Major Trauma training sets new standards for the Trust

A new approach that will help save the lives of patients suffering from major trauma is set to see staff at York and Scarborough Hospitals become some of the first in the Yorkshire to access new training in trauma care.

The North Yorkshire and Humberside Major Trauma Network has launched a Trauma Intermediate Life Support (TILS) Instructor Training course with the aim of supporting Trusts to train staff to deliver vital trauma care training within their organisations.

The training, hosted recently at Scarborough Hospital, is the first of its kind in the region and is fast becoming the entry level trauma qualification across the country.

Dr Phil Dickinson, Scarborough Hospital’s Consultant for Anaesthesia and ICM, is Network Lead Clinician for North Yorkshire and Humberside Major Trauma Network and has been at the forefront in bringing this pioneering initiative to the region.

Phil said: “It’s an exciting new development for the Trust and for trauma care in the region. We have trained 33 instructor candidates from across eight hospitals and two ambulance services to become qualified TILS Course Instructors.

The aim is that within two years we will have trained 90 percent of our trauma teams in the region in these specialist skills.

“Major trauma is the leading...”

Continues on page 3

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
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York Hospital is flagship for Patient First conference

York Hospital has been recognised as a flagship Trust in falls prevention at the national Patient First ‘Preventing Harm, Improving Care’ conference this month in London.

Following the submission of an abstract for a poster presentation which detailed the work of the Trust Falls Steering Group, the conference organisers invited us to present and discuss our strategies for improvement.

Diane Palmer, Deputy Director of Patient Safety, said: “We recognised that our organisation reported considerably more patient falls with harm each month than the national average. After reviewing previous reports we saw that the Trust reported an average of 17 inpatient fall incidents per month resulting in moderate or severe harm.

“This is a real celebration of the commitment and dedication of all staff in this key area of patient safety.”

Don’t forget your flu jab...

Staff are being warned not to be fooled by the mild weather so far this winter and come along to the drop ins and walkabouts to get their flu jab.

Flu Facts

Flu immunisation - helping to protect everyone, every winter. Influenza is dangerous, highly contagious and largely preventable.

• Flu Kills – For the majority of people who catch it flu is unpleasant, but for some it can lead to chest infections, severe complications and death. Globally seasonal flu accounts for about three to five million causes of severe illness annually and between 250,000 and 500,000 deaths.
• The vaccine is one of the safest in the world – Seasonal flu vaccine is given to millions of people in the UK each year. The specific strains of flu that are included may change from one year to the next but vaccines are still thoroughly tested and are safe.
• The flu jab can’t give you the Flu – It is impossible to get flu from having the flu jab because the vaccine doesn’t contain live viruses. A very small number of people experience side effects such as aching muscles, but this is simply the immune system responding to the vaccine.
• Health Professionals need to protect their patients – Vaccination isn’t just about keeping yourself safe, it’s about protecting your colleagues, your family and your patients. You can carry and pass the virus onto others without having any of the symptoms yourself, so even if you consider yourself to be healthy, you might be risking the lives of others.
• You need the vaccine every year – if you were vaccinated last year you helped to fight flu and took an extra step towards excellent patient care. Please do the same again this year. You won’t be protected against the new strains of flu circulating.
• Vaccination works – The World Health Organisation cites clean water and vaccination as the two interventions that have the greatest impact upon public health – vaccination works! Trivalent seasonal influenza vaccines generally give 60 - 80 per cent protection against infection.
• Pregnant women can be vaccinated – Pregnant women can have the flu vaccination at any stage of their pregnancy. Having the vaccination when pregnant is beneficial and helps protect the baby from flu over the first few months of life.

IMPROVEMENTS TO DATE:
• Revising the Falls Policy to meet NICE guidance
• Developing a revised risk assessment tool that links to interventions that help prevent inpatient falls
• Developing an electronic falls assessment and care plan
• Developing and delivering bespoke training sessions in falls prevention
• Investigating all falls with moderate or severe harm as serious incidents
• Establishing a ‘Falls Panel’ to review and share learning from falls incidents that result in moderate or severe harm
• Supporting the establishment of local Operational Groups at York and Scarborough.

FUTURE PLANS INCLUDE:
• Developing a falls risk eLearning package for medical staff
• Developing a falls risk eLearning package for nurses and allied health professionals
• Developing a lying and standing blood pressure eLearning package
• Purchasing more equipment to support falls prevention.
Revolutionary service for liver patients

A brand new Trust wide service focusing on diseases of the liver has been launched at York Hospital and is already set to double in size.

After taking almost four years to set up, the Hepatology Service has come to fruition thanks to Consultant Hepatologist Charles Millson, who brings this particular area of expertise to the Trust.

Charles said: “It’s an exciting new development for the Trust to be able to offer a service that concentrates on the medical management of diseases that affect the liver, gallbladder, biliary tree and pancreas.

“We will be seeing patients with diseases of the liver including fatty liver disease, liver cirrhosis and liver cancer as well as viral hepatitis. Patients will no longer have to be referred to specialist services in Leeds and Newcastle, they will be able to be treated at York and Scarborough Hospitals. We already have a waiting list of patients who are choosing to opt for our service so they don’t have to travel.”

Central to the new service is the £80,000 high tech fibroscan, a type of ultrasound that can measure the degree of scarring in the liver. It shows the condition of the liver and allows doctors to diagnose and monitor diseases.

Charles continued: “The fibroscan is a huge asset to the service as it is a quick, painless test that gives immediate results. It doesn’t have any potential complications or risks and is non-invasive so it provides an excellent alternative to liver biopsy. The result is immediate and can be used in most liver conditions including those patients who have progressed to cirrhosis.

“As many as one in ten people have problems with the liver at some time in their life. Although alcohol abuse is one reason, in fact the causes are more wide-ranging and the incidence of almost all types of liver disease is rising. In the UK liver disease is the only major cause of death still increasing year-on-year so we anticipate a busy time ahead!”

Tenth Infection Prevention conference a success

STAFF from across the Trust gathered together this month to look at future challenges in the treatment and prevention of infection at the Trust’s tenth Annual Infection Prevention Conference.

Major trauma training

Continued from page 1

cause of death for adults under 40 years of age in the UK. Over a number of years the level of care in England for these patients has been shown to be in need of improvement. The National Audit Office report estimated that there are 20,000 cases of major trauma per year in England and 5,400 people die of their injuries with many others sustaining permanent disability. Many of these deaths could be prevented with systematic improvements to the delivery of major trauma care.”

Future TILS course training dates are being planned, anyone interested in TILS training should contact Scarborough instructor Kelly Coleman kelly.coleman@york.nhs.uk or York instructor Craig Brogden Craig.Brogden@york.nhs.uk

Further updates on course dates and training material are also available via the course twitter feed @TILSYorksHumber

Another TILS Train the Trainer course will be held in 2016 for anyone interested in becoming a TILS Instructor, dates to be confirmed.

For any information regarding the North Yorkshire and Humberside Major Trauma Network or the TILS Train the Trainer Course please contact the NYH Major Trauma Network Programme Office via Debra.Harrison@hey.nhs.uk

New cancer support service

REFURBISHMENT of the cancer information and support service at Scarborough Hospital is currently underway to extend the already valuable service for families affected by cancer of Scarborough and surrounding area.

Following an entire refit the service will provide a much needed full working week of face-to-face and telephone support and information. The Citizens Advice Bureau one day a week service for all financial and welfare needs will continue alongside the service.

An official opening day is planned for December – watch this space!
Have your say... now!

Don’t forget to fill in your staff survey, we want to hear from you before Friday 27 November when the survey closes. Your contribution can help make real changes, it only takes a few minutes and is completely anonymous. Those staff with active Trust email accounts will have received an email. The sender will be NSSEnglandSurvey@Capitasurveys.co.uk and the subject title reads ‘This is Your Staff Survey – DO NOT DELETE’. Those staff without active email addresses should have received a paper copy as usual.

The feedback from community services staff in last year’s survey can be seen alongside what actions have been taken:

You said, We did – feedback from community services
Staff and patient suggestions to be used to inform decision making

- Nursing workshop
A nursing workshop for all Band 3 non-registered and Band 5 colleagues was held this month to represent each team and community unit. Sessions included CQC, Service Improvement and Medicines Management together with an overview from Bev Geary, Chief Nurse.

- Listening Week 6 July 2015
Staff completed a Listening Week survey to improve the connection between frontline staff and senior managers. Analysis of the results is underway and feedback will soon be available.

- Improved communication between staff and senior managers – feedback must be provided about how staff and patient suggestions have been used

- Mobile Surgeries
Following the example of Chief Executive and Chief Nurse ‘Staff Surgeries’ and the nursing team ‘Blue Thursday’, locality managers will hold mobile surgeries engaging with teams to support them and where necessary identify hotspots and react by spending time with staff.

- Incident reporting procedures should be (and should be seen to be) fair and effective

- Re-promote the procedure for incident reporting
Re-promote the procedure for incident reporting referring to Staff Room and Datix at team meetings.

- Lessons learnt
Using the data collected from pressure ulcers and falls as part of the Quality and Safety Agenda share positive stories.

TAP suggestions deluge

THANKS to all the staff who have already given us their suggestions for the Turnaround Avoidance Programme. As you may now be aware while the Trust is not yet in turnaround we are at a critical point in terms of our financial and operational performance.

We asked - could you carry out your role more efficiently? Are you using resources effectively? Is the money you are spending essential? Are contributing to increasing our costs? How can we do things differently? How can we make the changes go further, faster? How can we stop waste by changing what we do? No idea is too small, and every contribution is being considered.

You can submit your suggestions online via www.york.nhs.uk/staffsuggestions which can also be anonymous. If you prefer you can talk to your line manager or someone from the corporate efficiency team about your idea. They will be able to support you.

People have already come back with some excellent suggestions, some simple and easier to implement, some more complicated. These will be fed back via our You Said, We Did campaign in Staff Matters and the Chief Executive’s staff brief.

Here is one suggestion to save money when arranging and attending meetings which one team have already implemented:

- Use of pool cars or hire cars – always research these as an alternative to using your own car
- Attending meetings – share a car with others going to the same destination
- Use other means of communication – phoning or emailing instead of physically attending a meeting
- Plan your work to capture several meetings or reasons for attending rather than short visits several times
- Identify other methods of doing the same work without travelling
One of the biggest challenges for any hospital is to make sure patients are discharged safely so that beds can be made available for new patients.

At Scarborough Hospital innovative processes to improve patient flow have seen new teams, the Discharge Liaison Team and the Discharge Lounge Team, created to help with planning discharges. The Discharge Liaison Team has expanded over the last year and celebrates its first anniversary in December. Staff Matters visited the teams and ward staff to see how they are really making a difference behind the scenes. Janet Watson, Discharge Liaison Officer, said: “We have a very varied role, in fact anything that helps facilitate or speed up the discharge process. It could be anything from speaking to nursing homes, checking with pharmacy to make sure people have their medicines, booking transport, or making sure that patients have been booked in for their tests. “Communication is a big factor in our role and we have to speak to staff at every level to be able to do our job. They are often extremely busy so being able to understand the workload and demands of doctors and nurses really helps. We also have to listen carefully to ward staff and to patients and their families and use our initiative to get the best outcomes.”

Feedback from the wards is very positive. Harriet Lynch, Senior Sister on Beech Ward, said: “The teams are really helping with patient flow and facilitating planned discharges. It is saving a lot of time for nursing staff as they help with arrangements for referrals such as palliative care or mental health, or chase up transport or social care, leaving nursing staff to get on with the job of caring for patients. “We really appreciate their help, it can’t be easy to coordinate when everyone is so busy.”

In the Discharge Lounge the team is busy continuing the good work. They are celebrating six months of improving the service so that the underused discharge lounge is now busy with well cared for and satisfied patients. Adele Edwards, Staff Nurse for the discharge lounge, explained: “We have increased confidence in people wanting to use the discharge lounge. It’s the last part of the patient journey and we want to give them a good experience as well as getting patients home safely with the right medication. “If necessary we will co-ordinate with Matrons and prepare patients in the morning for discharge right from the ward to the discharge lounge and home. While patients are with us we care for them, take note of their dietary needs and identify at risk patients. We can accompany vulnerable patients home if necessary and signpost them to support such as Macmillan or Help the Aged.”

The Manual Handling Team are on the lookout for specialist spare equipment such as an ergonomic mouse - not the cheese eating, squeaking type – that could be reused and save money for the Trust. The team, led by Clinical Lead Tracy Scott, are on a mission to recover unused, unwanted or redundant specialist Display Screen Equipment (DSE) such as mouses, keyboards, screen raisers, document holders and specialist chairs, creating a library for assessment and redistribution. Tracy said: “The Trust is committed to providing specialist, non-standard DSE equipment to support employees who have an assessed, identified need. “When employees leave the Trust, quite often departments are left with equipment which is of no use to anyone else in the team. That’s where we can help. The Manual Handling Team and the network of local DSE Assessors often identify employees whose musculoskeletal health would be improved by having access to specialist equipment. “By maintaining an internal library we can arrange a quick assessment and save the Trust money by redistributing existing equipment. If high cost items are involved, usually chairs, we have in the past arranged an inter directorate recharge. The directorate gets a financial benefit for relinquishing the unwanted equipment and the new owners get the benefit of a heavily discounted piece of equipment which although it is second-hand equipment, is in good working condition.”

If you have some equipment which you think could be redistributed please contact the Manual Handling Team on 01904 725099 or email manualhandling@york.nhs.uk
Are you revalidation ready?

THE NMC’s nursing and midwifery revalidation process launches in April 2016. Your first responsibility is to create an NMC online account via their website: www.nmc.org.uk/standards/revalidation/

This will give you your revalidation date. You will be required to deliver an electronic portfolio to the NMC, so you need to maintain all your evidence electronically.

A system has been created for staff to create their portfolios via the Learning Hub, and we are holding a number of drop-in sessions for you to see the system and ask any questions about revalidation. These sessions are open to all nurses and midwives.

The sessions are:
- York Hospital, Ellerby’s - Wednesday 18 November 12:00 – 13:30, Tuesday 8 December 12:00 – 13:30, Monday 14 December, 19:00 – 20:30
- Scarborough Hospital - Friday 20 November 12:00 -13:30, Staff Shop, Monday 30 November, 19:00 – 20:30, outside Pat’s Place
- Selby Hospital: Friday 11 December, 12:00 – 13:30, Education Room
- Malton Hospital - Tuesday 17 November, 12:00 – 13:30, Resource Room
- Bridlington Hospital - Tuesday 15 December, 12:00 – 13:30, staff area next to the dining room

We have identified the nurses and midwives who will need to revalidate in April, May and June 2016, and will be inviting them to meetings to offer specific support, so if this applies to you, you can expect to receive a letter soon.

Remember: revalidation is your personal responsibility.

Top industry award for radiographer

A York radiographer who is a member of the International Association of Forensic Radiographers (IAFR) has received a team award this month for the central role she has played in training radiographers to respond to national disasters.

Susie Dick, Radiographer Advanced Team Manager for Emergency and Orthopaedic X-Ray, works voluntarily for the IAFR which provides support for radiology departments in the UK and around the globe. The association works together to promote best practice in forensic radiography through education, training and research.

Susie explained: “We were nominated for the Radiography Regional Team of the Year Award from the Society and College of Radiographers (SCoR) for all the work that is undertaken by the IAFR. Some of this work involves attending external meetings to discuss national policy and undertaking training and research. We also assist by liaising with external agencies and providing support for radiology departments around the country.

“As a result of this work and the training and guidance we have provided, the IAFR has won this regional award. We have also recently celebrated our ten year anniversary so this was rather poignant for all involved.

“We’re all volunteers so we’re delighted to be recognised for our hard work and it was an honour for me to represent the Trust at this event”

Susie (centre) receives her award from the Society and College of Radiographers required to respond to mass fatality disasters such as the London bombings in 2005.”

Susie was invited to attend the event for the voluntary work she has put into training more radiographers in the skills needed to respond to incidents across the UK and around the world. In August this year, the IAFR put on a weekend training event which enabled an extra 25 radiographers to be trained by the team to increase the number of radiographers who can become members of the UK Forensic Radiography Response Team (UKFRRT) and meet the requirements for national disaster planning for the UK.

As well as providing regular training events and conferences, IAFR committee members also routinely speak at other radiology and medical based conferences and are recognised as one of the leading bodies within the field of forensic radiography.

Anyone wanting to learn more about the IAFR can visit their website at www.afr.org.uk/about-us/
Specialist nurses at York Hospital once again raised awareness to mark November’s Pancreatic Cancer Awareness Month.

Pancreatic cancer is the tenth most common cancer and the fifth most common cause of cancer death in the UK. To highlight this the hospital is one of several buildings that has turned the lights purple in the city to help to raise awareness.

With the help of patient Jean Clark, who has locally advanced pancreatic cancer, the team have been busy highlighting the symptoms as many patients are diagnosed too late for treatment or effective surgery.

Jean’s symptoms included lower back pain and the constant feeling of being full (as her pancreas was pressing on her stomach). After she was diagnosed she had chemotherapy in York Hospital and then went to Leeds for radiotherapy.

Specialist Nurse, Eden Galang, explained: “Jean’s cancer is inoperable because of its location in the pancreas, however her treatment was successful and it has now shrunk enough that it can be kept under control. She has finished her radiotherapy and only has to attend York Hospital every five months for a check-up and on-going support.”

Jean said that her treatment has been excellent and couldn’t fault it: “Dr Ornella Belvedere made me understand that even though my white blood cells weren’t multiplying, it wasn’t my fault or anything I was doing wrong. She and Eden, the specialist nurse, were always truthful. They supported me and were always on hand for me to speak to.

“My treatment was seven hours long each time and even though the staff had other patients to look after, they were so attentive and all made me feel like I was their only one. They were brilliant.”

Following Jean’s treatment, she’s thrown herself into fundraising and raising awareness of pancreatic cancer around the city of York and has raised over £475 so far for Pancreatic Cancer UK.

In its early stages, pancreatic cancer doesn’t always show symptoms, but the following can occur:

- pain in the stomach or back
- jaundice
- weight loss
- nausea and vomiting
- bowel changes
- fever and shivering
- indigestion
- blood clots

The Equipment Library at Scarborough Hospital has issued a warning that supplies of slings are running low due to them not being returned. Once used they should be placed in a red dissolvable laundry bag and left in the department’s collection area for reprocessing.

Further enquiries should be made to the Equipment Library at Scarborough on (771) 2642.
**York chosen for national child safety programme**

York Hospital has been chosen to take part in a multimillion pound national patient safety initiative that will improve care for some of the most acutely sick children.

The Situation Awareness for Everyone (S.A.F.E) programme, led by the Royal College of Paediatrics and Child Health (RCPCH), has created a programme to improve diagnosis and care for very sick children by involving everyone who plays a part in their care.

Victoria Hemming, Clinical Fellow in Leadership and Management Paediatrics at York Hospital, said: “We want to ensure that the children who we care for receive the best possible outcomes, however that is not always the case despite the best intention of all. Children in the UK experience higher morbidity and mortality than in comparable health systems so there is a clear need to reduce avoidable error in childhood care. We want to encourage information sharing and to equip professionals with the skills to spot when a child’s condition is deteriorating as well as prevent missed diagnoses and we are delighted to be welcoming this project to our hospital.”

The programme has examined how communication between all healthcare professionals involved in a child’s care, as well as their families, can be improved to ensure consistent and high standard treatment.

By using techniques such as the ‘huddle’ – a brief free and frank exchange of information between everyone involved in a patient’s care – information can easily and quickly be shared which helps professionals to spot when a child’s condition is deteriorating and prevents missed diagnoses.

Victoria continued: “Methods such as the ‘huddle’ will see communication between healthcare teams improve. The programme has already proved to be a success in its first phase and we are greatly looking forward to working with the RCPCH to help implement these techniques.”

Dr Peter Lachman, Clinical Lead for S.A.F.E, said: “Although causes of avoidable child mortality are complex, we know there is sometimes a delay in recognition amongst healthcare professionals to recognise the severity of illness. This coupled with variable quality of communication across professional boundaries, and with parent and patient communication, makes it clear that more needs to be done to address this. That’s where S.A.F.E can help.

“We hope that through the success of this programme at York Hospital we will be able to roll it out wider so it not only improves the care of children, but improves the care delivered to adults in the UK and beyond.”

Find out more about S.A.F.E by visiting the RCPCH’s website – www.rcpch.ac.uk/safe

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**Outpatients room refurbished - thanks to Friends**

Sister Jane Radcliffe and Consultant Victoria Hemming

The QUIET room in the Outpatients Department at Scarborough Hospital has undergone a makeover thanks to the Scarborough Hospital League of Friends.

The refurbishment has included the purchase of new chairs and artwork to brighten up the room, which is used by both patients and relatives. The refurbishment cost over £1,500 which was raised by the volunteers from the League of Friends Shop on Hanover Road.

The majority of the Friends’ funding comes from the shop which is staffed entirely by volunteers. They also receive donations from relatives for equipment provided for orthopaedic patients and from relatives who use the overnight stay accommodation.

Suzanne Meek, Sister in Outpatients, said: “We would like to say a big thank you to the Friends for funding the new chairs and artwork for our quiet room and for their ongoing support to the hospital.”
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. For more information go to the staff benefits website www.york.nhs.uk/staff and enter the password staffbenefits1 or call 772 1170 or 771 5262.

Follow Staff Benefits: Twitter @YHstaffbenefits StaffBenefitsYHFT

Calendar competition

LAST year’s Staff Benefits calendar giveaway was well received around the Trust – so much so that another is already in production for next year – but this time the images are provided by our own staff. The Staff Benefits and Arts Teams joined forces to design the 2016 Staff Benefits calendar and held a competition to find the favourite pictures. Thanks to all the staff who took part in the photographic competition and congratulations to the staff on their selection.

Supporting the Responsibility Deal on food

THE TRUST is supporting the Government’s Public Health Responsibility Deal at tackling the challenges caused by our modern day lifestyles. We have signed up to the catering pledge to play our part in improving public health and encouraging people to choose a healthier diet.

Posters will shortly be displayed in all Trust staff restaurants setting out the pledge Catering Services have made to support healthy eating. As part of this commitment catering will offer:

- Healthy choices including low calorie options
- Water to be freely available
- Vending machines containing a proportion of healthy options
- Fresh fruit
- A variety of low sugar drinks
- Low fat dressings in salad preparation
- Polyunsaturated spreads
- No added salt in food preparation
- Cholesterol free cooking oil
- Semi-skimmed or skimmed milk

Discounted vouchers

£10 Love2Shop vouchers can be purchased for £9.70 a saving of 3 percent, a great present if you are not sure what to get someone for Christmas or any special occasion. These vouchers can be redeemed at most shops, see www.love2shop.co.uk/

Vue and City Screen cinema tickets give you access to any screening at a low fantastic price of £5.50.

It’s pantomime time... oh yes it is!

Staff Children’s Christmas pantomime
Jack and the Beanstalk on Saturday 12 December - Chaplin's Pantomime and the Staff Benefits team will be at the venues to meet the children. York Hospital social club - 10.45am until 1.30pm Scarborough Social club - 3.30 until 6pm Tickets £4 each from staff shops, includes a light lunch and a visit from Santa. Suitable for children 3 to 11 years of age (max. 2 adults per group). Supported from the Staff Lottery Fund.

Christmas pantomimes and shows 2015

- Grand Opera House, York – Jack and the Beanstalk, concessions available with NHS ID badge at the theatre box office.
- York Theatre Royal, York - Dick Whittington, £12 Theatre voucher (available from York staff shop) will get you a ticket for any 4.30pm matinée performances in January 2016.
- York Barbican – Peter Pan on Ice, 23 Dec – 3 January 2016, concessions available, contact the Staff Benefits team.
- Scarborough Spa - Dick Whittington, concession tickets available from box office £8.50 per tickets with NHS ID Badge (quote "NHS" when purchasing over the phone).
- Bridlington Spa – The Pantomime Adventures of Peter Pan, 10 percent off tickets at box office. You must state you are NHS when booking.
- Stephen Joseph Theatre, Scarborough – Hansel and Gretel 20 percent off tickets for any performance. This offer does not apply to the already discounted family ticket price.
- YMCA Scarborough - Snow White and the Seven Dwarfs Concession available from box office with NHS ID.

Increase in Staff Lottery prices for 2016

MORE staff joining the lottery has increased income, so we have increased the monthly cash prizes.

From January we are introducing an EXTRA £500 CASH PRIZE each month that will make a total of £3,625 IN CASH PRIZES TO BE WON EACH MONTH... As well there are other fantastic monthly prizes to be won.
SimBaby helps training

Guests and supporters at the York Teaching Hospital Charity Ball have very generously helped buy a SimBaby which is now being used to train multi-disciplinary teams enabling them to rehearse procedures for dealing with very sick babies.

It is also ideal for training in all aspects of infant care including infant airway management, changes in breathing patterns, defibrillation, the insertion of IV lines and blood sampling.

Janine Vermeulen, Consultant Paediatrician said: “When we are faced with an emergency involving a very sick baby multi-disciplinary teams work together often for the first time in what can be a very stressful situation. The SimBaby is more realistic than our previous training manikins and allows us to replicate these situations. Like a real baby the SimBaby breathes and cries. It can be programmed to ‘fit’ or to replicate a serious illness such as meningitis, allowing us to set up and work on realistic scenarios. “Because the SimBaby can be connected to monitors the teams get immediate feedback about their actions helping to build teamwork and confidence. Being portable we can even take the SimBaby on to a ward or to an ambulance to replicate what happens when a sick baby arrives. Thank you again. Your support is appreciated by everyone involved in the care of babies at the Trust.”

Date for the diary – Summer Ball
The Fundraising team are now working on The York Teaching Hospital Charity 2016 Ball which will take place at The Royal York Hotel on Saturday, 2 July. Why not join us for what promises to be a great night? For more information get in touch via charity.fundraising@york.nhs.uk. Tickets are £55 with tables of 10 at £500.

Changes to MRSA guidelines

FOLLOWING the publication of the Department of Health document ‘Implementation of modified admission MRSA screening guidance for NHS (2014)’ the Infection Prevention team has reviewed guidelines in line with the recommendations.

There is also increasing concern about the increased level of Mupirocin resistance being seen within the organisation. Prescribing and provision of suppression therapy should be of benefit to the patient with regard to their immediate and on-going safety, and be in line with other controls around antimicrobial use.

The main adjustments include:

- Cessation of screening and issue of ‘prophylactic treatment’ for day case surgery
- Reduction of screening in low risk areas such as paediatrics and obstetrics
- All patients coming in for high risk surgery or procedures, or who will be admitted to high risk areas such as ITU/ring fenced orthopaedics, or are vulnerable with multiple co-morbidities, will continue to be fully screened and issued suppression or fully decolonised for the procedure as appropriate.
- There are no changes to emergency screening and management.
Huge energy savings for two Trust sites

SCARBOROUGH and Bridlington Hospitals have moved a step closer to achieving huge energy savings with the replacement of obsolete equipment and upgrades to insulation and building control systems. Scarborough has recently seen the delivery of a new 776kWe Combined Heat and Power engine which powers the hospital’s new low carbon energy system.

Nigel Watkinson, Maintenance Craftsman, explained: “The system will deliver over £500,000 in energy savings each year as well as reducing CO₂ by over 3,000 tonnes per year. Vital Energi, who have designed and installed the system have also provided the hospital with an energy performance contract which guarantees a minimum level of savings over a 15 year period.

“Last year the Trust completed a major energy saving and carbon reduction project at York Hospital and since the completion of this project, has seen a huge reduction in energy consumption.

“We are pleased that this has been expanded to Scarborough and Bridlington Hospitals.”

The new Combined Heat and Power engine is lowered into place

The project was procured through the Carbon and Energy Fund, which helps hospitals to deliver projects which dramatically reduce their energy costs and carbon emissions.

Dave Young, Maintenance Supervisor at Scarborough Hospital, added: “As well as the new combined engine, the project has also seen 1,238 light fittings upgraded at Scarborough Hospital and1,175 fittings at Bridlington Hospital. The lighting installation will save around £40,000 in the first operating year and reduces carbon emissions by around 200 tonnes.”

The whole project is expected to be completed before Christmas this year.

Brian Golding, Director of Estates, 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. By reducing energy costs, we can reinvest savings into front line services and patient care.”

Rheumatology and dermatology research

THIS OCTOBER Rheumatology and Dermatology research was put in the spotlight with a special event at York Hospital attracting more than 50 guests including public, patients and staff.

The event was aimed at raising awareness of research taking place in the specialities, how the public can be involved in research, and most importantly why we do research.

Dr Mike Green, Consultant Rheumatologist started the day with a motivating presentation on the importance of research and safety followed by two patients participating in research who shared their first hand experiences of being a ‘recruit’.

Throughout the day staff, guest speakers and patients highlighted the various roles people play within research, the developments in treatments due to research and how research is viewed in the media.

Lisa Carr, Clinical Trials Assistant, said: “We were delighted with the attendance and level of interest in the day. People learnt a lot about research, how it works, what it does to help patients now and in the future and how and why to get involved. The feedback from the day was fantastic.

“It was clear that people want to know about research and want to be approached about research studies that may be of relevance to them. We are hoping to hold another joint Rheumatology and Dermatology research awareness event in the future and would encourage other specialities to do so too. Thank you to all those involved in making the day a thoroughly enjoyable success.”
Art project rabbits cheer patients

Patients Julie Lindley, Cath Stone and Tracy Orrecc along with Staff Nurse Carole Marsh from Ward 27 at York Hospital, were treated to one of the 100 soft-toy rabbits lovingly handmade by Jacob Lomax, a third year Fine Art student from York St John University as part of an arts project. Each rabbit is unique, and is designed as a celebration of our differences. To find out more see the Trust website www.yorkhospitals.nhs.uk/exhibitions

Josh is October’s Star Award winner

JOSH MACK, Healthcare Assistant on the Eye Day Case Unit at York Hospital was praised by a patient’s family for his care and attention to a patient with a severe hearing impairment in a busy clinic environment.

He spoke to him directly and clearly, ensuring that the patient understood everything that had been said and did not make the mistake of simply speaking louder, or to the relative instead.

“He establishes rapport with all the patients waiting for surgery dealing with each of them according to their personality and requirements.”

“Josh is a healthcare assistant, but conducts himself in a professional manner that is worthy of a fully qualified nurse. His attention to detail and respect for his patients does him, and those who manage him credit.”

NHS Carol concert

THE TRADITIONAL NHS Christmas carol concert at York Minster is being held for the 37th year on Wednesday 9 December 2015.

Current and former NHS staff across Yorkshire and the Humber, along with their families and friends, are invited to join the congregation in York Minster.

The service of readings and carols signals the official start of the festive season for many and NHS staff from around the region gather together in time honoured fashion in the illustrious surroundings of the Minster. People are advised to wrap up well and join in the singing. Tickets are not required, and doors open at 6.30pm with the carol concert starting at 7.30pm.

International Older Person’s Day

OCCUPATIONAL therapists, physiotherapists and dietitians from the Trust shared information and advice at York Hospital to recognise International Older Person’s Day in October.