February 2019

Staff Matters

Inaugural Junior Doctor Awards launched by Trust

We know that our junior doctors work incredibly hard, often under very testing circumstances, and contribute greatly to the safe and high-quality care that the Trust provides for its patients.

In recognition of this, the first ever Trust Junior Doctor Awards have been launched. Lisa Smith, Guardian of Safer Working and Chair of Junior Doctor Forum, explained: “The Junior Doctor Forum (JDF) has been working hard behind the scenes to improve the working lives and experience of being a junior doctor in this Trust - and one of the actions is to reward excellence. “There is evidence which suggests that due to the rotational nature of junior doctors’ training, they are often overlooked in organisational efforts to appreciate staff and that a culture promoting regular, positive feedback and learning from excellence currently exists only in small pockets. These factors can leave junior doctors feeling undervalued and so for that reason the JDF has introduced these awards.

“There are four categories in which doctors can be nominated in - including rising star and team player. The fifth category is to recognise the efforts of an educational or clinical supervisor who consistently goes the extra mile in pursuit of supporting junior doctors to succeed.”

Anyone can submit a nomination by completing the online nomination form, available on Staff Room/Recognition and Awards. Nomination close at midnight 15 March 2019.

Lisa added: “On behalf of the JDF, we hope staff will take the time to show their appreciation for the hard work junior doctors put in during their stay in the Trust and we look forward to receiving their nominations.”

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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

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5 Trainee nursing associates visit Commons
6 How to be carer aware
9 Art exhibition celebrates disability
12 Wellbeing choir launched

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Mike Proctor, Chief Executive, said: “Junior doctors are some of the unsung heroes of healthcare, often balancing the bulk of a hospital’s day to day legwork alongside their ongoing training. These awards aim to highlight some of the great work they are doing.”
LAST month’s Staff Matters included a centre spread which provided all staff with an overview of the Trust’s strategic plans for the five years ahead. I know that Mike Proctor our Chief Executive followed this up at his team briefings in January. I very much hope that you found this an interesting read and that along with your team members you are able to see how the work that you do every day, fits in with the ambitions of our organisation.

In his role as Chief Executive it is Mike Proctor’s job to ensure that the Trust is delivering these strategic plans. When he retires in the middle of the year I am delighted to let you know that he will be succeeded by a new Chief Executive, Simon Morritt. He too will make it his priority that our Trust fulfils its ambitions to live by its values and achieves its strategy.

In positive experiences over the last few weeks - which reassure me that in all corners of our Trust we are living to our values.

A recent patient letter confirmed that in our community we are caring for and respecting our patients in just the way we would wish to be treated ourselves: “Alison Greenhalgh and her team did a fantastic job. We couldn’t have been happier with mum’s care which helped her and my family throughout such a difficult time. Everyone was kind, helpful and showed great respect to our mum to make her comfortable and keep us informed. I would particularly like to mention Alison whose kindness, professionalism and understanding was a huge support us and the tenderness she showed to mum was very touching”.

Our response to the results of our improving staff survey reveals that we want, more than ever, to listen to our staff and be helpful to staff in respect of their concerns. We invited all staff to take part in an online workshop via email and letter once the staff survey results had been received. 1,055 staff engaged with this invitation. 200 ideas, 690 comments (most of which include ideas) and 7,002 votes.

The highest rated ideas relate to car parking, healthy food options and managers leading by example. All of the comments and ideas are currently being analysed and they will be used to create a plan of organisational priorities. In addition, some great ideas have been put forward on how we can challenge bullying, harassment and violence, how we can better report incidents and near misses and how we can address staff health and wellbeing. Once written the plan will be available for all staff to see and a summary of it will be in March Staff Matters. We will then keep everyone updated on progress via the weekly email and Staff Matters.

Living to our values are not just words on paper, it is the way we do things in our Trust! Thank you all.

Susan Symington
Chair

The award categories

**Team Player**
This award recognises a junior doctor who demonstrates exceptional leadership skills while being supportive and approachable working in a multi-disciplinary manner - recognising that we are one team with a common purpose. Setting high standards, they respond to situations professionally and calmly, and are a positive role model for others.

**Compassionate care**
This award recognises a junior doctor who regularly demonstrates care and compassion, listens to and respects others, whilst keeping patients and the Trust values at the heart of everything they do. They see the patient as a person and often perform the ‘little things’ which make a big difference to patient care.

**Outstanding contribution to quality improvement, research or education**
This award recognises a junior doctor who has contributed to quality, research or education by applying creative solutions which has had a positive impact for the benefit of staff, patients and/or the Trust.

**Rising Star**
This award recognises the achievements of a junior doctor in the early stages of their career, who is considered to be a ‘star’ of the future. They demonstrate this ability throughout the year by improving services and experience for patients, carers and/or staff through their leadership, creative thinking, commitment, vision, determination and drive.

Visit Staff Room to make your nomination
Launch of outpatient antimicrobial therapy

A new outpatient service to treat patients with deep seated infections who need intravenous antibiotics has launched at York and Scarborough hospitals.

Patients with conditions such as joint, diabetic foot and spinal infections would normally need to stay in hospital, sometimes for weeks, to get the right treatment for their condition. The new outpatient antimicrobial therapy (OPAT) clinics will see people treated from home rather than a hospital bed.

Anita Chalmers, Principal Pharmacist for Antimicrobials, explained: “A new OPAT multidisciplinary team has been created to support patients to find the best way for them to have treatment from home.

There are three ways they can be treated with intravenous antibiotics – coming back to hospital as an outpatient, a visit from a community nurse or to administer their own antibiotics.”

 Patients stay with the same consultant they were under when they developed the infection and are supported by the newly appointed OPAT specialist nurses who will co-ordinate their needs to ensure that they receive the appropriate monitoring and follow up.

Anita continued: “Up to 15 patients on each site can be referred to the service at any one time. We hope to address several issues such as patient safety risks, bed capacity and improved patient experience.

“For example patients who have a prolonged stay in hospital risk deconditioning and healthcare acquired infections. In winter the Trust struggles to provide and staff enough inpatient beds to meet demand for services so treating people as an outpatient helps relieve this pressure. We also know that patients get frustrated that they can’t return home to complete their treatment once the acute phase of their illness has ended.”

One example of how it will improve patient experience is illustrated by a patient recently on ward 33 at York Hospital: “I have mental health problems and the thought of being here for eight weeks affects my wellbeing and mental health. It’s affecting not only me but my whole family especially my grandchildren who don’t understand why I need to stay here.”

Supporting patients are OPAT specialist nurses, Naomi Sherwood for York and Katie Holgate for Scarborough, backed by admin support from Donna Graham. They are joined by Dr Dave Hamilton, Consultant Microbiologist, and Paul Jackson, Antimicrobial Pharmacist.

OPAT team ready for action

£3,000 on offer as Inspire applications open

DO YOU have an idea that can inspire others? What if you had the opportunity to implement your inspiring idea?

The Corporate Improvement Team is giving people the opportunity to apply for a grant to undertake an inspiring project that will benefit their service or department.

Anyone with an idea that will have a positive impact on patient care can apply, either individually or as a group, for a grant of up to £3,000 funded by York Teaching Hospital Charity.

For example, this could involve visiting another hospital in the UK or abroad to look at an inspiring project they’ve undertaken, or attending a conference that would make a difference for your area.

All permanent staff are eligible to apply and the grant is available to clinical and non-clinical staff who meet the criteria included in the application form.

Applications opened on Friday 1 February and close on Sunday 31 March when they will be presented to a panel.

Contact the Corporate Improvement Team on 772 6789, or email amy.brown@york.nhs.uk for an application form or more information.

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In October recruitment strategies, putting the creative design and deliver new demonstrating ownership to described as passionate and driven, Georgina, Phil and Ben are Scarborough Hospital Dickinson and Dr Ben Chandler, Georgina Michulitis, Dr Phil for “providing an amazing service other general support in all aspects of diabetes care. Nominated by her colleagues, Kelly is praised for “providing an amazing service over the last few months … she has gone above and beyond what is expected of her and really deserves recognition for this.”

Kelly Render, Paediatric Diabetes Team, Scarborough Hospital Kelly started her job as a patient support worker for the Scarborouh Paediatric Diabetes team in July last year. Shortly after she started the diabetes specialist nurse unfortunately had to take a period of absence. Kelly began a steep learning curve, cancelling her planned annual leave in order to provide this support in her colleague's absence, regularly staying late in order to provide support and a diabetes helpline to young people, families and staff. She is praised for her one to one work with young people, organising clinics and providing other general support in all aspects of diabetes care. Nominated by her colleagues, Kelly is praised for “providing an amazing service over the last few months … she has gone above and beyond what is expected of her and really deserves recognition for this.”

Georgina Michulitis, Dr Phil Dickinson and Dr Ben Chandler, Scarborough Hospital Georgina, Phil and Ben are described as passionate and driven, demonstrating ownership to creatively design and deliver new recruitment strategies, putting the patient at the centre. In October 2018 a recruitment open day was held at Scarborough Hospital to support medical and dental recruitment. Georgina is praised for the way she organised the event, liaising with a wide range of stakeholders internally and external to the Trust. Phil and Ben both attended to interview at very short notice, securing nine appointments. The previous day Phil and Ben organised and delivered the Scarborough Leadership and Management course for higher trainee doctors, providing valuable support and training for a range of specialties who will shortly become consultants. “They are extremely caring and positively promote both Scarborouh Hospital services and community lifestyle.”

Adrian Chesterton, Stores Supervisor, York Hospital Adrian is nominated by colleagues for his exceptional actions behind the scenes to ensure essential hospital supplies were available for critical areas such as ED, theatres, ICU, and delivery ward.

A problem at NHS Supply Chain meant there was a national lack of storage cages so everything had to be delivered on pallets. These could not be moved through the hospital for fear of damage to the corridor floor so, understanding the severity of the situation, Adrian moved the items from storage cages so everything had to be delivered on pallets. These meant there was a national lack of storage cages so everything had to be delivered on pallets. These could not be moved through the hospital for fear of damage to the corridor floor so, understanding the severity of the situation, Adrian moved the items from seven pallets onto what few cages he could find. This saw Adrian work from 7pm right through the night and by 5am he had stacked the seven pallets onto cages and delivered what was needed out to departments. He then came back in for his normal shift at 8am. “Everyone should know the lengths taken by Adrian to make sure patient care was unaffected.”

Hannah Kirk and Katie Benson, Healthcare Assistants, Cherry ward AMU, Scarborough Hospital A patient who was unexpectedly admitted after attending A&E with sudden onset vertigo and vomiting was shocked and extremely worried, concerned she may have had a mini stroke. Hannah was nominated for her kindness and patience in helping the lady several times through the night to use the toilet rather than a bed pan. Despite the ward being busy Hannah helped her take very slow and uncoordinated steps to the bathroom which meant a great deal in preserving her dignity. Katie was praised for her care when the lady had to have a lumber puncture and was terrified and crying having had a previous bad experience. Unprompted, Katie held the lady’s hand and tried to keep her calm – “it really meant the world to me, having someone care for me and help me during an exceptionally tough time”.

Ric Long and team, Audiology, Scarborough Hospital Ric and the team were nominated by a relative for the ‘outstanding’ help they gave her grandma following a leg amputation operation. While dealing with this life changing event it became apparent that the patient was really struggling with her hearing. She couldn’t hear the doctors and felt alone and isolated and often got upset. Previously she had attended an audiology appointment to be fitted for new hearing aids but now was anxious about how she was going to attend the appointment. The granddaughter spoke to Ric and the team, collected the hearing...
Trainee nursing associates at House of Commons

Two of the Trust’s trainee nursing associates were chosen to attend a national event at the House of Commons to celebrate the Nursing and Midwifery Council (NMC) welcoming the first nursing associates on to their register.

Trainee nursing associates, Helen Snowden and Cally Goodwin, along with Practice Education Team Lead Amanda Horrocks, attended the event. Helen and Cally were chosen to represent the nursing associates due to their work as cohort representatives at local, regional and national events and represented the East Coast, York and North Yorkshire Nursing Associate partnership group.

Helen and Cally and their nursing associate colleagues are due to complete the two year programme in March 2019, in partnership with the Trust and the University of York. The event celebrated the importance of the nursing associate role and how the first cohorts to qualify are pioneers, laying the path for the future of the profession. It was an inspirational event and included speeches from two of the first nursing associates to enter the register.

Helen Hey, Deputy Chief Nurse said: “Our first group of nursing associates moving from training into work as registered professionals is a major milestone for the individuals who have worked hard to get to this stage, as well for the Trust and patients who will benefit from this newly regulated profession.

“All our nursing associates have already proved their values and behaviours having previously worked as health and care assistants and I know some of them have aspirations to continue to learn and become registered nurses in the future.

“Wherever they have come from, wherever they end up, I know they will make a real difference to the patients they care for and I could not be more proud of them as they become key members of our nursing workforce.”

The Trust currently has two more cohorts of trainee nursing associates based at Scarborough and York continuing under the apprenticeship scheme.

Make your nomination now

THE STAR AWARD is the Trust’s monthly award presented to staff that go above and beyond the call of duty, and who have made a real difference to improving patients’ experience through living the values and beliefs of the organisation.

Last year was a record year for nominations and the number has been growing steadily since the awards were launched. During 2018/9 the Trust received a staggering 422 nominations for staff right across the Trust, of which 87 were from patients, relatives or visitors.

Helen Greenley, Events Coordinator, who administers the star award recognition programme, explained: “Everyone can make a nomination - staff, patients or visitors - and they can be made for anyone who is employed, works for or supports the Trust to deliver services, including long term locums and volunteers.”
How to be carer aware

It’s estimated that one in four women and one in ten men over the age of twenty five have some extra responsibilities for a person who needed their support.

Many of the patients and their families that use our Trust regularly look after someone close to them because they are frail, have a physical or mental illness, addiction or disability. What many of them don’t realise is that there is free support available for them through local carers centres.

“Local carers groups can make a world of difference to patients and their families,” says Katy Johns, Staff Nurse at York Hospital.

“Many carers do not recognise themselves as carers. They are parents, grandparents, children, partners, friends or neighbours doing what needs to be done to maintain the quality of life for someone close to them. Carers can be any age. Many of them do not realise that support is available to help them.”

Katy became aware of the range of support offered by the carers centre in her work as a drug and alcohol link nurse on her ward. As well as support for people caring for a family member with substance misuse problems, they offer support for young carers, people who care for others with mental health problems, caring for the elderly or becoming a befriender.

As well as being a nurse on G1, Katy is a volunteer for York Carers Centre and has seen first-hand how much support the carers centres provide.

Katy continued: “All staff who come into contact with patients can help by asking one simple question – are you a carer? So many carers don’t even realise they are, and may be struggling to cope with their responsibilities at home as well as having a health condition themselves.”

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Katy added: “We tend to find out people need support when they experience a crisis but we can all help avoid this by signposting patients and families direct to their local carers organisations.”

Local carers centres
- York Carers Centre
  www.yorkcarerscentre.co.uk
- Hambleton and Richmondshire Carers Resource Centre
  www.hrcarers.org.uk
- Scarborough and Ryedale Carers Resource Centre
  www.carersresource.net
- Selby Carers Centre
  www.cloverleaf-advocacy.co.uk

Staff Nurse and carers volunteer Katy Johns

Support for staff to promote advance care planning

A recent staff survey to help raise awareness of advance care planning (ACP) across the Trust revealed that more education was needed for staff, patients and visitors.

Advance care planning is a way of improving care for people nearing the end of life and helps people to consider and record their future care and treatment wishes so that they are more likely to receive the care they want.

Charlotte Oliver, Advanced Care Planning Coordinator, said: “It is a subject that we are not generally used to discussing but staff can play a crucial role in opening conversations about advanced care planning.

“When wishes are known and respected people are more likely to receive the kind of care they want in the place they choose when they become unwell, or can no longer speak for themselves.

“We’ve put together information and online training to help staff with the ACP process. Also, to make it easier for all staff involved in a patient’s care, CPD has been updated so completed advance care plans can be uploaded and an alert automatically generated.”

Leaflets and forms have been re-designed using staff feedback and are available on wards and in outpatient areas across the Trust and community settings.

Charlotte added: “A third of staff have already completed their essential online training and people are learning more about advanced care planning and its benefits. More advance care plans are being completed and used within the Trust, which is wonderful!”

Gemma Arnall, Macmillan Palliative Care and End of Life Cancer Nurse Specialist at Scarborough Hospital, said: “We’re finding the new forms really easy to use and the information for patients is being very well-received. Raising awareness of advanced care planning has really helped staff to broach the subject with patients and families.”

Scarborough Palliative Care Team
ESTATES AND FACILITIES

Reducing plastic waste across the Trust

AS PART of the Trust’s pledge towards a more sustainable future the facilities team are beginning by replacing plastic straws with paper straws for a trial period in staff restaurants.

It is one of the targets set as part of a commitment to developing a more sustainable future with the aim of achieving zero waste.

Dan Braidley, Environmental and Sustainability Manager, explained: “We are looking into bio-degradable alternatives for non-recyclable items such as salad boxes, packaging for sandwiches, disposable cups and lunchbox polystyrene. The work also includes reviewing our procurement chain, recycling processes and wasted food disposal.

“After looking at examples from other NHS trusts who have already significantly reduced their plastic use, we have gathered some great insight to help us streamline operational waste. For example, introducing compostable packaging alone could save 16.6 tonnes of carbon per year, which is the equivalent of 29 flights between London and New York!”

Posters will soon appear in Trust restaurants promoting this scheme – watch this space for further updates.

Excellent sustainability reporting

A CERTIFICATE of excellence has been awarded by the Sustainable Development Unit (SDU), NHS Improvement and the Healthcare Financial Management Association (HFMA) for excellent sustainability reporting.

The Trust is one of 55 trusts and 42 CCGs that have been selected for recognition out of 432 organisations across England.

The SDU, which works across the health and care sector on behalf of NHS England and Public Health England, conducted an analysis of all provider and CCG annual reports to evaluate sustainability sections.

High quality reporting on sustainability is recognised as a fundamental way in which organisations can demonstrate their commitment to embedding environmental, social and financial sustainability.

Secure cycle parking

A NEW secure cycle area has been created at Scarborough Hospital in the green-fenced compound next to the main entrance.

The area is fully secure with 36 cycle spaces both covered and uncovered. Staff can use their staff ID badge to open the gate.

Whilst the compound is secure, it is recommended to continue to use a decent bike lock when using this facility.

Free Wi-Fi now available

1. Connect your device’s wi-fi to NHS Wi-Fi
2. Open your web browser. The NHS Wi-Fi login page will appear. If it doesn’t go to btwifi.com
3. Follow the steps to get online.

Need help? Visit btwifi.com/contact or call 0800 022 3322*

* Calls are charged at local rates from both mobile and landline networks and are free from BT landlines.

The Trust provides free Wi-Fi access to all visitors, so everyone can get online. BT Wi-Fi will automatically log out after 15 minutes of inactivity, to avoid congesting the network.
A unique training workshop to help managers support colleagues with cancer was held recently in York.

The specialist training was delivered by Macmillan to provide expert advice and resources for managers supporting those affected by cancer. This includes staff who are carers of loved ones with cancer and colleagues who are facing cancer.

Polly McMeekin, Director of Workforce and Organisational Development, said: “We are keen to support staff health and wellbeing in every way we can and the session brought together a vast amount of knowledge and experience. It is designed so that managers are aware of how we can support staff in the workplace, what resources are available to guide our staff who are affected by cancer, in work and during treatment. Some people with cancer will be able to continue to work and others will need time off. “It gave everyone a better understanding and opened doors for sharing experience to constantly learn how to best support our own staff. “

The session included different staff groups with representatives from HR, matrons, unions, directorate managers, service managers, and the Freedom to Speak Up Guardian. The training was funded by the York Teaching Hospital Charity.

For further information about the workshop contact Grace Waddington or Jane Archer.
A ground-breaking exhibition that has triggered a worldwide campaign to draw attention to the lack of toys representing disabled children is on show at York Hospital.

The campaign, ToyLikeMe, recently hit the headlines when toy maker Mattel announced the creation of a wheelchair using doll and prosthetic limb Barbie.

The ToyLikeMe campaign was launched in 2015 by journalist Rebecca Atkinson and play consultant Karen Newell. Rebecca began making over mainstream toys to give them disabilities and posting images online which went viral.

Griselda Goldsborough, Art and Design Development Manager, said: “The ToyLikeMe exhibition is very relevant to a hospital environment. Some toys have cochlear implants or hearing aids to help them hear and others have prosthetic legs or a wheelchair to help them get around. Others have limb differences and some have machines helping them to breathe or monitor their diabetes. We are thrilled to see the impact this pioneering campaign has had on the public and on toy manufacturers.”

As well as the ToyLikeMe exhibition, a collection of posters on the theme of the International Day of Persons with Disabilities is also on display at York and Scarborough hospitals. The posters were originally submitted for the Eleanor Worthington Prize which celebrates communicative language through visual arts.

ToyLikeMe is due to move to Scarborough Hospital in May. The collection is on loan from Paintings in Hospitals who use art to inspire better health and wellbeing.
Improved patient safety arrives with NEWS2

The electronic early warning system that helps staff assess and respond to acutely ill patients has been updated and improved and is due to be rolled out across the Trust in April.

NEWS2 is the latest version of the National Early Warning Score (NEWS) first produced in 2012. The tool, which standardises assessment and response to acute illness, is based on six physiological measurements that are traditionally recorded in a patient’s bed chart. Each measurement is given a number which is added up to produce an overall score. The system measures respiratory rate, oxygen saturation, temperature, systolic blood pressure, pulse rate and level of consciousness and if the score is high it means that a patient’s care needs to be stepped up.

NEWS2 provides an updated version of this score and has been strengthened to include new measurements.

Victoria Elletson, Patient Safety Facilitator, explained: “NEWS2 is an exciting development and introduces three key changes. The first recognises the importance of new-onset confusion, disorientation, and delirium as a sign of deterioration. “Second, it ensures that all patients have a documented targeted oxygen saturation level on attendance or admission to hospital to make sure they are given the right level of oxygen. “Thirdly, it can also trigger a sepsis screen in patients with known or suspected infection, or at high risk of infection.”

The NEWS2 e-learning package is currently live on learning hub, which all clinical staff need to complete before the official launch. This can be done either at work or remotely and takes less than ten minutes to complete.

Victoria added: “Developing and adopting a standardised early warning system has been a significant and positive development for the Trust, as well as the wider NHS. “It has provided a platform for education and training at all levels of staff and it helped us to improve patient safety.”

Two new appointments


The role of the Clinical Lead for Research is to support the Research & Development Department to assist with setting the strategic direction of the Trust’s research strategy and support initiatives that will increase the research capacity and capability within the Trust.

The clinical lead also offers advice to the Research & Development Unit ensuring that the Trust complies with all aspects of clinical and research governance. They establish and build constructive relationships with the researchers within the Trust and all external collaborators and networks.

Head of Research and Development, Lydia Harris, said: “These appointments are key to allowing us to take the Trust’s research agenda forward and I am are really looking to working with Martin and David over the coming years.”

Gastro Team of the Year

Congratulations to the York and Scarborough Gastroenterology Research teams who won Yorkshire & Humber Clinical Research Network (CRN) Gastro Team of the Year. Clinical Research Network Clinical Director, Alistair Hall, praised the team for their collaborative and innovative approach in encouraging Trust staff to help them achieve the highest recruitment in the region. The team recruited 854 patients which was the fourth highest recruitment figure in the country. This was singled out as a fine example of how a smaller Trust can compete with the major hospitals through hard work and collaboration.
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

£1,000 staff lottery winners

A delighted Elizabeth Walker, who works in Radiology at York Hospital, won one of the January Staff Lottery prizes of £1,000 Thomas Cook Vouchers.

Elizabeth is hoping to use the voucher to book a holiday to visit Uzbekistan in central Asia which she has always wanted to visit.

York Staff Shop Manager, Annabel Newby, presented the £1,000 holiday voucher to Elizabeth (pictured).

Sue Ledden, Macmillan Breast Care Nurse at Scarborough Hospital, won the second £1,000 Thomas Cook holiday vouchers prize.

Sue said: “I was thrilled to win the vouchers, I never win anything! I telephoned all the family straight away I was so excited and surprised. “I am going to try to book a holiday later in the year to Italy or France. Thank you so much.”

Simple and stress-free saving with Leeds Credit Union

We know that regular saving can be hard, but by joining Leeds Credit Union and signing up for payroll deductions to start saving direct from your salary, you can begin to put a pot aside for the things that matter to you.

To find out more about the payroll saving scheme, why not pop along to one of the upcoming ‘Snacks and Savings’ sessions where staff from Leeds Credit Union will be on hand to answer any questions and help you to sign up on the day – and of course, there will be some free snacks for you to enjoy whilst you sign up!

There’s no need to book a place – simply pop along to one of the sessions, between 11am and 1pm, and find out just how easy it can be to start to take control of your saving!

To find out more about the ‘Snacks and Savings’ sessions, please contact Staff Benefits via email staffbenefits@york.nhs.uk or call 01904 721170

Ask about support on offer for health and wellbeing

The Staff Benefits Team is dedicated to helping and engaging with staff to improve their health and wellbeing.

This includes subsidised fitness classes, therapies, grants and gym memberships for all tastes and budgets from the Staff Lottery Fund.

There are also subsidised complementary therapies and podiatry treatment sessions at a reduced cost where between £5 and £9 is paid towards your sessions.

For more information on grants and therapies visit the Staff Benefits pages on Staff Room or pick up a “Your Fitness Guide” from outside the Staff Shops.

For more information on payroll savings please contact Staff Benefits via email staffbenefits@york.nhs.uk or call 01904 721170.

‘Snacks and Savings’ sessions

To find out more about the ‘Snacks and Savings’ sessions, please contact Staff Benefits via email staffbenefits@york.nhs.uk or call 01904 721170.

Check out Trust apprenticeships

WITH National Apprenticeship Week approaching (4 - 8 March) the apprenticeship team will be out and about across the Trust providing information about the opportunities on offer to staff within the organisation.

Apprenticeships are open to anyone from the age of 16 years upwards and have no maximum age limit.

They are available to staff new to post, or staff already in post who wish to develop in their role. Current staff members who already have a degree in a subject can consider an apprenticeship that is not relevant to their current role.

The team will visit Scarborough on Monday, York on Tuesday, Selby on Wednesday, Scarborough and Bridlington on Thursday and back to York on Friday. Check Staff Room for times and locations.
Wellbeing choir launched

January saw the launch of the first Wellbeing Choir at York Hospital. The Trust Arts Team introduced the choir as a way to improve the health and wellbeing of staff, patients, visitors and members of the public.

York Teaching Hospital Charity is proud to support these fantastic sessions led by local community musician, music teacher and singer Nicola Betts. Singing in a choir can improve your mood, physical health and quality of life and these benefits are boosted in a group setting, compared to singing alone. The choir is already being enjoyed by more than 40 people every week.

The Wellbeing Choir is running as a pilot until 27 March and the Arts Team are currently looking at how to develop the project, including the possibility of a choir at Scarborough Hospital. The sessions are very flexible and run on a drop in basis so you can come for as little or as much time as you'd like to stay. They run every Wednesday at York Hospital Chapel, Main Corridor between 12pm – 1.30pm.

Butterfly Appeal

York Teaching Hospital Charity has recently launched the Butterfly Appeal to create a new maternity bereavement suite at York Hospital. Every week at York Hospital a family will learn that their baby may not survive birth.

We know there is nothing that can take away the pain for these families following a late pregnancy loss, still birth or death of their baby soon after birth, but we also know how precious those few hours or days can be before they have to say their final goodbyes. We want these families to have somewhere they feel safe and cared for.

Currently the hospital has a designated room for parents to use and stay in with their baby. However, it is quite small and functional and we know it has the potential to be much better.

- For more information about the appeal and ways in which you can get involved, please visit www.york.nhs.uk/butterfly or email the Fundraising Team at charity.fundraising@york.nhs.uk

Take on Yorkshire Three Peaks

York Teaching Hospital Charity is inviting staff to take part in the Yorkshire Three Peaks challenge on Saturday 22 June which last year raised more than £9,000 to support our hospitals.

The Three Peaks of Pen-y-ghent, Ingleborough and Whernside are among the best known hills in the Yorkshire Dales National Park. The peaks, which form part of the Pennine range, are arranged in a triangle and encircle the heads of the valleys of the River Ribble and of Chapel-le-Dale.

The challenge is to walk the circular route, scaling each peak in turn aiming for a time of less than 12 hours. The total walking distance is 39.2km (24.5 miles).

- For more information about how to sign up, visit www.york.nhs.uk/threepeakschallenge or email the Fundraising Team at charity.fundraising@york.nhs.uk

“It was fantastic being inside the room amongst all the voices and even better to hear that it was enjoyed by those passing”

“This is such a good stress relief!”