

Health Matters

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



INSIDE THIS ISSUE:

Doctors doing it for the kids
Youngsters have been telling junior doctors what they want — Page 3

‘Big Butt Clean-up’ scheme
Cigarette butts have been collected in an anti-litter campaign — Page 5

Issue 69, Friday, August 22, 2014

Welcome from the Chief Executive

HELLO and welcome to Health Matters.

Inspirational children and young people feature strongly in this edition.



Our junior doctors have had quite a grilling from some of the plucky young former patients from our Victoria's Voice Youth Forum. They gave a highly informative presentation to the junior doctors and told them how they'd like to be treated. It was quite an eye-opener for some of our new recruits.

It is heart-warming to see young Isabelle Dale's fundraising efforts for our Neonatal Unit. Her selfless fundraising is truly inspirational.

It's great news for the Trust that one of our nurses — Anita Tunstall — is set to receive the title of Queen's Nurse. This coveted title is something that many aspire to. Congratulations to Anita!

And finally, I'm delighted to welcome Lisa Horkin, our new Associate Director of Nursing, to the Trust. Lisa is already building on the Trust's successes and is making improvements for patients.

Gary Doherty
Chief Executive

Contents

News

Kids talk with doctors

YOUNG people have been talking to the Trust's junior doctors about how they'd like to be treated during stays in hospital.....3



New Trust role for Lisa

THE Trust has appointed Lisa Horkin as its new Associate Director of Nursing based at Blackpool Victoria Hospital.....6



Kerrie is a role model

A NATIONAL charity for people with burns and scars is featuring a Trust employee at work in its annual review.....4



Queen's Nurse award

COMMUNITY Stroke Matron Anita Tunstall is set to receive her Queen's Nurse Award at a ceremony in London.....7



'Big Butt Clean-up' day

VOLUNTEERS have been out and about at Blackpool Victoria Hospital collecting discarded cigarette butts and improving the environment for patients and families.....5



Girl with heart of gold

A YOUNG girl whose brother was treated at Blackpool Victoria Hospital has donated much-needed clothes to the Trust's Neonatal Unit.....8



Kerrie Newsham, who works in Data Protection, has been photographed for a national charity. See page 4

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

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Any comments ideas or suggestions? Please contact:

The Communications Department on 01253 956 875 or communications@bfwh.nhs.uk

Junior doctors given a thorough examination

THREE feisty young people gave junior doctors an insight into what it's like to be a patient and told them how they'd like to be treated.

The young people from the Trust's Victoria's Voice Youth Forum stressed the importance of listening to children and engaging with them in meaningful ways.

Through the lively session Sophie England, Ella Treddinik and Morgan Leather challenged the junior doctors to show respect and empower younger patients.

Fiona Jones, Patient Experience Officer for the Trust, said: "It was a really good session.

"The idea is that we are empowering, changing the balance between patient and doctor and allowing young people the chance to speak openly and honestly about how they feel.

"Sometimes, as adults, we need a reminder about what it feels like to be young and sick. As a health service we should be held to account and answerable to our patients and families; that should include the young and less heard."

The young people, who had all spent time in hospital, said they had created a 'Charter of Promises' that they have asked staff to work towards.

They said the list of things children should expect to experience in hospital includes communication, information, being involved and things to do. All said they had joined Victoria's Voice to help make a difference for young people.

They also explained that in Blackpool 22.8% of the population are under the age of 19 years. Even a healthy and active child will have contact



Sophie England, Morgan Leather and Ella Treddinik taking questions from the doctors

with health care professionals in their childhood.

At the end of the session the youngsters took questions from the junior doctors who asked about their experiences as patients.

The young people said they would like to be listened to, involved, cared for, consulted, free to speak, informed, reassured and definitely not patronised.

Fiona added: "All of the junior doctors at the session wrote a pledge of what they will take away from the session and include in their work with children and young people and of course all other patients.

"We want to open this opportunity to more young people and are always looking for new members of Victoria's Voice."

If you'd like to get involved with the Victoria's Voice Youth Forum please contact Fiona Jones at Blackpool Victoria Hospital on 01253 95 66 52.

Kerrie is a role model for people with burns

AN INSPIRATIONAL young woman who works for the Trust is being featured in the annual review of the Katie Piper Foundation.

Kerrie Newsham has been photographed as part of an uplifting feature showing people with burns and scars going about their everyday lives.

Kerrie, 23, from Poulton, who was injured in a house fire as a child, is a volunteer with the Katie Piper Foundation and knows Katie personally.

She has worked at Blackpool Victoria Hospital for the past six years and currently works in Data Protection. The photo story on her work will be featured in the Katie Piper Foundation's annual report.

Katie Piper was just 24 years old when she had sulphuric acid thrown in her face during a brutal attack.

Kerrie said: "It was so lovely to be asked to be in Katie's annual review.

"Last year's review was really touching and full of beautiful people inside and out.

"If I could give just one person that little bit of hope - just like all the others have done for me - it would make my journey that little bit more special than it already is.

"It was really fun doing the shoot at my work although it was really embarrassing posing all around the hospital with the passers by stopping for a glimpse of what was going on.

"I can't wait to see the end result of the review and to show everyone else a little taster of what the past year has been to The Katie Piper Foundation."



Kerrie Newsham at Blackpool Victoria Hospital

Kerrie was inspired to get in touch with Katie when she saw her on TV.

She explained: "I wrote to Katie saying how positive she was.

"I think she makes other people believe that after bad things happen you can get on with your life. She invited me to Manchester.

It was a beauty day for people who had suffered burn injuries.

"They had make-up specialists showing how to use camouflage. They said my make-up was really good."

The foundation is launching a forum on its website and Kerrie will be one of six 'superusers' who can give advice and support to people.

For more on the Katie Piper Foundation visit www.katiepiperfoundation.org.uk

Campaign aims to put out cigarette butts

MEMBERS OF staff at Blackpool Victoria Hospital have taken it upon themselves to hold a 'Big Butt Clean-up'.

Staff from various departments across the organisation, volunteers and members of the ISS cleaning team joined forces to tidy up the hospital site of smoking-related litter and to promote the Trust's smoke free policy.

Blackpool Victoria Hospital has been a smoke free site since January 2007 and considerable progress has been made since then to reduce the number of smokers on-site.

Rachel Swindells, the Trust's Public Health Facilitator, said: "The smoke free policy is an important element of our aim to protect patients, visitors and staff from the harmful effects of smoking and second hand smoke.

"People who smoke don't consider that their smoke can easily travel into air vents that can then end up on wards and around the hospital. This can be hazardous for our patients, visitors and staff."

The clean-up of the site focused primarily on the Quiet Gardens; places where patients and their families are encouraged to relax and reflect.

Trust Chairman, Ian Johnson, took part in the clean-up and said: "The Quiet Garden are gems of the hospital; places where patients, visitors and staff can all go for a breath of fresh air and a moment of peace.

"It is sad to see that not everyone respects these spaces and the efforts that are made in keeping up the gardens.

"I was delighted to lend support to the clean-up



The team of volunteers during the Big Butt Clean-up in one of the Quiet Gardens

team and to let the Trust's public health team know how important their work is, but I look forward to a time when the clean-up effort will no longer be needed."

The Big Butt Clean-up took place over just two hours and volunteers collected a huge sack of smoking-related litter.

Rachel added: "It is essential the hospital is kept as clean as possible to protect patients as well as keeping the hospital an inviting place to come to.

"Cigarette butts are only small, but they soon add up.

"The clean-up gave us the chance to interact with patients, visitors and staff and remind them of the smoke free policy as well as promote the support available to them through the Inpatient Tobacco Specialist Service, which provides patients with support to remain smoke free on admission to hospital and following discharge."

Lisa aims to build on success in new role

IMPROVING the patient experience is the main priority of the Trust's new Associate Director of Nursing.

Lisa Horkin, who has taken up her post at Blackpool Victoria Hospital, says she is planning to build on the hospital's strong foundations.

Lisa comes to the Trust after working at Aintree University Hospital and Salford Royal Hospital.

She said: "I was delighted to get the job and to come to the Trust.

"I have found the organisation and staff really welcoming with lots of good practices.

"I'm looking forward to working with and supporting the staff to build on what they have already achieved.

"In my role I will be looking closely at the patient experience, improving the patient experience through engagement, safety and quality. I'll be asking for feedback from ward teams and matrons. I'll also be linking with other organisations to ensure best practice."

Lisa is working with matrons and ward managers to guarantee strong ward leadership and to ensure that safer staffing levels are met. She will also make certain that staff have all the skills they need to deliver excellent, patient centred care.

Lisa's main areas of responsibility are Accident and Emergency, the Acute Medical Unit, Intensive Care, General Medicine, Specialist Medical Wards and Clifton Hospital.

She said: "As a division, we need to be able to



Lisa Horkin

meet any challenge and continue to improve the quality of our service.

"We are really proud of meeting the recent quarterly target of seeing people within four hours of when they first come in. I will support the staff to continue this excellent standard. It's a massive job, but I'm looking forward to the challenge and working with a great team."

Lisa qualified in 1996 working as an acute nurse in critical care, then moving into the matron's role within the division of medicine at Salford Royal.

Following this she worked in community setting, supporting integration and most recently in the surgical division at Aintree University Hospital, initially as a matron and then as the assistant director of nursing for the division.

Queen's Nurse award for community matron

A MATRON who works in the community with stroke patients is set to receive a Queen's Nurse award at a ceremony in London.

Anita Tunstall, Community Stroke Matron for the Trust, is delighted with the award and hopes it will raise the profile of her profession.

The Queen's Nurse programme is designed for community nurses who want to develop their professional skills and promote the highest standards of patient care.

Anita said: "This gives me a chance to get stroke out there and to raise the profile of Community Stroke Nurses.

"There are not many of us, but we can make a huge difference to patients' lives. I'm happy to be a Queen's Nurse as it opens up other opportunities.

"Queen's Nurses work closely with NICE (the National Institute for Health and Care Excellence), CCGs (Clinical Commissioning Groups) and patient safety authorities. Queen's Nurses are often asked to become involved in working parties and advisory groups.

"I've already been asked to write a chapter for a book on community nursing and I have also been asked to get involved in a project that is looking at supporting carers."

Anita, who is originally from Chorley, has worked for the Trust for eight years. Initially she was a Community Matron and when the post of Community Stroke Matron was created she leapt at the chance.

She said: "Stroke was always my passion – it felt as though the job had my name on it!"



Anita Tunstall, Community Stroke Matron

Anita started working in the NHS in 1988 and her first job was in Orthopaedics at Aintree Hospitals in Liverpool.

From there she went to the Royal Preston Hospital and managed the Stroke Unit. She became a Modern Matron for Medicine with Specific Responsibility for Stroke and Rehabilitation Services. She also worked in Endoscopy before moving to Blackpool.

Anita's work is wide-ranging and she especially likes being able to support patients on their journey through recovery.

She explained: "For a lot of patients it's only when they are at home and living with stroke that reality sets in. I see people at home for 13 months after they have had a stroke."

Anita will receive her award at the Royal Garden Hotel in London on November 10.

Fundraiser Isabelle has a heart of gold

ISABELLE Dale is an eight-year-old girl with a “heart of gold.”

The Blackpool St Bernardette’s Primary School pupil asked family members not to buy her presents for her recent first Holy Communion, but to make a donation so she could buy some much needed clothes for the Neonatal Unit at Blackpool Victoria Hospital.

Isabelle raised so much money that this week she presented a box full of clothes to the unit with staff singing the praises of the youngster.

Isabelle said: “I know people buy you presents for your first Communion, but I didn’t need anything and just wanted to give something to people who need things more than me.

“My brother, Harry, was in the unit when he was born nearly 15 years ago and we always talk about how good the staff were here and I wanted to pay them back for that.”

Isabelle’s mum, Jackie, said: “We often talk as a family about the brilliant care Harry had when he was born at just 29 weeks. He was only 2lb 12oz, but the care he got here was fantastic and we have never forgotten what everyone did for him.



Isabelle Dale (front right) presents clothing to Liz Morrison from the Neonatal Unit. Isabelle is pictured with her brother Harry and new mum Kirsty Bradshaw with baby Kyron

“Isabelle raised £165 in the end and could have spent that on herself, but she really enjoyed shopping for things.”

One of the members of staff who looked after Harry all those years ago was Liz Morrison, an Advanced Neonatal Nurse Practitioner.

She said: “One thing the unit always needs is clothes and this is a wonderful gesture. Isabelle really does have a heart of gold and we are so grateful to her and her family.”



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)