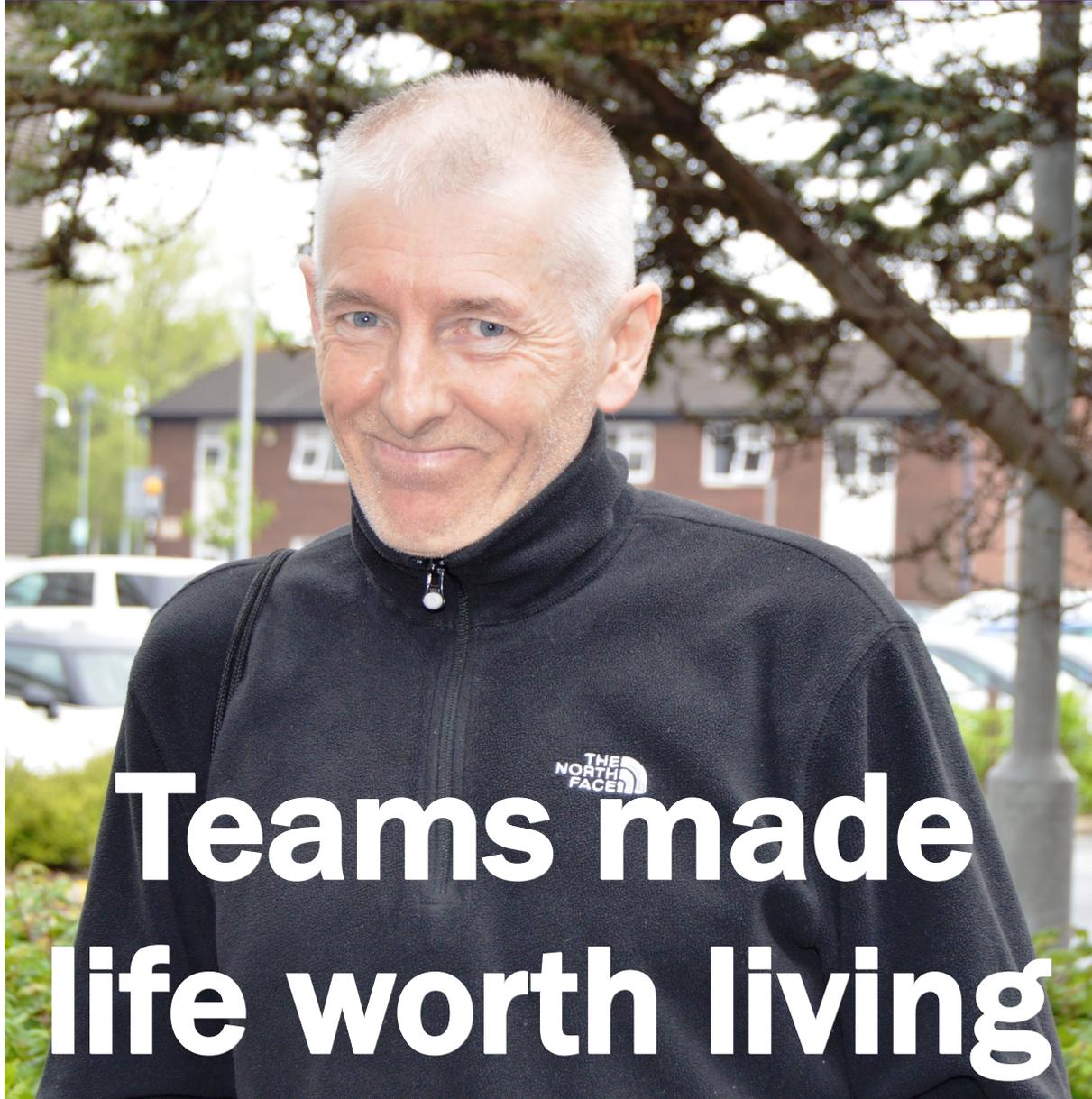




# Health Matters

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



## Teams made life worth living

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Issue 116, Friday, June 10, 2016

## Welcome from the Interim Chief Executive

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



We are searching our archives to find nostalgic pictures and stories about Blackpool Victoria Hospital as we approach our 80th birthday.

It is wonderful to think about how many babies have been born here, how many lives have been saved, how much times have changed and how clinical procedures have altered.

Do you have memories to share with us, if so please contact our communications team on 01253 953538.

And that is not the only reason we want to hear from you. We have just launched our Celebrating Success awards and we encourage you to please nominate if you have experienced excellent health care by staff at the Trust.

Full details of how to get involved can be found on Pages 4 and 5 of this newsletter.

We also have a story celebrating the work of our clinical research team on page 10.

**Wendy Swift,**  
Interim Chief Executive

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Health Matters is also available online at [www.bfwh.nhs.uk](http://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](http://www.bfwh.nhs.uk/healthmatters)

**Any comments ideas or suggestions? Please contact: Communications Department, on 01253 956 875 or [communications@bfwh.nhs.uk](mailto:communications@bfwh.nhs.uk)**

# Search for memories



Countess Mountbatten meets some of the nursing staff in 1958.  
Picture courtesy of The Gazette



BLACKPOOL Victoria Hospital celebrates its 80<sup>th</sup> birthday this September and the Trust is asking for your help.

Do you know of any original members of staff or their descendants? Do you have any tales or memories of the hospital in its early days?

We are looking for interesting stories or pictures from the hospital's past. We are also looking for any historic uniforms or vintage equipment. We are trying to trace the first patients who were

treated in any of the new units that have been built since 1936 ie the first baby in the maternity unit opened in 1975.

Do you have any photographs of previous staff or from the hospital? Anything we collate will be used in a temporary public exhibition of the history to be housed in the hospital.

If you have any information you think may be of use, email [Alma.Stewart-Gee@bfnh.nhs.uk](mailto:Alma.Stewart-Gee@bfnh.nhs.uk) or call 01253 953538.

# Patients say thanks for outstanding care



Ward 15B, winners of The Gazette Patients' Award 2015

OUTSTANDING NHS employees are honoured annually at Blackpool Teaching Hospitals' Celebrating Success Awards ceremony – and we are asking patients, carers and members of the public to nominate staff who have gone above and beyond the call of duty to care for patients and their families.

Last year more than 100 nominations were made for teams and individuals working for the Trust in the highly coveted Gazette's Patients Award category.

The judging panel was delighted that so many people took the time to nominate members of staff for The Gazette's Patients' Award. Our judges are hoping there will be even more entries

for this special award in 2016.

The Gazette's Patients' Award is part of the annual Celebrating Success Awards which celebrate the excellent care that members of staff give every day at Blackpool Teaching Hospitals NHS Foundation Trust.

If you would like to nominate a member of staff from either the community or acute hospital who gave you, or a loved one, an exceptional level of care – we'd love to hear from you.

You can nominate by contacting the Communications Office at Blackpool Teaching Hospitals on 01253 953059 or by writing to them at Communications Office, Home 15, Whinney



Heys Road, Blackpool FY3 8NR and requesting a nomination form.

Alternatively forms can be filled in online by visiting the Trust's website at <http://www.bfwh.nhs.uk/about-our-trust/celebrating-success-awards/>

Nominations for the 2016 award close on Friday, July 15, 2016. The judging panel will meet on Tuesday, August 16.

The overall winner in this section last year was Ward 15B at Blackpool Victoria Hospital who were nominated more than 20 times by grateful patients who described them as kind, caring, professional, polite, helpful, friendly, compassionate, lovely and fantastic.

The runners-up in this category were the Ophthalmic Surgical Department and Ward Sisters Vanessa Wilcock and Michelle Knighton from Blackpool Victoria Hospital.

Sisters Vanessa and Michelle were nominated by a woman whose mother was cared for on Ward 26. She said she saw Vanessa and Michelle demonstrate extreme kindness, selfless action, concern, excellent care and attention and the growth of a special friendship, despite her mum's often challenging behaviour due to dementia.

The Ophthalmic Surgical Department was nominated by a patient who was treated "expertly" and "sympathetically" during his



**The Ophthalmic Department and Sisters Vanessa Wilcock and Michelle Knighton**

cataract operation. He said everyone in the department deserved recognition for their excellent care.

The entire event was funded thanks to the generosity of sponsors and supporters.

Wendy Swift, Chief Executive (Interim) said: "This is the 10<sup>th</sup> anniversary of Celebrating Success and each year we have been overwhelmed by the quality and quantity of applications received.

"It is humbling to read reports of the care and expertise our staff give to the patients both in the acute hospital and in the community. I have seen so much great work and talent across the Trust.

"It is important that we commend all staff for their hard work and excellent patient care."

# Patient tells of his 'amazing' recovery



Paul Quinn who says health teams gave him his life back

AFTER years of living with emphysema, Paul Quinn was questioning if he could ever have a worthwhile existence again.

His condition was so debilitating he could not drive, walk round the block or make a cup of tea. Even trying to hold a conversation was very difficult because of his breathlessness.

Paul, 56, of Marton, Blackpool, developed emphysema after working in vehicle paint shops and heavy smoking. But he said the condition became worse in 2014 when he was involved in a car accident and the chemical dust from the airbag exacerbated the problem.

"I could hardly speak, breathing was difficult, my energy levels were almost non-existent," Paul explained. "I was taken into hospital and saw respiratory consultant, Dr Tarek Saba, who, along with his team, saved my life."

Paul added: "I had got into a place in my head where I thought I would never be able to lead a normal life, not be able to drive or walk or lead a worthwhile existence. I could not have a conversation or make a cup of tea, life was so

bleak at that point".

But after a long stint in hospital Paul was discharged in February 2015 and that is when he came into contact with the Trust's Enablement Team and community matron, Jenny Craven.

With the help of the Community Matron Team, the Enablement Team, Trinity Hospice Day Unit and Pulmonary Rehab, Paul started the long road to recovery.

"From a pastoral point of view they kept my spirits up and, although it was a long haul to get me free from infection, I started to recover and walk again. When I was able to first walk round my block of flats I realised that life was worth living. My recovery was amazing," Paul added.

Community matron, Jenny Craven, said: "The teams can be called on at discharge and look after the rehabilitation of patients and support them to become independent again. We requested the support of a number of other excellent health partners including Trinity Day Unit and Pulmonary Rehab, who made a huge difference to Paul's rehabilitation."

# Surgeon on the run to raise charity funds

A SURGEON who ran the Blackpool Marathon is hoping to smash his £2,000 target and present the money to the Blue Skies Hospitals Fund.

Paul Hans, who works as a Consultant Ear Nose and Throat (ENT) Surgeon for Blackpool Teaching Hospitals NHS Foundation Trust, raised an impressive £1,926 for the Trust charity in April.

Paul said: "I ran the Blackpool marathon on 24th April, raising money for Blue Skies Hospitals Fund to say thank you to all my colleagues at Blackpool Teaching Hospitals who have looked after my family for more than 30 years and to help them continue to enhance care for the next generation of families.

"Our family's first encounter with the Trust was in the ENT department and two years ago I returned to the department as a Consultant ENT Surgeon. Since I joined the Trust, I have seen first hand the effect the funds that Blue Skies make available to staff throughout the Trust can have on improving patient care.

"Blue Skies bought a new paediatric endoscope

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Surgeon Paul Hans at the Blackpool Marathon

that allowed us to assess children from birth upwards with nasal and throat symptoms more comprehensively in clinic and on the children's wards.

"This meant some children avoided undergoing assessments under general anaesthetic and allowing children and parents to avoid round trips of nearly 100 miles to the children's hospitals of Manchester and Liverpool for further investigation and monitoring.

"I would like to raise £2,000 for staff in all departments to use on similar targeted projects to improve patient care and help other families in future - I will keep running until I get to my target (but it is taking a toll on my body, so if you could be generous and help me reach it with this marathon I would be very grateful!)"

Donations can be made on Paul's Just Giving page on the internet at [www.justgiving.com/paulhans](http://www.justgiving.com/paulhans)

# Service to help fall victims

PEOPLE in Fylde and Wyre who have suffered falls could be offered 12-week strength and balance courses as part of a new NHS service.

NHS Fylde and Wyre Clinical Commissioning Group (CCG) has launched a new community falls service designed to drastically reduce the number of injuries and deaths following falls in the home.

The CCG's new falls service is provided by Blackpool Teaching Hospitals NHS Foundation Trust and is physiotherapy and occupational therapy-led, with patients referred into it receiving a full falls risk assessment and a personally tailored falls prevention plan.

The service team can arrange for equipment or minor home adaptations and provides rehabilitation programmes to support patients in their local community. For some patients, this includes a place on special courses to improve their strength and balance.

The service launched on June 1st and once it is fully operational patients will be referred into the service by any health or social care professional who identifies a risk. In the future, through the creation of a single point of access, it is intended that patients will be able to refer themselves in.

Dr Jacky Panesar, pictured, a Fleetwood GP who is Fylde and Wyre CCG's clinical lead for falls,

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said: "Falls and fall-related injuries are a common and serious problem for older people and our figures tell us that 30 per cent of over-65s will fall at least once every year.

"Falling causes people distress, pain, injury, loss of confidence and loss of independence. In serious cases it can also cause death. This has a knock-on effect for family members and carers, while costing the NHS more than £2.3 billion every year nationally and £3.3 million in Fylde and Wyre.

"I am delighted we are in a position to offer this new service which will improve the lives of some of the most vulnerable people in our society and also help reduce the number of

people accessing emergency healthcare, putting us in a position to be more effective in treating our other patients.

"This will also help promote people's independence and help patients in Fylde and Wyre to look after themselves in their own home and feel more confident and mobile."

#### According to National Institute for Health and Care Excellence (NICE) guidance:

- 10 per cent of over 65-year-olds who fracture their hip will die within 30 days.
- 30 per cent of over 65-year-olds who fracture their hip will die within a year.
- 50 per cent of fragility fractures go on to fracture their hips.
- 50 per cent never regain their previous mobility.
- An ageing population means these incidents will increase by 50 per cent by 2030.



Deep in discussion at the last cancer listening event

CANCER patients from the Fylde coast are being invited to give their views at a special event to help plan the future of cancer services.

The 'World Café Listening Event' will be held in Blackpool on Monday, July 11, and will give people an opportunity to share their experiences and help to improve services for others.

The aim is to identify common themes so that cancer services can be improved for everyone.

Sponsored by Macmillan Cancer Support, the event will be hosted by Blackpool Teaching Hospitals NHS Foundation Trust with the support of Fylde and Wyre Clinical Commissioning Group (CCG) and Blackpool CCG.

Due to participant feedback, two events will be held on the day to enable patients who have work commitments to attend.

The afternoon session will start at 1.30pm and the early evening session will start at 4.30pm. A high tea will be served to allow all participants the chance to come together.

The organisers would like to welcome people of

all ages to discuss their experiences as patients and carers at this year's World Café event.

If you would like to participate in the World Café Listening Event please contact Marion Bennie, Cancer Service Improvement Facilitator at Blackpool Teaching Hospitals, by phone on 01253 95 3365 or by email [marion.bennie@bfwhospitals.nhs.uk](mailto:marion.bennie@bfwhospitals.nhs.uk). You will then be sent full attendance details including times and venues.

Jez Such, Macmillan Development Manager, said: "We had an amazing turn-out last year and this year we want to engage with even more people who are affected by cancer."

Deborah Loftus, Lead Nurse for Cancer and End of Life Care at Blackpool Teaching Hospitals, said: "We are running this event as a World Café because it will be a structured conversational process.

"The intention is to facilitate open and intimate discussion. All participants will be invited and encouraged to speak and listen because the experience of patients and carers is important to us."

# Research trial really does take the biscuit

WHEN comedian Peter Kay wrote his dunking biscuits sketch a couple of years ago it is hard to imagine that he would have known his ideas would be used in an academic trial.

The Bolton-born comic famously said that Hob Nobs were the “Marines of the biscuit world” when it came to being dunked into hot drinks – and after a clinical test at Blackpool Victoria Hospital – we know he is probably right.

To celebrate International Clinical Trials Day recently teams from the Trust’s research team invited members of the public to dip Rich Teas and Hobnobs to see which was better for dunking as part of a mock trial, with the results recorded by research team.

Kay, 42, famously quipped: “Hobnobs are like the marines. You dip a Hobnob and they go, ‘Again, again! I’m going nowhere, son, dip me! Is that all you’ve got? Come on!’”

In stark contrast, he branded Rich Teas ‘one dips’. “Rich Tea are bad for dipping,” he joked. “They should be called One Dips because that’s all you get. You’ve got to be like lightning with Rich Tea.”

Michelle Stephens, head of research and development at the hospital, said: “I was looking to do a short, memorable trial to show people how easy it was to do research and when Peter Kay came up on TV with his biscuit sketch it gave me an idea.

“We could look at proving if his theory that the Hob Nob was the ‘marine of the biscuit world’ in relation to dunking so we compared them to Rich Teas in a trial scenario and the results were pretty convincing. I think it is safe to say that Hob Nobs are the biscuits of choice for dunkers.”

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Wendy Stevenson and May Griffiths, take part in the Biscuit Trial watched by members of the Trust’s research team. INSET: Peter Kay

A stand was put up close to the hospital’s main entrance, while another was erected in the outpatients area of the cardiology department. Staff also talked to visitors about their work, the different ways people can get involved, and opened up its Clinical Research Centre.

International Clinical Trials Day is celebrated around the world to commemorate the first trial, on scurvy, led by James Lind in 1747.

Since then, medicine has grown and development thanks to breakthroughs in researched, while more than 12,500 patients have taken part in studies since 2008, with more than 100 clinical trials open at any time.

They take place in many hospital departments, with Michelle adding: “Each year we celebrate International Clinical Trials Day, and it’s a great way to demonstrate to patients and members of public our work.”