

# TALKING POINT

July 2018

**70**  
YEARS  
OF THE NHS  
1948 - 2018

## INSIDE Celebrating 70 years of the NHS

Student nurse scoops  
Nightingale honours

Teesside goes Gung Ho! for  
South Tees Hospitals Charity

Advanced Eye Scanner  
for the Friarage Hospital



# Support The Sir Robert Ogden Macmillan Centre

**M**ACMILLAN Cancer Support has launched a £500,000 fundraising appeal in Northallerton.

The charity is calling on the community to support The Sir Robert Ogden Macmillan Centre, which is currently being built at the Friarage.

Macmillan is working with the Trust to build the cancer centre. Yorkshire philanthropist Sir Robert Ogden has jointly funded the project with Macmillan and given a wealth of design expertise to help turn a vision into a reality.

The Sir Robert Ogden Macmillan Centre will offer state-of-the-art cancer care and support facilities, all under one roof. South Tees has invested in the scheme and provided clinical input to the project. The whole project is costing around £10 million in total. Building work is on track to be completed in September this year.

Rebecca Shanks, Macmillan Fundraising Manager for Northallerton, said: "There's

a growing need for services – every year, almost 600 people in the Northallerton area are told they have cancer. The Sir Robert Ogden Macmillan Centre will be a fantastic source of support for patients and their families.

"You can support the project by making a donation to our appeal. The community has already shown incredible generosity, raising more than £100,000 since building work started – we hope you can help us reach our target."

The finished centre will include a chemotherapy treatment lounge with capacity to treat up to 35 patients a day, complementary therapy facilities and treatment and consulting rooms.

A Macmillan Cancer Information and Support Centre and supporting accommodation for patients, which will

include telemedicine facilities, will also be key features of the development.

Money raised by Macmillan's appeal is going towards the charity's contribution to the project. To get involved with the appeal, call the Fundraising Support Centre on 0300 1000 200 or email [fundraising@macmillan.org.uk](mailto:fundraising@macmillan.org.uk)

You can find out more about the appeal at [www.macmillan.org.uk/northallertonbuild](http://www.macmillan.org.uk/northallertonbuild)

Macmillan Fundraising Managers Jill Campbell, Clara White, Liz Airey and Rebecca Shanks with Project Director Margaret McGloin and Macmillan Lead Cancer Nurse Nicky Hand



They were just brilliant. Their enthusiasm and commitment to the cause was simply inspiring



Spinal Injuries Team



Emma Wollaston and Morgan Rutherford

# Teesside goes Gung-Ho!

**FUNDRAISERS** braved driving rain, plummeting temperatures and ankle deep mud to complete the Gung-Ho! Seriously Fun 5k in support of their local hospitals.

The world's biggest 5k inflatable obstacle course came to Wynyard Hall in March and the adverse weather ensured it was not for the faint-hearted!

But runners and volunteers rose to the challenge and, undeterred by the elements, went on to help raise vital funds for South Tees Hospitals Charity.

Alex Winter, the former BBC presenter who came up with the challenge, said: "Gung-Ho! at Wynyard Hall was such a memorable event. Conditions were cold and wet but this didn't deter the runners from taking part and having fun.

"The atmosphere around the venue was so impressive to me and this was helped and continued in such a wonderful way by the volunteers and fundraisers from the Trust on behalf of the South Tees Hospitals Charity!

"They were just brilliant. Their enthusiasm and commitment to the cause was simply inspiring and everyone at Gung-Ho! will always be appreciative of their time and efforts."

Judith Masterman from South Tees Hospitals Charity added: "We knew the volunteers that had signed up would be dedicated but we didn't expect them to be so positive in such harsh conditions! The morning was wet, windy and cold, the grounds at Wynyard were extremely muddy and the weather didn't let up all day.

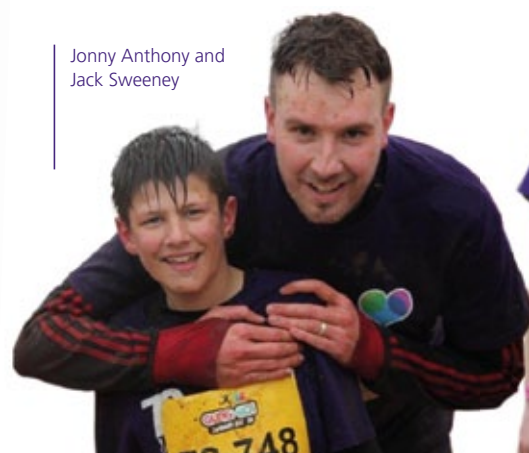
"Our fantastic volunteers carried on regardless to ensure everyone had a great day. Our runners were really put to the test when they stepped into the sea of mud - some even lost trainers around the course never to be seen again!

"We can't thank our volunteers and fundraisers enough for supporting the charity, many of whom were staff raising funds for their departments."

Gara Ward Staff



Jonny Anthony and Jack Sweeney





THE Macmillan Cancer Family History Service at the Trust has helped launch a programme to deliver specialist training to cancer nurses in Germany.

The James Cook service has been in existence for 14 years. In the past, people with a concern about a cancer family history were referred to the tertiary genetics service in Newcastle and assessment of their family history was undertaken by a team of genetic counsellors.

Then a different approach was developed in South Durham, Teesside and North Yorkshire in which genetic assessment is initially undertaken by a team of family history coordinators and genetic risk assessment practitioners, who triage families into those who require further genetic investigations, those who require screening and those whose family histories are unlikely to have a genetic basis.

Last year the service was challenged by the Center for Hereditary Tumors in Wuppertal to develop a short training course in English to train German cancer nurses to be genetic risk assessment practitioners.

This was to be a highly innovative venture in Germany, where genetic counselling is almost universally undertaken by doctors.

The team agreed. A grant was awarded by HELIOS Kliniken, the largest healthcare provider in Germany, and the ConGene Programme was born.

Tracey Brennan, Cancer Family History Service Lead, said: "Many long hours of work later we had developed a South Tees branded short course with seminars, practical examples and course materials including a portfolio to guide evidence collection - a new concept to German nurses!

"Then we went out to meet the German team for some very intense educational days.

"Feedback has been excellent and the cancer nurses are now working back in their units across Germany putting their new skills into practice.

"We are looking forward to phase 2 in November 2018 when our course will start to involve local medical geneticists.

"Teaching a German group in English was more challenging than we had anticipated, so a major undertaking this year will be to translate all of the course materials into German and consider live translation."

# Macmillan Cancer Family History Service goes international



Dr Paul Brennan, Northern Genetics Service (left), Professor Gabriela Möslein (centre) and Tracey Brennan (second row centre) with course participants from Helios Kliniken



# First global recruit for shoulder trial



Stemless shoulder trial team at James Cook

**JAMES Cook** received international recognition when research staff successfully recruited the first patient globally to a study to test the effectiveness of a new shoulder implant.

Used for patients with a specific type of shoulder arthritis, the Stemless Shoulder System is less invasive and more anatomical than its traditional predecessors.

The implant, marketed by Depuy Johnson and Johnson, matches up more closely with the patient's shoulder structure and preserves more bone.

James Cook is leading a world-wide post-market follow up study which aims to demonstrate the safety and effectiveness of the new device.

Prof Amar Rangan said: "It's a great thing for the Trust to find the first global recruit. It shows we have a team that works effectively and that makes things happen."

"This study has been seen as an exemplar of how to introduce a new implant into the market ethically and safely."

# More international students welcomed

**MEDICAL** students from 13 countries have visited the Trust this year.

Jane Bates, Undergraduate Medical Education Manager, was proud to recently welcome 23 students from Teikyo University in Japan and 40 medical students from NUMed in Malaysia.

"It is a great achievement for the Trust and increases our international reputation as a teaching hospital of excellence."

"Thank you to everyone who has helped to make the placements a success. All the students said they would recommend James Cook to their colleagues."

As a result of this two of the medical students who were here last year are starting work as foundation doctors in August.

Japanese students were given a warm welcome to James Cook



Jane Bates pictured with the NUMed students



# Treat as One

## Interested in getting more involved?

For further information email [helen.day9@nhs.net](mailto:helen.day9@nhs.net) or go to [southtees.nhs.uk/services/mental-health](http://southtees.nhs.uk/services/mental-health)

**T**HE Trust has pledged its commitment to increasing staff awareness of mental health by launching a Treat as One campaign.

## Did you know?

### 30%

of patients with long term physical health problems have mental health disorders compared with 9% of the general population.

### 46%

of patients with mental health problems also have a physical health condition.

## The lifespan

of people with severe mental illness (SMI) is shorter compared to the general population.

Treat as One aims to ensure patients with potential or pre-existing mental health disorders have their holistic health needs assessed and treated by appropriately skilled staff.

The Trust's Treat as One Group has already started to pilot a simple screening programme aimed at known vulnerable groups who are more susceptible to developing anxiety and depressive disorders.

Screening will initially target patients with long term conditions, patients with persisting physical symptoms (where no known cause can be identified) and patients with life-changing diseases or injuries.

It has also introduced compulsory mental health training. All patient-facing staff must now complete a 'Mental health awareness for healthcare professionals' module at [e-lfh.org.uk/programmes/mental-health-awareness-programme](http://e-lfh.org.uk/programmes/mental-health-awareness-programme). Managers should ensure records of completion are sent to [sharon.kendrick1@nhs.net](mailto:sharon.kendrick1@nhs.net).

Helen Day, Deputy Director of Nursing, said: "In order to drive improvements we have got to change the culture. The first step is to make sure everybody has a basic understanding of mental health. Our target is for all staff to complete the new e-module."





## Staff pledge to lose 70 stone to celebrate 70th anniversary of NHS

RADIO THERAPY and oncology teams at South Tees have pledged to shed 70 stone between them to mark the 70th anniversary of the NHS.

Around 50 people have already signed up to the challenge which runs from May to December 2018 and will see staff of all ages, shapes and sizes swap chocolates and biscuits for healthier options such as fruit while also upping their exercise regimes.

Emma Banham, Senior Radiographer, said: "As NHS professionals we wanted to set an example and one of the biggest problems in health is obesity.

"We hope this challenge will encourage staff to support each other to reach their weight-loss goals and promote a healthy atmosphere across the department."

Among the first to sign up were: Alison Blower, Claire Huntley, Emma Banham, Paul Bartley, Rebecca Ward and Lauren Husband (left to right)



## A SPECIAL programme to celebrate 70 years of the NHS shows how the Trust is leading the way when it comes to transforming healthcare services.

Innovation at the Trust has brought patients the absolute best, from revolutionising urgent and emergency care procedures, to speeding up how quickly those with cancer are treated.

Presented by national newsreader Natasha Kaplinsky, 70 years of the NHS is a news-style programme produced by NHS Productions in partnership with NHS England.



The full programme can be viewed at [nhs70.nhs.uk/itn-film](https://nhs70.nhs.uk/itn-film)

# Trust innovations showcased in #NHS70 film

The programme highlights the Trust's collaboration between medical directors and senior management, which has enabled the development of simple, cost effective solutions such as the Trust's Cancer Wall - a place to exchange ideas and highlight progress strategies, and an idea that could be implemented in hospitals country-wide.

The film shows how the Trust has transformed emergency care by introducing a unique EPIC – Emergency Physician in Charge – model in which a consultant meets every A&E patient and assigns them to the most appropriate member of staff. This innovative way of working has reduced waiting times and made the Emergency Department one of the best performing in the country.



The film features innovative solutions such as the Trust's Cancer Wall

# Student Nurse Nightingale

**FAYE Louise Crawford** has become the first Student Nurse to be crowned as the overall winner of the Trust's Nightingale Awards.

Faye received the prestigious title for showing exceptional determination and professionalism after she continued with her studies despite experiencing a family tragedy.

The Student Nurse bravely returned to her role just days after suddenly losing her mother, Kerry Crawford, for whom she said this award would have been "a dream come true".

Patients at James Cook also praised the 23-year-old for providing a high level of care and for her positive and friendly attitude.

Faye, who lives in Redcar and starts her third year at Teesside University in September, said: "It is such an honour and privilege to win the Nightingale Award 2018. I am beyond amazed and would just like to thank everyone who has supported me throughout my nursing qualification.

"My nursing journey has definitely not been what I expected it to be. It's been very challenging, undoubtedly rewarding, but also the most incredible experience in my life. I know my beautiful mam will be proud of me every day, she always said I was her little Florence Nightingale.

"I'm just appreciative of everyone, especially my mentor Sue Mortimer who nominated me, as she was brilliant and amazing through such a difficult time in my life. Everybody has been so great to me.

"I'm hoping, fingers crossed, to be back at South Tees for my third year and to then get a job here as well."

Wendy Anderson the Trust's Macmillan Nurse Consultant for Chemotherapy said: "These awards recognise those nurses and nursing teams who go above and beyond the call of duty, striving to provide the highest standard of patient care across our Trust. This year we had more than 200 nominations.

"Congratulations and well done to all the nominees. I was especially delighted and proud to be able to present Faye with the overall Nightingale Award; she's an exceptional Student Nurse."

Maureen Rutter, Non-Executive Director added: "This is the first time a student has won the Nightingale Award. I have loved every minute of being a nurse and I'm really proud to say that my profession is safe in Faye's hands!"





# scoops honours Winners 2018

To view photographs  
of all the winners visit:  
[southtees.nhs.uk/about/  
awards/nightingale/  
past-winners/nightingale-  
awards-2018](http://southtees.nhs.uk/about/awards/nightingale/past-winners/nightingale-awards-2018)

## Team Award

Lindsay Garcia, Debbie Craddock  
and Intensive Care Unit 3 Team

## Sister Award

Sergeant Natasha Sinclair

## Staff Nurse Award

Owen Hart  
Staff Nurse Ward 28

## Healthcare Assistant Award

Bridie Hutchinson  
Healthcare Assistant Ward 25

## Student Award

Faye Louise Crawford  
Student Nurse Ward 28

## Military Award

LCpl Lee McConnell  
Healthcare Assistant

## Midwifery Award

Ellie Dobson  
Midwife

## Paediatric Award

Irene Redpath  
Specialist Nurse Neonatal Outreach

## Senior Award

Helen Walker  
Haematology Specialist Outreach Nurse

## Outstanding Contribution to Patient Experience

Debi McKeown  
Nursing Sister in Therapeutic Care

## Friends of the Friarage Award

Pamela Andrassy  
Theatre Staff Nurse

## Patients' Award

Cheryl Honeyman  
Specialist Nurse, Scoliosis

## Community Services Award

Redcar District Nursing Team

## Learning Environment Award

Ward 3

## Mentor Award

Katy Mayhew  
Paediatric Staff Nurse, A&E

## Nightingale Award

Faye Louise Crawford  
Student Nurse



**T**HE Research and Innovation Team at the Trust recruited a record number of patients to take part in clinical trials last year.

In 2017/18 the team recruited 3,758 patients to clinical research trials - a 9% increase on the previous year. The impressive figure places South Tees among the top 10% of all NHS trusts across the country when it comes to research recruitment.

Patients were recruited to 202 different trials ranging from an investigation to measure the effectiveness of new equipment to detect osteoporosis to the benefits of exercise training prior to undergoing an operation.

Research and Innovation Director Dr Caroline Wroe said: "It is fantastic to have recruited a record number of patients in 2017/18. Research at South Tees continues to grow year on year and now involves almost all of our departments and specialties.

"Last year we recruited patients to more than 200 clinical trials. These trials help us learn more about the best ways to treat a wide range of medical conditions.

"By getting involved in health research, you can help develop life-changing treatments. If you are interested in participating in clinical trials please do not hesitate to speak to your consultant or nurse or contact our Research and Innovation Team at James Cook."

# Record year for hospital research teams

Why our staff **love** research...



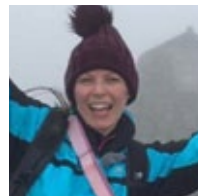
**Anirvan Banerjee,**  
Consultant Surgeon ENT:  
"Being involved in research at the cutting edge of innovation means I can offer my profoundly deaf patients the very latest technology to help them hear better."



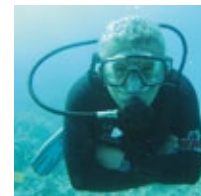
**Dean Wilkinson,**  
Research Health Care Assistant (Apprentice): "I was attracted to research through an interest in science and learning and have pursued work in research in the hope I can help improve future healthcare for everyone."



**Juliet James,**  
Research Nurse:  
"I joined research and innovation last year because I wanted to know how research brings about changes in treatment and saves life."



**Jenny Pigott,**  
Research Nurse:  
"I chose to be involved with research as I love being able to offer patients new and exciting treatments and hope of developments in their conditions."



**Professor Sam Eldabe:**  
"Research helps me answer so many questions about what I do every day in my clinical practice."

To find out more visit  
[www.southteeslri.co.uk/  
taking-part-in-research](http://www.southteeslri.co.uk/taking-part-in-research)



**EVERY** year 150,000 people in the UK will develop sepsis and 44,000 of them will die, according to figures from UK Sepsis Trust.

# Sepsis champions lead the way

Sepsis champions -  
Chemotherapy Day Unit



If someone has an infection and becomes really unwell because of this infection, they may be at risk of sepsis and should be screened.

In order to give patients the best chance of survival, it is vital staff recognise and treat sepsis as a medical emergency.

Sepsis champions Geri Wilson, Sister at Friarage Emergency Department and Rachel Clifford, Sister for the Chemotherapy Day Unit at James Cook, together with their teams have demonstrated excellence by ensuring that every patient who presents with sepsis has received the correct treatment, in the correct time frame, every time.

This monthly award requires that the sepsis six treatment of oxygen, blood cultures, antibiotics, fluids, lactate measurement and urine output monitoring is commenced within 60 minutes of sepsis, which is usually from arrival to the hospital.

**RICHARD** Robinson didn't realise he had sepsis, he just thought he was coming down with flu.

His arms were aching, he felt dizzy and his temperature was rising but determined he could shake it off, he stayed up drinking water and waited for his wife, Kirsty, to come home.

"I woke up in the bathroom but could not remember getting there," said the James Cook Charge Nurse.

"When Kirsty came home the first thing I said to her was you are going to have to ring for an ambulance!"

They called NHS 111 but by this time Richard was struggling to speak and he was rushed to James Cook by ambulance.

"My blood pressure dropped and I felt light headed and nauseous," he said. "I remember being in A&E. Staff were at the end of the bed but I could not speak to them. It was like they were too far away.

"I treat sepsis. But sepsis did not occur to me at all.

"It was not until I was in hospital and I heard the word lactate - a chemical naturally produced by the body to fuel the cells during times of stress - which is part of the sepsis six - that I realised what was happening."

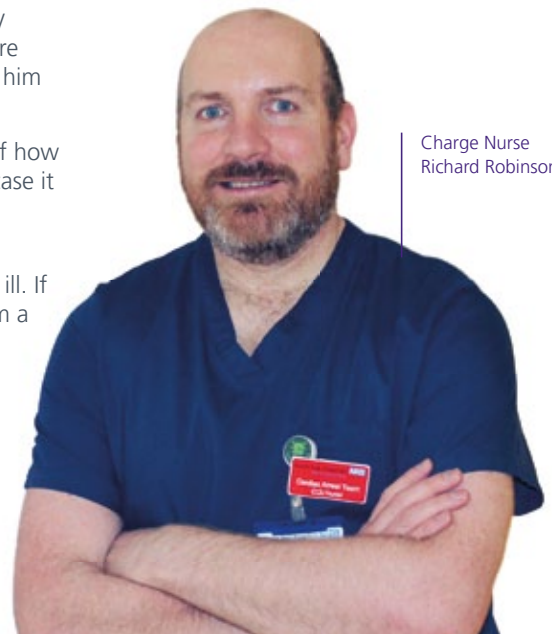
Sepsis can be life threatening but Richard's case was identified quickly by hospital staff and the Critical Care Outreach Team kept a close eye on him until he stabilised.

"I think people need to be aware of how quickly sepsis can come on, in my case it was 12 hours," he said.

"It's a whole body response to an infection and that's why you get so ill. If it can happen to me - at 6ft 1ins I'm a big guy - it can happen to anyone!"

"If in doubt always call NHS 111."

## I treat sepsis but it never occurred to me that I had it!



Charge Nurse  
Richard Robinson



# Friarage in bloom

**GREEN-FINGERED** volunteers from Romanby Scout Group have been helping to brighten up the Friarage site.

Cubs Freya Verity and Owen Grainger (pictured) were among those who kindly gave up a few hours to help tidy up and refresh some of the planters before the spring.

The Estates Team would like to say a big thank you to everyone who came along to help.

## Advanced eye scanner benefits Friarage patients

**PATIENTS** at the Friarage are now benefitting from a state-of-the-art eye scanner.

The £153,000 Heidelberg machine, generously donated by the Friends of the Friarage, will speed up diagnosis and save patients having to travel to other hospitals.

The leading-edge technology uses an imaging technique called optical coherence tomography to scan the back of the eye, producing highly detailed images that enable consultants to investigate different layers of the retina.

Advanced features show up abnormalities that would not be visible to the naked eye and will help diagnose conditions such as age-related macular degeneration and diabetic eye problems at the earliest possible stage.

It also performs extremely accurate scans of optic discs in the eye, enabling consultants to see exactly how far conditions such as glaucoma have progressed.

The Heidelberg can also be used for cornea scans at the front of the eye and for fluorescein angiograms - a procedure in which a fluorescent dye is injected into the bloodstream to highlight the blood vessels in the back of the eye so they can be photographed or, in this case, seen on video.

Kay Henderson, Ophthalmic Associate Practitioner Manager, said it has revolutionised the way staff work.

"Patients are much happier as they don't have to travel further afield," she said. "Especially those who cannot drive themselves because they are older or having dilation drops as part of their treatment.

"The Heidelberg is a pleasure to use and the scans and images it produces are really impressive. It's just amazing what you can see on the camera."

Dr Upendra Somasundram, Co-chairman of the Friends of the Friarage, said: "The Friends of the Friarage are committed to supporting the development of a comprehensive ophthalmology department at the Friarage Hospital.

"The Heidelberg machine costing £153,000 and the patient management system costing £25,000 are the first two instalments which we are delighted to donate and we will fundraise for other equipment as required."

Ophthalmologist Philip Severn added: "The Friarage Heidelberg will be a great asset to the ophthalmology department. The new machine has functions that are far superior to any we have used before across the Trust.

"It will also allow us to offer research opportunities to local people closer to home."



The Heidelberg machine was generously donated by the Friends of the Friarage





# Celebrating 70 years of the NHS!

**T**O MARK the 70th anniversary of the National Health Service Talking Point has dug back through the archives to put together a special celebratory pull out!

The NHS turns 70 on 5 July 2018 and there are lots of ways you can get involved to celebrate this important milestone whether it's taking part in research, holding a Big 7Tea fundraiser or simply pledging to use services wisely. Visit [www.nhs70.nhs.uk](http://www.nhs70.nhs.uk) for more details.

A big thank you to Teesside Archives for helping us find these fantastic photographs... Enjoy!

A large white circle containing the text '70 YEARS OF THE NHS 1948 - 2018'. The '70' is in a large, bold, blue font. Below it, 'YEARS' is in a smaller, bold, blue font, followed by 'OF THE NHS' in an even smaller, bold, blue font, and '1948 - 2018' at the bottom in a bold, blue font. A small blue balloon is visible to the left of the circle.

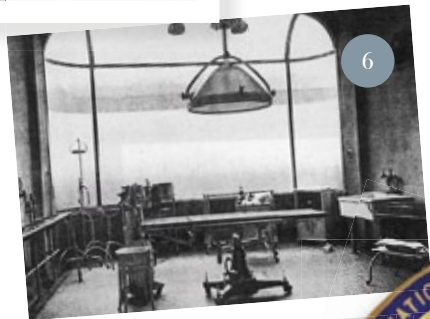
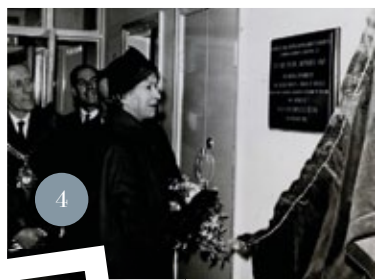
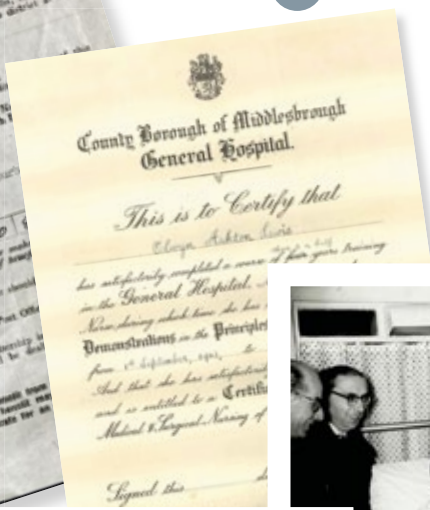
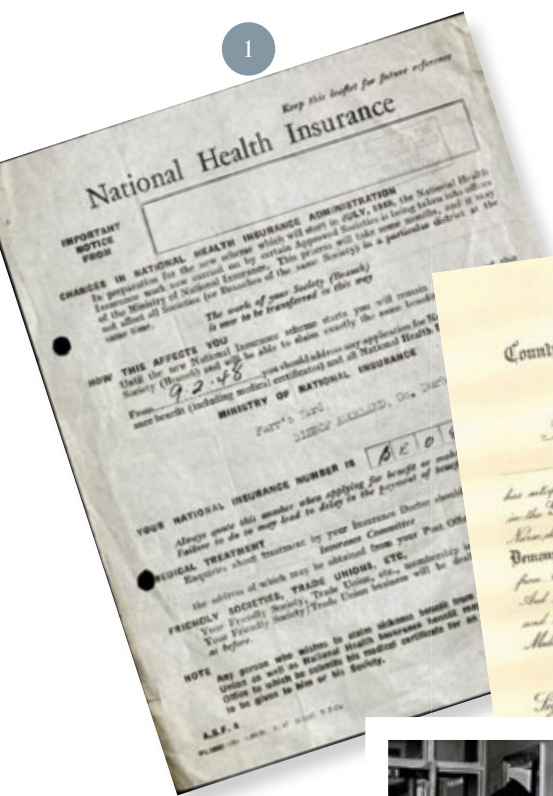
**70**  
**YEARS**  
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**1948 - 2018**



70  
YEARS  
OF THE NHS  
1948 - 2018

1960  
to  
1979

70  
YEARS  
OF THE NHS  
1948 - 2018



1948  
to  
1959

- 1 National Health Insurance papers ahead of the launch of the NHS
- 2 A certificate of efficiency awarded to Olwyn Ashton Lewis in 1948
- 3 A patient receives a fruit basket
- 4 HRH Princess Margaret opening the unit for the severely disabled in Middlesbrough General Hospital in 1959
- 5 Middlesbrough General Hospital staff receive a TV in 1948
- 6 An operating theatre from the early days of the NHS
- 7 Middlesbrough staff pose for a team photo in the early years
- 8 Middlesbrough General Hospital new Accident Centre opening brochure 1959
- 9 Nursing pins from Middlesbrough General Hospital 1948
- 10 Middlesbrough small pox epidemic papers





# 1980 to 1999

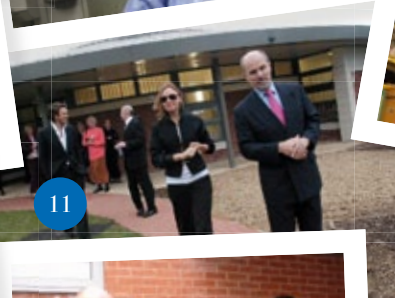
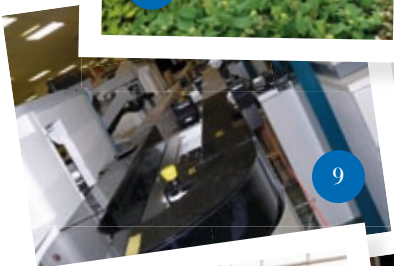
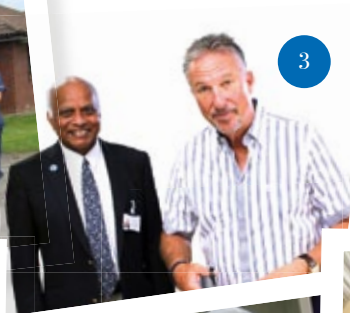
1 Middlesbrough General Hospital staff 2 Staff team discussion 3 Construction of Maternity Unit at South Cleveland Hospital 4 South Cleveland Hospital before its expansion to become The James Cook University Hospital 5 Middlesbrough General Hospital floor plan 6 Middlesbrough General Hospital aerial photo 7 South Cleveland Hospital was built in 1980 8 HRH The Princess of Wales visits patients at Carter Bequest Hospital 9 Evening Gazette article showing reception area at the newly built South Cleveland Hospital



70  
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1948 - 2018



# 2000 to 2018



**1** Foundation Trust status achieved in 2009 **2** Unity House District Nursing Team **3** Sir Ian Botham new simulation suite at the Friarage **4** Ward 15 receive a Thank You Award in 2003 **5** New MRI Scanner work completed at the Friarage Hospital **6** Friarage Hospital staff June 2007 **7** Joel Dunning performing robotic surgery using the da Vinci robot **8** Trust takes on community services in Middlesbrough, Redcar & Cleveland and Hambleton & Richmondshire **9** Pathology automated tracking device at James Cook **10** HRH Princess Alexandra officially opens the Endeavour Unit in 2012 **11** Stella McCartney opens the Holistic Cancer Care Centre **12** Theatres team support the Hello My Name Is... campaign **13** MP William Hague officially opens the refurbished Friarage A&E in 2010 **14** Start of work on the new Sir Robert Ogden Macmillan Centre at the Friarage



# Patients urged to get dressed to speed up recovery

**THE #EndPJparalysis** 70 Day Challenge received a terrific response from patients, carers and staff.

The national campaign aims to prevent harm in patients who are at risk of physical deconditioning due to factors such as immobility, muscle loss and malnutrition.

Deconditioning is particularly problematic for older adults or those with multiple health problems. It can lead to longer hospital stays and frequently impacts on an individual's ability to remain independent or return home.

During the #EndPJparalysis challenge wards across all our hospitals have been submitting data relating to the number of appropriate and willing patients who were up and dressed by lunch time. Trust level data was then sent to NHS England for inclusion within national figures.

The national campaign ended on 26 June, shortly before the 70th anniversary of the NHS. So has it made a difference?

"It's too early to say!" said Beth Swanson, Lead Frailty Nurse. "For some, being dressed is an indicator that they are getting better. It demonstrates progress and a return to normality."

"We therefore need to look closely and formally evaluate against a number of measures including length of stay, fall and fracture rate and patient experience. Encouragingly, our patient falls rate has reduced in April and May and feedback from patients has been positive."

While we are no longer submitting data, some wards will continue to use the "up and dressed by lunch time" principles to promote safer discharge.

Professor Jane Cummings, Chief Nursing Officer for England thanked staff for their continued efforts saying: "We have heard people and their loved ones speaking about enhanced dignity, maintaining their sense of identity, and boosting mental health and physical wellbeing, as well as encouraging independence. We also know that when something works for patients, it invariably enhances staff wellbeing and satisfaction too."

Beth Swanson, Nicola Herraghty and Sam Roberts spread the message at James Cook (left to right)



**Final campaign figures (17 April to 26 June)**

**19,069**  
Patients mobilised

**24,873**  
Patients dressed in day clothes by midday

## What our patients said...

In the first half of the campaign we surveyed 122 patients, 60% said it made them feel better. Comments included:

"Wearing my own clothes makes me feel more normal and puts me in a better frame of mind"

"Being in my day clothes makes me feel more relaxed"

"They are very good here, they help you put your clothes on. It makes an enormous difference to how you feel"

View our #EndPJparalysis picture gallery and staff blog posts at [southtees.nhs.uk/end-pj-paralysis](http://southtees.nhs.uk/end-pj-paralysis)

Zetland Ward at Redcar



Friarage Emergency Department

# Instant access to NRT on all wards

**EVERY** ward across the Trust now has supplies of nicotine replacement therapy (NRT) to offer inpatients instant access to smoking cessation support.

The move forms part of the Trust's pledge to become totally smokefree by March 2019.

Clinical pharmacy teams have undergone training and are now promoting the prescribing and administering of NRT to staff on the wards.

The pharmacy team has also developed an easy to use NRT Decision Aid for staff to use with all smokers who are admitted to our hospitals to ensure everyone is offered appropriate smoking cessation support – ideally within 30 minutes of admission.

Nurses and midwives using the decision aid can prescribe, using the Trust PGD (patient group directive), the first dose of NRT as a once only medication on the drugs Kardex. Subsequent doses need to

be prescribed by a doctor.

Lead Pharmacist for Education, Training and Patient Safety, Laura Tweddle said: "The pharmacy department is thoroughly behind the Smokefree Campaign.

"All wards are now stocked with supplies of NRT and the clinical pharmacy teams are leading the way in promoting the prescribing and administering of this for inpatients.

"Pharmacists and pharmacy technicians are also encouraging patients to refer to community smoking cessation services at discharge, in addition to facilitating the provision of NRT to take home."

Smokefree training will be rolled out across the Trust in September / October 2018.



We are looking for staff to sign up as smokefree champions for the Trust. Interested? Contact [michelle.collins@nhs.net](mailto:michelle.collins@nhs.net)

To find out more visit [southtees.nhs.uk/about/smokefree](http://southtees.nhs.uk/about/smokefree)

Clinical pharmacy teams are leading the way when it comes to promoting nicotine replacement therapy



# Surprise party for Noeleen

**SPECIALIST** Palliative Care Nurse Noeleen Hunter has retired from the Trust after clocking up 38 years continuous service.

And her colleagues did not let her leave quietly - more than 100 of them turned up to a surprise party to mark the occasion and wish her all the best for the future.

Elizabeth Price, Clinical Lead Palliative Care (acute), said Noeleen has given exceptional service as a Macmillan Nurse,

first as a Specialist Nurse for Head and Neck Cancer and then for Palliative Care.

She said: "Her knowledge and skills are immense, but you would not hear that from Noeleen herself as she is also exceptionally modest and unassuming, passing her knowledge on as supportive advice rather than instruction.

"Noeleen's surprise leaving party was a testament to how well thought of she is with over 100 people attending from all over the hospital and community.

"She will be missed by everyone who had the pleasure of working with her, and most importantly, by the patients and families whose lives she touched along the way. "

Surprise leaving party for Noeleen





# Retiring staff clock up 70 years

**AS** the NHS celebrates its 70th anniversary this month, we marked the retirement of two staff who have clocked up 70 years between them...

## Angela retires after 35 years

ANGELA Hawes has hung up her nursing uniform after a career spanning 35 years.

She celebrated her retirement with colleagues who presented her with flowers and held a buffet lunch in her honour.

Angela worked as a Ward Manager in Oncology, Ward Sister for Rheumatology and a Senior Haematology Nurse before returning to Oncology for the last few years of her nursing career.

Paula Harrison, Ward Manager, said: "Angela is a lovely person who has been dedicated to her role and patients, she will be greatly missed by her colleagues on Ward 14 and I would like to wish Angela a very happy retirement and to thank her for all her hard work."

Jane Walker, Macmillan Specialist Palliative Care Nurse, added: "She is an excellent, caring nurse and will be greatly missed by all - we all wish her well for whatever she has planned for the future."

## Julie celebrates 35 years

JULIE Taylor has retired after working at South Tees and Macmillan Cancer Support for 35 years.

As the Manager of the Macmillan Cancer Information Centre, Julie has helped support countless patients through very difficult times and has been an inspirational leader.

To celebrate colleagues came together to give Julie a bouquet of flowers and a personalised book filled with memories, pictures and thank you messages.

Kay Dover, Macmillan Partnership Quality Lead, said: "On behalf of Macmillan Cancer Support I would like to say a huge thank you to Julie, she's done a fantastic job supporting people at the worst time of their lives, and she is certainly recognised in the North East for the fantastic work she has done for Macmillan."

Julie added: "I'm looking forward to taking a well-deserved break and to spending more time with my grandchildren! It's been a pleasure to work here and for Macmillan."

Angela celebrates her retirement with colleagues



Nicky Hand, Julie Taylor, Dr Spencer Robinson and Kay Dover (left to right).



Tea party fun on Wards 11 and 12

## A royal excuse for a party!

**I**t doesn't matter how old you are, it seems the Royal Wedding was the perfect excuse for a celebration in May!

Children at the Trust's Playdays Nursery marked the wedding of Meghan Markle and Prince Harry by making their own crowns and enjoying a special garden party.

Meanwhile our older persons' wards at James Cook got out the bunting and invited patients along for tea and cake in the day room to congratulate the Duke and Duchess of Sussex.

Patients enjoyed sweet treats, nibbles and a sing-a-long and said the day had really helped to boost their spirits.

Ward Manager Ann-Marie Thomas said: "The staff were at the forefront of making the day a success and they have all said they were delighted to see the patients enjoy themselves."

# Terry is a Teesside Hero

Terry celebrates his Teesside Hero Award with his family

**T**HERAPEUTIC care volunteer Terry Bytheway has been crowned a Teesside Hero by Teesside Philanthropic Foundation.

Terry won the special honour after selflessly defying cancer to help other people in their hour of need.

The 68-year-old, who has been diagnosed with terminal prostate cancer, was already offering support to James Cook patients at the time of his own cancer bombshell in January 2017.

"My cancer diagnosis could have been a point when I thought right I'm not going to do it anymore because I need to look after myself," said the Coulby Newham grandfather.

"But I thought I don't want cancer to change my life. It increased my determination to carry on and made me even more keen to help others."

Terry is a familiar face to people receiving long-term treatment in the spinal unit at James Cook.



He is also an active member of the Ageing Better Middlesbrough organisation and Chairman of the Teesside Prostate Cancer Support Group.

Nursing Sister in Therapeutic Care Debi McKeown nominated Terry for the award.

"In all the years I have known Terry he has been someone who has inspired me with his genuine selflessness," she said. "He is someone who really puts other people first."

Terry received his Teesside Hero Award at a surprise presentation by Teesside Philanthropic Foundation patron Bill Scott.

He said he was accepting the honour on behalf of all the therapeutic care volunteers.

"I was shocked and really humbled because when I think of heroes I think of people rushing into burning buildings to save children!" he added.

As part of his award, Terry asked for a £1,000 donation from the Philanthropic Foundation to be split between Teesside Hospice and Butterwick Hospice.

## Patchwork brightens up Jennie's hospital stay



**F**OUR months is a long time to spend in a hospital bed but one patient at James Cook has used the time to acquire a new skill!

Jennie Berry, 25, has mastered the art of knitting thanks to the hospital's therapeutic care volunteers who sat by her bedside and taught her everything she needed to know. Four weeks later she had her own colourful, patchwork quilt.

Jennie of Hartlepool (pictured) said the volunteers are really great:

"I have always wanted a patchwork quilt," she said. "Plus it's helped take my mind off things."



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