

Health Matters

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



INSIDE THIS ISSUE:

Lifesaving donation

*Retail firm's gift to help save
new-born lives — Page 3*

Celebrating Success

*Shortlist announced for NHS
awards — Page 7*

Issue 197 Monday, August 19, 2019

Contents

News

Life-saving donation

The retail store, B&M Bargains, has donated £20,000 to purchase new-born life support medical dolls for resuscitation training.

Page 3

Physiotherapy praise

Karen Middleton, Chief Executive of the Chartered Society of Physiotherapy, said how impressed she was at the physiotherapy services available at Blackpool Teaching Hospitals.

Page 4

Bill says thanks to Cardiac Centre

After sailing yachts for more than 30 years, grandad of three, Bill Bishop, feared he would never take to the water again when he had to undergo a coronary bypass. But he is back at the helm after fantastic care at the Lancashire Cardiac Unit.

Page 5

Aftercare service gets patients back home

Age UK Lancashire Hospital Aftercare Service has been expanded and is now able to take a lot more referrals from local hospitals to help speed up discharges.

Page 6

Shortlist announced

The shortlist for Blackpool Teaching Hospitals' Celebrating Success Awards has been announced.

Page 7

Safe exercise

Osteoporosis experts from Blackpool Teaching Hospitals gave a presentation on safe exercise to an audience of local residents and staff members.

Page 8



▲ The judging panel meets to discuss Celebrating Success

◀ Staff and patients learn about Osteoporosis

▼ New neonatal care system launched



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B&M doll donation to help save babies lives



B&M Bargains sell a number of dolls – but nothing quite like the ones they have donated to Blackpool Victoria Hospital.

The retail store has donated £20,000 to purchase new-born life support medical dolls for resuscitation training.

Making the presentation to Blue Skies, the hospital charity for Blackpool Teaching Hospitals, B&M area manager, Annette Beecham said: “The money was raised in our community fund and we wanted to support neonatal training at the hospital.

Thanking the organisation, resuscitation officer,

Stephen Clift said: “By making this donation B&M Bargains are doing something magical and making a world of difference. We will be able to purchase a number of dolls which will allow us to practice emergency procedures in a safe environment. We will use the manikins to simulate the resuscitation of babies at and immediately after birth”

Blue Skies Head of Fundraising, Kila Redfearn said: “We are so grateful for this donation. It will allow us to hold training sessions in our simulation and skills centre giving medics the opportunity of realistic, hands-on training, in what would be a very traumatic emergency procedure, in a safe and controlled way.”

Physios praised for good practice



Nick Lane and Karen Middleton.
Below, members of the physiotherapy team

THE Chief Executive of the Chartered Society of Physiotherapy paid a visit to Blackpool Victoria Hospital and praised the innovation she witnessed.



Karen Middleton, Chief Executive of the Chartered Society of Physiotherapy, said how impressed she was by some best practice, including the Lung Ultrasound advancements for patients.

Karen said: "This has been a highly successful visit and I have seen a lot of good practice and potential for progression in primary, community and inpatient services.

"I am really encouraged to see the Trust feel renewed and focused on quality. It is important for the Trust to focus on the local area needs in relation to the NHS Long Term Plan and I'm delighted to see services in Blackpool are on-board.

"The recent Lung Ultrasound course the Trust, introduced to enhance patient care, has really impressed me. It's something which is very new and I haven't seen elsewhere. It's great to showcase this."

Nick Lane, Head of Therapies at Blackpool Teaching Hospitals said: "It was a real honour to

welcome Karen to showcase some of the great work our physio workforce do across the Trust.

"Karen was extremely impressed with the work going on across all services to ensure we are providing patient centred care in an integrated and innovative manner.

"While here she met our Director of Nursing and Quality, Peter Murphy, to discuss the value physiotherapists have in helping to transition into a more quality focused organisation.

"I feel it was a really valuable meeting for all parties.

"The visit also allowed Karen to engage with staff regarding their Chartered Society of Physiotherapy (CSP) membership and the improvements the CSP could make for members either in the way it acts, publications it issues or services it offers to members.

"I know Karen took a lot away from her discussions with staff and she has been very complimentary on social media about her visit."

Cardiac patient is back at the helm



Bill Bishop aboard Sundance 2, below, outside Blackpool Victoria Hospital

Many Thanks
to all at
Rehabilitation
Unit
now sailing
my 34 yacht
single handed
anyone fancy
a sail?
Bill Bishop
Double bypass
18.12.18.

AFTER sailing yachts for more than 30 years, grandad of three, Bill Bishop, feared he would never take to the water again when he had to undergo a coronary bypass.

"Sailing sea-going yachts is a way of life for me rather than a hobby," explained 76-year-old Bill from St Annes. "I was devastated when I thought I might have to give up."



Back in Spring 2018

Bill started to feel breathless and eventually went to the doctor who referred him to the cardiac centre at Blackpool Teaching Hospitals.

After a number of tests Bill was put under the care of consultant cardiothoracic surgeon, Prof Nidal Bittar, who arranged for coronary bypass surgery.

"Before the surgery I was struggling to swim more than a width of the pool and could not walk more than half-a-mile," Bill explained. "I underwent surgery at the end of 2018 and was physically doing quite well very quickly.

"Psychologically I was knocked quite a bit as I was unsure what I was capable of. I was worried

about sailing again. If I got into difficulties I would be out at sea and not easily reachable."

But, six months after the operation, and with the support of the Cardiac Rehabilitation Team, Bill overcame his fears and is now feeling strong and well. He is even back to taking his yacht out from Fleetwood to his favourite haunt of Piel Island off the Furness Peninsular.

"I have regained my confidence and pushed through my fears," Bill said. "I

thought I would never sail again, but thanks to the excellent treatment from Prof Bittar and all those involved in my recovery, I am back in my yacht and able to do what I love again.

"Prof Bittar inspired confidence and helped me through this treatment. He is a first class surgeon and has given me my life back."

Prof Bittar said: "When I met Mr Bishop he was clearly struggling with normal day to day activities and he spoke about how much he loved sailing.

"I have sailed to Piel Island before and it is good few hours of hard work! I am really pleased for him and very grateful to our rehabilitation staff who worked hard to get him back on the sea in such a short time post-surgery."

Fantastic team helping speed up hospital discharges

Age UK: Helping to get people home



Members of the Age Concern Aftercare team

A SERVICE established to assist patient discharge is ready for referrals.

Age UK Lancashire Hospital Aftercare Service has been running for nine years, supporting patients living in Fylde in Wyre.

The team has expanded and is now able to take a lot more referrals from local hospitals to help speed up discharges.

Team manager, Joanne Rawlinson, said: "We have a fantastic team made up of allocation officers who meet staff and patients on the wards to help with discharge and support workers who assess patients once home, helping them to avoid going back into hospital and to remain independent.

"Our team can transport patients home and this speeds up the discharge process for staff.

"We support anyone over 18 and work closely with local services and organisations. A lot of referrals are for elderly patients who often have little family support.

"We support a patient to be independent and we identify big and small changes to improve their health and wellbeing.

"We can assist them to shop and help around the house to make them feel more comfortable, as we are able to spend more time with them we build positive relationships and outcomes.

"There can be a gap in social support and we try to fill that by taking pressure away from other services in order to help people with smaller tasks, signposting and referring to other organisations.

"The NHS can concentrate on medical support and we can help patients get home earlier and also prevent patients going back into hospital.

"Any staff member can refer a patient to us no matter where they work and we are ready and able to support more patients.

"Patients often tell us they feel their lives have changed so much and how much better their quality of life is after they have received our help," Joanne added.

"Patients can also self-refer once home, so please tell patients, friends and family about us. I feel so privileged to be part of this service. We have a fantastic team and I am excited to see what difference we can make in the future!"

To contact the team for referrals or to ask any questions, please contact 01253 955282.

Celebrating Success: Shortlist announced

THE shortlist for Blackpool Teaching Hospitals' Celebrating Success Awards has been announced and it is a testament to the hard work, dedication, commitment and innovation of our NHS staff.

The success of this year's entries proves the standard of work and care provided by Blackpool Teaching Hospitals NHS Foundation Trust is something to shout about.

This year's Judging Panel consisted of the following members: Chairman, Pearse Butler; Interim Chief Executive, Kevin McGee; Staff Side representative, Barry Casey; Public Governor, Pat Roche; Director of Nursing and Quality, Peter Murphy, and Radio Wave chairman, John Barnett and his wife Danielle. The Blue Skies Award nominees were selected by the Blue Skies team.

Winners and runners up for each award category will be announced at the Celebration Ball at the Winter Gardens on Friday, November 8th. The winner of The Chairman's Award will be presented to a shortlisted individual or team the Chairman feels has made the most outstanding contribution.

The Shortlist for 2019:

Clinical Team of the Year:

Acute Heart Failure Team
Clifton Hospital
Infection Incident Response Team
Ward 25

Non-Clinical Team of the Year:

Blue Skies Hospitals Fund
Children's Looked After (CLA) Team
National Artificial Eye Service Admin Team

Radio Wave's Unsung Hero Award:

Dr Jean Briggs, Head of Clinical Psychology
Clare Edgar, Medical Records Team Leader
Lorraine Tymon, End of Life Facilitator



Employee of the Year:

Jackie Brunton, Lead Cancer Nurse
James Earle, Team Leader, Central West Hub
Michelle Forsyth, Skin Cancer Care Co-ordinator

Innovation and Service Improvement:

Cellular Pathology
Fleetwood District Nurse and Project Team
Home First Project
Independent Domestic Violence Advisor and
Independent Sexual Violence Advisor Service

Volunteer of the Year:

Blood Runners
Alma Kitsberg
Patient Cancer Care Improvement Group

Blue Skies Award:

Martin Gillan, Haematology Health Care
Assistant
Neonatal Department
Orthopaedic Team

Weightmans' Patients' Award:

Janice Booth, Rheumatology Nurse Practitioner
Critical Care and ITU
Aoife Healy, Dietitian
Charlene Lee-Thornton, Mental Health Nurse



Safe exercises for people living with osteoporosis. Right, Ben Black and Clare Longton

Osteoporosis: Advice on exercising safely

OSTEOPOROSIS experts from Blackpool Teaching Hospitals gave a presentation on safe exercise to an audience of local residents and staff members.

Ben Black, Musculoskeletal Clinical Specialist Physiotherapist and Clare Longton, Clinical Specialist Physiotherapist in Rheumatology, volunteered to do the talk to help spread exercise messages on behalf of the Royal Osteoporosis Society.

Ben said: "We were extremely pleased with the turnout and the level of interaction from the audience.

"The attendees asked a range of very informative questions which facilitated discussion.

"We felt the event went very well and proved to be beneficial for the attendees and for the Royal Osteoporosis Society.

"From the response of the audience and the charity members, the message of safe and sensible exercise seemed to be well received.

"And the patients who attended reported that they felt more confident in incorporating exercise within their self-management.

"We feel there is a great underestimation of the numbers of people with Osteoporosis across the Fylde coast.

"Events like this that can help raise awareness and understanding, for both patients and professionals, are vital.

"We would like to build upon this in the future, working towards embedding better identification and treatment pathways for patients with this condition," Ben added.



Parents and staff become partners in care!



Sister Sarah Heydon

THE neonatal team at Blackpool Victoria Hospital has launched a new caring method to support babies and their families while in hospital.

The new care pathway, launched by neonatal sister, Sarah Heydon, is called Family Integrated Care, which allows staff to become partners in care and for parents to be at the heart of care giving.

Sarah explained: "We are one of the first hospitals in Lancashire to launch this new care pathway and all the staff are very positive about taking on new ways to support our babies and families on the unit.

"We are encouraging families to build their confidence in learning how to recognise feeding and development cues, supporting them with nasogastric feeds if needed, being present and involved in ward rounds with the staff and to promote parent-infant interaction."

Neonatal Ward Manager, Rosie Milbourn, added: "Our ultimate aim is for parents to be more involved in the care and decisions made about their baby.

"We are encouraging teams such as

physiotherapists and mental health practitioners to come to the unit to support new mums and this will really benefit families," Rosie explained.

"Studies show that through this new model of care, babies can gain weight quicker, breast feed more successfully and be discharged home sooner from hospital.

"Parents are fully supported when learning new skills and a folder is available with all the information they need. They are given a neonatal passport for their baby showing the skills and care learnt which is also helpful if their baby's condition warrants transfer to another hospital or unit.

"This new model of care should help to provide consistency in the help and support given to parents which in turn avoids any chance of confusion.

"We work very well as a team here and we are really positive and excited about striving to enhance the care for our babies and parents, becoming the family they dream to be with hopefully less bumps along the neonatal roller coaster journey."