

# TALKING POINT

Summer 2022

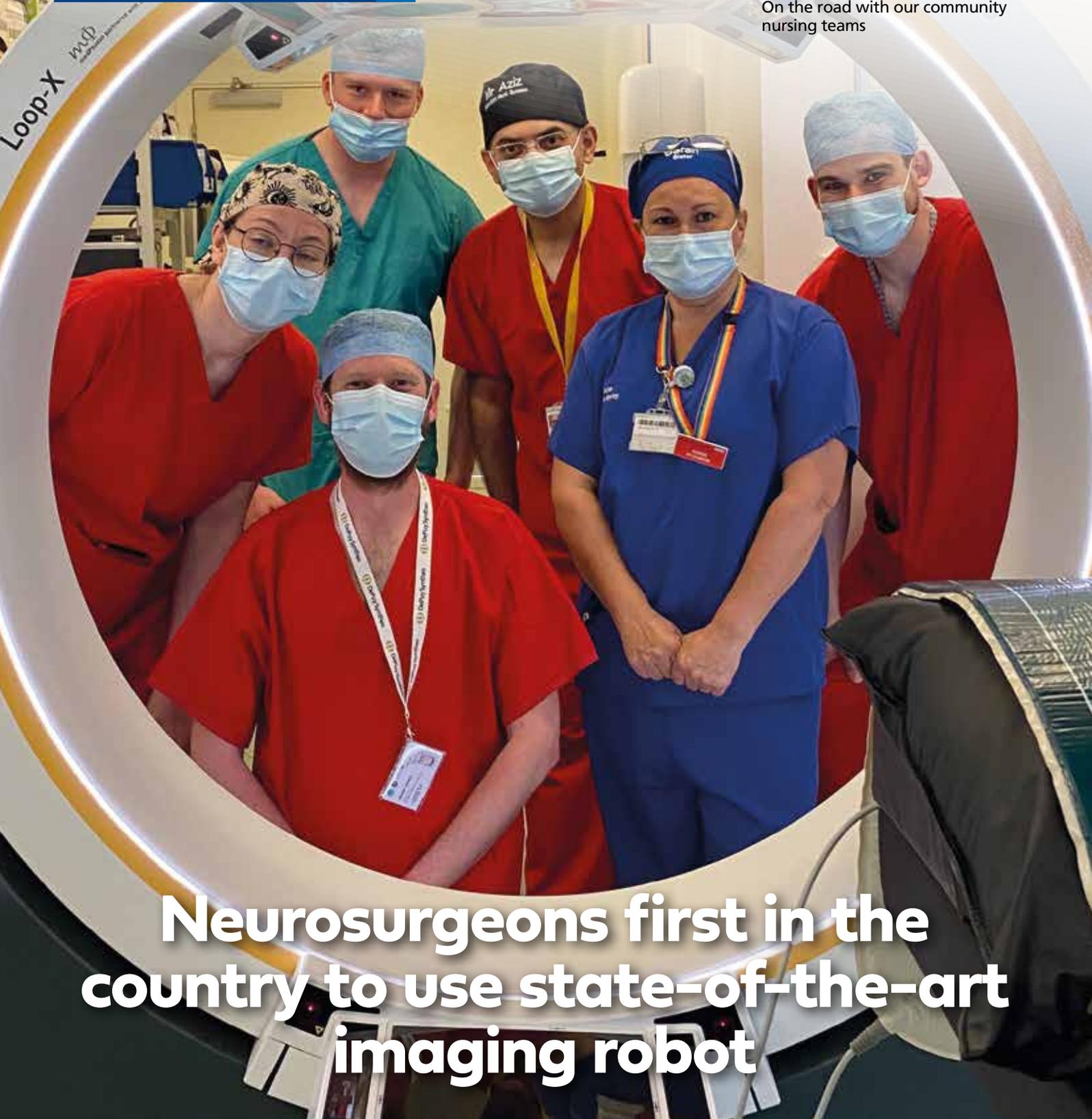
## INSIDE

Help us create a new home for heart research on Teesside

Samantha trains alongside nurses who inspired her as a patient

Charity partnership launched to support major trauma patients

On the road with our community nursing teams



**Neurosurgeons first in the country to use state-of-the-art imaging robot**

# Record breaker!

## WHAT do you ask for on your birthday when you are 103 years old?

Leslie Hodgson knew exactly what he wanted: his hearing back. And our clinicians were happy to help, breaking two world records in the process.

In March 2022 Leslie became the oldest person in the world to receive a cochlear implant thanks to the ear, nose and throat (ENT) team at James Cook.

He also became the oldest person globally to receive a subtotal petrousectomy – a procedure to clear out the lining of his mastoid (part of the skull located just behind the ear).

On his 103rd birthday, Leslie, from Penrith, walked into the Teesside hospital and asked for a cochlear implant to help him regain his hearing for the first time in ten years.

Noweed Ahmad, consultant ENT, skullbase and auditory implant surgeon said: "Discussing it with my colleagues and taking into account that he was also registered blind, we felt that we should carefully consider his request.

"As long as it was safe and beneficial for Leslie – and he would have to be put through a number of tests to establish that – we could proceed, because quality of life in older patients has been shown to improve significantly with a cochlear implant.

"Deafness is the second most common disability in the UK. One in six of UK adults have a hearing loss and many suffer in silence. Only 5% of people in the UK who could benefit from a cochlear implant are estimated to have received one.

"This remarkable man came to us for help and has shown that you are never too old to have a cochlear implant. It can be life changing."

"This remarkable man came to us for help and has shown that you are never too old to have a cochlear implant. It can be life changing."

As well as having problems with his hearing for most of his life, Leslie is also registered blind and can only see things when they are very close up.



Audiologist Ruth Cole, consultant surgeon Noweed Ahmad and patient Leslie Hodgson

A cochlear implant is a prosthetic device that uses electrical stimulation to provide the sense of sound. It is surgically implanted behind the ear.

Due to Leslie's age, the operation was done under local anaesthetic. It also meant the procedure had to be completed in a much shorter time.

Since the operation, he has returned to the hospital to get his implant successfully switched on.

Despite having a record-breaking operation to fix his hearing, Leslie is not standing still and now wants to tackle his blindness.

He said: "Next year I want stem cell treatment for my eyes." And with Leslie's determination, you would not bet against it.



Leslie Hodgson

# Help us create a new home for heart research on Teesside

**TWO local charities have joined forces to raise £650,000 to create a new home for heart research on Teesside.**

Hearts + Minds is a joint appeal by Our Hospitals Charity and South Cleveland Heart Fund to bring first class cardiovascular research facilities to Teesside.

The charities are working together to help create a Cardiothoracic Research Facility at James Cook.

David Austin, consultant cardiologist at South Tees said: "James Cook Hospital has been at the heart of cardiovascular care in Teesside for more than 25 years. Now we want to take this expertise and use it to inspire new research and breakthroughs in cardiac treatment and care."

The money raised will enable existing space to be transformed into a leading-edge facility and will include the creation of a dedicated clinical setting for patients in research trials as well as a reception, patient waiting area, new office space and a meeting room.

The facility will be used by the trust's Academic Cardiovascular Unit, which will focus on research that improves treatment of heart attacks, develops exercise programmes for patients with heart problems, improves cardiac surgery and makes better use of data and digital technology in research.

Rebecca Maier, head of the Academic Cardiovascular Unit said: "This is a hugely exciting time for cardiovascular research in Teesside, and the new research facility will enable us to do so much more, with findings from the research we do benefitting patients in the area and beyond.

Ben Murphy, head of Our Hospitals Charity said: "This is a huge amount of money that we need so I'm delighted that we're working with South Cleveland Heart Fund.

"We need the public to really get behind this appeal and together we



**Hearts + Minds**  
Building a Cardio Research Unit at  
James Cook University Hospital

can fund new cardiovascular research on Teesside."

Adrian Davies, chairman of South Cleveland Heart Fund said: "We have waited so long for this – a real feather in the cap for our heart unit, which will enhance patient care on a local and global basis and attract top class people to our unit in Middlesbrough. Let's get this appeal completed as soon as possible."

To get involved, donate online at [www.justgiving.com/campaign/HeartandmindsJCUH](http://www.justgiving.com/campaign/HeartandmindsJCUH) or [www.justgiving.com/southclevelandheart](http://www.justgiving.com/southclevelandheart)

Follow Our Hospitals Charity and South Cleveland Heart Fund on Facebook and Twitter for more details and share your fundraising success stories using #heartsandminds



Representatives from Our Hospitals Charity and South Cleveland Heart Fund outside James Cook

# Nurse uses her COVID experience to help other patients

**AFTER being the first COVID-19 patient to receive critical care at James Cook Helen Sharpe is using her traumatic experience to enhance her patient care.**

Helen, who works in the Friarage's Gara Ward, spent 21 days in intensive care in 2020.

During this time she remembers the smallest of gestures were the biggest of comforts, something which she has incorporated more into her nursing since returning to work.

She said: "All the staff members were angels without wings. I think the way I talk and empathise with patients is different now to before I had COVID.

"I know how vulnerable I felt and how reassurance helped me. Just a touch on my arm meant the world to me, when you are terrified and vulnerable any bit of reassurance means so much. I feel more empathetic now."

Although Helen has returned to work she still has a lot of ongoing symptoms. After being discharged the first side effect she noticed, along with her voice being affected from the ventilator, was fatigue.

Despite feeling exhausted and fatigued Helen tried to achieve a goal each day to help increase her recovery and along with the support of James Cook's long COVID clinic, And repeat CT scans and chest x-rays, her lung function started to improve.

She added: "Each day I would walk a little further. Because I struggled to sleep I used to be walking just as the sun was rising, I caught the most wonderful sunrises which I really began to appreciate."

Helen started a slow phased return in March 2021 and by the end of July she was up to her full-time hours.

"I feel grateful for every day, I rarely get stressed," she said. "I'm back with my Gara Ward family now; they are the most caring team I have ever worked with, with an outstanding ward manager."

As well as adapting her nursing style, Helen says she has been given a new outlook on life.

"I love to hear the birds singing which sounds so much better since I woke up from my ventilated sleep.

"The other thing I do is look at the stars and appreciate how gorgeous the night sky is. I still stand and look up and smile and count my lucky stars up there."

She added: "I hope this encourages people to get their COVID vaccine to prevent them going through a horrific experience with life changing consequences."

"When you are terrified and vulnerable any bit of reassurance means so much. I feel more empathetic now."



Helen Sharpe



Work has included the creation of a new children and young people's emergency department at James Cook

# £37million investment to benefit our patients

**MILLIONS of pounds of new investment has been made in buildings and equipment within our trust which provides care for more than 1.5 million people across our region.**

Our experienced clinicians have invested more than £15million in new and replacement medical equipment over the last year, including a new bone density scanner, ultrasound machines, video diagnostic equipment, infant ventilators, ultrasound machines, x-ray machines and other clinical equipment.

At the same time, almost £17million has been invested in building developments, upgrades and refurbishments at James Cook, and £5million in a new endoscopy and urology diagnostic hub at the Friarage which is due to open later this year.

Work at James Cook has included the creation of a new children and

young people's emergency department, the upgrade of two operating theatres, the refurbishment of two wards and a recovery area, the replacement of flooring, ceilings and doors, and investment in engineering systems and other infrastructure.

Building work began on the new diagnostic hub at the Friarage in October 2021. The new hub, located on the hospital's former ward 15, will provide state-of-the-art facilities for patients undergoing urology and endoscopy procedures when it opens in the summer (2022).

Hilary Lloyd, chief nurse said: "Our experienced doctors and nurses make the decisions about how



we allocate our resources and deliver care for our patients and services users.

"I want to say an enormous thank you to our patients, service users and fantastic colleagues who have supported these developments"

"This clinically-led approach is at the heart of how investment is being targeted to provide the greatest benefit to those we have the privilege of providing care for."

Kevin Oxley, director of estates said: "There is still more to do and I want to say an enormous thank you to our patients, service users and fantastic colleagues who have supported these developments and improvements over the last year."



Chief nurse Hilary Lloyd

# Trust one of first in UK to offer surgical pre assessment to all children

**A NEW pre assessment service has been launched for all children and young people undergoing planned surgery at James Cook and the Friarage.**

The South Tees paediatric pre assessment service is one of the first in the UK to offer a comprehensive service for all children and young people attending for planned surgery - and one of the only ones to have its own dedicated area.

Pre assessment ensures children, young people and their families are prepared their theatre journey. It also ensures patients are fit for surgery and scheduled to be treated in the right place and at the right time for their needs.

The children and young people's surgical day unit previously offered a limited pre assessment service for some ear, nose and throat (ENT) and eye procedures which was popular with families, who felt more informed, and surgeons, who experienced less cancellations on the day of surgery.

But it was during the COVID pandemic that the service really came into its own, as all patients needed swabbing before surgery. It expanded into its own dedicated area thanks to work by the paediatric anaesthetic and theatre management teams.



Amy Norrington with a young patient in the new pre assessment area

Amy Norrington, lead for paediatric anaesthesia and paediatric pre assessment said:

"It's wonderful to finally be able to see 100% of children and young people coming for surgery in a dedicated area where we have the space and facilities to work with them and their families.

"We hope that this expanded service will allow us to offer all children, young

people and their families a positive and supported experience throughout their theatre journey with reduced anxieties and reduced cancellations or issues on the day of surgery."

The team are now sharing their experiences and helping other trusts around the country develop similar services and their paediatric pre assessment service guidelines have been identified as a national example of good practice.

## Rachel's story

**RACHEL Forrester has microcystic lymphangioma, a genetic condition which causes blisters and bleeding on her tongue.**

Aged four and ten Rachel had two operations (in another hospital) and both times her tongue swelled up to the point that she had to have emergency treatments to stop it blocking her airway.

This left her frightened of further hospital treatments, even though she continued to have significant symptoms and pain.

It was thought Rachel's only option was to have her tongue removed and re-created when she turned 16. But then she saw Tobian Muir, a consultant plastic surgeon at James Cook who specialises in the management of vascular and lymphatic malformations using bleomycin injections. This offered a less invasive treatment, but still required an anaesthetic.

The pre assessment team quickly established that Rachel's overwhelming fear of having an anaesthetic was a barrier to her having a procedure she wanted and needed and over the months before her procedure the consultant anaesthetic team were able to slowly build her trust and her understanding of anaesthetics and bring her to the point where she felt able to attend for her procedure.

Rachel has since managed three successful treatments, allowing her to undertake some amazing charity efforts (raising £8,000 for James Cook) and head off to university in Hawaii this year.

"I can't thank the team at James Cook enough," she said. "They were absolutely incredible to me and my family."



Rachel Forrester overcame her fear of anaesthetics thanks to the pre assessment service

# James Cook first in the country to use first of its kind imaging robot for spinal surgery

**JAMES Cook's neurosurgeons are the first in the country to use a state-of-the-art imaging robot.**

The first of its kind Brainlab Loop-X robot has an independently moving imaging source, allowing surgeons to quickly plan and perform spinal surgery, and detector panels enabling flexible patient positioning.

Thanks to the new wireless machine patients requiring spinal surgery at the Middlesbrough hospital are benefiting from shorter operating times and reduced radiation exposure.

Theatre sister Sarah Morley said: "We are thrilled to be the first in the country to use this innovative robot for our spinal surgery.

"It avoids the need for multiple X-rays during surgery, gives surgeons continuous real time images allowing for even greater accuracy and shorter operating times.

"It can be used in other specialties and as we learn more about it, we hope to use it to perform different types of surgery."

It also enables surgeons to provide more accurate minimally invasive and invasive procedures, allowing patients to recover more quickly and spend less time in hospital.

Mark West, regional manager, Brainlab UK and Ireland said: "It's a privilege for Brainlab to be working with The James Cook University Hospital.

"The first Loop-X system to be installed and clinical in the NHS is a great testament to the ambition and drive of their clinical team.

"Loop-X is the first and only mobile interoperative robotic 2D/3D imaging system which sets a new standard in image-guided surgery."



The team at James Cook with the Brainlab Loop-X robot



Student nurse Samantha Heeney with Cheryl Honeyman, specialist nurse in paediatric spine

## Samantha trains alongside Middlesbrough nurses who inspired her as a patient

**A STUDENT nurse who underwent a major operation to straighten her spine at James Cook has returned to train alongside those who cared for her.**

Samantha Heeney from Leyburn hated hospitals that much as a child she felt sick walking into one.

But, after her major spinal deformity operation, when she was 17 years old, her fears vanished and she was inspired by the care she received.

Nearly five years later she has returned to the exact wards she was a patient on to train alongside those who inspired her to become a paediatric nurse.

During her placement Samantha carried out a number of different duties and watched staff perform the same procedure she had as a child.

She said: "It's weird being back in the exact same rooms I was in before, it's very full circle, but it's nice to be back.

"It's nice to see all the nurses in ICU and on the ward and recognising some of the faces while helping other children who are going through what I did.

"I've been able to answer any questions they've had and give them an insight that no one else can do which can be very reassuring for them.

"I've learnt a lot from being in critical care as I've never had that experience; it's nice for me to do extra learning while I'm trying to teach a bit to the patients.

"I'm super interested in spinal, it's nice to have a glimpse into the future, I just want to be a nurse and give the level of care I had here."

Cheryl Honeyman, specialist nurse in paediatric spine, is one of team who cared for Samantha when she was a patient.

She said: "It's brilliant to have Sam back and to catch-up. It's really lovely to see how well she's done considering where she came from; I still remember that frightened little girl we saw back then, she was one of the most nervous patients.

"Sam is going to be an incredible paediatric nurse once she qualifies. She's doing really well and everyone is extremely impressed with her. I received an email days after she joined us from a colleague who said that Sam is an inspiration and that it was lovely it was to have her in theatres.

"It's great to see her using her experience to help others, patients can really relate to her."

# Big investment in James Cook Cancer Institute

## MORE than £2.5million is being invested in cancer treatments at James Cook.

Our experienced clinicians are investing £2.5million in a replacement linear accelerator which is used for radiotherapy, and almost £180,000 in new brachytherapy equipment with advanced technology.

Brachytherapy is a form of radiotherapy where a sealed radioactive source is placed inside or next to the area requiring treatment.

The radioactive source is transported inside the body using a computer-controlled wire through small flexible tubes.

The closeness of the radioactive source to the treatment site means

a high dose of radiation can be delivered while limiting the dose to surrounding tissue.

Linear accelerators are used in radiotherapy treatment of cancer patients. They produce high-energy x-rays or electrons, directed to the patient's tumour precisely following their treatment plan.

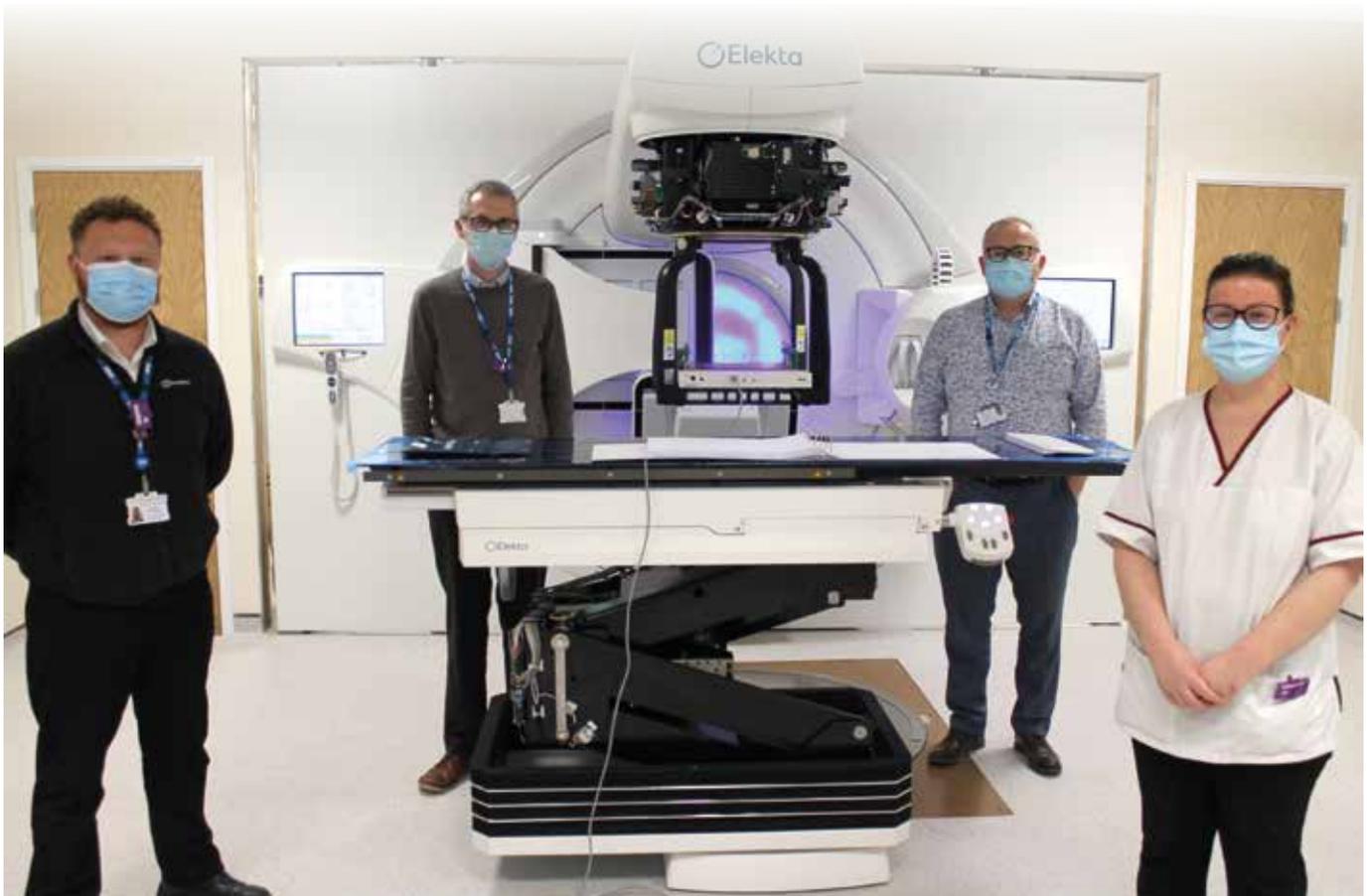
High-tech x-ray images are taken which are then used to plan and personalise each patients' radiotherapy treatment. With millimetre accuracy, they target the tumour and minimise the dose to the 'normal' tissues that surround the tumour.

"The new equipment will help the James Cook Cancer Institute's highly specialised clinicians continue their pioneering work in tackling cancer"

The new equipment will help the James Cook Cancer Institute's highly specialised clinicians continue their pioneering work in tackling cancer, with the replacement linear accelerator due come into operation in May and the new brachytherapy equipment in the summer of 2022.

Claire Huntley, radiotherapy clinical lead said: "We are the specialist centre for cancer diagnostics, treatment and care for more than 1.5 million people across Teesside, North Yorkshire and beyond and provide radiotherapy for more to more than 3,000 patients from across our region every year.

"This new equipment will help to make sure we continue to offer some of the most advanced and cutting-edge treatment methods delivered by our oncology unit which is recognised as a pioneering centre."



Jordon Summers clinical technologist, Kevin Burke head of radiotherapy physics, Julian Wenman service manager for James Cook Cancer Institute and speciality medicine and Claire Huntley radiotherapy clinical lead

# On the road with our community nurses

**SOUTH Tees has over 200 nurses and matrons out in the community within Hambleton and Richmondshire, Middlesbrough and Redcar and Cleveland.**

Alongside the core community nursing service, unplanned care is provided as well as fast response and out of hours services to facilitate early discharge from hospital and to prevent hospital admissions. Each day our community nurses drive countless miles and tackle unpredictable weather to look after patients in their own homes.

Talking Point hit the road with two of our community teams who are providing very different services in very different locations...



## Meet Rebecca

REBECCA Gowling qualified as a nurse 13 years ago and has been a community nurse in Middlesbrough for eight years.

Rebecca carries out a range of duties including insulin management, general wound care and administration of medications.

When asked what she enjoys about her role she said she feels privileged to go into people's homes.

"I really enjoy working in the community because you get to meet a lot of people," she said.

"Thanks to working in the community I've been able to get an insight into how people live and I think as a nurse it's invaluable being able to see why people come into certain situations, why certain things have happened."

Upon arriving for her shift Rebecca already knows which patients she will be seeing that

day as she has allocated her and her colleagues' caseloads in advance, although things often change as patients are discharged and more calls come through.

She has quite a few diabetes patients to see throughout the day that she must visit at certain times to provide insulin management as well as several meetings to attend.

The first patient of the day though is 66-year-old Marie Fields. Marie broke her femur in September and had an operation on her femur and hip at James Cook. Since then, she has been less mobile at home and has experienced water fluid build-up and ulcers. Rebecca is visiting Marie to clean her leg ulcers and change her dressing.

"The community nurses are fantastic, they've done well for me, they've looked after me properly," Marie said.



Rebecca Gowling

## Ali helps keep patients out of hospital

As well as having a district nursing team in Hambleton and Richmondshire, there is a fast response team for patients who need guidance and support in a crisis situation.

The 24-hour service aims to keep patients at home, preventing unnecessary admission to hospital.

It covers an area of approximately 1,000 square miles, often in some of the most rural areas of the trust's patch.

Referrals are made from health professionals such as GPs and social workers. The team is made up of qualified nurses and support workers who support patients to maintain their independence either in their own home or in a community bed.

Today we're on the road with district nurse Ali Cummings and support worker Donna Moore.

Ali has worked in the NHS for 42 years and has been out in the community since 2004.

She joined the fast response team in 2015 and hasn't looked back since.

"Patients cared for in their own homes feel safer, more at ease," she said.

"They are more likely to challenge, ask questions, make decisions and assist in their own care planning.



Ali getting ready to see her patient

"It is a more 'normal' life where they can have their pets roaming around, visitors at any time and have a say in their care."

This morning there is a single team (Ali and Donna) in from 7.45am, two further teams will join them from 2pm before the night-time starts after 9pm. From 6pm the team pickup NHS 111 calls, palliative calls as well as fast response referrals.

Starting her shift Ali logs onto SystemOne – the electronic patient notes system – and has a handover

with the late team to gather her caseload for the day before she hits the road just after 8am.

The majority of her patients this morning are palliative care as she's helping Herriot Hospice Homecare, a charity based in Northallerton.

End of life patients have multiple specialist teams caring for them, working and liaising together to ensure that there are no gaps in care and that they are all aware of any changes in health, medication and care requirements.

Just after 9am Ali receives a fast response call from a GP referring a patient to the service who needs an end-of-life care package putting in place, the fast response team has a two-hour window to call or visit any patients who are referred.

After visiting a patient who needs their wound dressing changed, Ali receives another call – this time it's a request for a zimmer frame for someone who has just been discharged following an operation. Ali quickly drops it off in Richmond before heading back to base.

By now it is 2pm and Ali returns to base, adds her patient notes to SystemOne and hands over to the afternoon teams.

It's been another busy shift for Ali and Donna but it's been a very rewarding one. With the help community occupational therapist Katie, who visited some of Ali's fast response patients this morning, the team has travelled 102 miles.



Ali and Donna on the road

# SOUTH TEES STARS

**OUR monthly STARS Awards help us celebrate our incredible individuals, teams and services.**

We would like to say a huge congratulations our winners and to the hundreds of colleagues who were nominated. Don't forget, if someone has made your day or has gone the extra mile for their patients, you can nominate them via the STARS Award service page on the intranet.



## Ward 21 – Teamwork

Ward 21 won a STARS Award for helping a visitor who went into cardiac arrest. The team came together and played an important role in the resuscitation.

# South Tees STARS still smiling



## Sarah McAuslan – Communication

Sarah, who is a ward sister, learnt basic sign language at home from the internet so she could briefly communicate with a profoundly deaf patient.

## Sharon Mason – Helping Others

Sharon, who works in James Cook's day eye unit, was nominated for a STARS Award after she rushed to help a patient who'd fallen out of their wheelchair. The patient thanked Sharon for saving them physical discomfort and embarrassment.



## Catherine Ure – Respect, Caring and Support Award

While working on a night shift Catherine brought in sandwiches and cakes for the family of a patient who was receiving end of life care.

## Ward 7 - Teamwork

Our colleagues working in James Cook's ward 7 won a STARS award for their professionalism, leadership, team ethos and caring nature.



## Andrew Goodwin – Communication

Andrew Goodwin was recognised in the STARS Awards for being an exceptional trainer. He always takes the time to understand people's educational needs and learning style. Andrew has helped many colleagues in the trust to recover their confidence and then progress in all aspects of their work.



## Suzanne Walker and Rachel Scrimgour – Communications

Suzanne and Rachel were nominated for their expectational communication when investigating a complaint.

## James Hughes - Respect, Care and Support

James was nominated by colleagues for the respect, care and support he showed when reviewing an extremely poorly patient. The ward team in attendance were all impressed and said that he was very thorough and potentially saved the patient's life. They also said James was polite and courteous.



## Pippa Smith – Dealing with Difficult Situations

Pippa was nominated by her colleagues for her outstanding leadership, care and compassion. Pippa constantly exemplifies all the qualities of an excellent children's nurse.



## HR – Teamwork

During the pandemic HR's leadership team pulled together to address all the various scenarios required to provide support and guidance to managers. The remainder of the HR team that were not directly involved with the COVID process picked up the additional day to day work.



## Cardiology registrars – Teamwork

Our cardiology registrars at James Cook have shown outstanding teamwork recently, they really have pulled together as a team.

# Digital investment will remove more 5 million pieces of paper

**MORE than £8million is being invested in new clinical digital tools at South Tees which will end doctors and nurses' reliance on paper-based record keeping.**

When the new range of smart technologies are fully in place, they will do away with more than 5 million pieces of paper which teams currently have to use each year for everything from recording patients' nutrition and hydration assessments to filling in prescriptions.

The roll-out of the new smart technologies is being led by the trust's experienced clinicians and information technology (IT) team.

Hilary Lloyd, chief nurse said: "Our amazing clinicians are amongst the best

in the country. But their efforts are sometimes hampered by our historical reliance on paper-based record keeping.

"These new smart technologies will make a massive difference to the way we work.

"By adopting modern technology, will have a very significant positive impact on the daily lives of the people who use it and our patients and service users."

"For example a new digital tool called Patienttrack is now being rolled-out. It supports the capture of data and information at the patient's bedside - directly entered on a tablet or integrated from patient monitors - and has

started to replace the paper-based nutrition and hydration forms which colleagues have had to reply on.

"Later this year, we are introducing another digital tool which will enable electronic prescribing and medicines administration."

Andrew Adair, chief clinical information officer and an emergency medicine consultant said: "This technology is designed for clinicians and, by adopting modern technology, will have a very significant positive impact on the daily lives of the people who use it and our patients and service users."

Manni Imiavan, digital director added: "Our new technology will support our brilliant clinicians in making even more improvements for patients in incredibly busy and complex environments."



# Mark helps others suffering major trauma at James Cook

Our  
HOSPITALS  
CHARITY

**A MOTORCYCLIST who was severely injured after he was knocked off his bike and run over by a car is helping others with major trauma through a new charity partnership at James Cook.**

Mark McCourt, from South Shields, is Day One Trauma's first peer support volunteer at James Cook and, along with others, is available to talk to the hospital's major trauma patients, giving them hope and improving their recovery journey.

Day One is the only charity supporting major trauma patients and their families in the UK regardless of injury type or location.

The partnership with James Cook is the first in the north east to offer this support in the region.

As well as providing peer support, a caseworker from the charity is now working alongside hospital staff to provide trauma patients practical, emotional and financial support.

Looking at Mark, you might be surprised to hear about his traumatic experience.

Just over a year ago the 39-year-old remained awake throughout a



Mark McCourt at James Cook

horrific road collision which shattered his pelvis, broke his leg, knee, ribs, and vertebrae.

He was air lifted to James Cook's major trauma centre where specialist medical staff operated on him.

He spent a month in hospital and even longer at home recovering, which involved learning to walk again, living

downstairs and showering in a pop-up tent in the garden.

Speaking about his crash for the first time Mark said: "Although what happened to me was horrendous, I was lucky to have the support of my family around me to get me through it.

"I had excellent care from the hospital staff, but when a major physical trauma happens to you, there are so many questions that go through your head and you don't know where to turn.

"It's fantastic that Day One is there to help people like me, and my family, navigate the system and I can't wait to give back and use my experience to help others across the north east."

Lucy Nickson, CEO of Day One Trauma Support, said: "We're thrilled to launch this partnership so we can help people like Mark get the support they so truly deserve. NHS clinical care is exceptional and has improved thanks to the work of major trauma centres such as the one at James Cook."

The partnership has been made possible thanks to the trust's charitable team Our Hospitals Charity.



Michaela Morris, support and rehabilitation coordinator, Day One Trauma Support

# Irish medical team visit James Cook Cancer Institute

A **RADIOTHERAPY** team from Cork University Hospital travelled to James Cook to learn about its stereotactic ablative radiotherapy (SABR) programme before implementing it at their hospital.

SABR involves delivering multiple, high-dose, beams of radiation therapy to a very precise area within the body such as to the lungs, adrenal, lymph nodes and spine.

The degree of accuracy leads to minimising dose to the surrounding healthy tissue, reducing side effects and hopefully obliterating the tumour.

James Cook was one of the first units in the UK to develop a SABR service and consequently now has one of the most advanced teams in the country as well as a reputation for being a leading centre in delivering cutting-edge radiotherapy.



Radiotherapy clinical lead Claire Huntley along with consultant clinical oncologist Clive Peedell and the medical team from Cork University Hospital

Claire Huntley, South Tees' radiotherapy clinical lead said: "It's nice to be able to share our learning from over the last 11 years with people who are starting from scratch because I know what it's like. It's a very bespoke service, it's high dose, so it's critical to get it right."

Carol McGibney, clinical lead for lung SABR at Cork University Hospital said: "Our SABR team wanted to visit James Cook to see a fully established, world renowned SABR programme in action.

"With the experience and insights gained, we are going home confident in implementing this service at Cork University Hospital."

# Trust's trainee nurses participate in virtual training pilot

**TRAINEE** nurses at James Cook are gaining vital practical placement experience through simulation as part of a ground-breaking training pilot.

Rather than using traditional methods of learning, the trust's future nurses are using state-of-the-art immersive simulation suites and virtual reality headsets to gain virtual practical working experience in real life hospital ward environments and scenarios.

The 12-week programme has been partly funded through the Northern Enabling Effective Learning Environments team and Health Education England to provide placements for up to 20 student nurses at a time, delivered over six two-week blocks.

The trust's trainers are using a combination of innovative teaching and assessment

methods and strategies to inspire student nurses to apply evidence based practice to clinical settings. Through this, they are encouraged to problem-solve, to develop decision making skills and demonstrate effective leadership.

Lindsay Felgate, practice placement facilitator for virtual learning, is responsible for developing the programme which is producing high quality simulated learning experiences and opportunities in a safe learning environment.

She said: "The new pilot programme will enable us to develop high quality learning experiences. We aim to prepare a future NHS workforce who

are highly skilled, innovative in their approach and equipped to practice safely and effectively, ensuring patient safety is paramount."

If you would like to learn more about the simulated practice placement, contact the education and practice development team at [stees.corporatepracticedevelopment@nhs.net](mailto:stees.corporatepracticedevelopment@nhs.net)



Student nurses in the simulation suite

# Professional nurse advocates to support colleagues' mental health

**STAFF are receiving extra wellbeing support thanks to the trust's new professional nurse advocates.**

The professional nurse advocate (PNA) programme was launched by NHS England following the pandemic to support the restoration and recovery of the nursing workforce.

The role was originally developed within midwifery with professional midwifery advocates (PMAs) but following its success there will now be PNAs in all areas of the trust.

The PNAs' training enables them to understand the challenges and demands colleagues are facing and gives them the tools they need to provide confidential support.

Currently there are 12 qualified PNAs and a further eight in training.

One of the trust's first PNAs to qualify was critical care sister Charlotte Fitzpatrick.

Charlotte, who has worked in critical care for over ten years, joined the programme because she wanted to

improve wellbeing, keep retention and generally improve things for her critical care peers.

During her training she did a survey to gauge the team's level of burnout on one specific critical care shift.

"It showed that a lot of my colleagues are feeling burnt out. I'm hoping with the evidence we as PNA team can reduce it," she said.

"A lot of people feel like they're not listened to and that nothing is going to change. So, if I'm that outlet for them I can help support them in finding the right direction they need, whether that's at home or at work."

Community nurse Cordelia Nicholls was put forward for the PNA role by her clinical lead due to her positive mindset.

She hopes to offer her district nursing colleagues one-to-one sessions as well as a monthly drop

in where she will provide wellbeing support and team building.

"In the community we often face different pressures and challenges.

"We're a huge service, we don't have an upper caseload of patients; it's an ever-growing caseload and there's no ceiling of care."

Eileen Aylott is on secondment from South Tees as the regional professional nurse advocate advisor and has been working to develop trust PNA networks across the north east and Yorkshire.

She said: "This programme is a fantastic opportunity for nurses to undertake a funded level 7 (Masters) module based on the A-EQUIP (Advocating and Educating for Quality Improvement) model of professional nursing leadership and clinical supervision.

"This equips them to listen and understand challenges and demands of colleagues, and to lead support and deliver quality improvement initiatives in response."



The most recent cohort of newly qualified PNAs along with Debi Mckeown, Eileen Aylott and Ada Burns



# Jubilee celebrations!



Ward 34

TO celebrate the Queen's Platinum Jubilee Our Hospitals Charity provided free cakes and drinks to staff who were working during the extra-long bank holiday weekend.

We invited teams to post their jubilee celebration photos to our Staff Facebook page. Here's some of our favourites...



Ward 14



Haematology



Ward 3 Jubilee lunch



Zetland Ward



Eston community nurses



Ward 34



Cardio high dependency unit



Ward 3



Paediatric and neonatal secretaries



Sarah Stafford procurement systems support officer, Sam Davison clinical procurement specialist nurse, Julie Hepplewhite tissue viability nurse and Ben Murphy from Our Hospitals Charity (left to right)

# Wound care initiative supports the environment as well as patients

Our  
HOSPITALS  
CHARITY

**THE trust has launched a new wound care initiative which is good for both its patients and the environment.**

Eligible patients at James Cook are being given bags to help support them, hospital staff and community teams with managing their dressings when they are discharged home.

The trial funded by Our Hospitals Charity makes it easier for patients and teams to keep their dressings and wound care together in one place while promoting continuity of care and communication between the patient, ward staff and the community teams or care homes staff.

As well as being good for the patient, the bags are also great for the environment as they are compostable. The bags are made of potato starch meaning patients are able to put them in their compost bin or in their green waste bin when they have reached the end of their usable life span.

Unlike normal plastic or biodegradable plastic bags, that still allow for micro plastics to leach into the environment, these 100% compostable bags will fully decompose within a few months when exposed to soil.

Tissue viability nurse Julie Hepplewhite and Sam Davison and Sarah Stafford the trust's procurement team created the design for the bags which have been produced by a UK-based company supporting greener initiatives.

Clinical procurement specialist nurse Sam Davison said: "This is a great opportunity to enhance the care and communication for our patients and clinical teams whilst driving the national sustainability agenda.

"We are really grateful for the support from Our Hospitals Charity for funding the project."



## Sue retires after 36 years

**CONGRATULATIONS to Sue Towes who has retired after 36 years at South Tees.**

Sue has spent the last 12 years as a Macmillan specialist nurse in breast cancer and will be greatly missed.

Enjoy your retirement Sue!

# It's been the best job in the world

**A FAMILIAR face at the trust, gynaecology nurse Michele Holden, has said a fond farewell.**

Michele did her training at the School of Nursing at West Lane in 1985 and has been part the trust's gynae team since August 1988.

Over the years she has held a variety of posts including staff nurse, community liaison and outpatient manager.

Her colleagues recently surprised her with a beautiful bunch of flowers and a range of treats to celebrate her retirement.

"I've loved every minute of it," she said. "My patients quite often say they can't believe I do a job like this and I tell them this has been the best job in the world.

"I work with a fabulous group; we're such a close-knit team and I've really enjoyed it."

Michele isn't quite ready to completely say goodbye just yet and plans on returning to James Cook one day a week after travelling.



# Lynn Kell retires after 50 years

**ISSUED with a white coat, free bus pass and dinner voucher, Lynn began her NHS career volunteering at Hemlington Hospital every Sunday, working through the week at Boots the Chemist. Whenever somebody was sick, Lynn was sick, whenever somebody cried, Lynn cried, and we won't mention the fainting!**

With two O-levels, English and Art, Lynn was encouraged by sister Sue Collinson, from ward 8, Hemlington, and passed the entrance exam at The West Lane School of Nursing and the rest is history.

Training from 1973 to 1976, in Hemlington and Middlesbrough General, Lynn then spent 18 months at Carter Bequest, followed by night-duty at North Tees. She then worked in the Middlesbrough General Hospital nurse bank.

When South Cleveland Hospital opened in October 1981, Lynn

started 13 years of gynaecology night shifts. Since then, she has been busy, as a gynaecology staff nurse, the gynaecology preadmission sister, the gynaecology 'quality of care and patient safety' staff nurse and more

recently occupational health's specialist flu lead.

Lynn said: "I couldn't have done any of this on my own, so a heartfelt thanks to everyone that inspired, encouraged and supported me along the way since 1972.

"To the hundreds of flu champions over the years that gave generously of their own time, and their own cakes and sweets, I hope I inspired, encouraged and supported you. I will miss you all."



# Coniscliffe Rise

Coniscliffe Rise is a collection of 4 and 5 bedroom luxury detached homes in contemporary and cottage designs set within the prestigious West Park area of Hartlepool.



FREE FLOORING

Now available on selected plots.



To make an appointment to view, or to discuss your individual requirements in detail, please talk to our Sales Adviser on 07715 902826. Coniscliffe Rise, Coniscliffe Road, Hartlepool TS26 0BU.

sales@wynyard-homes.co.uk  
wynyard-homes.co.uk



WYNYARD HOMES

FINAL FEW PROPERTIES REMAIN

 Teesside High School  
*Education as it should be*

## ENQUIRE ABOUT JOINING US TODAY

Teesside High School is a thriving independent school for boys and girls aged 3-18. We combine small class sizes, inspirational teaching, outstanding pastoral care, excellent co-curricular and outdoor education opportunities and a caring environment where each individual truly matters. Visit us and see our wonderful school at first hand. Email [admissions@teessidehigh.co.uk](mailto:admissions@teessidehigh.co.uk) to arrange a tour today. *(Social distancing measures will be in place.)*

    
[www.teessidehigh.co.uk](http://www.teessidehigh.co.uk)

# be green

print on paper sourced  
from sustainable forests



**Hop to it  
be green!**

**Brainstorm** are a friendly and experienced graphic design company which specialises in the creation of printed media including magazines, brochures, annual reports and exhibition materials. We provide a comprehensive graphic design service, starting from the initial concept, to the actual delivery. Brainstorm combines innovative design and attention to detail, to offer you a service like no other.

**BRAIN  
STORM  
GRAPHICS**

info@brainstormgraphics.co.uk

Tel: 01302 714528



# STAND OUT FROM THE CROWD

DESIGN | PRINT | SUPPORT



# Advance your career with the School of Health & Life Sciences



Our range of multidisciplinary short courses, undergraduate and postgraduate degrees, higher and degree apprenticeships, and bespoke masterclasses, have flexible delivery to suit your learning needs.

## Short courses include:

- > An Introduction to Supportive Care for People with Cancer and Other Long-term Health Conditions
- > Basic Interpretation of Blood Results
- > Diabetes Management and Prevention
- > Non-medical Prescribing
- > Paediatric Assessment
- > Physical Assessment Skills

## Higher degree apprenticeships:

- > BSc (Hons) Healthcare Management
- > MSc Advanced Clinical Practice
- > MSc Global Leadership and Management in Healthcare (Senior Leader Master's Degree Apprenticeship)



Apply now: [tees.ac.uk/health&lifesciences](https://tees.ac.uk/health&lifesciences)

# thirteen

Managing and building homes



## Looking for some extra support?

**Our extra care schemes can be the perfect home for people over 55 who might need support to live independently for longer.**

We have a range of apartments and bungalows that provide safe and secure housing with experienced and professional staff available 24-hours a day.

The schemes offer a private and modern living space, with many benefitting from communal areas and services including hairdressers, lounges and restaurants.

Available for affordable rent, join one of our thriving communities in our schemes across Teesside.

### Extra care could be for you if:

- you or the partner you are living with are over 55 and require support with daily tasks
- you're referred to us by a local authority
- you're interested in having your own space with care and support facilities available
- you'd like a property that caters for your individual needs

To find out more or arrange a visit to one of our schemes:

 [www.thirteengroup.co.uk/supportedliving](https://www.thirteengroup.co.uk/supportedliving)

 0300 111 1000