CQC inspection

As you will be aware the CQC inspection is nearly upon us, when we will welcome a team of around 60 CQC Inspectors into all areas of our organisation.

The CQC provides assurance to the public and our commissioners about our quality of care through a system of monitoring performance across a broad range of areas, to ensure we meet essential standards.

The inspection team will arrive at York Hospital on the morning of Tuesday 17 March and will visit our three main hospital sites at York, Scarborough and Bridlington as well as spending time with staff in the community. The inspectors will be given access to all areas, and we would ask you to welcome them into your hospital and your ward or department.

Patrick Crowley, Chief Executive, said: “I know that you – our staff – are committed to delivering the best possible care to our patients and that there is excellent work taking place across the Trust.

“The Inspection Week should not be treated any differently than any other week – we want you to continue your daily business and the good work that you do every day in caring for our patients.”

Do you know our values?

You may not be able to recite them word for word, but are you living them as part of your day-to-day duties?

Are you caring?

Do you respect your colleagues?

Do you listen to improve?

Are you helpful?

And, most importantly, do you ensure that patients are at the centre of everything you do?

In order to raise awareness of our values and their importance we have launched a campaign – using our own staff, to help you remember our values and how you can live them daily.

Security staff Tom Kane and Tim Darmody with Janet Mason, Acting Head of Security and Car Parking, demonstrate the Trust values.

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

Malton Hospital mobilised

Staff Survey results in...

Maternity on awards shortlist

Social media success stories
Introduction to EPMA

A NEW project is underway to develop a system that will make the prescribing and administration of medicines faster and more accurate.

The Trust has received funding from the Safer Hospitals, Safer Wards Technology Fund to support the introduction of an Electronic Prescribing and Medicines Administration (EPMA) system.

Caroline Mulholland, EPMA project manager, said: “The system will improve the legibility and completeness of prescriptions and will make information about medicines available to the healthcare team at all times.

“By becoming electronic it will save time spent transcribing drug charts and searching for missing charts. It will also mean the system will automatically be able to issue warnings to reduce errors, such as allergy or intolerance alerts or cumulative dosing. It will provide built-in decision support available to all prescribers and more efficient monitoring of antibiotic prescribing.”

More information can be found on Staff Room and in Staff Matters as the project unfolds.

For queries in the meantime please contact EPMA project manager caroline.mulholland@york.nhs.uk.

Malton Hospital mobilisation

Reflecting on the intense winter pressures in January, Staff Matters looks at one of the success stories that helped our hospitals deliver patient care under extreme circumstances.

When Scarborough Hospital declared a major incident in January a raft of emergency plans were put into action. The situation was monitored regularly at Gold, Silver and Bronze emergency planning meetings and action was taken to manage an unprecedented number of patients flooding the Emergency Department.

One of the biggest problems was that there were no beds free for all the patients that needed admitting to hospital. The crisis meant the Trust had to look at alternatives – and quickly.

Within 24 hours a nine-bedded ward was created at Malton Hospital and staff from across the Trust volunteered to nurse patients.

Beverley Geary, Chief Nurse, said: “The role Malton Hospital played in the major incident was crucial. Nine beds may not seem like a lot but it made an enormous difference very quickly to the pressure on ED. Everyone pitched in from porters to catering and domestic staff and clinical nurse specialists to provide excellent patient care. Staff rose to the occasion at such a critical time and were a credit to the Trust.”

Nursing staff from all backgrounds rallied to provide excellent care. Community specialist nurses worked alongside Malton Hospital’s own staff who volunteered for extra shifts. The community therapy team also played an important role in reorganising their work to provide essential services.

“Nine beds may not seem like a lot but it made an enormous difference very quickly to the pressure on ED”

Parkinson’s palliative care service shortlisted

THE SCARBOROUGH Specialist Parkinson’s Disease palliative care service, which launched in 2010, is a finalist for a prestigious British Medical Journal (BMJ) award.

The service is thought to be the first in the country to help patients with Parkinson’s Disease access palliative care and gives them more choice about how and where they receive end of life care.

Ed Jones, Consultant in Elderly Medicine at Scarborough Hospital, explained: “Many patients with Parkinson’s Disease die in hospital without any preceding discussion of their end-of-life wishes. Traditionally palliative care services have avoided caring for patients with Parkinson’s Disease due to lack of knowledge about the condition. Complex medication regimes, a prolonged palliative phase and fear of being inundated with patients have all created barriers to accessing specialist palliative care.”

By offering a simple collaborative approach working with the local hospice and multi-disciplinary team the service was able to prove that palliative care could be delivered successfully and has shown a large reduction in the proportion of patients dying in a hospital bed.

Ed continued: “The service has had a significant impact for patients in the area and we are all really proud of what we’ve achieved. Now only 20 percent of patients with Parkinson’s Disease are dying in hospital compared to a 43 percent average in England. In addition, 60 percent died in their own home or care home, compared with 45 percent nationally.”
Invitation to take a tour of Lilac Ward

Staff are being invited to come and take a look around Lilac Ward – the brand new surgical ward at Scarborough Hospital – ahead of its doors being opened to patients.

On Friday 27 March the Trust Chairman Alan Rose will officially open the ward and you are personally invited to come and take a tour of the ward between 12pm and 2pm.

Patrick Crowley, Chief Executive, filmed March’s Staff Brief from the ward earlier this month. He said: "I would urge you to take this opportunity to come and have a look for yourselves and to feel proud of this new development.

"The completion of this £5 million capital project demonstrates our commitment to Scarborough Hospital and to improving services for our East Coast patients."

“I would like to take this opportunity to thank everyone who has been involved in this project and to welcome staff from Haldane Ward to their new home.”

Chiefs Nurse surgery – dates for your diary

BEVERLEY GEARY, Chief Nurse will be holding monthly surgeries across the Trust to give all nurses the opportunity to speak with her face to face and in confidence. Staff will be able to raise any issues, make suggestions or raise concerns.

If you would like to meet the Chief Nurse sessions are planned on the dates and venues below:

- 24 April - 12.00-13.30, ED seminar room, York
- 13 May - 10.30-12.00, Green room, Scarborough
- 17 June - 12.30-14.00, Conference room, Malton
- 23 July - 10.00-11.30, Committee room, Bridlington
- 23 September - 13.30-15.00, Board room, York
- 14 October - 10.30-12.00, Green room, Scarborough
- 26 November - 08.30-10.00, Board room, York

New Medical Engineering helpdesk

A HELPDESK has been introduced for the Trust’s Medical Engineering services at both Scarborough and York sites.

The helpdesk will provide one number for the Trust where all faults with medical equipment or general equipment enquiries can be reported. Any equipment library items can be returned to storage areas so as to reduce equipment clutter in wards and departments.

Feedback on their services is also welcome. The helpdesk is manned between the hours of 8.30am and 4.30pm, Monday to Friday on 772 6330.

Facts about Lilac Ward

- The ward is named Lilac Ward in keeping with the hospital’s other wards which are all named after trees
- The ward is located on top of Maple Ward, which opened in 2010
- There are 31 beds - 15 single rooms and four bays each with four beds
- The design incorporates best practice in clinical layout
- Work began on the ward on 28 April 2014
- The project cost £5 million

Diabetes education programme launch

THE SCARBOROUGH Diabetes Specialist Service is offering a new group education programme to people with Type 2 diabetes within the Scarborough, Whitby and Ryedale localities.

“Good2Go” is a new education programme for people with Type 2 diabetes. It was originally developed by the York Diabetes Specialist Service based at York Hospital and it has now been rolled out to patients with diabetes in the Scarborough, Whitby and Ryedale area.

Feedback from patients has been extremely positive and the team is keen raise awareness of the new course to make sure that newly diagnosed patients as well as patients who may welcome a refresher course, are referred to the existing service.

Diabetes is a chronic and progressive condition that impacts upon almost every aspect of a person’s life. There are over 5,000 people registered with diabetes within the Scarborough and Ryedale area, of which over 4,500 have type 2 diabetes.

THE TRUST’s Arts Team celebrated Chinese New Year with the creation of a colourful Chinese dragon recycled from used and found materials and is currently on display in the main corridor at York Hospital.

The dragon was created by Jess Sharp, Art and Design Project Coordinator who has a keen interest in recycling. It uses an old fan found in the skip pile in the hospital’s IT department, ventilation tubing, and fruit packaging such as apple trays, orange nets, as well as yoghurt pots, bottle tops, scrap fabric and metal off-cuts.

Art team marks the Chinese New Year
Pilot aims to avoid hospital stays

A pilot to provide high quality, same-day emergency care has been launched in York Hospital’s emergency department.

The ambulatory care pilot is a patient focussed service where some conditions may be treated without the need for an overnight stay in hospital. Patients are managed safely and appropriately on the same day before being sent home with on-going clinical follow up as required.

The pilot is a joint initiative between the Trust and NHS Vale of York Clinical Commissioning Group (CCG).

Patients are referred to the ambulatory care service via the hospital’s emergency department or by their GP. Once in the service patients receive rapid access to a range of senior staff and services including medical, nursing and diagnostics with the aim of avoiding a potential admission to a ward.

Patients will be able to return home and if further treatment is required on another day, this will be arranged for them at the most appropriate time and place.

Dr Steve Crane, Consultant in Emergency Medicine at York Hospital said: “Attending hospital unexpectedly can be an unsettling and worrying experience for patients. The pilot service we are running aims to see patients quickly and get them a clear diagnosis and treatment plan. Patient feedback from the pilot service so far has been overwhelmingly positive.”

“The way that staff from across the hospital have pulled together as a team to get the pilot off the ground has been fantastic”

Dr Hasanain Al-Shakerchi, Consultant in Acute Medicine at York Hospital said: “The service is playing an important role in the hospital to help take some of the pressure off the emergency department, and reduce the number of patients that are admitted to a bed. This means that the hospital is providing a better service for everyone that needs it.”

Mark Hindmarsh, Head of Operational Strategy, said: “The way that staff from across the hospital have pulled together as a team to get the pilot off the ground has been fantastic. Staff from the emergency department, acute medicine, finance, procurement, HR, estates and facilities, domestic services and others, have ensured that we were able to get the pilot up and running quickly, and considering that this was done at a time when these staff were under particularly high levels of pressure, their work is to be commended.”

The service is trialling five ambulatory pathways - possible pulmonary embolism, possible deep vein thrombosis, low risk chest pain, deliberate self-harm and cellulitis.

It will be available seven days a week from 9am to 9pm in the front of the emergency department at York Hospital, allowing the service to integrate and work closely with the team.

The pilot will run until 31 March 2015.
The results are in from last year’s staff survey. This is the annual survey that staff were asked to complete at the end of last year.

We agreed to conduct a sample survey of 50 percent of our staff. Of those selected to take part in the survey almost 2,000 staff completed and returned their questionnaires, a response rate of 47 per cent which was better than the average response rate in similar organisations.

The results of the survey are presented to us as 29 key findings under seven headings and all of the key findings are ranked and benchmarked against the results of other acute trusts.

Out of 29 key findings from the survey, the Trust’s best scores in comparison to other acute trusts were (in terms of percentages):

- believing that the Trust provides equal opportunities for career progression or promotion
- witnessing potentially harmful errors, near misses or incidents in the last month
- experiencing discrimination at work in the last 12 months
- suffering work related stress in the last 12 months

The reports also highlighted some areas where the Trust’s results compared less favourably to those of other acute trusts. These are the areas that will be the focus of action planning and are as follows (in terms of percentages):

- agreeing that feedback from patients/service users is used to make informed decisions in their directorate/department
- receiving health and safety training in the last 12 months
- receiving equality and diversity training in the last 12 months
- fairness and effectiveness of reporting procedures
- reporting good communication between senior management and staff

Patrick Crowley, Chief Executive, said: “We are pleased to report that when compared with other Trusts staff are reporting positively on many aspects of working in our organisation.

“As you would expect, there are several areas where we would want to see improvements, and perhaps the most disappointing of these is around communication between senior managers and staff.

“Communication is everyone’s responsibility, and if you really feel that you don’t know what’s going on or aren’t being kept informed then please just ask.

“We will be looking closely at the results and how together we can improve how it feels to work for this organisation.

“The results for your area will be shared and you can find out more about what is being done as a result of the feedback through your manager.

“Thank you to everyone who took the time to complete the survey. Your feedback is invaluable and it is vital that we understand how you feel about working at this trust so that we can identify areas where changes need to be made.”

Directorate managers have been provided with reports showing results of the survey in their own areas and the HR team will be working with each area to develop action plans to address issues affecting specific departments or groups of staff.

The staff survey only takes place once a year but don’t forget that at other times there are a number of other ways that you can share your views and experiences, for example completing the staff friends and family test or attending a staff surgery with either the Chief Executive or Chief Nurse.

The full results of the survey are available on www.nhsstaffsurveys.com

CONGRATULATIONS to the Theatre Recovery Team (PACU) at Scarborough Hospital who are the January 2015 winners of the Star Award.

They were nominated by a colleague for their hard work and commitment that has allowed some of the most urgent operations to go ahead despite there being no spare beds in the hospital. The team agreed to care for patients in the recovery area just so that their operation could take place.

At least 20 urgent elective operations have taken place because of the team’s commitment to looking after patients until they can go home by providing a safe and caring environment.

Don’t forget you can now vote for the winner each month. Pick your favourite via the quick link on Staff Room.
Minster FM Team of the Year Award

CONGRATULATIONS to the Emergency Department (ED) at York Hospital, winner of the Team of the Year 2015 in the Minster FM Local Hero Awards. The accolade is awarded to a group of individuals who have made outstanding achievements through their work together.

James Christie, Deputy Charge Nurse, nominated the team after a very difficult winter in the department. James said: “I wanted to nominate the team to give them a boost after everyone has worked so hard. It was a complete surprise to be shortlisted let alone to win team of the year.”

Jill Wilford, Lead Nurse for ED, said: “Everyone is absolutely delighted, it was just what we all needed. ‘The department has been so busy at times with staff under a lot of pressure so it was reassuring and humbling to find that the public would still vote for us even through difficult times.’ A video of the winners can be viewed on the Minster FM website under Local Hero Awards 2015.

Trust hosts event on future of healthcare

THE TRUST hosted an event looking at the future of sustainable healthcare in York, in partnership with Leeds University’s Centre for Innovation in Health Management.

York’s first ‘Imagining Possible Futures in York’s Public Services’ event focused on healthcare and wellbeing. Having recognised that sustainable healthcare in the future will require greater collaboration and integration, a highly diverse group of individuals were invited from health, local government, police, education, church and voluntary and business sectors. This provided an opportunity for rich and innovative discussions.

Valuing our workforce

A NEW qualification developed by the Trust’s Applied Learning Department is to be awarded to Healthcare Assistants (HCA).

The Trust has previously gained national recognition with an innovation award for the values based recruitment process for HCAs at the Healthcare People Management Awards in 2011.

In addition, having secured their role all newly recruited HCAs attend an intensive two week induction programme prior to starting in their place of work. This is delivered by specialist practitioners, ensuring care given reflects best practice and is evidence based.

Now the programme includes training for all HCAs in introductory skills, knowledge and behaviours to provide compassionate, safe, and high quality care and support to meet new National Care Certificate standards.

Cathy Skilbeck, Clinical Workforce Development Coordinator, has been working with NOCN, a leading UK awarding organisation, for the last six months to gain academic accreditation.

Cathy explained: “The work based learning team has developed the HCA professional portfolio to assess clinical skills performance, enabling standardisation and consistency of assessment. This whole process has been thorough and worthwhile, as our HCAs will now receive academic recognition which they can build on for future learning and career opportunities.”

On successful completion the HCA will be awarded the NOCN Level 2 Diploma (QCF) Fundamental Care Delivery in Acute Settings (In-patient/Out-patient).

Sue Holden, Director of Workforce and Organisational Development, added: “This process allows for our staff to have their practice recognised. Care is the focus of all our HCAs work and this qualification allows national recognition of the underpinning principles of that care.”
Caring about what they do...

Meet our new domestic hand hygiene champions. Twenty members of domestic staff, supervisors and assistants, from across the Trust have taken on the role of hand hygiene champion.

Carol Birch, Head of Facilities, said: "We will now have Domestic Supervisors and Domestic Assistants across all our in-patient sites trained as hand hygiene champions to support the hand hygiene audits at ward and departmental level.

“The Domestic Assistants will play a key part in assisting clinical staff with the number of hand hygiene audits undertaken. “We hope to roll out our domestic hand hygiene champions into health centres and clinics in the near future.”

Archbishop in visit to York Hospital

The ARCHBISHOP of York, Dr John Sentamu, paid a visit York Hospital this month. After visiting staff and patients on surgical and medical wards, the Archbishop spent time with the Chaplaincy Team and volunteers at the hospital. The Archbishop then led a service at the Chapel to licence The Reverend Martin Doe as Senior Chaplain for the Trust. The Archbishop said: “Our NHS staff do an amazing job delivering safe, effective and sustainable healthcare within our communities. I want to thank them for all that they do along with the volunteers and I am looking forward to joining them on the wards. I am also delighted to be licensing The Reverend Martin Doe as the Senior Chaplain. Those in hospital, and their families, need the very best care in body, mind and spirit and our chaplains play a crucial role in providing that support.”

Do you know how to raise a concern?

THE TRUST'S Raising Concerns and Whistleblowing Policy has recently been re-written to ensure it is easier to use and clear on how concerns can be raised.

The updated policy references the regulations under the Enterprise and Regulatory Reform Act (2013). A flow chart has been incorporated to show the different ways a concern can be progressed within and outside the organisation, which also reflects the new internal helpline that has been established for concerns to be raised.

The helpline number is 01904 724488 or 7724488 when dialling internally. The new policy is now available on Staff Room.

Murder mystery

THE PEER support team Breastfriends held a fundraising event in February to raise awareness of breastfeeding. The group’s Murder Mystery evening was deemed a huge success.

New advice line

A new dedicated nurse advice line has been set up for staff to speak directly to a nurse advisor from the Occupational Health and Wellbeing Service. The service will launch on Tuesday 7 April and is open Monday to Friday. The advice line can be reached on 772 1652 and is open three times a day between 09:15-10:15, 12:30-13:30 and 15:00-16:00 with no afternoon session on Fridays. It operates in addition to the email ochealthclinical@york.nhs.uk.

Staff should continue to dial 772 5099 at any time during office hours to report needle stick, splash or any other type of sharps injury.

The Trust’s new hand hygiene champions
STAFF BENEFITS AND WELLBEING

A regular section provided directly to you by the Staff Benefits and Wellbeing Team where you can read more about the benefits that you are entitled to as an employee and how we support the wellbeing of our staff. 
Follow Staff Benefits: Twitter @YHstaffbenefits StaffBenefitsYHFT

Financial awareness sessions

Attend a session and have a chance to win £25 M&S vouchers!

Financial Awareness sessions are arranged and are free for staff to attend.

This programme will help you to understand all aspects of income, budgeting, savings, pensions and debt management.

We have developed an all employee financial education programme, the sessions are for one hour and can be booked in advance by contacting Staff Benefits on 7724326 for York sessions and 7725262 for the Scarborough sessions or email staffbenefits@york.nhs.uk Dates for York are Thursday 23 April 1pm, 2pm and 4.30pm, Thursday 4 June and Thursday 11 September 11.30am and 1pm at York Hospital Post Grad Centre. Dates for Scarborough are Thursday 26 March 11.30am for pensions and investment and 1.00pm – 2.00pm for wills, trusts and power of attorney at Scarborough Hospital Post Grad Centre.

Staff travel event at York Hospital

AN EVENT to promote travel throughout the City of York will be held on Wednesday 22 April outside Ellerbys at York Hospital between 11-2pm.

It offers an opportunity to collect information on the variety of travel solutions that staff might use to travel to work and also in leisure time. People will have the chance to speak to travel advisors offering bespoke travel advice and to join in the fun travel activities, to include: i-travel York City Council resources Get Cycling Support Programme offering free bike checks/full maintenance check service including free minor repairs Pedal powered smoothie maker – come and use your power to make your smoothie CYC Sport and Active Leisure, York Health Walks and short lunch time walks, and Nordic Walking North Yorkshire Police bike marking First Bus Travel, Coastliner buses, local bike shops Bike to work scheme Pool cars and lease car schemes Car sharing scheme A free goody bag (limited)

Listening in order to improve

FROM Tuesday 7 April until Friday 10 April, the Patient Experience Team will be ‘listening in order to improve’ as it conducts a listening exercise at York Hospital.

Kay Gamble, Lead for Patient Experience, said: “We want our patients, visitors and staff to tell us what is the most important aspect of patient experience to them. For example is it friendly staff, good food or the quality of the entertainment.”

In order to get feedback the team will be manning a stand in the main entrance of York Hospital from Tuesday 7 April until Friday 10 April. The answers will feed into the Patient Experience Strategy and its implementation plan.

Kay continued: “We are always trying to gather feedback from patients to help learn from their experiences and make improvements. While we strive to give all patients the best possible experience, each patient has different needs.”

The team are looking for staff to help them man the stand during the week, so if you would like to help, please email Catherine.rhodes@york.nhs.uk

During the week there will be a stand at Scarborough Hospital as well as opportunities to contribute at Bridlington and our community hospitals.

The Patient Experience Team want to hear your views
Maternity services on awards shortlist

G2, the postnatal ward at York Hospital, has been recognised in the 2015 ‘Patient Experience Network National Awards’ for their hard work and enthusiasm in embracing the Friends and Family Test (FFT).

Catherine Rhodes, Matron for Maternity Services, Gynaecology and Sexual Health explained: “We are delighted to be recognised as a finalist in the Patient Experience Awards. “We began running the Friends and Family Test back in August 2013. The geographical spread our midwives cover has made delivering the maternity FFT a real challenge, but the team have taken it on with enthusiasm and ambition.”

“The feedback the Trust receives about G2 and our other maternity services is overwhelmingly positive, but there is always room for improvement. Picking up concerns can lead to real-time actions and improvements and a potential to reduce complaints.”

Catherine Rhodes, Friends and Family Project Officer, said: “The work of the team on G2 has stood out because of the level of commitment shown over a substantial period of time. Regular senior meetings, action plans and total staff engagement have led to high response rates and lots of rich feedback that has been thoroughly looked at. Real improvements have been made on G2. These include improved staffing levels and a new examination clinic to reduce discharge waiting times.”

What G2 did

Pit stop sessions
All maternity staff were invited to attend 20 minute “pit-stop” sessions to provide more information about FFT and the department’s local objectives. In total 80 staff attended these pit-stops and all staff received the presentation via email.

Champions
Friends and Family Champions were identified for each ward and service to ensure a sustained high profile and maximise response rate.

Feedback back
Feedback is reviewed weekly by midwifery ward sisters and shared with all staff and discussed with teams during daily staff briefs. Action plans each quarter ensure staff receive real-time appreciation of their work, and any infrequent negative comments are reflected on quickly.

Working Group
The midwifery working group regularly looks at ways to improve efficiency, care of women and babies, and working conditions for staff. Initiatives so far include:

- introduction of a newborn examination clinic on the ward to streamline and expedite the discharge process.
- review of staffing levels resulting in temporary extra HCA cover on the late shift while plans for an additional midwife (now in post) were processed.
- Volunteers recruited to support the ward by providing a refreshment round in the afternoon on some days.

Heart failure nurse service
A NEW service which is improving care pathways for hospital patients with heart failure has launched at York Hospital.

Any staff nursing a heart failure patient with left ventricular systolic dysfunction can now call on the heart failure nurse to provide advice, support and guidance. Patients are helped with referrals to community services and given discharge advice and information which helps prevent readmission.

For more information or to refer a patient contact Heart Failure Nurse Vicky Watson on ext 1445.

Sexual health services remain

THE TRUST is delighted to have been appointed by City of York Council and North Yorkshire County Council to provide new sexual health services for the city of York and the whole of North Yorkshire.

Welcome to Helen Hey

WELCOME to Helen Hey, our new Deputy Chief Nurse. Helen has joined the Trust from Mid Yorkshire Hospitals where she was Assistant Chief Nurse. For much of her career Helen has worked in oncology nursing and has also worked in Leeds and Bradford nursing in general medicine and surgery.

Helen is passionate about patient experience and has led on several patient experience initiatives. Staff development, education and training is also one of Helen’s interests and she has played a prominent role in the recruitment of nursing staff including those from overseas. Helen looks forward to getting around the Trust and meeting everyone.

Leave your car at home day

REDUCE your carbon footprint on NHS Sustainability Day (Thursday 27 March) by leaving your car at home for just one day and walking or cycling to work. Even getting the bus, car sharing, using a pool car or walking the last mile and a half to your place of work will help prevent a tonne of CO2 from being released from our vehicles.

The Trust’s travel initiatives to promote sustainability include the staff cycle scheme, pool car booking, discounted bus tickets and the annual rail travel loan scheme.

The emission of CO2 contributes to global warming, and ultimately climate change.
Freemasons’ donation

The Freemasons Mitre Lodge in York donated £250 to White Cross Court to purchase equipment to help patients with their recovery, such as dumbbells and ankle weights.

Two members from the lodge paid a visit to White Cross Court to see and hear what a difference their donations would make.

From left: Tom Richardson (Worshipful Master, Mitre Lodge of York), Hannah Shilton (Student Physiotherapist), James Palmer (Senior Physiotherapist), Marianne Pipes (Ward Sister), Ron Smith (White Cross Court patient) and Neil Reader (Charity Steward, Mitre Lodge of York)

Raising awareness of prostate cancer

Staff at York Hospital’s Urology Department organised a week long awareness campaign to raise awareness of prostate cancer.

Prostate cancer is the most common cancer in men, with over 42,000 men diagnosed every year in the UK. This figure means that there is a one in eight chance of a man getting prostate cancer in his lifetime.

Carolyn Bedford, Macmillan Urology Nurse Specialist, said: “Staff wanted to do something to raise awareness of prostate cancer locally. We are passionate about highlighting some of the possible symptoms to encourage early detection so that more treatment options can be available.

“Often men tend not to talk about health issues and can be reluctant to see their GP. However, if you feel that something isn’t right, it’s important that you are checked out.

“Symptoms can include rushing to the toilet to pass urine and doing it more frequently, having difficulty passing urine, feeling like you can’t empty your bladder properly, passing blood in your urine or new bone pain that doesn’t go away.

“These symptoms may not be related to prostate cancer, but your doctor can advise you further.”

Volunteers from the York and Selby Prostate Cancer Support Group were also on hand to share their experience.

Gerald Gilpin was diagnosed three years ago after he became aware of symptoms and went to his GP. Following a biopsy and an ultrasound scan he was given hormone treatment and attended Leeds St James’s for radiotherapy.

Gerald said: “Everything was explained really clearly to me by my consultant which was very reassuring. I did quite a lot of research myself online but it really helps when you get advice from professionals. People shouldn’t be afraid to go to their GP – never, ever ignore symptoms.”

Despite having some challenging side effects to his treatment Gerald took it all in his stride and has praised the specialist team at York. He has gone on to provide support for others in the same position.

Another member of the support group, Ken George, had no symptoms which meant it took longer for the condition to be diagnosed. After going to his GP with concerns Ken was seen within three days and has only praise for the speed of service which he believes really helped. He looks forward to the day when men over 50 are offered routine screening as he had been accustomed to having regular health checks through his work’s scheme.

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Gala Concert

THE LORD Mayor’s Charity Gala Concert will be held on Sunday 29 March 2015 at York Barbican at 7pm.

The concert features local acts including orchestra, choirs, comedy and much more to produce an evening showcasing the best York talent all in one place. Tickets available from York Barbican, £14 adults, £12 children or £48 for a family ticket.

Have a ball

THE CHARITY has a ball for all with the Scarborough Hospital Ball on Saturday 16 May (ticket £40) and the ‘Vegas’ themed York ball on 20 June (tickets £60 or £550 for a table of 10).

Raising awareness of prostate cancer

Urology care coordinator Koren Atkinson, Specialist Nurse Carolyn Bedford and volunteer Gerald Gilpin
New midwife peer support on Facebook

TWO NEWLY qualified midwives have set up a Facebook group to encourage new starters to support each other during practice.

Midwives Rachael Fawcett and Jenefer Fraser set up the group to encourage new midwives to share information about meetings, self help strategies, and study days.

Jenefer said: “Coming onto a ward as a newly qualified midwife can be a bit daunting as you really have to hit the ground running. We thought it was a good idea to get people together to support each other in a challenging new environment.”

Rachael added: “As well as online support we have also arranged a meeting with each group of new starters to help familiarise them with practical stuff such as using the computers, how to book annual leave, and how to access support and so far we have had positive feedback.”

The group will be holding their first support meeting for new band 5 midwives on 13 April at 1-2pm. For further information or to be included in the Facebook group please contact Rachael or Jenefer.

Energy centre opens

Wednesday 4 March marked the official opening of the refurbished Energy Centre at York Hospital when Vital Energi, the appointed supplier for the project, handed over the centre to the Trust.

The Trust is committed to reducing its carbon footprint through the work of the Sustainable Development Group. The development of the energy centre is helping to make a large step towards reducing the Trust’s carbon footprint.

Brian Golding, Director of Estates and Facilities, said: “As an organisation, we are very much aware of sustainability issues and are committed to reducing our environmental impact. Our sustainable development group ensures that we are consistently addressing energy consumption across all our hospitals, looking at everything from light bulbs through to the design of new buildings.

“Last year we completed a major energy saving and carbon reduction project at York Hospital using a Carbon and Energy Fund Framework with Vital Energi. Since the completion of this project, we have seen a huge reduction in our energy consumption. “We are delighted to officially open the refurbished energy centre. By reducing energy costs, we can reinvest savings into front line services and patient care.”

The principal component of the new installation is a new combined heat and power unit (CHP).

Carbon emissions are projected to be cut by 2,996 tonnes a year, a reduction of 22 per cent.

CHP is a great technology that uses a gas fuelled engine to produce electricity, while heat is collected from the hot exhaust gases of the engine to help heat the hospital. This is a far more efficient way of producing electricity than normal power stations and reduces carbon dioxide emissions.

Ashley Malin, Project Development Director at Vital Energi, commented: “York Hospital had a clear desire to reduce both its carbon output and its energy spend, and by Vital Energi guaranteeing these savings the Trust can now be 100 per cent confident that this project will deliver day in, day out, benefiting residents and service users for years to come. This Trust can now stand as a role model for what ambitious and committed hospitals can achieve when they put sustainability at their heart.”

The £4.6million project will achieve guaranteed savings of £848,000 (in the first year) a year, or a 26 per cent reduction on current energy bills and operating costs. Overall it will save the hospital £15.2million over the life of the project.

New high-tech drugs cabinet for Intensive Care Unit

A MAJOR investment to improve pharmacy services at York Hospital is set to revolutionise the way medicines are managed on the Intensive Care Unit (ICU). The installation of a fully automated drugs cabinet will reduce medication errors and improve quality of care releasing more time for nursing staff to spend with patients.

The new highly secure ‘Omnicell’ cabinet requires fingerprint login and has new ‘guiding lights’ technology which quickly directs the user to the right place in the cabinet. It has a large, high resolution display which is easy to see and read.

Emily Waterman, Specialist Pharmacist, explained: “This is a real breakthrough in pharmacy services and a fast paced ward such as ICU can benefit in many ways. It saves a lot of time for both nursing and pharmacy staff as it is patient specific so it takes you directly to the right medicines. Everything is separated and stored so as to eliminate errors. This makes it much more efficient as it has reduced the manual steps and processes we had previously.

“Only authorised people can gain access to the cabinets so it also supports staff if any discrepancies have occurred as medicines can be tracked. The cabinet automatically records drug stocks so it makes it easier for pharmacy to maintain the correct drug levels on the ward.”

Claire Worrel, Staff Nurse on ICU has worked closely with the pharmacy team on the project. Claire said: “I can’t believe what a difference it has made already. Everything is stored neatly and perfectly controlled so that drugs can be selected really quickly. When the ward is busy there can be a lot of interruptions so the extra safeguards automatically in place are a real help when it comes to patient care.”
The Stroke Research Team at York Hospital has joined a social media campaign to help raise awareness of research, and the valuable role that both volunteers and staff play. Using the hashtag #WhyWeDoResearch, the Stroke Multi Disciplinary team have posted their support, together with other members of the wider research team and some of their volunteers, on Twitter. The campaign originated from the James Padget Hospital, and within days the Stroke Research Team became involved.

Michael Keeling, Stroke Research Nurse, and joint collaborator on the campaign said: “The Stroke Research Team at York is taking part in the campaign as it is a fantastic opportunity to raise the profile of stroke research, and research activity in the Trust, and of all those people that are involved in bringing research to the most important person, the patient.”

Sheila Atkinson is one of the patients that took part in the social media campaign and is currently participating in a trial looking at improving recovery from stroke. Sheila said: “I would encourage anyone to think about volunteering. I was asked while I was a patient in hospital and felt that I had nothing to lose. After five weeks in hospital I was ready to give anything a go that may help me and other people in the future. The follow up is very good, I feel fine and I’m improving.”

The #WhyWeDoResearch campaign started locally and is now a global campaign with participants from ten countries, all helping to raise the profile of research. If you are interested in getting involved in or finding out more about stroke research please contact the Stroke Research team on 01904 725487. Or for general enquiries about research opportunities in the Trust contact Research and Development on 01904 725122.