

Health Matters

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



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Surgeons' epic cycle ride

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Making memories of babies
Midwives are being trained to offer a special photographic opportunity to bereaved parents — Pages 4&5

Welcome from the Chief Executive

HELLO and welcome to our Health Matters newsletter.



It's wonderful to see so many people in our Trust and in the wider community getting involved in activities to help make life better for patients.

One such project is designed to help parents who have lost babies. Our midwives are being trained to provide the bereaved parents with photographic keepsakes.

Two of our heart surgeons, Nidal Bittar and Andrew Duncan, are set to undertake a tough cycle challenge in memory of their former colleague Carl Humphries. Best of luck to them!

In the community, keen knitters have been creating 'twiddle pockets' and 'twiddle blankets' for patients with dementia. These knitted items can help to relieve the stress often suffered by people with dementia.

One of our hospital teams has gained Baby Friendly accreditation from the charity Unicef. A great achievement.

And finally, we are set to build a new outpatients area to improve life for our patients.

Gary Doherty, Chief Executive

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A new photography course is being offered to midwives to help bring comfort to bereaved parents. The photography course enables midwives to create permanent memories of lost babies. Full story on pages 4 and 5

Health Matters is also available online at www.bfwh.nhs.uk

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Any comments ideas or suggestions? Please contact: Ingrid Kent, Communications Department, on 01253 395 6875 or communications@bfwh.nhs.uk

Gruelling bike trek in memory of colleague

TWO intrepid cyclists are preparing to undertake a gruelling three-day bike ride from London to Paris in memory of a former colleague and to raise money for their hospital.

However, the 240 mile challenge is not out of the ordinary for heart surgeons Nidal Bittar and Andrew Duncan, who two years ago completed a bike trek across the desert, raising nearly £15,000 for Blue Skies Hospitals Fund's Heart of Gold Charitable Fund.

Although their latest task, which they will do from September 3 to 6, will be done in a more manageable heat and on relatively flat ground, they will cover more miles in fewer days.

Mr Bittar, a Consultant Cardiothoracic Surgeon at Blackpool Victoria Hospital, said: "We'll be doing nearly 80 miles a day so I would imagine we would be very tired doing it. At the moment I am not too confident as I haven't done a lot of training, but hopefully we will do it – we've got through worse."

"In Jordan it was different – we rode between 60 and 70 miles a day but we had the heat to contend with and we went from 400 metres below sea level to 1,200 meters above it. It was painful."

Mr Bittar, 47, of Lytham and Mr Duncan, 57, of Singleton, aim to raise £5,000, which will be split between the Heart of Gold Charitable Fund and Prostate Cancer UK in memory of their former colleague Carl Humphries who died of prostate cancer last year.



Mr Andrew Duncan and Mr Nidal Bittar from the Trust who are preparing to undertake a cycle challenge to raise money for charity

Mr Duncan, also a Consultant Cardiothoracic Surgeon at Blackpool Victoria Hospital, said: "We all still feel very sad and shocked at the loss of our good colleague last year. Nidal and I feel that by doing this bike ride we will be keeping his memory alive. The Heart of Gold Charitable Fund is also very important to us because it helps us to drive innovation and research in the Cardiac Centre which will benefit our patients."

The Heart of Gold Charitable Fund is a division of Blue Skies Hospitals Fund – the charity for Blackpool Teaching Hospitals NHS Foundation Trust – which supports the Lancashire Cardiac Centre, based at Blackpool Victoria Hospital.

To support Mr Bittar and Mr Duncan visit www.justgiving.com/nidal-bittar

Photos bring comfort to grieving parents

SIX years after the death of her daughter Daisy, Helen Grimshaw's memories of holding her baby are starting to fade.

"I really regret not having taken pictures of her at the time. I have one picture which I treasure but don't like because it is not a good picture," said Helen who is now the Chair of Blackpool and Preston SADS, the stillbirth and neonatal deaths charity.

"Had a midwife encouraged me to take pictures and have them stored at the hospital, I would have been back for them. I would have had picture memories to keep."

Now SADS, along with Blackpool Teaching Hospitals NHS Foundation Trust, is training staff to offer a photographic opportunity to all bereaved families.

They have organised for baby bereavement photographic specialists, Gifts of Remembrance, to come into Blackpool hospital to train midwives and neonatal nurses to take meaningful pictures which the families can treasure.

Blackpool Victoria Hospital's bereavement specialist nurse, Megan Murray, explained: "It is important that the work bereavement nurses do does not stand still. We need to look at how we



Neonatal sisters, Susan Palmer and Sarah Heydon, with neonatal staff nurse Melissa Brown and course instructor Rachel Hayden

can continually improve the service we supply to our patients. At the time of bereavement some parents understandably don't want to take pictures of their baby but we try to encourage them to do so because they will not get a second chance. If parents do not want to take the pictures home we will store them until such time as they would like to collect them.

"SADS give us an SD memory card for each family so parents can use this and keep it in a memory box. It is about acknowledging that this has happened.

"Everyone has photographs of their babies, but these parents only have one chance to get these images and it's important to get the best pictures possible."

Continued from page 4

Locally, bereaved families have raised money and some of this cash has been used to pay for today's course. The course is fully booked and we have midwives and neonatal nurses from Blackpool, Preston, Burnley and Lancaster. We are delighted by the level of interest this course has produced and we have a waiting list for future courses."

The course is run by Rachel Hayden, a mother who lost one of her triplets. This was the catalyst for starting Gifts of Remembrance.

"Bereaved parents have such a short time with their babies that that time is incredibly precious," said Rachel. "Photographs can capture those precious moments and, in time, can help families through the healing process."

Gifts of Remembrance provides training, information and support for bereavement photography with an emphasis of empowering parents and supporting them to be engaged in the process.

"I lost my son Rowan who was one of triplets," said Rachel. "The two girls were on the neonatal unit for some time and I got to know the staff very well. The care I and the girls received was excellent but I wanted them to improve the bereavement photography. I wanted to use the



Helen Grimshaw (left), chair of Blackpool and Preston Sands, specialist midwife Pauline Canning and bereavement nurse Megan Murray

prayer which starts 'Now I lay me down to sleep' at Rowan's memorial service and I Googled the words to find the verse. That is when I came across an American photographic charity that led me to the incredible work of American documentary photographer Todd Hochberg who specialised in taking pictures for bereaved families. I funded Todd to train midwifery and neonatal staff in Leicester where I lived and Todd also trained me six years ago so I could be a volunteer bereavement photographer at the hospital."

Rachel's initial priority was training midwives and neonatal staff locally in Leicester. That was so successful and the feedback was so positive that she realised it needed to be shared and decided to roll it out nationally.

"I work closely with SANDS who fund my work and now I go all around the country and Ireland training staff. I set up Gifts of Remembrance as a non-profit organisation," Rachel added. It is important for midwives and neonatal nurses to know how to take the pictures as they are the ones that are there and they have the relationship with the family. It is about empowering parents and staff – we tackle all the "yes, but" questions."

The cameras used have no flash and make no noise so the pictures are as unobtrusive as possible.



Photography course instructor Rachel Hayden shows Helen Grimshaw and Pauline Canning some simple techniques

Patient's tumour was as big as a football

BLACKPOOL and Preston surgeons have been left dazed after removing the biggest tumour they have ever seen — and the patient is bouncing back after just seven days.

During a visit to his doctor for a check-up Steve Barker, 57, from Chorley, mentioned a small lump on his chest. He had no idea it was the tip of a massive 1.3 kilogram tumour of the bone growing around chest.

Following a consultation with Mr Iyer at Preston Royal Hospital and scans, Mr Barker was referred to Blackpool Victoria Hospital for a biopsy and the resulting surgery to remove the tumour. Mr Purohit, Consultant Chest surgeon leading the operation spent three hours removing the tumour which was as big as a football. The tumour was so large that it had pushed the heart from the front centre of his chest to the back left and also had started compressing the lungs making it difficult for Mr Barker to breathe.

Mr Purohit said: "Neither myself or my colleagues have ever seen a tumour this big in this hospital. If it had been left unnoticed much longer it would have kept on growing and would have proved fatal before much longer."

Mr Barker said: "It was all very quick from being sent for the scan through to going in for the operation. I just went with the flow really as I had no other choice. I could have done nothing and have been dead in months. So I kept a positive attitude and left myself in the hands of the experts. I'm really grateful for what has been done."

The operation to remove the bone tumour involved removing the breast bone and five of Mr Barker's ribs. They were replaced during a four



Steve Barker (centre) with Mr Purohit (right) and Mr Iyer at Blackpool Victoria Hospital

hour procedure using prosthetic material and muscle flaps taken from chest and abdomen by Mr Srinivasan Iyer, Plastic surgery Consultant from Lancashire Teaching Hospitals NHS Foundation Trust.

Mr Iyer said: "It was a substantial rebuild of his breast bone and the majority of his ribs. The communication between the two hospitals was very important in getting things done quickly."

He also mentioned about key role played by the cancer specialist nurse, Nina Deacon in coordinating and keeping Mr Barker informed.

The speed of Mr Barker's recovery has also had the consultants astonished. He was out of hospital just seven days after the massive operation - another record.

Mr Iyer added: "I have known people with less severe surgery spend weeks to months in hospital. To be in and out of hospital in seven days is remarkable."

Knitters thanked for helping patients

A SPECIAL meeting to thank the army of knitters who answered a call for knitted pockets to help patients with dementia has been held.

When the Trust put out a call for volunteers to make knitted pockets for patients in hospital with dementia it was overwhelmed with the response. As a result hundreds of patients have been given a twiddle pocket which gives their mind and hands something to focus on preventing them from becoming distressed and agitated by the unfamiliar surroundings of a hospital ward.

To say thank you the Patient Experience department invited the team of dedicated knitters to the Trust to meet each other over cakes and refreshments. Trust Chief Executive, Gary Doherty, joined the group to give his thanks on behalf of the Trust.

Gary said: "The hospital owes a huge amount to these fantastic ladies who give their time and materials completely for free. The difference a twiddle pocket makes is really remarkable and I have seen myself how dramatic the change in a patient is and how much this helps our staff treat the patient."

"We are so lucky that there are so many kind hearted people willing to help with the work of the Trust. The knitters do so much and as well as the twiddle pockets there are groups who make other items used throughout the hospital such as hats for babies. We can't thank them enough."

Kathy Cooke, 66, from Cleveleys, said: "I've been knitting since I was four years old. It's very therapeutic and gives me something to do with my time. I think everyone should just do all they can to be kind to others and do one nice thing for



Gary Doherty (centre back) with some of the knitters

someone else every day. I do it through knitting. I had a family friend with dementia and I heard about twiddle pockets so thought I would give one a go. I was amazed by the transformation when I gave it to her. She went from being frustrated, confused and agitated to calm and docile. I decided then that I wanted to do more. It was lovely to meet other ladies who have been making the pockets. We swapped ideas and came up with something new for the Trust to try out."

The Twiddle pockets have been so successful that other Trusts around the country are also using the idea. The department has now decided to try a variation of the idea to see if it is equally as effective. They are turning their needles to what we are calling Twiddle Blankets.

Sally Richardson, Patient Experience Support Officer for the Trust, said: "The Twiddle Pockets are great and have been a real success. However, as the colder months will soon be upon us we thought the blankets would provide warmth and comfort. We already have three blankets ready to be given out. I'm looking forward to seeing how they work."

New outpatients area will benefit patients

PATIENTS at Blackpool Victoria Hospital are to benefit from a new £450,000 outpatients area.

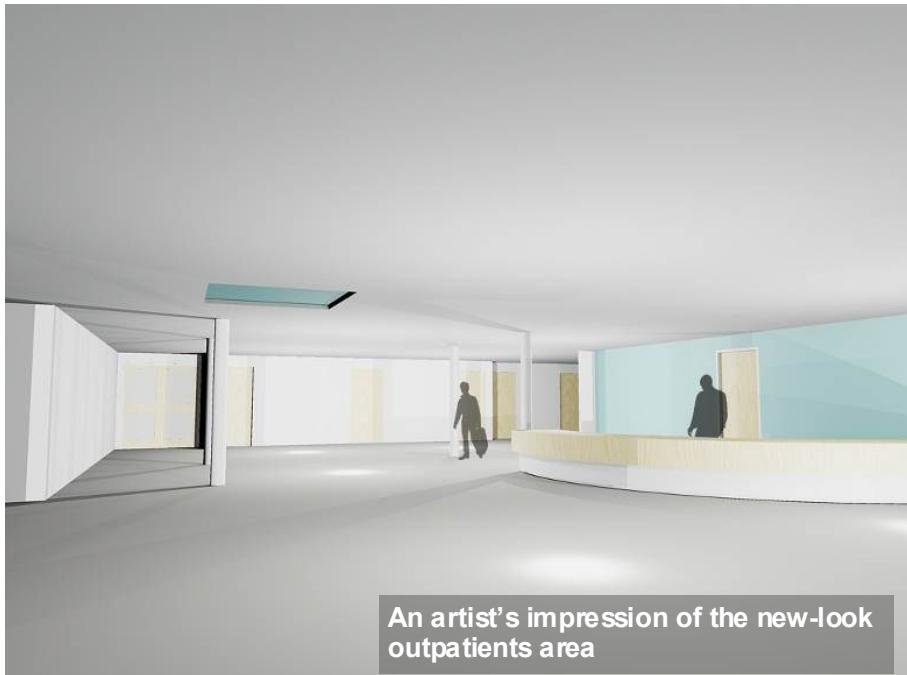
The development, which is set to start in October and last for approximately six weeks, was given the green light after £200,000 was donated to the scheme by the hospital charity, Blue Skies Hospitals Fund.

The scheme will modernise the current outpatients area at the hospital with a new entrance and reception area that is far more inviting than at present. It will also help patients find their way around the hospital more easily with one dedicated reception area which will be supported by the Trust's volunteers.

Doug Garrett, Chairman of Blue Skies' Charitable Funds Committee, said: "Blue Skies has been able to make this large contribution to the Outpatients development thanks to an extremely generous legacy which has been left to the charity."

"This scheme just proves how important the charity is to the Trust's work, and how all donations from Blue Skies are used purely to benefit patients and to make their visit to hospital as stress-free as possible.

"We are looking forward to seeing the results of



An artist's impression of the new-look outpatients area

this donation and how it will benefit all patients coming to the outpatients department for years to come."

Wendy Swift, Deputy Chief Executive at Blackpool Teaching Hospitals NHS Foundation Trust, said: "This is another exciting development for patients at Blackpool Victoria Hospital.

"The current outpatients area is in need of modernisation and we are confident that the new development will make it a far better place for our patients. Staff have been involved in the design process and everything has been done with the patient in mind as we aim to make it a far more pleasant experience. The development could not have taken place without the fabulous support of our charity, Blue Skies Hospitals Fund, which has backed this scheme from the beginning."

Trust named in Top 120 Best Places to Work

BLACKPOOL Teaching Hospitals NHS Foundation Trust has been named as one of the top healthcare organisations in the country to work for according to the Health Service Journal and NHS Employers.

The Trust was named in the HSJ's Best Places to Work list, compiled in partnership with NHS Employers, which features the top 120 NHS workplaces across all acute, community, mental health and primary care sectors.

Gary Doherty, Trust Chief Executive, said: "We're delighted and proud to be named among the best places to work in the NHS in this top 120 list.

"It is the second year in succession that we have been included in the list and it is a fitting tribute to the work of our staff.

"Every day I see or hear of the amazing work of our staff and I hear how proud they are to work in this organisation and to give of their best to our patients, their carers and families. It is great to see their work and pride recognised in such an influential list.

"We want to attract the most talented workforce, so we are committed to providing an environment that is welcoming and fosters innovation and creativity and this award is testament to that and is something that all staff should celebrate."

The results are based on national NHS staff survey responses, in which NHS staff rate their



The Trust is always keen to recruit new staff and has been named in the Top 120 Best NHS Places to Work in the UK

organisation as a place to work and their confidence in the care provided. Most staff said they would recommend the Trust as a place to work or receive treatment, with lower pressure felt by staff compared with similar trusts, according to the HSJ's top 120 list.

To get in the HSJ's Best Places to Work top 120 list, NHS staff survey results were analysed across seven key areas:

- Leadership and planning
- Corporate culture and communications
- Role satisfaction
- Work environment
- Relationship with supervisor
- Training and development
- Employee engagement and satisfaction.

The final list includes 40 acute trusts, 16 specialist trusts, 11 community trusts, 31 mental health trusts and 20 clinical commissioning groups. Jobs within the Trust can be viewed at www.jobs.bfwhospitals.nhs.uk

Trust celebrates its new ‘Baby Friendly’ status

THE world's leading children's charity has awarded a Trust team its highest level of accreditation for the care of mums and babies.

Trust staff are celebrating the fact that the organisation is one of the latest to have achieved full ‘Baby Friendly Initiative’ accreditation from Unicef.

Nicola Parry, Head of Midwifery, said: “This is a really proud moment for us.

“We have been on a journey to improve our facilities, education and breastfeeding rates at Blackpool Victoria Hospital and in the community. We have reached the highest standards of education and facilities set by Unicef.

“Our main focus is breastfeeding but alongside that there is a huge public health message. We have been promoting public health and supporting families in the community.”

Shel Banks, Baby Friendly Initiative Co-ordinator for the Hospital Trust, said: “In Blackpool we have quite low breastfeeding rates when compared to elsewhere in the country.

“However, our team both in the hospital and in the community, has been working hard to turn that around.

“In some areas we have seen big increases in women starting breastfeeding - for example, in Fleetwood the breastfeeding rate has risen by about 300% in the seven years since we began the project.

“The national average for mothers starting breastfeeding is 83 per cent and we’re at about



Team members with the Baby Friendly Stage Three Accreditation certificate including (from right), Pauline Tschobotko, Jo Hankinson, Shel Banks, Dawn Burrows and Jo Pilbeam

61 per cent here on the Fylde coast. Our initiation rate is creeping up, but most importantly, mums who have decided they want to start breastfeeding, are now much more likely to still be breastfeeding after six weeks or so. We are supporting and encouraging women to breastfeed for longer.”

Shel provides staff training on infant feeding and relationship building and ensures that all members of staff across the maternity and neonatal units are up to speed on the latest developments.

Unicef assessors check this is working and also make sure that mums are being given the best possible information on breastfeeding.

The hospital at Blackpool will have the full Baby Friendly Initiative Award for 12 months as it is annually re-assessed. The next step for the hospital is to work towards separate Unicef accreditation for the Trust’s Maternity and Neonatal departments, under the new Unicef Baby Friendly standards.

We want to hear your views on cancer services



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 the 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 the 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.

"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 of 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

Nominations sought for cardiac nurse awards



May and Ramesh Gandhi with HCA from Ward 37, Joanne Collins, at last year's event

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

The 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 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/

Norma thanks Trust for life-saving operation

A WOMAN who says she would be dead if it wasn't for the care she received at Blackpool Victoria Hospital has presented £500 to its Breast Care Unit.

Norma Kirkby, 80, was diagnosed with breast cancer in November last year and has undergone two operations – one to remove her breast – as well as chemotherapy. In thanks for her treatment, she has presented the money to Hint of Pink, which donates its money to Blue Skies Hospitals Fund – the charity behind Blackpool Teaching Hospitals NHS Foundation Trust – to enhance care for breast care patients.

Norma, who lives in Fleetwood, said: "I would be dead if it wasn't for this unit. It's as simple as that."

"I was diagnosed in the November and had a lumpectomy just before Christmas. Earlier this year doctors said I needed a mastectomy, which I had in around February. I later went on a course of chemotherapy, which I found really tough, but which I completed six weeks ago. I am so grateful for the care I received at this unit, which is why I have made this donation so other patients can benefit in the way I have."

Norma, a former teacher, is no stranger to



Norma Kirkby presents £500 to the Breast Care Unit at Blackpool Victoria Hospital. Pictured with Norma are Breast Care Nurse Specialist Sarah Wilkinson and Hint of Pink's Rena Shanahan and Ruth Boardman

Blackpool Victoria Hospital, as 21 years ago she had a quadruple heart bypass.

She added: "Every time I've needed something from this hospital, the care I have received has been faultless. I've been able to get back to my normal self."

Ruth Boardman and Rena Shanahan are Blue Skies Hospitals Fund Ambassadors who promote Hint of Pink. They said: "We are extremely grateful for Norma's very generous donation."



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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 or go to www.bfwh.nhs.uk

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