



TALKING POINT

Spring 2022

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Michelle helps others by sharing her cancer journey

Michelle helps others at Schwartz Round by sharing her cancer journey

STAFF nurse Michelle Milson has supported colleagues to openly talk about their health and wellbeing by talking at a Schwartz Round about her cancer journey.

Schwartz Rounds provide a forum where staff come together as a group to discuss the personal, emotional and social impact of working in healthcare.

Michelle decided to volunteer as a panellist and share her experiences to show colleagues that it is ok to feel vulnerable and that it is safe to speak out and ask for help when things are not going well, something she initially struggled with following her diagnosis.

She said: "I found out that I had stage four bowel cancer after only just qualifying as a nurse. Being told the only future I have is palliation honestly shattered me into a million pieces.

"Being a nurse people sometimes think you are all knowing and able to cope. But, my whole world fell apart in an instant and at times it felt that somehow this was lost in translation, maybe because there was a view that I may be able to cope and understand all the medical jargon.

"I decided to volunteer as a Schwartz Round panellist and share my own experiences as I wanted to foster a feeling that it is safe to speak out and ask for help when things aren't going well.

"Being vulnerable is not only seen in patients. We as NHS workers feel this too and often feel under pressure to always wear a mask of being brave and strong for those we care for. But, it's important to remember that underneath we are all human and face our own challenges."

Following her Schwartz Round, 'No Matter What, I Will Be Heard', Michelle felt proud of herself for finding the strength to try and help others.

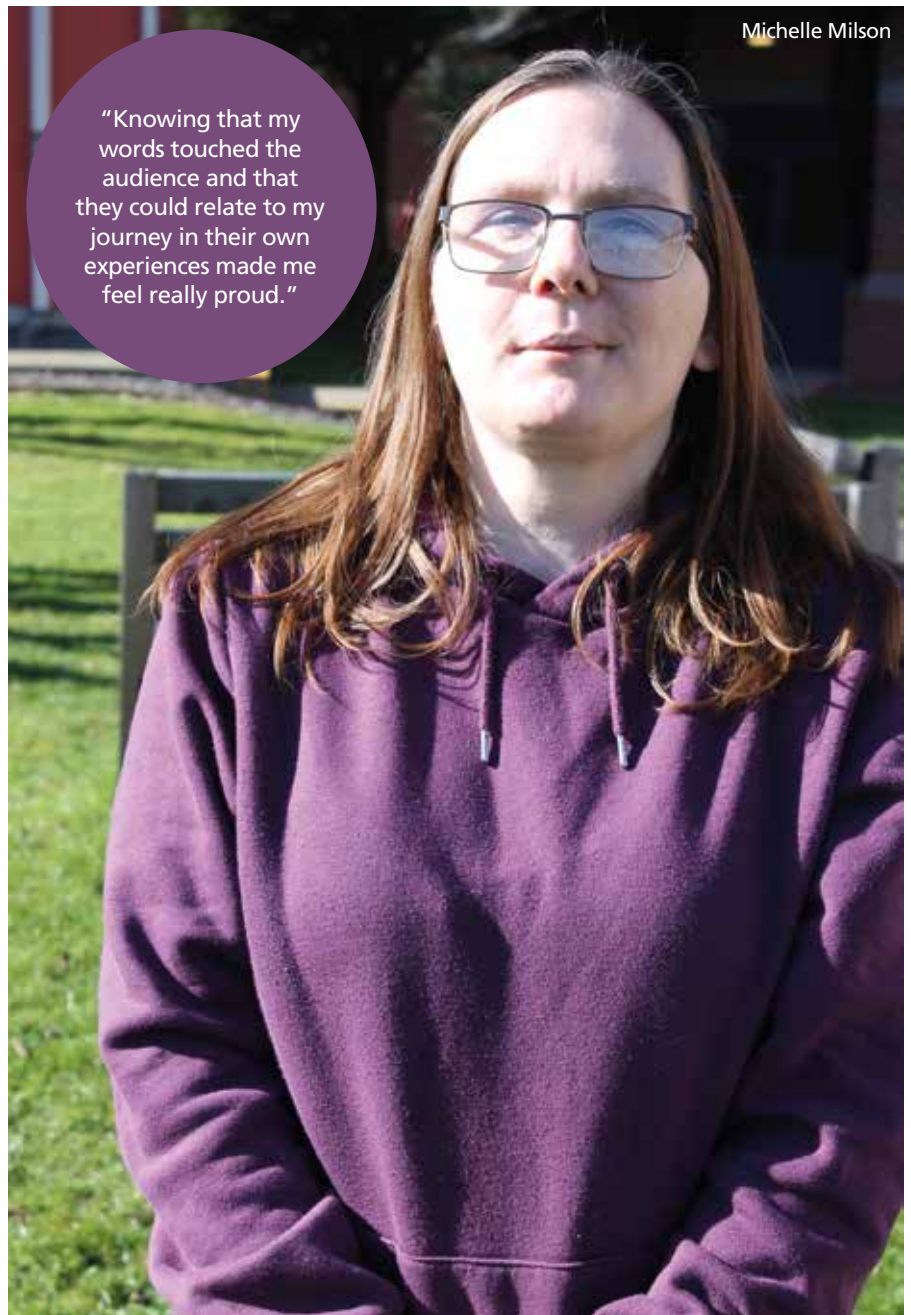
She added: "My cancer takes so much from me daily but I can't let it take my voice, my passion for making nursing rewarding and telling people that it is ok to feel sad and struggle.

"Knowing that my words touched the audience and that they could relate to my journey in their own experiences made me feel really proud.

"I'm so grateful for this opportunity,

the feedback after the event has truly meant so much to me, my family and everyone I care about."

Any staff who would like to get involved in future rounds, either as a panellist or audience member, should visit the Schwartz Round service pages on the intranet or email stees.schwartzrounds@nhs.net.



Michelle Milson

"Knowing that my words touched the audience and that they could relate to my journey in their own experiences made me feel really proud."

A day in the life of a consultant oral and maxillofacial surgeon

MHAIRI Little, who is proud to be part of the oral and maxillofacial surgery (OMFS) department at James Cook, took Talking Point behind the scenes of one of her shifts...

My shift starts at 7.45am with a chance to review x-rays of patients with suspected facial fractures so I can arrange follow-ups with them. This includes a broken cheekbone which I arrange to see the following week.

Next I attend a handover with the department's dental core trainees and specialty trainees to go through the list of inpatients and review their progress over the past 24 hours so I can monitor their condition and decide whether any investigations or operations need doing.

Once this is done I head out onto the ward to see my inpatients who either I or my colleagues have recently operated on. These patients' conditions can vary from life threatening dental abscesses to jaw fractures, as well as head and neck cancer patients and facial trauma patients.

By now it's 9am and it's time to make my way to theatre for my first case of the day. I'm helping an oral surgeon who is taking a biopsy from their patient who has a large mass in their lower jaw.

Next on my list is to supervise one of our registrars fixing a fractured cheekbone using incisions in the upper eyelid and in the mouth.

It's now 1pm and I have an hour to quickly grab some lunch and triage referrals from dentists and GPs.

My last procedure of the day is a woman who has severe malocclusion; in simple terms has an abnormal bite that couldn't be corrected with braces alone. I conduct a Le Fort I advancement osteotomy which involves me cutting across the top jaw and separating it from the base of the skull. I then moved it forward to get the bite in a good position before fixing it in place with metal plates and



Mhairi Little

screws. It went really well and only took about two hours.

Towards the end of my shift I meet up with the on call team so I'm fully up-to-date on any activity within the department. I'm told about a patient who is being transferred to us from another hospital that I might need to keep an eye on.

Before I head home I go back over to the ward to double check on my patient who I operated on earlier. She's comfortable and her bite is looking good.

It's now 6pm and I can head home but as I'm on call my shift definitely isn't over so I can't relax too much.

An hour and 45 minutes later my phone buzzes; it's the registrar updating me about the patient we were expecting from the other hospital. They've arrived and things aren't as bad as we thought so they don't need my input.

I head off to bed and will be back at James Cook tomorrow for another 7.45am start.

Rosemary to celebrate milestone birthday with new knees and a hip

BEFORE having her knee replacement 78-year-old Rosemary Hawkins had never visited the Friarage.

But after undergoing major surgery there she has nothing but praise for the Northallerton hospital and for those who work in it.

Rosemary, from Marton, first met her consultant orthopaedic surgeon Tim Brock at Redcar Hospital.

Mr Brock diagnosed her with severe osteoarthritis and discussed a number of treatment options including joint replacement. It was then decided that before doing Rosemary's hip Mr Brock would replace one of her knees so that she would be sturdier on her feet following her hip surgery.

"I'm a get-up-and-go kind of person," said the retired warden. "I've always been a walker and I hate sitting down so I was happy to for my knee to be replaced first.

"I liked Mr Brock from the moment I met him, he's lovely and makes you feel like he really cares."

"When I returned for my post-surgery check-up with Mr Brock I walked unaided without sticks, I think he was a bit surprised and impressed."

Rosemary was quickly booked in for her operation and before she knew it she was checking into the Friarage, where she had a short planned post-operative stay.

During that time Rosemary was thrilled with her care, saying: "I'm over the moon with the treatment

I received, it was superb.

"I can't speak highly enough of the team at the Friarage. I will always be grateful; Mr Brock's a top surgeon.

"As for the hospital, it was like a five star hotel. The food was great."

Following her discharge Rosemary continued to do her physiotherapy at home and made great progress.

"I feel like I've got a whole new leg," she said. "When I returned for my post-surgery check-up with Mr Brock I walked unaided without sticks, I think he was a bit surprised and impressed."

Rosemary has just returned to the Friarage Hospital for her hip surgery and then later down the line will return for her other knee replacement, which she is hoping will be done in time for her 80th birthday next year.



Consultant orthopaedic surgeon Tim Brock with Rosemary Hawkins



Ralph White and Stuart Finn (left to right)

James Cook's cardiothoracic and neurosurgery centres amongst best in nation

THE steps taken by experienced clinicians at James Cook to safeguard and protect specialist surgery during the COVID-19 pandemic has helped to deliver some of the shortest waiting times and best outcomes for patients in the country.

The hospital in Middlesbrough is a regional tertiary care centre – delivering specialist services to 1.5 million people across Teesside, North Yorkshire and the beyond – and was one of the first in the country to separate into COVID and non-COVID areas at the start of the pandemic.

Thanks to these and other COVID-safe measures, the hospital's cardiothoracic centre has one of the shortest waiting times in the country for heart bypass surgery, and treatment and care for patients with brain tumours at the James Cook

neurosurgery centre has been rated amongst the best in the nation.

Ralph White, cardiothoracic surgeon and clinical director at South Tees said: "It has been far from business as usual over the last year, but through the concerted efforts of all our wonderful staff we have maintained our ability to perform operations for heart surgery throughout most of the period of the pandemic. As a result our waiting times remain quite short for most patients, and we continue to have excellent outcomes.

"What is different is that we are seeing more people who need urgent surgery, because they are seeking help a bit later than usual. We think this is due the disruption caused by the pandemic. We wish to stress that patients with heart disease, or symptoms of heart disease, should not delay seeking medical help, as we are doing our utmost to continue to offer heart surgery to the people of Teesside and the wider region."

Stuart Finn, service manager for neurosciences, said: "Neurosurgery at South Tees has assured access to services across the region, accommodating priority urgent patients from neighbouring trusts to allow the NHS system in the region to continue to deliver the expected high level of tertiary care."



Sharon Ollivier and Julia Frost

Trust recognised for its outstanding menopause support

DID you hear the good news? The trust is now officially a menopause friendly employer.

You might ask what does this mean for colleagues who work for the trust? It means all staff are able to access menopause training, support and guidance.

Being a menopause friendly employer also means that we have been recognised by an independent panel as having in place a culture of support for our colleagues, sufficient and reliable training and evidence of ongoing sustainable help for those colleagues who need it.

It also shows the trust has created an environment where menopause can be spoken about easily.

As part of this the trust has introduced awareness training for staff; including sessions for our male colleagues and a Women-o-Pause support group, which is a safe space for female colleagues to share experiences with expert guest

speakers who discuss different subjects each month relating to menopause.

A specific menopause policy (G187) is now in place across the trust too.

Following the accreditation, Sharon Ollivier, training and development lead, was invited to showcase their work at the Women and Equalities Committee at the Houses of Parliament to inform on a national scale about how menopausal women can be better supported in the workplace.

She said: "I felt extremely privileged to be asked to talk at the House of Commons on behalf of the trust to be able to share how we work together to support our colleagues and raise awareness about a very natural transition that occurs to all women."

Julia Frost, training advisor said: "We're delighted to have gained

this accreditation; we're extremely committed to colleagues' wellbeing and are here to support those going through menopause.

"Menopause is something we all need to understand, a subject we should all feel comfortable discussing at work. The more awareness we have the better we can support our colleagues, friends and family.

"We're looking to expand our support across the community sites and we can offer bite size bespoke training where required. We are also looking for menopause champions to support Sharon and I. If anyone is interested please get in touch to have a chat about what would be involved."

If you would like more information about menopause and the support available please visit the wellbeing section and check out the STRIVE Events website for course bookings.

Paediatric Critical Care Unit praised

CONGRATULATIONS are in order for our Paediatric Critical Care Unit (PCCU) at James Cook which has been identified for praise by a national auditor.

The national Paediatric Intensive Care Audit Network (PICANet) has confirmed that the trust's PCCU is a positive outlier for in-PICU risk adjusted mortality.

Jonathan Grimbley, deputy clinical director for paediatrics and paediatric critical care lead at the trust said: "Put simply, the mortality rate in the PCCU during the reporting period is lower than the expected statistical range, even when corrected for number of

patients admitted to the unit and severity of illness on admission.

"I'm delighted that the unit has been recognised like this. I believe this is reflective of the excellent care that we provide on our PCCU on a daily basis. We are one of very few standalone level two PCCUs in the country and should be proud that we have been identified in this way."

Around 350 children and young people each year receive high dependency or critical care at James Cook's PCCU.

Around 350 children and young people each year receive high dependency or critical care at James Cook's PCCU.

The stand-alone unit is equipped to care for very sick children and young people requiring the latest high dependency support including non-invasive ventilation.

PICANet was established to develop and maintain a secure and confidential high quality clinical database of paediatric intensive care activity in order to identify best clinical practice, monitor supply and demand, monitor and review outcomes of treatment episodes, facilitate healthcare planning and quantify resource requirements and study the epidemiology of critical illness in children.

The core dataset of demographic and clinical data on all admissions, collated by PICANet, allows comparison of PICU activity at a local level with national benchmarks.



Jonathan Grimbley and members of the PCCU team

Friarage recognised nationally for commitment to patient safety

THE FRIARAGE has been recognised nationally for its work in joint replacements and its commitment to patient safety.

The Northallerton hospital has been titled a 'Quality Data Provider' by the National Joint Registry (NJR) for its quality care.

The NJR monitors the performance of hip, knee, ankle, elbow and shoulder joint replacement operations to improve clinical outcomes primarily for the benefit of patients, but also to support orthopaedic clinicians and industry manufacturers.

The registry collects high quality orthopaedic data to provide evidence to support patient safety, standards in quality of care, and overall cost effectiveness in joint replacement surgery.

Andrew Port, hip consultant and knee surgeon, said: "The National Joint Registry in the UK was pioneered in 2003 by professor Paul Gregg, who worked at South Tees between 2002 and 2015, and is the beacon for monitoring the performance of implants, surgical units and surgeons.

"Because of the close scrutiny of performance the safety and assurance of having a joint replacement in the UK continues to improve year on year and the outcomes at the Friarage unit are among the best in the country so this accolade is a great tribute to the team."

Victoria Blake, clinical director at the Friarage said: "We're delighted to be awarded as an NJR Quality Data Provider. Improving patient safety is of the utmost importance and something all of us take very seriously."

The NJR Quality Data Provider

"Improving patient safety is of the utmost importance and something all of us take very seriously."

certificate scheme was introduced to offer hospitals a blueprint for reaching high quality standards relating to patient safety and to reward those who have met registry targets.

National Joint

Registry medical director Tim Wilton said: "Congratulations to colleagues at the Friarage Hospital. The Quality Data Provider Award demonstrates the high standards being met towards ensuring compliance with the NJR and is often a reflection of strong departmental efforts to achieve such status."

Full details about the NJR's Quality Data Provider certificate scheme can be found online at: www.njrcentre.org.uk.



The orthopaedic team at the Friarage

Get active and make a difference

OUR Hospitals Charity is offering you the chance to participate in some great challenges this year to keep you fit and active while also helping to raise funds for our hospitals and health services.

Can you cycle, walk or run a virtual coast to coast? To take part in this 171 mile challenge, go to www.southtees.enthuse.com/cf/coast-to-coast.

For the first time, Our Hospitals Charity at the Friarage is taking part in the The Northallerton 10K on Sunday 29 May. If you would like to take part please email lisa.meehan@nhs.net.

How do you fancy taking your place in the world's biggest and most iconic half marathon on Sunday 11 September? There are a limited number of guaranteed charity places in the charity's Great North Run team. To be part of the team get in touch via 01642 854160 or OurHospitalsCharity@nhs.net.



Our
HOSPITALS
CHARITY

Didn't they do well?

IN the space of eight months colleagues from South Tees went around the world six times as part of a new fitness initiative.

Set up by physio Philippa Dolphin and the service improvement office's Jo Lloyd, in partnership with Michael Butler and Chris Tarn from North Tees and Hartlepool NHS Foundation Trust, the World Run challenge aimed to see who could bank the most miles between 1 May and 31 December 2021.

Participants only needed to download the Strava app, join the South Tees Hospitals World Run Superheroes

group, then simply log their running, cycling or swimming activity.

In February, non-executive director Ada Burns presented the Inaugural World Run Awards to our worthy winners.

Ada said: "Between them, our 298 Strava group superheroes chalked up a huge 6.3 laps of the planet and over 20,000 hours of exercise.

"I'm so impressed by their levels of dedication, and proud to be a part of this challenge."

Special award winner Emma Williams agreed, adding: "Having this challenge has given me something to focus on, and I'm really looking forward to the next one."

The winners

- Best female swimmer – Andrea Henderson (29,856 yards)
- Best male swimmer – Jim McVie (58,180 yards)



Emma Williams presented with her award by Ada Burns, non-executive director

"I'm so impressed by their levels of dedication, and proud to be a part of this challenge."

- Best female cyclist (hours) – Izzy Freshwater (556 hours / 6,322 miles)
- Best female cyclist (miles) – Vicky Robertson (6,440 miles / 350 hours)
- Top male cyclist – Jost Mullenheim (13,156 miles / 724 hours)
- Best female runner – Kim Simpson (2,042 miles)
- Best male runner – Shane Lester (868 miles)
- Special award – Emma Williams
- Special award – John Staplyton



John Staplyton with his award and Ada



Volunteers transform James Cook maternity wards with fantastic murals

WHEN central delivery suite manager Debbie Bezance put an appeal on social media for some local artists to help her bring some life and colour to the maternity unit at James Cook she didn't expect to get much of a response.

But, she was blown away when her notifications started buzzing and two volunteers kindly offered to come in and paint a number of murals for free.

Local artist Iona Hart and retired police officer Barry Smith stepped up to the challenge and decided to give back to their local hospital.

Iona Hart, from Hart and Hounds Illustrations, spent countless hours and numerous days transforming the central delivery suite's plain corridors into a canvas for her 12 hand painted flowers, each representing the different birth flowers for months of the year.

She said: "It was an absolute privilege to give back to the NHS; they've kept me alive since I was diagnosed with diabetes (type 1) at the age of three.

"The windowless maternity corridor is now full of pops of bright colour and feels much warmer for expectant mums."

"I'm so happy with how this project has turned out. The windowless maternity corridor is now full of pops of bright colour and feels much warmer for expectant mums."

As well as painting the 12 huge flowers Iona also created a selfie wall for parents to take their first photograph as a new family in front of.

Likewise, Barry Smith was also happy to do his part to help Debbie and her team and painted a brightly coloured

Teesside skyline with the words 'born on Teesside' above it in the maternity, antenatal and postnatal wards.

He said: "I originally painted the mural as a stage backdrop at Teesside and District Society for the Blind as I wanted to include familiar landmarks for those living upon Teesside."

If you look closely you might recognise some of our iconic landmarks including Roseberry Topping, Middlesbrough Dock Clock Tower and the Infinity Bridge.

Taking a step back to take in the newly painted murals Debbie said: "The murals are amazing, they've really lifted the ward's décor. Our staff and patients love them and are extremely grateful. They're great."

One of those new mums to appreciate the paintings is Sophie Ivson from Marske-by-the-Sea who gave birth to her baby boy Sunny at James Cook. She said: "They're bright and colourful, just like the staff."

Meet the hydrogen-fuelled car that is powering trust's pathology service

A BRAND new hydrogen fuel car has been loaned the trust by Toyota as part of the Teesside Hydrogen Hub Trial, a £2.5million region-wide trial testing out 100% zero-emission hydrogen-fuelled commercial and support vehicles.

The pathology department will use the Toyota Mirai hydrogen fuel cell vehicle for three months to transport patient specimens.

The car is fitted with 100% hydrogen zero emission fuel cell that emits only water when driving and will use a new refuelling station at Teesside Airport, which opened in January to serve hydrogen-powered vehicles based in the Tees Valley.

Laura Hallett, car parking manager at the trust said: "We are delighted to be part of this trial. A huge emphasis has been placed on trusts to take on radical sustainability and environmental measures to ensure that the NHS is at net zero for carbon emissions by 2040. To achieve this, we need to be fully committed to reducing our carbon expenditure, and have our entire workforce driving this important issue.

"We really want to put the car to the test and the pathology transport team will do just that. They have a small fleet of vehicles that are essential for

the smooth running of the pathology department. The area we operate in is quite large: from North Newcastle as far south as Staithes and Danby and across to Catterick, Richmond and Hawes areas.

"We deal with around 4,000 to 5,000 patient specimens on a daily basis; these specimens could be patient health concerns or routine blood tests.

The service we provide is an absolute necessity and a major cog in the workings of the department and in turn the trust.

"We have nine disciplines all of which rely on the transportation of specimens from external sites, including hospitals and surgeries, across a wide area. The car only takes five minutes to refuel, which is really important because our drivers work to precise timetables to enable all routine and urgent specimens to reach the labs to be pre-analysed before distribution and analysis by the different disciplines within the department."



Laura Hallett, car parking manager, and Steve Wilkinson, pathology pre-analytics and logistics team lead, with the new hydrogen-fuelled car outside James Cook

This has been my life

ANN Dixon, ward sister on ward 3 has retired after devoting 46 years to the NHS.

She told Talking Point: "This wasn't an easy decision, but the time feels right even though I'm going to miss working with all my colleagues who I consider life-long friends. I will miss caring for patients from all walks of life."

Ann has been the backbone to her team and a mentor to many of her colleagues. She has provided award-winning leadership and achieved fantastic milestones all throughout her

career in various NHS locations.

"Everything has changed and evolved in the last 46 years and it's so rewarding to think about all the patients I've helped, this has been my life and it always will be."

Ann would like to thank everyone for their support in welcoming the next chapter of her life. Congratulations on an excellent career and a very happy retirement to Ann!



SOUTH
TEES
STARS

OUR monthly STARS Awards help us celebrate our incredible individuals, teams and services.

We would like to say a huge congratulations our winners and to the hundreds of colleagues who were nominated. Don't forget, if someone has made your day or has gone the extra mile for their patients, you can nominate them via the STARS Award service page on the intranet.



Going the Extra Mile – Debbie Diccio

When a paediatric consultant had to unexpectedly cancel their clinic the next day Debbie immediately volunteered to phone all the families to let them know so they didn't have a wasted journey. This was not part of her job but she calmly dealt with the situation, enabling colleagues to continue with their work.

Shining the spotlight on our South Tees STARS



Helping Others – Joanne Iceton

Joanne received some great feedback from a porter who was redeployed to the COVID advice line. The porter, who had been working with Joanne on the vaccine team, said she was a lovely and kind woman and had been incredibly supportive and helpful.

Attention to Detail – Julie Marsay

Thanks to Julie's clinical excellence and superb attention to detail in her work within the pre-assessment service she consistently picks up undiagnosed medical problems prior to surgery that have ensured these patients received timely intervention and appropriate management.



Teamwork – Anthea Davison

When Anthea and her team moved their ward Anthea led the team with a great attention to detail, and every element of the move had been considered to provide a seamless move. Thanks to this there was no disruption to the service.



Respect, Caring and Support - Friarage paediatric nursing team

The whole team has gone the extra mile during COVID-19 to provide excellent care to children and their families both in the hospital and out in the community. They have supported each other and previously volunteered to get the vulnerable vaccinated at the same time.



Going the Extra Mile - Charlotte Pybus

When Ainderby Ward moved from a red to an amber ward Charlotte's calm demeanour and leadership qualities ensured patients were moved in a caring and stress free manner.



Attention to Detail - Richard Kelly

Richard, who is a ward assistant, developed a colour coding system for all the clinical equipment and standardised their locations during the pandemic. This has been adopted by the procurement material management team.



Going the Extra Mile - Lesley Walker and Helen Walker

Both Lesley and Helen looked after a vulnerable patient with a severe needle phobia.

They went above and beyond and really helped the patient during an anxious time.



Helping Others Award - The Playdays Day Nursery

The Playdays Day Nursery team won a STARS Award for helping trust staff with childcare during the pandemic. Not only have they made parents feel at ease but they have also helped many children.



Respect, Care and Support - Tocketts ward

Colleagues on the Tocketts ward were nominated for the exceptional care and support they showed for one of their palliative patients.



Going the Extra Mile - Amanda Parry

Amanda always appreciates her staff and keeps the morale on her ward up by telling them how proud she is of them.



Going the Extra Mile - Gillian Brown

Gillian was recognised for going the extra mile to help colleagues with their COVID-19 vaccination.



Trust awarded money to improve digital transformation in local maternity care

SOUTH Tees has been awarded over £800,000 of NHS funds to improve its digital maternity services.

The trust is one of 128 successful bids made to the Digital Maternity Fund.

The money is given to NHS organisations across the country to improve infrastructure technology systems and connectivity.

The £885,000 will be used to help deliver an enhanced experience for local maternity service users and staff.

This includes a rollout of a maternity electronic patient record system as well as providing the opportunity for innovation within maternity such as implementing digital apps.

Deepika Meneni, clinical director for obstetrics said: "Digital tools will give women easy access to their maternity records and allows them to take full control of their pregnancy journey by having all the information and decisions about their care at their fingertips.

"Healthcare professionals caring for a pregnant woman will also have easy access to information, no matter where or when the mum-to-be is seen.

"This will help improve the experience for women by reducing the burden



Clinical director for obstetrics Deepika Meneni with her maternity colleagues

of repeating information to each healthcare professional that they see throughout their pregnancy and it will also improve safety."

Chief nurse Hilary Lloyd added: "We are delighted to have been awarded this money from the Digital Maternity Fund, it will make a huge difference for our mums and we're looking forward to sharing our developments in the future."

Peter-Marc Fortune, clinical SRO - NHSEI Digital Child Health and Maternity Programme said: "We have

seen some excellent examples of regional and local collaboration in the bids received.

"We want funds to be used for maximum impact and to address some of the inequalities at local level."

Jules Gudgeon, national digital midwife lead for maternity - NHSE&I added: "With this funding we are one step closer to interoperable record sharing, regardless of location or system used, for the benefit of women and pregnant people and the clinicians caring for them."

Paul Baker



Paul awarded honouree professor title

CONGRATULATIONS are in order for our colleague Paul Baker who has been conferred the title of honour professor by Teesside University.

Paul, who has been the trust's research and innovation director since 2018, was given the prestigious title in recognition

of his outstanding work and dedication in the field of orthopaedic research and research leadership.

Third Ghana training mission made possible

A UK heart team, led by consultants from James Cook, have performed life-saving operations in Ghana for a third time.

The team gave up their holidays and jetted off to hospitals in Accra and Kumasi in March to help several patients who required cardiac surgery and to upskill the Ghanaian team to perform more advanced procedures.

The team of nine was made up of cardiothoracic surgeons, perfusionists, nurses and other allied health professionals, as well as cardiology colleagues from both South Tees and North Tees and Hartlepool NHS Foundation Trust.

Once again, the team was led by consultant cardiothoracic surgeon Enoch Akowuah, who grew up in Kumasi.

Enoch said: "We've had such a big gap because of COVID. We had a first trip in early 2019, followed by a second trip six months later. Then everything stalled hugely and that's been a real shame because we put in quite a lot of work.

"There was a point where we thought we would never go back – and so we're excited to reconnect with the team over there.

"We've been trying to get the team in Kumasi Hospital to learn how to put a pacemaker in independently and they have done that over the COVID period, which is amazing.

"Over 20 patients have had pacemakers put in over the two years we haven't been there. This is testament to the first two visits really; the fact that we were able to leave some tangible skills behind."

The aim of the latest visit was to upskill the Ghanaian team to put more in complex pacing devices and internal defibrillators.

The team headed to two places this year - Kumasi to build on some of the work they did before and then the capital Accra where they did some heart surgery at

the University of Ghana Medical Centre. This was a huge milestone for the hospital as they have never done heart surgery before.

During their previous visits, Enoch and the rest of the team have worked with a charity called Pace4Life to try and supply the Ghanaian team with pacemakers.

"The biggest limitation remains paying the £1,000 that it costs to buy the actual pacemaker. So the partnership with the charity allows the team to get the much cheaper pacemakers."

Enoch hopes that the work that is being done with the heart and lung team can lead to other specialties linking up with Ghana.

He said: "We really want this relationship to grow and develop and other specialties get involved because that's when you really see the benefit – and we continue to be well supported by senior the leadership team at the trust to make this happen."



The South Tees team before heading to Ghana

Who's your Nightingale?

HAS a nurse, healthcare assistant or midwife gone above and beyond for you or your relatives in the last year?

If yes, why not nominate them for a Nightingale Award?

Each year South Tees celebrates its annual Nightingale Awards, formally recognising the care and compassion of our nursing teams.

As part of these celebrations the trust is asking for people in the local community to help them shine a light on the NHS workers going above and beyond for their patients by nominating them for the annual awards.

The Nightingale Awards are led by the trust's nurse and midwife consultant team and were first held in 2004.

Lynne Paterson, clinical director for neonatology and nurse consultant, who is coordinating the awards, said: "We would love to hear your stories

and recognise our members of staff who have shown an exceptional level of care and compassion."

The nominee must be a member of South Tees staff working within the field of nursing or midwifery including:

- Student nurses/midwives
- Mentors
- Health care assistants / maternity care assistants / assistant practitioners
- Registered nurses /midwives
- Operating department practitioners
- Teams
- Therapeutic care volunteers
- Military registered nurses / healthcare assistants who have distinguished themselves clinically whilst working

in the trust as part of the Ministry of Defence Hospital Unit (MDHU)

Entrants may be nominated by a patient or their family, peers, colleagues, managers or mentors.

Visit www.southtees.nhs.uk/about/nightingale-awards/ to submit your nomination.

The winners will be announced at an awards ceremony later this year.



NOMINATE YOUR
NIGHTINGALE TODAY

What a picture! Or four!

ARTIST Stacey Moore has generously donated four pieces of artwork to the Friarage Maternity Centre.

The pictures focus on the theme of new life and are Stacey's way of thanking staff for the "outstanding" care she received when she gave birth at the centre at the Friarage.

Stacey said: "I gave birth at the Friarage Maternity Centre in the middle of the pandemic.

"The care and support I received from the midwives was outstanding, the whole experience was wonderful and one I feel so lucky to have been

able to have.

"As a special thank you I have donated some of my artwork, which will hang on the newly decorated walls for future mums and all the staff to enjoy."

Tracey Smith, Friarage Maternity Centre and community midwife manager added: "The pictures all depict new life and will provide much pleasure to future families visiting us."



Stacey Moore donates four pieces of artwork to the Friarage Maternity Centre

Even after all these years I would still be a cancer nurse...

THINKING about a career as a cancer specialist nurse? Lead cancer nurse Nicola Hand tells Talking Point she would do it all again if she could...

It was 1984 when Nicola Hand enrolled in nurse training - and things were quite different back then.

"Training was held in a classroom in a hospital," she said. "We wore our uniform in the classroom all day and there were eight nurses in my cohort, not the 100 plus that we see nowadays.

"Student nurses were frequently kept separate from cancer patients to protect the nurse from seeing the patient and their distress."

After qualifying Nicola went to Leeds where she looked after her first cancer patient.

"It was at that point I made a conscious decision that I wanted to be a cancer nurse, however there wasn't a true career pathway like there is now.

"What has never changed is the opportunity to truly offer a holistic approach to cancer patients and their families - this was the bit that absolutely cemented my decision."

Nicola completed specialist study at the Radiotherapy Centre for West Yorkshire before moving to Middlesbrough General in 1989.

She worked on various acute wards until she secured a staff nurse position on a ward that cared for surgical cancer patients and then transferred to South Cleveland Hospital.

Over the years Nicola has seen the introduction of specialist services, dedicated cancer centres, multi-disciplinary team (MDT) meetings, advances in radiotherapy and chemotherapy and the introduction of more specialist and advanced nursing roles. She was also instrumental in the development of the Sir Robert Ogden Macmillan Centre at the Friarage.

"There are now more roles than ever and a true career pathway for nurses

and allied healthcare professionals," she said.

"More patients live with cancer now than die from it, for many it has become a long term condition. Focus has moved to promoting early diagnosis to support a potential cure, health education to prevent cancer and personalised care to support patients to live with their cancer well."

In 2010 Nicola completed a Masters in advance practice and took on the role of lead cancer nurse alongside her role as nurse consultant

for cancer of unknown primary and MDT lead, building strong links with Macmillan Cancer Support and other partners. She earned the additional title of lead clinician for cancer in 2018.

"Even after all these years I would still be a cancer nurse and I would still encourage others to do the same," said Nicola, who is stepping down as lead cancer nurse after dedicating 13 years of her 38-year nursing career to the role.

"Cancer nursing is a perfect example of the fundamentals of nursing – care, compassion, courage, communication and huge commitment, but above all hope.

"I have had the most amazing career and still feel I have a lot of skills and knowledge to share, so I'm sure you have not seen the last of me yet."

"There are now more roles than ever and a true career pathway for nurses and allied healthcare professionals."



Lead cancer nurse Nicola Hand



Digital safety and quality first

A NEW range of smart technologies and infrastructure is being rolled out across the trust, led by experienced clinicians and information technology (IT) colleagues.

Our amazing colleagues are amongst the best in the country but their efforts are sometimes hampered by ageing clinical IT systems.

That is why the trust is introducing a new set of clinical digital tools and replacing thousands of old PCs, laptops monitors and keyboards with new equipment.

The new clinical digital tools will bring together important patient and service user information in one place that colleagues will be able to view on PCs, tablets, laptops, and smartphones, and include:

- **Patientrack** – a new digital tool that replaced VitalPAC and enables electronic assessments such as sepsis, braden and VTEs which can be triggered automatically based on patient status/outcomes
- **Miya Flow** – Electronic (PSAG) journey boards, which will be tailored to each individual ward/speciality and summarise key clinical information for patients, including test results, radiology reports, obs/vitals NEWS, prescribed drugs, allergies, expected discharge dates and outstanding tasks
- **Smartpage** – a new clinical alerting and messaging tool that will allow colleagues to pick up alerts and tasks for patients 24/7
- **BetterMeds** – an e-prescribing system which will remove the paper prescription charts on wards, and offer clinical-decision support to help guide prescribers
- **Miya Access** – a simple electronic view of bed occupancy, patient flow and requests for beds; all available in real-time dashboards to aid bed management and site operational planning
- **Miya Noting** – comprehensive structured and unstructured clinical documentation capabilities for all clinical workflows. This will cover discharge and clerking (doctors and nurses).

- **Miya Memory** – a mobile application allowing review and creation of clinical records on a mobile device. It also has the ability to mobilise existing systems which do not yet have this ability.

Colleagues will receive training, education and on-going support as each new clinical digital tool becomes available.

Andrew Adair, chief clinical information officer and emergency care consultant said: "Patientrack NEWS2 went live across the trust in November 2021 and is just the first component of a clinically responsive transformation programme that will digitise paper processes, join together systems across the trust, and provide the foundations for regional integration."

Lindsay Garcia, chief nursing information officer and interim deputy chief nurse said: "I'm excited about introducing Patientrack. This is the start of transformational change that will have much-needed benefits for both patients and clinicians."

Watch out for the Electronic Prescribing coming your way from May 2022.

Billy's legacy provides further support to bereaved families in Teesside

A SPECIALIST bereavement counsellor support worker is now supporting parents at James Cook thanks to the family and friends of baby Billy Jones who have funded the post in his memory.

Since saying goodbye to their baby boy in 2017, Rachel and Daniel Jones and their family have dedicated their time to improving support available to bereaved families at the Middlesbrough hospital.

Determined to make a difference for other families, they raised enough money to open Billy's Room in 2019, which gives bereaved parents a calm, comfortable and private place to stay while they spend precious time with their child.

Although the opening of the room cost over £55,000 and has helped local families make precious memories in their darkest of days, they knew they wanted to do more.

So, using the money they raised

primarily with help from their dance school and the local community, they set themselves the goal of funding the wage of a dedicated specialist bereavement counsellor role for a year.

Billy's nana Sue Tyler said: "We thought as a family it was so important to have the room initially but vital for us to work towards employing a counsellor alongside it to give families support both in hospital and once at home."

Specialist bereavement counsellor Sharon Wilson said: "I feel privileged to be here helping local families and working with Billy's family. I want to be there for local families so they've got someone there at that difficult time who they know they can feel safe around and talk to confidentially. It

won't make it hurt any less but it will help with the grieving process."

Lynne Paterson, clinical director for neonatology said: "We are really happy to have Sharon join our team. She will work closely with neonatal and paediatrics to support our families who experience the heartbreak of saying goodbye to their child. She will also be training our staff so that they are better equipped to support parents at this difficult time and to provide the best possible care. I would like to express my sincere thanks for all that Billy's family have done for us."

Billy's family would like to thank all of the parents and students of Thornton Academy, and the wider Teesside community, who have been so generous supporting them.

They are continuing to fundraise to secure this post long term. If you would like to make a donation, visit www.justgiving.com/fundraising/billysroom



Sue Tyler, Sharon Wilson and Melanie Philo (left to right)

The sky's the limit for anaesthetist colleagues



Ollie Bartels



Roopa McCrossan



Cathy Lawson

New Year Honours

CONGRATULATIONS to our amazing anaesthetist colleagues Andy Maund and Ollie Bartels who received awards in the Queen's New Year Honours list.

Andy was awarded an MBE and Ollie was awarded an OBE.

Anniversary Medal

Two of our newly appointed consultants have won the 2021 Association of Anaesthetists Anniversary Medal.

Roopa McCrossan was awarded the prestigious medal for her work on the

fight fatigue campaign, which is aimed at tackling workforce fatigue and for her advocacy work on behalf of anaesthetic trainees whilst chair of the Association Trainee Committee.

She said: "I'm really proud that the work we have done on the fight fatigue campaign has been adopted by South Tees. It's great to see the trust championing staff wellbeing and that my work has played a part in this."

Cathy Lawson was awarded the medal for her work in sustainable healthcare which started back in 2015 when she was co-opted to sit on the Association of Anaesthetists Environment and

Sustainability Committee as their trainee representative.

In 2019 she became the first national fellow in sustainable anaesthesia in the world for the Association of Anaesthetists, Centre for Sustainable Healthcare and Newcastle upon Tyne Hospitals.

Cathy has contributed to a variety of regional, national and international projects, initiatives, guidelines and publications.

"Being the first person to receive the Anniversary Medal for my achievements in sustainable healthcare is an absolute honour," she said.

Happy retirement Debbie

MUCH loved ward manager Debbie Middleton is retiring from the trust after dedicating 36 years to the NHS.

Debbie started her nursing career in 1986 as a newly qualified staff nurse in the plastic surgery unit at Newcastle General.

In 1996 she took a short career break before relocating to Middlesbrough where she joined the nurse bank for South Cleveland Hospitals in 1997.

During this time Debbie recalls being 'poached' back into the speciality she loved and joined Middlesbrough General Hospital's plastic unit.

When Middlesbrough General closed Debbie moved to ward 35 at James Cook where she worked

her way up to a clinical sister role and was later promoted to ward manager.

Clinical sisters Vanessa Campbell Lee and Tracy Simpson said: "Debbie is an excellent nurse with extensive knowledge and experience of the ward specialities. She's very supportive and is well liked and respected by her team and colleagues. She will be missed by all of ward 35 staff."

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