

Health Matters

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



Hello baby!

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Issue 57 Friday March 7th 2014

Welcome from the Chief Executive

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



This edition focuses on the official opening of the Trust's new midwifery-led unit at Blackpool Victoria Hospital this week by Cathy Warwick, Chief Executive of the Royal College of Midwives, who was overwhelmed with the facility and the contribution made by our staff towards this superb facility.

I am also delighted to report on the nurse-led ascites service team that has been shortlisted for a prestigious British Medical Journal award. This fantastic service has given patients their lives back and this shortlisting is a testament to the innovation and dedication of our excellent members of staff.

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:
Friday, March 14 th 2014, 3 – 4 pm	Education Centre Lecture Theatre, BVH	Dr Saleh, Consultant Ophthalmologist Seminar on "Glaucoma" during Glaucoma Awareness Week.

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

Top midwife opens new maternity unit

BLACKPOOL'S new Midwifery-led Unit has been given the seal of approval from Britain's top midwife.

Officially opening the new £680,000 facility at Blackpool Victoria Hospital, chief executive of the Royal College of Midwives, Cathy Warwick, said: "It is wonderful to see midwives, staff and managers working together as a team to give first class quality care to women, that is a real cause to celebrate".

The state-of-the-art facility offers four spacious en-suite birthing rooms, two with pools, and is a home-from-home environment making the birthing experience as normal as possible.

Cash for the unit was announced by health minister Dan Poulter at the beginning of 2013 as part of a £25m cash pot for more than 100 hospitals across the country.

Building work started immediately and just seven months later the unit was opened.

Cathy congratulated staff on providing a positive example of midwifery services and on spending the money for the unit wisely. "Blackpool has built a fantastic facility where the highest quality care is given to women and babies."

"It is very important to invest in maternity services. If you get the first health experience



Cathy Warwick, third from left, with Head of Families Division, Pauline Tschobotko, Trust Chairman, Ian Johnson, Director of Nursing and Quality, Marie Thompson, midwife Jennifer Clarke, Head of Midwifery, Nicola Parry, and June Davies, clinical director of obstetrics and gynaecology.

right people are more likely to use other services the NHS provides. I am delighted to be opening the unit which is a wonderful place for women to give birth.

"The Trust and the midwifery team should be applauded for demonstrating such commitment in securing this investment in midwife-led care and in their maternity services," she added.

Blackpool's Head of Midwifery, Nicola Parry said: "Our team is our biggest asset and this building symbolises the care we want to provide. A good birth experience is our ethos and focus and that's a big recommendation.

"We want the best experience for all our mums and families and to give the best start possible for every baby".

Setting the sights on eye health problems



MEMBERS of the public are invited to attend a free presentation on Glaucoma, the latest health seminar for members of Blackpool Teaching Hospitals NHS Foundation Trust.

Dr Tarek Saleh, Consultant Ophthalmologist, will be hosting a seminar entitled 'Glaucoma' on **Friday, March 14th 2014, between 3 – 4 pm** in the Lecture Theatre, Education Centre at Blackpool Victoria Hospital.

To tie in with the sixth World Glaucoma Week, running from March 9th to 15th, 2014, Dr Saleh will be heightening awareness of this eye condition which has already affected the eyesight of about 480,000 people in the UK alone.

In white Europeans, approximately 1 in 50 adults over the age of 40 years of age and 1 in 10 adults over the age of 75 years of age have chronic open-angle glaucoma, the most common type of glaucoma. If you are of Black-African or black-Caribbean origin, you are at increased risk of developing this life-changing eye condition.

There are four main types of glaucoma:-

- Chronic open-angle – this most common type, which develops very slowly.
- Primary angle-closure – a rare type, which can develop both slowly (chronic) or rapidly (acute) with sudden and painful build up of pressure in the eye.

- Secondary – which can occur as a result of an eye injury or other eye condition.
- Developmental (congenital) – this is rare, but serious. This is usually present from birth or shortly afterwards.

Dr Saleh said: “The symptoms vary for each type of glaucoma, but changes in vision are often linked to getting older, this is why it is so important to have your eyes tested regularly, at least every two years.

“There are several tests that can be carried out to detect glaucoma, which are all painless and quite quick to perform. They can be carried out by an optometrist during a sight test.”

There is no cure for glaucoma as yet, and loss of vision is the main complication of glaucoma, which is irreversible. Glaucoma could affect your ability to drive and impact greatly on your day-to-day living, which is why early diagnosis and treatment is so important.

To book a place on the seminar please contact Jacinta Gaynor, Membership & Governors Officer, on 01253 306673. You must be a member of the Trust to attend and membership can be arranged over the phone. Membership doesn't cost anything, and there are numerous benefits which can be seen on the Trust's website: www.bfwh.nhs.uk.

Gastro team bid for top national award

A REVOLUTIONARY nurse-led service, which is giving patients their lives back, has been shortlisted for a prestigious British Medical Journal award.

The newly-established ascites service at Blackpool Teaching Hospitals NHS Foundation Trust allows liver patients to have excess fluid drained during a day visit rather than being admitted to hospital for a three to four day period.

“This is a really fantastic achievement”, said nurse practitioner Mike Rolland. “Just to get shortlisted by the BMJ is an honour. It’s a great acknowledgment of the hard work done on a daily basis by the team in Gastroenterology,”

“This service has given patients their lives back and this shortlisting is a testament to the innovation and dedication of our staff.

“The scheme was devised here and now helps more than 40 patients on a regular basis”, Mr Rolland added. “It gives patients their independence to be able to visit the hospital for just an eight hour session rather than have to be admitted for about four days.

Clinical Matron, Sue Jones added: “The nurse-led service was designed and implemented by a core team of dedicated staff, supported by a cross-section of health professionals and senior managers. The focus was to devise a facility which was patient focused and quality driven.

“Its success has been to reduce the number of readmissions, reduce the inpatient length of stay and improve the patient’s experience.”



Patient Michael Danson with members of the Gastro team

Dr Chris Shorrock, consultant gastroenterologist at the Trust said he was delighted at the BMJ nomination which brings real prestige to both the department and the hospital. He paid tribute to his staff’s “unwavering dedication to the service and to the needs of our patients”.

“This project has evolved from its infancy to a highly successful and comprehensive procedure that has positively reduced the number of non-elective hospital admissions to the benefit of our patients”, he added. “This service has also reduced the number of readmissions by 55 per cent”.

Patient, Mr Michael Danson, said prior to this service, his life had revolved around fortnightly hospital admissions for three to four days to drain off excess fluid caused by his liver disease.

“In the past I have had to go into A&E then onto the Acute Medical Unit before being admitted to a ward. This new service has released all those ‘dead’ days. Now I come in by prior arrangement at 8am and the drain is done in one day.”

The Blackpool team are up against competition from Sheffield, St Bartholomew’s, Luton and Dunstable and Bolton hospitals.

Medics told: Talk to us, we don't bite

ELEVEN-year-old Morgan Leather has a special message for doctors and nurses.

The Montgomery schoolgirl told a group of medics: "I didn't like being in hospital, although there were some good doctors and nurses, I didn't like doctors talking to my mum and not me.

"I didn't understand what was happening to me and I wanted to change that. I want to tell the doctors and nurses that they shouldn't be afraid to talk to children, we don't bite."

This was one of the messages given to new doctors at Blackpool Teaching Hospitals NHS Foundation Trust as they met representatives of the Trust's youth group.

As part of their induction all doctors are asked to meet with Victoria's Voice, a group of 11-16 year old former patients, who meet throughout the year to make sure young people are represented when it comes to making decisions around the hospital.

The group celebrated its one year anniversary last month, and to mark the occasion it held a presentation of what they have done to the newest doctors at the Trust.

Coordinator of the group, Fiona Jones, said: "The group has done a lot over the last year. There are 15 members now which is great. They have made real differences to the Trust, notably creating their charter of promises which has been adopted by the board. It's a series of things the Trust promises to do to ensure better care for young people.

Representatives of the group met with doctors and gave them a taste of what they had been doing and what they wanted them to do in the future.

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Dr John Rasquinha, Dr Rattna Mafoo and Dr June Tan with Morgan and Harry.

Sixteen-year-old Harry Clueit from Baines School is type 1 diabetic and meets with his doctors regularly. He said: "I like to see what's going on in the hospital and change the way things happen to help young people receive better care."

Dr John Rasquinha, who attended the meeting, said: "This has helped us to realise the role the young people can take in their treatment. It's great there is a group like this that can help us to understand their needs and adapt our care provision to suit."

The youngsters gave the doctors their top tips for looking after them. They included:

- Don't lie to me; if it's going to hurt tell me.
- Remember it's sometimes hard for me to ask questions so check with me to see if I have any.
- Give me the chance to speak without my parents in the room.
- Tell me the reason for things as it helps me to understand.
- Treat me as a person not as a patient.



Hazel Preston and Nicci Hayes with the corridor plans

Memory street

The UK's largest multi-sensory hospital Memory Lane corridor has been given the green light to be created in Blackpool.

Part of Blackpool Teaching Hospitals NHS Foundation Trust's ongoing dementia project, the new Memory Lane will be located at Blackpool Victoria Hospital, thanks to funding from Trust charity Blue Skies Hospitals Fund.

Developed using research by The King's Fund's Enhancing the Healing Environment (EHE) project, the new scheme aims to transform patient experience and care through improvements to their physical environment.

The new Memory Lane corridor will be the largest of its kind in the UK and span 72 metres in length, allowing patients and staff to walk up and down, pausing throughout to enjoy the specially created designs which will cover the walls.

Inspired by the Fylde coast and its famous landmarks, the corridor includes Stanley Park's beautiful Italian gardens and lake, the Promenade complete with sounds created in partnership with the Museum of Liverpool and the Blackpool Tower Circus with renovated seats dating back to 1894.

Samantha Woodhouse, Practice Development Sister and a member of the Dementia Advisory Board at the Trust, said: "Patients living with dementia often suffer from deliriums which can be very distressing.

"We have designed the Memory Lane specifically to spark conversations with our patients, which will create a bond of trust between the patient and staff, allowing them to refocus the patient by shifting the conversation to something more pleasant, such as a fun day".

A check on local health

THE Trust, in partnership with the Altogether Now project, is preparing for six months of free, no appointment, special community health events on the Fylde coast.

The events offer services, tests and advice for both men and women, including lung health, diabetes, blood pressure, sexual health as well as advice on alcohol, smoking and healthy eating.

The event venues are:
 March 24 - Whitegate Drive
 April 28 - Clifton Hospital
 May 19 - Moor Park
 June 23 - Fleetwood hospital
 July 28 - Lytham Primary Care Centre

Event organiser, health mentor, Tracey Englishby, said: "The event we held at the hospital near Christmas was a real success and we thought it would be a great service to take out into the community.

"By taking the health events to local hospitals and health centres we hope to give as many people as possible the opportunity to come along to get advice and tests they may not have considered before.

Each event will run from 8:30am until 12pm with a variety of services available at each one.

6,000 reasons to say thank you

A FRECKLETON man has donated £6,000 to the Lancashire Cardiac Centre, where he received life saving treatment.

David Slater was treated at the centre just after his 50th birthday six years ago and has donated a thousand pounds to the centre's Heart of Gold Charitable Fund each year since.

He said: "Six years ago I came in for a replacement heart valve. When I was 10 I was diagnosed with a heart murmur, but by 16 it had gone away. A couple of years before the procedure, I started to notice that I was having a fast beating heart for thirty seconds or so and it was slightly harder to breathe when this happened. This would happen four or five times a day and so I went to the GP to get it checked and was sent for an ECG.

"I've felt fine since having the operation but I wanted to donate a thousand pounds each year as a thank you for my treatment. I'll continue to donate for as long as I can." Asked what his family thought of his generous donations, David replied: "My family don't really know I've done it!"

The fund is run by Trust charity Blue Skies Hospitals Fund and looks to support the work of the Lancashire Cardiac Centre.



Left to right: Mr Andrew Duncan, David Slater and Fundraising Officer, Nicci Hayes.

Consultant Cardiothoracic surgeon, Mr Andrew Duncan said: "David has a bicuspid valve which only about two per cent of the population are born with. David also had an aneurism which could have caused a problem. We like to fix things like that electively rather than waiting for a problem because by that stage it could be too late.

"We have used the money to help buy sutureless aortic valves. Donations like this that mean we can buy equipment which helps us be one of the leading cardiac centres in the UK. The equipment which we use can be incredibly expensive so we need all the donations we can get to help support the work we do.

"This money really has made a difference. We're incredibly grateful to Mr Slater and would like to say a huge thank you to him for this ongoing support."



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)