

Happy  
New Year!

**NHS**

Blackpool Teaching  
Hospitals  
NHS Foundation Trust

# Health Matters

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



## Festive joy for cancer mum

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Issue 157, Friday, January 5, 2018

## Welcome from the Chief Executive

**HAPPY New Year and welcome to your first edition of the Health Matters newsletter for 2018.**



I would like to take this opportunity to thank all our staff who have worked so hard to keep services operational throughout the holiday period.

It's been a demanding time for the NHS nationally and staff at our Trust have pulled out all the stops to ensure safe and effective care for our patients.

I would also like to thank you, our patients, for having used NHS services appropriately during the festive time. By looking at alternative health care providers and heeding the advice to choose well when sourcing the best and most appropriate place to receive care, you are helping hospital A&E departments to serve those in emergency or life-threatening situations.

Our priority is to keep emergency services running effectively and we need patients to choose wisely when needing NHS services. Please see the poster at the back of this newsletter for further advice.

**Wendy Swift,  
Chief Executive**

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Health Matters is also available online at [www.bfwh.nhs.uk](http://www.bfwh.nhs.uk)

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# Surgeon gave me my future back

FORMER lorry driver, Robert Mosquito, had lost the will to live.

Life was a tremendous struggle for the 64-year-old grandad of four. He could not get dressed, clean his house or even walk more than three or four steps before becoming breathless.

Robert had emphysema and all the tablets and inhalers he had been prescribed did not help his day-to-day life. "My life was not worth living," he said. "I was diagnosed with COPD in 2006. I had been a smoker, smoking 20 a day for more than 40 years. I gave up successfully, but I had to fight to take every inward breath, it was exhausting."

Robert was referred to Blackpool Victoria Hospital in June 2017 where Consultant Cardiothoracic Surgeon, Mr Nidal Bittar, offered Lung Volume Reduction Surgery (LVRS) to remove the worst affected areas of lung.

But Robert was strongly against the surgery. "I must admit I was not keen at first," he explained. "I was against this operation because of the fear of the unknown. I was worried about pain or complications."

But he decided that doing something was better than the treatment he was receiving. "Now I am just sorry I did not have this procedure done ages ago. I noticed the difference as soon as I opened my eyes after the operation. I was up and walking about the next day.



Surgeon, Nidal Bittar and Robert Mosquito

"It's given me a new lease of life," Robert added. "I owe my life to Mr Bittar, he has given me a quality of life and a future to look forward to. I would recommend this procedure 100 per cent for anyone who is eligible."

Mr Bittar explained that nationally LVRS surgery is not being offered extensively because of a lack of awareness of the procedure and its effectiveness.

"A number of emphysema patients could benefit from this surgery," Mr Bittar explained. "There are two million patients suffering with COPD in this country. Sixteen thousand patients a year would be suitable for LVRS nationally. At the moment about 100 to 200 patients nationally are undergoing this procedure annually."

Mr Bittar added. "GPs are seeing these patients and we need to make them more aware of this procedure and its benefits. Advances in keyhole surgery have meant LVRS is safer, cheaper than medical management and prevents future hospital admissions."

# Flying start for health academy

AN innovative new scheme to offer young adults the chance to gain first-hand experience of working in the NHS has got off to a flying start.

Blackpool Teaching Hospitals NHS Foundation Trust has joined forces with St Mary's Catholic College to launch a new Health Academy which will offer Fylde coast A level students an incredible opportunity to pursue a career in healthcare.

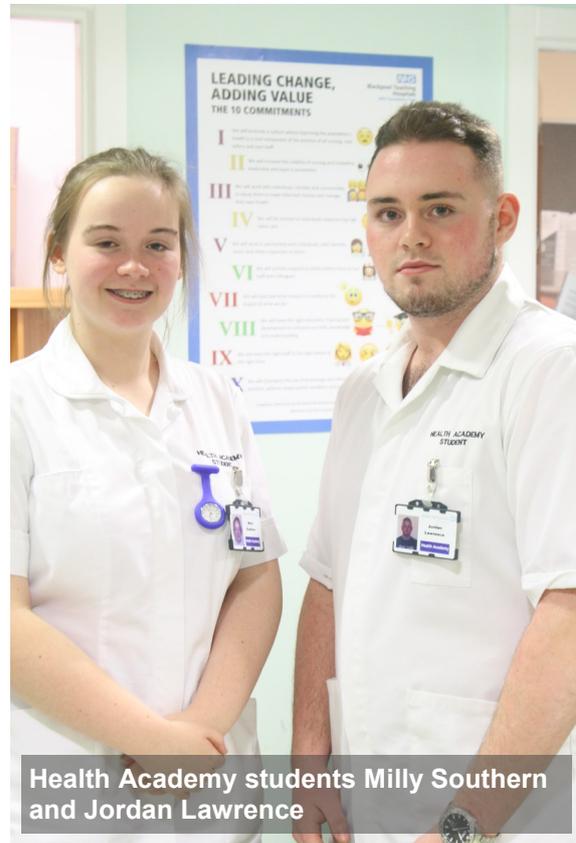
The students in the academy are now a common feature on wards at Blackpool Victoria Hospital and the early feedback has been excellent from hospital staff and students alike.

Tracy Crumbleholme, Trust Lead for the Health Academy and Assistant Director of Nursing and Quality, said: "This is the first scheme of its type in the country and we are really proud of it. It is fantastic to see the members of the group now working across the Trust.

"This is a really exciting opportunity for them to gain practical experience that will support their A level learning and help their future careers and the feedback we have had from everyone so far has been fantastic.

The students will do their A level study at St Mary's Sixth Form College and one day a week, during term time, they will be on 'day placement' within the Trust. They will undertake a care certificate qualification which is a recognised qualification in healthcare and the skills and attributes they gain will also assist university

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Health Academy students Milly Southern and Jordan Lawrence

applications or help identify those students who may want follow a NHS career via other pathways such as apprenticeships.

One of the youngsters on the course, Jordan Lawrence, said: "In 2014 my mum had a heart attack, a cardiac arrest and an epileptic fit all at the same time. I was just 14 and I had to give her CPR for more than six minutes until the ambulance came and I'm glad to say she survived. She was in hospital for a long time and that episode sparked my interest in a medical career.

"While she was in hospital I was constantly looking at her charts and wanting to know what was happening to her.

"She's well now and doing better than expected and as soon as this course came up I wanted to do it. I have learned so much especially when I was on a placement with the physio teams. That was very hands on and I got to do so much with the patients."

# Vic praised for saving the lives of babies

BLACKPOOL midwives are leading the way in the battle against unexplained foetal baby deaths.

And the work has been acknowledged and praised by the national Perinatal Institute.

At a national stillbirth study day, Institute director, Professor Jason Gardosi, named the Families Division at Blackpool Victoria Hospital as being the 'best in the country' at recognition of small-for-gestational-age (SGA) foetuses and praised the division for reducing the stillbirth rate at the hospital by 50 per cent.

Congratulating Blackpool's success, Professor Gardosi said: "We are very pleased about Blackpool Teaching Hospital's efforts which have resulted in them recording, during Quarter Two - 2017/18, the highest SGA detection rate of all 126 Trusts and Health Boards in the national programme.

Midwife Team leader at Blackpool Victoria Hospital, Sister Angela Fletcher, said: "The problem of stillbirth is traditionally worst in the North, possibly because of lifestyle and deprivation. We wanted to identify which babies were at risk and quickly realised small babies were at increased risk. All unexplained stillbirths were smaller than expected."

The research showed anyone can be at risk of stillbirth. While smokers, younger mums, older mums and those who have had previous small babies are at risk, they are not the only ones who



Moira Broadhead and Angela Fletcher

could suffer from unexplained stillbirth.

Sister Fletcher said: "We realised screening was vital to saving babies' lives and started scanning more frequently to monitor growth."

In 2014 the hospital signed up to Affirm, a research study making women aware of foetal movements and what to do if they change. By 2015, the number of stillbirths at The Vic had reduced to eight – none of which were unexplained.

In 2015, NHS England launched its Saving Babies in North England training system. By then Blackpool already had in place the four elements for stillbirth prevention; smoking cessation, growth charts, movement monitoring and interpretation of heartbeat in labour.

Women's Unit manager, Sister Moira Broadhead said: "The staff, from consultants to HCAs, are on-board with the scheme and training and this has added to the success. We are very proud of this and the better outcomes for mums and babies."



# Groundbreaking role helps ease pressures

BLACKPOOL Victoria is one of the only hospitals nationally using a groundbreaking role to help alleviate pressure on its emergency departments.

One of only five Advance Pharmacist Practitioners across the country is working at Blackpool and he believes the role will help improve patient flow and discharges.

Nawres Aldafai was a pharmacist, but he has qualified as an Advanced Pharmacist Practitioner which means he can manage patients, take bloods, perform cannulation and carry out medical examinations to assist the medical team.

“We need this role to take the pressure off A&E,” explained Nawres, who is known to his colleagues as Naz. “I can manage conditions seen in about a third of the patients who come into A&E which frees up doctors to deal with more complex cases.”

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“This work is really groundbreaking, but in a few years the role will be familiar in emergency medicine. Research for the role, carried out by Health Education England, shows the position to be necessary to relieve some of the pressures in A&E. At the moment I work across A&E, the Acute Medical Unit (AMU), the Short Stay Ward and the Combined Assessment and Treatment Unit, wherever I am needed to deal with medical patients,” Naz explained.

Matron for A&E, Susan Roberts, added: “With Naz working in conjunction with our teams already established in each speciality, he will help to improve our non-admitted four-hour targets.”

“Naz will also improve patient experience by providing expert decision-making skills along with diagnosing and treating patients who are referred to him. I believe this role will improve patient care and quality,” Matron Roberts added.

# The best gift of all



Jess Lonsdale and George with Macmillan transformation lead, Jessica Jones and Jess's mum, Kila Redfearn

A YOUNG mum and former cancer patient celebrated an extra special Christmas this year.

Jess Lonsdale, 23, from Lytham, was nearing the end of her three year Drama and Theatre degree at Aberystwyth University in 2014, and had just got engaged to childhood sweetheart Tom, when she found a lump in her neck.

Various tests were booked, but one of the appointments clashed with her final exams. Jess said: "I tried to change this as I didn't want to miss my exam and potentially fail my degree, but the doctor insisted I needed to be at the appointment. It was at that point I knew it was serious."

Doctors confirmed Jess had Hodgkin's Lymphoma at just 20 years old. Christmas that year was fraught with worry.

In January 2015, Jess started her treatment at Blackpool Victoria Hospital and was also told that she would need to retake her whole final year even though she was only 12 weeks away from completing the course.

She started four cycles of chemotherapy, given every two weeks, which she received on the Haematology and Oncology unit. Doctors had also told Jess they could not guarantee that her fertility would not be affected.

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The treatment took its toll. She spent her 21st birthday on the Haematology Unit, with her family using sick bowls as party hats!

With a little persuasion in an email from mum Kila Redfearn, Aberystwyth University allowed Jess to send in her coursework in order to complete her degree.

Jess managed to submit her coursework just after her chemotherapy treatment and passed her degree with a 2:1. Jess said: "Getting to graduation is probably one of the proudest moments of my life. I had no hair under my cap, but once I stepped on stage to receive my degree, the whole audience stood and gave me a standing ovation."

In March 2016, Jess and Tom were delighted to discover they were pregnant and George was born in November 2016.

Jess said: "Because of my recovery from the birth and from my treatment, I don't remember much about last Christmas, that's why this one was so special."

Even more special because Jess is now in remission. She added: "So much has happened over the last few years, but not all bad because Tom and I got married last year and of course, we now have our beautiful little boy."

# Giving youngsters a preview of NHS jobs

YOUNGSTERS across the Fylde coast were given an insight into the wide range of jobs available in the NHS at a special careers fair.

Blackpool Teaching Hospitals NHS Foundation Trust hosted a careers evening aimed at Year 12 and 13 students in education at sixth form or college with staff from various disciplines answering questions and offering advice about various careers in their profession.

Blackpool and The Fylde College and universities including University of Central Lancashire (UCLAN), University of Cumbria and Manchester Metropolitan University also attended.

Christie-Lee Lebon, Pastoral Support Coordinator at the Trust, organised the event along with Michelle Pearson, Workforce Development Coordinator.

Michelle said: "The careers fair gave people an insight into potential career pathways within the healthcare sector, both clinical and non-clinical.

"The idea was to help youngsters make informed decisions before making their choices for University and it proved very successful."

Christie-Lee added: "We had great support from our staff with people representing biomedical scientists, physiotherapists, occupational therapists, dieticians, pharmacists, physiological scientists, mental health practitioners, and specialist practitioners.

"We also had advice on many different careers and services in the hospital such as estates, administration, therapies, nursing, midwifery,



Christie-Lee Lebon



Nurse Tina Morland

healthcare sciences and medicine as well as support from several different universities who provided advice on courses they offer."

Career Transformation, Engagement and Development

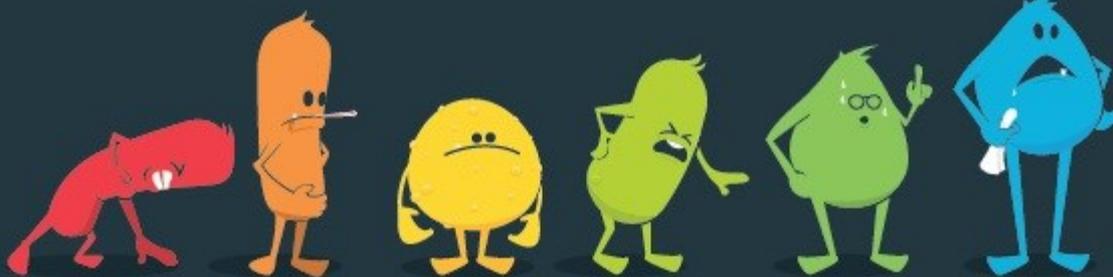
Manager, Eleanor McManus, added: "The aim of the event was to highlight the variety of careers in healthcare with a wide range of roles and opportunities available for those with a passion to improve people's lives and the determination to reach the highest standards.

"We have had some fantastic feedback from schools and colleges who have told us the event really sparked an interest in their pupils."

For more information on the **350** different career opportunities within the NHS, please visit <https://www.healthcareers.nhs.uk/>

# THINK!

## WHY A&E?



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**A&E OR  
999**

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CENTRE**

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VOMITING

**GP  
SURGERY**

DIARRHOEA  
RUNNY NOSE  
PAINFUL COUGH  
HEADACHE

**LOCAL  
PHARMACY**

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COUGH  
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[www.WhyAandE.nhs.uk](http://www.WhyAandE.nhs.uk)

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