Proud to be a living wage employer

National Living Wage Week was a UK-wide celebration of the Living Wage and Living Wage Employers this month.

The Trust is proud to be a “Living Wage Employer” and since April 2014, 630 staff across the whole Trust, including porters, catering, domestic and healthcare assistants have been paid the National Living Wage.

Patrick Crowley, Chief Executive, said: “Adopting the Living Wage forms part of our aim to be an employer of choice in all the communities that we provide services for, and despite the significant additional cost, overall it was felt strongly to be the right thing to do.”

The living wage is a voluntary scheme designed to encourage employers to raise the pay of those on the lowest incomes, to ensure that it covers the basic cost of living in the UK. The hourly rate is set independently and updated annually and at £7.65 per hour (for those outside London) it currently exceeds the statutory minimum wage of £6.31 per hour. Employers can opt to pay the rate voluntarily.

The Board of Directors at the Trust agreed to implement the Living Wage for the financial year 2014/15, reviewing it on an annual basis.

This means that all employees whose pay was below £7.65 per hour received a pay rise to “top up” their pay from 1 May 2014. The Living Wage also applies to all new employees who join the trust.

Patrick Crowley, Chief Executive, said: “Adopting the Living Wage forms part of our aim to be an employer of choice in all the communities that we provide services for, and despite the significant additional cost, overall it was felt strongly to be the right thing to do.”

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
Nominate your colleagues – make it public

WE RECOGNISE staff within the Trust in a number of ways including our own internal awards but how many of you have thought about entering an award?

A number of national healthcare awards are now open for nomination and we would love to see some of our staff up there gaining recognition for the wonderful work carried out in this Trust.

The Events Team are encouraging people to nominate their colleagues or teams for external awards. If you know someone who you think should be nominated contact the Events Team for advice on ext 7721006, 7726491, or 7724096 or email bianca.cipriano@york.nhs.uk

Awards which are open now for nomination include International Journal of Palliative Nursing Awards, The Journal of Wound Care Awards, The UK Sexual Health Awards, British Journal of Midwifery Awards and the Minster FM Local Hero Awards. Information on how to nominate and the categories can be found on each website.

Plan for winter

AS WINTER approaches, the Trust’s Emergency Planning Advisor has urged staff to take time out to get ready for winter.

Emergency Planner Derek Bartrop said: “Don’t put it off and find that you get caught out by snow or fog, floods, or strong winds and cold temperatures. We plan carefully for the Trust to keep our services running but we don’t always take the time to do it for ourselves. It’s worth considering simple things such as checking your vehicle now before winter really sets in and looking at alternative means of travel to make sure you can get to work. Even if you have reliable childcare you may want to organise alternative childcare arrangements in case you were to be delayed or stranded.”

Further information on planning for winter can be found on Staff Room.

Occupational Therapists celebrate special week

There are over 29,000 qualified occupational therapists in the UK and more than 90 working for the Trust, all who have been proud to celebrate their profession for November’s Occupational Therapy Week.

Occupational therapists work with people of all ages to help them overcome the effects of disability caused by physical or psychological illness, ageing or accident. The team helps people who are ill, disabled or feeling the effects of ageing to do the things that are important to them – such as preparing a meal, returning to work, or doing a favourite pastime. Occupational therapists work in a variety of roles including helping people to return to work, supporting people with depression, to designing accessible environments and products.

OTs across the Trust promoted their profession by asking people to support them with an ‘I Love Occupational Therapists’ badge. First to wear the badge was Chief Executive Patrick Crowley who the staff visited at a recent Staff Surgery.

Patrick Crowley (centre) meets the Occupational Therapy Team at the Staff Surgery in York

Dr Ford at Scarborough Hospital wears the badge – and got 58 likes on our Facebook page!
Raising funds to help fight the Ebola virus

Staff in the Outpatients Department at York Hospital have rallied to help colleague Sarah Belleh, originally from Liberia, to raise funds for those struck by the terrible Ebola virus.

Sarah, who works as a healthcare assistant in the department, was desperate to do something when she heard from her family how bad things were at home in Liberia.

Sarah said: “Everything you hear on the news is true, they need so much in the way of equipment and healthcare. It has been such a worrying time and for quite a while I couldn’t contact my family which was very difficult.

“Working in a hospital and seeing how people were cared for here made me believe I could do something to help. My colleagues have been fantastic and we have already raised over £200 with cake sales in the department.”

Janice Woodward, staff nurse on the department, said: “When we saw how badly affected Sarah was by what was happening to her family and friends we were delighted to support her. Although the outbreak is a long way from this country it really brings it home to you when you work alongside somebody whose life is affected by it.”

The team are appealing to businesses and individuals for prizes for a grand raffle to be drawn in December. All proceeds will go to the Red Cross Ebola Appeal. Tickets for the grand raffle are now on sale and can be purchased from York Hospital outpatients department.

Anyone wishing to donate prizes should contact Janice by email on janice.woodward@york.nhs.uk. To make a cash donation text “EBOL77 £5” (or any amount) to 70070 or donate to their ‘just giving’ page www.justgiving.com/Janicesarahebola

York Radiology refurbishment begins

THE Radiology Department refurbishment and creation of a new CT scanning suite at has begun at York Hospital.

Rebecca Lord, Capital Planning Manager explained: “This project will significantly improve the clinical environment for both patients and staff and will incorporate the creation of new changing, toilet and shower facilities. It will also include replacement of both CT scanners and creation of a new CT scanning suite.”

As part of the work the chest x-ray room will be refurbished alongside improvements to numerous ancillary spaces including image review, recovery area and nurse base and various utility rooms.

Steven Mackell, Directorate Manager for Radiology, said: “This scheme is expected to take around nine months to complete during which time we will continue to provide a CT scanning service for patients and service users.

“As you can imagine this will prove to be a challenging time for all, patients, service users and radiology staff alike, and we would ask for your patience and understanding during the building works.

“The reward at the end will be two new state-of-the-art CT scanners in a more effective configuration, and it is this positive thought that we should keep in mind during the next nine months.”
Pension news – Choice 2 on the way

Proposed 2015 changes to the NHS Pension Scheme will automatically raise the NHS Pension normal retirement age for many staff to be in line with their state pension age.

Between 2009 and 2012 a ‘Choice Exercise’ allowed members of the older 1995 Section of the NHS Pension Scheme the opportunity to transfer to the newer 2008 Section. Many members chose not to move as they wanted to keep their existing NHS Pension normal retirement age.

NHS Pensions have recognised that had members known of these changes at the time of their original choice it may have affected their retirement planning, and therefore these members are being given the opportunity to reconsider their original decision. This will be the Choice 2 exercise.

During November and December 2014 the Trust will be distributing letters from NHS Pensions to eligible members at their workplace address. These letters will include more detailed information regarding the changes and the factors that may affect your decision, and links to online tools to help members make their choice.

Eligible members will be those who remained in the 1995 section of the scheme during the original Choice exercise and are not subject to full protection from the 2015 changes. Full protection applies to members who on 1 April 2012 were already within 10 years of their NHS Pension normal retirement age.

Further information can be found on the NHS Pensions website at http://www.nhsbsa.nhs.uk/Pensions

There are also several contacts available for staff who would like help understanding their letters:

NHS Pensions Choice 2 Helpline: 0300 123 1601

NHS Pensions Choice 2 e-mail address: nhsbsa.choice2members@nhs.net

Trust Pensions Choice e-mail address: PensionsChoice@york.nhs.uk

Trust Pensions Officers: Peter Haswell (01904 72 5196) and Steve Purdy (01723 34 2242)

Special wheelchair

A SPECIAL wheelchair with pressure relieving cushion and support back has been provided from charitable funds to help patients at Whitby Hospital.

Alison Ashburner, Physiotherapist at Whitby Hospital said: “The chair will be primarily for patients who have had a stroke and need the additional support this chair gives. It is adjustable in width and leg length to accommodate a variety of patients. We hope to make it available on the ward for palliative care staff to use, for example to take patients up to day hospice in comfort, for staff to use for home visits or appointments, and for family members to use to take someone to the canteen or to the front door for a change of scenery.”

The ‘tilt in space’ chair, which cost £1,500, accommodates to support a person with reduced sitting balance, who would not be safe to travel in a standard wheel chair. It was provided through a bequest given to the hospital for the needs of local people which will also be used to purchase other specialist support chairs.

Hand-made Christmas decoration workshops

COME along and take part in Christmas decoration making sessions.

The Arts Team are running their annual workshops to make festive decorations to adorn the main entrances of several of our Trust hospitals. The sessions are for staff, patients and visitors and a variety of fun items will be on hand to work on. Everyone is welcome, even if you can only pop in for five minutes. This year the sessions will take place in York, Scarborough and Bridlington, the dates are as follows:

- York Hospital – Main Entrance, Wednesday 3 December, 11.00am – 2.00pm
- Scarborough Hospital – Main Entrance, Tuesday 2 December, 10.00am – 1.00pm
- Bridlington Hospital – Main Entrance, Tuesday 2 December, 2.00pm – 4.00pm

For more information contact Kat Hetherington, Arts and Design Manager, Kat.hetherington@york.nhs.uk ext 7726943.
The Community Stroke Discharge team

The Community Stroke Discharge Team has helped over 130 stroke patients from hospital to home since launching six months ago. Of these patients, 46 were supported to leave hospital earlier thanks to the work of the team.

Established in April, the specialist team provides support and rehabilitation to patients at York Hospital who have suffered a stroke, helping them to make the transition from hospital to home, sooner than usual.

In its first six months, feedback from patients and staff has been extremely positive for the multi-disciplinary team. One patient who was recovering from his second stroke commented that he had noticed a significant improvement in after care this time around, with a seamless support service from rehabilitation through to arranging a blue disabled badge.

The work of the team was recognised at the Trust’s annual Celebration of Achievement Awards, with Team Leader Ina James scooping the Enhancing Systems and Services Award for developing and leading the new service and team.

The team has also recently had the support of the York Vikings Rotary Club who donated £1,000 for the team to purchase iPads, so that patients can access speech and language and occupational therapy apps to aid their rehabilitation at home.

Ina James, Therapy Team Leader for Stroke, explained:

“Around 450 people a year are admitted to York Hospital having suffered a stroke. We have had 132 referrals since we launched the new service and we are delighted with the feedback we are having from our patients. “Early and intensive rehabilitation during the first three months after a stroke is critical in minimising the patient’s disability and improving their recovery. “Evidence suggests that patients recover more rapidly at home. It is great to see that this service is achieving what we set out to do - helping support patients to lead independent lives.”

Previously patients admitted to York Hospital would remain in hospital until they no longer required daily help from the rehabilitation team. On discharge they would then be referred to the Community Stroke Team.

Working with other agencies including social services the new Community Stroke Discharge Team is providing patients with a seamless service.

Patients who are accepted by the team are contacted within 24 hours of their discharge from hospital with the first assessment taking place within 48 hours of their discharge.

The multi-disciplinary team is made up of an administrator, consultant, physiotherapists, occupational therapists, a speech and language therapist, a dietician and stroke rehabilitation assistants, and input from the stroke specialist nurse.

Help from improvement team

Linda Dunlop, Service Improvement Facilitator, said:

“The most important step in the initial stage of the project, for Ina, was her stakeholder analysis. This allowed her to have a clear vision around who should be involved and the level of involvement needed, throughout the project. We looked at the key people and best methods of communication so that everyone was included at the right stage of the project.

“Ina has now completed the first phase of this project covering the City of York, the team is in place and the service is running. We have recently met to embark and plan phase two moving into the whole of the York catchment area.”

Ina James said: “The team have been pivotal in making the Community Stroke Discharge Project a success. They gave the right amount of direction, together with timely encouragement. They taught me about the difference between accountability and responsibility within the remit of project management. I was introduced to the ‘Dial I’ toolkit and I have become a huge fan of the project plan document, along with other resources, which I also use in my daily role.”

The Corporate Improvement Team was formed in April 2013. The purpose of the team is to provide service improvement, project management skills, expertise and capacity to services across the Trust as we strive to continually improve services to patients.

The Dial I toolkit is available through the Q:\ drive York Hospitals Trust/ Dial I for Improvement.
Trust seen through others’ eyes…

The Trust recently played host to a staff member from NHS Employers who spent two weeks finding out what the ‘real NHS’ looks like. Administrator Scott Harker spent time with various teams in resourcing, systems and networks services, and a ward clerk in elderly medicine.

Scott said: “There’s much more to the NHS than you could imagine. I wanted to gain an insight into how things work on the ground and meet some of the people NHS Employers provides services to. In return for this experience, I was to help out staff in any way I could. “I spent quite a lot of time supporting the medical staffing teams at both York and Scarborough, despite being really busy due to doctors’ change over Scarborou...
Specialist nurses from York Hospital highlighted Pancreatic Cancer Awareness Month this November with an information stand in the hospital foyer.

Pancreatic cancer is the eleventh most common cancer and often affects older people. Around 8,800 people are diagnosed with the disease every year and it is one of the most difficult to treat. However, patients who are diagnosed in time for surgery have a more than 30 percent chance of surviving beyond five years after diagnosis.

The disease rarely causes symptoms in the early stages, so it’s often not detected until the cancer is fairly advanced.

Eden Galang, Lead Upper Gastro Intestinal Macmillan Nurse Specialist at York Teaching Hospital NHS Foundation Trust, explained: "Many people do not know where the pancreas is and what it does. They are not aware of the symptoms of pancreatic cancer and when symptoms present themselves it is often late stage."

"Late diagnosis of the disease has an effect on survival rates so raising awareness of the disease and its symptoms is absolutely vital to drive earlier diagnosis and ultimately increase a patient’s chance of survival. Awareness, along with research, is the key to battling the disease."

Krystina Hardy was recently diagnosed with the disease and has undergone surgery and is now receiving chemotherapy.

Krystina said: “My diagnosis came out of the blue, looking back I had symptoms such as digestive problems and diarrhea but I was going through a very stressful time so put it down to that. I had no pain or lethargy so it was only when I developed jaundice that I went to my GP. Within days I was in hospital and had my operation.

I would urge anybody to get their symptoms checked out straight away, don’t procrastinate. Anything that doesn’t feel normal for you should be taken seriously."

"After my surgery I made sure that I stayed as active and healthy as possible which is an important part of recovery. I have had the support of a specialist nurse throughout which is a great relief, you can discuss the slightest problem with a professional and they help you to get on with your life. From now on I intend to live life to the full and not take anything for granted!"

Charles Milson, Consultant Gastroenterologist at York Hospital, said: “Over the last five years there have been some real advances in research, treatment and support for patients with pancreatic cancer. We have a specialist group of staff including radiologists, oncologists, physicians and surgeons who are focussed on providing the best care for each individual patient. Increasing awareness means that we are looking at earlier diagnosis which means a better outcome for the patient.”
Spas offer subsidised body massage

STAFF Benefits have teamed up with two new spas in Scarborough – Body Concepts and York House Beauty Clinic – to bring you two fabulous pamper offers. These add to the list of treatment spas that staff in York already enjoy, The 5 Senses Spa, Kuki Spa and The Haven.

Massage special offers

Scarborough’s Body Concepts are offering a 50-minute face and back massage, full price is £26 but staff pay £15, while York House Beauty Clinic are offering a one-hour full body massage including face, full price £30 staff pay £18. This is a special price for NHS staff with a £9 subsidy from Staff Benefits. All you pay is the special offer price on the day of your treatment.

Staff will need to make the booking direct with the clinic, they will ask you to complete a form at your appointment with your name and payroll number to enable them to claim the subsidy from staff benefits. Make sure you let them know you are Trust staff when making the booking and remember to take your ID badge along with you.

Please feed back to us about your experience. For more information please contact staffbenefits@york.nhs.uk

YORK HOSPITAL is proud to have its very own choir for staff members to join. Music teacher and choir master, Katie Fleming, leads the choir rehearsals in the chapel from 12.30pm – 1.30pm every Thursday lunchtime.

The choir is free to join as it is subsidised from Staff Benefits.

Don’t worry if you haven’t sung in a group before, there are no auditions and everyone is welcome. No note reading skills are necessary, just the desire to have a good go! Singing is long proven to improve mood and is a great aid to relieving stress. We have fun, first and foremost!

“What a lovely experience you are providing for a lots of otherwise stressed people on Thursday lunchtimes! I look forward to it all week.”

If you’re interested in attending, please contact Kat Hetherington: Kat.Hetherington@york.nhs.uk ext 7726943.

The Staff Benefits Christmas newsletter is out now. Details of lots of Christmas shopping nights with fantastic discounts on purchases, pantomime tickets offers, children’s Christmas parties and eating out deals. Go to the Staff Benefits page on the website and download the latest edition.
New sexual health website launched

The YorSexualHealth website has undergone a makeover making it even easier to access sexual health information and order Chlamydia testing kits.

If you’re looking for information about sexual health services in York and North Yorkshire, www.yorsexualhealth.org.uk is the place to go.

The new website is now responsive for smartphones and has a new hide feature so that you can quickly and easily remove it from the screen should you not want anyone to see what you are looking at.

There is also a new translate feature so that the whole site can be translated into other languages so visitors and students can easily access the information they need.

As well as refreshing its look, the site has also been improved to make it even easier to request a Chlamydia testing kit through an innovative scratch card feature, which through a series of questions reveals whether you should order a kit.

The website still features the popular and award winning ‘Fanny and Jonny’ game.

Liz Hare, Chlamydia Screening Programme Co-ordinator, said: “We are really pleased with the new website. As well as refreshing the whole look of the site, new features such as being smartphone responsive and the translate function make it even easier for everyone to access the sexual health information they need in a convenient and accessible way.”

The website has been designed and developed by local York-based company See Green. YorSexualHealth provides a range of sexual health services throughout North Yorkshire and York to men and women of all ages.

Wearing it pink...

STAFF from Whitby Hospital raised a total of £50.00 for the Breast Cancer Campaign ‘Wear It Pink’ Day this October by asking staff to take part in a sweepstake.

Winners of £15 each were Mark Jenkins, Occupational Therapist, Rakshya Maharjan, Physiotherapist and Diana Wood, Receptionist. A big thank you to all who supported the event.

Meanwhile, the YorSexualhealth team also got onboard ‘Wear it Pink’ dress down Friday, raising £36.

Pearly Lawson, Sexual Health Nurse, said: “When I opened the door it was really moving to see that everyone had gone to such an effort and was wearing something pink, to help support such a worthy cause.”

Pictured right: Sue Stuart, Admin Support Worker, marking the day by ‘Wearing It Pink’

Health management students make the grade

CONGRATULATIONS to the following Trust staff: Sandie Annalls, Kathryn Lee, Bev Whitehurst, Lorraine Wilson, Hugh Stelmach, Karen Castronovo, Josie Rackham, Lisa Gray and Beth Jones (not pictured), who all graduated from York College with Foundation Degrees in Health Management. They are pictured with Adelle Roberts (centre), the ODIL course tutor for the Service Improvement module.

Carol Service

THE TRADITIONAL NHS Christmas carol concert at York Minster is being held for the 36th year on Wednesday 10 December at 7.30pm in York Minster.

Current and former staff are invited to join the congregation in York Minster. Wrap up warm and come and join NHS colleagues, friends and family from the Yorkshire and Humber Region in the singing of carols.

As in previous years, a coach has been booked for members of staff who wish to attend from Scarborough Hospital. The coach will leave from the Main Entrance at Scarborough Hospital at 5.00 p.m. on Wednesday 10 December, and will call also at Malton Hospital en route if required. This transport is funded from donated funds.

There is no ‘fee’ for the coach but, to secure a booking, there is a £5 deposit per seat (refundable at your discretion).

Please contact the general office at Scarborough Hospital to book a seat on the coach.

If you are unable to attend do please let the general office know, as there is a ‘reserve’ list for seats on the coach.

Mick’s new national role

MICK LEE, York Hospital’s fire safety advisor has recently been elected as the new chairman of the British Fire Services Association (BSFA).

He has been a member of the association since his RAF Fire Service days and maintained his membership upon retiring from the RAF in 2007 after completing 31 years’ service.

As chairman of the association, which was the first national charity for fire-fighters, Mick sits on a committee which provides charitable grants to eligible members, ex-members and their dependants. He will serve as chairman of the BSFA for a three year period.
New lone working devices launched

A new lone worker device which allows staff to summon help in emergency situations is to be launched throughout the Trust.

The new Identicom 877 lone worker device will also monitor audio recording which can be used in any action taken against perpetrators of violence against staff. It is discreet and is used as a Trust lanyard or ID badge holder.

It has GPS based technology which allows the device to work in areas of poor mobile phone reception.

Other functions include an emergency pull tag, two-way audio communication as a standard option and a high tech operator available during any incident where the staff member feels threatened or at risk. ‘Multi-Function Buttons’ on the front of the device allow easier communication for a lone worker whilst out in the community or lone working in department.

If you are a lone worker and are eligible for a device, discuss this with your line manager and ask them to contact Ashley Bellwood (ashley.belwood@york.nhs.uk) or Colin Weatherill (colin.weatherill@york.nhs.uk).

For further information on the device visit www.relianceprotect.co.uk/nhs-lone-worker/

Library service news

A NEW self issue service installed in the Trust libraries means that staff now have access out of hours.

The self issue machines at both York and Scarborough have been launched following a project where library staff retagged all the book stock using new technology. This will make borrowing and returning books easier and also provides additional security for the stock.

Access to Scarborough Hospital library is now available between 6am and 11pm seven days a week. The door code can be obtained from Scarborough library staff.

Due to the introduction of self service all library members will need to know their barcode and pin to use the machines. To make this easier the library is issuing new cards which will contain both pieces of information.

Please ask a member of staff about your new card when you are next in the library and one will be made for you.

The library recently surveyed Trust staff in community sites to find out what services they would like provided. One of the top preferences was for postal loans to the community sites.

Details of the service and the online community postal loan request form can be found on the library pages on Staff Room.

Volunteers needed

A REGIONAL press campaign entitled ‘Patient Stories’ is running until February 2015. The campaign will focus on highlighting positive patient stories and the Clinical Research Network is looking for volunteers to be a part of its campaign.

If you know of a patient, carer or healthy volunteer that has been involved in clinical research and would like to share their positive experience then please direct them to www.crn.nihr.ac.uk/patientstories

Finalists in EHI Awards

CONGRATULATIONS to the Systems and Networks team who were finalists in two categories in the recent eHealth Insider Awards. The team were the only organisation to have been selected as finalists for two categories, Patient Safety and Digital Hospital of The Year.

Sue Rushbrook, Director for Systems and Networks, said: “We were Highly Commended for the Patient Safety award which was based on all the work around electronic observations. Whilst I believe it is true to say that there was some disappointment that we weren’t outright winners, this was a huge accolade.”
Changes for the Chaplaincy

REVD Martin Doe, currently the Chaplaincy Team Manager at Scarborough, is taking over from York Chaplain Stuart Petty who leaves in December. Martin will be based at York and be Chaplaincy Team Manager for the whole Trust.

The Trust will look to recruit chaplaincy staff to work at Scarborough, covering Bridlington, Whitby and Malton.

Stuart said: “I would like to thank everyone for the privilege of working as part of this hospital community. I always felt such a good job had been done by my predecessors, which continues with Andrew and the rest of the team. It was mine to mess up – and hopefully I didn’t mess up too much!”

‘Tour de Hospitals’ raises over £6,000

A team of cycling enthusiasts from York Teaching Hospital NHS Foundation has raised £6,671 by taking part in a sponsored bike ride in aid of York Teaching Hospital Charity.

The bike ride took place on Sunday 13 July. Beginning at York Hospital, the riders cycled to Malton and Scarborough Hospitals before finishing at Bridlington Hospital – a total journey of 75 miles.

The team of 15 included staff from Bridlington, York and Scarborough Hospitals as well as Deputy Chief Executive Mike Proctor.

Bridlington Hospital Maintenance Engineer and team member, Franco Villani, explained: “With all the excitement around the Tour de France we thought that it would be a great idea to organise our own charity bike ride.

“When we set out we hoped to raise about £200 so to have raised £6,671 is amazing.

“I would like to thank everyone who cycled, supported and made a donation.

“The money is going towards buying additional comfort items for the Bridlington Orthopaedic Unit and after discussions with staff and Consultants we have decided to purchase some new artwork for the lounge on Kent Ward as well as state-of-the art video goggles.”

The video goggles, which play DVDs, will be given to patients to wear when they undergo orthopaedic surgery.

Mark Andrews, Orthopaedic Consultant, explained: “We prefer to use regional and local anaesthetic whenever possible to avoid the sickness that a general anaesthetic can cause. It also gives much better pain relief in the first few hours after surgery but some patients are anxious about staying awake.

“The video goggles can reduce the need for sedation and be a very good option for them. Watching a video can be a pleasant distraction and we have even had some patients laughing aloud during the operation.”

Stroke magazine spotlight

A RECENT article in the National Nursing Older People magazine quoted York Hospital’s good practice regarding stroke mortality. The article ‘Stroke mortality falls when nurse staffing levels higher’ referred to the investment the Trust has made in advanced stroke care and interviewed Carol Croser, lead nurse for stroke at York.

The report looked at research to examine the association with higher mortality rates for stroke patients admitted on weekends, reported in previous observational studies, and the difference seven-day working by specialist physicians and registered nurses makes to patient outcomes. Significantly, it found that mortality outcomes after stroke were associated with the intensity of weekend staffing by nurses.

The findings come as no surprise to Carol Croser: “We knew that advanced nursing care 24/7 is having a positive impact on patients, and now we have the evidence to prove it. It makes such a difference having senior nurses available at the weekends, they provide the leadership and confidence in staff to make sure everything is happening in a timely manner.”

Carol hopes the study will serve to protect and increase nursing levels on stroke units, as well as bolster the drive for safe staffing levels across wards.

New name for Scarborough HQ

A NEW sign has gone up above the old Scarborough Hospital Trust HQ which was renamed as Woodlands House in a competition this summer to mark the changes to the organisation.
Fundraising

Round-up of activities

Dress-down day is a first

Staff from York and Scarborough HR departments took part in a dress down day on 24 October and with staff from Obstetrics and Gynaecology hosted a dress down day the following week raising a total of £26.10 in aid of York Teaching Hospitals Charity.

The idea comes as a result of a suggestion which was made to the SHINE staff suggestion scheme. The HR department were delighted to turn an idea shared by a member of staff into a reality and continue to encourage your suggestions and bright ideas.

Staff reported more positive communication, a brighter and more friendly atmosphere and a more pleasant and fun day.

Coming to work in casual dress was optional and up to individuals to decide when and whether to ‘dress down’.

To learn more about the pilot and evaluation, please contact becky.blackburn@york.nhs.uk. Further information about the SHINE scheme can be found on the Staff Benefits website.

£1000 so far for West Highland way walk

Congratulations to the security team who completed the West Highland Way Walk, 96 miles, in 41 hours. Despite swollen knees, sore feet, a sprained ankle, and severe blisters the team completed the challenge and have so far raised over £1000!

To make a donation visit www.justgiving.com/YorkSecurity2014 or text YTHS96 then your amount to 70070.

Nikki’s Jungle Trek

Thank you to Nikki Brooks who completed a Sumatran Jungle Trek in September raising £4,571. To support Nikki with a donation go to her JustGiving www.justgiving.com/Nikki-Brooks1

Taxi firm’s kind donation

A YORK taxi company’s generous donation of three new wheelchairs to the therapies department at York Hospital will help patients with their rehabilitation and planning their discharge home.

Fleetways taxis currently have a contract with York Hospital and are regularly used by therapy services to carry out home assessment visits with patients.

Janet Laycock, Senior Occupational Therapist, explained: “Wheelchairs are essential for taking patients home to assess them in their own environment. Once we are sure that patients can manage at home we can arrange discharge from hospital. Having extra resources means more patients can be assessed both in hospital and at home. “We really appreciate this donation which will contribute to improving our patients’ stay in hospital and the service we provide. The Fleetways drivers provide an excellent service when it comes to loading our wheelchairs and equipment in and out of their cars and their wheelchair taxis.”