

Health Matters

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



In honour of our volunteers

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Issue 142, Friday, June 9, 2017

Welcome from the Interim Chief Executive

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



A few days ago I was delighted to be able to personally thank each and every one of our volunteers for their individual contributions and the sterling job they do for the Trust.

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 all our volunteers for their efforts.

We are also grateful for the work our supporters do to help raise patient care funds through the Blue Skies charity.

Anyone could find themselves needing the services of the Trust and this charity does so much to help patients receive the best services possible while they are receiving care.

A list of all the fundraising activities taking place this month can be found on Page 7 and I would like to thank everyone who takes the time to support such a worthy cause.

Wendy Swift,
Chief Executive

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Walkers on Morecambe Bay sands helping to raise more than £7,000 for the hospitals Blue Skies Charity. For full details about activities see Page 7

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

Saying thank you to our band of volunteers



Volunteers with their certificates presented by Wendy Swift, top left and Mark Cullinan, right

VOLUNTEERS were invited to a special event to thank them for their services as part of the national Volunteers' Week.

Blackpool Teaching Hospitals NHS Foundation Trust's Chief Executive, Wendy Swift, and Non executive director, Mark Cullinan thanked them for all the work they do. Each volunteer received a special certificate in recognition for their services.

Colin Thomas has been volunteering at Blackpool Victoria Hospital for the last five years. He started volunteering because he wanted to give something back to the place that saved his

life 20 years ago this month. Cardio thoracic surgeon Mr Andrew Duncan, performed a triple bypass on Colin, without which, he would have died.

Colin met up with Mr Duncan to say an extra special thank you to mark this extra special anniversary and Mr Duncan was keen to thank Colin for his volunteering.

If you are interested in becoming a volunteer, visit www.bfwh.nhs.uk/volunteers or call 01253 957994.

Hospital Trust helps study to win Paper of the Year

National award for research project



Dr Tarek Saba

BLACKPOOL Teaching Hospitals NHS Foundation 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."

Philomena Shooter, a research nurse who 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."



Eleanor McManus, Laura Brookes, Mandy Tarpey and Lizzie Slater

Trust nurses honoured

NURSES in the early stages of their careers are being given a welcome boost by a pioneering programme at Blackpool Teaching Hospitals NHS Foundation Trust.

The Royal College of Nursing has given accreditation to the Trust's 'Preceptorship' programme and the Trust is the first organisation in England to have received this honour.

Set up and led by Eleanor McManus, the Trust's new Career Transformation, Engagement and Development Manager, the Preceptorship programme aims to help nurses gain skills quickly and effectively.

Every health trust in England is required to support Preceptorship in some way and in Blackpool the newly qualified nurses are on the scheme for their first 12 months post-qualification.

The Preceptors (mentors) give personal instruction, training and supervision to the newly qualified nurses.

Eleanor has introduced 'Area-Specific Skills Logs' to the programme so that the students can keep a record of what they have achieved and what they still need to do.

Eleanor explained: "The Preceptorship programme makes the clinical skills training sessions easier to access and offers a structured framework so the newly qualified nurses are better at their jobs sooner."

Nurses Laura Brookes, Lizzie Slater and Mandy Tarpey are at different stages in the Preceptorship programme and all agree that it is an excellent scheme.

Laura, 22, from Poulton, said: "I have found the Preceptorship programme really useful. I've had lots of support from ward managers and other colleagues, including Eleanor. I did a placement on Ward 16 as a student nurse and now I'm on Surgical High Care.

"I have always wanted to be a nurse. It's nice when you can see a difference in how you have helped a patient, especially if you have stayed extra hours to help.

"Some patients are very poorly and it's nice to see them when they have recovered."

Eleanor said the Preceptorship programme includes competencies related to Trust values, medical devices training, professional development for NMC requirements, reflective accounts and training for revalidation requirements.

She said: "The newly qualified nurses can contact me for advice and support easily through social media.

"I can help them to sort out any problems. The feedback on the programme is that the newly qualified nurses enjoy it and it is highly relevant to what they do."

Giving the heart centre stage



Greta Van Duyvenvoorde

A 'HEARTY' character will be 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), will be on a stand today (June 9) on the hospital's mezzanine level helping to raise awareness of heart-related research projects.

Blackpool Teaching Hospitals Research and Development Department and Lancashire Cardiac Centre have 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 Research and Development 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.

They will be on hand on the day with information and they will also be conducting some basic health checks for people who want them.

Greta said: "We are raising awareness of the

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research we do here in Blackpool. On our stand, we'll have other members of the team and we'll be talking about what we do. We have more than 30 studies running at the Lancashire Cardiac Centre and we have the second highest recruitment in the North West. The highest is in Liverpool."

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."

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 so people won't have to come back to hospital as often and we can see them in Outpatients."

Blue skies all the way for Bay walk



JUNE is Blue Skies Month!

Blue Skies Hospitals Fund is the charity of Blackpool Teaching Hospitals NHS Foundation Trust and is based at Blackpool Victoria Hospital.

This is your opportunity to have fun alongside supporting your local charity which uses funds raised to enhance care.

Head of Fundraising, Ann Hedley, said: "This June we are asking that you support your local charity.

"Why not do something fabulous to support us? You could hold a coffee morning, share a meal with friends in return for a donation, or get involved in one of our many events.

"The charity held an incredibly successful trek across Morecambe Bay last week which raised more than £7,000 to boost Blue Skies funds.

"Any one of us could need the services of our Trust at any point, so it is a great cause to support. Please get in touch if you would like to help.

"The charity's aim is to banish the gloom of illness, allowing everyone to enjoy the blue skies of good health. It enhances patient care across

all departments by raising money in a variety of different ways. Please get in touch if you would like to help."

There is a variety of events throughout June that anyone can join in:

- **Abseil at Blackpool Victoria Hospital – being held on the Summer Solstice, Wednesday June 21. There is still space for more people to join in.**
- **Change Through You boxes – request a box and collect your loose change throughout June. You could be a business, school or just for individuals. Fill with loose change which you can then return, pay into the bank or send in a cheque.**
- **Power of Attorney – Ellen Fay Solicitors is offering free power of Attorney which can be activated when you need it in exchange for a donation to Blue Skies.**
- **White Collar Boxing – amateur boxers will fight it out at Viva, Blackpool on June 16, raising funds for Blue Skies Hospitals Fund in support of the Breast Cancer Unit.**

If you would like to help please contact the Blue Skies team on 01253 957381 or email Blueskies@bfwh.nhs.uk

Patient thanks gold star staff



Rick Elmer and Philip McAdam

STAFF worked tirelessly to help a nervous patient with multiple health 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 satisfying and rewarding for members of staff when you see someone like Rick who has been admitted for such major and potentially 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."



Bernie McAlea

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
(Cardiac Seminar Room)
on Thursday, 15th June, 3.30 – 6pm**