

INSIDE

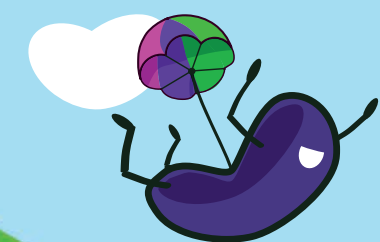
James Cook team roll out
COVID-19 vaccinations

Trust now at forefront of
UK robotic surgery

Renal dialysis unit to open at Friarage

TALKING POINT

WINTER 2020



Help us hit
£500,000
TARGET
to transform kidney unit



Margaret Dixon, one of the first patients to receive the vaccine at James Cook



James Cook team roll out COVID-19 vaccinations

JAMES Cook made history as one of the first COVID-19 hospital hubs to begin vaccinating patients aged 80 and over, care home workers and staff who are at higher risk from coronavirus.

Margaret Dixon, from Redcar, was one of the hospital's first patients to be given the life-saving Pfizer jab.

The 80-year-old told Talking Point: "I'm looking forward to eventually being free and being able to go to the shops, I've not been in one since March."

Rose Mary Kelly, from Middlesbrough, was also among the patients to be vaccinated at the Middlesbrough Hospital.

The former nurse said she felt privileged to be receiving the vaccination.

The 82-year-old added: "I think it's wonderful, people have worked hard to make this vaccine and I'm one of them that have got it, it's great!

"I'm looking forward to helping stop the virus for everybody."

Rose Mary's daughter, Janet Kelly, who lives with her, described the day as wonderful and emotional.

Pre-registration pharmacist Debbie Whitwell, who has been shielding, said she wanted to have the vaccine because she has a son she needs to be around for.

While Sharon Daglish, deputy manager at Lawns Care Home in Darlington said it was about leading the way and showing people, including care home workers that the vaccination is safe to take.



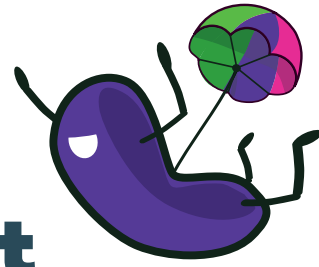
Rose Mary Kelly with daughter Janet



Pre-registration pharmacist Debbie Whitwell



Help us hit £500,000 target to transform kidney unit



STAFF and patients have launched a £500,000 appeal to transform the kidney unit at James Cook.

The renal team provides more than 3,000 outpatient appointments every year, but they want to ensure this outstanding care is delivered in a first class facility – and they need your help to make it happen!

Treatments have advanced over the years and can now often be delivered much quicker which means fewer patients require an overnight stay in hospital while more are attending for clinics and day case procedures.

Plans have been drawn up for a new and improved outpatient facility that is purpose built to meet this increasing demand and provide the very best environment for patients.

The revamp will see a complete redesign of the renal day unit area to increase clinical space and bring the trust's specialist renal nurses together in one place.

Clare Allinson, lead nurse for renal services, said: "There's now less pressure on hospital beds for kidney care, but this means demand has increased for outpatient services.

"The space we have could be much better utilised and if we can make our vision a reality by raising this money then we can treat more patients and reduce waiting times as well as providing a bright, welcoming and modern environment.

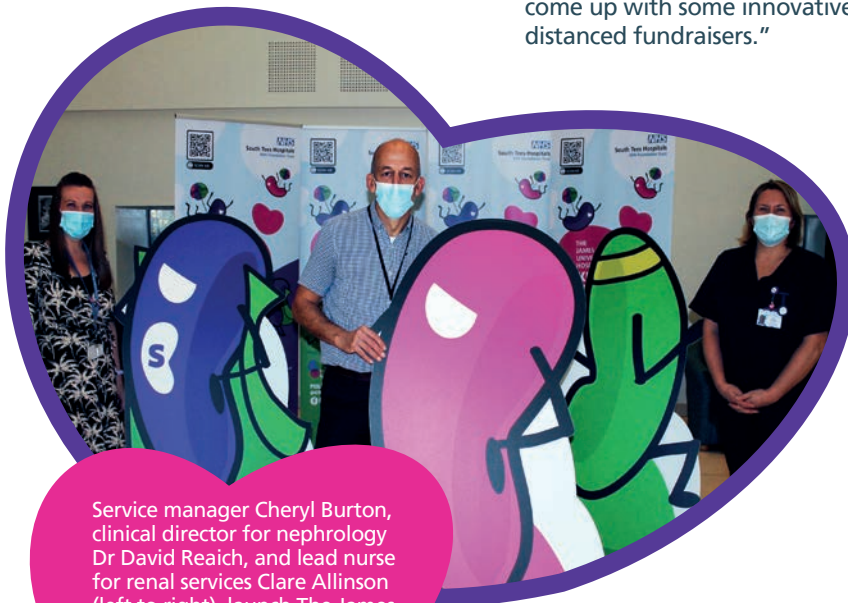
"Launching this appeal is something positive after a really challenging few months responding to the coronavirus pandemic and we really hope everyone will dig deep to support us and come up with some innovative socially distanced fundraisers."

Supporters are encouraged to share what they have "bean" up to on social media using the hashtag #BeanFundraising.

Renal patient Sarah Eales added: "The waiting area on the day unit is a bit cold and uninviting and some patients spend a lot of time in there waiting for appointments or their transport home after dialysis.

"It will mean a lot to people if we can raise the money to transform the unit."

Thomas Harrington of South Tees Hospitals Charity said: "We have already raised almost £250,000 thanks to legacies and donations from our generous patients, however we still have a long way to go and that is why we are now seeking support from our amazing community."



Service manager Cheryl Burton, clinical director for nephrology Dr David Reich, and lead nurse for renal services Clare Allinson (left to right), launch The James Cook University Hospital Kidney Unit Appeal



Renal patient Sarah Eales



Get involved at
southtees.nhs.uk/charity or
 call 01642 854160 or 01642 854296
 to find out about fundraising events.

THE
 JAMES COOK
 UNIVERSITY
 HOSPITAL
**KIDNEY
 UNIT
 APPEAL**

Hospital matron unveils second painting to mark the COVID-19 pandemic

A PAINTING to mark the second wave of the coronavirus pandemic and the winter months ahead has been unveiled at the Friarage.

The painting, created by matron and artist Vicki Davidson, is designed to complement her first painting, 'Sending Hope', which is on display in James Cook.

Her first painting captured the community spirit during the first wave of the pandemic whilst this new piece, called 'Sending Love', symbolises the challenges that families have faced during the second wave.

The painting will be permanently displayed in the Friarage hub next to The Tree of Life following a socially distanced ceremony.

"I really wanted to capture the mood of the second wave of the pandemic and create a focal point where staff, patients and visitors in the future could go to reflect," said Vicki.



Vicki Davidson with her painting 'Sending Hope'

"The bare trees symbolise the dark winter months ahead, along with a long and uphill journey, with a rainbow of hope in the background.

"The brightly coloured hearts on the trees represent the trust's visiting restrictions during the pandemic which has meant that relatives haven't been able to see their loved ones.

"The knitted and fabric hearts, often donated by members of the public, are being handed out within the trust and are used to offer small tokens of comfort to family and patients while visiting remains suspended."

Prints of the artwork, which was generously framed free of charge by Wensleydale Galleries and Framing in Leyburn, and greetings cards, can now be purchased from Vicki's website – www.vickidavidson.com

All proceeds are being jointly donated to Friends of the Friarage and Herriot Hospice Homecare.

Radiographer, Paul Scott, kindly cut the ribbon at the socially distanced ceremony. Paul's wife, Anne, who also worked as a radiographer at Friarage, sadly passed away last year following a brave battle with cancer.

He said: "I feel honoured to be a part of the unveiling because Herriot Hospice Homecare really helped my wife and me during a really difficult time. I am very thankful that Vicki has decided to raise money for them."

Lucy Tulloch, service manager for the Friarage, said: "Sending Love is a wonderful piece of art and really captures the mood of the moment.

"I'm sure it will have a wide appeal to staff, patients and visitors in due course and also to the supporters of Herriot Hospice Homecare and Friends of the Friarage, who Vicki is kindly donating the proceeds to."

Barbara starts newly approved cancer treatment

WHEN Barbara started to suffer shortness of breath she didn't delay seeking medical help.

The 75-year-old, from Northallerton, was rushed to James Cook in July when she thought she had contracted COVID-19.

But within three days she was diagnosed with small cell lung cancer.

Barbara, who used to be a healthcare assistant, is now the first patient within the trust to be treated using a newly approved method of taking an immunotherapy drug called Atezolizumab alongside her chemotherapy.

Immunotherapy is designed to stimulate the body's immune system to fight cancer cells.

"I feel really pleased that I'm trying the new treatment and I hope it helps other people in the future," said Barbara.

"I cannot fault the team at South Tees. I have not had to wait for anything and they have all been kind and very supportive.

"If there is anyone out there that is feeling unwell please don't delay seeking medical advice because you are worried about going into hospital.

"I felt at ease the whole time I was in hospital and when I go in for my appointments and treatment I always feel safe."

Dr Talal Mansy, consultant medical oncologist, said that despite the challenges through the coronavirus pandemic as soon as the NHS gave

approval for the use of immunotherapy (Atezolizumab) with chemotherapy for small cell lung cancer, the trust's pharmacy team, schedulers, outpatient and chemotherapy nurses all pulled together quickly to allow Barbara to be the first patient in the South Tees region to be able to be treated with this outside of trials.

Dr Mansy added: "Chemotherapy has always been used but recent trials have shown that combining chemotherapy with immunotherapy improves survival for patients further.

"It gives me the most pleasure knowing we are able to use new drugs as a soon as possible and that for Mrs Cox and all other small cell lung cancer patients, we can offer them the best possible treatments for their cancer."

The trust is urging patients not to delay in seeking urgent medical advice if they notice any cancer symptoms because of the coronavirus pandemic.

"It is really important that you still contact your GP and discuss your concerns if you believe you might have symptoms of cancer," Dr Mansy said. "The chances are it is nothing serious, but finding it early makes it more treatable."

"It is really important that you still contact your GP and discuss your concerns if you believe you might have symptoms of cancer,"



Talal Mansy and Barbara Cox



Hospital unveils organ donor memorial



A MEMORIAL has been unveiled at James Cook to commemorate the selfless act of patients and their families who have decided to save others through the gift of organ donation.

Janine Langthorne, specialist nurse for organ donation, hopes that the memorial will create a quiet place where donor families can go to remember their loved-ones and a place of peacefulness and reflection for others.

She added: "We really wanted to create a memorial to say thank you to our very special organ donors and their families who in their darkest hours have made the very kind and generous decision to save the lives of other people."

The idea behind the dandelion clock design is that the petals are the plant's seeds that are carried by the wind to start new life, representing that when one life ends another begins.

Donor families will be offered the opportunity to pay tribute to their loved one by having their name or a message engraved on the memorial's glass petals.

The memorial was designed by artist Laura Johnston who previously created the dichroic globe for the hospital's atrium.

The glass used in Laura's work is specially coated meaning it changes colour depending on where you view it and in sunlight projects dappled coloured light all around.

Laura said: "I feel honoured to have had the opportunity to be involved in this project and help create a space for families to come and think about their loved ones."

Janine and her colleagues have urged people to discuss their decision about whether they would like to be an organ donor with their family.

Last spring, the law around organ donation changed meaning that all adults in England will be considered as willing to donate when they die, unless they have recorded a decision not to donate, are in one of the excluded groups or have told their family they don't wish to donate.

Janine added: "It is really important that we all have open and honest conversations with our families about whether we would like to be organ donor."

It is hoped that an official opening will take place when special guests can be invited to the hospital when COVID restrictions are relaxed.

Renal dialysis unit to open at Friarage

A NEW renal dialysis unit is planned for the Friarage.

Initial plans are for an eight station dialysis unit which will dialyse up to 24 patients, with a view to expanding this number in the future.

This will mean that patients from the Northallerton area will be able to dialyse at the Friarage rather than travel to James Cook.

The Friends of the Friarage intend to donate £300,000 for the unit's development work and purchase of equipment.

Dr David Reaich, consultant nephrologist, said the unit will improve patient experience for those needing dialysis.

"We are thrilled to be opening a renal dialysis unit at the Friarage," he said.

"This development is great news for patients in the areas as it will mean that they will be able to receive their dialysis a lot closer to home.

"Patients need to attend dialysis three times per week so this could make a huge difference to their quality of life by reducing travel time.

"We are extremely grateful for the support that the Friends of the Friarage and the community continue to show for our clinically led plans to grow the range of services available at the Friarage Hospital."

Donna Jermyn, Friends of the Friarage chairman, added: "It is really exciting that another new service is coming to the Friarage. The new unit will make such a difference to patients in this area who require dialysis.

"We are extremely grateful for the generosity of the public who continue to support us.

"Once again, we would really like the local community to get behind us and help in fundraising for the dialysis unit and future projects."



Kathleen hangs up her uniform

KATHY Austin has retired from the phlebotomy service after working in the NHS for more than 40 years.

Kathy started work for the NHS at St Luke's Hospital in 1976. After a break to have her third child she returned to Middlesbrough General Hospital in 1983 before later transferring over to South Cleveland Hospital in 1986 to train as a phlebotomist - a job rarely heard of then.

When the trust merged in 1992 Kathy returned to Middlesbrough General Hospital to help establish a phlebotomy service there. She stayed there ten years until its closure in 2003, before returning to James Cook for the remainder of her career.

Kathy says she has enjoyed working for the NHS for over 40 years, meeting and working with "many wonderful people" along the way and priding herself on working to help her patients.

She said she is leaving behind some good friends, but is really looking forward to enjoying her retirement with her husband John and their family.



Tees hospital trust now at forefront of UK robotic surgery

SOUTH Tees has become one of only three NHS trusts in the country to have three of its own surgical robots - and now has the potential to become a national centre of excellence.

Surgical teams at James Cook now have three da Vinci robots which means more patients than ever before can benefit from minimally invasive surgery.

The three robots will be used across at least five different specialties - amongst the highest number anywhere in the UK - including urology, thoracic services, gynaecology, general surgery and ear, nose and throat and maxillofacial services.

James Cook currently provides robotic surgery to around 350 to 380 patients a year, but the expansion programme is expected to double the number of patients who can benefit from this leading edge treatment.

By 2021 it is hoped heart specialists at the hospital will be the first in the north east region - and only the second in the UK - to offer robotics for cardiac surgery.

The additional robot will also enable the introduction of robotic treatments for oesophageal (food pipe) procedures and complex endometriosis operations.

Robotic surgery first came to Teesside in 2014. It revolutionised treatment by making it possible for surgeons to perform minimally invasive surgery with greater precision and control than ever before.

The robots use tiny instruments which are controlled remotely by the surgeon sitting at a console. The surgeon has the benefits of 3D vision and hand and foot controls to control the micromanipulators, which have a greater range of movement than the human hand.

This enhanced precision helps reduce side effects and the length of time patients have to stay in hospital, for example a patient undergoing a robotic prostate procedure now spends an average of one day in hospital instead of seven.

"We are now one of only three hospitals in the UK that has three robots," said cardiothoracic surgeon Joel Dunning.

"This is going to hugely spring forward our ability to do minimally invasive surgery at this site and it will allow us to start cardiac robotics so it is a very exciting time."

The new fourth generation da Vinci robot provides the potential for the hospital to become a centre of excellence for robotic surgery and teaching. It will also enable the hospital to be amongst the first in the UK to take part in a national Royal College of Surgeons' study looking at how much robotic surgery benefits patients.

Urologist Brian Chaplin, urologist and vice president of the British Association of Urological Surgeons Jo Cresswell, surgical care practitioner Vicky Harding, theatre scrub nurse Sue Wadkins and surgical care practitioner Nicola Nicholson (left to right)



Don't let coronavirus stop you from getting checked out

THAT'S the message from marathon runner Graham Molyneux who underwent successful robotic surgery for prostate cancer after detecting the disease early.

Prostate cancer referrals have halved since the beginning of lockdown according to analysis of NHS data by Prostate Cancer UK, with 27,000 fewer men being referred to a specialist with suspected cases compared to the same period last year.

Graham, 58, from Harrogate has been a keen runner for 30 years, completing 31 marathons to date.

He said: "I didn't have any symptoms, but as my wife is a nurse and I'm quite health conscious I thought at my age it's always good to get yourself checked out – and I'm glad I did.

"Guys can get a bit squeamish when it comes to this, but it's so important to go and speak to your GP."

In February 2019 Graham went to his local GP for a PSA test – a blood test to help detect prostate cancer – which revealed that further investigation was required.

Graham had a biopsy which showed there were cancer cells in his prostate and that he would need surgery to have it removed. Graham chose to be referred to James Cook.

David Chadwick, urology consultant, who was Graham's surgeon, said: "Graham had a robotic prostatectomy using the Da Vinci robot. The prostate is removed and if the cancer is organ-confined this will effect a cure."

Graham had his surgery not long after being diagnosed. He said: "It was quite a quick turnaround. From having my PSA test to having the operation at James Cook was only around ten weeks.

"I was happy to go along with surgery because I knew I was in safe hands."

Graham had his prostate removed and is now in the final stages of his recovery.

He said: "The nurses on ward 8 were brilliant and the care I received before, during and after the surgery was fantastic. I had two nights in hospital and then I was back home."

Mr Chadwick added: "It is important that patients do not ignore any symptoms that might require urgent attention."

He added: "We want to reassure people that we are open, and will remain open, for people affected by cancer and that we continue to work very hard to ensure all patients who have to attend hospital are treated as safely as possible during these challenging times."

Graham Molyneux



Research teams lead largest clinical trial of its kind

RESEARCH departments from James Cook and the University of York have teamed up to lead the largest clinical trial of its kind comparing treatment options for frozen shoulders.

The results of the National Institute for Health Research (NIHR) funded UK FROST trial - published in The Lancet in October - show keyhole surgery is no better at treating a frozen shoulder than two alternative therapies which are less invasive.

Frozen shoulder is a common and painful condition in which movements in the shoulder become restricted.

A common surgical treatment is arthroscopic capsular release (ACR), a keyhole procedure under general anaesthetic where a probe is inserted into the shoulder, along with a camera and the joint capsule is released, stretched and manipulated to regain a range of movement. This is a costly and invasive treatment.

However, in the largest clinical trial of its kind, NIHR researchers led by a team at South Tees and University of York Trials Unit have found that ACR was no more effective than two other less costly and less invasive treatments using a patient-reported questionnaire about shoulder pain and function.

One was manipulation under anaesthesia (MUA) - a minimally invasive procedure where surgeons move the shoulder joint to a full range of motion. The other was early structured physiotherapy (ESP) with a steroid injection - a treatment specially designed for the trial that does not require a general anaesthetic.

Professor Amar Rangan, chief investigator and consultant orthopaedic surgeon at South Tees said:

“Our trial has shown that expensive keyhole surgery is no better than two alternative therapies. This could provide more choice for patients - especially those with conditions like diabetes and who may not want the additional inconvenience and risk of surgery under anaesthetic.”

The randomised controlled trial was carried out in 35 UK hospitals. More than 500 patients took part.

All three treatments led to substantial improvements in patient reported shoulder pain and function over one year, but none proved superior.

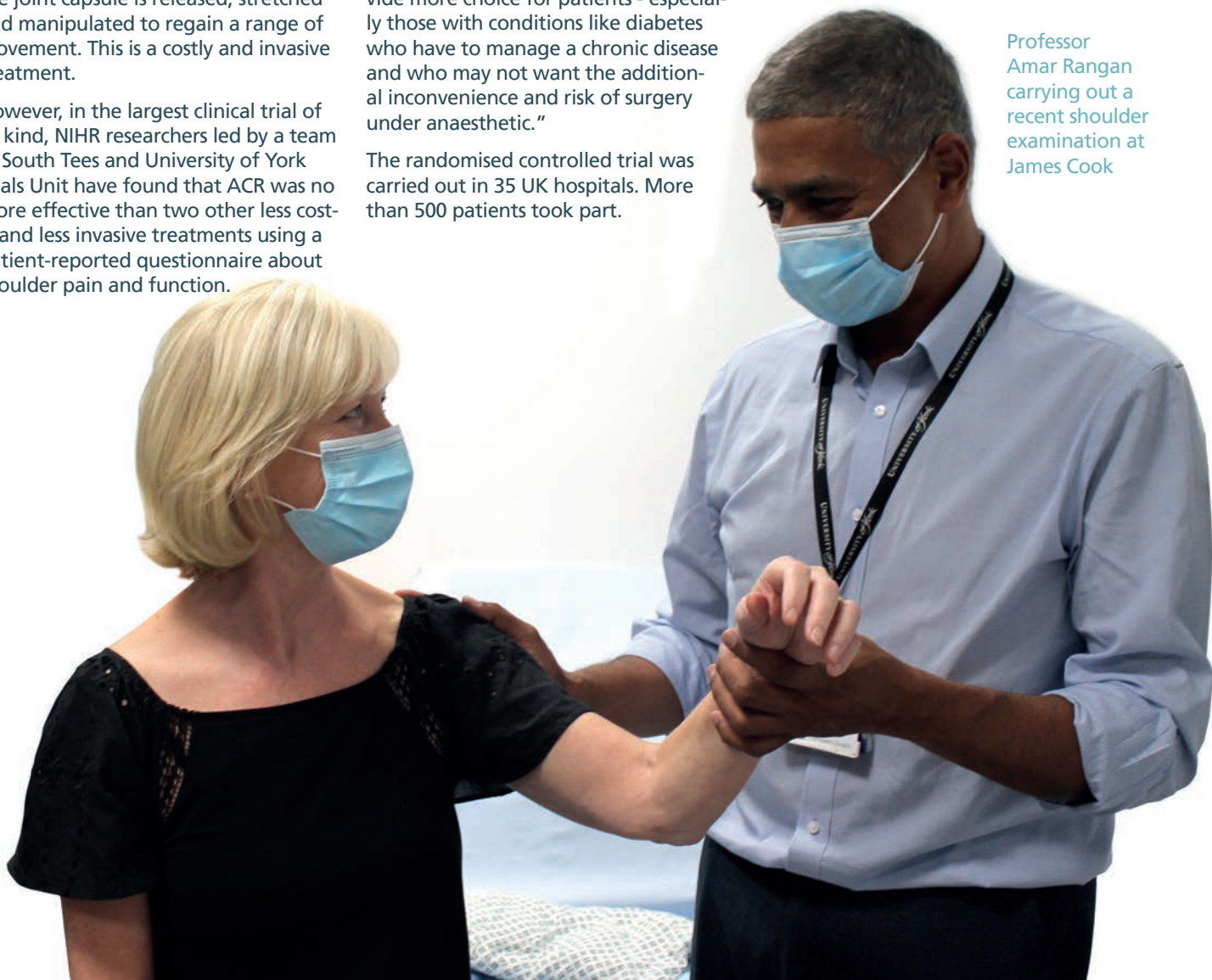
Although ACR resulted in the least number of further treatments: 4%, compared to 7% for MUA and 15% for ESP, it carried relatively higher risks, mostly general risks from having a surgical procedure, and had longer waiting times to access.

ESP with a steroid injection could be accessed quickly, had relatively fewer risks than ACR and was cheaper, but more patients required further treatment.

Overall MUA was found to provide the NHS with the best value for money spent in terms of health gains for the patient.

The trial was funded by the NIHR's Health Technology Assessment (HTA) Programme and the study was supported by the NIHR Clinical Research Network (CRN).

Professor Amar Rangan carrying out a recent shoulder examination at James Cook





New equipment offers care closer to home for sinus patients

NEW medical equipment will allow patients needing sinus surgery in the Northallerton area to receive their treatment closer to home, thanks to a dedicated group of fundraisers.

The state-of-the-art imaging system, mainly used for patients undergoing complex ear, nose and throat (ENT) surgery has been donated to the Friarage by the Friends of the Friarage.

The equipment will not only save patients from having to travel to James Cook, but will also speed up surgery and act as a teaching tool for the hospital's junior doctors.

Dr David Whitehead, consultant ENT surgeon said: "Both myself and my colleagues are delighted that the Friarage now has the cutting-edge stack equipment which can be used to view confined spaces and operate within the nose without having to make large incisions.

"This donation once again shows the incredible generosity of the Friends of the Friarage,"

"This donation once again shows the incredible generosity of the Friends of the Friarage, we feel eternally grateful for all that the friends have done to support our vision and the local population.

"Not only will this piece of kit benefit our patients it will also be a fantastic teaching tool for our doctors in training and it will put the hospital on par with some of the other leading teaching hospitals in the UK."

The imaging system can also be used throughout keyhole surgery in many specialities including gynaecology, urology and vascular surgery.

The system purchased for the Friarage has two components. The imaging system, manufactured by Storz, allows surgeons to operate within the nose without having to make large incisions and print high quality images.

Dr David Whitehead with the Friarage theatre staff and the cutting edge equipment

The second component is the computer assisted navigation system, manufactured by Medtronic, which allows CT and MRI images to be imported and mapped to the patient during surgery.

Surgeons are able to operate with great precision in challenging circumstances very close to vital structures such as the brain and eyes.

Donna Jermyn, Chairman of Friends of the Friarage, said the group were delighted to have been able to donate £118,000 for the new equipment.

"It will enable the majority of patients requiring sinus surgery to be treated at the Friarage Hospital rather than having to travel to James Cook which is fantastic news for the local population," she added.

SOUTH TEES STARS

EACH month hundreds of colleagues are nominated for our monthly South Tees Appreciation reports – known as STARS.

The STAR Awards help us celebrate the individuals, teams and services that deliver outstanding patient care or go the extra mile in their job.

Talking Point and Alan Downey, the trust's chairman, had the pleasure of presenting the most recent winners with their awards...

DEALING WITH DIFFICULT SITUATIONS GRAEME SINGH

When blood transfusion had two major haemorrhage activations at the same time Graeme, who was working in the department next door, did not hesitate in staying behind after his shift to help his colleagues. Graeme issued trauma packs of blood and ordered a blue-light delivery of blood from Newcastle. Graeme was nominated by Sue Barnes.

GOING THE EXTRA MILE COLIN WOOD, EDU / THEATRES

Colin has taken on multiple additional roles on top of his duties as a porter. He has become a fire warden, fit tester and was instrumental in helping to maintain stock levels of PPE for the department during the COVID-19 pandemic. If that isn't enough, Colin has also volunteered to train as a health and safety assessor. Nothing asked of him is ever too much. Colin was nominated by Tracy Broadbent.

TEAM WORK DIABETES PODIATRY TEAM

During the peak of the COVID-19 pandemic the diabetes podiatry team went above and beyond for their patients. When other clinic and non-emergency work was paused the team continued to see their patients and did not postpone a single clinic. They were nominated by Tina Spence.



HELPING OTHERS RACHEL FODEN, THERAPEUTIC CARE.

Rachel was chosen by the STAR panel for her dedication to helping others. During COVID-19 pandemic Rachel stepped up to help others and set up a mask distribution service, in response to the national guidance about face coverings in hospital, from scratch. Rachel was nominated by Debi McKeown.



South Tees STARS shine brightly

COMMUNICATION ESMIE JOHNSTONE, STUDENT MIDWIFE

A mother at James Cook needed a category three caesarean section because of severe growth restriction of the baby with a high chance of problems with the baby's wellbeing. By providing constant reassurance and care to the mother throughout the operation Esmie helped the woman cope with the situation and took pressure off the anaesthetic team as well. Esmie was nominated by Chris Gibb.



GOING THE EXTRA MILE

STERILE SERVICES AND ENDOSCOPY DECONTAMINATION

The sterile services and endoscopy decontamination teams have been invaluable in the trust's response to the COVID-19 pandemic. They have gone above and beyond delivering PPE to all areas of the hospital and they also setup a visor processing facility to ensure our front line colleagues were never without the equipment needed to keep them safe. The team were nominated by Marc Saaiman.



TEAM WORK

DR AUNG AUNG, NEUROREHABILITATION

Dr Aung was recognised for his outstanding commitment, throughout the coronavirus pandemic, to his patients and the large team he works with. Dr Aung was nominated by Glynis Peat



HELPING OTHERS

DAVE BRANCH, E-ROSTERING

Nothing ever seems a problem for Dave. He is always extremely helpful, knowledgeable and accommodating and he is able to solve any problem no matter how big or small. Dave was nominated by Joanne Elliott.



COMMUNICATION

BARAH ADNAN KHALIL HASSAN

A mother who had been very anxious about her daughter for several weeks, specifically mentioned Dr Hassan as having been fantastic at really listening and showing empathy and taking their concerns seriously. Barah was nominated by Mark Burns.



DEALING WITH DIFFICULT SITUATIONS

JESSICA RUTTER / KATHLEEN WALKER, WARD 1

When faced with a very hard situation Jessica and Kathleen soon put their experience into action and assisted their colleagues by delivering quick emergency care for a vulnerable patient. Jessica and Kathleen were nominated by Stephen McKenna and Lynn Murphy.



All staff who are given a South Tees Appreciation Report receive a certificate by email. Each month all the reports are reviewed by a senior leadership panel and a STAR Award is presented to the most outstanding team or individual for each category.

If someone made your day today give them a special thank you by clicking on the STARs link on the intranet systems page.

Reshaping the way maternity services are delivered

MIDWIFERY teams are reshaping the way maternity services are delivered across Teesside and North Yorkshire.

South Tees is rolling out a new way of working that involves the same midwives caring for mums-to-be before, during and after their baby's birth.

The continuity of carer initiative sees a small team of midwives following pregnant women through every step of their journey, building strong relationships with them and their families and providing seamless support from booking through to labour and postnatal care.

"Women might have a really good relationship with their community midwife but then as soon as they go into labour and their adrenalin is up they meet a midwife or obstetrician they have never met before, but not anymore," said project lead and midwife Lucy Findlay.

"For the first time midwives are going to be working across the whole division. They will follow the patient rather than staffing a unit, supporting women through their whole journey.

"It will be really rewarding for our midwives to see patients from eight weeks all the way through to postnatal and to build that relationship up.

"We'll see them at their home, meet their family and really get to know them as a person.

"This means they will always have a midwife that they know and trust, rather than seeing a different face at every appointment."

First to benefit from the new scheme are Middlesbrough mums-to-be registered with GP surgeries in the TS3 postcode area. They are being cared for by the trust's first continuity of carer team – Primrose Team – which officially launched in October.

Following its successful launch the initiative is now being rolled out to all mums-to-be in Hambleton and Richmondshire who will be cared for by the Friarage's continuity of carer team – The Heather Team - which officially in November.

Tracey Smith, Friarage Maternity Centre and community midwife manager added: "The Heather Team will be providing antenatal, intrapartum and postnatal care to women living in the local area who plan to birth at the Friarage Maternity Centre. They are all incredibly excited to be starting on this journey."



Project lead and midwife Lucy Findlay at James Cook

The new model will gradually rolled out across the whole South Tees patch to benefit all local mums-to-be.



Lynn Maidman, Claire Neal and Kimberley Charlton from Primrose Team. The other team members are Catherine McDougall, Kerry Dorgan, Hannah Bradley, Isobelle Brown, Elaine Bainbridge and Paula Osbourne.



The Heather Team (left to right) Aimee Peacock, Holly Thorpe, Sam Welford, Clare McMann, Karen Roberts and Emma Corcoran (plus Tracey Wright not pictured)

Youngster inspired by Captain Sir Tom Moore runs for NHS

AN 11-year-old girl who was inspired by Captain Sir Tom Moore has raised more than £600 for two NHS trusts in the region.

Lucy Bettley, from Ingleby Barwick, was determined to follow Captain Sir Tom Moore's example and set herself the challenge of running and exercising in her garden for two and a half hours every night in five half hour shifts during May.

After successfully completing her challenge Lucy, who shares her birthday with Captain Tom Moore, exceeded her target of £50, thanks to her family and friends, and raised £650.

Using some of the money, she prepared two hampers of "goodies" for frontline workers and presented a £300 cheque to both the intensive care unit at James Cook and the University Hospital of North Tees' orthopaedic outpatients.

She said: "It feels really good to be helping some of the NHS team. Thank you for all your hard work and dedication before, throughout and since lockdown 2020.

"I would also like to say a massive thank you to everyone who donated. I didn't think I would get as much sponsorship as I did. Everyone inspired and pushed me through it."

Suzi Campbell, from South Tees Hospitals Charity said: "I'm sure Captain Sir Tom Moore would agree with me when I say that Lucy has done an amazing job to raise money for both our trust and North Tees.

"We would like to say a huge thank you to Lucy and everyone who sponsored her. Our team in the intensive care unit were thrilled to receive a hamper and donation."



New reusable water bottles for radiotherapy patients

Fiona Muir and Lauren Husband from the radiotherapy department



MORE than 900 patients undergoing pelvic radiotherapy at James Cook are to be given reusable water bottles thanks to the trust's charity team.

Patients receiving this type of treatment are required to under-go optimal bladder filling, which is where they are asked to empty their bladder and then drink water prior to receiving their radiotherapy.

Usually patients will use non-recyclable plastic cups which produces significant waste in the department.

But now, reusable bottles will be given to those who require bladder preparation prior to their treatment.

Patients will be encouraged to fill their water bottles before attending hospital, meaning that as well as reducing waste the bottles will also reduce water consumption.

1,000 reusable bottles have been funded by South Tees Hospitals Charity and people are invited to make a donation towards the cost of future bottles for the department's patients.

Hazel Newcombe, radiotherapy pre-treatment superintendent said: "I would like to say a big thank you to everyone who has donated to the trust's charity team.

"The bottles will make a massive difference to both our patients and department."

If you would like to make a donation towards the reusable bottles you can do so via the South Tees Hospital Charity JustGiving, or by calling the team on 01642 854296, and quoting the charity code 5EE118.

Prestigious accreditation for trust's anaesthetics department

THE trust's anaesthetic department has achieved a prestigious accreditation from the Royal College of Anaesthetists (RCoA) for the outstanding service it provides to its patients.

Following a rigorous assessment process, the department was awarded the highly regarded Anaesthesia Clinical Services Accreditation (ACSA) accreditation.

Departments participating in the peer-review scheme must demonstrate high standards in areas such as patient experience, patient safety and clinical leadership.

The rigorous ACSA process involves self-assessment, an on-site review by an ACSA review team and further evidence submission in order to achieve accreditation.

Dr Matthew Cheesman, clinical director for anaesthesia and theatres, said the team were delighted to receive ACSA accreditation.

"Achieving this prestigious level of recognition is a testament to everyone's hard work, commitment, and invaluable contributions."

Dr Sandeep Lakhani, ACSA clinical reviewer, said the trust's anaesthetic's department should be very proud of their approach in implementing all the changes that helped them achieve this accreditation.

"I was very impressed by their commitment and determination in using ACSA to implement changes and adopt new ways of working in order to achieve a high standard, safe, patient focussed service," he added.

Professor Ravi Mahajan, president of the Royal College of Anaesthetists, said it was impressive to see the many innovative practices taking place at the hospital.

He added: "South Tees has worked hard to keep patients as the primary focus and deliver excellent flexibility to match patients' needs.

"As well as meeting the standards, the department demonstrated many areas of excellent advanced practice that have now been highlighted for sharing through the ACSA network."

Dr Tim Meek, ACSA lead, Dr Matthew Cheesman, clinical director anaesthesia and theatres, Dr Mike Ingram, deputy clinical director anaesthesia and theatres (Left to right)





The South Tees hand surgery team in the day surgery unit at Redcar Primary Care Hospital

Regional anaesthetic paves the way for more surgical procedures at Redcar

SURGICAL teams have performed their first regional anaesthetic procedure at Redcar Hospital.

Utilising the hospital's newly commissioned operating theatre, the hand surgery service at South Tees performed Redcar Hospital's first regional anaesthetic in November, paving the way for a much wider range of procedures at the community site.

Using a regional anaesthetic - a nerve block given to a specific region of the body to provide numbness or pain relief for deeper operations where more extensive numbness is needed - means that strong painkillers and a general anaesthetic can usually be avoided.

This benefits both the patient and the hospital as any potential side effects are reduced so recovery time is quicker and people may be able to choose to have their procedure at a community site, closer to home.

"Some operations can be performed under a local anaesthetic, but for some operations you do need the whole arm to be numb," said Emma Reay, consultant hand and wrist surgeon.

"Performing our first regional anaesthetic at Redcar Hospital marks a major development for the hand service at the trust."

"Up until now we were only able to offer a local anaesthetic service. With the introduction of regional analgesia we will be able to offer a much wider range of procedures for our patients at the Redcar site."

Anaesthesia, day surgery and hand surgery teams have all worked together to bring regional anaesthesia to Redcar, enabling a greater variety of operations to be provided from the community hospital site.

These will include procedures to treat nerve compression in the hand and arm, Dupuytren's contracture and arthritis of the hand and wrist.

"It has taken a lot of hard work and dedication from a lot of people to make this happen and I just want to thank them all," said Emma.

Palliative and end of life champions promote patient care

MORE than 50 palliative and end of life care champions have been trained up within South Tees.

The team, made up of acute nurses, community nurses, allied healthcare professionals and chaplains, will promote palliative and end of life care within their own clinical area/ departments.

The champions will also act as a link to the specialist palliative care team. Christine Ward, nurse consultant for adult palliative care said:

“We hope the champions will make a really difficult situation a little bit easier for our patients and their relatives.”



“The champions will also work with their clinical teams to develop best practice in palliative and end of life care whether this is in the acute hospital environment, the community or primary care hospitals.”

Our aspiration is that all clinical areas will have a champion so any areas who haven't got a champion please contact christineward3@nhs.net.

During their training the champions learnt about how we can improve care, how to recognise dying and managing end of life care, advance care planning, where current documents are kept on the trust intranet site and raising the profile of the Dragonfly Scheme.

Among those who have volunteered to become a palliative and end of life care champion is nurse practitioner Lisa Verrill.

Lisa, who works on the stroke unit at James Cook, wanted to become a champion to increase her knowledge of palliative care in order to be able to help patients, their families and her colleagues.

“I wanted to make sure that patients have a comfortable and dignified death,” she added.



Pat retires after 50 fabulous years in the NHS

STAFF nurse Pat Moon has retired after dedicating 50 years to the NHS.

Pat, who has been at the trust for 20 years and has also worked for Marie Curie, most recently worked on the Gara Ward at the Friarage.

Ward sister, Caron Horne, said: “Pat will be greatly missed. She will always be part of our Gara family and we wish her a long and happy retirement.”

COVID helpline helps staff through pandemic

VOLUNTEERS, military, redeployed staff and HR have been working tirelessly behind the scenes to offer a seven day a week COVID advice line.

The trust's COVID advice line was set up at the beginning of the coronavirus pandemic when the occupational health team started to receive a high level of calls from staff.

Initially four redeployed staff joined the occupational health team, but due to a rise in calls a dedicated call centre of eight operators was created.

Since then the members, who have been redeployed for various reasons, have been organising COVID-19 swab testing according to policy, arranging antibody testing and looking after the arrangement of patients as part of for pre-assessment swab testing before surgery.

Alexandra Blair, who usually works as a staff nurse in accident and emergency, is one of the operators who has been working full time in the call centre.

Alexandra was moved from her day to day role as she is pregnant.

She said: "At first I struggled because I love my job in A&E, I felt guilty because I was not going to be with my colleagues on the front line during the pandemic but after coming here and joining the team it has been good to see how the call centre has developed.

"It is nice to know we have been a big part of the COVID fight from a different angle."

Denise Curtis-Haigh, the manager of the COVID advice line team said: "I think the team have all been amazing, they've all been flexible and have been able to adapt to a completely different role quickly."

The team has since developed and the advice line number is now the booking / results line.

Denise Curtis-Haigh and the COVID advice team



Jill retires after 44 years

COMMUNITY nurse Jill Hunton has retired after 44 dedicated years with the trust.

Jill, who has worked for 17 years in community nursing based in Stokesley, started her nursing career at Hemlington Hospital in the 1970's.

"Throughout my career there have been sad times but overall nursing has brought a depth to my life that I would never have experienced without a nursing career," Jill told Talking Point.

She added: "Having said that the funniest things happen to community nurses... now I could write a book about that, maybe I will."

Jill Race, Jill's manager said her commitment and dedication to nursing has been an asset to the NHS.

"Jill has been an experienced and valued member of the team," she added.

"Her sense of humour, support and loyalty has been appreciated by both staff and patients. During these difficult times Jill has supported her colleagues going above and beyond, even providing us with home baking whilst she was on annual leave, to help keep our spirits up.

"She is very well respected and loved by her patients and has been known to be called the queen. She is so well known in her community and has an amazing capacity to remember every patient and all their families. It is like walking down the street with royalty going out with Jill.

"Jill will be truly missed by all her colleagues and patients. We all wish her a very well deserved long and happy retirement."



We are here for you

HELP is at hand for cancer patients across Teesside and North Yorkshire who need advice and support.

Macmillan Cancer Support and Information Service at South Tees is reassuring patients that its doors are open with stringent COVID-19 precautions in place to keep everyone safe.

Anyone affected by cancer is encouraged to get in touch if they need support and while there is currently no drop in service, patients can request a face to face appointment if needed.

The service offers information, support and practical advice to cancer patients, their families or anyone affected by cancer.

Lauren Farrow, Macmillan information and support centre's business manager said: "As the world is dealing with coronavirus those affected by cancer might be feeling especially anxious and unsupported.

"We'd like to reassure them that we are here for you. We are still open for business, the staff are there to help you and it is safe to come.

"We are available by telephone, email or in person by appointment."

The service operates from two centres which are located in James Cook and in The Sir Robert Ogden Macmillan Centre at the Friarage and includes outreach work in the wider South Tees area.

Lauren said: "We can help with travel information and costs, Macmillan grant applications; as well as supporting cancer patients to get free prescriptions.

"We have an in-house benefits service at James Cook and have just launched an exciting new service at the Friarage, in partnership with Citizens Advice, offering appointments for patients.

"We can also advise on the complementary therapies and the counselling service provided by our colleagues at the Trinity Holistic Centre.

Claire Moore, Macmillan cancer support worker and Lauren Farrow, Macmillan information and support centre business manager (left to right)

This includes massage, acupuncture, reiki, our Heads Up (hair loss) service, a wig fitting service, a pamper "Look good feel better" service and mindfulness sessions.

"We are also continuing our Kindness Calls telephone service. This was set up as a response to coronavirus to offer regular 30 minute phone calls from an experienced team of therapists to provide a listening ear, practical advice and information on local services.

"There are also a number of Macmillan cancer care coordinators in the trust who offer focussed support for patients with suspected or diagnosed cancer. Working with different teams and specialties, the coordinators help patients navigate their way through clinical pathways."



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9.5

Group review score

(The average from the 75% of Member Records with a Review Score)*

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Jean W (Resident at Middlesbrough Grange)
published September 2020



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