

For copies of information leaflets about the two clinics contact **The Murray Foundation, Argyle House, Ibrox, Glasgow G51 2XD. Tel: 0141 580 8564**

[If anyone has any experiences or information about these or other Pain Clinics and would like to share it with the readers, please send any articles to Murray Foundation office.](#)

CELEBRATING VOLUNTEERING

Joe McGuire, one of the Murray Foundation's Hospital Visitors, is featured in a new book called "Celebrating Volunteering", a collection of twenty stories about volunteering with the health services. Joe's story outlines his experiences becoming an amputee and his work with the Foundation.

Volunteer Development Scotland and Partners in Change, two initiatives set up by the Scottish Executive, have produced the book. It not only celebrates what the featured volunteers (and all the other volunteers within the NHS) are doing, but hopefully it will also encourage others to consider volunteering and encourage people within the NHS to consider how volunteers can enhance their services.

Copies of the book have been sent to all NHS organisations across Scotland aimed at illustrating to health professionals the scope, width and variety of volunteering within the health services.



NEW DEAL FOR DISABLED PEOPLE

New Deal is part of the Government's Welfare to Work strategy and it is split into New Deal for Disabled People, New Deal for Lone Parents and New Deal Jobseekers aged 18-24, 25 plus and 50 plus.

New Deal for Disabled People (NDDP) offers the opportunity to disabled people on health related benefits to explore work options.

How does it work? A range of organisations will deliver the NDDP for the Government and these organisations have set up a network of what they call Job Brokers. Job Brokers will be able to give:

- Advice about how to get a job
- Help matching your skills and abilities to what employers need
- Advice on training
- Support when you start work

This help is completely free and the scheme is voluntary so you can decide whether or not to use it. Joining the NDDP will not affect your benefit. People will get advice before making any decisions that might affect their benefit, for example they could go on a work trial to decide if the position is suitable before committing to it.

If you have made a claim for sickness or disability benefit after 2nd July 2001 you will be able to have an interview with an adviser in the local Jobcentre who can provide information about Job Brokers in your area.

The NDDP is currently scheduled to run until March 2004.

For more information contact

- NDDP Helpline: **0800 137 177**
- New Deal website: **www.newdeal.gov.uk/nddp**
- Visit your local Jobcentre, Social Security office or Jobcentre Plus office.

B.A.L.S.A BRITISH AMPUTEE OPEN GOLF CHAMPIONSHIPS 2003

Open to any golfer who is missing a limb at a major joint as a result of accident, illness or at birth.

VENUE

Westerwood Hotel and Golf Complex, Cumbernauld, Scotland

DATES/ 5 Day event:

Practice day Tuesday 26th August 2003

Guest/sponsors day Wednesday 27th August 2003

Three day Championships 28th, 29th and 30th August 2003

£30.00 entry fee includes all golf and shared buggy

Categories to be played include The Open, Ladies, Super Seniors & various amputee categories (subject to entries)

Special rates at Westerwood Hotel for golfers, families and friends.

Please contact:

Donnie McDiarmid, Tournament Director, 10 Whitecross Avenue, Dunblane, Perthshire, FK15 0BX

Tel: 01786 824282

e-mail geraldinefsaunders@btopenword.com

The Library Link - what your library can do for you...

If you thought libraries were places where staff said "Sh" and old books gathered dust on high shelves...think again. Modern public libraries are bustling, busy places, often full of noisy children's activities, and where people are likely to be surfing the net as reading a newspaper. So why is visiting the library still the 4th most popular pastime in the UK?

New services and old

Public libraries all over Scotland are changing. Most now offer access to videos, CDs, story tapes, DVDs, computers, the Internet, and learning centres to name but a few. Changing technology and the increasing amount of information available in electronic formats, have already had a huge impact on libraries. The government's commitment to using libraries to help get the nation online, and to developing access to learning through libraries, is beginning to make itself felt.

These new services are likely to become more and more popular, but books are still the public library's bread and butter, and account for the vast majority of current library use.

Edinburgh City Libraries and Information Services

I work for public libraries in Edinburgh, and specialise in providing services to disabled, elderly and housebound clients. A great deal of my work focuses on Information Technology and computers, which have a large role to play in facilitating access to library and information services for disabled people.

The Central Library Resource Centre is a focus for these services. Specially trained staff can offer support in using ICT (Information Communication Technology) facilities, including specialist software, which magnifies or speaks text aloud to help users with visual impairments. A variety of keyboards and mice are available, which are easier to use if you have limited mobility, or can only use one hand for typing.

There is also free internet access in the Resource Centre, as well as in a number of locations throughout the city. By the end of the year, all public libraries in Edinburgh will offer magnifying and speaking text software, and Internet access will be available in public libraries city wide. This means that ICT and the Internet will be available to all users in every public library in Edinburgh.

Current Resource Centre users vary from a gentleman of 90, to a college student in her 20's. One satisfied customer has told me that "Having been more than 30 years in IT, the Resource Centre gives me the golden opportunity to keep up and improve my skills".

Home based services

Edinburgh Libraries don't just serve people who can call into a library. We also visit people who are housebound, in nursing homes, sheltered housing, hospital, or who simply live too far from a library. If people can't get to the library, we try to take the library to them. Books on tape, large print books, and the loan of reading aids such as magnifiers and book rests are particularly important to these library users. We also provide accessible transport for people whose disability makes it difficult to get the library without help.

Many of these services, and other resources, are offered by libraries throughout the UK. Ensuring that everyone can access public services is a priority for local authorities all over Britain, so contact your local library and find out exactly what it has to offer.

TO FIND OUT MORE ABOUT EDINBURGH CITY LIBRARIES AND INFORMATION SERVICES

Access the website at www.edinburgh.gov.uk/libraries

Email at eclis@edinburgh.gov.uk

Phone your local library

Or Resource Centre **011 242 8135**

Or Access Services **0131 529 5683**

TO FIND OUT MORE ABOUT LIBRARIES OUTSIDE EDINBURGH

Local libraries and contact details will be listed in your telephone directory, or contact your local authority.

AMPUTEE LIAISON NURSE/OUTREACH SERVICE



Fiona McIntosh

The professionals associated with amputee rehabilitation have long acknowledged that on returning home, many amputees and their families/carers experience a number of difficulties and are unsure about how best to seek help or guidance.

Studies suggested that an outreach service (visiting patients in their homes) would provide many benefits to both patients themselves and the providers of the service.

After considering many of the service models currently in use, it was felt that such a service would best be provided by an Amputee Liaison Nurse based at WestMARC (the limb fitting centre in Glasgow).

The Murray Foundation has been working for some time to facilitate the establishment of this Amputee liaison nurse post and we are glad to report that the position has now been

created and filled.

Fiona McIntosh, former staff nurse at WestMARC took up the position on 1st May this year. The Murray Foundation will fund the post for three years after which the NHS Trust will assume responsibility for the position.

Initially Fiona has been liaising with all the various parties who will be involved with her post. Subsequently she will be dealing with amputees in Glasgow Royal, Gartnavel and the Southern General Hospitals and gradually extending her remit to include all hospitals referring patients to WestMARC. Fiona will be seeing patients before limb fitting (preferably pre-op), at the primary clinic at WestMARC, at discharge and at home two weeks after discharge with the possibility of follow-up visits when necessary.

It is felt that this post will increase the support and information available to amputees and their families and provide a valuable role in the education of many other professions allied to medicine who deal with amputees.

If you have an article for **FOUNDATIONS**, Please contact: Marjorie Dodds, The Murray Foundation, Argyle House, Ibrox Stadium, Glasgow G51 2XD, Tel: 0141 580 8564 Fax: 0141 427 7241

Amputee Support Groups

ALF Fife	Gillian Cosgrove	01383 726135
AYR Ayrshire	Archie Bennie	01294 215208
PUSH Edinburgh	David Wraight	0131 258 9555
IN STEP Falkirk & Forth Valley	Donnie McDiarmid	01786 824282
SCAFFOLD Glasgow (North East)	Jim Caldwell	01236 601970
TULIP Glasgow (North West)	David Lang	0141 576 0565
PAGE Glasgow (Central & East)	Norman McCallum	01236 873459
SWAGGER Glasgow (South West)	Wallace Currie	01563 522191
RAMP Inverclyde	Agnes Lang	01475 742723
LAWSTEP Lanark	John McNeil	01555 770730
DUNDEE Tayside	Laura Rosbottom	01382 660111
HIASG Highlands & Islands	Anne Driver	01463 793584
ELGIN Elgin & Moray	Thomas Quinn	01542 886304

OBITUARY

We are saddened to report the recent death of May Stevens, a valued member of the SCAFFOLD support group. May had been an amputee for a number of years and was a well-known face at many of the Foundations events. May will be missed by all who knew her.

Freephone Helpline
0800 0282822



THE MURRAY FOUNDATION

THIS FOUNDATIONS MAGAZINE

is also available **LARGE PRINT**

please contact the office on

0141 580 8564 for a copy

RETURNED COPIES: Murray Foundation, 2nd Floor, Argyle House, Ibrox Stadium, Glasgow. G51 2XD, T: 0141 580 8564, F: 0141 427 7241,

Email: info@murray-foundation.org.uk, www.murray-foundation.org.uk

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