

# Health Matters

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



## Santa's helpers are on the run

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# Elfy way to fundraise



DOZENS of elves braved the damp conditions to take part in the Blue Skies Elf Run. The Trust charity held its annual festive fun run beginning at Blackpool Zoo before the runners jingled their way around Heron's Reach.

With a warm up provided by The Village Hotel fitness instructors, commentary by Shep from Radio Wave, pictured, and hot drinks by catering company Leivers & Co, the day was a huge success.

More than 90 of Santa's little helpers set off in aid of their local NHS charity despite the chilly start and parts of the course being underwater.

Runners Alistair Leivers, Ross McKelvie and Paul Muller were the first to finish, coming across the line hand-in-hand with a blistering time of 16 minutes and 47 seconds.



## Lake District trek raises hospital charity cash

STAFF from Blackpool Victoria Hospital put their best feet forward to raise more than £1,500 for Blue Skies Hospitals Fund.

Staff and family members took part in this year's 21 mile Coniston to Barrow Walk in May and this week handed over a cheque for £1,550 to the Trust charity.

Anita Ivett, PA to the Trust's Medical Director, who organised the group said: "It was a lovely day and a great way to raise money for Blue Skies. We know they will put it to good use for our patients. I would like to thank everyone who supported us with donations and we will definitely look to do it again next year."

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Staff who took part in the trek

Kila Redfearn, Head of Blue Skies, said: "We are really grateful to the team members who took part in the event to raise money for us.

"All donations really are appreciated and will be put to good use to enhance patient care."

# Assistants put their mark on the wards



The new Ward Assistants

A NEW role has been introduced to help to improve staffing levels on wards at Blackpool Victoria Hospital.

Ward Assistants are working across the Unscheduled Care division looking after areas such as emergency medicine, care of the older person wards and intensive care.

There is one ward assistant on each unit and they work closely with nurses, healthcare assistants and ward clerks to ensure the area runs smoothly and to help the team with staffing issues.

Rachael Bailey, Matron on Ward C, said: "As a division we wanted to look at ways to release some nursing time by taking away some tasks that did not need a qualified nurse to complete.

"The Ward Assistants will also help with patient flow as they help identify the golden patient (the first patient to be discharged that day) the day before and ensure they are ready for discharge by 10am the following morning.

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"They help chase up referrals, liaise with family, plan transport for nursing homes and they can be a runner for medication and request cards.

"We currently have 14 ward assistants within the division and we are in the process of recruiting more for the remaining wards. The role is helping release nurse time and also frees up the ward clerk to be the face of the ward and welcome visitors and keep on top of the medical records.

"We are seeing an improvement in how many morning discharges we achieve. There is improvement in patient flow and better communication with the patient flow team.

"People require no experience to get into this position as staff can learn the job as they go and attend various training courses to enhance their role. The role can take you into nursing or to become health care assistants, ward clerks or housekeepers with the skills they gain."

"I would like to see this role continue as it is having a positive impact across the wards," Rachel added.

# Unit to help the patient journey



Matron, Sharon Clitheroe, opens the new unit

BLACKPOOOL Teaching Hospitals NHS Foundation Trust has officially opened a new four-bedded Thoracic Surgery High Dependency Unit.

The unit will transform the care we are able to offer thoracic patients and become an interim area between the intensive care of CITU and the more general ward-based care.

Mr Andrew Duncan, Head of Department and Cardiothoracic Consultant at the Trust, said: "This facility will have great benefits for patients and for the Trust.

"It will help us provide excellent care for individuals in an appropriate setting which will help

us improve the flow of cardiothoracic patients from theatre which will reduce the amount of cancelled operations.

"It is something we have been looking to introduce for some time and I am delighted to see the idea come to fruition."

Assistant Directorate Manager for Cardiothoracic, Lisa Richmond, said: "This unit will improve patient experience and care and give us a more suitable environment to help those on the road to recovery.

"The opening of this unit is great news and will also help with patient flow throughout their pathway from surgery to discharge."

## 'With cancer I can' calendar

CALENDARS featuring positive images and messages from cancer patients across the Fylde coast have been launched for 2020.

The 'With Cancer I Can' calendars, produced by the Macmillan team at Blackpool Teaching Hospitals, can be purchased for a donation in the Windmill Unit at Blackpool Victoria Hospital.

The idea is to showcase the inspirational achievements of people affected by cancer while giving people receiving diagnosis somewhere to store all of their appointments and treatment dates.

Kerrie Newsham from the Macmillan team said: "It was a struggle to select the final 13 pictures for the calendar as the submissions were all so amazing. We are delighted to be able to offer these to people who have been affected by cancer.

The calendars can be bought from the Windmill Unit at Blackpool Victoria Hospital.

For more details contact the unit on 01253 955710.



Play leader, Roseanne Norman, with Joe Curran and young patient, Jessica

# Pub locals help give children sweet treats

THE Children's Ward at Blackpool Victoria Hospital received a bumper donation of chocolate thanks to the generosity of locals.

Joe Curran runs a charity called Care for Kids and also DJs in the Castle Pub in Blackpool. As part of his work at the Castle he helps organise collections for his charity which aims to put a smile on young people's faces through gifts or days out.

Thanks to recent donations, and support from Cadburys, Joe was able to drop off hundreds of boxes of chocolate gifts to the ward for distribution.

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Joe said: "The charity's aim is to provide gifts that will make children feel better when they need something to cheer them up and we hope the chocolate helps.

"I'd like to thank everyone at the Castle for their support as they really do help to make a difference."

Play Leader, Roseanne Norman, said: "We are really grateful to Joe and anyone who supports the youngsters on the unit.

"It's always nice to get the support of people in the community as every donation, be it sweets or toys, makes a difference."

# Healthy lessons for youth leaders

YOUNGSTERS from schools across the Fylde coast visited Blackpool Victoria Hospital to learn life-saving skills and educate their peers about NHS careers.

The pupils took part in the annual Youth Health Leaders event, which is now in its fifth year. It aims to give pupils an understanding of their health and how they can educate family and friends.

Children from Baines, Lytham St Annes High and AKS schools

joined in the fun and learned about first aid, how to perform CPR, caring for someone who has taken 'spice', the impact of drugs and alcohol and how to live a healthy lifestyle.

Sharon Vickers, Practice Development Nurse, organised the event. She said: "The day was a huge success and we were delighted to see so many pupils engage with our programme. It is so important for us to educate our local pupils on health and wellbeing.

"We empower pupils by giving them the title of "health leader" and giving them the tools to get important messages to pupils across their own schools.

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Sharon Vickers and, left, members of the Youth Health Leaders event

"Our aim is not only to educate but to inspire pupils to work for the NHS and their local hospital by giving them an insight into the many career options we have at Blackpool Teaching Hospitals NHS Foundation Trust.

"I'm very grateful to the people who dedicated their time to make the day the success it was. We are lucky to be supported by voluntary and charity services across Blackpool who offer great learning opportunities for children and we are pleased to see new health leaders signing up. The feedback from the pupils was fantastic. One said they thought the Youth Health Leaders day had taught them a lot and made them realise how much they would like to work for the NHS."

# £5m plan to make patient records digital



MORE than half a million paper records are to be converted to digital documents as Blackpool Teaching Hospitals undergoes a major technological transformation.

The Trust has agreed to invest £5m to implement an Electronic Document Management System (EDMS) to digitally store and track patient health records.

Over the next few months Blackpool Teaching Hospitals NHS Foundation Trust will be working to create a scanning bureau and in February the Trust will take delivery of five industrial-scale scanners to start the process of converting paper records into digital documents which can be viewed on a computer.

A further five scanners will be introduced in April. Additional staffing will be brought in to operate the scanners and the additional activities to support the changes.

At the moment approximately 610,000 patient health records, each estimated to hold about 300 pages, are stored in various locations around the hospital. Moving to a digital system which will allow easier and more timely access to patient

notes and less cumbersome record storage. EDMS is an 'invest to save' initiative with the system eventually paying for itself. The £5m investment will be over a five-year period and it is anticipated that a break even position will be delivered at Year 11.

The digital records will also allow for Optical Character Recognition (OCR) to be installed which means typed patient notes will be searchable. The system will also have a positive impact on patient care improving clinical ability to make decisions based on comprehensive patient history available when the patient arrives at hospital.

Digitalisation will also mean records will be available concurrently at multiple locations therefore improving the availability of records and accuracy of information accessible quickly to clinicians.

Geoff Burrow, Health Informatics Programme Director said, "The new EDMS will enhance clinical effectiveness, reduce operational costs, ensure compliance with CQC guidance about records and data management and ultimately boost patient safety and care."

# Cooking up ways to mark World Prem Day

STAFF at Blackpool Teaching Hospitals celebrated World Prematurity Day by holding fundraising events and boosting funds to enhance patient care by £4,730.

The Neonatal Unit at Blackpool Victoria Hospital cares for premature babies and their families. Each year they celebrate World Prematurity Day by holding fundraising events and involving staff and previous families who received care from the neonatal team.

Lauren Walton, a nurse on the unit said: "We held a family fun day at Blackpool Zoo on Sunday 17<sup>th</sup> November and this was thoroughly enjoyed by all. Blackpool Zoo kindly offered all children who had spent time on the neonatal unit, and their siblings under the age of 15, free entry with parents getting in at a reduced price.

"Staff from the Neonatal Unit were there to meet and greet the families, take photos and sell raffle tickets as well as play games such as; 'guess the name of the bear' and 'weight of the hamper'.

"It was lovely to see so many people get involved to support us," Lauren added.

"On November 18, we continued our fund raising activities on the Mezzanine floor of the hospital with a cake sale and tombola.

"Many of our staff gave up their free time to bake

fabulous cakes and to come and help on the day.

"We are so delighted with the money we have raised for the unit and very grateful to everyone for helping us achieve this huge figure! We thank the whole team who helped out to make the World Prematurity Day events happen."



# Feathers of peace for grieving families

WHITE feathers, a sign of purity and peace, are helping parents who have suffered the tragic loss of a baby cope with their grief at Christmas.

The feathers depict angel wings and remind us that however brief, a baby's life is always cherished.

This year Blackpool Teaching Hospitals NHS Foundation Trust is holding its special Baby Remembrance Service on December 8th for parents whose babies were miscarried, born asleep, or lived for only hours, days or weeks.

The memorial will start at 3pm in the Baronial Hall at Blackpool's Winter Gardens and aims to help parents and families feel they are not alone with their grief at Christmas time.

Organiser, Megan Murray, Bereavement Support Nurse at the Trust, said: "We always chose a theme for our special service and this year we are using feathers as a sign of comfort and peace.

"Families often say their babies have become angels and the feathers represent angel wings. In the depths of despair bereaved parents can see a feather and claim it as a symbol of their own."

Silver Christmas decorations have been provided for all families at the non-religious service with a wooden feather attached that can be personalised with a baby's name.

SANDS, the Stillbirth and Neonatal Death Charity, Blackpool Miscarriage group, Aching Arms and 4 Louis will all be in attendance at the service with small keepsakes to share with the families who attend.

The bauble and message can be taken home or put on the remembrance tree at the service.

Christmas trees, donated by Blackpool, Fylde and Wyre councils, will be placed in the baby areas at Carleton, Lytham, Poulton and Fleetwood cemeteries. The tree at the service will be displayed at Carleton Cemetery.

The event will feature music from Blackpool singer, Joanne Donnelly and readings from bereaved parents and hospital staff.

Megan said: "I hope that each year this service plays a small part in helping families cope with their loss and gives them space to remember in a safe and supportive environment. All members of the family are welcome; parents, siblings or grandparents, the service is for people to remember their loss surrounded by others who understand what they are going through.

"Every year I challenge myself to either equal or better the previous year's event to enable parents to have a day of remembrance for their baby."

Chair and befriender at SANDS, Claire Maxwell, said: "This is a lovely way to remember babies gone too soon, especially at this time of year.

Christmas can be quite daunting for bereaved parents and it is important to be with people who know how you are feeling."

For more information contact Megan on (01253) 956877.

