

Health Matters

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



Here to help...

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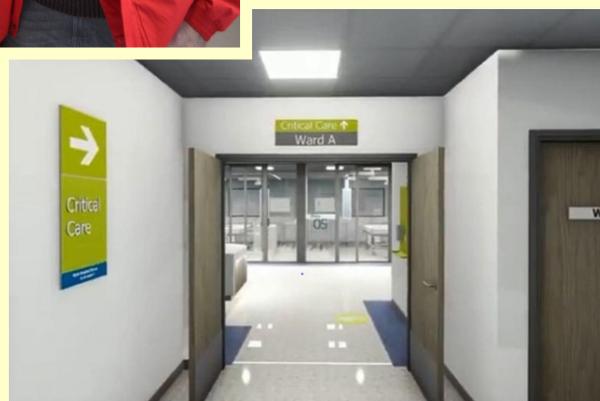
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Any comments ideas or suggestions? Please contact: the Communications Department, on 01253 953059, 956875 or 953538 or email bfwh.trustcommunications@nhs.net

100 mile run in just 10 days



Devon Benton

A BLACKPOOL radiographer and three of his friends have been pounding the streets to raise cash to help animals suffering in the Australian fires.

Devon Benton, 23, started a grueling 10 mile a day run for 10 consecutive days after seeing heartbreaking video footage of koala bears hurt in the fires.

“We wanted to do something to help and decided to try to raise some money to help towards vet fees and shelter for the animals of Australia.

“My friends and I had seen the videos on social media and TV and it was the number of animals and the rapid rate at which they were being killed that spurred us on to action.”

And before the four former school pals had even run a step they smashed their initial target of £250 and had to increase their goal to £1,000.

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The four friends, Devon, Ollie Johnson, Lewis Hodge and Sam O’Sullivan, have set up a go fund me [page](#) with a target of £250, but within days of its launch they had raised more than £800.

The friends are raising money for Wires Australian Wildlife Rescue charity which is rescuing and caring for animals affected by the fires.

“I have never done anything like this before,” Devon admitted. “We have followed a strict training regime. The pain the running is putting us through is nothing compared to the pain suffered by Australia in these fires.

“We hope friends and colleagues support us by either donating funds or sharing our posts,” Devon added.

To find out more and follow the runs click [here](#).

Heart attack runner thanks his NHS hero

A BLACKPOOL man who almost died after suffering a cardiac arrest while out running last year met up with the NHS hero who saved his life.

In November last year Colin Dyczka, 63, was out with his running partner, Lynne Wagstaff, when he thought he had a stitch from exercise.

But it turned out to be something far more sinister than he realised. He was having a cardiac arrest and collapsed.

Thankfully for Colin, Steven Power, a Surgical Care Practitioner at Blackpool Victoria Hospital's Lancashire Cardiac Centre, was driving past with his son and wasted no time in getting out of his vehicle to perform CPR and save Colin's life.

Colin said: "I really don't think I would be here without him. My wife, Beverly and I are so grateful to everyone for their amazing care.

"I had a cardiac arrest and all I remember was going short of breath then I collapsed. I was given CPR and rushed into Blackpool Victoria Hospital by the paramedics.

"I have been running since the 80s and each year I have run the Blackpool 10k. The attack came out of the blue and I had no health conditions prior to this. I have always been healthy. I've never smoked so it was a huge shock to us all.

"When I got to the hospital I underwent a heart triple bypass and ended up having four operations in total and staying in hospital for five weeks. I have lost strength and weight, however I am determined to complete the Blackpool 10k as I always do, whether I run or walk the race.

"All I can say is a huge thank you to the teams who have cared for me. The paramedics, staff on



Colin Dyczka meets his NHS hero, Steven Power

Ward 38, the theatres teams, intensive care staff and a huge thank you must go to Steve, for his quick actions."

Steve said: "As I work in the Cardiac Centre, I also had the pleasure of being there as part of the theatre team who performed the surgery on Colin, so I saw him twice.

"He has recovered really well. In cardiac arrests, only six per cent of people survive outside hospital so chest compressions are vital in survival.

In surgery Colin also benefitted from specialist endoscopic vein harvesting, carried out by the surgical care practitioners and the rest of the theatre team, which meant a smaller incision which reduces infection, pain and bleeding and allows patients to recover quicker after bypass operations.



Plans progress towards new emergency village

PLANS to enhance and expand emergency and critical care departments in Blackpool have been gathering pace, with further progress in a number of key areas.

Blackpool Victoria Hospital's Emergency Village development will focus on creating a better Emergency Department together with the Critical Care wards, by upgrading facilities and adding capacity, enhancing patient experience across the Fylde coast.

Following extensive work consulting with staff, patient panels and external agencies, the project's programme board have now finalised plans ahead of the business case submission for the capital funding from NHS Improvement.

Emergency Village Clinical Lead for the Emergency Department, Dr Adeline Israel, said: "I am excited and pleased about the progress being made. Currently, our exceptional staff work under extremely challenging conditions of constrained space, shortage of manpower and high influx of patients with a wide range of needs.

"The Emergency Village can potentially close the gap on the resources by providing the right space and design, robust processes and pathways and attract manpower by offering a training environment that will be second to none."

"The Emergency village offers the hope of a much better environment for the staff to enhance patient experience and deliver high quality of care with improved outcomes. This hope continues to drive and motivate us. Therefore, I am encouraged to strive towards making this vision a reality soon."

Plans will see a new Critical Care building constructed just behind the current Emergency Department/Urgent Care Centre.

"The current High Dependency Unit and Intensive Care units will move from their current locations, freeing up room for the Emergency Department to expand.

Emergency Village Clinical Lead for Critical Care, Dr Rob Thompson, said: "We are really excited that we can start to visualise the new unit and the benefits to both staff and patients."

The Trust is set to receive close to £13m to develop an 'Emergency Village' as part of a national fund to upgrade NHS Services in England, subject to successful approval of the full business case.

A 3D 'fly through' of the proposed new Critical Care unit can be viewed at <https://www.youtube.com/watch?v=obVBOCJmxzE>

Group bids to banish loneliness

A NEW group is helping to tackle loneliness and social isolation in Cleveleys.

The Far North Neighbourhood Health and Wellbeing team is hosting a monthly group at Cleveleys Health Centre that is helping bring people together in a social setting which is going from strength to strength.

The Health and Wellbeing team discovered through referrals and assessments of patients that there was a lack of social groups for nervous, anxious people who didn't like large social settings and they decided to tackle the issue.

Alicia Whittaker, a team member, explained: "The group was set up about six months ago and came from an idea I had from a patient who was socially isolated and didn't have family or friends. I found out the patient always felt safe at the doctors so this is why we hold the group there.

"Patients who are registered at Cleveleys GP practice are able to join the group if a referral is received and we have assessed that they are suitable for the group.

"We do different self-care work with our patients and they can also have a chat and something to eat. We give them the choice of what they want to do and want them to feel they can make decisions as a group.

"We try to make it informative for the patients and let them decide what they want from the group. We also offer hot and cold refreshment's at no cost to the patient.

"All we ask is they make their own way to the



Patients at a group meeting

centre and get their own way home though staff are on hand to help them in and out of the centre at all times.

"Because of the success of the group, it has taken pressure away from our other services for patients

and means our team is more freed up.

"But mainly the group is so important to our patients who really do feel the benefit from attending.

"It's so nice to know they have someone to talk to and can get out the house to meet with friends."

A regular member of the group, Margaret Bouhouch, is a resident at Balmoral Care Home in Cleveleys and she always looks forward to attending.

She said: "I really like the activities we do because I wouldn't get out if I didn't come to the group.

"The first time I came was last year and I've enjoyed it ever since. It's lovely to meet and socialise with other people."

Taking pride in LGBT awareness

THE Trust has launched rainbow badges to support the rights of LGBT+ community staff working at the hospital.

The funds were split between the staff benefits fund and the two hospital unions, Unite and Unison and a total of 5000 badges have been ordered for staff to wear with pride.

Equality and Diversity lead for the Trust, Tina Daniels said: "Each member of staff has the chance to wear a rainbow badge once they sign a pledge on how they will promote equality and inclusion within this organisation.

"It's so important for us to highlight LGBT awareness within our community to reassure those people who are still struggling to talk about their sexual orientation an opportunity to do so in a safe and supportive environment.

"Wearing the badges shows we are promoting equality and diversity in the workplace to make our staff and patients aware of the support for our LGBT colleagues and patients.

"We are delighted to have these badges and it's lovely to have enthusiasm from our staff



Chris Tucker presents staff member Carole McCann with her rainbow badge

supporting this campaign."

Chris Tucker, Technical Instructor and Occupational Therapist and also an ambassador for Unite said: "The badges can give people confidence to work without feeling judged.

"Also for our patients and younger patients, if they are cared for with staff wearing the badges it can make them feel safer.

"I'm very proud of us to be part of this launch and we are very excited to see our LGBT community coming together."

YOUR views wanted to shape care policy

PEOPLE living in Blackpool have been invited to share their views on a change to a local health policy on care packages for people with complex healthcare needs.

NHS Blackpool Clinical Commissioning Group (CCG), the organisation that pays for health services in the town, is reviewing its policy around how it grants funding for people eligible for personalised care packages known as 'continuing healthcare'. The current policy grants funding for care packages to allow the patient to stay in their own home as long as the cost is not more than 25 per cent above the cost of a care home placement. The new policy reduces that threshold to 10 per cent.

Click [here](#) to view the draft policy and to complete a short survey. An information and discussion session is also being offered at the Blackpool Centre for Independent Living on Whitegate Drive, Blackpool FY3 9JL on Wednesday 19 February from 2pm until 4pm.

Appeal urges people to talk about cancer

PEOPLE living in Blackpool, Fylde and Wyre have been urged to talk more openly about cancer in an effort to reduce the number of people dying from the disease.

The Let's Talk Cancer campaign aims to support people to talk about their experiences of cancer to increase the number of people being screened and to improve care.

It also encourages healthcare professionals to communicate more clearly on what can be seen as a sensitive subject.

The campaign was officially launched as part of World Cancer Day on Tuesday, February 4, 2020.

Dr Adam Janjua, a Fleetwood GP who is also the cancer lead for the Fylde Coast NHS, said: "The word cancer can create fear and negative emotions.

"By talking about it we identify these feelings and it helps to put things into perspective.

"Talking and understanding creates action.

"We are hoping that making cancer part of everyday conversations will support people to attend appointments for cancer screening and tests or hospital reviews for suspected cancer.

"The earlier cancer is detected, the quicker it can be treated and the longer term survival rates are better. The more we talk about cancer, the sooner we can act."



Steve Tingle

Cancer survivor Steve Tingle welcomed the launch of the campaign.

The 67-year-old from Thornton said: "I had bowel cancer but because it was picked up so early and removed within two months, we only actually had it confirmed as cancer two weeks after they took it out.

"The bowel cancer screening I took when I turned 60 really did save my life.

"I think it's great the NHS is launching this campaign on the Fylde Coast. I have spent lots of time since the disease talking with other cancer sufferers and survivors.

"It's so important to reduce that fear and make people feel more comfortable talking about this disease."

Kind and personal donation promotes SWAN care model



A 'SWAN' themed quilt has been donated by a Nurse who is a passionate advocate for high quality end of life care.

Blackpool Teaching Hospitals NHS Foundation Trust has recently adopted the 'SWAN' model of care which is being rolled out across the Trust.

Helen Collinge, Assistant Director of Nursing at North Manchester Care Organisation (a part of the Northern Care Alliance), spent nearly two months creating the quilt.

She said: "I was delighted to be able to create the quilt. It is a labour of love and a model of care

I am passionate about. It was great for me to see the quilt on display and I really appreciate the team taking time to talk with me and show me the SWAN."

Helen who was unable to travel to see the quilt in person due to current ill health was able to join the team via video conference so she could see the quilt on display and discuss its creation.

Director of Nursing, AHP and Quality, Peter Murphy, said: "We are delighted to have this beautiful gift at our hospital.

"It means so much to me personally as Helen has played a hugely important role for the model to be the success it is across the country.



"We are planning further changes to our end of life care to support the SWAN model and we are delighted to have the support from Helen as we adopt the model across the Trust.

"I am so humbled to accept this beautiful gift and am delighted we are able to showcase it within our hospital.

"The Quilt is currently prominently displayed in the Chapel however as we continue to develop end of life services it will be find a new home in a centralised office space dedicated to End of Life Care".