

Health Matters

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



Poppy memorial makes its mark

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Welcome from the Chief Executive

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



Our main story this week features our stunning new Poppy Memorial at Blackpool Victoria Hospital.

The memorial, which marks the centenary of World War One, was unveiled this week and has attracted huge interest already. It is a wonderful way to mark what is such an important year and occasion and I can't thank everyone involved in its creation, staff, volunteer knitters and sponsors enough.

This year a number of our nursing staff have been honoured with Carvell Star Awards and we are so proud of each and every one of them. The awards are given for exceptional care to patients, families or colleagues and it is a testament to this Trust that a number of stars have been bestowed on our staff.

We are featuring them in the pages of Health Matters and look forward to hearing about more of our stars in forthcoming issues. As the weather turns colder we are also promoting the importance of self care to keep everyone well during winter.

**Wendy Swift,
Chief Executive**

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The Poppy Memorial at Blackpool Victoria Hospital

Health Matters is also available online at www.bfwh.nhs.uk

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Any comments ideas or suggestions? Please contact: the Communications Department, on 01253 953059, 956875 or 953538 or email bfwh.trustcommunications@nhs.net

“Amazing” memorial for WW1 centenary



BLACKPOOL Victoria Hospital has unveiled its ground-breaking World War 1 memorial.

The Poppy Memorial is a result of a year-long campaign, #TheGreatBTHKnit, which has seen hundreds of knitters and crocheters donate more than 30,000 poppies to adorn the innovative structure, which is a scaled replica of the Menin Gate in Ypres, Belgium.

The memorial, which is in the main entrance of the hospital, was officially unveiled by the Vice Lord Lieutenant of Lancashire, Mrs Christine Kirk DL.

She said: “It is an honour for me to open this memorial today.

“I have had the privilege of speaking to some of the knitters who have provided the poppies for this memorial and I want to say how amazing their work has been.

“It is great to see the involvement of local schools as well as it is so important that we pass on the respect and honour to our next generation and the generation after that.

“It is an amazing memorial, done with so much

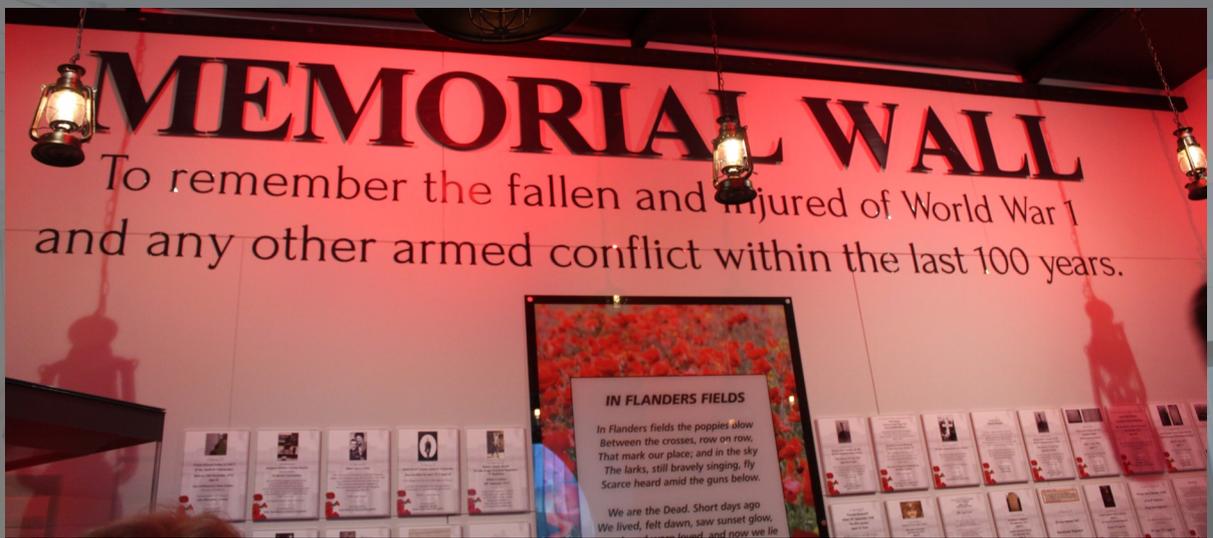
love and respect and I think everyone involved should be really proud of their efforts.”

Trust Chief Executive, Wendy Swift, said: “This is a stunning memorial and I am so grateful to everyone who helped it become a reality.”

Associate Director of Facilities at Blackpool Teaching Hospitals NHS Foundation Trust, Nigel Fort, said: “The structure has been built by generous local businesses who have donated their time and materials especially for the 100 year anniversary of the end of World War 1. “We think that this is the first memorial of its kind in a hospital setting and really is breath-taking. We encourage both staff and public to come and visit and we will be putting together a programme of events, which will be published as soon as we have everything confirmed.”

Alongside the Memorial are photographs, displays and both real and replica uniforms and artefacts from World War 1 that sit alongside personal dedications from public and staff to remember all those killed or injured in armed conflict over the past 100 years.

The memorial was paid for by generous donations from several local businesses.



Top honour for caring and compassionate sister

A&E nurse awarded national star status

A CARING Blackpool Victoria Hospital nurse has been awarded “star status” after winning a coveted national award.

Sister Rebecca Ashford, who works in the Emergency Department at Blackpool Victoria Hospital, was presented with a prestigious Cavell Trust Award after being nominated by fellow Sister, Tara Hassett, in recognition of her commitment to patients and colleagues.

Cavell Star Awards, run by the Cavell Nurses' Trust, are given to nurses, midwives and healthcare assistants who shine bright and show exceptional care to their patients, colleagues and patients' families.

Tara said: “Rebecca really is a star. She is so supportive of her colleagues and acts as a real mentor for everyone in the department.

“She is a very caring and compassionate person who has made a real difference to the department and we would be lost without her.”

Rebecca received a medal, certificate and badge for winning the award.

She said: “I have been at the Trust for 15 years and love my job.



Tara Hassett, left, presents the Cavell Star Award to Rebecca Ashford



“I love working with patients and really enjoy helping develop staff in the Emergency Department so they can deliver the best care possible for patients.

“It was a lovely surprise to get the award and I'm really grateful to Tara for nominating me.”

Improving stays for teenage cancer patients



Nurse, Nicki Haber, in a newly refurbished room for young cancer patients at Blackpool Victoria Hospital

YOUNG cancer patients at Blackpool Victoria Hospital are benefiting from the generosity of a national charity.

The Teenage Cancer Trust has funded the refurbishment of a hospital room and a day treatment area to provide a more age-appropriate environment for teenagers and young people diagnosed with cancer.

A room on the haematology ward and a room on the day case unit where young people with cancer receive their chemotherapy, have been given complete makeovers.

Changes include new colourful wall decorations in the room and the bathroom, colourful blinds, comfy chairs, a flat screen TV and a range of DVDs and games to provide entertainment during long hospital stays.

Matron, Amanda Langton, said: "We are grateful to Teenage Cancer Trust for working with us to support this project to completion. This work now means that young people receiving treatment for cancer at the Blackpool Victoria Hospital will have access to an environment that is more

appropriate to their age group and their needs, during hospital stays and day appointments."

Teenage Cancer Trust helps young people and their families deal with the many ways cancer affects your body, mind and life, including funding rooms and staff in hospitals to meet the specific needs of a young person while they are having treatment.

The refurbishment project at Blackpool Victoria Hospital is part of Teenage Cancer Trust's plans to ensure that no young person diagnosed with cancer in the North West faces it alone.

Miriam Goodall, Teenage Cancer Trust Regional Fundraising Manager for the North West said: "We are asking local people to support us in any way they can.

To find out more about raising money for Teenage Cancer Trust go to their website at <https://www.teenagecancertrust.org/support-us> or contact the team at: hello@teenagecancertrust.org who will be happy to offer advice and help about fundraising ideas.

Take a self-care selfie

FYLDE coast residents are being encouraged to promote self-care by taking a selfie.

From November 12 to 18 the national campaign *Self Care Week* will be encouraging people to do something to promote their own health and wellbeing.

Self Care Week is an opportunity to promote self-care, which is one of the most effective tools in the promotion of prolonged good health and wellbeing.

The week-long campaign will be supported by local NHS organisations and local councils across the Fylde coast and they will be encouraging people to 'choose self-care for life.'

In the build up to the week residents who already lead a healthy lifestyle, whether that's physically or mentally, are being asked to help inspire others.

If you do anything that helps your mental or physical health you can be an inspiration to those that need a little encouragement. By sharing positive experiences, such as exercise or relaxation techniques, you can start a conversation to inspire others to self care. Whatever it is you do take a quick photo and share it using #selfcareselfie on Facebook, Twitter or Instagram.

Dr Amanda Doyle OBE, pictured, a Fylde coast GP who is also accountable officer at both Blackpool and Fylde and Wyre CCGs (Clinical Commissioning Groups), said: "Self-care is a vital element to prolonged and sustained health and



wellbeing. The *Self Care Week* campaign gives healthcare providers and our partners an opportunity to shine a light on this issue and encourage people to do things to improve their health. There are an almost limitless amount of things you can do to improve your health and I would encourage everyone to get involved with this campaign."

Self-care encompasses a broad range of subjects, from healthier eating and increased activity to improve physical health to book groups and knit-and-natter groups to reduce loneliness and social isolation.

There are thousands of opportunities on the Fylde Coast through various groups, clubs and services; many of which are listed on the [FYi Directory](#). During *Self Care Week* organisations will be promoting the activities and working with health professionals to promote the benefits of leading a self-caring lifestyle.

They will be used to show the vast range of opportunities available. Who knows, your selfie could help change someone's life.

For more information about *Self Care Week* visit www.fitterfyldecoast.nhs.uk.

Supporting nurses in their new Trust roles



The Autumn Preceptorship group

THE Autumn Community Preceptorship Programme, which is leading the way in supporting nurses, has received its latest intake.

The programme, which will run until Christmas, provides support and training to newly qualified nurses as well as qualified nurses who are returning to practice, enabling them to further develop their skills to become fully competent and confident community staff nurses.

The initiative has been running in Adult Community Services and Long Term Conditions (ALTC) for five years and this group will be their seventh cohort.

Project support manager, Wendy Canning said: "It's so rewarding to see preceptees from previous cohorts progress through their career with us. Some of those who attended our earliest programmes are now in leadership positions and some are offering mentorship to the new

preceptees, which is great to see."

"Learning together as a group provides the opportunity for them to share experiences and develop bonds in a relaxed and supportive environment which in turn enables greater learning and understanding," Wendy added.

The Autumn programme consists of ten new staff members, all of whom are based in community teams throughout Blackpool, Fylde and Wyre, including Clifton Hospital.

Wendy explained: "Staff are given protected time to attend our weekly and fortnightly sessions for the duration of the programme, during which they not only receive essential clinical training, but also advice and guidance on a variety of subjects from expert trainers, the course organisers, mentors and managers.

"We wish our Autumn 2018 participants a long and happy NHS career with us."

Excellent care for stroke patients



Ward Manager Leanne Macefield, patient Peter Prince and Trainee Advanced Practitioner, Mark Delabajan

BLACKPOOL Victoria Hospital's Stroke Unit has been highlighting their very varied patient care in preparation for Stroke Awareness Day on October 29.

Ward Manager, Leanne Macefield, said: "We are very proud of the care we provide in our combined acute and rehabilitation Unit.

"Patients come on to the ward having suffered a stroke. Depending on the severity, patients can stay with us for months, slowly gaining strength and independence."

Making up the care team are a combination of disciplines. As well as the consultants, doctors and nurses, there are healthcare assistants, occupational therapists, speech and language therapists, physiotherapists, ward clerks, housekeepers, hospital discharge team and four new trainee advanced practitioners. They all play a crucial role in patient recovery.

Trainee Advanced Practitioner, Mark Delabajan, explained what happens when someone suspects a stroke: "Once an ambulance has been called, the paramedics will assess if the patient has had a stroke.

"If a potential stroke patient has a definite onset time of symptoms of less than 4.5 hours, the paramedics will phone ahead and we will have a team ready to meet the patient in ED.

"We do a CT scan to exclude bleeding in the brain and can administer Thrombolysis, a process where we give clot dissolving medicine in an attempt to restore the blood circulation on

the part of the brain that may have been affected by a stroke.

"We aim to do all this in the first 45 minutes of a patient's arrival as time is a critical factor in determining and treating this type of stroke."

Patients who have experienced other types of stroke will be transferred from A&E to the Stroke Unit within two hours.

From their arrival, patients are assessed each day and discussed at the daily "board round" meeting where care needs are discussed and implemented.

As a patient recovers, they move around the ward and increase their mobility with the help of physiotherapists and occupational therapists.

The ward has its own gym and kitchen where patients can improve their skills and are assessed at the same time.

One person that has been through this process is 52 year-old Peter Prince from Blackpool who had a stroke in September.

He said: "I was surprised that I may be having a stroke, especially at my age. I went to A&E and was transferred to the Stroke Unit very quickly and a CT scan showed blood clots in the brain. The care by people on this ward has been absolutely excellent. The physio team is also fantastic."



SUNDAY 25TH NOVEMBER
WOODSIDE DRIVE BLACKPOOL
THE ROAD TO BLACKPOOL ZOO

12.15PM REGISTRATION 1.00PM RACE

PRE REGISTRATION REQUIRED
CONTACT

BLUESKIES@BFWHOSPITALS.NHS.UK

CHILDREN £5, ADULTS £10
FAMILY OF 4 £25, GROUP OF 5 £40
INCLUDES ELF HAT (SUBJECT TO AVAILABILITY)



RUN, JOG, STROLL
OR JINGLE ALL THE WAY!

APPROXIMATE DISTANCE 4.5KM

IN ASSOCIATION WITH THE NATIONAL ELF SERVICE
AND THE ELFIER WORKFORCE

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