

Welcome to
your new
staff
magazine



Celebrating Success

Welcome

In this issue

Welcome to our new-look staff magazine - The Pulse.

The magazine, which will now be published every two months, has come about after the result of our recent survey which highlighted a wish by staff to reduce the amount of publications that were sent to them.

As a result we have combined the content that would have been in the popular Grapevine magazine with items such as lessons learned, information governance, staff lottery news and health and safety and security into one publication which has been called The Pulse after the result of a staff survey into suggested names.

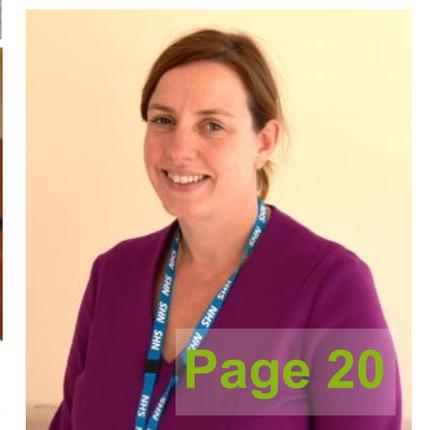
We have also reacted to feedback which said staff wanted to see the copy more aligned to our values and strategic objectives and, as you will see, the majority of the stories will cover at least one of our four new core values of people-centred, excellence, compassion and positive.

Our communications team has worked hard on producing this magazine and has acted on your suggestions and I am sure you will enjoy the final product.

As this is the first issue there is plenty of scope to add new columns and new ideas in the future, so please don't hesitate to contact the communications team on communications@bfwh.nhs.uk with any stories you may have.

This is your magazine so please help make it the best it can be.

Gary Doherty
Chief Executive



Get in touch

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If you have a story for the pulse please
contact a member of the team.

**Keep updated on the Trust's latest
news:**



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Trust charity launches £30k dementia appeal



Patient Keith Lowbridge with Clifton Hospital's Dementia Champion, Dawn Johnson, and (inset) former England football captain Jimmy Armfield CBE

Blue Skies Hospitals Fund, the charity of Blackpool Teaching Hospitals NHS Foundation Trust, has launched its latest appeal which aims to raise £30,000 to enhance dementia care across the Fylde coast.

The Peace of Mind appeal is being backed by Blackpool FC legend Jimmy Armfield CBE, who officially launched the campaign at Clifton Hospital's Christmas Fair on Saturday, November 29.

All money raised through Peace of Mind will be spent on providing enhanced care for local dementia patients and will pay for the creation of a dementia corridor at Clifton Hospital which will be similar to Blackpool Victoria Hospital's 'Memory Corridor'. Other hospital sites on the Fylde coast are currently being sought for similar projects.

Appeal funds will also be used to create a secure interactive garden at Clifton Hospital and for colour co-ordinated surroundings in dementia wards across Blackpool, Fylde and Wyre to help people suffering memory loss to better navigate their way around.

Former England captain Jimmy said: "I have had family and friends who have suffered with dementia and I know it has left loved ones feeling uncertain and helpless. The truth is it can affect any of us, and that is why I believe for

dementia sufferers we need to ensure the best medical and care environment we can. That is why I am supporting the Blue Skies Peace of Mind appeal and I think the public needs to get involved in it as well."

Clifton Hospital has just begun a programme of refurbishment to its Dementia Ward thanks to NHS Funding.

Clinical Matron Courtney Bickerdike, said: "We are so pleased to have Jimmy involved in this very exciting fundraising project.

"With his help and the generosity of people living on the Fylde coast, we are sure we can make this appeal a success and help to create a caring and calming environment for our patients."

Amanda Bennett, Head of Fundraising, said: "This is very important appeal for Blue Skies Hospitals Fund. The charity has a focus on supporting care of the elderly and dementia is a very important matter which is high on the Government's agenda. By raising this money, we will be able to better care for our elderly patients, so we hope the whole of the Fylde coast gets on board to make this campaign a success."

To fundraise or donate money to the appeal, please contact the Blue Skies fundraising office on 01253 957904.

News in brief

Hand hygiene

Children across the Fylde coast have been getting special lessons on hand hygiene thanks to an awareness campaign run by school nurses.

The team, which regularly visits schools to teach children about health, has been showing children the best way to keep their hands clean and germ free as part of a week of action designed to encourage young people to take more interest in their health.

The Trust is promoting good hand hygiene with children and explaining how germs spread and make people ill.

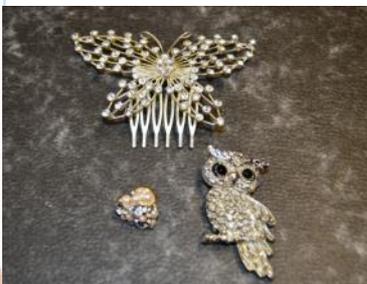
Mental health

The Child and Adolescent Mental Health (CAMHS) service has raised £110.22 for Macmillan and £61.41 for Children in Need.

A Christmas Jumper Day will be held in aid of Save the Children at the Walk-In Centre on Whitegate Drive on December 18.

Jewellery found

Three items of jewellery were found at the Trust's Celebrating Success Awards night at the Winter Gardens on Friday, November 14.



If you have lost an item, call the Communications Office on 01253 95 6875 or email Communications@bfwh.nhs.uk

Blood pilot scheme to be rolled out nationally

A new automatic way of ordering blood supplies for local hospitals is to be rolled out nationally after being successfully piloted in Blackpool.

Blackpool Teaching Hospitals NHS Foundation Trust has become a stakeholder in the national introduction of an automated stock management system that should ensure blood is moved around the country more efficiently and without wasting valuable supplies.

The Trust took part in a pilot test of the system which they then helped improve and finalise. Over two years the stock management system was automated so blood stocks were automatically ordered from the hospital and delivered ensuring the hospital always had suitable amounts of essential blood supplies.

Elaine Addison, Transfusion Laboratory Manager at the Trust said: "We never know when we are going to need a large amount of blood stock to treat patients so we have to make sure we always have enough to cope.

"Previously this meant keeping a close eye on stock and ordering new supplies two or three



Blood Bank Assistant Practitioner Giulia Lawton with a new stock of blood

times a day. It also meant that some types of blood and blood products were ordered and hardly used. With a shelf life of only a couple of weeks it meant some blood products were going to waste."

The new system links the hospital with the national NHS Blood Transfusion Service (NHSBT) where stocks are monitored. Levels are checked and the system recognises when stocks are low. The blood is then replenished as and when it is needed.

Elaine added: "This saves us money, around £12,000 a year, and also means the blood can be directed elsewhere where it might be more urgently needed."

Ball raises funds for Cardiac Centre

A black tie ball has raised more than £4,000 for the Lancashire Cardiac Centre.

The ball was hosted by Poulton FC player Louie Shields, 23, who suffered a cardiac arrest in August last year. It was his way of saying thank you to the staff at the Cardiac Centre, based at Blackpool Victoria Hospital, for saving his life.

The event was held at The Imperial Hotel in Blackpool and raised a staggering £4,450 which has been donated to the centre through Blue Skies Hospitals Fund's Hearts of Gold Charitable Fund.

The ball included a drinks reception, a four course dinner, a DJ, an auction and a raffle with prizes donated by local businesses.

It was also a chance for Louie to personally thank paramedics Amanda Evans and Alan Gardner for their help when he was taken ill.

He now speaks to young people about the



Louie Shields visits the Lancashire Cardiac Centre. Pictured from left are Assistant Practitioner Roberto Geronimo, Sister Judith Legg, Louie, Staff Nurse Trinidad Bautista and Coronary Care Unit Matron Sharon Clitheroe.

importance of good health and teaches them about how to spot the signs of a heart attack.

Louie and his family have also offered their support to future fundraising efforts for the Heart of Gold Charitable Fund and for Blackpool Victoria Hospital's Intensive Care Unit through Blue Skies Hospitals Fund.

Better Care Now: 1 year on

Waits

Over the past year, the Better Care Now Waits programme has delivered some excellent improvements in the quality of care provided to patients. Set up to reduce delays for inpatients, the programme targeted the top eight waits for inpatients and produced plans to reduce the amount of time patients spend waiting reviews or diagnostic tests to less than 24 hours for 90 per cent of patients.

Highlights include:

- **7 Day Services** – Physiotherapy, Occupational Therapy, Echo, HDT and CT now all provide weekend services
- **97 per cent of patients now receive an echo within 24 hours** of the referral being made, in comparison with less than 25 per cent in May 2014
- Waiting times for Occupational Therapy have reduced from more than three days in May 2014, to **0.6 days** in September
- A new **e-referrals hub** has been launched by the informatics team for senior speciality reviews
- **Board rounds** have been launched Trust-wide with excellent feedback
- Physiotherapy have **reduced inappropriate referrals** from 21 per cent last year to 10 per cent (see story on page 6)
- HDT, Physiotherapy, Echo, CT and OT have all **increased their workforce** – more staff delivering excellent care for patients

Alternative to Hospital

Alongside the waits programme, a new group has been established to provide patients with an 'Alternative to Hospital'. This group has developed innovative ways to keep patients out of hospital and support them to return home safely with the support of appropriate community services.

- The **IV service** have developed significantly, now delivering IV antibiotics with single nurse administration in the patient's home
- There is a new **Community In-Reach service** to actively find patients suitable for discharge supported by community services
- The **Care Home Support Team** continues to expand to more care homes, providing training and individual care plans for patients
- **Community Matrons** are now informed when a patient under their case load is admitted to hospital, so they can support them to return home safely.



Future plans

While there have been significant improvements over the past 12 months, there's more to do to improve the quality of care for the local population. Some key areas for development are:

- Reducing waits for external partners (e.g. Social Services and Mental Health)
- Improving patient flow through the system
- New models of rehabilitation, in and out of hospital

Trust staff mark World Diabetes Day

Members of staff from across the Trust took part in events to mark World Diabetes Day on November 14.

The day was coordinated by the International Diabetes Federation and has now become a globally-celebrated event to increase awareness about diabetes. The theme for this year was diabetes education and prevention and was in response to

growing concerns about the escalating health threat that diabetes now poses in the UK and worldwide.

To mark the day, members of Blackpool Teaching Hospitals NHS Foundation Trust's Diabetes Team, together with teams from across the Fylde coast, gathered to raise awareness and to keep diabetes care in the spotlight.



Some of the members of staff who took part in World Diabetes Day

On World Diabetes Day itself Paediatric Diabetes Nurse Specialist Sandra Singleton won a special award for Innovation and Service Improvement at the Trust's Celebrating Success Awards. The award was for Sandra's pioneering work which has transformed the lives of children and their families.

Sandra scooped the award for Innovation and Service Delivery at the Trust's Celebrating Success Awards at the Winter Gardens in Blackpool on the night of November 14. More details of these awards start on Page 14.

Hard working hospital teams slash waiting times for patients



TWO highly committed teams at Blackpool Victoria Hospital have dramatically slashed their waiting times.

As part of the Trust's Better Care Now Waits programme, the Occupational Therapy (OT) and Physiotherapy teams were tasked with assessing 90 per cent of patients within 24 hours of referral.

The Physiotherapy team has now hit that target after working tirelessly to streamline the service.

The Occupational Therapy team have seen a dramatic rise in the targets going from 22 per cent to 82 per cent assessed within 24 hours. This means that the patient wait for assessments has reduced by 2.3 days. Amazingly, the OT team's approach has been so successful that it no longer has a waiting list.

Charlotte Billington, Hospital Physiotherapy and Occupational Therapy Manager for Blackpool Teaching Hospitals NHS Foundation Trust, said the teams deserved credit for the huge efforts they

have made.

She said: "I'm really proud of the way the staff have taken the challenge on board and have run with it.

"Our success has been a real confidence boost for the teams. It has really hit home how valued we are as a service. This has inspired the teams to do their best and to keep pushing to hit the target."

"We did a lot of work on the amount of referrals the service handles and the amount of time it takes to complete a referral. The teams also attend the board rounds on each ward to identify appropriate patients.

"As well as that we reviewed the amount of tasks that needed completing, but not necessarily by a qualified member of the team."

"On the back of that work, we were given funding for extra clinical and non-clinical staff to

provide a seven-day therapy service and meet the 90 per cent target".

Charlotte said patients were clearly being seen more quickly and were receiving a much better service: "Patients have told us that they like the seven-day service. We're a service that covers all of the hospital wards and we feel really supported by the Better Care Now programme management team.

"I'd like to thank everyone for their support."

Lucy Currie from the Better Care Now team, added: "This is a fantastic achievement for all of the teams who have put in considerable hard work to deliver these excellent results for patients."



Charlotte Billington, centre, with members of the Occupational Therapy team at Blackpool Victoria Hospital

Young people's Takeover Week

CHILDREN were once again given the chance to take over hospital management from November 17 to 21.

Around 40 children were able to shadow the top managers and directors of Blackpool Teaching Hospitals NHS Foundation Trust as part of the national Takeover Day. Both the young people and the directors have hailed the week a success after both sides benefitted from the experience.

All aspects of the Trust were looked in to. From school nurses to the communications team and the kitchens to mental health services the young people gave their views on the way the hospital works and how it should alter to consider young people more.

Service Manager for Children and Adult Mental Health Services (CAHMS), David Eaton said: "I was blown away by the way the young people were getting involved. The group of four were made up of people who had used the service in the past and so had an opinion and something they particularly wanted to look in to. We showed them everything we are involved with and some of the techniques we use such as teaching relaxation.

"It's great to get young people's views. It spurs you on to make things better. We've had some great feedback and I will be taking some of the suggestions forward. I have already set some plans in motion to make the changes suggested.

The children also learnt something about the way the top decision makers go about their business. They said the experience was fun, educational, inspirational, motivating and informative.

The day was organised throughout the Trust by Fiona Jones, Patient Experience Officer. She said: "Takeover day is about giving young people the chance to have their say on various aspects of their lives. It spans all organisations and we got involved last year for just the day. It was such a success that I really wanted to make it bigger.

"The young people get a lot from it either in terms of feeling empowered to have their say or because they are interested in a career in the health service. We get some great feedback and ideas for how we can improve treatment of young people. I can't wait for next year."



Viewpoint

The views and opinions of our Executives Directors



Gary Doherty
Chief Executive

It has been an extremely busy time in recent months and I can't help but praise the staff I meet on a daily basis who go above and beyond to provide the best quality of care for their patients. We have seen this at the recent AGM and the amazing Celebrating Success Awards where once again we heard some wonderful stories of individuals and teams who have done amazing things in their fields.

These events help us to take stock and reflect on the fantastic work we do and my call now is for everyone to maintain that push in the coming year which is just around the corner. We have Christmas and the New Year coming up and it would be wrong of me not to pass on my best wishes to you, and your families, from the whole board. Your dedication to patients and the Trust is something that we all thoroughly appreciate.



Wendy Swift
Strategy / Deputy Chief Executive

Congratulations to everyone who won at this year's Celebrating Success Awards and to my Estates and Capital Development team who won the Non Clinical team of the year category.

I would also like to thank the Blue Skies team for the launch of the new fund raising campaign for improved dementia friendly facilities at Clifton Hospital and the staff at Clifton for their commitment to improve the patient experience there.

I also attended the Tree of Lights ceremony recently and again a big thank you to the Blue Skies team and Chaplaincy for their work in organising the event.

Finally the planning season is here. We are working with all our Divisions and Heads of Department to finalise our plans for 2015/16. Thank you everyone for all your work on this.



Prof Mark O'Donnell
Medical Director

The quality and safety of care we deliver to patients is at the centre of the 'Me Test' - if it's not good enough for me it's not good enough for my patient. Part of safety is to prevent harm and I urge all staff to read the pieces in this magazine about how staff have used the concepts taught in the Talk Safe Project to help reduce avoidable harms. Talk Safe offers the skills to bring staff together to talk openly about highlighting potential problems and, just as importantly, to promote positive conversations where things went well. If you would like more information about Talk Safe training please contact Alison Stewart on 01253 95566

Thanks to everyone involved in preparation and delivery of the new clinical pathways that have been established over the past 12 months. This work has produced some great results with more patients receiving appropriate timely care and a consequent reduction in mortality.



Marie Thompson
Nursing and Quality

Congratulations to the Trust's Patient Experience Team who won the award for best engagement at the national NHS communications awards recently. It was a great achievement as the awards included all NHS providers in the country and they beat stiff competition.

Congratulations also to those who organised our first Therapies Day recently. It was fantastic to see so many people there to celebrate the fantastic work our staff do in the hospital and in the community.

In terms of performance cases of C Diff have continued to rise above target and we all need to make sure we do all we can to prevent any avoidable cases.

Finally we are making great strides in our dementia assessments and reached our target for the first time - well done to everyone involved!



Pat Oliver
Operations

Thanks to all the staff who took part in the Perfect Week that we ran as part of the Better Care Now strategy recently.

It was a really interesting week where we gained a great insight into the way the hospital runs both for our staff and for patients. We are now collating the feedback and will report back before we look to do a similar exercise in late December and January where we really focus on patient flow and quality.

We are now entering the busy Christmas and New Year period and I know there will be pressures on our system. We have demonstrated that if we all work together as a team we can make a difference for both our patients and our staff.

If you do have any ideas where we can make improvements for our staff and for patients then please let us know.



Nicky Ingham
Workforce & Organisational Development

Everyday I am reminded of how I work with so many fabulous, capable and passionate staff.

I have recently spent time 'back to the floor' with District Nurses in Lancaster, gaining a valuable insight into the challenges they face on a daily basis.

I also shadowed two consultants in A&E which allowed me to see 'first hand' the work undertaken by all staff, sometimes in difficult circumstances.

I am so proud to work here at Blackpool and lead our journey in "creating a great and safe place to work" for our staff and being a real ambassador, living our values every day.

I will continue to go 'back to the floor' to learn about our opportunities and also our challenges.



Tim Bennett
Finance & Performance

It is hard to talk about the NHS without mentioning finances now. It is clear that nationally there is a massive challenge ahead of us all.

As a Trust we have to save in the region of £50M over the next three years with around £22M being the target for this year.

I am delighted to say that, thanks to the efforts of all staff, we have made excellent progress with 90 per cent of target achieved so far. This is excellent progress, but unfortunately the message is we cannot take our foot off the gas as we have to do the same again next year.

That means we need even more ideas and even more engagement with staff. It's a big ask but since I have been at the Trust I have been heartened by how people here rise to the challenge.

Therapies Day highlights great work of staff around the Trust

The Trust's first Therapies Day was a great success.

More than 170 people representing all professions, divisions and localities attended the event which highlighted some of the excellent work being undertaken by therapists across the Trust.

Nick Lane, Head of Therapies, said: "I think the day made it clear that therapists are a dedicated, innovative and passionate workforce focused on improving our services and ultimately the quality of care we provide.

"It was the first time we had run such an event and the feedback we have received has been very positive with some great suggestions of how the next event could be even better.

"Hopefully we'll see even more members of staff at the next event to maintain the momentum we are gathering as a staff group.

"I'd like to thank the Professional Advisory Forum for organising the day.

"Without their commitment, enthusiasm and energy the day would not have been the overwhelming success it was.

"I'd also like to thank every member of staff that presented, prepared posters or attended."

Director of Nursing and Quality, Marie Thompson, introduced the event.

She said: "Therapists play an important part in the new Trust values of providing safe and compassionate care.

"The day was about showcasing what therapy staff do. Nursing and midwifery has had the limelight traditionally but days like this will really raise the profile of therapy staff."



Caroline McNicholas talk to Nicole Casey



Lorna Collins at the Therapies Day



Kirstie Horvath and Deborah Wilford



Nick Lane



Some of the members of the Community Brain Injury Rehabilitation team

Brain injury team working in the heart of the community

One service that works across the full reach of the Trust is the Community Brain Injury Rehabilitation team.

This small, dedicated interdisciplinary team includes Speech and Language Therapy, Clinical Psychology, Occupational Therapy, Physiotherapy and Rehabilitation Assistance.

The team's Case Management staff work across the whole of the Community Health Services footprint and is commissioned by Blackpool, Fylde & Wyre and Lancashire North CCGs.

The service provides a specialist service for patients who have experienced a moderate to severe brain injury.

Catrina Holden, Occupational Therapist in the team, said: "We are pretty unique because we are a true interdisciplinary service that works together and in one place to offer a true one stop shop for our patients".

A person centred approach to goal setting ensures that achievable rehabilitation is provided in people's homes, in the community and in clinic settings while clients who live outside of the Community Health Services area are supported to repatriate as soon as they are able.

The team also run educational Neuro Rehabilitation Groups.

Naomi Saul, Speech and Language Therapist said "We run a

nine week education programme for our clients with a different topic every week looking at issues that really matter to them and can help them in their rehabilitation. The feedback we get is fantastic and it is clear that we really make a difference to the people we work with."

One of the patients, Jonathan Pritchard said he could not praise the team enough.

He said: "I have now had two brain injuries, my first one was 22 years ago and I wish this service was around then.

"There was nothing around at that time and what was available was more aimed at the carers and those around me so this programme has made a big difference".

"The team has sat me down and explained things to me. It has helped me accept myself for what am I now. I know that there reasons for the way I act like I do which is a big help as well."

KarenJo Worthington, who manages the service, said: "The service provides a diverse range of therapeutic interventions to support our clients following a traumatic event.

The aim is to empower our clients to achieve functional skills, an improved quality of life, a sense of well-being and social integration".

The Community Brain Injury Rehabilitation team are - Lindsay Cowan, David Fletcher, Paul Healy, Marilyn Hine, Catrina Holden, Dr Tania Mann, Louise Plowright, Naomi Saul, Leila Williams and KarenJo Worthington.

Caring Consultant was there for family in hour of need



Nigel Laycock

A consultant who went out of his way for a girl with a brain tumour has won praise from her great-grandmother.

Margaret Seddon from Blackpool said Dr Nigel Laycock had been “a rock” when her seven-year-old great granddaughter was ill and even offered to be there for the family on Christmas day.

Margaret said: “Dr Laycock was there for my grandson and his wife 24/7, giving them his phone number and telling them to contact him whenever they needed to.

“They were determined to care for my great granddaughter at home and knowing Dr Laycock would be there 24 hours a day absolutely contributed to them achieving this goal.

“It wasn’t just his skills as a clinician, although these were much appreciated. It was everything about him as a human being; his down-to-earth attitude, his friendliness, his approachability, his care, his understanding, the respect he showed to my great granddaughter’s parents and the genuine care and compassion that emanates from him.

“I can think of a dozen superlatives, but none of them come close to describing the man that Victoria Hospital is so fortunate to have as part of the team.

“Every member of our family will be grateful to him forever.”

Dr Laycock, who lives with his family in Poulton and has been a Paediatric Consultant at the Trust for 10 years.

He said: “It was a privilege to be involved with the family. They were a really lovely family and were so supportive of each other.

“I try to do the best I can for my patients and give them the best quality of life possible.

“Margaret’s great granddaughter did amazing things in the last months of her life. She lived a full life to the end.”

He said that he felt “very humbled” by the fact the family had nominated him for the Gazette’s Patient’s category at this year’s Celebrating Success Awards which he went on to win. He was characteristically modest about the award and said it was a team effort.

Margaret added: “My great granddaughter loved when Dr Laycock came to visit and was always happy to see him.

“She died at home and Dr Laycock stayed with us for at least an hour afterwards.

“He was just amazing.”

Research and Development team leading the way in UK



Members of the Research and Development team with Michelle Stephens (fifth from left) at Blackpool Victoria Hospital

The Research and Development division at Blackpool Teaching Hospitals is earning a name for itself as a leader in the field of clinical research.

Clinicians across the UK now look to the Trust as an example of how research can be successfully incorporated into day-to-day clinical practice.

In 2013 the Trust's Clinical Research Centre scooped a Pharma Times Bronze Award for 'Clinical Researcher of the Year', beating off stiff competition from 'big boys' of the research world such as Guy's and St Thomas' Hospital in London.

The success of the Blackpool Clinical Research Centre is largely down to dedicated and innovative members of staff who are constantly striving to improve and expand research activities.

Their aim is to develop new ways to prevent, manage and treat conditions for the local population.

To date, more than 10,000 people have participated in research at the centre, making it a top five site for patient recruitment.

A recent survey conducted on behalf of the National Institute for Health Research Clinical Research (NIHR CRN), shows that 89 per cent of people said they would be willing to take part in clinical research if they were diagnosed with a medical condition or disease.

Only three per cent said they would not consider it at all.

The survey also revealed that 95 per cent of people said it was important to them that the NHS carries out clinical research.

Taking such views on board, the team at Blackpool gives as many patients as possible the opportunity to participate in research.

Michelle Stephens, Research and Development Manager for the Trust, has worked hard to raise the profile of the department and has endeavoured to embed research in the organisation.

She said: "Research and Development has been part of the Trust for many years, but it has been more focused in the last six years.

"The Clinical Research Centre at Blackpool Hospital was opened in 2012 with a grant from the Blue Skies Hospitals Fund.

"This was the first time in the history of the Trust that we had dedicated research facilities."

The team has grown and now has more than 50 members including research nurses, assistant practitioners, a research management and governance team, clinical trial administrators, a research radiographer, link nurses, consultants, registrars, occupational therapists, pharmacists, speech and language therapists, midwives and scientists in pathology.

Michelle said: "We have around 150 clinical trials going on at any one time. New medicines are always being developed and new devices are being invented.

"We are always being approached to take part in new studies here in Blackpool from universities, charities and other NHS organisations as well as industry, but by taking part in research we can start to change practices earlier to benefit patients sooner. The research team is part of the wider clinical teams and it is through this collaboration that they are making a

Cont...

difference to patients.

“We can’t stand still and rely on existing medicines and devices.

“We have to be constantly looking for new treatments that are both clinically and cost effective.

“Our patients expect to receive the latest treatments and through research we can do this.

“We now run some very complex studies. We’re running a C-difficile trial at the moment.

“We’re also looking at new treatments for acute myeloid leukaemia, heart disease and respiratory diseases, to name but a few.”

Several members of the team were recognised in the Trust’s annual Celebrating Success Awards.

Michelle added: “We have a brilliant, dedicated and hardworking team.

“We refuse to be restricted by our geography.

“We are well and truly on the map.”



Volunteers needed for new lung disease drug study

The Research and Development team is looking for people with lung disease to take part in a £2 million UK-wide drug study.

Their aim is to see if an old drug can help a relatively new drug work better as a treatment for a common lung condition.

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

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

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

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

Theophylline was used to treat COPD on its own, but its use at high dose as a drug to open up airways has declined with the development of new inhaled treatments.



Dr Tarek Saba

Dr Tarek Saba, Consultant Chest Physician and Researcher at the Trust, said: “This is a very important and well-designed Research Study and we’re very pleased our COPD patients have the chance to take part in it.

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

The study will also involve consultants from the University of Aberdeen,

Aberdeen University, NHS Greater Glasgow and Clyde, Newcastle upon Tyne Hospitals NHS Foundation Trust (Freeman Hospital), Aintree University Hospital, Norfolk and Northwich University Hospital, Queen Elizabeth Hospital, Birmingham, Hull Royal Infirmary and South Tyneside NHS Foundation Trust.

Steven Wibberley, Director of Operations and Innovation at the British Lung Foundation (BLF), said: “Research is key to improving the lives of people affected by COPD and other lung diseases, which is why the BLF is supporting this major new research project and encouraging people living with COPD to get involved.

“By doing so they could help improve care and find new effective treatment options for themselves and patients throughout the country and beyond.”

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

Trust awards night recognises staff for outstanding contributions

Red Carpet Awards



Chief Executive, Gary Doherty



Chairman, Ian Johnson



The Trust's NHS Choir performing at the awards night

A spectacular awards night was organised to honour members of Trust staff for going the extra mile in their work.

Staff were recognised for their outstanding contributions and for demonstrating qualities such as compassion, innovative thinking and dedication to excellence.

The Celebrating Success Awards ceremony was held in the Empress Ballroom at Blackpool's Winter Gardens on November 14.

The Clinical Team of the Year Award went to the Care Home Support Team in Blackpool. Runners-up were the Integrated Assessment Team and Wards 25 and 26 at Blackpool Victoria Hospital.

The winner of the Non Clinical Team of the Year category was the Estates and Capital Development team. The runners-up were the Better Care Now Pathways team and the Chaplaincy team.

Paediatric Diabetes Nurse Specialist Sandra Singleton won the Innovation and Service Improvement Award. The Trust's Enhanced Recovery in Cardiac Surgery team and the Volunteer Navigators were runners-up.

Employee of the Year was Emergency Department Consultant Mr Simon Tucker and the runners-up were Matron Sarah Sloan and Community Matron Jane Cairns.

The winner of Radio Wave's Unsung Hero Award was Staff Nurse Lianne Harrison and the runners-up were the Community Special Needs Team North and Midwife Eileen Shaw.

Paediatric Consultant Dr Nigel Laycock was the winner of The Gazette's Patients' Award. The runners-up were Consultant Chest Physician Dr Tarek Saba and the staff on Ward 15A.

A special Chairman's Award went to the Chaplaincy team.

Funds for the awards night came from staff benefits and generous sponsorship from local and health related businesses.



Winners of the Chairman's Award and runners-up in the Non-Clinical Team of the Year Award, the Chaplaincy team



Winner of The Gazette's Patients' Award, Dr Nigel Laycock

Celebrating Success 2014



Winner of the Employee of the Year Award,
Emergency Department Consultant, Mr
Simon Tucker



Sandra Singleton, winner of the
Innovation and Service
Improvement Award



Winners of the Non-Clinical Team of the Year Award, Estates and
Capital Development team

HEMPSONS

ALCOOL (NW) Ltd.

Staff Benefits
Blackpool Teaching Hospitals NHS Foundation Trust

Weightmans



Winner of Radio Wave's Unsung Hero Award, Staff Nurse Lianne Harrison (third from left)



Winners of the Clinical Team of the Year Award, the Care Home Support Team

Celebrating Success 2014



Runners-up for the Clinical Team of the Year, Wards 25 and 26



Runner-up for the Employee of the Year Award, Matron Sarah Sloan (second from left)



Runner-up for the Employee of the Year Award, Jane Cairns (third from left)



Runners-up in the Non-Clinical Team of the Year, the Better Care Now Pathways Team



Runner-up for Radio Wave's Unsung Hero Award, Eileen Shaw (third from left)



Runners-up for the Innovation and Service Improvement Award, the Volunteer Navigators



Runner-up for The Gazette's Patients' Award, Dr Tarek Saba



Runners-up for Radio Wave's Unsung Hero Award, the Community Special Needs Team North



Runners-up for the Innovation and Service Improvement Award, the Enhanced Recovery in Cardiac Surgery team



Runners-up for the Clinical Team of the Year Award, the Integrated Assessment Team



Runners-up for The Gazette's Patients' Award, staff on Ward 15A



UK's first care 'pathway' for cardiac surgery patients

A team from the Lancashire Cardiac Centre has instigated the UK's first Enhanced Recovery 'pathway' for patients undergoing heart surgery.

The pilot project led to the Enhanced Recovery in Cardiac Surgery team being shortlisted for a coveted innovation award.

Dr Helen Saunders, Leader of the Enhanced Recovery team and Consultant Anaesthetist for Blackpool Teaching Hospitals NHS Foundation Trust, said the new approach to cardiac surgery was a first for the UK.

Helen, who lives in Lytham, said: "We are one of the first centres in the world to introduce an Enhanced Recovery pathway for coronary artery bypass surgery.

"The Enhanced Recovery principle is something that has been implemented in other types of surgery, but not in cardiac surgery.

"We have put together a 'pathway' of evidence-based steps for patients. Our patients are very much at the centre of their own recovery. We give them a diary and they tick off things they should be doing after a day or a week's time. We encourage patients to play a major part in their recovery.

"We have had hospitals from New Zealand and London asking us about our new Enhanced Recovery pathway."

The pioneering team was shortlisted in the Innovation and Service Improvement category of Blackpool Teaching Hospitals' annual Celebrating Success Awards.

Since the beginning of January 2014, 25 patients have taken part in the pilot project at the cardiac centre. Patients have provided glowing feedback about how quickly they recovered and the fact that they were able to go home earlier than would have been possible in the past.

They also said they liked the fact they did

not need to have an overnight stay before their surgery.

Historically, patients would have had to stay overnight and be heavily sedated before, during and after surgery. It could take more than eight days before patients were able to return home.

Helen explained: "Our Nurse Practitioner, Phil McAdam, works with patients on the educational side and we have a video for patients to watch as well as a booklet to read.

"When a patient comes in for an operation the emphasis of the pathway is on disturbing them as little as possible. We use painkillers that don't make them sleepy and they come into hospital on the day of the operation.

"Patients get up about six hours after their operation. Our physiotherapists are really important as they help to get our patients up and moving about.

Cont...



“The pathway recognises that everyone is different and at the end of the treatment the patients should decide when they are ready to go home.

“The thing that has made it work very well is that it is a strong multi-disciplinary team.”

Helen said this approach to treatment is ground-breaking as there aren't many places in the UK where people arrive at hospital on the day of their operation.

“They are happy with it because they get to sleep in their own bed and they feel more relaxed.”

“That was a massive change,” said Helen

“Everyone thought patients would hate it, but they have told us they really like it.

“They are happy with it because they get to sleep in their own bed and they feel more relaxed. Even if they live far away, we can get a taxi to bring them in on the day of their surgery.

“We have a meeting with patients about a week before the operation and we talk through everything that is going to happen.”

Helen was born in Liverpool and studied at Liverpool Medical School, graduating in 1996. She trained to be an anaesthetist in Manchester.

“When I did the bit of my training that involved cardiac surgery, I really loved it and realised that I wanted to be a cardiac specialist,” she said.

Being part of a strong team appealed to Helen as did the variety of the work. Helen was a registrar from 2000 to 2006 and for nine months she worked in Blackpool. Her first job in cardiac anaesthetics was in Melbourne, Australia, where she worked for a year.

In 2006 she took up a locum consultant post at the newly opened Lancashire Cardiac Centre at Blackpool Victoria Hospital.

She explained: “I started on the first day the centre opened. It was very exciting.

“When the new centre opened they were operating in two theatres. It was a phased opening. They gradually built up the work.

“It is now the fifth busiest cardiac centre in the UK.”

Helen became a Consultant at the

“Patients can expect to be home after three to four days. They like the fact that they can get home early.”

Lancashire Cardiac Centre in 2008 and she was appointed head of the department two years ago.

“It's a good place to work because you can make suggestions and develop the



Dr Helen Saunders

services,” she said.

“When I first started as a Consultant I introduced scoring of the intensive care patients for delirium.

“There is nothing better than seeing a patient who has been really sick and then seeing them after treatment when they're not in pain and they are happy.

“I love working in Blackpool. It is a very supportive team and we are all proud of our work.

“Our Cardiac surgeons, Mr Walker and Mr Bose, have been particularly important in all that we have done.

“They have embraced the changes and have helped to ensure that patients have passed smoothly through the pathway.

“We are all making a huge difference with what we do.”

Philip McAdam, Advanced Practitioner on the Enhanced Recovery in Cardiac surgery team, said: “It's about changing the way people think.

“I am responsible for pre-operative education. I talk to patients about their expected journey and empower them by involving them in their own care.

“Patients can expect to be home after three to four days. They know it will involve intensive physiotherapy and early mobilisation. They like the fact that they can get home early.

“This is an enhanced recovery pathway – it is not a way of fast-tracking patients. They are receiving more intensive therapy from our multi-disciplinary team.

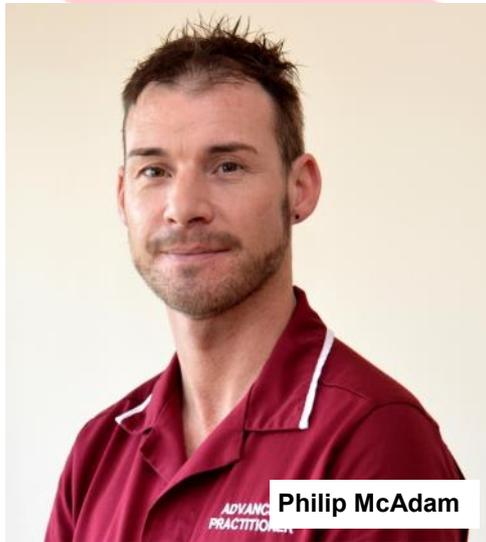
“Another part of my role is to oversee the safe implementation of the pathway for patients after they have had their surgery and are on the ward. I am a point of contact up until and beyond discharge. All patients have me as a point of contact post discharge and receive a full medical review by myself in Outpatients.”

Philip, who is from Northern Ireland and

“There is huge potential for the service to be extended, particularly for the long-term future of the Trust. It's a great opportunity.”

lives in Blackpool, said the feedback from patients had been excellent: “The majority of the feedback has been that patients have had a positive experience they are well prepared for early discharge,” he said.

“There is huge potential for the service to be extended, particularly for the long-term future of the Trust. It's a great opportunity.”



Philip McAdam

Philip said he has always loved his job: “I started as a porter 18 years ago and now I am an Advanced Practitioner.

“It is a very rewarding job. I would not want to do anything else.

“The best bit of the job is when someone has had heart surgery and then you have the pleasure of seeing them getting better.”

A further 25 patients are lined up to go through the Enhanced Recovery programme. The full results of the Enhanced Recovery pilot project will be published in March 2015.

Bereavement appeal

Blue Skies Hospitals Fund is calling on people to support bereavement care at Christmas.

Blue Skies Hospitals Fund - the charity behind Blackpool Teaching Hospitals NHS Foundation Trust - has launched its Christmas Wishes 2014 appeal, asking people to donate their money instead of buying Christmas cards.

Through the charity's specially created JustGiving page, supporters can leave their seasonal messages while making their donation, and can share their gift on social media.

All money raised through Christmas Wishes will support Blue Skies' Tree of Lights Appeal 2014, which is raising money to develop Bereavement Services at the Trust. This important resource ensures that all those who suffer the loss of a loved one receive appropriate practical and emotional support.

To make your donation and leave a Christmas message, visit www.justgiving.com/christmas-wishes2014.

Singing challenge raises funds

An NHS Trust Choir has completed a five-hour singing challenge to raise money for charity.

The Trust Choir is made up of staff at the Trust who recently performed for the 'Singathon' at the Winter Gardens in Blackpool for the Blue Skies Hospitals Fund.

Members of the public were entertained in the building's Grand Vestibule as the choir sang an array of popular songs, including its personal theme tune, Mr Blue Skies, as well medleys of Les Misérables and Sister Act songs. Visitors were also given an insight into how the choir learns a three-part melody as members were taught a new song during the afternoon.

Already the choir has been supported to the tune of £295 through its JustGiving account, but members are still collecting sponsorship and are waiting to hear how much was raised in a bucket collection held during the event. The choir also performed recently at the Trust's Celebrating Success Awards at the Winter Gardens in Blackpool.



The NHS Choir performing at the Winter Gardens in Blackpool

Choirmaster Di Healey said: "The event went really well, and all I can say is a massive well done to our singathon hard core. Everyone was amazing, and we're all so proud of ourselves that we completed this event. I think we impressed a lot of people through a combination of great singing, great solo acts and general good spirits."

To join the Trust Choir, call Di on 07970 798650. To donate to the Singathon go to www.justgiving.com/Diane-Healey.

Volunteers

Compassion

Health Mentors Co-ordinator has heart of gold

The Trust has a new British Heart Foundation Volunteer Health Mentors Co-ordinator.

Katie McLaren (pictured left) has joined the organisation from the Pennine Acute Trust and is hoping to continue to develop the service which has received numerous plaudits since beginning in 2011.

Katie, 30, has taken over from Tracy Englishby, who recently left the Trust, and aims to build on her success.

She said: "I saw the role advertised and thought it was such an amazing scheme that I had to apply.

"I have been here a few days now and I have already seen what a great job the volunteers do and the job now is to

develop the service even further by getting more volunteers to join us."

Katie's past role was a Community Development Worker at the Pennine Trust and she also worked for the Weight Management team.

The role of a Health Mentor is to provide information to patients, visitors and staff about behaviour changes which will lead them to live a healthier lifestyle.

For individuals who require more extensive support to make behaviour changes possible, the volunteers will also assist these people access services within the hospital and their local community by signposting and offering appropriate referrals.

They raise awareness about key issues around the health promotion topics such as how many units and calories there are in typical alcoholic drinks and motivate and encourage individuals to make sensible and achievable changes to their behaviours so that they become healthier.

They also provide verbal and written information about aspects of healthy lifestyles around the topics of healthy eating, staying physically active, stopping smoking and sensible alcohol intake. If you would like further details on the scheme please contact Katie on 01253 95 6480.



Steven bowled over by title win



Pictures from left to right and below: Steven Mercer (front row, second from right) with his team mates; Steven with son Harry after winning the Northern Premier League Cricket Cup and Steven at work at Blackpool Victoria Hospital

Bowling ace Steven Mercer is still celebrating after his team won the Northern Premier Cricket League for the first time in 24 years.

Steven, who works as a deputy manager in the Trust's Unified Communications department, is delighted that Blackpool Cricket Club is now top of the league.

The club, which is based at Stanley Park, Blackpool, scooped the title in September.

Steven, 34, from Blackpool, joined the club at the age of seven and is one of the club's most experienced players.

He got into the sport thanks to his dad who was also a keen cricketer.

He said: "It was great to win the league. It's what you play for really."

"It's a big deal for the club. A lot of the older boys, committee members and fans are particularly happy about it."

"We hadn't won for 24 years which was unusual because we had won it many times in the past."

"At the start of the season in April we lost the first two games and then we won every game after that."

"With one game to go, we were at Penrith and if we got 12 points then we would win the league."

"We got the 12 points, finished the game and went back to the club to celebrate with a drink."

"We played our last game at home and had a few more beers!"

Steven played his first match for the club's First Team at the age of 17.

He said: "I play a lot of football as well, but I am better at cricket."



The reason I carry on playing is the team and all the banter we have.

"We have a great professional who played with us this year. He's called Christi Viljoen and he's from South Africa."

"Having a good professional brings out the best in the other players."

"He has made a big difference and has brought us all together. He got 100 wickets in a season which is an impressive achievement."

Christi plays for Namibia through the British winter and will return to Blackpool in the summer of 2015.

Steven, who has worked for the Trust for 12 years, is married to Christina and they have a three-year-old son called Harry and a daughter of three months called Erin. All three attend the club's home games to support Steven.

Lessons learned

Pressure ulcer incident provides important learning points

This incident was reported by the Adult and Long Term Conditions Division of the Trust and presents some important findings in the care of pressure ulcers.

The patient was referred to the District Nursing Team by her carers due to reported pressure area damage to her coccyx and spine.

The patient presented with complex health and social needs which deemed her at high risk of tissue damage. During the episode of care the pressure ulcer to the patient's coccyx deteriorated to a Stage 4 wound. This was confirmed by the TVA following admission to hospital. During the episode of care the District Nursing Team failed to deliver the best standards of practice and care including:

- Minimal evidence of pressure area advice provided to patient and carers.
- Ineffective care planning with no evidence of regular reviews.
- Failure to ensure that pressure redistribution equipment that had been ordered was delivered.
- TVA advice not sought despite deterioration of skin integrity.
- Untoward Incident Reports were not completed in relation to deterioration of wounds, safeguarding and non-compliance.
- Lack of continuity of care.
- There were inconsistencies in the descriptions of anatomical descriptions throughout the episode of care.
- There was a delay in raising safeguarding concerns and Social Services reported that no information had been entered onto their system in regards to the initial referral.
- Non-compliance was not escalated in a timely manner in relation to the patient unwilling to sleep in her hospital bed.

Lesson Learned:

1. A Untoward Incident Report must be completed for all pressure ulcers and for any changes in pressure ulcer staging.
2. Wound measurements are required to be consistent and accurate and at a frequency as documented in the plan of care.
3. Delays in the provision of equipment ordered to be escalated to Senior Management.
4. Timely and appropriate referral to Tissue Viability Advisor must be made.
5. Waterlow and MUST assessments should be repeated as patient's condition changes.
6. Care Plans specific to pressure ulcer should be reviewed when patient's condition changes.
7. Wound assessment charts must be completed at an agreed and documented frequency.

Health and Safety

Seasonal fire safety guidance

During the Christmas period many areas are often decorated with tinsel, streamers, Christmas trees and decorative lights. In order to ensure the continuing safety of staff, patients and visitors of the premises, all staff are asked to comply with the following basic precautions:

All decorative lights and extension leads over 12 months old should be checked to ensure they are in good condition with no loose wires. They MUST have a current test certificate (label) displayed. If yours does not have this please contact Estates to arrange testing.

While in use, decorative lights should be in a location where they can be monitored. They should be switched off when you leave the room.

Real Christmas trees are flammable and should be sprayed with a fire retardant spray. If this is not possible they should be watered on a regular basis - remember to disconnect electric lights on the tree first.

Christmas trees should be set firmly in a suitable container to ensure they will not tip over, and not be located where they cause an obstruction to the means of escape from the room or building.

All paper trimmings should be inherently flame retardant. They must not be hung where they may come into contact with a source of ignition should they fall down.

Decorations (tinsel, etc) should not be placed over computer equipment, close to light fittings, or any other heat source.

Candles must never be used anywhere on the hospital premises.

Cotton wool or other readily combustible materials must not be used as a decoration.

Aerosol cans (e.g. decorative paint, artificial snow etc) should not be used.

Avoid overloading electrical sockets, trailing cables across floors where they can be damaged or cause trip hazards.

Don't obstruct emergency signs and notices when putting up decorations



Talksafe - Helping with patient safety

The Trust has been running its Talk Safe programme now for more than 18 months. In that time hundreds of staff have received training in how we can create a culture to support patient safety by using a coaching approach to ensure that patient safety is number one on the agenda.

The campaign involves a number of trained members of staff having conversations with colleagues looking at safe, and unsafe acts, that may take place in a hospital setting.

Those conversations act as the initial stimulus to remind people of the importance of safety, focus on the real causes of accidents and the help prepare an action plan to deliver sustainable improvements in their areas.

Using a similar approach, other NHS Trusts have reduced the number of untoward incidents by substantial amounts and it is hoped the project will help us to reduce the number of avoidable harms to patients and to proactively manage potential harms.

The aim is to firmly establish the safety culture of the Trust with our goal of having a zero tolerance to avoidable harms. The project aims to show that safety is our number one priority, it is everyone's business and everyone has the right to challenge perceived poor standards.

TalkSafe engages staff through open discussions around patient safety and how we can alter our behaviour to improve outcomes for our patients.

In this issue of The Pulse we have two examples of how the programme can be successfully implemented.

The first theme (pictured top) was a positive TalkSafe conversation which was about challenging behaviours. The second theme (pictured bottom) concerned the importance of confirming patient details during the blood sampling process.

Both patient safety incidents have been illustrated in the Patient Safety Triangles to outline the possible consequences and patient outcomes.



Training

Incident Report training

Friday January 16, 2015 2.30 pm – Lifelong Learning Suite of HPEC

Thursday January 22, 2015 9.30 am – Lifelong Learning Suite of HPEC

Tuesday January 27, 2015 2.30 pm – Lifelong Learning Suite of HPEC

Friday February 5, 2015 9.30 am – Lifelong Learning Suite of HPEC

TalkSafe training

THE Trust is holding a number of TalkSafe training sessions over the next few months with all staff members invited to attend. There are sessions on December 8 and 12.

They are all half day sessions from 9am – 1.30pm and held in the Simulation and Skills Centre. To book e-mail Julie.rushworth@bfwhospitals.nhs.uk.

Conflict Resolution and Breakaway Techniques Refresher

Available to front line staff who have face to face contact with patients and the public who have previously undertaken the Trust's Conflict resolution course.

Clinical Skills Room – Moor Lane Mills, Lancaster

- Friday January 23 2015
- Tuesday February 10 2015
- Thursday February 26 2015
- Monday March 9 2015
- Thursday March 28 2015

Training Room 2, Derby Road Offices, Wehsam

- Thursday January 15 2015
- Thursday January 29 2015
- Friday February 6 2015
- Monday February 16 2015
- Tuesday March 3 2015
- Friday March 20 2015

There are two sessions each day: 10am-12.30pm and 1.30-4pm

To book your place contact Learning and Development on 01253 953175 or email OLM@bfwhospitals.nhs.uk

Consultant's birthday skydive for cancer charity

There are easier ways to raise money than racing to earth at 120mph but none quite as exhilarating for consultant microbiologist Achyut Guleri.

Dr Guleri and his son Sharanya took part in a tandem skydive to celebrate his 50th Birthday and also raise money for Macmillan cancer research. They jumped from 15,000 feet and were in free fall for just over a minute before pulling the rip cord.

He said: "Jumping out of an aeroplane when it's three miles in the air goes against everything your body is telling you should happen. It was my

son's 17th Birthday and my 50th so we challenged ourselves in order to raise money for a good cause. It was amazing and completely exhilarating. It's something I would say I would look forward to do again."

The pair have so far raised £235 from donation to their justgiving page.

If you would like to contribute you still can by going to www.justgiving.com and searching for Guleri.



Dr Guleri

Epic charity bike ride was challenge of lifetime

A three-day charity cycle ride raised nearly £4,000 for Cure Leukaemia. Matt Fife, 41, from Bispham, who works for the Trust as an IT Support Services Manager, raised £1,280 in sponsorship. Here he describes his marathon effort

It was what memories are made of; it was all about the banter, the constant mick taking out of each other, the continual smile upon our faces and the humongous belly laughs, the barrage of tongue in cheek complaints, "not another bloody hill" and so on. The first day was the hardest at just short of 79 miles and 3,500ft of climbing.

Some of us had a good cooked breakfast to see us on our way and some were very strict in their dietary needs having a bowl of porridge and a slice of toast.

I opted for the full English. After completing the day's riding of being in the saddle and actually cycling for just over five-and-a-half hours, we had a much needed shower, change, dinner and beer!

Day two saw one of our fellow cyclists having to get into the support van as his knee could not take him any further.

He had plied himself with all sorts of medication, sprays and creams, but to no avail. It was 72.5 miles and 2,200ft of climbing with another five hours of being in the saddle.

The next hotel had a swimming pool, so a dip in there and the steam room before shower, change dinner and beer this time.

Day three was our final day, loads more banter, bit of a 'got lost' routine as well, but we ventured on. We eventually arrived at

5pm at South End on Sea, after another 79 miles and 2,400ft of climbing and all complaining about sore backsides.

We did the obligatory photo and headed down to the sea front for a well-deserved fish and chips before getting all our gear into the van and setting off home. There was absolutely no let up with the banter all the way home.

To sum it up, made some great friends, laughed like I'd never laughed before, a self-satisfaction from completing the ride and generating over a thousand pound for the Cure Leukaemia charity.

What better way to spend my bank holiday weekend!



Matt Fife (centre) with his mates at Southend on Sea



Ben Cross

Workout challenge for Trinity Hospice

TRUST Planning Officer Ben Cross has completed a gruelling fitness challenge involving 24 workouts in a day to raise funds for Trinity Hospice in Blackpool.

Ben, 32, from Blackpool, organised the challenge in memory of his friend Julie Easter who recently died of cancer.

He did the challenge with a group of friends at the Blackpool De Vere Hotel's Fitness Club on November 22.

Ben and his friends are still collecting the sponsorship money and are expecting to collect up to £1,500 for the charity.

Ben said the challenge was "very hard but good fun".

Anyone who would still like to sponsor Ben can go to his 'Just Giving' page at <http://www.justgiving.com/owner-email/pleasesponsor/24workoutsinaday>

Under the Spotlight

This month's guest is Alison Campbell who is a Health Care Assistant on Ward 25 of the Hospital.

Where was your place of birth and where do you live now?

I come from Ashton-under-Lyne, near Manchester. I now live in Blackpool.

How long have you been working with the Trust and what is your present post? If you weren't doing the job you're doing now, what would you have liked to pursue a career in?

I've been here for about five years. Working in the Health Service was always my ambition, so I didn't consider an alternative career.

Who is, or has been, the most inspirational figure in your life?

Most definitely my brother. When he was just five years old and I was four years old we became carers for our mum. There was very little support available from the NHS or Social Services in those days.

Alive, or dead, from any period of time, which three dinner guests would you like to invite round for a meal or a chat?

Clint Eastwood for sure. I have two Staffordshire Bull Terriers. One's called Clint and the other's called Eastwood!

I love Paul O'Grady, host of the show "The Love of Dogs," so he would have to come along.

Mary Whitehouse the legendary dog-trainer would be invited - with the Muppets and their band standing by if anyone failed to show up!

Most frequented restaurant and absolute favourite dish?

I love the West Coast Rock Café in town. All the food on the menu is brilliant and the band studio upstairs is awesome.

What food would you really turn your nose up to?

I don't care for anything hot and spicy.

Any historical event, if you could put yourself there, what would it be?

Women finally being given the vote after the First World War after years of campaigning.

What is the most terrified you have been? What is your greatest fear?

I don't like large crowds of people and it was very frightening being at a St Patrick's Day Parade in Dublin a few

years ago.

Is there anything you have ever wanted to do, or give a try, and never got round to it?

I would love to do a parachute jump, but I'm too scared!

What's your idea of the perfect night/day out?

Shopping with my daughter then later watching her play the drums in her band, which is called String and Steel.

Best book ever read?

Probably "Call the Midwife" by Jennifer Worth.

Favourite film of all time?

I loved "Charlie and the Chocolate Factory" starring Gene Wilder. It's an amazing film.

What's your dream trip?

My dream holiday is to tour Africa and see the Victoria Falls in Zimbabwe.

What is the best piece of advice you were ever given?

Treat other people as you would wish to be treated yourself.

If the world is ending in 24 hours, what would you do?

Gather my family together and have a splendid party!



Alison Campbell

Help the homeless this Christmas

A Trust Dental Nurse has made an appeal for hats, scarves, gloves, blankets and food parcels to help homeless people across the Fylde coast this winter.



Melanie Hyde has launched the appeal locally after being part of a similar campaign in Manchester where she used to live.

She said: "I have run a similar appeal in the Trust for a couple of years and staff have been fantastic. I would like to thank everyone who has helped before and would love to have their support again this year."

If you can help Melanie in any way items can be dropped off in the Maxillofacial Department at Blackpool Victoria Hospital or can be collected from the community sites.

Useful items are: hats, scarves, gloves, coats, socks, bedding, blankets, sleeping bags and food items such as tins, beans, dried food, cereals, pasta, rice, biscuits, tea and coffee.

Melanie added: "We would also love to receive toiletries, especially smaller travel items as they come in handy for making up Christmas gift bags to hand out over the festive season."

If you can help Melanie contact her on 01253 95 3606.

Caldicott principles

Familiarise yourself with the Caldicott Principles and know who your Caldicott Guardian is:

<http://fcsharepoint/divisions/corporateservices/ig/ConfidentialityCaldicott/Pages/default.aspx>

Subject access requests

All requests for information must go through the Data Access Team. This includes viewing, accessing or receiving copies of records. The Data Access Team are based in Home 15, Old Trust Headquarters, and can be contacted on 01253 95 3537.

New IG Pages

The information governance intranet pages have now been updated.



To access the site from your PC, go to the intranet

homepage and click on the Health Informatics logo at the top of the page, then select information governance. Alternatively, you can type information governance into the purple search box.

Clinical record keeping

Accurate records are essential to support high quality treatment and care. Inaccurate records can lead to delays to patients receiving treatment, inappropriate care and duplicate records, which all present a risk to the patient.

Clinical records are among the most basic of tools which are used in almost every consultation, providing an accurate picture of the care and treatment given to an individual, and assist in making sure they receive the best possible care. They also aid effective communication with other healthcare professional.

Clinical record keeping audits are carried out quarterly by the Clinical Audit Department.

Please go to the [clinical record keeping pages](#) of the new IG pages to view both the relevant procedure and the quick reference guide/ training hand out for staff.

Please contact Karen Gear on 01253 95 6599 if you require further help.

Smartcards

Did you know that your Smartcard and PIN number can be used with a number of local systems to help reduce the constant headache of trying to remember all of the complex multiple usernames and passwords?

If your PC is using Windows 7 (instead of XP) and you have a Smartcard, then it is really easy to configure your Smartcard to log into Windows.

You can easily determine which version of Windows you are currently running by comparing it to the below toolbar images.

And even better news... If you log into Windows using your Smartcard, you can then reset your Windows password (if you

still rely upon it for other things), without needing to know your old password.... No more calls to the helpdesk for forgotten Windows passwords!

Please contact the IT Helpdesk on 01253 95 1016, if you would like to configure your Smartcard to log into Windows.

In addition to logging onto Windows, you can also use your Smartcard for accessing:

- ESR
- E-learning Mandatory Training
- Canon Printers
- A number of national clinical systems



Windows XP

Windows 7

Passwords

Personal passwords issued to or created by staff, including Smartcards, are to be regarded as confidential and should not be written down or passed on to anyone. You must not allow others to use your password or your Smartcard to access systems.

Sharing or using any password or Smartcard that has not been issued to you would be regarded as an attempt to breach security and break the law. Sharing passwords for Smartcards is prohibited as per National and Local Smartcard policy.

Any attempt to breach security should be immediately reported to the Information Governance Department and an untoward incident report completed. If the breach includes a Smartcard, the Registration Authority Manager should also be notified.

Breaches of security may result in disciplinary action and may also be regarded as a contravention of the Computer Misuse Act 1990 and the Data Protection Act 1998 and lead to criminal action.

Under the Computer Misuse Act, unauthorised access to any data, or program, is actually a **criminal offence** – this includes:

- sharing passwords/Smartcards (and leaving your Smartcard in your PC unattended)

- looking up information when we are not directly involved in patient care – e.g. test results
- looking up friends, relatives and our own information

Any breach of any Data Principle can now result in a monetary fine for either the organisation and/or the individual responsible. By sharing passwords, you are breaching Principle 7 of the Data Protection Act 1998, which states that 'information must be kept securely'.

Ultimately, you could find yourself with a hefty fine or serving a custodial or suspended sentence!

So.. PLEASE do not share !

Please remember lots of our systems are now fully auditable

You wouldn't share your debit card with colleagues which only grants access to YOUR money, so don't share your password or your Smartcard with colleagues which grants access to EVERYBODY's personal or Trust sensitive information!

If you require any further information regarding Smartcard usage or policy, please contact the RA Manager, Martyn McKechnie, on 01253 95 7978 (martyn.mckechnie@bfwh.nhs.uk)

If you require further advice, please contact the IG Helpdesk.

Top tips for tackling back pain at work

Back pain is the second most common cause of absence from work in the UK – poor posture in the workplace and not moving enough during the day can mean you are storing up problems for the future.

But a few simple exercises at your desk can help relieve pressure and prevent back problems.

The wall press

Stand with your feet hip-width apart. Stretch out your arms and rest your palms against the wall at shoulder-height and slightly wider than shoulder-width apart.



Take a couple of tiny steps back, engage your tummy muscles and slowly bend your arms at the elbows.

Keep your back straight and look at the wall in front of you.

Lower yourself until you are a couple of inches away from the wall, then push yourself back up to your starting position.

Make sure you lead with your chest so your arms are doing the work.

Do not allow your back to arch. Aim for three sets of 10 press-ups.

To make this exercise more challenging, move your legs further back.

The sit-stretch

Perch on the edge of your seat and stretch your right leg out in front of you.

Rest your heel on the floor with your foot pointing up.

Lean forward slightly from your hips and look straight ahead.

You should feel a gentle stretch but no pain along the back of your right leg.

Hold the stretch for 20 seconds, repeat three times and then swap legs.

THE sit-stretch



The activities suggested here have been designed to cover a range of abilities and should not cause any harm.

If you do experience any pain or discomfort, stop immediately and speak to a health professional such as a chartered physiotherapist or your GP.

In General

In general there are a few rules you should remember to keep a good posture.

1. Sit with your bottom right at the back of your seat and rest against the back of your chair for support.
2. Rest your forearms on your desk with your elbows at a 90 degree angle.
3. Relax your shoulders, don't allow them to elevate or round.
4. Make sure both your feet are flat on the floor and your knees are level with your hips.
5. Adjust your chair and use a footstool or other support if needed.
6. Imagining there is a piece of string coming through your body and out of the top of your head to the ceiling, this will prevent slumping and help keep you upright.

perfect posture



Sharps injuries still Occurring



Sharps injuries are a well-known risk in the health and social care sector. Sharps contaminated with an infected patient's blood can transmit more than 20 diseases, including hepatitis B, C and HIV even EBOLA.

'Sharps' are needles, syringes; blades etc (such as scalpels) and could cause an injury by damaging the skin.

Careless disposal of sharps has been described as "**An assault on our staff**" by Mark Wrigley - Chief Biomedical Scientist.

What to do if you receive a sharps injury from a sharp which may be contaminated:

1. Encourage the wound to gently bleed, ideally holding it under running water
2. Wash the wound using running water and plenty of soap
3. Don't scrub the wound while you are washing it
4. Don't suck the wound
5. Dry the wound and cover it with a waterproof plaster or dressing
6. Seek urgent medical advice – Mon – Fri 0815 - 1700 contact Occupational Health on ext 7950, outside of these hours you should attend the emergency department.
7. Report the injury via the Trust's incident reporting system.

Announcements

Popular staff members will be sadly missed by colleagues

Tributes have been paid to two much loved members of staff who have passed away recently.

Administrator and HR Secretary, **Janet Haislett**, passed away peacefully on Wednesday, November 19, after a long illness.

The funeral is at Lytham Crematorium on December 8, at 12.30pm.

Following the service there will be an informal gathering taking place at The Grand Hotel, South Promenade, Lytham St Anne's, Lancashire, FY8 1NB.

Anyone wishing to mark Janet's life can do so by making a donation to Trinity Hospice or The Christie NHS Foundation Trust through the HR Team based at the Stadium.

James Murphy (known as Vinny) passed away peacefully on Sunday, November 30, with his wife and family around him. He was 46 years old.

Vinny had worked for the Trust since May 2010 as an IT Service Desk analyst and will be sorely missed by all his friends and colleagues.

Funeral arrangements are not yet known but will be added to the intranet. Anyone wishing to make a donation in memory of Vinny is asked to contact Matt Fife, IT Support Services Manager, on 01253 951003. Donations will be sent to the Pulmonary Hypertension Ward at Royal Hallamshire Hospital, Sheffield.

Our thoughts are with their families and friends.

Christmas Pay Arrangements

December payday for monthly paid staff this year will be on Friday the 19th December. January Payday will be on Wednesday 21st January 2015 and February will revert back to the normal final Wednesday of the month 25th February.

For weekly paid staff week ending the 14th December and week ending the 21st December (the 21st being the estimated week) will both be paid on Friday the 19th December. There will be no payments on Friday 26th December, the next payday will be on 02nd January 2015 and will include week ending 28th December and adjustments for the estimated week.



Staff Lottery

Christmas is looking a little better for the winners of last month's staff lottery. Not only does the prize money come in just in time but it's a record breaker!

Thanks to more people joining the scheme the lottery top prize is now a huge **£2,010.**

Imagine that in your pay slip.

The first lucky winner of this amazing sum is Rubi Cueto, a Staff Nurse



This month's winner:
Rubi Cueto,

on ward C at Blackpool Victoria Hospital. She said: "I was really surprised, it wasn't expected at all so I don't have anything planned for it. It will sit in savings until I can think of something really special to do with it. It means a lot to me to have won."

Second prize, which now sits at £570, went to Mark Jackson, a District Nurse at West View in Fleetwood. Linda Evans from Ward 16 took third prize with £290.

There's a special Christmas draw of the staff lottery in December too with each of the top prizes having an extra £100 added on and we will have five extra runners up winning £100 each.

To join the Lottery this month go to <http://bfwnet/departments/lottery/>

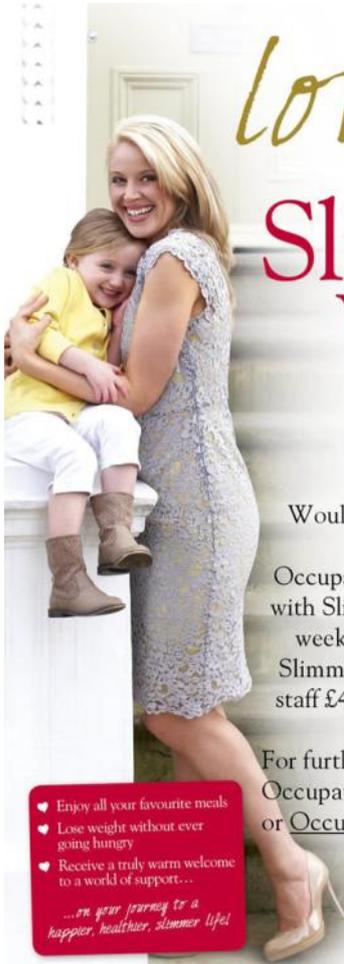
Welcome to our new starters

Rebecca Adair, Ali Al-Shammari, Laura Aland, Reena Alassam, Penny Attwood, Michael Barnish, Vivienne Beavers, Jessica Beccari, Mary Giusy Bifulco, Jodie Boldy, Thomas Bongers, Kelly Bramwell, Christine Brown, Gail Cambell, Samantha Caton, David Chapman, Olufunmilayo Claudius-Cole, Elaine Cook, Micah Coxhead, Gail Cronin, Emily Curtis, Natalie Daniels, Rebecca Dewhurst, Natasha Dickerson, Hollie Dobson, Helen Dodds, Deborah Dugdale, Lynsey Dyson, Hilary Edington, Kelly Elliott, Katherine Fenton, Sophie Florence, Kirsty Garrett, Katie Gaskell, Vanessa Greenwood, Sophie Hall, Charlotte Hampson, Laura Harrison, Lauren Housby, Nicola Howard, Linda Hughes, Jane Huzzard, Kristel Jacutan, Mohamed Abdul Jahangeer, Susan Jones, Joanne Kenyon, Joleen Kenyon, Shafin Khan, Mark Kirton, Jane Kuzyszyn, Aldo Lacquaniti, Aldo Lacquaniti, Anna Lamoury, Fran Lenehan, Jennifer Lowe, Cheryl Mcgreevy, Stewart Morgan, Reuben Ofori-Kuma, Andrea Sophie Panaro, Gulam Patel, Matthew Pover, Karthik Anand Ravi, Josephine Reigo-Bentley, Jacqueline Robinson, Debbie Roslyn, Pasquale Sarno, Emma Sentence, Muhammad Shaikh, Jaimie Sharpe-Simkiss, Terri Anne Shaw, Brogan Symonowicz, Antony Taylor, Paul Teague, Briony Theobald, Jeffrey Tong, Patricia Trench, Kelly-Jo Tyrer, Buse Uslu, Allison Watson, Joanne Williams, Andrew Windle, Husamiddin Zlitni, Vasilica Toader.

(Up to the end of October)

And goodbye to those retiring

Physio Karen Leslie
Consultant, Dr Jonathan Mackay



Love life love Slimming World

the UK's favourite way to lose weight*
touching hearts, changing lives for 45 years

Would you like help to lose weight?

Occupational Health has joined forces with Slimming World to offer staff a 12 week referral scheme at their local Slimming World group. This will cost staff £45 which has been subsidised by Occupational Health.

For further details please contact Occupational Health on 01253 957950 or Occupational.health@bfwh.nhs.uk

- ♥ Enjoy all your favourite meals
- ♥ Lose weight without ever going hungry
- ♥ Receive a truly warm welcome to a world of support...

...on your journey to a happier, healthier, slimmer life!

slimmingworld.com

*More people choose to attend a Slimming World group each week than any other weight loss group.



Do you know how to talk to someone who is worried or distressed?

The **SAGE & THYME**® foundation level workshop (3 hours) teaches:

- A memorable structured approach for getting into and out of a conversation
- How to empower patients/carers who are worried or distressed
- Communication skills that are evidence based



Wednesday, 19th November 2014
9.30 - 12.30

Wednesday, 10th December 2014
9.30 - 12.30 or 1.30 - 4.30

Education Centre (HPEC)

To reserve your place email:
OLM@bfwhospitals.nhs.uk




ZUMBA

OCCUPATIONAL HEALTH HAS JOINED FORCES WITH A LOCAL ZUMBA TEACHER TO OFFER STAFF AN 8 WEEK ROLLING PROGRAMME. THIS COULD HELP YOU TO GET FIT AND HAVE FUN WHILE YOU ARE DOING IT.

THE CLASSES WILL BE ON SITE AND WILL BE 5.15-6.15 PM ON A TUESDAY

THE COST IS £24 FOR THE EIGHT WEEKS AND IS PAID UPFRONT AT THE START OF THE PROGRAMME AND WILL BE DEDUCTED THROUGH YOUR WAGE, SO THAT WORKS OUT AT ONLY £3 PER CLASS.

TO BOOK A PLACE AND FURTHER DETAILS PLEASE CONTACT CLARE FLYNN 01253 957950 clare.flynn@bfwh.nhs.uk

The classes will be held in
The Simulation & Skills Centre (old Aster Ward) Blackpool Victoria Hospital





BACK ADVICE SESSION

Monday December 15th 2014, Orthopaedic Seminar Room, Blackpool Victoria Hospital, 11am

[Staff Physiotherapy Service at Occupational Health](#)



Do you: Worry that you are going to develop back pain?

Do you: Feel your back aching or get occasional niggles?

Do you: Want to help yourself?

Health care workers remain amongst the top occupations with the highest prevalence rates of back disorders

DO SOMETHING TO HELP YOURSELF TODAY!

The back advice session is there to:

- Educate members of staff on maintaining a healthy spine and improve staffs understanding of back pain
- Prevent episodes of back pain and reduce sickness absence records for MSK disorders
- Teach staff how to self manage back pain in the workplace and at home, and have more confidence in your back
- Promote health and well being in the workplace

Booking is essential. Please email: occupational.health@bfwh.nhs.uk

People Centred Positive Compassion Excellence



People Centred - Excellence - Compassion - Positive

Competitions and Games

IT ALL ADS UP

Shown opposite are ten well known images from TV commercials past and present.

All you have to do is separate them into five pairs representing the same company and name the company.

The first all correct entry drawn after the closing date below will win a £50 gift voucher courtesy of CDC Printers of Poulton.

Send your entries to:

Competitions,
Communications Department
Home 15 (Old Trust HQ)
BVH

Closing Date:
Thursday January 29, 2015

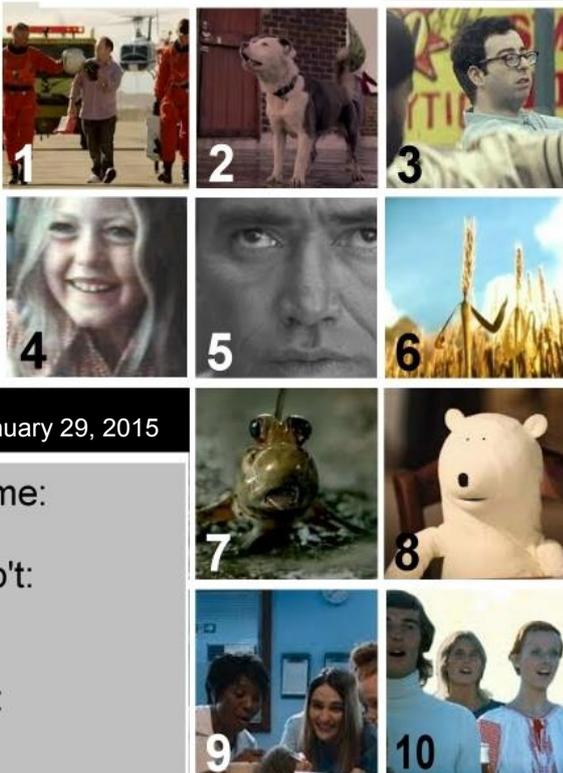


Image numbers	Company
<input type="text"/>	<input type="text"/>

Name:

Dep't:

Ext:

Congratulations go to James Waller from Medical Records he was the "Happy" winner of last months "Hello Goodbye" Grapevine picture quiz, James receives a £50 gift voucher courtesy of CDC Printers of Poulton.



The correct answers were:-

1950 – Cybill Shepherd & George Orwell

1955 – Bruce Willis & Albert Einstein

1960 – Gary Lineker & Clark Gable

1970 – Mariah Carey & Charles De Gaulle

Recipe

Turkey pot pie

This pie is a delicious recipe for leftover roast turkey. Serve with mash or bubble and squeak.

Ingredients:

- 1 tbsp vegetable oil
- 100g/3½oz smoked bacon lardons
- 1 onion, sliced
- 1 garlic clove, crushed
- 2 carrots, chopped
- 200g/7oz roast turkey, shredded
- 100g/3½oz cooked prawns, peeled
- 1 red chili, chopped
- 1 tbsp tomato purée
- 200ml/7fl oz red wine

- 100ml/3½oz chicken stock
- 1 free range egg, beaten for egg wash
- 250g/10oz shortcrust pastry

Preparation method

1. Heat the oil in a frying pan over a medium heat. Fry the bacon lardons until crisp. Remove the lardons using a slotted spoon and set aside.
2. In same pan, fry the onions and garlic for 5-6 minutes, or until golden-brown and softened.
3. Add the remaining ingredients, except the egg and pastry. Bring the mixture to the boil and simmer for 25 minutes. Set aside to cool.
4. Preheat the oven to 180C/350F/Gas 5.

5. Divide the mixture between four individual pie dishes. Cut the pastry into four pieces, each big enough to cover the pie dish. Brush the edge of each dish with egg wash and cover with the pastry. Trim any excess pastry and brush the lid with the remaining egg wash.

6. Cook for 20-25 minutes until the lid is crisp and golden-brown



And finally...

to all staff

Merry Christmas!
Happy New Year!

