A new screening tool called the ‘Distress Thermometer’ has been developed by the Cancer Psychology Service to help staff identify and help their patients cope with the psychological impact of cancer.

Cancer patients can experience psychological problems as a result of their cancer diagnosis and treatment with a significant proportion continuing to struggle with symptoms of anxiety and depression. Even after their treatment has ended and they have made good progress a patient can experience problems such as loneliness, isolation, feelings of anger and frustration and difficulties accepting any changes in body shape.

Dr Joanne McVey, Lead for the Cancer Psychology Service at the Trust, explained: “When it became clear that there was a lack of appropriate written information for Cancer Nurse Specialists to give out to patients who were identified as having psychological needs we decided to do something about it. Thanks to help from Cancer Care Centre Manager Jane Archer the lengthy process began to find the best psycho-educational handouts we could which were then adapted, combined and rewritten into the toolkit.”

The result is ten, short and readable written handouts that are designed especially with the

Continued on page 2
Budding garden designer wanted

THE TRUST is on the look out for a budding garden designer to help create a new garden for chemotherapy patients at Scarborough Hospital.

The project will create an enclosed garden where patients and their carers can sit and enjoy being outdoors in between treatments.

Currently the garden area leading out of the chemotherapy treatment room is a steep bank containing shrubs with a large grassed area, concrete paths and access routes.

Jen Bennison, Assistant Capital Planning Manager, explained: “The area allocated for the garden has many challenges and requires expert help to create a design which makes the best use of the space as well as being mindful of the specific needs of this particular patient group.

“As the project is being funded through charitable funds we are hoping for someone out there to help with design so that we can spend more of the funds on the actual works.

“We would love to hear from garden designers, horticulture or design students who would like to help.”

Anyone interested in finding out more should contact Jen Bennison on (01904) 725143 or jen.bennison@york.nhs.uk.

Paediatric Diabetes Unit comes out top

A report of patient experience for the Paediatric Diabetes Unit at York Hospital has seen the unit come out top of the region. York was the highest rated clinic in the 19 Yorkshire and Humber centres and is amongst the best results in England and Wales.

Consultant Paediatrician, Dominic Smith, said: “It is fantastic to see that a large number of these responses were from patients themselves as well as their parents” done so well in working with families and also to consultant colleagues Jo Mannion, Liz Baker and Jonny Thow for increasing access and the efforts that have gone in to the multi-disciplinary team discussions. We have also had some excellent new appointments to the team.

Paediatric Diabetic team come out tops

with Sarah Jayes our dietician and Emma Peakman clinical psychologist joining us this year.”

The results came from the National Patient and Parent Reported Experience Measure (PREM) which enables the experience of children and young people with diabetes and carers to be captured. The data is analysed and acted upon resulting in a greater understanding of how they perceive the service and, most importantly, help identify necessary service improvements.

Rare Disease Day

RARE Disease Day takes place on 28 February and this year there will be a display in the foyer of York Hospital to raise awareness about rare diseases and their impact on patients’ lives. It will include information about the rare clinical conditions seen at the hospital which are investigated at the University of York.

Any staff wishing to send information to be considered for inclusion should email Fabiola Martin at Fabiola.Martin@hyms.ac.uk. For more information visit www.rarediseaseday.org.
Positive CQC outcome for Scarborough

The CQC has produced its draft report for an unannounced visit to Scarborough Hospital on 13 December. This inspection was a follow up visit to an earlier inspection in July when it had highlighted some areas of concern in the emergency department. They inspected the standards, care and welfare of people who use our services, as well as cleanliness and infection control.

Their latest report states that: “People visiting the A&E department for treatment on the day of inspection, and those accompanying them, made positive comments about the way they had been received into the department and about their care and treatment. “Staff told us about the changes which had been implemented since our last inspection and reported that improvements had been made, making it a better experience for people when being treated in the department.”

This follows a number of successful recent visits by the CQC, for example the inspection of Scarborough Hospital’s maternity department which also took place in July. The CQC made positive observations about staff and the care they were giving, and also gave positive feedback from patients.

Chief Executive Patrick Crowley said: “I am pleased to report that the CQC was satisfied that improvements had been made and that the hospital now meets the standards required. I would like to recognise the contribution of staff in helping meet these standards. “Staff should be congratulated for the outcome of these inspections and the manner in which we approach them, as it demonstrates that we are increasingly able to rise to the challenge set for us. “We must continue to set our standards at the highest level, and we are capable of delivering this. The NHS as a whole is changing and we need to respond positively to this change and embrace the world that we now live in.

“For many of us this will have a personal impact as a result of the expectations now being placed on us, but I know you all share a desire to continue to give the best possible service, in the best way, at all times.”

Forum awards York team first prize

THE LUNG cancer specialist nurse team at York Hospital were awarded first prize at the 15th Annual Conference of the National Lung Cancer Forum for Nurses for highlighting the role of the Trust’s lung cancer care coordinator.

The team produced a poster which demonstrated the importance of the role of the lung cancer care coordinator for the Trust. The results were presented at the conference winning first place out of 23 posters. The winnings of £100 in vouchers will be used to help improve the service.

Alison Moore, Lung Cancer Care Coordinator, said: “The team are very pleased that the study has shown that the role has proved invaluable and has been recognised nationally. We were very proud to win first prize as my appointment is a relatively new post and being continually developed and expanded.”

Up to now there has been little evidence to evaluate the validity and worth of the lung cancer coordinator. The Trust’s lung specialist team decided to conduct a small study to appraise the value of the lung cancer co-coordinator by sending out questionnaires to patients who had had contact with Alison throughout their cancer pathway, and also to the members of the lung cancer multi-disciplinary team.

Alison continued: “The findings of this study demonstrated that the co-ordinator’s role has improved patient experience by enabling continuous monitoring of pathways to reduce delays in investigations and follow up appointments. It’s also helped cut back on unnecessary outpatient follow up appointments, which have a cost implication for the Trust.”

The role was designed to improve patients’ cancer pathways by acting as a key point of contact for patients, carers and the wider health care teams. The coordinator is responsible for triaging incoming calls, initiating appropriate responses according to protocols, creating individual pathways and liaising and referring highly complex clinical decisions to cancer nurse specialists as appropriate.

New Macmillan Lung Clinical Nurse Specialist Heidi Sircus was welcomed to the Trust last month. Heidi is in fact based at Scarborough Hospital not York Hospital as was stated in last month’s Staff Matters.
New End of Life Care model rollout

The Trust has begun the rollout of the AMBER care bundle, the Guy’s and St Thomas’s model of excellence in end of life care planning.

The AMBER care bundle is a simple approach used in hospitals when clinicians are uncertain whether a patient may recover and are concerned that they may only have a few months left to live.

It encourages staff, patients and families to continue with treatment in the hope of a recovery, while talking openly about people’s wishes and putting plans in place should the worst happen.

Layla Alani, End of Life Lead Nurse, explained: “Sometimes, despite our best efforts, treatments do not give the results we hope for and a patient’s recovery may be uncertain. AMBER care bundle can help to make sure that all staff know about the patient’s condition and are working together to give the best possible care and support, and keep the patient and their relatives or carers up to date with what is happening.

The Trust is running a series of End of Life education days around the use of these key tools, along with insight into communication, symptom management and end of life issues. They are being offered in York on:

- Wednesday 29 January
- Monday 17 February
- Monday 31 March
- Tuesday 22 April
- Thursday 29 May
- Thursday 26 June

An End of Life Care Educational diary on the Q drive shows dates and venues of training which can be booked by emailing john.sheridan@york.nhs.uk

“\nThe AMBER care bundle is a supportive tool that looks at ensuring that the wishes and preferences of patients whose recovery is uncertain and who may have a life expectancy of months are met. It encourages and empowers ward teams to take a multidisciplinary approach to identifying potential end of life issues earlier, when full active treatment and additional symptom management are being used, to enable preferences of care and places of care to be identified. Within the Trust, we link the use of AMBER with other key documents and plans such as Advance Care Planning to ensure seamless care follows the patient between care settings.

“We would like to thank all staff for positively engaging in teaching sessions throughout 2013 and supporting the improved delivery of end of life care.”

For 2014 the team welcomes Deborah Bayes, a second educator to the team, James Rushby, palliative care clinical nurse specialist and Rebecca Shaw, community end of life educator.
York Hospital has installed a new Changing Places toilet in its main entrance to meet the needs of all people with a disability and their carers.

Changing Places toilets are different to standard disabled toilets with extra features and more space to meet these needs. People with profound and multiple learning disabilities, as well as other serious impairments often need extra facilities to allow them to use the toilets comfortably. Without a Changing Places toilet, the person with disabilities is put at risk as are their family and carers by needing to change the person on the floor of a standard toilet. This is dangerous, unhygienic and undignified.

There are only five other Changing Places toilets in the City of York and the hospital will now be included on the Changing Places website, so that it is available to anyone from or visiting York.

The total cost of the project was £60,000. The Friends of York Hospital donated £55,000 and a further £5,000 was donated from the Valuing People Partnership Board for their generous donations towards this project. "Derek De Vere, Chairperson of the FOYH, said "We in the Friends are delighted to be associated with this excellent new Changing Places toilet. There was a significant need highlighted and we recognised that this was a project worthy of our support. I am sure that the toilet will prove tremendously beneficial to all disabled people visiting York Hospital."

The new Changing Places toilet provides a height adjustable adult-sized changing bench and a tracking hoist system, adequate space in the changing area for the disabled person and up to two carers, centrally placed toilet with room either side for the carers, a screen to allow the disabled person and carer some privacy, wide tear off paper roll to cover the bench and non-slip floor.

Recent research found that over 230,000 severely disabled people, including those with profound and multiple learning disabilities, do not have access to public toilet facilities that meet their needs.

"This is a really important addition to York Hospital and one that will greatly benefit our patients and visitors." Nicola Cowley, Learning Disabilities Specialist Nurse said: “This is a really important addition to York Hospital and one that will greatly benefit our patients and visitors. Lots of people visit our hospital and the City of York with a range of conditions and disabilities who will use this Changing Places toilet and we are extremely happy to be one of the few places in York to provide this facility. We would like to sincerely thank the Friends of York Hospital and the Valuing People Partnership Board for their generous donations towards this project. “

The new Changing Places toilet will prove tremendously beneficial to all disabled people visiting York Hospital.

Free park and ride helps ease parking problems

STAFF are being offered park and ride facilities to and from Scarborough Hospital while the new car park is under construction. As the project reaches a more intense phase there has been significant pressure on parking space which is due to continue until late March. To help ease the situation the Trust is offering staff the opportunity to park at the Seamer Road car park from January and to use a shuttle bus that will travel back and forth from the park and ride site to the main reception approximately every nine minutes.

The service will be free to those staff who have salary deducted car parking and just 50 pence per journey for staff who normally pay and display on a daily basis at the hospital. Car parking at Seamer Road is free and there is no need to book. To use the service all staff need to do is show their Trust ID badge and parking permit. The service will operate Monday to Fridays with the first bus departing from Seamer Road car park at 07.30am and the last bus departing Scarborough Hospital main reception at 6.00pm.

James Hayward, Capital Planning Programme Director, explained: "The Seamer Road car park has been chosen as it is well lit, has waiting rooms and good security arrangements. We are hoping staff will take advantage of this scheme as we have had a number of complaints from local residents about staff parking on their roads which is causing irritation. Patient complaints about access for patients and visitors are also high so we would really like to take the initiative to help improve the situation for all concerned."

Patients and visitors will also be able use the service a cost of £1 each way per person.
Link workers’ vital contribution

The Trust’s manual handling link workers have been given a big ‘thumbs up’ for their local support and advice on manual handling issues. A link worker is specially trained to provide manual handling training opportunities for colleagues and to support managers in undertaking manual handling risk assessments.

Chief Executive, Patrick Crowley, said: “On behalf of the whole organisation I’d like to thank all those link workers who have given their time to help provide essential statutory and mandatory update training for manual handling skills. Their efforts in helping colleagues avoid personal harm often go unnoticed but are vital to staff and patient safety. Ultimately they help improve the patient experience by teaching safer handling skills to reduce the risk of skin damage, pain and discomfort. Despite the additional pressures of their own job the link workers find the time to deliver this important training and continue to do sterling work.”

Tracy Scott, Manual Handling Advisor, added: “Manual handling training is a statutory and mandatory training requirement for all staff and is a legal requirement for the Trust. Without the link workers the manual handling team simply could not deliver its training messages nor meet the organisational training targets. Their hard work means that the Trust can continue to demonstrate its compliance across a range of statutory legislation and regulations and meet the requirements of the regulatory bodies, notably CQC and NHSLA.

“As a team we are responsible for reducing the incidence of musculoskeletal illness and injury within the organisation and improving patient experience by using safer handling activities and techniques. This is a huge challenge and without link workers we would not be able to meet organisational training targets so we rely heavily on employees volunteering to take on this role. “Link workers make a vital contribution and we would like to thank our existing link workers for all their hard work and also to encourage employees to volunteer to become new link workers to strengthen the network across all localities.”

Link worker training programmes and update programmes for existing link workers are held every month. Details can be found on the manual handling team page on Horizon or by emailing the team at manualhandling@york.nhs.uk

Safe and sustainable 24/7 stroke service at Scarborough

SCARBOROUGH Hospital has been recognised as providing a safe and sustainable 24/7 stroke service.

Following an accreditation visit in November, the Stroke Service at Scarborough Hospital has been granted a provisional accreditation as a level two centre - full stroke service except neurosurgery – as part of the Yorkshire and Humber Stroke Accreditation Process.

The reviewers were impressed by the substantial progress made in developing stroke services in Scarborough and recognised that a good level of service is now provided at the site.

Since July 2012, when the service was unable to be accredited, the Trust, working together with the CCG and other stakeholders, has undertaken significant work to develop the service and reach the required standards.

Improvements were made in a number of areas:

- Medical staffing has been increased to facilitate seven day ward rounds and additional nurses recruited to ensure 24/7 availability of band 6 nurses
- A telemedicine rota for thrombolysis decision making on a 24/7 basis, between York and Scarborough, has commenced. Thrombolysis decisions and outcomes are also being reviewed on a regular basis.
- Approval has been given to increase CT scanning to seven days a week and three Hyper-acute beds are staffed on the stroke unit.
- The pathway has been revised to ensure all patients have rapid access to the stroke unit and hyper-acute care regardless of thrombolysis status.
- Data collection and submission to the national audit (SSNAP) has commenced.

Consultant John Paterson said: “Being awarded provisional accreditation recognises the significant work and investment that has been undertaken to improve stroke services in Scarborough. We will continue this work as we move towards full accreditation.”

A review of mortality data was also undertaken and no concerns were found.

The programme of development continues, and the service hopes to achieve full accreditation during 2014-15.

The Trust is also building the resilience and sustainability of the service by creating a recruitment and workforce plan that will provide sufficient medical cover for both sites for the future.
NEW Clinical Librarian, Jan Godwin, has been appointed at Scarborough Hospital to help staff find up-to-date information and evidence for their work and study. Beth Carter, Lead Clinical Librarian, said: “We have had more and more requests for our assistance as colleagues in the Trust discover just what we can do to help them. We are pleased to welcome Jan to the team to support hospital and community staff based along the coast.”

As well as helping support staff with their practice and research, audit and CPD plans, Jan is available to attend clinical and educational meetings to provide immediate support where and when people need it. Jan said: “I am more than happy to come and work with colleagues in their own workplace and show people how to find the sort of information needed to underpin managerial and clinical decision making. By searching for information on your behalf, I can save you time.”

Staff in Scarborough, Whitby and Bridlington can contact Jan Godwin 772 6242 or jan.godwin@york.nhs.uk

**Trust pioneers new apprenticeship scheme**

A **COMpletely new apprenticeship in healthcare science is being piloted by the Trust with the first ever clinical physiology apprentices in the UK. In addition two further apprentices have been appointed to laboratory medicine.**

The scheme has been created by Health Education Yorkshire and the Humber and to develop a new training route for Bands 2 - 4 in Healthcare Science.

Apprentice medical laboratory assistants, Rachel Taylor and Nathan Baldwin, work for laboratory medicine while Amy Bond and Amy Martin have been assigned to both Neurophysiology and Cardio-Respiratory in a brand new apprenticeship role.

Joanne Horrocks, Neurophysiology Manager, explained: “This is an exciting new scheme across Health Education Yorkshire and the Humber to develop this new training route for Bands 2 - 4 in Healthcare Science. The role across two the disciplines is aimed at not only providing a more flexible approach to the delivery of the training, but also the work that the apprentice will do once qualified. This more flexible approach to the use of skills has led to development of this new apprenticeship role, which is hoped will be mimicked nationally.

“The apprenticeships are a perfect way to train on the job and to develop a career in the NHS. Each department lead at the Trust has worked very closely with apprenticeships leads in HR to develop the job descriptions.”

Trainees Amy Bond and Amy Martin are currently assisting with EEG, ECG and EMG recordings, and are also fitting 24 hour tapes. Once qualified in clinical healthcare support, they will be able to work more independently in these roles.

Amy Bond commented: “I have always been interested in working within healthcare and the apprenticeship scheme seemed a really great way of gaining a qualification, but also having an opportunity to learn new skills whilst working. So far I’m really enjoying working across the two departments, with lots of opportunities to work with all types of patients.”

Rachel and Nathan are currently training alongside experienced medical laboratory assistants to identify and label samples and input data into the computer. They will eventually learn all the different duties associated with the role and support the biomedical scientists with tasks such as maintenance of analysers.

Nathan says: “I am impressed with the atmosphere in the department, everyone is friendly and helpful. I am really enjoying the job and college and have learnt a lot.”

Apprentices Amy Bond, Rachel Taylor, Amy Martin and Nathan Baldwin

**Tour de France set to hit York**

The **Tour de France** is the world’s largest annual sporting event and on the 5 and 6 July 2014 it is coming to Yorkshire. The 2014 tour is the one hundred and first and will be broadcast in 188 countries with an expected television audience of around 3.5 billion over the entire race. This means 200 of the world’s best cyclists, over 600 support vehicles, 2000 journalists, a convoy approximately 7 - 8 miles long, a projected 2 million cheering spectators over the two days, and roads closed for an extended period before, during, and after race.

On Sunday 6 July the race sets off from York Racecourse and passes through the city streets - including along Lord Mayor’s Walk, Gillygate and Bootham - before racing off to Harrogate.

To make this the grandest of Grand Departs, City of York Council is encouraging residents to get involved by lining the route and cheering the riders, decorating their home or business and holding street parties. Clearly this vast increase in the number of visitors coming to the region (together with activities to host and entertain them), along with the extensive number of road closures throughout both the City of York and North Yorkshire has the potential to provide challenges to how the Trust can operate effectively.

Regular meetings are taking place to coordinate the planning involved in such a huge event and the impact on the Trust. Updates will be provided in further Staff Matters, Staff Brief and on Staff Room as they are developed.
STAFF BENEFITS AND WELLBEING

A regular section where you can read more about the benefits that you are entitled to as an employee and how we support the wellbeing of our staff.

Staff shop set to open at Scarborough Hospital

POTENTIAL space has been identified - off the first floor arts corridor next to Graham Ward - and work will now commence on developing this facility which will offer staff benefits including discounted merchandise and cinema tickets. The shop will sell confectionary, stationery, toiletries and bike safety equipment, with staff receiving an additional 10 percent off if they are a member of the staff lottery scheme. The shop will also sell discounted tickets to cinemas, theme parks, concerts and shows alongside shopping vouchers.

Feedback from staff who use the staff shop at York Hospital has proved it to be one of the most popular benefits with staff so watch this space for further updates on the development of the Scarborough shop and a future grand opening!

Staff support and counselling service – what’s available

OCCUPATIONAL Health has partnered with CiC Confidential Care to enhance the staff support and counselling service already provided for staff. We now have a 24 hour, 7 days a week, 365 days a year service for staff. Staff will continue to have the opportunity to self refer and access face to face one to one counselling by contacting Confidential Care. All of the above can be accessed by phoning 0800 085 1376.

Staff may also use the online service. There is a wealth of information for managing everyday wellbeing concerns. This can be accessed by going to www.well-online.co.uk with username yhlogin and password wellbeing.

Live Chat is also available through this webpage. Check it all out – you may be surprised at just how helpful and wide ranging the service now is.

Contact via freephone 0800 085 1376 or email assist@cic-eap.co.uk

New campaign: couch to 5k in nine weeks

IF YOUR New Year’s resolution is to take up running take some tips from Val Brown and Lorna Smith from HR who have started running using the NHS couch to 5k programme. This is an audio running plan designed to get people from couch potato to running 5k in nine weeks. Both were inspired by a colleague and wanted to lose weight and get fitter so decided to do the programme together. The programme has already made a big difference to their health and fitness.

Val, aged 55, said: “I have lost weight and have more energy and we both feel our mental wellbeing has improved as running in the fresh air helps to clear your head.”

Lorna, aged 31, added: “I can now run and talk at the same time and not get out of breath and I have noticed that my recovery rate is quicker after a run. Every week is a sense of achievement. We can’t believe how fast we have come in such a short space of time. We are also amazed at how much we enjoy it, we never thought the words enjoy and running would be used together!”

Val and Lorna’s tips:

● Try and do the programme with someone else as you motivate each other to continue and push on to do more
● Gradually build up the runs it will build your confidence and your stamina.
● Don’t worry if you miss a week, the programme is flexible enough for you to pick it up again.
● Don’t worry about planning routes, just go out and use small distances to focus on for example run to the next tree or lamp post.

For more information on the NHS couch to 5k (C25K) go to: www.nhs.uk/Tools/Pages/couch-5K-running-plan.aspx
Patient Award revealed as nominations under way

THE NOMINATION process for the 2014 Celebration of Achievement Awards begins in February when nominations for eight categories will be sought from members of the public and staff colleagues across the Trust.

The awards have become a valuable and highly regarded way of honouring those individuals who have excelled in their achievements and service for the Trust and to the patients, families and clients they serve. This year the Trust is expecting a fantastic response from members of the public for the Patient Award, which accounted for a quarter of the total nominations last year. Janet Mountain, Events Manager, said: “We want to hear more of the inspiring examples of great care and passion shown by our staff across the many service areas within the Trust. Last year was the first time we had a Patient Award and it was both rewarding and moving to read many of the stories told by patients and family members who had received excellent care and service from our staff. We have decided therefore to advertise our award programme more widely this year to ensure that the opportunity for nominations is more broadly available.”

Guidance leaflets, nomination forms, posters and information will be available within the next month. This year the programme has attracted more sponsorship from local and national organisations and it is expected that the award ceremony which will be held in York this year will be a great event.

So get ready with your pen and watch out for those forms, you never know - it could be you standing on that stage this year! Further information will be available on Staff Room, in Staff Matters and in the Staff Brief.

Two accolades for Shared Haemodialysis Care Team

The Yorkshire and Humber Shared Haemodialysis Care Team received two top accolades at the recent Training Journal Awards, gaining gold in the best public sector category and silver in the best training partnership.

They were awarded for a specially designed training course which gives nurses the skills that they need to support patients who dialyse in hospital facilities. The course was developed as part of a programme supported by the Health Foundation to involve patients requiring dialysis who wanted to be more involved in their own treatment.

Staff learn skills involving motivational interviewing, learning styles and hearing from patients about their experiences. The work is further supported by an excellent competency booklet for patients, and a nursing journal which is now available electronically for any renal unit nationally.

Melinda Howard, Matron for Acute and General Medicine at York Hospital said: “We had no idea that we were winning anything so it was a fantastic surprise! It’s been a great success and the programme has been extended to the 26 dialysis centres of Yorkshire and the Humber and has stimulated interest nationally.”

Matron Melinda Howard (3rd left) and Nurse Educator Collette Devlin and patient Andy Henwood (far right) from York Hospital.

The team included nurses and clinicians from across the region lead by Matrons Melinda Howard from York and Christine Stubbs from Sheffield, who initially designed, developed and delivered the training programme.

The Training Journal Awards promote excellence, best practice and innovation in Training and Learning and Development.

“It’s been a great success and the programme has been extended to the 26 dialysis centres of Yorkshire and the Humber and has stimulated interest nationally.”
Fundraising

Round-up of activities

Will writing boost
THANKS to all the staff who took part in our Will Writing Campaign in November. The YTHC received over £7,000 worth of legacy pledges and donations.

Unwanted gifts
THE YTHC is calling upon all unwanted Christmas gifts! All gifts donated will help the YTHC to raise funds for our hospitals throughout the year in raffles and tombolas. If you have any gifts you would like to donate, please take them to the Fundraising Office on the main corridor of York Hospital or the main reception at Scarborough Hospital.

The Snowdrop Ball
TICKETS are still available for the Snowdrop Ball which takes place on Saturday 1 March at The Royal Hotel in Scarborough. If you would like to join us for a fabulous evening, tickets are £40 each and include a welcome drink, a three course meal and entertainment from local band Soul Rida. Auction prizes include hot tub hire for the weekend and a night’s stay at the Cedar Court Grand Hotel in York worth £1,000! To buy tickets please contact Maya Richardson on 01723 236210 or email maya.richardson@york.nhs.uk

Selby raffle
SELBY Hospital’s Christmas raffle raised an enormous £1,212 for the hospital charity. Fiona Seagrave, Domestic Supervisor, co-ordinated the raffle writing to local firms who donated over 60 prizes. These included vouchers, hampers, a scooter, days out, wine, chocolates and even a donation from the local MP Nigel Adams for a tour of the Houses of Parliament and afternoon tea. Well done Fiona.

Grandma and grandson skydiving for charity

IN AUGUST, 67 year old Linda Dodgson took part in a sponsored skydive in Bridlington and raised over £1,200 for the Head and Neck Department at York Hospital.

Linda took part in the skydive with her 23 year old grandson Tom Keeping after they were both diagnosed with cancer in 2012. Linda was diagnosed with mouth cancer and had radical surgery in December 2012 at York Hospital to treat this.

Linda said, “I wanted to undertake a challenge to raise funds for the Head and Neck Department as a way of saying thank you for the fantastic care I received. Everyone looked after me so well. I thoroughly enjoyed the skydive, especially doing it with my grandson, and I’d like to thank my family and friends for their support and sponsorship.”

Mr Don Holt, Consultant Surgeon at York Hospital said, “We would like to sincerely thank Linda for taking part in the skydive in support of the Head and Neck Department and for raising such a large sum of money. She really is incredibly brave! Linda’s very generous contribution to the Maxillofacial Department will allow us to invest in new equipment and the further education of the team to enhance the quality of the care we can provide for Head and Neck patients in North Yorkshire.”

Debbie Wardle, Macmillan Head, Neck and Thyroid Clinical Nurse Specialist and Consultant and Consultant Don Holt accept the cheque from Linda Dodgson (middle)

Fancy a New Year challenge?

THE YTHC has a wide range of exciting events that you can take part in if you fancy a challenge this 2014!

If you are a keen runner (or keen to become one) the YTHC is once again a charity partner of the Jane Tomlinson York 10k which takes place on Sunday 3 August. We have 30 places available. You can also register to take part in the McCain Yorkshire Coast 10k in Scarborough on Sunday 12 October.

If you would like a more challenging run, we also have places in the Leeds Half Marathon on Sunday 11 May, the Great North Run on Sunday 7 September and the Yorkshire Marathon on Sunday 12 October.

If you would like something a bit more daring, why not take part in a sponsored Skydive or a challenge event abroad? How about trekking to the top of Kilimanjaro or cycling from London to Paris? We can help to find the ideal challenge for you.
Ward Sister speaks about e-rostering

The eRostering system has now been rolled out across the Trust and has attracted its fair share of debate. While it hasn’t always been plain sailing the benefits are now being felt across the organisation. Staff Matters spoke to Teryll Garner, Sister on ward 15 about the pros and cons of using the HealthRoster system rather than a paper version.

“Teryll Gardner

To start with I hated it – it used to take me about an hour to do the paper off-duty and at the beginning it was taking up to three days to use the computer. I would hit AutoRoster and it would produce something that wasn’t what I needed.

“The eRostering team then did a ‘revisit’ and sat down with me to discuss the needs of my ward at length. This has addressed most of the problems. I can now hit AutoRoster to produce the nights and ensure they are all covered first, and then go on to AutoRoster everything else. There is still a bit of tweaking to be done but on average it now takes me a couple of hours to produce. “This is still longer than the old paper version, but the system gives me a lot more information. When I need to manage someone’s sickness – I can bring their records up at a glance and see things like the reasons for absence. I use it regularly to answer queries such as how much leave someone has left to take. Another big benefit is no more paper timesheets to sign at the end of each month – that has saved me approximately 1.5 hours as it’s really easy to lock down duties each week. “Some staff had accrued a lot of hours they owed the Trust because they were swapping a long day for an early or late – and not realising they were building up hours. Having all the historical data on the system about what they had worked made it so much easier to explain it all to them, and now they are not only working those hours back – but also understand why we ask that people only swap ‘like-for-like’ shifts.

“In my opinion the more information that we can put on there the better – it is a tool to be used. It may be sad but despite the odd quirk now and again, it’s gone from being something I hate to my best friend!”

Support is available from the eRostering team to help staff get the most out of the system. Please contact Vicki Mallows on 772 4019 or email vicki.mallows@york.nhs.uk.
Accessing corporate documents

ALL CORPORATE and clinical policies and procedures are now published on Staff Room and on Horizon. Clinical documents are largely only available on Horizon, however a Clinical Handbook resource is planned for Staff Room and work will begin on this soon. The Horizon facility will not be disabled until the new Clinical Handbook is available. Documents from the old Scarborough intranet are being removed and this work is ongoing.

Safeguarding children app

A NEW app has been developed by the North Yorkshire and Humber Commissioning Support Unit (NYHCSU) in conjunction with Scarborough and Ryedale CCG (SRCG) and the Safeguarding Children Team.

The app provides staff within the North Yorkshire and York locality with instant information on guidance, procedures and how to make a referral when there is a safeguarding issue.

To download go to the Apple Store and search for Safeguarding Children NYSgC and install.

The earlier, the better campaign

A NEW campaign called ‘The earlier, the better’ is being launched by NHS England to encourage people to seek help from their local pharmacist or go to www.nhs.uk/asap early on if they’re feeling under the weather.

The campaign aims to reduce pressure on the NHS urgent and emergency care system by changing public behaviour. It is hoped it will help reduce the number of people requiring emergency admissions with illnesses that could have been effectively treated earlier by self-care or community pharmacy services.

The campaign will run from 20 January to the end of March 2014 and will feature adverts in the national press, websites and on local radio stations, as well as posters in pharmacies, tweets and stories on Facebook.

Christmas Round-up

Treat for Malton patients

THE MALTON and Pickering Mercury advertisers raised £141.90 for Christmas treats for Ryedale and Fitzwilliam Wards at Malton Hospital. The gifts were accepted by Jo Thorsby and Debbie Bayes (pictured) two of the staff on Ryedale Ward.

York children enjoy party

PATIENTS from the children’s ward at York hospital and those being cared for in the community were thrown a party courtesy of the Starlight Children’s Foundation. The party, held at the York Hospital Social Club, welcomed regular and current patients to enjoy music and games and a fun party bag all provided by the charity.

Waters Ward celebration

STAFF, patients and visitors entered into the festive spirit at a special Christmas party held by staff on Waters ward at Bridlington Hospital.

The party was supported by patients past and present and also their families and a collection was made so that all patients could receive a gift from Santa. Entertainment was provided by the resident choir formed by the staff who sang Christmas cards, encouraging patients and families to join in. Healthcare Assistant Denny Groom, who helped organise the party, said: “There was a real feel good factor from the event which highlighted that it’s not just medical treatment that helps the patients. Joining in and interacting with fellow patients, laughter and singing went a long way to making their stay more enjoyable at this time of year, so much so that some patients were having such a good time they did not want to go home!”

Staff on the ward are hoping to make the party an annual event.

Seasonal scene

Hawthorn Ward celebrated Christmas with this nativity scene, which took pride of place on the ward.