

Health Matters

Keeping you informed about the news and views of Blackpool Teaching Hospitals



Louis is back on the ball

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Heart warming!

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Issue 55 Friday February 7th 2014

Welcome from the Chief Executive

WELCOME to the latest edition of our public newsletter, **Health Matters**.



This edition features some of the latest news and events from the Trust and further afield with some inspiring stories from various areas of the Trust.

The work of the rapid response team as featured on page 3 is an example of how we are looking to improve the care we can offer patients in the community and keep people away from hospital wherever possible.

The front page story about a 22-year-old who had a shock heart attack but is now ready to play football again is also an inspiring one to show what a fantastic job our staff do on a daily basis.

Don't forget you can sign up to receive our electronic bulletin directly to your inbox by completing a short form via the [following link](#) or you can access it from our website, Facebook page or through Twitter. We would also urge you to pass the newsletter on to your friends or colleagues so they too can keep up to date with what is going on. We would welcome your comments at communications@bfnh.nhs.uk

Gary Doherty
Chief Executive

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Every month we hold members' seminars on a range of health topics. To book a place contact Jacinta Gaynor, membership officer, on 01253 306673.

Date & Time:	Venue:	Details:
February 12th 2014, 6.30pm – 7.30pm	Slyne Road NHS Offices, Lancaster	Mr Ian Johnson, Chairman and Governors. Seminar on "Elections 2014 – The Role of a Governor."
February 24th 2014, 6.30pm – 7.30pm	Education Centre Lecture Theatre, BVH	

Health Matters is also available online at www.bfnh.nhs.uk

You can sign up to receive our fortnightly news bulletin directly to your inbox by clicking on the following link: www.bfnh.nhs.uk/healthmatters

Any comments ideas or suggestions? Please contact:

The Communications Department on 01253 306941 or communications@bfnh.nhs.uk

Rapid response team praised

WHEN James Harris' leg swelled up during a coach holiday, going to hospital was not an option for him.

Used to his home comforts, the 74-year-old didn't want to spend a week cooped up on a ward if he could receive hospital treatment at home.

So he was able to take up a rapid response service offered by the Trust. Almost as soon as he informed the team of his swollen leg, a community matron was at his Stalmine home to check up on him.

Mr Harris said: "The first thing we had to do she said was get me a nebuliser, and within a couple of hours some nurses came and set one up. Naturally I calmed down a bit, but I was still worried about my leg – I wanted it to go down.

"That was the Saturday and I was alright on Sunday. On Monday another nurse came in to take a sputum, water and blood sample."

The following day, physiotherapist Sheila Dryden visited with an apprentice and they went through an exercise plan with Mr Harris. They revisited over the week to cut back on his nebuliser use and give him stronger exercises. Each day community nurses checked Mr Harris's [chest](#) and lungs, blood pressure and pulse.

"Basically I had nursing care 24-7 over eight days and believe you me, they were brilliant," he said.

"Each one of them informed me what I should be doing and if I had a relapse what I should do. They gave me a phone number if I needed to get in touch with them and honestly I haven't got one grumble. They explained to me right from the



Sheila Dryden and Sue Townson with patient James Harris.

start that I could go to hospital if I wanted to, but I said no.

"I didn't want that because first and foremost I have panic attacks. At home I was able to get out of bed and walk about my own home if I wanted to. But then if I had a relapse I could call for an ambulance in the middle of the night and I would go straight onto the ward I needed.

"The nurses know you and you know them. They come for one thing, and that's to help you. The whole team was absolutely brilliant.

"Without that help I would have been in hospital for the whole week. By the end of the week, after the care I received, my leg had gone down and I was able to get about."

The swelling in Mr Harris's legs was down to a problem in his heart.

His wife, Elizabeth, said having him at home during his treatment was a weight off her mind.

She said: "The team gave us both confidence. You always feel better if you're at home and it was more relaxing for him."

Louis thanks cardiac 'heroes'

A YOUNG Poulton footballer is looking to complete a remarkable recovery after suffering a shock heart attack at the age of just 22.

Louis Shields is now expected to play his first competitive match for his club, Poulton Town FC, after the cardiac arrest in August that left him in a coma for five days and being treated at the Lancashire Cardiac Centre at Blackpool Victoria Hospital.

"Thanks to the cardiac centre, I have got my life back and can get back to training and playing football again."

Louis Shields

Louis said: "I don't drink, smoke or take any kind of drugs, I like to keep fit and consider myself to be healthy. When I was told what had happened to me I could hardly believe it. You don't think of this kind of thing happening to you when you're young."

It was thanks to his girlfriend and mother that he lived to tell the tale. Although he has no recollection of it at all and only knows what he has been told by his family.

He recounts: "My girlfriend said she woke up because I was next to her having a fit of some kind. She was scared and ran for my mum's help. When they both got back to me I was blue from my head to my chest.

"To them I was already dead. My mum knows CPR and carried it out on me straight away while my girlfriend called the ambulance. They used the defibrillator on me and rushed me to hospital. I was in the intensive care unit and in a coma for five days. I don't remember any of it."



Louis Shields.

Staff at the cardiac centre diagnosed that Louis had an abnormal electrical connection between the upper and lower chambers in the heart, which was capable of conduction at a very fast rate and this was the cause of his cardiac arrest.

Consultant Cardiologist at Lancashire Cardiac Centre Dr Shajil Chalil performed a keyhole operation on Louis to fix an abnormal conduction channel, he said: "I performed a keyhole intervention procedure through the right groin to cauterise the abnormal conduction channel. I am pleased to see him back to his normal self and wish him the very best for the future."

Louis is amazed by the care provided by the team at the hospital. He adds: "The work done there is unbelievable. I wouldn't be here today if it wasn't for everyone involved.

"From the intensive care staff to the people on the cardiac ward and the doctor that put right the condition that caused this in the first place; I can't thank them enough.

Louis is now back playing football and hopes to continue his career in the future. He doesn't know whether he will make it as a professional but he's just thankful he has a chance.

"I can't thank everyone involved enough from the ambulance crew to the nurses and doctors who treated me. They were all fantastic."

Your chance to be a public Trust governor

THE Trust wants you to help it shape the future.

The Trust is seeking 11 new public governors across the area it covers and wants to hear from as many people as possible interested in having their say on how healthcare should be provided locally. The elections will be held in July/August 2014.

Those interested in hearing about the work of the Trust's governors, and how they can stand for election, are invited to attend one of two seminars on Governor Elections hosted Mr Ian Johnson (Trust Chairman) and members of the Council of Governors.

The seminars, entitled "Public Governor Elections 2014", will be held on Wednesday, February 12th 2014, between 6.30pm – 7.30pm, at Slyne Road NHS Offices, Lancaster and on Monday, February 24th 2014, between 6.30pm – 7.30pm, in the Education Centre Lecture Theatre at Blackpool Victoria Hospital.

The vacancies are as follows:

Constituency	Vacancies
Blackpool	4
Fylde	2
Wyre	2
Lancashire/South Cumbria	2
North of England	1

The seminars will be directly followed by a workshop which is for those interested in finding out in more detail what the election process involves and will also give guidance on writing a Candidate's Election Statement.



Ian Johnson.

Trust governors are required to be members of the Blackpool Teaching Hospitals NHS Foundation Trust and their role is to represent their respective local constituencies, provide advice and support and help influence the Trust's decision-making in terms of how it develops services for the people of Blackpool, Fylde and Wyre and beyond.

The seminar will include background information on the Trust, the role of governors, their statutory duties and details of the election process in order to give those considering standing for election a fuller understanding of the governor role.

Mr Johnson said: "Governors bring a wealth of expertise, experience and ideas which are essential to ensuring the effective development of our NHS Foundation Trust moving forwards.

"They ensure that the Foundation Trust is managed appropriately and they have a number of key responsibilities including the appointment of the Chairman, Non-Executive Directors and External Auditors, and holding the Board to account. Governors are also required to approve any significant investment decisions and they are vital in representing the interests of our patients and the public."

To book onto the seminars please contact Jacinta Gaynor, Membership and Governors Officer, on 01253 306673. You must be a member of the Trust to attend. Membership is free and there are numerous benefits for the Trust and the local community alike, which can be seen on the Trust's website:

www.bfwh.nhs.uk.

Your application can be received via the website, by post or by telephone.

YOU can help Trust to improve patient care

ARE you interested in improving health care at your local hospital? Can you work effectively with other people? Would you be happy to share your experiences of clinical services?

If the answer is yes to all of the above, Blackpool Teaching Hospitals NHS Foundation Trust would like to hear from you, as they're on the lookout for up to 20 patient representatives to join a new Patient Panel.

You can be an individual user of their services, a carer, relative, and friend or from a local voluntary organisation.

Whatever your background, you would be expected to attend bi-monthly meetings and champion the interests of patients in the planning and delivery of health care services through a series of roles including:

- Helping determine priorities for local patient surveys and focus groups
- Taking part in consultations, to make patients/ carers' voice heard on a particular issue
- Appraising information for patients produced by the Trust
- Inspecting services or facilities, either independently or in conjunction with staff
- Organising or attending events e.g. to raise awareness of a new or redesigned service
- Advising the Trust on issues of concern



Eleanor Carter, the Trust's Patient Experience Facilitator with a hospital patient.

regarding service provision

- Advising and participating in the development of education for staff

Eleanor Carter, Patient Experience Facilitator, at Blackpool Teaching Hospitals NHS Foundation Trust said: "Patients and their representatives can often be reluctant to express their views to clinical staff about the service provided, so it's vitally important we have a forum like this where they can have their say.

"The input from the members of this panel will give us a broader view of the patient experience and how we can engage with patients across the entire Trust, using them as ambassadors and educators to help drive change from within."

For further information on how you can join this important panel please contact: 01253 306374 or e-mail Eleanor directly at

Eleanor.Carter@bfwhospitals.nhs.uk

Find out about local services that can help with your everyday living needs!



Blackpool4me.com online community information



Health checks and information



Healthy eating demonstrations



Winter fuel advice and keeping warm



How to get online and social networking



View Blackpool in pictures through the ages

- . Demonstrations
- . Presentations
- . Exhibitions
- . Refreshments



Find out about Central Library and have a look around!



Consumer advice

For more details go to www.blackpool4me.com/febevent

Tuesday 11th February 2014
come along anytime between 10am - 1pm

Brunswick Room
Central Library
Queen Street
Blackpool FY1 1PX

Free event!

Blackpool Council

with local partners

Beaverbrooks staff are stars

WORKERS from a St Annes company have donated nearly £300 to help breast cancer patients.

Beaverbrooks the Jewellers, whose head office is in St Annes, give £40 to each of their workers annually to donate to their charity of choice.

Members of the Customer Services Department have donated £280 to Trust charity Blue Skies Hospitals Fund in aid of the Breast Care Centre at Blackpool Victoria Hospital. Customer Services Advisors Stacy Bryce and Charlotte McQuilliam visited the charity to hand over the cheque.

Stacy said: "The company is really big on supporting charities and we all get a set amount per person to donate to the charity of our choice. There are at least 800 people in the company so it's a lot of money for charity."

"We decided to donate it to our local breast care centre because there has been a lot in the news recently about younger women having breast cancer and collectively we all know people who have been affected."

"Out of seven in our smaller team there are four who have been affected personally or through those close to them."



Stacy Bryce and Charlotte McQuilliam from Beaverbrooks hand over a cheque to Kathy Ancell.

"We wanted the money to go to a charity locally rather than a big national charity. We'd definitely look at raising money throughout the year; it's such a good cause."

Charlotte said: "As the company is based in St Annes we really wanted to do something locally. It's great that we get to each donate some money and the company is really supportive of charity work. They match everything we raise when we do fundraising. Our families are really pleased we decided to donate it to the Breast Care Centre."

Head of Fundraising, Kathy Ancell, said: "Thank you so much to the team from Beaverbrooks for donating this money. It's a great amount and will be well used by the Centre to benefit patients."



How you can get all the latest news and views from the Trust

The Trust's official Facebook page can be found at:
www.facebook.com/BlackpoolHospitals

The Trust can also be found on Twitter
[@BlackpoolHosp](https://twitter.com/BlackpoolHosp)