



TALKING POINT

October 2019

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Consultation launches on the future of services at the Friarage

NHS Hambleton, Richmondshire and Whitby Clinical Commissioning Group (CCG), in partnership with the Trust, has launched a 12-week public consultation to help shape the future of key services at the Friarage.

The Friarage is a much-loved and valued part of the NHS – the Trust, which runs the hospital, and CCG which funds local health services, want it to remain so for many years to come.

However, in recent times the local NHS has faced a number of challenges, not least a shortage of key emergency staff that has affected the Trust's ability to provide safe 24 hour, high quality A&E, anaesthetic overnight cover and critical care services from the hospital.

Now, a new vision has been developed for the Friarage that would safeguard services and ensure local people continue to have access to high quality and safe urgent and emergency care.

NHS Hambleton, Richmondshire and Whitby CCG is consulting on this vision, which contains two preferred

options for urgent and emergency care provision.

Those options are:

1. Replacing the emergency department with a 24/7 Urgent Treatment Centre (UTC) supported by a responsive front-of-house emergency medical model, dealing with approximately 90 per cent of urgent and emergency presentations (the same model that's currently in operation as part of the temporary arrangements introduced at the Friarage in March 2019)
2. Replacing the emergency department with an Urgent Treatment Centre (UTC) of the same configuration as above, but closed between midnight and 8am

The Friarage has experienced issues

with services for some time, mainly as a result of workforce pressures and the ability to recruit key personnel.

The situation became more serious in February this year resulting in urgent temporary changes to A&E, critical care and emergency admissions overnight from March 2019.

Adrian Clements, medical director for the Friarage said: "The doctors, nurses and allied health professionals at the Friarage have developed a model of care which will give the hospital a safe, long term and sustainable future.

"We have always stated that the model of care requires full and transparent consultation and I would encourage as many people as possible to share their views with us before 6 December."

For more details and event dates visit www.hambletonrichmondshireandwhitbyccg.nhs.uk



Getting to our patients no matter what

LEYBURN community nursing team went the extra mile to deal with the extreme weather conditions back in July.

Flash flooding, road closures and broken bridges meant that they had to travel long distances to reach patients – in some cases they had to reach them on foot.

And to add to that, their base at the Leyburn Health Centre was flooded so they had to base themselves out of their own homes.

With support from the Army and GPs, who helped with access and patient contact, the team displayed outstanding resilience and professionalism to maintain the high standards of patient care and safety for which they are known.

Care for older patients enhanced with **£1million ward refurbishment**

A **£1MILLION** ward revamp has significantly enhanced care for older patients at James Cook.

The ward 11 refurbishment, which was overseen by a nurse-led team and involved extensive feedback from staff, patients and carers, was funded by the Trust's PFI contract.

The improvements, which have taken six months to complete, provide a bright and modern ward for older patients with a range of needs.

Samantha Roberts, ward 11 manager, said: "We have a large multi-disciplined team delivering excellent patient care and now with the new ward we have the kind of facilities that really enhance our work.

"Bay areas have easily accessible oxygen points; the floor is refurbished in grey, not blue, so that patients

with dementia do not mistake it for water, as can sometimes be the case, and there is extra space with more rooms, enabling improved discretion for difficult conversations that need to be had.

The make-over has included a replacement of the nurse call system and increases in electrical points and medical gas outlets. A doctors' office, a family and relatives' room and dayroom have all been created providing much improved opportunities for privacy and dignity for patients and their families, along with improvements in storage facilities. The dayroom will also enable social dining, so patients can eat with their friends and family.

Kevin Oxley director of estates, ICT and health care records said: "We're delighted with the new ward, which provides the highest standard of accommodation and facilities for patients, medical and nursing staff."

Improvements will now begin on ward 12 and the programme will continue until a further seven wards are refurbished in this block.



Older person care team:
Dr Magdi Jelly, Andrea Pearson HCA, Peter Flynn HCA, Jenna Wilkes physiotherapist, Samantha Roberts ward manager, Danielle Shipley ward sister, Natalie Cockfield ward matron and Helen Porritt nurse practitioner (from left to right)

New phone number for Redcar Hospital

REDCAR Hospital has changed its main telephone number to **01642 944300**.

Over the last few months the Trust has been replacing the old connections at some of its community sites with new network connections that will be managed by the Trust.

For technical reasons the Trust has been unable to transfer the previous numbers across to the new system so some new numbers have had to be introduced at the following sites:

- Eston Low Grange
- Health Village
- West Acklam Clinic
- North Ormesby
- Redcar Hospital
- Unity House

Messages have been recorded against all patient facing numbers informing patients that the number is no longer valid and advising them to replace the receiver and to dial the new number provided. This will remain in place for two months.

A full list of changes to public facing numbers for all the sites listed above can be found online at southtees.nhs.uk



New main phone number for Redcar Hospital
01642 944300

from Thursday 15 August



Friends of the Friarage invest in **ultrasound technology** to greatly improve patient experience

AN enhanced patient experience for those receiving many elective surgical procedures, including women undergoing mastectomies, is predicted at the Friarage following a £42,000 investment in two state-of-the-art ultrasound scanners.

The scanners, a gift from the Friends of the Friarage, are set to significantly reduce discomfort through the more accurate application of the anaesthetic technique called nerve blocking.

Used with a local anaesthetic on its own, or in combination with a general anaesthetic, it allows a highly targeted approach to anaesthetising the patient prior to surgery resulting in an improved patient experience, with quicker patient recovery rates and reduced demand for overnight hospital beds.

Two key members of the anaesthetic team at the Friarage are consultant anaesthetist Dr Richard Muzawazi and senior operating departmental practitioner Julie Clark.

Dr Muzawazi said: "The staff are delighted that the Friarage has now got these two ultrasound machines which can be used for guided nerve blocking, reducing risk of sickness and pain after surgery; allowing most patients to be discharged home on the same day and reducing cancellation of surgery due to lack of surgery beds.

"The combined impact of all this

is that ward nursing staff can concentrate more on the patients who are critically ill, as their overall workload is reduced. This happens as patients experience fewer side effects from anaesthesia and are more often pain free."

Julie Clark who has been part of the clinical staff at the Friarage for over 20 years said: "For elective surgery such as orthopaedics and with

breast cancer patients in particular the ultrasound nerve blocking procedure means women undergoing a mastectomy will be in less pain when awakening with less analgesia necessary, significantly reducing grogginess and nausea."

Donna Jermyn chairman of Friends of the Friarage said: "The enhanced patient journey, reduction in pain and recovery time, freeing up of nursing time, beds and accelerated theatre work rates mean the benefits speak for themselves."

Donna Jermyn with Dr Richard Muzawazi (from left to right)



Sir Robert Ogden Macmillan Centre **wins award for outstanding**

THE new cancer centre at the Friarage has won the Community Benefit Award at the Royal Institute of Chartered Surveyors (RICS) Yorkshire and Humber regional finals.

The Sir Robert Ogden Macmillan Centre, a purpose built £10million building, offers the very best in cancer care. It has been designed and developed to provide the best possible environment for those living with cancer.

It is the result of months of hard work and collaboration between patient and community groups, the Trust, Macmillan Cancer Support, Sir

Robert and Lady Ogden, Interserve, P+HS Architects and the Neil Worland Partnership.

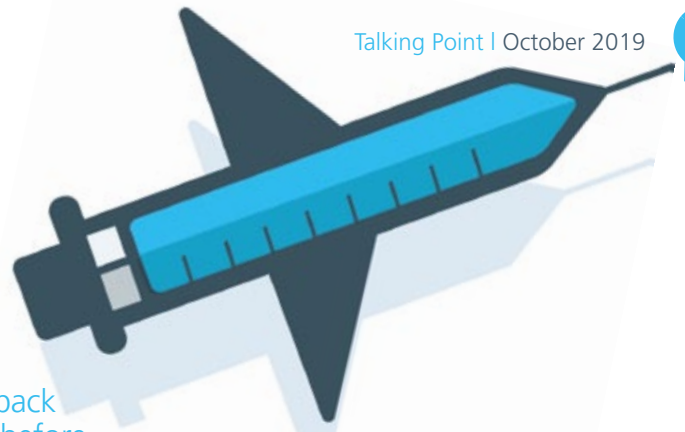
Cancer survivor Jon Winn, a retired Cleveland police officer and local resident, battled his way through both bowel and lung cancer treatment after being first diagnosed in 2007. He worked tirelessly on the project group that was set the task of informing the design and build of the new centre.

He said: "I believe it provides an environment for people to live with cancer, receive cancer treatment and get the best possible outcome."

Nicky Hand, the Trust's cancer lead clinician and Macmillan lead cancer nurse at the centre, said: "The facilities at the Friarage are truly state of the art, which ensures we can offer the best possible treatment and care to the cancer patients we look after."

Joe Biggs managing director at P+HS Architects said: "We consider that we have been very privileged to work with Macmillan and, our very long

Flu crew flying high



GET ready for take off - the South Tees flu crew are back and this year they are aiming to fly higher than ever before.

Our Flu Flyers campaign officially launches on Monday 7 October and staff are being urged to get on board early to ensure the maximum level of protection for themselves and their patients.

Last year was a record breaking year for our flu champions with 80.2% of frontline staff vaccinated.

This year we're planning to reach new heights by getting there in record breaking time to make sure we deliver

first class care to our patients. **And for every staff flu jab given this year we will donate funding for one measles vaccine to UNICEF to help immunise children in developing countries. It could be your vaccine which saves a life.**

As an added incentive all staff who have had the vaccine by 30 November 2019 will be entered into a prize draw to win great prizes including an iPad, a year's free Trust parking and lots of mystery prizes.

Director of Nursing and Quality Gill Hunt said: "It takes approximately two weeks to develop immunity following your flu jab so you want to make sure that you are vaccinated as early as possible in order to develop immunity before the flu activity begins to increase.

Occupational health manager Jude Cooper said: "We want to encourage everyone to have their flu jab as soon as possible this year so please do your best to attend one of our roadshow events. "We want to be one of the first trusts to fly past the 80% mark this year to ensure maximum protection for our staff and our patients."

Other inflight incentives include free pens, retractable pulls, stickers and hot

drink vouchers so get on board and leave flu behind.

Flu vaccination roadshows start in the James Cook atrium throughout the week of Monday 7 October.

More dates are available online at southtees.nhs.uk/about/flu

Flu flyer facts:

- Our hospitals admitted 13 patients to intensive care with flu last year
- The adult flu vaccine does not contain a live virus so it's impossible to get flu from it
- You can still be a flu carrier even if you have no symptoms
- You have the best protection from flu vaccine if you develop immunity before flu starts circulating



Get on board and leave flu behind **FLU FLYERS**

FLU FLYERS

g community benefit

standing client, South Tees Hospitals NHS Foundation Trust on this hugely important building."

Lucy Tulloch, service manager for the Friarage said: "Working with the clinical teams and the architects enables us to provide a greater range of services and care pathways at the Friarage."

Claire Richardson, clinical support worker; Lucy Tulloch, Friarage service manager; Paul Birch assistant director hotel services; Joe Biggs managing director P&HS Architects; Jon Winn (resident), Nicky Hand cancer lead clinician; Michelle Taylor clinical support worker; Sandra McDougal Macmillan volunteer (from left to right)



Residential course offers unique opportunity for aspiring doctors

MORE than 50 aspiring future doctors from around the UK spent a week attending the 'I Want to Be a Doctor' course, a unique residential programme at James Cook.

The course offers high achieving 16 to 17-year-olds from less advantaged backgrounds an insight into what it is like to be a doctor at a very busy teaching and major trauma hospital.

Having 37 different specialist departments on one site provided students with many opportunities to learn and be inspired. Students watched several surgical procedures via a live link to theatres and took part in a wide range of interactive workshops, including putting on plaster casts, falls prevention and life as a GP. There were many opportunities to talk to doctors about different careers, to learn more about mental health and ask other senior people such as the Trust's CEO about how big hospitals are run and the challenges they face. They also benefited from consultant mentors, skill sessions and university application support.

David Macafee, director of medical education at the Trust said: "We have had another excellent event this year and it's great to welcome young

people to our hospital and a fantastic opportunity for us to showcase the great facilities we have here.

"We hope that the experience has inspired them to become the doctors of the future and that some of them will want to come back and work here with us when they finish medical school."



Nicole Olagesin from Middlesbrough was one of the students on the week-long residential course

"I didn't really realise there were so many different roles I could do."

One of the students attending the course, Nicole Olagesin from Middlesbrough, said, "The medicine residential has given me an insight into the options that I have. I didn't really realise there were so many different roles I could do."

This work experience has helped 39% of the 2017 attendees to get into a medical degree in a UK university and a further 39% have chosen healthcare related degrees at university, providing exciting job opportunities for them and talented staff for the NHS in the future.

For the third year running, the medical student team at the Trust organised the programme for the Social Mobility Foundation supported by Health Education England.

Nicole and fellow students practice airway management

Students have a go at putting on plaster casts



Get In To Win!
 South Tees Hospitals Charity have now increased its monthly prizes to **£1900!** And also introduced a 9th prize! Plus the mystery prize!

Call **01642 854296** or e-mail stees.charity.queries@nhs.net to get in today!

1st Prize **£1000**
 2nd Prize **£300**
 6 X **£100**
 And The mystery prize!

SOUTH TEES HOSPITALS CHARITY STAFF LOTTERY

GET IN!

Get in to the new staff lottery

SOUTH Tees Hospitals Charity has relaunched the staff lottery with some exciting changes.

The monthly winnings have increased to £1,900 and for the first time ever you have a chance of winning the mystery prize.

Big plans are in place to invest funds raised from the lottery back into staff wellbeing, so everyone's winner.

The first mystery prize was a Hydrafacial, sponsored by the team in the SK:n clinic based in James Cook. The second mystery prize was six months' free car parking.

So how does it work?

For a minimum of £1 a month – deducted through payroll – you'll be allocated a number which is yours to keep.

If your number is drawn out on the fifth of the month, you win – simple!

A cheque is then sent to your home address later in the month. Staff can play a maximum of ten numbers each month (£10) and all winners will be notified by phone.

The charity team also publish the winning numbers, departments and amounts on the intranet, social media and staff forum each month.

So if you want a chance to win up to £1,000 for as little as £1 a month whilst supporting your hospitals, **GET IN** by emailing stees.charity.queries@nhs.net or visit the South Tees Hospitals Charity intranet page.



Donna Jermyn, Peter Fall, Simon Bailes and Andy Billany (left to right)

£28,000 raised for Friends of the Friarage as Thirsk man wins car

A THIRSK man is celebrating after winning a brand-new car, as part of a charitable initiative including a car raffle that raised more than £28,000 for Friends of the Friarage.

Andy Billany from Thirsk won the Peugeot 208, which was supplied by Simon Bailes Peugeot.

His luck came in at the Barn That Rocks live music fundraiser when his ticket was drawn by Peter Wright, presenter of Channel 5's The Yorkshire Vet.

The Barn That Rocks is an annual event organised by Peter Fall and hosted at Grazing Nook Farm near Patrick Brompton. This year's fundraiser, now in its ninth year, was a sell-out, attracting 800 people.

Andy said: "I couldn't believe it when my name was announced."



Staff and volunteers officially launch the new staff lottery

New hoist

helps patients stand on their own two feet

A **NEW** hoist that will help patients with spinal injuries stand on their own two feet has been installed at James Cook.

The free standing ceiling hoist was purchased for the spinal injuries unit thanks to the generosity of The James Cook Hospital Voluntary Services, who donated £12,000.

Pam Marley, specialist physiotherapist at James Cook, is delighted with the new hoist and the benefits it brings to both patients and staff.

Pam said: "Many of our patients need a lot of help to get in and out of wheelchairs and although we have mobile hoists, the ceiling hoist makes the hoisting process much easier. It sits overhead which allows

us to position the patients really well, directly underneath.

"The ceiling hoist can also be used as a rehabilitation tool. We use it to teach people how to do transfers in and out of the wheelchairs. And it has a standing harness that we can put on the patients to lift them up to a standing position.

"Patients who meet certain criteria to have some recovery work on their legs can use the harness to take the weight through their legs. When they are in this position we can help them to step or we can bring our sets of

parallel bars over so the patients can practice getting up on their feet.

"It's safer for the patients and for the staff. Before this, most of the time we would have to use our own bodies to support patients and quite often patients are worried when we try to stand them up ourselves because they think they're going to hurt us or we might not be able to hold them up.

"But when they see a big hoist like that they are a bit more confident that they think 'oh yeah, this will hold me up'. They know they can't hurt us and that gives them more confidence.

"And now we have the hoist we can free up staff to help other patients."

We use it to teach people how to do transfers in and out of the wheelchairs. And it has a standing harness that we can put on the patients to lift them up to a standing position.



Members of The James Cook University Hospital Voluntary Services with the team and the new hoist

Cutting edge implant will reduce radiotherapy side effects

JAMES Cook has become the first NHS hospital in the north to offer a cutting-edge implant to prostate cancer patients which can reduce radiotherapy side effects by up to 70%.

SpaceOAR® hydrogel is injected into the space between the prostate and the rectum before treatment to reduce radiation exposure and minimise damage to healthy tissue.

The gel has been clinically proven to significantly reduce bowel side effects, as well as showing a trend towards reducing bladder side effects and erectile dysfunction.

By creating a space of more than 1cm between the prostate and rectum, SpaceOAR® hydrogel helps the radiotherapy team further utilise the state-of-the-art radiotherapy equipment used at James Cook to reduce radiation exposure to the rectum and concentrate more precisely on delivering the required radiation treatment to the prostate gland.

The gel remains in place for about six months, after which it is naturally absorbed by the patient's body.

Maurice Tomlinson became the first NHS patient in the North to benefit from the SpaceOAR® hydrogel implant in June.

Maurice, 68, of Kirkby-in-Cleveland, was set to undergo four weeks of radiotherapy for prostate cancer and he hopes the implant will minimise any side effects so that he can get back to sailing and caravanning as soon as possible.

Back row: Helen Scullion, urology advanced nurse specialist; Joseph Robinson, advanced practitioner ultrasound; Stuart Newall, country manager BK Medical; Dr Darren Leaning, consultant oncologist; Alison Gamble, ultrasound services manager; Adele Russell, business development manager, Boston Scientific. Front Row: Ros Tomlinson; Dr KP Lim, consultant radiologist; and Maurice Tomlinson (left to right)



Maurice Tomlinson, the first patient to benefit from the SpaceOAR® hydrogel implant at James Cook

"It's quite exciting to be part of something new, and if it helps to benefit other people in the future then so much the better," said Maurice, who is now urging all men to think about prostate cancer.

Prostate cancer is the most common cancer in men, with more than 40,000 new cases diagnosed in England each year. When it is caught early enough radiotherapy can be highly effective, but it can damage surrounding tissue which can cause unpleasant side effects.

Consultant oncologist Darren Leaning said: "It is fantastic to be the first hospital in the north to offer this innovative technology to an NHS patient and we look forward to offering this procedure to all eligible patients on a regular basis in the very near future.

"Studies show that side effects such as rectal pain, bleeding and diarrhoea can be reduced by more than 70% when using the gel, significantly

improving quality of life for those battling prostate cancer."

The treatment has been made available thanks to the NHS Innovation Technology Payment (ITP) programme which is driven by NHS England to help fund technology innovative market-ready medical devices, diagnostics, digital platforms and technologies which have demonstrated improvement to the quality and efficiency of patient care.

Whilst the NHS ITP scheme is active selected NHS hospitals will be able to, where clinically appropriate, offer patients the SpaceOAR® hydrogel treatment.

SpaceOAR® Hydrogel is the only spacing product supported by NHS England and will aim to help over 1,000 patients this year in the UK. It has already been used to help more than 35,000 prostate cancer patients worldwide.



Redcar man donates kidney

after being deeply moved by the plight of a young girl

JOHN Cassell a 36-year-old IT coordinator from Redcar was so moved by the plight of a nine-year-old girl who needed a kidney that he decided to take action.

He had found out about the girl via Twitter but the problem was he had no idea what he could do to help.



"I'd never really thought about how awful it must be to be

so young and in need of a vital organ but there not being a suitable one available and having to wait. And for one person every single day, the wait is too long and they will die," said John.

"I found out what life is like for a lot of people with kidney failure; many days a week in hospital on dialysis, not being able to hold down a job or take a holiday; a transplant can give them their life back.

"I would be eternally grateful if it was my child who needed a transplant and a stranger appeared out of the blue and saved their life. I really wanted to be

(From left to right) South Tessa Hospitals NHS Foundation Trust live kidney donor specialist nurse Joanne Ashton with John Cassell.

that stranger to a family who was going through it right now."

John discovered that the renal unit at James Cook undertakes a lot of the pre work prior to the actual transplant operation and last year he had an in depth discussion with consultant nephrologist Professor Caroline Wroe.

Professor Wroe is chair of the UK Living Kidney donation network, a group of professionals who work together to support best practice in living kidney donation in the UK.

John said: "It was also important for me to establish that no-one in my family had kidney disease or any chance they might need my kidney in the future."

Ultimately John's family were supportive and proud of his actions and the operation took place in March this year with the only information available to John on the recipient being that his kidney went to a 30-year-old-man.

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We are the first hospital to undertake this procedure across the whole of northern England and Scotland."



Prof Viswanath YKS, Dr Anjan Dhar and Dr Matt Banks with anaesthetic and endoscopy staff

First endoscopic procedure for achalasia in northern England

JAMES Cook has become the first in northern England to undertake a per-oral endoscopic myotomy procedure – or POEM for short.

POEM is a minimally invasive surgical procedure for the treatment of achalasia, a disorder of the oesophagus that makes it hard for foods and liquids to pass into the stomach.

Two patients, one from Whitby and the other from Durham, with symptomatic achalasia were first to have the procedure. They were discharged 48 hours later and have made an excellent recovery.

A myotomy is performed to alleviate symptoms of dysphagia due to achalasia. This is a surgical procedure in which the muscles in the area of the stomach that directly receives contents from the oesophagus are cut, allowing

food and liquids to pass to the stomach. This usually requires external incisions or cuts but the POEM procedure means this can be avoided, making it less invasive.

Professor Viswanath YKS, who led on the procedure for the Trust, said: "We cut the muscle from inside, via the lining of the gullet using an endoscope. The procedure is usually done under general anaesthetic and patients tend to stay in hospital for one to two days. Afterwards they return home on a liquid diet for a few weeks before moving on to soft foods.

"As POEM is less invasive procedure, the patient's recovery period is quicker.

It can change a person's life from the point of being able to swallow and eat, which obviously benefits their social life too. It has proven to be a successful procedure in selected patients but it's not for everybody.

"We are the first hospital to undertake this procedure across the whole of northern England and Scotland. There are only another few hospitals that do POEM procedures and they are in London, Nottingham and Portsmouth. We started this in collaboration with other specialist endoscopy colleagues across the north east. It was a real team effort."

The team were supported by Dr Anjan Dhar, consultant gastroenterologist at Darlington Memorial Hospital and Dr Matt Banks, consultant gastroenterologist at University College London Hospitals.

They told me they were off to London to learn how to do it!

TEN years ago, Whitby taxi driver Brian Murfield started to regularly have indigestion and occasional problems with swallowing, often regurgitating his food.

Brian, 59 was diagnosed with achalasia. As the years went by his condition got worse until he collapsed at a football match and ended up at James Cook.

Brian had collapsed because he had become badly dehydrated, the

result of his achalasia getting worse. It was decided that Brian needed a myotomy sooner rather than later. He was given the option of having the POEM procedure.

Brian explains: "The procedure is usually done under general anaesthetic and I would only have to stay in hospital for one to two days. I agreed at which point Dr Dhar told me that they were off to London to learn how to do it! I'll

admit, that threw me a bit but it was a no brainer - I had confidence in them."

Brian was discharged two days after the operation and is already showing excellent recovery. He said: "In many ways the work of Dr Viswanath and Dr Dhar changed my life. I don't regurgitate any more, I don't get reflux. I've lost weight and I haven't felt this well in ten years or more. I feel great."

Helping patients dis amazing world of re

RESEARCH is vital to ensuring that the care provided at our hospitals is keeping pace with the ever changing developments in practice and technological advancements.

Hospitals that are research active have better patient outcomes and in future, hospitals will be inspected by Care Quality Commission for how well research is embedded within the organisation.

Last year **3,718** patients were recruited into **196** different clinical research trials at the Trust across **24** of our clinical specialisms. This ranks us in the top 11% of NHS trusts nationally and demonstrates our commitment to high quality research.

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Home self-testing for kidney transplant patients

PATIENTS who have previously received a kidney transplant are required to attend NHS clinics for tests to routinely monitor their kidney function. They are usually well and do not otherwise need to see a healthcare professional.

Although such tests are necessary, having to attend clinics often impacts negatively upon patient experience by interrupting employment or social commitments and incurring travel costs.

James Cook is the only site in the country enabling selected patients to self-test their own kidney function at home. This could hugely benefit both patients and also NHS resources and valuable clinic time.

The STOK study (Self-Testing Own Kidneys) will assess whether it is feasible for selected kidney transplant recipients to be trained to safely use hand-held medical devices to self-test their own kidney function at home and these results will be compared with standard in-hospital NHS kidney function tests.

First patient in the world recruited to a heart study

THE cardiology research team at James Cook were the first in the world to recruit a patient into a global study back in June which aims to lead to better outcomes for patients having ablation treatment for complex heart rhythm problems.

The AcQMap Registry will allow doctors to learn more about the

performance of the new AcQMap System which used real-time cardio mapping technology.

Simon James, consultant cardiologist, is leading the study with research sister Deborah Athorne. He said: "It's a fascinating study and could potentially change the future of management of complex heart rhythm problems."

Deborah Athorne, Dr Simon James and Nicky Cunningham (left to right)



cover the search...

Cross-speciality working leads to greater choice for patients

“fascinating and could really change the nature of treatment of complex heart problems.”

SISTER Dawn Watson is the bladder cancer clinical nurse specialist at South Tees. Her role is to care for the holistic needs of patients from before their diagnosis and throughout their care pathway.

When consultant surgeon Jo Creswell became aware of a study to develop a urine-based test to help diagnose bladder cancer without using invasive telescopic examinations she knew that the only way to be able to offer this study to as many patients as possible was to have a strong collaboration between all relevant departments.

A successful collaboration between Dawn, Jo, research nurse Clare Proctor, pathology research and development facilitator Steven Liggett and the company developing the test saw the team win the Outstanding Industry and NHS Collaboration Award at the Bright Ideas in Health Awards in 2017. To date just under 400 patients have been recruited into this and similar studies due to this effective collaboration.

Contact the research and development department if you are interested in becoming a voluntary patient research ambassador to help promote involvement in research or to find out more about research and how to get involved:

Tel: 01642 854089

Email: stees.researchdevelopment@nhs.net



Dawn Watson

Sarah is the first Trust staff member to receive this award who is not a doctor, nurse or allied health professional.

Sarah scoops top award

SARAH Essex has received a Greenshoots Award from the National Institute of Health Research. This is an award that enables staff to increase their knowledge and role within clinical research.

Sarah, who has worked in the cancer research team at South Tees since May 2017, is the first Trust staff member to receive this award who is not a doctor, nurse or allied health professional.

She works predominantly on haematology studies and is using this award to lead two studies as well as undertaking a Postgraduate Certificate in Clinical Research.



Sarah Essex explains the research process



DTVRA executive team: Paul Baker (South Tees), Justin Carter (North Tees), James Limb (County Durham and Darlington), Jane Greenaway, DTVRA associate director

All patients, all trials, all specialties, all together

Durham Tees Valley Research Alliance (DTVRA)



THIS year we are embarking on an exciting partnership with North Tees and Hartlepool and County Durham and Darlington NHS Foundation Trusts to create a single research and development service which will be known as the Durham Tees Valley Research Alliance (DTVRA).

This alliance will enable us to offer more opportunities for patients across all three trusts to participate in research and clinical trials.

We will share information about study opportunities that previously would have stayed within one trust. We also hope it will make us an attractive research partner for commercial research companies dealing with one large alliance rather than three individual trusts and their separate processes, so that we can bring more cutting edge commercial drug and medical device trials to the area.

The alliance will strengthen the work we already do with a range of partners including the Academic Health Science Network (AHSN), the Local Clinical Research Network (LCRN) for the North East and North Cumbria, Northern Health Science Alliance (NHSA) and our existing university collaborations.

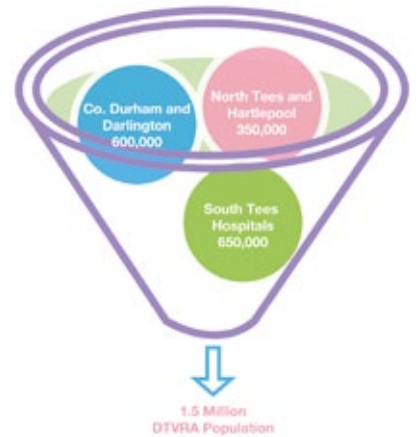
Jane Greenaway, DTVRA associate director said: "This is one of the first alliances of its kind in the country where research departments are

voluntarily collaborating and merging for the benefit of bringing increased research opportunities to patients.

"The positivity from all partners throughout the process of setting up the alliance has been so encouraging. There is a real desire at all levels of the organisations to work together to improve research opportunities and ultimately patient care.

"We will be starting by piloting our joint study feasibility and set up process in September with the aim that this is fully operational by April 2010. One lead reviewer in the DTVRA will work across trusts to set up studies on behalf of all three, but they will continue to liaise with service departments, clinical directors and support departments as is currently the case."

Our research team leaders will meet regularly to share information about studies and explore opportunities for helping to deliver studies collaboratively across the alliance and also into primary care.



What you can expect:

Researchers: You should start to hear about more study opportunities as we pilot and test new ways of finding out about studies and informing people about these opportunities. You may hear about studies or receive correspondence from a name you don't initially recognise as it may be from a team member who is located at another trust in the alliance.

Patients: We're doing lots of work behind the scenes to try to make sure you know more about the research happening in your trust and how you can become involved. Keep an eye on the South Tees Hospitals website, Facebook and Twitter pages for updates, and do not hesitate to contact the research department with any queries at either tees.researchdevelopment@nhs.net or 01642 854089. You may also be approached in a survey towards the end of the year to ask about your experience.

Top marks for clinical decisions unit

"It is a fantastic achievement to score 100% and it is great news for our patients."

THE clinical decisions unit at the Friarage has been rated top of the class when it comes to treating patients safely and efficiently.

The unit scored 100% across the board during a recent benchmark audit by the Society of Acute Medicine, making it the best performing in the country.

The clinical decisions unit (CDU) is part of the acute medical unit at the Friarage which sees 15 to 20 new referrals a day. It cares for patients who require additional tests, treatment or observations and therefore need to stay longer than a typical emergency or urgent care visit.

The national audit assessed units against three key performance targets:

- Time to patients having physiological measurements recorded such as blood pressure, respiratory rate and consciousness levels (maximum 30 minutes)
- Time to patients being seen by a doctor (maximum 4 hours)
- Time to be reviewed by a consultant (maximum 12 hours)

In total 127 units were assessed across the country. The Friarage CDU was the only unit to achieve 100% for all admissions.

Lucy Tulloch, Friarage service manager

said: "The Friarage CDU was the top performing unit out of 127 participating units, which shows that we are delivering a very safe and efficient service to our patients. It is a fantastic achievement to score 100% and it is great news for our patients."

James Dunbar, consultant for acute medicine and infection and clinical director said: "We always knew the Friarage was a bit special and that is why I fell in love with it as a registrar many years ago.

"We are so proud of our team's efforts in providing such a high quality

service to our local community."

The Trust announced the introduction of urgent temporary changes at the Friarage from 27 March 2019 to ensure continued provision of safe clinical services. The changes are due to significant gaps in the anaesthetic workforce and affect critical care services, resulting in the accident and emergency (A&E) service temporarily changing to a 24/7 urgent treatment centre (UTC). However, 89%, almost nine out of ten patients, will still have their care delivered at the Friarage site, including those who require assessment in the CDU.



The clinical decisions unit team at the Friarage

100%

Our message to patients is **don't give up giving up**

STAFF at the Trust have picked up two awards for helping patients to quit smoking.

The surgical pre-assessment team at James Cook and the Trust's maternity department received special recognition in the South Tees Stop Smoking Service 2018/19 Awards.

Both services have excelled in ensuring that smokers who attend hospital are referred to receive specialist support and medication to help them quit smoking.

The surgical pre-assessment team proactively deliver brief intervention to all smokers listed for surgery and routinely refer for treatment. Quitting smoking prior to surgery improves surgical outcomes and reduces the risks of complications and infections.

As an individual team, the surgical pre-assessment team supported more than 160 patients to start a quit attempt last year – more than any other team.

Victoria Goodridge from the pre-assessment team said: "Stopping smoking at any time before surgery can have a big impact so our message to patients is don't give up giving up."

The community midwifery team embedded a new electronic referral pathway over the last year and the



The maternity team show off their award and their Time to Clear the Air entrance

maternity wards were the first wards at the trust to routinely provide nicotine replacement therapy (NRT) to women admitted as smokers.

They have been cited as a model ward, leading the way for the rest of the trust to go smokefree, and as an example of good practice regionally.

Louise Hand, specialist midwife for public health at the Trust said: "It is fantastic that the Trust has won two stop smoking service awards.

"We officially became a smokefree NHS trust in April to help improve the health of our staff, patients and

visitors with the launch of our Time to Clear the Air Campaign. All our departments can now provide smokers with the tools and support they need to quit smoking. This includes having NRT available for all inpatients."

The South Tees Stop Smoking Service 2018/19 Awards come a year after the Royal College of Physicians (RCP) published a major report 'Hiding in Plain Sight' which highlighted that smoking is not a lifestyle choice but is a chronic relapsing long term condition and within the NHS should be treated as such with all smokers provided with support to quit.

Rachel McIlvenna, South Tees Stop Smoking Service manager said: "The excellent work pre-assessment and maternity continue to do contributes to the NHS Long Term Plan and to making South Tees Hospitals NHS Foundation Trust truly smokefree and this is very commendable."



The surgical pre-assessment team receive their award from South Tees Stop Smoking Service manager Rachel McIlvenna (left)

Senior research nurse awarded one of 70 national leadership places

NICKY Cunningham, lead research nurse for cardiology and cardiothoracic surgery, has been awarded a place on an innovative National Institute of Health Research (NIHR) three-year programme for senior nurse and midwife research leaders.

The 70@70 leadership programme, launched during the 70th anniversary of the NHS, is aimed at senior nurse or midwife clinical leaders with demonstrable experience of building a research led care environment for patients and who have a record of developing existing practice, working within and contributing to a research rich environment.

Each senior nurse research leader must be a recognised research leader with key elements of their roll including to:

- Promote the importance of a vibrant integrated research culture to improve quality of care and health outcomes.
- Act as a proactive champion for developing nurse and midwife research capacity and capability.
- Encourage research collaborations and the interdisciplinary sharing of research knowledge and skills (dissemination) through their care setting.
- Support the identification of research priorities as they relate to front line nursing and midwifery practices and ensure they have a 'route to visibility' in the research landscape.

"This is an excellent opportunity to embed a multi-professional research culture into the organisation and develop strategic research priorities with the professions to improve outcomes for our patients," said Nicky.

"Research should be a key factor in day to day nursing and I look forward to raising awareness of how research benefits patient care and how and why all nurses and midwives can be involved."

Gill Hunt, Director of Nursing and Quality said: "To be selected as one of only 70 nurses and midwives nationally is a wonderful achievement for Nicky and a fantastic opportunity both for her and the organisation as a whole. These key research leaders will be able to influence the national agenda and champion the development of a research active culture at all levels within their own organisation. I am hugely proud of Nicky's achievement and very much look forward to seeing the impact of her work at South Tees."

If you would like to learn more about Nicky's role and opportunities for nurses and midwives to get involved in research please contact Nicky at Nicola.cunningham2@nhs.net or follow her on twitter @NickyCunningh20

Proud 77-year-old completes his 25th Swaledale Marathon after battling cancer for the second time

MIKE McCann a 77-year-old fell runner completed his 25th Swaledale Marathon to raise awareness of prostate cancer and money for South Tees Hospitals Charity following his second battle with the disease.

From Brookfield, Mike has four grown up children and nine grandchildren.

"In all my years of running the Swaledale Marathon this was the toughest and it had nothing to do with prostate cancer and everything to do with the conditions, it was like running through a bog," he said.

All 34 Swift-tees participants, including Mike, completed the 24 mile course helping to raise £2,000 donated to South Tees Hospitals Charity, bringing the total raised for charity by the running group to over £24,000.

"I wanted to raise awareness this year for men of all ages to get themselves checked for prostate cancer because it's so important to catch it early; one in eight men are diagnosed with prostate cancer in the UK.

"It was my choice this year where the money raised would go and I could think of no better place than South Tees Hospitals where I received all my treatment."

Mike, a retired Stockton Riverside College deputy principal, was first diagnosed with prostate cancer in 2005 and was operated on by David Chadwick medical director and urology consultant at the Trust.

Mike said: "After surgery David advised me that the cancer may return and sadly despite being clear for a number of years the cancer returned. I finished my 33 sessions of radiotherapy early this

year and decided I would celebrate by taking part in the Swaledale Marathon in June."

Mr Chadwick said: "Mike has shown remarkable powers of recovery and is an inspiration; his fighting spirit and ability to conquer obstacles put in his way are quite exceptional. We are very grateful to the money he continues to raise on our behalf."

South Tees Hospitals Charity staff and Swift-tees members with Mike McCann and David Chadwick (both holding the cheque) with urology staff (left to right)



"We are fundraising for the babies."

Neonatal medics take on Great North Run

EVERY day the tiny babies and families on our neonatal unit at James Cook face a marathon journey.

But in September the consultant neonatologists and advanced neonatal nurse practitioners who treat them embarked on a half marathon of their

own to raise vital funds.

Vrinda Nair, Sian Oldham, Kath Noble, Prashant Mallya, Prakash Loganathan, Shalabh Garg and Janakiraman



Vrinda Nair, Sian Oldham, Kath Noble, Prashant Mallya, Prakash Loganathan, Shalabh Garg and Janakiraman Sundaram completed the Great North Run and have already signed up to do it again next year

Sundaram teamed up to tackle this year's Great North Run, aiming to hit a target of £2,500.

Shalabh said: "We are fundraising for the babies. Their parents do so much for the charity so we thought we should do something as well.

"We wanted to push ourselves and a lot of us had never run a race before, not even a 5k."

Kath said: "Recent months have seen our neonatal unit expand and care for a greater number of babies than ever before.

"We are fundraising to provide those 'little extras' that help our sick, vulnerable babies and their families. This might be equipment, resources for families or education for staff. It all helps."

It's not too late to pledge your support. Just visit www.justgiving.com/crowdfunding and search for 'nicu jcu'.

Jennifer honoured

at commemorative tree planting ceremony

A **TREE** has been planted in memory of hospital supervisor Jennifer Chilver who often helped raise money for cancer services and tragically died from breast cancer at the age of 51.

In a well-attended ceremony at James Cook, Jennifer was remembered; the tree was planted on the James Cook site and donated by Jennifer's former colleagues.

Her husband Steven said: "We met when I joined the team 12 years ago; her job was very important to her and she worked right up until a few weeks before she died.

"One of the side effects of her ongoing treatment meant that her bones became hollowed out and weakened, both legs eventually breaking in separate incidents. Yet she still continued with a number of fund raising challenges

including Race4Life at Ormesby Hall in 2013 which she was determined to complete without crutches."

Jennifer also undertook a 7.5 mile walk from Great Ayton to Roseberry Topping in May 2017.

"She knew I was concerned about her undertaking the Roseberry Topping walk when she was so ill, so she didn't tell me she was doing it and I received a photo with the message 'guess where I am?' when she got to the top," he said.

Jennifer worked at James Cook for 15 years and was a member of the breast care support group at the Trinity Holistic Centre where, along with everyone at sterile services.

Steven said: "Tragically despite everyone's best efforts Jennie passed away on the 12 July last year.

"Before she was diagnosed, she was a passionate advocate of the cancer support services at Trinity Holistic Centre.

"It's been very hard losing Jennie but the support we received from the staff has been outstanding. When things got really bad, we were supported by our colleagues who would often arrange short breaks away for us."



Jennie Chilver, triumphant after getting to the summit of Roseberry Topping with Daisy, May 2017.

Thank you Linda

LINDA Sidgwick retired in June after working as a complex care and learning disability physiotherapist at the Trust for over 40 years.

She started her career at Middlesbrough General Hospital in the neurology department, before moving to work within the learning disability service at Kiltonthorpe School. Following this, Linda joined the complex care service, supporting people to live in their own homes with care packages.

Julie Bleasby, assistant physiotherapy practitioner said: "During her career Linda has represented the Tees and District Branch of Physiotherapy at the Jubilee celebrations with the Queen in London in 1980; travelled across the world as a physiotherapist

at the Special Olympic Games; and has developed training courses that have been recognised by Teesside University – which resulted in Linda becoming a finalist in the Great British Care Awards."

Linda has a real passion for teaching and has trained hundreds of staff and carers during her career and has spent the last seven years as a senior lecturer on the neurology module of the undergraduate physiotherapy programme. Linda sits on the executive committee of Teesside Ability Support Centre and has continued to support children



with learning disabilities and their families through their school years and beyond into adulthood.

James Cook comes top of the region in recruiting to patient satisfaction study

JAMES Cook has come out as top performing hospital in the region for recruiting patients onto the national patient satisfaction study PQIP (Perioperative Quality Improvement Programme).

The study which has been running at James Cook since June 2017 and has seen the trust recruit high numbers of patients, putting it top in the north east region in terms of patient recruits and producing positive results well above the national average.

Nationally the study is looking to involve 70,000 patients and currently stands at around the 23,000 mark, with an expectation that it will run for at least another three or four years.

James Cook consultant anaesthetist and principal investigator of the research team delivering the study at the hospital, Dr Johanna Paterson said: "We are the highest recruiting PQIP site in the region by some margin and on top of that we have shown very high levels of patient satisfaction in comparison to the national average.

"PQIP is a highly worthwhile national study; I'm personally delighted as a team we've been able to implement it with such success. Additionally theatre can be a hidden part of the patient pathway so it's important that the invaluable role of all theatre staff is recognised."

When asked how satisfied they were with the care provided by the department of anaesthesia in general, 93% of patients said very satisfied - 6% higher than the national average - with the remaining 7% indicating they were also satisfied with their care.

Dr Paterson continued: "This level of satisfaction is reflected in how successful we are in recruiting to the anaesthetic department, but we are never complacent, always striving for ever higher levels of patient care and improved patient experience."

"We are never complacent, always striving for ever higher levels of patient care and improved patient experience."

(second from right) Dr Johanna Paterson with members of the James Cook PQIP study research team including Kerry Colling (far right)



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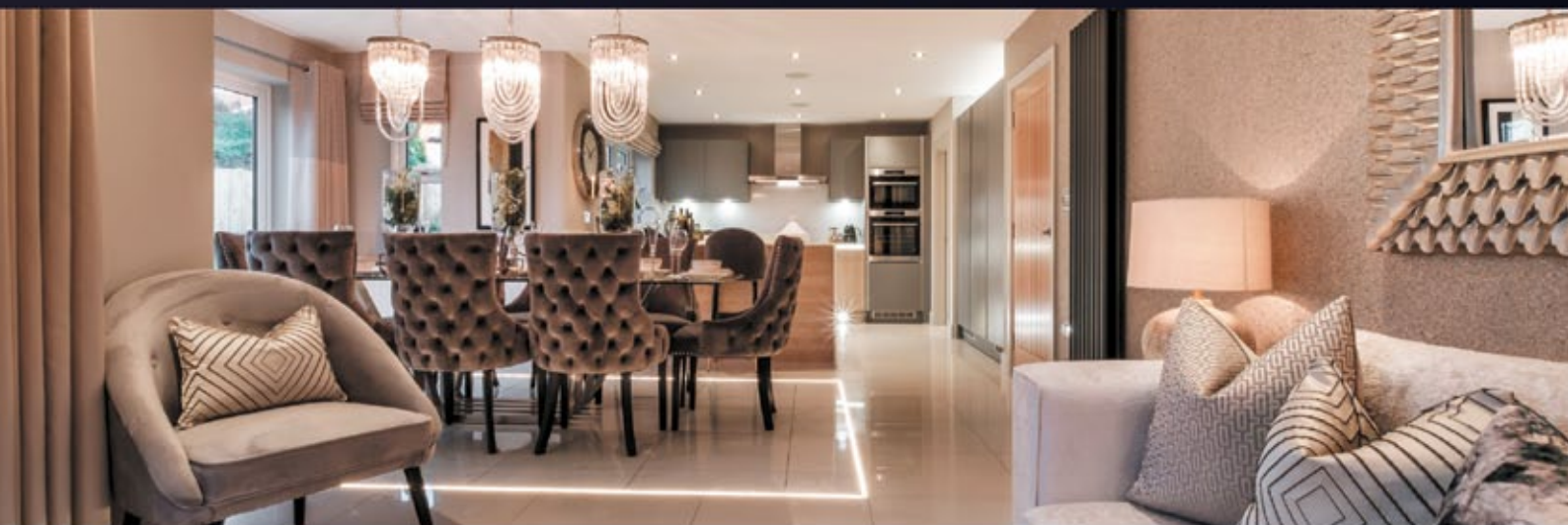


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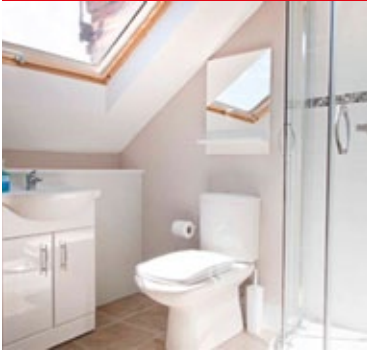
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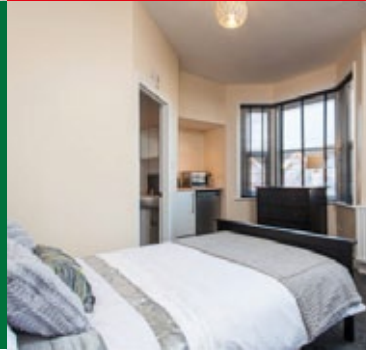
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