A new approach to managing the care and discharge of patients has seen wards across the Trust achieving improved flow and patient experience.

By focussing on five elements of best practice, SAFER is aimed at providing safe, effective and patient centred care in the right place, at the right time without unnecessary delay.

To ensure this, patients have a consultant review before midday where an expected discharge date is set. A third of patients are discharged before midday and there is a weekly review of patients who have an extended length of stay.

Melanie Liley, Deputy Chief Operating Officer, explained: “As a Trust we know we have patients waiting in beds every day for decisions to be made about their care, and for investigations to take place that CONTINUED ON PAGE 2

The five elements of the SAFER patient flow bundle are:

S – Senior review
A – All patients will have an expected discharge date and clinical criteria for discharge
F – Flow
E – Early discharge
R – Review

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

3 Wear pyjamas to raise awareness
6 New mental health service for veterans
9 Tips for protecting your password
10 Take action to tackle stress

York Teaching Hospital NHS Foundation Trust
@YorkTeachingNHS
YorkTeachingNHS
YorkTeachingHospital
Making an impact…

CONTINUED FROM PAGE 1

influence these decisions. “There are consequences to poor flow and we know that outcomes are affected, especially for the frail older patients who have extended periods in hospital beds. Emergency departments become crowded, and patients are shuffled between wards to make room for new admissions. “While some of the waits and delays patients experience are a result of system issues outside our direct control, many of the issues can be improved. “For instance discharge planning, daily senior review of all patients, quick access to community units and rapid access to specialist reviews are all things within our control.”

The implementation and interpretation of SAFER is being delivered at a local level. This enables directorates and teams to take the principles of SAFER and use them to match and improve existing good practice already in place. Melanie added: “It’s important to recognise that SAFER isn’t a project – more it’s ‘how we work’ here at the Trust. Many aspects of SAFER aren’t new but where the best practice bundle has been incorporated it has already proven to reduce the length of stay and improve outcomes for our patients.”

Wards and departments across the Trust have already embraced the key principles of SAFER – here’s what staff have to say:

Assessment Unit/Emergency Medicine (AMU)
Scarborough Hospital
“SAFER has changed the culture of nursing on AMU; it has empowered nurses and doctors to communicate clearly and effectively between themselves. As a team the main benefit of SAFER has been communication, the full team is continuously communicating which is improving the patient journey and experience.” Victoria Anderson, Senior Sister

Physiotherapy
York Hospital
“The development of ‘functional criteria for discharge’ as part of SAFER has made it much easier for the MDT to identify exactly what needs to happen for our patients to be able to return to their place of residence as quickly and safely as possible, once they have received the hospital care they need.” Chris Newbery, Therapy Team Leader, Stroke & Neurology

Chestnut Ward
Scarborough Hospital
“I do feel that an organised and disciplined approach to board round as stressed by SAFER, improves patients safety and experience, while promoting efficient use of time and resources.” Junaid Khan
Trust Specialty Doctor

Graham Ward
Scarborough Hospital
“It is like a mini MDT for every patient: Information is gathered from all the team members to help us to prioritise our work sensibly and tasks are delegated to the relevant staff, aiming for a smoother patient flow. This creates excellent team work and great morale on the ward.” Imola Bargaoanu
Care of Elderly Consultant

Message from the Chair

Spring is in the air
As I write it is a glorious sunny morning and those of you who, like me, love their gardens the ‘miracle’ which is spring is happening all around us. Out of a long, hard winter, astonishingly, come brave plants ready to flower – the analogy is clear. I have previously described the process the Board is currently undertaking to develop a five year strategy for our Trust. I am pleased to confirm that this process is going well and in this month’s Board meeting we will seek to agree to this strategy and vision, which positively describes our ambitions for our Trust and the care which we provide for our patients. Watch this space!

Earlier this week I attended the Hull York Medical School Teaching Excellence Awards. This was a very positive, happy event. Students of the medical school voted for those teachers, tutors and support staff who in their view had made the greatest contribution to their learning experience.

Congratulations to the award winners at Scarborough Hospital! Furthermore, we were all delighted to learn that Hull York Medical School will be taking an additional 90 medical students each year – this is great news for the medical school and great news for our Trust too.

The Board of the Trust is also hugely encouraged by the development of the Humber Coast and Vale Health and Care Partnership. We know that our future lies in effective collaboration with our neighbouring health partners and our progress in this endeavour is positive. Spring releases new life and energy all around us, my plan is to make the very most of it!

Sue Symington
Chair

“In this month’s Board meeting we will seek to agree to this strategy and vision, which positively describes our ambitions for our Trust and the care which we provide for our patients.”
A key area of work that links to SAFER focuses on the reduction and prevention of deconditioning.

This is when a period of inactivity, bedrest or sedentary lifestyle begins to cause physical changes, particularly in elderly and frail patients. It results in deterioration in mental and physical status, and impacts on the ability to carry out normal daily activities.

The ‘End PJ Paralysis’ initiative aims to give patients back one million days of their precious time that would otherwise be wasted in bed in a hospital or care home. For many, wearing pyjamas reinforces being sick and can prevent recovery. Getting people up and dressed is a vital step in ensuring that they do not spend any longer than is clinically necessary in hospital.

Vicky Mulvana-Tuohy, Head of AHP Services, explained: “Enabling patients to get into their own clothes is one way of encouraging them to take greater responsibility for their own health and become active participants in their personal health journey."

An NHS England national initiative kicked off earlier this month with a 70 day challenge to achieve one million patient days of people up, dressed and moving in their own clothes, rather than in hospital gowns or pyjamas.

Staff are encouraged to get involved with the challenge by engaging with patients and families about deconditioning prevention and to help get patients up and moving.

To raise awareness of the campaign, staff will be wearing their pyjamas to work on 26 April. Remember to send your pictures and stories to the communications team at commsteam@york.nhs.uk to be shared on social media throughout the day.

CONGRATULATIONS to York Cardiology Consultant, Sanjay Gupta, who has been voted Top of the Cardiology Youtube Channels list.

This is the most comprehensive list of best Cardiology Youtube Channels on the internet, which are chosen from thousands using search and social metrics.

The top 25 channels were chosen because they are actively working to educate, inspire, and empower their audience with frequent updates and high-quality videos.

Wear your pyjamas to raise awareness

The top blogspot for Sanjay Gupta

Schwartz Rounds reminder

An initiative that helps reduce psychological distress for people working in healthcare is being introduced at the Trust. Schwartz Rounds are a large lunchtime meeting to which all trust staff are invited, both clinical and non-clinical staff.

Research has shown that staff who attend Schwartz Rounds feel less isolated and are more able to engage with patients.

The purpose of the Rounds is to talk about the emotional impact of working in a health care environment whether as a consultant, a porter, a member of the admin team or anyone else, and that many of us have similar feelings and experiences as we go about our work in the hospital and in the community.

The first Schwartz Round is entitled “The patient I’ll never forget”. Sandwiches and a hot drink are provided before the Round starts courtesy of the York Teaching Hospital Charity, and a pre-arranged panel of staff talk about their experiences with a patient or family member, and the emotional impact the encounter had on them. The audience get the chance to make comments about the presentations and share their own experiences, a process that is carefully facilitated.

The first Scarborough session is on 14 May from 12.30-1.30pm in the postgraduate centre, with refreshments from 12 midday.

The first York session will be on 30 May at York Hospital postgraduate centre from 1pm-2pm, refreshments from 12.30pm.

There are further dates planned for York when there will be Schwartz Rounds on 20 June and 24 of October, all at 1-2pm.

• To find out more about Schwartz Rounds visit www.pointofcarefoundation.org.uk

Enabling patients to get into their own clothes is one way of encouraging them to take greater responsibility for their own health and become active participants in their personal health journey”
Birthday party for Bridlington Hospital

This year Bridlington Hospital is celebrating a milestone birthday and to help celebrate the doors will be thrown open to visitors to showcase the great work of the hospital, both past and present – and we would love for you to join us!

On Saturday 7 July 2018, between 10.00am-2.00pm, visitors will be able to visit the flagship mobile chemotherapy unit, visit the wards, take a unique behind the scenes tour of the hospital, food taste in the canteen… and much, much more!

For the younger ones they can jump on board visiting emergency response vehicles, call in at the outpatients department to have a plaster cast, dress up as a surgeon for the day and even watch our surgeons hard at work as they perform ‘operations’ in the theatres.

For anyone interested in working in the NHS, there will be careers information available, NHS health trainers will be on hand to offer advice on how to stop smoking and information on healthier living, as well as colleagues from Infection Prevention promoting good hand hygiene. Not forgetting that the NHS is turning 70 this year, there will be photographs and images on show telling the story of bygone years.

The event will be supported by colleagues from York Teaching Hospital Charity who will be organising a teddy bear hunt and tombola courtesy of the Friends of Bridlington Hospital. The event is free and open to everyone, with free parking and refreshments available. Please save the date and come along with family and friends to support Trust colleagues as they celebrate this very special birthday. Keep an eye on Facebook and Staff Room for more details over the coming weeks.

Award for pancreatic nurse

A SPECIALIST nurse from York Hospital’s Upper GI team has scooped a prestigious award for the outstanding work she has done with Pancreatic Cancer UK.

Eden Galang was presented with a Health Professional Award by the charity.

She was also awarded the accolade for going above and beyond her core professional role in order to enhance the experience of people affected by pancreatic cancer.

Eden said: “I am completely amazed to have been presented with this award for just doing what I love, it’s a complete honour. I don’t know who nominated me, but I am just so thankful that someone thought highly enough of my care to put me forward.

“I also want to give heartfelt thanks to Pancreatic Cancer UK for creating an award which celebrates the work healthcare professionals do. This recognition really means a lot to me and it will remind me that I am lucky enough to be in a position to provide help to people who need it.”

In the UK, pancreatic cancer has the lowest survival rate of the 20 most common cancers, with just seven per cent of people living for five years or more after diagnosis.

Nursing marketplace event

ON Saturday 21 April, the Trust hosted another successful nursing recruitment marketplace event at York Hospital.

On the day, people were able to find out more about the nursing vacancies that the Trust is looking to fill across a variety of different departments – from theatres to emergency medicine.

Visitors were free to wander around and talk to stall holders to find out more about the different opportunities that are available, and with over 25 recruitment stalls there was something of interest for anyone wanting a career in nursing of all kinds.

On the day 15 nurses were interviewed and over 80 people attended the healthcare information sessions, which should help boost the current recruitment campaign. Thank you to everyone who gave their time to help make the event a success.

Tour de Yorkshire 2018

THERE is now just days to go until the start of the Tour de Yorkshire 2018.

This year, the Tour route will see riders tackle four stages through the best of the Yorkshire countryside, starting in Beverley on Thursday 3 May, and finishing in Leeds on Sunday 6 May.

Importantly for us, the third stage of the tour on Saturday 5 May, which starts in Richmond, will finish in Scarborough at around 6pm.

Staff, particularly those on the East Coast, are asked to check road closures, plan ahead and ensure that routes are clear on this day.
February finalists

Star Award

Recognising and celebrating the achievements of our staff and volunteers

Sister Claire Kilmartin and the Ward 17 team, York Hospital
Claire was the nurse in charge on the children’s ward on Christmas Eve night. That night the Emergency Department had up to a seven and a half hour wait to be seen by a doctor. Claire was nominated by a colleague from the Emergency Department for her initiative in coming down to the department to collect all of the paediatric patients who attended for them to be assessed directly on the children’s ward. This avoided a long wait and meant that the children were cared for in a more appropriate environment. Claire noticed that the wait was long and how awful that would be for patients especially on Christmas Eve and did all she could to improve their experience.

Deputy Sister Georgina MacDermid and the Ward 23 team, York Hospital
Nominated by a colleague, Georgina and the team on Ward 23 were praised for their ‘magnificent’ response following the decision to convert the ward into a flu ward. This involved transferring all thirty existing patients and admitting a full ward of patients with flu from around the hospital. The team approached the task with a “calm sense of purpose and good humour” and throughout ensured that patients and their relatives were reassured – welcoming each new patient as if they were the only admission that day. Staff stayed on beyond the end of their normal duties and every member of the team did whatever was necessary to make sure patients were safe and that the transfers happened rapidly. This created capacity that was desperately needed across the rest of the hospital, while ensuring that patients felt treated as individuals.

Janet King, Manager of Renal Unit, York Hospital
Janet was nominated by a nursing colleague for her support in a stressful situation over the Christmas period. Following an incident where a patient had been aggressive toward the nurse on her previous shift, the same patient was due to dialyse on Boxing Day. Janet changed her Christmas plans and day off to come to work to speak to this patient about her behaviour and also be present and support her nursing colleague throughout the shift. She stayed the whole shift offering support, reassurance and advice and then walked her colleague to her car to reassure her of safety. Janet had also arranged for security to be present the whole time this patient was on dialysis to protect staff. Janet was praised for going above and beyond the duty of manager and helping provide a caring, supportive environment.

Michelle Hepton, Community Nurse, York Community Response Team
Michelle was nominated by her colleagues for the way she gives her all to everything she does. She is described as “the most caring, empathetic person around” and supports not only patients but other staff. Recently Michelle was on a 12 hour shift and, because of being the only nurse on all day for the team, she was non-stop busy. Michelle was managing three poorly patients in different parts of the city, who all required out of hours GP visits, as well as assisting other members of the team with visits and advice for the whole day. Despite demands in her own life, Michelle gives her all to the job. She’s described as “so gentle, always able to help and is sympathetic”.

The Scarborough Stroke Unit, Scarborough Hospital
The whole team were nominated by the friends and family of a patient for their exceptional care in tragic circumstances. The patient had been discharged home from the stroke unit and was making good progress. Sadly his wife was tragically killed in a car crash and when the police came to tell him the sad news they realised the need for him to return to hospital as he needed 24 hour care. On hearing of his admission to A&E and the sad news, the stroke unit admitted him back into their care. As his wife had visited the unit every day while he was a patient, the staff knew her well and one of them made the formal identification of her body to spare her family. Family and friends have expressed “our heartfelt thanks, for going that extra mile that meant so much at a time like this”.

Staff Matters

May 2018
Medical school to train 90 more doctors a year

Following the Department of Health initiative to expand the number of medical school places in England, Hull York Medical School has been awarded an additional 90 places.

Of these places, 25 will be available for students choosing to study medicine from 2018 and 65 from 2019. This represents a 69% increase in places – from 130 home places available in 2017 to 220 in 2019.

The expansion of undergraduate medical education is in direct response to a growing shortage of doctors within the UK, particularly in the areas of psychiatry and general practice, and follows an announcement by Health Secretary Jeremy Hunt in 2017 to increase the number of medical school places available by 1500 by 2020.

Professor Una Macleod, Dean, Hull York Medical School is delighted with the outcome. She said: “Hull York Medical School was established in 2003 in response to the need to address the acute shortage of doctors, particularly GPs, within the Yorkshire region. Although a young school our impact is already being felt, with our first graduates now working as GPs and consultants within the region. Expansion will enable us to build on this success – training more doctors who are equipped to respond to challenges within the healthcare sector and to deliver brilliant care to people within our region and beyond.”

Hull York Medical School is the joint medical school of the universities of Hull and York. When the School was established its vision was clear – to offer a nationally leading and internationally known medical education that produces excellent doctors equipped with the knowledge and skills needed to respond to challenges within healthcare and to transform patient care. Since then it has worked in close partnership with local NHS Trusts and community healthcare providers to ensure it remained abreast of local and national workforce needs – training doctors in hospitals, primary care and community settings across North Yorkshire, the Humber and North Lincolnshire and Goole.

Portable ventilator boost for critical care

THANKS to charitable funds, the critical care outreach team are the proud owners of a new piece of equipment that will help save lives of people needing intensive care.

They are a team of specialist nurses who support ward staff to care for patients who become critically unwell.

A portable ventilator, purchased from donations to the intensive care unit, will enable the team to deliver timely, non-invasive ventilation to those patients who need it prior to their admission to the intensive care unit.

It was specially chosen because it is portable, making it perfect for transferring patients.

The Critical Care Outreach team with the new portable ventilator

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The Critical Care Outreach team with the new portable ventilator
Stories from the NHS

76 years of nursing in the family

This year’s NHS70 celebrations have highlighted just how many families have the NHS ‘in their blood’. We heard from Staff Nurse Carole Aherne from Ophthalmology outpatients at York Hospital, who describes how nursing has spanned 76 years in her family.

“My mother, Lorna Glover who is 93 this year, trained as a State Registered Nurse (SRN) in Stoke-on-Trent where she met my late father Roy, who also trained as an SRN. This was in 1942 before the NHS was created. My father went on to serve in the medical corps.

“In 1961 they moved to York and after having a family, my mother started work at York County Hospital in 1967 in the outpatients department.

“Following in her nursing footsteps, in 1976 I started my training in York, living-in at the old County Hospital. At that time I was working on the wards but doing classroom work at the newly built York District Hospital where we eventually moved patients to the new wards in the early months of 1977.”

Carole’s mum Lorna remained in outpatients until she retired from the department as sister in 1985. Lorna has maintained contact to this day with some of her nursing colleagues who are all of a similar age.

Carole continued: “I recently came back into nursing after a break of 40 years. Most of my career was spent working as a manager in social care for the Local Authority with individuals with learning disabilities and complex needs until the services went out to the private sector.

“I wanted to remain in the public sector so came to an open day at the hospital, prompted by my daughter, hoping to get a post as a healthcare assistant. I was offered an interview there and then and very swiftly a post as a band 5 staff nurse. I was surprised and delighted as it has allowed me to work part-time in the run up to retirement and also have time to be carer for my mum.”

The NHS continues to play a big part in the family as both Carole’s daughter and son have both been drawn towards nursing. Her son Bren trained for a year in mental health nursing at York University before deciding it wasn’t really for him. Daughter Jennifer trained in ophthalmology outpatients at York Hospital through the early months of 1977.”

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A radiographer’s tale

STAFF MATTERS received a beautiful handwritten note from Cynthia Huntington of York, a former radiographer who trained at York County Hospital, who has given us a delightful glimpse of the early days of radiography.

“I began my training as a radiographer as the NHS was coming into force. The X-ray department was in the basement of the County Hospital at Monkgate, consisting of one main X-ray room. There was a portable unit in an adjacent room along with a main office for sorting X-rays, a dark room, consultants’ office and store.

Sister Rouse was in charge of the department – she was also a qualified radiographer – and four other radiographers some of whom worked part-time.

“The radiologist was *Dr C N Pulvertaft and he was joined by Dr RF Ashivan shortly after I began my training.

“Dark room duties were to be my introduction to radiography where I gradually learned the art of developing, rinsing and fixing the films, making sure I’d written the patient’s name on the film.

“Expansion of radiology was already underway – a second floor being built over the outpatient department probably around 1949 or 1950. This was very spacious, three examination rooms, large dark room, offices and luxury – a staff room!

“We were still mixing chemicals from the raw materials which was a chore and time-consuming, and it delayed the films ‘through-put’.

“Social life in the department was a feature, with Christmas coffee mornings for the rest of the hospital staff when they had spare moments.

“Talented staff produced Christmas entertainment, writing witty words to Gilbert and Sullivan songs and Christmas carols about the life and workings of the department.

“The hospital also had a table tennis team – their practice area was the main waiting room of the department on a Monday night, I believe.

“Progress continued and re-working of the space available came to an end when nothing more could be fitted into the remaining space. In 1976 the department moved to the District Hospital.”

* Dr Charles Norman Pulvertaft was well respected in his field and wrote more than 40 technical papers on gastroenterological radiology.

Carole pictured recently and (inset) in 1979. Left, Lorna University of York and gained a 2:1 degree. She took part in the 2012 Olympics as a medic “Games Maker” and has subsequently taken a post at London and Westminster Hospitals where she is currently living.
Clinical leads from a wide range of specialties met recently to develop the Trust’s strategy for cancer services for the next five years. The group spent an afternoon discussing the Trust’s ambitions for developing services and some of the key challenges that needed to be addressed. Dr Stuart Baugh from the Humber, Coast and Vale Cancer Alliance updated the group on plans across the region and Dr Clare Beard and Leon Green from North Yorkshire County Council Public Health team showed how cancer currently affects the local populations and how this will change over the next decade.

All the ideas from the session are being put together to create a draft strategy document which will be shared to get wider views before it is considered by the Board in the summer. Anyone wanting to find out more should contact Lead Cancer Manager, Christine Norris, Cancer Lead Clinician, David Alexander, or Head of Strategy, Steve Reed.

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Living With & Beyond Cancer Event
Main Entrance York Hospital
11am-3pm
4th June 2018

National Cancer Survivorship Celebration Day
Meet our hospital teams and find out about how we support people affected by cancer. Visit a range of local charities and organisations such as Macmillan, York Against Cancer and many more.

For more information contact MacmillanRecoveryPackage@york.nhs.uk

Selby Friends help new mums
A CHARITABLE donation from the Friends of Selby Hospital has given a boost to community midwives in Selby with some much-needed brand new equipment.

Ruth Thompson, Community Midwife Team Leader, said: “We are very grateful to The Friends of Selby Hospital for this generous donation to be used by the Selby community midwives team. An extra three sets of scales and three waterproof sonic aids means that we can give improved quality care to the women of Selby and surrounding areas.”

Midwives Ruth Thompson, Jo Harrison and student midwife, Lisa Hunter, with members of the Friends
RESEARCH NEWS Awards of the Month

CONGRATULATIONS to Sophie Boyes, Jenny Hughes, Ruth Kay and Sally Hayler from Occupational Therapy (OT) who won February’s award for Research team of the month. This was thanks to the hard work they have put in whilst working on the Occupational Therapist Intervention Study (OTIS).

OTIS is a trial aimed at reducing the number of hospital admissions in relation to elderly patients with a high risk of falls. The OTs have been trained to identify risk factors in the patient’s home and help make changes to mitigate them.

The intervention is hoped to improve the safety and wellbeing of elderly patients throughout York, while also providing significant cost savings in the NHS due to a reduction of hospital admissions.

So far 294 participants have enrolled in this trial.

Well done to Jess Bailey, Clinical Trials Assistant in the oncology/paediatric team who won the individual award.

Since joining the team Jess has met every task and challenge with positive energy despite being asked to move from another team. Her contribution since joining her current team has been brilliant.

Jess is always willing to help, take on more responsibility and is keen to learn and develop. Over the last couple of weeks Jess has had a challenging task at hand helping and coordinating a very busy admin and clinical team due to sickness and annual leave, but has done so with a calm and professional manner. Thank you Jess for all your help and continued support.
Staff Matters

April 2018

STAFF WELLBEING
A regular section bringing you the latest news and developments from the Wellbeing Team

Action to tackle stress

April is National Stress Awareness Month – the campaign aims to not only increase public awareness of stress, but highlight the causes of stress, the negative effects stress can have, as well as how to relieve stress.

How do you know if you’re stressed?
We’ve all used the phrase ‘I’m stressed’ before, but if you’re constantly stressed then you may develop stress-related symptoms which can be emotional, mental, physical and behavioural. For example:

EMOTIONAL
• Overwhelmed
• Irritated
• Anxious or fearful
• Lack of self-esteem

MENTAL
• Racing thoughts
• Constant worrying
• Difficulty concentrating and making decisions

PHYSICAL
• Headaches
• Panic attacks
• Muscle tension or pain
• Difficulty sleeping
• Dizziness

BEHAVIOURAL
• Biting nails or picking at skin
• Increased smoking or drinking alcohol
• Eating too much or too little

Stress is a serious issue, but there are things you can do to help reduce this. Please see below.

Tips for reducing workplace stress

• Talk about serious problems. If your stress is caused by something that is in breach of work regulations or your basic rights, for example bullying, then you should raise it with management or your HR department.

• Organise your time. If the source of your stress is feeling overwhelmed by work and you feel as though you do not have enough time to complete your work, take steps to organise your time. Make a list, determine priorities and set achievable timescales. If you have an issue determining priorities, ask a manager or colleague to help.

• Take time out from work. Every day, it is important to take time away from work to feel refreshed and relaxed. If you work in an office you should aim to take your lunchbreak away from your desk. Remember to take time to disconnect from work too, by not taking work home or working extra hours on a regular basis; a good work/life balance is very important.

• Visit the Health Assured portal for more information about coping with personal stress, what help is available, and for how to contact Health Assured’s 24/7 helpline to speak to one of their trained counsellors.

A new e-learning programme has been launched by Health Education England to give health professionals a greater understanding of how mindfulness can support the people they are working with. Introduction to Mindfulness is a simple and comprehensive e-learning programme which will provide people with an overview of what mindfulness is. The programme has been developed by Health Education England’s Population Health and Prevention and e-Learning for Healthcare (HEE e-LfH) teams in partnership with MindEd. Learners accessing the introduction to mindfulness session may find their own health and wellbeing can benefit or they will develop a better understanding of what mindfulness is in order to share its benefits with the people and communities they are working with.

For more information about the e-learning programme and for details of how to access the programme visit www.e-lfh.org.uk/programmes/introduction-to-mindfulness/

New video highlights stress risk assessment

A new video has been launched on You Tube which clarifies for managers what to do when a member of staff tells them they are struggling with work related stress.

The three minute video, narrated by the Trust’s mental health nurse Lucy Pagett, explains step by step what the manager and the staff member should do.

It is important to ask them to do an Individual Stress Risk Assessment (ISRA).

The relevant form can be found in the Managing Stress in the Workplace policy on Staff Room.

E-learning for mindfulness
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 Matters April 2018

Kinder Place Day Nursery opens

The Kinder Place team showed off their new setting at their open day on Saturday 21 April. Families past, present and future were invited to come along to see the new nursery and meet the team. After many months of hard work transforming the old Scarborough Hospital Social Club, Kinder Place Day Nursery moved into its brand new home on Tuesday 6 April. We’re proud to have such a fantastic facility onsite making childcare arrangements for staff so convenient.

We’re proud to have such a fantastic facility onsite

Childcare voucher scheme remains open

Staff are reminded that the last minute changes to the childcare voucher scheme means it remains open until September 2018. There is now more time for parents to apply and guidance can be found on the childcare calculator on the government website www.gov.uk/childcare-calculator. This can help you determine whether vouchers provide the best savings for your family's circumstances. The latest information can be found on the staff benefits website with all the relevant information, as well as our employer code – www.yorkhospitals.nhs.uk/work-with-us/staff-benefits-and-wellbeing/childcare/childcare-vouchers/

Summer fairs

Plans are well underway for this year’s Staff Benefits Summer Fairs. All staff are invited so save the dates!

York – 20 June
Scarborough – 12 July
Bridlington – 26 July

Get fit for summer

If you are planning to improve your fitness why not take a look at the fitness pages on our website. There is information to suit everyone from onsite classes and gym, to corporate discounts and the cycle to work scheme!
Support from local shops

To celebrate the opening of a new Co-op Food store round the corner from York Hospital, Co-op kindly gifted a £1,000 boost for the charity’s Dementia Appeal.

The Co-op store is continuing to support the charity with collection tins for customers to drop their spare change into and the opportunity for Trust staff to fundraise in the entrance of the store to raise money for the charity. If you’re interested in fundraising for your ward or department and would love the opportunity to do so in the Co-op store, please contact Maggie Bulman by emailing maggie.bulman@york.nhs.uk or by calling 01904 726300.

Tesco scheme to help raise funds for Scarborough garden
The charity has also been chosen as one of the charities to benefit from the Tesco Bags of Help Scheme for three Scarborough stores – Burniston Road, Westwood Road and Castle Road. Shoppers have the option to support one of the charities listed by dropping their green disc into the relevant box and the charity with the highest number of votes between May – June will receive £4,000.

The money raised through this scheme will help to transform an outdoor space into a tranquil garden for patients and relatives in the Coronary Care Unit at Scarborough Hospital equipped with benches, flowers and plants for everyone to enjoy. Not only will this be an area for people for reflection, it will also aid their recovery through access to fresh air, nature and natural daylight.

The area is currently a basic grassed area with no natural features or places to sit. Please support this scheme when you are next visiting one of the stores!

Two tombolas raise cash
Thank you to everyone who donated an egg for York Teaching Hospital Charity’s tombola at Visit York’s Easter festival and helping to raise more than £1,000 for the Dementia Appeal.

Thank you to the Outpatients Department at York Hospital for raising more than £500 from their Easter egg tombola.

Easter eggs put a smile on faces
Thank you to local businesses, schools, groups and individuals for donating so many Easter eggs for our patients and staff to enjoy. The Fundraising Team were thrilled to distribute them to wards and departments in our hospitals.