

# Health Matters

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



## Success blooms at Clifton ward

### INSIDE THIS ISSUE:

**Flower power at hospital**  
*Clifton Hospital's Ward 1 welcomed bloom judges to a special birthday celebration — Page 3*

**Charity supports innovation**  
*Electronic tablets from our Trust charity are improving doctors' keyhole surgery skills — Page 8*

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## Welcome from the Interim Chief Executive

HELLO and welcome to your Health Matters newsletter.



It was party hats all round as Clifton Hospital Ward 1 celebrated its fourth birthday.

We were delighted to welcome a number of friends of the ward who have helped raise money for the dementia work done and garden that has been established at the hospital.

We were also pleased to host the judges from the North West in Bloom competition who visited our special dementia garden.

The week has also seen us bid farewell to the Camerados tepee which had become a real talking point in Blackpool Victoria's Main Entrance. The experiment proved really successful with patients and staff who used the area for quiet reflection or to have impromptu conversations.

Our thanks must go to the hospital charity Blue Skies who have funded the purchase of Samsung Galaxy tablets which will enhance our keyhole surgery work. These will be a fantastic resource for training our surgeons in laparoscopic skills

**Wendy Swift,**  
Chief Executive

## Contents

### News

#### Therapy dog helps patient paws for thought

A THERAPY dog called Dandy has been helping patients with delirium to feel calmer as well as boosting research by staff. **Page 4**



#### We bid a fond farewell to main entrance tepee

BLACKPOOL Victoria Hospital has said goodbye to the Camerados tepee which was positioned in the main entrance for three weeks. **Page 5**



#### Trust supports respiratory cancer campaign

We are backing a national campaign to raise awareness of respiratory cancer. **Page 6**



#### Staff mark the opening of a special new unit

A NEW state-of-the-art decontamination facility has been opened at Blackpool Victoria Hospital. **Page 7**



#### Why our doctors are honing computer tablet skills

JUNIOR doctors and consultants are enhancing their surgical skills with the aid of electronic tablets supplied by our Trust charity. **Page 8**



Clifton Ward 1 celebrate their birthday  
Page 3

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# Special ward thanks very special helpers

CLIFTON Hospital's Ward 1 has celebrated its fourth birthday.

And marking the occasion, they also welcomed judges as part of St Annes In Bloom who came to assess their special dementia garden.

Guests included the Mayor and Mayoress of Fylde, John and Geraldine Singleton, Blackpool Teaching Hospitals NHS Foundation Trust's Chief Executive, Wendy Swift and HSBC bank manager, Tracey Spencer, whose branch donated thousands of pounds towards the dementia-friendly garden.

As part of North West in Bloom, The Royal Horticultural Society assesses regional

entries during the summer and the results are announced at an awards presentation later in the year. Other guests of the Ward 1 party included supporters who had helped the ward in various ways.

Head of Service at Clifton Hospital, David Kay, said: "The birthday party was a lovely celebration event and it was great to see all the people who work in partnership with Clifton Hospital supporting the event and giving up their time to benefit our patients."

Ward 1 Manager, Linda Broadbent, said: "The



Chief Executive, Wendy Swift and Ward 1 Sister, Val Gulwell

team and I wanted to host a party, not only to celebrate the ward's birthday, but to thank all the very special people that go over and above, to support our ward. It's great to see so many people sharing our special day. After all, it's a very special ward.

"We are also keeping our fingers crossed following the judging for St Annes In Bloom. Our beautiful dementia-friendly garden was funded by HSBC who are here today and also money raised by wonderful staff at Clifton Hospital."

Thank to all that came along to our very special celebration."

# Dandy is barking up right tree for patients

A FRIENDLY and placid 'therapy dog' is taking part in a project aimed at reducing delirium in hospital patients.

Dandy the Pets As Therapy (PAT) dog is visiting the High Dependency Unit (HDU) at Blackpool Victoria Hospital on a regular basis to help reduce patients' stress which medics hope will lead to a reduction in delirium and confusion.

So far the patients have loved meeting Dandy and the results of his calming presence are promising. Part Staffordshire bull terrier and part bull mastiff, Dandy is incredibly laid back. He was originally a rescue dog from the Wolfwood animal sanctuary near Lancaster until Diane Ogden took him on as a therapy dog.

Emma Jackson, a doctor on HDU; Consultant, Jason Cupitt and Sister Catherine Ashton, came up with the idea to see if pet therapy would help their patients.

Emma said: "I thought it would be a good idea to see if Dandy could come as pets can help with anxiety. PAT dogs are used a lot in areas such as psychiatric wards, paediatrics and rehabilitation. We wanted to look specifically at delirium. Our aim is to see if it could help to manage stress levels and anxiety for our patients.

"We will be doing some basic observations during and after Dandy's visits. We'll be asking patients how they felt and if it improved communication with nursing staff. We'll also be looking to see if it can help to improve the morale of nursing staff.

"We'll be observing 'level two' patients – that's patients who have been quite sick and are waiting to go onto a ward. It's for patients who



Dandy with Diane and a patient

are not on a ventilator and don't need organ support."

Emma and the team on HDU will use their findings to improve patient care on the unit. Emma added: "Long-term we would like to see if we can reduce delirium. Delirium is common in very sick patients.

"It has a big impact on the length of stay and, ultimately, on mortality. It is something we don't have a huge understanding of. It's early days but we are hoping it will reduce anxiety."

Diane Ogden, who is a psychiatric nurse from Preston, said: "Dandy has worked in hospitals before.

"He's very chilled. He's so good with people. He's very calm around them. He sits by the patient's bedside and doesn't pester them. Emma called me to see if we could help. If it works it will be fantastic."

PAT dogs are part of a national charity so the service is free.

Camerados helped people spark special conversations

# Staff say ta-ta to tepee

BLACKPOOL Victoria Hospital has bid farewell to the tepee that sat in the main entrance for three weeks.

The initiative was the idea of social movement, Camerados, who also run a 'Living Room' in Blackpool's Central Library.

The canvas tepee was erected with the idea of encouraging patients, staff and visitors to spend time inside using the space to reflect or to chat with others.

Lots of users have reported special conversations with complete strangers that have left them feeling much better.

Camerados started with a belief in a simple but powerful idea: that you beat tough times by getting two things: friends and purpose.

Sarah Mortimer, Development Manager for Camerados, who has been working closely with Blackpool Victoria staff for the last few weeks, said: "I



Andrew Heath and Camerados Development Manager, Sarah Mortimer

think it's fair to say that the three week pop up at the hospital has totally blown us away.

"We've seen barriers between staff and patients dissolve, strangers look out for each other during good times and the tough times and a real sense of community and camaraderie within the hospital. This isn't the end of our partnership with Blackpool Victoria Hospital and we're feeling very excited about the future."

Many staff wrote down what the tepee meant to them and Camerados have collected people's views that were written on their special yellow cards. There have been hundreds of positive comments.



Inside the tepee which was in the hospital's main entrance

Patient Experience Lead, Andrew Heath, said: "When I came to work, the tepee had gone. What was left was reflected in the faces of those around. They had known that safe place and parts of it still lives on in

our memories and those of the organisation."

# Be Clear on Cancer

DO you ever get out of breath doing the things you used to be able to do?

If the answer is 'yes', health professionals on the Fylde coast say it could be a sign of lung disease, heart disease or even cancer.

Hospital staff and GPs say identifying conditions early makes them more treatable so anyone who is concerned should consult their doctor as soon as possible.

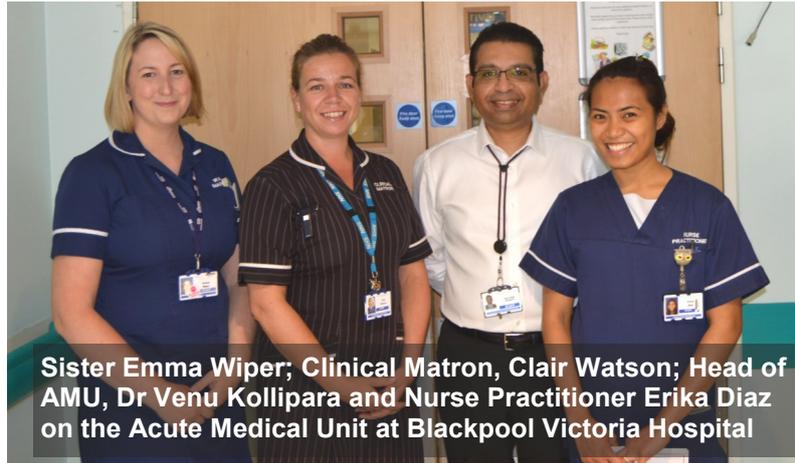
Fylde coast residents are also being urged to see a doctor if they have had a cough for three weeks or more.

The 'Be Clear on Cancer Respiratory Symptoms' campaign is running until the end of August. This national campaign is being backed locally by Blackpool Teaching Hospitals NHS Foundation Trust, Fylde and Wyre Clinical Commissioning Group (CCG), Blackpool CCG and Blackpool Council.

Jackie Brunton, Lead Nurse for Cancer at Blackpool Teaching Hospitals, said: "Be Clear on Cancer campaigns aim to improve early diagnosis of cancer by raising public awareness of signs and/or symptoms of cancer and to encourage people to see their GP without delay.

"We want people to seek advice and help from GPs early to enable us to undertake appropriate tests to either reassure you or if we do diagnose something more serious then quickly provide treatment.

"Lung cancer survival is much higher the earlier we detect it – the main thing is to chat through with your GP in the first instance."



**Sister Emma Wiper; Clinical Matron, Clair Watson; Head of AMU, Dr Venu Kollipara and Nurse Practitioner Erika Diaz on the Acute Medical Unit at Blackpool Victoria Hospital**

Dr Venu Kollipara, Head of the Trust's Acute Medical Unit (AMU) and his team, said: "Be safe - don't take any risks with your health.

"If you've been more breathless than usual, had a cough for longer than three weeks or have been losing weight make an appointment to see your GP. It's probably nothing serious but you're not wasting our time by getting it checked out."

Dr Adam Janjua, Chair of the Fylde Coast Cancer Steering Group and a local GP, said: "People who have symptoms such as a cough for more than three weeks, breathlessness or unexplained weight loss, should book an appointment to see their GP.

"Smokers are especially at risk. If you're in the age bracket above 50 and you have developed a cough lasting more than three weeks, you need to see your GP.

"A lot of smokers think it might just be a 'smoker's cough' but it is better to err on the side of caution and get such coughs checked out."

Contact your GP if you have had a cough for three weeks or more, breathlessness or any unexplained respiratory symptoms.

# Decontamination unit is a first for the Trust

A STATE-OF-THE-ART decontamination unit has been opened at Blackpool Victoria Hospital.

The unit, which is the first in the UK to be provided by Olympus, is a major boost for the hospital and its patients.

Speaking at the official opening this week Chief Executive of the Trust, Wendy Swift, said: "This is another first for the Trust and is a major development for us. Previously we had several units in different areas with ageing equipment and it a real plus that we have been able to bring everything together under one roof with the best possible equipment possible."

Coleen Clegg, who oversaw the project for the Trust, said: "We knew most of the machines in our decontamination units were near the end of their working life and this gave us the opportunity to see how we could produce a new, more efficient and effective, service.

"We had seen some other centralised units in the UK that were working well and it made sense to go down that route.

"Having a central unit had a host of benefits. We would need fewer machines and the new unit would be much bigger, providing a far better and modern working space for staff.

"The central unit means we also now have space to build on the sites of the old units that we no



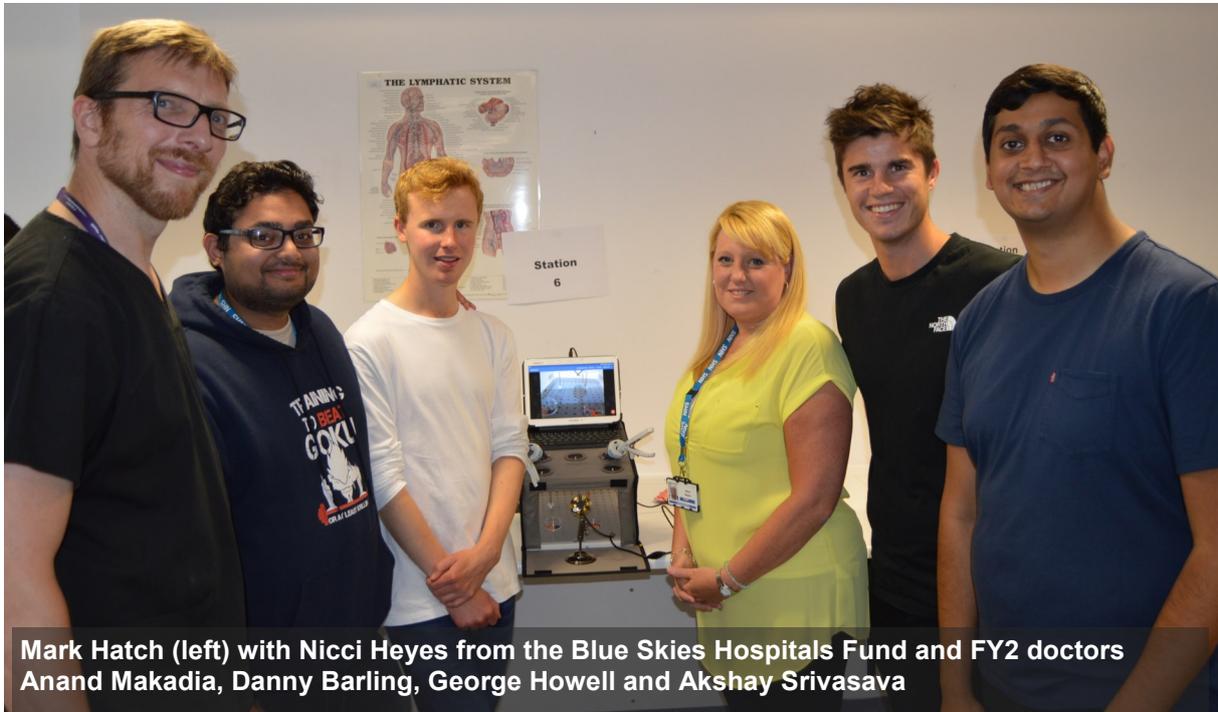
Staff from the Trust and Olympus at the official opening

longer use which will benefit our clinical services."

Gareth Walsh from Olympus, said "We are very proud of what we have achieved with the Trust here. The UK leads the way in terms of endoscope decontamination across Europe and this facility leads the way in the UK. Olympus has been involved in endoscopy and decontamination for an awfully long time and have been developing systems across Europe. This is our first installation in the UK and we are very proud of what we have achieved together in a true partnership."

Claire Lester, Unit Manager, said: "Demand for decontamination services is ever increasing so to be able to tackle that rising demand with the newest equipment and in wonderful state of the art facility is of huge benefit to the Trust."

"It has been a steep learning curve for myself and the team but staff have made me very proud of their efforts to make this unit a great success."



Mark Hatch (left) with Nicci Heyes from the Blue Skies Hospitals Fund and FY2 doctors Anand Makadia, Danny Barling, George Howell and Akshay Srivasava

# Why our doctors are honing tablet skills



JUNIOR doctors and consultants are honing their surgical skills on new Samsung Galaxy tablets thanks to the Trust's charity.

The electronic tablets, which are used when medics are working on their hand-eye coordination skills, have been supplied by the Blue Skies Hospitals Fund – the charity of Blackpool Teaching Hospitals NHS Foundation Trust.

Mark Hatch, who works as an instructor in the Trust's Simulation and Skills Centre, said the tablets were extremely useful when doctors were learning or working on keyhole surgery skills.

Mark said: "A basic box with hand held controls is used to enhance manual dexterity. With keyhole

surgery you can't feel and you can't see inside the patient so we use a camera and the tablet.

"Surgeons also like to use the kit as it can help them get their eye in before operations. There is research that shows that if you brush up on this sort of equipment before an operation, it's much easier when you do the real thing.

"It's a safe way of learning surgical skills. We are very grateful to Blue Skies for the six tablets."

The Simulation and Skills team and Trust consultants are now interested in rolling out a basic laparoscopic skills course using the tablets.

Nicci Heyes from the Blue Skies Hospitals Fund said: "It's brilliant to see the tablets working. We always want the money that has been raised to be used for a good purpose."