



TALKING
POINT

July 2019

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Training for doctors praised by the GMC

THE training given to doctors working at the Trust has been praised by the General Medical Council (GMC) in its review of sites across the North East.

The visit to James Cook, which took place in November 2018, looked at undergraduate (Newcastle University medical students) and postgraduate medical education (trainee doctors), with the specialties of anaesthetics and intensive care medicine reviewed.

Their review confirmed how highly the Trust values education of students and doctors in training. They found that 'all groups that we met with were enthusiastic and positive about their experience at the Trust' and strong relationships between the Trust and Newcastle University Medical School helped to improve the experience of doctors in training.

David Macafee, director of medical education said: "We are delighted by the GMC's very positive report. The North East (Health Education England North East and Cumbria) is the best place in the country to train as a doctor, and this report provides additional support to our opinion

that South Tees is the top training unit for anaesthetics and intensive care medicine in our region.

"By establishing a 'base unit' on Teesside for our southern hospitals, Newcastle University has enabled us to create a fabulous medical student training hub from which we can train and retain so many talented doctors.

"To create such a training environment has taken decades, and the dedication of so many of our consultants, nursing staff and education teams. We have also received unstinting support from the Trust's Board as we invest in making our facilities even better.

"We really appreciate the positive feedback given by our students and trainees - they are a highly professional and talented group who dedicate themselves to delivering great care to the people of our area."

The Trust was commended for its

'effective and robust' induction processes for doctors in training and medical students, which gives them guidance, as they start their new jobs every four to six months, on how to giving high quality care and how each department works.

The contribution of consultants' support to doctors in training was also recognised, with the induction process rated very highly and found to be comprehensive and robust.

Undergraduate teaching in the Trust was found to be well structured and supervised, and was highly valued by the students. Professional learning sessions for final year medical students were also highlighted as very effective, with a focus on patient safety and simulated learning.

The Trust was praised across seven areas of good practice and there were no areas where the GMC found that their standards were not being met.

South Tees was also ranked in the top 10 nationally by foundation year 1 doctors for overall job satisfaction in the 2018 GMC National Training Survey.



Junior doctors Patrick Duncan and Lucy Venyo



Teepee pitches up to boost mental health

A GIANT teepee has taken up temporary residence at James Cook to give people a space where they can come together when they need it most.

The 15ft tall lottery funded teepee arrived at the hospital's atrium in March and will be open 24 hours a day, seven days a week until September.

The teepee, which has welcomed more than 11,000 people since it arrived, aims to provide a break from clinical surroundings to help to improve people's mental health and wellbeing – whether that's patients, visitors, carers or staff.

Siobhan McArdle, chief executive of the Trust said: "I personally sponsored and piloted this project because I wanted to provide a unique space on

our main hospital site, one that would offer a welcome break for patients, visitors and staff to come together, to chat, relax or 'just be'. There is no expectation, no intervention. It's just a place to be more human to each other. The teepee is part of our wider mental health and wellbeing strategy."

Debi McKeown, nursing sister in therapeutic care at James Cook said: "Medical intervention and treatment is key to recovery but sometimes non-medical intervention that will boost wellbeing offers other sources of help and support. People talking and supporting each other has a significant impact on how people recover and cope with

difficult situations.

"This is no more so than in a major hospital like James Cook, where we have patients who are with us for a long time – and the teepee provides an opportunity to be in a surrounding that's not clinical.

"The teepee is a comfortable space furnished with comfy chairs, cushions and rugs and takes people out of the hospital environment. It gives people a break in more comfortable surrounds; either for visitors who may be visiting very unwell patients or staff who need support in their own health and wellbeing, given some of the difficult jobs they have looking after patients."

The teepee has been provided to the hospital by Camerados, a social movement who believe that you beat tough times by getting two things: friends and purpose. And that the best way to get this is for people experiencing difficult times to help others in the same situation.

Founder of Camerados, Maff Potts said: "The teepee acts as a 'public living room'. It's for everyone. It is a space where people can go and make connections and share experiences with people you have never met before, to help them through difficulties or just to listen."

Amy Oxley, Hannah Lindsay and Debi McKeown outside the teepee



Heart unit named international flagship site

JAMES Cook has been named as an international flagship site for a specialist heart procedure which replaces narrowed heart valves without the need for open heart surgery.

TAVI (transcatheter aortic valve implantation) is a minimally invasive heart valve replacement procedure that provides an alternative to open heart surgery for higher risk patients.

The Middlesbrough team is one of only two in the country - and one of only a handful in Europe - to be awarded Benchmark status by the Centre for Heart Valve Innovation in Vancouver.

Following a visit to the James Cook heart unit the representatives from Vancouver reported that they were 'at a loss to offer any advice or additional insight' to further improve the hospital's TAVI programme.

The team received praise for excellent outcomes, highly optimised processes of care, careful scrutiny of patient safety and outstanding leadership. As a result, they were invited to become

a Benchmark partner which will see them share their skills and knowledge with other cardiothoracic teams.

Consultant cardiologist Douglas Muir said: "We have a team-based approach here from admission to recovery with meetings at the beginning of each day to discuss any technical aspects of a case.

"You can always improve of course, but this is affirmation that we are on the right lines and that all the changes we are making, to ensure the procedure is safe but also efficient, make sense and ultimately help our patients."

The heart unit introduced TAVI in 2009 and has since treated more than 700 people. Over the last ten years care has advanced to a point where the majority of patients can now go home the day after their procedure

and selected patients may even be allowed home the same day if they are well enough.

"The Vancouver team told us that they were not aware of any other hospital in the world that had a protocol for day case TAVI," said consultant cardiologist Paul Williams.

The heart unit has also been designated as a European Centre of Excellence for the Portico Valve - one of the artificial heart valve types used by the TAVI team.

Find out more about
TAVI at southtees.
nhs.uk/services/tavi



The TAVI team in James Cook cath labs

Surgeons team up to treat the untreatable

FOR as long as he can remember Daniel Anczarski was told the abnormal growth on his neck was incurable – experts said it was too dangerous to even attempt to remove it as there was a risk he could bleed to death.

But two of our consultants teamed up to successfully treat the vascular malformation birthmark with a series of carefully administered injections which delivered “miraculous” and life-saving results.

When plastic surgeon Tobian Muir and head and neck surgeon Shane Lester agreed to investigate Daniel’s malformation they took one look at his MRI results and were amazed that he was still alive as his airways were full of bulging veins.

“They said they did not know how I was still breathing,” said Daniel, 45.

Daniel was given a course of very carefully administered bleomycin injections in a procedure involving both consultants. Bleomycin is a drug which affects the vessel lining cells and causes them to decrease in number.

After the first injection Daniel had to have a tracheostomy tube inserted to help him breathe, but eight internal injections later the telephone

engineer from Rugby says he feels like a new man.

Not only does he feel younger and fitter, but the procedure has also cured his sleep apnoea, stopped him snoring and given him a normal airway.

“I breathe like a 20-year-old,” he said. “I think they have created a miracle to be honest!”

It was an online search that led to Daniel discovering the South Tees vascular birthmark clinic. His wife Melissa encouraged him to check it out and it turned out to be a life-saving decision.

“All my life doctors would not touch it because it was on my veins,” said Daniel.

“This was the first time ever someone was willing to take it on.

“I can do an hour at the gym now and not even feel out of breath.”

James Cook and the Friarage were



the first hospitals in Western Europe to offer bleomycin injections. Mr Muir has seen many success stories since its introduction in 2004, but he says Daniel’s was the biggest airway malformation he had ever seen.

“He had a miraculous response,” said Mr Muir. “This was really big. We knew we could improve it but we did not think we could get the airway back to normal. It’s extraordinary and we hope other patients like him will now see that this is not untreatable.”

Daniel had been warned that he may have to live with the tracheostomy tube for the rest of his life. No one expected him to walk away with a normal airway.

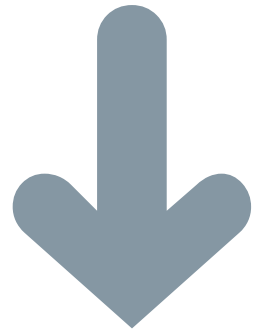
“It worked better than we thought it could,” said Daniel. “It’s been challenging but the help and support I have had from the hospital has been amazing.”

Mr Lester added: “When I met Danny it was clear that his airway and life was at risk, whether or not he underwent treatment. Despite a couple of very close calls, we got him through it and we’re very pleased he is feeling better than ever.”



Plastic surgeon Tobian Muir (right) and head and neck surgeon Shane Lester (left) with patient Daniel Anczarski at James Cook

Trust records lowest ever Clostridium difficile rate



WE had our lowest ever level of trust apportioned Clostridium difficile last year.

A total of 41 trust apportioned cases of Clostridium difficile were recorded in 2018/19 compared to 48 the previous year - and safely below its annual target of no more than 54.

Clostridium difficile (also known as C. difficile or C. diff) is bacteria that can cause diarrhoea. In addition to diarrhoea, sometimes the infection is associated with fever, loss of appetite and tummy pain and it can spread easily to others.

James Cook, Friarage and community hospital staff constantly strive to minimise any risk of infection to patients.

Every case of Clostridium difficile is reviewed to identify learning points and continue to improve practice.

"Prevention is a true team effort," says deputy director of nursing Helen Day.

"Case reviews and improvement plans involve many teams including nursing and medical staff, microbiologists and our cleaning staff, who are managed by Serco.

"Getting the basics right is paramount in the prevention of the spread of this infection – we have a real focus on handwashing and environmental cleaning."

The Trust's infection prevention and control specialist nurses are also out on the wards working with staff every day, teaching and performing surveillance of processes and practice.

Gill Hunt, director of nursing and director of infection prevention and control said: "Our figures for 2018/19 show we've seen the lowest level of trust apportioned Clostridium difficile ever recorded at the Trust.

"This is a fantastic achievement, but any avoidable infection is one too many so it's essential that we continue to do everything we can to tackle this issue.

"We would like to say a massive thank you to all of our staff who work so hard every day to make sure that the risk of infection to our patients is minimised."

Everyone can help reduce the risk of spreading Clostridium difficile by practising good hygiene, both at home and in healthcare settings:

- Wash your hands regularly with soap and water, particularly after going to the toilet and before eating – use liquid rather than bar soap
- Clean contaminated surfaces (such as the toilet, flush handle, light switches and door handles) with a bleach-based cleaner
- Don't share towels and flannels
- Wash contaminated clothes and bedding separately from other washing at the highest possible temperature
- When visiting someone in hospital observe any visiting guidelines and wash your hands with liquid soap and water when entering and leaving ward areas
- Avoid visiting hospital if you have had any symptoms of diarrhoea in the last 48 hours

Frances Dobbing, Astrida Ndhlovu, Bosede Oni and Christie Soweby (left to right) promoting hand hygiene



Virtual reality app invites children to explore local hospitals

A NEW virtual reality app is enabling young patients to 'explore' hospital corridors, wards and theatres before they attend for surgery.

Using a smart phone app, children can trigger animated healthcare characters to tell them about what they do and what happens on the day of their surgery.

The app is used in the weeks leading up to surgery to help take the fear out of their hospital appointment and has already been used successfully in a number of NHS trusts.

Our paediatric anaesthetic department has teamed up with app designers Little Sparks to launch the Little Journey application for children who need to have an anaesthetic at James Cook or the Friarage.

Designed by Chris Evans of University College London Hospitals, Little Journey provides 360 degree views of all of the areas children will visit at the two hospitals as well as useful information about anaesthesia, tailored to the age of the child.

There is also a parental section to help prepare the whole family for the theatre journey.

Every year, more than 500,000 children undergo planned surgery in the UK. Anxiety before surgery occurs in around three-quarters of these children.

Little Journey aims to reduce this anxiety by familiarising children with the hospital environment – and all from the comfort of their own home.

Amy Norrington, consultant paediatric anaesthetist and lead for paediatric pre-assessment, said: "We are delighted to be able to offer this fantastic new app to our younger patients.

"When a child is told they might need an anaesthetic our medical and nursing staff will provide parents with



a card or direct them to a poster with instructions on how to download and use the app.

"There are seven pathways, specific to different theatre journeys but all providing the same high quality information.

"For children with a 3D headset the images can even be viewed in 3D virtual reality!"

The application is free to download from Google Play or the App Store.

Gracie-Jane Phelps explores the new app with consultant paediatric anaesthetist Dr Amy Norrington



Celebrating healthcare science



The MELISSA bus parked up during Healthcare Science Week

IN March the Trust celebrated Healthcare Science Week, a national event set up to promote the work of healthcare scientists across the NHS to colleagues, patients and young people thinking about careers in the sciences.

There are approximately 400 healthcare scientists working in 22 different professions at our hospitals and almost every clinical service in the Trust will interact with them in some way.

Healthcare scientists make up only 5% of the NHS workforce but are involved in approximately 80% of all diagnoses and perform approximately 1 billion tests and examinations in the NHS every year.

The nature of the work performed

by these scientists ranges from informatics through physical sciences, engineering, physiology and life sciences and is absolutely key to the delivery of many of the aims in the NHS Long Term Plan.

We marked the week with a visit from the Health Education England MELISSA (Mobile Educational Learning Improving Simulation and Safety Activities) Bus which was accompanied by the Brainarium – a giant inflatable brain that people can walk through.

The Melissa Bus was staffed by volunteers from the different healthcare science areas and had displays of posters and equipment of healthcare science in action.

Robert Farley, the Trust's lead healthcare scientist said: "It was a great week. Having the Melissa Bus and the Brainarium really helped to encourage staff from all disciplines and visitors to the Trust to come along and find more about their scientist colleagues."

Kay Branch, Louise Hand and Michelle Collins visit the Brainarium (left to right)



From volunteer hairstresser to full time nurse - and loving it!

STEPH Mohan was working as a hairdresser when she decided it was time for a career change.

She took her first step by signing up as a volunteer at James Cook.

Five years later she has become a registered nurse and now works on the Friarage clinical decision unit.

"I started going round the hospital cutting hair, doing nails and taking patients out two days a week, said Steph.

"It made me feel good about myself. Some of the transformations we had were amazing. There was one young boy on the children's ward who had been in a coma and his hair was down to his back. His mother was so happy when I cut it!"

Steph, 33, enjoyed the role so much that a year later she completed training to enable her to become a full time therapeutic care support worker at the hospital.

In this role she was able to help improve the management of patients with challenging behaviours, many of whom required one to one enhanced observation.

"When you sit with someone 12 hours every day you really get to know people," she said. "One of the things I have taken with me into my nursing role is an understanding of why people who need enhanced observations might behave like they do."

Steph completed her nurse training at Teesside University but says her volunteering experience also really helped to prepare her for her nursing role.

She added: "Being a volunteer let me know what to expect on the ward. Plus it was all I talked about in my nursing job interview!"

"When you sit with someone 12 hours every day you really get to know people."

Steph Mohan started as a volunteer and qualified as a nurse five years later!



Discover more about all the volunteer roles available at southtees.nhs.uk/services/therapeutic-support

Bishop's blessing for new chaplaincy team

BAPTIST minister Rodney Breckon and Deacon Len Collings have been appointed as joint lead chaplains for the Trust.

This joint NHS chaplaincy leadership team is thought to be the first of its kind and was celebrated during a recent visit to James Cook by the Right Reverend Terence Drainey, Bishop of Middlesbrough. Bishop Terry gave a special blessing during a short ceremony in the hospital chapel.

Deacon Len has been the Roman Catholic chaplain at James Cook for the last seven years, while Reverend Rodney has been a member of the chaplaincy team at both James Cook and the Friarage for more than 20 years.

Len said he was humbled and honoured to be appointed to such a rewarding role and is excited at the prospect of taking the team forward alongside Rodney.

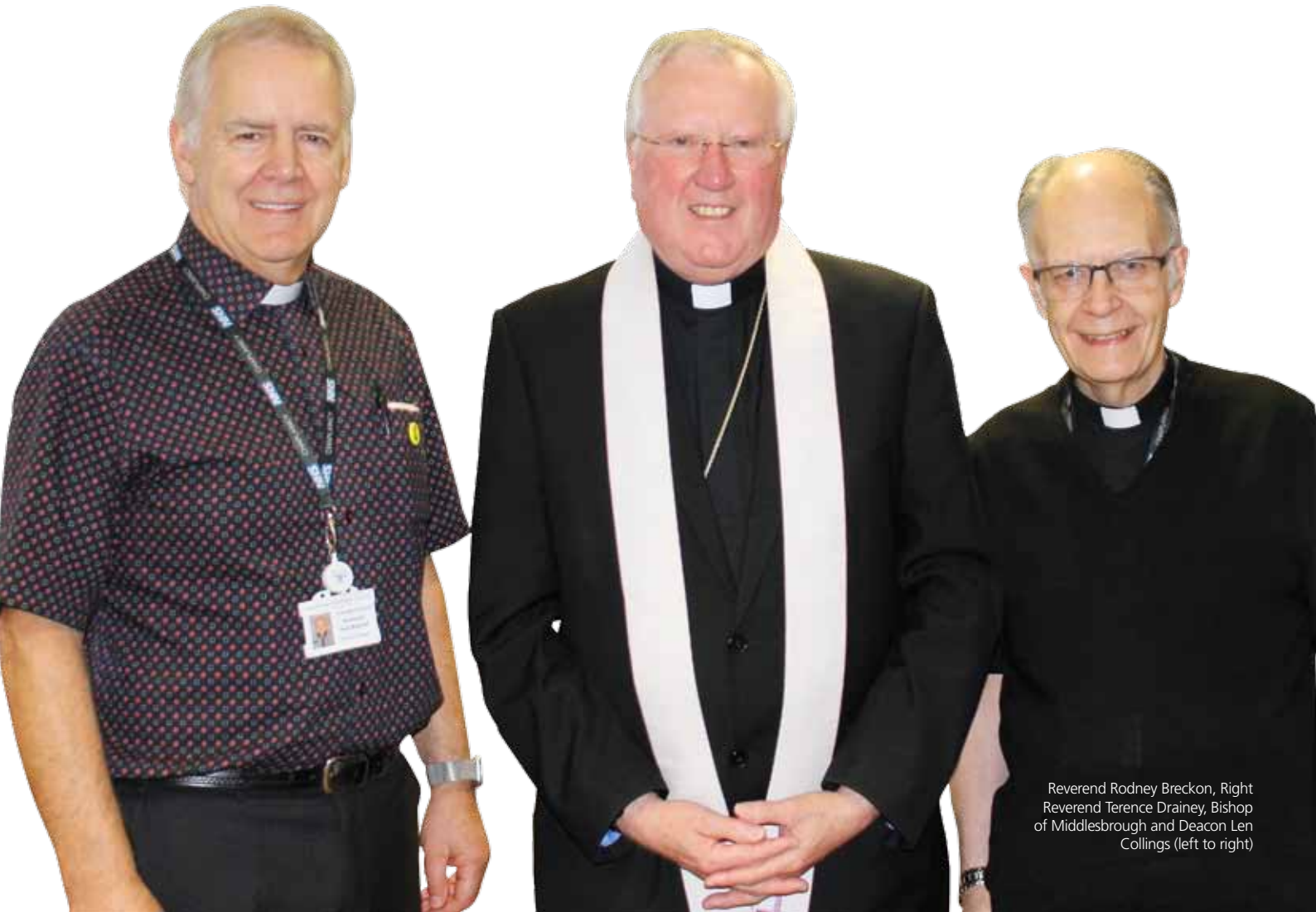
The chaplaincy team play an important role in hospital life across the Trust and are available to help support patients, relatives, carers and staff with their spiritual needs, no matter what a person's faith or belief system may be. And Rodney and Len are keen to point out that includes people who have no faith at all.

The team work across all Trust sites

and can be contacted at any time to listen, talk, advise or counsel – and all meetings are confidential.

In the coming months Rodney and Len will be looking to improve the chaplaincy service with a number of initiatives, one of which is to improve the signage around both chapels: The Chapel of the Good Samaritan at James Cook and The Chapel of St Luke at the Friarage.

If you need to contact the chaplaincy team, please visit southtees.nhs.uk/about/trust/healthcare-governance/chaplaincy-and-spiritual-care for more details.



Reverend Rodney Breckon, Right Reverend Terence Drainey, Bishop of Middlesbrough and Deacon Len Collings (left to right)



Dr Aziz (right), Dr Kansal (third from right) and team

Treatment of low back pain due to sacroiliac dysfunction

TWO consultants from James Cook have completed their first case of minimally invasive sacroiliac joint fusion surgery for chronic sacroiliac pain in adults.

The procedure involves fixing the sacrum – a triangular bone in the lower back – to the ilium, which is the uppermost and largest part of the hip bone, using two or three metal implants.

This is done through a small cut in the skin under x-ray guidance, avoiding long invasive surgery to enable patients to go home the next day.

The procedure was performed by Farooq Aziz, consultant neurosurgeon and Anu Kansal, consultant pain anaesthetist.

“Sacroiliac pain can mimic other conditions, such as a herniated disc or hip problem.”

This treatment is approved by the National Institute for Health and Care Excellence (NICE), which provides national guidance to improve health and social care.

Mr Aziz said: “Sacroiliac (SI) joint pain is felt in the low back and buttocks and is a significant cause of low back pain. The pain is caused by damage or injury to the joint between the spine and hip. Sacroiliac pain can mimic other conditions, such as a herniated disc or hip problem.

“Trials have shown that success rates were higher for patients who

had the minimally invasive surgery, compared with those who had non-surgical intervention.”

To be eligible for the procedure patients should have a confirmed diagnosis of unilateral or bilateral SI joint dysfunction due to degenerative sacroilitis or SI joint disruption.

“Sacroiliac joint pain is felt in the low back and buttocks and is a significant cause of low back pain.”

Nursing and 'Night honoured

DURING a special ceremony at Teesside University, Beth Rookes was named overall winner of the Nightingales for her exemplary nursing care.

Beth, who also picked up the Staff Nurse Award, said "I'm overwhelmed. It's lovely to have the recognition. Although I don't feel I did anything out of the ordinary – I just did my job."

Clare Allinson, renal advanced nurse practitioner, nominated Beth after working together when reviewing a patient with a terminal kidney condition.

Clare said: "The situation was very unusual and complex. The patient, who spoke no English, had decided to stop treatment and return to her home country in Eastern Europe to die. Beth was heavily involved in this lady's care and eventual discharge.

"Her communication was excellent and, despite the language barrier, she was able to maintain communication and a therapeutic relationship with the patient.

"It was only after the patient was safely discharged that I found out Beth had not long been qualified. Having found this out, I was even more impressed with what Beth did because any nurse could have struggled to cope with such a complex situation and discharge, but Beth did it brilliantly and didn't lose sight of what the patient wanted."

Other nurses who were honoured at the awards included double award winner Pauline Singleton, who picked up the Senior Award and the Paediatric Award.

Beth Rookes with the Nightingale Award.



midwifery Nightingales'

Nursing and midwifery heroes were honoured at the 16th annual Nightingale Awards.

"I'm overwhelmed. It's lovely to have the recognition. Although I don't feel I did anything out of the ordinary – I just did my job."

Pauline received a heartfelt nomination by one of her patients. The patient, who has cystic fibrosis, said that Pauline had "gone out of her way to support me and my family. She has helped me to put together a bucket list and achieve some of these things...including seeing my favourite rapper."

The Friends of the Friarage Award went to Elaine Gray, a heart failure specialist nurse at the Friarage. She was nominated by her colleagues for the "significant amount of support" she gives to the team.

Robert Smith was winner of the Student Nurse Award following his nomination by the family of a terminally ill patient he had cared for.

Laura Simons received the honour of being given the Sister Award for her work as a Percutaneous Endoscopic Gastrostomy (PEG) nurse.

Sergeant Lindsey Collinson who picked up the Military Award was nominated for her work in intensive care at James Cook.

Tracey Jones took the Mentor Award, as student midwife nurses praised her for "outstanding leadership and communication skills".

Mark Bond was given the Healthcare Assistant Award. He was nominated by his colleagues for being a "valuable member of the theatre team".

Paulina Rossi received the Midwifery Award following a family's nomination for "going above and beyond".

And Pam Hatt picked up the Community Services Award for the care she gave to a

terminally ill patient who wanted to die at home.

Helen Fysh received the Exceptional Act of Kindness Award for her care and compassion towards an elderly gentleman at Christmas. The man said that Christmas time was a tough period in his life and that he was going to be on his own. With that in mind, Helen, who was working on Christmas Day, arranged a staff collection for him and had a hamper of goods ready for him when he arrived.

Lynn Murphy and the short stay unit were given the Team Award; Ward 7 at James Cook took the Learning Environment Award for providing student nurses with support and encouragement. And Ward 14 – oncology, picked up the Patients' Award. The Specialist Palliative Care Team won the Poster Award, which recognises the best

poster produced by nurse, midwife and clinical teams in the past 12 months.

A Lifetime Achievement Award was given to Debbie Christian, matron for the urgent emergency care centre at James Cook, in the year of her retirement.

And finally, there was a special award for Val Fothergill ahead of her retirement. Val has been instrumental in the running of the Nightingale Awards since they started in 2003 and this award was in appreciation of her hard work and dedication to a role above and beyond her daily responsibilities.

The organisation of this year's successful event was led by Kay Branch, acting head of midwifery, and Jane Knowles, nurse consultant for infectious diseases, with the kind support of various senior nursing colleagues.



Jane Knowles, nurse consultant, Beth Rookes, Nightingale overall winner, Kay Branch, acting head of midwifery (left to right)



Celebrity sketch is a winner

AN artist whose daughter was cared for in the neonatal unit at James Cook has raised £530 by sketching a picture of local comedian Roy Chubby Brown.

Natalie Moss sketched the image with the hope of using it to help her raise the funds for the neonatal unit.

She then got in touch with Roy's driver, who collected the drawing

from her to take to Roy for signing in an effort to bolster the interest and monies raised.

Natalie raised the money by running a blind card prize draw. Find out more at facebook.com/natmossart

Artist Natalie Moss with her sketch of Roy Chubby Brown

Recycling scheme helps hospital wards

JK Recycling has raised an incredible £30,000 for South Tees Hospitals Charity over the past four years by continuously handing over a percentage of its profits.

The recycling company, which has branches on Marton Road in Middlesbrough and Queen Street in Redcar, has helped a number of different wards since it first pledged its support to its local hospitals back in 2015.

JK Recycling is currently supporting the Trinity Holistic Centre and spinal injuries but previously funded a new day unit for the older people's medicine wards at James Cook as well as supporting

Romanby Ward at the Friarage.

Anyone can help by donating items to be recycled including adult and children's clothing, furniture, books, household items, any unwanted presents, bric-a-brac, books, handbags, shoes and kids toys.

To donate items you can either pop into your local branch to arrange a collection or call 01642 820733 or 07935 868960.

Trinity and spinal staff with Bill and Janet McCallum from JK Recycling



Get your **running shoes on!**

COME and join our charity team at this year's Middlesbrough 10K and 3K fun run on Sunday 1 September.

With its full road closures this event is seen by many as the best 10k road race in the region, and the route even passes James Cook!

The team will be there to support you from sign up and will be there to greet you with pre and post-race refreshments.

For more information please contact stees.charity.queries@nhs.net or call 01642 854160.

International boost for teaching hospital

THE Friarage hosted a visit from Teikyo University of Japan in partnership with Durham University.

Bursar Michael John Daly MBE and 19 third year students were welcomed by Jane Bates, undergraduate manager and Wendy Buch, postgraduate coordinator.

The students had the opportunity to take blood and practise life support using models in

"It was a great opportunity for the Friarage and increases the Trust's international reputation as a teaching hospital of excellence."

the simulation suite. They conducted eye and ear examinations and enjoyed a short tour of the hospital.

Michael said that the visit had been a great success and that they would consider further student visits to the Friarage in the future.

Jane said: "The Japanese students have been visiting South Tees since 2011 but this was the first time this has been hosted at the Friarage.

"The students said they had a great time and that they would recommend the visit to their colleagues.

"It was a great opportunity for the Friarage and increases the Trust's international reputation as a teaching hospital of excellence."



Enhanced care for tiny babies thanks to coffee lounge team

"We would like to say a massive thank you to all the volunteers who have helped make this donation possible."

THE emergency department at James Cook has a new piece of specialist equipment for treating very poorly babies thanks to The James Cook University Hospital Voluntary Services Coffee Lounge.

Volunteers recently bought the emergency department a new Panda Warmer resuscitaire worth £9,000.

Panda Warmers are specifically designed to keep the baby warm by directing heat towards the infant but not the caregiver and provides a safe platform, with adjustable height and lighting options, on which the baby can be examined.

This allows more room for staff and family members to interact with the baby and a much safer environment for the baby to be treated as opposed to a standard adult-sized examination couch which was the only option available to staff before.

Consultant in emergency medicine Kat Jerman said: "This piece of high tech equipment has greatly enhanced the



Volunteers and emergency department staff celebrate the arrival of the new Panda Warmer resuscitaire

way we treat and examine tiny babies and we would like to say a massive thank you to all the volunteers who have helped make this donation possible."

Daily warm up delivers positive results

THE cardiac cath labs team have joined forces with occupational health physiotherapy to introduce daily warm-up sessions at the start of their working day - with extremely positive results.

Senior sister Andrea Moffitt has set aside 15 minutes at the beginning of each day for a group session of physio-led stretching and deep breathing exercises.

The cath lab team members, a mix of nurses, doctors, physiologists, radiographers and administration support, run the sessions themselves with occasional support from occupational health physiotherapy to help keep ideas fresh.

Staff say they practise the exercises outside of the sessions and they have become more aware of correct working postures. Some say the sessions have also helped pre-existing musculoskeletal pain including general stiffness or discomfort and back pain.

Physiotherapist John Hatfield said: "In questionnaires the staff describe the sessions as 'fun', a source of 'mental positivity'.

"The report increased skills in managing their own musculoskeletal (MSK) health; and a reduction in the aches and pains associated with the working day.

"Sickness absence through MSK injury costs the Trust around £2.5million a year so it makes perfect sense to invest time and energy in our staff to try and change this."



Trust staff taking part in their daily warm up session

Looking after the whole patient, not just the injury

FRAILTY ward rounds have been introduced at James Cook to help improve the care of older people following a traumatic injury.

TARN Best Practice Tariff (BPT) now requires all patients aged 65 or over to have a Clinical Frailty Scale completed by an older people's consultant within 72 hours of admission.

To get ahead of the game the trauma team at James Cook have implemented new ward rounds to see not only patients that are eligible

for BPT but any patient over 65 that has been admitted having sustained a traumatic injury.

The ward rounds, conducted by a consultant for older people and a nurse practitioner, involve review and optimisation of medications, a bone assessment and liaising with therapists to try and identify any underlying signs of osteoporosis.

"Providing the frail patient with this little bit of extra contact time can and is making a huge difference to the quality of care provided to this vulnerable group."

Preventative treatment and appropriate support can then be put in place to help get patients back home sooner and reduce the chances of them being readmitted at a later date.

"If we can pick up their osteoporosis when they have an ankle fracture, we might prevent a hip fracture in the future," said Rachel Murdoch, consultant for older people.

This joined up working between consultants in other specialties, consultants for older people and trauma teams has enabled teams to learn a lot from each other.

Sarah Nellis, trauma specialist nurse added: "Providing the frail patient with this little bit of extra contact time can make a huge difference to the quality of care provided to this vulnerable group."

Sarah Nellis, trauma specialist nurse, and Rachel Murdoch, consultant for older people, prepare for a frailty ward round at James Cook



That's Fabulosa

MORE than 28 musicians graced the stage at The Fabulosa Music Festival to raise £6,000 to help local cancer patients.

The event at the Crathorne Arms was held in aid of the Trinity Holistic Centre at James Cook which provides complementary therapies and support to cancer patients.

Local band Fabulosa also wrote and recorded a single especially for the day called 'Working Together' - a song about positivity in the fight against cancer and all proceeds will go to the centre.

Lauren Farrow, Macmillan information and support centres business manager, said: "We would like to say a huge thank you to all the musicians and

to committee members Ottie McLoughlin, Linda Zivanaris, John Taylor and Andrea and Tony Atkinson for all their hard work."

Copies of 'Working Together' are available on CD from the Trinity Holistic Centre priced at £2 each. Every copy sold will help benefit cancer patients whether that's providing a cup of tea while they wait for an appointment or complementary therapies to help manage the side effects of their treatment.



Ray Johns, Paul Donnelly, Lauren Farrow, Ottie McLoughlin, Andrea Atkinson, Linda Zivanaris, Kathryn Almond and Tony Atkinson – Photograph by Dennis Weller (left to right)

Pharmacy team prescribes generosity during lent

Well done to everyone involved!

EVERY year the staff in the pharmacy department at the Friarage decide on a luxury to give up for lent, but this year they decided to go one step further: instead of giving up something, the team decided to give something back.

During lent, the team took turns to contribute items to a collection which was then donated to a local foodbank in Northallerton at the end of the six week period.

The pharmacy team were incredibly generous, with everyone contributing more than one item at a time which included other items often needed for donation such as toiletries, sanitary products and so on. And by the end of lent, the team had donated over 100 items.



The Friarage pharmacy team with their food bank collection

Learning curve for South Tees professionals in Cambodia

A DOCTOR and two trauma nurses from South Tees were part of a recent trip to the Battambang Referral Hospital, Cambodia.

They made the trip with charity Transform Healthcare Cambodia – which was set up on Teesside.

Paediatric doctor Daisy Taylor is one of the founder members of the charity and has worked in paediatrics and neonatology at James Cook. However, this is the last trip she will make with the charity, before starting work in The Gambia in September.

Daisy, alongside her doctor husband, Will, made one of the early trips to Cambodia to assess the training needs and priorities.

“On this trip we had some well attended paediatric teaching sessions on fluid management, gastroenterological presentations and principles of ventilation,” she said.

Along with Daisy, trauma nurses Ella Parker and Megan McCallion made their first trip to the country.

“It was an amazing experience that I won’t forget.”

Ella said: “It was an amazing experience that I won’t forget. Although the people at Battambang hospital do not have much they

make use of what they have. They are all so lovely and welcoming and

are keen to interact. The experience will make me more grateful for what I have.”

Megan said: “I loved every minute of the experience I had in Cambodia. The work and effort put in by the Transform Healthcare Cambodia team is invaluable and it was a pleasure to accompany them on this trip.

“The staff and patients in the hospital are incredibly grateful and staff are keen to learn. It’s important to recognise that this hospital, through hard work, has improved greatly yet still has so far to go.



Ella Parker

Megan McCallion

“As well as things like chest infections we saw children with tropical diseases which was great learning for us.”

To find out more about the charity visit [facebook.com/transformhealthcarecambodia](https://www.facebook.com/transformhealthcarecambodia).

If you are interested in joining a future trip visit [transformhealthcarecambodia.org.uk](https://www.transformhealthcarecambodia.org.uk)



Good luck Jane!

CONGRATULATIONS to undergraduate medical education manager Jane Bates who retired in April after helping more than 4,000 students embark on their medical careers.

Jane started her career in 1974 at South Tees Health Authority before joining the trauma team as an adult education and research assistant and progressing to senior PALS officer.

In 2007 she became the undergraduate medical education manager where she has done everything from building relationships with partner universities to acting as a student agony aunt.

More recently she worked with the Social Mobility Foundation to set up a residential course for future doctors from low-income backgrounds.

Director of postgraduate medical and

dental education, David Macafee, said: "Thank you so much for everything you have done, you have been an inspiration to years and years of undergraduates."

Jane said her achievements were thanks to the great support of her team – many of whom had trained

David Macafee wishes Jane Bates all the best for her retirement



via the Trust's PROSPECT and apprenticeship programmes.

"The trouble is I go to my GP now and it's one of the students so I thought it's about time to retire!" she joked.

Barbara hangs up her nursing uniform after 47 years

BARBARA Gilbank was a cadet nurse when she first started work at the Friarage 47 years ago.

Nurse endoscopist Barbara Gilbank and the Friarage endoscopy team



The nurse endoscopist, who retired in March, says things have certainly changed a bit since then when the old ward sisters would take you down the ward to do a close inspection of the contents of a bed pan to see what you could learn from it.

"The nurse's role has developed so much," said Barbara. "There's so much more theory goes into everything. I feel like we have a better relationship with the doctors now – they see us more as a support for them."

Barbara is now planning to spend more time with her two grandchildren as well as pursuing her passions for travelling and line dancing.

"It's a little bit surreal it just seems to have flown by," she said. "It's been a blast working here – I've had so many nice staff around me."



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