New urology one-stop clinic opens at Malton Hospital

A revolutionary new urology clinic, offering fast access to diagnosis and treatment for all urology patients across the region, opened at Malton Hospital in January.

The new ‘one stop’ clinic means that patients will only require one appointment and will leave the clinic with a treatment plan. Patients previously accessing this service have required up to five separate appointments, at various hospitals.

The unit was officially opened by Dr John Sentamu, Archbishop of York.

The service was designed following consultation with patients and is based on learning from the Trust’s other one-stop services. By bringing together a single assessment and diagnostic centre under one roof, the unit successfully offers both urological diagnosis and outpatient services. Consultation and diagnosis mean that patients stay within the clinic, while stopping off at various points to see a specialist, have an examination and undergo various tests. Graeme Urwin, Consultant Urologist, explained: “Patients are often worried when they are referred to us, so we wanted to design a system which was both kind to the patient and efficient. “The development of this clinic means that patients who may have

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:
Elaine Vinter, Media and Communications Officer: elaine.vinter@york.nhs.uk
Or email staffmatters@york.nhs.uk
New urology clinic opens

The new fresh and bright waiting room

Continued from page 1

needed to come to the hospital up to four times, often over several weeks, for their tests and results, now come for the morning or afternoon and have their tests while they are here.

“By the end of the clinic patients are either reassured there is nothing wrong or they have discussed a treatment plan with their specialist. We believe that this approach is truly patient-centred and will be safe, timely, equitable and of high quality.”

The clinic is led by a team of highly trained urology specialists headed by consultant urologists and includes doctors, specialty registrars, urology nurse specialists, radiographers and ultra sonographers.

The majority of the Trust’s adult first referrals into the urology service will attend this clinic, which runs three days a week, accommodating around 180 patients.

Officially opening the clinic, Dr. John Sentamu, Archbishop of York, said: “I am delighted to be here today to see the work that has gone into developing this clinic. I would like to thank all the staff for their hard work and dedication to improving the health of those who will attend the clinic in the years to come. For some who tend to be reticent about seeing a doctor, knowing that you can come to one place to be tested, and be given results and guidance as a one-stop clinic is a real blessing.”

Patrick Crowley, Chief Executive, added: “The one-stop model is the gold standard approach to urology diagnostics. By pooling resources from York and Scarborough to create a single team, it has given the Trust a unique opportunity to redesign the urology service and enhance patient experience. Congratulations to everyone who has helped make this happen.”

The purpose built clinic space has been created within the old vacant day theatres suite and involved extensive construction works. It includes a new reception and waiting area and a whole suite of rooms for examinations, consulting and treatment.

Included in the new facilities are three state-of-the-art pieces of diagnostic equipment, which were purchased from generous charitable donations from the Malton Hospital League of Friends.

Dr David Wilson, President, Malton Hospital League of Friends said: “We would like to take this opportunity to thank all our volunteers, staff and customers for all their support in helping us to purchase essential equipment for this remarkable facility.”

The League of Friends to Malton Community Hospital has been successfully operating since 1977 for the benefit of patients and families. They have supported the opening of the new one stop clinic with a donation of £120,000 which purchased an ultrasound machine and other equipment.

Barbara Dimmey, Secretary of the League of Friends, said: “The Members of the executive committee are extremely grateful to all our supporters who have allowed the charity to fund this vital equipment for the new unit. Many, many thanks go to everyone for their wonderful support.”

The League of Friends has pledged to continue supporting the efficient running of the hospital by providing vital equipment. This will enable Malton Community Hospital to continue to offer up to the minute treatment and diagnosis in the future.

Thanks to the Friends of Malton Hospital

The new fresh and bright waiting room

Continued from page 1

...
Meet the December finalists

Claire Ackroyd (nee Thompson), Cancer Care Unit Administrator, York Hospital
Claire was nominated for showing exceptional compassion, care and empathy towards a patient who was facing a sad and difficult time as she reached the end of life.

Before she was transferred to St Leonards Hospice, she wanted to see her son. Knowing that the son was scared of hospitals, Claire arranged for the family to spend some quality time together, after hours, in the warm, homely and relaxing environment of the Cancer Care Unit. Her thoughtfulness and compassion ensured that the patient’s experience was as comfortable as possible under the saddest of circumstances.

Robert Ackroyd, HPV Technician, Scarborough Hospital
Robert was nominated by the Infection Prevention Team for his efforts during an outbreak of CPE, a highly infectious virus. While the infection was contained to Ward 33, some of the patients affected had also been dialysis in the Renal Unit at York Hospital. Subsequently the unit needed to be deep cleaned, sealed and HPV’d before it could be used again in order to prevent the spread of infection.

Despite just completing a full shift at work, Robert worked through the night to ensure that the clinical and waiting areas were HPV’d in time for the next day. The team are extremely grateful for his dedication to patient safety.

Steven Clark, Receptionist/Ward Clerk, York Hospital
Since starting for the Trust in September last year, Steven has already shown dedication and innovation towards improving the patient experience.

In his own time he has created a puzzle book for patients to use while waiting for scans, treatments and results, which he developed after attending a dementia awareness session that highlighted the need to keep the brain active. Steven’s creativity and handy work has helped make the whole patient experience more enjoyable in the AMU unit.

Leah Moon, Generic Therapy Assistant (GTA), Scarborough Hospital
Following admittance to the ward, Leah learnt that one of the patients was socially isolated, with no family or friend support, living in a flat with only a bed, a kettle and a chair, as well as having a very poor diet due to having no cooking facilities.

Leah used her skills as a GTA to research and refer the patient to relevant services and charities. In doing so, the patient has been provided with new bedding, a microwave and a fridge. Leah also liaised with services such as the Rainbow Centre and Age Concern, who have signposted the patient to befriender services and social groups.

Jennifer Fraser, Alex Hillman, Special Care Baby Unit (SCBU), York Hospital
Jennifer, Alex and the SCBU team were patient nominated for ensuring the safe delivering of baby Phoebe, following a difficult labour and subsequent stay in SCBU.

Parents, Toby and Helen Wade, nominated the team for the all-round personal and genuine care they received throughout an incredibly difficult time. The actions of the team ensured that they felt fully supported and in no doubt that their daughter was in the best possible hands.

“An absolutely incredible team that helped us get through one of the most difficult times of our lives. Thank you!”

Chloe Gray, Healthcare Assistant, York Hospital
Chloe was nominated by a patient relative who witnessed her exceptional care and compassion when supporting patients with dementia. Chloe used her professional skills to reassure agitated patients and calm them when they became aggressive. Chloe is commended for keeping calm and empathic, while still providing the best of care in challenging circumstances.
Message from the Chair

How much do you know about your Board of Directors?

The Board
Like everyone else in the Trust the board is keen to improve the way we work. One of the ways we would like to achieve this is by being as open as possible about our work and the way we seek to lead the Trust. I am the Chair of the Board, and it is my job to ensure that it works effectively in every way. As Chair I must ensure that this Trust has an appropriate strategy for the future, one which is right for our patients and for our staff. In turn it is the job of our Chief Executive, Patrick Crowley, to ensure that we deliver that strategy, which the board has agreed.

Patrick and I work with the Board of Directors to deliver our responsibilities.

On the board are the Executive Directors who are each responsible for specific areas of our strategic plans and our day-to-day work. The independent, non-executive directors (NEDs) are responsible for supporting the executive in the delivery of their work and for challenging areas where they have concerns.

Board meetings
Every board meeting begins with a patient story which sets the tone for our discussions and decision making. It is crucial that the board leads by example, by keeping our patients at the heart of everything we do.

Our work reflects the four key ambitions of the Trust in the five years ahead, discussing issues which relate to the quality and safety of our patients’ experience, finance and performance achievements and any difficulties we face. We also talk about staff and the ways to develop skills in the Trust as well as discussing our facilities and the hospital environment.

The board has separate committees which focus on each of the four ambitions, whose detailed discussions are fed back at board meetings. There are also two other important committees; the Audit Committee which ensures that the Trust systems and processes work effectively, and the Risk Committee which has an overview of all the risks which the Trust faces.

Our board is a unitary board, which means that every board member is equally responsible for the performance of our Trust. The work of the board is supported by the Trust Secretary, Lynda Provins.

New non-executive director joins board
A new non-executive director (NED) has been appointed to serve on the board of the Trust. Jenny McAleese was appointed by the Council of Governors on 5 January as a non-executive director of the Trust and also as the chair of the Audit Committee. As with all non-executive roles this is initially a three year appointment. Jenny will take up her post on 1 March, providing succession to the Trust’s outgoing Chair of the Audit Committee, Philip Ashton, who has served a distinguished full nine-year term.

An invitation to staff
Six of the Trust’s board meetings will be held in public in 2017, which means that members of the public, including governors and staff, are welcome to attend. Attending a Board Meeting as an observer is a great opportunity to understand how the Trust is led by the directors and how important matters are discussed and decisions made. To see how it works, what is discussed and how decisions are made check out the Trust website for the dates in the year ahead.

The 16 members of the Trust’s Board of Directors are:

1. Beverley Geary
2. Mike Proctor
3. Michael Sweet
4. Juliet Walters
5. James Taylor
6. Andrew Bertram
7. Patrick Crowley (Chief Executive)
8. Mike Keaney
9. Philip Ashton
10. Brian Golding
11. Dianne Wilcock
12. Jenny McAleese
13. Libby Raper
14. Sue Rushbrook
15. Susan Symington (Chair)
16. Jennie Adams
17. Wendy Scott
Success for first-ever student gathering at the Trust

In January, the Trust hosted its first ever non-medical healthcare professional student conference to a capacity audience. It was designed to highlight the importance of students to the Trust and demonstrate to students their value as a potential employee.

Students from York University, York St John, Leeds Beckett, Leeds University, Sheffield Hallam and the Open University all attended representing nursing, midwifery, paramedic, occupational therapy, speech and language, radiography and biomedical scientist professions.

The conference focused on patient care and emphasised the impact healthcare professionals have on the local population with powerful stories from patients.

Drew Atherton, Practice Education Facilitator, who was one of the organisers of the conference, said: “We really wanted to inspire students to see how much their chosen career could really make a difference to patients. Guest speakers Linda Hornsea, and Mandy & Les Wilson, discussed their own incredibly challenging experiences and those of a relative through difficult treatments. Having two patients who have been treated at the Trust gave students an insight into how treatments affect patients’ lives.”

A video simulation from the Clinical Development team demonstrated the human factors that can lead to poor patient care. The video was well received by the students, who were keen to see more simulation in their training.

Breakout sessions by the Practice Education team explored what students want from practice placements in order to shape future initiatives. Fergus McGlone from the Speech and Language team allowed students to reflect on practice experience and give some thought to how communication barriers create a uniquely challenging environment in healthcare and how this can be overcome.

Awards were presented on the day to recognise excellence in practice from placement areas, mentors and educators and from the students themselves, where staff and students have gone above and beyond what is expected of them. The awards included Best Placement, Student Award and Mentor Award.

Mike Proctor, Deputy Chief Executive, said: “Students are full of great ideas. We see that every day with the excellent students we support, who want to change things for the better and their feedback is invaluable to the Trust. I very much hope that the students who attended will choose to spend their career with us.

“During the conference, I was pleased to be able to recognise and reward students and staff who have done something extra in their everyday work. Particular thanks to UNISON and local businesses for sponsoring the prizes.

“I am delighted that the Trust supported this worthy conference, the first of its kind, and I would certainly wish to see it repeated.”

Practice Education Facilitators Emma Simpson and Drew Atherton, who organised the conference with Gail Dunning, Deputy Director Applied Learning and Research. Inset: awards were presented to recognise excellence in practice where staff and students have gone above and beyond what is expected of them.

Students said...

“I loved the awards bit as I wonder whether good placements and mentors really get recognised enough.”

“It would be great to see this event come back! I think it’ll really promote students feeling welcomed at their trusts. If nothing else it highlights what your team can do for students.”

“I think it was a really great event and am truly pleased that the Trust conducted it — thank you.”
The TRUST has been invited to participate in the Yorkshire Health Study; and anyone aged between 16-85 living in the Yorkshire and Humber region can take part. The study is following the lives of thousands of people in Yorkshire to help researchers in Sheffield understand our health, so that they can find the best treatments to prevent and treat illness in the future. Since 2010 almost 30,000 people have filled in the Health Questionnaire to help research in the region. The questionnaires, which only take 10 minutes to complete, have provided valuable insight into the health of the people in Yorkshire in order to improve services for the people who need them most.

Anyone wanting to participate can contact Lydia Harris, Head of Research & Development on lydia.harris@york.nhs.uk or call (772) 6606.

Midwives celebrate graduation
Congratulations to Debbie Scott, Ante Natal Day Services Coordinator, and colleague Jo Harrison, Community Midwife at Selby, who recently graduated from the University of York. Debbie and Jo are both midwives who have undertaken additional studies in their own time. Jo graduated with a BA in Health and Social Care (midwifery) and Debbie graduated with a Masters in Public Health. Debbie and Jo are pictured right.

The result confirmed significant improvement and reduced time from arrival to assessment by Allied Health Professionals, which in turn reduced time from arrival to admission.

Dermatology study looking for recruits
A NATIONAL ground-breaking dermatology study is looking for recruits. The ALPHA research study, a national multi-centre trial funded by the National Institute for Health Research (NIHR), is looking into the most effective treatment for chronic hand eczema and is now appealing to recruit patients in Scarborough.

Jill Green, Dermatology Research Nurse, said: “The team is really excited to be part of a clinical research project that can offer our patients further chances to find solutions to what can be a very long-standing and debilitating condition.”

If you are a member of staff suffering from this condition or see patients with severe hand eczema, contact Jill Green on jill.green@york.nhs.uk or (772) 1853.

Trust Research shortlisted for prestigious awards
The Research & Development office is delighted that two of the Trust’s projects have been shortlisted for awards. Dr James Turvill and his team are finalists in the Medipex Innovation Awards for their work to develop a Faecal Calprotectin pathway, which aims to introduce a screening tool for patients in primary care with lower gastrointestinal symptoms.

The Health Coaching Project (Steve Crane, Wendy Scott, Fiona Bell and Steve Reed), working with the Vale of York CCG, has also been nominated and is also a finalist in the HSJ Awards.

The study began in August 2015, and so far, more than 300 patients have been enrolled to receive the coaching intervention; the emerging results are very promising. Preliminary results from York indicate savings on non-elective admissions over the past year. Importantly, the savings on non-elective admissions alone are far greater than the set-up cost, providing both financial and quality of care benefits to the CCG and local health economy.

Grant Finder software launched
A NEW service for researchers interested in sourcing funding for their projects has been launched. Upon request, the Research & Development team will email a weekly list of current funding opportunities. In addition, it is possible to set up a personalised search for researchers who may have more specific requirements.

Please contact Research & Development on (772) 6966 for further details or to be added to the recipient list.

Matron Carol receives service improvement award
Carol Halton, Matron for General and Speciality Medicine, pictured, has been presented with the Ede and Ravenscroft Award for Service Improvement.

Carol, who recently gained an MSc in Service Improvement, completed her dissertation on the role of the hyper acute stroke nurses. The study looked at several areas, examining whether the nurses reduced the time from arrival at hospital to being assessed by a stroke specialist and to obtaining a CT scan. Carol also studied the time from arrival to receiving thrombolysis, the time of arrival to admission to the stroke unit and to whether the team helped reduce length of stay.

The Trust Research office is delighted that two of the Trust’s projects have been shortlisted for awards. Dr James Turvill and his team are finalists in the Medipex Innovation Awards for their work to develop a Faecal Calprotectin pathway, which aims to introduce a screening tool for patients in primary care with lower gastrointestinal symptoms.

The Health Coaching Project (Steve Crane, Wendy Scott, Fiona Bell and Steve Reed), working with the Vale of York CCG, has also been nominated and is also a finalist in the HSJ Awards.

The study began in August 2015, and so far, more than 300 patients have been enrolled to receive the coaching intervention; the emerging results are very promising. Preliminary results from York indicate savings on non-elective admissions over the past year. Importantly, the savings on non-elective admissions alone are far greater than the set-up cost, providing both financial and quality of care benefits to the CCG and local health economy.

Grant Finder software launched
A NEW service for researchers interested in sourcing funding for their projects has been launched. Upon request, the Research & Development team will email a weekly list of current funding opportunities. In addition, it is possible to set up a personalised search for researchers who may have more specific requirements.

Please contact Research & Development on (772) 6966 for further details or to be added to the recipient list.

The result confirmed significant improvement and reduced time from arrival to assessment by Allied Health Professionals, which in turn reduced time from arrival to admission.
Day of action focuses on climate change

Thursday 23 March 2017 is NHS Sustainability Day — the nationally recognised day of action on climate change. Sustainability Day is a national day of action across the health sector. Each year NHS trusts, Clinical Commissioning Groups, Hospitals and organisations take action to highlight the important role sustainable development can play in health service delivery.

The Trust is participating in NHS Sustainability Day with activities at both Scarborough and York hospitals. At Scarborough Hospital there will be a tour and official opening of the upgraded boiler house and the installation of a combined heat and power unit. The boiler house upgrade project is part of a Trust wide strategy already completed at York and Bridlington hospitals. The project has already won a number of awards.

The official opening will take place at 11am at Scarborough Hospital when Chief Executive Patrick Crowley and Director of Estates Brian Golding will be joined by the team from Vital Energi who were the appointed supplier for the project.

Energy centre tours for staff and Trust Members will take place at 12.30pm and 1.30pm. Other activities will include a manned display at the Hub in Ellerby’s at York Hospital on Monday 20 March and information about sustainable travel.

New artworks for the Trust

The Arts team have been busy across the Trust helping to brighten up the environment at York and Malton hospitals.

At York Hospital the team has worked with the Estates and Purchasing teams to refurbish Ward 16’s Enhanced Recovery Suite, pictured above.

The suite is a place where patients are encouraged to take time away from the clinical environment and spend time with other patients, family and friends, with the aim of promoting recovery.

Griselda Goldsborough, Art & Design Development Manager, explained: “Before this transformation the room was tired and had become more of a meeting space for staff, rather than a calming environment for patients. By working with staff on the ward we’ve created a bright and engaging environment.

“The artwork has been kindly donated on long term loan from Pete Turpin, a patient of the hospital who is always so grateful for the excellent care he receives. The project was generously funded by the Friends of York Hospitals.”

At Malton Hospital the restaurant, pictured below, is looking noticeably brighter with the addition of a series of large abstract artworks, created by year 13 students from Malton College.

Artist, Dan Savage, conducted workshops with the students, encouraging them to consider the work of Henri Matisse in their colourful collages.

This project was generously funded by Hospital Arts for North East Yorkshire (HAFNEY) and Ryedale District Council.

Would you like to help medical school?

HULL YORK Medical School (HYMS) are looking for ladies who are between 20 and 38 weeks pregnant and also volunteer paediatric patients to assist in student clinical examinations. They will take place at York Hospital on the week of Monday 20 March - Friday 24 March 2017. Students will be chaperoned by a consultant or GP at all times.

Pregnant ladies will have the opportunity to hear their baby’s heartbeat but no invasive examinations will be performed. Paediatric patients should ideally be currently well, recovered from any recent illness and preferably have a long standing medical condition for which they see a paediatric consultant at the Trust and have done so in the last six months. Examples are food allergies, asthma, ex premature, epilepsy, recurrent urine infections.

The child will only need to be present for either a morning or an afternoon, please bear this in mind if they are of school age.

Refreshments will be provided and a taxi will be organised or reimbursed travel expenses to and from York Hospital.

If this is something you, or someone you know, may be interested in please contact Charlotte Sumner charlotte.sumner@york.nhs.uk
Once again staff are being offered the opportunity to apply for a grant to carry out an inspiring idea that could benefit their service or department.

Anyone with an idea which could have a positive impact on patient care can apply to the corporate improvement team for a grant of up to £3,000, which is being funded by the York Teaching Hospital Charity. This could involve visiting another hospital in the UK or abroad to learn from another inspiring project, or working as an individual or a group to implement an idea into the service you provide.

Last year’s winning ‘Inspire Project’ saw the refurbishment of the discharge lounge at York Hospital to help increase patient flow through the department.

Anna Holmes-Ellerker, Admin Coordinator for Inpatient Flow and Lydia Morrison, Bed Manager, came up with the simple but effective winning idea based on patient feedback.

Anna said: “The Inspire Project gave us the opportunity to focus on the patients’ experience and upgrade our discharge lounge to include a comfortable dining area and new furniture. Patients can now experience a safe, comfortable and enjoyable lasting memory of their admission with us.”

While there was only one winner of the grant, all other ideas were considered on their own merit and reviewed by the Charity Committee. Consequently, several were awarded funds to support their projects outside of the Inspire funding, along with six projects funded by the Friends of York Hospitals. Applications ranged from purchasing new equipment, refurbishing departments and areas, educational training for patients, to attending national conferences.

All permanent staff are eligible to apply and the grant is available to all clinical and non-clinical staff who meet the criteria. Applications are open until 31 March 2017. For an application form or more information about the project please contact the Corporate Improvement team (772) 4099, or email bianca.cipriano@york.nhs.uk

Grants being offered to people with inspiring ideas

Contractors donate to assessment centre

FOLLOWING the sponsorship of an award at the Trust’s Celebration of Achievement Awards, construction contractor Kier has donated toys and equipment to the North Yorkshire and York Children’s Sexual Assault Assessment Centre team (CSAAC).

The centre is based in the Acorn Unit at York Hospital. The service is for children and young people aged 0-16 year’s old, providing medical assessment and examination when sexual abuse is alleged, or has been disclosed, or is suspected.

The donation came as a result of a conversation on the night between Kier’s team and the CSAAC, who mentioned they struggled financially with funding and were unable to purchase items for the children such as toys, toiletries, clothing or books to use when they came to the centre.

Keir pledged to support the centre in whatever way they could and staff were asked if their children or families had any items that could be donated. The response was amazing. In addition, three site teams donated their £200 prize to the centre in the form of gift vouchers from the Kier Safety Awards.

Liz Costello, Child Protection Advisor, said: “It’s our role to try and make the children’s experience as positive as possible when they attend the centre. We are extremely grateful to Kier and overwhelmed by their kind and generous donations which have enabled us to purchase further supplies. “These extra supplies will support us in ensuring that children, young people and their families receive the best experience they can from the centre under very distressing circumstances.”

From left: Anna Holmes-Ellerker, Lydia Morrison and Non-Executive Director Dianne Willcocks
Raising awareness of oesophageal and gastric cancer

Around 8,750 people are diagnosed with oesophageal cancer and over 7,000 people with stomach cancer each year in the UK.

This month York Hospital’s upper GI nurses, who specialise in providing support to patients with cancer in the upper part of the digestive system, have been busy raising awareness of these two cancers and helping people spot the signs to ensure early detection.

Helping spread the word was oesophageal cancer patient Lotti Sturg, who has recently had successful treatment for this, the thirteenth most common cancer in adults.

In October 2015 Lotti mentioned to her GP that she sometimes had difficulty swallowing. She was sent for tests, which revealed she had oesophageal cancer.

Eden Galang, Upper GI Nurse Specialist, explained: “Lotti was not a typical candidate for this disease and didn’t have most of the usual symptoms or risk factors. Apart from problems swallowing, she didn’t have the common symptoms such as persistent indigestion or heartburn, bringing up food soon after eating, loss of appetite and weight loss and pain or discomfort in her upper tummy, chest or back.

“Luckily for Lotti it was diagnosed at an early stage so she has been able to have surgery and treatment and the outcome has been positive.”

Alcohol, smoking, obesity, reflux disease and hiatus hernia are all common risk factors for oesophageal cancer and often associated with lifestyle.

Lotti, who worked until recently as a peripatetic music teacher, said: “By the time I was diagnosed I was prepared for it to be cancer. It helped that everything was explained to me and all my questions were answered about my treatment. I was also assigned a specialist nurse which has been a fantastic support. There is always somebody at the end of the phone.”

After receiving chemotherapy, undergoing an operation and having radiotherapy Lotti is now monitored every six months. She also has advice from a diettitian and eating takes a bit more planning for smaller meals more often.

Lotti continued: “It’s not all doom and gloom when you get this diagnosis. As far as I am concerned my treatment has been successful and I no longer have cancer. I just want to get on with my life, move on and not hang on to the illness. Instead of ‘why me’, you have to accept ‘why not me‘. I’ve been very fortunate and had excellent treatment. The way the body recovers is phenomenal!”

Prashant Kant, Consultant Gastroenterologist, added: “The more people know about the symptoms the sooner they will see their GP. We are still seeing people presenting quite late, particularly younger and middle aged patients who are missing the symptoms. An early diagnosis makes all the difference and things are getting better, and techniques and equipment for picking up the disease are improving all the time.”

Front: Patient Lotti Sturge with Specialist Nurse Eden Galang
Back: Becky Mulvana, Upper GI CNS, Prashant Kant
Gastroenterologist and Bev Craine, Upper GI Coordinator

Autism assessment waiting times fall

Waiting times for children’s autism assessments in Scarborough and Ryedale have fallen to a welcome low.

In 2014/15 around 240 children were on the assessment waiting list, with parents typically having to wait almost a year for their child to be seen following a referral.

Following extra investment from NHS Scarborough and Ryedale CCG the wait is now just a matter of four to five weeks, rather than months – even more impressive, given the number of referrals for autism tests is increasing, with up to 70 assessments now commissioned each year.

Neville Watson, Clinical Psychologist, Psychological Medicine, at Scarborough Hospital, said: “The whole autism spectrum multi-professional assessment and care team (ASMPACT) has been conscious about reducing the waiting time for families and has worked hard to ensure that it is now in line with national guidelines.

“Alongside this, the team are also working hard to ensure that assessments are completed in a timely manner, and that we meet the needs of families both during their assessment and when planning post assessment support.”

Input wanted for mattress day

As part of the Trust’s project on mattress standardisation, staff are being asked for their input to view the latest range of mattresses.

All staff from across the Trust are welcome – particularly those from medical, surgical, elderly, critical, trauma, nursing, facilities, porters, housekeeping, therapy, rehabilitation, tissue viability, manual handling, patient safety and quality.

The supplier day is on Tuesday 28 February between 9am-3pm in the PGMC Lecture Theatre, York Hospital.

Please share your feedback, have your say and meet the suppliers. For further details please contact samantha.haigh@york.nhs.uk or elisa.winstanley@york.nhs.uk
STAFF WELLBEING
A regular section bringing you the latest news and developments from the Wellbeing Team

CIC – Well Online

CiC, the Trust’s Employee Assistance Programme (EAP), is best known for the 24 hour Confidential Care Advice line provided for staff.

Not only does the service provide advice on a range of problems, the Well Online website offers a wealth of practical tips, fresh ideas and stimulating reading.

The service offers specific advice with a whole section for managers. ‘Stress and Resilience for Managers’ training can help identify and reduce stress and its triggers in the workplace, a leading cause of work related mental health difficulties.

Mental Health Awareness training is suitable for all employees and increases the understanding of mental ill-health, dispels prevalent myths and gives powerful tools for discussing and addressing these issues in the workplace.

This month’s helpsheet focuses on ‘Coping with Loneliness’. A recent survey by the Mental Health Foundation found that in the UK one in ten people often feel lonely and 48% of respondents believed we are getting lonelier in general.

Visit the staff benefits wellbeing section on the Trust website to click through to CiC Well Online.

Let’s talk — Mindful Employer offers advice

“What do I tell them?” is probably the most frequent question asked by people experiencing stress, anxiety, depression or another mental health condition. Knowing what to say or whether to say anything at all can be a difficult area - often because people are afraid of the reaction they might receive.

People often feel uncomfortable talking to their manager about their mental health condition, yet it may well take more effort to keep hiding something than it does to talk about it.

Mindful Employers has a useful advice online to help people to talk and has produced a short film ‘Let’s Talk’, available on YouTube or visit www.mindfulemployer.net

The Trust is a Mindful Employer member that supports employers to support mental wellbeing at work.

FINANCIAL Accountant, Rob Taylor, has been awarded ‘Student of the Year’ while studying for his Chartered Institute of Management Accountants (CIMA) qualification.

Rob joined the Trust as a placement student for one year as part of his finance degree at Hull University. He quickly made his mark by learning the role, helping to streamline processes and improving workflow.

Sarah Hogan, Deputy Head of Corporate Finance, said: “Rob is an excellent role model for junior staff wishing to further their career in the NHS. We’re delighted to see him win this award.

“Rob applied for the graduate trainee programme and was unsuccessful but was so keen to join the NHS that after gaining a first in his finance degree he applied for a Band 3 cashier position within Financial Accounts.

“Soon after his appointment he began to study for the CIMA qualification and after 12 months applied for the assistant capital accountant position, and has since been promoted to the financial accountant role within Financial Services.

“Since then Rob has made a huge contribution towards implementing improvement within the processes at the Trust while studying towards his CIMA qualification.

“Rob has been instrumental in developing and changing processes while building good working relationships, which has gained him respect amongst all. He has encouraged staff to attend courses and develop themselves; now all team members have either studied or are studying accounts qualifications.”
STAFF BENEFITS
A regular section provided directly for you by the Staff Benefits Team bringing you the latest benefits as a staff member of the Trust. Whether you are looking for a better work-life balance, want advice in making healthy lifestyle choices, or just to see what discounts are available to you. For all of your benefits go to the staff benefits section on www.york.nhs.uk/staffbenefits or call the team on 01904 721170 or 771 5262. Follow staff benefits on Twitter and Facebook @YHstaffbenefits StaffBenefitsYHFT

STAFF LOTTERY ROADSHOW ON TOUR
Come along and find out about the 2017 lottery prizes and claim your free gift when you join the lottery – or add more numbers!

- 2 March: York Hospital, Ellerby's, 11.00am-2.00pm
- 14 March: Malton Hospital, 11.00am-2.00pm
- 16 March: Bridlington Hospital, 11.00am-2.00pm
- 21 March: Selby Hospital, 11.00am-2.00pm
- 28 March: Scarborough Hospital, Pat’s Place, 11.00am-2.00pm

AMAZON LOCKERS – A REMINDER
Hands up who has used the new Amazon lockers to receive or return a parcel?
A reminder that these are now available to staff at both Scarborough and York.
Scarborough lockers are located outside the Haworth Unit and York lockers are located on Main Street.

NEWS
PERIOPERATIVE SPECIALIST NURSE
Sara Ma, and Research Nurse Kate Shaw, have been invited to present at a conference, ‘Representing the Quality of Nursing Provision’.
They will be talking about their experience of setting up the Perioperative Medicine Service and drawing in funding to the Trust.
The service has accessed funding from the Health Foundation’s £1.5 million ‘Innovating for Improvement’ fund which has allowed them to continue.
Sara said: “We’re very pleased to have been asked to share our experiences and our challenges in setting up the service. The majority of surgical complications are in the postoperative period and this is where care can be improved.”
“We are delighted to have received a further £30,000 grant from the Health Foundation in order to develop a Perioperative Medicine website for the Trust. This will be a great information platform for our surgical patients and also provide useful training tools for staff.”

TRIAL SOMETHING NEW!
With Non Job Related Funding you can do just that.
The Staff Benefits team want to encourage staff to challenge their minds and develop new skills – so they have provided the opportunity for staff to apply for £25 towards learning a new skill.
Full details and the application form are available on the Staff Benefits webpages.

VUE CINEMA
Don’t forget to stock up on cinema tickets for the weekend!
Tickets are available at the reduced rate of £6.50 from the staff shops.
Ready to run – places now available for charity

It’s not too late to set yourself a New Year’s resolution. Why not get your running socks on for York Teaching Hospital Charity and help raise money for your ward or department? The charity still have places in:
- Great North Run, Sunday 10 September 2017
- York 10k, Sunday 6 August 2017
- Yorkshire Marathon, Sunday 8 October 2017

Please email charity.fundraising@york.nhs.uk or call (772) 4521 as soon as possible as places are selling quickly.

Fundraising

More information
For more information or to support an appeal please contact the fundraising team at charity.fundraising@york.nhs.uk

Appeal hopes to raise £170,000 for dementia care

YTHC is launching its first Trust-wide fundraising appeal in March and would like your help.

The Dementia Appeal hopes to raise £170,000 to improve the experience that our patients, families and carers have while in one of our hospitals.

We would like to be able to offer all patients with dementia an environment that helps to maintain their initial mental state, provide comfort to them and their families, as well as giving them the opportunity to recover using equipment that is specific for their needs.

If, as a staff member or on a personal note, you are able to share your experiences of having a loved one in hospital and how the equipment we are hoping to purchase would have benefitted them, we would love to hear from you.

Please get in touch on charity.fundraising@york.nhs.uk or call (771) 6210.

NEWS

Hypnobirthing training is a first for the Trust

THIRTY midwives from the Trust and across Yorkshire took part in a three day in-depth training to teach hypnobirthing at York Hospital.

Hypnobirthing is an approach to birth that teaches breathing exercises, relaxation techniques and self-hypnosis.

The aim is to help women approach their baby’s birth with confidence, and provides them with the tools to remain calm and in control during their labour.

Karen Aston-Martin, Community Midwife, who organised the training, said: “We’re extremely grateful to the Trust for part funding this course. It’s something that will benefit maternity staff and patients’ right across the region.

“Hypnobirthing can make a big difference to women and their experience of labour. It helps couples to prepare mentally and physically for labour and childbirth, using self-hypnosis, relaxation and breathing techniques.

“Not only can the midwives who attended bring this valuable knowledge into their daily work, we are also planning to set up our own courses for mums-to-be so they can benefit directly.”

Katharine Graves, Director of KGH
Hypnobirthing, with Karen Aston-Martin, Community Midwife