

Health Matters

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



Remember
the **me in**
dementia

Join our campaign

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Issue 88, Friday, May 15, 2015

Welcome from the Chief Executive

**HELLO and
welcome to our
Health Matters
newsletter.**



There's a huge amount of good work going on at the Trust just now — as you will see in this edition of Health Matters.

I'm delighted to report that our Paediatric Diabetes team has won a national award and that our End of Life Team has been shortlisted for a national award. Their commitment to excellence and positivity shines through.

On our front cover and inside this edition we are launching our appeal encouraging everyone to sign up to be a 'Dementia Friend'. The Trust wants to make life easier for people with dementia by taking the time to find out what each and every one of us can do to help.

In this month's edition we're asking if any of you would like to get involved with our hospital radio station. The station is being re-launched so get in touch if you'd like to participate.

In a couple of days it will be national Dying Matters Awareness Week. This year we are stressing the importance of sharing your wishes with family, friends and medical staff.

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: Ingrid Kent, Communications Department, on 01253 395 6875 or communications@bfwh.nhs.uk

We want you to be a 'Dementia Friend'

A KIND word, a hand held, an understanding gesture – sometimes that's all a patient living with dementia needs to make their life a little easier.

And now the Trust is asking all of its 6,000 staff to put that understanding into action by signing up to become a Dementia Friend and remembering the 'me' in dementia.

The Trust wants to do its best to ensure patients and their carers are given the understanding and support they need by everyone they come into contact with, either in the hospital or in a community setting.

"A hospital can be bewildering for any patient, even more so for a patient with dementia," explained Deputy Director of Nursing and Quality, Simone Anderton. "Our role as a Trust is to treat all patients with respect and humanity. Understanding dementia, and what it is like to live with the condition as a patient or a care giver, is very important and we want to show our staff what life with dementia is like so they will understand when dealing with patients.

"To do this we have launched a dementia campaign asking all staff, no matter what area they work in, to learn about the condition and sign up to become a Dementia Friend."

The Trust will stage a series of dementia events starting on Monday, May 18, to encourage staff, patients and visitors to come along and learn a little more about the condition and how they can get involved or get support.



Jimmy Armfield will be at the official launch of the new Dementia Friends campaign

On Monday, May 18, an awareness event will be opened at Blackpool Victoria Hospital's Main Entrance at noon by football legend Jimmy Armfield with singer Anne Nolan entertaining the crowds with songs from the 1930s and 40s.

Our patients need **you**...

...to remember the
me in **dementia**

Find out how you can be involved by joining
our dementia event on **Monday, May 18**
from 12 noon on the Mezzanine Floor,
Main Entrance, Blackpool Victoria Hospital



It's the small things that make a big difference
- sign up to become a dementia friend today



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There will be a wealth of information and stalls at the event including a Pop Up museum of 1940s to 1960s memorabilia, arts for health exhibition, dementia workshops as well as vintage afternoon teas and Notarianni's ice cream.

The campaign is being backed by the Alzheimer's Society, Age Concern and Care and Repair. Clifton Hospital will also be hosting dementia awareness events during the week with a carers open day being held on Tuesday, May 19, from 10am to 4pm. The event, which is being held on Ward 1, will promote how to care for a loved one or patients who lives with dementia.

The ward will also host a vintage tea party on Wednesday, May 20, from 10am to 4pm and there will be open visiting to celebrate dementia awareness.

Trust Chief Executive, Gary Doherty, said: "It's very important that people with dementia are

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treated with respect and that we remember a person with dementia is a unique and valuable human being. When a person with dementia finds their mental abilities are declining, they often feel vulnerable and in need of reassurance and support. Being a Dementia Friend isn't about volunteering or fundraising, although people can do that through our Blue Skies Peace of Mind dementia appeal, it's about understanding, caring, noticing."

As part of the campaign, two Trust nurses, Francesca Maria Chiappe Hall and Dina Bowey, are organising a memory walk from Blackpool's Glitter Ball to the Comedy Carpet to raise awareness about Dementia Friends and raise funds for the Trust's Blue Skies Peace of Mind dementia campaign and Alzheimer's Society.

The Memory Walk, which is expected to take around an hour, will take place on Sunday, May 17, at 1.30pm. Registration is at noon, or people can register by emailing blackpoolmemorywalk@hotmail.com.

Please see page 15 for a further charity event.

Newspaper's awards give staff a huge lift



STAFF on the Neonatal Unit at Blackpool Victoria Hospital said they were overjoyed to win the Unsung Hero category at last year's Best of Health Awards run by The Gazette.

Being nominated by a grateful mum and subsequently winning the Unsung Hero Award gave nurses, doctors and other clinical staff a massive boost.

They said it was "lovely" to be recognised for the work they do with extremely vulnerable babies and concerned parents.

In 2014 neonatal staff looked after 497 babies on the unit out of a total of 3,000 deliveries at the hospital.

Staff were nominated by a mum who needed an emergency Caesarean section. Her baby boy received exceptional care from staff at the Neonatal Unit for three months.

The thankful mum said: "The staff at the unit

couldn't do enough for me and were always there when I needed anything."

Shelley Piper, Head of Maternity and Gynaecology Services at Blackpool Victoria Hospital, said the award had given staff on the Neonatal Unit a huge lift.

Shelley, who is from Blackpool and lives in Cleveleys, said: "It was a wonderful surprise to be nominated – it's lovely to be appreciated and to have that official recognition.

"The fact that we were nominated by an anonymous patient made it extra special. It's always lovely to hear that patients have appreciated what we do.

"We were just thinking we were doing our job – it's second nature to us.

"Quite a few of us went to the awards ceremony. Everyone was really delighted. It was a great morale boost.

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“The care our team provides is exceptional, but sometimes it can be taken for granted. It is a very enclosed unit due to the nature of the care we give. Unless you have to use it, you would not see the care we give.

“We deal with tiny babies who may not survive. Our care levels are extremely high. Some people think it’s an easy job, but it’s really hard trying to deal with the emotions and supporting everyone through such a difficult time. It’s a very challenging job.”

The Neonatal Unit has various treatment rooms, each catering for babies at different stages of development. It is inspiring and touching to see the tiny babies fighting for life and being so lovingly cared for by the staff.

Parents have 24-hour access to the unit because some babies need months of care before being able to go home for the first time.

Shelley explained: “We are very family-centred and the care we provide is appreciated by parents. There is a big drive to make parents, siblings and grandparents feel welcome.

“Some of the babies we look after are sick and some are just very small. They can be here for any number of reasons. They need somewhere to feed and grow and be supported to be able to go home.

“Some people think we deal with a lot of tragedy on the unit, but that’s not true. Mortality is extremely rare here. However, 20 years ago, most babies would not have survived.

“Nowadays they need on-going support and there can be a lot of stress associated with that. We try to build trust with the families – we are being trusted with their new born babies.

“Some of the babies we look after are born at 27 weeks. If they are born younger than that, they go to specialist units in Preston or Burnley.

“It can be very stressful for parents to visit every day. We get to know the parents and they

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Shelley Piper, Head of Maternity and Gynaecology Services

become part of the family. There are many families I hold very dear to my heart. We go through the experience with them. It’s lovely when they bring their child back to see us. We sometimes get cards from ‘children’ who are now 20 years old. People don’t forget us. We hold a place in their heart.

“There is no better job satisfaction than to see a 2lbs baby developing and finally going home, and the joy on the parents’ faces.”

To make a nomination for any of the categories in this year’s Best Of Health Awards, simply email competitions@blackpoolgazette.co.uk giving the name of the person or organisation you want to nominate with a brief explanation (no more than 250 words) as to why you think they deserve this award. Please add your own name and contact telephone number. Alternatively, you can post your nominations to Best Of Health Awards, the Gazette, Avroe House, Avroe Crescent, Blackpool Business Park, Blackpool, FY4 2DP. The closing date for nominations is Friday, July 17.

Giant inflatable colon is a big hit on roadshows

A NOVEL device in the growing fight against bowel cancer proved a big hit at two promotional events on the Fylde coast.

As part of the national bowel cancer awareness month, members of the Lancashire Bowel Cancer Screening team took a 2.4 metre high walk-through inflatable replica of a human colon to the North Euston Hotel in Fleetwood and the Talbot Road branch of Sainsbury's in Blackpool and received a great response

The inflatable allows shoppers to see the inside of a bowel and learn about how bowel cancer affects the body and why early treatment is vital.

Shahida Hanif, who helps promote the screening programme, said: "We had two amazing days locally and a fantastic week across the whole of Lancashire.

"It is so important that we get across the message about taking the bowel cancer screening test because the earlier any problems are treated the better. We heard some harrowing stories of how people had died from the disease, but also some tales of how taking the test had undoubtedly saved lives. The Blackpool area is one of the worst in Lancashire in terms of taking the tests and the more we can do to promote it the better."

Sadiq Patel, who works alongside Shahida, added: "It has been our most successful ever awareness week. We had an average of 100 people a day tour the colon and visit our stall and that is brilliant.

"The more we can get people to understand the disease and the screening programme the better – because we could help save lives."

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Shahida Hanif, Sadiq Patel and Louise Johnson promote the Lancashire Bowel Cancer Screening Programme at Sainsbury's

Bowel cancer is the third most common cancer in the UK. And when it comes to cancer deaths, it's the second biggest killer. It affects men and women, particularly those who are over 60, but it can also affect people much younger too.

Dr Mark Hendrickse, Clinical Director for the Lancashire Bowel Cancer Screening team, said: "It is a great opportunity for local people to see what the inside of the bowel looks like and learn about ways to reduce the risks.

"The NHS Bowel Cancer Screening Programme gives everyone aged 60 to 75 the opportunity to complete a free and simple test kit at home."

Bowel cancer symptoms to look out for are a change to your normal toilet habit to softer or looser poo, going to the loo more often or blood in your poo.

If you recognise these symptoms and have had them for three weeks or more, then it is highly recommended that you make an appointment to get checked out by your GP. You can request a home screening kit by contacting 0800 707 6060. For more details, please visit the Bowel Cancer Screening Programme website – www.cancerscreening.nhs.uk/bowel

Chance to be the star of your own radio show

WOULD you like to learn how to be the star of your own radio show?

If so the Trust is relaunching its hospital radio station and is looking for people who would like to be part of this exciting project.

The Trust is working with Radio Wave and Preston Radio Training to

develop a training package for people who would like to learn the skills of radio broadcasting.

The training will cover topics such as presenting and how to use radio studio equipment and some people may then be offered the opportunity to have their very own show on our new look hospital radio station.

An open evening for anyone aged over 16 interested in taking part is being arranged in Blackpool Victoria Hospital's Cardiac Centre Lecture Theatre on Wednesday, May 20, at 6.30pm.

Head of Communications at the Trust, Derek Quinn, said: "The Trust is looking to relaunch its hospital radio station and is looking for volunteers to help provide the best possible service for our patients and visitors.

"We would love to hear from anyone looking for



a new challenge, or anyone who has previously been involved with hospital radio.

There are opportunities to become a presenter on the station or to simply help out behind the scenes.

"We also want to provide a training ground for members of the public who may like a career in radio, be it presenting or journalism.

"Hospital radio has been the training ground for a lot of well known radio presenters locally and nationally in the past and we are keen to provide opportunities for others to follow."

The open evening is for anyone interested in hearing more about this exciting opportunity.

To express an interest and for further details contact Derek Quinn at Blackpool Victoria Hospital on 01253 956941.

New scanner funded by hospital charity

THE Acute Medical Unit at Blackpool Victoria Hospital is boasting a brand new bladder scanner, thanks to funding from Blue Skies Hospitals Fund.

The department treats patients with any medical condition who are often admitted into the Emergency Department before they are either discharged or moved onto another ward.

Previously it has had to borrow scanners from other parts of the hospital, but the charity, which supports the work the Trust, agreed to fund the scanner and it is now ready to be used at the hospital.

The equipment, which costs around £8,500, will help diagnose many urinary conditions, including retention which is a common cause of delirium in older people. It will also help reduce the number of unnecessary procedures which may prolong a patient's stay in hospital.

Acute Medical Unit Sister, Kat Szeiber, said: "We really needed this equipment as we were relying on borrowing from other departments and if there was any delay it had the potential to cause a problem for the patient.

"Having our own bladder scanner stops the patient waiting for something that should be



Deputy Head of Fundraising, Rebecca Ferguson, presents the new bladder scanner, which has been funded by Blue Skies Hospitals Fund, to Ann Bailey, Maxine Lotriet, George Goldthorp, Sandra Davies and Sister Kat Szeiber on the Acute Medical Unit at Blackpool Victoria Hospital

available to them, and we are very grateful to Blue Skies Hospitals Fund for agreeing to fund it."

The funding was approved by the Charitable Funds Committee at Blackpool Teaching Hospitals.

Chairman, Doug Garrett, said: "We are always pleased to agree charitable funding for equipment that will help to enhance the care our patients receive.

"This bladder scanner will be for the Acute Medical Unit only and will really help with our patients' journey through the hospital."

Oh baby — open day is a huge success



Professor Lesley Page with midwife, Jenny Clarke, team leader Julie Scholes holding baby George Hargreaves with mum Annie Hargreaves far right

THE Trust's state-of-the-art birth centre threw open its doors to give expectant mums and dads the chance to have a look around the new unit.

The Fylde Coast Birth Centre at Blackpool Victoria Hospital staged its first Open Day on Saturday and the facility proved to be a big hit with visitors.

And the unit also attracted attention from one of the biggest names in maternity – Professor Lesley Page, President of the Royal College of Midwives.

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“This sort of facility is crucially important,” said Prof Page. “We know that care in birth centres for women with straight forward pregnancies is the best option, it is the best quality of care”.

Prof Page went on to praise the Blackpool unit and said: “I think this birth centre is lovely. We have become so medicalised about birth, but it's the start of life and it should be humanised, and that is what is happening here.

“It puts the baby and family in the best position to start their journey together.

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“Birth centres such as this one allow midwives to use their art and their science. It’s a small unit where the midwives work as a team and are allowed to expand and create and become the best they can,” Prof Page added.

The Fylde Coast Birth Centre opened in the Women and Children’s Unit at Blackpool Victoria Hospital in January and gives mums-to-be more support for normal labour births in a home-from-home environment.

Julie Scholes, Team Leader for the birth centre, said: “The Open Day was organised to celebrate the fact that we’re up and running.

“We have been delighted at the number of visitors throughout the day, it’s wonderful to be able to show off this brilliant facility.”

Student artists from Blackpool and The Fylde College, who provided the artwork for the unit, were also at the open day to celebrate their work.

Gianluca Papa (18) a Graphic design student at Blackpool and the Fylde College created the unit’s wall mural.

Asked about the inspiration for his artwork, Gianluca said: “The B looked like a stomach and I constructed a baby inside.

“I am so pleased that everyone seems to like the artwork and delighted that it’s in such an important public place.”



Nineteen-year-old student Charlotte Collier said she was over the moon to see her painting, Twins, displayed prominently on the corridor: “I am so honoured to see my work here, it really has inspired me to keep going with my artwork at the college and has given me great confidence.”

Scores of mums-to-be and their loved ones visited the unit during the day to see the home-from-home rooms and learn about the birth choices the Trust can now offer.



Charlotte Collier with her Twins artwork

Mum-to-be Leanne Smith was one of a large number of people taking the opportunity to visit the centre at the weekend.

Leanne said: “This will be my first baby and I feel a lot more confident now I have seen inside this centre which is really lovely.

“I would like a water birth, I think it would help a baby not to be frightened of water”.

The birth centre rooms are en-suite and many have birthing pools.

Family members are able to stay with mum in the room and there are no restrictions on visiting times.

To find out more about the centre, please contact your community midwife.

Shortlist delight for End of Life team

THE End of Life team at Blackpool Teaching Hospitals NHS Foundation Trust has been shortlisted for a national patient safety award.

Organised by the Health Service Journal and the Nursing Times, the annual Patient Safety Awards recognise and reward outstanding practice within the NHS.



Members of the End of Life Team at Blackpool Victoria Hospital

The Blackpool team has been shortlisted in the End of Life Care category. To earn a position on the shortlist the team has had to demonstrate that it consistently and reliably identifies patients who are approaching the end of life.

The team members have had to show that they make timely referrals to specialist services and that they support patient preference and choice. They have also had to give evidence of supportive and sensitive care for patients and their families and carers as well as ensuring appropriate staff training in end of life care.

The award organisers said two thirds of people in the UK say they would prefer to die at home. However, just 18 per cent do. It remains the case that most people die in hospital.

An awards spokesperson said: "The End of Life Care category is designed to find examples of services which meet the needs and preferences of people nearing death."

Dr Harriet Preston from the Trust's End of Life team, said: "We are delighted to have been

shortlisted for such a prestigious award, which reflects all the hard work done by the team in partnership with our hospital and community colleagues."

Deborah Loftus, Lead Nurse for Cancer and End of Life Care at Blackpool Teaching Hospitals, said: "End of Life Care at Blackpool Teaching Hospitals has demonstrated year on year improvement. I feel proud to work for this Trust which has demonstrated its commitment to safe and compassionate care for patients."

Carolyn Haydon, an End of Life Education Facilitator on the Trust's Transform Team, added: "It is a pleasure to work with such enthusiastic and committed staff. We all work together to ensure the best care possible for patients and their loved ones."

The award organisers said they passionately believe that an NHS which delivers safe care will also produce the best outcomes and experience for patients, while making sure the service's budget is spent efficiently. This can be achieved by sharing, collaborating and learning.

Why planning for a 'good death' matters

WAYS in which to have a 'good death' will be highlighted during a number of events at Blackpool Victoria Hospital as part of national Dying Matters Awareness Week.

Hospital teams will mark the week in various ways including information stands at Blackpool Victoria Hospital on May 18, 19, 21 and 22 and at an event at the De Vere Hotel organised by Trinity Hospice on May 21.

The awareness week, which has been organised by the Dying Matters Coalition, is designed to encourage people to talk openly about dying, death and bereavement. Researchers have found that many people have specific wishes about their end of life care or what they would like to happen to them after their death, but a reluctance to discuss these issues makes it much less likely that their wishes will be met.

Throughout Dying Matters Awareness Week, events and activities are being held up and down the country to raise awareness about end of life issues. The theme of this year's awareness week is 'Talk, Plan, Live'; an action-focused theme emphasising that we only get once chance to have our dying wishes met, which is why it's vital to talk, plan and make arrangements for the end of life – before it's too late.

Dying Matters will be encouraging members of the public to take five simple steps to make their end of life experience better, both for them and for their loved ones.

These are: write your will, record your funeral wishes, plan your future care and support, consider registering as an organ donor and tell your loved ones your wishes.

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Staff from the Trust's End of Life 'Transform Team' will be on hand to chat to members to the public at a stand on the mezzanine floor of Blackpool Victoria Hospital's new main entrance on May 18, 19, 21 and 22. The Trust's Respiratory Team, Resuscitation Team, and volunteers from Parkinson's UK and Fylde Carers will also be taking part.

Reverend Graeme Harrison, one of the Trust's Chaplains, will have a 'Spiritual Care' stand on the mezzanine floor in the afternoon of May 18. He will be happy to talk to anyone on the subject of death and dying. Dr Harriet Preston, a Palliative Care Consultant and Clinical Lead for the Transform Team, will be at a special event organised by Trinity Hospice at Blackpool's De Vere Hotel on May 21.

Dr Andrea Whitfield, the Trust's Associate Medical Director for Leadership and Engagement and Clinical Lead End of Life Care, said: "I often have conversations with my patients and their loved ones about their preferences for their future care. What we know though is that planning for your care makes it more likely that you will achieve your wishes at the end of your life."

Children's diabetes team scoops award

A TEAM of healthcare professionals working with children with diabetes has won a coveted national award.

The North West team, led by diabetes specialists from Blackpool Victoria Hospital, scooped The Nursing Standard magazine's 'Excellence in Diabetes Specialist Nursing Award'.

Representatives from the team, who developed a new way of improving life for children with diabetes, were presented with the award at a ceremony at the Savoy Hotel in London on Friday, May 1. Top comedian, Rufus Hound, hosted the event and presented the awards.

Judges honoured the team which was instrumental in devising and piloting a care 'manual' for diabetic youngsters in schools. The manual ensures that all members of staff know exactly what to do to manage a child's condition.

Sandra Singleton, Paediatric Diabetes Nurse Specialist for Blackpool Teaching Hospitals NHS Foundation Trust, said: "It was fantastic to win the award – we were just so honoured and privileged to be there.

"My colleague Dawn Anderson said it was the pinnacle of her nursing career. It's wonderful to have that recognition. We are really proud of what we have done. It's a testament to all the really good work that is done around the country."

In 2013 the Children and Young People's Diabetic North West Network asked Sandra to head up a sub-group to design the care plan. The plan is now used nationally and is promoted by both the Juvenile Diabetes Research Foundation (JDRF) and Diabetes UK.



Daniel Hyde and Sandra Singleton from Blackpool Teaching Hospitals, Dawn Anderson, Paediatric Diabetes Specialist Nurse at Salford Royal NHS Foundation Trust, Margot Carson Children and Young People's Diabetes Network Coordinator for the North West of England

The sub group included Margot Carson, Network Coordinator, Elaine McDonald, Paediatric Diabetes Specialist Nurse at Lancashire Teaching Hospitals, Dawn Anderson from Salford Royal NHS Foundation Trust, Linda Connellan, Paediatric Diabetes Specialist Nurse at Southport and Ormskirk NHS Trust, Jill Cullen, a School Nurse with Blackpool Teaching Hospitals, Jayne Johnson from Blackpool Teaching Hospitals and Paula Maiden and Helen Nurse, parents of children with diabetes. Daniel Hyde provided the information technology support.

Director of Nursing and Quality at Blackpool Teaching Hospitals NHS Foundation Trust, Marie Thompson, said: "Our Paediatric Diabetes team is innovative and inspirational. The team's work is potentially life-saving and we, as a Trust, are extremely proud of the inspirational team members."

Beans means funds

A HEALTH Care Assistant at Blackpool Victoria Hospital is preparing for a very unusual bath to raise money to enhance local dementia care.

Andrew Gillett, 23, will spend two hours in a bath of beans to raise money for Blue Skies Hospitals Fund's Peace of Mind dementia appeal on Wednesday, May 20 – during the hospital's Dementia Awareness Week.

Andrew, who works in the Lancashire Cardiac Centre, said: "As a ward we said we would do something to raise money for the hospital charity Blue Skies as part of Dementia Awareness Week.

"A bath of beans was suggested and it was me who pulled the short straw. I suppose it's better than signing up to run for two hours on a treadmill."

Andrew, who lives in Blackpool, will be sitting in his tub of beans in the hospital's new main entrance from 2pm until 4pm.

Sponsorship will be taken on the day, though anyone who wishes to donate cans of beans can drop them off at Ward 37 in the next week.

He added: "I am a bit worried – it's not exactly going to be a pleasant experience."



The Peace of Mind appeal is being led by Blue Skies Hospitals Fund – the charity behind Blackpool Teaching Hospitals NHS Foundation Trust – and aims to raise money to enhance care for patients with dementia across the Fylde Coast.

During Dementia Awareness Week, which runs from May 18 to 22, there will be a host of stalls and entertainment in the main entrance at Blackpool Victoria Hospital.

The aim of the week to sign up all Trust employees as Dementia Friends, showing a commitment to respecting and valuing patients with dementia both as they are now and how they were in earlier years.



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