

Health Matters

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



Happy Easter Bunnies

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Easter egg-stravaganza

Staff and patients get together to brighten up Clifton Hospital - Page 6

Choose Well over the holiday weekend

Get the right care in the right place - Page 5

Issue 60 Friday April 18th 2014

Welcome from the Chief Executive

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



This edition focuses on a number of stories on the lead up to the Easter weekend. The staff at Clifton have been doing a great job working with patients to help brighten up the environment with a fantastic Easter theme and I know it is something that has been really appreciated, as was the carers' event that was also organised this week.

On another more serious Easter note it is a time that is often busy for the hospital and I would remind all members of the public to consider their healthcare needs over the weekend and to follow the national Choose Well message which we support and publicise on page 5.

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@bfw.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:
Monday, May 19 th 2014, 2 – 3pm	Room 1, Education Centre BVH	Chief Executive's Question Time — everyone welcome

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

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

Any comments ideas or suggestions? Please contact:

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

Illuminations to add sparkle for patients

MEMORIES of Blackpool illuminations are set to light up the lives of dementia patients at Blackpool Victoria Hospital.

The Trust has joined forces with Blackpool Council to add a new dimension to the hospital's ground-breaking dementia corridor.

The Council's Light works department, which is responsible for the Blackpool Illuminations, has provided three illuminations installations for the dementia corridor that will 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 a huge 72 metres in length when it is finished in early May. It will feature sections recreating popular landmarks and scenes. Patients will be transported in to the settings by a full multisensory experience of sights, sounds and smells.

Sam Woodhouse, project lead on the dementia corridor and Practice Development Sister with the Trust, said: "We are thrilled to be able to add illuminations to the corridor. They are so iconic and will really benefit patients as they will help them to immerse themselves into an environment they are familiar with. It will help trigger happy memories which, for patients with dementia or confusion, are a really important part of their care."

The illuminations will feature in two of the main sections of the corridor. The Pleasure Beach section will have one illuminated smiling face which would have once been along the outside of the attraction. The promenade section will have a seashell and a scaled down version of the famous illuminated "boat" tram.



A scaled down version of the illuminated tram will make an appearance along the memory corridor at Blackpool Victoria Hospital.

Coun Graham Cain, Blackpool Council cabinet member for leisure and tourism, said: "We're delighted to be able to help the people with dementia by bringing a little slice of the famous Blackpool Illuminations to the corridor."

"Dementia is a hugely important issue in Blackpool and on the Fylde coast generally because of the age of our population so we're very pleased to do what we can to help those affected and raise awareness."

As well as covering the walls in the design, each section of the corridor will have engagement sections with something for the patients to physically interact with, including donated artefacts and pictures, a work station with activities to complete, sounds and smells, as well as benches and seating to relax and enjoy the views.

Work is underway to develop the corridor which will be officially opened in May.

New service helps save Anthony's foot

A MAN from Staining has kept his best foot forward thanks to a pilot scheme at the Trust.

Anthony Aspden, a 32-year-old self-employed decorator, faced losing his foot due to a serious bone infection that regular oral antibiotics were not treating. But thanks to the service he not only kept his foot but could continue working throughout his 115 days of treatment.

He was referred for intravenous antibiotics from the Diabetic Foot MDT clinic to the COMMIT (Community/Home IV therapy) service which allows patients to have treatment either in a primary care centre based clinic or in their own homes if there are mobility restrictions.

Normally, patients requiring IV antibiotics would have to get admitted or stay in hospital for the duration of the course of drugs, sometimes taking months. Mr Aspden received IV treatment by visiting the clinic at South Shore Primary Care Centre once a day for around half an hour.

Mr Aspden said: "Tablets didn't seem to work as well as they should for me and if something wasn't done my foot would be amputated. That would have probably been the end of my career.

"My last hope was IV treatment which would have meant a long stay in hospital where I would have to claim benefits due to not being able to work. Fortunately I was referred on to the COMMIT service. It meant that I could carry on working instead of sitting in hospital getting more and more in debt from taking time off."

IV antibiotic treatment can take between 30 - 60 minutes to be given to a patient but conventionally this would have required them to stay in hospital. This was a huge drain on resources and so alternatives had to be found.

The COMMIT service was set up in June 2012 as a pilot aimed at reducing admissions and freeing up beds within the hospital.

Dr Achyut Guleri, Consultant Microbiologist & Head of Department - Pathology explained: "We wanted to take the treatment closer to the patients in the community and offer them quality care through IV treatment either at a community based clinic or within their own home.

"Through excellent liaison and team working between hospital colleagues, IV therapy nurses within the rapid response team and commissioners we were able to pilot the service.

"We are now a unique community based IV therapy service offering both the option to attend a clinic or receive treatment at home."

In just over 21 months the service has helped more than 225 patients including Mr Aspden. It has saved nearly 2,960 bed days for the hospital.

Dr Sharma, Consultant Microbiologist and Director of Infection prevention and control, said: "When I first reviewed Mr Aspden in the diabetic foot clinic, his foot was badly infected and unresponsive to oral antibiotics. He was committed and completed 115 days of treatment with successful cure of his bone infection."

Mr Aspden said: "Now my foot is pretty much all sorted. I've been discharged from the scheme after four months of treatment and I can't thank the doctor and nurses enough."



Anthony Aspden.

Choose Well is the message over Easter

DOCTORS across the Fylde, Wyre and North Lancashire are urging local residents to plan ahead this Easter.

With minor ailments such as coughs and colds still common during Easter, health experts are advising people to take a few simple steps to look after their health this month.

By knowing when their GP surgery is open, re-stocking their medicine cabinet and making sure they order any repeat prescriptions they need for themselves and those they look after ahead of Easter, people can ensure they make the most of the holiday weekend.

Dr Tony Naughton, Clinical Chief Officer of NHS Fylde and Wyre CCG, said: "With many GP surgeries across the local area closed for up to four days over the Easter holiday weekend, it's vital to plan ahead and have any medicines you may need during this time available to you."

Dr Amanda Doyle, Chief Clinical Officer of NHS Blackpool CCG, said: "We are advising people to keep remedies for common ailments available, to make sure they have enough medication to see them through the holidays and to know when they can get an appointment at their GP surgery."

The four steps doctors recommend are:

Know when your GP surgery will be open

Your local doctor's surgery may be closed for four days during the Easter weekend, from April 18th to April 21st.

Use your local pharmacy

Your pharmacist can provide confidential,

expert advice and treatment for a range of common illnesses and complaints, without having to wait for a GP appointment or go to A&E. First aid treatments for minor accidents such as plasters and antiseptic creams can also be obtained from the pharmacy. To find your nearest local pharmacy, visit www.nhs.uk/service-search or text 'pharmacy' to 64746.



Restock your medicine cabinet

A range of common illnesses and complaints, such as coughs, colds, sore throats, upset stomachs and aches and pains can be treated with a well-stocked medicine cabinet and plenty of rest.

Make sure you have enough repeat prescription

If you or someone you care for requires medicines regularly, make sure you order and collect repeat prescriptions in good time to ensure you have enough medicine to last over the holiday period.

If you require help and advice for a **non 999 emergency** you can also call NHS 111. This is a free service, available seven days a week, 24 hours a day. It offers help and advice for when it's not a 999 emergency such as:

- you think you need to go to A&E or need another NHS urgent care service
- you don't know who to call or you don't have a GP to call
- you need health information or reassurance about what to do next

A fully trained adviser, supported by experienced nurses and paramedics, will be able to provide any advice you need or direct you to the local service that can best help you.

Caring and sharing at Clifton Hospital

PATIENTS and staff at Clifton Hospital have been spending their time in the day room making decorations to brighten up the place in time for Easter.

From painted eggs to hand made daffodils, the day room and corridor has been adorned with Easter-themed crafts.

The idea was not only to brighten up the day room but to help with patients by giving them a distraction from the hospital environment. Many of the patients have some form of dementia or confusion so doing activities like making daffodils helps them concentrate on something positive. It often helps trigger memories and reminds them of the time of year and helps them understand their own surroundings better.

The Ward was decorated just in time for an *eggstra* special carers event organised by Ward Manager Linda Broadbent and her team, to offer advice and support to people who care for their loved ones in the home.

From Care and Repair services, dementia advice teams to the fire service there was representation from many of the organisations carers can get help from. The hospital itself had staff on hand to offer their first hand experiences and tips.

Mr Michael Crosby, from South Shore, attended the event as he cares for his 89-year-old mother.

He said: "I was interested to hear about the support groups as I look after my mother 24 hours a day and really wanted to know if it was possible for me to take a break somehow. There is a group here who organises trips away for carers. They can accommodate my mother with us on the trips so we can go together which I

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ABOVE: David Rafferty from Clifton Hospital helps make Easter decorations with June Morris and Pat Jones.

RIGHT: Patricia Mustoe speaks to Michael Crosby at the Carers' Event.

know she will really enjoy. I've also learned a lot from the Care and Repair team about making changes to the house to help myself and my mother.

"My mother was in Clifton Hospital recently and I think the staff here are remarkable. I heard about this event and wanted to come and ask them how they do it."

Linda Broadbent from Ward 1 said: "We had a really good turn out throughout the day. There were lots of people to talk to and they seemed really excited about being here.

"It was a real team effort to get ready for today with everyone from the Hospital pitching in. We had porters in early setting up the room and staff helping get everything ready. Some staff came in on their day off to bring cake and make teas for people too. I have to thank all of them."

Bowel Cancer Screening Programme

Are you aged **60-74**?

Take the test and reduce your risk of
Bowel Cancer!



- If registered with a GP you will receive a free bowel screening test kit every 2 years
- The kit detects early signs of bowel cancer before any symptoms appear
- If caught early, the better chance of survival

For advice or to request a screening kit call:

800 707 60 60 or for more information visit
www.nhs.uk/bowelcancer

Be **Clear** on Cancer!

Did you know that Bowel Cancer is the

3rd most common cancer?

If you have any of the following symptoms for 3 weeks or more:

- Looser Poo
- Blood in your poo
- Unexplained weight loss

Then please visit your GP straight away, it could
save your life!

Springfields staff go the extra mile again

A LOCAL business has helped out MedEquip4Kids by providing monitoring equipment for the Children's Accident and Emergency Unit at Blackpool Victoria Hospital.

Springfields Employees Medical Research and Charity Trust Fund raises money to benefit local charities around the Westinghouse plant based in Salwick, Preston.

They made a donation to children's charity MedEquip4Kids to fund a vital signs monitor for the Children's Accident and Emergency Unit.

Caroline Gomery, Ward Sister in the Emergency Department, said: "We're so grateful to the employees at Springfields for helping us again by supplying this equipment.

"We now have top quality monitoring equipment in all of our treatment rooms, meaning that it is always to hand if we need it and we can take information on patients as soon as we need to. I'd like to thank all the supporters of this project, it really is appreciated greatly."



Sister Caroline Gomery shows Ian Driver, Secretary of the Springfields Employees Medical Research and Charity Trust Fund the new monitoring equipment in place on the Children's Emergency Department.



Ian Driver, from Springfield Fuels, said: "All of this money has come from our employees and it's great to be able to see the benefit. Since the beginning of the staff lottery we have raised around £1.1M for medical equipment."

The Paediatric A&E Department sees children up to the age of 16 and has around 15,000 patients every year.



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)