

Health Matters



Sea of poppies will adorn memorial

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Issue 176 Friday, October 12, 2018

Welcome from the Chief Executive

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



As we enter autumn we need to start thinking about protecting ourselves, our families and our patients from the influenza virus.

Last year was one of the worst flu seasons and as a caring organisation we must ensure as many of our staff are vaccinated as possible to keep our hospital, patients and staff as safe as we can.

Winter pressures always affect hospital trusts up and down the country and we have to invest in keeping our staff healthy to help provide the best care possible for patients in our Trust.

The executive team are leading the way in having their jabs and we hope that staff will do the same.

Staff can check the front page of the intranet for full details about how to get their vaccinations.

Drop-in sessions are being arranged for staff in all divisions or staff can contact bfbw.occupational.health@nhs.net or ring 01253 957950.

Let's fight flu together.

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

Knitters thanked for 28,000 poppies



A GROUP of knitters have been thanked for an outstanding contribution as part of a World War 1 Centenary campaign.

#TheGreatBTHKnit, a project to knit thousands of handmade poppies, has ended with a massive 28,000 thanks to local and international knitters and crocheters.

A series of thank you events have been organised and in the first, the knitters who have met monthly at Blackpool Victoria and Clifton Hospitals, were treated to a slice of a specially commissioned cake, donated by local bakers, Clayton Park.

Associate Director of Facilities at Blackpool Teaching Hospitals NHS Foundation Trust, Nigel Fort, said: "This has been a really positive end to the campaign which we launched last September.

"All the contributors have worked really hard and poppies have been sent in from as far away as Canada.

"But it doesn't stop here. We are inviting contributors to the unveiling of the Poppy Memorial on October 26 and again to the Remembrance Day service being held on November 9. Both events will be in the main entrance of Blackpool Victoria Hospital. We also have a special campaign for an anniversary next year which we will explain in more details at these events."

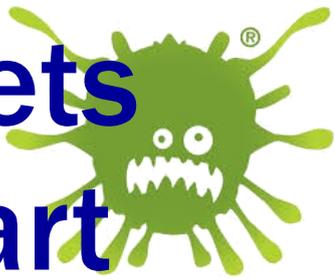
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#TheGreatBTHKnit instructor, Ginette Ward cuts the special cake with Associate Director of Facilities, Nigel Fort

Poppy contributors are invited to the Restaurant at Blackpool Victoria at 10am on October 26 and November 9 for coffee and cake. The group will then be escorted to the main entrance events to see their poppies which will form part of a ground-breaking monument.

Flu campaign gets off to a good start



THE Trust's executives have kicked off this year's flu vaccination season by getting their flu jabs – and they are urging staff to do the same.

Influenza can cause a spectrum of illness ranging from mild to severe, even among people who were previously well.

The impact on the population varies each year, depending on how many people are susceptible, changes to the virus and the severity of the illness caused by the influenza subtype in circulation.

The capacity for the virus to mutate/ change and the duration of protection from the vaccine (about one season), are the reasons that the vaccine is tailored each year to protect against the most commonly circulating strains and shows why annual vaccination is necessary.

Frontline healthcare workers are more likely to be exposed to the influenza virus, particularly during winter months when some of their patients will be infected.

It has been estimated that up to one in four healthcare workers may become infected with influenza during a mild influenza season – a much higher incidence than expected in the general population.

Typically, the elderly, the very young, and people with underlying medical conditions are at a greater risk of suffering severe illness. However, even previously healthy people and the young can develop severe complications from influenza including bronchitis, secondary bacterial pneumonia and, more rarely, meningitis, encephalitis and/or death. Many



TOP: Trust Chief Executive, Wendy Swift, gets her jab from Occupational Health nurse Sue; BOTTOM: Trust Medical Director, Prof Mark O'Donnell, receives his jab from OH nurse Becky

cases of severe illness were in those aged under 65 years.

The Occupational Health department have managed to give 950 jabs in the first week of the campaign and aim to vaccinate 75% of frontline staff.

New advice sessions now at cancer centre



Disability First advisor, Carol Reid with Macmillan Cancer Information and Support Officer, Kerrie Newsham

FYLDE coast cancer patients are to benefit from a new regular advice clinic.

The Macmillan Information Centre, based in the Windmill Unit of Blackpool Victoria Hospital, is hosting monthly sessions to give advice to cancer patients about their entitlement to benefits.

The appointments are held with Carol Reid from the Disability First charity based on Whitegate Drive, Blackpool.

Carol said: "I have worked for the Disability First for eight years and have a good knowledge of the

financial help on offer for cancer patients. Macmillan Cancer Information and Support Officer, Kerrie Newsham, said: "It is amazing to be working collaboratively with a local charity to support our patients.

"Our patients can be facing a whole host of challenges so it is great to be able to provide this service to hopefully remove at least one concern." The advice clinics are held on the first Tuesday of every month from 10am until 12.20pm.

Appointments can be booked by contacting Kerrie on 01253 955710/01253 957147 or email:

kerrie.newsham@nhs.net

Hospital staff take part in new exhibition

A PARK bench is the focal point of a “unique and wonderful” exhibition to celebrate the life of a Lancashire photographer.

Following the death of her partner Mike Foster, journalist Elizabeth Gomm decided to dedicate a bench in his memory in Blackpool's Stanley Park.

Rather than just attach a plaque to remember press photographer Mike, Elizabeth posted a sign on the bench inviting people to send her photographs of them sitting on it.

And after 12 months Elizabeth has received more than 300 photographs ranging from pictures of staff from Blackpool Victoria Hospital, happy families, day-trippers, dog walkers and their photogenic pooches, new-born babies and even a jogger in a Santa suit!

These treasured snapshots from people across the UK now to feature in a special exhibition – ‘A Year in the Life of Mike's Bench’ – at Stanley Park Visitor Centre. The exhibition is being staged until October 24 and admission is free.

Elizabeth explained: “This started out as a simple memorial for Mike, but has turned into so much more. I gave the bench its own email address and asked people to send in their pictures.



Elizabeth Gomm (front, middle) and friends on the special bench

“I thought I'd be lucky to get a handful, but I've had more than 300. That's without any social media or publicity, just from people caring enough to engage with my little sign.

“It feels as though I've been sitting on the bench and someone has come to sit beside me and shared their story.

“Because of the very nature of Blackpool as a holiday resort there are pictures from people from all parts of the country and the world.

“I feel immensely privileged that they have cared enough to give me a glimpse into their lives, and to the life of Mike's bench.”

Elizabeth and Mike, who worked together on the Blackpool Gazette, lived together for 25 years. Mike died of cancer in May 2017.

Qualification success for Trust physiologists

TWO respiratory and sleep physiologists have received new qualifications.

Holly Liptrott has gained the Association for Respiratory Technology and Physiology (ARTP) Spirometry Certificate.

This is the nationally recognised competency assessment for all practitioners performing Spirometry which allows her onto the Spirometry National Register.

To gain the certificate she worked for six months putting together a portfolio of evidence showing a range of patients tested to ARTP standards. Once the portfolio was passed she then visited an accredited ARTP testing centre to undergo a practical assessment and oral examination.

Colleague Heather Leonard gained ARTP Practitioner Status, the nationally recognised qualification for all practising Respiratory Physiologists.

It covers all areas of Respiratory Physiology testing and interpretation and assesses professional competence.

To gain the qualification she worked for six months to submit an Individual Record of Clinical Practice which included full lung function test results for a range of patients of different ages with different disease processes.

She was questioned on her underpinning knowledge of all the test procedures, physiology of the lungs, disease process and calibration techniques.

She then visited an accredited ARTP testing centre to take a practical exam to demonstrate technical competence and a test to demonstrate



Holly Liptrott and Heather Leonard

her interpretation skills.

Julie Chapman, Lead Clinical Physiologist (Respiratory/Sleep), said: "As a team we are very proud of both their achievements and as their manager I would like to acknowledge all of the hard work (both in and outside of work hours) that they have put in to gain this success."

Ward's success with 'CLiP' nurse training

THE Trust is embracing a new type of nurse training.

The Collaborative Learning in Practice (CLiP) programme is being trialled in two wards at Blackpool Victoria Hospital to help students take ownership of their training by working more closely with their peers and having a qualified nurse mentor.

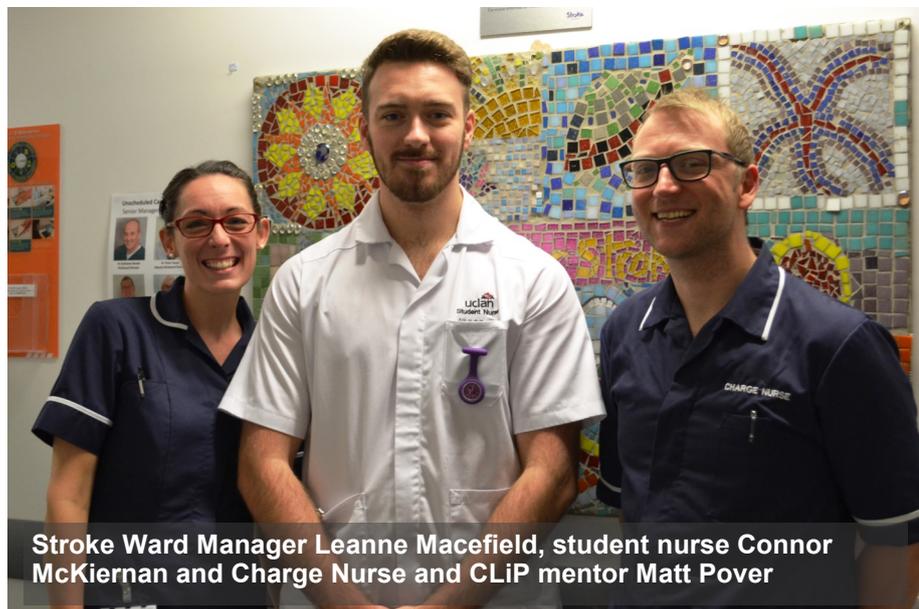
Stroke Ward Manager, Leanne Macefield, said: "The Stroke Ward is one of the first wards to trial this system and we are now on our second round of students.

"Essentially, CLiP means that first, second and third year nursing students are learning from each other under the guidance of a qualified mentor.

"They get the chance to be coached and how to make their own decisions to get a deeper understanding of what they are doing."

The CLiP model encourages students to explore critical thinking. Instead of being instructed, the students are asked questions about what they think a patient's care needs are and are encouraged to find their own solutions.

As the students move through their three year course, they in turn help those with less experience and are included in ward rounds and multi-disciplinary (MDTs) meetings.



Stroke Ward Manager Leanne Macefield, student nurse Connor McKiernan and Charge Nurse and CLiP mentor Matt Pover

They can also be the first point of contact for the patient they are caring for.

First Year Adult Nursing student, Connor McKiernan, said: "The CLiP training model is really good.

"I've been on placement here for three months and I'm learning a lot more than I thought I would.

"I've been taking part in a variety of learning, picking up new skills and experiencing new scenarios."

Leanne added: "It's great for the students to see the journey from admission to discharge. The transition from student to qualified nurse will be much smoother and their futures as nurses will be fantastic."

BLACKPOOL TEACHING HOSPITALS



From October 26 there will be an innovative interactive art installation, The Poppy Memorial, which will be housed in the main entrance at the Hospital to mark 100 years since the end of WW1 but also recognise those who have been killed or injured in any armed conflict since.

Anyone who wishes to take part can send in a picture, name or message to be displayed within the installation for the duration of the display. Email nigel.fort@nhs.net or leave your details at reception in the main entrance.

Child Health Awareness & Baby Massage

5 week Course

10:30am – 12:30pm

£45per adult for 5 week course

Includes FREE admission to Thingamajigz Play Centre

Our Child Health Awareness Course is suitable for Parents, Grandparents, and Carers. Each session gives an awareness of different topics in relation to childhood health.

The course is run by the Paediatric Practice Development Sisters who all hold qualifications in Childrens Nursing, Advanced Paediatric Life Support, Baby Massage Instructor and have taught Paediatric First Aid Courses.

Time	Topic
Week 1 Friday 2 nd November 2018 10:30am – 12:30pm	Registration and welcome Baby Massage 45minutes Recognising the unwell child & Common Childhood Illnesses: <ul style="list-style-type: none"> ❖ Fever & Febrile Convulsions ❖ Sepsis & Meningitis
Week 2 Friday 9 th November 2018 10:30am – 12:30pm	Baby massage 45minutes Recognising the unwell child & Common Childhood Illnesses: <ul style="list-style-type: none"> ❖ D&V & Fluid rehydration ❖ Respiratory Problems
Week 3 Friday 16 th November 2018 10:30am – 12:30pm	Baby massage 45minutes Basic Life Support/CPR Recovery Position
Week 4 Friday 23 rd November 2018 10:30am – 12:30pm	Baby Massage 45minutes The Choking Child & Allergies
Week 5 Friday 30 th November 2018 10:30am – 12:30pm	Baby Massage 45minutes Minor Injuries: <ul style="list-style-type: none"> ❖ Bumps & Bruises ❖ Burns & Scalds ❖ Bites & Stings ❖ Nose Bleeds ❖ Wounds & Cuts

Please contact Louise or Steph on 01253 956900 or Paediatric.PDsister@nsh.net

for further information and to book your place.

Please discuss any additional needs/disabilities.



SPONSORED

WALKIES FOR WARDS

SATURDAY
8TH DECEMBER
12PM-3PM

AT LYTHAM HALL

DRESS YOUR BELOVED POOCH
IN THEIR FAVOURITE
CHRISTMAS JUMPER
AND HEAD FOR THE HALL!



RAISING MONEY TO SUPPORT LOCAL
HOSPITALS IN BLACKPOOL, FYLDE & WYRE.
WARM UP WITH MULLED WINE, MINCE PIES
AND STALLS ON THE DAY!

JUMPERS JUDGED AND WALK STARTS 12.30PM. REGISTRATION £5.
TO REGISTER AND OBTAIN A SPONSORSHIP FORM CONTACT
01253 957904 VISIT WWW.BFWH.NHS.UK/BLUESKIES   



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The Charity for Blackpool Teaching Hospitals

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