It’s official: Scarborough and York Trusts have been named ‘Good Eggs.’ The accolade was presented by Compassion in World Farming for Scarborough and York’s commitment to improving the lives of animals by sourcing only higher welfare eggs.

Pat Bell, Catering Manager at Scarborough Hospital, and Simon Johnson, Production Team Leader at York Hospital attended the event to collect the awards.

Pat said: “We are delighted to have received a Good Egg award which shows our commitment to using cage free hens. As part of the filming for Operation Hospital Food we visited a farm that rehomes battery hens and it was really quite distressing to see images of the hens when they first arrived at the farm. We are proud to say that all our eggs now come from happy hens!”

Simon said: “We are always looking for ways to provide a more ethical and sustainable food supply for the hospital and one of the things we do towards this is to source free range eggs. “Every year we use around 50,500 eggs so when we saw this award we thought we would give it a try. It’s the first time we’ve entered and we’re delighted to be given a Good Egg Award.”

Good eggs: Simon Johnson and Pat Bell with their Good Egg awards

We’re always looking for ways to provide a more ethical and sustainable food supply for the hospital and one of the things we do towards this is to source free range eggs. “Every year we use around 50,500 eggs so when we saw this award we thought we would give it a try. It’s the first time we’ve entered and we’re delighted to be given a Good Egg Award.”

We’re good eggs

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:
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Focus on... Community MSK

Christmas at Pat’s Place

Going the extra mile for charity

Merry Christmas and a Happy New Year

Continued on page 2
Top honours for bereavement suite

YORK Hospital’s ground-breaking bereavement suite has won a national award for creating the best patient environment in the Building Better Healthcare Awards.

The scheme won Best Interior Design Award for its innovative use of light and colour, the non institutional furniture, fittings and integral artworks, together with the adjoining private garden. It was praised by the judges for ‘providing a well-designed supportive space for people at a very distressing time in their lives’.

Marion Khan, Clinical Development Team Leader was part of the five-strong team behind the project. Marion said: “We are absolutely delighted with this award. It’s given everyone involved a real boost to be recognised nationally. A lot of people played a part in bringing our vision to life including the project team, hospital staff, the community, and charitable sources.

Funding came from York Trust’s capital programme and a variety of charitable sources, including £30k of investment from the King’s Fund which gave the scheme a kick start.

You ask, we tell

Through Staff Matters, we will be publishing answers to questions and dispelling myths and rumours. If you have a question or concern, or have heard a rumour and want to find out the facts, email your question to: integrationquestions@york.nhs.uk and we will publish the answers in the next edition of Staff Matters.

All questions will be treated in confidence and no names will be shared or published.

Q) The Trust is still using the terminology “Acquisition” and “Integration” can we just use one?

A) We know this can be confusing, but actually both descriptions apply to this process. We are going through an acquisition, that is, Scarborough Trust will no longer exist as an organisation and will be taken over (acquired) by York Trust. That said, it is being undertaken in the spirit of partnership and collaboration, and, post-acquisition work will continue to integrate clinical and non-clinical services to make them sustainable in a way that benefits patients across the whole area we serve.

You ask, we tell continued from page 1

Assessing readiness for change and prioritising the areas for service integration
Developing integration plans, applying a consistent approach and support teams with templates and workshops
Identifying opportunities for clinical standardisation to improve efficiency and patient outcomes
Tracking progress and benefits

The process is underpinned by ongoing communication and clinical engagement. Elements of this process are described in more detail below:

How do we assess readiness for change:

We will be working with each area to gain an understanding of the following:

- Awareness of the need to change and understand the reasons and benefits of change e.g. the integration work
- Desire to participate and support the change / is there any resistance / are teams and individuals willing to support the change
- Knowledge of how to change (and what the change looks like) and around having the knowledge to fully perform the tasks they need to do to do the job
- Ability to implement the change on a day-to-day basis / the behavioural skills to influence and to lead change / the ability to demonstrate the values behaviour of the organisation
- Reinforcement to keep the change in place through supportive policy process and procedure.

Developing service integration plans

As part of this process facilitated workshops will be held with clinical teams from each service to develop integration plans. These plans will be mapped against a series of elements or ‘foundation stones’ (for example, strategy and objectives, processes and procedures, service structure and reporting governance) with plans for how activity within each area will be achieved.

Integration of non-clinical/corporate areas/services

A similar approach will be applied to non-clinical services, although some of the foundation stones will be different.

Further detail about non-clinical services will be published in a future edition of Staff Matters.

Next steps

One of the foundation stones for developing the service integration plans includes the development of a plan for communicating and engaging with staff in each area. This plan will outline how the process is communicated within each clinical area or team, and how any changes affecting staff will be communicated within teams. In time, as the process develops, your team will be communicating with you about what is happening within your clinical area.

Any questions?

Please talk to your line manager if you have any questions about this process.

You ask, we tell continued from page 1

Continued on page 2

You ask, we tell continued from page 1...
Giving faster access to the right treatments has been one of the main priorities over the past few years for community services. One service that has had a proven success in increasing efficiency and bringing services closer to home is the MSK Orthopaedic Service for Scarborough, Whitby and Ryedale (SWR).

Staff Matters takes a closer look at how it works and what has made the service so successful that over 60 per cent of patients are treated in the community without needing to see an orthopaedic surgeon.

The service was set up over five years ago so that GP referrals for musculoskeletal (MSk) conditions affecting muscles, joints and bones could be diagnosed and treated as speedily and efficiently as possible without people having to go to hospital.

Patients are referred by their GP via the Choose and Book online system where they are assessed by clinical staff through the triage service and directed to the appropriate clinic and location, usually within 24 hours. This means most patients receive an appointment within two to three weeks.

A full multi-disciplinary team including physiotherapists, podiatrists, and GPs with special interests such as orthopaedics, are on hand in a community setting. The service includes physiotherapy extended scope practitioners (ESPs) who are highly specialised physiotherapists with extended skills to provide a high level of orthopaedic assessment, diagnosis and management.

Rachael Smye, SWR MSK team leader, said: “The most satisfying thing for us is to see how much patients really appreciate the service.

“The service brings real community benefits in such a rural area as patients don’t have too far to travel. It’s a speedy process which uses our resources efficiently. Many of the problems associated with musculoskeletal disease are avoidable and manageable so we also offer expert advice as well as treatment.

“There are also real benefits to staff, from a career perspective the service offers an opportunity to develop existing clinical skills to triage, assess and manage often complex caseloads within the extended role.”

The clinics are based in community settings including Whitby Hospital, Malton Hospital, Scarborough Outpatient Physiotherapy Department and Lawence House Medical Centre in Scarborough.

There are plans to work together and share good practice with the Selby and York MSK service, as part of the overall integration.

Andy makes his mark in karate

CONGRATULATIONS to York Hospital Consultant ENT surgeon Andy Coatesworth, who has become York’s karate champion only two years after taking up the sport.

Andy made his mark at the recent York Open Karate Championships by winning gold medals in two categories: kata, a series of pre-ordained blocks and attacks, and kumite, freestyle fighting which together has earned him the title of Grand Champion.

Andy said: “I started when my children joined after-school classes and now train up to five times per week at York Elite Shotokan Karate Club. Karate is fantastic for general fitness, core strength, balance, and suppleness.

“I would recommend it to anybody.”

Anyone wanting further information on karate can email Andy on andrew.coatesworth@york.nhs.uk
Fundraising

Round-up of activities

The STAR Appeal (Improving Stroke Treatment And Rehabilitation in York Hospital). This November the charity is launching the STAR Appeal to raise £300,000 to refurbish the stroke rehabilitation unit. Stroke is the third largest cause of death and the single largest cause of adult disability in the UK. More than 150,000 people in the UK have a stroke each year. The unit on ward 39 is desperately in need of modernisation and refurbishment to meet the specific needs of patients recovering from a stroke so that they can return home as quickly and safely as possible. Care in a stroke unit - with access to skilled, specialist staff and equipment - is the single most effective intervention for any stroke patient requiring hospital admission. The STAR Appeal will ensure we can vastly improve the stroke rehabilitation area on ward 39 including a flat where patients will live independently whilst receiving support from expert staff. This will prepare them and ensure they feel confident and ready to overcome any challenges they will face as they return to their home and work life. We will also install ceiling track hoists which will be used to transfer patients into and out of bed.

Charity Christmas cards

LOCAL school children from Yearsley Grove and Tadcaster Grammar have designed four beautiful Christmas cards for the charity. The cards are for sale at £4.99 per pack, each pack contains eight cards (2 x 4 designs) and are available from the Volunteer and Fundraising office on the main corridor of York Hospital.

Charity Christmas tree in position

YORK Teaching Hospital Charity has planted its first Christmas tree outside the hospital which will be lit up each year for patients and visitors to enjoy. Lucy Watson, Fundraising Manager, said: “We are very excited that our first Christmas tree has been planted to add a little bit of festive cheer when people visit the hospital. Deans Garden Centre has kindly sponsored the lights 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.”

New volunteer and fundraising office

A NEW volunteer and fundraising office has opened on the main corridor of York Hospital. The new office is manned between 9am and 5pm and is open to any members of the public who are interested in volunteering for the Trust or fundraising for the York Teaching Hospital Charity. Lots of volunteering and fundraising literature is available to take away so please direct anyone interested in these areas to the new office.
Baby friendly

Scarborough Trust has achieved international recognition from UNICEF (United Nation’s Children’s Fund), receiving stage one accreditation in the Baby Friendly Initiative (BFI).

Midwife Jacqui Mortimer, who is the Trust’s Infant Feeding Coordinator has been leading the drive to become baby friendly. She explained: “Following an assessment in June we are delighted to achieve Stage One BFI. When we embarked on this programme in June 2010 our breastfeeding rates were 60 percent and we have already begun to see a gradual rise with rates now at 65 percent. “We are aiming to continue to see a two percent rise each year and hope to have received Stage Two in March next year. Scarborough Trust celebrated achieving Stage One BFI with the launch of its peer supporter scheme. NICE guidelines recommend that peer supporters contact women 48 hours after giving birth. Jackie continued: “We are delighted to welcome Katie Riley, Nina Shaw and Tracy Mitchell as peer supporters. Having completed their training they will work as volunteers in the hospital meeting mothers on the maternity unit after they have given birth, to inform them of the support groups available and offering advice on positioning, attachment and hand expression.”

Network visit brings positive results

THE SPECIAL Care Baby Unit (SCBU) at Scarborough Hospital recently took part in a NICE Quality Standards visit by the Yorkshire Neonatal Network. The purpose of the visit was to assess SCBU’s compliance with NICE guidelines in respect of several aspects of the care it provides.

Denise Evans, Yorkshire Neonatal Network Lead Nurse, explained: “Meeting the NICE standards is a challenge throughout the Network and this was an initial benchmarking exercise to identify where units have issues and their plans for the future. “Scarborough has made significant progress within its nursing establishment towards NICE compliance. Neonatal Support Workers are in place undertaking the Yorkshire Neonatal Network competency package and there is a commitment for these staff members to undertake additional identified training to further equip them with the knowledge and skills to perform this role. This is supported by the increase in registered nurses qualified in neonatal speciality. “A Feeding Co-ordinator is also in post and training has been provided to all staff. “The Scarborough Neonatal Unit continues to provide the designated care for special care patients in Scarborough and remains an active participant in the Yorkshire Neonatal Network.”

Sister Sharon Addey said: “It was great to receive such excellent feedback from both Trust staff and representatives from the Network.”

In Brief

York Matron appointments

JANE FARLEY has been appointed Matron for Elderly Medicine and Adult Community Services from 9 January 2012. Jane is currently the Clinical Lead at Selby War Memorial Hospital and brings a wealth of experience to her new post.

Liz Charters becomes Matron for Cardiology and Respiratory Medicine, within the Acute and General Medicine Directorate, on 3 January 2012. Liz is currently seconded from ICU into the Matron post for Acute and Respiratory Medicine. Liz will continue as Matron for Acute Medicine in addition to Cardiology and Respiratory for a short period until this vacancy is filled.

Master of Midwifery

CONGRATULATIONS to Chris Foster, Ward Manager G2, who recently collected her degree certificate, gaining a Distinction in Master of Midwifery.

Theatre refurb

WORK began this month to refurbish the main operating theatre at Bridlington Hospital to bring it up to the highest possible standard.

Andrew Bennett, Head of Estates, said: “The Trust is very pleased to be starting the operating theatre upgrade project. This £500,000 investment will bring the main theatre up to the highest possible standard and will enable the hospital to expand its surgical activity to include an overnight facility for surgical patients.”

The theatre is expected to be operational in February.

Below: Members of the Bridlington Theatre Project Team
Staff Matters

Christmas & New Year 2011/12

6

Christmas at Pat’s Place

Pat’s Place at Scarborough Hospital was delighted to team up with local farm – Seamer Fayre – for its staff Christmas dinner.

Pat Bell, Catering Manager, first met Elaine Keith from Seamer Fayre as part of the filming for Operation Hospital Food with James Martin which aired on BBC One in September.

Pat and the team visited the Seamer-based farm which is only five miles from the hospital and since then Pat has been keen to source the locally produced meet for the hospital restaurant.

Pat explained: “Unfortunately due to cost we were unable to source the meat as a regular item on our menu however we decided to introduce ‘specials’ using the Aberdeen Angus Beef and thought that ‘Slow Cooked Brisket of Aberdeen Angus Beef’ would be a great addition to our Christmas menu alongside the traditional Turkey.

Elaine Keith, Partner at Seamer Fayre, said: “We are delighted to be supplying Aberdeen Angus meat to our local hospital, and have been working closely with Pat since meeting during the filming for Operation Hospital Food to work out a way for us to do this, within the hospital’s budget.”

Pat’s Place has continued to thrive since the programme aired. Pat continued: “We are currently working with James on producing our next seasonal menu which will also be rolled out at Bridlington Hospital in the New Year.

“We are still working towards the Soil Association’s Bronze Award and were delighted to recently receive a Good Egg Award for our commitment to using free range eggs. We are also proud that all our milk now comes from a Yorkshire dairy.”

“We are delighted to be supplying Aberdeen Angus meat to our local hospital”

Spirometry tests offered to staff

FOLLOWING York Hospital’s recent successful event to raise awareness of Chronic Obstructive Pulmonary Disease (COPD), staff are being invited to book a ‘Spirometry’ test at special staff sessions.

The test screens people for COPD before they develop troublesome symptoms and gives them the chance to get expert help to slow down the progression of the disease.

David Lonsdale, Chief Respiratory Clinical Physiologist at York Trust, said: “Many hospital staff turned up on the day to be tested but were unable to wait for their turn to go through the procedure. In view of this we will be running a ‘Staff Spirometry Week’ starting on Monday 16 January when those who would like to be tested can pre-book an appointment.”

COPD is linked to environment, family history and lifestyle choices. Smokers, ex-smokers and those who work with dust and chemicals have been identified to be most at risk.

David continued: “We had a fantastic response to the event on World COPD Day with almost 90 people coming in specially to take the Spirometry test. Out of those we discovered 20 brand new cases of people with an undiagnosed lung condition – almost 1 in 4 compared to 1 in 7 last year. The good news is that the sooner people take action, the better the outcome.”

To book a Spirometry screening call the Cardio-Respiratory Department ext 6525 or e-mail david.lonsdale@york.nhs.uk for an appointment. The test only takes 15 minutes and the results are reviewed by a respiratory consultant with a recommendation for any further action.
Staff Matters

Awards News

Triple win for Finance Department

Congratulations to the Finance Department at York Hospital who won three awards at the recent Yorkshire and Humber Finance Skills Development Conference.

Lynn Robson (Financial Accounting) and Ed Pearson (Accounts Payable) won individual awards for the contributions they make to their respective sections. The awards were in recognition of their achievements for all the hard work both of them put in on a regular basis, and the support they give to the rest of the team.

The Payroll Section won the team award for helping implement the payroll interface with E-rostering, the transfer of community staff, and introducing an e-expenses travel claims system which is due to be rolled out in the new year.

Nursing Times Award

An initiative to improve patient safety at York Hospital has won recognition in this year’s national Nursing Times awards as well as seeing dramatic results for patients at risk of developing pressure ulcers.

Last year the revolutionary ‘rapid’ approach was rolled out through the hospital in just 30 days, leading to those at risk of pressure ulcers being cared for more effectively.

Almost one year on the hospital has seen the incidence of severe ulcers lowered by 80 percent.

Darren Fletcher, Patient Safety Manager, said: “The risk of developing a pressure ulcer in hospital can be increased as patients are often too unwell to get out of bed. In some instances, a pressure ulcer can quickly develop into a life threatening complication if not identified and treated immediately.

We were determined to implement care packages across the Trust, that would significantly improve the care delivered to our patients.”

Darren continued: “We looked at various aspects of nursing care including hygiene, nutrition, hydration and mobility. Additional pressure relieving cushions and mattresses were purchased to ensure the needs of high risk patients were met. Nursing staff were issued with clear guidance on using the correct equipment with expert advice from Specialist Tissue Viability Nurses.”

The Tissue Viability Nurses team were also runners up in the national British Journal of Nursing Awards earlier this year.

Tissue Viability Nurse Sarah Fiori demonstrates using life-like model with Sister Ann Gray

Trust hosts successful seminar days

Scarborough Trust recently held two seminar days entitled ‘Their life in your hands’. The events were designed to introduce staff from other Trusts to VitalPAC, the clinical software system which the Trust implemented to all adult inpatient areas early last year.

VitalPAC enables nurses to capture vital signs and other clinical data electronically at the patient’s bedside on small hand held computers (PDAs). VitalPAC has enabled the Trust to remove paper observation charts and other documentation by capturing and displaying information electronically, clearly and accurately in real-time.

Attendees at the seminar days came from as far afield as County Durham, Mid Staffordshire and Blackpool.

Rowena Smith, Clinical Standards Co-ordinator and Nursing Lead for the project, said: “The whole day was very positively evaluated by presenters and attendees and on behalf of the organising team I would like to thank staff from the Postgraduate Centre, the catering team and Haldane, Ash and Beech wards for their assistance in helping make these such successful events.”

In Brief

Clinical Skills Lab opens up to all staff

From January, the Postgraduate Centre at Scarborough Hospital will be opening the Clinical Skills Lab for medical staff to practice their clinical skills with the new equipment. Sessions will be held each Thursday and Friday morning.

For the first month the equipment will be set up and staff are invited to come along and see what is available. For more information please contact Ian Millard on ext. 2018.

Merits for laser training

Clinicians and nursing staff from Scarborough Hospital’s outpatients, Dales Unit and PPU recently took part in in-house laser eye training run by the physics department at Leeds University Hospital.

As part of the training staff were given the opportunity to take an examination. A number of staff chose to take the examination, with six staff receiving a merit.

Suzanne Meek, Sister in Outpatients, said: “The fact that the training was able to be delivered in house meant that we could train all 27 staff in one go. It was also great to see so many staff choosing to take the optional examination as it demonstrates their willingness to test and improve their clinical skills.”

Christmas Decorations

In order to manage infection prevention and control, this year there will be limitations placed on Christmas decorations in ward areas in Scarborough Hospital.

Decorations in wards will be limited to one tree, which will be issued ready for installation week commencing 19 December. The trees should be taken down ready for collection for disposal on 5 January 2012.
Benefits of catalogue shopping

THE PROCUREMENT team at Scarborough Trust is rolling-out Oracle catalogues within the Trust and as part of the process will be engaging with departments about what this involves and the benefits it will bring.

Paul Horsefield, Senior Buyer, explained: “Oracle catalogues allow us to take the items that we buy as a Trust and load them onto the Oracle system – this online catalogue of suppliers and items can then be searched to find the required item.

“Currently we have over 89 percent of Scarborough Hospital Theatre Department items loaded as catalogues using over 100 suppliers and are looking to expand this coverage throughout the rest of the Trust.

“There are several benefits of having our own suppliers and items loaded onto the Oracle purchasing system.”

“If you would like to discuss this or have any questions, then please don’t hesitate to contact myself or Sam Clegg on ext 2219.”

Benefits to you

Less work for the end-user. Think along the lines of placing an order with your favourite online retailer – catalogues also allow you to create your own bespoke list of favourite shopping items.

Prices, category codes, supplier item detail, unit of issue and supplier are all set-up – just choose the items needed and add to the shopping cart.

24 hour, 365 day coverage for placing orders with suppliers – once the requisition is approved, a purchase order is generated by the system and emailed out to the supplier automatically.

Benefits to the Trust

- Improves standardisation and helps control which items are brought into the Trust. For example only the items that we use and are contracted are put on catalogues.

- Less duplication, an item only needs to be created once on the system.

- The Procurement Team have accurate usage data when re-letting contracts.

- Less queries from both end-user, procurement team and finance as the prices, unit of issue and item details are agreed when the catalogue is uploaded onto the system – this helps towards the Trust meeting its obligations and invoice payment targets.

- Helps us to be compliant in our contracting and purchasing activity – reducing risk to the organisation.

“A SPECIAL chair to help patients with lung cancer has been donated to York Hospital’s lung cancer specialist nurses. It has been bought by a fund set up by staff after they were given a donation by the family of a patient. The Lung Cancer Nurses (Frank Burkill) Fund was founded after Frank’s family gave a donation of cash from his funeral to help other patients with lung cancer.

Jo Love, Lung Specialist Nurse at York Trust, said: “We’re really grateful to Frank Burkill’s family for helping us set up this fund. We chose this particular piece of equipment so that it can be loaned to patients who want to go home. The chair is for patients with breathing problems to be more comfortable. It can easily be used to sleep in when people can’t or don’t want to go upstairs.”

Further contributions have been made to the fund and the lung cancer support group and staff are hoping to buy more equipment.

Mary Burkill, Frank’s wife is the founder of the fund. She said: “I don’t know where we would have been without the specialist nurses, they were brilliant. We were lucky that we could provide all the equipment my husband needed at home but we know it’s not the same for everybody.”

Anyone wanting to contribute to The Lung Cancer Nurses (Frank Burkill) Fund can contact the lung specialist nurses on 01904 726956.
Help keep up a Christmas tradition

POSADA is an old Mexican tradition where young people dressed as Mary and Joseph travelled from house to house asking for a room for the night and telling people about the imminent arrival of Jesus in the weeks leading up to Christmas. On Christmas Eve they would visit the local church to re-enact the nativity and place figures of Mary and Joseph in a crib. Modern day Posada uses nativity figures of Mary and Joseph who travel from place to place. We will again be looking for hosts for the nativity figures for the fortnight before Christmas. The four sets over the last couple of years have attended weddings, been to various homes over the weekends, even found some homes over Christmas (which helped the Christmas story)! How about offering to host/take them to Scarborough? Book early to avoid disappointment! Phone Stuart (Chaplaincy) on 01904 (72)5579

Bench dedicated to patient

A memorial bench funded by the charity Breathe Easy has been dedicated to a former patient in a special ceremony outside York Hospital.

Andrew Tiplady, who suffered with cystic fibrosis, died earlier this year at the age of 31. Andrew was a volunteer with the York branch of Breathe Easy and the longest serving member of their committee.

Dave Hardy from Breathe Easy said: “We wanted to mark Andrew’s contribution to raising money for the British Lung Foundation. He was a remarkable young man. Because of his condition the hospital was his second home so we thought it only right to fund a bench that other people could enjoy.”

Andrew’s father, Michael said: “We hope the memorial might remind people to think about organ donation. If more people sign up, more lives will be saved.”

Retirements

Hospital says goodbye to Margaret after 23 years’ service

A member of staff who has worked at Bridlington Hospital since it first opened its doors is stepping down from her role after 23 years!

Margaret Hedges, Hotel Services Supervisor, has worked at Bridlington Hospital since 1988. Margaret said: “I have really enjoyed the variety of my job and have worked with an excellent team of staff over the years.”

Carol Ward, Hotel Services Manager at the Trust, said: “Margaret has seen many changes at Bridlington hospital over the last 23 years. Her vast knowledge of the department and her expertise will be greatly missed. I am sure all her colleagues will join me in wishing Margaret a long and happy retirement.”

York Trust Christmas events

- Tuesday 20 December, 12.30pm – 1.30pm: Drop in Carol Service and Singalong in the Hospital Chapel
- Wednesday 21 December, 2.30pm: Carol Service, Bootham Park Hospital (hot roast sandwiches and coffee provided by The Umbrella Café - free for all who attend!)
- Saturday 24 December, 7.45pm – 9pm: Ward Carol Singing – meet in the chapel for 7.45pm start, all welcome
- Christmas Day, Hospital Chapel, 10.30am: Service of Holy Communion; 11.15am: Roman Catholic Mass
Revitalise

THERE has been a brilliant response to the Revitalise trial where staff can access free personalised health and fitness plans as well as the latest wellbeing tips and advice online. Over 300 staff at Scarborough have registered and 250 in York. If you have not yet registered yet simply visit: http://york.wellbeingzone.co.uk Organisational Code for York, YORK 1 http://SNEY.wellbeingzone.co.uk Organisational Code for Scarborough, SNEY1

You will find full details of additional fantastic local activity discounts such as free swim weeks/free and reduced day passes for NHS staff.

HR is looking for volunteers to take part in the evaluation process. To find out more contact Anna Smith, HR Advisor, 01904 725325 or email anna.smith@york.nhs.uk

State-of-the-art clean room

A ROOM in the ophthalmology department at Scarborough Hospital has been converted into a state-of-the-art ‘clean room’ to deliver the hospital’s Lucentis Service to patients with wet Age-related Macular Degeneration (AMD).

Lucentis is an injection, given by healthcare professionals, for the treatment of AMD. It is given in a clean room or an operating theatre. The injection procedure itself takes seconds and patients can go home later that day.

The introduction of the Clean Room – a sterile room – means that patients can now receive this treatment in the Outpatients Department rather than the theatre in the Dales Unit.

Suzanne Meek, Sister in the Outpatients Department, said: “Since we launched the Lucentis service in April, the take up has been phenomenal.

“The addition of a Clean Room in the Outpatients Department means that the service can be fully delivered in Outpatients which is great news for both patients and staff.”

SCRAP Poor Prescribing, that’s the message from a group of doctors, nurses and pharmacists at Scarborough Trust as they launch a poster campaign to remind staff about good practice when prescribing.

This initiative has been developed by staff working to improve prescribing safety as part of the Patient Safety and Quality Improvement Programme.

The group came up with the acronym SCRAP after an audit of the drug charts revealed that:

- Only 43% had fully completed the sensitivity/allergy box
- Only 70% were clear and legible
- Only 46% had, as required, included the frequency/max dose in 24 hours

- 8% used unapproved abbreviations
- The prescriber was only identifiable in 65%

The initiative, which follows regional prescribing guidelines, will be piloted on Haldane and Graham Wards. An information stand will be held on 6 January outside the old Graham Ward for staff to find out more about this project. From 9 January all charts wards will be audited and a communication note will be left on any drug chart which does not meet the required standard.

Long service staff recognised

On Friday 16 December, 19 more long serving members of staff were recognised by Chairman Sir Michael Carlisle for giving 25 years of service to Scarborough and Bridlington Hospitals.

John Dunn, Deputy Director of HR, said: “Between them these staff members have given the Trust 475 years of service!

“Working in departments across the Trust from the wards, to the library and the hospital grounds each of these roles is integral to delivering the best possible service and care to our patients.

“I would like to take this opportunity to thank each of them for their dedication and hard work over the past 25 years.”

Carol Ward, Hotel Services Manager, is one of the staff members to be recognised this year. She said: “My 25 years have been spent solely in the domestic department alongside with some of my colleagues who are also receiving a long service award today. To say we have spent such a long time in one department speaks volumes itself.

“I have seen many changes over the years regarding my own career as I started here as a domestic assistant and went on to do every job in the department.”

The staff in the above table were recognised at the Long Service Awards for 25 years’ service to Scarborough Trust.
Green revolution for Whitby Hospital

WHITBY Hospital has undergone a green revolution over the past three years since partnering with local recycling company Yorwaste. The hospital generates about 37 tonnes of non-clinical waste each year, much of it cardboard, plastic and paper all of which are suitable for recycling.

In a bid to become more environmentally friendly the hospital called in Yorwaste who installed easy to use recycling bins so that staff could put all recyclable materials in one bin.

Elaine Rigden, Whitby Hospital Site Coordinator said: “We have been delighted at how quickly everyone has become dedicated to recycling as much waste as possible. Almost a third of our non-clinical waste goes for recycling, and it’s still on the increase.

“It’s been made so easy because paper, cardboard, cans and plastic all go into just one container and Yorwaste does the rest. The bins are collected and sorted at Yorwaste’s resource recovery centre in Scarborough so that as much material as possible can be sent for recycling.”

Health visitor’s quest for African visitor centre

A York health visitor who has travelled to Uganda to support families for the last four years has been awarded a special travel bursary to continue her work in building a health centre.

Liz Staples, who works at Hob Moor children’s centre in York, is part of a group from Huntington church who have helped to build a village school and have now started work on a health centre.

The travel bursary, given by the Community Practitioners’ and Health Visitors’ Association (CPHVA) for public health abroad, means that Liz can return to Uganda next year to see through the vital work she has started in bringing health education to families in the village of Kyoga.

Liz said: “The health centre is a very exciting project, which will bring so much to the people who live there. There will clinics for HIV, malaria and vaccinations, separate wards for men and women, and even emergency delivery maternity services.

“We visit the village every year and have physically helped to build a school from scratch and will do the same with the health centre. As well as the satisfaction we get out of giving this type of support, we also know that all the money goes directly to those who most need it.

During last year’s visit Liz found her skills as a health visitor and trained midwife in great demand as she ran health promotion workshops aimed at adults.

Liz continued: “It was very rewarding to see how eager people were to learn the kind of basic health education that we take for granted. Advice on hand washing, dental care, nutrition, and what to do when your child is ill was really valued. We also took some practical steps such as providing toothbrushes and mosquito nets.

“Parents in Uganda are no different to here – they just want to see their children fed properly, to grow, get an education and be able to get a job.”

Liz is planning to take time off from her busy job to return to Uganda next year for further work on the health centre.

Information – a reminder

HOW would you feel if your health information was found in a public waste bin?

Following recent example from other Trusts where patients’ medical information has been disposed of inappropriately and found in public places, staff are reminded of the importance of disposing of such information correctly.

Cathy Walker, Scarborough Trust’s Information Governance Officer, explained: “Please be vigilant when disposing of patient details. Anything that contains patient details needs to be disposed of adequately, whether it’s an official document, scrap paper, memory stick or disc.”

1. Check that the information is no longer needed – many documents need to be kept for several years before they can be disposed of.

2. Dispose of the document in an appropriate manner using the brown confidential waste bags for Scarborough Trust and the white confidential waste sacks and red confidential waste bins in York Trust.

3. To dispose of electronic data please contact IT.

If you have any concerns regarding the safeguarding of information, please contact the Information Governance Officer:

Scarborough – Cathy Walker 01723 342677 
York – Susan Hall 01904 725306

New equipment

SCARBOROUGH Trust will soon take delivery of five new advanced anaesthesia workstations – the Draeger Primus Infinity Empowered.

Jason Wilsher, Medical Engineer, explained: “The investment in this new equipment means that we now have a total of eight Draeger machines at the Trust. The equipment will be located in the main operating theatres. This means that there will be no difference in operating room machine when moving from theatre to theatre or site to site.”
Going the extra mile for charity - staff fundraisers

Liz completes NY Marathon

Last year Liz Jones, Foundation Programme and College Tutors Administrator, at Scarborough Hospital, had never run further than 50 metres. This year on Sunday 6 November, she completed the New York Marathon in 5 hours, 57 minutes and 32 seconds! Liz embarked on this personal challenge in memory of her 17 year old son, Christopher, who tragically died in a car crash on 30 October 2001. She ran the New York marathon to mark the 10 year anniversary and to raise money for the charity Brake (www.brake.org.uk), a small charity which supports head injury victims and their families and helps raise awareness of road safety.

Personal journey: Liz Jones with her New York Marathon medal

challenging winter and a couple of chest infections along the way, her longest run was 23 miles ahead of the event. The jet lag and adjusting to the time zone did not prevent Liz from completing a 5k run the day before the marathon itself as a warm-up. Liz said: "The marathon, although tough, was amazing. The support from the 2.5 million spectators, 126 bands which included rappers, pop, gospel singers and orchestras created an atmosphere that carried all the marathoners along.

“There were supporters with placards, such as, ‘Black nails are sexy!’ (Yes, I have a few of these now! ‘Free hugs’ (I stopped for one at the eight mile mark!) and ‘Beer – this way!’ (which I passed on!)

"It really was an incredible journey, both physically and spiritually. "I would like to say a big thank you to all those who supported me in this and donated to the charity. I may have raised in excess of £4,500 which is fantastic – I never anticipated raising such a huge amount of money. Thank you."

If you would like to support Liz’s efforts by making a donation to Brake, please contact her at liz.jones@acute.sney.nhs.uk

Busy year for Karen

Karen Rogers, Staff Nurse in Outpatients, has had a busy year fundraising. She raised over £3,900 for breast, ovarian and cervical cancer charities and cycled 250 miles in Kenya.

Karen explains: “I was part of a group of 70 women who cycled from Nyen near Mount Kenya through the Rift Valley and ended our challenge at Ksmon Lake Victoria. It was a tough challenge cycling between 40 and 65 miles a day in the heat and altitude with very hilly terrain but it was an amazing experience and a fantastic feeling to complete it. Part of the funds raised also went to an African cancer charity in Nairobi. We also visited a school and took supplies and toys for the children and visited an elephant orphanage caring for baby elephants whose mothers had been killed by poachers.

“Everyone has been really generous in their support and I would like to thank family, friends, colleagues and everyone else who donated.”

Dawn Read, Avon Team Leader, Louise Gravestock from St Catherine’s, Sally Rhodes and Becky Medcalf Avon Area Manager.

Fundraising role for Sally

WHEN Sally Rhodes is not working at Scarborough Hospital as a Clerical Assistant in the Physiotherapy Department, she is busy fundraising for local charities. She recently organised an event in partnership with Avon which raised £1500 for four cancer related charities including St Catherine’s Hospice. Sally said: “I would like to thank everyone who supported us on the day, gave corporate donations, or provided wonderful raffle prizes.”

Carol’s quest for Candlelighters

Well done to Carol White, Endoscopy Technician at York Hospital, for conquering her fear of heights to raise money for Candlelighters children’s charity.

Carol abseiled 200ft down the seven storey high Prince’s Exchange building in Leeds, raising £816 in memory of her daughter Megan who died ten years ago age seven.

Good work Carol - and thanks to all her supporters in endoscopy!

Kathy exhibits artwork in hospital corridor

THE EXHIBITION currently on display on the Hospital Arts for North East Yorkshire (HAFNEY) corridor at Scarborough Hospital is by staff member Kathy Underwood.

The exhibition features canvas printed photography by Kathy who is the GP Scheme Administrator in the Postgraduate Centre.

Kathy explained: “I have displayed a selection of canvas printed photos to showcase my range of photography skills, as this year I have added wedding and pet portrait photography to my portfolio. The canvases on display show local areas of Scarborough and Whitby to further afield places I have visited such as Hong Kong.”

For more information about Kathy’s work go to www.katswax.co.uk. Enquiries about photographic shoots or canvases (or prints) for sale can be made by contacting Kathy at the Postgraduate Centre on 01723 342077 or kathy.underwood@acute.sney.nhs.uk

Merry Christmas and a Happy New Year