

Health Matters

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



INSIDE THIS ISSUE:

Consultant up for award

A caring consultant at Blackpool Victoria Hospital is shortlisted for a health award — Pages 4&5

CAB launches new service

The Citizens Advice Bureau is offering a hospital-based advice service for everyone — Page 3

Welcome from the Chief Executive

HELLO and
welcome to
Health Matters.



This week's
issue features
some exciting
news about a
new advice service at
Blackpool Victoria Hospital.
The Citizens Advice Bureau
has launched an outreach
service for patients, families
and staff. Everyone is welcome
to use this free service.

One of our Consultants has
been shortlisted for a health
award. Find out more about his
work in our special two-page
feature.

A Cardiac Nurse Specialist
has won an award for referring
patients to our smoking
cessation service. Sandra
Seed is doing excellent work to
help our patients quit.

It was good to see staff in
our Berry Offices and on some
of our wards raising
awareness of breast cancer.
Congratulations to them for
raising £600 for Breast Cancer
Care and our 'Hug in a Bag'
charity.

Finally, I would like to thank
the Bowness and Windermere
Choir for donating funds to our
Cardiac Centre.

Gary Doherty
Chief Executive

Contents

News

CAB launches service

THE Blackpool
Citizens
Advice Bureau
(CAB) has
launched a new hospital-based
advice service.....3



Kids' physio retires

A PAEDIATRIC
physiotherapist who
has worked for the
NHS in Lancaster for
more than 35 years has
retired.....6



Simon is simply great

A CONSULTANT
working in
emergency
medicine has been
nominated for a
health award for his
compassionate
care.....4&5



'Wear it Pink' event

HOSPITAL
workers wore
pink clothing and
had a cake sale
to raise funds for two breast
cancer charities.....7



Special award for nurse

A CARDIAC Nurse
Specialist has been
given an award for
referring patients to
a smoking cessation
service.....6



Choir members' gift

A CHOIR with four members
who have had
heart operations
at Blackpool
Victoria Hospital,
has donated money to the
Lancashire Cardiac
Centre.....8



The Blackpool Citizens Advice Bureau has launched a new
outreach service for patients, families and staff. Page 3

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

New advice service launched by bureau

THE Citizens Advice Bureau (CAB) has launched a pioneering outreach service at Blackpool Victoria Hospital.

For the first time patients, relatives and staff at the hospital are able to access an advisor from the CAB offering advice on welfare benefits, social housing, debt, homelessness and other matters.

People can speak to the advisor at a stand on the mezzanine floor of the hospital's new Main Reception.

Initially the service will be offered once a month and the next two dates will be Wednesday, November 12 and Wednesday, December 10. The CAB hopes to extend the service to twice a month in 2015.

Blackpool Teaching Hospitals NHS Foundation Trust is delighted that the CAB has offered to run the free service for the benefit of all.

Tony Winter from St Annes, a CAB Trustee and a Governor on the Trust's Council of Governors, said: "It is open to everybody to ask any questions and receive advice.

"The issues that Blackpool has in terms of welfare are quite considerable. My view is that there has to be synergy between the social problems encountered by the CAB and clinical issues that the hospital deals with.

"The CAB has developed a very successful outreach service in a number of surgeries within the town council wards.

"As well as dealing with day to day medical problems, GPs told us that patients often presented with serious social problems. I thought



Tony Winter, CAB representative and CAB representative on the Trust's Board of Governors

we could provide a similar outreach service at the hospital where there is a considerable footfall.

"The Trust's Chairman, Ian Johnson, thought it was an excellent idea and we have worked together to make it happen. We were delighted when Mr Johnson visited the CAB to see the work that we do. The senior management team has been particularly supportive and my thanks go to its members."

A senior CAB advisor will be on the stand to offer practical help and to make appointments for further meetings, if necessary. People can also be 'signposted' to other agencies.

Ian Johnson, Chairman of the Trust, said: "We are delighted to be able to offer an opportunity for our patients, visitors and staff to access the services of the CAB. The CAB provides a vital service and this is an excellent example of the way in which the Trust is keen to work with others in the community to our mutual benefit."

Blackpool CAB is based at 6-10 Whitegate Drive, Devonshire Square, Blackpool, FY3 9AQ. Advice line: 01253 308 400.

Consultant is a shining example of compassion



A HIGHLY driven and caring consultant has been shortlisted for a top health award.

Mr Simon Tucker, a finalist in the 'Employee of the Year' category of the Celebrating Success Awards run by Blackpool Teaching Hospitals NHS Foundation Trust, says he loves the challenges of his job.

Originally from Northern Ireland, Simon has made his home on the Fylde Coast and works as a consultant in the busy Emergency Department at Blackpool Victoria Hospital.

His great sense of humour and dedication to clinical excellence, have made him a popular personality within the Trust and the local community. He has trained, worked, taught and done research in locations around the UK, but says his favourite place is the Fylde Coast.

Simon, 38, has also proved himself to be a great innovator and has introduced new care pathways and research projects.

Simon studied for three years at the University of St Andrews and went to Manchester to do his clinical training. He was based at Hope Hospital and at that time he was interested in orthopaedics.

His first 'house' job was in Preston and from 2001 to 2005 he worked in the Emergency Department at Blackpool Victoria Hospital.

He said: "My first job at Blackpool was in emergency medicine and it was then I realised that was what I wanted to do.

"The variety of the work excited me.

Continued from page 4

“When I do the induction for new doctors in the Emergency Department, I tell them it’s the hardest job they will ever do.

“They will see a lot of very sick patients. It’s exhausting both mentally and physically. The feedback we get from the junior doctors is that they all love it. Like me, they love the excitement of not knowing what is going to happen next.”

Simon met his future wife Lorraine when they were working at Blackpool Victoria Hospital. They got married in 2006 and now have two sons – Jacob and Joseph.

Eventually Simon moved to Preston Hospital to further his career in emergency medicine. After a year he was encouraged to apply for a registrar post at Leeds, even though he didn’t have any ‘middle grade’ experience.

In 2009 Simon had the opportunity to apply for a new job at Blackpool Teaching Hospitals and was overjoyed when he was offered the position of Consultant.

Simon’s love of people shines through in his work and in his treatment of patients.

He said: “I’ve always been a bit of a people



Simon Tucker with Paediatric sister, Sharon Williamson and Paediatric Staff Nurse, Lisa Richards, in the Emergency Department



Mr Simon Tucker

watcher. Communication is one of the most important skills we have in emergency medicine. Being able to communicate well is really important if someone is critically ill.”

One of Simon’s most important contributions to the work of the Trust has been to oversee the introduction of ‘clinical pathways’ for patients.

He explained: “I wanted to have pathways for basic conditions such as stroke, pneumonia and chest pain. I still help put together the pathways and the induction book for new doctors.

“The pathways are for the time when a person enters the Emergency Department to the first four hours. The checklist is the most important thing. For example, we have a sepsis pathway and since having the checklist the sepsis care indicators have significantly improved. It’s the way forward.”

Simon is also involved in doing simulations of the various care pathways and he teaches the pathway topics to students.

Research is another area that Simon excels in. One of his research projects in the Emergency Department named ‘Halt It’ has been set up to tackle the problem of gastrointestinal (or GI) bleeds.

He has recruited more than 60 patients to take part in this project and others are underway.

Simon added: “Every project is a team effort. Our team is brilliant.”

The winners of the Celebrating Success Awards will be announced at a ceremony at the Winter Gardens on November 14.

Nurse's contribution is 'outstanding'

A CARDIAC Specialist Nurse has been presented with an award for encouraging patients to use a stop smoking service.

It is the first time the 'Outstanding Contribution to the Inpatient Tobacco Specialist Service' award has been presented to an individual.

Sandra Seed, who is based in the Lancashire Cardiac Centre and works throughout Blackpool Victoria Hospital, always encourages her patients to take advice from the hospital's Inpatient Tobacco Specialist Service.

Chris Lewis, a Tobacco Liaison Specialist employed by Blackpool Teaching Hospitals NHS Foundation Trust, said Sandra had referred a huge number of patients to the service.

He said: "Sandra's performance had been outstanding.

"Every patient who smokes should be offered support and referred to the Inpatient Tobacco Specialist Service while in hospital and Sandra is always committed to making patients aware of the support available to them.

"We encourage all members of staff to do this."

Sandra said: "I think it is important that our patients have early access to the expertise and support of the smoking cessation service.

"Our patients are often traumatised after a heart attack and they say they will never smoke again.

"I like to make sure they are offered support whilst in hospital and after discharge, if required."



Chris Lewis from the Inpatient Tobacco specialist Service presents Cardiac Specialist Nurse, Sandra Seed, with her award

Chris said this was where his service could offer valuable support and advice. Staying smokefree can be a lot easier with support and Nicotine Replacement Therapy (NRT).

He explained: "Nicotine addiction is very powerful, but we can offer NRT products to help with withdrawal that are safe to use and help people get through their hospital admission.

"If we can encourage patients to remain smokefree during admission this, along with lifestyle advice, could lead to them staying smokefree after discharge. It is never too late to stop smoking."

Sandra was presented with a certificate and trophy on Friday, October 10.

She will keep the trophy for three months before it is awarded to another ward or member of staff.

Working for the NHS has been a privilege

A PHYSIOTHERAPIST who has cared for children with disabilities and complex needs for more than 35 years has retired from her post.

Karen Leslie worked as a Paediatric Physiotherapist in the Lancaster and Morecambe area and retired on Friday, October 10.

Originally from Conneticut, Karen met her husband-to-be in America and moved to the UK in 1974.

Karen had been studying physiotherapy at the University of Conneticut and finished her studies at the University of Leeds. She made Lancaster her home in 1977.



Karen Leslie

Since that time Karen has worked for the NHS as a paediatric physiotherapist in several North Lancashire schools and hospitals.

She said: "I've had a very unusual career in that I have stayed in the same place for the entire time.

"It has been a privilege to work with families over a long period. I treated some children from the age of two to 19 years of age. Not many people have that opportunity."

Her retirement party was held at the Ryelands House Clinic in Lancaster.

Karen added: "I will miss the children and the staff enormously."

Breast cancer 'Wear it Pink' event raises funds



A BREAST cancer survivor and her colleagues organised a 'Wear it Pink' day and cake sale.

Christine Davies (pictured above, second from right) persuaded colleagues in the Berry Offices at Blackpool Victoria Hospital to 'Wear it Pink' on October 3 to raise money for the Trust's 'Hug in a Bag' charity and Breast Cancer Care.

Together they raised £600 for the charities.



Grateful choir members have 'hearts of gold'

HEART patients from a South Lakes choir have donated money to a hospital charity.

Richard Bird from the Windermere and Bowness Community Choir presented £400 to the Hearts of Gold charity run by the Blue Skies Hospitals Fund at the Lancashire Cardiac Centre.

Four members of the choir had heart surgery at the centre which is run by Blackpool Teaching Hospitals NHS Foundation Trust.

Richard, 68, a retired company director from Windermere, presented the money to Mr Andrew Duncan, the cardiac surgeon who performed his operation in 2013. Richard is also the chairman of the K Shoes Male Voice Choir in Kendal and a keen hill walker.

He presented the money to the Hearts of Gold fund on September 25 and said he was delighted the operation had enabled him to resume his hobby of hill walking.

He explained: "One of my aims was to get up Helvellyn again. I've done that and I've been up some other fells.

"All of the men who had operations at the cardiac centre are doing well. This is the first time



Cardiothoracic Surgeon Andrew Duncan, Hazel Preston from Hearts of Gold and the Blues Skies Hospitals Fund and former heart patient Richard Bird from Windermere at the Lancashire Cardiac Centre

the choir has given money to charity."

Mr Duncan, who has worked in Cumbria and Lancashire for 18 years, said: "It is very generous and kind of the choir to donate this money. A lot of what we do is new or cutting edge. We will put the money to good use."

Richard, who has four children and 10 grandchildren, thanked all of the staff at the cardiac centre: "Without exception they were excellent," he added.



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)