



YorkTalk

Guardian Angels official opening

The Guardian Angels children's unit officially opened in October, three years after the campaign began.

York's local paper The Press spearheaded the appeal, which has so far raised over £300,000 to provide facilities and vital equipment for children who would previously have been transferred elsewhere for high dependency care. Over 100 people were there to celebrate, including many of the local businesses and other organisations that had raised vital funds. Children who had been seriously ill and had inspired fundraising were also there with their families.

Actor John Middleton, who plays reverend Ashley Thomas in Emmerdale, unveiled the plaque which had been designed by 12 year old James Patrick.

Consultant paediatrician Robin Ball said: "Speaking on behalf of all the staff on the children's wards, I am very happy to have



Grand opening: John Middleton (left) unveils the plaque designed by James Patrick (right) to mark the opening of the new children's unit. (Picture courtesy of The Press, York).

this chance to say thank you to the people of York who have contributed to this appeal. Particular thanks go to the hundreds of people who have arranged fund raising events or gave publicity to the appeal, and also to the editor and all the staff at the Press who had the vision and the confidence in the good will of the people of York to launch the appeal in the first place.

We have already seen patients that have benefited from the unit, which proves what a difference a facility like this can make in the care of seriously ill children. All of the building work is finished, and the new rooms work really well. Most of the new equipment is here and in use and a lot of new training for medical and nursing staff is taking place. All of this would not have been possible without everybody who did their bit to raise funds, and it's thanks to their efforts that we have been able to make the plans for the unit a reality."

NewsTalk

WELCOME TO issue 6 of YorkTalk, the newsletter for members of York Hospitals NHS Foundation Trust.

In this issue you can read about the work of the Friends of York Hospitals, the annual general meeting, and some pioneering equipment being used by the hospital.

Your suggestions are always welcome, see page 4 for how to get in touch. I'd like to take the opportunity to wish you a happy Christmas and a healthy new year.

Mike Proctor, deputy chief executive

Accessibility

IF YOU would like to receive YorkTalk in a more accessible format, for example in a larger print size, please contact the chairman and chief executive's office, York Hospitals NHS Foundation Trust, Wigginton Road, York, YO31 8HE

Tel. 01904 631313

E-mail: enquiries@york.nhs.uk

- Hospital open event and AGM2
- Mobile screening service launched.....3
- Hospital pioneers X-ray equipment4



Y NewsTalk

‘Double excellent’ rating for York Hospital

YORK HOSPITALS NHS Foundation Trust has been assessed as ‘excellent’ for both use of resources and quality of services in the 2007/08 Healthcare Commission Annual Health Check. The trust achieved an ‘excellent’ result for its use of resources which is based on an annual financial risk rating awarded by Monitor, the independent regulator for NHS foundation trusts, and indicates that the trust is managing its finances well. The hospital also received an ‘excellent’ rating for the quality of services it provides to patients, which includes patient safety, cleanliness and waiting times. Patrick Crowley, chief executive of York Hospitals NHS Foundation Trust, said: “I am very pleased with this outcome, which demonstrates the hard work and commitment of all our staff and the trust’s determination to deliver services that are of the highest standard. However, we are not complacent and will continue to work hard to improve our services and maintain our high level of performance.”

The full results can be found on the Healthcare Commission website at www.healthcarecommission.org.uk

Your chance to influence Mind’s work

ONE IN FOUR people experience mental health problems during their lifetime. Mind works for better mental health for everyone through campaigns, policy and information



The needs and experiences of people with mental distress drive Mind’s work and they make sure that people’s voices are heard by those who influence change. Mind wants to hear from people from all walks of life who would be interested in sharing their story and informing their work. You can take the chance to tell your story and help Mind put across real life experiences in policy documents, factsheets, in the media or in fundraising campaigns. If you are interested in joining Mind Link, membership is free and you can contact them at mindlink@mind.org.uk or on 0208 2152207. You can also write to Mind, Freepost (WD2336), 15-19 Broadway, London E15 4BQ.

Hospital open event and annual general meeting

YORK HOSPITALS NHS Foundation Trust’s annual general meeting (AGM) took place on Monday 15 September in the Mallard Restaurant at York Hospital.

As a build up to the AGM, the hospital held an open event in the main entrance, main corridor and Mallard Restaurant to demonstrate some of the services the trust provides. Interactive displays, demonstrations, exhibitions, and art and music events took place. Goody bags and free refreshments were available, and there was a free prize draw.

Patrick Crowley, chief executive of York Hospitals NHS Foundation Trust, said: “We have recently enjoyed a series of successful events in celebration of the 60th anniversary of the NHS and as this coincided with the end of our first year as a foundation trust I was

keen that we continued through to the AGM, marking the end of a very demanding but successful first year. Perhaps more importantly setting out how we plan to develop the hospital, its services and its facilities in the coming years. As the major healthcare provider in North Yorkshire and one of the largest employers in York we very much recognise our responsibility to the community and need to ensure that our ambitions match those of our public. Our membership is key to this and the AGM provides an excellent vehicle to involve everyone interested in the future of health services in York and the wider community.” The event was well attended and the trust hopes to build on this

success with a similar event next year.

The winners of the prize draw were Mrs. E. Cook of York, who won a £1,000 travel voucher, and Mr. S. Popplewell of Pickering, who won a DVD player.



Above: Professor Stephen Leveson gives a presentation as part of the AGM.

Below: Both staff and governors had a role to play at the open day.



Focus on Stroke

STROKE IS the number one cause of death and disability in the UK.

There are 300,000 patients living with moderate disability from stroke at any one time and 25% of stroke patients are under 65. A MORI poll commissioned by the stroke association found that 50% of the public did not know what a stroke was and only 40% could name two or more signs or symptoms of stroke. 60% didn’t know what to do if they or a member of their family had a stroke. It is important the people recognise that stroke is a medical emergency.

The Stroke Association has produced a quick and simple test to recognise the symptoms:

Face-Arm-Speech Test (FAST)

Facial weakness: Can the person smile? Has their mouth or an eye drooped?

Arm weakness: Can the person raise both arms?

Speech problems: Can the person speak clearly and understand what you say?

Time to call 999.

90% of strokes are caused by a clot narrowing or blocking a blood vessel, this means that the blood cannot get to a part of the brain. The brain cells then die from lack of oxygen and essential nutrients. Getting to hospital fast following a stroke gives the hospital team time to check if a person is suitable for a ‘clot busting’ drug. The drug has to be given within three hours of the onset of stroke symptoms and it ‘busts’ the clot, allowing the blood supply to flow again. Even if this time has passed, a rapid admission for specialist assessment and care on a specialist stroke unit also saves lives and reduces disability.

Further information is available from the following charities:

The Stroke Association 0845 3033 100 website: www.stroke.org.uk

Different Strokes, supporting younger stroke survivors, 01908 317618, website: www.differentstrokes.co.uk

GovernorTalk Paul Baines, representing City of York

What is your background?
 Educated at St Peter's School, I worked at Rowntrees for three years, before moving to Shepherd's, where I qualified as a management accountant, and became controller of Shepherd Engineering Services (SES). I moved into operations management in 1980, as regional director. SES carries out design and installation of Mechanical and Electrical (Environmental) Services for major Construction projects, with a niche market in ultra-clean environments. For pharmaceutical manufacturing, we had to achieve standards up to ten times cleaner than an operating theatre. I also did work for the major employer body of our industry, serving for three years as chairman of the Yorkshire Region and for five years on the National Profitability Committee.

Why did you want to become a governor?
 I registered my interest in the hospital, when I was newly retired, and York was seeking foundation trust status. I wondered whether there was any way in which my experience could be put to use, so I offered myself for election as a public governor.

How do you see your role as governor developing?
 I am a member of the remunerations sub-committee, and have offered to join the hospital's strategy group. Under Patrick Crowley's direction, an excellent relationship is developing between governors, non-executives and executives, and I am confident that this will present a variety of opportunities for governors to

contribute their time and varied experience, without encroaching on the operational management of the hospital.

How is the trust doing as a foundation trust?
 I feel it took a while for people to get their minds round the implications of foundation trust status, and hence to appreciate the freedoms and opportunities that it affords. Of course, there are still severe income constraints and targets to be met, but the hospital has greater latitude to plan its own future, and I sense a real impetus to achieve standards by which other hospitals will be judged. I am greatly impressed by the quality and enthusiasm of everyone I meet, but good management starts at the top, and Patrick Crowley's commitment and approachability shine out.

NewsTalk

Mobile screening service launched

NORTH YORKSHIRE people with diabetes are benefiting from a new mobile retinal screening service to encourage early detection of diabetic retinopathy, the biggest cause of adult blindness in the UK. York Hospitals NHS Foundation Trust was awarded the contract by North Yorkshire and York Primary Care Trust (PCT) to provide retinal screening for all people over 12 with diabetes. The screening programme covers around 27,000 people in North Yorkshire. An administration centre has been set up in York which will call patients for screening using a state of the art IT system. A fleet of six vans with portable screening equipment will travel around the region. The vans will be staffed by teams from Scarborough, Harrogate and York, who will take the kit into GP practices, hospitals, health centres and other local centres to provide screening in locations that are closer to people's homes. Early detection of diabetic retinopathy can prevent sight loss. If retinopathy is detected early, the patient is referred to a local centre for laser treatment to stop the retina detaching and causing blindness. John Featonby, senior planning manager for York Hospitals NHS Foundation Trust, said: "This project has given us the opportunity to develop a service that is compliant with national service standards across a large area of North Yorkshire. The new service covers an area stretching from Settle and Skipton in the west of the county right across to Whitby, Scarborough and Bridlington on the east coast."

Ward Committee visits

CHIEF EXECUTIVE Patrick Crowley and deputy chief executive Mike Proctor attended a number of ward committee meetings, along with membership development manager Penny Goff and governors who had volunteered. The aim was to raise awareness of the trust and to encourage people to become members. It also gave the opportunity for people to ask questions and raise issues. Ward committee meetings for Heworth, Strensall, Micklegate, Haxby and Wigginton, Heslington and Fulford, and Skelton, Rawcliffe and Clifton Without were attended, with a view to attending more meetings in 2009.

With a little help from our Friends...

A GROUP of determined volunteers who support York Hospitals have this year donated a number of items to support patients and help staff to provide the best care. 2008 has been a bumper year for The Friends of York Hospitals, who raise funds to provide extra equipment. They also provide practical services for those visiting, as well as staying, in York Hospitals. This year their donations have included a bladder scanner (for examining the bladder using ultrasound) and a blood warmer (for warming the blood before transfusion) which have already been put to good use on ward 35. The Friends also donated six automated external defibrillators (AEDs) to be placed in public areas throughout the hospital to help people who collapse in cardiac arrest. At a cost of around £1,500 each, these machines may prove to be a lifesaving gift. Ian Wilson, lead resuscitation officer for York Hospitals NHS Foundation Trust, said: "We are grateful to the Friends of York Hospitals for making this



From left: Friends volunteers Sandi Richardson and Annette Hall present the blood warmer and bladder scanner to Hilary Plowman (staff nurse), Rebecca Websdale (staff nurse), John Thackeray (staff nurse) and Andrea Redin (sister) on ward 35.

donation that will hopefully save lives. Defibrillation greatly improves the chance of survival in cardiac arrest. Every minute following cardiac arrest a person loses around a ten per cent chance of survival, so the sooner there can be intervention, the better."

If you would like more information about the Friends of York Hospitals, call 01904 726762 or email friendsofyorkhospitals@hotmail.com

APPOINTED GOVERNORS	
North Yorkshire and York PCT 3 seats	
Mr Michael Sweet, non-executive director	
General Practitioner—to be confirmed	
Gill Cashmore, chief officer, Selby AVS	
City of York Council 3 seats	
Cllr Madeleine Kirk	
Cllr Sandy Fraser	
Cllr Sian Wiseman	
North Yorkshire County Council 2 seats	
Cllr Elizabeth Casling	
Cllr Caroline Patmore	
University of York Medical School 1 seat	
Professor Ian Greer	
Voluntary Sector 1 seat	
Mr Mike Moran, Chairman, York CVS	
NOMINATED GOVERNORS	
Patient and Public Governors 17 seats	
Patient/Carer	Geoffrey Rennie
	Jane Farquharson
	Brian Thompson
	Jennifer Moreton
Public: City of York	James Porteous
	Linda Hatton
	Paul Baines
	Bob Towner
	Stephen Lewis
	Stefan Ruff
	Helen Mackman
Public: Selby District Council	Winifred Blackburn
	Nevil Parkinson
	Patrick McGowan
Public: Hambleton District Council	Vacant
	Pam Turpin
Public: Hambleton District Council	Jane Dalton
	Staff Governors 5 seats
Staff: medical	Lee Bond, Consultant Haematologist
Staff: Nursing	Anne Penny, Bed Manager
	Lynne Atkinson, Sister
Staff: non-clinical	Mandy McGale, Head of Patient Flow
Staff: Clinical Professional	Martin Skelton, Senior Biomedical Scientist

York Hospital pioneers new X-ray equipment

YORK HOSPITALS NHS Foundation Trust is the first in the UK to use a new digital X-ray system for trauma and orthopaedic examinations.

The new kit is helping radiographers easily acquire images from traditionally awkward situations, such as standing feet and ankles, trolley trauma and lateral spinal work.

The Digital Radiography general X-ray system, made by Siemens Healthcare, is unique in offering a wireless portable detector. The detector can be positioned under the patient, on trolleys or behind wheelchairs, which reduces patient discomfort.

Examination times have also been greatly reduced, with the image previews now delivered in five seconds. The system also means that radiographers do not need to leave the room to view images and can retake an X-ray instantly if required.

Susie Dick, advanced radiographer and team manager in trauma and orthopaedic x-ray for York Hospitals NHS Foundation Trust, said:

"The wireless detector is fantastic, enabling difficult images to be obtained easily, quickly and without putting the patient in severe discomfort."

Other benefits include improved image quality without the need for a high amount of dose, as it is possible to view a wide range of anatomical variations in one exposure. This has been seen in examinations of the hip, where only one exposure, is needed to acquire all necessary images.



Neil Lincoln, Regional Sales Manager at Siemens Healthcare with staff from York Hospital: back row: Steve Duncalf (radiographer specialist), Katy Gibson (radiographer specialist) Dan Parr (radiographer specialist). Seated: Karen Skinner (radiographer specialist) Susie Dick (advanced radiographer and team manager in trauma and orthopaedic X-Ray).

Council meets in Easingwold

THE QUARTERLY members' council meeting was held at the Galtres Centre in Easingwold in October. Those attending were given a presentation by members of the project team who are working on the Kings Fund programme, Enhancing the Healing Environment at the End of Life. The aim of the project is to create a centralised and dedicated service within the hospital

for bereaved families. Sarah Howard, engagement partner and Gareth Mills, senior auditor from the trust's external auditors Grant Thornton delivered a presentation to introduce their work and relationship with the members' council. They explained that they will attend the members' council once a year to provide an opinion on the accounts but were happy to support the governing

body at other times if required. Attendees were also given updates on infection control, performance and finance.

Join us

It's easy to become a member of the trust:

- Contact the members' helpline 0870 7030151
- Email the membership office at york@nhs-membership.co.uk

Got a story for YorkTalk?

Contact the communications service manager, York Hospitals NHS Foundation Trust, York Hospital, Wigginton Road, York, YO31 8HE:

- Telephone: (01904) 721417
- E-mail: enquiries@york.nhs.uk