

Health Matters

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

Focusing on nutrition



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Welcome from the Chief Executive

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



This edition features a number of stories from around the Trust over the past couple of weeks with our main story being about the great news that the Trust has received £500,000 which will be used to build a new Complex Needs Suite to support women who have, or are at risk of developing, mental health or substance misuse problems either in pregnancy or postnatally. This is great news coming just after the official opening of the Trust's new midwifery-led unit.

We also have details of our superb Trust choir who are performing at the Grand Theatre on April 4th for charity. An event not to be missed.

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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Diary Date

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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: |
|--|---|--|
| Wednesday, April 9th 2014, 11am – 12noon | Cardiac Centre Lecture Theatre, BVH | Dr McGhee, Registrar in Geriatric Medicine. Seminar on "Parkinson's Disease." |

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

£500,000 maternity boost

MATERNITY services in Blackpool have been given a £500,000 cash boost.

The money will be used to build a new Complex Needs Suite at Blackpool Victoria Hospital to support women who have, or are at risk of developing, mental health or substance misuse problems either in pregnancy or postnatally.

Blackpool has one of the highest rates of substance misuse and the highest rate of prescribed antidepressants in the country.

The new suite, which has been funded by the Department of Health, will ensure the setting for more complex births is appropriate and able to provide for differing medical and social needs while helping mother and baby to bond together.

The suite, which will be built alongside the new Midwifery-led Unit, will consist of a pre-labour/labour room and a postnatal/recovery room. Both will have en-suite family friendly facilities so a woman's birth partner can stay with her throughout.

Work will start on the new suite immediately and it is hoped it will be operational by summer 2014.

Pauline Tschobotko, Head of Service at the Trust's Families Division welcomed the funding which she said would enhance maternity facilities offered at Victoria Hospital.

"Approximately 12 per cent of women, about 350 women a year, will have their pregnancy complicated by complex social/medical factors," she explained.

"The Trust currently has a complex needs team



Discussing the colour board for the new suite are: Pauline Tschobotko, Stuart Flack from architects Gilling Dod, Keri Graham from the Trust's estates office, Justin Evans from Gilling Dod and Roger Smith from ESE Project Management.

which specialises in mental or social/emotional health and women have told us they prefer, and benefit from, this individualised care.

"As a Trust we are able to provide a choice of place of birth and now wish to extend this to include pre-labour/labour rooms to provide the women and their families with appropriate privacy and dignity".

Blackpool Victoria Hospital already has a consultant-led delivery suite and a midwifery-led unit, which was opened last summer. A complex needs suite would ensure the Trust can offer improved birthing experiences for all women and their partners in a more comfortable and relaxed environment.

"Many women who have complex social factors may require additional support," Mrs Tschobotko added.

Mrs Tschobotko added; "As a Trust we are aware we need to continually improve the care we offer to all women. The benefits of normal birth, improved engagement with fathers and birth partners, are even more important our socially complex families."

Free health checks at a venue near you

DO you want a FREE health check?

If so then a health trailer is coming to a car park near you which will give you the chance to get information and support to keep well and healthy.

The resort's Altogether Now – a Legacy for Blackpool – team will be taking to the road to bring important information into the heart of your community - from alcohol and smoking advice to lung, BMI and blood pressure checks.

The trailer will be at the following locations from 9am to 4pm.

- Monday, March 31 - Grange Park, Blackpool
- Tuesday, April 1 – Farm Foods, Devonshire Road, Blackpool
- Wednesday, April 2 - Aldi, Waterloo Road, Blackpool
- Thursday, April 3 - Morrisons, Squires Gate, Blackpool
- Friday, April 4 – Asda, Cherry Tree Road, Blackpool

The Wellness Team will offer Blackpool residents, advice on stopping smoking, lung health checks, blood pressure testing, alcohol advice and healthy eating advice. Council colleagues will also be available to provide information on services such as Care and Repair and Children's services.

The aim is to reach as many members of the public as possible.

Altogether Now is the multi agency crusade to improve the health, wellbeing and lifestyle of people in Blackpool irrespective of age, race,



The Altogether Now health trailer—coming to a car park near to you..

gender or ability. It is a partnership between the NHS in Blackpool (Clinical Commissioning Group and Hospitals Trust); Blackpool Council; and Blackpool Football Club that is unparalleled anywhere else in the country.

Carol Bramhall from the Blackpool Stop Smoking Team, said: "The trailer is a great example of how Altogether Now brings services together to go into the community to help give people the chance to get a free health check. Experts from a wide range of services will be on hand to give the best possible advice and will be delighted to speak to any member of the public who has any health concerns."

Jeannie Hayhurst, Cardiovascular Specialist Nurse with Blackpool Clinical Commissioning Group (CCG), said: "This Health Trailer is being repeated following the success of the event held last September, when many local residents fed back to us that they were grateful for our support in identifying health problems that they were unaware of, but could then be managed by their own GP."

Blood donation call for Easter



IN the run up to Easter, NHS Blood and Transplant is asking Fylde residents to think about those less fortunate than themselves and give blood, as well as giving gifts and chocolate to friends and family.

Barbara Blanche, Lead Donor Relations Manager for NHS Blood and Transplant for the Lancashire area, said: "Easter is a time of celebrating new life and what better way to

celebrate than to help those who need it, by donating blood. It's an important time to give, as blood stocks are often more vulnerable around public holidays, when people go away or are busy getting out and about as the weather improves.

| Venue | Date | Time |
|---|-----------------------|---|
| Lowther Pavilion, Lowther Terrace, LYTHAM | Monday April 7 | 1.45pm – 3.45pm & 5pm – 7.30pm |
| St Paul's Church, Honister Avenue, MARTON | Wednesday April 9 | 1.45pm – 3.45pm & 5pm – 7.30pm |
| Community Centre, Bispham Road, BISPHAM | Friday April 11 | 1.45pm – 3.45pm & 5pm – 7.30pm |
| Community Centre, Kensington Road, THORNTON- CLEVELEYS | Monday April 14 | 1.45pm – 3.45pm & 5pm – 7.30pm |
| Ribby Hall Village, Ribby Road, WREA GREEN | Wednesday April 16 | 1.45pm – 3.45pm & 5pm – 7.30pm |
| St Paul's Church, Honister Avenue, MARTON | Wednesday April 23 | 1.45pm – 3.45pm & 5pm – 7.30pm |
| The Great Hall at Mains, 86a Mains Lane, LITTLE SINGLETON | Tuesday April 29 | 1.45pm – 3.45pm & 5pm – 7.30pm |

"If you have an appointment to donate at an upcoming session, please keep it, especially if you are an O negative and B negative blood donor. If you don't yet have an appointment booked, please make one to donate in the upcoming weeks and help us to keep stock levels healthy.

"We are always grateful to donors who respond to calls such as this and appreciate that in doing so they do give up some of their precious time. Please bear with us if there are slightly longer waits than normal on session as a result."

Blood donations are a vital part of treatment for many conditions including cancer and long term illnesses, people involved in accidents and in maternity care. Hospitals across England and North Wales need 7,000 units of blood every day and each unit can save the lives of up to three people.

Anyone aged between 17-65, weighing more than 50 kg (7st 12lbs) and in general good health could potentially start saving lives by becoming a blood donor. There is no upper age limit for donors who have donated in the last two years. For more information or to book an appointment visit www.blood.co.uk or contact 0300 123 23 23.

Trust teams focus on nutrition awareness



Staff who took part Nutrition & Hydration Week with their awareness stands.

THE theme around the Trust this week has definitely been nutrition and hydration.

A host of activities has been going on to mark Nutrition and Hydration week. The week aims to promote the importance of nutrition and hydration to care professionals and raise awareness of the need to monitor patients at risk of malnutrition.

Approximately 25 per cent of patients admitted to the hospital are at high risk of malnutrition.

This provides a challenge to the Trust as it endeavours to ensure that each patient gets all the nutrients their body needs to help with their recovery.

Tracy Burrell, Assistant Director for Nursing (Quality) is backing the campaign throughout the Trust. She said: "Good nutrition is vital to helping people recover from illness or treatments. In order for the quality of our care to be as high as it can be we have to take diet, nutrition and fluid intake, very much in to consideration."

Trust executive directors have played their part by serving dinners on wards to help them understand the pressures of front line staff and the varied and often life altering dietary needs of

the patients.

Ward staff got involved with some areas creating their own nutrition and hydration displays. There were even some tea parties going on in wards too.

Key messages of the week have been around the importance of identifying malnourished patients. It is essential for patients to see a member of the dietetics team so they can have their needs met through proper fluid balance, nutritional supplements and tailored diets.



Chief Executive Gary Doherty serves lunch to Lois Rock as part of nutrition awareness week.

Special birthday for a special service

THE Trust's specialist Respiratory Nurse Service has celebrated its 21st birthday.

The specialist team of nurses and a physiotherapist treat a wide variety of patients suffering from a whole range of lung diseases and conditions.

Based at Blackpool Victoria Hospital, the service plays a vital role in supporting and educating patients living with lung conditions both in hospital and out in the community.

The service was set up in response to new National Asthma Guidelines at the end of 1992, the ultimate aim was to give quality advice and promote guided self-management to all adult asthmatics both in clinic and at ward level, the service was started by just one Respiratory Specialist Nurse.

“Our ethos has, and always will be, to put our respiratory patients first. We aim to continue delivering excellent levels of care for the next 21 years.”

Pauline Berry

These solid foundations and additional national guidelines have resulted in the Respiratory Nurse Service evolving to include the support of patients not only with asthma but also chronic obstructive pulmonary disease (COPD), bronchiectasis and pulmonary fibrosis.

The Respiratory Nurse Specialists and Physiotherapist Specialist now have a range of roles which include the support and education of the patient and family including treatment advice and education including the use of self-management plans.



Respiratory Specialist Nurses at the Trust (L- R): Pauline Berry, Christopher Jackson, Emma Gray and Cara Cooper

Pauline Berry, Respiratory Nurse Specialist at The Trust, said: “We’ve come a long way in the first 21 years and we are very proud of what we have achieved and the service we offer to our patients.

“From identifying appropriate COPD patients for an early supported discharge service, to running a nurse and physiotherapist led oxygen assessment and review service which supports those patients requiring oxygen therapy at home, we have developed a service which meets as many of our patients needs as possible.

“Our ethos has, and always will be, to put our respiratory patients first and we are enthusiastic to continue delivering excellent levels of care while advancing the services we provide for our patients for the next 21 years, including the continued participation in the development and implementation of a local COPD pathway utilising national guidelines.”

Grand performance for choir

A NEWLY formed choir made up Trust staff is looking for notes of a different kind at a fundraising concert in April.

Staff from across all areas of the organisation have come together to form the 100 Voices Choir and have already shown off their skills at several high profile events including the recent Red Rose Business Awards.

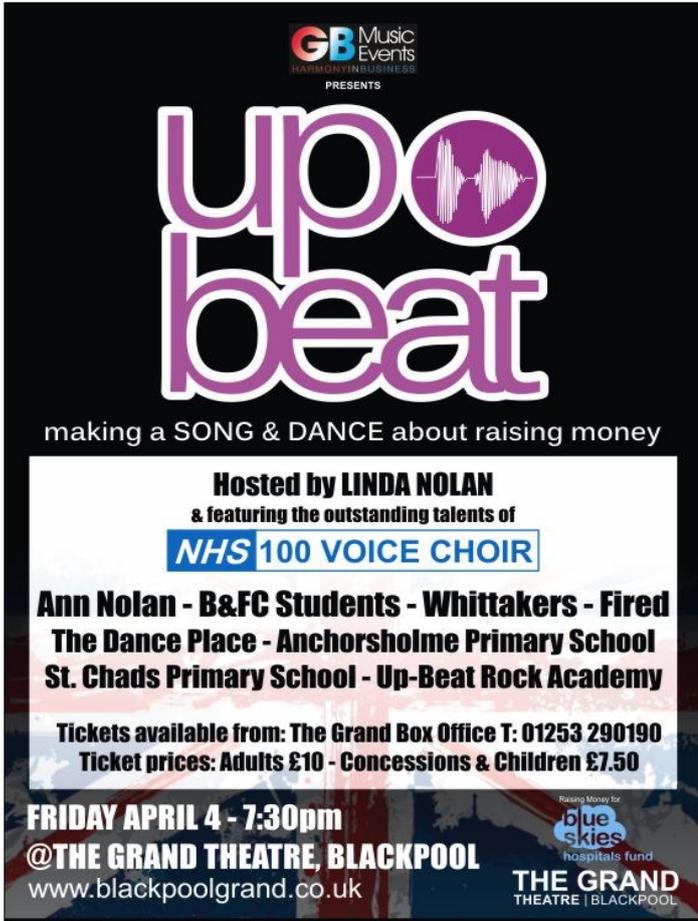
Their next major event is at a special celebration of music and dance at the Grand Theatre on Friday April 4th called UpBeat, with all profits going to Blue Skies Hospitals Fund, the charity that raises money to enhance patient care across Blackpool Teaching Hospitals.

The evening, organised by GB Music Events, will be hosted by Linda Nolan with sister Ann also appearing on the bill alongside students and staff from Blackpool & The Fylde College who will be drumming with a dance troupe from "Fired".

Pupils from Anchorsholme and St Chad's Primary Schools will also be showing off their skills.

Kathy Ancell, Head of Fundraising for Blue Skies Hospitals Fund, said: "I have seen the choir at a few events now and they always deliver fantastic performances and obviously really enjoy their repertoire.

"I am looking forward to the event which will provide an opportunity for them to showcase their talents further, as well as that of other local performers who have kindly agreed to take part.



The poster for the 'Upbeat' event features the GB Music Events logo at the top, with 'HARMONY IN BUSINESS' and 'PRESENTS' below it. The title 'Upbeat' is written in large, stylized purple letters, with a soundwave icon integrated into the letter 'o'. Below the title, it says 'making a SONG & DANCE about raising money'. The event is hosted by Linda Nolan and features the NHS 100 Voice Choir. The performers listed are Ann Nolan, B&FC Students, Whittakers, Fired, The Dance Place, Anchorsholme Primary School, St. Chads Primary School, and Up-Beat Rock Academy. Ticket information is provided: available from The Grand Box Office, T: 01253 290190, with prices of £10 for adults and £7.50 for concessions and children. The event is on Friday April 4 at 7:30pm at The Grand Theatre, Blackpool. The website www.blackpoolgrand.co.uk is listed. Logos for Blue Skies Hospitals Fund and The Grand Theatre Blackpool are also present.

"We are delighted that GB Music Events have organised this Up Beat to raise money for Blue Skies Hospitals Fund. All funds raised will support Blackpool Teaching Hospitals to enhance patient care above and beyond what can be provided from core NHS funds.

"I would urge as many people as possible to join us for what promises to be a very special evening."

Tickets are priced at £10 for adults and £7.50 for concessions and can be obtained from the Grand Theatre by ringing 01253 290190 or on the web at: www.blackpoolgrand.co.uk.