

Staff **News 'n' Views**

St Helens and Knowsley Teaching Hospitals NHS Trust

Issue 35 May 2012



# Long Service Awards Celebrations

**PLUS:** Staff Award Nominations revealed  
Top marks for patient safety  
Launch of Trust Mentor Scheme

*Excellent Patient Care in World Class Hospitals*

[www.sthk.nhs.uk](http://www.sthk.nhs.uk)

# 8th Annual Staff Awards

Friday 6th July 2012 Liverpool Echo Arena

**Tickets for this year's event are on sale NOW!**

£35 each from General Office at both Whiston and St Helens hospitals available to all staff who work at both hospitals



*Your ticket includes:*

Free drink on arrival • 3 course meal • Award Ceremony  
Trust's Got Talent winner Ceri Lovell  
Live music • Disco until late • Plus some surprise guests!!!

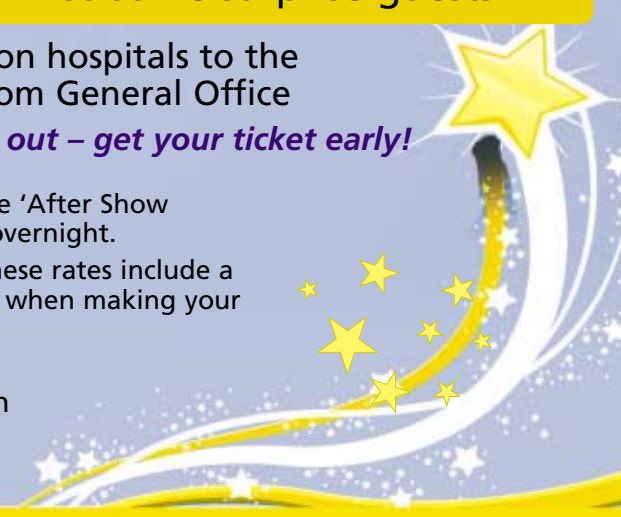
Coach tickets from St Helens and Whiston hospitals to the Liverpool arena - £7 return, available from General Office

*This will be an evening to remember so don't miss out – get your ticket early!*

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 priced at £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

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



## **Hattons** SOLICITORS **GOLD**

Hattons Solicitors have launched a free membership scheme. The membership is available for Trust staff, volunteers and partners. Join online to gain access to the many offers they have. Some of the offers which include discounts with local businesses are:

- Dominos Pizza, St Helens
- Local restaurants
- Leisure centres
- Retail stores
- 10% discount off car and van hire from PSD Vehicle Rental
- Rugby clubs (St Helens RFC, Widnes Vikings and Leigh Centurions)
- Legal services - discounts such as 10% off wills and family law services.

Many more offers tailored to your needs. (Terms and conditions apply to all of the offers).

To join the Gold Membership Scheme or find out the full details simply click here and fill in the registration form  
<http://www.hattonslaw.com/about-us/hattons-gold/registration/>  
Trust Staff, volunteers and partners, will gain access to additional exclusive discounts when they quote reference number 7518.

# 8th Annual Staff Awards 2012

## Presentation Evening



The nominations for the 8th Annual Staff Awards have been announced. The shortlist of nominations is (in alphabetical order)

<b>Excellence in Clinical Care</b>	Burney Breast Unit	Andrew Lewis Antibiotic Pharmacist	Radiology
<b>Excellence in Service Improvement</b>	Accident and Emergency	Chris Stanley Falls Nurse Specialist	Whiston Operating Theatres
<b>Excellence in Support Services</b>	Clinical Education	Hospitals Reception Staff	Rapid Response Cleaning Team
<b>Excellence in Patient Experience</b>	Upper GI Cancer Team	Ward 3E Gynaecology	Ward 5A Department of Medicine of Older People
<b>Team of the Year</b>	Acute Medical Unit	Feto-maternal Assessment Unit	Ward 3A Plastic Surgery
<b>Employee of the Year</b>	Nicola Broderick Service Improvement Accountant	Tina Jones Healthcare Assistant, Ward 3Alpha	Cath Mulcahy Receptionist, Dermatology
<b>Peoples Choice Award</b>	Allen Day Unit	Children's Diabetes Unit	Rheumatology

Congratulations to all nominees.

The winners will be announced at the Annual Awards Presentation Evening, on Friday 6th July, at the Liverpool Arena.



# Employee of the Month



## February Rikki Abernethy

**Consultant  
Rheumatologist**



Rikki has worked at the Trust for 19 years, initially as a senior registrar from January 1993, before being appointed as Rheumatology Consultant since September 1995.

### **Describe your current role:**

I work as a consultant within the rheumatology multidisciplinary team and I'm the clinical lead for Rheumatology. The team is based in St Helens Hospital and we look after patients with musculoskeletal conditions, particularly patients with inflammatory arthritis such as rheumatoid arthritis, and other rarer conditions such as systemic lupus erythematosus (lupus).

### **How does it feel to be employee of the month?**

I am very surprised and thrilled to be awarded employee of the month. It's also a real credit to the wonderful multidisciplinary team that I work with, as I know I would not have achieved this without their unflinching dedication and support.

### **What is the most rewarding part of your job?**

Making a difference – whether this is improving the quality of life for an individual patient with a long term condition such as rheumatoid arthritis, working within our team to deliver high quality care for all our patients or working with other specialties within the Trust and with primary care colleagues to improve pathways.

## April Ste Riley

**Temporary Ward Manager  
Ward 2D**



Ste has worked for the Trust for 10 years. Joining as a Staff Nurse in 2002, Ste later moved on to be a bed manager before returning to nursing as a Charge Nurse on Ward 1B. Ste is currently on secondment as ward manager on Ward 2D.

### **Describe your current role:**

Ward 2D opened as a 16 bed escalation ward in November 2011 and I have moved across as Ward Manager. Recently the ward has increased to 23 beds and it has been my job to bring the staff together and make us work well together as a team. My role is to assure that our patients are treated with the respect and care they deserve, and maintain high standards on the ward.

### **How does it feel to be employee of the month?**

I am very honoured to be named employee of the month, but I'm extremely surprised also. It's very nice to receive the award but I'd like to thank the team, without them this wouldn't have been possible, I'm just a figurehead for all of our hard work.

### **What is the most rewarding part of your job?**

Making sure the patients experience on our ward is the experience they deserve. I hope they leave the ward smiling and that we know we have done all we could to help them.

## March Sue Egan

**Housekeeper Ward 2A**



Sue has worked for the Trust for 10 years. Sue joined the Trust as a ward clerk, and is now a Housekeeper on Ward 2A.

### **Describe your current role:**

My role is to look after the general upkeep of the ward. To make sure the ward adheres to infection control standards and make sure the area is safe for patients and staff. I also look after the cleaning and maintenance of equipment on the ward.

### **How does it feel to be employee of the month?**

I was very shocked and surprised. It's nice to know that you are appreciated. I've got my certificate in its frame at home.

### **What is the most rewarding part of your job?**

Patient safety - it's important that the patients are safe when they are in our care. It's nice to be of assistance to patients and staff and make sure that staff can do their job in a clean and safe environment.

## 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 on the staff intranet or email: [trish.caldwell@sthk.nhs.uk](mailto:trish.caldwell@sthk.nhs.uk)

# George is the main man

When George Main was discharged from Ward 4A in March, it wasn't quite the low-key exit he expected - this was a discharge with a difference!

World War II veteran George was greeted outside Whiston Hospital by British Legion colleagues, the Lord Mayor of Hale, family, friends and hospital staff to reveal his very own 'Poppy Bus'. The party gathered to celebrate his outstanding career, and as bagpipes played, George left the hospital to rapturous applause.

George, one of the last surviving Chindits in the UK, served in Burma during some of the worst fighting in World War II against the Japanese Army.



*George greets the Lord Mayor of Hale, family, colleagues and nursing staff*



*George with the staff from Ward 4A*

Born and raised in Toxteth, Liverpool he now lives in Hale Village and over the past 15 years George has raised thousands of pounds for the British Legion's Poppy Appeal.

Staff at the hospital helped members of the British Legion to plan the surprise ceremony to coincide with George's discharge.

Mr Ajai Samad, Consultant Surgeon said: "We would like to wish George all the very best in his recuperation, he has been a pleasure to look after. We are honoured to be a part of the ceremony today."

The bus will be touring Liverpool all year round promoting the Poppy Appeal and the work of the Royal British Legion.

## Staff get into the swing!

In March staff at St Helens Hospital had the opportunity to practice their swing as part of a Health Work and Well Being 'Golf Taster Session'.

During their lunch break, members of hospital staff were able to hit golf balls into an inflatable golf range, and were videoed so that they could look at their swing and receive advice on how to improve. It is an incentive set up by England Golf and the Health Work and Well Being Service worked with the organisation to encourage staff that had either never played golf or were members of a club to get involved in the free sessions. Staff were also given the opportunity to book reduced priced golf lessons at local golf clubs.

If you are interested in booking golf lessons please contact the Health Work and Well Being Service on 0151 430 1985.



*Tuan Truong, Management Accountant, practises his swing under the watchful eye of Craig Thomas, County Development Officer for Cheshire, England Golf.*

# Launch of the Trust Mentor Scheme

In February, the Trust launched its Mentor Scheme, in partnership with the North West Mentoring Scheme, to an audience of over 150 staff across the organisation.



*Left to right: Emma Porter, NW Mentoring Scheme; Laweh Amegavie, Consultant Paediatrician, Ann Marr, Chief Executive, Victoria Shore, Head of Leadership and Organisational Development, Sandra Edwards, Practice Education Facilitator*

The Trust's Learning & Development team recognised some time ago that to continue to provide development for staff, in these times of change, we need to think differently. Utilising the expertise and experience of staff to support the development of others is a practical way forward as it means we share the responsibility for development across the organisation.

The event was introduced by Consultant Paediatrician Laweh Amegavie - whose original proposal paper to the Trust Executive Board and Leadership Bursary from the Mentor Exemplar Award in 2009 has been instrumental in the adoption of the NW Mentoring scheme across the Trust. Laweh gave an inspirational introduction on the influence of mentors in his life and his vision for mentorship in the Trust. Ann Marr, Chief

Executive, then addressed the audience, supporting the implementation and development of the Trust scheme. Ann emphasised the importance and value of developing our staff and stressed that our staff will be given protected time to support registered mentoring relationships.

To find out more about becoming a Mentor or Mentee in the Trust please contact:

Alison Carroll, Learning & Development Mentor Scheme Facilitator Ext. 5988 or  
Sandra Edwards, Mentor Champion Ext. 4632  
More information is available on the website [www.nwmentoring.nhs.uk](http://www.nwmentoring.nhs.uk)

## HOLD THE DATE "Making Sense" 4th National Conference 2012



### The Trust is holding the 4th National Dementia Conference on Wednesday 19th September 2012 at Aintree Racecourse.

Patients who have dementia experience many more complications and stay longer in hospital than patients without dementia. This year's conference will explore improving the quality of care of people with dementia and delusion in the acute setting. The conference is open to all clinicians.

We hope to stimulate engagement and promote collaboration and ultimately improve the lives of everyone affected by dementia. Hear from high profile national speakers and local champions who are leading on innovative practice.

Save the date in your diary and look out for further information coming soon on how to book your place on the one of the country's leading dementia conferences!



*Herbert gives a helping hand to patient Edna Thomas*

# Herbert treats patients with dignity

In April, Herbert of Liverpool visited the Trust in his capacity as Ambassador of Dignity in Care.

Herbert, along with his sister Christine, visited the Department of Medicine for Older People at Whiston Hospital and spent time chatting with patients and staff.

Herbert said: "I always love to come into the hospital and spend time with the patients, laughing and chatting. It is so important that society looks after its elder population and it is a privilege to be able to help through my role as Ambassador of Dignity in Care."

*Herbert with patient Marjorie Herbert*



*Herbert comforts patient Margaret Thompson*



## Double Excellent for PEAT

For the 7th year running, the Trust has been named as one of the top performers in the recent Patient Environment Action Team (PEAT) assessments.

Both St Helens Hospital and Whiston Hospital scored top marks of 'Excellent' for their high standards in the categories of 'Food', 'Patient Environment' AND 'Privacy and Dignity'.

The PEAT assessments check NHS hospitals and units throughout England. The assessments are carried with the involvement of patients,

patient representatives and members of the public.

Ann Marr, Chief Executive said: "We are extremely delighted that St Helens and Whiston hospitals have continued to achieve an 'EXCELLENT' PEAT rating for the seventh year in a row. The Trust works very hard to maintain the highest standards and these latest results highlight our commitment to providing patients with a world class environment and the very best quality of care."

## Top marks for patient safety



The Trust has scored top marks in the latest NHS patient safety assessment.

Assessors for the NHS Litigation Authority (NHSLA) have awarded the Trust the highest score ever given to a hospital trust across England for the Level 2 assessment.

This year, for the first time, the NHSLA assessment involved visits to wards and departments to assess whether the Trust follows policy across its clinical practice. Assessors commented on the warm

welcome, enthusiasm and high levels of motivation in the staff they met during their visit.

Ann Marr, Chief Executive said: 'We're very pleased with the results from the NHSLA patient safety assessment with the Trust receiving the highest score that any trust has received. Patient safety is extremely important to us and we will always aim to learn and improve, ensuring that patients receive the highest standard of care.'

# Diabetes Open Day

**St Helens Hospital Diabetes Centre,  
Monday 11th June 2012 2-4pm**

The award-winning Diabetes Team at St Helens Hospital are holding an open day to raise the awareness of diabetes.

According to the charity organisation Diabetes UK, approximately 2.9 million people within the UK were diagnosed with diabetes last year with an estimated further 850,000 people having diabetes but being unaware of it. Local figures show that rates of diabetes are higher in Knowsley, Halton and St Helens than the national average.

The Trust's Open Day is being held during Diabetes Week 2012 and is for anybody who wants more information on diabetes and the treatments that are available.

Experts from the specialist diabetes team will be available to answer questions and provide information on currently available treatments, including insulin pump therapy. People with diabetes will also be available to talk about their experiences and living with diabetes.

Dr Niall Furlong, Consultant Diabetologist at the Trust said: "Diabetes has increased significantly in the local community over recent years and if left unmanaged, can lead to serious life threatening complications."

"The Open Day is a fantastic opportunity for people to come and meet the team and find out about the range of services we offer to patients. We want to see as many people as possible benefiting from the service we provide, so please come along to find out more!"

## Newlands Adventure Holiday for Children with Diabetes

Youngsters with diabetes spent the bank holiday weekend orienteering and canoeing, thanks to the Paediatric Diabetes Team at the Trust.

Each year, since 1992, the Paediatric Diabetes Team has taken young people with diabetes to the Lake District for a weekend of fun and activity. The weekend is funded by grants from the Widnes & St Helens Children's Diabetic Group who are affiliated to Diabetes UK.

The trip is often the first time the young people have been away from home or have spent time with someone who also has diabetes. This year a total of 18 young people joined the trip, 8 to 14 years old, nine of whom had never been away before.

The weekend is a mixture of education about their diabetes and physical activities. Children & staff take part in a range of activities including archery, orienteering, and mountain biking, canoeing and other challenging climbing activities.

Each year, hospital staff volunteer their time to take the youngsters away. Attending this year were, Dr Ijaz Ahmed, Consultant Paediatrician, Anne Brennan and Helen Thornton, Paediatric & Adolescent Diabetes Specialist Nurses, Kay Archer and Sarah Smith, Staff Nurse, and Jackie Love, Dietician.

Dr Ahmed, Consultant Paediatrician said: "It is so important for young people to learn about their diabetes and how to manage the condition. The Lake District trip allows the youngsters to meet and interact with people with diabetes and to learn in a fun, safe environment."





# Victoria Graham has a Real smile on her face!



Victoria and the REAL Radio Patrol

Staff Nurse Victoria Graham had a real smile on her face when she received a surprise visit from REAL radio.

Victoria, who works on Duffy Suite at St Helens Hospital, was secretly nominated for REAL's 'Put a Real Smile on your face!' competition, by her husband and for being the best mum to their three kids, Matthew, Luke and Natasha.

The REAL Radio Patrol surprised Victoria with a bottle of bubbly and chocolate truffles, during her shift on Duffy Suite. Her husband Martin described Victoria as 'funny, loving and a very hard worker' and said that she deserved a little treat.

Victoria said: "It was such a lovely surprise. It's such a shock I never had a clue about any of it. I love Martin to bits and I now I have a REAL smile on my face!"

## Stuart's Ironman Challenge

A therapy specialist took part in the 'Ironman 70.3 Majorca' challenge in aid of Whiston Hospital's Children's Unit raising £700 to date.

Stuart Whitelaw, a Respiratory Therapy Specialist for Allen & Hanbury's, part of Glaxo Smith Kline, chose the children's wards at Whiston Hospital after working with the Respiratory Health Care Specialists at the hospital and seeing first-hand the excellent work they do with seriously ill children.

The race on May 12th in Alcudia, Majorca, included a 1.9km swim (1.2 miles) a gruelling 90km bike ride (56 miles) ending with a 21.1km run (13.1 miles) all of which Stuart completed in 6 hours 55 minutes and 04 seconds.

Stuart said: "It's the hardest physical endurance race that I have ever taken part in. The work that takes place at Whiston Hospital each day is simply amazing and has really inspired me to want to do something and raise some much needed funds for the Children's Unit."

Sally Duce, Lead Nurse, Directorate Manager, Paediatrics: "We're very grateful to Stuart for choosing our unit to raise money. We're full of admiration for the challenge he has undertaken."

If you would like to get involved in fundraising for St Helens or Whiston hospitals please contact: [fundraising@sthk.nhs.uk](mailto:fundraising@sthk.nhs.uk) or call 0151 478 7518



Stuart in training for the Ironman 70.3 challenge

# Long Service Awards



*Ann Marr, Chief Executive addresses the audience*

The Long Service Awards were held in April at Knowsley Hall, to honour staff that have given the Trust 25 and 40 years of loyal service.

Les Howell, Chairman opened the ceremony and thanked everyone for their attendance and the dedication they had shown to the Trust over their years of service. Ann Marr, Chief Executive, then addressed the audience and reminded everyone of just what was happening in the world 25 and 40 years ago when our award winners joined the Trust.

*In 1972, Edward Heath was Prime Minister, the Watergate scandal hit and Mouldy Old Dough by Lieutenant Pigeon was in the charts. In 1987, Rick Astley declared that he was 'Never gonna give you up', Margaret Thatcher was Prime Minister and the US Stock Market crashed.*

Ann praised staff: "To see so many staff give extraordinary lengths of service to the Trust is incredible." Ann also recognised the support that family and friends provide to enable such loyal service, many were guests on the night.

The event was held at no cost to the NHS. The Trust would like to thank Medirest and Medicare Ltd for their generous donations.



*Guests enjoy afternoon tea*



**Ian Brown**  
Head of Primary Care, Health Informatics

**Ethel Dennett**  
Domestic Assistant, Hotel Services

**Alan Nash**  
Operating Dept. Assistant,  
Burns & Plastic Surgery Theatres

**Helen Roby**  
Superintendent Radiographer,  
Radiology Department

**Valerie Stockley**  
Enrolled Nurse,  
Regional Burns & Plastic Surgery Unit

**Valerie Vaughan**  
Administration Clerk,  
Accident & Emergency Department



**Helen Atherton**  
Neonatal Nurse Specialist,  
Special Care Baby Unit

**Karen Attwood**  
Stroke Nurse Specialist,  
Medical Care Directorate

**Denise Barrow**  
Health Care Assistant,  
Dept. of Medicine for Older People

**David Brimage**  
Assistant Director of Finance,  
Finance Department

**David Brown**  
Clinical Coder, Clinical Coding Department

**Anita Burkart**  
Physiologist,  
Cardio-Respiratory Department

**Gail Cage**  
Staff Nurse, Surgical Care Directorate

**Sarah Cassidy**  
Medical Secretary,  
Surgical Care Directorate

**Diane Chapman**  
Senior 1 Radiographer,  
Radiology Department

**Pauline Cosgrove**  
Medical Secretary,  
Surgical Care Directorate

**Ann Crosbie**  
Health Care Assistant,  
Regional Burns & Plastic Surgery Unit

**Angela Duckworth**  
Staff Nurse, Cardiology Department

**Laura Finney**  
Physiologist,  
Cardio Respiratory Department

**Joan Floyd**  
Staff Nurse,  
Accident & Emergency Department

**Debby Glynn**  
Ward Manager,  
Dept. of Medicine for Older People

**Shaun Grady**  
Patient Hairdresser, Support Services

**Scott Graney**  
Accounts Payable Supervisor,  
Finance Department

**Linda Griffiths**  
Ward Administrator,  
Dept. of Medicine for Older People

**Karen Griffiths**  
Pensions Officer, Pay & Staff Services

**Margaret Hargreaves**  
Pharmacist, Pharmacy Department

**Jackie Haworth**  
Supervisor, Radiology Department

**Carl Heaps**  
Porter, Hotel Services

**Debbie Holden**  
Personal Medical Secretary,  
Obstetrics & Gynaecology Dept.

**Lesley Holloway**  
Health Care Assistant,  
Dept. of Medicine for Older People

**Veronica Jacques**  
Senior Biomedical Scientist,  
Pathology Department

**Beryl Jones**  
Health Care Assistant,  
Dept. of Medicine for Older People

**Martha Jones**  
Staff Nurse, Out Patients Department

**Melanie Kelly**  
Community Midwife, Maternity Services

**Ann Lafferty**  
Domestic Assistant, Hotel Services

**Susan Law**  
Senior Pharmacy Technician,  
Pharmacy Department

**Susan Lawrenson**  
COPD Nurse Specialist,  
Medical Care Directorate

**Frances Linnett**  
Health Care Assistant,  
Orthopaedic Department

**Anthony Lockhart**  
Health Care Assistant, Acute Medical Unit

**Shirley Lomax**  
Enrolled Nurse, Children & Young People  
Department

**Jean Marsh**  
Audiologist, Audiology Department

**David Maskell**  
Porter, Hotel Services

**Pam McGrath**  
Emergency Nurse Practitioner,  
A&E Department

**Susan Murphy**  
Phlebotomist, Pathology Department

**Sandra Norburn**  
COPD Nurse Specialist,  
Medical Care Directorate

**Paula O'Mara**  
Biomedical Scientist, Pathology Department

**Eileen O'Neil**  
Operating Department Practitioner,  
Theatre Services

**Kerry Park**  
Assistant Nurse Practitioner,  
Sanderson Suite

**Lilian Parry**  
Blood Bank Manager,  
Pathology Department

**Lesley Potter**  
Health Care Assistant,  
Outpatients Department

**Julia Roberts**  
Staff Nurse, Pre-Op Assessment Unit

**Susan Ross**  
Surgical Care Practitioner,  
Surgical Care Directorate

**Peter Smith**  
Pharmacist, Pharmacy Department

**Christina Stevenson**  
Medical Secretary, Pathology Department

**Bernadette Stockley**  
Receptionist, Hotel Services

**Janet Sumner**  
Directorate Manager,  
Medical Care Directorate

**Lesley Taylor**  
Claims Supervisor, Legal Services

**Rani Thind**  
Consultant, Radiology Department

**Caroline Thomas**  
Sterile Services Technician,  
Cold Decontamination Unit

**Susan Welding**  
Information Clerk, Health Informatics

**Jeanette Williams**  
Health Care Assistant, Maternity Services

**Catherine Young**  
Enrolled Nurse,  
Regional Burns & Plastic Surgery Unit



# Safeguarding is Everyone's Business

Safeguarding services are a crucial part of keeping the community safe from abuse, harm and neglect. It is the responsibility of everyone to report any concerns that they may have in relation to the abuse, or suspected abuse, of vulnerable people.

## Why do we need to Safeguard Vulnerable Adults?

Everyone has the right to live their lives free from violence, fear, and abuse

## Who is a Vulnerable Adult?

Anyone over the age of 18 years who is receiving or may be in need of community care services

## What is Abuse?

Abuse is a violation of an individual human and civil rights by any other person or persons

## What are the types of abuse?

Physical, financial or material, sexual, emotional psychological, neglect and acts of omission, institutional or discriminatory (hate crime).

## Anyone could be an abuser

It is often someone who is known and trusted. This could include family members or partners, a neighbour, health or social worker, a volunteer worker, a friend or service user.

## Things that may make people vulnerable

Some adults are more at risk than others e.g. those with a physical or learning disability, sight or hearing loss, those suffering from a severe illness or mental health problems.

People with dementia or simply those who depend on others to care for them

## Abuse can happen in many different places

Someone's own home, a care home, hospital, day centre or public place

## What do you need to do?

Four "Rs"

**Recognise – Respond – Report - Record**

Contact Numbers: Safeguarding Adult Lead, Tina Cavendish ext. 1047  
Safeguarding Coordinator, Diane Gould ext. 1047  
Local Authority Contact Centres:  
Individual numbers can be found on the flow chart at each ward/dept. level

# NHS GAMES



It's the Olympic Games in just a matter of weeks.

**Have you thought about engaging in any exercise yourself this year?**

If the answer is yes why not join one of the following teams and enter the NHS Games on Sunday 30th September 2012.

Teams include:

- Football • Touch rugby • Badminton
- Table tennis • Netball • Rounders
- Boccia • Fun athletics

Last time, the Trust team did exceptionally well coming 4th in the Rounders tournament and a nail-biting 2nd in the Badminton final. It was a fantastic day, with a great team spirit and lots of laughter.

To register your interest please e-mail: [karen.brayley@sthk.nhs.uk](mailto:karen.brayley@sthk.nhs.uk)



# Doctors donate to Age UK

Doctors at Whiston Hospital were pleased to donate £2,500 to local Age UK Charities on behalf of the British Geriatrics Society.

Dr Ann Capewell and Dr Sanjeevi Kumar who are both Consultants in the Department of Medicine for Older People, made the donation following the British Geriatrics Society's national conference held in Liverpool. The conference highlighted the key issues and challenges older people face in England.

The money will be shared between 3 local Age UK areas.

In recognition of her work, the British Geriatrics Society made the generous gift to Ann and her colleagues to donate to a charity where they felt it would have maximum impact.

Dr Ann Capewell, Chair, BGS Local Organising Committee said, "We're very grateful to the British Geriatrics Society for allowing the committee to nominate Age UK as our chosen Charity. We hope this money will go a long way to helping older people in the local area."



*Left to right – Dr Sanjeevi Kumar, Dr Ann Capewell, Moira Dickinson, Social Enterprise Manager Age UK Mid Mersey and Frank Reppion, Chief Executive Age UK Knowsley and West Mersey.*

# Cancer Service Patient Forum an overwhelming success

A cancer service forum has been hailed an overwhelming success after more than 70 patients and carers attended the event.

The Upper Gastrointestinal (GI) cancer service forum was arranged to listen to the views of patients and to work together to continue to improve the service to meet patients' needs.

It had been anticipated that up to 30 patients may attend the forum but to the Trust's delight over 70 patients and carers attended. During an emotional evening, patients told of the exceptional service they had received and the audience even gave a round of applause to Mr Anil Kaul, Consultant General Surgeon; Barbara Ashall, Upper Gastrointestinal Nurse Specialist and the Upper GI team for the service they provide.

The team now plan to create an official patient focus group and signed up a list of volunteers on the night to provide on-going feedback and provide further support for new patients.

Mr Anil Kaul, Consultant General Surgeon, said: "We were very pleased and overwhelmed that so many people chose to attend the forum and share their thoughts. I am extremely proud of the service we provide for our patients and I thank them for their generous words. We will continue to provide the very best in patient care and welcome the new patient focus group to help further improve the service."

For more information contact Emily Hoyle on 0151 430 1132 or Barbara Ashall on 0151 430 6792

# Improving End of Life Care in the Acute Setting

“It is now time for acute hospitals to embrace a positive culture in end of life care and recognise that it is a core responsibility of every hospital and health care professional to deliver excellence for people at the end of life and their families”

Prof. Sir Mike Richards, National Clinical Director for End of Life Care

The Department of Health's End of Life Care Strategy (2008) is a blueprint for improving the care of all dying people over ten years, regardless of diagnosis. It emphasises that improved end of life care provision in acute hospitals is crucial given that currently more than half of all deaths take place there.

In June 2011 NHS North West committed funding to end of life care (EoLC) programmes to develop network plans to address EoLC within the acute hospital.

The Trust's End of Life Care team was awarded £65,000 to support the implementation and development of a local hospital plan submitted through the Merseyside & Cheshire network for end of life care.

The main thrust of the plan focuses on three key priorities as identified from National Key Performance Indicators and End of Life Care Quality Markers:

1. Reduce anticipated deaths in hospital by 5%
2. Increase use of the Liverpool Care pathway for the dying patient to 50% for anticipated deaths
3. Provide a consistent End of Life Care education programme to develop an appropriately skilled keyworker in every clinical area and to develop the EoLC skills of the wider general workforce specifically:
  - Communication Skills
  - Holistic needs assessment
  - Symptom control, comfort and well-being
  - Advanced care planning

The Trust has established a dedicated End of Life Steering Group to go forward, and the plans implementation is being driven by Jan Lawton, Macmillan Specialist Palliative Care Team Leader and Jane Melvin, End of Life Care Facilitator.

For more information contact: [janet.lawton@sthk.nhs.uk](mailto:janet.lawton@sthk.nhs.uk) • [jane.melvin@sthk.nhs.uk](mailto:jane.melvin@sthk.nhs.uk) • Tel: 0151 290 4266



*'The routes to success for improving end of life care in the acute setting' Department of Health document*



## Debbie's Marathon Bliss

Debbie Hill, Healthcare Assistant, Ward 4E, completed the London Marathon in a fantastic time of 5 hours 36 minutes and 49 seconds.

Debbie ran in support of Bliss, the charity for babies born 'too soon, too small or too sick', after they gave guidance and counselling to her sister and brother-in-law following the premature birth of their twin girls. Having so far raised £900, Deborah hopes to reach her target of £2,500 to help Bliss continue its vital work. Congratulations Debbie!!

*Debbie with her marathon medal*

# Start of Year Conference

The 2012 Start of Year Conference took place in April, for heads of wards and departments, matrons and senior managers.

The conference, in Nightingale House, opened with a presentation by Ann Marr, Chief Executive. Ann spoke of the changes that had taken place within the NHS over the past year, and highlighted how national changes will provide challenges for the Trust in the coming year. She was positive that the challenges could be met with the combined talents, skills and abilities of all our staff.

Ann's presentation included facts and figures from last year including the following activities:

The Trust saw a -

- 7.2% decrease in GP referrals
- 1.2% decrease in 1st outpatient appointments
- 16.7% increase in elective in-patients
- 4.1% increase in day case admissions
- 3.2% increase in AED attendances
- 2.2% increase in emergency admissions

Performance achievements included:

- |                        |           |
|------------------------|-----------|
| • 18 week target       | Achieved  |
| • 4 hour AED target    | Achieved  |
| • Cancer targets       | Achieved  |
| • Infection targets    | Achieved  |
| • Financial targets    | Achieved  |
| • Cancelled operations | Achieved  |
| • PEAT Scores          | Excellent |
| • NHSLA Level 2        | Achieved  |



*Ann Marr, Chief Executive, presents at the conference*

The 2012/13 Corporate Objectives are displayed in each ward / department and are available on both the staff intranet and Trust website.

Following Ann's presentation, she thanked staff for their continued hard work. Guest speaker Paul McGee, otherwise known as The SUMO Guy then took to the stage.

Paul is one of the UK's leading speakers on the subject of change, workplace relationships and motivation. His provocatively titled book SUMO (Shut Up and Move On) became an instant bestseller. Paul attended the conference to deliver practical, relevant messages to staff in order to help equip them to deal with the changes and challenges the NHS is facing and to increase their personal and professional impact and effectiveness.

*Guest Speaker Paul McGee shows staff how to SUMO*



## Information Prescriptions are coming!!!

**'Information Prescriptions' is a simple term used to describe the information given to patients after a consultation. They are very much centred on what is relevant to the patient's needs at that point in time.**

National guidance around patient information provisions is to be implemented across the Trust and initially the Clinical Nurse Specialists in Cancer Services will be trained on Cancer Information Prescriptions. This service is housed on NHS Choices website and contains information about cancer, its treatments and effects on lifestyle.

To access the service go to [www.nhs.uk/ips](http://www.nhs.uk/ips) or [nwww.nhs.uk/ips](http://nwww.nhs.uk/ips).

### Why are they needed?

The National Patients Survey identified that only 66% of patients recall being given written information at diagnosis. There is also evidence that not all information is reliable and of good quality. The Information Prescription System aims to address inequalities and discrepancies, allowing patients and health care professionals to access good quality nationally recognised information at relevant points in the patients' journey. This will ensure patients are well informed and empowered with their decision making with regards to diagnosis and treatment.

### When will the Trust start to use them?

The implementation of Information Prescriptions is a two year plan, using a phased approach. The implementation plan will be delivered with involvement from many disciplines including I.T, Clinical Governance, patient communication leads, Learning & Development, members of the Multi-Disciplinary Teams, National Cancer Action Team, Macmillan Network Information Manager, and many more. This is to get the broadest view possible and aim for seamless implementation.

### For more information please contact:

Cancer Services  
Manager/Lead Nurse  
Melanie Zeiderman  
ext. 6808

Macmillan Cancer Support & Information Manager  
Julie Parr ext. 7000 or

Macmillan Network Information and Support  
Manager, Bernice Sanders, Tel: 0151 201 4150

**WE ARE  
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# We need your help!



Summer is here and it's a great time to clear out your wardrobes and cupboards of all those unwanted Christmas and birthday gifts!

We are fundraising to enhance the service and environment for patients and staff.

We can only accept items which are new, unused, or in excellent condition.

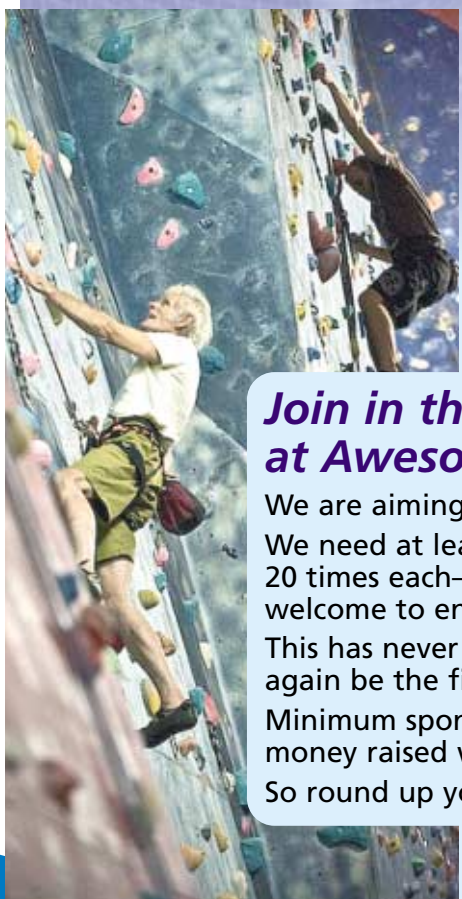
- Perfume
- Bath or body products
- Make up
- Jewellery
- Books
- Jigsaws
- Pictures
- Gift items

Please contact Norma Young (Fundraiser) on: 0151 478 7518 or email: fundraising@sthk.nhs.uk to arrange to drop off your donations.

All your donations will be gratefully received and they will make a difference to so many people.

# Indoor Climbing

## Challenge



Ever fancied climbing Everest, Kilimanjaro, Ben Nevis, Snowdon or Scarfell Pike? Want to be part of the first ever team to climb all 5 in one day?



Join our Awesome Challenge and help us make history as the first ever organisation to conquer the ultimate trial.

**Join in the biggest physical indoor climbing challenge at Awesome Walls on Friday 29th June 2012**

We are aiming high! The total height climbed on the day will be 59,655ft. We need at least 90 people to take part and climb either a 6m or a 12m wall up to 20 times each– the more people involved, the less climbs per person, teams are welcome to enter.

This has never been completed by any one organisation. So why not join in and yet again be the first and the best to achieve great heights.

Minimum sponsorship of £100 per person, this includes a £25 registration fee. All money raised will go towards improving services and facilities for patients.

So round up your colleagues for the ultimate team building challenge!!

**For more information and to register contact: Norma Young (Fundraiser) 0151 478 7518 or email: fundraising@sthk.nhs.uk**



## £10,000 SCBU Donation

A £10,000 donation was made to the Special Care Baby Unit at Whiston Hospital in memory of Tighe Alexander Stockwell, who was born prematurely and sadly passed away in the unit in April 2011.

Tony Stockwell, Kath Griffiths, Claire Ferrier, Debbie Nicholson and Hayley Roughley raised the money by holding various events and organising a walk between Crawford Village and Rainford over their year long fundraising.

Sally Duce, Lead Nurse, Directorate Manager, Paediatrics said: "This is a wonderful, generous donation and we are extremely grateful for their support. This money will buy a new incubator for the unit and will help many babies that will be cared for in the unit."



*Left to right: Caroline Deveney, Ward Manager SCBU, Debbie Nicholson, Claire Ferrier, Hayley Roughley, Jennifer Lowe, Charitable Funds, and Kath Griffiths.*

## Paula thanks staff for their support



*Paula Knowles presents cheque to staff from the Burney Breast Unit*

**Paula Knowles, a patient of the Burney Breast Unit and Lilac Centre at St Helens Hospital has donated £3,200 to thank the staff for their support during her illness.**

Paula, who is recovering from breast cancer, along with friends and family held a Lilac Ball, which saw over 200 people attend the Halton Stadium, to raise money and increase awareness of the disease.

Miss Leena Chagla, Consultant Surgeon & Lead Clinician Breast Services, said: "Paula has been supportive of the breast team for a long time. Her commitment to raise funds for patients of the Breast Unit has helped us improve our patients experience at a particularly difficult time in their lives."

## A Special Thank You to Special Care Baby Unit

Parents Martin and Janine Daley have presented a £500 cheque to staff from the Special Care Baby Unit (SCBU) as a thank you to staff who cared for their 11 week old premature daughter Alice.

Martin ran the St Helens 10k run to raise money for the unit, coming 11th out of 1,300 people, with a time of 37 minutes 57 seconds.

Alice is now 20 months old but spent 12 weeks in SCBU after her early birth and returned to the hospital along with her parents to donate the money.

Sally Duce, Lead Nurse, Directorate Manager, Paediatrics said: "We are very grateful to the Daley family for this donation. The money will help to further improve the service and care we give to babies and parents having to spend time on SCBU"



*Martin, Janine and Alice Daley present their donation to staff from the Special Care Baby Unit.*



# Fond Farewells ...



*Dr Bob Howard, Consultant Anaesthetist*

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



*Sue McNicholas, Macmillan Breast Cancer Nurse Specialist*



*Kath Lawrenson MBE, Chief Audiologist*

If you or a colleague, who has served the Trust for over 25 years, is retiring soon, please contact [lynsey.thomas@sthk.nhs.uk](mailto:lynsey.thomas@sthk.nhs.uk) to arrange a Fond Farewell feature.

## TRUST LOTTERY RESULTS



**The winners of the staff lottery for April 2012 are:**

- £1,500 Pamela Coates, PA, Hotel Services Dept. Whiston
- £500 Gillian Godfrey, Personal Medical Secretary, Surgical/Urology, Whiston.
- £200 Diane Davies, Staff Nurse, Ward 5A, Dept. of Medicine for Older People, Whiston

**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).**

# International Nurses Day

International Nurses Day was celebrated at Whiston Hospital with a range of exhibitions recognising the achievements of nursing teams throughout the Trust.

The day, which marks the anniversary of the birth of Florence Nightingale, is celebrated around the world on May 12th.

The Nightingale Pledge is a traditional pledge that was taken by new nurses and was first used by its graduating class in the spring of 1893. Unfortunately, in modern times a number of institutions have modified or dropped the pledge altogether.

## The Nightingale Pledge

*I solemnly pledge myself before God and in the presence of this assembly, to pass my life in purity and to practice my profession faithfully. I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug.*

*I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling.*

*With loyalty will I endeavour to aid the Physician, in his work, and devote myself to the welfare of those committed to my care.*

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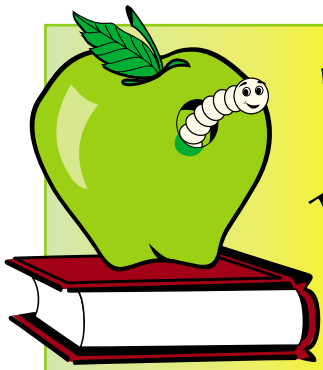
  
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# There's a word for that?!

**Argillaceous:**

Made of clay

**Ambisinister:**

Clumsy with both hands

**Spurtle:**

A wooden stick for stirring porridge

**Lentiginous:**

Covered with freckles

**Misology:**

Strong dislike of logic or reason

**Acnestis:**

The part of the body where one cannot reach to scratch

**Nihilarian:**

One who does useless work

**Omphaloskepsis:**

Contemplation of one's naval

**Tmesis:**

Inserting a word into the middle of another word

**Xanthodontous:**

Having yellow teeth

# Quiz



- 1) What were the first names of the characters played by John Travolta and Olivia Newton-John in the film Grease?
- 2) What is the main ingredient in humous?
- 3) In which county is Stonehenge?
- 4) Name three countries whose name begin and end in the same letter?
- 5) Which society built Macho Picchu?
- 6) Name the past 5 Liverpool Football Club Managers.

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**Hospital Pager 1372**

**Facilities Management Helpdesk  
1188**

## Staff News 'n' Views

**Next Issue: July 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](mailto:lynsey.thomas@sthk.nhs.uk)

The deadline for submitting items for the next News 'n' Views is June 15th 2012.

Quiz answers from above  
1. Danny and Sandy; 2. Chickpeas; 3. Wiltshire; 4. America, Argentina, Czech Republic; 5. The Incas; 6. Roy Evans, Gerard Houllier, Rafael Benitez, Roy Hodgson and Kenny Dalglish