

Health Matters

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



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Issue 149, Friday, September 15, 2017

Welcome from the Chief Executive

HELLO and welcome to your latest edition of Health Matters.

I'm delighted to report that our Bereavement Specialist Nurse, Megan Murray, is shortlisted for a major national award.



Megan works tirelessly to support women and family members who have been affected by the loss of a baby. I hope you will read about Megan's valuable work and consider voting for her. The details are on page 3.

Our AGM is coming up next week (Thursday, September 21) and it would be wonderful if you can come along. We'd like to welcome as many people as possible to our event which is in partnership with Blackpool Clinical Commissioning Group (CCG) and Fylde and Wyre CCG. Please come along and find out what we have been doing over the last year and about our plans for the future.

In this issue we also have a story on our Research and Development team which is in the top three of recruiters in the North West for clinical trials. Their research work is having huge knock-on benefits for patients.

Wendy Swift,
Chief Executive

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Our Annual General Meeting will take place on September 21 in Blackpool. For more information on how you can come along please go to page 4

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



We'd like your votes for baby loss nurse

A NURSE who specialises in caring for people who have suffered the loss of a baby has been shortlisted in the Best Hospital Bereavement Service category in the national Butterfly Awards.

And we are asking you to vote for this very deserving nominee.

Megan Murray, a Bereavement Specialist Nurse for Blackpool Teaching Hospitals NHS Foundation Trust, says she is honoured to have reached the final. The awards scheme recognises people for the courage they have shown or the work they have done in supporting women and families through baby loss.

Created following feedback received from bereaved families, maternity staff and local GPs, the post of Bereavement Specialist Nurse at the Trust was formed in 1996 and Megan was one of only three such nurses in the country in NHS Trusts at that time. The service has many areas of specialty, however, the main and most important part is to support women and their families on their difficult journey through grief.

Megan said: "It is important to understand this is a journey with a bereaved family, to help them acknowledge their emotions, come to terms with their loss and survive the experience of something that can be profoundly life changing."

All women from the Fylde coast who experience all types of loss now have access to this service.

Megan explained: "Women and their partners may want individual support or as a couple, grandparents often need support and so do siblings. Our role is to help the whole family come to terms with the loss of a baby and the loss of a dream. We have developed an excellent pathway called the Rainbow Pathway where midwives, Early Pregnancy Assessment Unit (EPAU) staff, sonographers, consultants and screening

midwives meet. It is vital to have great working relationships with many services. Effective communication is essential to allow bereaved parents to have a 'good grief' in a difficult experience."

Each year Megan organises a Service of Remembrance at Blackpool Winter Gardens where former clients, SANDS (Stillbirth and Neonatal Death Charity) and The Miscarriage Association are included in the planning. This non-religious service is attended by more than 200 people who have suffered the loss of a baby.

Megan added: "I am so proud to have been part of the change that has recognised the trauma and found ways to improve the service given to families who feel robbed of their future. This is a great job, with great job satisfaction. When you see the families start to take control of their lives again, that's the best feeling of all."



Megan Murray

To vote for the Trust go to <https://babylossstar.co.uk/Blackpool17> or to watch a video about the excellent work done by our bereavement nurse Megan Murray go to <https://www.youtube.com/watch?v=UK3ezvyeuhs>

All welcome at AGM



Main picture: The auditorium at last year's event and, below, members of the Extensive Care Service

FYLDE coast residents will have an opportunity to hear about the latest developments in local NHS services at a special event.

Blackpool Teaching Hospitals NHS Foundation Trust, which provides services including Blackpool Victoria Hospital and the Blackpool and Fylde and Wyre Clinical Commissioning Groups, which plan and buy services across the Fylde coast, have joined forces once again to stage their annual meetings on the same day at the same venue.

The event will take place on Thursday, September 21, 2017, at Blackpool Sixth Form College from 5pm, with all members of the public and NHS staff welcome to attend.

It will be an opportunity to look back on some of the successes and highlights of the past year and will incorporate the formal presentation of each organisation's annual report and accounts.

A number of exhibitors will showcase the current provision and the future of health and care across the Fylde coast and will provide free health checks. The presentations start at 6pm.

Chairman of Blackpool Teaching Hospitals NHS Foundation Trust, Mr Ian Johnson, said: "Last year was the first time all three organisations had

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come together to hold their annual meetings and it worked well.

"The joint annual meeting is a sign of the increasing links being made between the groups to provide the best and most efficient health care possible for local residents."

Anyone who wishes to attend should send their names to: rsvp.fyldecoast@nhs.net or telephone 01253 956361 by Monday, September 18.

Cancer patients benefit from holistic therapies

Janet's skills help patients to heal

HOLISTIC therapist, Janet Porter, has been helping cancer patients at Blackpool Victoria Hospital for eight years.

Janet owned her own therapy business in Garstang for 32 years before being approached by Blackpool Teaching Hospitals NHS Foundation Trust. She offers her clients at the hospital six treatments — roughly within a six month period — and they can choose from reflexology or aromatherapy.

Complementary therapies are generally used alongside, or in addition to, conventional medical treatments. Complementary therapists don't claim they can treat or cure cancer. People generally use complementary therapies to boost their physical or emotional health. Sometimes they may be used to relieve symptoms or the side effects of conventional medical treatments.

Funded by the Rosemere Cancer Foundation and Blackpool Teaching Hospitals' charity — the Blue Skies Hospital's Fund — patients can be referred to Janet through their Consultant, Psychotherapist or Clinical Nurse Specialist. Recently, Janet has started to audit feedback from the patients.

She said: "I'm so touched by our patient feedback. There really is no need to face cancer



Janet Porter in a reflexology session at Blackpool Victoria Hospital

alone. Often my clients open up to the issues affecting them which helps them to feel better too. I can also suggest other services through these conversations if I feel it is necessary.

"The therapies certainly have psychological and physical benefits. We want patients to feel nurtured and supported. I have personal experience of the effects of cancer and this drives me to do my best for others in the same situation."

One patient wrote on their feedback form: "Cancer and the treatment of cancer is a life-changing experience and coping with it is something that requires ongoing help. Being taught how to help yourself is so valuable; the reflexology is so helpful in freeing the mind from worry and anxiety."

The Trust's Macmillan Cancer Care Co-ordinator, Kerrie Newsham, said: "I'm so glad that we can offer this unique complementary therapy service for our patients which gets such fantastic feedback."

For further information, please call the Macmillan Information Centre on 01253 955710.



Garry Thompson from Morecambe FC wears the organ donation tee shirt during the warm up before the Shrimps' game with Accrington Stanley

Trust and footballers honour organ donors

A NEW piece of artwork is to be installed at Blackpool Victoria Hospital to remember people across the Fylde coast who have been involved in organ donation.

The design of the artwork is secret at the moment but is set to be in place by the end of the year.

The first sod was cut this week in a ceremony performed by the Chairman of Blackpool Teaching Hospitals NHS Foundation Trust, Ian Johnson, and Jo Haythornthwaite, a Lytham woman who donated her husband's organs after his death nine years ago.

Jo, who chairs the Organ Donation Committee at the Trust, said: "It is an honour and a privilege to be asked to cut the first sod for what will be an exciting development for everyone and bring a dream to its reality. Our intention is that this piece will recognise and pay tribute both to all those who have died at Blackpool Victoria Hospital and gone on to save and improve others' lives across the country as well as their courageous families who felt able to support the giving of this amazing

gift.

The artwork will be something people can admire but also a place where people can reflect on their loved ones."

Mr Johnson said: "It is fitting that we cut the first sod on this development in organ donation week and I am looking forward to it being in place for us all to see."

Footballers from Morecambe and Accrington Stanley also backed the campaign by wearing tee shirts during the warm up for the recent League 2 game at the Globe Arena.



Jo Haythornthwaite and Chairman, Ian Johnson, cut the first sod

Trust is in top three of research recruiters

BLACKPOOL Teaching Hospitals is celebrating the fact that it is in the top three North West acute Trusts for recruiting to research studies.

The Trust is third highest in the North West coast for the number of recruiting studies with 96 studies in 2016/17, a 4.3 per cent increase since 2015/16. Royal Liverpool Hospital was first with 152 studies and Lancashire Teaching Hospitals NHS Foundation Trust was second with 120 studies.

Every year the Research Activity League Table is published by the National Institute for Health Research (NIHR) Clinical Research Network (CRN), to present research activity across all NHS trusts in England.

The table provides a picture of how much clinical research is happening, where it is taking place, in what types of trusts and how many patients are involved.

This year (2016/17) the league table reveals that 65 per cent of NHS trusts across England increased their research activity during 2016/17, an eight per cent increase on 2015/16.

Michelle Stephens, Research and Development Manager at Blackpool Victoria Hospital, said: "We work hard to open more research studies and offer more opportunities for patients to be involved in our research studies.

"We are delighted to be in the top three of acute Trusts in the North West coast.

"I would also like to take this opportunity to thank all of the 1,434 patients who were recruited to one of our studies in 2016/17.

"Without their contribution on their trials or studies, advances in science and health care



Michelle Stephens

could not be made."

Jonathan Sheffield, NIHR Clinical Research Network Chief Executive Officer, said: "The increase in the number of clinical research participants last year and the improvements we are seeing in studies delivering to time and target are fantastic achievements that are contributing to better health and care outcomes in this country.

"Researchers can be more confident of being able to complete their studies and more patients will benefit from new and better treatments becoming available."



Gardening club grows roots for patients

A GARDENING club is being set up to help people from the Fylde coast who have been affected by cancer.

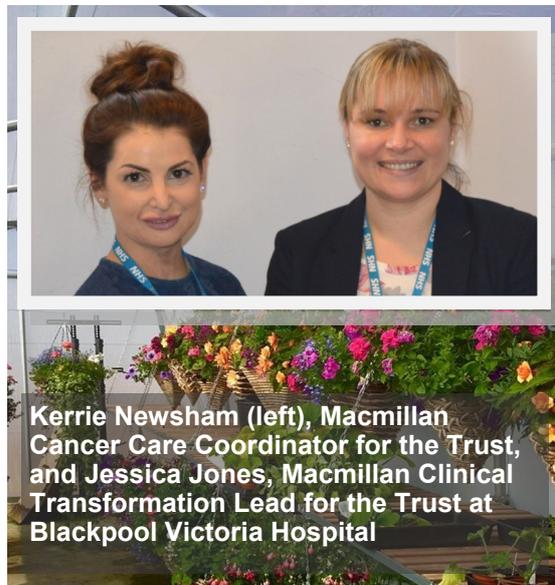
The joint project with Blackpool Teaching Hospitals NHS Foundation Trust, Macmillan Cancer Support, Unique Estate Agency and The Willow Garden Project in Fleetwood will have an open day on Wednesday, September 27, from 10am to 2pm.

All are welcome to go along to the event at The Willow Garden Project which is based at Fleetwood Cricket Club.

The organisers say gardening can have many benefits for physical and mental health. It can help prevent and manage some of the effects of cancer treatment such as fatigue and depression.

Hannah McKearnen, Macmillan Service User Involvement coordinator for the Trust, said: "We are looking for people affected by cancer to attend the open day and find out if this is something they would be interested in."

Kerrie Newsham, Macmillan Cancer Care coordinator for the Trust, said: "We don't have any general activity-based support groups in our local area. Most of the groups that exist are tumour-specific and meet in the Windmill Suite at Blackpool Victoria Hospital for a chat which doesn't suit everybody. By having an activity-based general cancer support group, patients



Kerrie Newsham (left), Macmillan Cancer Care Coordinator for the Trust, and Jessica Jones, Macmillan Clinical Transformation Lead for the Trust at Blackpool Victoria Hospital

can meet and enjoy an interest that they have in common rather than feeling pressured to talk about their experiences.

"On the open day at The Willow Garden Project we are asking for feedback from all visitors which will help us structure the support group for the future.

"Although the group's focus is gardening and crafts, The Willow Garden workers are willing for patients to bring their own areas of expertise such as photography for possible calendars, IT skills to help with the website or building and structural skills to help with the site's maintenance. We would really like this group to be about the patients and make it into something that they want."

Jessica Jones, Macmillan Clinical Transformation Lead for the Trust, added: "There is evidence to show that being in a natural environment can have a positive effect on wellbeing, improving mindfulness and reducing stress levels. This is an ideal opportunity for people affected by cancer to take part in a creative activity with other people who are going through a similar experience."

For information contact Hannah on 07879428970 or email: hannah.mckearnen@fyldeandwyreccg.nhs.uk