

Health Matters

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



Walking tall

INSIDE THIS ISSUE:

Best foot forward

Daring duo set for Three Peaks charity challenge — Page 3

Healing little hearts

Blackpool surgeon volunteers to help disadvantaged children — Page 6

Issue 165, Friday, April 27, 2018

Welcome from the Chief Executive

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



One of our leading cardiac surgeons has talked about how humbled he has been to volunteer to help underprivileged children in India.

During a week-long stay in the country he took part in nine live-saving operations and described the fantastic experience he has been involved in.

We are also humbled to have such staff who so willingly give up their own time and experience to help others in need.

This sort of compassion is the foundation stone of this Trust.

We are delighted to welcome the new Filipino nurses to our Trust and we wish them well in their quest to qualify for British PIN registration.

These nurses are known as Adaptation Nurses and can be seen in clinical and medical areas across the Trust where they are training and observing ready to start work as soon as they have qualified.

**Wendy Swift,
Chief Executive**

Contents

News

Three Peaks Charity Challenge

ADVENTURE-LOVING Clifton Hospital duo are to embark on a Yorkshire Three Peak Challenge for the Trust's charity. - **Page 3**

Round Table support for Fylde coast patients

A SCHEME to help patients receive the best care possible at Blackpool Victoria Hospital has received generous support from a Fylde coast Round Table group - **Page 4**

Nurses adapt to life on our wards

UP TO 80 qualified Filipino nurses are expected to take up positions on wards at Blackpool hospitals in the near future - **Page 5**

Surgeon 'humbled' by helping children

A LEADING Fylde coast cardiac surgeon said he was "humbled" after volunteering to treat young children in India - **Page 6**

Access free wifi while you wait for appointment

PEOPLE living across the Fylde coast can now access free wifi while waiting to see their doctor or visiting the hospital - **Page 8**



Mum's tough way to say thank you - Page 7

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



BRAVE staff from Clifton Hospital are about to embark on a Yorkshire Three Peak Challenge for a local hospital charity.

Sister Francesca Hall and Advanced Practitioner, Danielle Eastwood, pictured above, are leading a seven-strong team of friends and colleagues to raise money for Blue Skies Hospitals Fund's Peace of Mind Appeal that supports patients living with dementia.

Danielle said: "We will be walking 24 miles over Pen-y-ghent, Whemside and Ingleborough with a total ascent of 5,200ft which we aim to complete in 12 hours.

"Fran and I like walking and we are both passionate about raising money to enhance dementia patient care, so we decided to get a team together."

The team aim to raise £500 for the charity, but are also walking in memory of Fran's late grandfather, Aldo Chiappe, who recently passed

away and who lived with dementia.

Fran said: "It's lovely that the team wanted to do this in memory of my dear 'Nonno'. Danielle and I recently went to my grandfather's hometown of Lavagna in Italy and did a warm up walk in the nearby hills. It is lovely to be able to connect the two areas and makes the challenge much more personal and inspiring."

Many of the team's friends and families have been affected by dementia in some way and if this first walk goes well, the team are planning further challenges to raise more money and make a bigger difference.

Head of Fundraising at Blue Skies Hospitals Fund, Kila Redfearn, said: "If it wasn't for people like Francesca, Danielle and her friends, we wouldn't be able to purchase special items that make a massive impact on patient care. You need some stamina to keep going for 12 hours, so we wish them all the luck in the world and keep safe."

Painting a picture to enhance patient care

A SCHEME to help patients receive the best care possible at Blackpool Victoria Hospital has received generous support from a Fylde coast Round Table group.

Staff at Blackpool Teaching Hospitals have developed a scheme called 'Paint me a Picture' where patients complete a card explaining their likes and dislikes to help staff understand the patient's normal routine, likes and dislikes.

Examples of the information patients are asked for include; what they like to be called, important things that have happened in their life, things they enjoy and don't enjoy doing and things which relax and settle them or upset them.

The project, which has received excellent feedback, has been supported by members of the Normoss Round Table Lodge who have kindly funded the printing of 10,000 cards.

John Cross, from the Lodge, said the group were delighted to support the scheme.

He said: "My daughter works at the hospital and said this was a great idea and really helped patients.

"The Lodge always looks to support local projects that help local residents and this seemed a great idea and was backed wholeheartedly by our members.

"We are glad to support something that seems to be making a real difference."

Matron, Karen Smith, thanked the Lodge for their donation.



Healthcare Assistant Rebecca Cook, Matron, Karen Smith and Sister Gemma Smith with Ray Hargreaves and Alan Berwick from Normoss Round Table Lodge with the Paint me a Picture

She said: "We are really grateful to the members of the group for their support.

"A major part of the Trust's strategy is to improve patient experience where possible and this project really does ensure the patient's stay is more comfortable and makes the hospital environment less stressful for them.

"The information patients give us on the card is used by everyone caring for them to try to make their stay in hospital as good as it possibly can."



Some of the Filipino nurses who have joined Blackpool Victoria

Adapting to life at Blackpool hospitals

UP TO 80 qualified Filipino nurses are expected to take up positions on wards at Blackpool hospitals in the near future.

Blackpool Teaching Hospitals has traditionally recruited overseas nurses to reduce the staff gap on the wards and now the Trust is seeing a second generation of medical staff from the Philippines.

The new nurses are arriving in small groups over the next few months, so far 16 have started at Blackpool Victoria Hospital as Adaptation Nurses.

To be an Adaptation Nurse you have to be a qualified, registered nurse in your own country and have a minimum of one year's experience in health care.

The nurses wear blue uniforms with Adaptation Nurse embroidered on their tunic, but staff and patients can often be unsure what the title means.

Practice Development nurse, Sharon Ellis, explained: "It means they are adapting to being a nurse in the UK and are undergoing a series of examinations and work stations under strict NMC guidelines to obtain UK registration.

"These nurses have to prove they have the skills and competence to work as a trained nurse within the UK," Sharon added. "To do this they have to take an examination called OSCE (Objective Structured Clinical Examination) which requires a 100 per cent pass rate in order to qualify."

"They have to pass their OSCE within eight months of arrival to remain within the UK.

Until the Adaptation Nurses pass their OSCE they are classed as supernumerary and are not counted as part of the staffing numbers on the ward. This allows them to train, observe or shadow staff where necessary without the pressures of the day-to-day ward.

Once they get the qualification they are up and running as staff nurses. They are contracted for two years by the Trust but can stay longer if they wish. They have the same opportunities within the organisation as any other staff and they can apply for jobs and promotion.

Sharon said: "We would like to see them remain here and flourish as part of the family of staff we have at the Trust. Their welfare is very important and they get amazing support from the wider Filipino community.

Humbled by healing little hearts

A LEADING Fylde coast cardiac surgeon said he was "humbled" after volunteering to treat young children in India.

Mr Amal Bose, a Cardiac Consultant at the Lancashire Cardiac Centre, was one of a group of experts who travelled to Vijayawada in India with the charity Healing Little Hearts UK.

The charity sends teams of medical specialists to perform lifesaving heart surgery in centres situated in India, Africa (Kenya, Tanzania), Mauritius and Malaysia.

Each team stays for one week and operates on between 10-12 children per trip. While there team members also use the skills and experience to train junior doctors and nurses in children's heart care with the eventual aim of helping the centres to become more self-sustaining.

Mr Bose, who used his own time to be involved, took part in nine operations in five days covering a range of life threatening conditions.

He said: "I have always been keen to offer my services voluntarily and it was an amazingly humbling experience for me and everyone else.

"We saw children of various ages with various conditions. The parents would not have been



Mr Amal Bose with his recognition plaque

able to afford the treatment their child needed and that it why this charity is so important.

"One of the cases I was involved in was with a child who was only a few weeks old and to know we have saved that child's life is an amazing feeling.

"It was a fantastic experience for me professionally and personally and I will definitely look to go back again and encourage others to help too."

As the NHS gets set to celebrate its 70th birthday Mr Bose says we should remember how lucky we are in this country to have such an institution.

He said: "We forget sometimes just how fortunate we are to have the NHS in this country.

"We sort of take it for granted that we will get the treatment we need and forget that this isn't the case in many other areas of the world."

To find out more about the Healing Little Hearts charity go to: www.healinglittlehearts.org.uk

Nothing's too tough when saying thanks!



Playworker Rosanne Norman with Dawn Collins and her daughter Melissa, eight, on the Children's Ward at Blackpool Victoria Hospital

THE parents of an eight-year-old girl are training for a battle against gruelling obstacles during a competitive distance run in muddy conditions to raise money for Blue Skies Hospitals Fund.

Dawn and Michael Collins will take part in this year's Tough Mudder 5k challenge to say thank you after their daughter, Melissa, was cared for on Blackpool Victoria Hospital's Children's Ward.

Melissa, a pupil at Anchorsholme Academy, was admitted to the hospital in June 2016 with a ruptured appendix and was on the ward for three weeks following surgery.

Dawn said she was looking for a physical adrenaline-pumping challenge ahead of her 38th birthday, and came across Tough Mudder, known for its 20 or so messy and gruelling obstacles set across a distance run.

She said: "At the time I didn't have a charity in mind, but then I thought back to Melissa's experience on the children's ward and it prompted me into supporting Blue Skies Hospitals Fund.

"I want to show Melissa that if you get something from someone or somewhere, it's nice to give something back. My target is £500, though I would love to hit £1,000. I just want to get as much as I can for whatever is needed up there."

Dawn and Michael, who will be joined for the event by two friends, are currently training in the living room of their Cleveleys home.

The event takes place in Manchester in August. To sponsor Dawn and Michael, visit www.gofundme.com/muddy-collins-5k-tough-mudder.

Free wifi for Fylde patients



PEOPLE living across the Fylde coast can now access free wifi while waiting to see their doctor or visiting the hospital.

Wifi has been installed to give patients the opportunity to browse the web while they wait for appointments, via their smartphone, tablet or laptop.

While waiting for an appointment, patients can now access and download health apps, browse webpages and look up health and care information for free.

The Fylde Coast Directory of Services (FYi Directory) is displayed as the first website once connected. The website has been developed for people to find out more information about the health and social care services in their area.

Speaking on behalf of the Fylde coast NHS, Dr Tony Naughton, clinical chief officer at NHS Fylde and Wyre CCG, said: "When talking to patients about how to improve their experiences in GP waiting rooms, many people have suggested free internet.

"Free access to the internet and to the FYi Directory will help patients see what other services are available, as well as how, when and where they can access them.

"The NHS IT team have worked hard to make sure that patients have access to high quality wifi across the area and we believe it will improve people's experience of healthcare."

Implementation of the wireless internet network is part of an initiative to improve the use of online technology in the NHS. The wifi is now live across all GP surgeries and at Blackpool Teaching Hospitals for patients to use.

Pete Kelly, head of IT for the Fylde coast NHS, said: "The free wifi is one of many projects the NHS IT team have for digital healthcare. We want people to be able to interact with health and social care services at home and while waiting for an appointment.

"There is a positive environmental impact with internet use. It enables less paper to be used for printing and people will be able to save webpages and relevant information on their personal devices."

The introduction of free wifi across the Fylde coast is just one of a number of advancements in technology across GP practices. All practices have recently had a TV screen installed to display health information messages and also electronic check-in stations have been set up across all practices.