

# Health Matters

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



## Heart pioneers lead the way

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Issue 183, Friday, February 1, 2019

## Welcome from the Chief Executive

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



A New Year sees a new campaign which will positively help cancer patients across the Fylde coast.

Our Blue Skies Hospitals Fund has joined forces with the Rosemere Cancer Foundation to build a new cancer triage unit at Blackpool Victoria Hospital.

To bring this potentially life-saving dream to reality we need to raise £100,000 and we are hoping to attract lots of support for the venture through the joint working of these two charities.

To find out more about the appeal, and how you can get involved, turn to Page 4.

We are also excited to be able to report that our cardiac surgeons have been pleased with their success in completing a new procedure to treat blocked heart arteries.

The procedure has only been done at a few major heart hospitals worldwide and we are delighted to say the Lancashire Cardiac Unit is now one of the pioneers of this surgery.

**Wendy Swift,  
Chief Executive**

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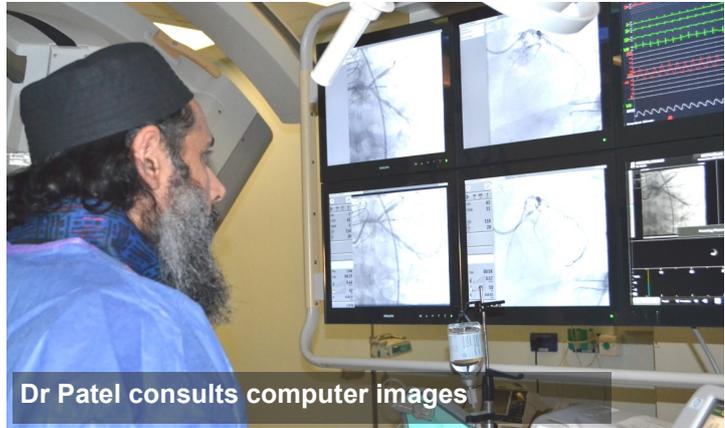
**An inspirational calendar, which reminds cancer patients that a diagnosis doesn't have to put an end to enjoying life, is to be given to all patients receiving a diagnosis or starting new treatment in 2019. Full details on Page 8.**

**Health Matters is also available online at [www.bfwh.nhs.uk](http://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](http://www.bfwh.nhs.uk/healthmatters)**

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

# Cardiac experts pioneer Shockwave surgery



A NEW procedure to treat blocked heart arteries has been performed at the Lancashire Cardiac Centre for the first time.

Dr Grahame Goode and Dr Billal Patel, pictured, performed the Shockwave Coronary Intravascular

Lithotripsy (IVL) procedure on a patient from Cumbria and were delighted with the outcomes.



IVL is a novel therapy designed to treat calcified artery blockages with sonic pressure waves historically used to treat patients with kidney stones. The technology minimises trauma within the artery by delivering sonic pressure waves that break down calcium deposits in the artery wall in a safe manner.

The procedure is currently only performed at few major heart hospitals in the UK and worldwide, with this procedure being one of the first to be

done in the North West. Dr Goode said: "This is the first time we have undertaken this very exciting new procedure that will offer a safer alternative approach in treating calcified heart arteries.

"Currently, in these cases, a drill is used to clear the calcium deposits which is a higher risk procedure with potential complications including perforation of the artery.

"The new approach uses a balloon emitting a small electrical discharge, which creates sonic pressure waves. These waves safely clear calcium deposits, making further treatment with balloons and stents easier.

"In our first case, we used two cycles (10 bursts per cycle) of sonic pressure waves and this took less than 30 seconds to crack the hard calcium.

"This allowed us to prepare the lesion and deploy an appropriate sized stent quickly. It yielded a very good result.

"Overall, the procedure is safer, shorter and benefits patients by reducing symptoms such as breathlessness and improves their quality of life."

Dr Goode added: "The Lancashire Cardiac Centre has an international reputation for excellence and innovation and we are delighted that this new procedure is now available."



# £100,000 cancer plea to build vital care unit

CANCER patients at Blackpool Victoria Hospital are to be among the first in the country to benefit from a potentially life-saving care service.

Rosemere Cancer Foundation is working with Blackpool Teaching Hospitals NHS Foundation Trust to transform currently unused space at the rear of the hospital's Haematology and Oncology Day Units into a new cancer triage unit.

Rosemere have launched a campaign to raise £100,000 towards the unit which will be staffed by the Trust's Acute Oncology Team - doctors and nurses specialising in cancer - so that patients who experience complications from their illness, treatment, infection or other problem that makes them unwell, will be able to telephone the unit or even walk in for immediate, expert advice and specialist fast track treatment.

Currently, patients needing urgent attention have phone access to a day-time helpline Monday to Friday. Should they need to come in to hospital, they have to attend the busy A&E department.

Specialist oncology nurse, Alison Melvin, said: "The incidence of cancer in Blackpool is around 20 per cent higher than the national average. By building the new unit and ensuring patients, their families and carers have access to immediate specialist advice

and treatment, we hope to improve overall treatment experience and improve results.

"The new unit should provide quicker access to the best care. By treating patients as quickly as possible in their own dedicated unit, they are less likely to have their overall treatment plan interrupted as having to postpone surgery or chemotherapy can be potentially very harmful."

Rosemere Cancer Foundation's head of fundraising Dan Hill said: "We are delighted to be supporting the Blackpool Trust on this project.

"We will be asking supporters on the Fylde coast to join us in a campaign to raise the money needed so work to build the new unit can happen as quickly as possible."

Blue Skies' Kila Redfearn said: "We hope our current supporters will get on board with this. The quicker we raise the money, the quicker our families and friends will benefit from this new service."

The appeal has hit the ground running thanks to the support of two generous local companies Beaverbrooks the Jewellers and Adcroft Hilton Ltd. If you would like to support the appeal whether as an individual, family, school, community group or local business please contact Rosemere on 01772 522913 or email [rebecca.hall2@lthtr.nhs.uk](mailto:rebecca.hall2@lthtr.nhs.uk)

# Hospital honoured for healthy eating

BLACKPOOL Victoria Hospital's catering department has been given a Healthier Choice Award for the second year running.

The honour recognises the hospital's efforts to offer nutritious options to its patients, visitors and staff.

"This is an extremely important award for us because it shows we are putting health at the forefront of everything we do," said senior site services manager, Yvonne Widdows.

"We pride ourselves on providing a great choice for all our customers. We work hard to ensure the food we serve is tasty, nutritious and healthy."

The award scheme is run by Blackpool Borough Council who visit establishments to ensure their menus meet the required criteria such as choice, portion size and content levels of salt, fats and sugar.



Kitchen Manager, Darren Cadwell, with the Healthier Choice certificate

Catering manager, Lorna Miller, said: "We have to evidence that we comply with national hospital food guidelines which restrict sugary drinks and snacks and sets levels of sugar and salt content in food.

"We offer an extensive range of tasty food which is well presented and highly nutritious to ensure the health and wellbeing of all our customers."

Yvonne added: "We are proud of the team we have at Blackpool and this award sits well with our Five Star Hygiene rating and the high PLACE (Patient-Led Assessments of the Care Environment) food evaluation the hospital received.



## Stay in touch with hospital and community news

Follow us on Twitter [@BlackpoolHosp](#), [@CliftonHospital](#),

Facebook: [www.facebook.com/BlackpoolHospitals](http://www.facebook.com/BlackpoolHospitals);

[www.facebook.com/CliftonHospitalBTHNHSFT](http://www.facebook.com/CliftonHospitalBTHNHSFT)

Instagram: [@blackpoolteachinghospitals](#)

Website: [www.bfwh.nhs.uk](http://www.bfwh.nhs.uk)



Paula Wright, Maddie Leivers and Joanne Allitt from Blue Skies with the scrapers

## Ice scraper for warm hearts

AS the cold snap bites, Blackpool hospital charity, Blue Skies Hospitals Fund, has the perfect solution to give you a warm glow.

The saying 'cold hands, warm heart' is never truer than when you buy an ice scraper to help get you and your car through the winter weather while raising funds for patients at the same time.

The handy, robust, credit-card sized scrapers cost just £1 and the charity hopes to raise £250 from sales during the cold snap.

Head of Fundraising, Kila Redfean, said: "We hope all our supporters will make a heart-warming gesture and



help themselves through winter by buying one of our scrapers available either at the Blue Skies office at Blackpool Victoria Hospital or at the shop in the Outpatients department."

Money raised by the charity goes towards enhancing patient experience at the hospital.

## Help us to help you by returning walking aids

FYLDE coast residents are being urged to return walking aids as part of a national NHS "crutch amnesty" to avoid waste.

Blackpool Victoria Hospital has run a scheme encouraging patients to return items such as crutches, walking sticks and zimmer frames for a number of years and is reminding patients about the importance of returning such goods where possible.

Blackpool Teaching Hospitals NHS Foundation Trust saved £14,000 between March and December 2018 as patients returned more than 1,600 pairs of crutches, 145 walking sticks and 58 zimmer frames.

Nick Lane, Head of Therapies at the Trust, said: "We have had a programme encouraging people who use mobility aids to return them for some years now and saved a lot of money.

"We put stickers on all aids issued at Blackpool Victoria Hospital to advise people to ring us once they have finished with the item. In December 2018 more than 250 items were given back to us saving the organisation about £1,600 in that month alone.

"All the returned items are looked at closely to see which are in a fit state to be cleaned and reused and those that aren't are recycled."

# How NHS 10-year-plan will help your health

Health leaders across the Fylde coast have welcomed the publication of the NHS Long Term Plan which outlines the priorities for the health service over the next decade.

It describes how the NHS will make sure people get the best start in life and how patients can expect world-class care for major health problems.

The plan also details how different organisations should work together to ensure health and care services are more joined up and delivered in the right place and at the right time for local people and their families.

Moreover, the plan describes how the NHS needs to take stronger action to reduce health inequalities, citing premature deaths in Blackpool – the most deprived part of the country – as being twice as high as affluent areas of England.

To address health inequalities, the plan states that a bigger share of funding will go to areas with the highest health inequalities.

Dr Amanda Doyle OBE, a local GP and chief clinical officer for both NHS Blackpool and NHS Fylde and Wyre Clinical Commissioning Groups (CCGs), said: “We are delighted there will be a significant increase in relative investment in primary and community care, which will see teams working together in a more joined up way – from GPs, pharmacists and district nurses to physiotherapists, social care workers and colleagues in the voluntary sector.

“We also applaud the move to strengthen work on preventing ill health and tackling health inequalities. I am proud that we are going further than ever before to improve care quality and outcomes for key priority areas, including cancer, mental health, learning disability and autism, diabetes, stroke and children’s health.

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**Dr Amanda Doyle**

“The plan clearly endorses what we have been doing for some time in terms of partnership working and bringing services together.

“We are confident that closer integration of services and partnership working is vital to improve the experience of patients and also to support people to keep well,” Dr Doyle added.

One example of how closer collaborative work has improved services on the Fylde coast includes Just Good Friends in Lytham which provides a lifeline for many people who feel isolated and a series of citizens’ inquiries in Blackpool which have opened up conversations with some of our seldom-heard residents.

Dr Doyle said: “On the Fylde coast we were an early pioneer of neighbourhood work to improve health and wellbeing. The 10-year plan endorses this and will allow us to build this important work.”

# Inspirational calendar shows there is life beyond cancer

Simone Robinson  
and her  
husband Alan



PEOPLE living with cancer on the Fylde coast have shown how they have been able to get on with their lives in spite of the disease – by taking part in an inspirational new calendar.

From trekking across Iceland to gardening and enjoying time with family, the calendar reminds cancer patients that a diagnosis doesn't have to put an end to enjoying life.

The pictures selected for the calendar – given free to every patient diagnosed or undergoing a new round of treatment in 2019 – came from a competition run by the Fylde coast 'living with and beyond cancer' team, based at Blackpool Victoria Hospital.

The idea came from Simone Robinson, of Blackpool, whose life was rocked by a breast cancer diagnosis last June.

She said: "My husband Alan and I were very shocked by the news of my diagnosis and within a short space of time the medical appointments began to stack up, often to the point of clashing with each other.

Simone thought it would be lovely if cancer patients could be given a calendar which was both inspirational and practical.

"I thought it would be a good opportunity for people affected by cancer to showcase some of their achievements and aspirations while still undergoing or recovering from treatment. The response was overwhelming as dozens of lovely photographs arrived."

Steve Tingle, a cancer patient from Thornton whose image 'With cancer I can ... Cultivate cacti' was selected for the calendar, said: "This was the first of my many interests I got back into after my operation as there was no heavy lifting, just pottering about in the fresh air.

"I was pleasantly surprised to be told I was one of the winners and I am glad I can show people you can survive cancer and carry on with your life."

While the calendar is free for cancer patients, it is also available to buy from the Windmill Unit at Blackpool Victoria Hospital or by emailing [hannah.mckearnen@nhs.net](mailto:hannah.mckearnen@nhs.net). All proceeds will go towards funding the 2020 calendar.

## Are you experiencing any of the following...

- Feeling low and tearful
- Feeling depressed
- Feeling panicky
- Excessive worrying
- Feeling anxious or stressed
- Sleep problems
- Unhelpful or distressing thoughts
- Fear of specific objects or situations

### Supporting Minds offers a range of talking therapies including...

- Cognitive Behavioural Therapy (CBT)
- Counselling
- Guided self-help
- Silver Cloud (on line therapy)
- Eye Movement Desensitisation Therapy (EMDR)
- Stress control group
- Mindfulness courses

We can also provide information about local services that you may benefit from

To self-refer please call: **01253 955700**,  
Email us at: [bfwh.supporting.minds@nhs.net](mailto:bfwh.supporting.minds@nhs.net)  
or search **@iapt Supporting Minds Blackpool** or our website:  
<https://www.bfwh.nhs.uk/our-services/community-services/supporting-minds/>

**Supporting Minds are not able to provide reports for compensation,  
legal or benefits claims, or prescribe medication.  
We do not offer 24-hour or weekend access, crisis or urgent  
treatment, treatment for alcohol or drug problems or  
treatment for severe and enduring mental illness.**

**Please discuss these needs with your GP.**

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People Centred

Positive



Together we care

Compassion

Excellence