

# OUR SUPERHERO STAFF FIGHT FLU!

- Protecting Our Patients
- Protecting Our Families
- Protecting Ourselves





# Employee of the Month

July 2015  
**Julie Glynn**

Macmillan Breast Cancer Nurse Specialist



**Nominated by: A patient of the Burney Breast Unit and Leena Chagla, Consultant Surgeon**

Julie has been a Macmillan Breast Care Nurse Specialist for almost four years and has worked for the Trust since 1988.

A grateful patient wrote a letter of appreciation to Chief Executive, Ann Marr regarding Julie. She wrote:

"Julie has been a massive part of my recovery, and my family and I would like her to know this. I have met a lot of ladies who have been cared for by Julie and we all have the same thoughts. I cannot put down on paper how much she got me through my illness. I feel that I could not have been treated better or more quickly. I do hope that Julie is given the recognition for the superb work she does."

Leena Chagla asked that Julie be nominated as she really does go above and beyond her duties.

Receiving her award Julie said "It is an honour and a privilege to receive the nomination from a patient who has taken the time to write about the support she received from the whole team. I would like to add it takes a real team effort to look after our special group of patients at one of their most vulnerable times in their lives."

August 2015  
**Dr Ragit Varia**

Consultant AMU Physician



**Nominated by: Dr Julie Hendry**

Dr Varia has been with the Trust since October 2012. "Dr Ragit Varia is a committed and passionate

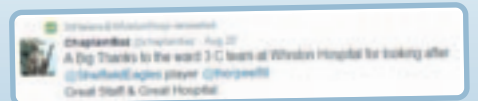
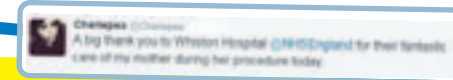
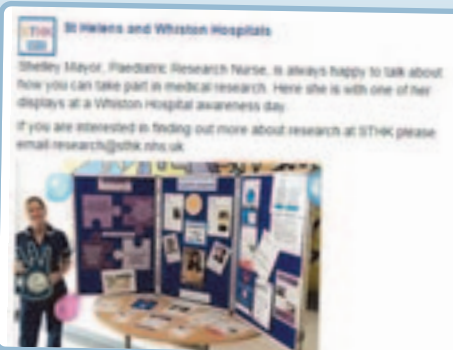
Consultant and a key member of the Acute Medical Unit team," said Dr Julie Hendry in her nomination. Receiving his award Dr Varia said "I am truly honoured to receive this award. I would like to thank all of those who have put their faith in me to lead a number of Trust projects and will do my utmost to continue to deliver. An African saying comes to mind; 'If you want to go fast go alone, If you want to go far go together'. I am thus only one individual who is part of an exceptional team that will take our organisation far. On that note I would like to thank the whole Acute Medical Team and all other colleagues and friends, without whose support a lot would not have been possible. And obviously my wife, without whose tolerance of my skewed 'work-life' balance, nothing would have been possible!"

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 Kath Richardson, Executive PA, on ext: 1175 or email: [employeeofthemonth@sthk.nhs.uk](mailto:employeeofthemonth@sthk.nhs.uk)

# Trust social life!



The Trust's Facebook and Twitter pages are reaching nearly 3000 people every day. The sites are a great way to keep up with what's going on. Here are just some of the updates we've shared recently. Follow us at [facebook.com/sthknhs](https://www.facebook.com/sthknhs) and [@sthknhs](https://twitter.com/sthknhs) on Twitter.



# Hospitals voted **BEST** in the NHS

The Trust has been ranked as the best NHS Acute Trust in England in the national Patient-Led Assessments of the Care Environment (PLACE) programme.

Results from the national Patient Led Assessments of the Care Environment (PLACE) programme rank the Trust top across: cleanliness, food, privacy, dignity and wellbeing, condition, appearance and maintenance of the hospital buildings. The Trust was one of only three acute hospital Trusts in the entire country to score 100% for the standards of cleanliness at its hospitals.

The PLACE assessments inspect and score all acute and specialist organisations throughout England. The assessments are carried out by patients, patient representatives and members of the public.

**Results show that the Trust scored extremely high in all categories assessed:**

Cleanliness: **100%**

Condition, appearance and maintenance: **97.78%**

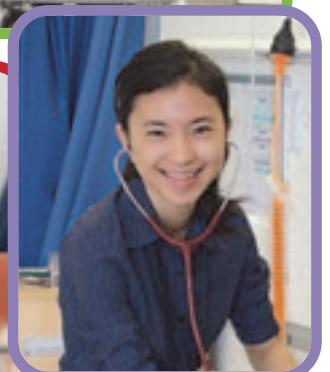
Privacy, dignity and wellbeing: **98.24%**

Food: **95.52%**

Overall score and highest in the country: **97.92%**



Ann Marr, Chief Executive said: "It is fantastic news that the Trust has been named the Best Acute Trust in the country and achieved the highest score for cleanliness in the latest environment assessments. The Trust's staff work very hard to maintain the highest standards and these results highlight our commitment to providing patients with excellent facilities and high quality care."





# New scheme for Prostate Cancer follow-up care

St Helens and Knowsley Teaching Hospitals NHS Trust is one of only five trusts in the UK to take part in an innovative pilot project for men recovering from prostate cancer. Heading up the pilot is Consultant Urological Surgeon John McCabe and Clinical Nurse Specialist Nancy Chisholm.



*From L-R: Gill Kitto (Support Worker), Patients Samuel Anderson, John Fairhurst, John McLoughlin, Eric Meadwell, Gerard Hanson, Richard Parry, Nancy Chisholm (CNS)*

The TrueNTH project, funded by Prostate Cancer UK and the Movember Foundation, looks at new ways to monitor men with prostate cancer. It's a modern and new move for the NHS, which aims to hand back to patients, with support, the responsibility for their own health.

Gill Kitto, PCUK support worker, screens clinics and highlights possible patients for the study. If they are suitable, Gill gets in touch to see if they would be interested in taking part.

The study allows patients to be more in control of their treatment. They can access blood test results and contact their support worker remotely through a specially set up IT portal. The portal offers links for patients to various outside organisations offering services and advice on healthy living, activities, diet and exercise. One of the patients on the scheme, John McLoughlin, said, "This is a great idea, it saves me going to the hospital for appointments and I know I have the support of the urology team if I need anything"

Patients are then asked to attend a health and wellbeing workshop around 6 weeks after converting to remote follow up. These are up and running with great success, and allow time to discuss any issues and share experiences with other members of the study which in turn provides great support for all involved. "This was brilliant," said John. "It was so good to meet other men in my situation and talk to them all, I would like to go to another one!"

## Bright start to the day!

The Stroke Unit (Ward 5D) has launched a new patient group. The Breakfast Club takes place every Tuesday and Thursday morning to encourage patients to regain independence at meal times.

Staff including Speech and Language, Physio and Occupational therapists are on hand to assess each patient. Vicky Mahoney, Assistant Practitioner is the lead for the session planning. The Breakfast Club also forms part of the patients individual rehabilitation programme and encourages them to interact with others and promotes their confidence and self-esteem

Speech and Language Therapist, Lucy Talbot said, "The club has provided a great opportunity for patients to have a break from the ward routine and engage in an everyday activity with others. Nursing staff have developed a better understanding of the role of Speech and Language Therapy in stroke rehabilitation and the importance of communication opportunities, especially for patients with aphasia."

Feedback from patients has been very positive. One patient said "I enjoy coming to Breakfast Club as I meet people all in the same boat." Another patient commented that they "... have a laugh and enjoy speaking to the other people".



*From L-R: Derek Baxby (Patient), Jeanette Tames (HCA), David Houghton (Physio therapy student), Alan Healey (Patient), Lucy Talbot (SALT), Phyllis Greaves (Patient), Emily Whittle (SALT), Edward Kirby (Patient).*

# Annual General Meeting 2015

The Trust held its 23rd Annual General Meeting (AGM), in September in Nightingale House at Whiston Hospital.

The meeting was attended by over 150 people, including staff and members of the public.

Richard Fraser, Chairman, opened the meeting and welcomed the assembled guests. He thanked those staff who had worked hard to provide the information display stands representing the services which are provided across the Trust. He said the Trust had a successful year during 2014/15 and praised the hard work of all staff.

Ann Marr, Chief Executive gave a presentation, reviewing the high levels of performance at the Trust over the past year and provided an overview of the financial year, highlights of the year, and outlined the Trust's objectives for the coming year 2015/16. Following the presentation, there was an opportunity for attendees to ask questions.



This year's roadshow, which showcased the Trust's care groups and departments, was a great success and highlighted the services provided at both Whiston and St Helens hospitals.



The meeting launched the Trust's Annual Report 2014/15 which is available on the Trust Website and Intranet



## Highlights of the Year – April 2014 to March 2015

Best Patient Experience in the NHS – CHKS Top Hospitals

Best Trust in the NHS Patient Led Assessment of the Care Environment

4th in National cancer Survey Macmillan Cancer Support

Best Acute Trust in the NHS - NHS Employers Flu Fighter Campaign

Top Trust in the North West – National Staff Friends and Family Test

1st Trust in Merseyside to receive Baby Friendly Award – UNICEF

Top 100 places to work – Health Service Journal

## From St Helens to San Antonio!

A new test developed at St Helens Hospital that affects decision-making in breast cancer treatment has been accepted for presentation at a world renowned Breast Cancer Symposium in San Antonio, America in December.

Consultant Oncoplastic Breast Surgeon Tamara Kiernan together with Oncology Registrar Anna Brown have devised the test. Oncotype Dx is a molecular profiling test that can tell how likely a patient's breast cancer is to recur and how much benefit they would gain from chemotherapy.

Tamara said, "We are extremely fortunate in the Northwest as our Clinical Commissioning Groups have allowed us to use this test before anyone else in England. It has given us confidence in our treatment decisions and lead to a reduction in unnecessary chemotherapy usage which is fantastic for our patients and for the NHS."



**Tamara Kiernan**



# Happy Hea

The Trust is excited to launch a new health campaign that aims to improve the overall wellbeing of our staff.

'Be Healthy Be Happy' will focus on:

- Reducing stress
- Encouraging physical activity
- Promoting wellbeing
- Improving sickness absence.

Karen Brayley, Health, Work and Wellbeing manager said "We have a fantastic health and well-being programme to support staff that can make a real difference to their lives. Over the next twelve months we plan to provide even more to help everyone become fitter, healthier and happier. Our services are free and fun to use – so why not give it a try?"

## Did you know?

- Almost 70 staff have used our self-referral physiotherapy service with many saying it saved them from taking time off work.
- 50 staff took part in the NHS games and over 90% of them said they enjoyed the experience so much they will do it again next year!
- 86 staff joined the Monday walk around the Trust clocking up just under a mile each and burning nearly 1000 calories between them

## Looking after YOU!

Our staff are so amazing at looking after patients that sometimes they don't look after their own health. The Trust is hoping to change that by launching a programme of events exclusively for staff to help them feel healthier and happier in 2016.

This will include team challenges, staff competitions (with amazing prizes) stress busting courses, personal training goals and inspirational stories to encourage and motivate everyone.

The campaign kicks off in January but if you would like help now the following events are already up and running. Why not sign up now?

### Self-care Programme

This full day course involves gaining a deeper understanding of stress and ways to manage it. To find out more contact Diana Lewis HR Business Partner on x 1456.

### Resilience Training

This one-day workshop is aimed at supporting all staff who want to thrive in the modern working world. Staff will be introduced to various skills that will promote positive well-being and encourage them to thrive. To book a place go through ESR or ask your line manager.

### And Relax

A series of brief drop in sessions where staff will be given a demonstration of relaxation techniques as well as quick tips and advice. To find out more email: [bernie.smith@sthk.nhs.uk](mailto:bernie.smith@sthk.nhs.uk)

**Remember, if you need help or advice now you can contact the HWWB Team in confidence on x1387 or drop them a line at [well.being@sthk.nhs.uk](mailto:well.being@sthk.nhs.uk)**

## Health, Work and Wellbeing Open Day

The Health Work and Wellbeing Open Day Took place at the end of September. The day was opened by Anne-Marie Stretch, Deputy Chief Executive and Director of Human Resources.

The event was very well attended and there were lots of stalls for staff to visit and information for them to take away to help to promote their well-being. Many staff took up the opportunity to have a fitness test provided by the Health Improvement Team who also gave advice about improving lifestyles.



*Health Improvement Team: From L-R: Emma Knowles, Screening Nurse, Louise Wade Occupational Health Nurse Advisor, Karen Brayley, Head of HWWB, Kate Daly, Systems Administrator, Bernie Smith, Stress Nurse Advisor, Angela Roberts, Occupational Health Nurse Advisor, Tracy Maxwell Screening Nurse*

# Healthy Staff

**2015/16 Flu Campaign**

**Calling all SUPERHEROES**

The Trust launched this year's staff flu fighter campaign and enlisted the help of the Masters of the FLU-niverse.



The flu fighting superheroes are on a mission to protect themselves, their patients and families from the evil bug Lex Flu-thor and they won't rest until everyone is safe!

At time of going to press 60% of staff had been immunised and superheroes had been spotted zapping the bug at both hospitals!

**Get your flu jab NOW!**

It's not too late to vaccinate!  
Call x1985 or email [flufighter@sthk.nhs.uk](mailto:flufighter@sthk.nhs.uk) to make an appointment



## Myth Busters

**The flu jab didn't protect me last year so what's the point?**

Last year's vaccine was not as effective as the World Health Organisation predicted because of a drift in the strains of the flu virus. However they say it is still the BEST way to protect yourself from flu.

**If I have the jab I will get the flu**

The Flu vaccine is safe and you can't catch the flu from it as it is NOT a live virus.

**A healthy diet and vitamin C will prevent flu.**

The only thing that will protect you is the vaccine.



## Flu Vaccine competition

All staff who receive the flu jab will be entered into a free prize draw. Monthly prizes are;

November - 2 tickets to see Strictly Come Dancing Live at Liverpool Arena

December - 2 day passes at The Village Hotel

To see the Masters of the FLU-niverse in action and to find out where the immunisation clinics are popping up next check out the Staff Intranet and look out for regular updates on our social media sites.

## Did you know?

Last year the Trust smashed the national staff immunisation average of 54%. A record 83.5% of our staff were immunised making us the most protected acute trust in the NHS.



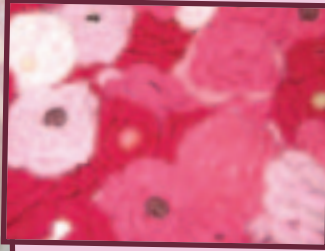


# In the Pink

Breast cancer is the most common cancer in the UK. Each year, over 50,000 women and around 350 men are diagnosed with breast cancer and one woman in eight will be diagnosed with breast cancer in her lifetime – that's why it is extremely important to raise awareness of the disease, its sign and symptoms.

Thankfully, more people are surviving breast cancer than ever before and many of our staff, patients and their families go out of their way to show their appreciation and increase awareness.

Pink scrubs, pink socks and pink shirts were the order of the day on the Critical Care Unit at Whiston – and that was just the men! Lead Nurse Kim Sims organised their brilliant Big Pink Event.



The St. Helens Branch of Soroptimist International did their bit by selling handmade pink brooches.

Anita Bradford hosted an Afternoon Tea Party with friends and family and raised a massive £910.15 for the Burney Breast Unit. Anita was diagnosed with breast cancer in 2013. Following a lumpectomy and further treatment, Anita wanted to give a little back to the unit where she received the "best care imaginable".



When keen runner Amanda Coogan, Advanced Paediatric Nurse Practitioner, was diagnosed with breast cancer in March her running club, the St Helens Striders, organised a Race Around The Dream and also competed in the Lakeland Trials raising a total of £750 for Macmillan.



## Staff across the Trust took part in Wear It Pink day.

Michelle Otty (pictured left) from Pharmacy was crowned Pinkest Person of the day! Not only was it great fun but over £600 was raised for the Burney Breast Unit.





# Charity Champions

*We know our staff go above and beyond for our patients but it seems they do the same for charity too. News n Views has been inundated with inspirational stories of people doing more than their bit for great causes. A huge "Well Done!" to everyone featured!*



*Left to right: Peter Rigby, David Downs, Paul Harris Paul Williams Julie Parr, Patrick Reid, Gillian Wilson, Paul Gerrard (driver), Mike Fallon Paul McNally Cliff Morgan*

**The VINCI FM team from Whiston and St Helens Hospitals completed a gruelling challenge to climb Snowdon, Scafell Pike and Ben Nevis within twenty four hours.**

Despite a three hour hold up in traffic, two team members sustaining injuries, and having to trudge through a foot of snow for the last mile, they all still managed to complete the challenge and raised a magnificent £4165.00 for Macmillan Cancer Support.

**John Hampton, Turnaround Director came out fighting at a charity boxing event.**

John, a keen boxer, was a few (ahem!) years older than his 18 year old opponent but went the distance lasting all 3 rounds and receiving a standing ovation from the crowd. Sadly he didn't win his bout but the event raised over £8k for Cancer Research UK and other charities. Here he is landing a punch on his young rival.



**Assistant Catering Manager David Woodward Braved the Shave in August Macmillan Cancer Support.**

David was motivated to lose his locks after beating mouth cancer 11 years ago. His new hairdo raised £365.

**St Helens Hospital hosted the 'World's Biggest Coffee Morning'.**

The event was a huge success, the coffee and cakes were delicious and staff and visitors raised over £1300 for Macmillan Cancer Support



**Haematology Clinical Nurse**

**Specialist Ruth Jackson took part in a Tough Mudder to raise funds for CLIC Sargent.**

She braved mud, water, ice - and even got electrocuted for her trouble! But don't worry, it was all part of the 'fun'! Ruth's brave efforts raised £800 for CLIC Sargent.

# Painting brightens up Burney Breast Unit

Celebrated local artist Paul Cousins has kindly donated one of his stunning paintings to brighten up the counselling room in the Burney Breast Unit.

Paul's wife, Laraine, was treated at the Unit after being diagnosed with breast cancer last year. Paul said, "Laraine received treatment very quickly, and the situation was so well handled." It was Laraine's idea that Paul should donate one of his paintings. "I commented that the counselling room could do with a painting, so Laraine said I should donate one of mine!" The acrylic on canvas is one of a series of paintings from his 'Sky' collection. It shows a view of St. Helens including Billinge, Knowsley Safari Park and Taylor Park. "It has quite an ethereal feel," said Paul. Many patients agree and have commented on how calming it is.



From L-R: Hannah Longworth, Curator, World of Glass, Paul Cousins, Artist, Laraine Cousins, Leena Chagla, Consultant Surgeon and Julie Glynn, Macmillan Breast Cancer Nurse Specialist

## Say "Hello" - or should we say "Vítejte!"

Mike Scott, Clinical Director for General Surgery, and Colette Hunt, Medical HR Manager, visited Masaryk University in Brno, Czech Republic earlier this year to speak to 4th and 5th Year Medical Students about joining the Trust's fantastic team. The response was overwhelming and resulted in the Trust offering posts to six overseas graduates. One of the successful candidates, Dr Jakub Kazda who has been with us since August said;

"I'm really excited about the Trust and the hospital, everybody is so helpful and friendly, which made it easier for us to start working in the new environment. The beginning is always a little bit scary I suppose, especially as we didn't train in this country, but we have received a lot of support here and fitted in very quickly."

We look forward to continuing our links with Masaryk University.



L to R; Mr Mike Scott, CD for General Surgery, Dr Eva Vitvoska, Dr Avni Vyas, Dr Jakub Kazda, Gwen Pantak DM for General Surgery, Dr Richard Navratil, Colette Hunt Medical HR Manager and Dr Stuart Hopkinson. (Absent from the photo Dr Sergio Da Silva).

## End of an Era



Dr Sarah Graham gets carried away at her retirement party!

After 26 "fabulous years" at Whiston Hospital, Dr Sarah Graham has retired.

Sarah has been an enormous part of AED as an Emergency Medicine Consultant and the department gave her a wonderful surprise send off to celebrate her time with the team.

An emotional Dr Graham said "Thank you for all the laughs, tears and continual bewilderment at the wonder of human behaviour. I will treasure the memories of you all. Good luck in everything you do, look after each other as well as your patients"



# Halton Vintage Rally

The Trust took part in the Halton Vintage Rally in September which was a great free day out with fun for all the family. An estimated 70,000 people enjoyed the weekend of sunshine!

Staff from across the Trust volunteered to work in the Health Zone marquee, promoting Trust services and celebrating the excellent work of our staff.



The event was a great success and feedback from organisers is that the Health Zone really helped visitors and the local community to consider their health needs and provide valuable feedback about the services provided.

A big thank you to all those who took part.

## It's not over yet!

Congratulations to the STHK Cricket Team who were victorious in their inaugural match against Bridgewater Community Healthcare. The 15-over match was played at Newton-le-Willows CC. STHK batted first and some solid play set a decent total of 96.

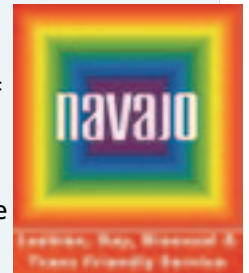
Excellent bowling from STHK meant Bridgewater fell 31 runs short. Discussions are already taking place for a re-match early next season!



L-R – Kneeling– Ian Stewardson & Tushar Mahambrey

L-R Standing - Sanjee Meenak, Chris McNamara, Ben Kennedy, Mark Hogg, Fahad Attar, Yousuf Saleem, Sarfaraz Khan, Thomas Pantak, Vinay Shanker, Ragit Varia.

## Trust Seeks Navajo Charter Mark



The Trust is currently establishing itself as a Lesbian, Gay, Bi-Sexual, Transgender (LGBT) friendly organisation by committing itself to achieve the locally agreed best practice standards, known as the Navajo Charter Mark, which aims to involve and serve the LGBT community in terms of their social well-being.

The Navajo Merseyside & Cheshire LGBT Charter Mark is an equality mark sponsored by In-Trust Merseyside & Sefton Embrace and supported by LGBT Community networks across Merseyside – a signifier of good practice, commitment and knowledge of the specific needs, issues and obstacles facing lesbian, gay, bisexual, and transgender (LGBT) people in the area.

The Trust is working with the Workforce Council to put together a Task and Finish Group to drive this agenda forward.

If anyone is interested in joining this project please contact either:

**Phil Dearden (0151 430 1552 or Philip.Dearden@sthk.nhs.uk)**

**Kate O'Driscoll (0151 430 1230 or Katharine.O'Driscoll@sthk.nhs.uk)**

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SANDRA B (St Helens Hospital)

" 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 1<sup>st</sup> class: professional, courteous and efficient. The follow up care I received was better than I could have ever imagined. Big thanks to Mr Chitjkara 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 Extn 6643**

**or email [info@viewpointvision.com](mailto:info@viewpointvision.com)**

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

01744646643 or [www.Viewpointvision.com](http://www.Viewpointvision.com)



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Friday	27 November	<del>£49.50</del>	£44.50
Saturday	28 November	<del>£49.50</del>	£44.50
Friday	4 December	<del>£52.50</del>	£47.50
Thursday	17 December	<del>£52.50</del>	£47.50

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# Guess Who?



Congratulations to all those who correctly identified Kevin Hardy, Medical Director, as our mystery man in the old fashioned ambulance from our Guess Who competition in edition 49.

The lucky winners of a one day leisure pass for the Village Hotel, Whiston, are:

Caron Jones, Research Nurse

Malcolm Roberts, Transfusion Practitioner

Michael Greenall, St Helens Theatres

Diane Stanley, Ward Manager

David Brown, Senior Clinical Coder

5 more day passes are up for grabs if you can identify this (very) young lady .....

Winners will be chosen at random email your answer to [communications@sthk.nhs.uk](mailto:communications@sthk.nhs.uk)

Did you  
know?



## BONFIRE NIGHT

- A firework can travel at speeds of up to 150mph - the same as some biplanes.
- The name "bonfire" derives from the term "bone fire"; in the Middle Ages, these types of fires were usually set up in order to burn bones.
- The first recorded fireworks display in England was at the wedding of Henry VII in 1486.
- Calls to fire services across Britain can almost triple during Bonfire Night. Be sure to stay safe!

## It could be you!! Trust LOTTERY

### August winners

Susan Nevitt, Ward 4F  
Christina Bates, Outpatients Department  
Caroline Owen, Radiology Department  
Lisa Roberts, Maternity Department  
Mrs Maria Stewart, Plaster Technician, Ward 3C

### September Winners

Mr Paul Lambert, Task force Engineer, Informatics, Alexandra Park  
Mrs Leigh Walsh, Receptionist, Outpatients Dept  
Mr Alan Kennah, Healthcare Assistant, Ward 4C  
Mrs Karen Massey, Sister, ICU

### October Winners

Philomena Wilkinson, Diabetes Nurse Specialist  
Heidi McMahon, Health and Safety Training Co-Ordinator

To be in with a chance of winning the 'Staff Lottery', search 'Lottery' on the staff intranet and download an application form. The draw takes place each Monday, and the lucky winner is announced via global email.

## Staff News 'n' Views

Next Issue: December 2015

Many thanks to everyone who has been involved in producing this edition, if you would like to contribute to future editions please contact:

[newsnviews@sthk.nhs.uk](mailto:newsnviews@sthk.nhs.uk)

The deadline for submissions for the next News 'n' Views is 30th November 2015.

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