

Staff

News in Views

St Helens and Knowsley Teaching Hospitals NHS Trust



Issue 30 December 2010

NHS Chief Executive Sir David Nicholson visits St Helens Hospital



Full details and much more inside

PLUS:

**Saints Stars
Christmas Visit**

**New Wellbeing
Service launched**

Excellent Patient Care in World Class Hospitals

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NHS Chief Executive praises staff during visit to St Helens Hospital

Sir David Nicholson, Chief Executive of the NHS visited St Helens Hospital to meet with members of the Merseyside and Cheshire

Cancer network, and praised the quality of care being provided to patients at the award-winning Lilac Centre



After meeting with patients and staff, Sir David Nicholson, presented the 'Macmillan Quality Environment Mark' award to the Lilac Centre. This new quality mark reflects how a centre delivers the care that people affected by cancer receive and the Lilac Centre is the first across the whole of Merseyside to achieve it.

Sir David Nicholson with Barbara Jost and patients Rita Smith and Callum Gill.

Sir David Nicholson said: "The time I get to spend on the front-line of the NHS with patients and staff is valuable. My visit to St Helens and Knowsley Teaching Hospitals NHS Trust was particularly rewarding, especially seeing the hard work, dedication and commitment to quality of care in the Lilac Centre which was echoed by the patients that I met."



Ann Marr, Chief Executive of the Trust said: "We were delighted to welcome Sir David Nicholson to the Trust, to see for himself the excellent cancer care we provide. It is a tremendous achievement to be the first centre within the local cancer network to be awarded this prestigious quality mark."

Barbara Jost, Lilac Centre Manager receiving the Macmillan Quality Environment Mark on behalf of the centre, from Sir David Nicholson, Chief Executive of the NHS.



CQC and ALE Assessment Results



CONTINUED HIGH STANDARDS OF CARE AT ST HELENS AND WHISTON HOSPITALS



The Trust is continuing to maintain good standards of care and is managing its finances well, according to two recent independent assessments.

The Trust performed above the national average in each indicator for quality of services and care in the Care Quality Commission (CQC) assessment and received a maximum overall score for use of its resources in the Auditor's Local Evaluation (ALE), for the third year running.

Ann Marr, Chief Executive said: "Thank you and well done to all our staff at the Trust for their hard work and commitment to maintaining standards throughout the year."

Electronic Records System wins top IT awards

The Informatics team won 'Public Sector Project of the Year' in the UK IT Industry Awards 2010, for their work with the Electronic Document Management System (EDMS), beating strong contenders from the IT industry and across the public sector.

The award acknowledges the Trust's pioneering work in storing health records in an electronic format. The EDMS provides staff with fast access to patient records via computer as and when they are required.

Dr Francis Andrews, Clinical Director of Critical Care said: "This is one of the most innovative and revolutionary IT solutions I have seen in 20 years of clinical practice."

Neil Darvill, Director of Informatics said: "Winning this award is a fantastic achievement. This inventive use of technology gives staff faster access to patient records as and when they need them."



L-R: David Whitton from Kodak, Robin Booth, Publishing Director of Computing Magazine, Neil Darvill, Director of Informatics, Jennie Briggs, Project Manager, Dr Francis Andrews, Clinical Director of Critical Care, Archie Menzies from OIT UK and BBC comedian Jon Culshaw.

New 'Joint School' is aiding faster recovery for patients

Patients undergoing hip and knee replacement surgery at Whiston Hospital are benefiting from a pioneering new programme that is improving the quality of care and reducing the time patients need to stay in hospital.

Before their operation, patients attend the 'Joint School' at the hospital along with a friend or family member who will help them through surgery and rehabilitation. Nurses and therapy staff outline the procedure, full assessments are made and patients are given training in exercises to do before and after their operation. When the patient is discharged from hospital following their operation, they are provided with ongoing care by community therapy teams with full support from hospital staff.



John Knight, patient with daughter Paula Knight at the Joint School, in consultation with Karen Grundy, Ward Manager.

John Knight, 72 from Widnes, is a recent patient who attended the Joint School. He said: "The care I received from all the staff at the hospital was faultless and I was fit enough to leave just four days after I had my operation. My therapist has been surprised by the speed of my recovery and now I can enjoy doing my gardening. I would recommend the Joint School to anyone having this type of operation."



Prasad Pidikiti, Consultant Orthopaedic Surgeon, with his new surgical instrument.

New surgical instrument brings more power to your elbow!

Consultant Orthopaedic Surgeon, Prasad Pidikiti, has designed a new surgical jig instrument and kit that could revolutionise the way in which the radial head and radial neck bones (parts of the elbow joint) are repaired and save the NHS thousands of pounds. He spoke to News 'n' Views about his ingenious invention.

How did you come up with the idea?

I wanted to improve the surgical technology to enable surgeons to preserve the radial head bone. I knew this method would help provide better results for the patient rather than a replacement joint, that would only last up to approximately 8 years.

What are the main benefits of your new invention?

It will help to provide patients with better movement and more strength and function in their elbow. This will also save the NHS money, as patients will not require joint replacement surgery.

How does this new product work and how was it developed?

It allows surgeons to have greater control when fixing the radial head or radial neck bones. This will allow them to use more of the patient's bone when fixing the fracture, rather than replacing the whole joint. It was developed with the help of Locum Orthopaedic Consultant, Ashok Goel, TrusTECH - part of the NHS Innovation Hub network in the North West and surgical instrument manufacturer, Normed.

World Diabetes Day



The award-winning Diabetes team organised an open day for local people to find out about diabetes and the treatment that is available.



Members of the award-winning Diabetes team promoting Diabetes Awareness.

Experts from the team were on hand to answer questions, a film on living with diabetes produced by patients was shown, and patients were also there on the day to talk about how they are learning to manage their condition.

Professor Kevin Hardy, Consultant Diabetologist and Director of Clinical Strategy at the Trust said: "Diabetes has increased significantly within the local community. If left unmanaged, diabetes can lead to serious life threatening conditions. This event aimed to raise awareness of diabetes and was a great way for people to find out about our range of services."

Diabetes is a long term condition caused by too much glucose (sugar) in the blood.

Diabetes Types

Type 1	Type 2
This occurs because the body does not produce any insulin.	Around 90% of people with diabetes in the UK have Type 2.
It usually develops before the age of 40, often in teenage years.	It is often associated with obesity and occurs when the body does not produce enough insulin and/or when the body doesn't use insulin properly.
Those with Type 1 must have daily insulin injections.	It may be controlled through a healthy diet, but many people also require tablets and/or insulin to control their diabetes.

Over 2 million people in the UK have diabetes and up to another million have diabetes but don't know it.

World Spirometry Day

The Trust joined around 700 hospitals around the world to take part in World Spirometry Day in October.

The event, which supported the British and European Lung Foundation, aimed to raise awareness of lung conditions that can affect people's long term health and identify common problems for local people.

The event was run by Adam Flanders, Assistant Practitioner in Cardio Respiratory and Karen Eyres, Highly Specialised Clinical Physiologist in Respiratory Diagnostics. Staff performed free spirometry tests on members of the public and staff, in the main reception at Whiston Hospital.

Almost 100 people were tested and a number of new diagnoses of lung conditions such as COPD, asthma and other lung diseases were made and referred to their GP for further investigation. Numbers of new diagnosis were provided to the British and European Lung Foundation to see what trends the UK had compared to other countries.

The Trust's Staff Stop Smoking Support Service were also there on the day to provide information and offer support services to help people the kick the habit.



Adam Flanders, Assistant Practitioner in Cardio Respiratory and Karen Eyres, Highly Specialised Clinical Physiologist in Respiratory Diagnostics at their World Spirometry Day stand.

DEMOLITION at Whiston

The Demolition programme of the old Whiston Hospital is well underway and is scheduled to be completed by summer 2011.

The programme has so far seen the demolition some parts of the old Victorian building where the restaurant and kitchens were, along with the old radiology department, operating theatres, K-Block and a section of the old pedestrian link bridge across Warrington Road was removed overnight.

As part of the redevelopment programme the former Accident and Emergency Department and Burns and Plastic Surgery Unit is currently being renovated and refitted to provide new offices, accommodation, training facilities and a mortuary. There will be more information on this in the next issue of News n Views.

The section of the old pedestrian link bridge being lifted away.





Les Howell, Chairman, in discussion with volunteers at the Trust

Trust thanks volunteers

The Trust held a coffee morning for volunteers to thank them for their support and praised them for all their hard work over the last year.

The Trust currently has over 200 volunteers across both St Helens and Whiston hospitals and these dedicated individuals help patients and staff with a wide range of tasks.

What Hospital Volunteers do:

- Meet and greet patients and visitors.
- Direct people around the new hospitals.
- Support clinical staff with a number of tasks on the ward.
- Support care to patients with dementia.
- Spend time with patients to keep them company.
- Support the Spiritual Care team to help meet the needs of patients, carers and staff.

In addition to these tasks, this year hospital volunteers played an important role in transferring services (including the overnight move of Accident & Emergency) from the old Whiston Hospital and took part in the Trust's joint emergency planning exercise.

Les Howell, Chairman spoke at the event and met with hospital volunteers. He said: "I would like to personally thank each and everyone of you for your continued commitment and hard work. 2010 has been a remarkable year for volunteers at the Trust, the number of volunteers continues to grow and 2011 is likely to be an extremely busy and rewarding year."



The Volunteers Coffee Morning

Royal College of Physicians President Impressed by Whiston Hospital

The President of the Royal College of Physicians, Sir Richard Thompson KCVO DM recently visited Whiston Hospital and met with members of staff and junior doctors in training.

On his visit, Sir Richard was given a guided tour by Tom Smith, Consultant Physician and Regional Advisor for the Royal College of Physicians, along with Stephen Allsup, Consultant Physician and Sarah Williams, Registrar. This tour included the Coronary Care Unit, the new Catheter Laboratory, the Endoscopy Suite, the Medical Assessment Unit and the Stroke Unit. Sir Richard then met with



L-R: Sir Richard, Stephen Allsup, Tom Smith and Sanjeev Meenakshisundaram.



Sir Richard Thompson, President of the Royal College of Physicians meets with Jeff Ball, Clinical Director and Kevin Hardy Director of Clinical Surgery.

junior doctors in the Postgraduate Medical Centre for an informal discussion about their training.

Sir Richard said: "The new Whiston Hospital is very impressive and the facilities are at the forefront of what the NHS provides. Staff deliver a high quality service that is making a difference to the lives of its patients."

Trust is Lead Employer



Fraser Gordon, Specialty Registrar with fellow colleagues on Ward 5C.

Anne-Marie Stretch, Deputy Chief Executive and Director of Human Resources said: "This has been a unique opportunity for the Trust and Deaneries across the country are considering following our example. Well done to our teams in Human Resources and Pay and Staff Services, who have worked tirelessly to implement this new programme. I am sure you will all join me in welcoming our new colleagues."

Fraser Gordon, Specialty Registrar in Medicine for Older People said: "It is great to work in a modern world class hospital. I work with a fantastic team who are all highly motivated and help make coming to work everyday a real joy. The transition into the Trust has been seamless and the Lead Employer team are professional, friendly and always there to help."

The Trust has welcomed over 2,000 new specialty trainee doctors as part of a unique employment programme where the Trust is the single lead employer for all medical trainees.

Previously these trainees were employed by 6 other local trusts. The Mersey Deanery, who are responsible for the training programmes of doctors in the region, selected the Trust as the employer for all specialty trainees across Merseyside and Cheshire.

This means that all specialty trainee doctors based in hospitals across the region and GPs in practice placements are now employed by the Trust.



Members of the Lead Employer team who will be helping trainees with recruitment, pay and any human resources issues.

Dedication of the Sanctuary



Left to Right: Sister Eileen O'Riordan, Chaplain (Roman Catholic), Right Revd Tom Williams, Auxiliary Bishop of Liverpool (Roman Catholic), Reverend Howard Sharpe, President of Liverpool & District Free Church Federal Council (Free Church), Right Revd Richard Blackburn, Bishop of Warrington (Church of England), Revd Jamie Hartwell, Head of Spiritual Care (Free Church), Sister Susan Molloy, Chaplain (Roman Catholic), Father Malcolm Prince, Chaplain (Roman Catholic), Revd Martin Jones, Chaplain (Church of England)

A dedication service was held for the Sanctuary at Whiston Hospital on 18th October which is St Luke's Day, the day in the Church calendar to pray for all those who work in the NHS.

Local religious leaders of a mixture of faiths and from across the region joined the Spiritual Care team to dedicate the Sanctuary for the use of patients, relatives and staff of all faiths and none.

Reverend Jamie Hartwell, along with visiting clergy, formally dedicated the sacred space and the local Muslim community was represented by Dr Abubaker Elbadri, Consultant Paediatrician, whilst Les Howell, Chairman of the Trust and members of the Trust's Executive team also attended the event.

Gill Core, Director of Nursing, Midwifery & Governance spoke of the importance of Spiritual Care to the overall work of the hospital quoting Florence Nightingale who had said: "The needs of the spirit are as critical to health as those individual organs which make up the body".

If you have not yet had chance to see the Sanctuary's facilities why not visit soon?



**Better Care
through
Your Ideas**

Ideas Bank



**Better Care
through
Your Ideas**

Since the launch of the Ideas Bank, we have received many great ideas from staff, patients and visitors about how the Trust can provide better care, increase our productivity and save money.

A number of these ideas have won £100 for the people that came up with them, such as:



Natalie Allen, Receptionist, Main Reception – Coin-Operated Locking System for Wheelchairs

Natalie had the idea of introducing a 'locking system' for wheelchairs, similar to those used for super market trolleys. This will improve access and storage of wheelchairs to ensure they are readily available in key locations for patients to use.

A number of other people also sent in this same suggestion. All the names were put into a draw and Natalie's name was pulled out.

Ann Marr, Chief Executive presenting Natalie Allen, with her certificate.

Greg Barton, Specialist Clinical Pharmacist, Pharmacy Department – Duplex Printing.

Greg's great idea to save money was to set all printers to default to duplex, meaning they print on both sides of the page. This reduces paper and cost and has now been implemented on all multi-function printers in the Trust. For other printers, staff are asked to please consider adjusting the settings to print on both sides of the paper or printing more pages per sheet of paper, to help make further cost savings.

Damien Finn, Director of Finance, congratulating Greg Barton for his idea.



Congratulations to Natalie and Greg for their fantastic ideas!
Other great ideas that have been received include:

Energy Saving Ideas

A number of ideas suggested ways to save money by reducing lighting and heating costs and the Trust's Energy Committee has developed an action plan to look into these conservation measures.

Recycling

Regular updates and advice to staff on cost-effective waste disposal will be sent via monthly global emails and recycling facilities are to be extended.

Reducing postal and taxi costs

A post box has been installed in the main reception at Whiston Hospital and expenditure on taxis has been reduced by 10%. N.B. the Shuttle Bus service is available to transport items between St Helens and Whiston hospital.

Cash Machine at Whiston Hospital

A Cash Machine has now been installed opposite the main reception at Whiston Hospital. There is no charge for using this service.

British National Formula Booklets

The Trust will continue to provide these booklets as they are a valuable resource to clinical staff who do not have immediate access to the internet and are provided to the Trust free of charge.

Reduce costs for News 'n' Views

From 2011, News 'n' Views will now be issued four times a year – February, May, September and December. The type of paper it is printed on has also been changed to reduce cost and we are looking to include more advertisements to help pay for its publication. We will continue to produce copies of the newsletter for those members of staff who do not have access to a computer, to read it online.

Introducing – the new 'Work Health and Well Being Service'



L-R: Tracy Maxwell, Joanne McClory, Angela Roberts, Min Shah, Denise Quigley, Ray Langford, Kieron Kenny, Karen Brayley, Clare Seabrook.

The Occupational Health Department has now changed its name to the 'Work Health and Well Being Service'. All the previous services will still be available but with additional fast track provisions including:

- New Self Registering
- New Employee Assistance Programme
- New Counselling Service
- New Psychology Service
- New Physiotherapy Referral Service
- Enhanced Holistic Therapy Service
- Enhanced Chiroprody Service
- Enhanced Sickness and Absence Assessments

Changes to services

Members of staff who are requested to see the Work Health and Well Being team, following sickness/absence, can now have a telephone consultation rather than attend the centre. They will be assessed by either a Work Health and Well Being Physician or Nurse Advisor and a report will be sent to them before being sent to their manager. Any referrals to outside agencies will be made with their consent.

Support Services

The Trust has established an Employee Assistance Programme (EAP), providing staff with access to a range of support services to meet their individual needs. Staff can access the EAP themselves or by being referred by the Work Health and Well Being Service or through their manager.

The EAP is a free confidential service offering expert advice, specialist counselling and support. It is available 24hrs a day, seven days a week. Call: 0800 282 193 or log on to: www.ppconline.info. Alternatively contact Work Health and Well Being Service on Ext: 1985.

Flu Fighters update

As part of the ongoing vaccination programme at the Trust, members of the Work Health and Well Being Wellbeing team were joined by Lego characters in the hospital restaurants to give staff their flu jabs.



Staff at Whiston Hospital take one in the arm for the team



Staff at St Helens Hospital join the Flu Fighters!

These eye-catching cardboard cut-outs were part of the North West regional Flu Fighter campaign, highlighting the need for staff to have their jabs so that they don't pass on the flu to their patients, families or friends.

Well done to all those Flu Fighters at the Trust. Look out for further vaccination sessions in the future

FITNESS TESTING

The Trust, in partnership with NHS Halton and St Helens Community Health Improvement Team offered staff free fitness tests in November, to help staff think about their own well being and identify ways to improve their health. The tests included checks for cholesterol levels, BMI scoring, height, weight, waist measurements and life style management. To arrange tests in your department, ask your manager to contact the Work Health and Well Being Service on Ext: 1985.

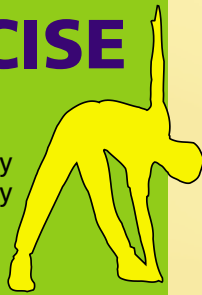


News n Views' roving reporter, Jamie Murphy having his height measured by Tony Carrington, Health Trainer with the Health Improvement Team.

EXERCISE

Regular exercise benefits the body and the mind. Try the following:

- Walk up the stairs instead of using the lifts
- Get off the bus one stop early and walk the rest of the way
- Walk around the park during your lunch break
- Find an exercise buddy and work out together
- Tai Chi - sessions are available for staff every Tuesday, 5.00pm-6.15pm in the Recreation Hall at Whiston Hospital. £3 per session.



For more information contact Joan Hardie on 01744 626664 or email: joan.hardie@sthk.nhs.uk

Services available:

- Fitness Testing
- Exercise
- Stop Smoking Support
- Alcohol advice
- Sexual Health Advice
- Diet
- Health & Safety

SMOKING

- Do you want to quit smoking?
- Have you tried to quit before but not succeeded?
- Does your family want you to give up but you don't know how?

Then contact the Staff Stop Smoking Support Service. The service offers:

- Free one to one confidential appointments
- A full plan of support that is designed around your needs
- They can come and see you in your department/ ward
- Telephone and email support is also available
- All therapy to help you quit is given on a voucher or prescription

For more information contact the Staff Stop Smoking Support Service, 24 hours a day, on Ext: 4332.



ALCOHOL

Alcohol is a key factor in many social and industrial accidents. People may have excess levels of alcohol in their blood stream after drinking heavily the night before. You should not drink excessively the night before working or driving. Binge drinking is defined as more than eight units for men and six units for women in any one session. Binge drinking is associated with heart and circulatory problems such as high blood pressure.

For further advice contact the Work Health and Well Being Service on Ext: 1985.



SEXUAL HEALTH

The Sexual Health Clinic at St Helens Hospital provides a confidential service for both patients and staff. Our services include screening and treatment for sexually transmitted infections, rapid HIV testing, free condoms and contraception (including coils, implants, pills and injections).

The clinic is open Monday to Friday, up-to-date opening times are available on the Trust website and intranet in St Helens Hospital Departments or on Facebook at Sexual Health St Helens. For more information please email: health.advisor@sthk.nhs.uk.

Spotlight on: PATHOLOGY



Members of staff from the Pathology department at their exhibition stand promoting their range of services during National Pathology Week.

Around 200 people work in the Trust's Pathology laboratories and they perform over 4.5 million tests each year. The main laboratory specialises in Biochemistry, Haematology & Transfusion, Microbiology and Cellular Pathology.

The pathology laboratories are where samples and biopsies are examined so that diagnoses can be made and clinical staff can then decide on the best course of treatment for the patient.

Marks of quality for Pathology

- ✓ Approved by the Institute of Biomedical Sciences as a training laboratory for biomedical scientists.
- ✓ Accredited by the Clinical Pathology Accreditation scheme.
- ✓ Approved by the National External Quality Assessment.

For more information about pathology services visit the department's intranet pages in the About Us section under Whiston Hospital Clinical Departments or call extension: 1822

Pathology Facts:

- Over 70% of all diagnoses in the NHS involve pathology.
- An average of 14 pathology tests are performed for every person in the country each year.
- There are 19 different pathology specialties.
- Most people who work in Pathology are scientists, with over 20,000 in the UK.

Promoting... INNOVATION & PRODUCTIVITY

The Productive Operating Theatre

The Productive Operating Theatre programme is a national initiative. It is a guide, split into easy to manage sections, that helps organisations to improve the way their theatres run.



What are the aims of the programme?

The programme is aimed at delivering high quality, safe, reliable care to patients across the Trust. It is designed to help staff understand the value of measurement and empower them to resolve day-to-day issues as they occur.

When will the programme start?

The programme has already begun in the Trauma and Orthopaedics Department and will be rolled out across the other surgical specialties over the next 8 months.

What will the programme measure?

We will be measuring performance within the operating theatre for; **Quality**, ensuring that operations are not cancelled; **Safety**, ensuring patients are safe; **Activity**, maintaining efficient services; **Cost**, reducing costs, **Staff**, skills and training for staff.

These measurements will provide a picture of how we are performing in order to highlight areas that we can improve in.

For further information contact the Innovation and Productivity team on Ext: 1454.

European Health & Safety Week

- Around 20% of all accidents are related to maintenance operations
- Portable electrical equipment cause around 25% of all electrical injury accidents

The Trust, along with partners, Medirest and Vinci Construction helped to promote European Health and Safety Week in October 2010.

This year's theme was 'Safe Maintenance' and to encourage this, display boards were set up in the Spice of Life Restaurant at both St Helens and Whiston hospitals highlighting good practice in the workplace.

For information on 'Safe Maintenance' please log on to: <http://osha.europa.eu/en/topics/maintenance>



Members of staff from the Trust and partners Medirest and Vinci Construction, put health and safety in the spotlight.

Training Awards 2010

The Trust celebrated its second annual Training Awards, which recognises the learning achievements of members of staff.

This year even more staff have completed training courses including:

- **NVQ's at levels 2 & 3:**

Healthcare, Business Administration, Customer Service and Assessors Awards.

- **Post Qualification Framework (PQF) qualifications including:**

Mentorship, Counselling and other recognised Post Graduate qualifications.

- **Skills for Life**

Literacy and Numeracy achievements.

The awards highlight the Trusts commitment to the Skills Pledge which was signed in 2008. Staff were presented with their award by Chief Executive, Ann Marr.

Ann said: "I am extremely proud to see that, despite having busy jobs and busy lives, so many staff have demonstrated

outstanding examples of their determination to achieve and enhance their existing knowledge and skills, which helps us to deliver excellent patient services. I applaud and congratulate each award winner for their efforts and achievements."



A1 Assessors



NVQ Healthcare Candidates



Ward 1A, Acute Stroke Unit – Special Achievement Award

Special Achievement

The Special Achievement Award was won by Ward 1A, Acute Stroke Unit for developing NVQ provision and supporting staff learning. 10 Healthcare Assistants were supported to achieve NVQ level 3 in Healthcare and 5 Staff Nurses achieved the A1 Assessors Award, all using in-house training. Other members of staff have been inspired to start new courses this year.

Roll of

The Special Achievement Award

Ward 1A, Acute Stroke Unit

3II ECG Course

Dawn Ansdell
Rajesh Karimbath

A1 Assessors Award

Aileen Miguel
Andrea Darnell
April Butron
Christine Pennington
Colette Lorenzo
Connie Bergado
Darwin Alboladora
Diane Parkinson
Diane Wilson
Ian Topping
Jackie Woodacre
Janice Wreshak
Joanne Wilson
Julie Rycroft
June Powell
Karen Barker
Karen Tootell
Lea Medira
Lesley Kelly
Lizzi Johns
Myla Timbal
Nicola Spencer
Sarah McKenna
Susan Kelly

BSC Radiology

Anna Rens

Clinical Coding

Accredited Clinical Coder
Barbara Chambers
Janis Lomax

Apprentice Clinical Coding Auditor

Tina Gallagher

Clinical Coding Foundation

Sarah Fair

Clinical Examination (Adult)

Gail Judd

Foetal Echocardiography

Julie Davidson

HEA Leadership within Health & Social Care

Hilda Gwilliams

Health Care NVQ level 2

Linda Hitchmough
Rebecca Birchall
Sheila Bickerstaffe
Therese Fielding

NVQ Healthcare Level 3

Amy Ellington
Andrea Crook
Annelise Hilton
Bernadette Bradbury
Beryl Jones
Christine Richards
Denise Roberts
Doreen Johnson
Elaine Rush
Emma Langton
Gill Roberts
Jeanette Powell
Jill Hamlett
John Lewis
Julie Hayes
Karen Deeley
Linda Langshaw
Linda Papavasiliopoulos
Lynda Meadows
Marie Murphy
Michelle Dennett
Olive King
Paul Lawrenson
Sam Hill
Sandra Forber
Sandra Roby
Shirley Maddock
Sylvia Heaps
Val Nulty
Veronica Fleetwood
Wendy Baker

Integrated Clinical Care HEA

Jennifer Allcock
Maria Alana

Introductory Cert in Healthcare Finance

Tracey Thornton

L3 Certificate in Counselling

Gary Barker
Peter Smith
Simon Cairnes

Lamdi Management Level 3

Joyce Gibbins
Paul Matthews
Sue Haunch

Lamdi Management Level 4

Anne Dodd
Anne O'Neill
Emma Sedgwick
Gillian Eddleston
Gina Cave
Heidi McMahon
Jason Burbury
Joanne Riley
Julie Roberts
Sheila Thompson
Shirlie Deveney
Sue Lawrenson
Wendy Ebbrell

Lamdi Management Level 5

Alison Carroll
Ann Rimmer
Mandie Williams

Learning & Development - First Aid & CIEH Train the Trainer

Chris Gee
Emma Ashton
Heidi McMahon
Sharon Hill

Honour

Library Award

Suzanne Ford

Master of Science Degree bio-medical science

Kerry Donnelly
Laura Pitter

Medical Imaging MR

Peter Caulton

Mentorship in Practice

Clare Paton
Rebecca Allen
Sarah Roberts
Teresita MacAraig

Business Improvement Techniques NVQ Level 2

Denise Tyrer
Lisa Fraser
Wendy Valentine

NVQ Level 3

Susan Law
NVQ Business Administration
Level 2
Anne Brown
Carol Fallon
Diane Ainsworth
Rona Harvey
Valerie Harkin

Level 3

Ann Nicholls
Emma Kennerk
Francine Daly
Joy Davidson
Melissa Seddon
Michelle Atkinson
Samuel Miller
Susan Wade

NVQ Level 2 Pharmacy Services

Mark Rawsthorne

NVQ Level 3 Pharmacy Services

June Beesley

Post Graduate Diploma

Rachel Taylor

Certificate in Independent Prescribing Course (PHA- 40069)

Greg Barton
Stephen Brough

Principles in Effective Pain Management in Adults

Joanne Sturdy
Karen Barker

Psycho Sexual Issues in Cancer & Palliative Care

Diane Deardon

Chartered Institute of Purchasing & Supply (CIP)

Chris McNamara

Raising the profile of Rheumatological Pain

Angela Jane Cox

Recovery Care

Kathryn Lawrence
Michelle Moss

Sexual Health Course

Michele Harrop

Skills for Life

Literacy
Denise Turner
Jacqueline Hamilton
Sarah Manning
Stephanie Jackman

Skills for Life

Numeracy
Michael Stratton

Skills for Life

Literacy & Numeracy

Joanne Powell
Julie Bate
Paula Simpson
Tracey Kelly
Tracey Owens
Verona Cheetham

Safe Transfer And Retrieval (STAR) Course

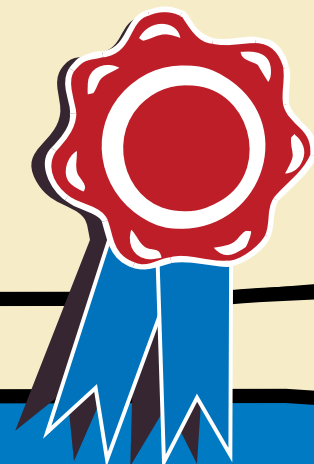
Barry Atherton
Leanne Binns

Team Leading Level 2

April Butron
Carolyn Ody
Diane Lamb
Elizabeth O'Connor
Gillian Monaghan
Hayley Reeves
Jacqueline McGarvey
Jane Coyne
Janet Mousdell
Jennifer Tarpey Gaskell
Julie Rigby
Karen Little
Lauren Rodriguez
Linda Denton
Liza Gibson
Louise Masters
Michael Davies
Michelle Harvey
Pamela Greenall
Sandra White

UKMI Accredited to Answering Enquiries from Members of the Public

Marina Tennick



Reading is good for your health!

Reading is one of the best ways to relax and even six minutes can reduce stress levels by more than two-thirds.

The Healthcare Library now has a recreational reading collection for all staff and students to enjoy. So whether it's Stephen Fry or Peter Kay, Jodi Picoult or Maeve Binchy, Ian Rankin or James Patterson you should be able to find a book for you. This collection, established through book donations and grant funding has over 100 new titles, including some of the latest novels, biographies and short books by bestselling authors.

Seen the film?

Now read the book.

See what is available from the new recreational reading section:

'Angels & Demons'
by Dan Brown



'Atonement'
by Ian McEwan

'The Lovely Bones'
by Alice Sebold



'My Sister's Keeper'
by Audrey Niffenegger



Positive Feedback for the Carer Support Team

In it's first 12 months at the Trust, the Carer Support Team have supported over 1,500 carers attending hospital as either a patient, carer or a member of staff.

The Carer Support service is a partnership between the Trust and its Halton and St Helens based partners in the Primary Care Trust, local councils and the Princess Royal Trust for Carers centres.

In a recent survey of 1,200 carers helped by the service, 74% said they felt more supported. Here is what some of the Trust staff have said about the service:



Gail Rigby, Transfer Nurse on Wards 1B and 1C: *"The Carer Support Team have changed peoples lives, including my own, and it's good to know they are only a phone call away."*

Dave Keegan, Haematology Nurse Ward 2A: *"The team have made an invaluable contribution to the patient's journey through the NHS system. Providing support and advice from simple matters to more complex issues. They have made a real difference to the lives of both patients and carers."*



Members of staff can help to support carers by referring them to the Carers Support Team. As soon as you recognise that a patient has, or is, a carer just give them a call on 01744 64 6640 (ext: 6640).

'Bring in your Meds'!

The Trust is appealing to patients coming into hospital, to bring with them any medication they take regularly such as tablets, medicine, eye drops, inhalers and creams.

When patients leave their medication at home, it has to be re-ordered and confirmed with their GP, which can mean patients have to spend more time in hospital. This also leads to additional costs to the NHS, which could be easily avoided.

If patients bring in their medication, we will ensure it is transferred with them throughout their stay in hospital. We will also give them a new prescription to last at least 14 days, free of charge, when they leave the hospital.

For more information please phone Marie Cawley, Senior Pharmacy Technician, Patient Services on 0151 290 4346.



Examples of some types of regular medication that patients need to bring with them to hospital; bottled medicine, tablets, inhalers and creams.

Consultants Raise Money for Prostate Cancer

Consultants at the Trust have helped raise £3,000 for The Prostate Cancer Charity, by helping to organise a charity ball on behalf of the Medical Association of Nigerian's Across Great Britain (MANSAG).

The fundraising event held at The Crowne Plaza Hotel in Liverpool, was attended by The Lord Mayor and Mayoress of Liverpool, TV Presenter Darcus Howe (Guest Speaker) and Ann Marr, Chief Executive.

Mr Cally Nwosu, Consultant Gynaecologist said: "On behalf of the Local Organising Committee and Medical Association of Nigerian's Across Great Britain (MANSAG), I would like to thank everyone who donated so generously. These funds will go towards fighting against prostate cancer."



L-R: Mr Ken Graham, Consultant Plastic Surgeon, Mr Cally Nwosu, Consultant Gynaecologist, Suresh Rambaran, Support and Information Specialist Helpline Nurse, The Prostate Cancer Charity and Mr Hosea Gana, Consultant Urologist.

DONATION FOR CHRISTMAS TOYS

A kind hearted St Helens man has donated a year's collection of loose change to the Children and Young People's wards.

David Bailey, from Sutton Manor, donated £131.34 in coins from pennies to 20 pence pieces, which he saved over the last 12 months. David has been raising money for the Trust in this way for a number of years and this latest donation topped his previous one to the children's unit of £102.17.

David was delighted to beat last year's figure and raised the money to help pay for toys and games for children being cared for on the ward over Christmas.

Sally Duce, Directorate Manager said: "On behalf of all the team, I would like to thank David for his kind donation. This money will be put towards buying some new toys for the children that will help put a smile on the faces of those who are in hospital at Christmas."



David Bailey with members of staff on Ward 3F at Whiston Hospital.

THE ICING ON THE CAKE!

Staff in the main operating theatres at Whiston Hospital raised over £230 for Pancreatic Cancer Research by selling homemade cakes to colleagues on their lunch break.



Theatre Staff; Kate Ashley Wilson, Vicky Philips, Tommy Ward, Vicky Garnett and Dave Finney show off their handy work.

Saints

go marchin' in for Christmas



Baby Lachlan Woodall meets the Saints stars

like to thank the Saints players and staff for taking the time out to visit our hospital and see the children who we are caring for during the festive season. The children were very excited to see our local rugby heroes and the staff were too! We all wish Saints the very best of luck next year."

Christmas came early for children being cared for on Wards 3F and 4F in Whiston Hospital when they were visited by members of St Helens Rugby Football League Club.

Saints stars joined patients, parents and staff on the Children's and Young People's Wards and helped spread festive cheer by handing out Saints goody bags.

Gill Dixon, Nurse Clinician said: "I would

Saints stars, patients, parents and staff in the play room on Ward 4F at Whiston Hospital.

Jacob Scott with mum Leanne Madden, Scott Moore and Boots the Mascot.



Fond Farewells...

Best wishes to long serving members of staff who have recently retired



Pauline Matthews, Housekeeper on Ward 2A retired in November after loyally serving the Trust for 35 years. Pauline's many friends and colleagues offer their best wishes for her retirement.

Vicky Frith, the Trust's longest serving member of staff has now retired after 43 years of dedicated service both as a nurse and a Human Resources Manager. Colleagues and friends of 'Lady V' all wish her the very best in her retirement.



If you or a colleague, who has served the Trust for over 25 years, is retiring soon, please contact Jamie Murphy on ext: 7518 or email jamie.murphy@sthk.nhs.uk to arrange a Fond Farewell feature.

New Bus Service to St Helens Hospital

A new bus service is now running between St Helens Hospital and St Helens Town Centre.

The Number 28 Bus Service now takes passengers from the town centre to Blackbrook, St Helens Hospital, Sutton and then back again.

The bus stops at the lower ground floor entrance at the front of the hospital at half past the hour from 9.30am until 5.30pm, Monday to Saturday. There will be no service on Sundays and Bank Holidays.

Mondays to Saturdays					
1	St Helens Bus Station	0843	43	1643	1743
2	Blackbrook Ashurst Drive	0854	then 54	1654	1754
1	St Helens Bus Station arrive	0904	at 04	1704	1804
1	St Helens Bus Station depart	0910	these 10	1710	-
2	St Helens Hospital Internal Road	0915	mins 15	until 1715	-
4	St Helens Junction Merseyrail station arrive	0923	past 23	1723	-
4	St Helens Junction Merseyrail station depart	0924	each 24	1724	-
1	St Helens Hospital	0930	hour 30	1730	-
1	St Helens Bus Station	0936	36	1736	-



TRUST

LOTTERY RESULTS

Special Christmas Staff Lottery Draw:

The lucky colleagues who won £1,000 each in the bumper Christmas lottery are:
Elizabeth Matthews, Pharmacy Technician, Pharmacy Department, St Helens.
Joanne Pates, Medical Secretary, Medical Care Group, St Helens.
Sue Johnson, Radiology Manager, Radiology Department, Whiston.
Janet Rughoo, Staff Nurse, Ward 2C, Whiston.



Other recent lottery winners are: October 2010

- £1,500 Alicia McCaffrey, Assistant HR Manager, Human Resources Department, Whiston.
- £500 Melanie Donnelly, Legal Advice Assistant, Complaints & Claims Department, Whiston.
- £200 Brian Williams, Recovery Team Leader, Operating Theatres, St Helens.

November 2010

- £1,500 Josephine Dold, Medical Secretary, Palliative Care Department, St Helens.
- £500 Marilyn Parker, Staff Nurse, Ward 1A, Whiston.
- £200 Catherine Needham, Midwife, Maternity Unit, Whiston.

Congratulations to all our lucky winners!!!!

If you want to join the staff lottery please contact the Finance Department on Ext 1180 or download an application form from the intranet.

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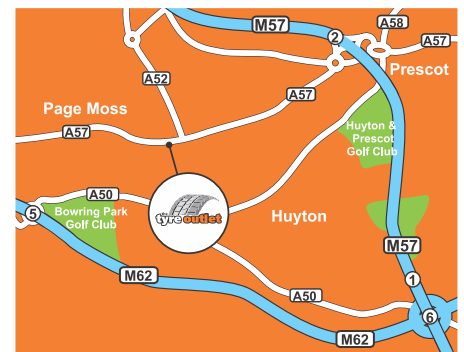
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Where do you read News n Views?



Thank you to Tom Fitzpatrick, IT Taskforce Engineer, who had his photo taken with Molly Malone in Dublin, while he was in the city for his marathon run.

Send in your snaps of where you have taken News n Views to read, either abroad or in an unusual place – we would love to see your photos!

STRAIGHT FROM THE CHRISTMAS CRACKER

What is Santa's favourite pizza?
Deep pan crust and even.

How do snowmen get around?
They ride an icicle.

Who hides in the bakery at Christmas?
A mince spy.

What do you get if you cross Father Christmas with a duck
A Christmas Quacker

Did you know?



- Between 34 to 36 million real Christmas Trees are grown each year.
- An official white Christmas is when a single snowflake is observed falling onto the roof of the London Weather Centre in the 24 hours of 25 December.
- In the last 50 years there have been 7 White Christmases; 1964, 1968, 1970, 1976, 1996, 1999 and 2009.
- Bing Crosby's song 'White Christmas' is the best selling single of all time, with over 50 million copies sold worldwide.
- Hanging a Christmas wreath on your front door symbolises welcome and long life for all who enter.
- 1 in 3 men wait until Christmas Eve to finish their shopping.
- 'Jingle Bells' was originally called 'One-Horse Open Sleigh'.



Staff News 'n' Views

Next Issue: Spring 2011

Many thanks to everyone who has been involved in producing this edition.

If you would like to contribute, please contact Judith Marsland, Head of Media, PR and Communications on 0151 430 2505 or judith.marsland@sthk.nhs.uk

The deadline for submitting items for the next News 'n' Views is 21st January.