

Health Matters

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



On song for book donations

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Issue 160, Friday, February 16, 2018

Welcome from the Chief Executive

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



Blackpool Teaching Hospitals NHS Foundation Trust has been at the forefront in the fight against cyber threats.

Our staff have played a major role in helping health and care organisations develop systems to protect their IT infrastructure against online threats.

This is part of our ongoing commitment to our patients ensuring we take appropriate steps to minimise risks to the NHS as a whole.

We have also launched a new Health and Wellbeing Plan to help some of our vulnerable patients.

The plan will be individualised to the patient and will ensure consistency of care while empowering them and their families to have independence and confidence in managing their health condition.

And the Trust is appealing to patients, parents and carers to help us shape our ADHD services. See Page 7 for details.

**Wendy Swift,
Chief Executive**

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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

Health plan boosts patient wellbeing



Myra O'Reilly and Myrna Hurley

A DIABETIC patient says a new Health and Wellbeing Plan has helped her enjoy life again.

The plan, instigated by Blackpool Teaching Hospitals NHS Foundation Trust, aims to capture the character and individuality of patients and ensure they are treated as individuals and helped to manage their long-term conditions.

For some vulnerable patients, the plan will also ensure consistency of care while empowering them and their families to have independence and confidence in managing their health.

The plan is intended for any person receiving support, but particularly those with complex or special needs, vulnerable adults or patients living with dementia.

It was drawn up jointly between patient support groups and healthcare professionals to give a practical and person-centred document which supports patients, especially if they cannot easily speak for themselves.

It contains sections which paint a picture of the user, their individual routines, what affects their daily lives and builds a snapshot of who they are as a person. It also gives an opportunity to include photographs or memorabilia chronicling important things, people, places and occasions from the past or present to trigger conversations.

Blackpool diabetic patient, Myra O'Reilly, praised the introduction of the plan saying: "I have filled in every page and added photos of my family. It was lovely to be reminded of special occasions. There were sections about my good days and bad days and what is important to me.

"Completing it with my health and wellbeing support worker helped us get to know each other and I felt that someone was looking at me as a person. It has broken down barriers and prompted conversations that I wouldn't have had otherwise which has brought a sense of calm to my life.

"It has helped me increase my knowledge about my long-term conditions and I have gained independence and learned to be confident enough to make my own decisions. The Extensive Care service and this plan has given me the incentive to laugh again, it's been my medicine."

Myra's Health and Wellbeing Support Worker, Myrna Hurley, said: "Myra and I started with a blank health and wellbeing plan and I found filling it in with her was a useful way to get to know her and have some useful conversations.

"It has helped build a rapport between us and has identified where my support can be best used and how I can help Myra help herself."

Charity goes old skool

MUSIC fans are being encouraged to don their dungarees, get the Ziggy make up on and break out the backcomb for an old school disco — all in the name of charity.

The 80s Old Skool Disco, at Lowther Pavilion in Lytham on Friday 30th March, will feature some of the biggest hits of the decade thanks to Blackpool 80s tribute band Elektrik Dreams.

All proceeds will be split between Blue Skies Hospitals Fund, the charity for Blackpool Teaching Hospitals NHS Foundation Trust, and Love Lowther.

Head of Fundraising at Blue Skies, Kila Redfearn said: “We cannot wait for this event – who doesn’t love the music from the 80s? This event is just about having a great night out while raising money for two very deserving causes.

Tickets for the 80s Old Skool Disco are £8 in advance (£10 on the door) and are available from Lowther Pavilion at www.lowtherpavilion.co.uk or the Box Office on 01253 794221.

80s SKOOL DISCO

FEATURING
ELEKTRIK DREAMS
LIVE 80s TRIBUTE BAND

LOWTHER PAVILION LYTHAM

FRIDAY 30TH MARCH
(GOOD FRIDAY)
DOORS OPEN 7.30PM

TICKETS £8 (ADVANCE)
£10 (ON THE DOOR)
LOWTHERPAVILION.CO.UK

RAISING MONEY FOR

blue skies hospitals fund
The Charity for Blackpool Teaching Hospitals

LOWTHER LOVE

blue skies
hospitals fund
The Charity for Blackpool Teaching Hospitals

YOU DON'T NEED TO BE A SUPERHERO TO CHANGE LIVES...

www.bfwh.nhs.uk/blueskies/

DO SOMETHING AMAZING TODAY, YOUR DONATION, NO MATTER HOW LARGE OR SMALL WILL HELP CHANGE LIVES IN YOUR AREA!



SCAN THE QR CODE OR JUST HOLD UP YOUR SMARTPHONE CAMERA (INSTEAD TO DONATE!)

Registered Charity Number 1051570

Registered with
FR
FUNDRAISING REGULATOR

Protecting against cyber threat



Steven Bloor

EXPERTS at Blackpool Teaching Hospitals NHS Foundation Trust have played a major role in helping health and care organisations develop systems protecting their IT infrastructure against cyber threats.

NHS Digital, the national information and technology partner of the health and care system, has entered a new deal with Microsoft to increase protection against cyber attacks.

Microsoft's Enterprise Threat Detection Service allows NHS Digital's Data Security Centre to provide targeted alerts to detection issues, down to individual computers and other devices, providing a full description of the problem and offering expert remediation advice.

The contract for the service was agreed following a successful pilot with NHS Digital and Blackpool Teaching Hospitals Foundation Trust.

Steven Bloor, Chief Information Officer at the Trust said: "As part of the pilot we developed processes to deal with the alerts from Microsoft for potential suspicious activities. This has been very positive and helps us ensure that our patient

data is protected at all times."

The service has already been deployed on over 30,000 machines and it will eventually cover up to 1.5 million devices within health and care settings such as hospital trusts and GP practices.

Dan Taylor, Director of Security at NHS Digital, said: "This deal will further bolster protection against cyber security issues in the NHS. It is our role to alert organisations to known cyber security threats and advise them of appropriate steps to minimise risks. This marks a step change in our capability to provide high quality, targeted alerts to allow organisations to counter these threats and ensure patients' needs continue to be met."



Sharon Normyle, Leanne Lamb and Debbie Malloy

On song to help young readers

A CHOIR made up of local NHS staff and friends has been serenading the public in order to provide books for teenagers.

The Trust Singers, many from Blackpool Teaching Hospitals NHS Foundation Trust, have raised money to provide books for the adolescent section of the Children's Clinic Outpatients Department at Blackpool Victoria Hospital.

Debbie Molloy is a paediatric staff nurse and a member of the Trust Singers. She said: "We have performed at several venues and managed to raise more than £600. We have split the monies raised between a couple of charities and the Children's Clinic.

"The department was really in need of age appropriate books for the older children to read

while waiting for appointments." Children's Play Specialist, Leanne Lamb, said: "Receiving these books is amazing.

"Unfortunately, books that are suitable for adolescents are not often donated, so it's great to be able to offer a great choice now.

"It will certainly make their waiting time more interesting." The Trust Singers were formed around five years ago when it was originally funded by the Trust's Staff Lottery.

The choir is now self-funded and welcomes new members. Their repertoire ranges from choir classics to pop and modern favourites.

If you are interested in joining or hiring the choir, you can find more information at www.trustsingers.com

Praise for hospital caterers

BLACKPOOL Teaching Hospitals NHS Foundation Trust has been praised for its healthy catering provision by a national magazine.

Health Business magazine has published its first Top 10 list of 2018 and its focus on hospital food highlights Blackpool as an area "excelling in healthy catering."

The article focused on 10 NHS sites that it said were "leading the push for healthier meals on wards, whether that be sugar-free, locally sourced or with limited food waste and packaging."

Yvonne Widdows, senior site services manager for the Trust, said: "To be featured in the top 10 of a list like this is great news and a fantastic achievement for our staff.

"Patients, visitors and staff can continue to have confidence in the standards of catering services and that we produce food in a safe manner. We know how important meals are to our patients and it can often be the highlight of their day.

"I'd like to say thank you to the team for all their hard work; it really is a team effort to achieve accolades like this."

Can you help improve our ADHD services?

HEALTH experts are appealing to young patients, parents and carers to help them improve ADHD services in Blackpool.

Attention Deficit Hyperactivity Disorder (ADHD) is a biological condition which affects children leading to behavioural difficulties. It is caused by a chemical imbalance in the brain which impacts on a child's ability to focus, stay still and think before acting.

The condition, which is often life-long, can be greatly improved with behavioural management and medication. Blackpool Child and Adolescent Mental Health Services (CAMHS) want to improve the care for ADHD offered by giving people the chance to influence how the service is run.

To do this they are running listening sessions for patients, parents or carers on Friday, March 2 at Whitegate Health Centre, Blackpool. The sessions are for those with an ADHD diagnosis and will give them the chance to have a say about available services and what works for them and how things could be improved.

The parent and carer sessions are being held between 10.30am and 12.30pm and sessions for young people are between 3pm and 6pm. Refreshments will be available to all guests.

Zoe Roscoe, Assistant Psychologist, said: "The child is at the centre of CAMHS and we want to know what their experience of our service has been. We will be trying to capture their voice and use their experiences to improve the service we offer."



Zoe Roscoe, David Eaton, Dr Pauline Tapping and Dr Vasumathi Balaguru

About five per cent of school age children have ADHD and boys are four times more likely to have diagnosis of ADHD than girls. More than half of children diagnosed with the condition experience problems into adulthood.

Dr Vasumathi Balaguru, CAMHS consultant, said: "We want to improve our service within the confines of what facilities and resources we have. We want to hear which services work well for our patients and what their needs are. This will be a learning experience for us, we hope to keep the things that are going well and change things that are not as useful.

"We want to have open and honest discussions with young people and their parents or carers so we can ensure the ADHD pathway mimics the patients' voice and that we are doing things that are important to them."

If you are interested in attending the sessions on March 2 please contact CAMHS on 01253 957160 or 01253 957151 or email nicola.heys@bfwh.nhs.uk

Ensuring safe discharge

BLACKPOOL Victoria Hospital is improving patient experience by employing six new discharge facilitators who will help medically fit patients leave hospital safely.

These new roles will prevent patients being 'stuck' on wards when they are fit to be discharged and will also free up bed space where it is most needed.

Roz Bradshaw, Urgent Care Lead for Blackpool Clinical Commissioning Group, explained patients can get stuck in the system, being medically fit for discharge but without the support to ensure they can move on safely.

"The discharge facilitators will get to know patients and understand what needs to be in place to ensure safe and timely discharges," Roz said. "This can be equipment, care packages or family assistance. We will ensure the support is in place for the patient before they move from hospital to an appropriate care setting.

"The discharge facilitators will be based on the wards and will play an active role during ward rounds, multidisciplinary team meetings and will be involved with the patient tracker system. They will be a single point of access for patients, their families, nursing homes and healthcare workers in the community hubs.

"They will also continue to build on our relationship with local care homes," Roz added.

The roles will be an extra resource which will be funded for 23 months by the Lancashire County

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Discharge facilitators, Ian Worthington and Dan Standing

Council Better Care Fund.

There will be six discharge facilitators covering the hospital's Care of the Older Person wards; two are already in post with a further four expected to start imminently.

Discharge facilitator, Dan Standing, who took up his role just a week ago, said: "We are the eyes and ears between the wards, the nurses the social workers and the patient.

"We can enhance discharge planning and communication to get the patient to a place of care safely and in a timely manner."

The aims of the new team are to reduce the length of a patient's stay by ensuring discharge is planned, executed and co-ordinated to allow them to move on in a timely way.

The discharge facilitators will act as a central point for all enquires relating to patient discharge planning and be the contact for residential homes with patients on designated wards.



Apprenticeship Week

Evening event: Tuesday 6th March 2018

4.00pm – 6.30pm

Blackpool Teaching Hospitals

Education Centre

Are you interested in apprenticeships?

Come along to this evening event to obtain professional advice and information on the different apprenticeships on offer at Blackpool Teaching Hospitals. The hospital Recruitment Team will be at the event to offer advice and guidance on the application process for apprenticeships within the Trust.

If you are interested in attending please email

Ashlie.Griffiths@nhs.net

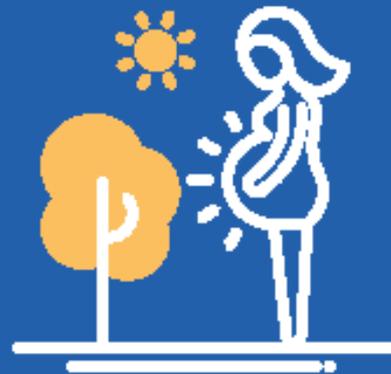


#WorksForMe

Trafford College



Are you pregnant
and living in
Lancashire or South
Cumbria?



Are you a parent/carer of
a child under 5 and living
in East Lancashire or
Blackburn with Darwen?

NHS England want to know your
thoughts about vaccinations.

<https://tinyurl.com/NHSE-LIVE-L-C>



Your answers will help
shape the design of these
programmes going forward.

