

Health Matters

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



**Harp
hits
the
right
note**

INSIDE THIS ISSUE:

Musical therapy

Harpist sets the tone to help patients recover — Page 3

Improving access

Trust backs national dementia campaign— Page 8

Issue 138, Friday, April 14, 2017

Welcome from the Interim Chief Executive

HELLO and welcome to our Health Matters newsletter.



In this issue we have a number of really positive stories about events at the Trust including the tale of a lorry driver who has thanked one of our surgeons for saving his life after performing an emergency operation after he became ill while driving through the county.

It is always nice to hear about people who have raised money for us or helped with donations and we were delighted to be able to upgrade our Haematology Day Unit thanks to the support of a family of a late patient. It is great to see art students from Blackpool Sixth Form College work with us to help renovate our bereavement suite with a series of fantastic photographs.

I have always been interested in the healing powers of music in health care and I was delighted to see harpist Lucy Nolan play for our patients on the Intensive Care and High Dependency Wards this week. The feedback was amazing and it would be great to see Lucy again in the future.

Wendy Swift,
Interim Chief Executive

Contents

News

Harping on about music

A TRIAL to determine the healing power of music in hospitals has hit the right notes.



Page 3

Day Unit revamp

CANCER patients are to benefit from better facilities thanks to the support of a local family.



Page 4

Don't get caught out

BE ready for Easter: Plan ahead for repeat prescriptions.



Page 6

Cancer advice

A CANCER survivor is backing the fight against bowel cancer during an awareness month.



Page 7

Dementia care support

THE Trust is backing a national dementia campaign.



Page 8

Bereavement artwork

STUDENTS have created works of art for a hospital bereavement suite.



Page 9



A lorry driver has thanked the team at Blackpool's Lancashire Cardiac Centre for their expert care which saved his life when he was just minutes from death. Full story on Page 5

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: the Communications Department, on 01253 953059, 956875 or 953538 or email communications@bfwh.nhs.uk

Musical therapy for Blackpool patients



Harpist Lucy Nolan

A TRIAL to determine the healing power of music in hospitals has hit the right notes.

Harpist Lucy Nolan was invited to play in the Intensive Care and High Dependency Units at Blackpool Victoria Hospital by Consultant Anaesthetist, Dr Jason Cupitt.

Dr Cupitt wanted to see how patients would respond to music and Lucy, a post graduate student from the Royal Northern College of Music in Manchester, said she was delighted to take up Jason's invitation as her own mother had been in a coma several years ago.

The 24-year-old, who has been playing the harp for 16 years, said: "My mum is thankfully fine now but she always said that she heard things when she was in a coma and that has always stuck with me.

"If I can help people by playing my instrument then that would be great.

"I really believe in the power of music to help people and I was delighted to come here and play for the patients."

Dr Cupitt said: "There is mounting evidence that music is good therapy for the management of acute delirium, withdrawal states, low mood and poor motivation which many patients suffer from and I wanted to see at first-hand how music could help.

"Patients in areas like intensive care and high dependency have been known to see vital signs such as heart rates and cardiac activity improve as well.

"The harp is a particularly soothing instrument and we are really grateful to Lucy for coming here and playing for us voluntarily. She was absolutely fantastic and the feedback from staff was amazing.

"We certainly hope it is something we can do again."

Family raise cash for day room revamp



Assistant Practitioner Mark Cardwell with Pat Conchie and Simone Lawton

CANCER patients on the Fylde coast are to benefit from better facilities thanks to the support of a local family.

Lee Davis Conchie, a Tai Chi master from Blackpool, died in 2013 from complications from acute myeloid leukaemia (AML) at just 45 years old, but his family were so grateful for the treatment he received they helped raise money to upgrade the Haematology Day Unit at Blackpool Victoria Hospital.

Mum Pat Conchie and Lee's partner Simone Lawton visited the day room this week to see what the money had bought and were delighted at the new leather sofas, pictures and fans the funds have provided.

Lee was first diagnosed with AML after he noticed black spots on his tongue in 2011 and was put on a trial for leukaemia followed by chemotherapy.

At first the treatment looked to have been successful and Lee was even set to start a role with the hospital's volunteering team but sadly he relapsed and died in October 2013.

Pat said: "The fundraising started with a raffle at Lee's funeral, which was so packed that people asked if he was somebody famous. We ended up with £1,000.

"Then a family member, who works at a large local company, also managed to tap into a company charity fund which released more money for the haematology ward. Tyldesley Conservative Club also raised £1,000 in Lee's memory.

"The ward suggested the money go to the new day room, colourful pictures for the corridor and much-needed fans. The room was very bleak before it was upgraded. We're really happy how the money has been spent."

Lee's consultant haematologist, Dr Paul Cahalin said: "Lee was a real character while on the ward. He faced his illness with courage, humour and dignity.

"We are most grateful to Lee and his family for the kind gifts which will no doubt make treatment for other patients much more bearable."

Trucker thanks team for life-saving actions

Minutes from death



Surgeon Mr Nidal Bittar and patient Douglas Coutts

A LORRY driver who became gravely ill on the M6 has thanked the heart surgeon who saved him when he was just minutes from death.

Douglas Coutts, 51, from Springburn in Glasgow, started to suffer chest pain when he was travelling south on the motorway with a fellow truck driver.

At first he thought he was having a heart attack but it turned out to be an even more serious and life-threatening problem - a torn aorta - also known as aortic dissection.

Douglas said: "I was minutes from death. The surgeon who operated on me saved my life. He's a great man. I feel overwhelmed now. I'm just so grateful."

Douglas didn't realise he had a heart problem until he started to feel unwell.

"My colleague said I looked terrible and he ran across to the service station to call 999."

An ambulance arrived and took Douglas to the Royal Preston Hospital.

Douglas said: "The doctor at Preston told me I was at death's door. I couldn't quite grasp the situation.

"The next thing, I was in an ambulance heading for Blackpool. They got me there as fast as they could."

On arrival at the Lancashire Cardiac Centre at Blackpool Victoria Hospital, Douglas was introduced to Consultant Cardiothoracic Surgeon, Mr Nidal Bittar.

"Mr Bittar said it was life-threatening and he had to get me into theatre right away. The valve was so thin that I only had about 10 minutes before I would have died. If I had driven on, I would have been dead."

Mr Bittar said: "I had never performed heart surgery on someone over 25 stones and I was nervous but I am really pleased that we were able to get him through this and back to his family.

"It was challenging operation. It took eight hours during which we managed to replace Douglas' aortic valve, his ascending aorta and repair the tear.

"The surgery itself is risky and carries mortality up to 30 per cent. Douglas survived surgery thanks to the dedication of my excellent team including theatre staff, Cardiac Intensive Care Unit staff, Ward 39 staff, physiotherapists and anaesthetists."

Don't get caught out: Plan ahead for Easter

LOCAL people are urged to be ready for Easter by planning ahead for repeat prescriptions and using NHS services appropriately.

GP surgeries will be closed during the Easter weekend, including Good Friday and Easter Monday on 14 and 17 April. By re-stocking their medicine cabinets if needed, knowing when their GP surgery is open and planning ahead for any necessary repeat prescriptions, people can ensure they make the most of the Easter holiday.

In a joint statement, Dr Amanda Doyle, chief clinical officer of NHS Blackpool CCG and Dr Tony Naughton, clinical chief officer of NHS Fylde and Wyre Clinical Commissioning Group (CCG) and Mark O'Donnell, medical director of Blackpool Teaching Hospitals NHS Foundation Trust, said: "The Easter holiday period can be a very busy time for NHS services. Ordering and collecting a repeat prescription in good time not only ensures you keep well but could also help keep staff free to deal with serious or life-threatening emergencies.

"Making sure you have the right medicines could make all the difference. Taking daily medication is an important part of treatment for those with long-term health problems such as asthma and diabetes and they are at risk of suffering serious attacks or hospitalisation if they run out of medicine."



Dr Amanda Doyle and Dr Tony Naughton

It is also worth checking your general medicine cabinet prior to the Bank Holiday to make sure it is well stocked with essentials such as paracetamol, cough and cold remedies, antihistamines and plasters and bandages.

These can all be

bought cheaply from supermarkets or pharmacies and your local pharmacist can also provide free, confidential, expert advice and treatment for a variety of common complaints

Residents who do become unwell over Easter and urgently need advice or medical treatment, but the situation is not life-threatening should call NHS 111. A fully trained assessor will listen to your symptoms, provide advice and if needed, direct you straightaway to the local service that can best meet your needs. The helpline is completely free of charge and available 24 hours a day, seven days a week.

The NHS Walk-In Centre on Whitegate Drive, Blackpool, will be open 8am-8pm every day over the Easter bank holiday weekend with extra provision to help deal with the expected demand. A wide range of minor injuries and illnesses are treated at the Walk-In Centre.

The Same-Day Health Centre on Dock Street, Fleetwood, will also be open in the Easter Bank Holiday, 8am – 10pm every day. Appointments can be made by calling 0300 123 1144.

Cancer survivor backs fight against disease

A BOWEL cancer survivor is backing the Trust's fight against the disease during national Bowel Cancer Awareness Month.



Karen Ebdon

Karen Ebdon who works in the Clinical Coding department at Blackpool Teaching Hospitals NHS Foundation Trust, was successfully treated for bowel cancer and is recovering well.

Now she is urging people to get checked out as soon as they have symptoms so that they have a better chance of beating the disease.

The Trust will have information stalls on the mezzanine floor at Blackpool Victoria Hospital from April 24 to 28 as part of Bowel Cancer Awareness Month.

Members of staff from the Trust's Colorectal Cancer and Stoma Clinical Nurse Specialists' team and the Lancashire Bowel Screening Service, which is based at Blackpool Victoria Hospital, will be on hand to answer any questions and give out information each day.

Karen, 49, said: "The quicker they can catch it, the quicker they can deal with it. Just get it checked out. For me it was frightening at first but I didn't think it was anything suspect. It was a huge shock to find out it was cancer."

Karen had a major operation, called an anterior re-section, in which surgeons removed the cancerous part of her bowel.

Karen added: "People are sometimes embarrassed to go to their GP but it is nothing to be embarrassed about. It could be nothing to worry about but it's not worth the risk to ignore it. The support I received was invaluable. The bowel cancer nurses were absolutely fantastic."

Symptoms of bowel cancer can include intermittent and occasionally severe abdominal pain which is always provoked by eating. Unintentional weight loss, persistent abdominal pain, constant swelling of the tummy with abdominal pain and vomiting with constant abdominal swelling are also symptoms.

Other signs include bleeding from the back passage, blood in the stools, a change in bowel habits lasting for three weeks or more, a lump in the abdomen and extreme tiredness.

For more information on bowel cancer please go to: www.bowelcanceruk.org.uk

Trust backs John's campaign



A NATIONAL campaign to help carers of people living with dementia is being backed by Blackpool Teaching Hospitals NHS Foundation Trust

John's Campaign is a nationwide initiative seeking improved access to hospital wards for carers.

The campaign was founded in 2014 after the death of Dr John Gerrard. John was diagnosed with Alzheimer's and during a five-week stay in his local hospital visits from his family were restricted severely and his condition deteriorated as a result.

To support the campaign the Trust is introducing open visiting hours on some of their hospital wards for family carers, to provide greater flexibility, comfort and reassurance to patients with dementia during their stay.

The Trust plans to pilot open visiting hours initially on their care of the elderly and orthopaedic wards to see what the benefits and disadvantages are for the patient, carer, staff and the organisation before it is rolled out further. An open event is being held on Monday May 8, 2017 at 3pm in the Education Centre in Blackpool Victoria Hospital.

Relatives and carers of patients with dementia are encouraged to attend to discuss how hospital

visiting restrictions has affected their overall experience, and what access and support they would like to help looking after their relative or friend while they are in hospital.

Simone Anderton, Deputy Director of Nursing and Quality and Dementia Lead in the Trust, said: "It is vital that all our patients feel safe and at ease during their time with us and this is particularly important for patients with dementia.

"A family carer can play a significant role to a dementia patient during their time in hospital, not only do they offer additional support in terms of feeding etc, but they are also able to reassure and explain and repeat as necessary any important information to their loved one.

"We believe family carers of people living with dementia should be welcome to stay on our wards whenever they want to and look forward to meeting with local carers at the Open Event to discuss with them how they can be our partners in care and what extra support we can give them if they need it."

Places at the open event are limited. To find out more information or express an interest in attending please contact Eleanor Walsh, Patient Involvement Manager, on 01253 955520 or email Eleanor.walsh@bfwh.nhs.uk

Images for those 'Always Loved and Never Forgotten'



Assistant Principal of Blackpool Sixth, Tina Cooper (left) and Sands chairman Helen Grimshaw (fourth left) with art pupils from the college

Artwork gives comfort

ART students from The Blackpool Sixth Form College have been creating works of art for the recently renovated bereavement suite at Blackpool Victoria Hospital.

The Blackpool and Preston branch of the stillbirth charity Sands had commissioned a series of photographs which captured events and themes they have been involved in, including a butterfly release at Lytham Crematorium and a balloon release on Blackpool beach.

The final chosen printed images have been produced by Dominic Wylie, Joel Smith, Kayleigh Bland and Ellie Bannister and these will be on permanent display at the hospital in the Forget-Me-Not Suite.

Parents spend time in the suite before, during and after the delivery of their baby when he or she has died. The room is able to accommodate the whole of the family with a double bed for mum and dad as well as a sofa bed for any other family members or children.

Blackpool Sixth art tutor Lindsay Dickinson, said: "The students worked incredibly hard, producing several location shoots in collaboration with many

bereaved parents and families. They showed compassion and working to incredibly quick deadlines. The group at Sands were so impressed by all of the artwork that they also decided to use the additional images to create a Sands calendar to raise funds for the charity."

In addition to the artwork created for the suite, the Sands charity also requested a large vinyl print which illustrated the Sands motto, 'Always Loved, Never Forgotten.'

Megan Murray, Bereavement Support Nurse from Blackpool Teaching Hospitals NHS Foundation Trust's Families Division, said: "We would like to say a big 'thank you' to the students for the beautiful photographs. We are very grateful to parents who funded the project and to the college for producing the artwork in such a sensitive situation as baby loss.

"The photographs were discussed with the parents as to what they would like. The entrance of the room has the suite's name – 'Forget-Me-Not' - written in the sand under St Annes Pier. The other four smaller photos are of forget-me-not flowers, a local balloon release by parents, a butterfly and more flowers."

Congenital Heart Disease – Public Consultation



NHS England is undertaking Public Consultation on how Congenital Heart Disease Services are provided in England now and in the future.

To find out more about the consultation and what this will mean for you and people in your area, we are holding an event at:

**Lancashire Cardiac Centre - Education Centre
(Large Teaching Room)
on Monday, 8th May, 3.30 – 6pm**

**For further information and to have your say please log on to
www.engage.england.nhs.uk**

**For further information please contact:
england.congenitalheart@nhs.net**