

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
Health Matters.



I'm pleased to see that much is being done to help mothers, babies and fathers who are suffering from depression. Deborah O'Dea's pioneering work is tackling one of our area's most serious issues.

Our Trust is taking part in a UK-wide drug study which could eventually bring relief to people with Chronic Obstructive Pulmonary Disease (COPD). I hope people will get in touch with Dr Saba and his team to make this study a huge success.

I was delighted to attend a recent awards ceremony for staff who had been nominated in the Trust's Celebrating Success Awards scheme. It was gratifying to be able to commend our marvellous staff for going above and beyond the call of duty.

And finally, it would be great if more people would come forward to be volunteers for our trolley service. It is hugely appreciated by our patients and their families.

Gary Doherty
Chief Executive

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Babies can suffer from mental health issues if their parents are depressed and find it hard to interact. A specialist Health Visitor is working to improve services. Pages 4&5

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

Lung disease patients needed for drug study

RESEARCHERS are looking for people with lung disease to take part in a £2 million UK-wide drug study.

The Research and Development team at Blackpool Teaching Hospitals NHS Foundation Trust aims to see if an old drug can help a relatively new drug work better as a treatment for a common lung condition.

Chronic Obstructive Pulmonary Disease (COPD) - a lung disorder previously called chronic bronchitis and emphysema - is the sixth main cause of death in the UK, leading to 28,000 deaths a year.

The condition causes narrowing of the airways which leads to breathing problems. It can also cause a persistent cough and chest infections.

COPD costs the NHS £1 billion per year, it can be hard to treat and there is no cure.

Professor Graham Devereux is one of the chief investigators on the new study which is taking place in Blackpool and at several other centres across the UK.

Prof Devereux said: "COPD is one of the most common respiratory diseases in the UK and is a rather unpleasant condition which results in narrowing of the airways of the lungs and is associated with much suffering.

"Patients with COPD often suffer what are called exacerbations, which are episodes when the disease suddenly worsens – these are usually caused by infection. These exacerbations result in a speeding up of the rate of decline of lung function as well as reduced quality of life and admission to hospital. One of the problems with COPD is that current treatments are not terribly



Dr Tarek Saba

effective. Inhaled steroids, like those used to treat asthma, are used to tackle COPD. But unlike their effectiveness with asthma, the airways of people with COPD are somewhat resistant to steroids and we have been using relatively high doses as a result."

Based on laboratory and pre-clinical work, the researchers want to try using low doses of a drug called Theophylline in conjunction with the inhaled steroids already used today.

Dr Tarek Saba, Consultant Chest Physician and Researcher for Blackpool Teaching Hospitals, said: "This is a very important and well-designed research study and we're very pleased that our COPD patients have the chance to take part in it.

"The results may make a big difference to how we treat this difficult disease in future."

Potential volunteers and those wishing to find out more about the study, known as the TWICS (Theophylline With Inhaled Corticosteroids study), should contact: Joanna Lewin, Research and Development Secretary, on 01253 95 1514.

Sad truth about babies and depressive illness



Deborah O'Dea loves working with babies

MENTAL health problems often tend to be associated with adults, but babies can be equally likely to suffer.

Deborah O'Dea from St Annes is currently developing new and improved mental health services for babies and mothers in Blackpool and further afield.

Deborah said people are often surprised to hear that babies can have serious mental health issues, but such problems are common in Blackpool.

She said mental health difficulties in women

during and after pregnancy are also common in the resort.

Deborah, a Perinatal and Infant Mental Health Specialist Health Visitor for Blackpool Teaching Hospitals NHS Foundation Trust, said: "We know from the work we're doing that approximately 33 per cent of women in the Blackpool area suffer with perinatal depression (depression during pregnancy and in the first postnatal year).

"The average for the rest of England is between 10 to 20 per cent.

"The demographics of Blackpool affect the

Continued from page 4

figures. Social deprivation, unemployment, teenage pregnancy, domestic violence, a high divorce rate and the fact that it is one of the most densely populated places in England are all factors. All of these issues are being tackled by the local authorities and the Trust.

“If depression in a parent is not identified early, the outcomes for children of any age can be compromised. We start to see signs of behavioural issues and depressive symptoms. Depressed parents can produce depressed children.”

Deborah, who was recently made a Fellow of the Institute of Health Visiting, says it is vitally important that parents get help if they are feeling depressed

“Parents are the first teachers, she said.

“If you are a mum or a dad and you don’t smile at your baby, your child may have difficulty learning to interact with those around them. An emotionally neglected baby may show a lack of eye contact, particularly with the mum or carers; a baby that we would describe as ‘flat’.



Deborah O’Dea

“The baby would not be interacting with anyone and wouldn’t show any kind of emotion.

“Babies communicate through facial expressions, body language, with the sounds they make such as cooing, crying and whimpering. They also use their hands. Babies’ reactions change as well. They sometimes turn away or disengage when they have had enough.”

Deborah and her colleagues are trained to think about infant mental health during and after pregnancy. All health visitors who work for the Trust are trained in the ‘Brazelton Technique’ and ‘Hello Baby’ method. Both techniques help parents to ‘read’ their babies’ cues and enhance

the parent-infant relationship. Deborah created ‘Hello Baby’ when she was working at the Talbot and Brunswick Children’s Centre to show parents how to understand their children before they can speak.

She said: “We know from research that attachment and bonding are essential for optimal child development.



“Evidence from brain scans of young children who have suffered emotional neglect from their care givers shows there are structural changes to the brain. When children are interacting their synapses are firing.

Depression can be a problem during pregnancy

“Children who have not had the chance to interact do not have that. If you are a baby and you are not cuddled, or communicated with in an empathic way that part of your brain development may be missing. We can work with parents to repair the damage.”

Deborah is currently developing the service to cover a wider area and is hoping to receive some funding from the ‘Better Start Blackpool’ project.

Anyone who feels they need help should speak to their GP, health visitor or midwife.

New Maternity number

THE Trust’s Maternity Services department has a new single point of access phone number for **all** external and internal calls. The phone line operates 24 hours a day by qualified midwifery staff to ensure a more streamlined response to callers. The new number is 01253 953727.

Nominees praised for going the extra mile

MEMBERS of staff who were nominated in the Trust's Celebrating Success Awards scheme were presented with certificates at a special event on Friday, October 1.

Employees from all areas of the Trust were praised for their dedication to providing excellent care and for going the extra mile in their work.

Chief Executive Gary Doherty and Chairman Ian Johnston presented the certificates at the Education Centre at Blackpool Victoria Hospital. Here is a selection of photos from the event.



Specialist nurse to get to grips with skin cancer

SKIN cancer patients will be seeing a new face thanks to a successful bid for funding and a partnership with Macmillan Cancer Support.

Increasing numbers of patients being referred with suspected skin cancer have created a need for Blackpool Teaching Hospitals NHS Foundation Trust to employ an additional Clinical Nurse Specialist.

Tony Eaton will join Heather Baines (Skin Cancer Clinical Nurse Specialist) at Clifton Hospital in Lytham St Annes and will see and treat patients with suspected skin cancers as indicated. His role is paid for thanks to a successful bid to Macmillan Cancer Support.

Funding from the charity has secured the post for two years with the Trust continuing the funding for the role after that.

Over the past 12 months the number of referrals to this very busy service has increased by almost 10%.

During this period the average number of patients who have received a diagnosis of skin cancer has also increased by more than 9%.

Tony will work with the team to assist in this increased work and provide important and valuable support to patients, families and carers of those affected by skin cancer.

Tony will be engaging in awareness campaigns as well as supporting service development and the improvement of patient's experience during their cancer journey.

An important aspect of the role is the facility to be involved in health promotion and both informal



Tony Eaton will see and treat patients with suspected skin cancer

and specialist education programmes in both primary and community care settings.

He said: "We have a great team here and I am proud to be a part of it."

There will also be further awareness raising in targeted areas across the Fylde coast such as schools, colleges, sun bed salons and health centres."

He brings with him a wealth of experience of managing and treating cancer associated complications. After a long nursing career Tony began working in developing clinical pathways for patients with cervical cancer and breast cancer. For further advice on skin cancer go to www.nhs.uk/Conditions/Cancer-of-the-skin/Pages/Introduction.aspx

Trolley volunteers need you as a new recruit

HAVE you got what it takes to be a Blue Skies Trolley volunteer?

The Blue Skies Trolley is sent with a team of volunteers around the wards at Blackpool Victoria Hospital offering a selection of confectionery and treats to patients. It is now in need of some new helpers.

Blue Skies Hospitals Fund, which benefits from the trolley, and the Voluntary Services Department at Blackpool Teaching Hospitals NHS Foundation Trust, are keen to hear from anyone who has a couple of hours a week to spare and who wants to meet new people while helping to raise money for charity.

Nicci Hayes, Fundraising Officer and Acting Volunteer Co-ordinator, said: "Ideally we would like the trolley to go onto all the wards at Blackpool Victoria Hospital each weekday afternoon. Our Blue Skies Trolley Volunteers enjoy their time on the wards and tell us it's a very fulfilling experience."

Dorothy Barr, 76, of Poulton, who started volunteering on the trolley 20 years ago when it was run by the now disbanded League of Friends of Blackpool Victoria Hospital, said: "Everyone from the volunteers and patients to the staff at



Trolley volunteers Mary Curran, Margaret Gillaspay, Dorothy Barr and David O'Hara

Blackpool Victoria Hospital wanted the trolley to continue when the League of Friends ended, so we've kept on with it.

"Volunteering on the trolley is a great way to socialise as you have the other volunteers with you and you get to meet all the patients and staff as you go onto the wards."

For more information contact Nicci Hayes on 01253 957904 or go to <http://www.bfwh.nhs.uk/volunteering>



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)