

Health Matters

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



New role for Trust chief

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Issue 159, Friday, February 2, 2018

Welcome from the Chief Executive

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



Sadly the Trust is losing one of its greatest advocates as our Chairman, Ian Johnson moves on to a new role at University Hospitals Morecambe Bay.

On behalf of the Board of Directors and all our staff I would like to congratulate Ian on his appointment and thank him for all of his hard work over the years.

Ian has played a major role in the Trust's development over the past few years and has been at the heart of a massive period of change for health care across the Fylde coast and North Lancashire.

Elsewhere in this edition of Health Matters you can read about a member of staff who is in her 41st year as a nurse and a cardiothoracic surgeon who is preparing for the London Marathon.

We are also delighted that an innovative referral system, piloted by our rheumatology team, has been shortlisted for a national award.

**Wendy Swift,
Chief Executive**

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Nurse reveals the best thing about her job

"NURSING isn't glamorous, it's hard work, but you meet some wonderful people and make lifetime friends. Knowing you have made a positive difference to someone's life is such a fantastic reward." - Sister, Val Gulwell, who is celebrating 41 years as a nurse.



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Can you help our library trolley appeal?

DO you have any large print books that would like to donate to hospital patients?

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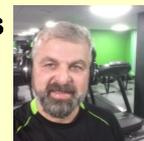
Referral system shortlisted for national award

INNOVATIVE work to improve patient treatment and care has resulted in the rheumatology department at Blackpool Teaching Hospitals being shortlisted for a prestigious award.

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Cardiac surgeon ready to pound streets

CHARITY cyclist and cardiac surgeon Nidal Bittar has swapped bike wheels for running shoes as he prepares for this year's London Marathon.



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Ian Johnson with Lord Carter, Sharon Robson and Wendy Swift

As Trust Chairman, Ian Johnson, prepares to take up his new role at University Hospitals Morecambe Bay, we look back at some of his key moments — 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

For the love of nursing

FIGURES recently revealed that an increasing number of UK nurses are leaving the profession.

But there are plenty of nurses employed by Blackpool Teaching Hospitals NHS Foundation Trust that have been nursing since they were teenagers and have no intention of stopping.

Val Gulwell, a sister on Ward 1 at Clifton Hospital, is now in her 41st year of nursing and has worked at Clifton since it opened in 1988. She says she has no desire to leave until she retires.

She said: "The best thing about my job is the knowledge that I have helped someone to get well enough to enable them to go home or helped those at the end of their life to die with dignity and without pain."

Val started her nursing at 17 in Queen Alexandra's Royal Naval Nursing Service (QARNNS). In 1987 she moved to be near her mum who lived in Lytham and worked on Ward 19 at Blackpool Victoria Hospital.

The newly built Clifton Hospital, a Care of the Elderly unit, was looking for nurses and Val got a job as a staff nurse. She did 23 years of night shifts before working days.

She said: "Nursing has changed so much over the years. From the uniforms to the paperwork, it's not



anything like when I started all those years ago."

One thing that doesn't change is though her passion for caring for her elderly patients.

Val said: "I treat our patients how I would want myself or a loved one to be treated. I must have helped thousands of people during my career and that gives me enormous job satisfaction. It's been a privilege to be there for them."

She added: "If anyone is considering a career in nursing, I'd say the main attributes you need is care and compassion. Nursing isn't glamorous and is hard work, but you meet some wonderful people and make lifetime friends and knowing you have made a positive difference to someone's life is such a fantastic reward."



DO you have any large print books that you could donate to hospital patients?

Library trolley volunteers at Blackpool Victoria Hospital have seen an increase in requests for large print books from patients who often spend long periods of time in hospital.

Voluntary Services Manager, Hannah Foxcroft, pictured, said: "We stock large print books but there has been a noticeable increase in demand for them lately and it would be really nice to get more stock of available books for our patients."

If you have any large print books in good condition that you would like to donate, please contact Laura Sims on 01253 956688. Alternatively you can drop off the books at the Voluntary Services Team office on the ground floor at Victoria Hospital.

Innovation puts Trust on shortlist

INNOVATIVE work to improve patient treatment and care has resulted in the rheumatology department at Blackpool Teaching Hospitals being shortlisted for a prestigious award.

The department, along with GP and public health colleagues, devised a system which improved access to the right care at the right time for rheumatology patients. The work has now been recognised by the British Society for Rheumatology who have shortlisted it for their Best Practice Award.



Dr Chandini Rao

Rheumatology consultant, Dr Chandini Rao, who led the work, said: “The aim of our pilot was to remove referral barriers and ensure patients were seen in the most appropriate setting and in a timely manner.

“Instead of referring patients by letter, we spoke to the referrer by telephone to access the need of the patient and identify the best possible treatment route for their condition. Patients who would benefit from care through other services were also identified and signposted to the best option.”

Dr Rao added: “We found that telephone referrals gave us the best management of patients allowing us to fast track urgent referrals and inform GPs of all services available for treatment of rheumatology and associated conditions.”

Ten hospitals and partnerships have been listed

for the awards and the winners will be announced at the British Society for Rheumatology annual conference in May.

“I feel very honoured that our team has been shortlisted among such a list of fantastic projects,” Dr Rao added. “It is wonderful to be recognised for the work we do and this gives us a superb platform to share the outcomes of this project which has given best patient care and best use of resources.”

Patient care was improved by the initiative in a number of ways including enhanced fast tracking when necessary, patients being seen more appropriately by a variety of services, a decrease in waiting lists and an increase in awareness of all clinical services and options.

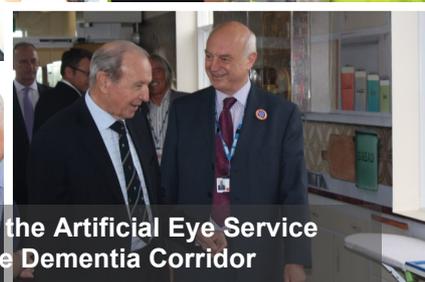
The Society has sent a judging team to Blackpool Victoria Hospital to see the work of the rheumatology department. They were given a presentation on the referral project followed by a question and answer session with members of the team.



With Lord Carter and Jeremy Hunt, below planting a tree to mark the opening of the new Outpatients and at the opening of the multi-storey car park



Ian bows out



With the Duke of Gloucester at the Artificial Eye Service and with Jimmy Armfield on the Dementia Corridor

TRUST Chairman, Ian Johnson, is to leave the organisation to take over as Chairman of University Hospitals of Morecambe Bay Foundation Trust.

Ian, who took over the role from Beverly Lester in April 2012, has overseen many significant achievements in his time including the transfer of community services, the new main entrance and new car park at Blackpool Victoria Hospital, improving our performance across a wide range of areas and leading the Trust through significant periods of change.

He is expected to take over his new role within the next couple of months.

Ian said: "I would like to thank staff, Board colleagues and Governors for their support over

the past six years.

"I can honestly say that it has been a privilege to serve as Chair of a forward-looking Trust which has placed patient care at the very centre of its focus."

Wendy Swift, Chief Executive of Blackpool Teaching Hospitals NHS Foundation Trust, said: "On behalf of the Board of Directors and all our staff I would like to congratulate Ian on his appointment and thank him for all of his hard work over the years and wish him every success for the future.

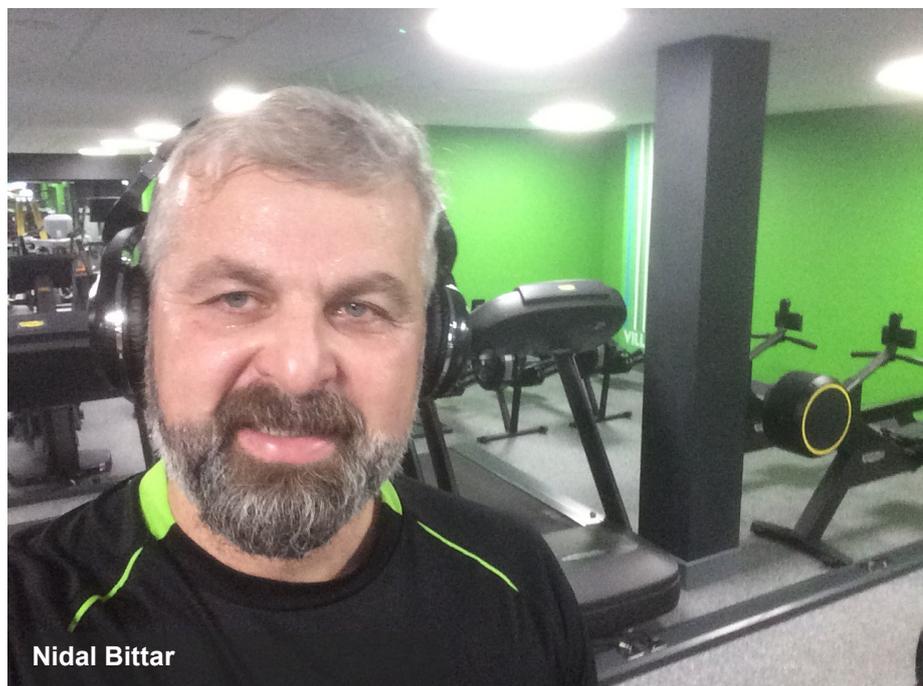
"Ian has played a major role in the Trust's development over the past few years and been a great advocate for the patient and a great supporter of our staff."

Surgeon's Blue Skies charity challenge



HE'S well used to taking on epic cycling charities in aid of charity, but cardiac surgeon Nidal Bittar has swapped his bike wheels for running shoes as he prepares for this year's London Marathon.

Mr Bittar, who has cycled across the desert, ridden from the Tower of London to the Eifel Tower and biked from coast to coast, admits he is taking himself out of his comfort zone for his latest challenge, which he is doing to celebrate his 50th birthday.



Nidal Bittar

His 26 mile jaunt will raise money for Blue Skies Hospitals Fund's Heart of Gold Charitable Fund, which supports the Lancashire Cardiac Centre at Blackpool Victoria Hospital, and UNICEF's Children of Syria appeal.

Mr Bittar, who works as a cardiothoracic surgeon at the hospital and across the North West, said: "I have never been a runner, and didn't run at all until 2011 when I started training for the Great North Run the following year.

I managed to complete that with a steady, continuous run, in two and a half hours.

"After that I focussed more on cycling instead, and decided to do something new ahead of my

50th birthday. I started running again in the summer and am now following a 16 week fitness programme to prepare me for the big day in April.

"I'm not worried about the time on the day. I just want to finish it in one piece.

"It's all about being able to do something for good causes, and these two charities are close to my heart.

"I've raised thousands for Heart of Gold over the years and am pleased to be able to keep doing so. Hopefully I will enjoy this challenge as much as all the others I have done."

To sponsor Mr Bittar, visit his online giving page at <https://mydonate.bt.com/fundraisers/mrbittar>.

Children's service is a 'privilege to work for'

A challenging, but immensely rewarding children's service, is changing its name to better reflect the work it does.

Formerly known as Specialist Health Visitors, the four-strong team will now be called Specialist Practitioners in Child Development which better defines the service they provide to pre-school children.

Lead Specialist Practitioner for the Blackpool team, Jackie McKay, explained: "The new title homes in on our speciality to make it clear what we do and where our expert knowledge and skills lie.

"It is about being clear about the services we offer. For professionals it will bring clarity around which children they should refer and what specialist support we can provide. For families it will differentiate between the multitude of professionals that can be involved and our targeted service."

The team deal with children who are referred to both Blenheim House Child Development Centre at Whitegate Drive, Blackpool, and to Longlands Child Development Centre in Lancaster.

They provide specialist care, advice and support to pre-school children and families under the care of their local Child Development Centre. They also provide specialist support and advice to health professionals.

"It is a very rewarding job," said Jackie. "We are working with families that are sometimes at their most vulnerable, when life has dealt something they were not expecting.



Specialist Practitioners April Williams, Denise Lightly, Jackie McKay and Marilyn Parson

"As professionals we have the opportunity to make a difference and that is a privilege. This job is a vocation as much as a career, it can be emotionally difficult, but we have a good team and great support.

"When you are able to support children and parents to make small steps such as improve sleep or obtain skills, this can make a massive difference to them and be extremely rewarding."

Consultant paediatrician, Dr Megan Thomas, said: "We work closely together as a team, with complimentary skills and knowledge meaning that our impact is much greater than if we worked independently."

The Specialist Practitioners in Child Development are a key component of that team, for both the child and their family. I personally find them an invaluable resource in informing my clinical assessments, supporting families and providing evidence-based information to families and other practitioners.

70
YEARS
OF THE NHS
1948 - 2018

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NHS Foundation Trust

**This year, the NHS is
celebrating its 70th
birthday.**

**Blackpool Teaching Hospitals NHS
Foundation Trust has organised some
special events and we would like your help!**

- *Do you know of someone who worked at our hospitals in the early days of the NHS*
 - *Were you a patient at that time?*
- *Do you have any photos or memorabilia from then?*

We would love to share your memories in a special exhibition and share your stories. Please get in touch!

Email: communications@bfwhospitals.nhs.uk;

Phone: 01253 953538 or write to us at:

**Communications, Home 15, Blackpool Victoria Hospital, Whinney
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