

# Health Matters

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



## Making waves and connecting teams

### INSIDE THIS ISSUE:

**Digital innovation**

*Remote working system shortlisted  
for two awards — Page 3*

**Why MRI is child's play**

*Lego scanner helps children  
understand machines — Page 5*

**Issue 198, Monday, September 2, 2019**

# Contents

## News

### On the shortlist

An innovative, digital system which has revolutionised patient care and improved effective use of time and resources, has been shortlisted for two awards.

**Page 3**



### Consultant's job swap

A Critical Care Consultant has been humbled by experiencing life as a nurse after he spent a shift as a nurse to get a better understanding of the role.

**Page 4**

### Child's play on the scanner

The Children's Clinic at Blackpool Victoria Hospital has purchased a Lego replica of an MRI Scanner to help children who may be nervous about their treatment.

**Page 5**



▲ Digital health team on the shortlist

◀ Lego MRI helps children

▼ Sepsis sufferer's story told on big screen

### Hitting the right notes for patients

A SINGING Healthcare Assistant at Blackpool Victoria Hospital is hitting the right notes with her patients.

**Page 6**

### A story of survival

MEMBERS of the public are invited to a free screening of a popular British film based on the life of a sepsis survivor.

**Page 7**

### Singing for cancer

A choir has been set up for people who have been affected by cancer living on the Fylde coast.

**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)

# Jumping for joy at double nomination

Veronica Southern and Katie Selby from Digital Health with Helena Palin from Clifton Hospital and Sarah Roberts from Trinity Hospice

AN innovative, digital system, which has revolutionised patient care and improved effective use of time and resources, has been shortlisted for two awards.

Blackpool Teaching Hospitals' Digital Health Team has developed a remote end-of-life care programme with Clifton Hospital and Trinity Hospice.

The results of this collaboration have been so impressive the scheme has now been shortlisted by both the Nursing Times and the Skills Development Network awards.

The trail-blazing system, which allows specialist nurses to give remote end-of-life care to patients via an iPad link, has meant more frequent consultations and has resulted in an 88 per cent increase in productivity.

"We are very excited by these nominations," said Digital Health lead, Veronica Southern. "We are pleased to receive such recognition for our innovative work and delighted to have enhanced patient care and staff working practices."

"It just shows what a group of local clinicians can do when they have an idea and act upon it collectively. Team work and collaboration is at the heart of everything we do," Veronica added.

During a twelve-month period, 360 patients were contacted using a weekly one hour virtual clinic at the three pilot sites. Only seven patients required a face-to face follow up which resulted in more than 867 clinical hours saved.

A huge £21,052.51 has been saved which shows increased efficiency of 91%.

Trinity Hospice community service manager, Sarah Roberts, said "Patient feedback has been extremely positive as they have found the interactions fun and convenient. Patients at the end of their life don't want to wait all day for an appointment to talk about death and dying, they want to be making the most of the time they have with their loved ones.

Helena Palin, Ward 2 and 2B Manager at Clifton Hospital, said: "This system is making massive differences to the care we are able to give to patients. Previously nurses had to travel from Trinity to Clifton to discuss patient treatment and this put restraints on the amount of time available. Now they are able to talk to the patients and staff via digital technology, which is giving better outcomes for everyone involved."

The results of the Skills Development Network awards will be announced on September 20 and the Nursing Times awards will be on October 30.

# Job swap humbles critical care consultant



A CRITICAL Care Consultant has spent a shift as a nurse in order to get a better understanding of their role.

Dr Jason Cupitt, who works at Blackpool Victoria Hospital, spent the day on the Intensive Care Unit performing the duties of a staff nurse.

He said: "I watched an interesting online talk by Neil Spenceley, National Patient Safety Lead for Paediatrics, in which he spent time in a variety of roles which gave him a new understanding of specific issues and challenges in the work-place to better understand the whole picture.

"I wanted to see first-hand what pressures the nurses face and the many parts of their job the consultants don't see."

He added: "I didn't realise how much paperwork was involved on a daily basis. It seemed relentless.

"I was very humbled by how much the nurses have the doctor's back. They are the eyes, the ears, the advocate of the patient. Not only are they dealing with the patients but also their families which can often be emotionally challenging. I realised that the doctors tend to parachute in, bark out orders, and leave in a cloud of smoke. The nurse is by the bedside for a solid 12 hours.

"After my experience, I am now looking at what we can do as a consultant body to better support the whole team, build their confidence and improve output. We can target recruitment and retention and good people won't leave."

Unit Manager for Critical Care, Lauren Snape, said: "If only every workplace had a Dr Cupitt. He is exceptionally supportive of the nursing workforce not just in our team but in the Trust. I challenged Dr Cupitt to become a nurse for the day, in true style it took him less than a minute to accept the challenge!

"The nursing team were exceptionally responsive and welcoming to this new experience. I think it is fair to say in the lead up to his shift it lifted spirits and was a new and exciting concept.

"We had no real plan of how it would work or what his level of participation would be. I must say he did exceptionally well at staying focused and reminding our medical colleagues he was there as a nurse and that's how he wanted to be seen that day.

"Dr Cupitt has demonstrated he will go above and beyond for the nursing staff. We see how committed he is and we know he genuinely wants us to have a positive workplace culture. I want to reinforce he is doing an exceptional job of this."



# Why MRI scans are child's play at the Vic

THE Children's Clinic at Blackpool Victoria Hospital has purchased a Lego replica of an MRI Scanner to help children who may be nervous about their treatment.

When young children visit hospitals for tests and scans it can often be a distressing experience which is why Blue Skies, the charity for Blackpool Teaching Hospitals NHS Foundation Trust, was delighted to fund the toy.

For children, MRI Scans are often used to analyse brain activity or muscular issues, to diagnose things like epilepsy and cancer. But when surrounded by a noisy machine, sitting or lying still is almost impossible and many children have to undergo general anaesthetic to get through the scan.

The idea behind the Lego toy is that children will be able to play with the miniature MRI machine and gain an understanding about what the scan will involve.

**05 ISSUE 198**

Chantelle-Leigh Jones, 8, has Multicystic Dysplastic Kidney and was the first child to play with the toy.

Her mum, Amie Jones, said: "Chantelle was excited this morning, but then when we got to the hospital she got quite nervous."

Amie agrees that the toy is useful and is happy that her little girl has an entire playroom, including the Lego toy, to distract her from the hospital trip.

Rebecca Booth, Children's Services Engagement Lead, spotted a picture of the toy on Twitter and approached Blue Skies for £150 to purchase one.

She said: "We have regular MRI scan appointments on the Children's Ward, and unfortunately a lot of these children require sedation because they are very anxious about the scan. The Lego will also be used in consultations when children are told that they will need an MRI."

# Vicky hits the right note for her patients



Vicky Dodds with patients and staff on Ward C. Top row: Charlotte Graves, Danni Horgan, Olga Thompson, David Thompson, Sue Stewart and Andrea Marhem. Sitting from left: Margaret Place, Vicky Dodds and Michelle Stewart

A SINGING Healthcare Assistant at Blackpool Victoria Hospital is hitting the right notes with her patients.

Vicky Dodds, who works on Ward C at the hospital, is often seen singing to patients and getting them up to dance in an effort to brighten their day and put a smile on their faces.

She said: "Every day is busy and there are times when our patients can become agitated and fed up.

"I want to help patients by lifting their spirits and making them smile by singing their favourite songs.

"I know I don't have a good voice but I do it for the benefit of our patients.

"I read that music therapy can help patients cope with a number of ailments and at the end of my shifts I am just happy that I have managed to make the patients and their families smile."

**06 ISSUE 198**

Vicky is becoming very popular on the ward and even getting song requests from patients who want to hear their favourite song and join in singing.

Clinical Matron, Rachael Bailey said: "Vicky is so lovely singing to the patients. People with dementia often give her a lovely response too.

"I am very proud of Vicky and all the team who work on Ward C.

"She is a very special lady, very caring and is amazing at the job she does."

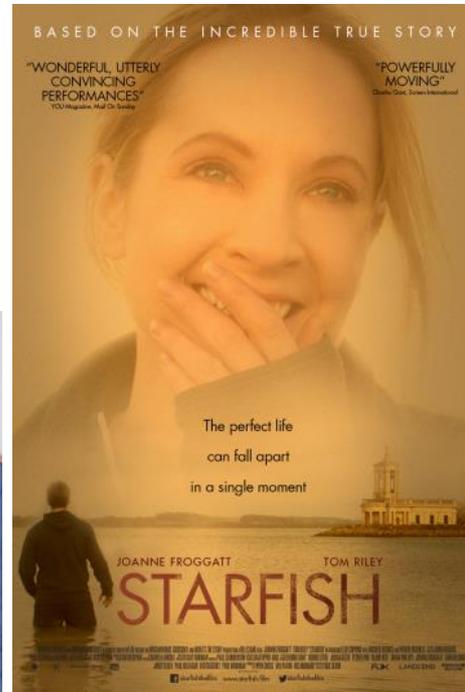
Sue Stewart was visiting her mother on the ward recently when all her family joined in with Vicky, singing and dancing.

Sue said: "Taking part in singing has been so uplifting for us all. It has really cheered us all up and put a smile on our faces. The care on the ward has been brilliant and the singing has really helped my mum."

# Resilience and survival



Tom Ray with staff at Blackpool Teaching Hospitals



MEMBERS of the public are invited to a free screening of a popular British film based on the life of a sepsis survivor.

"Starfish" tells the story of Tom Ray, a young father whose life was changed drastically after developing sepsis and stars Tom Riley as Tom and Joanne Froggatt as his wife Nicola in a tale of a couple whose perfect life falls apart in a single moment.

The critically acclaimed film is being shown at Blackpool's Regent Cinema on Wednesday, September 11<sup>th</sup> at 6pm as part of a Fylde coast NHS campaign called Sepsis September raising awareness of the recognition and management of sepsis across the area.

"Starfish" tells the story of a couple whose love is tested to its limit after Tom developed sepsis.

While her husband was in coma, Nicola gave birth to their second child on the other side of the same hospital. Within a matter of days, sepsis would rob Tom of both his arms and legs, and left his face severely disfigured.

This incredible story of survival shows what

**07 ISSUE 198**

can be overcome when love is unconditional.

Tom and Nicola will be present at the film and will be sharing their story of resilience and survival in a special question and answer session after the film.

Professor Morris Gordon, Quality Strategy Lead, from Blackpool Teaching Hospitals NHS Foundation Trust, said: "The idea of this event is to put a different light on the topic of sepsis.

"Members of staff within the NHS were deeply moved by Tom and Nicola's story when they visited the trust last October. Their experiences allowed us as healthcare professionals to not just consider the pathways and targets as ways of improving care, but to understand what sepsis means to individuals."

Prof Gordon added: "Our continuing work in enhancing care for sepsis is not just occurring with our hospital trust, but in partnership with the wider health and social care footprint over the whole region.

"Sharing knowledge and understanding of Tom and Nicola's story can help empower patients and the public regarding sepsis and we are very grateful to have this opportunity to share their experiences to such a wider audience."



Julie Summers, Nicola Ellis, Helen Bright, Kerrie Newsham and Lucy Mitchell

# In tune with people affected by cancer

A CHOIR has been set up for people who have been affected by cancer living on the Fylde coast.

Blackpool Cancer Choir was developed by the Macmillan team at Blackpool Victoria Hospital, following an idea to engage with the community and with people who care for someone, are a relative, or a previous or present cancer patient.

The group is for singers and non-singers and it will be held on the first Wednesday of the month, starting on September 4 at Blackpool Carers Centre on Newton Drive.

The main idea of the group is to socialise and to tackle loneliness. Free refreshments and car parking are on offer and there is an opportunity to meet new people who may be in similar situations to each other from different walks or life who can support each other.

Macmillan cancer professionals will be attending the groups to offer advice and support to people who join.

Helen Bright, Macmillan Cancer Information and

08 ISSUE 198

Support Manager, has brought the idea to life.

She said: "We are very excited to set up this group and are hoping to build a regular group of singers who find comfort meeting new people and building their social interaction.

"People who are in cancer treatment or recovery can potentially become isolated and struggle to leave the house and engage in any conversations or activities due to feeling low or being exhausted.

"We wanted to set up this group so we could connect the community and form a group of people who have a joy of singing and to increase happiness.

"We have seen similar singing groups to support people living with dementia and there is research to show how much singing can help mental health and make a difference to people.

"Hopefully some singers on the Fylde coast can join us in having a sing-song each month and who knows, we could even do some performances to inspire others," Helen added.