

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 hope you've all had a wonderful Christmas and are in good health in the lead-up to the new year.

We've had an incredibly busy festive period so far—and it's far from over.

Members of staff and patients have been treated to a selection of Christmas songs performed by children from Blackpool Victoria Hospital's Happy Days Nursery. A wonderful event was held at the Trust's Education Centre on December 22.

Caring young patients on our Children's Ward and Adolescent Unit made cards to give to older patients. A very touching gesture. And to cap it all, local businesses and individuals donated presents to the children's wards.

I'm delighted to see that our 'HALT-IT' clinical trial has secured its 100th patient. It is a hugely important trial that is already saving lives. I hope we find more recruits in 2015!



Gary Doherty
Chief Executive

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Children from the Happy Days Nursery at Blackpool Victoria Hospital getting ready for their performance for patients and staff. Pictures, page 3. Full story, page 8

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Any comments ideas or suggestions? Please contact:

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

We've all had a very merry Christmas

MANY festive events took place throughout the Trust in the run-up to Christmas. Patients and staff were treated to a 'Christmas Songs Sing-along' with the Trust's Happy Days Nursery. There was carol singing on wards and services were held in the Trust's Chaplaincy at Blackpool Victoria Hospital. Members of staff decorated wards and the Children's Ward and Adolescent

Unit at Blackpool Hospital received gifts from businesses and individuals. They also had visits from entertainers dressed as 'Frozen' characters



Staff from Baxter Life Care donate presents to the Children's Ward



The Christmas Songs Sing-along with children from Happy Days Nursery



Decorating the wards



'Frozen' characters on a visit



RNS Publications donate toys



Carol Service at the Chaplaincy



Donations from Asda customers

Sporting star opens child development centre

PARALYMPIAN Shelly Woods has officially opened a new state of the art support centre for Fylde coast children.

Wheelchair athlete Shelly, who won a silver medal in the marathon at the London Olympics in 2012, unveiled a plaque to open the Blenheim House Child Development and Family Support Centre for children which recently moved to new premises at the Whitegate Drive health centre in Blackpool.

The centre, which was previously based on Newton Drive, supports children across Blackpool, Wyre and Fylde who have physical or learning needs and aims to provide assessment, on-going intervention and family support for pre-school children in a friendly and informal environment.

Consultant Community Paediatrician, Dr Megan Thomas, who oversees the work of the centre, said the children and their families were benefiting from the new premises.



Shelly Woods on Blackpool promenade



Paralympian, Shelly Woods, officially opens the Blenheim House Child Development and Family Support Centre

She said: “The facilities here are more modern and more joined up so that staff are closer together in one area and we benefit from the health centre facility with its on site pharmacy and other services.

“The move has enabled us to move with the times with benefits including a much larger sensory room that the children love.”

Trust Chairman, Mr Ian Johnson, praised the former League of Friends group at the hospital for their support.

He said: “Without the financial backing of the League of Friends this move would not have been possible. They donated more than £100,000 to the facility and we are eternally grateful to them for their generosity.”

A number of multidisciplinary services are provided at the centre provided by a team of experts.

Look after yourself and NHS over festive period

EVERYONE likes to let their hair down over the festive season, but it's easy to get carried away and have one drink too many.

Excessive alcohol consumption not only leads to a bad hangover, but also significantly increases your likelihood of an accident or injury too.

The result could leave you with a New Year to remember for all the wrong reasons.

That's why, as part of the **Think! Why A&E?** campaign, Fylde coast doctors are urging local residents to take caution when enjoying a festive tipple.

Winter is always a difficult period for NHS services, particularly A&E departments and throughout the festive period these departments face extra pressures.

Avoidable accidents such as slips, trips and falls all become more likely the more alcohol you consume. Add to this wintry weather conditions and the likelihood of suffering an injury that may need medical treatment increases considerably.

If you are out and about celebrating this festive season, these tips can make sure you safely return home to your own bed, rather than a hospital bed.

Eat something — eating food with alcohol helps you to pace yourself, and a full stomach will slow down the effects of the alcohol.

Pace yourself — enjoy a drink slowly. You don't have to join in with every round.

Watch out for strength — try drinking low-alcohol and alcohol-free drinks.



Paramedics promoting the campaign

Watch your size — ask for a smaller glass. A large glass of wine is equivalent to roughly a third of a bottle.

Hydrate — alcohol is a diuretic, which means it will dehydrate you. Drink water regularly whether you're drinking at home or in a pub.

Set yourself a limit — decide on a limit of how much you plan to drink and stick to it. The NHS Drinks Tracker app is a great way to keep track of what and how much you are drinking and is completely free to download from: apps.nhs.uk/app/nhs-drinks-tracker.

Mr Simon Tucker, Consultant in Emergency Medicine at the Trust, said: "People obviously tend to drink more than usual during the New Year.

"We are not saying 'don't drink'. Just be aware of how much alcohol you are consuming and make sensible decisions, otherwise you put yourself at an increased risk of injury."

Research team recruits 100th patient for study

THE 100th recruit for an international clinical trial has been secured by the research team at Blackpool Teaching Hospitals NHS Foundation Trust.

Dottie O'Donnell, a Ward Clerk from the Surgical Assessment Unit (SAU) at Blackpool Victoria Hospital, was responsible for recruiting the 100th patient.

Staff working on the 'HALT-IT' trial have been looking at treatments for patients who have suffered gastrointestinal (GI) bleeding.

Mr Simon Tucker, Emergency Department Consultant, said: "To have recruited 100 patients for HALT-IT in just over 12 months is a fantastic achievement and secures our position as one of the top recruiting Trusts on this international clinical trial.

"I want to congratulate Dottie on recruiting the 100th patient and am grateful for her assistance. She has been an important asset on the SAU and Ward 10.

"I know Dottie has been contacting the research team directly when patients are being admitted to Ward 10 with lower GI bleeds.

"The fact the 100th patient has been recruited by a non-clinical staff member also reflects the efforts made by the research team in educating staff in the key targeted areas. Well done Dottie - keep up the good work!"

Dottie said: "I always try and help where I can and it was a nice surprise to hear that I had nominated the 100th person."

The HALT-IT trial is looking at the effects of tranexamic acid for the treatment of



Research Nurse, Emma Brennan, Mr Sam Guest and Mr Simon Tucker present Dottie O'Donnell with a certificate and bottle of wine

gastrointestinal haemorrhage. Gastrointestinal bleeding is a common emergency that causes many deaths worldwide.

The most frequent causes of upper GI bleeding are peptic ulcers, swollen veins in the gullet and mucosal disease.

Acute upper GI bleeding accounts for approximately 60,000 hospital admissions each year in the UK and causes the death of about 10% of these patients.

Lower GI bleeding accounts for a further 15,000 admissions each year and leads to the death of approximately 15% of patients.

The HALT-IT trial is continuing and there will be a bottle of wine for the staff member who recruits the 150th patient.

If anyone wishes to have more information on the HALT-IT trial please contact Emma Brennan, Critical Care Research Nurse, on 01253 951 519 or email emma.brennan@bfwhospitals.nhs.uk

Children bring cheer to older hospital patients

YOUNGSTERS on the Children's Ward at Blackpool Victoria Hospital demonstrated the true meaning of Christmas by making cards for older patients.

The thoughtful children gave their creations to adult patients, many of whom did not have friends or family to visit them and would otherwise not have received any Christmas cards.

William Smith, 7, from Lytham and Anna Hodge, 14, from Garstang were two of the young patients who made cards.

Anna said: "I've really enjoyed colouring them in. It's very sad that some people do not get cards so I was happy to do them. I hope it will be nice for the older patients."

The hospital also put on a 'Christmas Songs Sing-along' on Monday, December 22, featuring children from Trust's Happy Days Nursery. The Patient Experience team at the Trust came up with the idea for the cards and the concert.



Children from the Happy Days Nursery at Blackpool Victoria Hospital rehearsing for the Christmas Songs Sing-along event

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Anna Hodge, 14, from Garstang and William Smith, 7, from Lytham, with the Christmas cards they made for older patients

Eleanor Walsh, Lead in Patient Experience and Engagement for the Trust, said: "Earlier in the year we had a service in the hospital chapel where we got local schoolchildren to come and sing to the patients and give them get well soon cards."

"It went really well and it was touching to see the patients' faces. It really lifted their spirits."

The idea for the cards and the concert came from the team's Project Support Officer, Sally Richardson, who has a young daughter of her own.

Eleanor explained: "Sally said she knew how exciting Christmas could be for young children and she wanted to get the children at the hospital to do something for older patients."

Cards were also given to bed-ridden patients on wards at the hospital and the Patient Experience team arranged for a choir to sing to patients on wards.

Fylde mayor praises refurbished hospital

FYLDE'S mayor says a newly refurbished ward at Clifton Hospital will bring great benefits to patients.

The Mayor, Councillor Kevin Eastham, and Mayoress, Valerie Eastham, made the annual mayoral visit and tour around the hospital and saw the refurbished Ward One and a new gym which has been specially created to help patients with their rehabilitation.

Coun Eastham said: "It is very interesting to see the difference between this newly refurbished ward and the others in the hospital.

"There has been so much care and consideration given to the scheme which I hope brings great benefits to the treatment of the patients who clearly have very special and significant extra care needs."

Ward one reopened in November with a completely new paint scheme, layout and flooring. There is now a reception area for the ward to welcome visitors along with a new nurses station where nurses can monitor patients. The day room has been opened up to create more space and easier access for patients. It also features a patio doorway into the gardens so nurses can take patients for walks.



Matron Courtney Bickerdike with the Mayor and Mayoress of Fylde at Clifton Hospital

Matron at the hospital, Courtney Bickerdike, has been working closely with the Kings Fund Enhancing the Healing Environment Programme to transform the patients' experience through improvements to the physical environment.

Courtney said: "The new layout of the ward makes it easier for us but by far the biggest changes are actually the simplest. The cosmetic changes make the biggest difference to the patients who mostly suffer with dementia and so have very different needs."



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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) or go to www.bfwh.nhs.uk