St Helens and Knowsley Teaching Hospitals NHS Trust

# News

NHS #LetsDoltTogether Home







































www.sthk.nhs.uk

World Class Care in the Heart of the Local Community







## Employee of the Month

## December 2018 **Emma Knowles**

Screening Nurse, Health, Work and Wellbeing

#### Nominated by: Peer Flu Vaccinators

Emma joined the Trust in 2009 as a Screening Nurse for Health, Work and Wellbeing (HWWB) and has been recognised for her success in championing this year's flu campaign.

In her nomination, the peer flu vaccinators said: "From day one, Emma led the vaccination programme with seemingly endless energy and enthusiasm. Her passion for the flu campaign is evident and her work ethic is second to none. In many instances, her calm and reassuring nature has helped staff who may not have previously had the vaccination protect themselves this year.

Emma embodies the Trust's values and is a great example of how everyone at the Trust plays a vital role in delivering 5 star patient care."

Receiving her award, Emma said: "I feel very humbled to have been awarded Employee of the Month and feel that much of the credit is due to being part of an incredible flu team who supported each other through a busy campaign to achieve the best for the Trust. I would like to thank all the peer vaccinators for nominating me and all my fantastic colleagues in HWWB who have enabled me to achieve this award."

#### January 2019 Laura Croft

Temporary Workforce Manager

#### Nominated by: Matrons

Laura has worked at the Trust since 2017 as the Temporary Workforce Manager and has been nominated for her effective management of the Trust's temporary staffing service.

In her nomination, the matrons said: "Laura is an asset to the care groups and an integral part of the daily staffing meeting, not only for nurse staffing, but also in relation to supporting the medical workforce.

Laura's drive and commitment to supporting the organisation is second to none. She is always calm and responsive, even when she is exceptionally busy and under pressure to deliver on many different priorities. Her patience, coupled with her knowledge and understanding of the rules regarding bank and agency is appreciated by all of us."

Upon receiving her award, Laura said: "I am extremely grateful to have received this award. I am very appreciative of all the hard work that both my Staffing Solutions and Medical Locums teams have undertaken to ensure we have the workforce in place to deliver five star patient care."

If you would like to nominate a member of staff for Employee of the Month, you can download a nomination form from the Awards Hub on the intranet, call Jayne Byrne, Executive PA, on ext: 1291 or email: employeeofthemonth@sthk.nhs.uk

#### SPOTLIGHT ON

# Sam Whelan Patient Experience Manager

Name: Sam Whelan

Age: **41** 

Star Sign: Leo

Favourite Film: **Pretty Woman**Favourite Food: **Maltesers** 

Biggest Ambition: To learn to ice-skate

Greatest Achievement: Training to be a midwife and completing my degree whilst raising

4 young children

Dream Holiday: Anywhere with a white sandy beach and a few good books on my kindle

Sam joined the Trust in January 2019 as Patient Experience Manager, a role that ensures patients, their families, carers and staff have a positive influence on the way services are delivered across our hospitals and communities.

Sam manages the Patient Advice and Liaison Team, works with the patient experience user groups and liaises closely with other departments such as the Spiritual Care Team, Volunteer Service and Healthwatch to ensure patient experience is of the highest quality.

As part of her role, Sam regularly visits the wards and departments to carry out the 5 a day initiative, gathering the views and experiences of 5 patients in their own words. This is a proven way of highlighting issues and enables the Trust to remain responsive to all feedback.

Sam is passionate about delivering excellent care and is looking forward to developing the role of Patient Experience Manager further in the coming months.



# Flu Champions

We're delighted to announce that more staff at STHK have been vaccinated against flu this year than at any other acute Trust in the country, protecting not only themselves but our patients too.

Since the launch of our Flu Vaccination Campaign in September 2018, **91%** of Trust staff across Whiston, St Helens and Newton hospitals, as well as our community staff have been vaccinated against the killer virus.

Ann Marr, Chief Executive, said: "This is the highest vaccination rate we have ever achieved. I am incredibly proud of our staff for putting our patients first and protecting themselves and their colleagues against flu this winter. We really don't take this for granted and your support is, as ever, greatly appreciated."

The high uptake rate has been recognised nationally with colleagues from across the country contacting the Trust to ask just how we have managed such a remarkable achievement.

The answer of course lies with our staff who always put their patients and colleagues first.

This year, the hard-working Health, Work and Wellbeing Team were joined by a team of Peer Vaccinators and together they became the ultimate flu fighters! Vaccinating 24/7 at pre-arranged clinics and on ad-hoc walkabouts they vaccinated over 3,200 frontline staff.

Sharing the latest flu news, keeping staff informed and recognising the 100% areas was down to the Communications Team who created **Flus at Ten**. Based on News at Ten, they adapted the logo, used the highly recognisable theme tune, and even hired ITV Regional News Reporter Paul Crone to present it!

All this made the 2018/19 campaign the most successful in the Trust's history, which just goes to show what can be achieved when when our staff all pull together.

It's still not too late for staff to have the flu jab – contact Health, Work and Wellbeing NOW ext.1985 for more information.

## STHK FLUS at TEN

Megan Williams talks about the importance of staff protecting their family members with her mum Jayne Gore



Peer Vaccinator, Kirsty Mason, is part of the 100% team at Allen Day Unit



ED Consultant, Andy Ashton, talks about why it's important to protect your colleagues



Paul Crone presents the 100% team certificate to Duffy Suite



Microbiology receive their 100% team certificate



Chief Executive, Ann Marr, thanks staff for protecting their patients and colleagues



Paul Crone signs off the final Flus at Ten report with Peer Vaccinators, Malcolm Roberts, Simon Lee and Emma Knowles



## Free Public Wi-Fi!



The Trust has launched free NHS Wi-Fi across Whiston, St Helens and Newton hospitals making it quicker and easier to get online.

The new Wi-Fi gives our patients, staff and visitors the ability to browse the web, access email and video call via personal or Trust provided mobile devices/smartphones.

#### To access NHS Wi-Fi:

- 1. Check your device Wi-Fi is turned on
- 2. Select 'NHS Wi-Fi' and connect
- Open your internet browser and follow the on screen instructions to register\*
- 4. Browse the internet

\*(Please ensure Sky Roaming Terms & Conditions and Advertising Choices are reviewed) User support available 0333 222 5688

# INTRODUCING NEWS2

The Trust is launching National Early Warning Scores (NEWS2) that will replace eMEWS for adult patients across our hospitals.

NEWS2 is based on a simple system in which a score is allocated to 5 physiological measurements already taken in hospitals:

- respiratory rate
- temperature
- blood pressure
- pulse/heart rate
- consciousness level

NHS England is introducing NEWS2 for all acute hospitals and ambulance trusts across the country by March 2019. The main benefit is to further improve patient safety, as all hospitals will be using the same system, another benefit is that NEWS2 can also act as an early warning system to aid the detection of an adult patient's condition deteriorating due to sepsis.

At the Trust, all Super-Users have now been trained and a programme of training is underway for all staff who care for adults over 16 years and currently use eMEWS.

This national training is available through the learning platform Moodle, accessible via: https://elearning.shk.nhs.uk using the same log-in details staff have for Trust computers.

This training can be completed at home or in work. A username and password for NEWS2 is generated for the staff member once training is completed. There are also quick guides available to assist users.

Training covers areas such as completing observations (including how to record during any system downtime) and for doctors and AHPs there is also targeted training on the review of observations and TPR charts.

If you need to book your training or have any questions, please email the NEWS2

**Lead Nurses:** 

lesley.kelly3@sthk.nhs.uk

or

david.large@sthk.nhs.uk



# Trust launches Hate Crime reporting scheme

The Trust has joined forces with Merseyside Police to launch the first ever Hate Crime Reporting Scheme, as part of Merseyside Hate Crime Awareness Week.

This confidential online reporting service, launched in February, allows anyone from across our organisation and local communities to report, in complete confidence, any incidents or concerns around hate crime to Merseyside Police.



Chief Executive Ann Marr said: "As a Trust, we feel that is incredibly important for us to support our local community in all aspects of living, not just health.

If someone is a victim of hate crime it can greatly affect their emotional wellbeing and it is vital that as a focal point for the local community, we offer a safe environment for patients and staff. I am proud that we are the first NHS organisation to provide this new way of reporting hate crime, hopefully it will go a long way to helping protect people's quality of life."

Detective Chief Inspector John Williams, Head of Protecting Vulnerable Persons Unit at Merseyside Police, added: "This scheme is really important, for the NHS Trust and Police to work together sends out a strong message that hate crime is not accepted in our local community."

The Trust has worked in close partnership with Merseyside Police for a number of years, with Hate Crime Coordinator Police Constable, Al Russo, regularly holding awareness clinics at both St Helens and Whiston hospitals. The new online scheme extends this partnership, and enables anyone from across the local communities, including staff to report their concerns in confidence direct to Al.



Francine Daly, Trust
Governance Officer;
Al Russo, Trust Hate
Crime Co-ordinator;
DCI John Williams; Cllr
Pauline Kelly; Ann Marr,
Trust Chief Executive;
Assistant Chief
Constable Rob Carden
and Cheryl Farmer,
Trust Patient Experience
Lead at the Trust's Hate
Crime Launch

To report an incident, or for confidential advice, you can contact Constable Al Russo, Hate Crime Co-ordinator, directly on the staff intranet or via the Trust's website: Staff intranet – nww.sthk.nhs.uk/report-hate-crime Trust website – www.sthk.nhs.uk/report-hate-crime

#### What is a hate crime?

A hate crime is when someone commits a crime against you because of your disability, gender identity, race, sexual orientation, religion, or any other perceived difference.

It doesn't always include physical violence. Someone using offensive language towards you or harassing you because of who you are, or who they think you are, is also a crime.

#### What is a hate incident?

A hate incident is any non-crime incident which is perceived by the victim or any other person to be motivated by hostility or prejudice based on a person's disability, race, religion, sexual orientation or gender identity or perceived disability, race, religion, sexual orientation or gender identity.

It can be in many forms including verbal or online abuse, insults or harassment such as taunting, offensive leaflets and posters, abusive gestures or bullying. Home for Lunch

Together we are a fantastic team! This winter everyone has been pulling together to do everything they can to ensure our patients are discharged Home for Lunch, and that they receive the best experience we can provide during a very busy and challenging time.

We launched Home for Lunch in December 2018, as a way of making sure the patient's journey through our hospitals is smooth and with minimal delay.

It's about doing what is best for both the patient and our hospitals. Here's just some of the benefits of leaving hospital earlier in the day:

- It is safer and more convenient for patients and families
- Transport is more readily available
- It reduces unnecessary delays within the hospital
- Specialist services are more widely available during the day
- Greater number of staff are on early shifts to accommodate discharges and new admissions
- It helps us to free beds for patients needing acute care

#### So far some of the initiatives introduced are:

- "PULL" Model fully embedded on AMU and Wards 1D, 3C, 3D
- iPhones introduced to A&E, AMU Coordinators and Site Managers to improve communication
- Deep clean request process streamlined and Coordinator role implemented
- Improvements made to the Transfer lounge

This has led to real improvements across our wards, the numbers speak for themselves.

In January 2018, we discharged **872** patients before midday.

In January 2019, this had risen to **1022**, an increase of **17%** – that is simply fantastic!

Our aim is to discharge 33% of patients home for lunch and thanks to everyone's hard work we are undoubtedly heading in the right direction. So much of this is down to team work which has been recognised each week with individuals and teams who have made a real difference to our hospitals receiving WOW moments and Ward of the Week awards.

Well done to you all, let's keep going!











### #TwitterTakeover

The Trust's social media channels go from strength to strength with more and more people choosing to communicate with us via these platforms. With over 15,000 followers on Facebook and Twitter, it's a great way to engage with people not just across Merseyside, but worldwide and now our staff have the chance to get involved.

Every Tuesday, the Trust's Twitter account is handed over to a member of staff who takes over the reins to highlight just what they get up to every day. It's a fantastic way for staff to give a sneak peek at what goes on behind the scenes at STHK, share all the reasons why they love working in the NHS, and highlight the opportunities and vacancies in their area which helps boost recruitment.

Ben Verburg, Radiographer, hosted the first #TwitterTakeover on Tuesday 12th February with great success. Engagement was high achieving over 19,500 Twitter impressions with video updates alone viewed over 3000 times.

Ben said:

"I really enjoyed the opportunity to share the great work we do in Radiology.

"The tweets received lots of

support from colleagues across our hospitals and other NHS organisations as well as some positive comments from patients and their families. I'd recommend anyone to get involved."

# Sthelens&WhistonHosp @sthinhs - Feb 11 Have you ever wondered what it is like to be a #Radiographer? Join Ben from our Radiology Department tomorrow as he takes over the account for our first #TakeoverTuesday Tune in from 7aml Ben's join me video.

#### **Coming soon**

Members of staff from Pathology, Dementia, A&E, Informatics, Medical Education and Communications will be taking over so follow us now @sthknhs

If you'd like to take part in #TwitterTakeover, please contact: **communications@sthk.nhs.uk** 

### **Awesome Apprenticeships**

We're always amazed and incredibly proud of staff who embrace learning and development as part of their everyday work life, and it's something as a Trust that we wholeheartedly support. We are delighted to showcase just some of this year's apprenticeship stars and wish them all the luck for their continued studies.

Sixteen of our existing Healthcare Assistants have embarked on a 2 year Nurse Associate Apprenticeship with our partners Edge Hill University. This is a first for the Trust as this is a new post and we are delighted to support their career progression in nursing. Once qualified, our nursing associates will be able to join the nursing associate register, held by the Nursing and Midwifery Council.

Four of our staff members have enrolled with Bolton University on the Operating Department Practitioner level 6 apprenticeship. This is another brand new Degree Apprenticeship and we are delighted they are amongst the first intake.

Ten staff members have become the first group from an NHS Trust to study the new Payroll Administrator Apprenticeship level 3 with training provider MBKB.

And it doesn't stop there, we have many more staff who are going back to school whilst juggling their busy daily lives. Don't underestimate the commitment and hard work this takes – **good luck to all of you.** 







Left: ODPs Karla Parr and Marc Ward Right: Endoscopy Assistant Emma Mousley

If you are interested in furthering your career development in this way, come and see us during National Apprenticeship Week, 4th - 8th March when we'll be holding drop in sessions in the following locations:

- Monday 4th March Main Reception,
   St Helens Hospital 10am 2pm
- Wednesday 6th March St Helens Room,
   First Floor, Alex Park 10am 2pm
- Thursday 7th March Nightingale House,
   Whiston Hospital 10am 2pm
- Friday 8th March Newton Community Hospital 10am - 2pm

# St Helens Hospital set to smash 10K target



The St Helens Star backs our campaign to raise 10K





To celebrate the 10th birthday of St Helens Hospital in September 2018, Whiston and St Helens Hospitals' Charity launched an appeal to raise £10,000 to be shared evenly across 5 separate projects to brighten the lives of patients.

Now, just 6 months on from the appeal's launch, the Charity is delighted to announce that thanks to the generosity of people across the borough and some great fundraising from staff, they have already raised more than £6,000! Elizabeth Titley, Charity Manager, said "Everyone has taken this appeal to their hearts and wowed us all. We are delighted to be able to buy digital windows for the Lilac Centre and patient pagers for the Burney Breast Unit more than 6 months ahead of our appeal end date!"

However, there is still more to do and the Charity would be delighted to hear from anyone who can help them not just achieve their goal but smash it! They are halfway to raising the funds needed to makeover the hospital's counselling room, and need further funds to purchase four iPads for patients to use on the hospital's rehabilitation unit, as well as a further £1,500 to provide a modern and welcoming children's waiting area.



# **Charity Newsletter**

Keep up to date with the latest Charity news in our brand new Charity newsletter, now available at Main Reception at Whiston and St Helens hospitals or on our website –



### Find out more!

If you would like to find out more about the appeal, how you can raise funds or to make a donation, visit the Charity's website at:

www.wshospitalscharity.org/fundraise/ sthelens-10k-appeal/

or to give directly visit:

www.justgiving.com/wshospscharity

Every single penny and pound you donate makes a difference, as without your support we couldn't provide all those special extras for our patients.

Donations can be made online at:

www.justgiving.com/wshospscharity or by calling the Charity Office on 0151 290 4400.

# Charity Abseil is back!

The popular charity abseil at Whiston and St Helens hospitals returns this year and places are filling up fast.

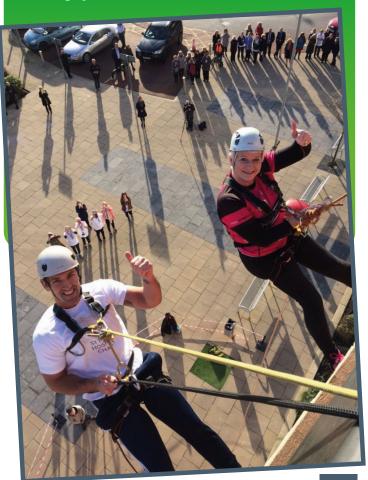
Staff and supporters are jumping at the chance to take part, with even the Mayor of St Helens, Councillor Pat Ireland taking part. It's a great way of raising money, having fun and even dressing up... if you fancy it!

The abseil will take place at Whiston Hospital on 14th March 2019 and St Helens Hospital on 15th March 2019.

The event is open to anyone over the age of 10, and all abilities. Entry is minimum £50. Participants can raise sponsorship for their chosen funds or the General Fund.

The last event raised over £11,000, which truly helped to brighten the lives of our patients, so what are you waiting for? Sign up today!

Call the Charity Office: 0151 290 4400 or email: gaynor.whistlecroft@sthk.nhs.uk





Back Row (L-R) Elena Morris, Dee Dundar, Clare Carr, Front Row (L-R) Beena Joseph, Jenny Tattan-Price, Lisa Murtagh

### The Inpatient Acute Pain Team consists of:

- Two acute pain nurse specialists and non-medical prescribers
  - Dee Dundar & Elena Morris
- Four acute pain sisters
   Clare Carr, Beena Joseph,
   Lisa Murtagh and Jenny
   Tattan-Price

# Introducing the Inpatient Acute Pain Team

#### Who are we?

The Inpatient Acute Pain Team are responsible for reviewing and treating patients within our hospitals with acute pain. They are also responsible for educating staff around evidence-based treatments for patients living with pain.

We work closely with post-operative patients, particularly after major colorectal, orthopaedic, trauma and gynaecological surgery. An important part of our work is to help ensure that a patient's pain is managed effectively. This can enable them to participate in any physiotherapy and help prevent complications from lack of mobility following surgery.

Education for staff is key, and we provide teaching around patient controlled analgesia, offer ward-based teaching sessions and offer study days within burns and plastics. We are always happy to help, so please take the opportunity to ask questions when we are on the wards or in Consultant rounds as teaching within the clinical setting is extremely important.

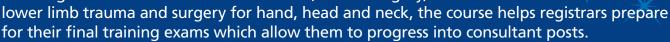
#### How to contact us:

Bleep: 7212 & 7652 Extension: 1266 Mon - Fri: 8am - 4pm

### Life in plastic, it's fantastic!

Our world-renowned Burns and Plastic Surgery staff have once again shown they are at the forefront of their field, developing an intensive training course that is attracting students from across the country.

The course is aimed at senior registrars of burns, plastic and reconstructive surgery who are aspiring to become consultants. Covering areas such as burn reconstruction, breast surgery,



Anirban Mandal, Burns, Plastic and Reconstructive Surgeon, said: "The Mersey FRCS Plast Course has been nationally recognised and is attracting extremely positive feedback from those who attend. The course is the perfect preparation for plastic surgeons reaching the end of their training and looking to practice independently as a consultant within the NHS".

Run twice a year from Whiston Hospital, it is hoped that due to the national success of the course, that Whiston will soon be attracting international students keen to learn from the best in the business!





## Win Easter!

Our super staff raffle is back and this time its egg-stra special!

Yes, you can win everything you need for a Hoppy Easter

#### **Prizes include:**

- 55 inch Ultra HD Smart TV by JVC
- £100 Tesco vouchers
- A hamper of Easter Eggs
- Days out with the kids
- Beauty vouchers (to help you recover from a day out with the kids!) ...and much more

Tickets on sale from just £1 per ticket Raffle drawn on Friday 12th April 2019

Monday 11th March 2019, How egg-citing!



## Staff deals and discounts

There's lots of benefits to working in the NHS, you meet great people, care for lovely patients and get 20% discount at Nandos!

That's right, working here means that you qualify for lots of great offers and discounts from leading high street brands including Merlin Entertainments, FootAsylum, Vodafone, Arriva and many more.

Check out the staff intranet for all the deals and details. Happy Shopping!



# Because you're amazing!

We regularly receive feedback about how fantastic the care is at our Trust. Here are just some of the messages from the last few months.

#### \*\*\*\* Ward 2B

Would like to thank all the staff at Whiston. The porters, the cleaners, the doctors, the nurses, especially on Ward 2B, are truly amazing and made sure my mum's last days were as comfortable as they could be. She was treated with respect and dignity and we thank you.

#### \*\*\*\* A&E

Wonderful, attentive, dignified care given to my mum who was taken to Whiston A&E with heart problems. From paramedics, triage right through to final diagnosis. All working together as a team. Reassuring care and attention. Thank you for making a stressful day and night bearable, all of you do an amazing job.

#### **★★★★★** Outpatients

My mum visited outpatients to have a review for her on-going back pain and saw a lovely doctor! The care she describes was second to none, he was kind and genuinely seemed interested in helping her. Thank you Dr for your lovely manner!

#### \*\*\*\* Holbrook Unit

Came into the Holbrook Unit yesterday for a small procedure – the staff were so amazing – so caring and considerate – they made me feel really at ease and cares so much.

#### \*\*\*\* SCBU and Ward 3F

My baby was born prematurely at 34 weeks, the staff and Drs on SCBU are absolutely outstanding, and the level of care and respect they give is second to none. After us coming home for a little short while, my little boy was admitted to Ward 3F and spent time in HDU. I really can't thank all the staff enough and they made me feel so at ease at such a difficult time. All the medical staff made my son better and for that I can't thank them enough!!

#### \*\*\*\* Stroke

Nurses on the Stroke Ward were brilliant and gave a care service of the highest standard. Many young nurses who were brilliant in their devotion

to patient care, watching very elderly patients constantly and doing all they could to alleviate any difficulties.

#### **★★★★★** Cardiology

On Ward 1E everything was very close to meeting your stated aspiration of providing 5 star patient care. The staff were kind and communicative, the facilities were roomy and super clean and the food was excellent in both quality and choice. The food was rather better than I had received in a private hospital!!

#### \*\*\*\* Respiratory Medicine

I attended Respiratory Medicine, having chosen St Helens over closer hospitals because it offered earlier appointments. The building was bright, clean and spacious. Staff – from canteen assistants to the clinical staff – were all helpful and courteous. The clinic was quick and efficient. The doctor took trouble to explain everything carefully. I was very impressed.

#### **★★★★★** Diagnostic Endoscopy

Attended the hospital today as part of the bowel screening programme. The welcome, procedure and care was 100%. The guys in the colonoscopy unit are amazing and very professional. If you do get a letter about bowel screening, do go to this as it's not as bad as you fear or embarrassing at all. Great hospital x

#### \*\*\*\* Ophthalmology

It still blows my mind that we have all of these services for free! I was referred to the Ophthalmologist on Tuesday & was seen in clinic the next day! I only had a short wait to be seen. Fantastic service are really appreciate being seen so quickly and professionally.

#### \*\*\*\* Rheumatology

The Rheumatology Dept. at St. Helens Hospital is second to none. The staff are always kind, caring and professional and in my opinion they all go the extra mile to put patients at ease.

### It could be you!!

#### December 2018

Marie Gallagher, B&P Surgery Natalie Johnson, Ward 3F Sandra Pilling, Rheumatology Mary Muldoon, Ward 3D

To be in with a chance to win the cash each week, you can download and complete the Lottery application form on the staff intranet today: http://nww.sthk.nhs.uk/library/documents/LotteryApplication2014.pdf



#### **January 2019**

Karen Hughes, SCBU William Bowman, Endoscopy Unit Gillian McNally, Switchboard Michelle Baker, Patient Booking Services

## News 'n' Views

#### Next Issue: Summer 2019

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

The deadline for submissions for the next News 'n' Views is 15th April 2019.

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