Rachel Watson, a Domestic Assistant from Scarborough Hospital, is still living her Olympic dream and is just about to start a second volunteering stint at the Paralympics Games.

In July Rachel swapped the wards of Scarborough Hospital for the Athletes’ Village. She has taken two months off work to take part in the volunteering role of Games Maker.

Staff Matters spoke to Rachel after the Olympics and ahead of the start of the Paralympics she said: “I am really enjoying myself – I don’t want it to end. I still have one month to go and am going to enjoy every minute of it.”

When asked what an average day involved she explained: “My job title was catering, cleaning and waste but it was a lot different to what I originally thought.

“My ten hour shifts started in the dining room where I made sure that only athletes entered the dining room, this was to make sure that the athletes were not interrupted whilst they ate and that no one else ate their food! I also helped with waste streaming showing the athletes what they could recycle.

“There was also an outdoor barbecue and I did the same thing there, it was great working there when it was sunny, which luckily was most days.

“I also collected meal vouchers in the staff canteen and took part in cleaning and catering audits, making sure buildings were clean and that meals were nicely presented and that the labels matched the food.”

Rachel was lucky enough to

Continued on page 2
Rachel and friends

Floral reminders

‘Forget-me-nots’ are being given to dementia patients at Scarborough and Bridlington Hospitals as part of a campaign to improve dementia awareness amongst staff.

Stickers, featuring the distinctive blue flower, will be stuck on the front of a patient’s notes and nursing care plan if they have been identified or are known to have dementia.

Emma Day, Matron for Medicine and Dementia Lead, explained: “The Forget-Me-Not campaign is a simple idea which aims to improve awareness of dementia amongst staff.

“By sensitively placing a recognisable symbol the forget me not will alert staff to the patient’s individual needs.

“The campaign wants to ensure high-quality care and support is given to patients with dementia and that early diagnosis is made to allow for early intervention.”

Top award for York eye consultant

RICHARD GALE, Consultant Ophthalmologist at York Hospital, has won the Clinical Service of the Year award as part of the Macular Disease Society 25th Anniversary Awards for Excellence. The title recognises his exceptionally good practice in the care of people with macular disease.

Macular disease causes loss of central vision, which can make it difficult for people to carry out everyday tasks such as reading, watching television, and distinguishing faces. Age-related macular degeneration (AMD) is the most common cause of sight loss in the UK.

This was the second year in a row Richard had been nominated for the award, with patients keen to express their gratitude towards him for the care they have received. Dorothy Hall, one of the patients who nominated him and the team said: “As well as being thoroughly professional, Mr Gale is very approachable, welcoming and caring.

“There are many patients affected by macular disease in the Bridlington area who feel a deep sense of gratitude to Mr Gale for pioneering the mobile community eye clinic at Bridlington Hospital. The unit has made a huge difference to our lives, turning a monthly visit for an injection into a local trip instead of a long journey of up to a 100 mile round trip to York Hospital. We receive the same high standard of treatment and they have created a friendly, relaxed atmosphere in a well-equipped bright unit.”

The award will be presented at the Society’s annual London conference on 22 September.

Richard said: “Everyone in the team is delighted with the award, we recognise the importance of patient experience so it’s very gratifying to see that patients feel strongly enough to nominate us. We just want to provide the best possible care for patients in the right setting for them.”

“The award will be presented at the Society’s annual London conference on 22 September. Richard said: “Everyone in the team is delighted with the award, we recognise the importance of patient experience so it’s very gratifying to see that patients feel strongly enough to nominate us. We just want to provide the best possible care for patients in the right setting for them.”

As well as being thoroughly professional, Mr Gale is very approachable, welcoming and caring”
New nurse-led lymphoedema clinics

More highly qualified staff in York Hospital’s Dermatology Outpatients has meant that patients with lower limb non-cancerous lymphoedema can now receive expert treatment.

Pauline Stopford-Taylor, Clinical Nurse Specialist, along with three of her colleagues in dermatology, Deputy Sister Lynda Greetham, Staff Nurse Leah Hoggan and Staff Nurse Monique Wilson have all completed the lymphoedema theory and practice degree course at Teesside University.

Pauline said: “Because of the extra training and enhanced practical skills we have been able to set up two new nurse led lymphoedema clinics in dermatology. Until recently patients were mostly seen in lymphoedema clinics in a cancer care setting as it often develops as a side effect of cancer treatment. Some were not able to be seen at all as there was no recognised clinic for these particular patients. The department has joined the British Lymphoedema Society and attend the regional meeting for updates to ensure that we can provide the must up to date expert treatment.”

Lymphoedema is a chronic long term condition, affecting patients’ quality of life, both physically and psychologically.

Pictured below: Deputy Sister Lynda Greetham, Staff Nurse Monique Wilson, Pauline Stopford-Taylor, Clinical Nurse Specialist and Staff Nurse Leah Hoggan

New social media guidance

SOCIAL media has become a big part of many people’s daily lives and can be a great tool for communication. It can include blogs, message boards, wikis, podcasts, online games and social networking sites.

At times social media can blur the boundary between an individual’s private and professional life and, to help staff to recognise inappropriate use of social media, the Trust has provided social media guidance.

When the Trust is clearly identified on a site, or when an employee’s association with the Trust and/or their role or professional status can be identified on a site, it is important to understand what is judged to be appropriate.

Employees have an individual responsibility to ensure they behave appropriately in line with the Trust’s values, policies and procedures and their professional codes of conduct and do not bring the Trust into disrepute including in an employee’s personal time.

For further details, please refer to the social media guidance on Horizon or the Scarborough intranet. Alternatively contact the Directorate of Human Resources on ext 5318/5312.

In Brief

Success for student
CONGRATULATIONS to trainee Clinical Physiologist Donna Formby who has recently graduated with first class honours degree (BSc) in Clinical Physiology (neurophysiology). In addition Donna has passed both sets of professional body exams with distinction.

Joanne Horrocks, Neurophysiology Manager, said: “Donna is the first student that the department has put through this four year training programme. She has studied exceptionally hard to achieve this and I’m very proud of her. We have been lucky enough to recruit her to a permanent position within the department, and she will be a valued member of our small team of Clinical Physiologists within the department of Neurophysiology.”

Drop in session
A DROP-IN session for Oracle non-stock requisitioning will be held at Scarborough Hospital on 12 September between 10am and 12pm and 1pm and 3pm. The event will be held in Learning Centre 3 of the IT Training Portakabin.

Stephen Tiller, Procurement Systems Development Manager, explained: “If you have any questions or training requirements around the Oracle iProcurement system, such as non-stock catalogue shopping, non-catalogue requests and selecting the correct category code, or even requisition approval and forwarding, please feel free to come along any time.”

Changes to payroll
FOLLOWING the integration, staff remaining on the Scarborough payroll have continued to be paid by a third party provider, South Tees. This will be changing from 1 October with October’s pay being processed by York Teaching Hospital’s Payroll Department.

The main change is that from October the pay date will move forward to the 28th of each month, or the Friday before this if the 28th falls on a weekend or Bank Holiday. December’s salary is also usually paid in the week leading up to Christmas.
Fiona’s epic bike ride

FIONA BROWN, Staff Nurse on Ward 16 at York Hospital is marking a certain special birthday by cycling from Lands End to John O’Groats. The journey starts on Saturday 1 September covering 1,100 miles in 15 days.

Fiona will be averaging 70 - 80 miles per day, traveling up the west side of the country before heading east at Oban to travel to Loch Ness. The journey will finish at John O’Groats on Saturday 15 September.

To mark this epic journey Fiona is raising money for the STAR appeal. Please sponsor Fiona by visiting: www.justgiving.com/fiona-brown9

Changes to reception opening times

FROM October the reception at Clementhorpe Health Centre will no longer be manned on a Thursday or Friday.

From 17 September there will also be changes to the reception opening hours at Easingwold Health Centre which will change to 9.30am to 3pm, Monday to Friday.

Outside of these hours an answer phone will pick up any messages.

These changes do not affect clinics or services which will still operate during the centre’s full opening hours.

It is important that estates and delivery staff are aware of these changes as outside of these hours there will be no reception cover.

This means that there will be no availability to access staff or services at the health centres, unless by prior appointment.

Special DVD helps parents

PARENTS of sick and premature babies at York Hospital’s Special Care Baby Unit (SCBU) are being given extra support and information with an innovative new DVD.

The ‘Small Wonders’ DVD offers expert advice and examples from real families of the kinds of problems that parents might face so that they can build confidence in caring for their baby.

First time mum Danielle Southern from Thorpe Willoughby, Selby, is one of the first in the unit to benefit from the DVD. Baby Scarlett was born ten weeks early on 20 July, weighing only 3lb 2oz, leaving Danielle completely unprepared.

Danielle explained: “I hadn’t even attended an ante natal class when Scarlett was born as she came so early. I had no idea how to bath a baby or change a nappy, especially on one so small. The staff here are fantastic, they explain things and help you to care for your own baby but there’s still a lot to take in.

“The DVD has been brilliant as I’ve been able to watch it while at the hospital with Scarlett, the information is excellent. My partner and parents have all watched it and it’s really helped us all understand what the equipment is here for and what to expect. It’s made me a lot less scared and makes you realise that you’re not the only person to be in this situation.”

The DVD has been donated by charity Best Beginnings who aim to increase families’ awareness of the benefits of breast milk for babies and of parents having skin-to-skin contact with their babies, ultimately improving health outcomes for sick and premature babies.

Vikki Smith, Staff Nurse on SCBU said: “We’re delighted to be able to offer this to parents, it’s a very useful resource that will help both mums and dads before they have their baby as well as those who have had their baby admitted to SCBU. It empowers parents to become more involved in their baby’s care so that they are more confident when baby goes home.”

For more information about the DVD visit www.bestbeginnings.org.uk/small-wonders
DO YOU want to maximise your lunch hour? The WRVS shop at Scarborough Hospital is helping you do just that by taking telephone orders for hot food, so that it is ready to pick up at a time convenient to you.

Debbie Landray, Service Co-ordinator for North Yorkshire, explained: “We appreciate staff may only have a short period of time for breaks and would like to make our services more accessible.”

Debbie continued: “The WRVS is looking to expand the service it offers to other areas within the hospital but we need volunteers to do this. If you, or your friends, family or neighbours are interested please contact Christine at the shop on 01723 385102. “We would like to thank everyone for the support you have given the WRVS in opening the new Scarborough shop and cafe and hope to continue expanding our services to the benefit of all.”

Telephone 01723 385102 (ext 5102) to place an order with the WRVS or to request a copy of their menu.

The WRVS team happy to now take your order over the phone

Decontamination strategy progresses

A project has begun to examine and maximise the provision of sterile services and decontamination services across the Trust.

The Decontamination Optimisation Project which began in August is being led by James Hayward, Programme Director Capital Projects, and David Biggins, Trust Decontamination Lead.

David explained: “This exciting opportunity allows us to build on much of the excellent work already in place in both sterile services departments whilst looking to the future to devise a service which not only meets the needs of our patients but provides modern effective decontamination practices.”

The project will examine a range of options for future sterile services provision including capacity and demand modelling, instrument inventory appraisal, the sterile services environment, transportation of instruments and plant and equipment compliance.

A multi disciplinary project group and board will support the 18-month project in achieving its objectives. The project also aims to provide an opportunity for clinicians, support staff and managers to contribute to shaping future provision of this key support service.

For further information please contact James Hayward or David Biggins, david.biggins@acute.sney.nhs.uk

Two new Non Executive Directors

TWO new non-executive directors have been appointed to serve on the Board of York Teaching Hospital NHS Foundation Trust. Jennifer Adams and Michael Keaney’s appointments were confirmed by the Trust’s Council of Governors at its meeting on 14 August 2012. They have been appointed for a period of two years from 1 September 2012. Jennifer Adams is a Scarborough resident and has experience as a non-executive and governor at other organisations, as well as a short period at Scarborough Hospital a number of years ago. Her background is in the financial services sector, including Aviva. She brings analytical skills and a commitment to the quality of healthcare delivered to the whole community.

Michael Keaney is an experienced business person with a well-established private sector background in Scarborough, including a number of years as Chief Executive of Plaxton Ltd. He has served on a wide variety of Boards and brings strategic and transformation capabilities.

Alan Rose, Chairman of the Trust’s Board of Directors said: “I am delighted to welcome two Scarborough-based directors to our Board. This confirms the commitment of the Trust to the successful integration and sustainability of healthcare provision in North and East Yorkshire”.

New assessor

CONGRATULATIONS to Kitty Lamb, Health Visitor based at The Avenues Children Centre and Community Practice Teacher on being selected as a Fitness for Practice Assessor by the NMC. Kitty will be joining Matron Anna Buchan, who is already a long standing Assessor of the NMC and who actively chairs disciplinary and health panels and hearings.
Focus on... FRAUD

The majority of people who work in and use the NHS are honest, but there are a minority who try to defraud its valuable resources. It's important that everyone is aware of the types of fraud that are committed and are not afraid to report it. Defrauding money from the NHS deprives hospitals and patients of valuable equipment, staff and resources and ends up costing the taxpayer more money to fund the NHS.

The NHS Counter Fraud Service (NHS CFS) is there to reduce fraud within the NHS. Counter fraud work ranges from issuing penalty notices as a result of patients falsely claiming prescription charges to the multi-million-pound claims against drug companies for alleged price-fixing.

National Fraud Initiative 2012/13

This year the Trust will again be participating in the National Fraud Initiative (NFI). The NFI is a sophisticated data matching exercise run by the Audit Commission which matches electronic data within and between participating bodies to prevent and detect fraudulent and erroneous payments from the public purse.

These include NHS bodies, local authorities, government departments and other agencies. Data matching involves comparing sets of data, such as payroll or benefits records of a body, against other records held by the same or another body, and allows potentially fraudulent claims and payments to be identified and investigated. The exercise is run every two years. The data is processed in accordance with the requirements of the Data Protection Act 1998 and the Code of Data Matching Practice 2008 and is carried out by the Audit Commission under the statutory powers conferred upon it by Part IIA of the Audit Commission Act 1998. It does not require the consent of the individuals concerned under the Data Protection Act 1998.

The 2010/11 NFI helped trace £229 million in fraud, error and overpayments in England. Since the initiative’s start in 1996, the programme has helped identify £229 million and the initiative has attracted international recognition.

Full information and details regarding the initiative can be found at www.audit-commission.gov.uk/nfi

Working elsewhere whilst on sick leave

As part of the process of becoming one Trust a number of Human Resources policies are being brought into line across the Trust. One of these is the Sickness Absence Policy and procedure supporting and managing the wellbeing of staff.

The Trust is sympathetic and supportive of staff who are unable to attend work as a result of ill-health and the policy provides a framework for managing sickness absence in a fair and consistent manner.

Under the terms of this policy employees must not undertake employment outside the Trust, paid or otherwise, while off work due to sickness, unless previously agreed with the Trust.

Staff should appreciate that working for another employer whilst on sick leave and receiving sick pay from the Trust may constitute fraudulent activity and lead to disciplinary measures up to and including dismissal, prosecution and civil recovery proceedings being taken.

Occasions have arisen in the past where the Trust’s Local Counter Fraud Specialist (LCFS) has conducted investigations into staff working elsewhere whilst on sick leave.

These were the result of either information received directly by the LCFS or being identified through the National Fraud Initiative (NFI), which is a data matching exercise aimed at the prevention and detection of fraud.

The investigations can be conducted on a criminal and/or internal disciplinary basis and may entail individuals being interviewed under caution at a police station. Where proven, investigations have resulted in disciplinary action leading to dismissal, reporting to the relevant professional body and recovery of payments.

Investigation papers may also be submitted to the Crown Prosecution Service for consideration of criminal prosecution.

It is important therefore that staff are aware of and comply with their responsibilities under the Trust policies identified above in order to avoid the possibility of disciplinary action being instigated.
York’s home-grown apprentices graduate

The first apprentices to qualify from York Hospital’s Estates Department in almost twenty years gathered with colleagues at a recent presentation to mark their graduation.

Electricians Jason Simpson and Philip Fletcher, along with mechanical fitters Joe Brockway and Ashley North, were presented with certificates of achievement by Brian Golding, Director of Estates and Facilities at the hospital.

The four were praised for the hard work they had each put in over the time of their apprenticeships, and for achieving the high standards they had demonstrated throughout.

Brian said: “Maintaining a hospital environment is a highly specialised job and we decided the best way to get the right staff for the future was to train our own through the apprenticeship scheme. We’re delighted to have produced such high calibre young men who have learnt their craft while studying at college and now have become highly qualified skilled craftsmen in their own right.”

The four were chosen from over a hundred applicants and, as well as working, they have attended day release courses at York College. They have also taken specialised courses necessary in the hospital environment such as decontamination processes, ventilation, and water hygiene.

Brian continued: “They are great ambassadors for our organisation with their enthusiasm and commitment to the job. As they move forward in their careers we are looking to them to act as mentors for our next set of apprentices, whom we expect to join the team in September. Our aim is to nurture our skilled engineers of the future.”

From left: Jason Simpson, Ashley North, Joseph Brockway, Philip Fletcher

Doctor of Biomedical Science

A MEMBER of staff who works in the Clinical Biochemistry Laboratory at Scarborough Hospital has been awarded a Doctorate in Biomedical Science from the University of Portsmouth.

Dr Ademiju Adelugba, who is known to his colleagues as Remi, is a Senior Biomedical Scientist in Biochemistry. He began studying for the Doctorate in 2005 whilst working at St James’s Hospital in Dublin.

He relocated with his family to York in March 2010 and has continued to travel to Portsmouth twice a month to complete his Doctorate which looked at the assessment of reticulocyte and erythrocyte haemoglobin content and their use in the evaluation of iron status in hospitalised patients.

Remi who lives in York said that he was delighted to have successfully defended his thesis and awarded his doctoral degree. He said that it has been hard at times juggling full time work, teenagers and a toddler alongside his research. He is looking forward to taking a short break from studying before looking into publishing his research and undertaking more courses.

Hilary Price, Quality Manager in Pathology, said: “This is a great achievement and we are very proud of Remi. It is not easy to juggle work, family and professional development.

“We are privileged that alongside presenting his work at the National Conference of the Academy of Medical Sciences in Ireland (AMLS), and the Association of Clinical Biochemist in Ireland (ACBI), Remi has also presented his research to the department.”
Friends donate new machine

A new ultrasound machine which will give more in depth scans has been provided by the League of Friends at Malton Hospital.

The new ‘AplioMX’ ultrasound scanner was funded at a cost of £72,500 after the previous scanner, also funded by the Friends, had reached its average working life span.

Jez Kipling, Chairman of the League of Friends, said: “The new machine was agreed after Lucy Graham the sonographer came along to one of our committee meetings and gave us an in-depth insight into the new type of machine that would be needed which would be more up to date and efficient. We are delighted to have funded this much needed and well used piece of essential equipment once again.”

Award for Nigel’s significant contribution

Congratulations to Nigel Booth, chief accountant who has recently received a key contributor’s award for his significant input to the Healthcare Financial Management Association (HFMA). This is a national body that devotes it’s time and energy to the professional development of the finance function in the NHS. Nigel is local branch chair and a regular contributor to national issues.

Students from the US visit Scarborough Hospital

IN AUGUST students from the University of Alabama (USA) visited Scarborough Hospital as part of a trip to the UK to learn more about nursing and issues faced by healthcare professionals in Britain.

The students visited Scarborough Hospital with their programme tutor, Professor Stephen Tomlinson, who is originally from Yorkshire, as part of a two week visit to the UK arranged by the University of York’s Department of Health Sciences.

Tracey Wright, Matron for Surgery at Scarborough Hospital, greeted the visitors and presented information on nursing and the role of the Matron.

The students who are enrolled in the Nurse Education Program at the University of Alabama are studying to earn their EdD (Doctor of Education).

Practice Learning Facilitator, Janette Whalley, said: “We were delighted to welcome the students to Scarborough Hospital and to help facilitate this visit.”

Rather than organise a party to celebrate her 30th birthday next year Dr Rhiannon Humphreys who works at Scarborough Hospital has signed up to trek Peru in aid of Marie Curie in 2013, walking a gruelling 77.5km over 6 days along the Inca Trail, climbing more than 2,000 feet.

Rhiannon explained: “Next year marks ten years since my Nanna died of Breast Cancer and my 30th birthday. “My Nanna was a fiercely independent and wonderful lady, still working in her 70’s, who had a great influence on my life. “She was one of the reasons I became a doctor. Marie Curie were fantastic with her; helping her where she needed but allowing her to maintain that independence for as long as possible, then caring for her when she couldn’t.”

“I decided that the only way to celebrate that fantastic lady and reaching such a life milestone was to raise money to help Marie Curie and the wonderful work they do. In doing so, they can help more people like my Nanna. “The Inca Trail Challenge that Marie Curie is hosting, is the perfect opportunity. So rather than have presents or a party, I hope that people will sponsor me and aid me in supporting such a fantastic organisation.”

Rhiannon needs to raise nearly £4,000 in sponsorship. If you would like to support her please visit her Just Giving page at www.justgiving.com/rhiannon-humphreys or text RHSH83 and the amount you would like to donate to 70070.
Carers’ training programme offered

THE CORPORATE Learning and Development team are offering a new one day training programme for carers looking after loved ones in their own home.

The programme will be delivered by experienced staff and will help those caring for a person affected by long term health changes and the impact on personal relationships. It will cover nutrition and assisted feeding, manual handling and managing continence concerns and respecting dignity. It will be held at the York Hospital Sports and Social Club on Wednesday 26 September between 9.15am and 4.30pm. A packed lunch is required but tea and coffee will be provided.

To book a place please call Michelle Coatsworth on 01723 385243 or email michelle.coatsworth@york.nhs.uk or cladbookings@york.nhs.uk

Total Reward Statements

The NHS will be introducing Total Reward Statements for all 1.4 million employees next year. Our Trust and the London Ambulance Service have chosen to take part in an exercise to pilot the NHS Total Reward Statements before they are introduced nationally. This means that we have the opportunity to play an important role in helping to shape the statement for the future. If you are chosen to be part of the pilot, please do share your thoughts - they are really important to you and your NHS colleagues.

What is a Total Reward Statement?

A Total Reward Statement is a personalised document that shows you the overall value of your financial rewards as an employee. These include base pay, incentives and other local and national employee benefits. For members of the NHS Pension Scheme it will also provide details of your pension benefits.

Do I need to do anything?

Yes, the pilot exercise is being run to test the content and structure of the statement. Your help is invaluable in identifying if improvements are needed. The Trust will be identifying a sub-section of the workforce to be involved in the pilot. If you are chosen to be part of the pilot it is really important that you take time to read your statement. You will then be required to complete a feedback form. All feedback will be used to determine how Total Reward Statements can be improved. Future workshops may also be held to help with this.

When will I know if I am part of the pilot?

If you have been chosen to be part of the pilot exercise you will be notified by receiving a leaflet with your August payslip. Your Total Reward Statement will then be delivered to you at the same time as you receive your September payslip.

Having your say on staff benefits

Staff from Scarborough and Bridlington Hospitals are wanted to attend a focus group on staff benefits.

Helen Hardwick, Staff Benefits Coordinator, explained: “Following the integration we want to ask staff from Scarborough and Bridlington about the types of employee benefits that they value. “Holding a focus group is an important step in understanding employee preferences across the organisation.”

If you would like to have a say on what benefits you would like to see introduced and how money from the staff lottery is spent, you are invited to attend an informal meeting at 1.30pm on 25 September in the Green Room at Scarborough Hospital. For more information or to register your interest contact Shamika Hussain from the Staff Benefits Team.

October tinnitus event open to all

A UNIQUE event, to be held at York Hospital Audiology Department, will provide the latest information for the management and treatment of tinnitus.

The event takes place on Tuesday 9 October between 1.45pm and 5pm and is free and open to anyone. It features Dr Anthony O’Connell from York Audiology outlining the department’s current services and future developments. There will also be an expert on hearing aids introducing the latest aid for tinnitus. David Stockdale, Chief Executive of the British Tinnitus Association (BTA) will be speaking about the work of the BTA and current research (www.tinnitus.org.uk) and psychotherapist Glyn Blackett will be on hand to explain how alternative approaches such as meditation and biofeedback can be used to manage tinnitus.

Therapists from the Healing Clinic in York will also be available to provide information and mini treatments.

For further details please contact Kathryn Rankin, Specialist Audiologist, Audiology Department, York Hospital, email kathryn.rankin@york.nhs.uk
NHS Sports and physical activities challenge success

Dawn Preece and Janet Mountain attend the awards ceremony in London to pick up the Gold Award from David Nicholson

The Trust has been given the official stamp of approval for the physical activity levels achieved by staff by being awarded the Gold Level Standard for the NHS Sports and Physical Activities Challenge.

The challenge was set up in response to the Boorman report on health and wellbeing and is designed to encourage and challenge NHS staff to be more active. The Trust has introduced many activities to encourage people to be more involved and improve their health and wellbeing.

Janet Mountain, Project Manager Events, said: “Thanks to all staff who have taken part in a sky dive, climbed a mountain or joined a Zumba class – you have all helped us to achieve this standard. Everyone participating in the Global Corporate Challenge, climbed the climbing wall, run a 10K, signed up to the Revitalised programme or taken up a gym membership should all give themselves a pat on the back.

“Why not join in some of the classes that are run through Staff Benefits, or suggest other classes or activities you would like us to consider as part of the Move It programme? In addition you may like to join in some of the fundraising events being organised by York Teaching Hospital Charity.”

New stop smoking service

For patients
A new pilot project to help patients stop smoking is being launched in October by the Respiratory Department. Stop Smoking specialist, Jill Ross said “A hospital admission provides a great opportunity to think about stopping smoking. The No Smoking Policy means that people can’t smoke during their hospital stay and this can result in unpleasant nicotine withdrawal symptoms. We aim to reduce these by offering Nicotine Replacement Therapy or other stop smoking medications and by referring patients to their nearest stop smoking advisor on discharge, to help them stay stopped”. The pilot will pro actively promote hospital admission as an opportunity to consider quitting and will provide access to free and confidential help and support to stop.

For staff
Jill will also be on hand to offer individual support to staff at a new drop-in service based in York Hospital. The sessions take place between 12noon and 2pm every Monday from 3rd September (except 17th September) in Main Reception next to the Amigo shop. No appointment is necessary.

Jill said “Research shows that the most successful way to give up smoking is with professional support and medication. This new service will offer help to staff onsite and will provide easy access to stop smoking medication”

For more information contact North Yorkshire stop smoking service on 03003031603.

Falls team prepares for winter

THE FALLS Team will be holding their annual Get Ready for Winter event at Acomb Parish Church Hall on 25 September between 1.30 and 3.30pm.

The event is specially aimed at older people, their families and friends to help prevent falls in winter.

Back: Adele Harvey and Angie Hampton. Front: Rosemarie Coupland and Gill Hughes with visitor Eileen Burdett at June’s falls event

Free exercise classes for older people

ANGIE HAMPTON, Falls Practitioner and Postural Stability Instructor for the Trust is appealing for staff to spread the word about the Trust’s free exercise classes available to older people in the community.

The classes, held in York and Selby, are designed to help reduce the risk of falls, help balance, stability and confidence. Falls can be caused by a combination of problems including poor balance, strength and coordination, side effects from medication and deteriorating general health.

Angie said: “Research has shown that older people who take part in regular strength and balance training may be less likely to fall. The exercises are evidence based and help promote independence and counteract loneliness and isolation.

“The classes aim to promote quality of life and people have reported feeling more stable and better at walking. Many find they are more able to get out of a chair without difficulty and can get washed more easily.

“Falls can represent a serious problem for older people, occurring in around 30 percent of over 65s and 50 percent of over 80 year olds every year.”

Classes in Selby are held on Thursdays at the Cunliffe Centre, Petre Avenue from 1.45pm to 2.45pm.

York classes are held at ‘Energise’, Acomb, on Mondays at 1pm; Alex Lyon House, Tang Hall, on Mondays 3pm; Marjorie Waite Court, Clifton, on Fridays 10am.

Please contact Angie Hampton on 07944 689942 for more information.
Harnessing the volunteering spirit

Scarborough and Bridlington residents young and old have been “harnessing the volunteering spirit” of the Olympic Games by signing up to become a volunteer at their local hospital.

In August, Scarborough Hospital held its first volunteer open day for local people to come and find out more about volunteering opportunities at Scarborough and Bridlington Hospitals. Over 100 people of all ages took the time to attend the event, with many signing up on the day to pledge time to supporting patients in a number of roles including Welcomer, Dining Companion, Volunteer Visitor and Chemotherapy Unit Assistant.

Amy Messenger, Volunteer and Work Experience Service Manager, said: “This is the first volunteering open event we have held at the hospital and we have been overwhelmed by the interest we have had.

“Like in the Olympics our volunteers play a crucial role, to improve the experience of our patients during their hospital stay.”

She continued: “I think that the Olympics has had such a positive effect on raising the profile of volunteering and the benefits that it can offer.”

If any staff members are interested in becoming a volunteer, opportunities are advertised on NHS Jobs (www.jobs.nhs.uk). You can download an application form from NHS jobs or request an application form from the volunteer office on 01723 385244.

* David Cameron, speaking after the Olympic Games.

From left: Amy Messenger, Louisa Evans and Margaret Pettit

Award for York Cancer Care Centre

CONGRATULATIONS to York Cancer Care Centre for achieving the Macmillan Quality Environment Mark (MQEM).

This is awarded to cancer care environments that meet specific standards required by people living with cancer. It is the first assessment tool of its kind in the UK and the award is valid for a period of three years.

The MQEM standards were developed in collaboration with over 400 people living with cancer and with numerous stakeholders, including the Department of Health. To meet the MQEM standards, the cancer care centre has demonstrated an environment that is:

- welcoming and accessible to all
- respectful of people’s privacy and dignity
- supportive to users’ comfort and well-being
- giving choice and control to people using the service
- listening to the voice of the user.

World’s Biggest Coffee morning

IT’S NEARLY that time of year again – the Cancer Care Centre will be hosting this year’s World’s Biggest Coffee Morning on Friday September 28th, 10am – 12pm.

The centre is currently looking for donations of chocolates, bottles, or gifts for their legendarily Tombola and are also appealing to any bakers out there to get in touch and let them know what tasty baked donation you can offer. They can also confirm the famous Cancer Care Centre Carrot Cake will be making an appearance!

This year the money will be split between Macmillan and The Cancer Care Charitable Fund which covers the Trust’s Haematology/Oncology Unit.

* For more information email or telephone Michelle and Claire 01904 721166.
The Trust's drive to educate and support staff to recognise and respond to deteriorating patients is being supported by a new CPD module that allows staff to record patients' observations in real time.

The system which began on the Short Stay Ward at York Hospital, is now in place on five other wards and is being rolled out across the Trust.

The system takes the place of the paper charts and has made it possible to view the patient's chart electronically from several places on the wards and across the hospital through the IT system. The system tracks the patient's observations and their Patient At Risk (PAR) score and increases the frequency of observations in those with a high PAR score. These patients are then highlighted in several areas including the wardlist and ward whiteboards.

Dr Ian Jackson, Chief Clinical Information Officer, is supporting the project. Ian said: “Staff on the wards using the system have found it intuitive to use and have been very enthusiastic. It's important to recognise that this IT module is merely part of a much larger project and the training developed and provided by Catherine Lunness (Clinical Nurse Educator) and Jonathan Redman (Lead Clinician, ICU) is vitally important. The IT module ensures that observations are taken in a timely manner and prompt for escalating at risk patients to a senior level. The training provides confidence to the nursing staff to use their experience and training when caring for acutely ill patients and ensuring that they are escalated appropriately. Sometimes this escalation involves other teams like Critical Care Outreach but on other occasions it leads to difficult but necessary discussions about ongoing care with the patient and their relatives.”

Peter McBride, Charge Nurse, added: “The pilot scheme has been really well received by staff on the ward, in fact they have commented that they would not like to go back to the paper version. Everyone has enjoyed the one-to-one training and it has really raised the profile of the early detection of deteriorating patients.”

Following the success of the team on Short Stay Ward, the Executive Team have demonstrated their recognition of the importance of this project by agreeing to fund two weeks of backfill time for each ward so they can release a member of staff to act as a local champion. These champions will receive training and will then be supported while they train their ward colleagues. The aim of the Trust is to provide timely care and decision making for patients and by doing this reduce cardiac arrest rate and mortality figures.

Final York Star Performer winners announced

THE WINNER of York's final Star Performer Award is Sarah Butler, Peter McBride and the Team on the short stay ward at York Hospital.

Sarah was elected to be local champion of the pilot scheme to record nursing observations electronically, and with the support of the entire team was key to implementing a new scheme Sarah worked evenings and weekends to make this work.

She also embraced the learning offered on the importance of nursing observations and care of the deteriorating patient without hesitation. Well done Sarah, Peter and the Team.

A NEW monthly staff recognition scheme, called The Star Award is now in place across the Trust. This award is for individuals or teams who have demonstrated excellent practice in their area of work which has meant them going above and beyond the call of duty in the development or delivery of their services.

Nomination forms are available in hospital main receptions and restaurant areas or an electronic version can be obtained by contacting the Awards and Events team, Park House, Bridge Lane, Wigginton Road, York, YO31 8ZZ, tel 01904 726491, email: Awards&Events@york.nhs.uk

All nominations need to be received by the tenth of the month. Once nominations have been received they go through the first judging stage which is undertaken by a virtual team of judges from across the new organisation. The top three then go to Corporate Directors who choose the winner. Please note there is only one winner and not Bronze, Silver and Gold as announced in last month's Staff Matters.