

Staff **News 'n' Views**

St Helens and Knowsley Teaching Hospitals NHS Trust

Issue 42 Spring 2014

TRUST PRAISED FOR CARE OF PATIENTS AND STAFF



Top marks for Maternity, CQC and Staff Survey results!

PLUS: • Trust's Got Talent winner revealed!

Excellent Patient Care in World Class Hospitals
www.sthk.nhs.uk

Employee of the Month

Employee of the Month is awarded to a Trust staff member who has gone above and beyond the call of duty, and has made a significant difference in their role to improve patient care or developed services.

November: *Gail Boardman*

Staff Nurse, Outpatients Department, St Helens Hospital



Nominated by: Lesley Bragg, Sister, Outpatients Department and Cynthia Penketh, Matron.

Gail has worked for the Trust for 27 years and was nominated for being a "dedicated and dynamic member of the Outpatients team." In their nomination, Lesley and Cynthia describe Gail as "very enthusiastic, always delivers a high standard of care and expects others to do the same. She always promotes best practice and motivates all members of the team. Gail puts patient's needs at the heart of all she does and works tirelessly to ensure that patients have the best experience possible. She is kind, courteous, supportive and is proud of her profession."

On winning the award, Gail said: "I felt so proud and honoured to be given the award, I couldn't stop smiling when I found out. It is really nice to be recognised for all your hard work, I always try to be enthusiastic and improve the service any way possible for our patients. It is a team effort; a lot of people that I work with deserve to be rewarded for their hard work. I have the best job in the world, not a day goes by that I'm not proud that I'm a nurse."



December: *Jenny Tarpey*

Staff Nurse, Accident and Emergency Department, Whiston Hospital

Nominated by: Annette Kenny, HCA, Kate Seddon, HCA and Caroline Webster, Sister, Accident and Emergency Department (AED).

Jenny has worked at the Trust for over 11 years. In her nomination, Jenny is described as "kind and compassionate. Jenny is a fantastic nurse who always puts everyone first and greets everyone with a smile on her face. Nothing is ever too much trouble. The Accident and Emergency Department is lucky to have such a dedicated and professional nurse on our team."

Receiving the award, Jenny said: "I felt very special and honoured to receive the award. I was surprised to be nominated; the whole department deserve to win, they have given me a lot of help and support since I have been here. This is a fantastic hospital and I would like to say a big thank you to all my AED family and also thank everyone across the hospital for their support."

January: *Stephen Bradley*

HCA Dual Role, Operating Theatre Department, St Helens Hospital



Nominated by: Mike Greenall, Theatre Manager, St Helens Hospital

Stephen has worked at the Trust for over just 15 months. He was nominated for his "commitment to service and all of the positive helpful things that he does for patients and the department without the need to be asked or consulted." In his nomination, Mike said: "Stephen's manner with patients and staff alike is exceptional, he is constantly helping with matters above and beyond his call of duty. He is a remarkable person, loved by patients and respected and admired by staff. We are very lucky to have such a team player and organiser amongst us."

On winning the award Stephen said: "I am stunned. I work in a team of hard-working, dedicated people and to be chosen as Employee of the Month is a real honour. I would like to thank Mike for nominating me and my fellow colleagues for their support; they all deserve to win this award."

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 Intranet, call Shirley Ratcliffe on ext: 1250 or email: shirley.ratcliffe@sthk.nhs.uk



CareQuality
Commission

CQC RANK TRUST AMONGST THE SAFEST



Patient James Beech with Staff Nurse Sophia Dutton at Whiston Hospital

The Trust has been named amongst the safest hospitals in the country in the latest Care Quality Commission (CQC) Intelligent Monitoring Report.

Every trust in the country has been graded from band 1 (highest risk) to band 6 (lowest risk), with St Helens and Knowsley Teaching Hospitals NHS Trust named in band 5 of the CQC's risk ratings.

The report, which replaces the CQC's previous approach to monitoring the risk profile of individual trusts, is based on 150 individual indicators examining a range of factors including patient experience, waiting times, death rates, staff views and leadership and governance of the Trust.

Since the new system began, the Trust has been the subject of two routine unannounced inspections at Whiston and St Helens hospitals, with no major concerns raised by the CQC.

Ann Marr, Chief Executive said: "It is pleasing that the Trust has been recognised as one of the safest providers of care for patients. The current standings are based on up-to-date information from inspections and reports on care provided at the Trust. It reflects the hard work of our staff to ensure that patients receive the very best care each and every time and the Trust will continue to build on this."

The CQC aims to publish the results at regular intervals, which will inform decisions about where they need to focus their inspections across all NHS organisations.

Maternity Services Hit Top Spot

Whiston Hospital's Maternity Services provide the highest level of safe care, according to a recent patient safety assessment.

Assessors for the NHS Litigation Authority (NHSLA) have awarded the Trust a 'Level 3 status' for its quality and safety of care, the best score achievable.



(L) Mum Victoria Crowley with son Kade and (R) Mum Francesca Webster with son Milton with staff from the Maternity and Audit departments involved in the NHSLA assessment

The NHSLA assessment process checks for compliance against a set of national standards and means the Trust takes a focused and proactive approach to assuring the safety of mothers and their babies.

Sue Redfern, Director of Nursing, Midwifery and Governance said: "This is an excellent achievement.

The assessment reflects the commitment of our maternity staff to ensure that mothers and babies receive the very highest standards of care, each and every time."



Maternity Matron, Val Blakemore with mum Jade Davidson and her daughter Macie Stanley, born at Whiston Hospital

INVESTORS IN PEOPLE

The Trust has successfully retained its Investors in People standard, following a full review by specialists.

A nationally recognised framework, Investors in People is a respected award that recognises that the organisation cares about the welfare of its employees and assists them in improving their performance through effective encouragement and career development.

During the review the assessor identified a number of areas of strength including:

- Learning & development
- Culture of continuous improvement
- Ownership & responsibility for decisions
- Employee health & wellbeing/support

The full report and future action plan will be published and available to staff on the intranet, under the Staff Matters/ Staff Survey section.

If you would like more information on the review please contact: Adam Rudduck, Assistant Director of Organisational Development Ext 1340.



INVESTORS
IN PEOPLE

Best for staff in Merseyside



*Melissa Reilly, Receptionist,
St Helens Hospital*

Staff at the Trust have rated Whiston and St Helens hospitals as the best place to work in Merseyside in the National Staff Survey 2013.

The Trust achieved top results across a range of measures placing it amongst the very best in the country. When staff were asked:

- *if they would recommend the Trust as a place to work*
- *if they agree that patient care is the organisation's top priority*
- *if a friend or relative needed treatment would they be happy with the standard of care provided by the hospitals*

their responses resulted in the highest scores for acute hospitals in Merseyside.

Ann Marr, Chief Executive said: "I am delighted with the results from the Staff Survey. It is great to hear that staff take pride in the standard of care that is provided to our patients and rate the Trust as a great place to work"

The annual National Staff Survey, now in its tenth year, is a unique snapshot of staff views of their experience at work and on NHS services. Results were taken from a sample cross section of staff, who were surveyed confidentially. The Trust achieved a 62% response rate from the sample group of staff surveyed compared to the national average of 48%.

*Staff Nurse Leah Swift, Accident and
Emergency Department, Whiston Hospital*



IN VIEW



SINGLE LEAD EMPLOYER

The Lead Employer Service is responsible for all junior doctors employed in the Mersey region, not just St Helens and Whiston hospitals.

The Trust was awarded a contract to deliver the Single Lead Employer Service for over 2,000 doctors in training by the Mersey Deanery in 2010.



The Single Lead Employer team

Whilst junior doctors rotate around hospitals, GP practices and hospices to complete their education and training, they remain employed by St Helens and Knowsley Teaching Hospitals NHS Trust.

In 2013, the Trust's contract for Single Lead Employer was extended for a further 5 years.

Claire Scrafton, Deputy Director of Human Resources said: "This type of single employer model is unique to the North West, we are very pleased to be recognised for adding value to the wider health economy."

The Single Lead Employer Service, are based in Nightingale House, Whiston Hospital alongside the Trust's Human Resources team. In addition to providing HR advice, the team recruits over 700 new junior doctors every

year. The Trust also provides Payroll, Health, Work & Wellbeing, Electronic Staff Record (ESR) and training records services to the trainees.

Spencer McKee, Assistant Director of HR for the Single Lead Employer said, "As a HR team we are very proud of the support we provide to our trainees. Feedback from host trusts, the trainees, the Mersey Deanery and the British Medical Association about the improvements we have made since taking over the contract 3 years ago has been very positive. The quality of the service was also noted in a recent General Medical Council (GMC) survey."

Further information about the team and the services provided are available on the Trust's website.

Sue rewarded for giving a little extra

Whiston Hospital Receptionist, Sue McKeever has received national recognition for her work with the homeless.

Sue, along with her husband Tony, formed a support group that go out on the streets of Halton each weekend to feed, clothe and befriend the homeless. This is a voluntary group who have worked over the last 5 years, irrespective of the weather, snow, rain or ice.

As part of the Halifax Bank 'Giving Extra Awards', Sue has been awarded £500 by the bank to continue her charitable work. The group provide hot drinks, blankets, clothes, and even offer showers at a local church.

Sue was recognised by Halifax for being passionate about those who are less fortunate, for being so caring about others.

Congratulations Sue, everyone at the Trust is extremely proud of all you do for the local community.



Award winner, Sue McKeever

The launch of the Trust's Nursing Strategy

Friday 28th February 2014, was an important day for the nursing and midwifery workforce at the Trust. Senior Nurses and many patient representatives officially launched the Nursing & Midwifery Strategy (2014 – 2018) to an audience of nearly 200 Trust staff members.

The strategy outlines an ambitious plan for developing and sustaining a flexible, well-educated, confident, competent, caring and compassionate nursing and midwifery workforce to enable the Trust to deliver its Corporate Objectives.



The Nursing and Midwifery Strategy 2014 - 2018



(L-R) Sue Redfern, Director of Nursing, Midwifery and Governance, with patient representatives Bernie O'Brien, Anne Andrews, Roy Fisher and Moyra Edwards, Chief Executive, Ann Marr and Deputy Director of Nursing, Sarah O'Brien

Sue Redfern, Director of Nursing, Midwifery and Governance said: "Nurses and midwives at the Trust are committed and passionate about the care they deliver to patients. The aim of the strategy is to harness this and focus our attention on what matters most to patients, their families and staff; the ways in which we can work together to deliver high quality, safe, effective care with compassion and kindness in a complex and changing world."

Patient representatives have been involved in developing the Strategy across 6 key work streams; care, compassion, commitment, competence, courage and



Director of Nursing, Midwifery and Governance launches the Nursing and Midwifery Strategy

communication. At the launch the patient representatives, along with senior nursing leads from each of the work streams, shared their personal experiences of what it has meant to be involved in developing the Strategy and ensuring patients are at the heart of all decisions about advances in care."

What the 6Cs mean to our staff and patients

The Trust consulted extensively with staff, patients, carers and key stakeholders when developing the strategy. Below is just some of the feedback we received in each area:

Care	<ul style="list-style-type: none"> • Politeness, empathy, understanding and sincerity are key. • Staff need to have time to care (reduce paperwork) • Effective and improved discharge is really important for patients
Compassion	<ul style="list-style-type: none"> • Treat patients as you would your relatives • Continuity of care is important • Non-judgemental and view issues from the patient's perspective
Courage	<ul style="list-style-type: none"> • Staff should know how to raise concerns and feel empowered to do this • Strong leadership and set high standards • Embrace change and push boundaries
Commitment	<ul style="list-style-type: none"> • Openness and transparency with patients and visitors • Putting patients first • Staff need to feel supported and valued
Competence	<ul style="list-style-type: none"> • Patients should feel confident and safe with staff • Staff will listen to patients and understand individual needs • Protected education and development time for staff
Communication	<ul style="list-style-type: none"> • Good customer care is essential, 'bedside manners' are key for patients • Involve patients and carers in planning care • 'I want patients to feel able to stop me and ask a question rather than thinking the nurses are too busy'

Increasing awareness of Sepsis



Dr Chakri Molugu,
Consultant in
Acute Medicine

Sepsis is a common condition which can affect any age group and if neglected or inappropriately treated can lead to serious complications.

Every year across the country, almost 37,000 patients die because of sepsis. This is more than lung cancer (35,000 deaths), bowel cancer (15,000) or breast cancer (8000 deaths). One of the reasons for such high numbers is due to lack of awareness and timely diagnosis.

In an effort to improve the management of this condition, Dr Chakri Molugu, an acute physician on the Acute Medical Unit (AMU) at Whiston Hospital, has created a simple but robust and reliable pathway which will enable any clinician to identify the seriousness of the condition and manage the patient accordingly. This pathway is widely used across the Trust and is publicised on the Trust's intranet site, in the 'Whiston Hospital Clinical Departments' section.

Due to its success and ease of use, the pathway has been praised by the international "Surviving Sepsis Campaign" which provides guidance on sepsis management. They have now listed this pathway under their resources section for other hospitals across the world to use if it suits their needs.

The Trust has established a multi-disciplinary "Sepsis Group" led by Dr Molugu, consisting of consultants from various specialties, junior doctors, nurses, pharmacists and other relevant staff. The main aim of the group is to spread awareness of sepsis and its appropriate management through education, seminars and providing support and guidance.

If you would like further information please do not hesitate to contact Dr Molugu by email: chakri.molugu@sthk.nhs.uk



The Trust's Sepsis Awareness Group

Patients to benefit from Nursing Technology Fund

St Helens and Knowsley Teaching Hospitals NHS Trust is to benefit from a share of £30 million to buy technology for nurses, midwives and care staff.

The Trust has been awarded over £180,000 as part of the Government's 'Nursing Technology Fund', after a successful bid for funds to purchase new state-of-the-art computer software.

The software will help clinicians move from a paper based alert system for infection prevention and control, to a more efficient electronic system that will enable clinicians to have instant access to the most up to date information at the patient's bedside.

Patients will benefit from early intervention, reduced length of stay in hospital and medical teams will be able to offer further assurance that the most appropriate care is provided to patients without delay.

Sue Redfern, Director of Nursing, Midwifery and Governance said:

"This software will support nurses and midwives to develop new, modern practices. This kind of technology is part of the innovative and new ways of working our dedicated staff are embracing to address modern health challenges."

Secretary of State for Health, Jeremy Hunt said:

"Innovative new technologies mean that staff can spend more time with patients, not paperwork, and offer safer care. This fund will allow nurses and midwives to develop new ways of working that will benefit staff and patients."



10th annual awards

presentation evening



This year's Annual Awards Presentation Evening is set to be hotly contested, after more nominations than ever before were entered praising staff and services across the Trust. Thank you to all those who took the time to nominate. The winners will be announced at the presentation evening on Friday 9th May 2014 at the Liverpool Arena.

The shortlist of nominations is (in alphabetical order)

Excellence in Clinical Care	Cancer Nurse Specialists	Ward 1E, Coronary Care Unit	Ward 4B, General Surgery
Excellence in Service Improvement	Operating Theatre Department, Whiston Hospital	Rowan Pritchard-Jones and Informatics Department	Ward 1A, Acute Stroke Unit
Excellence in Support Services	Pathology Department	Patient Booking Services	Porters
Excellence in Patient Experience	Allen Day Unit	Maternity Unit	Ward 3A, Plastic Surgery
People's Choice Award	Helen Thornton, Diabetic Nurse Specialist	Lilac Centre	Rheumatology
Employee of the Year	Subba Ganjam, Specialty Doctor, Care of the Elderly	Jenny Tarpey, Staff Nurse, Accident and Emergency	Viv Williams, Receptionist, Burney Breast Unit
Team of the Year	Mohs Surgical Team	Sanderson Suite and Operating Theatres	Trauma Rehabilitation Unit, Seddon Suite

Tickets for the event are available from General Office, priced £35, at both Whiston and St Helens hospitals for Trust staff and invited guests only. Coach tickets are also available, £7 return from either hospital.

THIS EVENT IS AT NO COST TO THE NHS

TRUST'S GOT TALENT

2014

For a fourth year, Trust's Got Talent was a phenomenal success as gifted staff members took to the stage to perform in front of an audience of 700 people at St Helens Theatre Royal.

The winner, Nicky Loftus, Medical Education, wowed the judges and the audience with her beautiful vocals and acoustic performance of Lady Gaga's 'Edge of Glory'. Second place on the night went to Clare Fox Gill and Leanne Murphy, Ward 3F, with Jessica Hislop, Ward 2E placed third.

The competition was hotly contested with both song and dance acts showcasing their hidden talents. The event was organised at no cost to the NHS and is funded through tickets sales, fundraising and kind donations.

The night was compered by Kev Seed, voice of radio, with the expert judging panel including Radio City DJ Simon 'Rossie' Ross, Herbert of Liverpool, Benidorm star Asa Elliott and star of radio and stage Claire 'Simmo' Simonsen.

Each of the celebrity guests gave their time for free to support the event.

The winner is.... **Nicky Loftus**

Nicky Loftus, Postgraduate Administrator, Medical Education was crowned winner of Trust's Got Talent 2014, after her amazing acoustic performance of Lady Gaga's 'Edge of Glory'.

Nicky won the trophy along with the £1000 prize and an invitation to perform at the 10th Annual Staff Presentation Awards, at the Liverpool Arena on the 9th May 2014.

Asa said: "You could hear a pin drop. When you're singing without backing there's nowhere to hide, we can hear every last note and you hit every single one. It was fantastic."

Rossie said: "Absolutely brilliant. I love your voice and the fact you played the guitar, move over Lady Gaga because Lady Loftus is in the house."

Herbert said: "I thought it was quite amazing. There was no music backing, you played the guitar and sang fantastic. The mind boggles that we are judging a competition of NHS staff, you're amazing."

Claire said: "When you go on X Factor and they say they're looking for someone with originality, somebody completely different, you ticked every box. You were incredible."



The Acts

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



Lindsay Oliver, Staff Nurse, Accident and Emergency – Lindsay kick started the evening with a powerful performance of Lulu's anthem 'Shout'. The judges remarked at her confident start, saying it was a fantastic opener to the show and a great choice of song.

Chantelle Fletcher, Hospitality Staff, Spice of Life Restaurant, Whiston Hospital – Chantelle took to the stage to sing solo, after appearing in the 2013 show as part of The Spice of Life Girls. Singing Celine Dion's 'Think Twice' the judges said that her key changes were amazing and that she had made the song her own.

Lauren Joinson, Healthcare Assistant, Ward 4A – Lauren performed at Trust's Got Talent for the first time singing Adele's hit song 'Make you feel my love'. The judges were bowled over by Lauren's beautiful tone to her voice and congratulated her on choosing a lovely song.

Darren Hutton, Barista, Costa Coffee, Whiston Hospital - Darren had the audience on their feet with his rhythmic performance of Marc Cohn's 'Walking in Memphis'. The judges said he had the audience eating out of the palm of his hand and that he had great stage presence. They also remarked on his overall image saying he was X Factor material.

Sarah Parkes, Paediatric Nurse, Accident and Emergency – Sarah sang the musical hit 'Whistle down the wind'. The judges were amazed at the control of Sarah's voice singing such a difficult song. They said she performed with real emotion and it came through in her performance. The judges also said that they could see her performing on stage in a West End musical.

Girls R Loud, Catering, Spice of Life Restaurant, Whiston Hospital – The girls came together to perform the Girls Aloud hit song 'The Promise'. The judges all really loved their performance and gave the girls 10 out of 10 for entertainment value. A show stopper with amazing sparkling long gold sequin dresses, which were very bling!

Jessica Hislop, Healthcare Assistant, Ward 2E, Maternity – Jessica came third in the competition, winning £100 from guest judge Herbert of Liverpool for his salon. Jessica sang Florence and the Machine's 'You've got the Love' with judges praising her performance as incredible. The second she began to sing everyone went 'wow' for her amazing powerful voice.

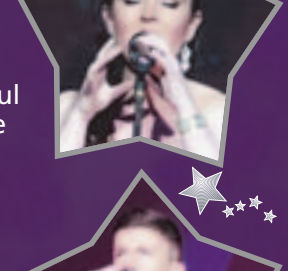
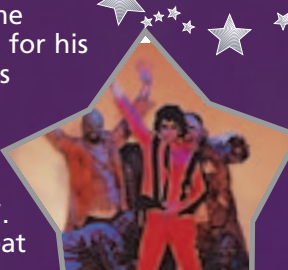
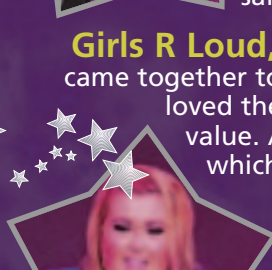
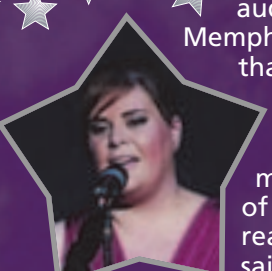
Medirest All-star Dancers (MAD) – The gang from Medirest transformed into the gruesome ghosts and ghouls from the Michael Jackson's hit video 'Thriller'. The group practised for weeks to perfect the dance moves and the judges marvelled at their great performance and choreography. The whole performance, costumes and props were superb.

Clare Fox Gill and Leanne Murphy, Ward 3D, Gastroenterology – Clare and Leanne joined forces to duet with the Barbara Streisand and Celine Dion classic 'Tell Him'. The girls came second overall in the contest winning £150 vouchers for Herbert's salon. The judges called it 'a West End' performance that gave them goose bumps. The vocals and harmonies were faultless'.

Trish Welch, Holistic Therapist, Lilac Centre, St Helens Hospital – Trish gave the judges shivers with her enchanting performance of Eva Cassidy's 'Songbird'. The judges said they loved every second of the touching and tender performance, the song was beautiful and it was a superb performance.

Rachel McEnaney, Specialist Trainee Doctor (ST1) – Rachel gave a powerful performance of the Beyonce hit single 'Listen'. The judges commented on the musical range of Rachel's voice, stating she had beautiful warmth about her voice and great control. They thoroughly enjoyed her performance.

Liam Morrison, Apprentice Technician, Vinci FM – Liam closed the show with his sensational rendition of Frank Sinatra's 'My Way'. The judges applauded Liam for his stage presence and how he captivated the audience. A great voice, a crowd pleaser with energy and the likeability factor. His performance brought a magical end to the competition.



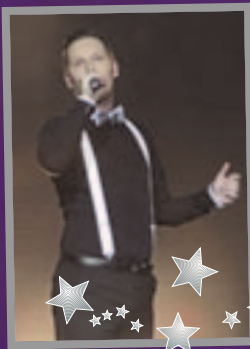
The Judges & Compere



Special thanks to Kev Seed, Herbert of Liverpool, Simon Ross, Asa Elliott and Claire Simonsen for their witty analysis and expert judging skills at Trust's Got Talent 2014.

Special Guest Performances

A massive thank you to Asa Elliott for taking to the stage and giving a spectacular performance that had the audience on their feet and dancing to timeless classics 'Don't stop me know', 'You're just too good to be true' and 'Run-around Sue'. Asa had one last surprise when he was asked to do an encore; he wowed the crowd with his powerful rendition of the operatic classic Nessun Dorma.

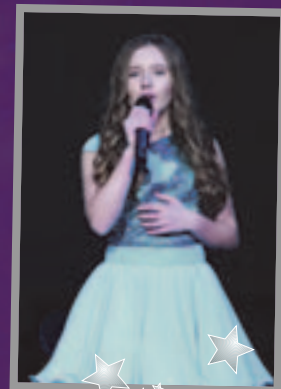


Last year's winner, Keiron Kenny

Our 2013 winner, Keiron Kenny, Clinical Audit Officer, returned to hand over his crown and performed his winning single, Katy Perry's 'Teenage Dream'. Keiron also performed the dramatic Michael Buble hit 'Cry me a River' reminding everyone just why he walked away with the title of winner last year.

Grace Siwiak

Grace is 12 years of age and is the daughter of Assistant Director of Informatics, Sandra Siwiak. Grace sang 'Heaven' by Bryan Adams and DJ Sammy and enchanted the audience with her powerful vocals at such a young age. A superstar of the future!



Beverly Edmunds Dancers, Dolphin Dance Studios

The Dolphin Dancers opened the show and the second half with spectacular and vibrant performances of the Little Mix song 'Wings' and 'Rhythm of the Night'. Trust's Got Talent wouldn't be the same without their high energy routines and glittering, sparkling costumes.

Special Thanks!



Trust's Got Talent has been organised at no cost to the NHS. It is funded through ticket sales, fundraising and the kind donations from the organisations listed. The Trust is extremely grateful for their generosity. Also, a big thank you to Euphoria Hair & Beauty, Whiston Village, for all of the acts hair and make-up on the night

Also, thanks to all those who have helped to make this such an amazing event for the 4th year running.

Blue Mango, Indian Restaurant, Rainhill

Euphoria Hair and Beauty

Hunters Land Rover, Chester

St Helens RLFC – Saints

Vinci FM

Don's Florist

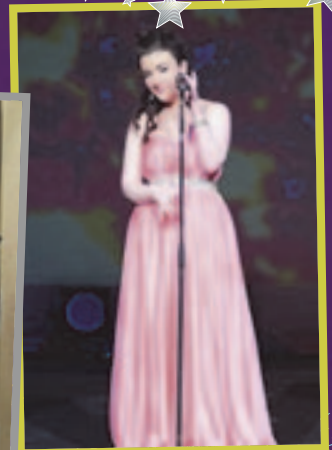
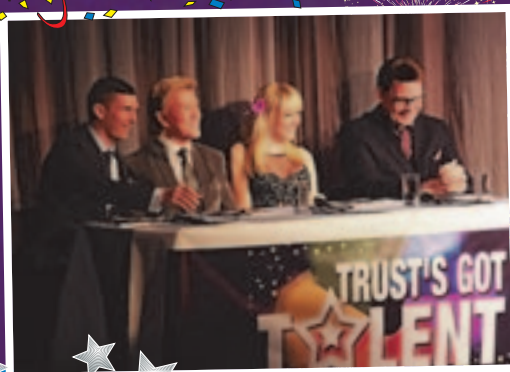
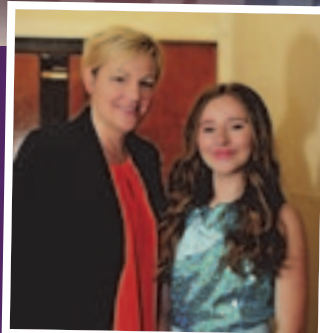
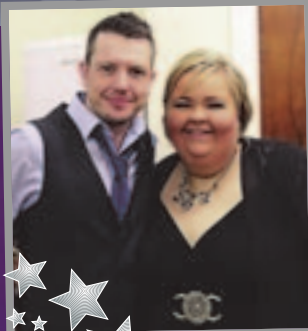
Hill Dickinson LLP

Medirest

St Helens Theatre Royal



TRUST'S GOT T★LENT



**The
Katie
Piper
Foundation**

The Mersey Regional Burns and Plastic Surgery Unit join forces with The Katie Piper Foundation



Katie Piper

Last year, Katie Piper visited Whiston Hospital to see the extraordinary work of the expert team of staff at the Mersey Regional Burns and Plastic Surgery Unit.

Following Katie's visit, Kayvan Shokrollahi, Consultant Plastic Surgeon was appointed Chairman of The Katie Piper Foundation. He said "This is a great opportunity to impact at a national level to improve burns care. Both Katie and I are passionate about improving access to and quality of burns and scar rehabilitation which can make a significant difference to burn survivors in their journey of recovery."

Subsequently The Katie Piper Foundation is supporting a one year pilot of holistic therapy on the Burns Unit to prompt future research on patient reported outcomes, pain relief and potentially spread to other areas of the hospital and wider NHS.

Kayvan commented: "Even at this early stage other units, including some abroad, have asked us to help them introduce holistic techniques. I will be putting forward a vision for the future at a Katie Piper Foundation supporters' event at the House of Lords later this year."

During the pilot, Janet Stockley, a trained therapist, working with the Burns and Plastic Surgery Team, has delivered holistic therapies such as reflexology and massage safely and effectively in clinical environments to patients.

Katie Piper Foundation Clinical Scar Specialist Ruth Ann Fanstone, said: "Holistic therapies provide the human touch and are often a demonstration to the patient of our caring for them and their needs holistically. This is a unique venture and it will be very interesting to see the impact of holistic care - the feedback so far is extremely positive."

For more information please contact: kayvan.shokrollahi@sthk.nhs.uk



*Kayvan Shokrollahi,
Consultant Plastic
Surgeon*

SENIOR RESEARCH NURSE WINS EUROPEAN NURSING AWARD



*Amanda McCairn,
Senior Research Nurse*

Congratulations to Amanda McCairn, Senior Research Nurse, who presented an abstract at the European Society Intensive Care Medicine in Paris in October 2013. Approximately 5,000 delegates were present, with over 1,200 oral and poster presentations taking place over two days. The full article has been published in the Intensive and Critical Care Nursing Journal.

Amanda has been Senior Research Nurse at the Trust since 2009 and works mostly in Intensive Care and Emergency Medicine, more recently she has been working across different specialties.

As part of a Masters in Evidence Based Medicine and Practice, Amanda completed a piece of her own research looking at "Does time of transfer from critical care to general wards affect anxiety".

This research suggests that transfers in the day are less anxiety provoking for patients. It provides the evidence base for the Intensive Care Rehabilitation Nurse to review all patients following their Intensive Care stay. Amanda has applied this research in her current role, helping to improve the experience of patients requiring intensive care and she hopes to continue to use her research knowledge and skills to further improve outcomes for many patients.

THOUSANDS OF THANKS

In the past nine months, the Trust has received an amazing £129,600 in generous donations to help our patients receive the very best care at Whiston and St Helens hospitals.

Many donations have been received from patients, their family and friends, and an amazing £6,000 was donated by The Katie Piper Foundation to benefit patients treated at the Mersey Regional Burns and Plastic Surgery Unit.

The Trust would like to say a massive thank you to all those who have helped to raise very valuable funds for the hospitals. Whether it is money that has been left through patient legacies, or from the many fantastic deeds of our fundraising supporters such as; donation of children's pocket money, charity balls, activity events, bingo nights or marathons, every penny raised goes a long way towards helping many patients and their families.

In the past year, charitable funds have purchased many valuable items for patients with the funds raised. These items help staff to provide the very best care for our patients but are over and above that which is provided by the NHS.

Just a few of those items include:

- Children's play items
- Furniture for the brand new reminiscence rooms for the elderly
- Physiotherapy equipment for burns patients
- Additional equipment for new born babies
- Wall mounted TVs for Duffy Suite
- Reclining chairs
- Breast pumps
- Mobile fans and heaters
- Wheelchairs
- Microscopes
- Case note trolley



Once again, on behalf of our patients, their families and friends, the Trust would like to say a heartfelt thank you to everyone who makes such a fantastic effort to raise money for St Helens and Whiston hospitals. All donations are gratefully received and they make such a difference to so many people. Your continued support is invaluable.

If you would like to make a donation to the Trust, please contact: fundraising@sthk.nhs.uk or go to: www.justgiving.com/sthk/hospitals

DOUBLE DELIGHT FROM RAINHILL ROTARY CLUB

Rotary



(L-R) Consultant Andrew Hill, Rainhill Club President John Chapman and Ward Manager Caroline Ingham, Ward 5A, Whiston Hospital

Patients at both Whiston and St Helens hospitals are to benefit from fundraising by members of the Rainhill Rotary Club.

The club holds two major fundraising events each year and have chosen the Lilac Centre at St Helens Hospital and the Department of Medicine for Older People at Whiston Hospital as the beneficiaries.

In November, the Club held a festival at the Rainhill Recreation Club and in December, the club's Father Christmas Sleigh visited a number of



Rainhill Club President John Chapman with Mal Steward, Club Member and staff from the Lilac Centre, St Helens Hospital

local areas, including Whiston Hospital to raise money for local charities.

Club President John Chapman visited Whiston Hospital to present a £500 cheque to the Department of Medicine for Older People and also visited the Lilac Centre with Rotary Club member Mal Steward to present a second £500 cheque.

HOUSING DEVELOPER DONATES LIFE-SAVING EQUIPMENT

Babies at Whiston Hospital's Special Care Baby Unit (SCBU) are to benefit thanks to a £500 donation from home-builder Taylor Wimpey.

The unit has purchased three brand-new, state-of-the-art screening probes which are crucial in the day-to-day running of the unit.

Sally Duce, Directorate Manager, Paediatrics said: "The help we have received from Taylor Wimpey has been fantastic. We are now able to buy equipment to help with the implementation of a new form of screening of all babies born at the Trust – which equates to nearly 4,000 a year.

"The screening assists with the early detection of a very rare condition allowing earlier intervention and treatment as appropriate so I would like to thank everyone at Taylor Wimpey for their kind generosity."

Christine Aitken, Sales and Marketing Director, Taylor Wimpey North West said: "Whiston Hospital is an instrumental part of the community and the work they do in SCBU truly is amazing so we were happy to help."



(L-R) Sally Duce, Directorate Manager, Paediatrics, Caroline Deveney, Ward Manager, SCBU and Christine Aitken, Sales and Marketing Director, Taylor Wimpey.



TESCO ARE THE CHILDREN'S CHAMPION

Every little helps



(L-R) Lizzie Barry, Play Specialist, Paediatrics, Joey Keegan, Produce Team Leader, Tesco, Janet Bentham, Ward Manager, Paediatrics and Jane Leigh, Prescot Extra Community Champion

Children being treated at Whiston Hospital's Paediatric Department have received an extraordinary delivery from local supermarket giant Tesco.

The Prescot store donated a large amount of toys, books, arts and crafts to help entertain the children being looked after at the hospital. The donation is part of the Tesco Community Champion Scheme, where local community projects and schools are offered support by the organisation, providing a little extra help wherever they can.

Janet Bentham, Ward Manager, Paediatrics said: "It is wonderful of Tesco to donate toys to the children's wards here at Whiston Hospital. We are a very busy department with over 5,000 admissions a year and donations are always greatly appreciated. Thank you to all the staff at Tesco, Prescot, on behalf of all the children and families who attend the department, your kindness is much appreciated."





Fond Farewells ...



Best wishes to our long serving member of staff who has recently retired.

Joan Howard
Sister, Ward 3F, Paediatrics
Whiston Hospital

Joan with her colleagues outside Ward 3F

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

AID FOR THE PHILIPPINES

Congratulations to the nursing staff on Ward 5A, Whiston Hospital, who raised £417.10 in aid of the victims of Typhoon Haiyan.

They sold raffle tickets to their family, friends and work colleagues and staff also opted out of sending each other Christmas cards and donated money to the cause instead.



Staff on Ward 5A with the raffle prizes

Approximately 30 bags of clothes were also donated by staff, family, friends and St Matthews Church, Thatto Heath, St Helens.

Caroline Ingham, Ward Manager said: "I would like to say a huge thank for the kind generosity of all those who contributed, and to everyone that bought raffle tickets. It really is a fantastic amount of money for such a worthy cause."

1. Sebastian, 2. The Aristocats, 3. Baloo, 4. A magic feather, 5. Lightning McQueen,
6. A snake, 7. 101 Dalmatians, 8. Mulan, 9. Beauty and the Beast, 10. Alice in Wonderland,
11. Dick Van Dyke, 12. Lilo and Stitch, 13. Perdita, 14. Turtles, 15. Snow White

All things Disney! Answers from page 20

1. A stamp, 2. A deck of playing cards, 3. An egg,
4. Just one-after that, it's not empty anymore.

Riddle Corner Answers
From page 20

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SANDRA B (St Helens Hospital)

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" After many years of pondering and considering laser eye surgery I finally took the plunge in June 2012, all I can say I wish I'd done it years ago! The procedure (Lasek) and the treatment from Mr Chitkara and the team 1st class: professional, courteous and efficient. The follow up care I received was better than I could have ever imagined. Big thanks to Mr Chitkara and his team for giving me the opportunity to 'bin' the specs." BARBARA A (Whiston Hospital)

To Book a consultation please call:

Anne Walsh on Ext 6643

or email info@viewpointvision.com

Viewpoint Vision, Allen Day Unit, St Helens Hospital, Marshalls Cross Road, St Helens WA9 3DATel:

01744646643 or www.Viewpointvision.com

The winners of the recent staff lottery draws are:



November 2013

- £1,500 Lynn Naylor, Stroke Nurse Specialist, Medical Care Group
- £500 Linda Folkard, Payroll Officer, Payroll Department
- £200 Christine Winstanley, Healthcare Assistant, Operating Theatres, Whiston

December 2013

- £1,500 Maria McAteer, Clinic Receptionist, Outpatients Department, Whiston
- £500 Neil Fazakerley, Porter, Portering Services, Whiston
- £200 Karen Eyres, Highly Specialised Respiratory Physiologist, Cardio-Respiratory Department

January 2014

- £1,500 Janet Davies, Ward Administrator, Lilac Centre, St Helens
- £500 Maureen McCann, Medical Secretary, Medical Care Group, St Helens
- £200 Paula Stritch, Trainee Orthopaedic Care Practitioner, Operating Theatres, Whiston

February 2014

- £1,500 Julie Kysh, Sister, Intensive Care Unit
- £500 Karina Morris, Pharmacy Technician, Pharmacy Department, Whiston
- £200 Lisa Ryan, Medical Secretary, Pathology Department

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).



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OMG FACTS!

- Hippopotomonstrosesquipedaliophobia – is the fear of long words!
- A Rubik's cube has 43,252,003,274,489,856,000 possible configurations.
- It cost \$7 million dollars to build the Titanic, \$200 million to make the film about it.
- TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard
- The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language.
- If you multiply 21978 by 4 it turns backwards



Riddle Corner



1. I travel all over the world, but always stay in my corner. What am I?
2. What has 13 hearts, but no other organs?
3. What do you break before you use it?
4. How many bananas can you eat if your stomach is empty?

Answers on page 16

IT Operations Help Desk
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ithelpdesk@sthk.nhs.uk

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Security, Fire, Emergency 3333
Cardiac Arrest 2222

Carers Support Team
(01744) 646 640

Local Security Management
Specialist
0151 430 1611

Hospital Pager 1372
Facilities Management Helpdesk
1188



All Things Disney!

1. What is the name of the Reggae singing Caribbean crab in the Little Mermaid?
2. In which Disney film will you hear the song 'Everybody Wants To Be A Cat'?
3. Who teaches Mowgli the bare necessities of life?
4. What does Dumbo hold in his trunk to help him fly?
5. What is the name of the racing car voiced by Owen Wilson in the film, Cars?
6. What does Woody from Toy Story have in his boot?
7. In which Disney film will you find the villain, Cruella De Vil?
8. Which film does Eddie Murphy do the voice-over for a red Chinese dragon?
9. Which 1991 Disney film has a female lead called Belle?
10. The villain, The Queen of Hearts, appears in which 1951 Disney film?
11. What American actor played the part of Burt in Mary Poppins?
12. Which Disney film is set on a Hawaiian Island?
13. Name the sidekick of Disney character, Pongo?
14. What animals portray surfer dudes in Finding Nemo?
15. Which Disney classic has a talking mirror which is asked 'mirror mirror on the wall'?

Answers on page 16

Staff News 'n' Views

Next Issue: Summer 2014

Many thanks to everyone who has been involved in producing this edition, if you would like to contribute to future editions please contact:
 Lynsey Thomas, Communications Officer
 lynsey.thomas@sthk.nhs.uk

The deadline for submitting items for the next News n Views is 2nd May 2014.