

# Health Matters

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



# You can be part of the solution

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Issue 132, Friday, January 20, 2017

## Welcome from the Interim Chief Executive

HELLO and welcome to your Health Matters newsletter.



You cannot fail to have heard the many reports about Emergency A&E Departments nationally being under pressure.

We have issued advice about getting the best possible care in the best possible place and are asking members of our community to help us help you.

On Page 3 you will find a list of all the places you can access treatment for various ailments and ensure that you make the right decision about the care you need.

We are also encouraging patients and the public to get their flu jabs to protect themselves over the winter period.

Full details of who is eligible for free vaccination on the NHS can be found on Page 5.

Details of the World Cancer Day on Friday, February 3 can be found on Page 7. We hope as many people will support this initiative and visit us on the Mezzanine floor in the Main Entrance of Victoria Hospital.

**Wendy Swift,**  
Interim Chief Executive

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### News



#### Help keep A&E for those who really need it

AS emergency services continue to be under pressure this winter, Fylde coast residents are being urged to think carefully before heading to the A&E department at Blackpool Victoria Hospital. We hear from an Emergency Department consultant and a local GP about how you can help us to help you. And find out how to get your flu jab to protect you this winter.

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#### The flu vaccination

WINTER 2016/17

Who should have it and why

#### Great grandmother praises Cardiac Unit



A ST Annes woman tells of being minutes from death and the life-saving surgery she underwent at the Lancashire Cardiac Centre.

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#### New health academy will offer great experience

THE Trust is delighted to be part of the new St Mary's Sixth Form Health Academy which is set to be launched at the college on Monday, January 23.

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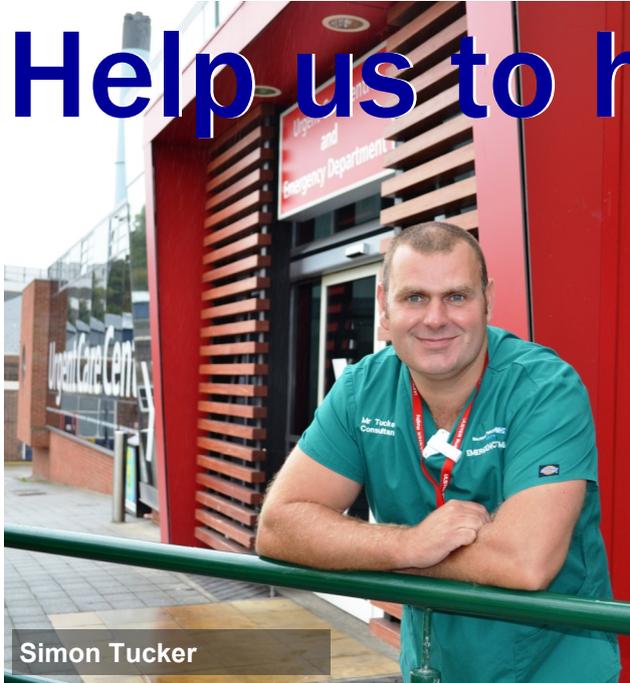
**Staff from a top jewellers have helped young people on the Fylde coast - Page 9**

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: the Communications Department, on 01253 953059, 956875 or 953538 or email [communications@bfwh.nhs.uk](mailto:communications@bfwh.nhs.uk)

# Help us to help you...



Simon Tucker

AS emergency services continue to be under pressure this winter, Fylde coast residents are being urged to think carefully before heading to the A&E department at Blackpool Victoria Hospital.

Simon Tucker, Emergency Department Consultant at Blackpool Victoria Hospital, said: "We receive patients here at the Emergency Department who could have been helped by a visit to a pharmacy or treated in a primary care service such as a walk in centre or GP surgery.

"Because of other pressures in the department, these patients will usually be low priority and this means they could end

up having to wait longer than most others in A&E.

"By choosing and using the right health services, patients can expect to be seen or treated more quickly, while keeping emergency services free for those patients with serious and life-threatening illnesses.

We need to keep A&E departments for those people who are extremely unwell and need urgent medical attention."

You can follow 'Think! Why A&E?' online by visiting @ThinkWhyAandE, #ThinkWhyAandE on Twitter, or [www.facebook.co.uk/ThinkWhyAandE](http://www.facebook.co.uk/ThinkWhyAandE).



**Self care** – Minor illnesses, ailments and injuries can be treated at home. Coughs, colds, sore throats, upset stomachs and aches and pains can be treated with a well-stocked medicine cabinet and plenty of rest.



**Pharmacy** – Pharmacists offer a range of health services. As well as dispensing prescriptions and other medicines, your pharmacy can provide free confidential expert advice and treatment for a variety of common illnesses and complaints. You can find your nearest pharmacy by visiting the 'services near you' section of [www.nhs.uk](http://www.nhs.uk).



**NHS 111** – This is a free telephone service, available 24 hours a day, seven days a week. You should call 111 if you urgently need medical help or information, but your situation is not life-threatening. You will be directed to the best local services to make sure you get fast and effective treatment.



### Walk-in or same day centres

– These centres provide consultations, guidance and treatment for minor injuries and illnesses, as well as emergency contraception and sexual health advice. There are two centres on the Fylde coast, Whitegate Health Centre and Fleetwood Health and Wellbeing Centre, both operate seven days a week from 8am onwards.



**GP surgery** – If you have an illness or injury that won't go away, make an appointment with your GP. They provide a range of services by appointment, and when absolutely essential, can make home visits.

# From the pen of...

## Tony Naughton

As a GP and Clinical Chief Officer of Fylde and Wyre Clinical Commissioning Group (CCG), Dr Tony Naughton looks at some of the difficulties facing Emergency Departments and how patients can be part of the solution rather than part of the problem



IN case you haven't heard, which is unlikely, hospitals in England are rather busy at the moment.

The situation here on the Fylde coast is unsurprisingly similar with high demand being experienced by our colleagues at Blackpool Victoria Hospital.

Unfortunately, there is no obvious solution as there is a wider problem to deal with. Yes, we have too many people going to the hospital - some of whom could be better served by an alternative health service - but there isn't enough space in social care for them to move out to. This means people are staying in hospital longer than they need to through no fault of their own and not because the hospital isn't doing its job quickly enough.

But we can all do our bit to help the situation by thinking carefully when we have a health problem about what service we pick to help with the problem.

I am pleased to report that over Christmas the level of A&E attendance was the same as it was last year while there was a much higher attendance at walk-in centres, which shows

people are getting a better

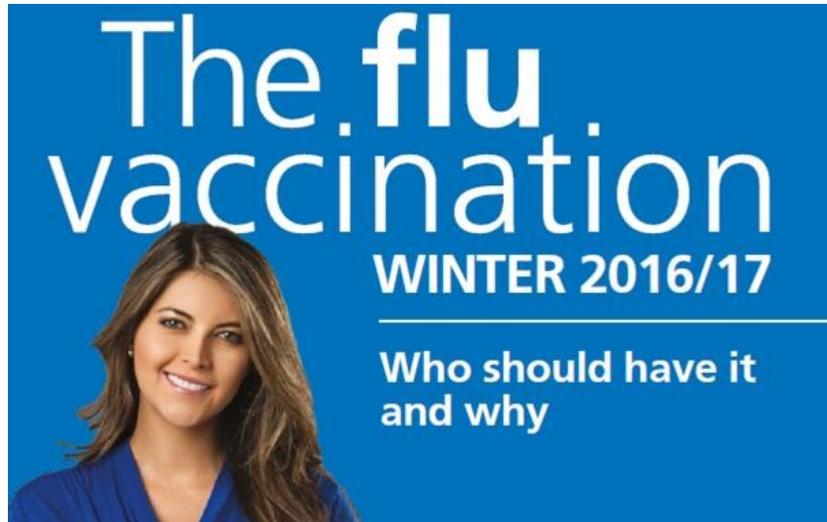
understanding of where to go.

But there are still very long waits for ambulances outside hospitals, not just in Blackpool but across the whole country, so people also need to think carefully if they need an ambulance before they ring for one.

I would urge anyone who has a health problem to work out how urgent it is. [Think! Why A&E?](#) You have a wide range of services to pick from. And if you are not sure what you need to do, ring 111 and they will help you.

If you go to A&E and have a minor problem you might find yourself redirected elsewhere, so you may as well save yourself the trip and some time by heading straight to the most appropriate place. If that doesn't happen, you can expect to face a long wait before you see someone.

At the end of the day it is in all our interests to make the hospital's job as easy as possible so they can look after those people who really need it, so let's all do our bit.



FYLDE coast residents are being urged to get vaccinated against the flu as the risks of infection are still high this winter.

Blackpool Teaching Hospitals NHS Foundation Trust says vaccination can help protect adults and children at risk of flu and its complications.

Flu can be unpleasant but if you are otherwise healthy it will usually clear up on its own within a week.

However, flu can be more severe in certain people, such as anyone aged 65 and over, pregnant women, children and adults with an underlying health condition (particularly long-term heart or respiratory disease) and children and adults with weakened immune systems.

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to protect them.

The injected flu vaccine is offered free on the NHS annually to adults over the age of 18 at risk of flu (including everyone aged 65 and over), pregnant women and children aged six months to two years at risk of flu.

The flu vaccine is routinely given on the NHS as an annual nasal spray to children aged two, three and four years old plus children in school years

one, two and three and children aged two to 17 years at a particular risk of flu.

People are eligible for the flu vaccine this year (2016-17) if they will be aged 65 and over on March 31 2017 – that is, they were born on or before March 31, 1952. So, if you are currently 64 but will be 65 on March 31 2017, you do qualify.

You can have your NHS flu jab at your GP surgery, a local pharmacy offering the service, your midwifery service if they offer it for pregnant women.

Some community pharmacies now offer flu vaccination to adults (but not children) at risk of flu including pregnant women, people aged 65 and over, people with long-term health conditions and carers.

If you have your flu jab at a pharmacy, you don't have to inform your GP – it is up to the pharmacist to do that.

People who aren't eligible for a flu jab on the NHS can pay for a flu vaccination privately. The flu vaccine may be available from pharmacies or in supermarkets. It is provided on a private patient basis and you have to pay. The vaccine costs up to £20.

For more information on flu vaccination go to: <http://www.nhs.uk/Conditions/vaccinations/Pages/flu-vaccine-questions-answers>

# A race against time to save Mary's life



Mary Lowe with son Paul Aspinall

A ST ANNES woman celebrated the New Year by toasting staff at Blackpool Victoria Hospital who saved her life in 2016.

Mary Lowe, 73, endured a nightmare 2016 where she picked up a rare illness and also underwent life saving cardiac surgery.

After suffering a constant headache for a month Mary, who has six great grandchildren, was diagnosed with having a condition called Giant Cell Arteritis (GCA) where medium and large arteries, usually in the head and neck, become inflamed.

After being diagnosed with GCA and undergoing treatment for a period of time she woke up one day in June and could hardly move. The situation was so bad that she was rushed to Blackpool Victoria Hospital where she was told the news that her aorta had split and she needed life saving surgery immediately.

Taking up the story Mary said: "It was a huge shock because I was basically told I needed a dangerous operation there and then and that every minute was vital to my chances of survival.

"It certainly wasn't what I was expecting to hear especially when I was told there was a one-in-three chance of not surviving but I had no choice or I would have died. It was as simple as that and although I don't know much about what happened after that I am alive today because of the skills of the doctor who diagnosed me and the surgeon, Mr Nidal Bittar who was amazing.

"He saved my life and I can't say any more than that. I am nowhere near as fit as I used to be because of the CGA but I am alive and that is down to him, the staff at the hospital and my GP Dr Alison Palmer who did so much to help."

Mr Bittar, a cardiothoracic surgeon said: "Mary's operation was a difficult one but we managed to save her successfully."

Mary was cared for by the Lancashire Cardiac Centre's dedicated aortic team. Aortic dissection is a serious condition caused mainly by poorly controlled hypertension that leads to a tear in the aortic wall forcing the blood through a false lumen and causing excruciating pain. 40% of patients die immediately before reaching hospital, and 1% die every hour making early diagnosis and surgery a priority. The surgery itself is risky and carries mortality up to 30%.

# Make pledges with us on World Cancer Day



Kerrie Newsham, Jessica Jones and Marion Bennie from the Trust's Cancer Team with World Cancer Day pledge posters

STAFF and patients across the Fylde coast are set to make pledges to take action against cancer as part of a worldwide awareness event.

The Trust is backing World Cancer Day in February which aims to encourage everyone to do their bit to reduce the global burden of cancer. Approximately 2,030 people living on the Fylde coast are diagnosed with cancer each year.

An awareness event will take place on the Mezzanine at Blackpool Victoria Hospital on Friday, February 3, from 11am to 3pm and everyone is welcome to go along. Members of the public and staff will be very welcome to go make a personal pledge to tackle cancer and pick up information. The Trust's Communications team will take pictures of people who are happy

to be photographed making pledges. The photographs will be shared on the Trust's Twitter account and Facebook page.

The theme of this year's international event is 'We can. I can'. This reflects how everyone, as a collective or as an individual, has the power to take action and reduce the impact of cancer.

Jessica Jones, Macmillan Clinical Transformation Lead for the Trust, said: "Our team will be making pledges and we'll be encouraging staff and members of the public to make pledges as well. We're asking people to come along and make a pledge to reduce their risk of developing cancer."

There will also be a raffle and cake sale to raise money to benefit cancer patients at the Trust.

# New health academy set to be launched

A PIONEERING health academy set up by St Mary's Catholic College and Blackpool Teaching Hospitals NHS Foundation Trust will offer Fylde coast A level students an incredible opportunity to pursue a career in healthcare.

The initiative, believed to be one of the first of its kind in the North West, also has the potential for the Trust to "grow its own" staff.

In partnership with St Mary's Catholic College in Blackpool, the Trust is launching the new health academy on Monday, January 23.

Young people who are interested in a career in healthcare are welcome to attend the launch event at 6pm at St Mary's Catholic College on St Walburga's Road.

Various clinical teams will have information stands demonstrating a huge variety of career opportunities and Marie Thompson, the Trust's Director of Nursing and Quality, will give a talk.

A level students who join St Mary's Sixth Form Health Academy will have placements in nursing, medicine, allied health professions, biomedical sciences and radiography.

Tracy Burrell, Trust Lead for the health academy and Assistant Director of Nursing and Quality, said: "I think it's really exciting and a fantastic opportunity for young adults to gain practical experience that will support their A level learning and help their future careers.

"It gives the students a chance to see what they can do in the health service, develop personal skills and hopefully reaffirm their chosen career pathway in the NHS. They will get targeted support for their chosen areas and undertake a



**Tracy Burrell, Trust Lead of the Health Academy and Assistant Director of Nursing and Quality for Blackpool Teaching Hospitals**

care certificate qualification which is a recognised qualification in healthcare."

Simon Eccles, Head Teacher of St Mary's, said: "I'm proud of the partnership with the Trust and hugely excited about the wealth of opportunities this offers our sixth formers."

Jeremy Mannino, Assistant Head of St Mary's, said: "St Mary's Sixth Form Health Academy pathway will enrich the personal skills and attributes of students.

"Meaningful work experience is difficult to find. Our partners at Blackpool Victoria Hospital are offering a rotation of placements that will open doors to future careers and improve lives.

"I'm thrilled to be part of it."

For more information and to register an interest, go to [info@6thform.co.uk](mailto:info@6thform.co.uk) or [www.st-mary.blackpool.sch.uk](http://www.st-mary.blackpool.sch.uk)

# Why jewellery staff are real diamonds!



**Cally Ward from Beaverbrooks hands over a cheque for £1,300 to David Eaton, Service Manager from the CAMHS team, watched by members of the Accounts and Finance Team**

STAFF from a leading jewellery business have donated more than £1,000 to help youngsters across the Fylde coast.

Each member of staff at Beaverbrooks the Jewellers is given £100 to donate to a good cause and members of the Accounts and Finance Team clubbed together to donate their money to the Child and Adolescent Mental Health Service (CAMHS).

A grand total of £1,300 was raised and received by David Eaton, Service Manager, from the CAMHS team.

He said: "The funding kindly donated from Beaverbrooks will be put to good use and we will be asking children and young people who use or have used CAMHS how best to spend it.

"There is increasing pressure and expectations put on children, young people and families today.

"This pressure can often lead children and young people to suffer and feel anxious, depressed, lonely or lose confidence which can then have an impact on their relationships and behavior.

"We are really grateful for the support of everyone at Beaverbrooks."

The award-winning Blackpool Teaching Hospitals NHS Foundation Trust operates across a large area spanning Lancashire and South Cumbria.

The generosity of such firms can make a huge difference to the community and to the people who provide the care, research and holistic support that patients deserve.

Join us on our  
**MORECAMBE BAY WALK**

on Sunday, June 4th, 2017  
Lead by the Queen's Official Guide,  
**Cedric Robinson MBE**



For further details and to book places, please  
telephone 01253 957381 or email  
blueskies@bfwhospitals.nhs.uk or book through  
Eventbrite [https://www.eventbrite.co.uk/e/morecambe-  
bay-walk-tickets-30485126835?aff=es2](https://www.eventbrite.co.uk/e/morecambe-bay-walk-tickets-30485126835?aff=es2)