



TALKING POINT

January 2020

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Friarage saves 29 tonnes of carbon in six weeks

RECYCLING has been introduced at the Friarage and is already proving a great success.

More than 13 tonnes of dry mixed recycling - cardboard, paper, tins, cans and plastic – has already been collected.

The Trust is also using anaerobic digestion to deal with food waste which has already provided enough energy to heat a small home for five months, and the residue goes to farmers for fertiliser.

In this first six weeks of operation we have saved nearly 29 tonnes of carbon – the equivalent of powering 17 homes for a year, or keeping 11 cars off the road.

We've already rolled out recycling to 25 wards and departments, with plans to reach the whole of the Friarage by the end of January 2020.

We also offer electronic equipment recycling for old fridges, TVs and condemned medical equipment.

And the Sir Robert Ogden Macmillan Centre will soon introduce coffee cup recycling.

For more information contact Stephen.bell1@nhs.net



Redcar Urgent Treatment Centre opens its doors

REDCAR Urgent Treatment Centre opened its doors in October, replacing the minor injury unit at Redcar Hospital.

The Urgent Treatment Centre (UTC) enhances the services available from the Redcar Hospital site, providing treatment and advice for minor illnesses as well as minor injuries.

Opening times remain as 8am to 9.30pm and the centre is open 365 days a year - including all bank holidays - with access to x-ray facilities.

Pre-bookable appointments are available via NHS 111 where appropriate, but patients can still walk in. Free parking is available on site.

The change is part of a national drive to introduce UTCs across the country by December 2019 to ensure patients have the same experience of urgent services regardless of where they are in the country.

Julie Suckling, urgent and emergency care service manager said: "It is hoped this new standard will reduce any confusion around which part of the NHS offers which service, in



turn reducing the number of people who attend emergency departments when they could be treated more appropriately elsewhere.

"If you have a non life threatening problem and you're not sure what to do, you should call NHS 111 and they will direct you to the most appropriate service. If you need an urgent face-to-face appointment NHS 111 may direct you to your closest urgent treatment centre.

"The UTC can treat a range of conditions such as strains and sprains, abdominal pain, eye problems, suspected broken limbs, feverish illness and minor head injuries."

For more information visit southtees.nhs.uk/hospitals/redcar



Volunteers scoop national unsung hero award

THE Trust's therapeutic supported volunteers team has been recognised as one of the country's top unsung health heroes after scooping a national award.

Now in its third year, The Sun newspaper's Who Cares Wins Awards ceremony honours those across the health and social care sector who go

above and beyond for their patients or cause.

The team received their Unsung Hero award from medical broadcaster Dr Hilary Jones and Strictly Come Dancing judge Shirley Ballas at a special ceremony in London hosted by Lorraine Kelly.

"Our volunteers are some of the best around."

The volunteers were represented at the awards by Debi McKeown, lead nurse for therapeutic support, and volunteer Ify Nwokoro.

Ify was paralysed following a road traffic accident in 2009 but gives up his

time to support patients with spinal injuries at James Cook. In total there are more than 500 volunteers across the Trust. Ify is one of 30 therapeutic supported volunteers who have a learning or physical disability.

The team were nominated by patient Sam Watson, 21, who was left paralysed in July. Sam had previously worked as part of the volunteer team before his motorbike accident.

Debi said: "I'm absolutely over the moon for the team to be recognised like this. It's a real honour. The work that our volunteers do is fantastic and they are a real asset to the Trust and the region."

"We have developed a very special community of people who are enhancing the patient experience while getting experience themselves. And often they have to overcome their own challenges too. Many of the team go on to get permanent roles at the Trust, which is giving South Tees a home-grown workforce."

"The country can now see what we already know - that our volunteers are some of the best around."

If you are interested in joining the volunteers at South Tees visit [southtees.nhs.uk/services/therapeutic-support](https://www.nhs.uk/services/therapeutic-support)



Sam Watson, Debi McKeown, Ify Nwokoro and Dom Jones (left to right) Pic courtesy of The Sun

We are the champions

OUR therapeutic care volunteers also won national recognition when they were presented with a Helpforce Champions Award for celebrating inclusion and diversity in volunteering.

Helpforce is a national movement on a mission to improve the lives of NHS staff, patients and communities through the power of volunteering.

Debi McKeown, lead nurse for therapeutic support said: "To win two awards in such a short space of time is

testament to the wonderful team of volunteers we are so lucky to have.

"Every day they give up their time to come and make a difference to our patients' day, they do this willingly and always with a smile. I am incredibly proud to be part of this community."



Innovative measures



The Limb Activation Therapy Tool (LATT)

INNOVATION is the name of the game for the clinical measurement section of the medical physics department at James Cook.

The work of the section is very varied; it can see the team working alongside spinal surgeons providing spinal cord monitoring as they correct spinal deformities, to adapting wheel chairs and buggies to carry medical equipment for greater patient safety and freedom, to the development of completely new and novel devices for patient benefit.

For example the team developed a device which can aid rehabilitation of patients who have suffered a stroke and are experiencing limb neglect.

Dr Sarah Whitbourn, head of clinical measurement and medical photography said: "We were approached by a colleague from

neuropsychology who wanted a device to help the rehabilitation of patients who have a specific attention disorder that causes them to neglect one side of their body. This can occur in patients who have suffered a stroke or similar neurological event. A device used to exist but was no longer available and there were no commercially available alternatives that were suitable.

"A specification was drawn up for a Limb Activation Therapy Tool (LATT) – a device that would remind the patient to make

voluntary movements of a limb on the neglected side. The team designed a prototype that would beep, vibrate, or flash a light or any combination of the three stimuli after a period of time. The patient stopped the device from beeping by

"Research suggests techniques like these have shown promise in improving visual neglect."

pressing a button with a limb on the neglected side.

"Having developed a functioning prototype, the team went on to further develop the LATT, adding a timing feature so that the time taken for the patient to respond could be tracked. A download feature was added, allowing the patient's response times to be transferred to a computer and saved for further analysis.

Dr Jenna Moffitt, clinical psychologist said: "The device collects data on the speed and accuracy of the patient's response so progress can be measured. Research suggests techniques like these have shown promise in improving visual neglect. We have used it with several patients on our neurorehabilitation ward to good effect.

"We are very grateful for the support of the clinical measurement section in medical physics in developing this for us."

Sarah said: "I would ask our colleagues to come to us if they have an interesting idea – we can usually find a way to help."

Darren Ruddy, healthcare science assistant higher level; Dr Sarah Whitbourn, head of clinical measurement and medical photography; Ian Boddy senior clinical technologist; and Tony Alton, clinical technologist (left to right)



Ben gets his vision back – and his confidence!

“YOU know when everything is cloudy and misty, and then all of a sudden it’s a bright sunny day...”

This is how Ben Howard, 17, describes the moment he regained his vision thanks to a timely operation at James Cook and his new specialist contact lenses.

Ben was just 14 when his sight rapidly started to deteriorate. He noticed he was struggling to read the board at school but moving closer to the front of the class failed to help.

After a series of tests the Thornaby teenager was diagnosed with Keratoconus - a condition that causes the cornea at the front of the eye to weaken, get thinner and change shape, which can cause blurry and distorted vision.

Ben’s eyesight deteriorated to such a point that he struggled to identify people’s faces from across the room and he would only have the confidence to walk one way home from school. At one point his family were even talking about getting him a guide dog.

But then he underwent a cross linking operation to make his cornea stronger and prevent any further sight loss. It was then that he was introduced to optometrist Lynne Welham who has helped fit him with specialist contact lenses.

Ben’s sight problems were very complex and several sessions were required to find the right lenses but the results have been life changing.

“It was tear-jerking when he first read the chart,” said Lynne. “We could see him looking round the room. It was almost like the world opened up to him.”

Ben said he noticed colours more clearly and remembers

commenting on how bright Lynne’s shoes were and when he went to the beach he was amazed to be able to see every grain of sand.

“I feel so much better - I have got my confidence back,” he said.

This summer Ben successfully sat his GCSEs and he has now started at an engineering college. He has also been able to enjoy his first driving lessons.

Lynne said: “He’s a completely different person to when I first met him. Now you can’t shut him up!”

Mum Emma said: “Hearing your son say “I can see and it’s so bright” is heart-melting, but we would not have had this if Lynne had not provided the care she has.”

Emma was so impressed with Lynne’s support that she put her forward for a South Tees Hospitals NHS Foundation Trust Healthcare Professionals Award which she went on to win, although she still insists she was just doing her job.

Dad Simon added: “It’s more than a job. It changes people’s lives.

“Without Lynne helping to give Ben the confidence he needed it would have been a longer ride.”

“Hearing your son say “I can see and it’s so bright” is heart-melting.”



Patient Ben Howard with optometrist Lynne Welham

Ghanaian doctors perform first heart operations

THEY'VE done it!

Our heart team have completed their second mission to Ghana, helping local doctors successfully perform their first heart operations.

In preparation for the trip, 10 Ghanaians, including cardiologists, nurses and a surgeon, spent four weeks in the cardiothoracic theatres at James Cook to develop their surgical skills.

Ghana, with a population of 28 million people, has only one functioning heart unit in Accra in the far south of the country. Further north in the Kumasi region there are 200 patients between the age of 20 and 50 who need a heart operation now to save their life.

A team of 12 from South Tees Hospitals NHS Foundation Trust and North Tees and Hartlepool NHS Foundation Trust went on a successful first mission to the Kumasi Hospital in Ghana in February 2019 led by consultant cardiothoracic surgeon Enoch Akowuah, who grew up in Kumasi. The team performed heart surgery and pacemaker insertions and forged close links

with the unit.

This time a team of 17 jetted out in October to help perform heart surgery and complete further training with the Ghanaians to enable them to continue the life-saving work and set up their own surgical unit.

The Teesside team also performed the hospital's first angiogram - a special type of x-ray which uses contrast dye to allow doctors to look at the blood vessels that supply the heart to see how well the blood is flowing.

Consultant cardiothoracic surgeon Joel Dunning said it was a very positive second mission:

"During the second mission we were shocked that, in area with a population of three million people, no angiogram tests were available.

"Therefore, in addition to the first operations being performed by local doctors, we were able to perform the first angiogram. The procedure was carried out by Justin Carter from North Tees.

"We are now deep into the planning for our third mission, which we hope will take place in the first half of 2020."



The Teesside team successfully completed their second mission



Surgeons carry out life saving heart operations in Ghana

The team captured their adventures in a daily video blog which can be viewed at youtu.be/b1ny9oRkkp8

The Ghanaian team spent four weeks on the heart unit at James Cook



THE Trust held its first ever Healthcare Professionals Awards in October to recognise the important role healthcare professionals carry out at the Trust.

And the winner is...

Health care professional staff work in many different roles including scientist, allied health professional and pharmacy teams. They provide direct treatment to patients or other support services such as diagnostic tests to ensure timely, accurate and effective care.

Around 100 teams and individuals were nominated for their amazing achievements – well done everyone!

Partnership working award – Kathryn Malcolm and Poppy Rowell

Occupational therapist Kathryn Malcolm and speech and language therapist Poppy Rowell work with patients admitted for neurosurgery who require specialist rehabilitation. This is often very traumatic experience for patients' families and these families require a lot of support and reassurance particularly when moving from acute to rehab wards.

To provide additional support this team drew on expertise across the Trust to work in partnership and provide an Acute Brain Injury Education session for families. They worked with families to set up an interactive educational talk and linked with local charities to provide additional emotional support and further information on community services.

The initiative involved occupational therapy, speech and language therapy, the Headway charity and the ward 26 nursing team, so was a true partnership effort which has enriched the quality of service provided.

Kathryn Malcolm and Poppy Rowell



Adele Gill

Service improvement award – Adele Gill

Pharmacy technician Adele Gill set up the Homecare service. This service is provided by pharmaceutical companies and involves the delivery of medication to patients' homes to prevent their attendance at outpatient clinics and the need to collect their medication.

Currently 1,500 patients are on the database which was started in December 2018; the ordering from rheumatology, gastroenterology and dermatology has already been moved over and 300 neurology patients will be the next group to be added to the system.

Setting up this service has achieved a great deal and made a valuable contribution to the safety of patients, governance of processes, freed up clinical time and most importantly improved the service for our patients.

Outstanding contribution award – Lynne Welham

Nominated by her patients and their families, experienced optometrist Lynne Welham often goes above and beyond her role when dealing with apprehensive and emotional patients.

Her specialist role has improved the vision of many patients with life-changing consequences. With Lynne's help one patient was able to sit his GCSE exams and begin a career in industry, something his family did not feel would ever be possible.

Interim chief executive Sue Page, Lynne Welham and director of nursing and quality Gill Hunt





Almost 200 staff sign up on day one at the Friarage

I can see a rainbow

AS PART of our aspirations to embrace and value people and recognise the benefits that diversity brings, we have launched the NHS rainbow badge for our staff.

The initiative aims to make a positive difference by promoting a message of inclusion and shows that the Trust is an open, non-judgemental and inclusive place for people that identify as LGBT+.

LGBT+ stands for lesbian, gay, bisexual, transgender and the + simply means that we are inclusive of all identities, regardless of how

people define themselves.

We launched the initiative at James Cook and the Friarage hospitals in October 2019, with staff signing up to wear the badge and pledging to do their best to find appropriate support for them if they need it.

For staff wearing the badge, it comes with the responsibility that people can talk to the wearer about who they are, be open about their identity and how they feel without

judgement – and that staff will know how to signpost people to the support available.

We have already had more than 600 staff sign up to the rainbow pledge and our staff are now proudly wearing their badges. We are developing our equality, diversity and inclusion strategy through our network groups which provide a forum for our staff to come together, to share ideas and information, raise awareness of challenges and provide support to each other.

The rainbow initiative is just one way to support equality and diversity. By increasing awareness of the issues for LGBT+ patients when they are accessing healthcare, staff can make significant differences to their experience, and in turn to the physical and mental health of our patients.

Should you wish to wear a rainbow badge, please fill in the pledge form on the intranet and send to either Sarah Binns or Hannah Lindsey in the HR department.



The rainbow badge is launched at James Cook

Innovative design helping children with cystic fibrosis

AN INNOVATIVE design and adaptation to a traditional nebuliser is making it easier for children with cystic fibrosis to receive their medication.

Thanks to the collaboration between the Trust's medical physics department and the cystic fibrosis team along with medical product specialist, Niche Medical Ltd, the original idea to

make it easier for children to hold their nebuliser, has now become a reality.

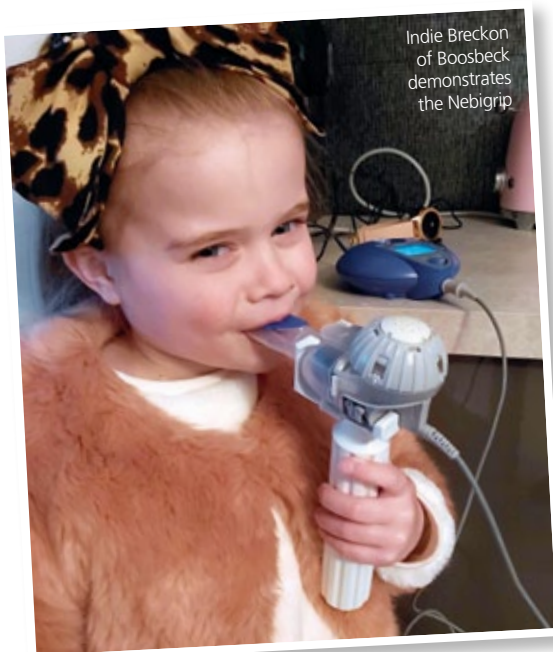
An experienced paediatric physiotherapist in the cystic fibrosis team at the hospital thought that a handle attachment might make it easier to hold the nebuliser in the correct position, particularly for some of our younger patients. The medical physics department developed a handle that clips on to the nebuliser handset without changing how it works. This was tested with patients and they liked it.

Working with Niche Medical Ltd, the team were able to turn the innovation into production, specially developing the device to enable easier self-administration of medication for young children, with minimal adult supervision and with easy attachment and removal. The device has been designed to be lightweight and ergonomic to be easily held in one hand, leaving the other free for activities.

Niche Medical Ltd have now launched their new product 'Nebigrip' and this nebuliser mount is built to work perfectly with the PARI eFlow® nebuliser and can be attached and removed with ease. This has meant that children needed less supervision during their treatment and it has helped children and young people gain independence and take ownership of their own treatment.

The product was recently showcased at the Trust's innovation event which saw exhibitors sharing inventions, innovations and ideas, all with the aim of improving care and patient experience.

More information about Nebigrip can be found online at www.nebigrip.com where the product can also be purchased.



Babies cry, you can cope!

A NEW programme to support parents to manage normal infant crying, and to prevent abusive head trauma injuries to babies caused by shaking - also referred to as shaken baby syndrome - has been launched across the region.

ICON is an evidence-based programme designed to help parents and carers understand the normal crying pattern of young infants and to help them develop successful coping mechanisms to deal with this.

- I – Infant crying is normal
- C – Comforting methods can help
- O – It's OK to walk away
- N – Never, ever, shake a baby

Maternity staff are now routinely giving out advice and leaflets on the ward with the key message being babies cry, you can cope.

Louise Hand, specialist midwife for public health said: "We think this a great concept to help parents and carers manage the stresses which can be caused by normal infant crying. Taking a new baby home can be overwhelming and with

the advice given by our staff, parents and carers are well equipped with the tools they need to understand normal infant crying and keep their baby safe."

Please email louise.hand@nhs.net or susan.taylor71@nhs.net to request campaign posters.



Mum Chloe Masters, dad Dom and children Cayden, Avery and Phoebe Grace support the ICON campaign

Pet therapy launches at Trinity Holistic Centre

WHEN you have to spend a long time in a hospital bed it can be hard not seeing much of your friends – especially the four-legged kind!

But not anymore - Staff at the Trinity Holistic Centre at James Cook have pulled out all the stops to open up their own pet shed.

The purpose built facility in the holistic centre garden now provides an opportunity for families to bring in small animals such as dogs, cats and rabbits so that patients can be reunited with their much-loved pets – providing they are well enough to leave the ward.

Patients will be accompanied by a staff member or therapeutic care volunteer from the Trust throughout their pet therapy session and strict hand washing rules will be in place to comply with infection control rules.

The pre-arranged visits can be for up to an hour, but for safety reasons only one pet can be on site at any time and they must be kept under control by a family member.

Lauren Farrow, Macmillan information and support centre's business manager said: "We wanted to use our garden to help patients who are missing their pets to spend some precious time with them.

"Pets are such an important part of our lives and can really affect our sense of wellbeing so this project fits really well with the holistic work that we do.

"Guidance from the Royal College of Nursing champions the importance of this kind of therapy so we were keen to make it a realistic option for our patients. After all, patients who spend long periods of time in hospital can actually have a quicker recovery if they have access to their pets."

"Pets are such an important part of our lives and can really affect our sense of wellbeing."

The Pet Shed was officially opened by Middlesbrough Mayor Andy Preston and patient Darren Strafford.

Darren, 50, of Appleton Wiske, has six dogs and is currently in hospital for up to six months after breaking his leg in two places in a sky diving accident.

He said: "I think it's a fantastic idea. Dogs offer calmness and lift the mood and this gives you the chance to bring in your own dogs which is much more special."

This project has been made possible thanks to the kind sponsorship of Middlesbrough and Teesside Philanthropic Foundation's Golden Giveaway, Ageing Better, Serco and friends and family of Christine Wall.

To find out more visit southtees.nhs.uk/trinity, follow @TrinityholisticTHC on Facebook or call the centre on 01642 854839.



Middlesbrough Mayor Andy Preston and patient Darren Strafford (left) officially open the pet shed with senior therapeutic care support worker Claire Bolland and Gizmo the dog

Smartphone feedback leads to Bright Ideas Award

HEALTHCARE innovators from the Trust were honoured at the annual Bright Ideas in Health Awards.

The Trust's vascular birthmark team were named as winners in the Outstanding Research Collaboration with the NHS category.

Vascular birthmarks are discolourations of the skin caused by abnormal growth or formation of blood vessels.

The Trust is undertaking a study directed to the treatment of vascular birthmarks, with the aim of providing significant benefits to both patients and the NHS, with patients requiring fewer repeat treatments and achieving a faster treatment response.

Tobian Muir, plastic and reconstructive surgeon said: "We are exceedingly proud of the award for a project that is an excellent collaboration between technology through the IGEA medical company and clinical medicine.

"The study aims to improve response rates for patients suffering from vascular birthmarks that are very challenging to treat. The study is patient based and is utilising cutting edge digital technology to allow patient feedback through a smartphone from home rather than having to come to hospital to complete response forms."

Other bright ideas that took home awards included

a project which teaches children how to swallow tablet medication and a collaborative approach to reducing falls in older adults in the community.

Dr Nicola Wesley, interim chief executive officer at the Academic Health Science Network for the North East and North Cumbria (AHSN NENC), which organises the awards, said: "This year's Bright Ideas in Health

Awards has further strengthened the view that the North of England is a powerhouse of health innovation. The expertise, capability and passion for doing things differently to ultimately benefit patients was showcased by every one of our finalists.

"This kind of innovative approach to healthcare improvement is so important to the future of the NHS and we're proud to see the progress being made within the North East and North Cumbria.



Sri Murugan, associate specialist in plastic surgery, Samantha Tinsdale from IGEA medical company and Tobian Muir, plastic and reconstructive surgeon, collect their award (left to right)

Ground-breaking clinical care for heart patients

HEART patients are benefitting from the very latest ground-breaking clinical care thanks to a cutting edge team.

A range of specialist teams at James Cook have come together to develop a non-invasive programme using state-of-the-art radiation treatment with their first patient treated - one of only three in the UK - in July 2019.

Heart failure and heart disease are common and patients with these conditions are at high risk of sudden cardiac death due to dangerously fast heart rhythms or ventricular tachycardia (VT).

While this risk of death can be reduced by using an internal defibrillator (implantable cardioverter-defibrillator), patients may suffer frequent episodes of VT and shocks from their ICD, both of which carry a poor prognosis and are unpleasant.

Drug treatments are only partially effective at preventing dangerously fast heart rhythms and many have potentially life-threatening side effects.

Conventional treatment for VT and/or ICD shocks that do not settle with drug treatment is invasive VT ablation. This procedure uses catheters introduced via a big vein or artery in the leg to ablate (or 'burn') scarred areas of the heart to stop short circuits and prevent VT.

However, this procedure involves a six-hour general anaesthetic, technical challenges and significant risks to patients including damage to blood

vessels and the heart, stroke, renal failure or even death, with an overall risk of these complications of 5 to 10%.

Stereo-tactic Ablative Radiotherapy (SABR) is a state-of-the-art radiation treatment that allows precise targeting of organs defined on scans (CT/MRI).

SABR is an attractive treatment option for patients with VT as it may be able to treat areas of the heart that we cannot get to properly with a catheter. It is likely to be better tolerated than the conventional treatment, and is deliverable on an outpatient basis in less than 15 minutes.

A team of radiographers, physiologists, cardiologists, oncologists, imagers and medical physicists have now come together at the Trust to combine their expert skills and successfully set up a local SABR VT ablation programme on a compassionate-use basis.

Matthew Bates, consultant cardiologist and electrophysiologist said: "We have worked together



The non-invasive VT ablation programme team at James Cook

SABR is an attractive treatment option for patients with VT as it may be able to treat areas of the heart that we cannot get to properly with a catheter.

over 18 months, learning from each other and through our collaborative approach with like-minded individuals in Newcastle and Sheffield to achieve a UK first. Three Northern centres are still the only places in the UK to have delivered this ground-breaking treatment.

"Together we have set up the first UK SABR VT ablation consortium, presented the first three patients ever treated in the UK at the International SABR VT ablation symposium in the US and developed SABR protocols for other centres. We are currently designing the first UK SABR VT ablation trial.

"We were also finalists at the Bright Ideas in Health 2019 Awards. More patients will be treated soon as we continue to build the service."

Bright Ideas in Health finalists 2019



Kidney self-testing could revolutionise patient care

PATIENTS have been testing their own kidney function at home as part of a clinical study that could help revolutionise patient care.

Renal patients at James Cook have been self-testing their own blood and urine samples using two hand held devices.

The patients then attended appointments at the hospital on the same day to have their kidney function tested conventionally by healthcare professionals to help measure the accuracy of their self-test results.

Renal consultant Jonathan Murray hopes that the results of the study will lead to national trials, and eventually to patients being able to self-test at home as part of their routine care, therefore reducing the number of hospital appointments they have to attend.

"It's very similar to how people with diabetes check their own blood sugars at home," he said. "There's no reason why patients should not be able to check their own kidney function at home too, but it's never been done routinely before.

"Many patients need their kidney function checking but are otherwise fit and well, and would not otherwise need to see a doctor or nurse.

"Often, they only require a

blood and urine test and we thought if they could do this at home we can save them a journey to hospital and the inconvenience of organising time off work or time with their family.

"It also means we can spend more time with those patients who are ill and really do need to see us."

The innovative idea earned the team a finalist's spot at the Bright Ideas in Health Awards 2019 and was also well received by the 15 patients who took part in the study.

David Forsdike, 57, of Darlington, has been a renal patient at the Trust since 2000. Three years ago he needed a kidney transplant and was lucky enough to get a living donor. He said he had no problem doing the kidney function tests at home.

"You can test yourself straight away and find out if everything is ok," he said. "It really helps reduce your level of anxiety."

He believes the device is going to make a huge difference to patients in the future.

"I used to travel for work and had to arrange my travel around my appointments, but with self-testing I could just take the devices with me."

Dr Murray said there is still some work to do to make the devices more user-friendly.

"It's a simple idea but we need to refine the technology, including developments that will make the blood self-testing devices easier for all patients to use.

"We very much hope the pioneering work we have done here in the Tees Valley will provide a platform for development of this idea at a national level."

"It's a simple idea but we need to refine the technology, including developments that will make the blood self-testing devices easier for all patients to use."



David Forsdike with the renal team at James Cook



Art attack not heart attack!

BUDDING young doctors from Yarm School visited James Cook to present posters they had designed especially for Ward 32.

Not only will the fantastic artwork from the Year 3 pupils brighten up the ward walls, but it will also help promote vital healthy heart messages to staff, patients and visitors.

Six of the pupils were selected to present the designs to ward manager Maria Stokes. Each child received a goody bag and enjoyed a tour of the ward.

The poster campaign was arranged by cardiothoracic consultant Jonathan Ferguson whose son Thomas attends the school and is a regular visitor to the ward. Posters emphasised the importance of healthy eating and exercise to help maintain a healthy heart.

New stoma care prescribing service

A **NEW** stoma care prescribing service – the first of its kind in the country - has been launched for patients across Middlesbrough, Redcar and Cleveland.

A stoma is an opening on the surface of the abdomen which has been surgically created as a diversion from the bowel and is undertaken to treat a range of bowel illnesses including cancer, diverticulitis and Crohn's disease.

The new service, open Monday to Friday, 9am to 3.30pm, provides monthly telephone reviews, repeat prescription for stoma products and access to the team of specialist stoma nurses.

Stoma patients can contact the team of prescribing coordinators based at Langbaugh House, Guisborough.

Patients will be triaged by a stoma prescribing co-ordinator, their prescription printed off and delivery arranged and reviewed by one of the community stoma specialist nurses if clinically needed ensuring access to

the most clinically relevant products and advice from nurses with specialist skills and knowledge.

Samantha Griffiths, assistant service manager for community services said: "The new service will enhance patient experience as patients will order the stoma products directly via the co-ordinators ensuring patients receive the right product in a timely manner with access to the stoma specialist nurses if needed.

"It will also help to eliminate waste and reduce the time taken for patients to receive their products."

The new service is one of a kind in the country and aims to provide excellent holistic care for over 1,000 patients across the area who live with a stoma.

The team can be contacted on 01287 284450.



Alison Hall-O'Donnell, stoma specialist nurse; Sam Griffiths, assistant service manager for community services; Carole Younger, stoma specialist nurse; Alistair Monk, medicines optimisation pharmacist NHS South Tees Clinical Commissioning Group; Julie Morris-Roe, stoma specialist nurse (left to right)

New technique could help save lives



Ric Procter, A&E consultant, Kerry Colling, research team lead, Carol Hannaway, research nurse co-ordinator and Dean Wilkinson, research healthcare assistant

JAMES Cook is one of 15 sites across the country taking part in a study to test out a new technique that could help save hundreds of lives.

Each year around 5,400 people in England and Wales die after being severely injured – for example, in a road traffic collision, or as a result of a major fall.

The leading cause of preventable death following injury is uncontrolled bleeding, which usually requires immediate surgery. However, some patients die before they can reach an operating theatre.

REBOA (which stands for resuscitative endovascular balloon occlusion of the aorta) is a new technique which could help with this.

The technique involves passing a small inflatable balloon into the

aorta (the main artery) to stop the bleeding until a patient can be taken to an operating theatre.

While REBOA has shown early promise it is not yet known whether it is better than the standard care given to trauma patients.

This study aims to compare standard major trauma centre care with REBOA versus standard major trauma care alone, in a fair and balanced way.

A&E consultant Chris Smith said: "Due to its high incidence of receiving major trauma and working closely with two air ambulances, James Cook is an ideal centre to be involved."

Celebrating the brilliance of star nurse Cheryl

By Amy Kilvington

CHERYL Honeyman, a specialist nurse for paediatric spine, working at James Cook was nominated for a Cavell Star Award going above and beyond for her patients' families over the past 16 years.

Cheryl reacted to winning her Cavell Star Award after being nominated by a patient: "It was such a surprise; I was so humbled and honoured! I was really grateful to be recognised in this way. No matter how tough things are and how hard the work is at times and how 24/7 the role can be, when you know you've made a difference like that to people's lives it makes everything worthwhile."

Cavell Nurses' Trust launched the Cavell Star Awards in 2018 in partnership with LloydsPharmacy Clinical Homecare. Nominations are being sought from nursing teams

throughout the UK for a team mate who has shown exceptional care for either their colleagues or their patients and patients' families.

John Orchard, chief executive at Cavell Nurses' Trust, explains: "Thank you to our partner and wonderful sponsors for making the Cavell Star Awards happen.

"You can say a big 'thank you' to your colleagues by giving them a Cavell Star Award!"

Do you have someone in mind? Healthcare professionals wishing

to nominate a nurse, midwife or healthcare assistant for a Cavell Star Award can find out more at <https://www.cavellstarawards.org>



Cheryl Honeyman, specialist nurse for paediatric spine, with her Cavell Star Award

Bright Red nurse starts at the Friarage

ASSISTANT practitioner in haematology Heather Lee is now in post at the Friarage thanks to a partial investment from blood cancer charity Bright Red.

Heather, who started her role in August, said: "This is a new role within the haematology department at the Friarage and we think it is one of the first of its kind in the country.

"As an assistant practitioner I work alongside the clinical nurse specialists to provide support and advice to patients with haematological conditions, coordinating their care from the point of referral throughout their journey and beyond.

"I visit patients both in the hospital and in the community to manage their individual conditions, undertaking specific patient

interventions, which also involves recognising if there is a change or deterioration in their condition following treatment, and escalating where necessary.

"The team's vision is to focus on the patient's life after treatment. My role supports the team to maintain and deliver a high standard of care for all our haematology patients to help them live well with and beyond cancer."

This is the fifth nursing post funded by Bright Red, a charity established to improve the lives and treatment of people in the North of England who are dealing with blood cancer.



Sarah Clarkson, clinical nurse specialist in haematology, Heather Lee, assistant practitioner in haematology and Jennifer Lawn, clinical nurse specialist in haematology at the Friarage (left to right)

NHS careers in the spotlight

"We hope to see some of these students as our future colleagues!"

MORE than 100 students from local schools attended the first STRIVE (South Tees Research Innovation and Education) NHS Careers Day at James Cook.

Students attended five workshops and visited a number of information stands showcasing a wide range of healthcare careers including surgery, anaesthesia, dietetics, urgent care and pharmacy.

The event was a big hit with both staff and students and the STRIVE team now

hope it will become an annual event at James Cook and the Friarage.

Jennie Winnard, Director of operations for STRIVE said: "Our first careers day was a great success. 148 students attended and had the opportunity to visit five of 16 themed workshops showcasing NHS careers.

"The workshops were interactive and the enthusiasm from South Tees staff to share the details of their professions was infectious.

"The students left on a high from all that they had observed and participated in and many forms were collected for further details of apprenticeships, work experience and university entry.

"We hope to see some of these students as our future colleagues!"



Supporting your return home

ONGOING help is at hand for patients leaving hospital thanks to a free service to provide adults in North Yorkshire who have been in hospital with practical help and support when they go home.

Home from Hospital has been commissioned by North Yorkshire County Council to ensure people are safe on return to their own home and to provide information and advice regarding access to other services that will enhance their quality of life and reduce the likelihood of readmission to hospital.

The service is available to North Yorkshire residents with staff based at the Friary, the Friarage and James Cook hospitals.

Julie Duerden, Home from Hospital service manager said: "This free service can support your return home, assisting to re-build confidence and independence and provide ongoing help to prevent hospital re-admission.

"It is for anyone aged 18 and over living in North Yorkshire who might require support at home as they leave hospital following a day procedure, an unexpected trip to the emergency department or after a more lengthy stay in hospital.

"Our resources are limited so unfortunately we cannot help those who have complex long term care needs or only require respite care."

Home from Hospital provides short term support dependent on an individual's needs and may include:

- Support for family / friends who are caring for a person recently discharged
- Liaising with Health and Social Care professionals
- Help to access appropriate services and organise ongoing support
- Essential food provision
- Prescription collection and medication checks
- Telephone support and keeping in touch
- Light household tasks

Who can make a referral?

Nursing and therapy staff, patients and visitors can all make a referral to the service. To make a referral telephone the team on **0300 365 4600** or download a referral form: www.carersresource.org/hfh-ny-referral. This can be returned by fax: 01423 740 771 or email to: hfhny@carersresource.org



Tina Warrior, operating department practitioner, Nikki Lucas, staff nurse, and Laura Dalton, theatre healthcare assistant

Colourful donation

THE paediatric surgical day unit received a donation of cups, bowls, plates, cutlery and story books thanks to the efforts of theatre healthcare assistant Laura Dalton.

Laura organised for ASDA in Middlesbrough to have a collection for the children's day unit at James Cook and the results mean that children now have a huge range of brightly coloured plastic crockery and cutlery to use when they have their first food after an operation.

Dr Amy Norrington, consultant paediatric anaesthetist said: "This amazing donation will help us offer an even better service to our younger patients and we are extremely grateful to Laura for all her hard work in organising these for us."

"This amazing donation will help us offer an even better service to our younger patients."



The Home from Hospital team: Sarah Swiers, Tracy Rose and Marie Ralls (left to right)

Success for prehabilitation pilot

AN INNOVATIVE pilot programme aimed at improving the fitness, health and wellbeing of patients prior to major surgery has been rated as 'excellent' by participants.

A recently published report about PREP-WELL, a community based programme and clinical service, highlights that 70% of participants gained clinically meaningful improvements in their health status and quality of life (before surgery) and that several patients initially deemed too 'high-risk', were able to have surgery by improving their fitness and wellbeing following participation.

PREP-WELL is a collaboration between the Trust, Public Health South Tees, South Tees Clinical Commissioning Group (CCG), Northumbria University and the University of York.

It was launched as a 12 month pilot in January 2018 funded by a Health Foundation innovation award, with additional funding provided by the Trust, Public Health South Tees and the CCG.

75 people took part in the programme which enables participating patients to access progressive, supervised support for several preoperative risk factors, in the weeks prior to surgery. This included targeting smoking, physical inactivity, alcohol consumption and anxiety and depression.

Participants attended twice weekly supervised exercise sessions or a home-based alternative.

PREP-WELL was run from the Live Well Centre, a community health facility in Middlesbrough. This is a "one-stop" centre containing a range of public health and lifestyle interventions, including smoking cessation, specialist alcohol services and a gym, meaning patients can access all support services in one setting.

Professor Gerard Danjoux, consultant

in anaesthesia and sleep medicine at the Trust and overall lead for PREP-WELL project said: "We are delighted with the overall success of the programme. Prehabilitation is a key area of focus for us and one in which the Trust is really leading the way.

"PREP-WELL has been extended for four years – up to 2023 – thanks to a grant from Sport England. We are now aiming to support a wider group of patients using an increased number of pathways, including a digital home-based pathway developed in partnership with Macmillan Cancer Support."

To find out more about the programme, and to download a copy of the report, visit southtees.nhs.uk/services/prepwell-project/

"We are delighted with the overall success of the programme."



The PREP-WELL team at the Live Well Centre in Middlesbrough

Celebrating a fabulous 40 years!

SISTER Cheryle Whitton, our renal day unit and home therapies manager, has dedicated 40 years to renal nursing.

Cheryle started her nurse training in 1979 on St Cuthbert's ward at North Ormesby Hospital, which later closed in 1981.

South Cleveland Hospital is where Cheryle started work in general medicine, but she soon found her passion in nephrology. Throughout her time in nephrology Cheryle has cared for countless patients and families.

Cheryle has been a passionate, focused and determined member of the team and she was instrumental in developing the peritoneal dialysis service, a treatment that would see patients having therapies at home, an idea well ahead of its time.

Cheryle expanded the service further introducing more nurses to the team

and offering outpatients therapies such as non-cancer chemotherapy, home peritoneal dialysis training and outpatient care. The service she now leads is patient centred and the focus is on treating patients away from the acute setting.

Throughout her 40 year career she has supported and mentored many student nurses, medical students, junior doctors and trainee renal registrars. Having worked with at least 11 different nephrologists over the last four decades she has been undoubtedly a huge support to all the teams working with her and is always passionate about the service and how it develops.

Congratulations Cheryle on 40 years!



Special delivery

MIDWIFE Lynn Bowman has retired after working full time for 38 years.

Lynn worked most recently in community and antenatal and newborn screening.

Louise Hand, specialist midwife for public health said: "She will be missed by everyone in maternity but we are all over the moon she is returning as a part time screening midwife which frees up time for her to devote to a social life and looking after her puppy!"

"She will be missed by everyone in maternity."



Janet also hits the big 40!

ALSO hitting the 40 year milestone in November 2019 was nurse Janet Weatherley.

Janet celebrated 40 years' NHS service with her colleagues in Middlesbrough community nursing. Congratulations Janet on 40 years!





Jean Mayhew celebrates her retirement with staff and children from Playdays

Congratulations Jean

CONGRATULATIONS to Jean Mayhew who has retired after 29 years of looking after babies at Playdays Day Nursery on the James Cook site.

Here's a few messages for Jean from some of our hospital staff whose children she has looked after in recent years:

- It was very hard to leave your children and go back to work but Jean put my mind, and my daughter's, at ease. I knew that
- when I dropped them off on a morning that they would have a fulfilled day with Jean looking after them - **The Hamling family**
- You have such a calm and containing way of caring for children and I could not have sent mine anywhere else - **Gemma Bargewell-Cook**

- It is always reassuring to know that your children are in good hands, due to the tireless efforts of staff to ensure they are kept safe and happy whilst at the nursery and Jean's enthusiasm and passion has always exemplified this - **Jonathan Murray**

Jean said she will greatly miss all the staff and children, but that she was also very much looking forward to spending more time with her husband and her family!

Would you attempt CPR?

STUDIES have shown that up to 30% of adults would not attempt bystander CPR (cardiopulmonary resuscitation), yet your chances of surviving a cardiac are doubled if bystander CPR is commenced.

The Restart a Heart campaign is an annual initiative led by the Resuscitation Council in partnership with The British Heart Foundation, British Red Cross, St John Ambulance, and Yorkshire Ambulance Service which aims to improve the numbers of people surviving out-of-hospital cardiac arrests.

The resuscitation department here at the Trust was directly involved in the October 2019 campaign with teams teaching several hundred school children at Northfield School and Sports College in Billingham and Stokesley

School as well as more than 50 passers-by in the Atrium at James Cook and in the Dundas Shopping Arcade in Middlesbrough.

This was the sixth annual Restart a Heart campaign and the second year the campaign has gone worldwide. Bystander CPR rates have increased by 10% since the campaign's initial launch in 2013.



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

Short courses include:

- > Advanced ECG in Practice (online)
- > Advanced Physical Assessment and Disease Management Skills
- > Advancing Paediatric Physical Assessment Skills
- > Chemotherapy – Enhancing Practice in Cancer Care
- > Clinical Assessment of Patients with Long-term Health Conditions
- > End of Life Care (online)
- > Examination of the Newborn
- > Integrating Cognitive Behavioural Therapy and Intervention in Mental Health
- > Management of Frailty
- > Physical Assessment Skills
- > Principles of Major Trauma Management in the Emergency Setting
- > Supporting Learning in Practice (non-accredited)

Masterclasses include:

- > Dementia Care
- > Diabetes Management and Prevention
- > Leg Ulcer – Chronic and Complex Wounds
- > Management of Frailty
- > Management of Tissue Viability and Wounds



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There are just a handful of homes remaining for buyers looking to make a new start in a new home in Stockton's most picturesque neighbourhood, Infinity Riverside, in 2020.

The area has already welcomed all types of homeowners whether first time buyer, those stepping up the ladder or those making their way back down and looking for somewhere low maintenance and high quality to downsize to.

The remaining three and four bedroom waterfront homes nestle by the side of the River Tees with views of the iconic Infinity Bridge and just a short walk from Stockton town centre or a 20 minute drive to James Cook University Hospital in Middlesbrough. It is a perfect combination of a peaceful location that is slightly tucked away but with direct access to travel links, high street shopping; cinema, theatre and an abundance of bars, cafes and restaurants.

Each home here at Infinity Riverside benefits from generous outside areas; bright, airy, living spaces with high ceilings, and comes complete with off-road parking, fitted kitchens, bathrooms and with quality fixtures throughout. Kitchens come fully kitted out too so it's never been easier to move straight in.

Those keen to be close to the water will love the views from the gardens and first floor balconies across the River. Many of these homes feature double bedrooms with both a dressing room and en-suite as standard, never failing to maximise the wow factor with every detail and design decision.

Existing homeowners with a property to sell can be given a helping hand with our Assisted Move scheme, making your move a little easier with impartial, expert help and advice right through from initial valuation to legal completion. The Government backed Help to Buy scheme is also available meaning just 5% deposit could secure your dream home.

More information can be found at www.infinityriverside.co.uk or by giving the sales team a call anytime on 01642 939625

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