

Health Matters

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



Bobby dazzler!

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Issue 115, Friday, May 27, 2016

Welcome from the Interim Chief Executive

**HELLO and
welcome to our
latest edition of
Health Matters
newsletter.**



It's been a busy couple of weeks and we are delighted to share some of our events with you.

Dementia awareness has been attracting the crowds both here and at Clifton Hospital and we are so grateful to the celebrities, entertainers and health care partners who helped up promote such an important cause.

We have also been celebrating International Nurses Day which helps us honour the tireless work done by nurses and allied health professionals across the health economy.

The day marks the anniversary of Florence Nightingale's birth and gives us a good reason to reflect of the core principals of nursing and how we ensure excellent treatment for patients.

And patient improvements are also at the forefront of our work within Outpatients where a new entrance and reception are being built to improve the hospital experience for all.

**Wendy Swift,
Interim Chief Executive**

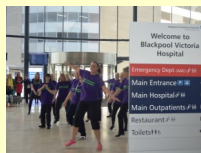
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**A stunning dome being preserved as part of the new
Outpatient reception area. See Page 3**

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

You can sign up to receive our fortnightly news bulletin directly to your inbox by clicking on the following link: www.bfwh.nhs.uk/healthmatters

Any comments ideas or suggestions? Please contact: Ingrid Kent, Communications Department, on 01253 956 875 or communications@bfwh.nhs.uk

Reception to benefit patient experience



Directorate manager Nigel Bennett, Outpatient coordinator Tracey Thornley, John Glenholme from JE Harrison and project manager Keri Graham look at plans for the new reception.

PATIENTS at Blackpool Victoria Hospital are to benefit from a new £408,000 outpatients area.

Work has started on the development, which was given the green light after £200,000 was donated to the scheme by the hospital charity Blue Skies Hospitals Fund.

The scheme, being carried out by JE Harrison Builders, will modernise the current outpatients area at the hospital with a new entrance and reception area that will improve patient experience and flow.

It will also help patients find their way around the hospital with one dedicated reception area which will be supported by the Trust's volunteers.

Doug Garrett, Chairman of Blue Skies' Charitable Funds Committee, said: "Blue Skies has been able to make this large contribution to the outpatients development thanks to an extremely



An original glass dome which is being restored as part of the project

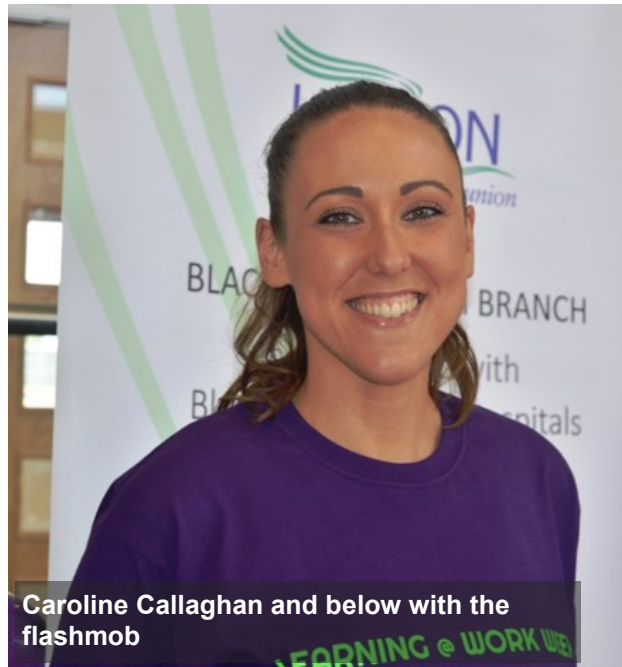
generous legacy which has been left to the charity."

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

"The current outpatients area is in need of modernisation and we are confident that the new development will make it a far better place for our patients."

Access to Outpatient clinics and the main hospital will be maintained throughout the scheme.

Flashmob surprise puts learning in spotlight



Caroline Callaghan and below with the flashmob

PATIENTS and visitors were treated to a Flashmob spectacular at Victoria Hospital as staff used the performance to raise awareness of Learning at Work Week.

The dancers took visitors by surprise when music flooded the main entrance to the hospital and about 25 members of staff joined the choreographed routine.

The event was planned by the hospital's Unison Learning Reps in conjunction with the Trust's Learning and Development department to launch a week of events around Learning at Work Week which had 'connect' as its theme.

The organisers managed to sign up qualified dance teacher, Caroline Callaghan, to interpret the dance and teach staff the moves to 'Connected' by Stereo MCs.

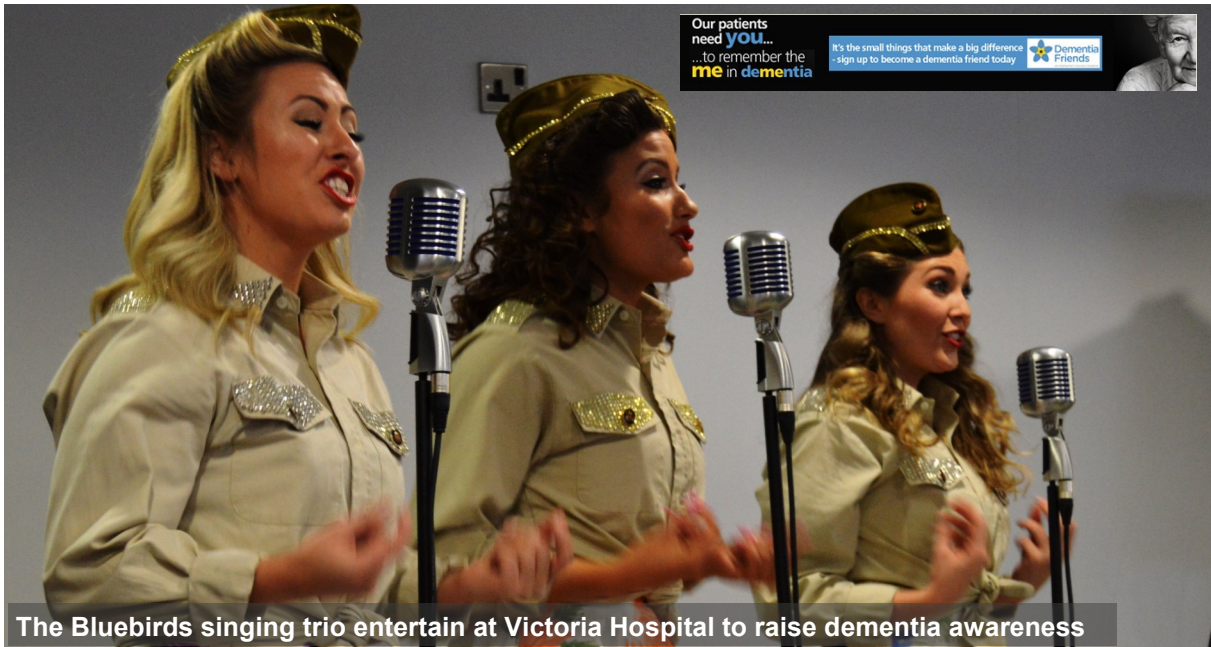
Lead Learning Rep, Jane Eyre, said: "The idea for the flashmob was for all staff from all areas and disciplines to connect together and do something as a team. We started to plan the



flashmob in February and were delighted at the number of staff members who joined in the fun.

"We put on a number of courses as diverse as flower arranging and business plan writing. The aim was to offer learning opportunities to staff that they may not otherwise be able to access."

Taking part in the flashmob was Director of Workforce and Organisational Development, Nicky Ingham. She said: "Events like Learning at Work Week are important as they help increase understanding of the opportunities available for learning and development which, in turn, assists both the organisation and the individual. We used our staff as trainers to draw on our employees' own knowledge and passions and share these skills in an engaging way."



Comedians join forces to support dementia



LOCAL comedians have shown their support for dementia by visiting a local hospital as part of Dementia Awareness Week.

Bobby Ball visited Clifton Hospital on Tuesday, May 17, to meet patients, watch a dance display and sign up to be a Dementia Friend.

He said: "I've had a wonderful time and met some



wonderful people. My mother had Alzheimer's so I know exactly what they are going through.

"People need to be more aware of what to do when this happens in their family. I want to be involved in this cause big time."

Bobby chatted at length with lots of patients on the wards, who were delighted to see him. After

JLC Dance Group entertain at the Blackpool dementia awareness day



Our patients
need **you**...
...to remember the
me in dementia

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



Showing how we all care

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joining patients for vintage tea and cake and watching a small dance display, Bobby, his wife Yvonne and Councillor Brenda Blackshaw, signed up to become Dementia Friends.

Comedian Mick Miller visited the hospital on May 19th to officially open Clifton's Carers' Day.

He said memories of his friend and football legend, Stan Mortensen, inspired him to support the dementia awareness event.



Scenes from the dementia event



Pets as Therapy dog Charlie makes new friends at Victoria Hospital's dementia event



Hats off to retro way to mark Nurses' Day



STAFF on Ward 6 at Blackpool Victoria Hospital came up with a novel way of marking International Nurses Day.

Sister Sarah Evans said she had been inspired by her six-year-old daughter Lily to make retro nurses' hats.

Sarah explained: "I was telling Lily about what nurses used to wear. I looked on You Tube to see how to make the hats. Lily has taken one in to her school in Poulton and she is going to tell the class about International Nurses Day.

"We think the last time hats like these were worn was in the late '80s or early '90s.

"I didn't ever wear one myself but other nurses have told me they used to like wearing them."

Lisa has been a nurse for 15 years and says she has always loved the job.

She said: "I love working on the ward. The team

is great and I love looking after the patients.

"When you see people who are very ill and then they get better and are able to go home, that's what makes it all worthwhile.

"I think nursing is a great career. There are ups and downs but everyone on our team is always here with a smile on their face.

"It's all about the patients. All of the patients have been looking at our hats and smiling. If you can make someone smile, that is wonderful. It goes a long way to aid someone's recovery.

"Ward 6 is a general medical ward so we meet lots of different people with a variety of conditions."

A day of events to celebrate nurses and associated health care professionals was held at Blackpool Victoria Hospital on Friday, May 6.

For more on International Nurses Day go to: www.rcn.org.uk

Facebook helps Aimee help others

A ST Annes woman, who has suffered from bowel disease, is hoping to help others in the area.

Aimee Scott, 33, has been suffering from a condition known as ulcerative colitis, an inflammatory bowel disease, for two years and has set up a Facebook site – called Fylde Crohn's and Colitis Lancashire - to help others with similar conditions across the Fylde coast.

Worldwide, five million people live with Crohn's disease and ulcerative colitis, conditions known as inflammatory bowel diseases (IBD).

In most cases the illness can be kept under control with medication, but despite extensive research there is currently no known cause or cure for IBD and little public understanding of the pain and chronic suffering with which IBD patients courageously cope every day.

Aimee said: "I first began to feel ill two years ago and it was tough. I went from running a half marathon in the February to being out of breath after a few hundred yards a couple of months later.

"I went through a lot of tests to get find out what was wrong and a lot of medication to try to help it.

"It's been hard and when you are forced to go to the toilet up to 18 times a day it does affect your life.

"But I had great support from people like Karen Morris, the Inflammatory Bowel Disease



Aimee Scott

Specialist Nurse at Blackpool Victoria Hospital and I want others to know there is help locally and that is why I set up the Facebook group

"I did a lot of reading when I was first diagnosed and there was a lot of help overall in the UK and America, but not a great deal on the Fylde coast. I want people to know they can talk to people locally who are suffering a similar condition."

Karen Morris, from Blackpool Teaching Hospitals NHS Foundation Trust, said: "We want to tell everyone about the importance of Specialist IBD Nurses who make such a big difference to patients' lives.

"All IBD patients, and their loved ones, should have access to a Specialist Nurse who understands their needs and can provide the right kind of support when they most need it. Specialist IBD Nurses provide invaluable support and expertise to improve patients' quality of life."

If you would like to talk to Karen or her colleague Louise Parkinson about any IBD issues, contact them on 01253 955652.

Extreme walk set to boost charity funds

AN extreme charity walk from the home of Manchester United Football Club to Blackpool is being planned to raise money for Blue Skies Hospitals Fund.

The Blue Skies Great Charity Marathon Walk will leave Old Trafford football ground, Manchester, at 6pm on Friday 1st July and is expected to reach the Claremont Conservative Club, Blackpool, 18 hours later.

Walkers will complete a total of 48 miles – nearly the distance of two marathons.

The event is the brainchild of Blue Skies Ambassador Eddie Ashton, who has planned events for several years in aid of Blue Skies, which supports Blackpool Teaching Hospitals NHS Foundation Trust.

He said: "We just want to raise as much money as we possibly can for the patients of our local hospital Trust.

"I wanted to come up with something that would be a real challenge for those taking part, and something which would get as much sponsorship as possible. This really is a challenge, but I think there will be a lot of people who can do it.

"We've already got people signed up and ready to go!"



Eddie, who is a Manchester United fan, said many of the members of the Claremont Conservative Club were signed up to take part, and were looking forward to it.



Eddie Ashton, second left, with other members of Claremont Conservative Club

He aims to raise between £3,000 and £5,000 to help enhance patient care.

The walkers' fundraising efforts will be further boosted thanks to a charity night at the Claremont Conservative Club in July which will

feature music by local band Borders of Dawn, who play covers from the 60s onwards.

Eddie added: "We've got a lot planned. We're just trying to do as much as we can for our local hospital charity."

If you want to take part in the Blue Skies Great Charity Marathon Walk, contact Eddie on 07523 287568 or Jim Hobson on 01253 354009 for registration information.

Borders of Dawn will play at the club on Westminster Road, Blackpool on Saturday 15th July. Doors open 8.30pm.

Invite to free health seminar

MEMBERS of the public are invited to attend a free presentation on Osteoporosis, the latest health seminar for members of Blackpool Teaching Hospitals NHS Foundation Trust.



Dr Chandini Rao

Dr Chandini Rao, Consultant Rheumatologist and Head of Department, pictured, and Helen Veevers, Osteoporosis Specialist Nurse, will host a seminar entitled 'Osteoporosis – who is at risk and current treatment strategies' on Thursday, June 2nd 2016, between 10:30am and 12pm in the Cardiac Lecture Theatre, Cardiac Education Centre, Cardiac Unit, Blackpool Victoria Hospital.

To tie in with National Osteoporosis month, Dr Rao and Helen will be explaining what osteoporosis is, why it is important to identify those at risk of the condition and what treatments are available.

Osteoporosis is a condition which weakens bone structure, making it more fragile and susceptible to break with just a minor bump or fall. One in two women and one in five men over the age of 50 will experience a "fragility" fracture – a broken bone following minimal trauma. Over 300,000 patients a year in the UK are treated for broken bones that result from osteoporotic damage.

People with osteoporosis often don't know they have it until they are diagnosed after a fracture.

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Any bone can be affected; however the most common breaks are wrist, spine, upper arm and hip fractures. In older people, this can be serious and result in long-term disability.

Many other factors can add to the risk of developing osteoporosis, such as certain types of long term medication, other health conditions, and lifestyle factors such as heavy drinking and smoking.

Education is key to preventing osteoporosis as there are many simple lifestyle changes which can reduce the risk of developing the condition.

To book a place on the seminar please contact Jacinta Gaynor, Membership & Governors Officer, on 01253 956673. We ask that you sign up to become member of the Trust to attend. Membership can be arranged over the phone.

Membership doesn't cost anything, and there are numerous benefits for the Trust and the local community alike, which can be seen on the Trust's website: www.bfwh.nhs.uk.