Staff from York and Scarborough hospitals were given the opportunity to get a glimpse behind the scenes of each other’s hospitals in a recent ‘fact finding’ mission. The visit followed a request from directorate managers to enable staff on both sites to gain a better understanding of the two different hospitals.

Mandy McGale, Director of Operations said: “Staff found it really useful as a lot of them had never been to the other site and had difficulty visualising it. It gave those in clinical operational roles a general overview of each hospital and an insight into each other’s environment.”

Specially designed tours were given at both hospitals so that staff could get a good understanding of each site’s clinical pathways and the day ended with an update on the integration and the opportunity to ask questions.

Julie Plaxton, Bed Manager at York Hospital, commented: “It was a good day, I found it really useful. Meeting my counterparts in Scarborough was really interesting, we’ve spoken a lot on the phone so it was great to put faces to names and I really think it has helped both teams build rapport.”

Staff from Scarborough Hospital arriving at York

Got a story?
If you have a story for a future edition of Staff Matters, we would love to hear from you! Contact the communications team:

Lucy Brown, Head of Communications: lucy.k.brown@york.nhs.uk

Rebecca Aspin, Media and Communications Officer: rebecca.aspin@acute.sney.nhs.uk

Elaine Vinter, Media and Communications Officer: elaine.vinter@york.nhs.uk

Heather Millard, Communications Assistant: heather.millard@york.nhs.uk

York stroke care top in the region

Breast Cancer Awareness Month

An evening to remember 6-8

Trust is shortlisted for two prestigious awards

OUR TRUST has been shortlisted for two awards in this year’s Nursing Times and Health Service Journal Awards. In the Nursing Times Awards we are recognised in the Excellence in Supporting Staff Health and Wellbeing category for our sickness absence work which aims to nurture healthy staff. This proactive approach to health and wellbeing has involved a wide range of interventions and support for staff and has dramatically reduced sickness absence rates since its introduction in 2008. Last year the project was rolled out across Scarborough Hospital, helping reduce long term sickness cases from 50 to 23 during its first two months alone.

In the Health Service Journal Awards we are shortlisted in the Workforce category for our Health Care Assistant (HCA) Recruitment and Retention initiative – a joint initiative between the HR department and clinical teams.

OuR TRuST has been shortlisted for two awards in this year’s Nursing Times and Health Service Journal Awards. In the Nursing Times Awards we are recognised in the Excellence in Supporting Staff Health and Wellbeing category for our sickness absence work which aims to nurture healthy staff. This proactive approach to health and wellbeing has involved a wide range of interventions and support for staff and has dramatically reduced sickness absence rates since its introduction in 2008. Last year the project was rolled out across Scarborough Hospital, helping reduce long term sickness cases from 50 to 23 during its first two months alone.

In the Health Service Journal Awards we are shortlisted in the Workforce category for our Health Care Assistant (HCA) Recruitment and Retention initiative – a joint initiative between the HR department and clinical teams.

Continued on page 2
York’s stroke care top in the region

York Hospital has recently been recognised as a centre of excellence for stroke care after meeting all the benchmarks set by the Strategic Health Authority for Yorkshire and the Humber supported by the stroke clinical networks.

It means that patients at York Hospital get a high quality specialist stroke care 24 hours a day seven days a week, more than most hospitals in the region.

Advanced Nurse Specialist Carol Croser, said: “All hospitals in Yorkshire and the Humber are going through the process and York has been one of the first to achieve the quality standard.

“We are delighted to have been shortlisted for awards in both the Nursing Times and Health Service Journal Awards.

“Our staff are our most important asset and it is vitally important that we not only recruit the right staff into our organisation but that we nurture and support them to help create a healthy and happy workforce.

“Without staff that are fit and well to care at work we cannot deliver high quality patient care.”

The winners of the 2012 Nursing Times Awards will be announced at an event in London on 31 October. The Health Service Journal Awards will take place on 20 November.

Survey thanks

THANK YOU to staff who have taken the time to fill in the online survey about Staff Room – our new intranet. We have received over 100 completed surveys.

Your feedback is invaluable to its future direction, so please let us know your comments by filing in the survey which is available via the homepage of Staff Room: http://staffroom/

If you have a story, news article or alert you would like to communicate to staff via Staff Room please send it through to the IT Service Desk or a member of the Communications Team.

Trust shortlisted

Continued from page 1 and Nursing Directates.

This was an innovative project, launched in March 2010, which reviewed the way in which Health Care Assistants were recruited to the Trust in order to improve retention rates.

A completely new way of recruiting Health Care Assistants was developed in order to inform them of the realities of the role. This focused on providing information for applicants prior to application, utilising values-based recruitment as part of the selection process and comprehensively inducting new starters.

Peta Hayward, Director of Human Resources, said: “We are delighted to have been shortlisted for awards in both the Nursing Times and Health Service Journal Awards.

“Our staff are our most important asset and it is vitally important that we not only recruit the right staff into our organisation but that we nurture and support them to help create a healthy and happy workforce.

“Without staff that are fit and well to care at work we cannot deliver high quality patient care.”

The winners of the 2012 Nursing Times Awards will be announced at an event in London on 31 October. The Health Service Journal Awards will take place on 20 November.

Sue Hendry, Carol Croser and John Coyle from Elderly Services

“It’s fabulous to get this level of accreditation as it gives reassurance to patients and relatives of the quality of our service”

Weekends. We also have a minor stroke clinic running seven days a week instead of five.

The hospital also provides a round the clock thrombolysis service which offers a ‘clot busting’ treatment that can help save lives if given promptly.

Consultant stroke physician and clinical director for elderly services, Dr John Coyle added: “It’s fabulous to get this level of accreditation as it gives reassurance to patients and relatives of the quality of our services. It’s also been brilliant for our staff because, as well as having the necessary resources, the team had to provide evidence of their commitment to training and education and that we were genuinely improving the overall quality of the patient experience.”

The Specialist Stroke Rehabilitation unit is also a major part of the stroke care provided by the hospital and the York Teaching Hospital Charity is aiming to raise £300,000 to provide vital care to patients who have suffered a stroke to ensure they can return home as quickly and safely as possible. So far the Star Appeal has raised approximately £115,000.

Anyone wishing to make a donation an contact fundraising manager Lucy Watson on 01904 721737 or email lucy.watson@york.nhs.uk
Students given taste of hospital life

Later this month over one hundred sixth form students from across the region will be given an insight into what it is like to work at a hospital at an open day held at the Hull York Medical School (HYMS) at Scarborough Hospital.

Mini lectures, skills sessions and workshops will give local students an opportunity to see the wealth of careers that are available at their local hospital.

Ellie Johnston, Student Liaison Manager for HYMS, said: “We have hosted this event for a couple of years now. “As well as getting an insight into how student doctors are trained, they are also given the opportunity to speak to staff from across the organisation about the diversity of careers that are available.

“Ahead of filling in their UCAS form talking to clinical staff and participating in skills sessions and workshops will also help students with their application.”

The open day will take place on Monday 15 October from 10am until 12pm. Please contact Ellie if you would like to be involved in the day.

New intermediate care service launched

A brand new Intermediate Care Service has been launched in York, delivering short term health and social care for patients in their own homes, helping to facilitate hospital discharges and enabling patients to return home more quickly.

The newly recruited multi-disciplinary team of 26, consisting of Physiotherapists, Occupational Therapists, Community Nurses and Clinical Generic Support Workers continue to provide care and rehabilitation for patients in their own homes following a reduced hospital stay. This enables independence and maximised rehabilitation potential.

Rachel Anderson, Team Lead for York Intermediate Care, said: “The feedback from patients so far has been fabulous. Most people would prefer to be back in the comfort of their own home environment, with the support of their family, rather than sitting on a hospital ward.

“Rehabilitation provides the basis of the care plan that helps patients recover and prevents them coming back into hospital. It’s a win-win situation and so far it’s proving very encouraging.

“The service has only launched recently but evaluation has shown that the team has already saved 241 bed days with the first 29 patients supported. A patient survey has also revealed that patients were very happy with the service and felt more confident more quickly.”

The launch of the service follows an independent review of health services in North Yorkshire and York which recommended a shift to more people being cared for in the community rather than hospitals.

Wanda Fernandez, Generic Support Worker, Rachel Anderson, Team Lead (back), patient Kenneth Simpson, Belinda Hickey, Senior Community Nurse

To receive the service patients have to be a resident of York over the age of 18, be medically stable and willing to continue rehabilitation within their own homes.

The team work between 8am and 8pm seven days a week, every day of the year.

In Brief

Tinnitus info day

A UNIQUE event, hosted by a team of experts, will provide the latest information to the public for the management and treatment of tinnitus.

Tinnitus Information Day is being held in the Audiology Department at York Hospital on 9 October and features guest speakers, stalls and refreshments. There will be therapists on hand to give mini treatments and information regarding how complimentary therapy can be helpful in tinnitus management.

The event runs from 1.45 to 2pm. For further details please email Kathryn Rankin, Specialist Audiologist at kathryn.rankin@york.nhs.uk

Trust welcomes new surgeon

A NEW Orthopaedic Surgeon who will work across Scarborough and Bridlington Hospitals has joined the Trust.

Mr Robert Marsh has relocated to the area from Hereford where he was a Locum Consultant in Trauma at Orthopaedics at Hereford County Hospital.

His specialist interests are hip and knee replacement surgery including revision surgery and the management of inflammatory arthropathies.

Documentation – your views

WOULD you like to influence improvements to nursing documentation? You are invited to drop in to one of the following events to give your views.

Scarborough

Wednesday 10 October
Blue Conference Room,
Scarborough Hospital, 10am - 5pm

York

Tuesday 16 October
Postgraduate Centre, Lecture Theatre, 10am - 4.30pm
Fundraising

More information
For more charity information or to support an appeal, please contact Lucy Watson on 01904 721737 or email lucy.watson@york.nhs.uk

Round-up of activities
Charity pub quiz and raffle

The York Teaching Hospital Charity is hoping that everyone is poised and ready for the 4th charity pub quiz! The quiz will take place on Tuesday 16 October from 7pm for an 8pm start at the Post Office Club on Marygate in York in support of the Star Appeal. The Star Appeal is aiming to raise £300,000 for the hospital charity. Anyone wishing to sponsor Heather Millard who recently completed the Great North Run, raising funds for the hospital charity. Anyone wishing to sponsor Heather can still send in donations to her direct or by donating to her page http://www.justgiving.com/Heather-Millard1

Run raises charity funds
Congratulations to Communications Assistant Heather Millard who recently completed the Great North Run, raising funds for the hospital charity. Anyone wishing to sponsor Heather can still send in donations to her direct or by donating to her page http://www.justgiving.com/Heather-Millard1

Acute illness recognition and assessment course

A ONE-DAY course has been designed especially for registered nurses and physiotherapists who work on acute wards to help them to recognise and assess deteriorating patients.

The course has been written by Intensive Care Consultants Jonathan Redman and George Priestley, and Clinical Nurse Educator Catherine Lunness, and is being held at the University of York.

The interactive day is focused on the ABCDE assessment which is an established method of assessing patients that become unwell. It has been created as part of the Trust’s involvement in the NHS Quest morbidity and mortality reduction programme to reduce harm from deterioration by improving awareness and education among healthcare staff.

Catherine Lunness said: “Our aim is to improve the outcome of patients who deteriorate and become acutely unwell. The course will help staff develop knowledge, skills and competence in caring for deteriorating patients as well as encouraging teamwork and a multi-professional approach to patient care.

“Specific workshops are held on airway management and managing a patient with breathing difficulties. We also look at how to manage a patient with problems such as low blood pressure and acute kidney injury. The workshops include practice scenarios and advice on communication and how to escalate.”

Ward Sisters can book places on the evening and a prize will be available for the winning team/individual. This will be a really fun evening, raising money for a great cause so please book your place (or your team’s place) early to avoid disappointment.

To enter please email david.ferguson@york.nhs.uk or phone 01904 724521. Tickets can also be purchased at the Volunteering and Fundraising office on the main corridor of York Hospital.

Run raises charity funds
Congratulations to Communications Assistant Heather Millard who recently completed the Great North Run, raising funds for the hospital charity. Anyone wishing to sponsor Heather can still send in donations to her direct or by donating to her page http://www.justgiving.com/Heather-Millard1

Call for people to ‘Carry the Card’ for C. Diff

PEOPLE in North Yorkshire who have contracted Clostridium difficile infection (C. diff) are being asked to “carry the card” to reduce the risk of getting it again as part of a new campaign.

C. diff is an infection that affects mainly people over the age of 65 years, although people of all ages can get it. During 2011/12, there were 275 reported cases of C. diff across North Yorkshire and York. Healthcare professionals in hospitals, health trusts, GP practices and in public health are working together to help reduce the impact of C. diff and improve the care of people who have recently been diagnosed with the infection.

Antibiotics can trigger a relapse of C. diff in patients who have already had the infection. People who have had C. diff are now being given a card, which they can show to medical staff when they are prescribed antibiotics so doctors can help avoid giving them the sorts of medication which may bring about a relapse.

Patients who carry the card should show it to any health professional involved in their care. This includes doctors, nurses, pharmacists, dentists and other healthcare workers such as those in care homes.

It is also important to remember the importance of good hand washing. Alcohol handrub does not kill C. diff germs - washing hands thoroughly with warm soapy water is the best way to get rid of C. diff germs.

For more information about the campaign, visit www.hdft.nhs.uk/cdiff
HYMS 10th birthday

2013 will mark 10 years of HYMS – we would like to say a big hello and welcome to the 10th cohort of HYMS students based in our hospitals. Staff Matters will be covering the celebrations to mark this milestone throughout 2013.

Estates tackle a 12-hour shutdown

The estates team at York Hospital faced one of their biggest challenges recently when essential work to upgrade the hospital’s heating system meant it had to be shut down for 12 hours.

This involved major disruption to the whole hospital with no heating or hot water available from 6pm until 6am.

The work had been many months in the planning by the estates team and as part of the preparation directorates throughout the hospital had each looked at their individual requirements to take them through the night.

Peter Ulliot, Building Services Manager, said: “With only 12 hours to complete the work we had to plan for missing heating and hot water, operating theatre activity had to be considered, and we had to check whether there would be enough equipment to cope with any emergency through the night. We also had to make sure we could feed everyone at breakfast time and plan for what would happen the following morning if there was any delay in getting the steam back on.”

The task was to install new valves to each plant room in the hospital and the supply to neighbouring Bootham Park Hospital to meet the current pressure systems regulations. The huge operation took 20 fitters, two specialist welders, one asbestos remover, two insulation installers, an insurance inspector and a welding inspector, plus 18 staff from the Estates team.

All the pipe sections were made up off site to save time on the night, the welds had to be tested by inspectors prior to being assembled, and each had to be pressure tested for a period of two hours. Several pipe sections weighing around 200 kg then had to be set up to fit into the existing pipe work so that the new valves could be fitted. Scaffolds and lifting platforms had to be erected in each location to enable the pipe sections to be manoeuvred into position on the night.

Peter continued: “We went into the work fully aware of the potential problems we could encounter working on a near 40 year old system. The estimated timescale for the works had to be 12 hours so that the steam pipe could be warmed through slowly to prevent any damage caused by thermal shock.

“Meticulous planning and great teamwork enabled the work to be carried out and we’re delighted it all went according to plan. I’d like to thank not just the work team but staff in the directorates for identifying their potential problems, and procurement and site services for obtaining and distributing blankets and whatever else was requested on the night.”

In Brief

Christmas Diary Dates

ALTHOUGH the summer holidays have only just ended here are the dates for the NHS Christmas carol concerts for your diary.

The NHS Carol Service at York Minster will take place on Wednesday 12 December at 7.30pm.

The Scarborough Hospital Carol Service will be on Tuesday 18 December, 7.30pm at St. Columba’s Church, Dean Road, Scarborough.

Scarborough Hospital Choir Practice will begin on Wednesday 31 October at 7.30pm in the hospital chapel.

For further information please contact Chaplains, Martin Doe or Stuart Petty.

Nurse Awards

ORGANISED by Nursing Standard, The Nurse Awards are an opportunity for nurses to showcase the innovations they have made to patient care. Nurses can enter themselves or their team, or can nominate a colleague or another team.

For more information go to www.nurseawards.co.uk

New clinic at Alfred Bean

ON 2 OCTOBER the Trust commenced a new clinic at Driffield’s Alfred Bean Hospital. The colorectal and general surgery outpatient clinic will be run by Consultant General Surgeon Ms Maude who is based at Scarborough Hospital.

Sam Peate, Business Manager for Surgery, said: We are looking at what other services we can deliver locally and will be looking to develop other new services at Alfred Bean over the coming year.”
The Trust once again celebrated the most inspiring staff and volunteers in our organisation at the annual Celebration of Achievement Awards, held this year at the Barbican in York.

The glittering event showcases the achievements of those who have gone above and beyond in their daily work and is based on nominations from colleagues, patients and families. This year’s event was bigger and better than ever to include colleagues from Scarborough and the east coast.

The evening was hosted by directors from the Trust and introduced by Chief Executive, Patrick Crowley.

Patrick said: “It’s the one time of year when our staff can really stand up and take credit for the amazing efforts they put into their work. It’s been a real pleasure to give staff and volunteers the recognition they deserve for their accomplishments. It has also given us the opportunity to celebrate the coming together as one new organisation.

“I’m grateful to all staff, patients, carers and volunteers who took the time to nominate and to the judges who had the very difficult job of choosing the winners.”

### Excellence in Patient Experience

Ellie Hodge and Tracey Whitewood-Moores for their pioneering patient information DVD to help support patients and families before they start chemotherapy which they worked on in their own time.

### Living our values

John Muir and the linen services team for improving the working lives of their colleagues, and the patient experience, in delivering a time saving project which has saved money for the Trust.

### Unsung Hero

Jean Scaum for going the extra mile for patients and relatives. Healthcare assistant Jean is always bright and cheerful shopping for patients with no family, providing haircuts and spending time with relatives.

### Volunteer of the Year

Jezz Kipling for his passion and enthusiasm as Chairman of Malton Hospital’s League of Friends. As well as making sure money is raised and well spent, Jezz works as a chef in the hospital.

### Enhancing Services

joint winners Dr Ed Smith and Phillipa Dyer, and Sharon Westmoreland and Lesley Dawson. Ed and Phillipa have developed an outpatients cellulitis ambulatory care service at Scarborough and Bridlington Hospitals which has had a positive impact on patient experience while reducing the number of patients admitted. Healthcare assistants Sharon and Lesley have taken extra training in retinal photography which has reduced waiting times and released resources.

Continues on next page
Celebration of Achievement Awards 2012
Celebrating inspirational staff and volunteers

Top achievers celebrated

Efficiency award – the Contact Centre, York Hospital for taking personal responsibility within the team to achieve targets to fill appointment slots which has saved money and improved services for patients.

Integration award – Jen Gardner, Val Brown and the Scarborough operational HR team for coming together to develop a sickness project role for Scarborough which has ultimately benefited individuals, teams, and patients and brought excellent results in a very short time.

Patient Safety Award – Dr Donald Richardson for his dedication to making care safer for patients which requires consultants to carefully review every patient death in their care.

Florence Nightingale Award – Jaynie Paterakie for her dedication, passion, and enthusiasm about her profession and her patients.

Special awards presented on the night:

The Governors’ Award went to the Arts Team

The Chairman’s Award to York Against Cancer

The Chief Executive’s Award was presented by Deputy Chief Executive Mike Proctor to Deputy Director of Operations Liz Booth

Runners-up

Continues on next page
The Lifetime Achievement Award had two worthy recipients, Sir Michael Carlisle, former Chairman of Scarborough Hospital, and Flossie Southering for her services to catering at York Hospital.

Flossie Southerington
A lifetime achievement award was presented to Flossie Southerington, a remarkable 81 year old who retired from the NHS after 40 years’ service and still works as a volunteer for the Trust. Flossie, originally brought up in an orphanage near Southampton, started work with the NHS as a cleaner in Guildford. After her marriage to Les in 1961, Flossie worked at Winchester Hospital and then moved to York where she worked at St Mary’s and then City Hospital as a cleaner. When the new York District Hospital opened Flossie came to work in the restaurant and has remained there ever since. Despite overcoming cancer twice since her retirement, she has continued working voluntarily for the Trust for the past 17 years including five years on the day ward. Her current role is to help people who need assistance in the dining room where she makes them comfortable and helps them with their food.

On receiving the award Flossie said: “I was shocked and delighted to get an award but it’s lovely to be recognised. I’ve thoroughly enjoyed my work over the years especially the people I have worked with. I love the hospital environment and meeting with the nursing and ambulance staff and helping the patients. My job means that I get lots of thanks from people which is lovely and keeps me smiling. I don’t know what I’d do without it!”

Sir Michael Carlisle
At the Celebration of Achievement Awards Sir Michael Carlisle, Chairman of Scarborough Trust, was recognised for his service to the NHS with a lifetime achievement award. The recognition was a timely tribute to Sir Michael who will officially retire at the end of September after 43 years in the NHS.

Born in Sheffield, Michael attended the University of Sheffield where he studied mechanical engineering. After serving in the Royal Navy, he worked in the marine engineering industry, supplying and reconditioning major engine components for large marine diesel engines.

From 1969, he became involved with the NHS, and served as Chairman of many authorities and trusts, including Trent Regional Health Authority, and in 1985 he was awarded a knighthood for services to the health service.

In 2007 he became Chairman of Scarborough and North East Yorkshire Healthcare Trust, and also Lay Chair of the Fitness to Practise Committee of the Hull York Medical School (HYMS).

Sir Michael has been a driving force behind the integration, determined to find a long term solution to the sustainability of Scarborough and Bridlington Hospitals. He is a familiar face to staff at both Scarborough and Bridlington Hospitals and could often be found walking the wards.

In July Sir Michael stepped down as Chairman and took on a role as Non Executive Director at York. Speaking at the Celebration of Achievement he said: “This award came as a great shock but I am very honoured.”

August Star Award
Also presented at the Celebration of Achievement awards was the winner of the first ever Star Award. Jenny Senior from the North Virtual Ward was the winner of the award for August. Jenny was chosen because of her ability to understand the benefits to patients and their families in proactively managing a patient’s total healthcare needs, helping to promote independence and improve their quality of life. Jenny’s friendly warm approach puts patients at ease and she has gone above and beyond her role on many occasions. Well done Jenny!
Breast Cancer Awareness Month

A campaign takes place every October to increase awareness of breast cancer and the support and information available to those who are affected by it. Most cases of breast cancer are found by women noticing unusual changes, taking the initiative and visiting their doctor. The earlier breast cancer is found, the better the chance of beating it.

This October around 4,000 people will receive the devastating news they have breast cancer. The number of people being diagnosed with breast cancer is increasing, but the good news is survival rates are improving. The biggest risk factor, after gender, is increasing age – 80 percent of breast cancers occur in women over the age of 50.

The charity Breast Cancer Care offers advice on checking your breasts for early detection of breast cancer.

How do I check my breasts?
There’s no right or wrong way to check your breasts. Try to get used to looking at and feeling your breasts regularly. Remember to check all parts of your breast, your armpits and up to your collarbone.

What changes should I look and feel for?
Nobody knows your body like you do, so you’re the best person to notice any unusual changes.
- Changes in size or shape.
- Changes in skin texture such as puckering or dimpling.
- Inverted nipple.
- A lump or thickening of breast tissue.
- Redness or a rash on the skin/around the nipple.
- Discharge from one or both nipples.
- Constant pain in breast or armpit.
- Swelling in armpit/around collarbone.

Wear it pink!
Breast Cancer Campaign’s ‘Wear it Pink’ day takes place on 26 October. This year is the 10th anniversary of the fundraising day which has over the years raised £22 million for breast cancer research.

If your ward or department would like to get involved in the day go to www.wearitpink.co.uk/getinvolved for a fundraising pack. Don’t forget to let us know if you are arranging an event or coming in pink and we can come and take a photo to appear in the next edition of Staff Matters.

Health Service graduates saluted

CONGRATULATIONS to all those who graduated this July in the Foundation Degree in Health Service Management.

The course includes core business components and a work-based project that focuses on service improvement and workforce development within the learners’ specific area of work. It is supported by the Trust’s Corporate Learning and Development team with Gail Dunning and Adelle Roberts delivering the service improvement module.

Eight staff from the trust completed the course all working exceptionally hard to achieve one distinction, six merits and two passes. One student commented: “All the students had their own obstacles to overcome - juggling work, home life, children and studying which was a challenge but the reward was worth it.”

Good luck to Tracey Richardson, Clare Streeter, and Rachel Snelgrove who are continuing with their studies and hope to gain a BA honours degree in Business Management.

Below, from left: Adelle Roberts – Improvement Learning Facilitator, Jan Wright, Jackie Flynn, Angela Howcroft, Tracey Richardson, Andrea Cussans, Gail Dunning – Deputy Director, Applied Learning and Research

Strictly success for Cathy

WELL DONE to Cathy Walker, Information Officer at Scarborough Hospital, who not only won St Catherine’s Hospice’s Strictly Come Dancing competition but helped raise £7000 for the hospice.

Cathy was part of a team of nine couples who started learning to dance in June in a bid to raise money for the hospice through a Strictly Come Dancing style dance-off event held in August.

Cathy and her dance partner Martin Barker danced the Cha Cha Cha and Quickstep to take the crown.

New staff governors

AS A Foundation Trust, we have a Council of Governors to ensure that the interests of the community served by the trust are appropriately represented.

All staff are automatically members of the Foundation Trust, unless they choose to opt out, and we have five elected governors who represent staff.

Elections were held recently and two new staff governors, Andrew Volans and Helen Noble, were elected to represent Scarborough and Bridlington Hospital staff. A further governor, Les North, has been elected to represent community-based staff.

There are also two existing staff governors, Alison MacDonald and Andrew Volans, who represent Scarborough and Bridlington Hospital staff. There are also two existing staff governors, Alison MacDonald and Martin Skelton, who continue to represent York Hospital-based staff.

Many thanks to the three staff governors who have stood down at this election for their contribution to the work of the Council of Governors: Mandy McGale, Anne Penny and Lee Bond.
National accreditation for endoscopy

The Endoscopy Departments at Scarborough and Bridlington Hospitals have this month taken delivery of their JAG certificates – a national endorsement – which demonstrates quality of services in this field.

The Joint Advisory Group (JAG) on Gastrointestinal Endoscopy accreditation is the result of several years work and significant investment in endoscopy services across both sites.

An endoscopy is a test that looks inside the body, using a long flexible tube which is swallowed. The tube, which has a camera and light, enables examination of the food pipe, stomach, duodenum and the large bowel (colon).

In order to achieve the accreditation, around £400,000 has been invested in state-of-the-art equipment, including new trolleys, scopes, IT equipment for reporting and washing and drying equipment.

There has also been investment in staff, training and development of nurse-led services.

Rob Parnaby, Deputy Directorate Manager for General and Speciality Medicine, said: “Achieving this accreditation demonstrates the quality of endoscopy services assuring patients that they are getting the best possible care and service, at both Scarborough and Bridlington Hospitals. “We have a great endoscopy team and it is down to their hard work and dedication to providing high quality healthcare that we have been successful in achieving this accreditation.”

Bootham Park Court demolition

The demolition of Bootham Park Court nurses’ accommodation will begin on 1 October and is expected to be completed early next year. The demolition and subsequent landscaping of the site will not only enhance the environment and improve security, it is also an important first step in creating a clinical development zone for future site expansion.

The contractors are employing working methods to minimise noise and dust, however some disturbance is unavoidable. The work means that some parking spaces will be relocated, however there will be no overall loss of parking spaces for staff on site.

If you have any questions or concerns about the demolition please contact Caroline Mulholland, Capital Planning Manager.

New chairs for Outpatients at Bridlington thanks to Friends

The Bridlington Hospital League of Friends is helping make life more comfortable for outpatients by providing new chairs for the Outpatients Department.

The new chairs which cost £9,000 are not only more comfortable but are safer, designed to be easier to clean assisting with infection prevention and control.

Margaret Peel from Bridlington Hospital League of Friends, said: “These chairs will be safer, more comfortable and make waiting for appointments and clinics a better experience for patients and relatives.”

Suzanne Meek, Senior Sister in Outpatients, said: “I would like to thank the League of Friends for their continued support of the Outpatients Department at Bridlington. These chairs will greatly enhance the patient experience.”

Earlier this year the League of Friends purchased three specialist ophthalmic examination chairs for the Outpatients Department. The Carma Specialist/Treatment Examination Chairs which cost £1,635 have an anti-MRSA covering. They are used by patients who attend appointments in the eye clinic.

Picture courtesy of the Bridlington Free Press
Clinic opens at leisure centre

FROM mid October, COPD patients will be able to receive Pulmonary Rehabilitation in the local community as a new clinic opens at Filey Road Sports Centre in Scarborough.

The clinic will be run by the Community Respiratory Team and will treat patients with COPD – Chronic Obstructive Pulmonary Disease, and some other lung diseases where breathlessness stops them from living a normal life. Pulmonary Rehabilitation is a six week course consisting of strengthening exercises and gentle aerobic type exercises. Patients see improvements in being able to carry out more exercise and can feel less breathless and tired, making everyday tasks, such as climbing a flight of stairs easier to do.

Heather Yuille, Respiratory Physiotherapist, explained: "There are many benefits to Pulmonary Rehabilitation helping patients medically, socially and psychologically. In general, patients benefit from an improved quality of life and an increased ability to carry out daily tasks."

"Previously patients who required Pulmonary Rehab were treated in a hospital outpatient setting. By working in partnership with Scarborough Borough Council we are now able to offer rehabilitation in a more community-based setting, if patients are suitable for this."

The clinic will commence on 11 October and will take place on a Monday and Thursday afternoon. Linda Cherry, Community Respiratory Nurse, will also be involved in the clinic, along with Lucy McGuire, Physiotherapy Assistant.

Scarborough library is now better than ever

The newly refurbished library at Scarborough Hospital has introduced more services and now provides even better access to information.

Situated in the Post Graduate Education Centre, it provides a warm and welcoming atmosphere with a wide range of books and journals. There are also study areas and PCs with internet access.

A clinical librarian is on site twice a week to offer literature searches and database training for those looking for more specialised information. Library Assistant Sue Wilcock said: “Since we started offering database training with our clinical librarians Beth and Margaret, we are finding it very popular. We already have several people each week coming to use the service.”

Lois Jordan, who works alongside Sue as a library assistant, added: “It was really good to meet all the junior doctors and HYMS students who recently joined the library. We look forward to meeting new members.”

The team are keen to welcome people to drop in and find out more about joining the library or to renew their membership. They can also offer advice on how to access the electronic services that are available.

The library is staffed by Sue and Lois during the opening hours of 9.00am to 5.00pm Mondays to Thursdays, and 9.00am to 4.30pm on Fridays.

Flu - why it should matter to you

INFLUENZA is an unpredictable and highly transmissible infection. It can cause a spectrum of illness from mild to severe even amongst previously healthy people.

Did you know that up to one in four healthcare workers may become infected with influenza during a mild influenza season, a much higher incidence than expected in the general population and in turn we may then transmit the illness to our much more vulnerable patients? Although infection control measures are vital and a good diet is encouraged, neither action alone will prevent influenza. Vaccination is the best option for protecting yourself, your family and vulnerable patients from the virus. Look out for the 'Flu Wagon' from October.

National Liftshare Week

OCTOBER 1-5 is National Liftshare Week, an awareness week which aims to encourage people to car share in order to save money and cut their carbon footprint.

If everybody car shared one day a week there would be 20% more spaces available at York Hospital through the week.

The Trust supports carshareyork.com, a website that you can log onto and search for staff working at the Trust and elsewhere in York, who are making a similar journey to you.

Kay Gamble, Patient and Public Involvement Specialist, is one staff member who has signed up to the scheme. She explained: “I travel from Cherry Burton, just outside Beverley, four days a week and share the 56 mile return journey with two other colleagues, one who lives in a village nearby and another we meet in Market Weighton.

“Apart from the obvious petrol costs that are reduced and the wear and tear on our cars, it also means that we are less tired each week because we are each only driving twice a week. “The journey can be particularly bad in winter and sharing the journey with others takes away a lot of stress because there is more than one of you making a decision about whether to attempt going over Arras Hill in a blizzard!

“Another major perk is that because two of us have parking permits and also liftshare we can park quickly and easily in the car share car park at York Hospital for free; this means that we don’t have to come in half an hour earlier than we normally would have to find a car parking space.

“The rule we have is that whoever is driving has their choice of radio station on - but as I have converted one of my two colleagues to Chris Evans it is a small price to pay.”

Staff from all hospital sites are encouraged to car share. Whilst there is no dedicated Scarborough-based car share website or parking yet, you can log onto the national liftshare website to see if there is anyone doing a similar journey to you www.liftshare.com.
Congratulations to three staff in York who are all finalists in The Press Community Pride Awards after being nominated as health service heroes.

The public were asked to nominate the ‘unsung heroes who go quietly about their duties in the health service, whose dedication is second to none’. Deputy Ward Sister Louise Rochester, Neurosciences Specialist Nurse Mary Clarke and Practice Nurse Manager Jo Smith have all been selected to attend a glittering ceremony in October where they will find out who will become the overall winner. Good luck ladies – it’s already a win win for the Trust! Louise and Mary are pictured above being filmed for their ‘promo’ to be played at the awards.

Care home forum

NURSING care home forum

In August Scarborough Hospital hosted its first nursing care forum to improve communication with care home providers, with the aim of improving patient care – ensuring that the appropriate care is provided in the appropriate setting.

Over 25 care homes from the Scarborough, Bridlington, Whitby and Ryedale area were in attendance alongside representatives from Scarborough CCG, health and social services and schools for care.

Peter Bowker, who organised the event, said: “It was pleasing to see such a good representation who were eager to share experiences and make improvements to patient care.

“We plan to make the forum a regular event and a series of work streams have been agreed to take this work forward.”

Emergency dept – more new arrivals

STAFF at York Hospital’s emergency department have become a little bit twitchy in the last few weeks since the news of the department’s fourteenth pregnancy in the past 12 months was announced.

Steve Reed, Directorate Manager for Emergency Medicine, said: “There have been several births so far and more new arrivals on the way. It’s an average of about two a month and people are starting to get worried who might be next! “It’s great news though and we’re delighted for all staff concerned.”

“While rumours abound of ‘something in the water’, Steve also pointed out that this represents a significant proportion of the nursing team in ED.

“Obviously having so many staff away has meant that several new staff have joined the team. Great credit goes out to them for the way they have got stuck in and to the current staff who are supporting them.

“We would also ask all areas to be aware that the nursing team are under more pressure than usual”. 