Charity turns June’s grey skies blue

Trust charity in the spotlight during month of fundraising — Pages 34-37
Hello and welcome to The Pulse staff magazine.

Throughout June we celebrated Blue Skies Month — and what a month it was!

It was fantastic to see so many members of staff and local people coming together to raise funds for our Trust charity, the Blue Skies Hospitals Fund.

One of the highlights was an abseiling event from the top of a tower at Blackpool Victoria Hospital and the final figure raised throughout the month is likely to be in the region of £27,000.

All of the money raised will go towards supporting patient care and to enhance the environment of people undergoing treatment.

I would like to say a huge ‘thank you’ to everyone who took part and helped to raise funds. It’s greatly appreciated and our patients and their families will feel the benefit.

We have also been raising awareness of a number of subjects including dementia, heart health, life-long learning, research, prostate cancer, our maternity services and respiratory cancer.

It’s great to see our staff working hard to raise awareness of so many important issues and subjects.

Our new Adult Cystic Fibrosis Service is featured in this issue of The Pulse.

I was delighted to be at the launch event and to hear about the huge difference this service will make to patients.

My thanks go out to everyone involved in bringing this prestigious new service to Blackpool.

Finally, I would also like to thank all of our staff for their sterling efforts during the cyber attack. The teamwork shown throughout the Trust was outstanding. The feedback on our social media platforms (featured on pages 14 and 15) will give you an idea of how grateful the public and other members of staff were.

Wendy Swift, Chief Executive
Blackpool Victoria first hospital in world to host ‘Living Room’

Blackpool Victoria Hospital, together with social movement, Camerados, has opened a public ‘living room’ in a tepee in its main entrance.

This is the first time such a campaign has been brought to a hospital setting anywhere in the world.

Founder of Camerados, Maff Potts, travelled from Oxford for the opening which sees the tepee act as a ‘Public Living Room’.

He said: “People having tough times can make a change together. Problems can be solved by connection and friendship.

“Bringing our Public Living Room to Blackpool Victoria is ground-breaking. We want to show how people coming together in a shared space can work in a hospital environment and show other hospitals how they can do the same.

“Huge thanks must go to the Trust’s Patient Experience Lead, Andrew Heath and Chief Executive, Wendy Swift, for having the vision to try the Public Living Room here.”

The idea behind a Public Living Room is that it provides a comfortable place where anyone can come, on good days and bad, to be around people, make connections and enjoy being out of the house, office or ward for a while.

Andrew Heath says the Trust fully supports the Camerados ethos.

He said: “It is a great opportunity to work with an organisation such as Camerados.

“Patients, visitors and staff will hopefully get something from it during the three weeks that it is here. We can then assess and identify needs for the future.”

Camerados started with a belief in a simple but powerful idea: that you beat tough times by getting two things: friends and purpose.

They’ve discovered that the best way to get these two things is to look out for each other. People in tough times helping others in the same boat, as equals; a two-way thing.

Sarah Mortimer, Development Manager for Camerados, who has been working closely with Blackpool Victoria staff for the last two weeks, said: “I have been overwhelmed with the response from staff and volunteers in the hospital – they just get it.

“I brought in 2,000 badges and they have all been distributed. It has all been so positive.”

Bolton’s Big Chief Tepees have installed the tepee who have previously supplied tepees for the Queen’s 90th birthday, Michelle Keegan and Mark Wright’s wedding and for the Glastonbury music festival.

Follow the Trust on Twitter: @BlackpoolHosp Facebook: Facebook.com/BlackpoolHospitals YouTube: www.youtube/BFWHospitals and on Instagram
News in brief

New Lead Cancer Nurse

The Trust’s new Lead Nurse for Cancer and End of Life Care, Jackie Brunton, wants to say ‘hello’ and introduce herself to staff.

Jackie, who is based at Blackpool Victoria Hospital, said: “I am delighted to join the Trust and although I have never worked or trained here, it feels like home already.

“I have met so many lovely people and have been made to feel very welcome.”

Jackie trained as a nurse in Manchester and Essex. On qualifying she worked at Basildon and Thurrock NHS Hospitals Trust within general surgery/urology as a staff nurse, ward sister and specialist nurse prior to relocating back nearer to home.

She joins the Trust from Southport and Ormskirk NHS Hospitals Trust where she worked for the last 12 years in a number of senior nursing posts and most recently as Lead Cancer Nurse.

She added: “I live in Preston with my husband Dave and my daughter - but I am a local girl!

“I grew up in Fleetwood and have family and friends who live across Fylde, Wyre and Blackpool.

“I am looking forward to working with patients, the public and staff.”

Latest news

Staff worked tirelessly to help a nervous patient with multiple heath conditions to have a potentially life-saving operation.

Rick Elmer, a former engineer from Burnley, said he had received great care from staff at the Lancashire Cardiac Centre at Blackpool Victoria Hospital.

Mr Elmer, 64, needed to have an operation to have part of his lung removed and he was given extensive support with stopping smoking and alcohol dependence prior to his surgery and in the days after his operation.

The associated anxieties with such withdrawal symptoms when patients are dependent on smoking and alcohol can increase already heightened anxiety levels and be detrimental to a patient’s overall recovery.

Staff worked together to ensure everything ran smoothly and that Mr Elmer wasn’t in distress.

Mr Elmer said: “Our great-grandparents fought for the NHS.

“The staff here in Blackpool are worth their weight in gold.”

Mr Elmer, who lives on his own in the resort, added: “My consultant, Mr Purohit, has told me he is happy with how everything has gone.

“I can’t thank people enough. I hope it will give me more time with my grandkids. I have slept like a log and I’m planning to keep up the healthy lifestyle. I can’t say ‘thank you’ enough.”

Philip McAdam, a Cardiothoracic Advanced Practitioner on Ward 38, said: “It’s always tremendously satisfying and rewarding for members of staff when you see someone like Rick who has been admitted for such major and life-saving surgery and who was so anxious, get to this stage.

“He had several issues that were taken into account prior to being admitted and by properly addressing these we have been able to provide a treatment plan for what would otherwise have been a complex discharge.

“This has been a team effort and a great illustration of how team working can result in positive outcomes.”

Bernie McAlea, thoracic nurse specialist, added: “It took a lot of team effort from staff at Blackpool and Burnley to get Mr Elmer ready for this surgery but it is very satisfying to see patients having a good experience during his in patient stay in the cardio-thoracic unit.”
Consultant scoops excellence award for second year running

A Trust Ear, Nose and Throat consultant is celebrating an accolade for the second year running.

Vikas Malik, has won a certificate of Excellence in Education from the North West School of Surgery.

Mr Malik is part of the Core Surgical Training which allows trainees to develop the basic and fundamental surgical skills common to all surgical specialties, together with a few specialty-specific surgical skills.

Depending on their training route, doctors can spend up to a year at Blackpool Victoria Hospital, learning about different aspects of surgery.

The training has been so successful that a number of former students have gone on to win national awards and speak at international conferences.

Through the course’s feedback, where trainees can anonymously share their views of their training, Mr Malik has had the most positive comments.

Mr Malik said: “I am absolutely over the moon and it is so nice to be recognised. This recognition puts the Trust’s name in a wider circle with a 100% success in ENT Core Trainees going on to get ENT Registrar Training Jobs in a national selection.

“Some of the trainees will be coming back to work at Blackpool as ENT Registrars which is very satisfying.”

Late patient’s donation helps to enhance care

The home oxygen team at Blackpool Victoria Hospital has paid tribute to a late patient for a donation to help them perform their day to day jobs.

The team, Mel Rosebury and Hannah Whittaker, received funding from patient Kev Allen to buy two bags to help them transport the blood gas analyser machines they use to assess patients.

Unfortunately Mr Allen, who had been treated by the pair for about four years, died shortly after the bags were purchased but was delighted when he was shown them in use.

Mel said: “Kev was one of our most entertaining patients and he could see we were struggling to transport our equipment.

“He asked how he could help and he paid for two new bags for us which have been a massive help to us.

“It is really sad that Kev died so soon after we bought the bags. They are perfect and we are so grateful that he thought of us even though he was so ill.”
Cutting missed appointments

The Trust's Library and Knowledge Service has helped reduce missed appointments known as DNAs (did not attend), across several services.

Physiotherapy MSK Services, mental health, podiatry, continence, diabetes and sexual health services all had quite a high rate of missed appointments.

Head of Therapies, Nick Lane, was nominated to investigate through the Adult Community Services and Long Term Conditions Division Community Productivity Work stream.

He said: “I asked the Clinical Librarian for up to date evidence and best practice in this area and to search for best practice and national guidance around this.”

The literature search provided case studies and research evidence showing how DNA rates had been reduced across a range of services including – diabetes and MSK services (physiotherapy) in particular.

It also provided enabled Nick to produce a guidance document and flowchart for all the teams, advising on the best action to take when a patient didn’t turn up for an appointment. All of the teams are now using this guidance, adjusted for best practice in their own area, to reduce the number of missed appointments.

This in turn has reduced waiting times from three or four weeks in some cases to two weeks, which is a great benefit for patients. The evidence also included the benefits of automated SMS reminder systems and which the division is currently assessing the feasibility of to work in conjunction with their patient record system.

Knowledge and Library Services Manager, Debra Thornton, said:

“As a Library and Knowledge Team we provide literature searches to staff throughout the Trust to support the service they provide, whether that is a clinical service, a cost improvement programme or a quality improvement initiative.

“We are part of a national campaign - #amilliondecisions - to ensure that decision making across the NHS is based on the best available knowledge and evidence and that best practice is adopted quickly and effectively. It is always gratifying to know how the information has been used and I’m glad we were able to help Nick’s team improve the service they give to their patients.”

Nick added: “As a physiotherapist I believe evidence based practice is the way we should be working but it would have taken me weeks to find the right information. The library has the expertise to collate, summarise and send the information to me in a usable format which makes it so much easier for me to then put into practice.

“The information provided by the library is always relevant and up to date. I think the library team is invaluable – the team members can always find the information I want.”

Fantasy football league dominated by girl power

Girl power was the order of the day in this year’s Trust Fantasy Football competition.

Directorate Support Manager, Jessica Kozakiewicz, who is happy to admit she had no knowledge about the game, won this year’s competition and with it the £200 first prize.

Jessica was new to the league and was persuaded to join by her partner, Dominic Kilgallon, a huge Burnley Football Club fan who has been part of the fantasy football league for the past three years.

Jessica said: “I have never really had a massive interest in football. I only joined to try and beat Dominic! I became more interested in learning about the different teams and players. I downloaded different apps to try and learn as much as I could.”

There were 25 members of staff in the league and all paid a £20 deposit to enter. There were prizes for the winner, for the player with the highest scoring team and most consecutive wins in a row.

Jessica said: “I was absolutely chuffed to be the winner. My family all think that it’s absolutely hilarious how I have managed to win, having no interest or knowledge in football! I began by picking players with the funniest names, but as the season went on, I started using tactics and that’s how I managed to pull away with the lead. It’s great to join a competition, meet new people and network across the hospital. I have spoken to different people I never even knew. I have loved getting to know football and join in the banter.”

“I found out about the league through Ryan Mercer in the e-rostering department. I think we should advertise it more, to get even more people to join for next season. The prizes are great, and it would be good to add more competition to the league.”

Jessica was first place in the league for the majority of the season and in the play-offs were Dawn Mitchell from Portering, and Dominic, who works in Information Governance.

Jessica said “It was amazing to have two women in the play-offs; it’s not all about men winning! The £200 I won will be going towards a deposit for a house me and Dom are close to buying. I will definitely be taking part next year, I have loved the experience and I want more people to get involved with football and take part in a league which offers great rewards!”

The annual fantasy football competition combines fun and competitive elements to selecting a football team from different premier league teams to make a squad of 11. The league is controlled by an app which sends out notifications and the deadline to submit teams, Lee Rayner, controls the running of the league. Look out for details of how you can take part next season shortly.
New staff app launched by Trust

A new staff app — BTHFT — has been launched by the Trust.

It has been designed especially for you, with easy access to the latest Trust information and key updates as well as e-rostering and special staff offers.

We have learned through various staff surveys that we need alternative ways for staff to access key information about the Trust.

This is particularly true for staff who may not have access to a computer on a regular basis, or who may spend most of their working days out and about in the community. Our staff app is a great way for us to keep you up to date with information at the click of a button on your mobile device.

How do I download the App?

It’s available to download on both Apple and Android devices for free. It has been developed completely free of charge by a company called Chapelcroft, who specialise in making NHS staff apps.

You can download it now by entering tiny.cc/bthft into your device’s internet browser and following the instructions on screen for either Apple or Android devices. Alternatively, you can scan the QR code below, or on the attached poster, to download. It is not available via app stores as the app is not available to the public.

Important: Once downloaded, you will be asked to ‘trust’ the app via your device’s security settings. This is entirely normal, so please ‘trust’ the app. You won’t be able to use the app without going through this process.

To those of you familiar with such programmes, you will know that you will receive updated information at any time by means of push notifications, although you can opt out of these if you wish. The app is a bespoke enterprise app and is not available in Apple iTunes or Google Play Store the way it is published means that you will have to trust the app on your personal device.

AS YOUR EMPLOYER WE CAN CONFIRM THAT THE APP IS PERFECTLY SAFE TO “TRUST.”

We hope you enjoy using the BTHFT app and welcome your feedback. If you have a question that isn’t answered above please contact the communications team via communications@bfwhospitals.nhs.uk or 01253 956941.

Instructions:

iOS (Apple)
Click on ‘Settings’, Click on ‘General’, Click on ‘Device Management’/’Profile’, Tap on the app, Tap on @Trust (Chapelcroft Limited)

Android
Click on ‘Settings’, Click on ‘General’, Click on ‘Security’, Under ‘Device Administration’ tick the box ‘Unknown Sources’

Why should I download it?

The app provides easy access to information relevant to all staff – from health and wellbeing initiatives and latest discounts to key HR information such as e-rostering, annual leave and childcare support. Our communications channels are also available to view so you can browse Team Brief, Newsround, Health Matters, The Pulse and Staff Bulletins and our social media channels on the go.

The ‘handbook’ section is particularly helpful to new starters as it details information such as our Values, a welcome booklet and travel information between our sites in the community, plus other useful information.

Staff will also benefit from offers from local businesses such as Nandos and Domino’s Pizza who will offer staff discounts.
A ‘Hearty’ character was a special guest at a research awareness event for the public and staff at Blackpool Victoria Hospital.

Mr Hearty, the mascot of the British Heart Foundation (BHF), was on a stand on the hospital’s mezzanine level helping to raise awareness of heart-related research projects on June 9.

The Trust’s Clinical Research Centre has conducted many research trials in partnership with the BHF in recent years.

Two such research studies sponsored by the BHF are currently underway at the Clinical Research Centre. One study is looking at the benefits of using medicine and angiograms and the other is looking at the efficacy of using iron infusions in certain patients. Greta Van Duyvenvoorde and Steve Preston, Senior Research Nurses for the Trust, organised the event to promote the BHF research projects and clinical trials.

Greta said: “We have been raising awareness of the research we do here in Blackpool. “We have more than 30 studies running at the Lancashire Cardiac Centre and we have the second highest patient recruitment on the North West coast. The highest is at Liverpool Heart and Chest NHS Trust. The BHF puts a lot of money into research that allows us to improve the care we give locally.”

Steve said: "One of the BHF projects I’m involved with is looking at the patients over the age of 75 who have had a certain sort of heart attack. The study is looking at whether they should just have medicine or medicine with an angiogram. The research will see what is better in older patients. This study is being conducted with the Lancashire Cardiac Centre and it’s led by Dr Gavin Galasko.”

The Trust is also participating in a BHF research project called ‘Iron Man’.

Steve explained: "This study is looking at giving IV (intravenous) iron infusions to people with heart failure. It’s for patients who have an iron deficiency but who would normally fall below the need for iron infusions. We want to see if patients with heart failure will do better with iron infusions. If they do better, this could lead to fewer hospital admissions.”

Greta added: “We are looking for the ‘gold standard’ in this project and in all of our studies. “This research could mean people won’t have to come back to hospital as often and we can see them in Outpatients. This, in turn, could mean improved patient experience.”

Steve said the work of the research team is highly varied and added: “It’s nice to look back at the work we have done years ago and to see the difference it has made to patient care today.”
Join our World Record attempt

Staff are being asked to play their part in a special world record attempt.

The Trust has joined forces with Blackpool and the Fylde College in an effort to create the ‘Largest and Healthiest Art Gallery in the World’ and needs more than 3,000 pieces to reach the milestone.

Nigel Fort, Associate Director of Facilities at the Trust, said: “We are looking for people to submit an original piece of artwork around the theme of ‘what health means to me.’ It can be a sketch, doodle, drawing, painting, sculpture or photograph but it must be around the health theme.”

The art will be displayed at venues in and around Blackpool including galleries, shops, cafes and a variety of public spaces.

Everyone who takes part will receive a certificate acknowledging their role in the record attempt.

Anyone interested in taking part is asked to prepare a piece of artwork to the maximum dimensions of 297mm x 420mm in landscape or portrait.

They are then asked to take a photograph of it and send the photo to world.recordattempt@blackpool.ac.uk.

You will receive a confirmation email and will be contacted at a later date about the next steps.

The Trust is looking to establish its own Art Group for staff and wants to hear from anyone interested in taking part.

If you have an interest in any form of art we would like to hear from you.

If you would like to be involved or know more please email BTHhealthierworkforce@bfw.hospitals.nhs.uk

The Trust contributed to a national research project that won a prestigious British Medical Journal (BMJ) award.

The Trust’s Research and Development team worked on the study which looked at the value of using certain antibiotics for patients with asthma.

Researchers from the Trust contributed to the study which was led by Imperial College, London.

The AZALEA (Azithromycin for Acute Exacerbations of Asthma) clinical trial won the ‘UK Research Paper of The Year’ category of The BMJ Awards 2017 on May 4 in London, after careful selection by the judging panel.

Dr Tarek Saba, a respiratory consultant for the Trust, said: “The study looked at whether specific antibiotics could help patients with asthma.

“We wanted to see if routinely prescribing antibiotics would improve patients’ treatment and outcomes. It was a very well run and well organised study. The study found that prescribing antibiotics didn’t make any difference so we now have strong evidence to say that we shouldn’t be routinely be giving patients antibiotics.

“It won the ‘Paper of the Year’ which is fantastic. As a respiratory research department, we were one of many hospitals around the country contributing data.

“We are thrilled and delighted that we were part of this high quality study.

“It gives us a strong sense of satisfaction that the data we have produced is of such a high quality and that the paper has had such a successful outcome.”

Judith Saba, the research nurse who coordinated the trial at Blackpool Victoria Hospital, said: “The result of the trial is important because we work with people who have chronic lung disease.

“It’s good to have this new information.”

Phlomena Shooter, a research nurse who also worked on the trial, said: “We screened a huge amount of patients to see if they could participate in the study. It was hard to find patients who would be suitable. It answered a very important question about antibiotics.”

Michelle Stephens, Manager of the Trust’s Research and Development department, added: “We would like to thank all of the patients who took part in this study and by taking part they have contributed to us having improved knowledge that routinely prescribing antibiotics does not make any difference patients’ treatment and outcomes.

“Without our patients these developments cannot be made.”

Enjoying International Clinical Trials Day

News in brief

Award for research paper contribution

The Trust contributed to a national research project that won a prestigious British Medical Journal (BMJ) award.

The Trust’s Research and Development team worked on the study which looked at the value of using certain antibiotics for patients with asthma.

Researchers from the Trust contributed to the study which was led by Imperial College, London.

The AZALEA (Azithromycin for Acute Exacerbations of Asthma) clinical trial won the ‘UK Research Paper of The Year’ category of The BMJ Awards 2017 on May 4 in London, after careful selection by the judging panel.

Dr Tarek Saba, a respiratory consultant for the Trust, said: “The study looked at whether specific antibiotics could help patients with asthma.

“We wanted to see if routinely prescribing antibiotics would improve patients’ treatment and outcomes. It was a very well run and well organised study. The study found that prescribing antibiotics didn’t make any difference so we now have strong evidence to say that we shouldn’t be routinely be giving patients antibiotics.

“It won the ‘Paper of the Year’ which is fantastic. As a respiratory research department, we were one of many hospitals around the country contributing data.

“We are thrilled and delighted that we were part of this high quality study.

“It gives us a strong sense of satisfaction that the data we have produced is of such a high quality and that the paper has had such a successful outcome.”

Judith Saba, the research nurse who coordinated the trial at Blackpool Victoria Hospital, said: “The result of the trial is important because we work with people who have chronic lung disease.

“It’s good to have this new information.”

Phlomena Shooter, a research nurse who also worked on the trial, said: “We screened a huge amount of patients to see if they could participate in the study. It was hard to find patients who would be suitable. It answered a very important question about antibiotics.”

Michelle Stephens, Manager of the Trust’s Research and Development department, added: “We would like to thank all of the patients who took part in this study and by taking part they have contributed to us having improved knowledge that routinely prescribing antibiotics does not make any difference patients’ treatment and outcomes.

“Without our patients these developments cannot be made.”
A friendly and placid ‘therapy dog’ is taking part in a project aimed at reducing delirium in hospital patients.

Dandy the Pets As Therapy (PAT) dog is visiting the High Dependency Unit (HDU) at Blackpool Victoria Hospital on a regular basis to help reduce patients’ stress which medics hope will lead to a reduction in delirium and confusion.

So far the patients have loved meeting Dandy and the results of his calming presence are promising.

Part Staffordshire bull terrier and part bull mastiff, Dandy is incredibly laid back. He was originally a rescue dog from the Wolfwood animal sanctuary near Lancaster until Diane Ogden took him on as a therapy dog.

Emma Jackson, a doctor on HDU, Consultant, Jason Cupitt and Sister Catherine Ashton, came up with the idea to see if pet therapy would help their patients.

Emma said: “I thought it would be a good idea to see if Dandy could come as pets can help with anxiety.

“PAT dogs are used a lot in areas such as psychiatric wards, paediatrics and rehabilitation. We wanted to look specifically at delirium. Our aim is to see if it could help to manage stress levels and anxiety for our patients.

“We will be doing some basic observations during and after Dandy’s visits. We’ll be asking patients how they felt and if it improved communication with nursing staff. We’ll also be looking to see if it can help to improve the morale of nursing staff.

“We’ll be observing ‘level two’ patients – that’s patients who have been quite sick and are waiting to go onto a ward. It’s for patients who are not on a ventilator and don’t need organ support.”

Emma and the team on HDU will use their findings to improve patient care on the unit.

Emma added: “Long-term we would like to see if we can reduce delirium. Delirium is common in very sick patients.

“It has a big impact on the length of stay and, ultimately, on mortality.

“It is something we don’t have a huge understanding of. It’s early days but we are hoping it will reduce anxiety.”

Diane Ogden, Dandy’s owner and a psychiatric nurse from Preston, said: “Dandy has worked in hospitals before.

“He’s very chilled. He’s so good with people. He’s very calm around them. He sits by the patient’s bedside and doesn’t pester them. Emma called me to see if we could help. If it works it will be fantastic.”

PAT dogs are part of a national charity so the service is free.

Diane added: “If it’s successful, hopefully they will be able to roll it out to other parts of the country.

“Animals can have a very therapeutic effect on people. They can help to reduce high blood pressure and help with emotional problems.

“Emma and the consultant felt that Dandy’s presence might help to stabilise their patients when coming out of Critical Care.”
People Centred - Excellence - Compassion - Positive

Employer of the Year award scooped by Trust

The Trust’s Learning and Development Department has won the Employer of the Year Award from Blackpool and The Fylde College.

The award is for the department’s work with Lytham Sixth Form College.

The citation states: “The Trust has developed an outstanding partnership with Lytham Sixth Form College.

“This year alone they have provided high quality placement opportunities for more than 30 students, supporting these individuals’ employability and higher education aspirations.

“Not only do they advise students about the various career pathways available to them; they also support them with making compelling UCAS applications to compete for the best university places. They have demonstrated unparalleled professionalism while underpinning a first class learning experience that ensures students are expertly prepared to achieve their educational and occupational goals.”

Jane Meek, Deputy Director of Workforce Education and OD, said: “We are passionate about developing opportunities for our local community to gain experience in a variety of healthcare related professions and as such work closely with all local schools and colleges.

“This is a great achievement for the team and rewards their dedication and commitment.”

Sharon’s our Walking Month winner

A huge well done to Practice Development Sister, Sharon Ellis, for winning the Trust’s pedometer Challenge.

Sharon won a £30 Love to Shop Voucher donated by Living Streets Charity, Blackpool, for logging a staggering 547,458 steps throughout May which equates to just under 16,000 steps per day and approximately 274 miles throughout the month. Walking this distance is the same as walking from Blackpool to Brighton.

Sharon was closely followed by Tracy Gill and Leanne Lane who both walked a considerable distance. In total 70 staff members signed up to the challenge. Naomi Simmons and Jade Telford have been chosen at random and both have received a £10 Love to Shop vouchers from Living Streets, Blackpool.

Hannah Corless, Healthier Workforce Project Manager, said “Walking is a good form of exercise that can quite easily be slipped into most people’s day to day lifestyle.

“It is suggested that we walk 10,000 steps each day to achieve good health. Walking 10,000 steps is equivalent to approximately five miles and can help you build stamina, burn excess calories and give you a healthier heart.”

Sharon Ellis with the award

News in Brief

New procedures initiative launched

The Trust is set to launch a new initiative aimed at improving the way we carry out certain procedures at Blackpool Victoria Hospital.

The organisation faces an increasing demand for patients requiring vascular access with midlines and PICC lines.

In addition, some of our patients face long delays waiting for procedures such as lumbar punctures.

The current lack of a dedicated service means these patients have to wait longer for treatment and stay longer in hospital.

The new Procedures Service, due to launch at the end of July, has been set up to tackle this issue.

A team of nurses and doctors has been trained to provide rapid access via a dedicated service, which will be a huge boost for patients.

Assistant Director of Nursing Tracy Burrell, who is leading the scheme with Dr Steve Wiggans, said: “This service will address a gap in our current service provision and improve the quality and safety of our patient care.

“The response from staff has been fantastic.

“There has been a real desire to learn new skills and to participate in something which clearly has advantages for patients.

“We are really proud of the way people have come together to develop this service. It has been a real team effort.”

Once the service is up and running there will initially be a paper-based referral system, although the hope is to make this an e-referral as soon as possible.
The Trust has launched the first new Adult Cystic Fibrosis Service in the UK for 40 years.

The prestigious new service is a huge coup for the Fylde coast and Blackpool Teaching Hospitals NHS Foundation Trust.

People living with cystic fibrosis (CF) in Lancashire and Cumbria now have access to a highly-skilled, multi-disciplinary team based at Blackpool Victoria Hospital.

At the launch of the service, special guests and senior clinicians, who had worked towards bringing the service to Blackpool for several years, said it was an enormous success for the town and for the North West.

Cystic fibrosis (CF) is a genetic disorder that mainly affects the lungs but also the pancreas, liver, kidneys and intestine. Long-term issues include difficulty breathing and coughing up mucus as a result of frequent lung infections.

Emily Bonney, 18, from South Shore in Blackpool, who has CF and recently won a Gold Medal at the World Cheerleading Championships in Orlando in the US with ‘Team England Paracheer’, cut the cake and said she was delighted that the new service was based in the resort.

She said it meant young people with CF from the Fylde coast and other parts of Lancashire and Cumbria wouldn’t have to travel all the way to Manchester to receive treatment.

Emily, who is studying Health and Social Care at Blackpool and the Fylde College, said: “It’s great for me that the new service is in Blackpool, especially because I won’t have to travel all the way to Manchester.

“I was treated by the Paediatric CF Service at Blackpool Victoria Hospital and now I will be with the adult service. My consultants are Dr Saba and Dr Rowlands. I feel great health wise. I do eight hours of cheerleading practice every week. I love it.”
come for treatment every six weeks – sometimes for two-to three days per visit. This can be difficult for visitors, especially if they have to travel through heavy traffic. Unlike many clinical services, CF services are heavily used.

“The service will also be of benefit of other patients who don’t have CF. That’s what sold it to all of us as a valuable project. We have specially trained staff, new equipment and new resources, all of which can be offered to other patients. For example, our equipment can be used by other departments. The service will benefit the rest of our Trust.

“It’s also good that Blackpool has another tertiary service like our Cardiac Centre and Haematology Service that will generate ‘good news’ stories. People are living longer with CF and we anticipate that our centre will have many success stories.”

Dr Ned Rowlands, a specialist CF consultant with the new service, said: “I’m delighted that our new service has been launched. It’s something we have dreamed of for years.

“It’s a pleasure and a privilege to have been involved in developing the service. We’ll have everything available here for our patients – even minor things. We have gelled very well as a team. It’s a multi-system disorder so we have a multi-system approach involving physiotherapists, nurses, doctors, dietitians, psychologists, consultants and we have our own pharmacist.”

The team has also been doing some charity fundraising through the Trust’s Blue Skies Hospitals Fund to help enhance the facilities offered by the service.

Professor Kevin Webb, from Manchester Adult CF Centre at University Hospitals of South Manchester, who set up the first service in the UK in 1982, said: “I think it’s superb.

“We see a lot of patients at our specialist unit and some of them will be coming to Blackpool. It’s an example of how much better the CF survival rate has become. It’s beyond belief. The care delivered for CF patients is multi-disciplinary so it is delivered by specialist centres. I think the Blackpool service is going to be a great success. It will be supported by us and when it has significant numbers of patients, it will become fully independent.

“It’s a prestigious thing for Blackpool. The future for adults with CF is getting better. There is a lot of research taking place. Since the 80s, the survival rate has increased by two and a half decades. The median age for survival is now 46 to 47 years and I have worked with patients in their 60s. It’s magical.”

Professor Andy Jones, Centre Director for Manchester Adult CF Centre, said: “It’s great that there is now a more local service for people living in that area.

“The team at Blackpool has put in a tremendous effort to establish the new CF service in Blackpool. We have worked closely with the team for many years and will continue to support the development of the service. We think it will be a great success.”

Ian Johnson, Chairman of the Trust, said: “I’m really delighted. It’s one of the best things to have happened since I have been here as Chairman.

“The team came to give a presentation to the board and it was very exciting. We are completely behind it. It will make such a difference in terms of the distance people have to travel.”

Wendy Swift, Chief Executive of the Trust, said: “It’s brilliant that we now have our own Adult Cystic Fibrosis Service.

“I have been right behind it since I heard about it. I have learned a lot about CF. People are living longer and many have families of their own. The launch of the new service is fantastic for our Trust and for the entire Fylde coast. It’s another specialist service to add to the excellent tertiary services that we already have here in Blackpool.”

For a video on the event go to this link: https://www.youtube.com/watch?v=XUwN2j6f4u0
Staff praised for teamwork

Praise for staff flooded in on the Trust’s Facebook and Twitter accounts during the cyber attack in May. The top tweet in 2016/17 was during the cyber attack – it had 50,700 impressions (number of times users saw the tweet on Twitter). The Tweet contained our first message to the public following the attack. The highest reach on Facebook (posts and information seen by the public) was 50,000 during the cyber attack weekend (May 13 to 14). Below is a selection of some of the comments from the public and staff on social media.

FACEBOOK COMMENTS
Sean O'Brien Big thanks to all the anticoag patients across the Fylde coast today for their understanding and support... and the staff for being magnificent as ever.
Rebecca Gooden Amazing care x
Karin Barker A big thank you to the IT department for all their hard work this weekend.
Ruth Shuck The staff in ENT/Audiology were lovely today with my hubby, thank you. Actually I think you all enjoyed talking to each other in person rather than via email.
Tom Marland IT have done a fantastic job across the Fylde coast. And are still working hard.
Mel Baines Sterling job being done by our brilliant IT guys, in the face of serious adversity!
Elisa Aria Huyton Thanks for the update.
Danni J Still Just home from planned day surgery this morning, fantastic service and patient care as always. A big thank you to the hard working, dedicated staff @ BVH x
William Jackson Carry on the outstanding work doctors, nurses, health care assistants, ambulance and administrative staff and IT staff, porters, cooks, volunteers and security. Every respect to you guys and ladies for saving lives and trying to make people better.

TWITTER COMMENTS
Abi Aldersley @abilovespink The weekend shift on Ward 5 ran smoothly and we noticed very little difference. Amazing team work, I'm proud to be a part of #cyberattacks
Jason F-S @Jason_HeadofECS Amazing to see all the teams across the trust @BlackpoolHosp pulling together to ensure patient care is delivered despite #NHSCyberAttack
Natalie Fishwick @nataliefishwick 16h16 hours ago It's been brilliant and from what I saw today you wouldn't have known there were ongoing issues #proud
Pete @Parafinale @BlackpoolHosp it has its moments like all Trusts do. But overall a very good Trust.
Victoria Green @VickieGiggles What a fantastic job IT have done to keep services as normal as possible for our patients @BlackpoolHosp great work
Kevin Toole @Kj5Toole Well done and Thank you all.
francesca saponiere @faponiere Thanks again to the Children's ward @BlackpoolHosp Amazing nurses and doctors. #lovethenHS #blackpoolhivc
Jacqui Morley @jacquimorley Good luck to all @BlackpoolHosp & allied hospitals, health centres & GP's today. We're counting on you to see us through - as always!
#Hellownameis Lucy @lucyansell Spent the weekend visiting my dad @BlackpoolHosp the care has been amazing (as always) #BTH #NHS
Claire Davies @Davies74E A year ago my dad had lifesaving heart surgery thanks to the NHS No words will ever be enough for the staff @BlackpoolHosp Cardiac Unit TY
Seasidegirl @breesider Even during a major incident the dedicated staff are going the extra mile for our patients.
@BlackpoolHosp
Jayne Simpson @jaynemsimpson Excellent service from all staff at #blackpoolvictoriahospital this morning. Thank you @NHSEngland
Jane Sinclair @JaneSinclair72 @BlackpoolHosp Media attention on hospitals impact #nhscyberattack #community teams doing brilliant job.
Nicky Ingham @nellymcginty Feb 12 Busy week ahead @BlackpoolHosp with proud staff supporting patients & families at their most vulnerable we are all privileged to work in NHS
Natalie Fishwick @nataliefishwick Replying to @nellymcginty @BlackpoolHosp We are privileged to work for the NHS but we are proud to work Blackpool!
Derek Quinn @derekquinncomm Fantastic response from staff @BlackpoolHosp to virus alert. Total commitment to do their best for patients #GP2W
Julia Peeps @JuliaPeeps @BlackpoolHosp Thanks to all who looked after me, MaxFaceial, Day Surgery, theatre staff. Still tired, very sore, very grateful to NHS & BVH.
THE Trust’s executive team has said a big thank you to all staff for their commitment and dedication during the cyber attack.

The international attack hit health services across the Fylde coast and the rest of Lancashire in May and staff worked tirelessly to do their best to get IT systems up and running again to support patient care and help staff do their jobs to the best of their abilities. Chief Executive, Wendy Swift, said: “I would like to say a huge thank you to all of you from all of the Board of Directors.

“It was an incident on an unprecedented scale but due to the hard work of staff, we were able to make sure as many members of staff across the Trust were contacted quickly and kept informed of developments.

“A lot of people worked around the clock and we were all hugely impressed by everyone’s commitment to getting the job done with all issues dealt with professionally, swiftly and with minimal stress.

“People worked a lot of extra hours without a hint of complaint and we cannot thank everyone enough for what they did.

“Due to your efforts we were able to maintain essential patient services throughout the incident.

“It is important that a thorough lessons learned exercise is now carried out and I encourage everyone to input into this.

“Well done everyone.”

Staff are reminded that it is essential that all computers are restarted at the end of your shift.

This is to ensure that all the latest security updates are applied to the computer.

Please also ensure that any PC not being used overnight is turned off at the end of the working day.

The ICT team is continuing to closely monitor the network.

Although we are not expecting any further incidents, if the team receives any indication of any suspicious activity comparable to the incidents experienced during the cyber attack, appropriate action will be taken to protect our network, systems and devices.

The team will, of course, inform staff members as soon as possible if any action needs to be taken.

Thanks again for your support.
**Extensive Care marks milestone**

A revolutionary local healthcare service is celebrating two years in operation.

Extensive Care, a community-based service which provides dedicated care for people who are aged 60 or older and living with two or more long-term conditions, such as diabetes or heart problems, was the first of its kind in the country when launched back in June 2015.

Now, two years on, the service has cared for more than 2,000 local people, with many satisfied patients having spoken openly about their hugely positive experience with the team.

The service sees a range of doctors, nurses, pharmacists and other healthcare staff all working together in one harmonised team to support those people who often need the most help to stay well by providing them with a range of coordinated support personalised to their individual needs.

A personalised plan is developed with each patient and their carer, to improve their health and wellbeing. This includes medical support to manage their conditions and keep them well, in addition to dedicated support to improve their general wellbeing on a day-to-day basis. Part of this includes improving patient’s confidence and knowledge to recognise and manage symptoms of their conditions and lifestyle factors which could make these worse.

Patients who are eligible for Extensive Care are referred to the service by their GP with patients accessing the team closest to their home. The service operates from four main bases; Moor Park Health and Leisure Centre, South Shore Primary Care Centre in Blackpool, Lytham Primary Care Centre and Wyre Civic Centre.

Like any other referral, when they are assessed as being fit to leave the service, patients are discharged back to the care of their GP – taking with them the knowledge and confidence gained from the extra support they have received from Extensive Care.

Dr Andrew Weatherburn, Clinical Lead for the Extensive Care service, from Blackpool Teaching Hospitals NHS Foundation Trust, said: “Our aim is to support these patients in being able to take back control of their own health and wellbeing. We know that nobody likes to constantly be in and out of hospital or needing help from other services. It isn’t good for patients but it also isn’t good for services, so we were always clear from the start of this journey that one of our fundamental aims would be to reduce the demand on A&E, GPs and others from this group of patients.

“All of the evidence we have to date shows we are indeed doing that. The number of times these patients need to visit A&E, their GP or be admitted to hospital have all fallen. We’ve also seen plenty of exceptional feedback from patients about their experience with us. It’s a huge credit to all of the team for their hard work and dedication over the last two years.”

Such has been the impact of the service; healthcare bosses in other areas of the country have been looking to the Fylde coast for inspiration and guidance. Most recently, colleagues in Tameside and Glossop launched their own local version of Extensive Care after many discussions and visits to better understand the Fylde coast service.

Wendy Swift, chief executive at Blackpool Teaching Hospitals NHS Foundation Trust, said: “We have achieved a remarkable amount in these first two years. Setting up a new service is never easy, especially when it’s the first of its kind in the country, but the hard work and commitment of all the Extensive Care team along the way has been unbelievable.

“First and foremost, our aim has always been to make sure that the service provides people with the care they need to stay well for longer. But, in pioneering this new way of working we’ve also been able to share our experience with other areas to benefit even more patients across the country too.”

As one of a select few ‘vanguard’ sites in the country, the Fylde coast received some national funding to help launch the service with the intention of this providing a blueprint for other areas of the country to learn from, adapt and adopt for their own local needs.

We have now completed year one of the Trust’s Five Year Strategy that we launched in 2016 and we have produced a document to highlight just some of the fantastic work that has been going on in that time to work towards our goals.


Please print it off and ensure it is made available to those members of staff who may not have immediate access to email and display on staff notice boards.

It has been a challenging 12 months but I would like to thank all our staff who have worked tirelessly in that time to do all they can to provide the best care possible for patients.

We know it hasn’t always been easy due to increasing demand and increasing financial pressures. Despite those factors we continue to see some amazing work happening everywhere across the Trust in line with our strategic aims and, as you will see with the wide range of examples we show in this document, we have a lot to be proud of.

The pressures we have faced over the past 12 months will not go away and we need to make sure we continue to focus on working towards our main aims of improving the experience for patients and staff, reducing mortality rates, reducing staff vacancies and reducing length of stay. We have shown in our success with projects such as Extensive Care and Better Care Together that we are prepared to work closely with our partners to achieve the best for our patients and this will become increasingly important over the next 12 months with the development of new models of care across our areas.

Once again many thanks for your support and if you have any ideas to develop your services in line with our strategy please let us know.
People Centred - Excellence - Compassion - Positive

Accountable Care System will mean much closer partnerships

Health bosses across the Fylde coast say they are delighted to have been chosen as one of only a few areas in the country to receive support to progress towards being an accountable care system.

Speaking at the annual NHS Confederation Conference, Simon Stevens, the Chief Executive of the NHS in England, named Blackpool and the Fylde coast as one of a select few areas which will progress new ways of working in order to benefit patients, staff and organisations.

The NHS organisations in the area, namely NHS Blackpool Clinical Commissioning Group (CCG), NHS Fylde and Wyre CCG, and Blackpool Teaching Hospitals NHS Foundation Trust along with Blackpool Council and other local authority partners, have a strong history of working together and have recently begun to look at ways in which this could be made easier by introducing a concept called ‘Accountable Care’.

Accountable Care refers to organisations working collaboratively together to make collective decisions in the best interest of their local communities about plans and priorities as well as how to best use all of their resources.

Currently, this is sometimes difficult because of barriers which exist around how services can be funded and managed.

This would not only benefit local people’s health and experiences of care but also enable professionals who provide services, but are employed by different organisations, work much more closely together.

It will also help make sure that the services available to local people are sustainable for the future as a result of organisations working together to make the best use of the collective resources available to them.

Some of this work has already started to happen with the introduction of a dedicated community based service for over 60s with multiple long-term conditions and new locally based Neighbourhood Care Teams across Blackpool, Fylde and Wyre.

These developments not only mean care closer to home for people, helping them to stay well and avoid conditions worsening to the point of needing a hospital admission, but it also helps the local NHS purse, reduces pressures on hospitals and GPs, and improves patient experiences.

Wendy Swift, Chief Executive at Blackpool Teaching Hospitals NHS Foundation Trust, said: “We are delighted to hear the announcement.

“This is really good news for people across the Fylde coast and is testament to the fantastic work that staff across all organisations have been doing for some time. One example is the Extensive Care service where we’ve seen the number of times patients in the service visit A&E, are admitted to hospital and need to attend other appointments all fall.

That not only means we are helping to support patients better through the care they receive and their experiences of this but means we are reducing the demands on staff and services too.

“The introduction of the Neighbourhood Care Teams means we are able to support even more patients in the community and the progress we’ve made together with these developments just goes to show the benefits that this can have for patients, staff and services.”

Welcoming the announcement, Dr Amanda Doyle, a Blackpool GP and Chief Clinical Officer at NHS Blackpool CCG, said: “We are obviously very pleased that our hard work and progress to date have received this level of endorsement.

“Over the last few years we’ve put a real focus into doing things differently.

“We know that we couldn’t just continue to do more of the same if we are to really meet some of the challenges we face.

“That’s why making the best use of the money, staff and services we have is crucial. Over the next few months we’ll be continuing to look at the best ways in which we can all work together and talking to our staff, patients and other partners as we progress.

“This will not only benefit people across Blackpool and the Fylde coast but our learning and experiences will also help to shape healthcare for the future in other areas across Lancashire and the rest of the country too.”

Dr Tony Naughton, a Thornton GP and Clinical Chief Officer at NHS Fylde and Wyre CCG, said: “The pressures the NHS is under are well-known and so making the best use of all our resources is really critical.

“We’ve made good progress so far and the support that this announcement will bring with it will help us to take things even further.

“Working together like this makes sense for everyone.”

Chairman of Blackpool Teaching Hospitals NHS Foundation Trust, Ian Johnson; Chair of Fylde and Wyre CCG, Mary Dowling and Chairman of Blackpool CCG, Roy Fisher. All three organisations are working much more closely as part of the Accountable Care System (ACS) on the Fylde coast.
Volunteers say prostate cancer checks could help save your life

Prostate cancer survivor Andy Clarke and Pauline Rae, whose father lived with the disease, are both passionate about stopping it being a killer.

As volunteers for Prostate Cancer UK on the Fylde coast, they regularly attend events organised by Blackpool Teaching Hospitals NHS Foundation Trust for people affected by cancer.

In the UK, one in eight men get prostate cancer. It’s a shocking statistic and one that everyone needs to be aware of. Prostate cancer is the most common cancer in men with more than 46,000 men being diagnosed per annum. There are approximately 11,000 deaths per year and more than 330,000 men are living with and beyond Prostate Cancer. The survival rate in UK has tripled in the last 40 years. Eighty four per cent of men now survive prostate cancer for ten years or more in England and Wales.

Pauline, who is a nurse and Andy, who received treatment for prostate cancer through the Trust, aim to give men as much information as possible so they can protect themselves.

Pauline, 55, from Lytham, lost her dad, Peter William Edwards, a former fire fighter, to metastatic prostate cancer in September 2014. Pauline said: “Dad had been an active and fit man as long as I could remember and enjoyed his life, was well read and interested in many subjects. He was always brave in the face of adversity.

“Dad bravely dealt with his illness for seven years and, indeed, during that time had many very happy times, living his life as fully as possible, refusing to let his illness define him but accepting the treatments with dignity and enjoying quality time and social activities and interests with family and friends for as long as possible.

“Having seen my dad pass away from the illness, the emotions associated with the loss are indescribable. I felt strongly that I should do some volunteering, raising awareness and funds through various activities to raise awareness of cancer and help others in the future.

“However small my contribution, I feel part of something very

Patient Experience

Pauline’s dad, Peter Edwards
worthwhile and it is a positive way to channel grief and loss. I want to get across that you can live a positive life with prostate cancer. Dad had a fantastic seven years before he died. He did not want to be defined by his illness and maintained this for as long as possible. He was a beloved husband, father, grandfather, brother, uncle and friend.

"Dad had his surgery and other treatments at Blackpool Victoria Hospital. He was extremely well supported and he had a superb oncologist called Mr Danwatta. Dad had a huge amount of respect for Mr Danwatta and his team.

"Mr Danwatta fought hard for dad. Dad was full of praise for the unit at Blackpool. The staff did everything they could to support his treatment."

Pauline, who has a daughter called Victoria, 25, said her father did not tell others about his illness as he wanted to keep life as normal as possible for as long as possible. She said everyone has their own way of dealing with these situations and this has to be respected.

She added: “My mum Josephine supported him immensely. Together they dealt with the diagnosis and treatment for a long time, always wanting to protect the family.

“He asked my daughter - his granddaughter - that when she has her own children in the future, she tells them of him and his humour and laughter. He will, of course, be remembered for so much more and never forgotten.”

Andy, 51, a civil servant from Thornton, was just 45 years old when he was first diagnosed with prostate cancer.

He said: "I was aware that there was a history of prostate cancer in my family.

"I went to see my GP because my paternal grandfather died with it and my father, Derek, was diagnosed with it in 2010. Dad still receives hormone injections and regular infusions to strengthen his bones. There is the potential for it to follow the male line."

Tests, scans and biopsies at Blackpool Victoria Hospital revealed that Andy did, indeed, have prostate cancer. Thankfully, it had not spread to other parts of his body and his consultant said it was treatable.

Andy said it meant a lot to him when nurse, Melanie Fluss, took his hand and helped him through the shock of his diagnosis.

Andy, who has always been very active and is a football coach for Poulton Town Under 14s and a cricket coach for Norcross Juniors, said: “I felt numb at the time.

“I chose to have radiotherapy and hormone therapy instead of surgery.

“I wanted to keep working and to be as normal as possible. I set myself different targets and kept going. I feel well now but I still have my moments and have to be careful about what I eat.”

He said men often feel embarrassed as seeing a GP involves a rectal examination but any discomfort was worth it.

“It’s just 30 seconds of embarrassment and it could save your life,” he said.

Impressively, Andy did the Great North Run in two hours and 12 minutes just six weeks after finishing his treatment.

He said: “Prostate cancer can be unpredictable. It often doesn’t have any symptoms.

“A lot of men think it’s a slight on their masculinity but it’s really not like that.

“You need support and to find the right treatment for you.”

Andy, who has two sons — James, who is 14 years old and Henry who is 18 years old — added: “In some ways it has made me a more confident person.

“Before this I would not have got up to speak in front of 300 people. I find it therapeutic to talk about it.

“If you have any symptoms that are of concern to you, or if you have a family history of the disease, you should get checked out.”
Dementia awareness events have been taking place around Blackpool Teaching Hospitals NHS Foundation Trust.

Blackpool Victoria Hospital played host to its third Dementia Awareness Day, this time with a 1950s theme.

The event was opened by record-breaking AFC striker, Danny Rowe following a speech by non-executive director Mark Cullinan and before a 1950s dance display from local dance school, JLC Dance.

Danny said: “I’m happy to be here today and to help raise awareness.

“I am usually here at Christmas giving presents to the Children’s Ward so it is nice to be able to help with today as well.”

There were many services in attendance as well as a vintage photo display, vintage nurse uniforms, a photo booth and Hospital History Tours.

Notarianni’s came in to sell ice-creams in exchange for a donation to the Trust’s charity, Blue Skies Hospital Fund’s Peace of Mind fund.

Raffle tickets were also sold in the run up to the event, with the prizes donated by many local businesses.

This raised a further £1,000 for the Peace of Mind Appeal Fund.

Patient Experience Lead at the Trust, Andrew Heath, said: “We are really pleased about the success of the day, which not only helped raise awareness of dementia and the support that is available to patients and their families, but also through the generosity of local business, we have raised around £1,800 which will go to enhancing dementia patient care within the hospital. Massive thanks must go to all the people who gave their time and efforts to the day from staff and volunteers to the JLC dancers and also to Notarianni’s who raised more than £720 in ice cream donations.

“We put on a varied and entertaining day each year to raise awareness around the impact that having dementia can have as well as improving knowledge of the condition and the practical solutions that organisations can provide to support people that are affected by dementia.”

Practice Development Sister, Sharon Ellis with Non Executive, Director Mark Cullinan; AFC Fylde’s Danny Rowe and Outpatients’ Manager, Elaine Fishwick

Sharon Ellis and Elaine Fishwick with Notarianni’s Maddie Vettese and staff nurse, Fran Hall

Head of Fundraising, Ann Hedley, with the fantastic raffle prizes
Vicky Schofield looks forward to her Notarianni’s ice cream.

Alma Stewart and Sophie Morley from the Comms team.

Janet Lee Chapman and Beverley Hunt of JLC Dance.

Deputy Director of Nursing, Simone Anderton, picks the winners of the raffle.

Ward 1 Clifton’s Valerie Gullwell and Linda Broadbent with Danny Rowe.

Director of Nursing, Marie Thompson; Clinical Improvement Nurse, Karen Smith and Blackpool Teaching Hospitals’ Chief Executive, Wendy Swift.
Events took place around Blackpool Teaching Hospitals NHS Foundation Trust as part of Dementia Awareness Week.

Comic, Bobby Ball, opened the Fylde Coast Dementia Hub at Clifton Hospital, Ward 1 in May.

His emotional speech had him, and the crowd, in tears as he spoke about his mother who had Alzheimer’s.

He said: “At the time, we didn’t know what to do or who could help. Thankfully, it’s not like that now.

“It’s fantastic to be involved in this event to let people know there is help here.”

The Fylde Coast Dementia Hub is held at Clifton every quarter. The Hub is a unique, community based service with open access for the Fylde coast’s residents with dementia, their families, friends and carers as well as anyone who may be worried about their memory.

The Hub is an event that brings different services together in one place to provide help and advice for anyone affected by dementia in a relaxed environment. It is also held at Trinity Hospice throughout the year.

Among the guests were Yvonne Ball, new Mayor of Fylde, Coun John Singleton JP, Deputy Mayor of Fylde, Coun Raymond Thomas and Fairhaven Ward Councillor, Brenda Blackshaw.

There were many different services involved including Parkinson’s Nurses and Just Good Friends.

Clinical Matron at Clifton, Courtney Bickerdike, said: “We are overwhelmed with support from all the services.

“Huge thanks to Bobby, Yvonne and Brenda for their continued support.”

The next Dementia Hub at Clifton is being held on July 25, from 2pm to 4pm.

For further information on the Fylde Coast Dementia Hub, visit: http://www.thefyldecoastdementiahub.org.
As part of Dementia Awareness Week, staff at Blackpool Victoria Hospital were invited to enter a fun competition.

Judges were looking to find the most innovative promotion of a tea party and the best ward display how to embrace elements of John’s Campaign.

Fourteen wards entered and photos of each entry was posted on the Trust’s Facebook page. The amount of ‘likes’ each ward received was taken into consideration when the top three were selected.

The results were:

- **First place**: Ward 12
- **Second place**: Ward 5
- **Third place**: Stroke Unit

Special commendations were given to Wards 23 and 35.

The winners were treated to a song performed by Laura Worrall who works in pathology who treated the top three wards to 1950s songs by Peggy Lee.

Ward 5 held a tea party with the patients in a specially decorated side room.
Bags of fun in our Learning Week

Blackpool’s famous Funny Girls helped kick off a campaign to encourage NHS staff to take up new skills.

The dancers surprised unsuspecting visitors and staff at Blackpool Victoria Hospital by performing a medley from hit show Dream Girls to launch the start of Unison’s Learning at Work Week.

The dance extravaganza made way for a series of events and courses that were open to all staff.

These included things like cake decorating, calligraphy, creative writing and understanding yourselves, your colleagues and working better together.

The week ended with a photo booth which was incorporated in the Dementia Awareness Day on May 19.

Learning Representative Jane Eyre said: “Learning At Work Week is very important because it is a chance to engage all staff in learning activities that they wouldn’t normally engage in and hopefully motivates them to carry on learning.

“It is an opportunity to re-enforce a commitment to learning for staff and also help make the Trust a ‘Great Place to Work’, by giving staff the time to attend learning activities.

“By attending workshops during Learning At Work Week it also allows staff to meet people from different departments and areas that they wouldn’t normally meet.

“We have had some excellent feedback which makes it all the more worthwhile and we are looking forward to starting to plan next year’s week!”

Funny Girls Business Development Manager Alex Lonorgan said: “We are really pleased to open Learning at Work Week and perform out in the community.

“As far as I am aware, this is the first time we have performed in a hospital.

“Should anyone want to catch the full show here in Blackpool, Funny Girls is open six nights a week.”
The Funny Girls dancers with Bev Herring and Jane Eyre

How To Put Your Hair Up course

Amber and Titty Kaka cut the themed cake

Guess the cake flavour competition

ABOVE: A Special Alice In Wonderland cake was given out to visitors. BELOW: Results of the cake decorating course

Funny Girl Amber makes her entrance
Teams and individuals from the Trust’s Families Division took part in a special ‘marketplace’ event to promote their work to the public and other members of staff.

The well attended ‘Maternity Marketplace’ in the Women and Children’s Unit at Blackpool Victoria Hospital in May demonstrated the great diversity of work carried out by the Families Division.

Teams including School Nursing, Patient Experience, Speech and Language Therapy, Midwifery, Neonatal Unit, Paediatric Diabetes, Health Visiting, Perinatal Mental Health and Clinical Skills had stalls in the entrance to the unit and there were talks by division leaders on the NHS Five Year Forward View.

Nicola Parry, Head of the Families Division, praised the staff and said they were leading the way in terms of working together to achieve the NHS’ strategic aims.

The event was linked to national Infant Mental Health Awareness Week with the hashtag #IMHAW17.

School Nursing team members Joelle Wrigley, Dolores Taggart, Brenda Eves, Donna Walsh and Jane Basey promoted the fact that their service tackles modern slavery, FGM, ‘growing up’, ‘healthy habits’, child abuse and other major issues.

Angie Foster, Lisa Fitzgerald, Shelley Piper and Jenny Clarke and many others promoted the Trust’s Maternity Unit. Lisa said the Fylde Coast Birth Centre at Blackpool Victoria Hospital has a diverse criteria for women and all women receive a personalised care plan. Lisa also promoted a device called a Cervical Ripening Balloon which helps to induce labour without the need for medication.

Maia Pelgrom from the Trust’s Clinical Skills team promoted training methods including the use of child mannequins so staff can learn how to work with children.

Becci Addey from the Trust’s Victoria’s Voice youth forum and Paediatric Patient Experience team was also at the event. Becci and the team are working on the ‘You’re Welcome’ pilot project with the Department of Health.

In this project young people become like ‘inspectors’ and pinpoint ways of improving services. The team is also working with Lancaster University on a research project looking at way of turning patient engagement into evidence.

Ismail Dalal and Caroline McNicholas from the Paediatric Diabetes team explained how they had created an exciting new ‘transitional’ service for patients moving from the paediatric service to the adult diabetes service. Patients attend a Transition Clinic for a year and move to the adult service on their 19th birthday.

Louise Rylance from the Trust’s Children’s Speech and Language Therapy Service said the service covers many areas including helping children to make their needs known, working with children with special needs and working in schools and nurseries.

Health Visitors Dawn Clifton, Katherine Swann and Vicky Barkworth also promoted their service at the event.
A charity with its roots at Blackpool Victoria Hospital has won a top honour from the Queen.

The Swallows Head and Neck Cancer Charity has been presented with The Queen’s Award for Voluntary Service - the highest honour for voluntary groups in the country.

Organisers of the charity said the award was a tribute to a great team of past and present volunteers, trustees and patrons who had given support to people affected by head and neck cancer in Blackpool, the Fylde and across the UK.

The support group was set up in St Annes in 2010 and attained full charity status in 2012. It is run by patients, carers, family and friends, so everyone understands the problems faced after a diagnosis of head and neck cancer.

Chris Curtis (pictured, left), chairman of The Swallows, set up the charity after being successfully treated by Mr Ajay Nigam, an Ear Nose and Throat (ENT) consultant for Blackpool Teaching Hospitals NHS Foundation Trust.

Chris said: “My oncologist Mr Nigam and Joanne Ashton (a head and neck nurse specialist at the Trust) saved my life. They are both phenomenal.

“We wouldn’t have our charity if it wasn’t for Blackpool Victoria Hospital and the staff who work there. Mr Nigam gave me my diagnosis, operated on me and was with me throughout my treatment. He is now the Patron of The Swallows. Joanne Ashton is one of the key players – she refers people to us.

“We work across the Fylde coast and we help around 4,500 people across the UK. We have recently set up support groups in Spain and I’m going to Australia in July and America in September to teach people how to run support groups.”

Joanne (pictured, third from left), said: “I am absolutely thrilled that they have had the recognition with the Queens Award. I have been part of The Swallows since we established the group and am proud to part of this fantastic network of patients and volunteers and to see them go from strength to strength. The group would not be able to function without the ongoing dedication from our patients and volunteers.

“The Swallows have and continue to be, a huge wealth of empathetic support and friendship not only for our local head and neck cancer patients, but also reaching out to offer this invaluable support and friendship to head and neck cancer patients within our region, across England and now even expanding this fantastic charity into countries such as Spain and Australia.”

The Swallows name was chosen because many patients affected by this particular cancer have difficulty swallowing. The group offers a 24-hour helpline, 365 days a year, with additional monthly patient and carers meetings and directions to other services, if required.

Chris and his wife Sharon attended the Royal Garden Party at Buckingham Palace on June 1 where he was presented with the award by the Lord Chamberlain. Chris said he was honoured to accept the award on behalf of everyone involved with the charity.

He said: “Winning the Queen’s Award is an honour and testament to all the hard work of our volunteers, trustees and patrons.

“I am delighted that their work has been recognised. Without them and the support of the local community, we would not have been able to achieve the success and raise awareness of this particular cancer. Over the past 18 months we have been able to provide various items of equipment and support to local hospitals which assists in both the diagnosis and treatment.

“The Swallows was able to provide funding of £30,000 towards the purchase of a state of the art ultrasound scanner for the ENT Department of Blackpool Victoria Hospital. This milestone is one of our major achievement of which we are all very proud.”
Young doctors learn to be leaders

Doctors at the Trust received excellent feedback from presentations given as part of their training.

As part of their Foundation Programme teaching, the FY2s are offered the opportunity to work for a Centre for Education, Training and Development (CETAD) diploma in Leadership.

This culminates in a presentation of the quality improvement project they have applied their Leadership skills to.

The FY2s have been working with Lancaster University’s CETAD team for their Postgraduate qualification.

Dr Raj Nichani, the Medical Education Lead for service improvement, said: ‘It was great to see our Foundation doctors demonstrating their learning and development skills through their high quality presentations, which have received great feedback.

Junior doctors get support from dedicated team

A small band of dedicated people are providing huge support for our junior doctors.

The Trainee Doctor Support Team (TDST) is part of the Medical Education Team based in the Education Centre at Blackpool Victoria Hospital and they are proving to be a vital link between the Trust and its youngest students as they work closely with Trust medical staff around a number of key areas including: Medical Appraisal and Revalidation; Trust link to the Lead Employer.

Nicola Di Vito, Trainee Doctor Support Team Manager, said: “The team supports Medical Appraisal and Revalidation ensuring our Consultant Body, SAS and Trust doctors undertake an annual appraisal and feedback exercises and are in a position for a positive re-licensing recommendation to the GMC when required.

“Doctors must be revalidated every five years to remain fit to practice and to retain their medical license. The team also manages rota compliance and as part of the HR department are independent of Divisions. There is an open door policy and all junior doctors are welcome to drop in any time during office hours Monday to Friday for advice, support or to collect guidance documents.”

If you have any queries the team can be contacted on the details below:

Revalidation.Team@bfwhospitals.nhs.uk 01253 951060
TraineeDoctorSupportTeam@bfwhospitals.nhs.uk 01253 955028/953646 or GOSW@bfwhospitals.nhs.uk 01253 953288.

Medical students celebrate examination success

Huge congratulations to our students from Liverpool University for completing their Liverpool Objective Clinical Assessment System (LOCAS) examinations.

The Trust has just hosted a group of Year 4 Medical Students from the University of Liverpool to complete their LOCAS exams. The exams are held at the end of the Fourth Year study in medicine.

LOCAS is a clinical exam, as part of the Year 4 Medical Students final exams. It is carried out on real patients and designed to test basic clinical skills and reasoning during a series of clinical stations covering Medicine, Surgery and other areas assessing both history and examination skills. The Trust hosts the exams over a two day period for students attending from Liverpool, including the Royal Liverpool, Aintree and Whiston hospitals.

The Medical Education department holds three sessions each day which includes two circuits of six stations per session. A total of 72 patients kindly give up their time to be involved in these exams with 72 senior clinicians required to be examiners, and 36 students arriving each day for their final exams.

This is the students’ final exam before they depart for elective placements and continue to Year 5 in the next academic year. The department would like to thank all examiners and staff for taking the time to cover their allotted session and for their support during the LOCAS period. If any consultants are interested in examining for LOCAS 2018, please contact Roxanne Sheward, Year 4 Undergraduate Co-ordinator on Ext 55241 or via email at Roxanne.sheward@bfwhospitals.nhs.uk.
Meet our Physician Associates

A group of First and Second Year Physician Associate students studying at the University of Central Lancashire (UCLAN) have been warmly welcomed by the Trust.

The organisation is pleased to welcome back the Physician Associates who are now in their Second Year of specialty placements in Surgery, Obstetrics, Gynaecology, Paediatrics and A+E. The next cohort of First Year students undertaking placements in Stroke, Cardiology, Care of the Elderly, AMU, Diabetes and Endocrinology, Respiratory Medicine and Surgery, have also been welcomed. Group members are currently undertaking speciality placements in Paediatrics, Obstetrics and Gynaecology over a six-week period.

The Physician Associate (PA) role is a relatively new post in health care and offers an alternative study to medicine. Students are able to work as part of a medical team under a Consultant or a registered GP. They develop clinical skills to diagnose patients, retrieve medical histories and support junior doctors as they take workload pressure away from the team. Training to become a Physician Associate is a two-year postgraduate diploma or Master’s degree with a fifty/fifty split between classroom and clinical placement. It is available to students with a science-related first degree.

Emma Hotchkiss, 27, from Preston, said she is enjoying her new role as a student PA: “I am settling in really well. Everyone is so helpful, which makes it a great place to develop my skills.

“When I am a qualified PA, I will work under the supervision of a doctor as part of the medical team. I will have direct contact with patients, taking medical histories and carrying out physical examinations. I will also make diagnoses, analyse test results and deliver treatment to patients.”

Emma said the education is delivered at a very high standard: “All the staff are really eager to teach, which makes it a great environment to train to become a PA. I previously worked as a Biomedical Scientist. Although I thoroughly enjoyed my role and the medical science involved, I started to realise that I wanted a position that was more patient-facing. I applied for Physician Associate Studies as the course seemed to combine the two very well.

“My placement is in Surgery and my supervisor, Mr Barker, has given me a timetable which allows me to see all the various roles in the surgical department. I have spent time in so many areas including the Surgical Assessment Unit, Outpatient clinics, Endoscopy and Theatre. All of the staff I’ve met are so welcoming and supportive. I actually feel like part of the team, which is great. The best part about the hospital is the people. They’ve dedicated their time to help me gain experience and I really appreciate that. If they’ll have me, I’d love to come back again next year!”

Jess Bayton, 23, from Preston, is studying for a PgDip in Physician Associate Studies at UCLAN University. Originally from the Midlands, she first moved to the North West for her first degree in Biomedical Science.

Jess said: “Our role enables us to become a vital part of the workforce by becoming a team member both nursing staff and doctors can rely on. We are trained medically so have the scientific and medical knowledge of a patient’s condition enabling us to aid in diagnoses, treatment and interpretation of test results. We can take bloods, examine and clerk patients and then discuss these with more senior team members if needed.

“Our initial education from university has been amazing; it has set me up really well for my first placement. The clinical skills centre and teaching from the hospital has been great while on placement, as has my team’s lunchtime teaching, teaching on the wards and observing clinics. I have had many opportunities to put all the things I have learned in the four months at university to practice. I think my self-confidence in speaking to patients and my decision-making have grown.”

Jess previously worked in a NHS microbiology lab but had not worked in a patient-facing role.

She said: “When I worked in the lab we would get samples but I would never get the ‘full story’. I wanted to know what happened to the patient — what were their outcomes? What was the diagnosis and what was the treatment? I saw this as a great chance to do this. Also, I believe this role will open up many opportunities for me.

“I have learned so many new things and built on knowledge I already have. This course is really, really intensive! I have dedicated many hours to studying but it is all going to be worth it in the end.

“I like that I have to push myself on a daily basis and that this role will include life-long learning. In addition to this, we are generalists so when I qualify I could get a job anywhere (as long as they want a Physician Associate). This also means I can take a new specialism if I want to. I am excited about how this role will grow and develop and I believe I can pave my own career path within it.”
Doctors’ Improvement Awards help to enhance quality and care

The Trust’s second Medical Education Quality Improvement Awards event proved to be a great success.

The awards provide an opportunity for Junior and Trust grade doctors who have been involved in a project which demonstrates benefits to patient safety and service improvement to showcase their work to their peers.

This year seven excellent presentations were shortlisted with Dr Samra being judged the overall winner for his work on implementing safer and smarter handovers.

Dr Malcolm McIlmurray, one of the Trust’s Non Executive Directors, was one of the three judges on the day.

He praised the standard of the presentations saying: “On behalf of the Trust board I would like say how wonderful it is to see so much wonderful talent on display and see so many wonderful ideas about changing things.

“The whole ethos of the board is to make the Trust clinically led which is why we have an emphasis on clinical leadership.

“Today we have seen some clinical leaders in the making and great to see so many take an interest and show such imagination in trying to do things differently and better.”

Dr Raj Nichani, the Trust’s Service improvement Lead for Medical Education, added: “This is a chance for junior doctors to showcase their and their team’s efforts, to improve the quality of patient care.

“Quality is a team effort and these doctors have been at the forefront of their teams. It is always difficult to lead change and I am sure the lessons they will have learned in taking part in this process will stay with them for the rest of their lives.

"I would encourage all doctors to get involved in Quality improvement.”

The other judges were Jane Meek and Dr Helen Saunders who thanked the Medical Education department for organising the day.

The presentations the day were:

- Ensuring safe discharges from the Children’s assessment unit – Dr Chan
- Chlamydia screening in ED – Dr Johnson
- Safer and smarter handovers – Dr Samra
- Sepsis Baton bleep in ED – Dr Aboraa
- Tackling AKI on AMU – Dr Al-Chalabi
- Improving communication of weekly MDT meeting outcomes and goals to stroke rehabilitation – Dr Goodoory
- ID cards post CABG – Dr Salem

The award winners with their certificates
The Information Governance team hosted a Cyber Security Awareness Week.

The aim of the week was to spread messages of good cyber practice to help staff members protect our Trust and themselves from future cyber attacks.

The awareness week featured a series of detailed seminars which were designed to make the subject of cyber security more digestible to staff members.

The IG team also hosted cyber security stall days on the mezzanine full of fun, games and interest, with many staff members coming along to spin the wheel of misfortune to win a prize!

Seminars in the community are available upon request to any area that has sufficient interest.

Please contact Dominic Kilgallon on 01253 956634.

Cybaware: A poem by non-award winning Dominic Kilgallon

With cyber-criminals committing cyber crime
It's more important than ever
That we find the time

Their morals are wrong, their values despicable
But if we’re prepared
Their battles unwinnable

We will now lock our screens and report their email
So no point in phishing
'Coz they’d only fail

We’ll make strong passphrases, ones they’ll never guess
We’ll protect all our data
And our patients interests

With malware and spyware and ransomware too
If we do our training
They’ll never get through

We think before we click, we keep our doors locked
If we all work together
Cyber crime will be stopped

They’ve hurt us before, and that wasn’t fair
But now we are smarter
More cyber aware

On-Going IG Training

Information Governance training is a mandatory requirement of Trust employment for all staff.

All staff must complete IG training irrespective of job role. This includes all full-time, part-time, agency, contract, bench and volunteer staff.

All staff have some amount of access to patient information, whether it is the navigator who directs the patient to the reception desk, the clinician who treats the patient, or the secretary who types the medical notes.

As such, protecting our patients’ confidentiality is the responsibility of all staff.

All staff who handle patient, staff and Trust information must know how to do this correctly to ensure it is fairly and lawfully processed.

The confidentiality, integrity and availability of our information assets are essential to the provision of high-quality healthcare.

IG training must be completed at the start of employment in the Trust and then every 12 months thereafter. Failure to complete training is a risk to the Trust and a breach of contract.

Non-compliance with training increases the risk of an IG breach occurring and the potential punishment for the Trust.

Access to systems may be revoked due to non-compliance with IG training.

There are two ways to complete IG training:

- Follow the links to the e-learning system on the OneHR site.
- Complete the paper assessment, which can be obtained from the IG team or on the Sharepoint.

The IG team are available to assist with all IG training needs.

- Regular mandatory training drop-in sessions are hosted on the Mezzanine, where staff are on-hand to help. Trust-wide communications are sent out to provide details of dates and times.
- The IG team are also provide in-house mandatory training sessions on request; training in response to incidents; and bespoke training on request.
- IG training is included in all Trust, volunteer, student and new manager inductions.

If you need any guidance then please contact the IG Helpdesk by phone on 01235 953057 or by email on: information.governance@bfwhospitals.nhs.uk

For guidance or issues with using the e-learning system, please contact Learning and Development by phone on 01253 951600, option 5.
NHS Protect will shortly cease to exist and a new organisation dedicated to tackling fraud, bribery and corruption within the health service has been announced.

Fraud can cost the NHS millions of pounds each year and the new NHS Counter Fraud Authority (NHSCFA) will ensure that NHS funding directed to front line patient care will be used exactly for that and won’t end up in the pockets of those who seek to divert NHS funds for their own use.

The NHSCFA will provide a clear focus for both the prevention and investigation of fraud across the health service and will work with NHS England to uncover fraud and tackle it effectively.

Fraud in the NHS can be complex and varied and the loss suffered by the NHS ranges from a few pounds, to hundreds of thousands, and occasionally millions.

It is estimated that prescription fraud alone costs the NHS £217 million each year – where some people falsely claim to be exempt from the £8.60 prescription charge, see associated article/poster, below.

For further information see click on the following link: https://healthmedia.blog.gov.uk/2017/03/31/nhs-tackles-fraudsters/

Why do we need counter fraud measures?
All organisations providing NHS services are required to put in place appropriate counter fraud arrangements.

What does a Counter Fraud Specialist (CFS) cover?
- Deters fraud and promotes an anti-fraud culture by way of a ‘risk based’ work plan to raise awareness and identify fraud risks
- Investigate all allegations of fraud, corruption and bribery
- Assist the Trust, where applicable, with disciplinary action and provide professional bodies, Civil or Criminal Courts with appropriate evidence when required
- Where possible, assist the Trust with the recovery of any losses

Who regulates Counter Fraud work?
- The new NHS Counter Fraud Authority is the organisation which leads on work to identify and tackle crime across the health service
- The LCFS reports to the Director of Finance

What are the risks associated with fraud, corruption and bribery?
- Financial resources diverted away from patient care
- Quality and safety being compromised
- Damage to staff morale
- Reputational risk
- Breaking regulatory standards or the law, eg, the Bribery Act
- Financial penalties

What does the Counter Fraud Specialist do?
- Provides professional expertise to tackle fraud, corruption and bribery
- Operates within a national legal framework for tackling fraud, corruption and bribery, with all work completed in accordance with legal standards and in compliance with guidance provided by the NHSCFA
- Delivers a value adding service that provides advice on fraud and related matters, such as making policies and procedures ‘fraud resistant’
- Works closely with a range of other agencies, including the Police and UK Visas and Immigration, to provide an effective holistic counter fraud service

Protecting the NHS from different types of fraud

It is important to remember that it is only a minority of staff, patients and contractors that defraud the NHS. However, the NHS employs over 1.4 million staff and provides healthcare to a population of 65 million. As a result, the minority who seek to deprive the NHS of its valuable resources can have a significant impact and that is why specialist officers are there to help protect your NHS.

Are you concerned about fraud in the NHS?

Information can be given to your Counter Fraud Specialist or via the confidential NHS Fraud and Corruption Reporting Line (0800 028 40 60). All calls are dealt with by trained staff and professionally investigated. Freephone Monday - Friday 8am - 6pm. Online reporting at www.reportnhsfraud.nhs.uk
Volunteers Week recognises the contributions of caring people

The Trust held a special ceremony to honour its many volunteers with those present receiving certificates to mark their contribution.

Chief Executive, Wendy Swift, handed out the certificates with Non Executive Director, Mark Cullinan and praised the volunteers saying: “I want to thank each and every one of our volunteers for their individual contributions.

“Every single person makes a massive difference to the care and support we can give our patients and their families and we are extremely grateful to everyone for their efforts.”

If you would like to know more about volunteering with the Trust please call the team on 01253 957994.

Below are a few photographs from the event. For more pictures please see the Trust’s Twitter account @BlackpoolHosp

Long-serving volunteer thanks cardiac surgeon

A popular Blackpool cardio thoracic surgeon has been thanked by a Trust Volunteer whose life he saved.

Twenty years ago, Colin Thomas, 69, underwent a triple heart bypass performed by Mr Andrew Duncan.

Colin returned to the Lancashire Cardiac Centre to mark the anniversary to shake the hand of the man who gave him his life back.

Colin said: “Without Mr Duncan, I would not be here. When you think of how much life he has given back to people, it’s unbelievable.

“I had to come and shake his hand today and say thank you. Having the surgery the day before my fiftieth birthday was the best present I’ve ever had. Because of my gratitude, I signed up to be a Trust Volunteer as soon as I retired five years ago to give something back.”

Following an angiogram in 1997, Colin was kept in hospital as his arteries were partially blocked. His surgery was brought forward by two days as the pain in his chest continued. The four hour operation revealed that Colin’s arteries were 80% blocked. Had he not had the bypass, he wouldn’t be here today.

Mr Duncan said: “It was lovely to meet up with Colin again after all these years.

“I hadn’t been working here that long when I performed his surgery. It’s nice that he is now a Volunteer and helping patients, some of
**June was Blue Skies Month**

Blue Skies Hospitals Fund, the Trust’s charity, has held its very first ‘Blue Skies Month’. June saw a variety of special events that were held by the charity to raise money which will support patient care and enhance the environment of those undergoing treatment.

Although the final figures cannot yet be calculated, at least £27,000 has been raised from the events and from other kind donations.

Community supporters have also risen to the challenge and helped to make this a successful inaugural event.

Everyone was invited to be part of this celebration and some of the events included:

- **Morecambe Bay Walk** — This attracted more than 600 people.
- **The Summer Solstice Abseil at Blackpool Victoria Hospital** — 42 people braved this challenge and there were some fantastic costumes!
- **Change Through You boxes** — Anyone and everyone could and did collect one of these to put their spare change in and many have taken them to continue collecting throughout the year.
- **Power of Attorney** — Ellen Fay Solicitors offered free Power of Attorney which could be activated when needed in exchange for a donation to Blue Skies.
- **White Collar Boxing** — amateur boxers fought it out at Viva, Blackpool on June 16th, raising funds for Blue Skies Hospitals Fund in support of the Breast Cancer Unit.
- **A cake sale and tombola** — Held at the end of the month on the mezzanine at Blackpool Victoria hospital to boost donations for the special month.

Interim Head of Blue Skies Hospitals Fund, Ann Hedley, said: ‘We can’t thank people enough for their continued and renewed support.

“The generosity of the community in recognising the work of the Trust through our charity is both humbling and inspiring. We are so lucky to work with people who want to donate locally and see the results of their investment benefitting family, friends and neighbours.

“The introduction of our ‘Change Through You’ campaign emphasises how a donation, no matter how large or small, can create such a benefit for others.”

It’s not too late to donate! If you would like to help, please contact the Blue Skies team on 01253 957381 or email Blueskies@bfwh.nhs.uk.

Alternatively, you can donate by visiting https://www.justgiving.com/fundraising/blueskiesmonth.

Nicci, Ruth, Lyn and Lauren with delicious cakes for sale

Volunteer Services Manager, Paul Davies, abseiling as a disco diva

The Morecambe Bay walk attracted more than 600 entrants
CLOCKWISE FROM TOP LEFT: Blue Skies’ Lauren Codling runs a Blue Skies Month tombola stall on the mezzanine at Blackpool Victoria; Change for You boxes; Deputy Chief, Executive, Tim Bennett abseils as the ‘Milk Tray Man’; White Collar Boxing event held at Viva Blackpool and Pathology Manager, Mark Wrigley abseils for the charity dressed as Spider-Man.
Ronald Bosdet, 88, from Carnforth, who served in the RAF for 32 years and was a football coach up until the age of 74, presented the money to the Blue Skies Hospitals Fund – the charity of Blackpool Teaching Hospitals NHS Foundation Trust.

Ronald underwent a procedure called a transcatheter aortic valve implantation (TAVI) in November 2015 and his health has greatly improved since then. TAVI is carried out in a cardiac catheterisation laboratory, also known as a cath lab, and normally takes one to two hours to complete.

Ronald said: “Before my operation I was looking after my wife Iris who is disabled. “I was doing ok but it was getting difficult. One night, after getting my wife into bed and settling her down, I sat down and couldn’t get my breath. I called an ambulance and was rushed into the Royal Lancaster Infirmary.

“From there I was taken to Blackpool where they told me how serious my condition was. I’d had a heart attack in 1988 and doctors had discovered a heart murmur. That came to a head and resulted in my being rushed to Blackpool for the TAVI procedure. I underwent the TAVI procedure and have felt fine ever since.”

Consultant Cardiothoracic Surgeon, Mr Amal Bose; Consultant Cardiologists, Dr Ranjit More and Dr Andrew Wiper and Sister, Kate Lee, were delighted to meet Ronald again.

Mr Bose said: “A TAVI can be done under a local anaesthetic. It is a good alternative to an operation. It’s being used more and more. We did around 80 this year and will probably do about 100 next year. It is often used in patients where standard surgery would be more risky. It is very pleasing to see that the treatment has been successful.”

Consultant Cardiothoracic Surgeon, Mr Amal Bose; Consultant Cardiologists, Dr Ranjit More and Dr Andrew Wiper and Sister, Kate Lee, were delighted to meet Ronald again.

Mr Bose said: “A TAVI can be done under a local anaesthetic. It is a good alternative to an operation. It’s being used more and more. We did around 80 this year and will probably do about 100 next year. It is often used in patients where standard surgery would be more risky. It is very pleasing to see that the treatment has been successful.”

Kate said: “My main role has been to follow-up how Ronald is doing. He arrested on the operating table so it is great to see him looking so well now.”

Ronald said: “I was always pulling their legs and the nurses called me ‘Da Do Ron Ron’. We liked to have a laugh and a joke. Everyone was very helpful. I was more worried about my wife than my own health.”

Ronald joined the RAF at the age of 16 and served in Aden, Singapore, Hong Kong and other parts of the world. He worked at Heysham Power Station until he retired and is looking forward to going on holiday this summer. He was a First Responder until recently and has always been a keen golfer.

Ronald’s wife, Iris, 90, lives at The Sands care home in Morecambe. They have been married for 67 years and have a son called Paul, two grandchildren and two great grandchildren.

Ronald added: “I feel so much better now. I still get tired, but I am 88! “I am well enough to go and see Iris every day as well as lead an independent life myself.”

Lauren Codling from the Blue Skies Hospitals Fund said: “We are extremely grateful to Ronald for his generous donation. “It is very kind of him and his donation will be used to enhance the care provided at the Lancashire Cardiac Centre.”

Ron Bosdet with Lauren Codling from Blue Skies
A grateful farmer has donated £500 from his Golden Wedding gift money to a hospital charity as a way of thanking the heart surgeon who has enabled him to carry on farming.

Just one day after his triple heart bypass operation, Harry Clarke, 75, from Tewitfields near Carnforth, was making plans for fencing on his family farm and over recent weeks he has been back out lambing in the fields.

Harry visited cardiothoracic surgeon, Mr Andrew Duncan, at Blackpool Victoria Hospital, a year to the day before his heart operation on May 19.

Harry and his wife Noeline celebrated their Golden Wedding anniversary on April 1 and decided to give the money they received to Lancashire Cardiac Centre’s ‘Heart of Gold’ fund which is run by Blackpool Teaching Hospitals NHS Foundation Trust’s charity, Blue Skies Hospitals Fund.

Harry first realised there was a problem with his health when he started suffering tightness of the chest which turned out to be angina.

He went to hospital for further investigations and luckily he was able to be fitted in for his triple bypass at the Lancashire Cardiac Centre within a week.

Harry said: I was pleased to have my operation so quickly. Now I’m back on the farm doing everything I’ve always done.

"I met a chap from Kendal once who was a bit toffee nosed. He needed heart treatment and said he was going to go for the best so he went to see a specialist in London.

“When he got to London they said: ‘Why have you come down here?’ The man said: ‘To see the best’ and they said: ‘You’ve come past it!’"

Noeline said: “I look at Harry’s operation as an insurance policy. We were lucky that it was found in time.

“The day before his operation he was out on the farm getting all the jobs done and the day after his operation he was talking about the fencing.

“It was Harry’s idea to donate the money. It was given to us on our Golden Wedding anniversary. Our daughter Sally, our son Philip and our grandchildren James, Jemma, Zac and Marnie were all there. It was a lovely day.”

Harry added: “I was that happy with how they treated me and the quick service I got. I just wanted to reward it.

"I wanted to thank Mr Duncan very much for all he did for me."

Mr Duncan said: “It’s nice to see people looking better and that they remember us and come to see us again.

“Harry had a triple bypass. Most patients who have a bypass have a history of heart disease.

“If they have disease in all three arteries there is a more significant risk of dying. You are looking at a one in two chance of dying prematurely.

“Most patients who have bypass surgery see a significant improvement after surgery.”

Ann Hedley, Interim Head of Fundraising for Blue Skies Hospitals Fund, said: “We are very grateful to Mr and Mrs Clarke for their generous donation.

“It is particularly special because the money was from their Golden Wedding anniversary. We’d like to say a huge thank you to them.”
Fantasy Football League

A Trust-wide Fantasy Football League is being launched in early August.

Designed as the ultimate ‘bragging rights’ competition for staff, the league offers you the chance to create your own Premier League Fantasy Squad and to win some fantastic prizes.

First prize is a £100 gift voucher for various shops and a trophy. Second prize is a £50 gift voucher and third prize is a £25 gift voucher.

No prior knowledge of football is required and nobody will be able to see your squad until the season starts.

To enter, please visit the following website and create your squad:

http://fantasy.premierleague.com

You then go to ‘Join a League’ on the site and enter this code: 3792 — 7096.

The competition is open to all staff with a Trust email address.

There is no deadline for entering your team and ideally you need to be in at the start of the season to gain maximum points for your total score. The entrant with the most points will win.

Physio service for staff

The Trust is now able to offer fast access to musculoskeletal (MSK) physiotherapy services to staff.

Any member of staff who is suffering with neck, back, shoulder or similar problems that are interfering with their work can refer to the service.

All staff who wish to use the service will need to fill out a Physiotherapy referral form which can be found on the oneHR gateway under Occupational Health.

Forms can also be sent to you by Occupational Health staff.

You should approach your manager to ask them to refer you through the manager referral system to which they should attach your completed form.

This will allow the physiotherapist to advise your manager of any limitations or adjustments that may help you in the work place.

Members of staff whose condition is affecting their ability to work will take priority. MSK-related injury or illness accounts for nearly 15% of all sickness absence in the Trust.

For details please telephone (01253) 957950 (internal Ext 57950). You can also email: occupational.health@bfwh.nhs.uk

In the third instalment of our series, we turn our attention to the official opening of the hospital on October 21 1937 by His Royal Highness the Duke of Kent.

The site was blessed and following his speech to the awaiting crowds of dignitaries, staff and guests, the Duke was given a golden key with which to open the original door of the building.

The Duke was given a tour of the building by the original Chairman of the hospital, Lionel H Francyes and his Highness stopped to speak to patients and staff.

A stone was made to mark the occasion which still exists and can be found in the courtyard behind the Chaplaincy, which would not have been too far away from the original entrance. Next time, we will look at the outbreak of war and how the hospital prepared for World War II.
Paramedic Graham Bowen is a familiar figure based in the Emergency Ambulances office at the entrance to A&E at Blackpool Victoria Hospital.

He’s one of the excellent team of North West Ambulance Service personnel maintaining a 24-hours-a-day service bringing in people from Blackpool and the Fylde needing urgent medical care.

The paramedics are so much part of the hospital scene that everyone tends to take them for granted - everyone that is except the patients who consistently rate these exceptional people as being “first class”, “brilliant” and “just amazing” when completing their feedback forms.

Graham is currently Ambulance Liaison Officer at the hospital, a post he has held for over two years, prior to which he modestly says he was “on the road”.

When Graham is off duty he has a rather interesting hobby: “I’m a deep-sea diver and instructor!” he says. “A Master Scuba Diver Trainer, to be precise. I’ve been diving for over 20 years and an instructor for 12 years.”

Many of us will have been on holiday and seen water sports centres offering diving instruction by personnel such as Graham who are qualified to PADI (Professional Association of Diving Instructor) standards.

He said: “I’ve been several times to Malta, Egypt and the U.S.A. amongst other places!”

When he’s back home, Graham instructs students at local lakes and flooded quarries — at Charnock Richard and Over Kellet usually — and the standard of training he provides is internationally recognised as being up to PADI requirements.

In fact, many of his students have gone on to be diving instructors at swimming pools, hotels and holiday destinations abroad.

He explained what you need to be a proficient diver: “Well, you have to be fit without any underlying medical conditions,” he said.

“You have to be able to swim at least two lengths of a swimming pool and, most importantly, be happy and confident in the water. We have about equal numbers of men and women taking part. We don’t discriminate!”

Graham is the ideal kind of friendly, calm and confident instructor anyone would be 100 per cent happy to be with.

“So if you or anyone you know has an interest in scuba diving, Graham’s definitely your man!

Interview by Denys Barber, Emergency Department Volunteer and Guide
Competitions and Games

Congratulations to Michelle Jolly from the Neonatal Department at Blackpool Victoria Hospital. Michelle is the latest winner of The Pulse picture quiz. Her entry was the first all correct one drawn, for which she receives a £50 gift voucher courtesy of CDC Printers of Poulton.

The correct sequence from left to right was 4, 7, 5, 8, 1, 2, 9 and 3.