

Staff **News** 'n' **Views**

St Helens and Knowsley Teaching Hospitals NHS Trust

Issue 34 Spring 2012

The Winner of Trust's Got Talent is...



See inside for the full story of the night featuring all of our superstars

PLUS:

Lord Carter visit, the Lilac Centre celebrates 20 years and much, much more!

Excellent Patient Care in World Class Hospitals

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Employee of the Month

November: Deborah Beck

Staff Nurse, Dissection
Outreach Nurse



Deborah first joined the Trust 19 years ago as a Health Care Assistant. She started her training in 2005 and qualified in 2008. For the past 4 years Deborah has worked in the plastic surgery department.

Describe your current role:

I work as a Staff Nurse in the plastic surgery department and I am also the Dissection Outreach Nurse. I started this new service 10 months ago, and the service allows patients to return home much sooner with my support. Instead of being in hospital for up to 2 weeks they now go home after a few days. This service has improved the quality of care for patients.

How does it feel to be employee of the month?

I'm really shocked to have been nominated. I'm privileged to work alongside a great team in the plastic surgery department and each team member deserves this award not just me.

What is the most rewarding part of your job?

Seeing patients happy and the benefits the Outreach Service has for them.

December: Graham Brown

Porter – Outpatients
Department



Graham has worked for the Trust for 10 years and is a Porter in the Outpatients Department.

Describe your current role:

My roles and responsibilities include transferring patients to and from the department, moving equipment, collections and deliveries to the laboratory. I escort patients who arrive by ambulance around the hospital, making sure they arrive at the department safely and on time for their appointment. I help out around the department as much as I can.

How does it feel to be employee of the month?

It's good to be appreciated. I don't do this job to be thanked all the time, but when you're recognised in this way it's really nice.

What is the most rewarding part of your job?

I like to make people feel comfortable and put them at their ease. Just talking to people, especially the older patients can make the difference. You're helping them and they leave the hospital feeling positive about their experience.

January: Sue Johnson Radiology Manager



Sue has worked at the Trust for 37 years and in the NHS for 40 years. Sue joined the Trust in 1975 as a Senior Radiographer at St Helens Hospital moving to Whiston Hospital in 1994 as a Superintendent Radiographer and since then has been Radiography Operational Manager and is now Radiology Manager.

Describe your current role:

My role is to manage the radiology service across the Trust. This involves being responsible for managing resources to ensure we deliver high quality patient care effectively and efficiently. I also support all radiology staff in their role and ensure there are systems in place for development and education.

How does it feel to be employee of the month?

I am delighted and very surprised to receive the employee of the month award. I feel achieving this award has been possible due to the highly skilled and dedicated staff in Radiology.

What is the most rewarding part of your job?

Knowing that the role I have in Radiology, with the support of a great team, contributes to providing a high standard of care for our patients in a timely and efficient manner.

How to nominate

If you would like to nominate a member of staff for Employee of the Month, you can download a nomination form from the Staff Matters section of the staff intranet or email trish.caldwell@sthk.nhs.uk

Lord Carter sees ESR in action

Whiston Hospital was pleased to welcome Lord Patrick Carter, Chairman of McKesson UK Information Solutions in January.

McKesson UK provide the Electronic Staff Record (ESR), the HR & payroll system used by the Trust to record workforce information. Lord Carter visited the Trust to see ESR working in a 'live' environment after the Trust was nominated as a leader for ESR development across the NHS.

ESR is the world's largest single HR/Payroll IT System, covering 1.4 Million NHS employees representing 7% of the working population in England and Wales.

Accompanying Lord Carter were McKesson UK's Frank Rutley, Vice President, UK Workforce Solutions and Fiona Gregory, Client Relation Manager for the North West.



Lord Carter with Chief Executive Ann Marr and Director of HR/Deputy Chief Executive Anne-Marie Stretch



Lord Carter visits the Pathology Laboratory

During the visit, the party were given a presentation by Anne-Marie Stretch, Director of HR/ Deputy Chief Executive and Mike Winstanley, Senior HR Analyst on how the Trust has implemented the system into everyday working and the benefits this has had.

The system allows managers to control their own workforce information. This means they can record and monitor sickness absence, annual leave, special leave and update personal details for their staff online, plus much more.

After the presentation Lord Carter took a tour of the Pathology Laboratory and Ward 3C to see just how effective the system is for frontline managerial staff using it on a day to day basis, and heard first-hand of the benefits for those staff being able to control their own workforce information.



Lord Carter sees ESR working first hand

Anne-Marie Stretch, Director of HR/Deputy Chief Executive said: "We are really pleased to welcome Lord Carter to Whiston Hospital. ESR has streamlined a number of processes. Managers now have easy access to records which increases efficiency and reliability of information."



celebrates 20 years!

The award-winning Lilac Centre celebrated 20 years of caring for patients affected by cancer.

Saturday 25th February marked the 20th anniversary of the Lilac Centre, a day centre which provides cancer care for patients in the local community.

The celebration event brought together staff, patients and their families to celebrate the fantastic work and affection the centre holds with the local community. The new St Helens RLFC, Langtree Park, ground was a fitting venue for the occasion, attended by over 300 people. A 3 course meal was followed by fund raising activities, musical entertainment and dancing, with compere Kev Seed hosting the festivities.

The Lilac Centre was opened by Lord Pilkington in 1992 and was originally called the Cancer Counselling Day Care Unit. The aim was to provide a unique centre where cancer treatment, emotional support and care would be offered to patients and their families. Initially based at Whiston Hospital, as an annexe to a medical ward, in 2008 the Lilac Centre transferred into the new St Helens Hospital.

The unit was the first cancer care centre within the Merseyside and Cheshire Cancer Network to achieve the 'Macmillan Quality Environment Mark' from Macmillan Cancer Support.

Ann Marr, Chief Executive said: "It is an incredible achievement. The Lilac Centre has gone from strength to strength and provides exceptional treatment thanks to the hard work and dedication of its staff. Now in state of the art facilities in St Helens, the Lilac Centre benefits so many patients, providing them with quality of care."



Melanie Zeiderman, Lead Nurse/Manager Cancer Services with Mrs Mary Hurst and family



Alison Murray, Barclays Manager and Melanie Zeiderman, Lead Nurse/Manager Cancer Services



Jeanette Ribton, Oncology Nurse Specialist with Freda Lunt, Volunteer

8th Annual Staff Awards 2012 *Presentation Evening*

Nominate your stars **now!**

The biggest event in the Trust's social calendar will soon be here. Taking place on the 6th July at the Liverpool Echo Arena, the Annual Staff Awards Presentation Evening promises to be as spectacular as previous years with celebrity presenters and of course some surprises in store.

This event is at NO cost to the NHS – It is funded through ticket sales, fundraising and generous donations from many of our partners.

The true stars of the event are our staff and Ceri Lovell, winner of Trust's Got Talent 2012, will be performing on the night.

Nomination forms for the staff awards were attached to pay slips in February 2012, so start thinking about which of your colleagues, wards and departments have performed exceptionally and made outstanding achievements in delivering an excellent service.

You can nominate an individual or team for one of the following awards:

Excellence in Service Improvement	This award is to recognise where a clinical or a non-clinical service has been enhanced to deliver improvement or increase efficiency.
Excellence in Clinical Care	This award recognises a significant commitment and contribution to delivering high quality care.
Excellence in Support Services	This award recognises exceptional service in supporting the delivery of patient care.
Excellence in Patient Experience	This award recognises a contribution that has resulted in excellent patient experience.
Team of the Year	This award recognises the performance of a team that has continuously delivered a first class service.

Other awards presented on the night include:

Employee of the Year	This award recognises the outstanding achievements of individuals within the Trust throughout the year. Only staff awarded 'Employee of the Month' throughout the year are eligible for this award.
People's Choice Award	This prestigious award is voted for by the readers of the St Helens Star newspaper and highlights the appreciation that patients and their families have for the excellent care they receive.

Tickets for this year's event will go on sale on Tuesday 1st May 2012, £35 available from General Office at both Whiston and St Helens hospitals.

The Hilton Liverpool is extending a warm invitation to host the 'After Show Party' and is offering a special discount for Trust staff to stay overnight. Rooms are £79 single room and £89 double room. These rates include a full English breakfast. The unique booking code you will need when making your reservation is: GNHSA

Miss Chagla named top trainer!

Miss Leena Chagla, Consultant Surgeon, has been named the Liverpool and North-West Surgical Trainer and Teacher of the Year at the Annual Surgical Dinner, held at the Maritime Museum, Liverpool.

This prestigious award is decided by all trainees in the North West and the Training Committee, based at the Deanery.

Miss Chagla said: "I was honoured and pleasantly surprised to receive the award."

Miss Chagla has also been appointed the Quality Assurance Surgeon for the North West National Health Breast Screening Programme.

It is good to know that the future of our junior doctors is in safe hands!

Miss Leena Chagla, Consultant Surgeon & Lead Clinician Breast Services



Whiston honoured at Healthcare Academy Awards

The 'Whiston Theatres Project' was selected as a finalist at the Lean Healthcare Academy Awards.

The project was set up to improve patient experience whilst increasing the efficiency of theatres. The team have focused on:

- Improving the patient journey from wards to theatre and back again by eliminating causes of delay.
- Improving communication between theatres and wards
- Working closer with clinicians during the list planning process in order to reduce problems on the day of surgery.
- Standardising roles and responsibilities to maximise the use of facilities.



The Whiston Theatre Project' team. From left to right: Christina McMinn, Sue Garnham, Kate Bielecki, Lachlan Stark, Peter Johnston, Judith Nicholson, Peter Jenkins, Andrea Turner and Victoria Nixon

Lachlan Stark, Assistant Director of Operations, Surgical Care Division said "Thanks to the multi-disciplinary collaboration we have been successful in implementing significant and sustainable change. This has meant that we have been able to drive up the quality of our patient experience at Whiston. "

Also honoured by the Academy, the Accident & Emergency Improvement Team were shortlisted for the 'Best Impact on Patient Experience' 2012 Award.

Their project was focused on designing a service that best meets the needs of the patients. The Trust consistently meets its A&E operational targets but the team recognised that more could be done to improve the patient's experience. A team of Consultants, Nurses, Health Care Assistants, Managers and Administrators supported by the Innovation and Productivity Team was assembled to focus on improving A&E processes.

Infection Prevention and Control

Beat the Bugs – do you know about infection prevention?

Did you know ...

- typically there are between 10,000 and 10 million bacteria micro-organisms on each hand
- Damp hands spread 1,000 times more germs than dry hands
- The number of germs on your fingertips doubles after visiting the bathroom

Bugs and germs are all around us, they cannot be seen by the naked eye as they are so small that many hundreds of them would fit in the full stop at the end of this sentence. The term 'micro-organism' is used to describe the tiny living creatures otherwise known as viruses, bacteria and fungi that can be found everywhere, in soil, air, water, on your skin and in your guts. Most of the time when they are in the right place the majority of micro-organisms are not harmful to people and often do a lot of good such as breaking down waste. We couldn't live without them.

Bugs and germs can be spread:

- by direct contact such as holding hands then getting into the body through cuts or breaks in the skin.
- through the air when you sneeze, cough, talk or sing.
- by indirect contact when touching toys, work surfaces, toilet handles and door handles.



So what does it mean?

Viruses: are the smallest type of germ that is known and can cause infections such as colds and flu, measles, and chickenpox.

Bacteria: are single cell organisms. The human body is home to millions of bacteria, most are friendly and are found almost everywhere on the body, but some can cause illness such as tummy ache and feeling sick, often related to food poisoning.

Fungi: includes mushrooms, like the ones you eat, moulds and yeasts. Some are parasites and can live in you such as ringworm.

Up to half of all men and a quarter of women fail to wash their hands after they have been to the toilet.

Millions of germs can hide under watches and bracelets and there could be as many germs under your ring as there are people in Europe.

At an average wedding reception you have a 1 in one hundred chance of getting a cold sore from one of the other guests!

So what do we need to do?

HAVE A GREAT DAY AND WASH YOUR HANDS!!

Introducing...

The Infection Prevention and Control Team

The Infection Prevention & Control Team:

**Director of Infection Prevention & Control -
Dr Karen Allen**

**Microbiology Consultants - Dr Madhur Vardhan
and Dr Kalani Mortimer**

Service Manager - Gill White

**Nurse Specialists - Maureen Kendrick and
Julie Grimes**

Surveillance Assistant - Tracey Kelly

Secretary - Joy Davidson

The role of the team is to reduce the risk to patients, their visitors and staff from acquiring a healthcare acquired infection.



Left to Right - Joy Davidson, Maureen Kendrick, Madhur Vardhan, Kalani Mortimer, Tracey Kelly, Julie Grimes, Gill White, Karen Allen

- We act as a source of specialist advice within the Trust advising and supporting doctors, nurses and health care workers on best practice.
- Review of patients on a daily basis with infection control related issues
- Manage outbreaks of infection
- Deliver education sessions
- Undertake audits to measure compliance against standards
- Develop infection control policies in line with national guidance

In addition to the Infection Prevention & Control Team itself – every ward and department within the Trust has a link practitioner for infection prevention & control in their area.

Infection prevention & control remains a top priority at the Trust. We believe an all-round team effort is the only way to be successful.

Our figures over the past few years for MRSA bacteraemia and CDT have reduced and continue to fall.

We want our patients to feel safe and that they are receiving the best possible healthcare during their stay with us – preventing and reducing the risk of infections is of the highest importance. Infection prevention & control is not just the responsibility of the staff that are employed with the Trust, it is everyone's business. All staff, patients and visitors can make a difference to levels of infection within the hospital environment.

Contact us: 0151 430 2452/1384

Free NHS Health Checks

Have you had a health check in the last 4 years? Well this is your opportunity to have a free NHS Health Check to help you enjoy a healthy 2012 and beyond.

NHS health checks are being offered to people aged between 40 and 74 once every five years. If you are a member of Trust staff and registered with a GP in Halton, St Helens or Knowsley you can arrange for this to be carried out at work.

The health check is to assess your risk of developing heart disease, stroke, kidney disease or diabetes and should take about 20-30 minutes. The test is based on straightforward questions and measurements such as age, sex, family history, height, weight and blood pressure. There will also be a simple blood test to measure your cholesterol level.

Following the health check, you will receive free personalised advice about what you can do to stay healthy and the results will be sent to your GP.

To book an appointment, please call Debbie or Julie on: 01744 646182 / 6275 or, alternatively, call the appointments office on 0151 430 1234 and they will arrange a suitable time for you.



For he's a jolly good Fellow!

Rajesh Karimbath, Nurse Clinician in the Surgical Care Division, is to receive a grant of £10,000, as one of only 60 healthcare professionals selected for the National Clinical Leadership Fellowship 2011/12 offered by the National Leadership Academy.

The fellowship has been designed to develop the next generation of NHS leaders, so that they are best equipped to take on a central role in improving services.

As a part of the fellowship project, Rajesh will be responsible for designing and implementing a service transformation project in the Trust which will be built on the principles of the Quality, Innovation, Productivity and Prevention (QIPP). Along with the support of the Pharmacy Department, the project will aim to develop various initiatives to reduce prescribing costs within the Trust and the local healthcare economy. The project also aims at improving patient safety and quality of treatment, along with cost effectiveness of prescribing.



*Rajesh Karimbath,
Nurse Clinician*

Anyone interested in contributing to the project or for details on the Fellowship Programme contact: rajesh.karimbath@sthk.nhs.uk.

Whiston wins top building award

Whiston Hospital has won a prestigious honour at The Health Business Awards.

This award is presented to a new hospital building project that raises the standard of the healthcare environment and demonstrates value for money and project management excellence. The new Whiston Hospital was commended for being light and spacious with the involvement of staff and patients in the design. Also praised were the 15 state of the art, ultra clean operating theatres along with the very latest diagnostic facilities.



Peter Williams, Director of Corporate Services said: "The dedication and professionalism in designing, building and maintaining the new buildings, from facilities managers, doctors and nurses, to administrators and contractors should never go unnoticed. We're very proud of our world class facilities at Whiston and St Helens and these state of the art buildings serve our community and staff to the highest standards."

Saints star is an Eye Catcher!

St Helens Rugby League star Jamie Foster joined patients and staff from St Helens Hospital Eye Clinic to raise funds for the AMD Eye Catchers support group.

The fund raising event at Sutton Cricket Club, helped to raise £850 for the service for patients living within the St Helens and Knowsley areas. The main attraction at the event was an auction for a signed Saints top donated by the rugby league club, various raffles, tombola and stand-up bingo. Entertainment was provided on the day free of charge by the cricket club's Rock n Roll Superbowl band.

Eye Catchers was set up by both staff and patients who attend the clinic who suffer with Age Related Macular Degeneration (AMD). Macular degeneration is a progressive eye condition that leads to the gradual loss of central vision. Although it rarely results in complete blindness, it robs the individual of all but the outermost, peripheral vision, leaving only dim images or black holes at the centre of vision.



Left to right - David Swain, Treasurer AMD Eye Catchers, Kerri Maguire AMD Committee Member, Jamie Foster, Saints Player, Georgina Worrall Supporter, Norman Jackson, Chairman of the AMD Eye Catchers Support Group.

The group provides support and offers up to date information regarding Macular Degeneration, early signs and symptoms and the importance of early referral. The main aim of the group is to raise awareness of the condition and how important it is to be diagnosed early. With early diagnosis, treatment can be given quickly and the outcome for sufferers is better.

Mukesh Hirandani, Consultant Ophthalmologist said: "Eye Catchers not only help us to support patients with AMD in early stages and share coping strategies, now the group is raising funds to aid people with this severely disabling condition and we are thrilled to be able to help the local community."

Money raised by the group will go towards increasing patient information on AMD.

IT storage heads to the clouds

A new IT system launched last year is helping to improve performance of the Trust's systems by up to five times.

The 'Cloud Array' system is used to store patient data securely and has been rolled out to increase the amount of storage available for healthcare staff. The Informatics Team provide services for Whiston and St Helens hospitals, Halton St Helens and Knowsley community, including GPs, Walk-in Centres, and 5 Boroughs Partnership NHS Foundation Trust.

Phil Corrin, Deputy Director of Informatics said: 'We have implemented an electronic document management system, community information system, we host all the GP data, and mental health systems, so we have increased volumes of data as our user base has increased as well. We need to make sure that healthcare staff have access to the information they need, whenever they need it.'

Have a Heart Play your Part

This Valentine's Day, staff at Whiston Hospital's Emergency Department naturally had hearts on their mind, but all was not as you'd expect.



Clare Harrop with the A&E staff

donation can be facilitated from an ED.

Clare Harrop, Specialist Nurse for Organ Donation, will be holding daily clinics in the department providing information on the donation process. A wide range of promotional materials will be given to hospital staff containing the Specialist Nurse Team contact details, so that they know how to make the referral.

Dr Francis Andrews, is the Clinical Lead for Organ Donation at Whiston, as well as being a consultant in both Emergency Medicine and Critical Care. He said: "Thanks to Clare's work, potential donors are increasingly being referred from the ED. The role of ED nurses is crucial to help identify potential donors and prompt medical staff to consider the potential for organ donation."

'Have a heart, Play your Part' is a new campaign which aims to raise awareness about the identification and referral of organ donors in Critical Care and Emergency Departments. Launched on 14th February the campaign will prompt all staff to play their part in relation to organ donation, when providing end of life care for patients.

In the past year, the Potential Donor Audit undertaken in the Emergency Department (ED), highlighted that potential organ donors are being missed, partly due to a lack of knowledge around the referral process. Additionally, staff are sometimes not aware that organ

IN THE SPOTLIGHT

CHARLOTTE PILKINGTON

Charlotte joined the Trust in September as a Clinical Nurse Specialist for the Specialist Palliative Care Team. Charlotte supports people with progressive life threatening illnesses and in addition, the team provides support, advice and education to other health and social care professionals.

Charlotte is driven to improve patient's quality of life and supports high quality end of life care that encompasses the philosophy of palliative care through collaborative, multi-professional working.

Charlotte has over 20 years nursing experience in both community and hospitals, recently completing a 12-month post with the End of Life Care Network.

Away from her busy professional responsibilities we put Charlotte 'In the Spotlight':

NAME: Charlotte Pilkington

AGE: 41

STAR SIGN: Sagittarius

FAVOURITE MOVIE: Withnail & I

FAVOURITE FOOD: That's difficult, love most food!

BIGGEST AMBITION: To complete a Marathon

GREATEST ACHIEVEMENT: Having my two boys

DREAM HOLIDAY: Watching F1 Grand Prix in Dubai



*Charlotte Pilkington,
Clinical Nurse Specialist*

Julie wins Student of the Year!



*Julie Lynan with Spencer McKee, Head of
Lead Employer Service*

Julie Lynan, HR Administrator, has been awarded the title 'Student of the Year' for her CIPD level 3 course.

Debbie Livesey, Head of HR – Single Lead Employer Service said: "Julie has brought many useful ideas to the Lead Employer initiative since she joined the service, many of which have come as a result of her continuing professional development and I'm sure she will continue to be an asset for the team."

Julie Said: "I was shocked and surprised to hear that I had been awarded the title of Student of the Year from St Helens College, especially as I had returned to further education as a mature student and had found the whole experience somewhat daunting! With the support and encouragement from my work and college colleagues and from the two Tutors, I not only completed the course successfully but I was named

'Student of The Year'. So, I would always encourage anybody to take the opportunity to obtain qualifications to develop and further their career."

Ceri Lovell, ICU, Health Care Assistant wins Trust's Got Talent!



TRUST'S GOT T★LENT 2012

Trust's Got Talent 2012 was an outstanding success as members of staff performed in front of an audience of 700 people at the Theatre Royal, St Helens for a second year.

The competition showcased the hidden talents of members of staff at the Trust. The event was organised at no cost to the NHS and is funded through ticket sales and kind donations.

Ceri Lovell, Health Care Assistant, was crowned winner of Trust's Got Talent, after her outstanding performance of Maria McKee's 'Show me Heaven'.

Ceri won the trophy along with £1000, and a night's accommodation at the Hilton Hotel in Liverpool for the 8th Annual Staff Awards Presentation Evening, where she will

perform live on stage at the event.

The night was compered by Kev Seed. The judging panel included the host of the Radio City 96.7FM breakfast show Simon 'Rossie' Ross, Hollyoaks Star Stephanie Davies, Herbert of Liverpool and Britain's Got Talent star Les Gibson. Each of the celebrity guests gave their time for free to support the event.

Along with the winner's awards, a raffle was held with fabulous prizes including 'A Liverpool Experience.' This included a night's stay in the Holiday Inn, theatre tickets for the Royal Court, a meal in Liverpool restaurant Circo, tickets to the Beatles Museum, Echo Wheel of Liverpool, Yellow Duck Marine and free travel on the day from Britannia Taxis.



Ceri Lovell being presented with her cheque by Ann Marr, Chief Executive and compere Kev Seed.



Compere Kev Seed.



The celebrity judging panel. L-R: Herbert of Liverpool, Les Gibson, Simon Ross, Stephanie Davies and Kev Seed

In order of appearance, our stars on the night were:



Swinging Sistas, the staff from the Acute Medical Unit joined forces to perform songs from the hit film Sister Act. Rossie said "This was a fabulous start to the night, comedy plus talent!"



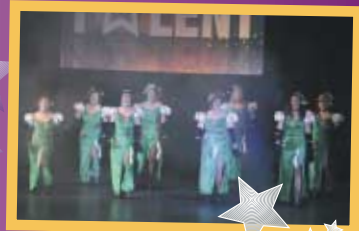
Sarah Nolan, A&E Paediatric Nurse, sang 'Jar of Hearts'. Stephanie said "Sarah you have a really lovely voice" Rossie said, "That performance was filled with emotion, a beautiful performance."



Liam Morrison, Apprentice Technician for Vinci FM, performed the Sinatra Classic 'Mack the Knife'. Stephanie called him "cute, cheeky, charming", she said "you owned the stage", while Herbert asked when he was giving his notice in to take up singing for a living!



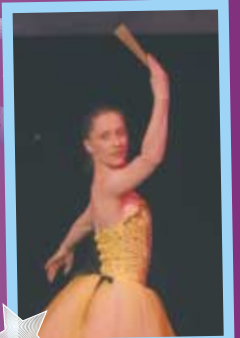
The Croupiers, tap dance troupe including Jacqui Connolly, Audiology, Jane Sharples, Ward 5D, Diana Lewis, HR. Rossie said, "Tip top tap class" Herbert said, "I can't believe the talent coming out of the hospitals, your outfits are amazing"



JENilla Ice & the Drips, Jenny McGreavey, Olive Broderick, Susan Hargreaves and Jayne Ashton from HR performed an energetic rendition of Ice Ice Baby that had the audience singing along. Herbert said "That was absolutely amazing; you brought so much fun to the performance." Stephanie said "It was boss!"



Frankie Morris, Head of Contracting, produced a beautiful ballet performance. Rossie said "You have taken this competition to a whole new level." Stephanie said, "You were so graceful"



The Gastro Girls, the girls from the Gastroenterology Team performed 'The Shoop Shoop Song'. Rossie said, "You made it your own, it was flaming, flipping, fantastic."



Ceri Lovell, Health Care Assistant, gave a winning performance of Maria McKee's 'Show Me Heaven'. Les said, "You are the best singer of the night, such powerful notes" Herbert said, "That put shivers up and down my spine, first class" Stephanie said, "Hold your head up high, that was an amazing performance" Rossie said, "That is one of my favourite songs and I'm totally blown away by your performance"



Razzle, staff from the Education & Training Department gave an eye popping extravaganza of burlesque fun that had the audience sizzling with excitement. Stephanie called the group "hot to trot" and said, "I wanted to get up there with you!"



Also taking to the stage was the winner of Trust's Got Talent 2011, Trainee Doctor Chris Walsh. Chris sang popular hits by Adele, Jessie J and Beyoncé reminding everyone just why he won last year's competition. Opening the show, the Silhouette Angels Cheerleaders really got the party started with their energetic routines.

Ann Marr, Chief Executive said: "Our staff prove time and again how hard working, highly skilled and dedicated they are in their job, and now for the second year we can see just how talented they are too. This has been another memorable night, all of the acts were fantastic and I'd like to congratulate them all for providing such a wonderfully entertaining evening. Congratulations to our winner Ceri and well done to everyone involved in arranging this fabulous event.'

'The Trust is extremely thankful to the organisations whose kind donations made the event possible and all our special guests who gave their time to support the event.'

TRUST'S GOT T★LENT

The audience



The Celebrity Judges



Backstage



TRUST'S GOT TALENT



Performers



The winner

The Trust would like to thank the following organisations for their kind donations to Trust's Got Talent:

- Britannia Taxis • Chill Out Spa, Knowsley Hall • Circo Restaurant, Liverpool
- Don's Florist • Echo Wheel of Liverpool • Hilton Hotel, Liverpool
- Holiday Inn, Liverpool • LiverPrint • Lookers Vauxhall
- Macy's Nail & Beauty Salon • Medirest • Oriel Studios Digital Ltd
- P B Fitness • Royal Court, Liverpool • Saints Taxis • SQ2Design.co.uk
- Tesco • The Beatles Story • Vinci FM • Yellow Duck Marine



JEFF'S ARMY EXPERIENCE OF A LIFETIME

What's your normal Saturday afternoon routine - working, shopping, cleaning, or driving around in army tanks and shooting at a firing range? No, didn't think so, but that's exactly what Jeff Palin, Hotel Services Department, Whiston Hospital experienced and all thanks to his son Paul.

Paul Palin, once an employee at Whiston Hospital himself, is now a Sergeant based with 2nd Battalion Royal Welsh in Tidworth Garrison, Wiltshire. Paul has gone from cleaning windows at Whiston, to being an Armourer in the British Army, maintaining and repairing weapon systems.

The story starts with a phone call out of the blue from Paul asking if his dad would like to visit the Garrison and attend the Rorke's Drift generation dinner night. A black tie affair, Jeff was happy to attend and support his Sergeant son but he did not expect the day he was about to experience.

Along with his wife Mary, Jeff travelled down to Wiltshire for a catch-up with his son and a look around his workplace, but it was more than a 'look' that followed. Jeff and Mary were given a VIP experience, a chance to be a soldier for

the day, all be it in a far safer environment than that faced by those out on deployment in Afghanistan.

First stop was a trip to the firing range – 30 rounds each, with 5 seconds to hit the pop-up target at around 100 – 200 metres, so no pressure there then! Whilst Jeff was taught by Sgt Paul Llewellyn, Mary had the helping hand of her son Paul to show her the right technique.

Next, Jeff and Mary got to see the full power of the army with a look at vehicles the military use in battle, before Jeff got his hands on a Land Rover to drive around! Not content with the Land Rover, Jeff then took station as passenger in a Warrior armoured fighting vehicle before getting his hands

on the Javelin anti-tank missile simulator. Which, when fired for real, fires missiles worth £72,000!

If that wasn't enough, it was into Black Tie and dress uniform for Jeff and Paul to ride to the Generations dinner in a Mitsubishi Warrior 4x4, 2nd Battalion Royal Welsh (although not known by this name then) were famously involved in the defence of Rorke's Drift aid station during the Zulu War of 1879, which saw a record award of Victoria Crosses and is celebrated by the Regiment every year. So after a dramatic recounting of the battle, including that iconic film overture, a 3 course meal was enjoyed by all, before the soldiers and their fathers partied the night away.

Recalling his experience Jeff said: 'They certainly know how to party, we had a great night. The soldiers were fantastic with us from start to finish and they really looked after us. We're so proud of Paul and he gave us a once in a lifetime experience. I felt like I was a kid again, pretending I was a soldier, riding in the tanks and using the weapons but they were the real things and it was thrilling. It was so unexpected and that really made the experience all the more exciting, we just can't thank Paul enough.'



Jeff in his combat gear at Tidworth Garrison



Mary Palin on the firing range with her son Sgt Paul Palin



Jeff in the hot seat of the tank



Jeff with his son Paul ready for the Generations Dinner

The End of Life Care Key Worker Programme

An education programme has been developed to support the Trusts' 'Improving End of Life Care in the Acute Setting' plan.

The programme will support a network of key workers who will champion End of Life Care (EoLC) in all clinical areas and has been developed to standardise and address the training needs of Health Care Professionals undertaking the role.

The programme comprises six study days:

1. Discussions as end of life approaches
2. Assessment, care planning and review
3. Co-ordination of care
4. Delivery of high quality care in an acute hospital
5. Care in the last days of life
6. Spiritual care and presentations



End of Life Care Key Workers

Attendance has been excellent with 25 Registered Nurses attending days 1 and 2 so far.

The programme is supplemented by a mentoring framework offered by the Hospital Specialist Palliative Care Team. It will be fully evaluated and reported on completion.

For further information contact:

Jan Lawton,
Macmillan Specialist Palliative Care Team Leader
Contact: janet.lawton@sthk.nhs.uk
Tel: 0151 290 4266

Jane Melvin
End of Life Care Facilitator
jane.melvin@sthk.nhs.uk

Marvellous Midwives win top UK award



*Gayle Woods, Alison Wright,
Vicky Leyland and Carmel Aylmer*

St Helens and Knowsley community midwives have won one of the UK's top midwifery prizes at the Royal College of Midwives (RCM) Annual Awards.

The team won the Mothercare Award for Supporting Families in the Community for their work providing enhanced community midwifery services across Knowsley.

The service supports vulnerable women and their families across the Borough.

Through the service many women have been supported to improve their health and wellbeing, bringing other benefits to help their babies develop and their extended families.

Gayle Woods, Public Health Development Midwife, said, "We are delighted to have won this award in recognition of our work supporting families in Knowsley."

Rose Douglas, Head of Midwifery said: "The team provides an invaluable service for women in Knowsley, with proven benefits to the mother, baby and family and we are proud to have such dedicated staff."

Mid Mersey Finalists in HSJ Awards

The Mid Mersey Medicines Management Board team were finalists at the prestigious Health Service Journal Awards in the Quality and Productivity category.



From left to right: Margaret Geoghegan (Head of Medicines Management – NHS Halton & St Helens), Cassandra Edgar (Joint Formulary Pharmacist – St Helens & Knowsley Teaching Hospitals), Eugene Lavan (Director of Strategic Development - NHS Halton and St Helens), Simon Gelder (Head of Pharmacy - St Helens & Knowsley Teaching Hospitals)

The Mid Mersey Medicines Management Board involves the extensive collaboration of medical and pharmacy staff across primary and secondary care in the Mid Mersey region of Halton, St Helens, Knowsley and Warrington. The initiative has generated savings of over £3 million per year to the local health economy through co-ordinated support for cost-effective prescribing and reduction in variations in practice.

Out of over 1000 entries, the Mid Mersey initiative made it to the short-listing stage as finalists. Members of the team, including Simon Gelder (Head of Pharmacy) and Cassandra Edgar (Joint Formulary Pharmacist), attended the presentation evening where the Master of Ceremonies was Michael Portillo and the keynote speaker was Health Secretary Andrew Lansley.

Simon Gelder said: "It's a great achievement. Working together across the local health economy provides important benefits for the local population."

Obituary of Dr Eric Sherwood-Jones

Dr Sherwood-Jones, who sadly died in January this year aged 90, was a pioneer of intensive care in the UK. He also made significant contributions to clinical science.

In 1953 he was appointed lecturer in medicine and physician at Whiston Hospital. The huge turnover of patients, enthusiasm and boundless energy led to the development of intensive care and to systematic clinical research.

Intensive Care (or expensive care as he heard a local once describe it) was started in 1962. The essentials for success were a nursing team, a group of physicians, anaesthetists and scientists and standardised methods. A great variety of conditions were admitted – traumas, asthma, poisoning and the results soon established a national reputation.

He cherished the friendship of the Intensive Care nurses, the respect of so many patients and fully appreciated the support given by local charities.

Sherwood-Jones enjoyed many years of active retirement, attending the theatre at Clwyd and Stratford upon Avon and pursuing his love of mechanical engineering.

He married in 1947 Joan Daphne Swan, who initiated radical reforms in nursing and pioneered the training of hospital staff in counselling. She survives him together with their 3 children, Brian, David and Iona.



Dr Sherwood-Jones

Diabetes team are the *real* DEAL

The Diabetes team has won a prestigious award in the national Diabetes Quality in Care (QIC) Programme.

In the most hotly contested category of 'best Initiative supporting self-care', the Diabetes Team's award-winning education programme, Diabetes Education through Adult Learning (DEAL) beat off competition from twelve finalists to secure Silver Award whilst the North Mersey Diabetes Network, won 'Partnership Working of the Year.'

The awards recognise excellence and innovation in best practice for diabetes patients.

DEAL is a suite of seven learner-centred programmes of structured patient education, developed in partnership with people with diabetes. Patients and their carers are empowered to manage their diabetes by giving them the confidence and skills to do so.

Professor Hardy said: "Education is key to self-management of diabetes - it dispels myths and anxieties, facilitates informed choices and helps people with diabetes feel better about themselves.

and they're top in England too!

The Specialist Diabetes Team rank 1st in England in the national Diabetes E audit.

Out of all English specialist providers, the St Helens & Knowsley Diabetes Team achieved:

- top overall score
- top average score
- top number of perfect scores in the audit that assessed 11 areas of specialist diabetes care.

Those areas include adults with diabetes, inpatient care (adults), prevention and management of diabetic foot disease, inpatient management of active diabetic foot disease, National Diabetes Footcare Structural Audit (non-scoring), kidney screening and management, pre-pregnancy and diabetes in pregnancy.

The audit is endorsed by the Association of British Clinical Diabetologists, Diabetes UK, the National Diabetes Information Service and NHS Diabetes.

Professor Kevin Hardy said,

"We are delighted with such an excellent outcome from this prestigious national audit. Local people deserve best quality diabetes care and we're doing our best to provide it."



*Professors Kevin Hardy and Sarah O'Brien
from the Trust's Diabetes Team*

Donation to the Holbrook Unit

Mrs Margaret Parker has kindly donated £200 to the Holbrook Unit in memory of her husband William who recently passed away. Mrs Parker said "William was cared for by the wonderful staff at the Holbrook Unit. My family wanted to make this donation in recognition of the excellent care he received over the years".

Helena Mullin, Matron, Mersey Regional Burns and Plastic Surgery Unit said, "We are very grateful to Margaret and her family for their generous donation, which will be used to continue to improve the service for our patients".



Mrs Parker presents cheque to staff from the Holbrook Unit

Pink Parties for Burney Breast Unit



Gill Ault and Elsie Briers present their cheque to staff from the Burney Breast Unit

Gill Ault and her Mum Elsie Briers have donated £700 to the Burney Breast Unit after Elsie received treatment at the Unit.

Mrs Ault held 'Pink Parties' at her home where the guests wore pink and drank pink bubbly. Raffles and tombola were held with prizes including pink Swarovski bracelets kindly donated to the party by a local jewellery shop owner.

Chris Bebb, Macmillan Breast Care Specialist Nurse, said "We're very grateful to Elsie and Gill for their kind donation, the money we've received

will be put to good use, further developing services and the environment for our patients."

David makes donation for toys

Local man, David Bailey kindly donated a year's collection of loose change to the Children and Young People's wards at Whiston Hospital.

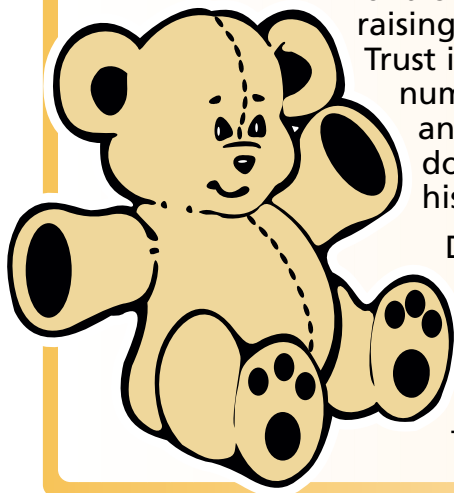
David from Sutton Manor, donated £132.58 of small change, in coins from pennies to 20 pence pieces saved over 12 months. David has been raising money for the Trust in this way for a number of years and this latest donation topped his previous one to the Children's Unit of £131.34.



David Bailey presents his year's loose change to staff from the Children and Young People's wards

David raised the money to buy some new toys and games for children being cared for on the ward.

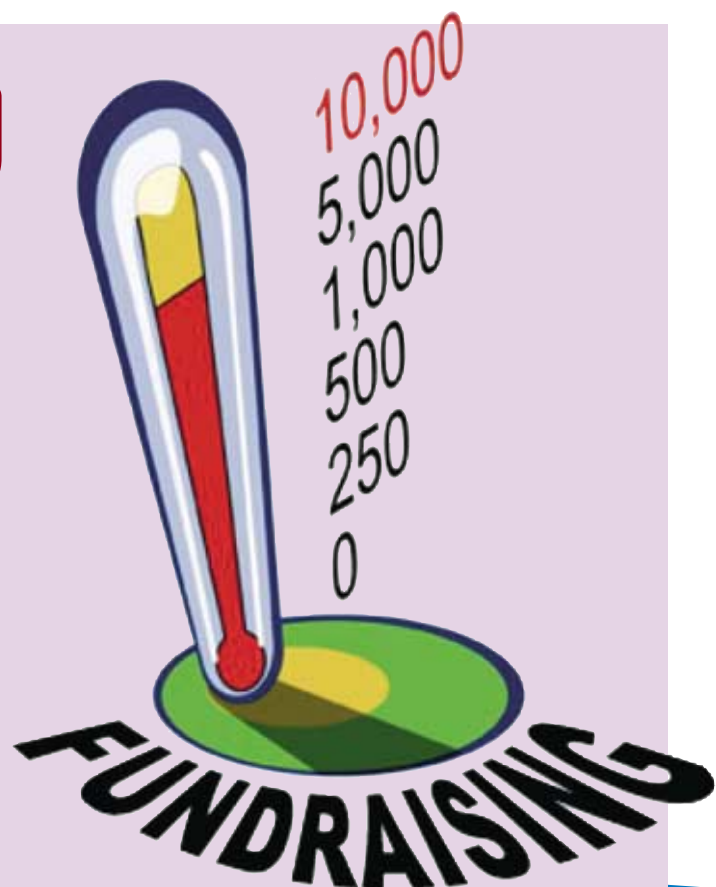
Sally Duce, Directorate Manager said: "On behalf of all the team, I would like to thank David for his kind donation to the children on the ward. The new toys have helped to put a smile on the faces of the children."



Fundraising

St Helens and Knowsley Hospitals Charitable Fund (Charity No. 1053125), is committed to raising funds to support the work and future development of the hospitals. Every donation received goes towards improving the services and environment for patients, relatives, visitors and staff. We are extremely grateful for the support that we receive from everybody in their fundraising endeavours for the hospitals.

The Trust now employs a dedicated fundraiser; Norma Young, if you have any fundraising ideas that you would like to explore regarding fundraising for any department in the Trust or if you would like to get involved in any future fundraising events. Please contact Norma on: 0151 478 7518 or email: fundraising@sthk.nhs.uk



Michael's Movember Magic!



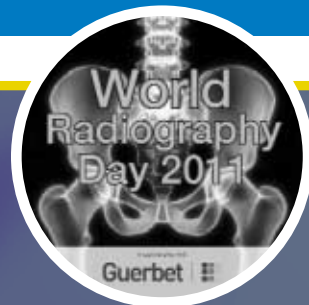
Michael Macdonald

Back in Movember, Physiotherapist Michael Macdonald decided to embrace the hair of the wild and cultivate a genuine 100% face grown moustache.

Movember is a worldwide event where men collect pledges for growing moustaches, or general facial hair, over the month of November to raise awareness for men's health, specifically prostate and testicular cancer.

Michael successfully hunted for trusty and fearless pioneers, 10 fellow physiotherapists, to join him as 'Citizens of Movember' to raise awareness for men's health and raise much needed funds. His 'Mo-Bro' partners helped to raise in total over £1000.

World Radiology Day



The Radiology Department celebrated World Radiology Day with a display and stand by the main reception at Whiston Hospital. The day gives the profession an opportunity to highlight and raise awareness to the public and other professions just what radiographers do.

The display was organised by the clinical tutor for student radiographers June Winfield. June said "We decided to mark the annual worldwide event to promote the profession as a career but also the excellent service provided by the Radiology Department within the Trust."

Note: Prizes can only be issued to lottery participants who have paid all due contributions. In the case of deductions not being made from your pay, please contact the Finance Department on extension 1180. Your payslip should show a separate deduction described as LOTTERY and the amount deducted (£1 for each number).

TRUST LOTTERY RESULTS



The recent lottery winners are:

December 2010

- £1,500 Barbara Binks, Support Worker, Facilities, Whiston
- £500 Lynne Watkinson, Employment Services, Whiston
- £200 Gillian Knights, Senior Clinical Coder, Whiston

January 2012

- £1,500 John Tappin, Consultant, Medical Care, Whiston
- £500 Andrew Simpson, Biomedical Scientist, Haematology, Whiston
- £200 Brenda Cox, Radiographer, Radiology, Whiston & St Helens

February 2012

- £1,500 Janet Magee, B&P Medical Secretary, B&P, Whiston
- £500 Sheena Beck, Assistant Practitioner, Endoscopy, Whiston
- £200 Siobhan Bain, Midwife, Ward 2E, Whiston

March 2012

- £1,500 Jeremy Ellis, Cardio-Respiratory, Medical Care, Whiston.
- £500 Maureen McCann, Medical Secretary, Rheumatology, Whiston.
- £200 Janet Rughoo, Respiratory, Medical Care, Whiston

Fond Farewells ...

Kay McBride worked as a Healthcare Assistant at both Whiston and St Helens hospitals.

Known as the 'Queen of Lean', Kay was a key team member for the Lean initiative helping to greatly improve efficiency and productivity in her ward.

Ward Manager, Elaine Conner said, "Kay is one of the most hard working and dedicated people I have ever had the pleasure to work with. We're already missing her on the ward and wish her all the best for the future."



Kay McBride with Ann Marr, Chief Executive and colleagues at her leaving party, held in the Clock Face pub/restaurant, Sutton, St Helens.

Breast cancer

Poetry Corner

They said "you have a tumour"
But not to worry
You'll keep your sense of humour
You will lose your hair
You'll feel unwell
Stay calm, keep smiling
As only time will tell
You are not alone
You'll meet new friends
You can phone
Life gets easy
The tablets stop you getting queasy
Doctors, nurses, new found friends
To guide you through
To your journey's end
Together we will remain
And learn to laugh again.

Jeanie Miller
Lilac Centre patient

Jeanie was diagnosed with Breast Cancer in 2009

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Did you know?



- The largest state in Mexico is called Chihuahua.
- Bolivia has a Navy despite being landlocked since the War of the Pacific in 1879.
- Some ribbon worms will eat themselves if they can't find any food!
- Tipping in an Icelandic restaurant is considered an insult.
- The Guinness Book of Records holds the record for being the book most stolen from public libraries.
- The longest officially recognised place name is; Taumatawhakatangihangakoauauotamateapokaiwhenuakitanatahu - a hill in New Zealand.
- It would take 1,200,000 mosquitoes, each sucking once, to completely drain the average human of blood.
- Due to gravitational effects, you weigh slightly less when the moon is directly overhead.

Quiz



1. Cashmere wool comes from which animal?
2. Who plays Hagrid in the Harry Potter films?
3. Which baseball star married Marilyn Monroe in 1954?
4. Which is Homer Simpson's regular beer?
5. How many cricket test matches are played during The Ashes?
6. Who directed Alien, Blade Runner, Black Hawk Down and Gladiator?

Staff News 'n' Views

Next Issue: Summer 2012

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

If you would like to contribute, please contact Lynsey Thomas, Communications Officer lynsey.thomas@sthk.nhs.uk

The deadline for submitting items for the next News 'n' Views is April 13th 2012.

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**Local Security Management
Specialist
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Hospital Pager 1372**

**Facilities Management Helpdesk
1188**

Quiz answers from above
1. Goat, 2. Robbie Coltrane, 3. Joe Di Maggio, 4. Duff, 5. Five, 6. Ridley Scott