



South Tees Hospitals



NHS Foundation Trust

TALKING POINT



January 2017



Sir Robert Ogden
Macmillan Centre

Multi-million pound plans for cancer centre at Friarage unveiled

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together we do the amazing

Talking Point is your magazine and it is only as good as you make it.

It is produced quarterly in January, April, July and October each year.

Ideas and stories or suggestions to make Talking Point even better are always welcome.

Contact the communication and engagement team on **01642 854343, extension 54343, James Cook** or email **public.relations@stees.nhs.uk**.

Mailing list – still need a hard copy of Talking Point?

We are reviewing our mailing list as Talking Point is now available on the Trust website and on social media. It is distributed around the hospital departments, sent to staff as an e-book and available on the staff intranet.

If you don't need an individual hard copy any more can you please email public relations and we will remove you from the mailing list.

Talking Point is written and illustrated by the communication and engagement team and designed by Octagon Design and Marketing Ltd who specialise in gaining advertising support for magazines so Talking Point is now produced, packaged, distributed and delivered at a minimal cost to the Trust.



Staff at James Cook celebrate the Trust's 'Good' CQC rating

Trust services rated as 'good' by Care Quality Commission

THE transformation of our organisation was recognised by the Care Quality Commission (CQC), which upgraded the Trust's rating from 'Requires Improvement' to 'Good', with several areas of outstanding practice identified.

Commenting on the 'significant progress' made by the Trust, England's Chief Inspector of Hospitals, Professor Sir Mike Richards, said: "We came across numerous examples where patient outcomes have improved since our last inspection, which is great news for people using these services."

Chief Executive Siobhan McArdle said: "This is a big step forward for the Trust and a clear demonstration that we are delivering real change for patients. Our upgraded rating to 'Good' is down to the hard work and commitment of our staff, who have worked tirelessly to improve patient outcomes.

"We are incredibly proud of our organisation and the significant progress we have made over the past couple of years and we remain focused on continuing to provide outstanding care to the patients we serve."

Two areas of practice – Nursing for End of Life care and work to provide care to patients closer to home – were identified as 'Outstanding' in the report.

Professor Richards also praised the IMProVE (Integrated Management and Proactive Care for the Vulnerable and Elderly) programme, which has re-designed the way care is delivered for the elderly, describing it as 'best practice'.

Professor Richards continued: "During our original inspection, South Tees Hospitals NHS Foundation Trust was going through a significant period of change to restructure services and we saw them engaging with staff, local commissioners and the public.

"It is clear that this process and the changes that have been implemented as a result are reflected in the improved quality of care we found at this inspection."

The Trust was re-inspected by the CQC in June 2016, following the previous review in December 2014 and the CQC's latest report acknowledged the newly established executive team, strengthened by investment in clinical leadership, held a clear ambition to be recognised as an outstanding organisation.

Professor Richards concluded: "We also found significant progress had been made in the areas of finance and governance which was a very encouraging sign. We were very impressed with the improvements we saw, and the Trust should be proud of their new 'Good' rating."

Multi-million pound plans for cancer centre at Friarage unveiled

Multi-million pound plans to expand cancer services at the Friarage Hospital have been unveiled.

MACMILLAN CANCER Support has been working with South Tees Hospitals NHS Foundation Trust to develop proposals for a new cancer centre at the Northallerton hospital.

North Yorkshire-based philanthropist Sir Robert Ogden is jointly funding the project with Macmillan. This is his third similar project in partnership with the charity. The building would be known as the Sir Robert Ogden Macmillan Centre.

Patients, staff and visitors are being given the opportunity to have their say on the proposed development ahead of a planning application being submitted to Hambleton District Council.

The building, which will cost in the region of £10 million, will create a modern, state-of-the-art facility for patients, carers and relatives and will include:

- A chemotherapy treatment lounge with capacity to treat up to 35 patients a day
- Complementary therapy facilities
- Treatment and consulting rooms
- A Macmillan cancer information and support centre
- Supporting accommodation (including telemedicine facilities)

If planning permission is granted, building work on the new centre could begin this summer with the project completed by the summer of 2018.

Sir Robert Ogden said: "I am delighted to fund this, my third cancer treatment centre in Yorkshire, the design of each one of which improved on and learned from its predecessor. The new Friarage centre is a much needed advance in the provision of cancer treatment to the people of North Yorkshire."

Paul McCavana, Macmillan head of

services for the North, said: "This is a fantastic opportunity to provide a state-of-the-art cancer care facility, all under one roof, for people in and around Northallerton. It will provide a space for patients to have all their needs assessed, not just physical and clinical, but their financial, emotional and psychological needs too. That will help ensure there's a more joined up service.

"We're pleased to now be in a position, with our partners at South Tees Hospitals NHS Foundation Trust, to showcase the plans and to acknowledge the generosity shown once again by Sir Robert Ogden."

The Trust's Chief Executive Siobhan McArdle said: "We are excited to be working with Macmillan to build this fantastic facility at the Friarage. This centre will enable us to further enhance our delivery of leading edge cancer services closer to the population we serve.

"This project, along with the new MRI scanner and other planned service developments, demonstrates our long-term commitment to delivering clinically safe and sustainable services to the people of Hambleton, Richmondshire, Whitby and the surrounding

area from our Friarage site."

Dr Angela Wood, strategic lead for cancer services and a consultant haematologist, added: "This is the start of an exceptionally exciting time for the development of cancer services at the Friarage and will help us to provide the highest quality of care possible for our patients in a dedicated environment."

Currently, the Friarage provides diagnostic cancer services for lung, upper GI, urology, gynaecology, lower GI, breast and haematology as well as skin cancer and brain tumours. It is also a treatment unit for colorectal, haematology, breast and lung cancer.

Members of the public were invited to share their views at an event at the hospital earlier this month.

Comments about the plans can be made to Ingrid Walker, Operations Director at the Friarage Hospital, by emailing ingrid.walker@stees.nhs.uk throughout January.

An artist's impression of the Sir Robert Ogden Macmillan Centre waiting area



Major redevelopment of Guisborough Hospital site announced

THE local NHS has confirmed the £4 million redevelopment of a new primary care centre on the Guisborough Hospital site.

The former Priory ward building will be completely redeveloped as part of the plans, with the current building stripped to its shell and completely rebuilt to provide a modern health care environment for local people.

Existing community and outpatient clinics will continue to be provided in the new-look centre, while additional space will be created for more services to be provided from the site in the future.

As part of a formal public consultation in 2014, NHS South Tees Clinical Commissioning Group (CCG), the organisation responsible for planning and purchasing the majority of health services on behalf of local people, pledged that the hospital site would be redeveloped.

The CCG originally proposed the development of the Chaloner building, but following feedback from patients and stakeholders about access to the building via a steep hill, car parking, and its layout, other options were considered.

These included a complete new build on the site, and development of the Priory block. The Priory block redevelopment was chosen as the preferred option as it is much easier for patients to access and would save over £1 million compared to a new build option.

The £4 million redevelopment will be funded in the most part by NHS Property Services, who will also own the building. The Chaloner building, also owned by NHS Property Services, currently provides a base



The Guisborough Hospital site

"This major new development will provide a fantastic modern, purpose-built facility for patients and staff."

for administrative staff.

This building will be sold as part of the redevelopment of the site as it has been declared surplus to local NHS requirements.

Administrative staff will move from the Chaloner and Ashwood buildings to

Langbaugh House in the town and Coatham Road in Redcar. Patients will

also have the choice to access some services at Coatham Road as part of the redevelopment, utilising a building that has stood empty for two years.

The Guisborough project is also in line with the recently published national Sustainability Transformation Plan (STP), which focuses on providing more care in local communities or in patients' homes.

Work is expected to begin on the site in October 2017 and be completed by October 2018. Some services will

temporarily move to the day hospital building while work is carried out.

The CCG will work closely with the Trust and other provider organisations to ensure that disruption for patients will be kept to a minimum.

Dr Janet Walker, Chair of the CCG said: "This is fantastic news for Guisborough and the local area and reaffirms our commitment to provide health services as close to home as possible."

Kevin Oxley, Director of Estates, Facilities and Capital Planning at South Tees Hospitals NHS Foundation Trust, said: "This major new development will provide a fantastic modern, purpose-built facility for patients and staff, housing existing community and outpatient services while also giving us the opportunity to provide additional services in Guisborough in the future."

Peter Todd, Principal Construction Manager at NHS Property Services, added: "It's an exciting time and we look forward to sharing more information with the local community as the programme of work continues."

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Drop-in chest x-ray service opens in Middlesbrough

A DROP-IN chest x-ray service has been launched in Middlesbrough to step up the fight against lung disease.

The pilot clinics, based at James Cook and at the One Life Centre in Linthorpe Road, make it easier for people with symptoms of poor lung health to get help and treatment.

To attend the clinics people must have one or more of the following symptoms:

- a cough lasting more than three weeks
- chest pain lasting more than three weeks
- coughing up blood

And they must also be a current smoker, aged over 50 and should not have had a chest X-ray in the last three months.

Dr Vytyis Dudzevicius, Lead Clinician for lung cancer at the Trust said: "This service provides easier access to chest x-rays, particularly for

people living in more deprived areas where there is a higher prevalence of the risk factors for lung cancer.

"We hope it will encourage people to get any symptoms checked out as soon as possible so we can detect the disease in its early stages, while it is still treatable and potentially curable.

"Unfortunately, up to 80% of patients currently present with advanced stage lung cancer and only approximately 65% of them are able to receive active treatment for cancer."

The pilot is part of the Macmillan Integration of Cancer Care Programme and is supported by Macmillan Cancer Support, South Tees Hospitals NHS Foundation Trust,

Middlesbrough Council, South Tees Clinical Commissioning Group (CCG) and the Tees Valley Public Health Shared Service.

For more information visit reduce-your-risk.co.uk



Dr Vytyis Dudzevicius hopes the drop-in chest x-ray service will encourage people to get their symptoms checked out sooner



'Nightingale' Bev Rodgers leaves the Trust after more than 30 years working for South Tees - and an NHS career spanning 37 years

Best wishes Bev for a long and happy retirement!

A MUCH-RESPECTED ward sister, who spent the last five years of her career caring for cancer patients on Ward 14 at James Cook has taken a well-earned retirement.

Bev Rodgers' NHS career spanned 37 "very enjoyable" years – but she is now looking forward to spending some quality time with friends and family.

Bev began training at North Tees in 1979, continuing as a staff nurse at the Stockton hospital until 1985.

She then became a junior sister on the former South Cleveland Hospital's respiratory ward, gaining promotion to senior sister, before being appointed as the North-east's first 'bed manager' in 1992.

She remained in this role for almost 20 years, before joining the oncology team on Ward 14 as senior sister in 2011.

She said: "There have been many highlights in my career but I would say working with the medical, nursing, allied professionals and Carillion staff on Ward 14 has been the most fulfilling."

Bev took great pride in earning a Trust Nightingale Award in 2013, and in February, Ward 14 became the first at James Cook to achieve STAQC (South Tees Accreditation for Quality Care) status.

"The team and I are immensely proud of this achievement," said Bev.

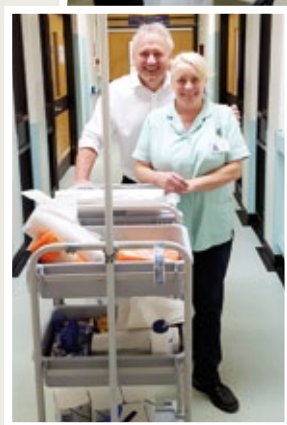
Back to the floor

WHEN our new Director of Estates, Facilities and Capital Planning, Kevin Oxley, was challenged to see just how busy some of our wards were, he grasped it with both hands.

Kevin did a 'back to the floor' session with domestic colleague Lynn Young on the Friarage's Ainderby Ward.

"Lynn had raised with me at a staff open forum just how busy some of the wards can be and invited me to go and work with her to prove it, so I did," he said.

"I did enjoy the session and better recognise the demands on her and colleagues on the busier wards. I've also agreed to support the ward housekeeper next with the morning patient feeding."



Getting stuck in: Kevin gets to grips with the day job and is also pictured with Lynn



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Consultant in Cardiothoracic Services Jonathan Ferguson with the lung surgery team at the Friarage

New lung surgery service to benefit patients

AN INITIAL 150 patients a year are set to benefit from a new £95,000 investment in new lung surgery services at the Friarage.

New specialist imaging equipment, increased theatre capacity for lung surgery and outpatient clinics are now being provided, benefitting patients from across Hambleton and Richmondshire who previously travelled to Middlesbrough for treatment.

Jonathan Ferguson, Consultant in Cardiothoracic Services who is leading the development, said the new service would be "more local and more responsive" - and would be greatly welcomed by patients across the North Yorkshire area, including Harrogate and Thirsk.

Dr Ferguson said: "This will greatly benefit patients now and in the long term. It will result in reduced waiting times across the Trust's patch - and possibly further afield - as the service we now offer at The Friarage was traditionally provided in other, larger centres like James Cook.

"This investment also further cements our organisation's commitment to developing services

at the Friarage and providing care closer to people's homes."

The development has benefitted from a £14,000 donation from Friends of the Friarage who have contributed to funding new specialist equipment needed to provide the service.

It will also help to ensure theatre space available at the Friarage can be transformed, not only to become fit for purpose, but to provide the highest possible standards in patient care and comfort.

Mr Ferguson also acknowledged the role of military anaesthetic colleagues in enabling this service to be provided more locally.

Lieutenant Colonel Oliver Bartels said: "We are delighted to be involved with bringing such a key service to The Friarage to enable a high level of care and vital surgical services to be provided closer to people's homes in Hambleton and Richmond."

Upendra Somasundram, Chairman of the Friends of the Friarage, said: "We're delighted to support this investment and contribute towards what is an important service at the Friarage. It is great to see new developments happening on the hospital site."

Pilot community bed receives patients along generous local

The pilot community NHS bed in Dales has received its first patients along generous financial grant from the Council with support from local

THE community bed, funded by NHS Hambleton, Richmondshire and Whitby Clinical Commissioning Group opened in August and, to-date, has successfully admitted and discharged three local patients.

The purpose of this pilot was to trial a model of 'step-up/step-down' beds so patients are able to receive care as close to their own homes and communities as possible, for up to six weeks.

Step-up/step-down beds are a short stay arrangement in extra supported housing schemes to assist patients with regaining mobility and retaining daily living skills so they can ultimately return to living safely in their own home. These beds can also be a preferred place of care for patients at end of life.

The pilot facility based in Sycamore Hall extra care housing at Bainbridge, is not just a bed, but an entire flat funded by the CCG. Patients who are referred to the facility by their local GP have access to their own kitchen, bathroom and living room as well as other communal areas including a garden with views of Wensleydale.

The facility based in Sycamore Hall extra care housing at Bainbridge, is not just a bed, but an entire flat funded by the CCG.

Community NHS first living with clinical support

...ed in the North Yorkshire
patients along with a
...m Richmondshire District
local residents.

To help make patients feel even more
at home, a generous sum of £500 was
granted by Richmondshire

District Council to help
furnish the flat, after an
appeal by CCG Health
Engagement Network
Representative and
Richmondshire
resident, Jane
Ritchie MBE.

pilot
based in
Hall extra
housing at
, is not just
an entire
bedded by
CCG.

Access to this
bed has allowed
patients to remain
in their own
community while
their health and social
care plans were agreed
by the multi-disciplinary

team, patient and family without
the additional emotional pressure of
removal from their community. This
provides a holistic person-centred
approach which helps with clinical
decision-making.

Following results of their public
consultation on community health
services called 'Transforming Our
Communities' - and feedback from the
pilot in Bainbridge - the CCG is now
implementing these beds in other
identified areas of Hambleton and
Richmondshire including Thirsk, where
facilities in Herriot Gardens extra care
housing went live on 1 December.

The outcome of the consultation also
saw the permanent closure of Lambert
Memorial Hospital in Thirsk.



A few choir members are put through their paces!

Come and enjoy the music!

**LOOKING for a way to relax
and unwind after a busy day
at work? Why not join the
Trust choir which relaunches
in January with free weekly
sessions at Trinity
Holistic Centre.**

Anyone is welcome
to come along and
join in the fun –
you don't have to
be a professional
singer or be able
to read music to
take part, you just
need to enjoy a good
sing-a-long!

The group meets every
Tuesday from 5.15pm to 6.15pm,
sings everything from Beatles
songs to calypso music, and is open
to staff, patients and members of
the public.

And as its members will testify, it
is the perfect way to relax and de-
stress after a busy day at work.

"It helped me overcome anxiety
and stress," said Judy Butler,
who took early retirement
from the paediatric speech and
language team but enjoyed the
choir so much she still comes

back each week!

"Once you are here it just lifts you!
It's like therapy, we just talk and
laugh and sing."

Bev Tytler, Orthopaedic
Discharge Sister said: "To
have a choir in the
Trust is great for
staff wellbeing. It
is important we
find time to look
after ourselves
by doing
something that
helps us relax. It
is a time to switch
off before going
home and a chance to
relax but at the same time
doing something I enjoy.

"Angela Bennett is the leader
behind the group and shows her
passion through the efforts she
puts in voluntarily, week by week."

If you are interested in
getting involved email Bev at
bevytytler76@hotmail.co.uk – no
audition required!



To view a video of the
choir rehearsing visit
[southtees.nhs.uk/
services/choir](http://southtees.nhs.uk/services/choir)

"To have a choir
in the Trust is
great for staff
wellbeing."



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Getting up close and personal with the future of surgery

Local philanthropists have been given the opportunity to get up close and personal with robotic surgery at James Cook which, to date, has benefitted over 400 patients.

SURGEONS started using the da Vinci robot in November 2014 after the machine was secured through the generosity of the local population donating to the Cutting Edge Fund, part of South Tees Hospitals Charity.

Initially used for patients with prostate cancer, the robot is now used by clinical teams to treat bladder cancer, kidney cancer, colorectal and gynaecological disease, head and neck disease and thoracic surgery.

As it accesses areas of the body with minimal intrusion, the outcome for patients is much better, reducing the side effects and complications of surgery with quicker recovery times.

As a way to say thank you, an open day was held in the Institute for Learning,

Research and Innovation to showcase what the robot can do and potentially seek further funding support.

Medical Director for Planned Care and Consultant Urologist David Chadwick said: "Robotic surgery has been a significant development for our organisation but as this is still a relatively new hi-tech procedure, we do require ongoing support to further develop this service.

"Our aim has always been to improve the diagnosis and management of early prostate cancer and other cancers in the region by using the best available techniques and equipment and in

the two years we've been using the robot, the benefits to patients have been huge.

"We need to keep up with developing technologies in order to make sure we continue to deliver the very best care for our patients. This was our opportunity to extend our thanks to the groups and individuals who have supported the appeal to date and share the work we've been doing."

Joe Guerin, President of Middlesbrough Erimus Rotary club who was a guest on the day, said: "The dedication, skill and innovative techniques being developed in robotic assisted surgery by the surgical teams and nursing staff is a credit to the hospital team.

"I listened to a talk by a recent patient about their amazing recovery - home the next day and no pain after the operation - and that really showed the power of robotic surgery, while watching videos of operations where this precision significantly improved the results from tumour removal was inspiring."

Anne Newnam, a former nurse who is a patient of Mr Chadwick's, attended the event with her husband - a former consultant anaesthetist at the hospital, her engineer son-in-law and grandson, who is studying for a Masters degree in engineering.

She added: "The four of us had very different interests and reasons for coming but we all found it a fascinating day. It was pitched at a perfect level - whether you had a health background or not - and highlighted some of the fantastic work happening right here for patients."

"We need to keep up with developing technologies in order to make sure we continue to deliver the very best care for our patients."



Having a go: Guests see first-hand how the robot works



Richard and Tracy Clarke officially open the revamped Children's Day Unit at James Cook with a little help from Billy Maskell, 6, (left) and Tom Donaghy, 7

Children's unit upgrade in memory of Abbie

THE Children's Day Unit at James Cook has been given a £50,000 makeover thanks to the generosity of local charity Abbie's Love.

The charity was founded by Richard and Tracy Clarke in memory of their 10-year-old daughter Abbie, who they lost to sudden unexpected death in epilepsy on 1 December 2006.

Abbie's legacy lives on through the charity which has raised more than £360,000 over the past 10 years to help other children and young people with epilepsy. More than £135,000 of this has been donated to the Trust to help fund vital research, neurosciences facilities, staff training and specialist equipment for children to use at home.

Most recently the charity pledged £50,000 towards the upgrade of the Children's Day Unit.

The major revamp has seen the creation of:

- a reception and waiting area
- four new consultation rooms where children can be assessed in a more private environment
- a nurses station within the main observation bay to improve visibility

and communication

- a young people's "chill area" to allow older children and young people to socialise and de-stress in a more suitable environment

The work has also been supported by a generous donation from The James Cook University Hospital Voluntary Services.

Richard said: "It's just nice to do this after 10 years. It's the biggest thing we have donated to the hospital so far and it will help thousands of children."

Cathy Brammer, matron for children's and neonatal services, said the changes have made a major impact on the day to day running of the unit, making better use of space and enabling children to be assessed more quickly.

"We are so grateful to Abbie's Love and all of its supporters," she said.

"Richard and Tracy are amazing people and have been fully supportive throughout the completion of the work which has been staggered due to the need of the service to remain open throughout."



To see a picture gallery of the new unit go to www.southtees.nhs.uk/news/fundraising/childrens-unit-gets-50k-upgrade-memory-abbie/

"We are so grateful to Abbie's Love and all of its supporters."

Advanced simulation tools boost patient safety

THE James Cook University Hospital Voluntary Services Coffee Lounge has donated three new manikins to the resuscitation department at James Cook.

Resuscitation staff were delighted to receive two advanced adult resuscitation manikins, one paediatric advanced resuscitation manikin and the SimPad control system to accompany them.

Nicki Rennison, resuscitation officer, said: "With these new manikins the department will be able to facilitate more realistic simulated scenarios thereby preparing staff to deal with real life emergency situations.

"The manikins will allow staff to practise life-saving resuscitation procedures, improving both technical and non-technical skills so it will help us improve patient care and patient safety.

"Feedback from staff who have participated in simulation training shows that they feel more confident in real emergency situations and can identify areas of improvement for future practice."



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New 'CUP' service is launched for suspected cancer patients

A NEW acute oncology service is up and running for patients with suspected cancer at James Cook.

The cancer of unknown primary (CUP) team provide a fast-track service to patients whose initial results from tests or examinations by a GP or hospital clinician suggest they may have symptoms of cancer.

The team, made up of an oncologist and specialist nurses, are there to ensure any further tests or scans are done quickly and to assess suitability for on-going treatment.

Specialist Nurse Emily Park said: "Not all patients referred to us have cancer, but our first priority is to get this confirmed or ruled out.

"If cancer is confirmed the next question is what type is it? Cancers are often named by where the cancer came from, which we refer to as the 'primary' site. CUP is a term used when cancer has been diagnosed but the original site of the cancer cannot be found.

"Our team are there to support patients with this type of suspected or confirmed cancer through arranging further tests and potential treatment options although for some of our patients, the primary cancer will never be identified."

The team's focus is on managing patients' symptoms as not every patient will be suitable – or want – further treatment. Throughout the investigation phase, a patient will be assigned a key worker from the CUP team who will be there to offer advice, support and answer any questions.

Emily added: "A cancer diagnosis is frightening for the patient, family and friends but not to know where this disease has originated in the body can be really difficult for people to make sense of or explain to others.

"Patients with suspected and confirmed 'Cancer of Unknown Primary' may have a lot of questions and concerns due to uncertainty



The team from the acute oncology service which covers James Cook and the Friarage

"We're here to offer that support and try to help them get through this."

around it – we're here to offer that support and try to help them get through this."

The acute oncology service reviews oncology patients who have been admitted acutely unwell with side

effects from their anticancer therapy or their malignancy and works over both the James Cook and Friarage sites.

The service also supports the consultant oncologist of the week with their role as metastatic spinal cord compression (MSCC) co-ordinator and the cancer of unknown primary (CUP) service as necessary.

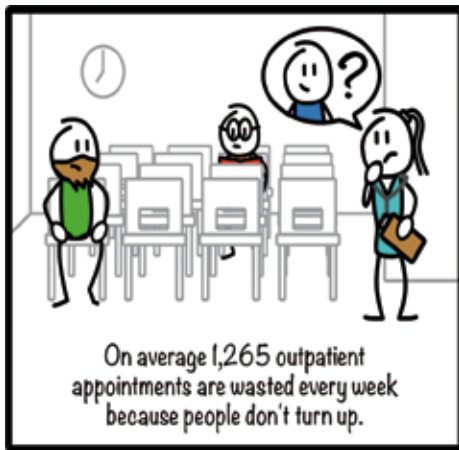


Patients urged not to miss appointments!

EVERY week more than 1,200 outpatient appointments are wasted at the Trust because patients fail to turn up.

Over the last 12 months 65,786 appointments were missed that could have been offered to other patients – each one costing the Trust an average of £150.

The Trust has already started to review its processes to improve patient letters and appointment reminder services to try and reduce its Did Not Attend (DNA) rate.



But it is also urging everyone across Teesside and North Yorkshire to do their bit by letting departments know if they cannot attend – whatever the reason.

Head of Outpatients, Ian Rooney, said: "There are a number of reasons why people "DNA". Some genuinely forget, but others don't attend because they struggle to get the time off work or are feeling better.

"We are urging everyone to let us know if they cannot make it as someone else might really need that appointment. Plus every missed appointment costs us

an average of £150.

"We know we can reduce this, that's why we are reviewing our patient letters and reminder services, but we need patients to let us know if they will not be attending by calling the number on their appointment letter or using our online cancellation form.

"We are also urging patients to make sure their GP has their up to date contact details including emails and mobile numbers if they are happy to be contacted in this way."

Patients can cancel or rearrange appointments 24/7 by visiting southtees.nhs.uk/patients-visitors/change-appointment/

Why do people not turn up?

We want to hear your ideas on how we can reduce our DNA rate. You can Tweet us @SouthTees or share your experiences on our Facebook page – facebook.com/SouthTeesHospitals

Cardiovascular trial now published

THE cardiothoracic research team has celebrated the completion of its **Steroids and STents Against Re-Stenosis (SSTARs)** study.

SSTARs was the first multi-centre (James Cook and and Edinburgh) pharmaceutical randomised controlled trial funded by industry and sponsored by the Trust.

It was also the first Trust sponsored randomised controlled trial to be adopted onto the Clinical Research Network portfolio.

The trial was designed to answer two questions with respect to

coronary angioplasty:

1. Is the rate of re-narrowing seen with cobalt chromium stents the same as or better than stainless steel stents?
2. Does the addition of steroid treatment have an impact on the re-narrowing rates?

The team recruited more than 800 patients into the first randomisation of the study (prednisolone vs placebo tablets) and 315 into the full study (prednisolone vs placebo tablets then further randomised to cobalt chromium stent vs stainless steel stents.)

The study concluded that each of the stent types performed equally well. Re-narrowing rates were fortunately low but were not influenced by the steroid tablets.

The study was published in the *International Journal of Cardiology* 2016 216: 1-8. The main author Dr Zulfiqar Adam has subsequently passed his MD based on his work for this study.

The research team is extremely grateful to all the patients who took part, the Trust R&D department for all their help, and all the members of the division who worked hard to make sure the team completed the study.





Paul Watkins and Upendra Somasundram with staff from the radiology team and Ingrid Walker, Operations Director at the Friarage

Construction work begins to house new MRI Scanner at the Friarage

Building work has begun to house a new MRI Scanner at the Friarage as charity campaigners edge closer to their £2million target.

CONSTRUCTION partners Interserve have started work in the former special care baby unit where the Magnetic Resonance Imaging equipment, which is used to detect a wide range of conditions in almost any part of the body, will be based.

The scheme is expected to be completed by spring (April) 2017 although

fundraising by South Tees Hospitals Charity - in partnership with the Friends of the Friarage who have generously pledged £500,000 towards the Appeal – continues.

South Tees' Head of Fundraising Paul Watkins explained the success of the campaign so far was down to the generosity of the Friends and the support of the local community.

"I'm delighted to say we're almost there. It's

great to see the builders moving in to start the enabling works to bring this essential piece of medical equipment to Northallerton," he said.

"While we're at the bricks and mortar phase, I'm conscious the hard work really began a few years ago when we launched this Appeal and the residents of North Yorkshire have rolled up their sleeves and really got behind us.

"Your support has been phenomenal and I'd like to take this opportunity to thank the Friends, the charity team and everyone who has held an event, shaken a tin or made a donation. We're so close to our fundraising target - I know we can get there!"

"We're so close to our fundraising target - I know we can get there!"

MRI scanners are increasingly used to diagnose a wide range of health conditions and the Trust carries out over 27,000 scans every year – 6,500 of which are for patients living in the Hambleton and Richmondshire area.

However, as the Friarage doesn't currently have this diagnostic equipment, North Yorkshire patients often have to travel to Middlesbrough or Darlington for these important imaging tests.

Chair of the Friends of the Friarage Dr Upendra

Somasundram added:

"The scanner will be a fantastic additional resource for the medical teams at the Friarage, complementing the diagnostic services currently available at the hospital.

"We're delighted to support such a worthwhile cause which will provide a much needed service to the local population in such a valued hospital. It's great to see this development progressing - we'll continue to fundraise right up to the installation of this vital equipment."

David Flewker, Regional Director, Interserve Project Services Ltd, said: "Interserve is delighted to be delivering the MRI Scanner development at the Friarage. We have worked closely with the Trust to design this facility and as a local company we are extremely pleased to be involved with a project that will

bring an improved level of healthcare to the community."

Local MP Rishi Sunak has also added his support to the Scanner Appeal: "This is great news for the Friarage and its future. The Friends and the South Tees Hospitals Charity have done a fantastic job of raising the money for a hugely beneficial item of equipment which will provide invaluable diagnostic capability right here in our much loved local hospital."

Having a scanner on the ground floor of the hospital will:

- Provide a local diagnostic service for local residents
- Reduce outpatient and inpatient waiting times
- Enable conditions to be diagnosed more quickly with faster treatment planning
- Mean less travelling to other hospitals for scans
- Allow clinical specialties at the Friarage to work closer together
- Allow the development of new clinical services at the Friarage Hospital
- Support clinical trials to help improve the Trust's research profile
- Reduce the need for costly exploratory surgery

riarage
MRI
Scanner
Appeal



Healthy cooking demo proves popular with staff



Paralympian Matt Crossen joins staff at the James Cook event

Health fair proves a hit with staff

STAFF health and wellbeing fairs at James Cook and Friarage hospitals have been deemed a success after more than 1,000 people attended the events.

Free healthy food samples and cooking demonstrations proved popular while almost 40 teams signed up to take part in the 2017 step challenge.

The James Cook event included a special appearance from Paralympian Matt Crossen who said: "It's good to see the hospital driving such an important matter for staff to maintain a fit and healthy lifestyle."

HR co-ordinator Hannah Lindsey said: "On behalf of the health and wellbeing team we would like to say a huge thank you to everyone who attended the fair and helped make it a success."



Friends of the Friarage help South Tees Hospitals Charity team celebrate the start of the construction work



together we do the amazing

Hundreds of patients could benefit from at home therapy

AN AWARD-winning project to provide intravenous (IV) antibiotics to patients with a long-term lung condition in their own homes is set to benefit dozens of others with different health conditions.

The cutting-edge service improvement enterprise looked at how providing IV antibiotic therapy to patients in their own homes rather than as inpatients in hospital could improve both the patient experience and also reduce costs.

Initially designed for patients with bronchiectasis like Anne Clark, 79, from Eston, it has proved so successful it has now been expanded to patients with cellulitis – an infection caused by bacteria that normally live harmlessly on the skin.

Plans for further expansion also include patients with diabetic foot ulcers, who require long term IV antibiotics – medicine delivered through a cannula or catheter (tube) directly into a vein – for up to six weeks.

There is, however, potential for hundreds of other patients with various

different health conditions to benefit from this form of treatment at home in the coming years, rather than remaining in hospital when their only treatment requirement is IV antibiotics.

Anne, who previously spent up to two weeks in hospital twice a year to manage her condition through IV antibiotic therapy, was the first patient to benefit.

“It’s just wonderful being able to stay at home and have this treatment. There’s no comparison to being in your own home following your own routine,” she said.

“There’s no comparison to being in your own home following your own routine.”

The project saw community matrons across Middlesbrough, Redcar and Cleveland being trained to administer IV antibiotics to patients with bronchiectasis through a Rapid Project Improvement Workshop (RPIW) which formed part of South Tees CCG’s IMProVE programme (Integrated Management and Proactive Care for the Vulnerable and Elderly).

RPIWs start with professionals suggesting an idea which could solve a particular problem or improve a service to the trust’s service improvement team



Anne Clark, the first patient in the South Tees area to receive IV antibiotics at home – pictured with Respiratory Nurse Specialists Janet Leight, Kathleen Allison and Tina Stallard and Consultant Respiratory Physician Dr George Antunes

and after the project was accepted, the team involved including Sam Griffiths, the RPIW “process owner” and clinical lead for community nursing spent five days designing and redesigning the service.

This was followed by several months of regular reports and feedback meetings to ensure the service was designed and developed to be as slick as possible.

Sam said: “A collaboration of clinical staff from both the hospital and community setting came together to improve the service for the benefits of patients. This included a respiratory consultant, bronchiectasis specialist nurse, community matrons, specialist physiotherapist and other clinical staff. To date 14 patients have received the service with very positive feedback from patients.”

Dr George Antunes, Consultant Respiratory Physician at James Cook and medical lead for the service, added: “All team members were extremely dedicated to the success of the project and continue to strive to provide the best care possible. This has resulted in the team winning the ‘Outstanding improvement in patient experience’ award at the North East, Cumbria and Yorkshire and Humber Commissioning Awards 2016.”



Dr George Antunes (left) and Sam Griffiths with the award and the IPIW team

Cutting edge lung cancer procedure is world first

LIKE most cancer patients, Graham Smith was very worried about having major surgery to remove the cancer from his right lung, and wanted to make sure he was receiving the most advanced treatment available.

As a patient at James Cook, he learned about a new surgical procedure the hospital was the first in the world to offer – a microlobectomy.

The cutting-edge technique was pioneered by Joel Dunning, a thoracic surgeon at the hospital, to reduce the invasive nature of the procedure and help patients recover faster from lung cancer surgery.

“When someone tells you you have cancer, it’s the end – just for that short time, then Mr Dunning pulls you right out again,” said Graham. “He was keen to get in there and get it out. The quickness of my recovery after major surgery was marvellous.”

Microlobectomy is an advanced minimally invasive surgical procedure for the removal of cancerous lung tissue. The procedure requires the use of tiny 5mm incisions between the ribs, and a small incision below the ribs.

Traditional procedures use incisions that are twice as large or larger between the ribs, and are much more painful - requiring much longer recovery times.

“I expected to be a lot more disabled – I’m amazed,” said Graham. “I’ve

successfully returned to my basic lifestyle and it gets better every day – the lack of pain is brilliant.”

Microlobectomy reduces patient pain, accelerates recovery and allows patients like Graham to go home from the hospital sooner. According to a study presented by Mr Dunning to the world’s largest gathering of cardiothoracic surgeons in Barcelona, 22% of microlobectomy patients go home one day after their procedure and 42% go home on the second day.

“When I came here in 2012, the average length of stay for lung cancer patients was seven days – with this new technique it’s three days,” said Mr Dunning.

Among many advances in surgical tools to enable less invasive procedures, a new surgical tool called the MicroCutter 5/80 helped make Graham’s procedure possible. The MicroCutter is the smallest-profile and most manoeuvrable stapler available today, roughly the size of a pencil.

“Its 5mm size makes it beautifully attuned for this innovative and new approach for treating lung cancer patients,” said Mr Dunning. “The device is able to turn up to 80 degrees, virtually at right angles, which is fantastic for working in the tight confines of a patient’s chest.”



To view a video about Graham’s procedure visit southtees.nhs.uk/news/hospitals/cutting-edge-lung-cancer-procedure-world-first/

“I’ve successfully returned to my basic lifestyle.”



Award success for James

Congratulations to Consultant Orthopaedic Surgeon James McVie on being named Northern Region Orthopaedic Trainer of the year!

James, who has worked for the Trust since 2009, is a specialist in shoulder/elbow and limb reconstruction surgery.

He regularly runs courses in external fixation (the ‘cage-like’ devices used on limbs to immobilise them) and upper limb trauma surgery using cadavers donated to medical science.

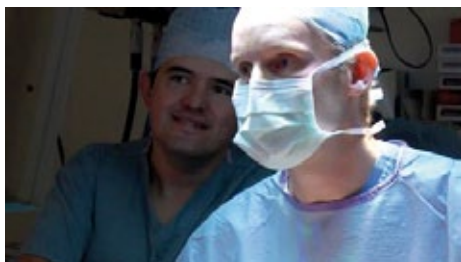
The latter has previously been recognised by the Royal College of Surgeons of England for its excellence in training surgeons.

At the Northern Deanery Orthopaedic Surgeons annual Kreibich awards (named after the late Orthopaedic Surgeon Neil Kreibich), James was announced as winner of the orthopaedic trainer of the year award, as voted for by the northern region orthopaedic trainees.

James, who admitted winning the award was a ‘lovely surprise’ said: “I was very honoured and flattered that the people felt this way about the training I do. It shows all the extra hard work we put in is appreciated and that is great. It gives you more energy to keep developing things.”

Col Stewart, Clinical Director of Trauma & Orthopaedics, added: “Jim’s award as trainer of the year comes as no surprise to his colleagues or trainees. He is defined by his work ethic and generosity of spirit. He is a fine man.

“Our trainees are the future of our specialty. Time is precious to us all, but Jim is selfless, to a fault at times, in giving that extra time, extra encouragement, and confidence to our trainees. We are so pleased to see his commitment to teaching and training has been recognised in this prestigious award.”



Joel Dunning in Theatre during the procedure



Graham Smith at home after his procedure



together we do the amazing

Kind-hearted teen raises funds to help others in need of a wheelchair

WHEN teenager Elizabeth Mewett collected a wheelchair from the Friarage, she vowed to raise money to help other patients who could benefit from the service.

And determined Elizabeth, 13, has not let having the fatigue-inducing condition Idiopathic Hypersomnia stand in her way.

The condition, which results in excessive day time sleepiness, means Elizabeth, of Holme-on-Swale, relies on her wheelchair when she becomes extremely tired, to the point where she could be at risk of collapsing.

But as well as coping with the everyday effects of the condition, which already make her life that bit more challenging than the average teenager's, Elizabeth set precious time aside to raise funds to help others too.

Elizabeth, a pupil at Thirsk School and Sixth Form College, said: "I just really want to give something back to the hospital for all the help they have given me and for my wheelchair."

As soon as Elizabeth decided she was



Elizabeth (right) and sister Anabella at the Friarage with a tombola stall

going to raise money, she immediately started calling local businesses looking for raffle and tombola prizes in her school lunch hour.

She also sold tickets at the weekend at Northallerton Market and at the Friarage during November.

The raffle prizes ranged from bottles of wine to golf lessons, meals out and experience days.

Elizabeth's mum, Jolene, 42, said: "Elizabeth has always been a very kind and caring girl. She first started coming to hospital at the age of four and was the one who would entertain the babies on the children's ward to give the mums a break!

"When she left hospital with the wheelchair, she decided she wanted to raise money to buy some more wheelchairs and just ran with the idea, sourcing raffle prizes in her lunch hour at school.

"It's a great cause as we know from our own experience that if you don't have a wheelchair, you can't go out. It's that simple."

Big sister Anabella, 18, added: "I'm very proud of her!"

"Elizabeth raised a grand total of £1,382."



David delights with tunes and a cheque

A HARMONICA player delighted patients, staff and visitors at the Friarage with tunes and a cheque for £1,000 – raised through concerts and CD sales.

Talented David Hewison-Sandyford, 65, of Bedale, brought his unusual harmonica collection to the Northallerton hospital hub and entertained people enjoying a coffee as well as stopping passers by in their tracks with his musical skills. It is the second time David has raised £1,000 for the hospital, but the first time the money has gone to the MRI Scanner appeal.

David said: "I carried on because of what the hospital did for me. I could hardly walk before I had my hip operations and once I'd recovered, I wanted to give something back.

"I toured care homes and



David Hewison-Sandyford presents a cheque to Upendra Somasundram, chairman of the Friends of the Friarage

that sort of thing asking for donations and made some CDs."

David is now hoping to make another CD with some professional recording support, in the hope of raising even more funds for the Friarage.

For more details on the MRI Scanner appeal visit friaragescannerappeal.org.uk



Recycling scheme helps hospital wards

CARE of the elderly wards at James Cook are reaping the rewards of a local recycling scheme.

JK Recycling has been donating a percentage of their profits to the wards for the last 12 months.

They recently presented £9,347 to South Tees Hospitals Charity to help provide slippers to pyjamas for patients who come into hospital with few

personal items and specialist equipment such as reclining chairs and hoists.

The scheme is set to continue in 2017. Staff, patients and visitors can help by donating items to be recycled including clothes, furniture, books, household items and any unwanted Christmas presents.

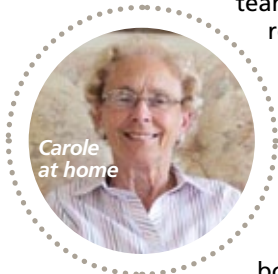
To arrange a collection call 01642 820733 or 07935 868960.

Carole inspires Dragonfly scheme to support patients' relatives

THE widow of a "true gentleman" who stayed at her husband's bedside for four nights as he succumbed to leukaemia has thanked specialist palliative care nurses who made his final days so comfortable – as well as looking after her too.

Carole Stiff, 78, said doctors, nurses and the "sweet" ward clerk on ward 15 were "more like family than complete strangers," supporting and comforting her at the same time as looking after her beloved Harry.

Harry passed away on April 28 after a brave, six-year battle with leukaemia. He was 85.



Five months on, Carole became the inspiration behind a new scheme launched by the specialist palliative care team in September, to ensure relatives who wish to stay by their loved-one's bedside in their final days can be as comfortable as possible.

Developed by our specialist palliative care team, the scheme provides a bag including essential items like bottled water, a toothbrush, toothpaste and other toiletries to those staying in hospital with their loved ones.

Carole said: "For four days, I was using Harry's toiletries bag for a lot of the time, but staff brought me magazines and other



things they thought might be useful." This inspired the bags, which also include vouchers for tea and a scone.

Carillion, our PFI partner providing catering and other services, has also agreed to provide

discounted meals for any relatives carrying the bag, which include a Dragonfly logo already recognised by patients, as it is used by the bereavement service.

The bags themselves were funded by generous donations from previous patients' relatives and created by

Middlesbrough-based Via Creative, who also kindly produced a letter for relatives to be distributed with the bags free of charge.

Leanne Petch, Macmillan Support Sister in the specialist palliative care team, said: "This bag is offered to relatives as a gesture to show we are here to support everyone involved and not just the patient. We've had great support from ViaCreative, the Trust's volunteers and Carillion, whom we would like to thank."

The Dragonfly Scheme also supports relatives to work together with staff on caring for their loved ones, by providing personal information in a 'My Care' card at their bedside.

This also incorporates the Dragonfly logo and can include things like the type of music their loved ones enjoy and self-care preferences.

Since a new proactive palliative care service was launched just over a year ago, the Specialist Palliative Care Team has seen at least 400 more patients than they did in the previous year.

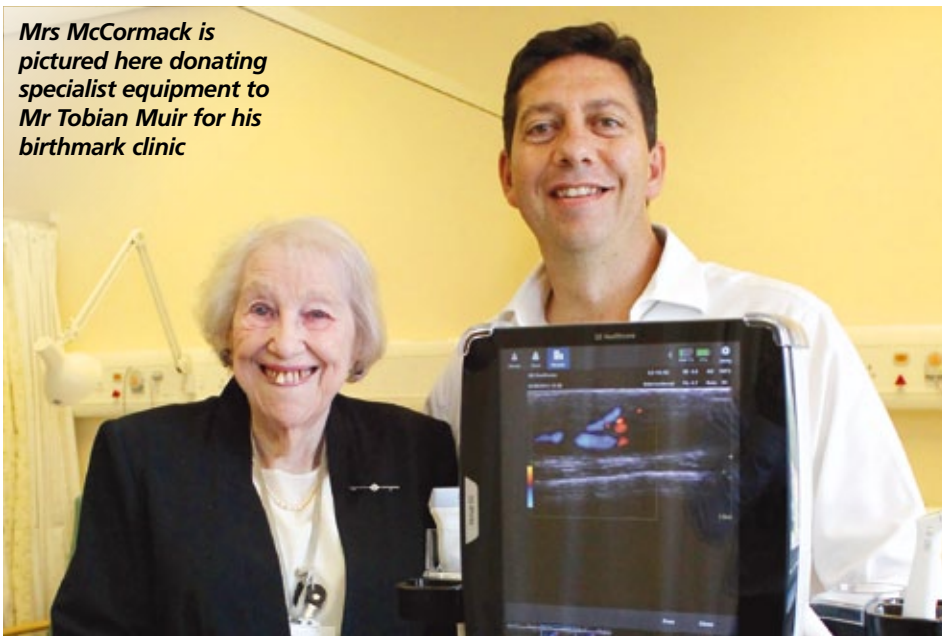
"This bag is offered to relatives as a gesture to show we are here to support everyone involved and not just the patient."



The specialist palliative care team including (left to right) Leanne Petch, Laura Graham and Elizabeth Price at the launch of the Dragonfly scheme



Mrs McCormack is pictured here donating specialist equipment to Mr Tobian Muir for his birthmark clinic



Tribute to an amazing lady – our very own ‘Mrs Mack’

IT was with great sadness we said ‘goodbye’ to our very own ‘Mrs Mack’ in October – a formidable lady who was the driving force behind The James Cook University Hospital Voluntary Services.

From humble beginnings (a crafts trolley and little room near to the radio station at James Cook in 1979), Ann McCormack took her dedicated team of volunteers from strength to strength to raise funds for the hospital.

Over their 37-year history, thousands of people have used their services – from meeting up for a chat and a cup of something hot in the volunteers’ coffee lounge to buying goods in the craft shop.

The benefit to patients and staff has been phenomenal with well in excess of a million pounds being raised to provide extra services to benefit both staff and patients.

Speaking on their 25th anniversary, Mrs McCormack – chair of the Voluntary Services – said: “When we first came to the hospital, we had a trolley and a little room near to the radio station. Every day we used to push out this trolley into reception selling crafts.

“Six years later we opened up our first

coffee stall in what is now the chapel, where we had teacakes and coffee. We used to have a queue down the main corridor and there was a saying when patients were being wheeled to theatre, they would sit up and smell the coffee!”

Mrs McCormack, a much loved wife of Peter and a cherished mum and grandmother, died peacefully in hospital in October. A book of remembrance, which was opened in the coffee lounge, also received some lovely tributes and kind words from staff and volunteers.

Former chair Deborah Jenkins said: “Mrs McCormack was an amazing lady who gave everything to the coffee lounge and we will be forever grateful for the fantastic contribution she has made over the past 37 years to help staff and patients at James Cook. She will be deeply missed by us all.”

Speaking on behalf of The James Cook University Hospital Voluntary Services, Georgina Oakley said: “The James Cook University Hospital Volunteers Coffee lounge were both honoured and blessed to have Ann as the founder member and chairman.

“She selflessly devoted her life to ensuring patients and staff had the best experience possible and for that the charity will be eternally grateful.”

‘One heart’ aims next generation

A NEW simulation course has been set up to inspire the next generation of consultants to develop a passion for cardiac anaesthesia and intensive care medicine.

‘One Heart’ is available to all trainee doctors undertaking rotations in cardiothoracic anaesthesia and critical care at James Cook, which is only the second hospital in the country to offer this training.

The aims of the course are to:

- Improve confidence in managing common and critical clinical problems unique to cardiac anaesthesia and intensive care medicine
- Provide key knowledge required by both Royal College of Anaesthetists and Faculty of Intensive Care Medicine training curriculum objectives
- Stimulate an interest in cardiac anaesthesia & intensive care medicine as a potential career

Originally developed at the Bristol Heart Institute, the course has been adapted to clinical practice carried out at James Cook and is run by Dr Jonathan Brand, Consultant in Cardiac Anaesthesia and Intensive Care Medicine and Dr Andy McDonald, ST7 Anaesthetics, who is currently completing advanced training in cardiac anaesthesia at James Cook.

“It’s a simulation course which follows a hypothetical cardiac surgical patient journey using common and critical complications to both teach and test core concepts and understanding,” said Jonathan.



...s to inspire ...n of consultants

"We focus particularly on commonly misunderstood topics, unique complications found in cardiac anaesthesia and complications that require immediate trainee intervention (in the presence and absence of senior clinicians), which can, ultimately, save lives.

"Recruitment into cardiac anaesthesia is a national issue so I hope this course can inspire current anaesthetic and intensive care medicine trainees to develop an interest and passion for this subspecialty and further enhance the reputation of James Cook University Hospital as a leading centre of excellence in cardiothoracic anaesthesia and intensive care medicine."

The not-for-profit course is free for trainees and supported by our organisation, South Cleveland Heart Fund and Edwards Lifesciences. It will run every two to three months for all trainees rotating through cardiac anaesthesia at James Cook as both an introduction and refresher course (for senior trainees).

Results from Bristol showed trainee confidence in managing common clinical scenarios improved by around 70% after the course, alongside candidates' knowledge by way of improved test scores, and 69% of trainees said they would 'consider' or 'strongly consider' a career in cardiothoracic anaesthesia.

The teaching faculty from both centres were also involved in running simulations and workshops at the Association for Cardiothoracic Anaesthesia and Critical Care conference in London.



Hands on: Trainees taking part in the simulation course



Members of the Advanced IPC course team

Infection prevention control – the bigger picture

WHILE you may have got to grips with the basic principles of infection prevention and control, have you ever wondered how it is applied elsewhere across our organisation?

For staff wanting to enhance their IPC knowledge, further understand microbiology and the workings of a lab and deliver evidence-based practice, there's a course just for you!

The 'Advancing Infection Prevention and Control in Clinical Practice' is a three-day course which addresses the ongoing changes in clinical practice and the remit of infection prevention control.

A variety of subjects are covered as well as the expected topics including Carillion services, microbiology, outbreak management, IPC in the community and the role of the clinical matron and antibiotic pharmacist.

Assistant Lead Nurse IPC Jo Carter said: "Our organisation regards infection prevention and control among its highest priorities, with the safety of patients, visitors and staff being fundamental.

"Infection, prevention and control is everyone's responsibility and this course offers a varied learning environment where you can further develop your skills and knowledge."

Open for both in-house and external healthcare professionals, this course consists of two full days followed by a single consolidation day, in which candidates undertake a change project initiated within their clinical environment.

Taught sessions run five times a year, centred on a timetable which includes lectures, PowerPoint presentations, group discussions and visits to both the laundry and laboratory.

Jo added: "We've had some great feedback from staff who have completed the course to date, particularly around how it has helped not only with their own day-to-day clinical practice but also the wider agenda and its relevance to ensuring patient safety."

On success of this course, candidates through random selection will be nominated for a Trust innovation award. Further information is on the staff intranet site under IPC.

What our staff have to say about the course

"The antimicrobial stewardship section explains how everyone can play a part in the prudent use of antibiotics in order to reduce the development of drug-resistant bacteria and some healthcare-associated infections" – **Debbie Lockwood – Antibiotic Pharmacist**

"The microbiology session enables staff to understand basic microbiology. This means that they can understand why they do lab tests and what the results mean" – **Dr Richard Bellamy – Director of Medical Education**



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- > Enhancing Contemporary Dementia Care
- > Leading Service Improvement
- > Mentoring in Practice
- > Neonatal Intensive Care
- > Principles of Major Trauma Management in the Emergency Setting
- > Tissues Viability and Wounds

Masterclass from March to June include:

- > Care of Older People
- > Chronic Obstructive Pulmonary Disease Management and Intervention
- > Dementia Care
- > Diabetes Management and Prevention
- > Eye Movement Desensitisation and Reprocessing
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