

Health Matters

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



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Welcome from the Chief Executive

HELLO and welcome to the latest edition of Health Matters which is packed with stories about our staff and volunteers.



Our cover story looks at the excellent work of the Community Special Needs Team based in Lancaster and surrounding areas. The team helps children with profound and multiple needs to get the most out of education. Team members also give parents and care-givers valuable support.

I'm happy to see that Clifton Hospital is doing its bit for the environment. The Trust is committed to doing all it can to be green.

Steven Power gives us a valuable insight into a procedure called endoscopic vein harvesting or EVH. He has been to South Africa to demonstrate EVH techniques to surgeons.

Heart Failure Community Matron, Sara Trow, also gives us a fascinating glimpse of her work. This community-based service is the way forward for the Trust.

And don't forget, you are all invited to the Annual Members and Public Meeting on Monday, September 22.

Gary Doherty
Chief Executive

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

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

Any comments ideas or suggestions? Please contact:

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

Special Needs team is dedicated to children

A CARING team which looks after children with profound and multiple needs has been shortlisted for a special award.

The Children's Community Special Needs service is a finalist in the 'Unsung Hero' category of the annual Celebrating Success Awards run by Blackpool Teaching Hospitals NHS Foundation Trust.

Val Baxter, Team Leader, believes the dedicated professionals who work for the service are truly unsung heroes.

Val joined the team in January of this year and observed that the staff go about their work in a quiet yet determined way.

She said: "When I took on this team of nurses and therapists I could see that it was an excellent example of the six Cs of nursing – care, compassion, communication, competence, courage and commitment.

"They have embraced many changes and challenges within the service and always put children first. I could see they were very committed and they worked tirelessly with the children and families at all times.

"I'm really pleased that the team has been shortlisted for the 'Unsung Hero' award as they deserve recognition."

Run by Blackpool Teaching Hospitals NHS Foundation Trust, the service covers a wide area and has schools in Silverdale and Lancaster. The service has recently been restructured and has been expanded to encompass Blackpool, Fylde and Wyre.

Val is based at Ryelands House in Lancaster and many members of the team work at special



Members of the community special Needs Team at Bleasdale School in Silverdale

schools including Bleasdale School in idyllic Silverdale and the Loyne School in Lancaster as well as in the children's own homes.

Val said: "The idea is to give children with complex health needs access to education at school or to allow them to be nursed at home.

"The service also prevents children spending unnecessary time in hospital. It's a holistic service for families.

"Bleasdale School is a residential school for children from the age of two to 19 years. There isn't another residential school like it in the North West. The nurses and other members of staff provide 24-hour care for the 37 children in the residential school.

"They are very flexible and never leave a shift uncovered, even if this means working extra hours and at short notice. We encourage the children to enjoy life and get the most out of education."

When a child dies Val says team members handle the loss with great sensitivity: "It can be a very emotive job, but the team handles it so well."

Hospital's green dream one step closer to reality

A COMMUNITY hospital has hit a milestone in its adoption of green energy.

Clifton Hospital in Lytham St Annes has taken delivery of a new combined heat and power (CHP) system after the previous system had reached the end of its useful life some years ago.

After a tender process that started 18 months ago the new system, provided by EuroSite Power Inc. is up and running.

It is set to save up to 208 tonnes of CO₂ – equivalent to taking 44 cars off the road each year.

It will also save Blackpool Teaching Hospitals NHS Foundation Trust an estimated £200,000 over the next 15 years and provide a reliable source of clean electricity and heat to the hospital.

Paul Jackson, Engineering Manager for the Trust, said: "Like any business we need to keep our operating costs under control and as energy prices continue to rise we needed to find a solution to keep these rises under control too.

"EuroSite Power's combination of Zero up front capital cost with pay-as-you-go energy has proven the ideal solution."

The installation of the CHP system forms part of an energy efficiency project at Clifton Hospital.

Throughout the summer months, modifications to the existing heating system have been carried out to allow for areas to be controlled via time programmes, room sensors and outside air temperature sensors.

More than 80 thermostatic radiator valves have



Clifton Hospital has a new heat and power system which is set to cut down on energy usage and save money for the Trust

been installed across all four wards so that individual rooms can be controlled to meet the patients' needs.

The programme, which will make Clifton Hospital the Trust's first fully 'green' community hospital, still has around a year to go and depends on funding.

The finished scheme will also include low-energy lighting and occupancy sensors throughout the hospital, water monitoring to reduce waste water and the installation of solar panels.

Carla Appleby, Energy Technician with Blackpool Teaching Hospitals NHS Foundation Trust, said: "Getting to this point has been a long process so we are really pleased to have completed this stage of the project.

"We will shortly be rolling out an Energy Awareness Campaign at Clifton Hospital as part of the project.

"We look forward to developing a sustainable healthcare environment for all patients and staff."

Steven has the Power to help heart patients

WHEN it comes to the latest techniques in heart surgery, a young man from Blackpool is leading the way in Britain.

Steven Power, 30, a Surgical Care Practitioner at Blackpool Teaching Hospitals NHS Foundation Trust, is one of just a handful of medics in the North of England trained in a procedure called endoscopic vein harvesting or EVH.

Steven, who works in Cardiac Theatres at Blackpool Victoria Hospital, has recently returned from South Africa where he trained surgeons and other medical professionals in endoscopic vein harvesting techniques.

He said: "I specialise in endoscopic vein harvesting for Coronary Artery Bypass Graft (CABG) surgery. Basically, this is removing leg veins using a camera and special instrument, leaving the patient with a tiny scar instead of the traditional ankle to groin incision."

The technique has been widely available in America for nearly 20 years, but it is little used in the UK.

Steven works with Mr Joseph Zacharias, a Consultant Cardiothoracic Surgeon, at Blackpool Victoria Hospital. They are the only members of staff at the hospital qualified to perform EVH and only a handful of specialist centres in the UK have people trained in the procedure.

Blackpool has offered the technique since 2007 and Steven has worked hard to raise awareness and promote its benefits.

One of the main plus points of EVH, as opposed to the more traditional 'open' procedure, is that it doesn't leave a groin to ankle scar which can take a long time to heal or become infected.



Steven Power, Surgical Care Practitioner

Steven was invited to South Africa after he won a prize for a presentation he gave at the annual meeting of the Society for Cardiothoracic Surgery in Great Britain and Ireland.

He explained: "I presented the results of my first 275 cases and I won second prize for best presentation in the Cardiac Forum."

Steven travelled to South Africa in August and spent nine days teaching EVH to surgeons at hospitals in Cape Town, Johannesburg, Nelspruit and Pretoria.

He said: "I showed surgeons how to use a particular device to do EVH. I was the first person in Europe to use this device and the manufacturers wanted me to teach others how to use it. I did demonstrations, teaching sessions and provided clinical support to surgeons using the device on patients."

Further information on CABG can be found on the Lancashire Cardiac Centre website at www.lancashirecardiaccentre.nhs.uk

All welcome to attend Trust's annual meeting

FYLDE Coast residents can hear about the latest developments in local health care at Blackpool Teaching Hospitals NHS Foundation Trust's Annual Members and Public Meeting on Monday, September 22.

The event will start at 5.30pm at Blackpool Sixth Form College. All members of the public and NHS staff are welcome to attend.

Trust Chief Executive, Gary Doherty, and Chairman, Ian Johnson, will report on the Trust's successes over the past 12 months and there will also be presentations from front line medical staff on projects taking place to improve patient care.

The presentations will highlight a scheme looking at a new model for comprehensive care in the community and the Trust's Families Division will talk about increased partnership working across the district and how this is helping provide more opportunities for improved care.

Information displaying the work of many of the Trust's services and future developments will also be on display throughout the evening and staff will be on hand to answer any questions from members of the public.

The Annual Members' and Public Meeting will be followed by a Staff Awards Ceremony which recognises the commitment of Trust employees by handing out certificates to those who have given more than 20 years' service or have completed training courses during the past year.

The ceremony will also honour members of staff who have made a strong positive impression due to their exceptional level of care and attention, with the Cardiac Nurse of the Year Award and the Dottie Hall Memorial Award.

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Gary Doherty said: "The Annual Members' and Public Meeting is a chance to share the Trust's achievements with the public and to tell them about some of the ambitious plans for the future.

"It is also a chance to highlight the work of NHS staff and to celebrate their achievements. I would really encourage people to join us."

The event will start with tea/coffee and an opportunity to visit the display stands at 5.30pm. The Annual Members' and Public Meeting will be at 6pm and there will be a buffet and refreshments at 7.30pm. Awards for Long Service, Personal Achievement, Cardiac Nurse of the Year and the Dottie Hall Memorial will be presented from 8pm. For further information and to book a place contact Jacinta Gaynor on 01253 956673.

New heart service gives patients their lives back

FEELING safe at home can make a world of difference to people suffering from life-threatening heart conditions.

Thankfully a service is now available to help patients receive treatment in their own homes from a dedicated team of medical professionals.

Sara Trow, the Heart Failure Community Matron at Blackpool Teaching Hospitals NHS Foundation Trust, is leading a drive to empower patients to take control using the latest technology.

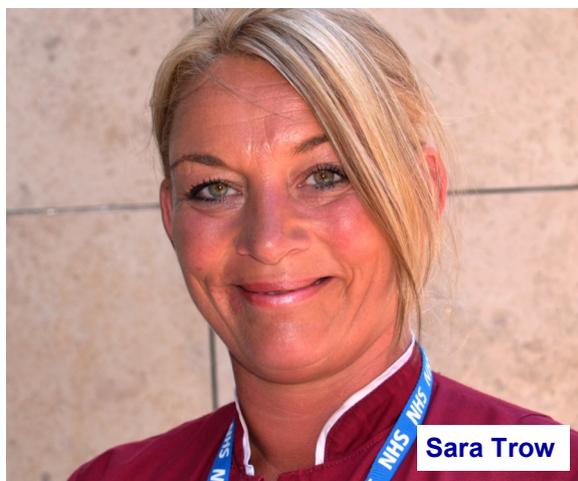
Cutting edge equipment is being used to send information via the internet to the hospital which enables patients, families and staff to monitor how the heart is functioning.

Sara and her colleagues use a system called 'Telehealth'. Patients are provided with a blood pressure machine, a heart rate monitor, weighing scales and a pulse rate oximeter (which measures oxygen levels in the blood).

Sara sets the parameters and the information is sent via the internet to the team. If there is an alert Sara and the team follow it up. The heart failure team did the pilot study for Telehealth six years ago and it was a great success. Patients were less anxious, hospital admissions were down and there was a reduction in visits to GPs.

Sara says the service and the new technology make patients feel much more secure and able to live a normal life at home. One patient even described it as their "security blanket" as it made them feel so safe.

Approximately 300 heart failure patients use the service and they are referred by cardiac consultants, GPs and other health professionals.



Sara Trow

Ten per cent of Sara's patients currently use the new technology at home and the Trust would like it to be available to many more people.

The heart failure service is based at Blackpool Victoria Hospital's Cardiac Centre and there are clinics along the Fylde coast.

Sara said: "Our main job is to look at symptom control. Patients have a box at home which transmits all their information from their pacemaker to the hospital where we can then look to see if treatment needs adjusting and that the pacemaker is working efficiently, without the patient attending."

Sara is part of a team that includes two other Matrons, a Case Manager, Heart Nurse and a Health Care Assistant and the team works closely with the Heart Specialist Nurses based in the Cardiac Centre. The service also supports District Nurses in identifying patients with heart failure in the early stages.

Sara added: "We have many great success stories and we always give 100 per cent."

Fundraiser is named a Blue Skies ambassador

ONE of Blue Skies Hospitals Fund's fundraising ambassadors has handed more than £2,000 to the charity after holding a series of events.

Eddie Ashton, 57, is a keen supporter of the charity, which raises money for Blackpool Teaching Hospitals NHS Foundation Trust, and has just handed the money to the Neonatal Unit at Blackpool Victoria Hospital.

The money was raised during a Children's Park Run around Stanley Park, a marathon snooker match, donations from the Claremont Conservative Club's Tuesday Club and by Lee Carson and Mark Butler who took part in the Manchester to Blackpool Bike Ride. All events took place earlier this year.

Eddie, of Claremont Court, Blackpool, is a long-standing supporter of Blue Skies Hospitals Fund and raises money for the Neonatal Unit after it helped care for his granddaughter, Amelia Ashton, when she was born 12 weeks premature and both her lungs collapsed. Staff on the unit helped Amelia, who is now eight years old, through her early problems and she now leads a normal, healthy life.

Eddie said: "Everybody that I have spoken to is



Eddie Ashton, left, with members of the Claremont Conservative Club who have raised more than £2,000 for Blue Skies Hospitals Fund. Far right is Nicci Hayes, Fundraising Officer for Blue Skies

eager to help in any way they can and we're constantly raising money for Blue Skies at the Claremont Conservative Club.

"Everything we do for the charity brings my experience of the Neonatal Unit back to me. I've been in there several times now and seen the little ones in the conditions they're in.

"If it wasn't for the staff there and people like us, some of those babies wouldn't make it."

In recognition of his efforts, Eddie has been named a Blue Skies Ambassador, which means he will continue to support the charity and help promote it in the community.



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)