

Health Matters

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



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Welcome from the Chief Executive

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



I would like to start this week by apologising as we have had to cancel Monday's proposed Chief Executive's Question Time at the Trust. We will be putting another date together shortly and will of course advise you of when this will be.

On a more positive note I am delighted to say that the Trust's fantastic new Dementia Corridor is set to open next Friday. This is a fantastic addition the facilities at Blackpool Victoria Hospital and is something of a landmark as it is the longest such corridor in any hospital in the country. It will be a great boost for our patients and is thanks to some great teamwork from our 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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Local pupils enjoy Trust's Skills Club



The Trust's Simulation and Skills Centre this week played host to visitors from Highfield and Millfield Schools.

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

Missing medals are reunited

IT'S not every day you get a call to say your old belongings have been found 23 years after they went missing.

That's what happened to Debbie Parkinson, Family Nurse practitioner with the Trust, after a fellow member of staff was clearing out old lockers and unearthed a treasure trove of history.

During a clear out of old lockers that have been in storage at the hospital's laundry and sewing department for more than 20 years Debbie's old nursing badges were discovered by Tracey Manton who then went on a mission to reunite them with their rightful owner.

Debbie said: "I couldn't believe it when I got a call from Tracey. She started off just saying 'did you used to be Deborah Brohee? I've got your badges here!'

"It took a while for me to work out what she meant but when she explained a little more about finding the badges I couldn't believe it. I haven't gone by that name for 23 years and I lost those badges some time before that. For her to track me down is remarkable. I can't thank her enough.

"The badges are very sentimental to me. I remember feeling very upset when I discovered I'd lost them. One in particular is my badge from Manchester Royal School of Nursing and is only given to people when they have passed their nursing qualifications. I worked hard for that badge and it's a symbol of me becoming a nurse; something I'm very proud of."

Tracey said: "We were getting rid of a stock of old lockers that were used for nurses to leave their things when they needed to be repaired or cleaned.

"We haven't used that system for years so no



Debbie Parkinson shows off her badges with Tracey Manton wearing the cape also found in the lockers.

longer needed the lockers. I was going through them just to make sure there was nothing inside them. I saw the badges and realised they were probably important to someone. So I set about tracking Debbie down. It wasn't as hard as we looked through the records and the fact she's still working for the Trust made it easier."

Amongst other items found in the lockers was an old woollen nurse's cape along with the accompanying starched cuffs.

Tracy adds: "Most of the things in the lockers were junk people had just left behind. Anything of value has been kept. The badges were the only personal belongings so I'm glad we could get them back with their rightful owner."

Recognition for your health service stars

THE Trust is urging people to show their support for health professionals and nominate them for The Gazette Best of Health Awards.

The awards recognise and celebrate excellence in health care, in the public, private and voluntary sectors and are in the following categories:

- Doctor of the year
- Dentist of the year
- Midwife of the year
- Nurse of the year
- Physical therapist of the year
- Optician of the year
- Childcare award
- Unsung hero
- Carer of the year
- Elderly welfare award

Chief Executive, Gary Doherty, says: "All our staff strive to offer the highest possible care to patients. We are proud of all of them and they all deserve an award just for doing the demanding job they do. They all know that good quality care is far more than just the clinical care we provide. It goes as far as a smile, an understanding ear or taking the time to explain things to patients and their families."

"Doctors, nurses and all our staff take their role very seriously and do not expect thanks, but that doesn't mean they don't deserve it. The work they do can make a lasting impression on the lives of patients and their loved ones.

"We get literally thousands of cards and letters from grateful patients who take the time to write to the Trust expressing their gratitude. It is one of my favourite parts of my job to respond to as

many of them as I can. It fills me with pride to see how our care goes far beyond the patients visit to hospital. The long term effects of good quality care can last a lifetime. This is something we try to promote to our staff.

"Knowing they are appreciated makes our staff motivated and enthusiastic about their roles. A simple act of saying thank you can make a very difficult stressful day turn in to a pleasure.

"The Gazette Best of Health Awards are a great way for the public to highlight those

members of staff that have touched their lives. I would urge people to nominate doctors, nurses, porters, healthcare assistants, volunteers or anyone they have come in to contact with that has made their experience of care exceptional."

Anyone can nominate, including friends, colleagues, employers, patients, carers or a patient's relatives. If you know someone who deserves an award for always providing the Best of Health, you can write to: Best of Health Awards, The Gazette, Avroe House, Avroe Crescent, Blackpool Business Park, Blackpool, FY4 2DP, or email competitions@blackpoolgazette.co.uk.

Please include your own name and contact details, as well as the name, role/job title and contact details for the person you are nominating and an explanation in no more than 250 words, of why they deserve an award. For more information about the awards, call (01253) 361709.



We want you to join our patient panel

A GROUP of patients who are helping to raise standards of care in local hospitals is looking to expand.

The Trust recently advertised for local residents to join a new Patient Panel and after meeting for the first time this week the group is determined to make its mark quickly.

Eleanor Carter, Patient Experience Facilitator, at the Trust said: “In the first Patient Panel meeting there was a lot of creativity and energy from the panel members, who discussed what they wanted to achieve and work out how they could work together to make a positive impact on their NHS services.

“They reviewed our national inpatient survey results and devised an action plan on how they could help improve areas such as hospital food.

“They agreed to work with our Catering Department and engage patients about their likes and dislikes in regard to meal choice and follow the meal journey from the hospital kitchen to the patient bedside to get a better understanding of the process and how this can impact upon the patient experience.

“They have also agreed to review the Trust’s website as a separate project to make it more user friendly.”

She added: “The Patient Panel will enable us to really understand what our service users are telling us and do something about it.”

The Trust is looking for more members for the panel.

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



Members of the new patient panel at its first meeting.

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 regarding service provision

Anyone who would like to get more involved with the Trust and its engagement opportunities can contact Eleanor Carter on 01253 306374 or email Eleanor.Carter@bfwhospitals.nhs.uk for more information.

Dementia corridor is set to open

THE UK's largest multi-sensory hospital Memory Lane corridor will be opened next Friday, May 23rd.

The new Memory Lane will be located at Blackpool Victoria Hospital, has been built thanks to funding from Trust charity Blue Skies Hospitals Fund.

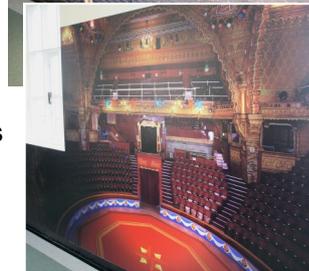
Developed using research by The King's Fund's Enhancing the Healing Environment (EHE) project, the new scheme aims to transform patient experience and care through improvements to their physical environment.

Two thirds of all patients admitted to hospital on the Fylde coast are elderly, and 65 per cent of those patients are living with a dementia or some sort of cognitive impairment, which affects the ways in which they interpret or understand the world around them.

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.

"Research shows that trying to pacify them on the ward is not very effective and can cause agitation and stress to the patient resulting in a decline in health.

"Instead of trying to calm them with words or a cup of tea, which doesn't solve their problem or provide a satisfactory outcome to their delirium, the new corridor will allow us to take them off the wards and enhance their patient experience with a stroll down memory lane using a number of different clinical techniques resulting in a positive outcome for the patient."



Images from the new dementia corridor.

The new Memory Lane corridor will be the largest of its kind in the UK and spans a huge 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.

The £30,000 funding needed to complete the project has been provided by the Blue Skies Hospitals Fund as part of a wider focus on dementia projects within the Trust.

Kathy Ancell, Head of Fundraising for Blue Skies Hospitals Fund, said: "We are always looking at ways to support the enhancement of care for our patients and this project is a fantastic opportunity to do just that. The new Memory Lane project is a fantastic addition to the wider focus on dementia within the Trust and one we are very happy to be able to support."

Youngsters reminded about sunbed risks

YOUNG people who use sunbeds are being urged to watch out for signs of skin cancer.

In a week where an investigation by Blackpool Council found that 60 per cent of tanning salons across the town failed under age sales tests, health experts are keen to remind youngsters about the dangers associated with sunbeds.

Research has shown that using sun beds increases the risk of skin cancer by 75 per cent - a figure that cannot be ignored.

Heather Baines, Skin Cancer Clinical Nurse Specialist at Blackpool Teaching Hospital NHS Foundation Trust, said:

“We have seen in the trust a 10 per cent increase in skin cancers year on year with more than 1,000 skin cancers diagnosed each year. Amongst those we have seen a definite increase of cases in younger people.

“Sunbeds and lamps can be more dangerous than natural sunlight because they use a concentrated source of ultraviolet (UV) radiation. UV radiation can increase your risk of developing melanomas – the most dangerous type of skin cancer. Sunbeds and sunlamps can also cause premature skin ageing.”

Melanoma is one of the most common cancers in people aged 15-34 and is also responsible for



Heather Baines, Skin Cancer Clinical Nurse Specialist.

most skin cancer deaths. More than 2,000 people die every year in the UK due to melanoma.

The most common sign of melanoma is the appearance of a new mole or a change in an existing mole. This can happen anywhere on the body, but most often the back, legs, arms and face are affected.

In most cases, melanomas have an irregular shape and more than one colour. They may also be larger than normal moles and can sometimes be itchy or bleed.

“People should also look out for non-melanoma skin cancer which presents itself as a non-healing pink scaly lesion on the skin,” adds Heather.

Youngsters are also reminded that you increase your risk of skin cancer or other ill effects of tanning equipment if you use them and have the following characteristics:

- You have fair, sensitive skin that burns easily or tans slowly or poorly
- You have a history of sunburn, particularly in childhood
- You have lots of freckles or red hair
- You have lots of moles
- You are taking medicines or using creams that make your skin sensitive to sunlight
- You have a medical condition made worse by sunlight
- You have had skin cancer or someone in your family has had skin cancer

Derek's donation a tribute to life savers

FAMILY and friends of a Blackpool heart attack victim have rallied together to raise cardiac funds and buy a defibrillator, after the 80-year-old grandad's life was saved by the emergency equipment.

Blackpool FC fan Derek Smith, from Bispham, had been at the Reebok Stadium, Bolton in May last year when, just minutes after the match finished, he suffered a heart attack.

The Reebok Stadium had a portable defibrillator which was used to shock Derek several times before his heart was restarted and he was taken to Royal Bolton Hospital and then transferred to the Lancashire Cardiac Centre at Blackpool Victoria.

Derek had been in the car with his son-in-law Mark Green, when he suffered the heart attack. Three people, including an off-duty nurse and police officer, rushed to his aid, they gave him CPR and used the defibrillator to keep him alive until paramedics arrived.

Mark was so grateful for the work done both at the stadium and at the cardiac centre that he joined forces with Carleton Bowling Club to raise funds to help other heart attack victims.

"We wanted to do something, and decided to try



Derek Smith (Fourth from the left) with friends and staff from the Lancashire Cardiac Centre.

to buy a defibrillator for the Carleton club, which we are both members of, and raise funds for the Lancashire Cardiac Centre. Roy Dickerson, Jonathan Sherlock, Wayne Berrisford and I did a sponsored bike ride from Blackpool to Bolton," Mark explained.

Last week Derek joined Mark and manager of Carleton Bowling Club, Tim Wood, to present a cheque for more than £560 to the Blue Skies Hospitals Fund's Heart of Gold charity to benefit patients of the Lancashire Cardiac Centre at the Trust.

"I wouldn't be here if it wasn't for the skill of the people at the cardiac centre" said a grateful Derek.



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)