

Health Matters

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



Surgical first for Cardiac Centre

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Grandad thanks cardiac team for giving him his life back

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Issue 186, Monday, March 18, 2019

Welcome from the Chief Executive

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



In this issue we are recognising some of the excellent work that goes on every day within the Trust.

A large number of our apprentices have been honoured for the difference they make to Blackpool Teaching Hospitals and we are delighted to reward this group of people who are hopefully part of the future of the NHS.

We are also pleased to hear that two of our staff have received national awards for their work in both the promotion of the Trust and in the field of infection prevention.

This edition also reports on some innovative work going on in our Cardiac Centre where the team have performed a new procedure which will help keep our patients safe.

We have also joined forces with Blackpool Boys and Girls Club to help children access mental health services outside the more traditional environment of a busy hospital.

**Wendy Swift,
Chief Executive**

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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

First patient undergoes new cardiac surgery



Dr David Roberts, Dr Dhiraj Gupta and Dr Shajil Chalil. Right the heart device as it expands to prevent blood clots

Grandad tells of life without fear

A 78-year-old grandad has told how he woke up in Blackpool Victoria Hospital with a massive cloud of fear lifted from his shoulders.

Former hotelier, Michael Phillips, from St Annes, said he worried that his heart condition could cause a major stroke at any time.

But this week he became the first patient at the hospital's Lancashire Cardiac Centre to undergo a new surgical procedure which substantially reduced the risks he faced.

The procedure involved a self-expanding device being placed into the left atrium of the heart. The implant opens up like an umbrella and prevents

clots from forming.

"I had a cloud over me for the last 18 months," Mr Phillips said. "I was so worried about having a major stroke because of my condition. But this morning I felt totally different, that cloud has lifted and I can now live without fear."

"My whole family is so relieved, I can look forward to life again, I feel I have been given the gift of freedom from worry. When I am discharged today I am going to look forward to the rest of my life." The operation, Left Atrial Appendage Closure,



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was carried out by cardiologist, Dr Shajil Chalil, assisted by his colleague Dr David Roberts and Dr Dhiraj Gupta from Liverpool Heart and Chest Hospital.

The procedure, which has recently been approved by the National Institute for Health and Care Excellence (NICE), will benefit patients who are not suitable for long-term blood thinners but have atrial fibrillation, (irregular heart beat) putting them at risk of blood clots which could cause strokes or potential organ damage.

CLOTS can form in the left atrial appendage and if they travel through the arteries they can cause stroke.

Dr Chalil explained: "We can now reduce the risk of stroke by offering this treatment which has been clinically trialled and has recently been approved by NICE as a suitable treatment.

"As a tertiary cardiac centre we want to be able to give our Lancashire and South Cumbria patients the full gamut of modern treatments and we believe this procedure will enhance our total care package.

"We are delighted to be able to offer this service



Patient Michael Phillips with Dr Shajil Chalil

to our patients. Dr Roberts and I will be the two cardiologists carrying out this procedure in the Lancashire Cardiac Centre.

"The procedure will help our patients feel safer as it substantially reduces the risk of stroke, due to atrial fibrillation, in patients unable to take oral anticoagulants."

Mr Phillips added: "The care I have received at the Cardiac Centre has been absolutely fantastic.

"I cannot praise Dr Chalil and Dr Roberts enough. They took the time to explain this procedure to me and ensure I totally understood what was happening and why.

"I had a heart attack in 2004 and went into hospital feeling very unwell. I likened myself to a lightbulb only operating at 40 watts.

"Today I feel like a 100 watt bulb, I can live my life again."

Alma wins top award



Trust Communications Officer, Alma Stewart, has won the Everyday Hero Award, Corporate Functions category, at the Unsung Hero Awards.

Alma said: "I'm absolutely chuffed to bits to win the award, especially as it was for our #NHS70."

The campaign, which attracted major publicity, included some of the Fylde coast's most famous celebrities.

The Facilities Team and volunteer Jo

Haythornthwaite were also shortlisted for their inspiring work.

The Facilities team, in conjunction with Unison, was nominated for its Cloak of Poppies campaign to celebrate the 100th anniversary of World War One and Jo was nominated for her tireless work to promote organ donation across the Fylde coast.

The Unsung Hero Awards are the only national awards for non-medical and non-clinical NHS and healthcare staff and volunteers.

Nurse honoured for managing virus outbreak

A Fylde coast NHS worker has been praised on a national stage.

Sharon Mawdsley, a Nurse Consultant in Infection Prevention with Blackpool Teaching Hospitals NHS Foundation

Trust, was runner up in the Infection Prevention Nurse of the Year category at the British Journal of Nursing Awards.

She was shortlisted for the prestigious awards for the role she played in managing an outbreak of monkeypox virus in September 2018.

Sharon said: "I was responsible for ensuring the safety of patients and staff and did this by coordinating the activity of the Infection Prevention Team and by helping to develop both local and national guidance documents."

She added: "It was great to be shortlisted and I was very proud to be honoured in such a way. I would also like to thank the rest of the Infection Prevention Team as they too played a huge part in managing this incident."

"It was also nice to hear comments from people such as Dr Jennie Wilson, a renowned Epidemiologist and Vice President of the Infection Prevention Society (IPS), who has asked me to give an oral presentation about the incident at the next IPS conference in September."



Clifton catch up with a chat and a cuppa



Ron, Pam, Dorothy and Stephen enjoy a natter over a cup of tea and homemade biscuits

Clifton Hospital is supporting the local community with a new event.

The Community Catch Up is a meeting open to anyone, particularly those who feel isolated, to come together for a chat and a cup of tea.

The first meeting, held in Clifton's Garden Room, was a great start with free hand massages on offer, plenty of conversation and homemade shortbread biscuits.

Clinical Matron at Clifton, Courtney Bickerdike, said: "We are delighted to be supporting this new initiative which we hope will gain momentum in the coming months.

"It's a great way to bring the community together and as time goes on we will be able to support the group with specialist advice from a range of health services available in the community if required.

"We hope to make it a diverse meeting which will include guests and perhaps encompass short walks along the nearby Fairhaven Lake or enjoying our wonderful new garden."

The next meeting is on Monday, April 8 from 2pm until 4pm with everyone welcome

Please email alma.stewart@nhs.net with any queries.

Boys and Girls Club gives ‘reach out’ help

CHILDREN can now access mental health services in a safe environment away from the hustle and bustle of a busy hospital thanks to a number of dedicated professionals coming together to offer weekly groups in the community.

Blackpool Victoria Hospital's CASHER (Child and Adolescent Support & Help Enhanced Response) team and Blackpool Boys and Girls Club are working in partnership to give young people the opportunity to talk to a mental health care professional while also offering the chance to go to a youth club.

Zoe Roscoe, Assistant Psychologist and member of the CASHER team, runs the 10 week programme, the 'Reach Out' group at Talbot and Brunswick Children's Centre.

She said: "The group's name stands for **R**espect **E**ncourage **A**chieve **C**onnect **H**ope **O**pportunity **U**nderstanding **T**ogether and the name was made by one of our first members.

"Just under 100 young people have attended the group with around 20 graduating from the full 10 week course. The group has grown from being a weekly drop-in to a structured 'psychoeducation programme' and this has helped us identify areas of need such as misconceptions of mental health, relationships, bullying, stress, emotions, coping strategies and self-harm," Zoe added.

"We tailor to young people's needs while being fun, relaxed and creative. We start with an empty



Michelle Marks with Zoe Roscoe from the CASHER team

shoebox and each week they add to their box to fill a 'coping box' by the end of the 10 weeks. We use aids like stress balls, dream catchers, positive quotes, worry dolls and soothing blankets.

"The group has been a bigger success than I would've imagined. The support from wider services like Families in Need and the Boys & Girls Club has helped break down the stigma attached to accessing mental health support.

"Young people have the option to join the youth group to interact with others, but know they can pop over to the CASHER group if they want some individual support."

The group runs every Tuesday, 6-8pm at Talbot and Brunswick Children's Centre on Gorton Street. Please contact the CASHER team: bwh.casher.team@nhs.net for more information.



Rewarding hard work

The fantastic' work of Fylde coast NHS apprentices has been highlighted.

Blackpool Teaching Hospitals held an awards event to recognise and honour apprentices working across the Trust in line with National Apprenticeship Week.

Managers across the organisation were encouraged to nominate apprentices in a number of categories with college tutors also asked to put forward their stand out students.

The overall winner was Jack Andrews who works for the Trust's Extensive Care team. Jack, 23, said: "I am delighted to win this award. I really enjoy the team I work in and I have recently completed my qualification to gain permanent employment in my role following my apprenticeship.

"I'm really thankful to my team for all the support they have given me along the way. I was new to the NHS and I'm really glad to be continuing my journey.

Jack's college skills coach, Nikki Baines from Blackpool and Fylde College, added: "I'm so pleased to see how much Jack has come on and progressed in his role. These awards are a great



chance to highlight the ongoing work of our apprentices".

Sharon Adams, the Trust's Interim Director of Workforce Education and Organisational Development, said: "The Apprentices are our future talent. Over the last few years we have increased the numbers and now have 87 fantastic apprentices working in the Trust."

The award winners were:

Intermediate Apprentice of the Year:

Winner: Christopher Whyte (Health Informatics)

Runner-Up: Connor Wilkinson (Research and Development)

Advanced/ Higher Apprentice of the Year:

Winner: Jack Andrews (Extensive Care)

Runners-Up: Sarah Smallwood (Recruitment) and Ella Riedel (Research and Development)

Provider Apprentice of the Year:

Winner: Carly Moore (Pharmacy)

Runner-Up: Olivia Denney (Clifton Hospital)

Living the Trust Values Apprentice of the Year:

Winner: Mikayla Gaskell (Enhanced Primary Care)

Runner-Up: Holly Daniels (Children's Therapy)

Overall, Apprentice of the Year 2019:

Winner: Jack Andrews (Extensive Care).