

Health Matters

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



Life savers thanked

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Saved by fast-acting staff
A man who had a cardiac arrest in the Main Reception of Blackpool Victoria Hospital was saved by quick-thinking staff using a new public defibrillator — Page 3

Patient Safety Award joy
The Trust's End of life Team has won a National Patient Safety Award for transforming the care of gravely ill patients and for creating new care pathways — Pages 5&6

Welcome from the Chief Executive

HELLO and
welcome to our
Health Matters
newsletter.



I am delighted to tell you that our End of Life team has won a national Patient Safety Award.

For the last six years our team has been working hard to improve care for people who are gravely ill. The results of the project so far are incredibly impressive; for example, patient and staff feedback is excellent, more patients can die in their place of choosing and readmissions are reduced.

It is a hugely dedicated team and everyone has risen to the challenge of caring for patients with many complex conditions whilst also looking after their family and carers. They have vastly improved patient care.

Also in this edition, we are giving you a last chance to nominate members of staff for our annual awards.

We'd greatly appreciate your nominations so we can give our staff the recognition they deserve. Please have a look at page four to see how you can make a nomination. Let's make this a bumper year for nominations!

Gary Doherty, Chief Executive

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Time to celebrate: The End of Life team at the Trust has won a national Patient Safety Award. The team scooped the top award in the End of Life Care Category, beating off stiff competition from other Trusts. Pages 5&6

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

Patient saved with aid of new public defibrillator

A BLACKPOOL man says he owes his life to emergency services staff at Blackpool Victoria Hospital – and a perfectly placed new public defibrillator.

Malcolm Squires, 61, suffered a sudden cardiac arrest in the main entrance at the hospital but thanks to the quick actions of the hospital's resuscitation team, cardiac staff and paramedics – alongside the availability of a new defibrillator - he was kept alive.

After suffering the cardiac arrest and having an operation, Malcolm this week made an emotional return to the hospital to see some of those involved in his rescue including resus officer, Hannah Johnston and North West Ambulance Service paramedic, James Gorrie.

Malcolm, a painter and decorator, said: "I owe my life to these people it's as simple as that.

"I came to the hospital because I had been feeling a few chest pains ironically. I remember just getting off the bus and nothing after that until I came round.

"The people that helped me were absolutely amazing and I can't speak highly enough about them, they were brilliant. If it wasn't for them I wouldn't be here."

Head of Resuscitation at Blackpool Teaching Hospitals NHS Foundation Trust, Anthony Freestone, said: "I am really proud of my team and the paramedics who went to help Malcolm.

"They were so professional and to see



Malcolm Squires with, from left, Rebecca Ferguson from Blue Skies Hospitals Fund, Paramedic, James Gorrie; Resus Officer, Hannah Johnston and head of Resus, Tony Freestone

Malcolm look so well less than a week after his cardiac arrest is amazing."

Mr Freestone said the incident highlighted the importance of public access defibrillators.

He said: "This incident showed that every second counts in a cardiac arrest situation.

"The defibrillator was perfectly placed in the main entrance and I have no doubt that without it Malcolm's outcome would not have been so positive. We have recently placed three defibrillators in key points around the hospital thanks to the support of our Board of Directors and our charity, Blue Skies Hospital Fund, and their support has undoubtedly saved a life."

Paramedic, James Gorrie, said: "Everyone came together as a team to support him and we are delighted to see him looking so well so soon."

Last chance to get entries in for awards



YOU have a week to get any nominations for the Gazette's Patients' Award category of the Trust's annual Celebrating Success Awards.

If you have received excellent care and treatment from a member of staff, we'd love to hear from you.

The nomination needs to be for an individual or team from the Trust. Last year saw us break all entry records for the awards with nearly 300 nominations overall and the standard of submissions was extremely high.

The Gazette's Patients' Award recognises the excellent care that members of staff give out every day.

Last year's winner was Paediatric Consultant, Dr Nigel Laycock. He won the award for the exceptional care he gave to a terminally ill girl. Margaret Seddon from Blackpool said Dr Laycock had been "a rock" when her seven-year-old great

granddaughter was ill. Dr Laycock won £500 which he reinvested into the Trust to buy sensory equipment in memory of Margaret's great granddaughter.

Last year's runners-up were Matron Sarah Sloan and Community Matron, Jane Cairns. Sarah has done a huge amount of work on the Trust's Memory Corridor project for patients with dementia and Jane has now retired from the Trust.

Nominations for the award close on Friday, July 17, 2015. The Judging Panel will meet on Wednesday, August 5, 2015, to shortlist each category.

The shortlist will be published soon afterwards. To nominate contact the Communications team on (01253) 953059. You can also nominate by emailing success@bfwhospitals.nhs.uk to request a form or go to the Trust's website at <http://www.bfwhospitals.nhs.uk>

Trust wins national Patient Safety Award



A COVETED national award for End of Life Care has been won by a team from the Trust.

The Trust's End of Life team scooped the award at the annual Patient Safety Awards at the International convention Centre (ICC) in Birmingham on Monday, July 7.

Team members have worked tirelessly over the last six years to completely transform End of Life Care for patients and their relatives.

Judges said they were "blown away" by the team's ground-breaking work and commitment to delivering excellence in End of Life care with the

panel adding that the Trust's entry provided evidence of a strong team culture and effective service development.

Andrea Whitfield, Clinical Lead for Palliative and End of Life Care for the Trust, said: "I'm thrilled and delighted for the team but also for the Trust and our colleagues who have done so much to ensure that we provide the best possible care for patients and their families.

"It's really positive and a great accolade for everyone on the team in the hospital and in the community.

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“We set up our project to transform End of Life care in 2009. It was prompted by a patient’s experience. A young man wanted to be cared for at home but at that time we had no safe way of facilitating it. Now we have an End of Life project team consisting of many people within the Trust who have a passion for End of Life care. We have developed this with a focus on training to give our colleagues the confidence and expertise to care for patients.

“Our patients can be assured they will get the best End of Life care whether they die in hospital or out of hospital.”

Over the last 18 months the team has been doing intensive ward-based ‘Transform Training’ with Trust staff. Transform Training enables all members of staff working for the Trust to give patients consistently high levels of care.

Marion Bennie, Project Manager for the End of Life team, said: “I’m absolutely elated that the team has won the award.

“It’s a team that has gelled and everyone is accountable. We are constantly measuring the success of the project using data collected from staff and patients so that we can see the benefits that we are bringing to the Trust.”

The team has a system called the Amber Care Bundle for patients whose recovery is uncertain. Patients receiving Amber Care are monitored closely on a daily basis and all staff are made aware of their needs. Amber Care also gives patients the chance to say how and where they would like to be cared for at the end of life.

Marion said: “When patients are on Amber Care we follow their pathway from the time they are first seen through to discharge. We start mapping together a story of that patient’s time with us.

“Readmission rates in the last 100 days of life can be very high. Amber Care has helped to reduce admissions and has allowed more patients to be looked after in their favoured place of care.”

Data collected from patient experience surveys is also used to improve staff training.

“Staff tell us how confident they feel after the training and that they feel more able to have difficult conversations with patients,” added Marion. “We do posters for staff with their results on them so they can put them up on the wards. We were told that one of the reasons we won the award was for our ground-breaking data collection work. The members of the team are fantastic. They’re completely dedicated and have such deep compassion for their patients.”

Kellie Gittins, one of the Transform Team trainers for the Trust, said: “I feel really proud that the team has won this award. When they announced our name it was amazing. All our hard work has paid off. So far we have trained about 1,300 people.

“It has been a massive challenge because the hospital is so busy. We have been doing formal training and ward-based training. Amber Care is brand new and we have rolled that out from scratch. We’ve had fantastic feedback from our patient experience surveys. Patients feel supported and we have increased staff confidence.

“Since the roll-out of Amber Care the rate of inappropriate readmissions to hospital has dropped. It has gone from 33 per cent down to nine per cent. The team is very supportive. We’re all so passionate and we share the same goal – to improve things for patients. Everyone goes that extra mile.”

Lorraine Tymon, End of Life Educator for the Trust, said: “It was wonderful to win the award.

“As a team we’ve won six awards for End of Life care. It’s all about team work.

“We are lucky to have Andrea Whitfield driving the whole project forward. She has fought hard to keep the team and the project going.”

Lorraine said everyone at the Trust recognises that having the best possible End of Life care is extremely important: “It’s the last thing you can do for somebody,” added Lorraine.

Enter our golf contest in memory of nurse



FYLDE coast golfers are invited to attend a special event being held in memory of late nurse Jane Clough.

For five years Blackpool Teaching Hospitals NHS Foundation Trust has been holding a charity golf competition for staff in memory of a former nurse Jane Clough who was tragically murdered. The funds raised by the competition go to Jane's daughter's Trust Fund.

Organiser, Mary Bird, General Manager of ISS Healthcare Facilities at Blackpool Victoria Hospital, said: "Jane was a lovely, dedicated nurse and my staff wanted to do something in

her memory and this is an event we all look forward to."

"This year we are inviting other golfers to join us as a way to boost numbers and to make the event a more social occasion for golfers to meet and compete."

The competition takes place on Thursday 16 July at Stanley Park Golf Club and entry fee for the competition is £25 for non-club members and £13.50 for members. Any keen golfer is welcome and can attend on the day in time for Tee-off at 8.30am. Anyone interested can contact Mary Bird on 01253 655642 or e-mail mary.bird@uk.issworld.com

Summer fete helps to raise dementia funds

A HOSPITAL Summer Fete has helped to raise money to enhance the care given to people with dementia.

Clifton Hospital's fete was held on Saturday, July 4, raising a total of £1,900 which will go towards Blue Skies Hospitals Fund's Peace of Mind dementia appeal.

The event was opened by Ian Johnson, Chairman of Blackpool Teaching Hospitals NHS Foundation Trust, who said: "This fete was another great fundraising event for Clifton Hospital and the care it offers to local patients with dementia. It was pleasing to see so much happening in our hospital, and the people who turned up to make it a success.

"This event was all about Clifton, and although there may not always be blue skies outside, there will always be Blue Skies inside helping to enhance the care we give to our patients."

Peace of Mind will pay for a secure and interactive garden at Clifton Hospital and a memory corridor to help patients with dementia recall their earlier years.

Linda Broadbent, Ward 1 Manager at Clifton Hospital, said: "The day went really well, and we're so pleased the weather held out for us.

"We had lots going on, from plant and book stalls and face painting for the children to a top prize raffle which has helped to raise a lot of money for this important campaign. The garden and works we are raising money for will go a long way in enhancing the care we can give to our patients who have dementia.

"Thanks to everyone who showed up on the day, including Age UK Blackpool and District,

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Felicity Broadhurst paints Victoria Veevers' face at the Summer Fete at Clifton Hospital

which is supporting Peace of Mind, Blue Skies Hospitals Fund and to Horwich Farm which provided a holiday in the Peak District for our raffle."

Peace of Mind was launched at Clifton Hospital's Christmas Fair in November 2014 by Jimmy Armfield CBE. Since then it has attracted support from staff who have held sponsored walks, cake sales and supermarket bag packs.

Amanda Bennett, Head of Fundraising, said: "The Peace of Mind appeal is very important to Blue Skies Hospitals Fund, so it's great to see that staff at Blackpool Teaching Hospitals are really getting behind it to raise as much money as they can.

"The event at Clifton was thoroughly enjoyable, and it was lovely to see so many families having fun whilst raising money to help enhance care to local dementia patients."

For more information about Peace of Mind, please visit www.blueskieshospitalsfund.co.uk/dementiaproject.shtml.

Garden is a permanent memorial to lost babies

THE Trust's Blue Skies Hospitals Fund has lent its support to a memorial garden for babies lost through still birth or neo-natal death, which has been officially opened at Lytham Park Cemetery.

The Forget-Me-Not Garden is a £51,000 project, led by Fylde Borough Council in partnership with Blue Skies and Blackpool and Preston Sands Group. It was officially opened during a ceremony on Tuesday, June 30, by the Mayor of Fylde, Coun Peter Hardy.

He said: "This is a beautiful and meaningful space of which we can all be very proud. We are the guardians of this special place which holds the memories of those children we have lost, and those who we will lose in the years to come."

During the ceremony, bereaved parents were invited to place memorial copper leaves on a tree sculpture, which will serve as a permanent memorial to their lost babies. They were led by Nicola and Neil Duerden, who were supported at Blackpool Victoria Hospital after the loss of their daughter, Amelia.

Neil said: "Three and a half years ago, five days before she was due, we lost our daughter Amelia. This garden has become a special place for us to remember our baby, and we hope it will give a little bit of comfort for other bereaved parents."

Also at the opening ceremony was Megan Murray, Bereavement Nurse Specialist at Blackpool Victoria Hospital, who was praised for the vital support she offers to bereaved families across the Fylde.

Megan said: "The Forget-Me-Not Garden will at times be a painful place to be, but it will also be a



Coun Cheryl Little, the Mayor and Mayoress of Fylde Cllr Peter Hardy and Sheila Hardy, Blackpool Teaching Hospitals NHS Foundation Trust Chief Executive Gary Doherty and Chairman of the Charitable Funds Committee Doug Garrett at the tree sculpture in the Forget-Me-Not Garden

beautiful place to be. We all think we know what it is to be bereaved, but when you lose a child it's different. Here we have a place that is beautiful where mums and dads, aunties and uncles and brothers and sisters can go to remember lost babies."

As well as Blue Skies Hospitals Fund, Fylde Borough Council, Sands and bereaved parents, Megan thanked artist Philippe Handford.

She added: "He showed great compassion while working with the parents when it must have been difficult revisiting some of the memories they shared with him. When I look around I can see all of the different aspects each parent spoke about."

Before the ceremony closed, the garden was blessed by The Rev Clive Lord, Chaplain at Blackpool Victoria Hospital.

Mayor pledges to raise cardiac centre funds

THE Mayor of Wyre, Coun Tom Balmain, has pledged to raise money for the Lancashire Cardiac Centre in thanks for care he has received there.

Coun Balmain, 74, has chosen the Heart of Gold Charitable Fund, a division of Blue Skies Hospitals Fund, as one of his Mayor's Charities. Heart of Gold supports the Lancashire Cardiac Centre, based at Blackpool Victoria Hospital, where he has been a patient since January 2013.

He said: "I'd gone to have my blood pressure checked, and the nurse took my pulse which showed I had a very rapid heartbeat. What was meant to be a 10-minute check-up for my flu jab turned out to be a four hour appointment.

"I was diagnosed with an irregular heart beat and have been on Warfarin ever since. It means I spend a lot of time at the Lancashire Cardiac Centre and I get to meet a lot of people who have problems with their heart. I heard about the Heart of Gold appeal, and decided it would be a good cause to support during my year as Mayor."

At the end of his Mayoral Year, Coun Balmain will split the money he has raised between the Heart of Gold Charitable Fund and Cancer Help, based in Garstang, following the loss of his twin brother to bladder cancer four years ago.

Coun Balmain, who lives in Garstang, said: "This is my chance to put something back into the community. I have selected two local charities which are close to my heart. The Lancashire Cardiac Centre is a centre of excellence, and it needs this charitable support."

Coun Balmain plans to hold a number of

fundraising events for the Mayor's Charities, including a Burns Night Supper and the Mayoral Ball next March. The Heart of Gold Charitable Fund is a division of Blue Skies Hospitals Fund – the charity behind Blackpool Teaching Hospitals NHS Foundation Trust – and raises money to enhance cardiology and cardiothoracic care at the Lancashire Cardiac Centre.

Doug Garrett, Chairman of Blue Skies Hospitals Fund's Charitable Funds Committee, said: "We are delighted that the Mayor of Wyre has chosen to support our Heart of Gold Charitable Fund.

"Heart of Gold is an on-going priority for Blue Skies Hospitals Fund, and Coun Balmain's efforts will ensure that patients to the Lancashire Cardiac Centre receive only the best care one can expect from a Centre of Excellence. We look forward to working with Coun Balmain throughout his year as Mayor."

You can donate to the Mayor's Charity Appeal by debit or credit card by calling Andrea Mullin at Wyre Council on (01253) 887257, or by cheque, made payable to 'Wyre Borough Council', which can be posted for the attention of Andrea Mullin to Civic Centre, Breck Road, Poulton-le-Fylde, Lancashire, FY6 7PU.



The Mayor and Mayoress of Wyre, Cllr Tom Balmain and Alene Balmain, are supporting Blue Skies Hospitals Fund's Heart of Gold Charitable Fund

Residents asked for views on cancer care

FYLDE Coast residents affected by cancer are being invited to pass on their experiences at a special event in September.

Each year in Blackpool there are approximately 1,000 new cases of cancer and Blackpool Teaching Hospitals NHS Foundation Trust has partnered with Macmillan Cancer Support to hold a listening event to see how local services can be improved for those affected by the disease.

Organisers of the event, which will take place on Tuesday September 22 in Blackpool, want to hear from as many people as possible about their experiences of cancer.

Deborah Loftus, Lead Cancer Nurse at Blackpool Teaching Hospitals NHS Foundation Trust, said: "We are looking for people who are, or have been, affected by cancer to join us in making a difference to support services in the area.

"We want to get together a group of people which is a good mix of ages, men and women, type of cancer and different stages in the cancer journey and ethnic background to help get the



widest response possible."

She added: "Patient experience matters as much to most patients as clinical effectiveness and safety and good patient experience is linked to improved patient outcomes so we want to hear from people about their experiences as a cancer patient.

"All feedback is vital as we are dedicated to helping patients with cancer feel they are getting the best care possible and feel that their needs are thoroughly understood and assessed."

There are plans to hold two more events over the year to follow up the outcomes from the first listening event. Depending on the feedback received from patients, there will be continued refinement and improvement on services.

If you would like to attend the event, which will run from 11.30am to 4.15pm, please contact telephone Kimberley Orrell on 01253 957144 or email Kimberley.orrell@bfwhospitals.nhs.uk by Friday July 17. Places are limited.

Get your nominations in for nurse awards



NOMINATIONS are being sought for this year's Cardiac Nurse of the Year Award.

Blackpool Teaching Hospitals NHS Foundation Trust is once again recognising its staff with an award during its Annual Public Meeting held in September. For the sixth year running this award ceremony includes the acclaimed Cardiac Nurse of the Year award.

The award looks to reward members of the Lancashire Cardiac Unit staff who have made a real difference to the lives of their patients and exceeded expectations.

The winner will be presented with a certificate and £200 personally from Mr Ramesh Gandhi, Wyre Public Governor and retired Cardiothoracic Surgeon.

Ramesh's wife, May, will also kindly present £100 to the runner up along with a certificate at

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the Staff Achievement Ceremony.

Mr Gandhi said: "when I worked in the unit I was always impressed by the dedication and enthusiasm of the staff and wanted to make sure they were recognised for the hard work they put in. I am still pleased to see such high quality care provided in the centre and want to continue to reward staff."

Last year's winner, Joanne Collins, was rewarded for having "an unparalleled caring personality."

All nurses and health care assistants who work within the Cardiac Division at Blackpool Teaching Hospitals NHS Foundation Trust are eligible for a nomination. Members of the public who may have been treated at the cardiac centre can nominate by logging on to

www.lancashirecardiaccentre.nhs.uk/award/

Roadshows will help people quit smoking

BLACKPOOL'S Stop Smoking Team is making sure it makes the most of the good weather by going out and about meeting people who may be considering quitting the habit.

The team will be using a North West Ambulance Service Event Vehicle to provide drop in sessions around Blackpool next week. They will be offering lung health checks along with specialist stop smoking support and the Wellness Service will also be offering blood pressure checks and health advice.



Carol Bramhall, Stop Smoking Service Co-ordinator, said: "At this time of year a lot of people will be considering quitting. People engaging with the service are four times more likely to quit with our help than by going it alone.

"The health benefits of quitting are countless. We offer lung checks at our outside events so people can see the damage they are doing."

The team will be available to drop in and get more information from at:

- Sainsbury's/Council Offices in Bickerstaffe Square, Tuesday on 14/7/15

- Bispham Village in the car park, on Thursday 16/7/15
- St John's Square in Blackpool, on Friday 17/7/15

As well as these drop in opportunities there are regular weekly sessions at Tesco pharmacy at the Clifton Road retail park on Wednesdays between 11am and 1pm and at Whitegate Drive Health Centre on Wednesdays between 5pm and 6.30pm. Alternatively you can make an appointment to speak to a Specialist Advisor in the team by calling 01253 951570, or emailing stop.smoking@blackpool.nhs.uk



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 or go to www.bfwh.nhs.uk

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Ladies only Entry fee £16



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30TH BIRTHDAY

30 TRINITY
Hospice
Years of Care