



TALKING POINT

April 2019

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of volunteers

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Temporary changes at the Friarage



Proud to be
smokefree

Proud to be smoke

SOUTH Tees officially became a Smokefree NHS on 1 April as part of a major national drive to support more people to quit.

Every week our staff see the impact of smoking as we treat patients with conditions such as cancer, heart disease, lung disease and stroke.

As a hospital trust we have an important role to play in reducing the number of people who smoke and the many serious illnesses that are linked to smoking.

"A smokefree NHS is about so much more than having smokefree sites," said Louise Hand, smokefree trust project manager. It is about improving the health of staff and patients by identifying those who smoke and offering them practical support to quit.

"As well as rebranding our main hospital entrances with the Time to Clear the Air message, we are making sure staff and patients who smoke are provided with the advice and tools they need to quit smoking, or at least abstain while in hospital.

"Nicotine replacement therapy is now available on all of our wards and we are routinely offering stop smoking advice to patients in all clinical areas."

Michelle Collins, smokefree trust project manager, added: "Basic smokefree training is now available for all staff to access online and we have also launched a staff stop smoking support programme which has already been well attended."

The move to a smokefree environment follows a commitment in the 'Next steps on the NHS five year forward view' to focus on identifying people who smoke and supporting them to quit, as well as creating smokefree NHS estates by 2019/20.

Ailsa Rutter OBE, director of Fresh, said: "We hugely welcome work by South Tees to look at ways they can support more smokers to quit their tobacco dependency. Smoking is our single biggest cause of preventable illness and early death and it results in nearly half a million hospital appointments every year."

Duncan Selbie, Public Health England's chief executive added: "Most smokers want to stop smoking but it can be very hard to succeed without help and support. By putting quitting advice and support at the heart of their policy, South Tees provides an excellent example for other trusts to follow."



#steesSMOKEFREE
southtees.nhs.uk/about/smokefree

Time to clear the air: Smokefree trust project managers Louise Hand and Michelle Collins with smokefree champion and superintendent radiographer Alison Blower

What's new from April 1?

- Record the smoking status of every patient
- Offer stop smoking advice to patients in all clinical areas
- Offer Nicotine Replacement Therapy (NRT) to all inpatients
- Basic stop smoking training available online for all staff
- Stop smoking support programme launched for staff
- NRT is easily accessible from nearby pharmacies
- Specially trained smokefree champions in all clinical areas

free

Time to clear the air say Trust staff...

STAFF have pledged their support to the Trust's smokefree campaign with more than 60 signing up as champions and many more highlighting the significant health benefits it will bring.

Consultant clinical oncologist Clive Peedell, said: "We want every patient to have the very best outcome and the chances of a healthy recovery greatly improve with quitting smoking.

"By going smokefree, we aim to bring significant benefits for the health and wellbeing of everyone who uses our hospitals and services. A key part of this will be helping patients coming for a short stay in our hospitals to abstain from smoking.

"If you're a patient, you have a lower risk of serious complications after operations if you don't smoke. Quitting smoking helps people recover quicker from periods of illness or injury and have a lower risk of re-admission.

"People who don't smoke also have a lower risk of wound infections and have a better chance of a shorter stay in hospital. We also know that patients undergoing

cancer treatment like radiotherapy, also have better outcomes if they don't smoke or stop smoking.

"We hope that visitors and members of the public will support us to help patients quit smoking by respecting the rules not to smoke on site."

Smokefree champion and superintendent radiographer Alison Blower said: "Being a smokefree champion has really inspired me to promote smoking cessation among patients and staff members at James Cook. I am proud to work at a hospital dedicated to dealing with this public health issue.

"As health professionals we should be providing our patients with the best opportunity to help them stop smoking. Health promotion is an important part of our role and having the knowledge to prevent unnecessary health problems is very rewarding."



Head and neck surgeon Shane Lester added: "As a head and neck surgeon, I see lots of patients with serious side effects of smoking and lots more patients who want to avoid those complications such as cancer, heart and lung disease.

"Going smokefree shows that all the staff are committed to supporting our patients. We are doing our best to help them look after their long term health."



#steesSMOKEFREE

southtees.nhs.uk/about/smokefree

Free NHS WiFi at James Cook and Friarage

FREE NHS WiFi is now available for staff, patients and visitors at James Cook and the Friarage.

The new service has been set up in response to national patient feedback asking for free WiFi services to be made available in NHS locations.

How to log in:

- 1 Open your WiFi settings
- 2 Select "NHS WiFi"
- 3 Open your browser
- 4 Sign in (staff should use an NHS email address)
- 5 Surf away!

For technical support users should call WiFiSPARK on 0344 848 9555 and select option 1.

NHS WiFi allows patients and the public to download health apps, browse the internet and access healthcare information.

It can be accessed in patient areas by selecting NHS WiFi from a mobile phone, tablet device or laptop and following the simple onscreen registration instructions.

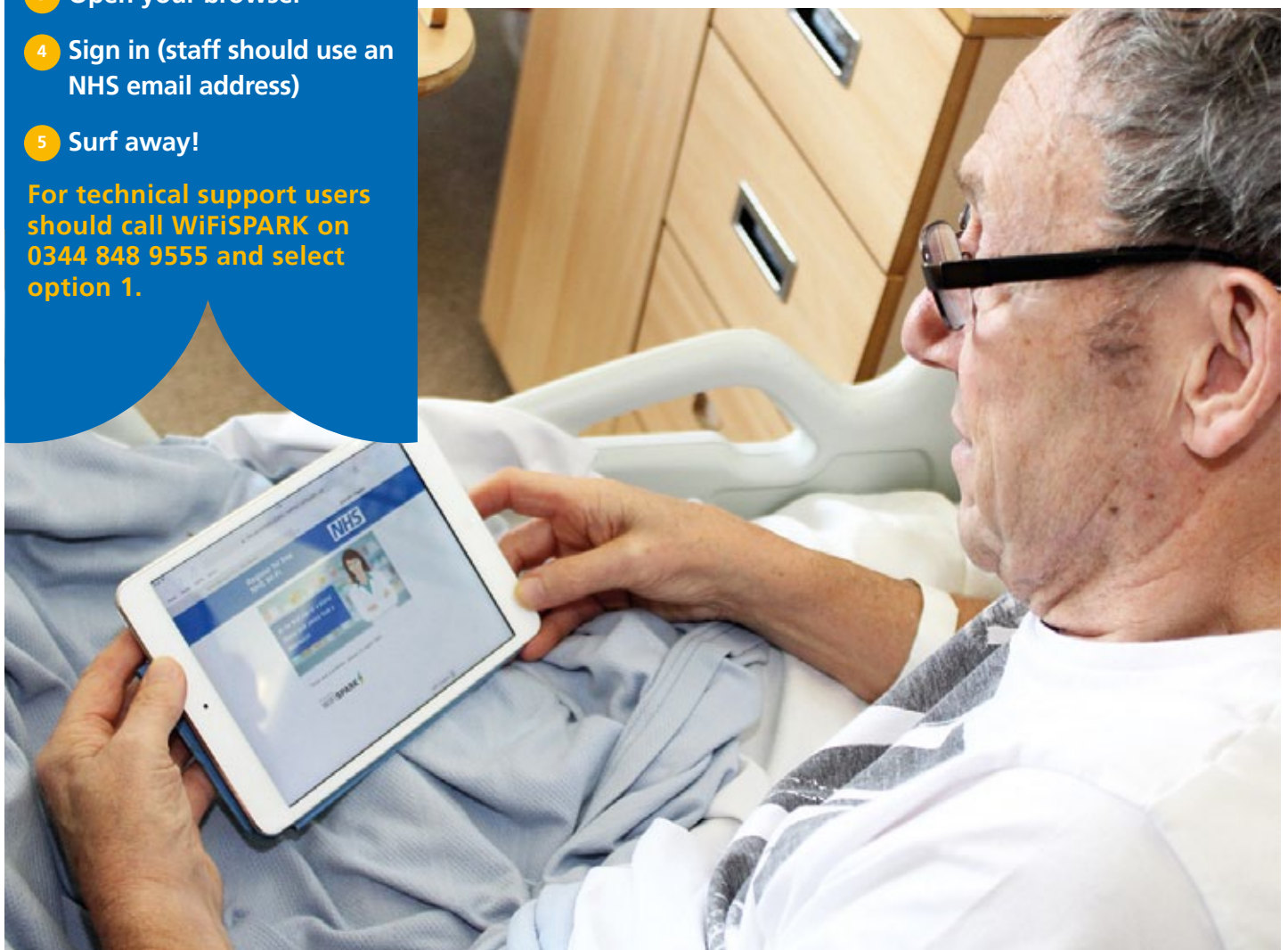
Users are welcomed by an NHS landing page containing national healthcare information and easy links to healthcare advice and support, as well as a search facility for local health services.

Director of estates, ICT and health care records Kevin Oxley said: "We often

have patients asking whether we have WiFi access, so it's fantastic to be able to provide this free service across both of our hospital sites."

The service is being funded by NHS Digital as part of a national programme to make sure that everyone can access free WiFi at NHS sites across the country.

Spinal injuries patient Gordon Johnson is impressed with the free NHS WiFi service at James Cook.



Join our growing community of volunteers

WHEN the Trust introduced its therapeutic care volunteer scheme in 2013 there were eight volunteers - today we have a growing community of more than 500!

And this year sees the launch of our Therapeutic Support @ South Tees programme with all volunteers - from wayfinders to work experience students - brought together under one team to help make a real difference to our patients and visitors.

Under the leadership of Debi McKeown, lead nurse for therapeutic support, the staff, volunteers and work experience students – aged from 16 to 82 - provide valuable therapeutic support to patients, visitors and staff throughout the Trust.

This can range from activities in the day room such as board games, dominoes and crafts through to nail painting. Volunteers may also find themselves running errands for patients and taking them for short trips off the wards where appropriate so they can experience a sense of normality.

Debi said: "The support provided by volunteers uplifts the mood of patients, families and carers. The volunteers provide a sense of companionship that allows staff to get on with their tasks, safe in the knowledge that their patients have someone to talk to.



"We have developed a community of people who are enhancing the patient experience while getting experience themselves. Many go on to get permanent roles at the Trust - it's giving South Tees a home-grown workforce.

"This workforce has not only dramatically reduced the reliance on bank staff but has also been successful in reducing anxiety, distress and confusion and in preventing the escalation of symptoms by providing interaction as opposed to basic observation.

"We have come a long way since we first launched but it's very exciting to see all the volunteer groups working closely together and supporting each other as a community."

The team is made up of:

- Therapeutic care support workers
- Therapeutic care volunteers
- Admin volunteers
- Chaplaincy volunteers
- Holistic centre volunteers
- Macmillan volunteers
- Friends of the Friarage volunteers
- Wayfinders
- Work experience students
- Step into Health applicants





Temporary changes to critical care services at the Friarage

OVER the last 18 months, following public engagement, consultants at the Friarage have developed an innovative new model, to provide acute medical services at the Friarage.

During this public engagement the Trust stated its intent to go out to full public consultation on this model. However, the Trust has now been overtaken by events and needs to make some temporary changes to critical care services at the Friarage.

Dr Adrian Clements, medical director for the Friarage Hospital said: "We need to make these temporary changes to provide safe services for the population we serve.

"Despite our many efforts to recruit key medical staff over the last 18 months, support from our partners and the hard work of my team to keep services running, we are now facing significant risks because of an imminent gap in staffing."

The majority of services at The Friarage will remain unchanged, with around nine out of ten patients continuing to be seen there, including outpatient clinics and planned day surgery, which make up the majority of the services.

we are committed to developing a safe and sustainable future for the hospital

Siobhan McArdle, chief executive said: "During recent public engagement on the Friarage Hospital, we committed to developing a safe and sustainable future for the hospital, and this absolutely remains our intent.

"Once we have stabilised our current services to ensure patient safety, we will be working in partnership with the Clinical Commissioning Group to deliver a full public consultation in order to agree the longer term sustainable future service model for the Friarage, something we all want to see."

Dr Charles Parker of NHS Hambleton, Richmondshire

and Whitby Clinical Commissioning Group said: "We know from extensive public engagement how important the Friarage Hospital is to our local communities and we remain committed to sustaining services at the hospital.

"We are disappointed that workforce pressures have resulted in this temporary service change and support the Trust in their decision to make these changes as a result of significant safety concerns. We are working with the Trust, local GPs, the Yorkshire Ambulance Service and other system partners to ensure the impact of these changes is minimised for the majority of people.

"These are urgent temporary changes but there is still an underlying workforce problem. We will therefore proceed with a public consultation on the future sustainability of services at the Friarage in line with our statutory duty."

The Trust will continue to keep patients, staff and local communities updated.

Temporary changes From Wednesday 27 March 2019:

The Trust will assess the appropriateness of all 999 and GP emergency activity prior to patients arriving at the Friarage. All complex critical care dependent surgery will be undertaken at James Cook, where patients with major trauma and serious illnesses, such as stroke, head or spinal injuries are already treated.

The accident and emergency service will change to a 24/7 urgent treatment centre (UTC), in line with clinical guidance. Going forward this will mean we will be able to treat children with minor illnesses (such as fever, rashes, asthma), rather than just minor injuries, which has been the case for a number of years.

For the latest updates, go to southtees.nhs.uk/hospitals/friarage



Stammering rocks!

STAMMERING rocks! So say the young people and their parents who attend a regular speech and language therapy fluency group in Middlesbrough.

Keep your eyes peeled when you're out and about across Teesside for one of the group's brightly painted rocks, which are decorated with messages about how it feels to have a stammer – or to be the parent of someone who does. Some of the rocks also feature advice on how the people they speak to can help.

Messages include "It is ok to stammer"; "Be sure to let us speak"; and "We stammer and we're proud".

The group hope that the finders of the rocks will read and remember the messages and share them on social media as a way of raising public awareness and insight about stammering.

The speech and language therapy fluency group initially began as a one-off course for ten and eleven year old primary school children who stammer to prepare them for secondary school. Due to popular demand, it has since developed into a half-termly two hour session, and has been extended to include nine year olds.

Sarah Phillips and Jane 'Jessie' Smithson are specialist fluency therapists who run the group. They are passionate about the advantages of group therapy.

Jessie said: "The focus of the group is to maximise confidence in speaking situations and to minimise the impact of the stammer itself.

Sarah said: "There is increasing evidence-based research confirming the effectiveness of group therapy for children who stammer and their parents.

"Its 'magic ingredients' – compared to historically traditional individual sessions – include meeting others who are experiencing similar issues; discussing, sharing and problem solving; being introduced to new approaches and strategies for managing fluency and changing the thoughts and perceptions around stammering in themselves and others. All this whilst gaining confidence and having great fun too!

"Certainly the popularity and success of this group is proof of how helpful it can be, with lovely feedback from both children and parents, who report significantly reduced anxiety and a rise in confidence in all speaking situations."



The speech and language therapy fluency group with the speech language therapy team: Jessie Smithson, Jane Verill, Sarah Phillips and Paula Mills.

Start your engines, please!



THE children's wards at both James Cook and the Friarage now have a fleet of five miniature electric cars.

Children can use the cars to get to theatres or x-ray, helping to ease any anxieties and make their hospital stay as comfortable as possible.

The miniature vehicles are controlled by the children, but can be overridden by an adult with a remote control – meaning they are in complete control at all times.

Cathy Brammer, matron for neonates, children and young people said; "We are really grateful to people for donating the cars. We started with one and now have a fleet.

"It's lovely to be able to see children happy on the way to surgery instead of being anxious."

The first car to arrive was a mini Tesla donated by Danny Plummer, a member of Tesla Owners Group UK – who have donated over 150 cars to wards around the country.

Another was donated by a generous anonymous member of the public, who handed it in to the children's ward at James Cook.

But the biggest donation came from fundraiser Justin Henderson, 43, from Catterick Garrison who saw how great the cars were and donated three more with funds he had raised for South Tees Hospitals Charity!

Justin is a former postal courier in The Royal Logistics Corps. In 2012 while stationed in Germany a freak accident left him wheelchair-bound with a broken back and limited mobility. He has since had a vertebra replaced with a prosthetic lower spine.

He has already started an ambitious drive to take part in 12 challenges in 12 months, including cycling 200 miles on a recumbent trike and running 100 miles on an anti-gravity treadmill.

The cars have proven to be really popular with children of all ages, and there are now smiles all round on the way to theatre (beep beep!)

Acting ward manager, Maxine Stephens said: "It certainly brightens their trips to theatre. The children love it, and it makes quite a daunting journey quite a bright one."

Two-year-old Oliver Kaymez of Stockton and three-year-old Ava Dawson of Thornaby are among the first to try the cars.



Artist Lindsey Coxon, consultant paediatric orthopaedic surgeon David Ferguson, paediatric anaesthetic consultant Amy Norrington and staff from the paediatric surgical day unit show off the new artwork



Waking up to friendly familiar faces

HAVING an operation in hospital can be an anxious time for anyone, let alone a young child.

But children waking up in the recovery area of the paediatric surgical day unit at James Cook are now being greeted by some very familiar faces!

Among the new murals adorning the walls of the recovery unit are Percy the Park Keeper and Kipper the Dog.

The story book environment, which also features moving images projected onto the ceiling, was inspired by paediatric anaesthetic consultant Amy Norrington who wanted to create a comforting environment for children and young people who have to use the service.

The project has been successfully brought to life thanks to educational funding - generated by David Ferguson, consultant paediatric orthopaedic surgeon - and the creative talents of artist Lindsey Coxon of Custom Murals.

"The feedback has been fabulous, the children have all loved it," said Amy.

"The recovery unit has been painted beautifully by Lindsey to enhance the theatre journey for all of the children and young people we care for.

"It provides a familiar, calm and comforting environment in which to wake up with the added benefits of an armchair where our staff can comfort children and a projector to allow patients to watch colourful images above them as they wake."

Win a Peugeot 208!

Here's your chance to win a car thanks to the latest fundraiser from the Friends of the Friarage. Raffle tickets are now on sale at only £2 each.

The top prize, to be drawn at the annual Barn that Rocks event in June, is a brand new Peugeot 208, supplied by Simon Bailes Peugeot.

Peter Fall, organiser of the Barn that Rocks, said: "I am excited and honoured that we are all doing this together. I am sure it will be a fantastic evening."

Donna Jermyn, Chair of Friends of the Friarage, said: "As a small charity run by volunteers, we are reliant on people like Peter who generously give their time and energy to raise funds for us, so that we can continue to buy equipment for the Friarage Hospital. We are also very grateful to Simon Bailes and Barclays Bank for supporting this event."

Simon Bailes, chief executive of Simon Bailes Peugeot, said: "I am thrilled to be able to support Friends of the Friarage and the Barn that Rocks, this year."

The raffle will be drawn by Peter Wright, star of TV's The Yorkshire Vet.

Raffle tickets can be bought from the Friarage and from a host of other venues, details can be found on The Barn That Rocks Facebook page.



Twins undergo spinal surgery in the same week!

TWINS Katie and Abbie Varty made history at James Cook when they both underwent surgery for scoliosis in the same week.

Their journey began two years ago when both girls were diagnosed with different types of scoliosis – a condition where the spine twists and curves to the side.

The sisters from in Cockermouth in Cumbria were referred to the specialist paediatric spine service at James Cook for back brace treatment.

Unfortunately the different braces did not stop either of the girl's curves progressing so they both had to be booked in for surgery - Katie on 14 January and Abbie, two days later, on 16 January. They were 14 years old at the time of their operations.

Consultant spine surgeons Waleed Hekal and Zak Choudhury performed the surgery.

Both girls recovered well, with support from their parents and specialist nurse Cheryl Honeyman, and they went home together on 21 January.

After the surgery Katie had grown 4.5cm taller and Abbie had grown 2.5cm taller.

Katie, now 15, said: "To find out that we had scoliosis was a scary thing but to go through this with my

twin made the whole journey easier.

"When we found out that we both had scoliosis was a very hard day, but after meeting Mr Hekal and Cheryl, they made us feel very reassured about the journey ahead of us.

"We both started off by wearing different back braces, but as our scoliosis progressed we found out that we needed surgery. Mr Hekal and Cheryl explained everything that was going to happen and we were never left in the dark about any details."

Abbie, now 15, added: "When people tell you about having surgery, you can feel afraid. The words 'spinal fusion' and 'intensive care' can often make you fear the worst, but it is far from it.

"The intensive care and the ward team make it less scary. Many people may also think that this lasts forever, but a month later we feel normal again. It is amazing

how fast you can recover from such major surgery.

"If we could tell something to anyone who was getting the same surgery as us, we would tell them that you are going to be ok and you can be fixed. You are always in good hands and the results are amazing."

Mum Karen said: "As a parent one of the hardest things you ever have to do is hand over your child to go for major surgery, but we had no doubt our girls were going to be cared for by the most brilliant team, resulting in unbelievable correction.

"To go through the process once is difficult enough, but for both of your daughters to go through surgery during the same week was very overwhelming, it did help that they went through this together and helped each other every step of the way.

"Part of the joy of having twins is that everything is times two, including spinal surgery, in our case!"

Dad Will added: "We are overwhelmed with the excellence, kindness and care we received from all the surgical, paediatric intensive care unit

and Ward 22 team. Every member of staff made us feel so welcome and it really made the difference. It was an extremely stressful and daunting time for our family but the friendly faces helped us every step of the way.

"The surgery has changed our girls lives forever and we are so proud how Katie and Abbie bravely got through their whole scoliosis journey, but we are certain this was due to the care of Mr Hekal and all the team at James Cook, we can never thank you enough.

"Over the last two years we have travelled over to James Cook from Cumbria 17 times to our various appointments driving 3,570 miles but it was worth every mile!"

"Part of the joy of having twins is that everything is times two, including spinal surgery, in our case!"

Surgeon Waleed Hekal, Abbie and Katie Varty and specialist nurse Cheryl Honeyman



New maternity model to launch at The Friarage

THE maternity team at the Friarage are rolling out a new scheme on the back of the Better Births Report published in 2016, which issued guidance on providing 'continuity of carer' in maternity services.

Evidence suggests that care from a known midwife throughout pregnancy, labour, birth and the postnatal period can be associated with improved health outcomes for mother and baby.

Receiving continuity of carer means expectant mothers are:

- 16% less likely to lose their baby.
- 19% less likely to lose their baby before 24 weeks.
- 24% less likely to experience pre-term birth. They are also more likely to labour spontaneously and less likely to require some medical interventions in labour.

Some of the things mothers can expect from the initiative include:

- A named community midwife who will plan and oversee antenatal care.
- A regular schedule of antenatal appointments with their midwife or another member of the team.
- Monthly drop in sessions – get to know the midwives over cake and a cup of tea.



- The opportunity to find out more about complementary therapies in pregnancy, preparing for an active birth and practical parenting at regular information sessions, providing extra opportunities for women to get to know the team of midwives.
- When a woman goes into labour, wherever possible they will be cared for by a midwife they have already met.
- Home visits following discharge from their named midwife or another member of the team to check both mother and baby are well, and discuss any concerns or questions.

- Wherever possible care will be provided by the woman's named midwife, but they may be seen on occasion by other members of the team.

The service is available to all low risk women, who have been identified as being suitable to deliver on the midwife led unit. This includes women living throughout the entire South Tees area.

The Friarage birth team are happy to provide a guided tour of the unit and answer any questions you may have. Why not follow the Facebook page 'Friarage maternity centre' to receive regular updates?

Similar pathways for teenage mums and pregnant women with pre-existing medical conditions are also launching at James Cook.



Ensuring continuity of care for theatre patients

PATIENTS undergoing surgery at the Friarage can now benefit from having the same nurse or operating department practitioner supporting them throughout their procedure.

This means they are with a familiar member of staff from the moment they go to sleep in the anaesthetic room to the moment they open their eyes in the recovery room.

Usually an operating department has one anaesthetic nurse in each theatre plus another group of nurses waiting for patients to arrive in the recovery room.

Now the Friarage – when staffing levels allow – has two nurses in each theatre who stay with each patient from start to finish.

This new way of working, developed by theatre manager Sarah Baker, is not only improving the way patients are cared for, but it is also making better use of staff working hours, as there is no time lost waiting to handover patients.

This continuity of care also helps to reduce the risk of errors and has cut turnaround times so more patients can be operated on each day.

"It was a big culture change but our nurses, operating department practitioners, surgeons and anaesthetists have really embraced it," said Sarah. "I feel really proud of the staff, the department and how smoothly it runs."

"I see how well it works and how much more effective it is. More than anything, it makes the department seem very calm."

"Ultimately it's about the continuation of care for patients, improved patient experience and, because of the reduction in handovers, improved patient safety."

She said the new way of working has been welcomed by patients with one saying: "I was reassured that the same person would be there when I woke up". Another said: "I felt that the nurse knew me and understood how anxious I was."

Theatre staff
Sarah Baker,
Carol Jowers,
Julie Clark,
Rachel Smith and
Michelle Grant in
the recovery room
at the Friarage



Ghana mission a huge success...

A UK team, led by consultants from James Cook's heart and lung surgery team, gave up their holidays to take part in a life-saving mission to Ghana.

Surgeons, cardiologists, intensive care practitioners, anaesthetists and a heart bypass technician were among those who spent a week at the Komfo Anokye Teaching Hospital from 23 February to 1 March.

The Ghanaian hospital recently appointed its own cardiac surgeon but has no kit and lots of patients – many who are young adults - who need life-saving operations.

Vital kit had to be sent out to Ghana ahead of the trip, and the team of 12 had to work with limited

resources and electrical issues that would never be an issue back home. Despite this they successfully performed nine operations.

Cardiothoracic surgeon Enoch Akowuah, who was born in Ghana, was instrumental in launching the initiative alongside cardiothoracic surgeon Joel Dunning.

Enoch said doing his first operation in Ghana was the stuff dreams were made of: "It was a fantastic experience for the whole team. It was such a privilege to work alongside our Ghanaian colleagues - we learnt so much from them about working in challenging circumstances with minimum resources.

"We are looking forward to

building a long term sustainable partnership. Plus the food was excellent and the music was fabulous!"

Cardiologist Andrew Turley said: "We had one patient who was quite unwell whose heart kept going to a very dangerous heart rhythm. It all went well but it was times like that when you suddenly realised you were in Africa and not back at home in Middlesbrough!"

Joel said they had been touched by the generosity of so many people in helping them to raise £30,000 to make this first mission a reality:

"We succeeded in performing nine operations with no complications and more importantly we learnt in detail the great challenges of setting

The team successfully performed nine heart operations and completed daily interviews for their video blog



Cardiothoracic surgeon Joel Dunning pictured outside Komfo Anokye Teaching Hospital

Specialist critical care practitioners Fiona Laughland and Alison Clark were happy to take on the challenge



Cardiothoracic surgeon Enoch Akowuah said it was the stuff dreams were made of to perform an operation in Ghana, his home country

...and team already planning second trip!

up heart surgery in Ghana. We now have a pathway to move forward and get this centre supported towards independent practice."

"But also we learnt what a fabulous cardiothoracic team we have at James Cook. Not just the stellar 12 that came on the mission, but also the huge amount of support that we got from our whole department and messages of support while we were there. We are privileged to work in this fabulous heart and lung surgery team."

The team, who are now fundraising for a second mission in October, shared their progress with a daily online video blog – take a look at <https://www.ctsnet.org/article/daily-video-blog-medical-mission-ghana-february-23-march-1-2019>

Donations can be sent to South Cleveland Heart Fund (clearly marked for Ghana mission) or visit justgiving.com/crowdfunding/hearturgerymissiontoghana



The James Cook team received a warm welcome from their Ghanaian colleagues



First implant in the NHS of a new device for chronic low back pain

JAMES Cook has become the first NHS hospital in the UK to routinely implant a new device, called ReActiv8®, for patients with disabling chronic low back pain.

Consultant in pain management, Dr Ashish Gulve implanted the device in an NHS patient in January and the patient has already seen significant improvements in his symptoms.

ReActiv8® is a small surgically implanted device, which involves two wires inserted on either side of the spine, close to the nerves responsible for activating key muscles stabilising the lower back.

These wires are connected to an implanted pulse generator, like a pacemaker. With a remote control, patients activate the device to stimulate these muscles for about 30 minutes twice a day. Rather than masking or numbing the pain, the new device aims to rehabilitate the key stabilising muscles of the back, to prevent abnormal, pain provoking movements of spine joints.

Prior to being considered for the implant, patients must have undergone recommended medical management, including specific physiotherapy and medication for their low back pain. This therapy is not for patients who require spinal surgery or those who have had low back surgery in the past, until further clinical studies also confirm effectiveness in this specific group.

Dr Gulve said: "In most cases, low back

pain starts as a simple strain or sprain injury in one of the joints in the spine. In response to this joint pain, the brain suppresses the activation of the muscles that normally stabilise the lower back. When this happens, the spine moves more easily into painful positions. This can result in an ongoing cycle of chronic low back pain and muscle weakening.

"Specific exercise programmes offered by specialist physiotherapists can help to regain control of spine stabilising muscles. In some patients, conventional treatment and physiotherapy is not enough to restore control of the spine stabilising muscles. In those patients, the device can help to regain control of these muscles.

"It can take anywhere between three to six months for patients to feel the benefit of the implant because it is regenerating the muscle. It's not something that works instantaneously; you have to use it regularly to notice that significant improvement in the pain as well as function."

Dr Gulve and his colleague, Professor Sam Eldabe, have been involved in the development of this new technology for last seven years, as part of several research and clinical studies.

They believe that the advanced technology will make a significant difference to those patients who are dealing with intractable chronic low back pain despite specialised physiotherapy, medications or injections

who do not require spinal surgery.

He said: "The patients who have been part of the study have had their lives changed by this therapy. Each has their own story. For example, as a result of her disabling back pain, one of our patients had to give up riding her horses six years ago. Following the treatment, she's literally back in the saddle – and she's no longer taking painkillers. Her quality of life has significantly improved.

"We look forward to being able to improve quality of life and function in many more patients suffering from back pain."

ReActiv8® is available to NHS patients at selected centres in the country.



Dr Ashish Gulve with the ReActiv8® device

Hospital named centre of excellence for blood cancer treatment

THE myeloma service at James Cook has been accredited as a centre of excellence.

Myeloma is the third most common type of blood cancer. It originates in the bone marrow and currently affects around 17,500 people in the UK.

It is treatable, but not curable. Treatment aims to control the myeloma, relieve symptoms and improve quality of life.

The Myeloma UK Clinical Service Excellence Programme (CSEP) accreditation recognises the hospital's commitment to providing superior treatment to myeloma patients.

The service was assessed on eight areas covering the whole patient journey. It received particular praise for its excellent patient feedback and for the level of information and support provided to patients.

Patients said the care they received was "second to none" and described the staff as being "really supportive and caring".

Consultant haematologist Raymond Dang said it was a fantastic achievement following a number of years of hard work:

"We have been working hard to improve myeloma services for our patients. It has been a real privilege to go on that journey with our patients and to work closely with Myeloma UK.

"I would just like to thank everyone involved, especially all the staff on the haematology unit – we could not have achieved this without you!"

Suzanne Renwick, healthcare professional projects manager for Myeloma UK said: "Being presented with the Myeloma UK

CSEP accreditation is a considerable achievement and shows that James Cook is dedicated to providing excellent treatment and care.

"The Myeloma UK CSEP accreditation demonstrates the gold standard of myeloma care."

Professor Caroline Wroe, deputy clinical director for NIHR Clinical Research Network North East and North Cumbria said: "This is a fantastic achievement for the team and demonstrates just what South Tees can offer to myeloma patients. May I offer my personal congratulations to all staff who work with patients receiving treatment for myeloma."



Consultant haematologist Raymond Dang and staff from the haematology unit at James Cook receive the Myeloma UK Clinical Service Excellence Programme award.

What matters to you?

PATIENTS staying at East Cleveland Hospital are being asked what matters to them as part of an innovative scheme to improve their care and help them to recover faster.

Every day staff ask each patient on Tocketts Ward what they want to achieve and this is written on a special white board above the patient's bed so that all staff can do their best to help them achieve their goal.

The 'What matters to me' boards have already proved popular with patients. People have been asking for everything from more physiotherapy sessions to a copy of their favourite newspaper.

"These extra little bits show patients and relatives that we are listening to their needs and doing all we can to help improve their wellbeing," said ward sister Heather Collins.

The community ward also has its very own pledge tree. This proudly displays messages from staff to show patients, relatives and visitors what they aim to provide.

Messages are handwritten on the leaves and include: "I pledge to treat patients as I would want to be treated myself", and "I promise to always give my all no matter how I am feeling".

Heather added: "We would like to thank MT Print in Darlington for their support with these projects."

Making a difference to people with MS

SOUTH Tees has become the latest trust to benefit from a pioneering specialist nurse programme to help patients with multiple sclerosis (MS).

Thanks to the fundraising efforts of its supporters, the MS Trust has helped to recruit and fund a new MS specialist nurse at South Tees as part of its campaign to ensure nobody in the UK has to manage MS alone.

Claire Naisbitt has been appointed to the programme at James Cook to help provide more accessible support to around 2,000 patients.

MS is a condition that can affect the brain and / or spinal cord, causing a wide range of potential symptoms, including problems with vision, arm or leg movement, sensation or balance.

MS specialist nurses are vital for people living with MS. They can help them adjust to diagnosis, consider complicated treatment options, manage a wide range of symptoms and learn to live

well with an unpredictable, often debilitating, lifelong condition.

The MS Trust conducts regular research into nursing levels across the UK and has found around two-thirds of people with MS in the UK live in areas where there aren't enough MS nurses.

Jo Sopala, director of health professional programmes at the MS Trust, said: "We know the new MS nurses will make a huge difference to local people living with MS and we will be there to support them every step of the way."

Claire, who previously worked as a nurse on the acute neurology ward and in the community, added: "I love being a nurse as I enjoy caring for people and strive to deliver the best care for them. I am really looking forward to the MS Trust's training programme and developing into my new role."

To find out more visit mstrust.org.uk/nurses

Dr Adrienn Petreczky
with MS specialist nurses
Karen Little, Claire Naisbitt
(front) and Fiona Tait.



Tocketts ward staff with the new pledge tree

Neoangels help both mum and dad



Sarah Thwaites, Sue Bridel, Jan Morgan, Jodie Jenkins and Zoe Musgrave (left to right) with the emergency kits



Sue Bridel, Kelly McKie, Vicky Ford and Jodie Jenkins (left to right)

NEOANGELS emergency toiletry kits have launched at James Cook.

The neonatal unit is the first to receive the kits for both mums and dads, and to cover parent accommodation requirements.

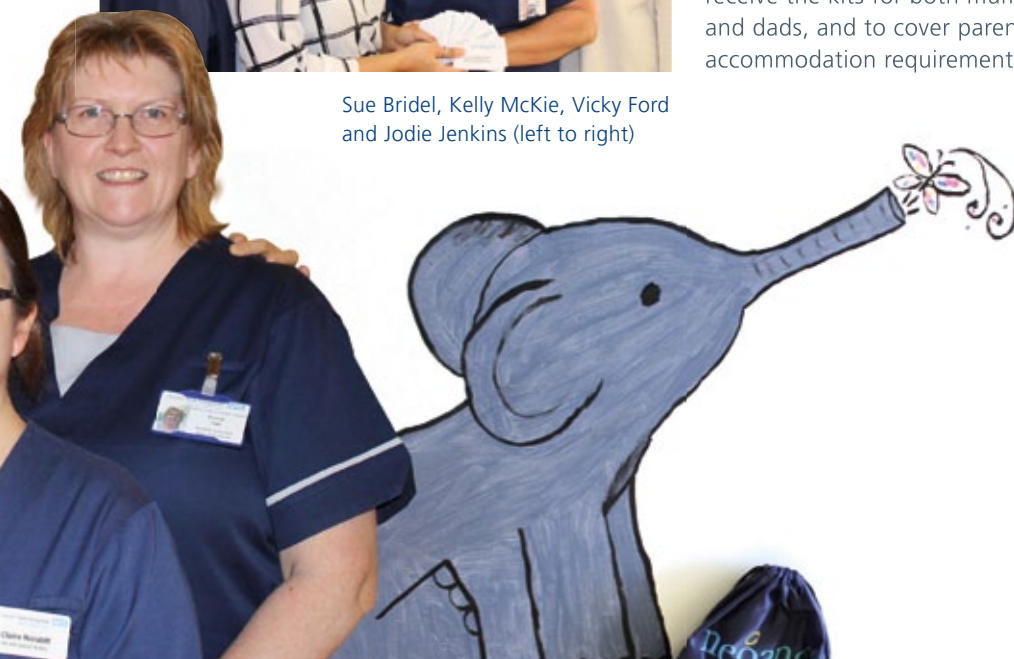
Neoangels also donated a cheque to the unit at the end of last year – which has so far seen over £1,200 of food vouchers provided to parents - equating to 400 hot meals - in conjunction with Serco.

Kelly McKie, service manager for Serco said: "It's great to help and support and we will carry on indefinitely."

The kits include different toiletries, toothbrushes and toothpaste, and a wash bag – all within a handy shoe bag for ease of carrying.

Lynne Paterson, neonatal nurse consultant said: "It's a fantastic addition to what we are able to provide for our families. We are very grateful to Neoangels."

To donate any items, please take them to the neonatal ward.



Back together again!

FOUR young people have spoken about the impact major spine surgery made to their lives.

Spine surgeons Waleed Hekal, Zak Choudhury and Raman Kalyan – with specialist nurse Cheryl Honeyman, hosted an event for young people and their families, who have had, or are due to have scoliosis surgery.

Sharing their experiences were Ellie Boyd, 20, who is in the final year of a law degree, Hannah Wintle, 19, who is studying architecture, Sam Heeney, 18, who works for the Trust as an apprentice therapeutic care worker and Ciaran Jasper, 23, who is a primary school teacher and musician.

The audience heard how successful surgery positively impacts on young people's lives, not just physically, but psychologically and emotionally.

Karen Coates, sister in the paediatric intensive care unit, observed surgery earlier this year and was able to give an insight into what happens in the anaesthetic room, theatre and recovery.

Liz McLachlan, physiotherapist, gave advice on maintaining a healthy spine after surgery, and Waleed Hekal summarised the team's very successful first eight years at South Tees.

The event, sponsored by K2M, was also an opportunity for everyone, including members of the Facebook support group, to meet and share experiences as they browsed the displays of fundraising achievements, got 'hands-on' with the instrumentation and found out about the spinal cord monitoring equipment from the medical physics team.

Successful surgery positively impacts on young people's lives



Follow your heart

A FUNDRAISER has been able to see first-hand the good progress made in heart treatment in the 30 years since his heart attack.

Keith Robson, a retired accountant and treasurer of South Cleveland Heart Fund, recently described to members of Middlesbrough Erimus Rotary Club his first-hand experience of the valuable difference their fundraising can make.

Keith joined the South Cleveland Heart Fund after he had a serious heart attack in February 1990. He collapsed at home and was rushed to hospital.

Keith said: "When I woke up I saw the person in the next bed had a priest sat next to him so I knew I was in trouble!"

Keith was in a bad way and had many procedures to repair his heart. He was given a treadmill test and told to rest for several weeks after his operations. Thankfully, Keith's health steadily improved allowing him to lead an active

life. Then in 2016, Keith was readmitted to James Cook with heart problems – nearly 30 years after having a heart attack. This time, he had the good fortune to be scanned on a new MRI heart scanner, which had been funded through the South Cleveland Heart Fund.

Keith said: "When I was being scanned I said to the specialist I'd paid for the scanner because as treasurer of the South Cleveland Heart Fund, I'd signed off the cheque!"

He reflected on the fact that Middlesbrough Erimus Rotary Club had collected £70,000 towards the cost of the scanner and was delighted to be able to directly thank club members for their efforts.

He said: "This new scanner is fantastic. It can scan in great detail to help diagnosis and I'm glad to say that the defibrillators in use



today don't burn your chest!

"We have made really good progress in heart treatment in the years since my first heart attack and now James Cook is a centre of excellence."

Thankfully, following further repair work, Keith has made a full recovery.

Keith Robson (bottom left) with the South Cleveland Heart Fund Team

Flu champions
Chris Loughran,
hospital volunteer
(left) and Lynn Kell,
flu campaign
coordinator.



Record breakers

CONGRATULATIONS to our flu champions who have this year vaccinated 80.2% of frontline staff – a Trust record!

The previous record was 76.9% which was achieved in 2016-17.

This year the team hit the road with its "Getting to you before the flu" campaign to provide flu jabs at more places than ever before.

This was made possible thanks to new champions from Thirsk, Bedale, Leyburn, Northallerton, Stokesley and Richmond district nursing teams and new venues at Unity House, Low Grange and West Lane Hospital.

Our successful flu campaign is getting recognised nationally. The Trust is once again shortlisted for most improved Trust award at the NHS annual Flu Fighter Awards. And our flu champion Katie Briscoe is a finalist for flu fighter champion of the year.

The awards recognise the efforts of flu teams across the NHS and social care sector who work hard to vaccinate frontline staff by promoting the flu vaccine in their local campaigns.

The Fitbit prize draw has now taken place and the four winners have been notified. Please see the intranet for more details!

Medics given chance to train as ACCPs

PHYSIOTHERAPISTS and nurses are being given the opportunity to train as advanced critical care practitioners.

The ACCP role is designed to help add to the care and management of critically ill patients and their families.

There is currently a team of 14 ACCPs based within adult critical care at the Trust with 11 based in cardiothoracic intensive care and three in intensive care.

The role crosses the traditional professional boundaries of medical staff, nursing, physiotherapy and pharmacists within critical care, and is primarily open to qualified nurses and physiotherapists. This is due to the necessity to undertake non-medical prescribing.

As part of their role within the medical team, ACCPs undertake extensive assessment and management of critically ill patients, including physiological monitoring, resuscitation, prescribing medications and performing invasive interventions.

The local programme was developed in conjunction with Teesside University in 2009 so increase skilled medical cover. It is a full time supernumerary training post with an accredited national training curriculum and portfolio which must be completed by all trainees.

Karen Donnelly, who recently qualified as an ACCP, said: "The

ACCP programme provided me with the opportunity to progress my career whilst remaining in a clinical setting. It has allowed me to utilise the knowledge and experience that I had gained through my nursing role and apply these as an autonomous practitioner."

Within the northern region there are now ACCPs in Newcastle, Cumbria, Northumbria and Teesside.

James Cook ACCPs were delighted to host the recent bi-annual northern region ACCP conference - an excellent opportunity to share knowledge and experience.



New initiative benefits brain injury patients

DRAWING on expertise from services across the Trust, ward 26 has set up a monthly acquired brain injury education session.

Occupational therapist Kathryn Malcolm, Headway Acute Trauma Support (HATS) nurse Kerry Reynolds and speech and language therapist Poppy Rowell helped to develop the service following feedback from patients and their families.

Kerry Reynolds, Jayne Collin, Kathryn Malcolm and Poppy Rowell helped set up the monthly acquired brain injury education sessions (left to right)

The group are working in collaboration with local Headway groups from Darlington, Teesside and Hartlepool who are also supporting the sessions.

It has been fully supported by ward staff including the ward sisters who hand out invitations to families and let the staff use their day room for the afternoon.

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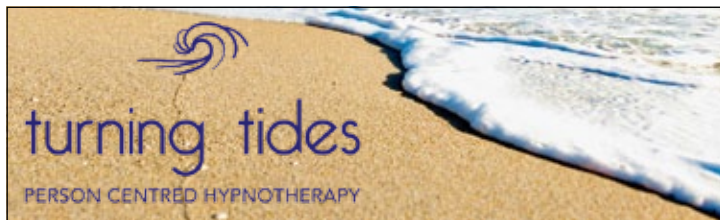
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