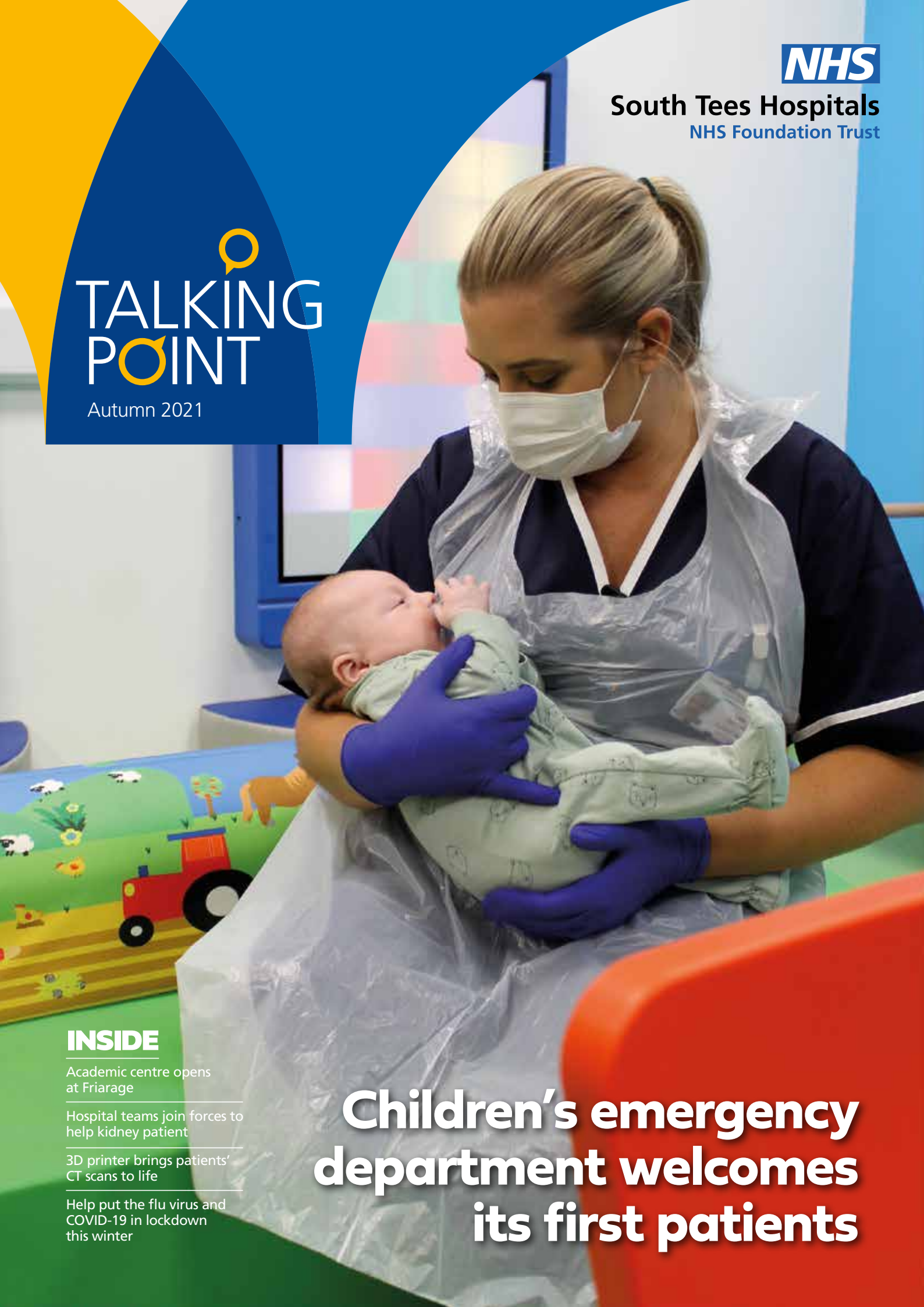




**TALKING
POINT**

Autumn 2021



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Academic centre opens at Friarage

A NEW academic centre which will benefit medical students for generations to come has opened at the Friarage.

The centre, located above the Gara ward, will put the hospital at the forefront for providing cutting-edge training facilities for undergraduate and postgraduate medical students as well as for staff.

It will also provide a range of training opportunities for healthcare staff across North Yorkshire, Hambleton and Richmondshire.

Thanks to a £400,000 donation from the Friends of the Friarage the new STRIVE centre features an immersive simulation teaching space, a library, three teaching rooms, a computer room, a common room, offices and a video wall.

It was officially opened by Professor Namita Kumar, regional postgraduate dean for Health Education England in the North East and Yorkshire.

Professor Kumar said: "I am delighted

to open the new Friarage academic centre. It shows how important education and training is in enhancing our ability to provide excellent patient care."

Jennie Winnard, director of education at South Tees, said the upgrade will bring the Friarage into the 21st century, will attract more medical, nursing and healthcare professional students and will allow staff to train at the Northallerton hospital rather than James Cook.

She added: "The Friends of the Friarage have enabled us to develop first class facilities for both traditional classroom education, simulation and virtual reality education.

"This will allow us to ensure that the medical education provided to our students, junior doctors and all staff has us at the forefront of medical learning, which is where we want to be as a trust, enabling our

"Their funding has provided a wonderful education centre, with world class teaching facilities."



Medical student Natalie Hamer and clinical lecturer Kate Bury

provision of first class care."

James Dunbar, clinical chair at the Friarage added: "We are so grateful to the Friends of Friarage. Their funding has provided a wonderful education centre, with world-class teaching facilities. This unit will deliver the healthcare workforce of the future."

Antony Walters, co-chair of the Friends of the Friarage, added: "The provision of such a centre of excellence at our local hospital can only encourage high quality medical, nursing and paramedical staff to work and train at the Friarage.

"This of course will be beneficial for the future health and welfare of all Hambleton and Richmondshire residents."



Susan Watson, Mike Bramble, Professor Kumar, Antony Walters and Jennie Winnard (left to right)



Laura Askins - postgraduate clinical lecturer

Over 100 volunteers gain employment within the trust



Porter Glenn Middleton



Healthcare assistant Allison McLaughlin-Day

OVER 100 hospital volunteers who gave up their time to help others during the coronavirus pandemic have gained employment within the trust.

Since the start of the pandemic more than 500 people have signed up to our therapeutic support programme.

Under the leadership of Debi McKeown, lead nurse for therapeutic support, the volunteers have provided valuable therapeutic support throughout the trust.

Over the last year 105 volunteers have been employed in a number of contracted roles such as healthcare assistants, wards clerks and porters.

Debi said: "I've always known that our volunteers add a lot to patient experience but to see people volunteer during a pandemic blew my mind. They've supported us shoulder to shoulder all the way through and I couldn't be more grateful.

"We normally have a lot of people gain employment with us following

their volunteering, but to have over 100 is incredible. I'm so proud of all of them."

Glenn Middleton, from Saltburn, is one of the many to have gained employment after deciding to join the trust's army of volunteers.

Before volunteering he enjoyed a successful career as a teacher, but in his retirement he felt he still had more to contribute.

After signing up Glenn was quickly shuttling boxes of COVID swabs down to the hospital's pathology lab, offering food and drinks to patients where appropriate and assisting with their care within the parameters of his volunteer role. As the pandemic continued he became a runner on the COVID wards and took part in stewarding the first stage of the

vaccination rollout.

He said: "Throughout this time I was continually impressed and inspired by the work of the staff at all levels, the care and kindness shown to patients in often very difficult and challenging situations, particularly in A&E."

Glenn, who is now an employed porter at James Cook, believes his experience as a volunteer played a significant part in his successful application.

Allison McLaughlin-Day, who used to work in retail, also gained employment within the trust as a healthcare assistant after helping out in the vaccination hub.

"I signed up as I wanted to give something back to the NHS and to help support the trust," she said.

"I feel very lucky to be working for the trust; the volunteer experience gave me the opportunity. I never thought in a million years I would be working in a hospital – it's amazing."

Hospital teams join forces to help kidney patient fight cancer

MEDICAL teams at James Cook have come together to help a kidney patient who was diagnosed with cancer.

When Makereta Cakaunitabua had her overactive thyroid taken out the last thing she expected was to be told that she had cancer.

Following her operation consultants tested part of the gland that was removed for any abnormalities, as they do with all patients, and quickly discovered that Makereta had thyroid cancer and told her that they needed to remove it.

The 39-year-old who lives in Catterick is no stranger to James Cook after being diagnosed with kidney failure in 2016.

"It was so overwhelming to already have kidney failure and then be told that I had cancer on top of that," she said.

Makereta, who is currently studying a nursing degree, soon returned to the Middlesbrough hospital to have her thyroid completely removed.

Following surgery thyroid cancer patients are given radioactive iodine therapy to ablate any remaining thyroid tissue to reduce the risk of the

cancer reoccurring.

This involves swallowing a single capsule of radioiodine which releases short range radiation that destroys the thyroid cells that have taken it up – removing the last remnants of the thyroid and any cancerous tissue. Any radioactive iodine not absorbed by the thyroid is usually quickly disposed of by the kidneys in urine.

But due to her kidney failure Makereta is unable to clear out any toxins from her body, meaning she has to have dialysis three times a week.

The hospital's nuclear medicine team, her oncologist and nephrologist quickly worked together to come up with a solution and were able to offer the radioiodine therapy to Makereta, in the radioactive treatment room, while she was dialysing.

"I was in the radioactive treatment room for four to five days. It was hard because I couldn't see my son or husband but I'm so happy it worked," she said.



Makereta Cakaunitabua

Now, Makereta is looking forward to being able to go back onto the kidney transplant list.

Mark Richardson, head of nuclear medicine, said: "We are very happy that teams across the hospital were able to work together to offer the best treatment possible and we are very pleased that Makereta is feeling better."

Children's emergency department welcomes its first patients

OUR new children and young people's emergency department at James Cook welcomed its first patients in September.

The purpose-built department, which is next to the main emergency department, is only the second of its kind in the North East and will provide emergency care to more than 25,000 patients a year, covering all age ranges from neonates up to 18 years.

It provides a number of specialist facilities including:

- Dedicated observation, treatment and resuscitation rooms
- Mental health assessment room

- Sensory room
- Breastfeeding room

Everything from the wall artwork to the patient meals has been designed with children and young people in mind and charitable funds have been used to provide those little extras.

The first patient to be seen at the department was six-week-old Harry Wright (see front cover image). His mum Victoria Franklin, from Redcar, said it was a nice surprise to be the first to be seen in the newly opened department.



The children's emergency department team with the trust's chief executive Sue Page and joint chair Derek Bell

She added: "We think Harry has a cow's milk allergy so we thought we best come and get him reviewed. The new centre is lovely."

TAVI day cases increased as part of COVID-19 response

WHEN you are told you need a new heart valve you could be forgiven for assuming this means a long hospital stay.

But throughout the COVID-19 pandemic many patients at James Cook have had their heart valve replaced and then gone home again the same day.

Their speedy recovery has been made possible thanks to an advanced procedure called TAVI (transcatheter aortic valve implantation) which avoids the need for open heart surgery.

TAVI patients are fitted with new heart valves using advanced imaging technology and a tube (catheter) which is inserted through a small cut in their groin or chest so there is no need to stop the heart.

Most patients are up and about within a few hours of the procedure and only need to spend one night in hospital.

But for those who meet certain

safety criteria they can now return home the same day and this has been particularly popular with patients during the pandemic.

Patients who have a pacemaker or who have normal heart conduction before and after the procedure can now be allowed home the same day if they are fit and well after the procedure.

More than 150 planned TAVI procedures were carried out during COVID-19 with as many as one in ten of these patients going home the same day.

“We really expanded our day case TAVI programme during the COVID pandemic,” said

Gemma McCalmont, structural heart specialist nurse.

“Previously this option was only open to patients who had a pacemaker and were having a certain type of valve fitted.

“But we now have the experience and knowledge to safely offer day case TAVI to patients who have normal heart conduction and for all the types of heart valve that we use.

“We are leading the way with this nationally and it was of particular relevance during the peak of the pandemic as it led to shorter hospital stays which in turn helped to reduce the risk of hospital-acquired infection.”

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

“We are leading the way with this nationally and it was of particular relevance during the peak of the pandemic as it led to shorter hospital stays.”



Day case TAVI patient Donald Leather, 81, of Billingham, with the James Cook TAVI team. (Left to right: Gemma McCalmont, Omar Aldalati, Seth Vijayan and Douglas Muir)

Trust launches new drive-through lung test service

A NEW drive-through spirometry service is giving patients across Teesside and North Yorkshire the opportunity have their lung function test without even leaving their car.

Patients requiring the test can now use the drive-through service at James Cook.

Spirometry is a simple test used to assess how well lungs work by measuring how much air is inhaled and how much and how quickly it is exhaled.

It is used to diagnose asthma, chronic obstructive pulmonary disease (COPD) and other conditions that affect breathing.

Patients are given an appointment time to attend the drive-through clinic.

Once they have pulled up, the respiratory nurse will come to the car and give the patient their test through car window.

The test only takes minutes to



Janet Leight, respiratory clinical lead and Rehan Mustafa, respiratory clinical director at the drive-through

complete after which the patient can drive away.

The aim of the service is to enable more people to be safely seen in shorter space of time.

The drive-through has been set up by Janet Leight, respiratory clinical lead.

Janet said: "We are really pleased to be able to offer this service. One

advantage is that it allows us to include clinically vulnerable patients, who no longer have to come into the hospital to attend the clinic. They can have the test in the comfort of their own car."

Rehan Mustafa, respiratory clinical director, said: "This new innovation is part of the trust's continuing focus on addressing the needs of anybody whose non-urgent care has been disrupted by the pandemic."

Envisage visual call system enhances patient experience

If you have been in the audiology and ear, nose and throat departments recently you might have spotted two new TV screens in the patient waiting areas.

The 55 inch screens use a system called Envisage to display self-help videos, such as how to insert a hearing aid battery correctly, as well as being a visual patient calling system.

Peter Craggy, clinical lead for adult audiology, said that the screens were enhancing patient experience and that the department had received some very positive feedback.

He added: "We work with

deaf and hard of hearing patients so a visual call system is extremely beneficial.

"The need for Envisage has been made more apparent during COVID, as face masks make it impossible for patients to lip read.

"It also helps to reduce staff footfall, as patients are directed to sign-posted rooms, rather than being collected from the waiting rooms by staff."



Peter Craggy, clinical lead for audiology, and Catherine Styles, business support officer for audiology

Staff volunteer ten minutes to brighten up a patient's day

NON-CLINICAL staff at James Cook have swapped their office attire for scrubs in a bid to enhance patient experience and mental wellbeing.

Around 50 staff at the hospital have volunteered to give up ten minutes of their day to visit patients on ward 11, which specialises in older person's care, as part of a pilot initiative.

"For patients an extended stay in hospital can sometimes feel like a lonely and isolating experience," said Helen Porritt, advanced nurse practitioner.

"The chance to talk, or just have some new company, can make a huge difference to our patients' experience and mental wellbeing."

Kelly Russell, who is also an advanced nurse practitioner on ward 11, added: "Patients are clearly benefitting from

the new scheme and our fantastic volunteers have also said that they have felt a positive effect on their own wellbeing, which is great."

The extra companionship is particularly appreciated while visiting remains restricted due to the COVID-19 pandemic. The scheme enables staff who are already based on the hospital site to volunteer ten minutes of their time to brighten up a patient's day.

Michelle Turner, who works for the trust's cardio research and audit support team, was one of the first members of staff to sign up to the scheme.

"As soon as I saw the girls putting the

posters up in my department I knew I had to get involved," she said.

"When my dad was alive and in hospital it was so important to him that I was there every day and if I couldn't make it he would be upset.

"I enjoy hearing about their fascinating lives and I love making them laugh," she added.

Since volunteering Michelle has made quite the impression on some of the ward's patients, including 76-year-old Lorraine Lambert who lives in Redcar.

"It's really nice to talk to Michelle, she's a blessing in her own way," she said. "It's a really good idea as our loved ones can't come to see us at the moment and sadly, even if our families were able to visit, there are some people who don't have anyone to visit them."

"I enjoy hearing about their fascinating lives and I love making them laugh."



Patient Lorraine Lambert with volunteer Michelle Turner from the cardio research and audit support team

Transforming the lives of 200 young people

THE children's scoliosis and spinal team at James Cook is celebrating after performing its 200th paediatric spinal deformity operation.

Spinal deformity surgery at the hospital has changed the lives of 200 young people over the past decade, with many of them going on to enjoy their own careers in the NHS.

The surgery is carried out using Stryker's Complex Deformity Mesa Technology - streamlined instrumentation designed to tackle the most difficult correction manoeuvres.

It was first performed at James Cook by consultant surgeons Waleed Hekal and Raman Kaylan in 2010, and more recently by Mr Hekal and Zak Choudhury.

Over the years the team has achieved excellent results, with no major complications, no infections and curve corrections well above the accepted 50% standard.

The service continues to develop and the 200th case also saw the

introduction of the Brainlab Spinal Navigation system which aids the surgeons to achieve even better accuracy and enables them to use less radiation.

Mr Choudhury said: "This is a team effort from start to finish. Even though we are at the sharp end, so to speak, there have probably been more than 200 people involved in the 200 cases. We are truly lucky to have such a skilled and dedicated team.

Cheryl Honeyman, specialist nurse, said: "The surgery has changed the lives of all these young people, many of whom have gone on to work in the NHS, citing their positive experiences of surgery and care as the driving force behind their career decision."

Before undergoing a major operation to straighten her spine Samantha

"The paediatric intensive care unit and ward 22 at James Cook gave me an amazing patient experience and I wanted to pass the same level of compassion onto other people."



Samantha Heeney was inspired to become a nurse after undergoing spinal surgery at James Cook

Heeney hated hospitals that much she felt sick just walking into one. But, following her operation in 2017 the 20-year-old from Leyburn is now training to work in one.

She said: "The paediatric intensive care unit and ward 22 at James Cook gave me an amazing patient experience and I wanted to pass the same level of compassion onto other people."

Mr Hekal thanked everyone involved including anaesthetists Dave Booth, Fiona Smith and Kate Woods, paediatric respiratory nurse specialist Carol Barwick, children's outpatients, the children's ward, the paediatric critical care unit, physiotherapists, radiographers, medical illustration and the clinical technologists.

Mr Choudhury added: "We now have the cutting edge technology of the Brainlab system to help us achieve even better results. Here's to the next 200 cases!"



Senior radiographer Brendon Whitehead, Stryker business manager Simon De Vita - who presented the team with a special cake - senior ODP Kirsty Lewis and consultant surgeons Waleed Hekal and Zak Choudhury (left to right)

3D printer brings CT scans to life

CLINICAL scientists, technologists and surgeons have been working together behind the scenes at James Cook to create a digital lab where patients' CT scans can be transformed into 3D models.

The models, made up of thin layers of plastic and PVA, are being used by medical teams to explain to patients with fractured bones what they should expect during their surgical procedures.

The hospital's clinical measurement team, part of the medical physics department, create them by putting a traditional CT scan or x-ray through a computer system to remove the soft tissue, providing a clear image of the bone, before sending it to their 3D printer.

The anatomy is then printed to scale within 24 hours; meaning surgeons who build devices around the bone can also use the model to work out how to do surgery with greater precision.

The new 3D model production line was the brainchild of Dave Ferguson, trauma consultant and orthopaedic



A selection of the 3D prints

surgeon at James Cook.

"Often when patients come to our major trauma centre they have quite complex fractures and they find it hard to understand how we will help them," he said.

"Our 3D printer makes it easier for our consultants

"It is breathtaking to be able to turn a 2D CT scan into a 3D model that can be held by the patient, used for planning surgery and used for medical education."

to quickly explain to the patient where the problem is with their fracture, how we're going to fix it and plan their procedure; within a very tight timeframe."

Dave and the clinical measurement team now hope to expand the 3D printing throughout the trust, and eventually across the region.

"We've done a couple of test cases using patients' anatomy and it's been really well received by patients and our surgeons," Dave added.

"Patients have told us that it's been really helpful being able to physically see their joint / bone rather than looking at a 2D version and my surgeon colleagues have agreed that it's made things clearer for them too."

Trainee clinical scientist Andrew Simpson, who is one of the team printing the models, said it was great to know that the 3D models are enhancing patient care.

He added: "It is breathtaking to be able to turn a 2D CT scan into a 3D model that can be held by the patient, used for planning surgery and used for medical education."



Andrew Simpson trainee clinical scientist, Tony Alton clinical technologist, Dave Ferguson trauma consultant and orthopaedic surgeon and Sarah Whitbourn consultant clinical scientist and head of clinical measurement and medical photography (left to right)

RECOVERY trial finds new drug helps reduce deaths from COVID-19

A NEW drug trialled by research staff at the trust has been found to reduce deaths from COVID-19 by a fifth in the sickest patients.

The research team at South Tees worked as part of the Durham Tees Valley Research Alliance (DTVRA) on the national RECOVERY trial, run by Oxford University, which is looking at the impact of different treatments on mortality and on the need for hospitalisation or ventilation. It trials different treatments versus standard care.

The trial has found that the use of an antibody combination reduced deaths by one fifth among patients hospitalised with severe COVID-19 who were not able to mount a natural antibody response of their own.

The drug, developed by Regeneron, uses a combination of two monoclonal antibodies that bind specifically to two different sites on the coronavirus spike protein, neutralising the ability of the virus to infect cells.

In the trial, deaths of those who had no antibodies of their own were

reduced from 30% to 24% – saving six lives in every 100 patients. Their stay in hospital was four days shorter on average and they were less likely to end up on a ventilator.

David Chadwick, principal investigator for the RECOVERY trial at South Tees and consultant in infectious diseases said: “Once again I’m delighted that the Durham Tees Valley Research Alliance teams were able to contribute to this part of the RECOVERY trial, which has now shown the first antibody therapy to reduce deaths from COVID-19. Not all hospitals running this clinical trial were able to offer this treatment to their patients, but I’m really pleased South Tees was one of the trusts that could. This is the third treatment

which has been shown to be effective in the trial and we look forward to using it again once approved.”

DTVRA brings together County Durham and Darlington, North Tees and Hartlepool and South Tees Hospitals NHS Foundation Trusts, to provide more opportunities for patients to participate in research and clinical trials.

“The incredible impact the trial continues to have is testament to the scientists and healthcare professionals – but equally the tens of thousands of patients who have taken part.”

Professor Nick Lemoine, Medical Director at the NIHR Clinical Research Network said: “The incredible impact the trial continues to have is testament to the scientists and healthcare professionals – but equally the tens of thousands of patients who have taken part. We sincerely want to thank every single one of them for their contribution.”

For more information, visit www.recoverytrial.net

David Chadwick (centre) and members of the trust’s research team



Dave completes 24-hour gaming marathon for intensive care garden

A DAD who nearly lost his life after contracting COVID-19 has completed a 24-hour gaming marathon to raise money for James Cook's intensive care garden as a way of expressing his gratitude to the NHS workers who saved his life.

Dave Gaulter from Guisborough spent over nine weeks in James Cook after being admitted in March 2020.

The secondary school teacher was placed in an induced coma for three weeks after his organs started to fail before being transferred to the high dependency unit with a tracheostomy for a further five weeks.

During that time Dave's wife and six-year-old daughter were unable to see him in person on the ward due to restricted visiting because of the pandemic.

"Being in a hospital bed, no matter how well you are looked after, is difficult because all you want is the love and comfort of those closest to you," said Dave.

"I was desperate to see my wife and my daughter because when you are in such a critical and potentially life threatening situation you are never really sure if you will make it out the other end alive or not."

Over a year later Dave has returned to work and recently decided to raise money for the hospital's intensive care garden appeal so that families with loved ones in the intensive care unit (ICU) have a private space to spend precious time together.

"The staff who helped me on my journey will remain forever my heroes. It is because of this deep seated feeling that I decided to raise funds to go towards the ICU garden."

Along with his friends, Dave spent 24 hours non-stop gaming and raised nearly £1,500.

His wife Emma Gaulter, who works at James Cook, said: "After seven very long

weeks the lovely staff arranged for me to meet Dave outside the hospital.

"It was one of the most memorable moments of our lives and a real boost and turning point for Dave and his recovery. Although magical,

"It was one of the most memorable moments of our lives and a real boost and turning point for Dave and his recovery."

it was at one of the hospital's main entrance where ambulances were screeching in and out and not especially built for purpose.

"We can tell you from our personal experience that the new ICU garden is a worthwhile cause and will make a huge difference to all those who need it."

If you would like to donate to the ICU garden you can do so via www.justgiving.com/campaign/ICUGarden or you can phone 01642 854160.



Dave Gaulter with his wife and daughter outside James Cook

SOUTH TEES STARS

HAS one of your colleagues gone the extra mile recently? Well why not nominate them for a STARS Award?

Every month hundreds of the individuals, teams and services are nominated for our South Tees Appreciation Reports – known as STARS.

If you would like to nominate someone who delivers outstanding patient care or has gone above and beyond in their job you can do so on the STARS Award service page on the intranet.



Going the Extra Mile – Ward 1

Ward 1 at James Cook was praised in the STARS awards for their compassionate care during the COVID-19 pandemic.

Teamwork – Ward 37

Colleagues on ward 37 at James Cook were commended for their dedication to supporting acutely unwell patients during the pandemic.

Congratulations to our shining STARS



Helping Others – Cheryl Honeyman and Dawn McCabe

Cheryl, who is a specialist nurse in paediatric spine and pectus conditions and nursery nurse Dawn McCabe were praised by colleagues for supporting the children of a critically ill patient.

Paula Taggart and Andrew Maund

Paula and Andrew were nominated by a number of colleagues for their team work and coordination of the trust's COVID vaccination programme. They have both gone and beyond and shown impeccable leadership.



Dealing with Difficult Situations – Ward 10

Our colleagues on ward 10 at James Cook won a STARS Award for the exceptional care they showed towards a palliative care patient and their relative.

Helping Others – Andrew Richardson

Andrew, who is an ICT engineer, supported the trust's therapeutic care team by setting up some iPhones for their patients to stay in touch with their families while restricted visiting is in place.



Dealing with Difficult Situations – Luke Boylan

Luke was recognised for his skills as a doctor and a great communicator. When faced with difficult situations Luke is able to deal with them rapidly and efficiently.



Going the Extra Mile – Infection prevention and control

Our infection prevention and control team won a STARS Award for their incredible efforts during COVID-19. Throughout the pandemic, the team has worked tirelessly to maintain advice, guidance and support for staff across our trust sites. They have acknowledged the need for them to be accessible to both staff and patients, even at times meaning they have had to work over and above their usual work limitations.



Respect, Caring and Support – Redcar Urgent Treatment Centre

Nothing is ever too much trouble for the team at Redcar UTC and they always put their patients at ease.

Respect, Caring and Support – Louise Pearson

Louise, who is a clinical sister on ward 9, always shows compassion and kindness and went the extra mile for an end of life patient.



Dealing with Difficult Situations – Mortuary Team

Our mortuary team won a STARS Award for their teamwork and ability to deal with difficult situations. They are always respectful, helpful and put in an outstanding effort.



Helping Others – voluntary services

Our voluntary services were chosen by colleagues for their commitment to helping others. At the start of the trust's COVID vaccination programme the team were asked for support in providing hot drinks for staff and patients whilst they waited for 15 minutes following their injection. The team worked tirelessly and provided warm drinks every day.

Communication – Kelly Bright

When supporting an extremely anxious patient waiting to undergo an operation Kelly went above and beyond. She stayed with them through the whole procedure and created an excellent experience for the patient.



Friarage clinic helps children suffering from long COVID

CHILDREN suffering with long term coronavirus symptoms in Tees Valley and North Yorkshire are now accessing a specialist service at the Friarage.

The clinic, which is looking after children who are experiencing fatigue, anxiety, 'brain fog' and other debilitating symptoms, is one of the two hubs in North East and North Cumbria and one of the 15 hubs in England specifically for children and young people suffering from long COVID.

It is the second specialist long COVID service set up by South Tees; a clinic for adults was set up at Redcar Hospital in December 2020.

Arshid Murad, the consultant



Dr Arshid Murad and the paediatric long COVID clinic team

paediatrician leading the new service said: "Our new clinic, made up of a team of doctors, nurses, physiotherapists, psychologists and occupational therapists, is offering children both physical and psychological assessments.

"We are pleased to be offering this service at the Friarage where state-of-the-art facilities are available in the

children's outpatient department in a relaxed atmosphere.

"Fortunately, it is clear from recent research estimates that long COVID is less common in children than adults, therefore in the beginning we will be offering one clinic a month with capacity to assess three children or young people."

Partnership to enhance innovation in healthcare and education

TEESSIDE University has signed a partnership agreement the trust which will enhance opportunities for research, innovation and education in healthcare.

The partnership will see the two organisations work together and pool their expertise and resources to establish collaborative education and training programmes as well as identify and develop research, innovations and digital projects.

It will cover a broad range of areas, from identifying opportunities for collaborative research, to staff development through exchanges, training and student placements.

It reinforces the commitment of the two organisations to work together to help improve healthcare through advanced education, training, research and innovation within the healthcare environment. The partnership outlines how the organisations will work together for the next two years.

Michael Stewart, chief medical officer,

said: "We are delighted to have a formal partnership agreement with Teesside University.

"The agreement is a mark of our determination to remain at the

forefront of research and innovation as a driver of safe, quality care.

"Alongside our commitment to research, our position as one country's highest ranked medical training organisations, and as a Top 100 Apprenticeship Employer, characterises our commitment to our people and communities."



Teesside University campus

Remembering our loved ones this Christmas

OUR palliative care team is inviting people to remember their loved ones this Christmas by placing personalised baubles on its memorial Christmas trees.

Along with the help of Our Hospitals Charity, the palliative care team is once again offering people the opportunity to pay tribute to their friends and family who have died in the trust's hospitals by selling personalised 'love baubles'.

The baubles, created by local company Wish upon a String, can be bought online at www.justgiving.com/campaign/MemorialChristmasTree21 for a minimum donation of £2.



Each bauble, which will feature a white feather and a personalised tribute, will be hung on a dedicated memorial Christmas tree at either James Cook or the Friarage.

All the money raised from the baubles will go towards buying items for the team's Dragonfly Scheme comfort bags and memory boxes – to support the relatives of patients who are receiving end of life care.

Laura Devereux, Macmillan palliative and end of life support sister said: "Last Christmas we were blown away with the amount of support and feedback we received from local families.

"We know that Christmas can be a very difficult time for those who have lost someone special so we hope our memorial trees go some way in offering comfort."

Pick up a t-shirt and wear it with pride!



ARTIST Mackenzie Thorpe has designed a limited edition t-shirt to help raise funds for hospitals across Teesside and North Yorkshire.

Mackenzie has created the t-shirts in partnership with Our Hospitals Charity to support staff and services at James Cook, the Friarage and the trust's community health services.

The design is based on Mackenzie's 'Duffle Coat Child' and the bespoke 'People's Medal' pin badge he created for the trust during the COVID-19 pandemic.

"I'm so happy to be supporting this fantastic cause so close to my heart," said Mackenzie.

"Now, more than ever Our Hospitals Charity needs all the help it can get. So I hope as many people as possible pick up a t-shirt and wear it with pride."

The 100% organic cotton t-shirt is available in white, grey and black. A children's design is also available.

All tops are printed in the UK and every penny raised from sales will go to Our Hospitals Charity.

"Stocks are limited so get yours before they all go!" said Ben Murphy, head of Our Hospitals Charity.

To get your hands on the limited edition t-shirt visit the Our Hospitals Charity online shop at <https://our-hospitals-charity.myshopify.com>



Mackenzie Thorpe (centre) with Ben Murphy of Our Hospitals Charity (right) and Mark Esby of Better Brand Agency at the agency's HQ in Middlesbrough

It's official: we're green all over!

THE trust has become the first in England to achieve an international environmental management award for all its hospitals.

This is the latest milestone in the trust's five year Green Plan, which details how the trust will respond to the environment and sustainability to meet net zero with its carbon emissions.

The ISO 14001:2015 Environmental Management System is an international model designed for all organisations who demonstrate assurance to the environment and sustainability. It is regularly reviewed and audited by external auditors to ensure that compliance is maintained and continuous improvement is delivered.

ISO 14001 is broken down into seven key areas including context of the organisation, leadership, planning, support, operation, performance evaluation and improvement.

The assessment process took three weeks, with auditors both online and at James Cook and the Friarage sites.

Although the areas visited were limited, auditors were particularly impressed with:

- The audiology lab
- The DATIX system
- Emergency planning
- The estates and facilities department
- Medical equipment
- Procurement
- SERCO (hard and soft services)
- Sterile services
- The senior management commitment to the environment

Steve Bell, environmental and sustainability lead and wastes manager and chair of the trust's Greener NHS Group said: "This is a significant achievement for the trust.

"Whilst other trusts may have the

certification they only have it for a particular department. South Tees is the first trust in England to achieve this status across the organisation as a whole.

"This certification shows the trust's commitment to the environment and looks towards continuous improvement. It also demonstrates to other companies and stakeholders that we require high standards of environmental assurance when going through procurement tender processes.

"It's thanks to a lot of hard work from colleagues and partner organisations and we are delighted."

The trust will now look to build on the award and implement the next stages of the Green Plan, including widespread recycling; individual ward and department environmental audits; expansion of green spaces and improving staff awareness.

For more information about the Green Plan, contact Steve Bell on extension 54632 or email Stephen.bell1@nhs.net.



Steve Bell outside James Cook

New laparoscopic theatres open

TWO new state-of-the-art laparoscopic theatres have been officially unveiled at James Cook.

The purpose-built operating theatres feature advanced imaging technologies with multiple flat-screen monitors and leading edge laparoscopic equipment.

They are also the first in the region to boast ICG technology which uses a special dye to pin-point the exact location of a tumour in relation to adjacent vital organs.

Laparoscopic surgery has been performed at James Cook for many years, but for the first time surgeons at the hospital can now carry out their life-saving work in a dedicated facility.

The new theatres are safer, more efficient and less cluttered as screens and equipment are built into the specially designed room. This means there are fewer wires for staff to work around and the high tech equipment is always available on demand.

They will also reduce the number of tasks theatre nurses have to perform,



Alison Waines, Sarah Baker, Rob Harrison, Venkat Kanakala and Michael Stewart (left to right) in one of the new laparoscopic theatres at James Cook

enhance team performance and improve patient safety.

High definition screens enable surgeons to see clearly inside the patient's abdomen while a video link makes it possible for trainee doctors to watch live surgery from the hospital's STRIVE Academic Centre.

The theatres will be used by a range of specialties including cancer, upper GI, bariatric, gynaecology and urology.

Venkat Kanakala, upper GI and

bariatric surgeon and clinical director for general surgery at the trust, said: "It's very exciting to be a part of this project which helps us to simplify complex procedures by having the right technology in place.

"Technology is evolving all the time, so our working environment needs to change too, and we are delighted to offer this state-of-the-art facility to our patients who are the focus of our service."

Day units awarded prestigious accreditation

CONGRATULATIONS are in order after two of our departments at James Cook were recognised in the prestigious MQEM awards.

Both the haematology day unit and the chemotherapy day unit at James Cook have achieved the highest accreditation in the Macmillan Quality Environment Mark (MQEM) awards.

The quality mark is used to assess whether cancer care environments meet the standards required by people living with cancer.

The award demonstrates to staff, visitors and patients that a ward is:

- welcoming and accessible to all
- respectful of people's privacy and dignity
- supportive to the user's comfort and well-being
- giving choice and control to people using the service
- listening to the voice of the user



The haematology day unit



The chemotherapy day unit



Help put the COVID-19 and flu virus in lockdown this winter

HELP us put flu and coronavirus in lockdown this winter by getting your flu jab and COVID-19 booster as soon as possible.

Last year, under very difficult circumstances, a record-breaking 92.3% of frontline colleagues received their flu jab whilst 97% of colleagues were vaccinated against COVID-19.

This year you can decide whether you book both vaccinations at the same time or on separate dates (subject to availability).

Using an online booking system, you can book an appointment to have your flu jab and COVID-19 booster – although you can only receive your booster if it has been at least six months since your second dose.

And if you haven't had your first or second COVID-19 jab, you can book an appointment for that too.

Chief nurse Hilary Lloyd said: "Although flu activity was very low last year, we must not get complacent.

"This winter we expect levels of seasonal flu – a potentially fatal illness – to increase as people mix more and fewer people will have built up a natural defence against the virus.

"And it is expected that we are likely to see the seasonal flu virus circulate alongside COVID-19 – which would potentially add to the winter pressures usually faced by our staff due to more patients being admitted to hospital with flu.

"Getting the flu vaccine and COVID-19 booster is therefore an important priority this autumn to reduce hospitalisations during a time when the NHS may also

be managing continuing episodes of COVID-19.

"Your health, safety and wellbeing is our priority. As a healthcare worker you are more likely to be exposed to the flu virus and COVID-19 and risk passing it onto your colleagues, your family and patients.

"Getting vaccinated against flu and COVID-19 will provide protection for you and those around you for both these serious illnesses – which is why I would encourage you to get your flu jab and COVID-19 booster as soon as possible.

"It's never been more important to protect yourself, your team, your patients, your family and your community."

Search "winter virus lockdown" on the intranet for details of how to book your flu jab and COVID-19 booster.

MP Matt Vickers goes behind the scenes

THE neuroradiology and neurosurgery teams welcomed Stockton MP Matt Vickers to James Cook in August.

Manju Prasad, consultant neurosurgeon and chair of the trust's neurosciences collaborative, gave Mr Vickers a tour of the department and explained how the hospital has expanded its team of neuroradiology consultants to enable it to provide a mechanical thrombectomy service in Middlesbrough five days a week.

For the past 15 years stroke patients have been given "clot busting" drugs which are injected into the artery to dissolve the blockage and restore blood flow to the brain. Around one in ten patients return to independent living after this treatment.

But now patients at James Cook (subject to technical suitability criteria) can undergo a mechanical thrombectomy which involves inserting a tube (catheter) from the groin to the brain and pulling the clot out. This leading edge, minimally-invasive, image-guided procedure has a much higher success rate with up to one in three making a good recovery.



Manju Prasad welcomes MP Matt Vickers to theatres at James Cook

Hospital car park transformed into drive-in cinema to thank NHS families

HEALTHCARE teams enjoyed a free drive-in cinema experience as a special thank you for all their hard work during the COVID-19 pandemic.

For one day only James Cook transformed its Prissick staff car park into a drive-in cinema venue complete with a big screen and popcorn and snack stands.

Staff were given the chance to vote for their favourite movies and the most popular two – *Mary Poppins Returns* and *The Greatest Showman* – hit the big screen.

Uwe Franke, clinical lead for emergency preparedness, resilience and response said: "Colleagues across the trust have worked tirelessly over the past 18 months under extraordinary pressures and we know their



There was a great atmosphere at the James Cook drive-in

families have been affected too, with many family events being put on hold.

"So as a big thank you we teamed up with Our Hospitals Charity to organise a series of free drive-in films for staff

and their families to exclusively enjoy and it was a great success."

Laura Mills, head of facilities added: "People were dancing and singing in their cars – it was such a great atmosphere!"

Nick leads the way

CONSULTANT cardiologist Professor Nick Linker has been appointed as the national clinical director for heart disease.

National clinical directors are practicing clinicians from across England who work part-time at NHS England and NHS Improvement, providing clinical leadership, advice, input and support across distinct areas of NHS conditions and services.

Nick, who has worked at the trust for over 20 years and has been honorary Secretary of the British Cardiovascular Society, President of the British Heart Rhythm Society, and a member of the cardiac services specialised commissioning clinical reference group for seven years, said: "As national clinical director, my main role is delivery of the cardiac ambitions of the NHS Long Term Plan. This involves overseeing a number of workstreams dedicated to heart attacks, heart

failure, cardiac rehab and other areas.

"I am currently overseeing a programme to re-establish cardiac networks in England, which entails a great deal of work and communication with all the regional teams. I am supported by a fantastic team in the Clinical Policy Unit."

On his ambitions for his new role Nick said: "I hope to keep the Long Term Plan on track, despite all the challenges presented by COVID. I'm proud to have led the establishment of cardiac networks which I believe is the right model for delivery of cardiac services. However, there is a lot more to do as cardiovascular disease is still one of the highest causes of mortality in the UK with significant health inequalities that need addressing."



Professor Nick Linker

Angie flies out in style

COLORECTAL sister Angie Stanley celebrated her retirement after clocking up nearly 48 years in nursing.

Angie trained as a nurse in the RAF in Lincoln, specialising in paediatrics and general nursing, including aeromedicine nursing, transferring and collecting patients from all around the world. She then served at RAF hospital Wedberg in Germany and finally at RAF Innesworth in Gloucestershire.

Angie then became an NHS nurse, working at North Tees, Poole Hospital and South Tees, where she worked for over 30 years, the last 17 years as part of the colorectal specialist nursing team.

Angie has been the driving force behind the development of the enhanced recovery programme on the colorectal unit for bowel surgery



patients, supporting patients to be safely prepared for surgery, improving their experience, reducing length of stay and improving patient outcomes with evidence-based practice.

Sarah Carroll, specialist nurse for colorectal said: "Angie has been

a massive support to all her team and patients as well as numerous student nurses and doctors over her long career, but she can now enjoy her well-earned retirement with her husband Michael and their children and grandchildren."

Bev says goodbye after 31 years

BEV Hall has retired after dedicating 31 years to our diabetic care centre.

Bev joined the centre as an apprentice admin and although her role evolved over the years, to include team leader for the reception team and then managing administration for insulin pump and continuous glucose

monitoring, she remained devoted to the service.

The diabetes team would like to thank Bev for her commitment and wish her a very happy retirement.



Ann hands in her volunteering uniform for the last time

ONE of our longest servicing volunteers has handed her uniform in for the last time after 17 years' service.

It all started when Ann Bardsley spotted an appeal in the Evening Gazette for volunteers to join South Cleveland Hospital.

"I really enjoyed volunteering; it was lovely because you got to know everyone," said the 84-year-old from Stainton.

Debi Mckeown, the trust's lead therapeutic care nurse, said: "Ann has been fabulous over the years, we're so grateful for everything she's done for our patients."

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