Inspire project backs breastfeeding

A £2,000 grant to fund inspirational projects within the Trust has been awarded to develop breastfeeding services.

The Inspire Project was created by the Corporate Improvement Team to encourage staff to apply for a grant provided by the York Teaching Hospital Charity for inspirational projects within their department. Out of 18 worthwhile applications three applications were successful in sharing the £2,000 grant so they could put their passion into action within the Trust.

The three successful applications all focus on improving breast feeding awareness and education and meeting national UNICEF Baby Friendly Initiative standards (BFI).

Applications from three individuals, Lynn Fitzharris, Breastfeeding Lead Public Health York, Katie Riley, Healthcare Assistant at Scarborough Hospital and Jacqui Mortimer, Infant feeding Coordinator at Scarborough Hospital, had separately identified a need within the Trust to develop services.

The project will see funding being provided to send three staff members to the UNICEF Baby Friendly Initiative national conference where they will be able to increase their knowledge and share their learning with other members of the team. Hearing about the latest research first hand can have a direct impact on training for health visitors and child health professionals.

In Scarborough the team are keen to roll out a breastfeeding sticker campaign which will encourage local businesses and venues to provide and promote baby friendly locations. It involves engaging and educating local businesses to support and welcome women with babies in their community.

Linda Dunlop, Improvement Facilitator, said: “We were delighted with the response this year. There were so many worthy applications submitted to the judging panel it was agreed that four further applications could be supported by the charitable funds committee. Another five applications had great potential to make a difference within the Trust so the applicants have been encouraged to apply for charitable funds.”

The judging panel consisted of Linda Dunlop, Improvement Facilitator, Bianca Cipriano, Project Support Officer, Lucy Lowthian, Fundraising Manager and Jennie Adams, Non-Executive Director. The Inspire Project will run again in 2016.

Have you got a story?

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

- Lucy Brown, Head of Communications: lucy.k.brown@york.nhs.uk
- Rebecca Aspin, Communications Manager: rebecca.aspin@york.nhs.uk
- Elaine Vinter, Media and Communications Officer: elaine.vinter@york.nhs.uk
- Nicola Taylor, Communications Assistant: nicola.taylor@york.nhs.uk

4 Healthwatch awards for staff
7 Comfort boxes for patients
8-9 Staff Benefits and Wellbeing
12 ‘Pods’ installed on Ward 27
Trust’s campaign to support breastfeeding

Health professionals in York were out and about during World Breastfeeding Week raising awareness of this year’s campaign - ‘Breastfeeding and Work, let’s make it work!’

World Breastfeeding Week (1-7 August) promotes breastfeeding across the globe and this year focused on providing support for women who are returning to work, but who also want to continue breastfeeding their baby.

Lynn Fitzharris, Breastfeeding Lead for York, said: “Breastfeeding is one of the important factors worldwide of child health, development, nutrition and survival. This year’s campaign for World Breastfeeding Week focuses on ways to balance work and family life by making it easier for women who want to carry on breastfeeding once they have returned to work.

“As an employer, we support our staff by providing women with suitable rest facilities, a healthy and safe environment and suitable access to a private room. This enables them to be able to express and store their milk during a shift at work, so they can maintain their supply and are able to continue breastfeeding.”

Lynn visited York Hospital to offer advice and support about breastfeeding to visitors and staff. Healthcare Assistant Dominique Cole spoke to Lynn about her experiences of coming back to work after having her two children.

Dominique said: “I never even considered trying to breastfeed when I returned to work. Knowing you are supported in the workplace would make a big difference to women.”

The Trust has been awarded full UNICEF Baby Friendly Initiative accreditation for York and Scarborough Hospitals and is working towards the same status in the community.

Staff Friends and Family Test

IT’S BEEN just over a year since the Staff Friends and Family test was launched.

Following the Trust’s initial method of surveying all staff, the test is now focusing on specific directorates to give local teams an opportunity to have their say in whether they would recommend the Trust to friends and family.

The survey also encourages teams to be involved in making suggestions for local service improvements that would make a difference, which is underpinned by the “You Said, We Did” campaign.

Since the beginning of the year, the survey has been run in Specialist Medicine, Theatres and Anaesthetics, and Pharmacy. The response rates have been significant since then with 54 percent of staff from Specialist Medicine taking part and 49 percent from pharmacy.

Zinnia Ritz, Employee Relations and Engagement Manager, said: “We’re really pleased with the increase in response rates and this shows that using the survey as a local communication tool works and encourages staff to participate. Feedback we have received from directorates is that staff really appreciated having the opportunity to contribute and have their voice heard.”

The survey will be coming next to Emergency Departments and Laboratory Medicine, so please look out for your opportunity to have your say!
HYMS in top 10 for student satisfaction – survey

HYMMS in top 10 for student satisfaction in national student survey.

For the second year running, Hull York Medical School (HYMS) is in the top ten for overall course satisfaction in the National Student Satisfaction Survey (NSS). The survey is open to all students in their final year of their undergraduate study in all courses in the UK. It is an influential source of information regarding the student experience.

Dr Janine Henderson, Medicine MBBS Programme Director at HYMS, said: “We are delighted with these excellent results; we are proud of our students, our staff and our school and will continue to work together to deliver a first-class education at the Hull York Medical School.”

Satisfaction with teaching has risen to 96 percent and HYMS were placed joint number one for the personal development category with a score of 99 percent.

HYMS Dean, Professor Trevor Sheldon, said: “Hull York Medical School has achieved 95 percent overall satisfaction in the National Student Satisfaction survey due to the hard work and commitment from colleagues in the NHS sites throughout the region. The school is a partnership between the NHS and the Universities of Hull and York working closely together to train the doctors of the future. Teaching at Hull York Medical School focuses on patient centred care and problem-based learning. To score so highly in the personal development category reflects the focus we have given this within our teaching.”

‘Excellence’ Construction Award

THE TRUST has won the ‘Integration and Collaborative Working’ award at the Yorkshire and the Humber Constructing Excellence awards.

The accolade come for the Trust’s work with Kier on capital developments such as the new Lilac ward at Scarborough Hospital.

The event brought together over 350 industry professionals, representing a wide cross-section of the construction sector, in a spectacular celebration to recognise and reward the very best examples of construction excellence, achievement and best practice.

Brian Golding, Director of Estates and Facilities, said: “This nomination is a testament to our team and sends a strong message that we continue to plan with ambition to develop our estate for the benefit of future generations of staff and patients.”

The awards represent a broad cross section of the construction industry, and the winners then go on to compete at the National Constructing Excellence Awards held in London in the Autumn.

Brian Golding, centre, receives the award with James Hayward, Director of Facilities at Scarborough Hospital.
Three staff from the Trust are amongst the first to be honoured by Healthwatch York in their new awards scheme. The Making a Difference Awards were launched at the end of July to recognise excellence in health and social care services. They are nominated by members of the public through the Healthwatch York Feedback Centre which allows people to rate the service out of five stars and leave comments to explain why the service is good or bad.

Congratulations to Liz Taylor from the glaucoma clinic, Pardeep Saini from orthodontics and Amanda Rudd, Sister in the Emergency Department who received a certificate and the praise of service users and Healthwatch York.

Siân Balsom, Healthwatch York Manager, said: “Often when people think of feedback, they think about negative things and how things could and should be better. We’re delighted that the Healthwatch York Feedback Centre is giving people the opportunity to give praise where it is due and that our new Making a Difference Awards will go one step further and make that recognition public.

“Improving health and social care services in our city is as much learning about things that work and sharing best practice as it is about addressing issues raised. It’s vital to recognise some of the excellent work that people do day in and day out to make our health and care services the best they can be for everyone.”

Comments from Healthwatch York feedback centre:

- Sister Amanda Rudd, Emergency Department – “A&E Saturday afternoon. Excellent attention. Taken unwell overnight at Bamburgh with tachycardia brought back to York by family. Lifeline and 111 service recommended A&E. Arrived one thirty discharged home at five thirty. Very thorough examination, blood tests, blood pressure. Very considerate treatment and diagnosis.”

- Glaucoma clinic - “All the staff I came into contact with, receptionist, nurse and optometrist were very helpful. The optometrist was well briefed on my particular case and was very good at explaining the test procedures.”

- Orthodontic Department – “My child is hearing but myself and husband are deaf BSL users. We were very impressed by the department’s commitment to booking BSL interpreters for us at every appointment for our son. His medical records have a note that his parents are deaf and need interpreters at all appointments. We do not have to remind them or chase them up. This has immensely helped us make informed decisions about our son’s care. This is very good practice and should be rolled out throughout the hospital and NHS in general.”

Thinking of volunteering with the Reserves?

INTERESTED in finding out about how a part-time role in the Army reserve can benefit your career and personal development?

Find out how you can be paid to train in locations such as the USA, Malaysia and Belize when the Army reserve recruitment team comes to York Hospital on 1 September. Representatives from 212 Field Hospital will be available during September, October and November in The Hub in Ellerby's to talk informally about their experiences.

Staff can hear how a career with the Field Hospital has given them an opportunity to receive training in leading-edge trauma care, alongside developing capabilities beyond the hospital setting.

Army Recruiters will be on hand from 10am - 2pm in The Hub in Ellerby's on:

- September 1, 4, 9, 15, 21, 22, 29
- October 2, 5, 9, 12, 14, 22, 23, 26, 30
- November 5, 6, 9, 13, 17, 20, 23, 24

Further information about the Army Reserve can be found on Staff Room page HR/ Army Reserves or email anna.smith@york.nhs.uk for details.
CONGRATULATIONS to Cath Carter, Sister on ICU at Scarborough Hospital, winner of July's Star Award.

Cath was nominated not once but twice by both a patient and a colleague. She arranged for a patient who had been in hospital for nearly a year to take an extra special trip out for his birthday with staff from the ICU and 50 of his family and friends. Cath was praised by her patient for the ‘kindness, patient consideration and camaraderie’ shown to him and his wife and said it had increased his confidence that his going home would be handled with the same care and thoughtfulness.

Her colleague praised her for the effort that was put into arranging the trip, arranging for nurses, physiotherapists, HCA’s and consultants to volunteer in their own time to make the trip achievable.

Hypnotherapy help for IBS patients

A n alternative treatment for Irritable Bowel Syndrome (IBS) is being offered to patients in York in the form of an innovative hypnotherapy audio recording.

The York Irritable Bowel Syndrome service provides treatment, support and advice for patients with severe or difficult to manage irritable bowel syndrome or functional gut symptoms.

When treatments such as diet, lifestyle changes and medication have failed, patients are offered ‘gut directed hypnotherapy’.

Jo Morrell, IBS Specialist Nurse, explained: “Hypnotherapy is not a cure, but has been shown to be effective in reducing symptoms in up to 70 percent of patients. It can help decrease the sensitivity of the digestive system, reduce symptoms such as pain, bloating, nausea and diarrhoea, manage stress and anxiety, and help patients feel more confident about their condition.

“Patients have six hypnotherapy sessions and are asked to listen to a hypnosis recording daily as part of their treatment, which is also used as reinforcement after their therapy has ended.

“We have recently produced a new CD containing two hypnosis sessions for patients to use. One recording uses guided imagery to bring about a deep state of relaxation which promotes rest and recovery, and the second is focussed on promoting healthy normal digestion.”

Recordings are usually only available on a CD but the service has now made them available via the Trust’s website (www.york.nhs.uk/ibs) on a password protected page. It means that patients can access the resources anytime to download and use at their convenience via their phones and tablets.

Jo continued: “The original idea of having them available on the website came from our Deputy Directorate Manager Kirsty Burlinson. Not only is this idea of having them available on the website came from our Deputy Directorate Manager Kirsty Burlinson. Not only is this solution better for our patients but it will in the long term save the Trust money as fewer patients will require us to give out the recordings in CD format.”

Jo currently sees around 50 patients from the York area every year but hopes to further develop the service and to offer group sessions in the future, giving more patients access to hypnotherapy.

For more information contact Jo on joanne.morrell@york.nhs.uk

Voting for Star Award reminder

Don’t forget you can now vote for your favourite for a Star Award! Voting is only open for a week so make sure you keep an eye on Staff Room in the Star Award section on the tab on the left.

Celebration of Achievement

THE NOMINATION process for Celebration of Achievement has now closed and entries are now being assessed. The response has been brilliant and a count has revealed there has been a fantastic 87 more nominations than last year!

Finalists will be announced in next month’s Staff Matters ahead of the awards on Thursday 1 October so watch this space.

Artwork for organ donors

TWO new artwork installations are to be unveiled at York and Scarborough Hospitals to recognise the precious gift given by organ donors.

Metal artist, Salina Somalya, has been commissioned to create beautiful artwork to celebrate those who have generously donated their organs in the past and inspire others to sign up to be organ donors in the future.

The works will be installed at the end of August and a ceremony is planned on Friday 4 September for a formal unveiling prior to National Transplant Week.

No short cuts please!

STAFF at York Hospital are being asked to stick to the dedicated entries and exits into the hospital when entering and leaving and not to cut through other departments.

Certain departments such as Neurosciences and the Cancer Care Centre are experiencing groups and individuals using their entrances as a shortcut. They report that people are passing through the department talking loudly in a group or on mobile phones which is very noticeable in quiet areas where patients may be receiving a consultation or treatment.

Staff are politely requested to use the allocated routes in and out of the hospital.
Saying farewell…

Endoscopy says goodbye to Joan

A SISTER who has been one of the main driving forces in leading Scarborough’s endoscopy service to achieve successful industry accreditation has retired after 17 years in the department.

The experience and expertise of Sister Joan Ratcliffe, Endoscopy Manager, has overseen many changes through her years in the department.

Colleague Stephanie Clarke, Nurse Endoscopist, said: “Joan will be remembered for her dedication and determination to constantly develop and improve the service, for her organisational skills and the high standards she aspired to, for her professionalism, great sense of humour and for the secret stash of chocolate buttons and the odd custard cream which helped prolong her working life!”

Clare waves bye to cardiac rehab

A SPECIALIST nurse who played a vital role in the setting up of the cardiac rehabilitation service at Scarborough Hospital has retired.

Clare Valentine, Cardiac Rehabilitation Specialist Nurse has developed the service over the past 26 years and the team now consists of three nurses, two physiotherapists, a therapy assistant and an administrator covering the Scarborough, Whitby and Ryedale area.

Clare initially set up the cardiac rehabilitation service in February 1989 whilst working as a sister on the coronary care unit at Scarborough Hospital. She has been an excellent ambassador for cardiac rehabilitation and will be greatly missed by patients, families and her colleagues.

New boiler installed at Scarborough

ESTATES and Facilities staff faced a huge challenge recently as the old boiler at Scarborough Hospital was removed and a new one delivered for installation.

As the new boiler is larger it was a tight fit and took a whole day to put in place. The boiler should be up and running within the next two months.

The new boiler is eased into place

MARS is back…

National Mutually Agreed Resignation Scheme (MARS) is back! The Trust is offering all eligible staff an opportunity to request that they leave their employment voluntarily in return for a severance payment. It will run between 3 August and 30 September.

This is part of the national initiative called MARS (Mutually Agreed Resignation Scheme), which has been developed in partnership with the Social Partnership Forum, a group made up of management and trade unions.

The scheme was developed in 2010 to help employers manage cost reductions and the workforce implications of redesigning services. It is not a redundancy scheme.

Staff should feel assured that this is entirely voluntary and is a way for staff who may be interested in leaving with the benefit of a severance payment having this considered. The Trust would only agree to any request if it made good business sense to do so and was in the interests of the organisation as well as the individual.

The MARS has a fixed payment rate of 1/2 a month’s salary for each full year of service, up to a cap of 12 months’ salary, with a minimum payment of three months’ salary for 1-5 years’ reckonable service.

The Scheme also has clear guidance on eligibility, scope and financial considerations, including reckonable service and implications for individuals’ pensions.

Further information, including Frequently Asked Questions are provided on NHS Employers’ website: www.nhsemployers.org.

Within the Trust the scheme will be available from 3 August to 30 September 2015. Please note applications will not be considered after this date.

If you wish to apply please fill in the application form which can be accessed via the front page of Staff Room along with guidance for completion. The completed form should then be sent on to the HR Support team at Park House prior to the closing date.

It is anticipated that the MARS Panels will be held early to mid October and individuals leaving by 30 November 2015, unless otherwise agreed.
A n initiative to help the relatives of patients who are nearing the end of their life by giving them a box of small items of comfort to help during this time, has been rolled out across eleven wards at York Hospital.

The comfort box contains a cosy blanket for the relative which they can keep, plus a small bedside lamp which can be used instead of the main room or ward light. It also includes some personal items, including a toiletry bag and contents, bottled water, biscuits, sweets, and mints.

The idea to provide a few items of comfort for the patient and relatives who may be staying over came from staff at Scarborough Hospital and was launched on Anne Wright ward.

The box also contains a meal voucher for relatives and contact numbers for their information.

Kath Sartain, Lead Nurse for End of Life Care, explained: “Following specialist end of life training, staff in Scarborough looked into an initiative to help improve the comfort of relatives who were supporting patients in the last days of their life.

“They wanted to provide a few simple but hopefully beneficial comfort items for patients and their families, who are being nursed on a busy ward during what is a difficult time.

“The initiative proved so beneficial that staff have embraced the idea and comfort boxes are now available on eleven wards at York Hospital.”

The boxes are funded by York Teaching Hospital Charity.

Sister Louise Seed on ward 26, said: “The boxes are such a good idea. It’s a difficult time for everybody involved in end of life care, so being able to support patients and families with a gesture of kindness and comfort helps all concerned.”

Staff Nurses Debbie Bamford and Mandy Skelton and Healthcare Assistant Linda Standley with comfort box contents

Advice for people using Enterprise pool cars

THERE are currently 16 pool cars provided by Enterprise for use by Trust employees for business travel. In order for them to be used to their maximum, users are being reminded to follow simple guidance to increase availability so the whole Trust can benefit.

In the month of July there were 214 hours of bookings that were never used and never cancelled.

Recent guidance from Enterprise urges people to make sure that any bookings for a pool car that is not being used is cancelled to make it available for another user.

The definition of a pool is a vehicle that is used by multiple employees for specific journeys and is based on works premises. This does not include taking the vehicle for a journey that may not happen, taking the vehicle home or booking the vehicle for a number of days.

Anyone taking the pool car home may be liable to a benefit in kind tax charge as per HMRC rules. The only exception to this rule is for a meeting or appointment early in the morning and it is not logistically possible to drive to the Trust to collect the car but this must be clearly demonstrated if required.

Another problem is the booking of vehicles to include extra time where users are leaving excess time at either end of their booking. A maximum of 30 minutes should be left to ensure that the pool cars achieve maximum use.

Anyone finishing their journey early should terminate their booking online or on the CarShare App to make the car available for another user. Please terminate bookings immediately if more than 30 minutes is left on the reservation on return.

The Trust will be closely monitoring ongoing usage and will address the issue individually if required.
Check out your Total Rewards Statement

Staff are being urged to check out their Total Reward Statement (TRS) where you can see the benefits of working for the NHS all in one place. It is available online for all current employees who worked for the Trust before 1 April 2015.

The statement shows the full value of all the benefits that you receive as an employee including salary, pension and savings made through voluntary benefits. It also highlights the wide range of local benefits and discounts giving examples of how much you could save.

Brian Tomlinson, HR Manager, explained: “We hope that by providing this information, it will show how good the overall package is compared to other employers. It’s important to us to retain the good staff we already have and we hope these rewards and benefits will encourage people to want to work for the Trust.”

The TRS includes updated information about earnings and the savings and benefits available locally to staff. If employees are members of the NHS pension scheme, it will also include information about pension contributions and the contributions made by the Trust.

Staff are encouraged to access their personalised statements after first registering online. Registration can be done via the website www.totalrewardstatements.nhs.uk. It allows people to set up a Government Gateway account to access individual statements from 31st August 2015.

A leaflet attached to August payslips explains how to access individual statements. Step by step instructions are also available via Staff Room, under Staff Benefits/TRS.

For further information please visit HR in the ‘Hub’ at Ellerby’s, York on 17 September or 6 October between 12 and 2pm or outside Pat’s Place at Scarborough Hospital on 24 September between 12 and 2pm. Alternatively call the HR department on 01904 725312 or 01723 385247.

Some of the local benefits include:

- Salary sacrifice cycle scheme – buy a £600 bike package, save £176.40.
- Gym membership – Scarborough Hospital at £5.95 per month, York Hospital exercise classes only £3 per class, Lloyd membership in York – any time access, NHS price £670 per annum, £62 per month a saving of £75 per year or £7 per month.
- Staff shops with discounted goods, tickets for local cinemas, theatres, theme parks, band nights, bus passes.
- Reduced price health care cash plans such as Simply Health
- Complementary Therapies - subsidised aromatherapy massages
- Staff Shops - At the York and Scarborough Staff Shops
- cycle scheme – buy a £600 bike package, save £176.40.
- Staff shops with discounted goods, tickets for local cinemas, theatres, theme parks, band nights, bus passes.
- Reduced price health care cash plans such as Simply Health
- Complementary Therapies - subsidised aromatherapy massages
- Staff Shops - At the York and Scarborough Staff Shops

Staff can buy discounted

- Retail Discounts - high street shops offer a 10 percent discount to NHS staff including New Look, BHS, Dorothy Perkins.
- Holiday company discounts available and discounts on local restaurants, cafes and bars.
- Days out - 2 for 1 tickets at Castle Howard, savings at York Races, cheaper tickets for Chester Zoo and some York-based attractions, Alton Towers, Chessington World of Adventure, Sea Life Centres.
Hints and tips for shiftworkers

PEOPLE vary in how they cope with shift work depending on their health, fitness, age, lifestyle and domestic responsibilities. It is possible to alter our behaviour or make lifestyle changes that may make shift work more manageable.

- Keep moving – if you do have downtime then walk about and stretch
- Physical fitness – improve your fitness by spending 30 minutes a day on physical exercise
- Keep hydrated but don’t drink too much caffeine
- Chat to co-workers during down time to keep your mind active
- Diet - consider the timing and quality of your meals. Plan your meals to help you stay alert at work and to relax when you need to rest. Regular light meals are less likely to affect alertness or cause drowsiness than a single heavy meal. Choose foods that are easy to digest. During 3am to 6am when your body clock is at its lowest, eat and drink something warm and try to keep busy during this period.
- Sleep – Avoid caffeine, stimulants and alcohol a few hours before you go to sleep. Don’t go to bed feeling hungry, have a light snack. Avoid spicy, fatty and heavy meals as these are more difficult to digest and can affect your sleep. Go for a short walk, relax with a book, listen to music or take a bath before going to bed.
- Social time – make your family and friends aware of your shifts so that you can still build in time with them.

More information is available on www.hse.gov.uk

Are you revalidation ready?

In the first week of August, the NMC began sending out important information on revalidation and how nurses and midwives can prepare for it.

Revalidation is the new renewal process which every nurse and midwife will have to undertake every three years.

The revalidation process will be entirely online, so it’s essential that every nurse and midwife gets an NMC online account and finds out their renewal date. It’s also important to read the provisional guidance and become familiar with the requirements.

Over the next few months staff will be supported to understand and undertake the process for nurse and midwifery revalidation.

The NMC has decided to strengthen the processes behind nurses and midwives maintaining their place on the register. The decision to go ahead with this process will be confirmed in October 2015 and currently the first nurses who need to revalidate will be in April 2016.

There is a list of all staff who are due for revalidation in April, May and June 2016 and these specific groups will be supported in the process where possible.

Remember, revalidation is your personal responsibility.

First steps to revalidation:
- Create an NMC online account through the NMC website this will give you your revalidation date.
- Consider the requirements and think about how you will collect this evidence.
- Maintain your electronic portfolio to the NMC.

We are currently working with the learning hub to create a landing platform for your portfolios.

Anyone in a post that does not require a nursing and midwifery qualification but who has maintained registration should be aware that the NMC is currently advising that staff will be unable to use your current job as evidence of practice hours. This will need to be done separately and the NMC is recommending that people undertake additional work, such as voluntary work.

This specific area is being debated but this is the current situation.

Staff falling into this category should inform the chief nurse’s office and will be kept on a database and communicated with directly if necessary.

Watch out for your ‘Are you revalidation ready?’ postcard.

www.nmc.org.uk/revalidation

MRSA message from Infection Prevention

THE TRUST has had six MRSA bacteraemia cases since April 2015. Each case causes discomfort and concern for the patient and has financial implications for the Trust in terms of fines, cost of patient treatment and extended length of stay.

Four of the six patients had not been screened in accordance with the MRSA guidelines during their admission and three of the patients did not receive the correct decolonisation treatment.

Early diagnosis of MRSA colonisation will benefit the patient clinically and can help to prevent MRSA infection.

Please familiarise yourself with the MRSA guidelines and follow the advice regarding screening and treatment.

An example of an MRSA bacteraemia case can be found on Staff Room, Infection Prevention message of the month, which highlights how the case could be avoided.
Charity will writing campaign

LOCAL solicitors have teamed up with the York Teaching Hospital Charity (YTHC) to offer staff a unique opportunity to have their wills written professionally while raising funds for charity. Staff can choose to make a donation or pledge to leave a gift to the charity in their will and this can be restricted to any ward or department of their choice or it can be directed to the general fund.

The Will Writing Campaign takes place during a two week period between 6 to 15 October. Solicitors include Ware & Kaye in York and Wetherby, Crombie Wilkinson in York, Burn & Company in York and Easingwold and Pinkney Grumwells in Scarborough, Whitby, Filey and Bridlington.

To take part in the campaign please call 01904 724521 or email charity.fundraising@york.nhs.uk to order your Will Writing Campaign pack. Details can also be found at www.york.nhs.uk/willwriting

Therapists step out

A TEAM of dedicated Children’s Therapists are running the Yorkshire Marathon this October to raise money for their own patients.

The team of occupational and physiotherapists, speech and language therapists, and dieticians work with children and young people at the Child Development Centre (CDC) at York Hospital.

Ceiri Morgan said: “The children and families that we work with face challenges every day so we decided to set one for ourselves to raise funds for the children’s centre. “We are each running the 26.2 miles to build team spirit, to get fit, and to raise money for the children and families that we work with. On a day-to-day basis we work together with our families towards their goals so now we have to encourage each other to get training for this amazing challenge.

“It is not unusual for the whole team to be involved with a family, so we already work closely professionally. The marathon is now adding an extra dimension to our team dynamics! The Children’s Therapy Team would appreciate your support on October 11th as we cross the finishing line of the Yorkshire Marathon.”

To support the team visit www.justgiving.com/TherapyCDC/

Mark’s marathon tribute to mum’s hospital care

WHEN Mark Rogers received a call to say his mum was in A&E at York Hospital it was the start of a 36 hour roller coaster journey which changed his life.

Mark’s dad had called to say his mum, Valerie, had suffered a minor angina attack but by the time Mark reached the hospital she had already taken a turn for the worse.

Mark said: “I’ve never seen so many hardworking, caring members of staff, from all the nurses to the doctors, they were all trying to save mum. She was stabilised and taken to ICU where the level of care and information we received went up to another level. We were told to go home and get some rest. Unfortunately we were called back to the hospital the next morning. Mum had suffered several heart attacks and her blood pressure was dangerously low.

“My mum passed away lunchtime of 15 April, all the staff were extremely sympathetic and continued to treat her as if she was still with us. We were continually kept informed and told we had as long as we needed, which was several hours.”

A week later Mark, age 37, from Wakefield, received an email about the Yorkshire Marathon and spotted charity places for the York Teaching Hospital Charity.

Mark continued: “This was my opportunity to give something back to York Hospital as a kind of thank you and to raise money to help continue the teaching and training. This hopefully will produce more members of staff as kind, caring, and professional as the ones that I encountered while going through one of the toughest times of my life.”

He is hoping to raise £250 which will go to help more patients like Valerie in the future.

To support Mark visit www.justgiving.com/Mark-Rogers23/
A revolutionary solution to providing extra consultation space has seen specially designed ‘pods’ installed on York Hospital’s surgical pre-assessment ward. It is the first time the new design has been manufactured and used in an NHS hospital.

Ward 27, the surgical pre-assessment and admissions unit, was in urgent need of additional consultation space to improve patient assessment and admission flow at peak times of the day.

Becci Lord, Capital Project Manager, explained: “The pre-assessment unit is housed on a hospital ward which limited the options of how the available space could be sub-divided to create extra rooms. Collaboration between the service improvement team, ward staff and input from the Trust Surgical Board resulted in the design of ‘pods’ which form three private consultation rooms.

“We were aware of products on the market that would create break out meeting spaces so we approached a manufacturer to explore how we might tailor one of these products to suit a clinical environment. “A demo ‘pod’ was trialled on the unit to ensure the product was fit for purpose and to allow staff and patients to provide feedback and suggestions on how the product could be improved.”

The pods had to be created with minimal disruption to the operational function of the unit and provide the flexibility of not permanently altering the fabric of the ward.

They also had to be relatively soundproof and to comply with infection prevention policy. Because of their unique design the pods can easily be moved and reused in alternative locations and for other purposes should the need arise.

Tina Hodgson, Sister on ward 27, said: “Before we had the pods installed we were limited as to how many patients could be assessed or admitted at any one time because there weren’t enough private rooms. We now have two extra pods in one room and one in another which means we can utilise the space so much more efficiently and see patients a lot quicker.”

NVQ success for library team

TWO members of the library team, Jane Thorley and Sue Wilcock, recently completed NVQ level 3 Diploma in Library, Archives and Information Services.

Sue said: “The NVQ has been a valuable step in our progression towards the Chartered Institute for Library and Information Professionals qualification. We found it very useful for reviewing our service and developing new ideas.”

New staff member at Scarborough library, Max Santalucia, joined the Trust in April and has been impressed by the warm welcome he has received.

The library team at both York and Scarborough are keen to welcome people to drop in and find out more about joining the library. They are currently organising pop up enquiry events where you can “Ask a Librarian” to be held at both hospital sites in the next few months.

Further details will be available soon on Staff Room.
This summer work experience student Shreya Bahadur spent a month at York Hospital gaining insight into healthcare in the UK prior to training to be a doctor in America.

Shreya, who is currently studying Biopsychology, Cognition, and Neuroscience at the University of Michigan, spent time with teams throughout the hospital and community to experience healthcare UK style.

Shreya said: “I’ve loved my time here, I’ve learnt a lot with each specialisation about the different aspects of healthcare in general and how things are done in the UK. It’s been really inspiring to see the care and consideration that goes into each patient and how hard everybody works.

“Healthcare is so different here, everybody is treated the same and given the same opportunity for care. I’ve been so impressed by how fair the system is.”

Shreya experienced a real cross section of life at the Trust from cardiology to community, pathology to theatres, paediatrics to palliative care.

She continued: “There was nothing I didn’t like. Surgery is interesting and probably the coolest but I found haematology and oncology fascinating which I really didn’t expect. It is so complex.

“Everyone has been really kind and gone out of their way to help me learn about their profession. I was privileged to see a baby born one day and the next to be able to go out into the community and witness the difficult and sensitive way that palliative care is delivered.

“I’d like to thank everybody for making me so welcome and teaching me so much in such a short space of time.”

Two years into her four year degree, Shreya plans to go on to medical school for another four years and will then go on to take up a three year residency to become a doctor.

Shreya Bahadur, a student at the University of Michigan

Our Trust on social media

Check out all our latest news by following us on Facebook, Twitter and Instagram.

Here’s a sample of our recent posts

York Teaching Hospital NHS Foundation Trust @YorkTeachingNHS York Teaching Hospital NHS Foundation Trust

Communications [York Teaching Hospital] Aug 5

We’re looking for a local band to play at our awards in September to help celebrate our fantastic staff. Please RT share/retag #Scarborough

Communications [York Teaching Hospital] Aug 5

Spotted in the @ScarboroughNews Chief Executive of @AlzheimersNz with our Emma Day in Scarborough

Communications [York Teaching Hospital] Aug 5

Welcome to WARD 17