York Hospital’s popular Open Day is to be extended across the organisation next year. Based on positive feedback from the public and from the teams that have taken part, a programme of smaller and more focussed events are planned under the title of Open Health.

The event was designed to give the general public the opportunity to find out more about their local health services and for staff to share information first hand about their area of expertise. Janet Mountain, Events Manager for the Trust, said: “Open days have proved to be an excellent way of communicating information and receiving feedback from the public. They have also been successful in allowing staff to find more creative ways of sharing information about the service they deliver. Teams have reported how much they have enjoyed speaking to people face to face in a fun and informal way.”

Planning is now underway for next year and this will include open days at York, Scarborough and Bridlington Hospitals, road shows at community hospitals and presentations and open departments across the organisation.

Janet continued: “We really need your input so if you would like to be involved by having a stall, opening your department or being a part of a road show please let us know.”

A form is available to download from Staff Room or by contacting the Events Team on 01904 721006 or email Awards&Events@york.nhs.uk for a copy. Please complete and return to the events team by 4 January.
Staff Matters Christmas and New Year 2012/13

Safe at Christmas

With the festive party season about to get well underway, Scarborough Hospital is working with partner agencies to help people stay safe this Christmas.

Earlier this month a ‘Stay Safe’ stall was held at Scarborough Hospital for members of the public to find out more about domestic abuse and alcohol support services. Representatives from Domestic Abuse Services, Safer Communities and Scarborough Hospital were all in attendance and on hand to help.

Jo Monty, Named Midwife for Child Protection, said: “Whilst Christmas and New Year is a great time of year for many people it can be the opposite for those living in fear of violence or abuse in their own homes. “For many people who experience violence or abuse a NHS setting such as a hospital often represents the one place where it is possible to talk to someone about their experience without discovery of reprisal.

For more information about domestic violence support services contact the National DV helpline on 0808 2000247.

Art helps children feel at ease

A NORFOLK-BASED artist is helping brighten up the lives of patients and visitors to the Duke of Kent Children’s Ward at Scarborough Hospital.

The entrance to the ward is now surrounded by colourful and whimsical illustrations, depicting some of Scarborough’s famous landmarks, along with ballooning beach donkeys and creatures from the Sea Life Centre, helping create a child-friendly welcome.

Kate Green, a freelance artist and illustrator was commissioned by HAFNEY (Hospital Arts for North East Yorkshire) to come up with the designs for this project.

Liz Vincent, Directorate Manager for Women’s and Children’s services, explained: “Staff, patients and visitors alike are delighted by the new artwork which is helping create a welcoming and engaging environment.

“Going into hospital can be a daunting experience for both children and their parents. Our aim was to create a positive and engaging gateway to the ward.

“We would like to thank HAFNEY for funding this project. The colourful illustrations depicting scenes such as donkeys in balloons look like they have come straight out of a children’s book, instantly making children feel at ease and creating a positive environment for healing.”

Kate is also creating two special festive illustrations for the Trust which will be made into Christmas cards and sold in aid of the Hospital charity. For more information please contact Maya Richardson, Community Fundraiser.

Norovirus

THE Health Protection Agency (HPA) has said that confirmed reports of norovirus are 72 per cent up on the same period in the last season. To help contain the virus within our hospitals the Trust has been working with Infection Control and the local media to issue advice to the public.

“Ahead of the holidays we want victims of abuse to know that there is support available locally should they need it. “This year we also want to raise awareness of safe sleeping and the dangers of sleeping with your baby when under the influence of alcohol or drugs, including prescription drugs, however small the amount, as it causes drowsiness.”

For more information about domestic violence support services contact the National DV helpline on 0808 2000247.

Crafty Christmas for York

DECORATING for Christmas at York Hospital has never been so much fun with staff from all over the hospital doing their bit to make their own decorations.

The Arts team held a Christmas craft workshop in the Mallard where anyone could come along and make a decoration to be displayed in the hospital. Colourful festive bunting now adorns reception along with glittering snowflakes and handmade pom-pom robins decorate the tree.

Libby McManus, Chief Nurse was invited to put the finishing touch to York Hospital’s Christmas tree when, instead of the traditional fairy, a nurse is topping the tree.

Kate Hetherington, Arts Officer, said: “It’s created a real Christmas atmosphere with everyone joining in. Staff from infection prevention helped to decorate the tree and the nursing staff are delighted with the iconic Christmas nurse on the top of the tree. We decided it would be nice to have a reminder of those that have to work over Christmas and we’ve noticed our lovely hand made nurse seems to make people smile!”

Chief Nurse Libby McManus adds final touches to hospital tree

Playworker Tracey Cleminson outside the Children’s Ward
Maple success at fighting infections

An increase in central line sepsis on Maple Ward at Scarborough Hospital in patients receiving parenteral nutrition, led the ward to develop a strategy to address the problem. This has resulted in zero infections since work began last December resulting in a £18,000 recurrent saving.

A central venous catheter (otherwise known as a central line, CVC, or central venous line) is a catheter placed into a large vein in the neck, chest or groin to administer medication or fluids, obtain blood tests, and directly obtain cardiovascular measurements. Sepsis is one of the most frequently occurring complications from central venous catheters and although it is extremely costly to treat, more importantly, the condition is potentially life threatening to patients.

Working together, discussions took place with Matrons, ward staff, the nutrition team and Consultants to discuss concerns. The group examined why there had been an increase in line sepsis, looking at whether the staff accessing lines were competent, whether the patient needed a central line, and whether relevant guidelines were adhered to and the correct documentation completed.

Evaluation highlighted that doctors were often accessing the lines for bloods. A variation in technique and skills was identified, and workload demand placed on nurses and staffing issues such as bank and agency staff accessing the lines also played a factor.

What the ward did:
- Competencies on all trained staff on the ward
- Introduced new guidelines for connecting and disconnecting parenteral nutrition (PN)
- Started using dedicated lumens for PN
- Stopped all doctors accessing lines on the ward
- Identified a small team of nurses and senior doctors who were competent to access lines for blood
- Stopped agency nurses from accessing lines unless appropriately supervised or trained
- Gave all staff guidance on how to access information
- Improved incident reporting, including patients

David Thorpe, Matron for Critical Care said: “We submitted a paper to the Efficiency Committee regarding the work that has been done on Maple Ward to reduce central line infections.

“The data shows no infections from December 2011 which is a fantastic achievement.

“The 12 month change plan is coming to fruition and I am extremely proud of the team, not only has this resulted in improvements for our patients, but the efficiency committee has approved a £18,000 recurrent saving.”

There will be ongoing monitoring at ward level and yearly assessment of all nursing staff. Training will be provided for all newly appointed staff and staff will be unable to access lines unless they are proved to be competent.

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Carols for patients on Christmas Eve

TWILIGHT Community Choir, a local community children’s choir, will be visiting Scarborough Hospital on Christmas Eve. They will be in the main entrance at 1pm if you would like to bring patients who are well enough down to hear them sing.

They will then be visiting Duke of Kent Ward at 2pm to sing for the children and to take presents.

Post reminder

PLEASE DO NOT arrange for Christmas presents from internet or mail order companies to be delivered to your work address as our post rooms and main stores are not equipped to deal with an influx of mail.

At Scarborough Hospital, internal Christmas cards can be placed into pigeon holes in the post room but they cannot be left for the post room staff to sort. Any cards (no matter how well disguised) will not be sorted and will instead be put into a ‘Humbug box’ and disposed of after Christmas.

Pictured above: Sue Jordan, with Scarborough Hospital’s Humbug Box

MO bro Jon

WELL done to Jon Ewing, Estates Painter and Decorator, from Scarborough Hospital who raised £165 by growing his moustache during Movember to help raise awareness and funds for men’s health issues such as prostate and testicular cancer.
**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**

**Lighting up the festive season**

**Once again,** the charity has lit up the Christmas tree outside York Hospital for patients and visitors to enjoy.

This year, Mulberry Court Care Home, part of Barchester Healthcare, has sponsored the Christmas tree after making a donation to the Star Appeal.

Donna Batty, General Manager of Mulberry Court in Clifton Park commented, “We are delighted to support the appeal and help to add a little Christmas spirit at the hospital. The refurbishment of the unit is such an important development for the local community and something which is close to our hearts.”

Lucy Watson, Fundraising Manager for the charity said, “We are very excited to be lighting up our Christmas tree to add a little bit of festive cheer when people visit the hospital. Mulberry Court Care Home has kindly sponsored the tree this year and we are very grateful for their support. We hope the Christmas tree will act as a symbol to highlight the good work of the charity and all its fantastic supporters.”

**Car park plans for Scarborough**

The Trust is at the pre-planning stage of developing a new car park in the field to the rear of the main car park at Scarborough Hospital.

Andrew Bennett, Head of Capital Projects, explained: “We are delighted to be at the pre-planning stage of developing a new car park.

“This involves discussing our proposals with Scarborough Borough Council and receiving feedback, prior to submitting a formal planning application in January 2012.

“If the planning application is granted we would envisage starting work on this project at the beginning of the new financial year (April 2013).”

Other developments include the introduction of a 24/7 uniformed security service based on the Scarborough site but also covering Bridlington Hospital. This is in response to concerns from staff in relation to handling security issues.

Staff will patrol grounds and car parks, attend to alarms, escort staff to their vehicles out of hours, check that buildings are secure and attend incidents of violence and aggression against staff and visitors.

From January the Trust will be increasing parking charges for staff on the Scarborough and Bridlington sites. This will help to fund these additional security measures. (For more information about these changes please see November’s Staff Brief available on Staff Room).

Andrew continued: “The next step will be to improve the car park surface and bay markings at Scarborough Hospital, and to provide additional lighting.

“Parking is one part of our staff travel plan, and we are looking to establish a local travel and transport group for Scarborough and Bridlington to look at other ways we can reduce car journeys to the site to help reduce car parking demand.”

**New Year brings another pub quiz**

THE YORK Teaching Hospital Charity is hoping that everyone is poised and ready for the next charity pub quiz! The popular quiz will take place on Tuesday 22 January from 7pm for an 8pm start in the Post Office Club on Marygate in York in support of the Star Appeal.

It costs £3 per person to enter - teams and individuals welcome (maximum of 6 per team). A raffle will take place 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 teams place) early to avoid disappointment.

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

**The Star Appeal**

Thanks to the fantastic support from staff and the local community the Star Appeal has now raised an incredible £130,000 in its first year. Reaching this first milestone has meant that work has now started on installing the ceiling track hoists throughout the whole of ward 39 which will be completed by Christmas.

We would like to thank you for your support and we look forward to another successful year of fundraising for the Star Appeal.
Focus on...  

...Play Team

Every Christmas some unlucky children have to stay in hospital over the holidays. Our staff are dedicated to making their stay as pleasant as possible and on the children’s ward at York hospital the Play Team will be as busy as ever working alongside clinical staff to help children settle into the hospital environment and adjust to their situation.

Play specialists have a unique role in the hospital, leading playful activities and using play as a therapeutic tool to complement clinical care.

Rosie Botterill, Play Team Supervisor, explained: “Play is very important on a children’s ward, not just organising play activities but also using play to prepare children for hospital procedures. It can help remove the fear so that children can cope better with their anxieties. Another way we help is by applying distraction techniques when children need to be examined so that a proper assessment can be made.

“We create a programme of play to meet the needs of each individual child which helps with their recovery and their development. Play-based observations can really make a contribution when making clinical judgements.

“The children’s ward covers all the age groups up to 18 and there is a special area for teenagers where they can be more independent. Part of our role is to help organise schooling for older children which means that we’ve even arranged for patients to take their GCSEs on the ward!”

Parents and siblings spend a lot of time on the ward and the team will always do their best to accommodate the families and their needs.

Rosie continued: “We develop good relationships with the families, which is crucial as parents often feel helpless in the face of their child’s illness. Parents are encouraged to interact with their children through play as part of the child’s recovery. It’s really important to see the ‘well’ child and to make sure that they develop in spite of their illness.”

Some children are regular visitors to the ward. Four year old Fearn Kennan (pictured) has been a patient on and off ever since she was born and her mum Gillian is very grateful for the care and attention she receives.

Gillian said: “Although it’s difficult bringing your child to hospital I always feel happy with the care Fearn receives. It makes it so much easier when we have to leave her at night.”

The play team are available to work throughout the hospital, not just on the children’s ward, and regularly help children to overcome difficult situations in other settings when they need a clinical procedure.

Rosie Botterill, Play Team Supervisor

with Fearn Kennan and Rachel Wilson, Hospital Play Specialist

Cytology wins £1.6m bid to run services

THE CYTOLOGY department at York Hospital has won the tender to continue to provide cervical cytology services for all of North Yorkshire including Scarborough, Harrogate, Northallerton, York and Selby for the next three years. In addition they have won the contract for the cervical screening service for the Hull and East Riding regions. The contract will run from 1 April 2013 through to 31 March 2016.

Trevor Hair, Head Biomedical Scientist for Cytology, said: “We’re delighted to have secured this contract on behalf of the Trust. In taking on the additional work from Hull and East Riding our workload will rise to around ninety thousand samples a year from around fifty-four thousand samples previously.

“The contract is worth around £1.6m a year to the Trust and will make the York laboratory the single cervical cytology screening provider for North and East Yorkshire.”

Coming soon... buying and selling annual leave scheme

THE BUYING and selling annual leave scheme has been in place for the last two annual leave years. This scheme allows employees the flexibility to request to alter their annual leave entitlement, either by buying some additional leave or by selling some of their current entitlement. Extra holiday may appeal for all sorts of reasons – the chance to spend more time with family, special holidays or time to complete a special project. Alternatively, if employees wish to use less than their full leave entitlement, this scheme gives them the opportunity to exchange some of it for extra salary.

The scheme will be available for the 2013/2014 leave year. Eligibility criteria for applying and further information about how to do so will be circulated in the New Year.
Staff Matters

Christmas and New Year 2012/13

Recognition for Scarborough group

Congratulation to the Scarborough Hospital Deteriorating Patient Group for coming joint runner-up in the Yorkshire and Humber HIEC Patient safety Innovation competition.

The judging panel, which included a patient, was impressed by what the group had been able to achieve across the hospital both in terms of the reduction in cardiac arrests and increased compliance with the Trust’s Deteriorating Patient Policy.

The runner-up prize is £400 to be spent on development and dissemination of the innovation.

Dr John Mensah, Consultant Anaesthetist who led on the project, explained: “We have seen a reduction in the number of in-hospital cardiac arrests by more than 20 percent with the introduction of “VitalPAC”, an electronic method of recording patient observations and calculating the Early Warning Score (EWS).

“Nurses and Health Care Assistants input the patients’ observations directly into an electronic device rather than writing them down on a piece of paper. The information is analysed centrally and the EWS is calculated. This indicates what response is needed which could be anything from the nursing staff keeping a closer eye on the patient to escalating to the Critical Care Team.

“All the patient observations are available to be viewed from any computer in the hospital, which has allowed clinicians better access to patient information to make important decisions in a timely manner when they are contacted about one of their patients.”

“I would like to personally thank Rowena Smith and Helen Rhodes, who together been the driving force behind the smooth implementation of the change over the last two years. This award gives regional recognition for the hard work that the nursing staff, throughout Scarborough and Bridlington Hospitals, have put in by embracing this change over some difficult times. I really am tremendously proud to have been part of such a fantastic team.”

Patrick Crowley, Chief Executive, said: “This is great news and I would like to thank everyone involved. I know and appreciate how much effort has gone into this and this is a fantastic accolade for everyone’s work.”

Reindeer pay a visit

A MINI winter wonderland was created for children at York Hospital when Santa’s reindeer paid a visit. Patients from the children’s ward were invited to come and meet them for a pre-Christmas treat.

Accreditation for team

The Diabetes Education Team at York Hospital has been recognised for their patient education programmes which are structured to empower diabetes patients to manage their own condition.

The programmes have been accredited by the Quality Institute for Self Management Education and Training (QISMET) and is supported by the Department of Health.

Patient education is an important part of patients care as people with diabetes need to know what to do if something goes wrong, how to adjust their diet, exercise, lifestyle, medication or insulin.

Rebecca Owen, Education Lead, said: “We are really delighted with this accreditation.”
York nurses prove they love their lungs

Nurses at York Hospital joined a host of celebrities to support Lung Cancer Awareness Month in November.

The ‘I Love My Lungs’ campaign, from the Roy Castle Lung Cancer Foundation, was launched by the charity to raise awareness of the disease which claims the lives of 35,000 people in the UK every year.

Jo Love, Lung Cancer Specialist Nurse, said: "Far too few people know that having a cough for three weeks or more can be a sign of lung cancer, despite the fact it is the biggest cancer killer. That is why this campaign is so important. The earlier people are diagnosed, the more chance they can receive treatment and the more lives that can be saved.

“Anyone who has had a bad cough for two to three weeks and can’t get rid of it should make an appointment with their GP today and get it checked out.”

The specialist Lung Cancer Team at York Hospital (Jo Love, Alison Hyde and Sarah Berwick, assisted by clinical care coordinator Alison Moore) support patients and their families and carers throughout their lung cancer journey.

The main signs and symptoms of lung cancer are:

- A cough that doesn’t go away after two or three weeks
- Worsening or change to long standing cough
- Repeated chest infections
- Coughing up blood
- Unexplained persistent breathlessness
- Unexplained persistent tiredness
- Unexplained persistent weight loss
- Persistent chest and/ or shoulder pain

Jo Love, Lung Cancer Specialist Nurse with members of the support group

Capital projects – exciting developments

- Ward 39 at York Hospital - Work has just been completed to install new ceiling track hoists on Ward 39. This work has been done alongside improvements to lighting and new ceilings which have been fitted in each bed and treatment area. This is the first phase of the works being funded by the STAR appeal.

- Labour Ward at York Hospital - Work has recently begun to replace the ventilation system in the maternity theatres and abnormal delivery rooms. Other work as part of this project includes replacing the surgical light in room 15, creating a new scrub room and storage rooms, major upgrade works in the plant room which served Delivery Ward and SCBU and also installing a new electrical distribution board to the areas. Work started on 19 November and is due to be completed in March.

- Maternity Unit at Malton Hospital - Work is due to start on 5 January to refurbish the first floor maternity unit at Malton Hospital. Improvement work planned includes replacing ceilings, doors, lighting, floor coverings and furniture. Work is due to be completed at the end of February and is being funded by NHS North Yorkshire and York.

‘Move it’ road show

THE STAFF Benefits Team will be hosting a ‘Move it’ road show, in line with a Trust initiative to promote participation in fitness activities to improve health and wellbeing.

The road show will be at York Hospital at the Mallard Restaurant on Monday 7 January 2013 from 11am-2pm and at Scarborough Hospital in the main reception area on Thursday 10 January 2013 from 11am - 2pm.

All staff are welcome to come along to find out what activities you can get involved in!

Clinical skills training quality assurance

The Clinical Development Team has successfully achieved a new quality assurance framework for clinical skills training that has been set by NHS Yorkshire and The Humber.

The Clinical Skills Training Standards is the first of its kind nationally, and the Clinical Development Team are not only the first in York to meet the robust criteria, but are also one of the first 20 in the country to undergo this rigorous process.

For more information on how to incorporate this framework into your training, contact the Regional Strategic Clinical Skills Advisor for North Yorkshire, Kay Ford - k.ford@leedsmet.ac.uk

Below: Kay Ford, the Regional Strategic Clinical Skills Advisor, with Marion Khan
New Cystic Fibrosis facilities opened

Cystic Fibrosis is a disease passed down through families and is one of the most common chronic lung diseases in children and young adults. It is a life-threatening disorder requiring a lifetime of specialist care.

More and more people are living with this into adulthood and York Hospital has recently completed a refurbishment of the adult Cystic Fibrosis facilities to improve and upgrade services offered by the adult CF Unit in York. Now any adult admitted with Cystic Fibrosis can be admitted directly into specially designed side rooms on ward 34 to avoid cross-infection.

Dr Rebecca Thomas, Consultant Respiratory Physician, explained: “We know coming into hospital has the potential to be a time of anxiety and isolation, and staying in a room with a few home comforts can make all the difference. The rooms have been completely redesigned with the help of people who use the facilities, ward staff and the arts team to create a colour scheme that gives the rooms a calmer, brighter outlook. We have reorganised facilities by replacing the old shower and toilet facilities with wet rooms, and all the old windows have been swapped for new double glazing which has improved the look and the temperature control in the rooms.

“There are fridges in every room, new cupboards with space to hang clothes up and lockable cabinets so that patients can be in charge of their own medicines if that’s appropriate. We’ve also had new televisions installed with Freeview and have free broadband access in all the side rooms.

“The Cystic Fibrosis team and management have been planning the upgrade for some time and we’re really proud of the fact that everyone who has to come as an inpatient has a better environment to stay in.”

Out-of-hours improvements

TWO years ago a Hospital at Night (H@N) steering group was set up to develop the out of hours services provided across Scarborough and Bridlington hospitals.

The project is focused on the development of competency based multidisciplinary teams to work with medical and surgical specialties.

Over the past two years the group, chaired by Clinical Director for Emergency Medicine, Ed Smith, has met monthly to assess the current out of hours services and put in place the changes necessary to ensure a clinically safe service for adults out of hours, concentrating on the night period.

With these changes and a new multidisciplinary team in place the project is now ready to go live and will be launched at Scarborough Hospital in February 2013.

The new team consists of a site operational practitioner (the team co-ordinator), a member of the outreach team, a clinical support worker and an administration support worker.

Elaine Hayward, Service Redesign Manager and project lead, explained: “With the launch of the project a new multidisciplinary team will be in place with skills and competencies to support the coordination of care at night to ensure the right member of staff sees the right patient at the right time.

“The introduction of the new role of admin support is really exciting as it should enable all clinically trained staff in the team to perform clinical duties throughout the spell of their duty.

“The team will work closely with the surgical and medical doctor teams in the night period, they will also attend doctors’ handovers and be delegated work approved by the team leader."

For more information about this project please see the posters displayed around Scarborough Hospital or contact Elaine Hayward.

Staff lottery brings Christmas joy for Jane

THE Staff Lottery has helped provide an extra merry Christmas this December for Jane Shaw from York Hospital who is the latest £1,000 winner.

Every month the lottery gives away a first prize of £1000 with runner up prizes of £600 and £400, and further cash prizes and vouchers and even a car.

Staff Matters asked some of this year’s £1000 winners how they enjoyed their winnings.

Susan Jackson, from Payroll at York Hospital: “It was a wonderful surprise and I was absolutely delighted to win the £1,000 prize. It will enable me to purchase a new electric bike and hopefully if any money remains it will pay for a weekend away in London taking in the sights and seeing a show.”

Anne Gill, Research Nurse, Rheumatology at York: “It was a great surprise to be told I had won £1000 and I don’t think it has ever properly sunk in as I actually gave it away. The church I attend every Sunday at that time were trying to buy the building we use and needed to raise money to do so. I was more than happy to let it be used for that purpose. Easy come, easy go. They have done a lot for me and are like my family so it was as though I was giving it to a member of the family who was in need!”

Sue Colman, Finance, York Hospital: “It was a complete shock to be given £1000 that you don’t expect, that you can spend on something frivolous. I bought some pebbles and paving for the garden, a water feature and a great big stone oven/barbecue with a chimney that I would never have spent £300 on if I hadn’t won the money! My garden looks great and it’s changed the way we use outdoors.”

For details of how to join the lottery see the Staff Benefits section on Staff Room or your Benefits and Discounts Handbook. Staff Lottery can be deducted directly from your salary.
Soil Association award for Scarborough Hospital

Scarborough Hospital is one of only five hospitals in the UK to receive the Soil Association’s Bronze Catering Mark for both staff and patient meals. The Food for Life Catering Mark – the Soil Association’s unique award – guarantees that what’s on the menu is freshly prepared, free from undesirable additives and better for supporting animal welfare.

Pat Bell, Catering Manager at Scarborough Hospital explained: “We began working towards this accreditation back in July 2011 as part of the changes we implemented with James Martin and BBC One’s Operation Hospital Food. “We are delighted that this hard work has paid off and that we can now proudly display the Food for Life Catering Mark to show that all our patient and staff food is free from additives and supporting animal welfare. “All our meals are free from additives such as aspartame, tartrazine and MSG, they are also free from artificial trans-fats and GM ingredients. “Our dairy products come from farms which meet Red Tractor animal welfare standards and we are also proud that we only use free range eggs – ensuring that our hens are happy hens!”

Andy Sanderson, Head of Facilities, said: “This award reflects the hard work the catering team at Scarborough has carried out over the last year. It is a tremendous achievement to be one of only five hospitals in the UK to gain such recognition.” As well as receiving the Bronze Award for sustainable food Scarborough Hospital was awarded the Good Egg Award from Compassion in World Farming last December.

York MP praises hospital cycle facilities

Hugh Bayley MP for York Central has been so impressed with the Trust’s initiatives to encourage staff to cycle instead of using their cars that he came to see them for himself.

The Trust currently provides 500 cycle rack spaces at York Hospital and is looking to add more.

Brian Golding, Director of Estates and Facilities, said: “At the hospital we are committed to promoting healthier lifestyles and reducing the reliance on cars, so making things easier for cyclists is one of our highest travel related objectives. “We’ve massively improved facilities for staff who cycle over the past couple of years, and we plan to do more for staff and visitors. “We’re currently conducting some surveys at our main entrance, and I anticipate that this will lead to additional storage racks over the next few months.”

Some of the staff who cycle regularly told us what they like most about cycling. Adrian Shakeshaft, Network Manager, cycles 28 miles a day between York and Wilberfoss and enjoys the fact that not only does it keep him fit it is also an almost cost free way to travel. He said: “I find the ride home is my stress-free gap between work and going home to two young children!”

Kate Kingston, Radiology Consultant, swears by her bright yellow ‘triplet’ which has seats for her two children. She said: “The children love riding the bike which they have nicknamed ‘custard - a bicycle made for 3.’ It has revolutionised the school run and daily commute making it a much more enjoyable experience for all of us.”

Paul Bowen, Network Engineer, has swapped his motorcycle for a bicycle and has been cycling to work for over a year. He said: “The change came partially due to my doctor’s advice and I found it quite a struggle at first. I would arrive at the hospital feeling breathless and it would take me quite a while to recover. “It now also takes me about the same time as it took me on my motorcycle and I save a mint on petrol and tax.”

Dr Henry Paw, Brian Golding and Hugh Bayley MP
HYMS@ten evening

A SPECIAL evening to celebrate HYMS 10th year is being held at Scarborough Hospital in January. The event will focus on what is currently happening at HYMS and what the future holds. Topics coming under the spotlight will be current research, sharing good practice, clinical skills assessment updates and the electronic record of achievement.

The evening will be held on Wednesday 30 January 2013 from 6.00pm onwards at HYMS at Scarborough Hospital with buffet and drinks from 6-6.30pm.

For more information please contact the Scarborough HYMS office on 01723 236171 or email beth.jones@york.nhs.uk or ellie.johnston@york.nhs.uk.

BIKE@HYMS

ONE of the events taking place next year to celebrate HYMS 10th anniversary is a cycle ride – BIKE@HYMS - organised by Paul Scott, Manager of HYMS Learning Resources.

The cycle ride has two elements – a 24 hour ride around the entire HYMS patch and bursaries. HYMS@TEN chosen charities - hospices either of these two events will go the distance, and email it to Paul Scott by 7 December 2012. It is for anyone who would like to join the Scarborough HYMS office on 01723 236171 or email beth.jones@york.nhs.uk or ellie.johnston@york.nhs.uk.

Anyone wishing to take part should fill in the form at this link http://goo.gl/kJSn, outlining previous experience of cycling similar distances, and email it to Paul Scott by 7 December 2012.

Any sponsorship money raised from either of these two events will go the HYMS@TEN chosen charities - hospices across the HYMS patch and bursaries.

Any queries, please contact Paul Scott on paul.scott@hyms.ac.uk

Cardiac specialist award

A specialist cardiac physiologist from York Hospital has won a new regional award for scientific excellence in the diagnosis of patients with heart disease.

Laura King was given the award for her work on the stress echocardiography service which is a test that uses ultrasound imaging to show how well heart muscles are working to pump blood to the body.

The initiative, believed to be the first of its kind in the country, has been launched to mark the contribution made by Yorkshire’s Heartbeat Appeal and the charity’s founder Alec Bloom.

Two of Laura’s colleagues, Philip Durkin and Olly Shriver, were also short listed for the physiologist award.

Laura said: “It was fantastic that three of us from York Hospital were finalists out of seven in the whole of Yorkshire. To enter we had to submit examples of our best work and outline how the award could help us to develop our career. As finalists we all attended an event in Leeds where we had to deliver a ten minute presentation to a judging panel against some pretty stiff competition. I was very happy to be given the award and, as the successful individual, I was presented with £500 and a commemorative certificate.”

The Heartbeat Appeal is a charity which supports hospitals and researchers and is for anyone who would like to join the Scarborough HYMS office on 01723 236171 or email beth.jones@york.nhs.uk or ellie.johnston@york.nhs.uk.

Standardised latex gloves for Scarborough

TWO single suppliers for non sterile latex free gloves have been agreed for Scarborough Hospital.

The Nursing Product Group supported by the Efficiency Board has agreed on Schottlander and Kimberly Clark’s purple nitrile disposable examination gloves.

York Hospital selected the Schottlander non sterile nitrile latex free glove in 2011, following detailed evaluations of a number of products. The Schottlander product was the preferred choice by clinical staff due to its comfort, ease of use and value for money.

The Kimberly Clark purple nitrile has also been adopted by those areas which feel they need an enhanced level of protection. The adoption of the latex free gloves also ensures that as a Trust we are fully compliant with HSE guidelines with regard to non sterile disposable gloves.

A small project team are now working with the suppliers to introduce the latex free gloves into all Scarborough Hospital sites including Community areas from January 2013. Further information will be provided to the wards via posters and direct briefings to each ward in the near future.
James Martin menu rolled out at Bridlington

STAFF patients and visitors to Bridlington Hospital are being treated to a new menu created by celebrity chef James Martin.

While the chef’s homemade soups were introduced earlier this year, from this week the full menu has been introduced at the hospital which includes popular dishes such as sticky toffee pudding and slow cooked pork.

Ken Brown, Head Chef at Bridlington Hospital, said: “We are really looking forward to rolling out this new menu at Bridlington – the homemade soups have proved to be very popular.

“We would love for more staff and visitors to visit the hospital restaurant for lunch and hope that James’ new menu will be a popular draw.”

Meet the volunteers

ANYONE looking to fulfil a new year resolution to give a bit back to their local community could be a perfect candidate for the role of hospital volunteer.

Staff Matters went along to find out what motivated our youngest hospital volunteer, Flora McGarry, aged just 16.

How are you helping by volunteering?
I volunteer between 4:30 and 6pm every Monday and help out by taking a few small tasks off the hands of the nurses. For example making hot drinks for the patients, taking their meals to them, opening fiddly packets and making sure they have all the little things they need like salt and pepper or jam for their rice pudding. This hopefully gives the nurses a little bit of extra time to focus on the patients who need more help eating and provides a new face for the other patients who are always interested to know who I am and why I’m volunteering in the hospital.

What do you get out of volunteering?
Volunteering at the hospital provides me with amazing experience as I’m hoping to study Medicine at University but more importantly than that helping the staff and patients is incredibly fulfilling, I get to meet really interesting people who I wouldn’t have had the chance to meet otherwise and I can experience the work atmosphere in the hospital preparing me for later life.

Would you recommend it?
Absolutely. Volunteering at the hospital has been one of the most interesting and eye opening experiences I’ve had. Whatever age you are or stage of life you’re in you’re bound to benefit and learn something, not to mention the massive help you’ll be to the hospital staff.

Fiona McGarry, aged 16, the Trust’s youngest volunteer

Trust-wide roll out of safety devices

Did you know that during the last six months there have been 150 reported needle stick injuries throughout the Trust?

A small team led by Improvement Manager Steve Dodsworth, has introduced a number of safety devices across the Trust to ensure it is a safer place for both staff and patients. Steve explained: “We are now planning to complete the process to ensure all areas of the Trust are compliant with European Union safety standards. We expect to complete this work by May 2013.”

“A series of trials has started at both York and Scarborough sites continuing through into the New Year and will conclude with an evaluation and recommendation to adopt the products where appropriate.”

Items to be trialled at York:
- BD Eclipse safe hypodermic needles and blunt drawing up needles on wards 14 and Short Stay
- Safe Glide disposable insulin syringe/needle and Autoshield needles for insulin pens on wards 26 and 35
- Smiths Safe ABG Pulsator on SSW, AMU, Ward 34 and ED
- BBraun Safe Paediatric Introcan cannula on Ward 17 and SCBU.

Items to be trialled at Scarborough:
- BD Eclipse safe hypodermic needles and blunt drawing up needles on Maple Ward
- Safe Glide disposable insulin syringe/needle and Autoshield needles for insulin pens on Chestnut and Graham Wards
- Smiths safe ABG Pulsator on Cherry Ward and ED
- Introduce all wards who carry out sub cut infusions to the BD safe Saf-T-Intima as a needle safe alternative for this process. (A standard safe needle butterfly will be rolled out at a later date)
- BBraun Safe Paediatric Intracan cannula on Duke of Kent Ward and SCBU.

Anyone with specific requirements with regard to safe needle devices should contact Steve Dodsworth 01904 721046.
A group of midwives and GPs from York recently visited Begero in the Eastern district of Fanteakwa in Ghana, West Africa.

Liz Ross, Matron for Maternity, Debs Wright, Supervisor of Midwives, and June Cottam, Community Midwife from York Trust joined a charity group from the Gillygate practice in York who have been forming links with Begero since 2000.

They were there to help local midwives to update their skills and to develop a sustainable training programme. The group delivered a ‘train the trainers’ programme for the local midwives to enable them to update their skills and to learn to deliver training to their colleagues and Traditional Birth Attendants, who care for women and deliver babies in the home in their local communities.

The programme was a big success resulting in the local midwives delivering their own training programme at the end of the week, tailored to their own needs. The aim is for them to sustain this training throughout the coming year.

Liz Ross said: "It was a privilege to be part of this work which has been such a success in a short period of time. We met some wonderful midwives and healthcare workers who work very hard to deliver care to women and babies and we learnt a lot from them.

"It was a long week of training with lots of preparation before the trip itself. We were led by the midwives themselves as to what they wanted to update and train. They have agreed to continue the training programme, gather data during the coming year and reflect on serious cases to identify areas of good practice and also see if there is anything they could have done differently."

An application has been made for funding from the Tropical Health and Education Trust (THET), an international development organisation working to improve the health of people in Africa and Asia. THET focuses on strengthening healthcare services by harnessing the skills and expertise of UK health professionals to improve the skills of healthcare workers in some of the poorest countries of the world. If successful, a two year programme will support the above work to help improve maternal and neonatal healthcare in this area of Ghana.

Bishop role

THE CONSECRATION of Glyn Webster as the Bishop of Beverley will take place at York Minster on 25 January 2013 at 11am. Glyn was a chaplain at York Hospital for almost twenty years, and is currently Canon Chancellor at York Minster. Glyn would love to welcome friends and former colleagues at the event, which is open to all who wish to attend.

Friends and family test is on its way

THE FRIENDS and Family Test will come into place across the country from 1 April next year. The test will see all adult inpatients and those attending emergency departments being given the opportunity to answer a simple question: "How likely are you to recommend our ward/A&E department to friends and family if they needed similar care or treatment?"

A scale of answer options will be used, from extremely unlikely to extremely likely, and we will be asking follow-up questions to find out why answers were given. Results will be published monthly and will be made available to the public.

The test does not currently cover maternity, children under 16, patients in community hospitals or other community patients.

More information will be made available in the coming weeks, and a project group has been established to manage the roll-out of the test. In the meantime if you have any questions, please contact Wendy Brown, Lead Nurse for Patient Experience.