

TALKING POINT

Winter 2022/23

INSIDE

Heart unit launches 30th anniversary celebrations

New £5million diagnostic hub comes to the Friarage

Susan donates kidney to colleague's son

Delivering image-guided surgery around the clock



Call the midwife!

– Maternity charity ride raises more than £20,000

New £5million diagnostic hub comes to the Friarage Hospital

AN ENDOSCOPY and urology diagnostic hub that will boost the number of procedures and provide a one-stop-shop service for patients has opened at the Friarage.

The £5million investigations unit will enable 60 more patients each week to receive endoscopy tests, which use a long, thin tube with a small camera inside to help diagnose certain symptoms.

The state-of-the-art facility will also deliver diagnostic procedures and treatments to patients with problems of the urinary tract. This will include rapid assessment of patients with suspected urinary tract cancers, as well as treatments to help patients with conditions such as difficulty passing urine, kidney stones, incontinence and urinary tract infection.

The diagnostic hub will also host the South Tees minimally invasive gastrointestinal services (SMIGS) which will

provide access to GI capsule endoscopy (CE or Pillcam). This involves using a miniature camera to examine the stomach or small or large bowel, as an alternative to conventional endoscopy in a select group of patients.

The diagnostic hub will provide access to Cytosponge, which is a minimally invasive test for surveillance in patients with Barretts Oesophagus. This is the first time these minimally invasive diagnostic procedures will be carried out from the Friarage.

The hub will also become home to a new South Tees Endoscopy Training Centre, and its opening comes just weeks after the Department of Health and Social Care gave the greenlight for £35.5million

of NHS investment to be earmarked for the creation of new modern operating theatres at the Northallerton hospital.

Arvind Ramadas, clinical director for endoscopy said: "The endoscopy unit will deliver a high quality and patient-centred service, with a focus on innovation and training, and we are very excited to be able to provide these services to our patients from Northallerton and surrounding areas."

Jo Cresswell, consultant urologist added: "This will be a wonderful facility for the people of North Yorkshire and Teesside to access the care they need for urological problems. The urology team is looking forward to developing services at this unit to improve care for our patients."

James Dunbar, the trust's clinical collaborative chair for the Friarage, said: "This is just the latest investment in new services at the Friarage which will mean more treatments being carried out here in fantastic new facilities for our patients."

The £5million investigations unit will enable 60 more patients each week to receive endoscopy tests



Rishi Sunak opens the diagnostic hub at the Friarage

Susan donates kidney to colleague's son

BEFORE joining a new team at James Cook configurations administrator Susan Baldwin hadn't given much thought to organ donation and wasn't signed up to be a donor.

But, after hearing that her colleague's son needed a kidney transplant, she discussed it with her family and decided to give him a life changing gift.

Shortly after joining the medical rostering team, Susan learnt that Gill Postgate's son, Will, had a genetic condition called Alport syndrome.

Gill was very open about Will's condition and that he would eventually deteriorate and would need a kidney transplant.

And, as time went on Gill received the news that Will, 22, needed to start his transplant journey.

"Will is only a year older than my son," said Susan. "Initially I thought I wouldn't be able to donate in case any of my family needed a transplant in the future.

"But, when Gill finally got the news that Will needed to go on the transplant waiting list it seemed so unfair, they're a normal hardworking family, so I thought I'm a fit and healthy person, what if everyone thought they needed to save a kidney in case a family member needed it?"

Susan spent a lot of time thinking about being a living donor and decided that if it was her son who needed a transplant, she'd like to think there was someone out there who would do the same for him.



Susan Baldwin and colleague Gill Postgate

After discussing it with her family she offered to help Will and was tested, along with Will's dad, to see if she was a match.

Unfortunately, Will's dad was unable to progress any further but Susan discovered she was a match in February 2021. Following further tests a couple of months later she was advised she was unable to proceed.

Determined to help Will, five months later Susan went back to the renal department for further tests, unbeknown to Gill and Will.

Four months later, in January 2022, Susan found out that she could be Will's donor with a transplant date of 2 February.

Now, Will has returned to full-time work and says his life is on a vertical trajectory:

"The transplant has changed my life in ways you can't put into words."

Susan added: "I'm so lucky that I get to hear how well Will is doing. The more I think about it the more I think it was meant to be."

"The more I think about it the more I think it was meant to be."



Will Postgate and Susan Baldwin

Sponge on a string test revolutionises cancer detection

RAYMOND Berry was one of the first patients to benefit from a new service being used at James Cook to detect and monitor oesophageal conditions such as Barrett's cancer.

The new Cytosponge is a small capsule which is attached to a string.

Patients like Raymond are asked to swallow it while the nurse keeps a hold of the string. Its outer lining, made of vegetarian glutelin, then dissolves to reveal a tiny sponge around the size of a 10p piece.

The sponge is withdrawn from the stomach via the mouth by a quick pull of the string, taking between 500,000 and 1 million cells on its way before it is sent to the lab for examination.

Findings can determine whether further testing or surveillance is required and can improve early detection of changes which may lead to oesophageal cancer.

Raymond, a former miner from near Loftus, has regular endoscopies after pre-cancerous cells were previously found in his oesophagus.

"Usually, I have the endoscopic camera but obviously this is a new treatment and I said I'd volunteer to have it



Raymond Berry and the hospital's endoscopy team

done and it was easy, better than the camera," said the 66-year-old.

"I'd tell others not to worry if they're having this because it's what seven minutes, seven and a half minutes, and they pull it out gradually, you get a bit

of wind but nothing else. I just hope it helps everybody else."

Arvind Ramadas clinical lead for endoscopy said: "The early detection of cell changes (dysplasia) in Barrett's oesophagus could make treatment much easier and enable doctors to intervene before cancer develops.

"This procedure will be rolled out in a phased manner through the South Tees minimally invasive gastrointestinal service."

Peter Davis, consultant upper GI cancer surgeon and chair for the regional cancer MDT, added: "I'm delighted that South Tees has become an early adopter of this new diagnostic approach and technology."

The newest minimally invasive gastrointestinal service comes just four months after James Cook extended its use of tiny pill-sized cameras, offering patients upper GI capsule endoscopies following the success of using the pill-sized cameras to investigate and diagnose bowel abnormalities.



The Cytosponge

Chief nurse launches search for next Nightingales

ONE of the nation's leading nurses helped to launch the trust's annual Nightingale Awards.

The awards celebrate nurses and midwives who have gone the extra mile for their patient or service user to ensure an outstanding level of care, and people in the local community can submit nominations.

Margaret Kitching MBE, regional chief nurse for the North East and Yorkshire, joined teams at James Cook to kick-off this year's awards and talk to them about their journey over the last three years which has seen nurses, doctors and other health professionals come together to make the decisions about how resources are allocated and care is delivered across the trust.

She said: "South Tees has been on an incredible journey and everyone, at every level in the trust, deserves a huge amount of credit for the enormous progress they have made.

South Tees has been on an incredible journey and everyone, at every level in the trust, deserves a huge amount of credit for the enormous progress they have made.

"I'm delighted to launch the nominations for this year's South Tees Nightingale Awards which are a great opportunity to thank a nurse, healthcare assistant or midwife who has gone above and beyond for you or your relatives in the last year."

Sarah Callaghan, nurse consultant in interventional cardiology, who is coordinating the awards, added: "We would love to hear your stories and recognise our members of staff who have shown an exceptional level of patient care. Due to COVID we couldn't host our usual annual awards ceremony last year so

Make your nomination

Visit southtees.nhs.uk/about/nightingale to submit your nomination before Friday 7 April 2023 and see a full list of categories.

we are hoping that we can make up for it this year."

The winners will be announced at the awards ceremony held on Thursday 11 May 2023.

Categories include:

- Student nurses/midwives
- Practice assessors
- 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)
- Matrons Awards – this year the awards will be linked to those who have improved nutrition and hydration practice for the trust's patients.



Regional chief nurse for the North East and Yorkshire Margaret Kitching, nurse consultant Sarah Callaghan, deputy chief nurse Lindsay Garcia, deputy chief nurse (operations) Amy Oxley, clinical director for neonatology Lynne Patterson and chief nurse Hilary Lloyd (left to right)



The official opening of the secret garden

Secret garden opened in the heart of the Friarage

A SECRET garden has been opened in the heart of the Friarage for palliative care patients and their families thanks to a local charity.

The secret oasis offers patients, visitors and staff a space for reflection as well as for those therapeutic quiet times.

It was created by Beth Robinson, the landlady of the Beeswing Inn in East Cowton, and her incredible fundraisers in memory of her father Les.

In 2014, Beth and her friends formed the Cowtonbury Music Festival to raise funds for those who cared for her mother after she was diagnosed with breast cancer in 2013.

Thankfully Beth's mum recovered but Beth's dedication to fundraising didn't stop there.

Since 2014 the annual event has raised over £160,000 to improve health and palliative care services and spaces in the Hambleton and Richmondshire district.

The garden is the newest addition in their mission to create more family spaces for people to spend their final moments with their loved ones away from the clinical hospital environment.

Beth explained that her dad, who died in 2018 in the Friarage's palliative care unit, was the inspiration behind the garden.

She said: "Dad's care at the Friarage was truly amazing. However, what stuck out during his care was the lack of family spaces.

"Dad loved the outdoors; he would rather be outside than stuck behind hospital doors."

Thanks to Beth's team, volunteers from the Northdale horticulture scheme and the local community, the secret courtyard now has a natural look and feel, offering pagoda style weather protection for patients and their families.

"It's great to see the garden now complete and ready for patients and their families, I feel really emotional and proud," said Beth.

Although the secret garden will primarily be used by palliative care patients, it will also offer a tranquil outdoor space for other long stay patients as well as Friarage staff.

David Pratt, the Friarage's general manager said: "We are delighted to have worked with the Cowtonbury team on the secret garden project.

"The garden will provide a valuable space for reflection and respite for our patients and their families as well as for our staff. We look forward to working with the Cowtonbury team on future projects."

"It's great to see the garden now complete and ready for patients and their families, I feel really emotional and proud."



The garden features the 'tree of life' theme seen throughout the Friarage

First nurses qualify through degree apprenticeship scheme

THE trust's first cohort of nursing degree apprentices have qualified as registered nurses.

The programme aims to help healthcare professionals who already work within the trust and are keen to qualify as registered nurses.

All six apprentices have gone on to secure nursing jobs on various wards within James Cook, including the emergency department, ward 27, renal dialysis and respiratory, as well as at the Friarage.

The programme was led by clinical practice educator Christie Sowerby. She said: "It has been a pleasure to support our first cohort throughout their studies.

"The apprenticeship route has given individuals, who otherwise wouldn't have had the opportunity to be able to complete their studies, due to financial and work life commitments, the opportunity to progress to be a registered nurse.

"They have brought a wealth of underlying knowledge and skills into this programme from their previous roles and I am so proud.

"They're a credit to the trust in their new roles and I wish them luck embarking on this new chapter of their career. Well done."

Julie Bailey from Guisborough has worked for South Tees for 22 years and was among those to qualify.

"I've wanted to be a nurse since I was 18 years old but I couldn't afford the training so when this opportunity came up, I grabbed it with both hands," she said.

"It's an honour to be handpicked to be one of the first six to take this training progression further. It wasn't easy going back to university in my fifties but I'm so glad I did and I'm now a registered nurse on the elective orthopaedic ward at James Cook."

Charlene Robson from Thirsk previously worked as an assistant

practitioner at the Friarage and also gained her dream job of being a registered nurse following the apprenticeship.

"I did a funded foundation degree over ten years ago and kept holding out to be sponsored to achieve my goal," she said.

"When I got the call to say I got onto the course it was emotional because I'd been waiting so long, I couldn't believe it.

"It's amazing to now be a qualified nurse on the Friarage's Gara Ward, it still doesn't feel real."

Chief nurse Hilary Lloyd said: "We are incredibly proud of our nursing degree apprentices; they are a huge asset to our nursing teams across the trust.

"I am immensely proud of all six of them for leading the way with this new qualification and for providing excellent patient care."

"We are incredibly proud of our nursing degree apprentices; they are a huge asset to our nursing teams across the trust."



Clinical practice educator Christie Sowerby with the newly qualified registered nurses

Rapid diagnostic centre helps suspected cancer patients receive faster care



Chris Blackham,
RDC advanced
clinical practitioner

PATIENTS who do not have obvious cancer symptoms have been receiving faster cancer diagnosis and care thanks to the trust's rapid diagnostic centre (RDC).

Based in the Friarage, the centre acts as a single point of contact for patients who have non-specific cancer symptoms, such as weight loss and fatigue, and aims to provide earlier and faster diagnosis by assessing patients' symptoms holistically, providing an individualised programme of diagnostic tests.

Since formally commencing as an RDC in 2020, the centre has had almost 1,200 referrals from GPs, and internal trust staff, who are concerned that a patient may have cancer, but they only have vague symptoms that don't meet the usual criteria for an urgent two-week cancer referral.

The current conversion rate for the service, which is the percentage of cancer diagnoses from the total number of referrals, is 12.8%.

One of those patients to benefit from an internal referral to the RDC is Donald Alison from Darlington.

Days before attending James Cook for his annual cardiac check-up Donald started experiencing sweating and had a rash all over his body.

After examining Donald, cardiology consultant Andy Turley didn't delay in referring him to the rapid diagnostic centre, which subsequently led to discovering he has a small cancerous kidney tumour and an enlarged prostate.

"The rapid diagnostic team swung into action very quickly and very effectively," Donald said. "The day after I was referred, I received a call from them which triggered a series of events.

"The level of patient service I received was exceptionally high. Their communication was excellent and the telephone follow up calls between appointments kept me fully informed of progress with test results, scans and later on the urology and dermatology departments.

"In a relatively short period the team managed to get me in to see the experts in the other two departments, my diagnoses and a clear action plan for both.

"If it wasn't for Dr Turley and the rapid diagnostic team it's highly likely it could have been a year, if not longer, before I found out I had a tumour and it probably would have spread to other parts of my body."

Carole Goodchild, RDC service improvement lead said: "It is a privilege to be involved with this service and it is great to receive such positive feedback from patients. It is brilliant that we can help so many people to access the care they need in a timely manner."

The RDC is happy to accept referrals via WebICE for patients, or staff, where cancer is a concern but where there is no clear, or existing, pathway. If you have any questions or concerns, please phone 63338, externally via 01609 763338, or email stees.rdc@nhs.net.



The rapid diagnostic centre team



Simon Clarke MP cuts the ribbon to officially open the new interventional radiology theatre

Trust invests £3million to deliver image-guided surgery around the clock

A SECOND state-of-the-art interventional radiology theatre has opened its doors at James Cook.

Interventional radiology uses imaging technology such as x-ray, CT or ultrasound to look inside patients and perform minimally invasive procedures.

The new theatre will enable the trust to provide rapid access to a wide range of life saving and life altering image-guided procedures at any time of the day or night.

Interventional radiology plays a vital role in both planned and emergency patient care.

Its innovative, evolving and often complex techniques have revolutionised patient care in a wide range of diseases and these less invasive procedures help save lives and enable patients to make a faster recovery.

The trust has invested £3million in the new theatre including recruiting new interventional radiology consultants, radiographers and radiology nurses.

This means the trust can now provide a robust out of hours service with 24/7 access to life saving interventional radiology procedures, as well as

supporting the development of a wider range of new treatments.

Richard Hartley, interventional and cardiothoracic radiologist said: "We are delighted to open our second interventional radiology theatre and expand our specialist team at James Cook.

"This fantastic facility will benefit patients for years to come and opens

up the opportunity for us to introduce more leading-edge treatments."

Simon Milburn, consultant interventional radiologist and clinical director said: "The new theatre gives patients more rapid, around the clock access to a wider range of life saving and life altering procedures.

"It provides the access to interventional radiology that the population of the Tees Valley long deserve."



Callum Pearce, RI and fluoro manager, Sally Moore, advanced clinical practitioner and Emma Leete, specialist radiographer (left to right) in the new interventional radiology theatre

Research team recruit first patient for ground-breaking prostate cancer trial

RESEARCHERS at James Cook have recruited their first patient to receive Lutetium-177 PSMA in an international clinical trial.

The Novartis sponsored clinical trial, known as PSMAfore, is an international study investigating whether a new type of treatment using a drug called 177Lu-PSMA-617, can help to prolong the duration and quality of life in patients who have received first-line therapies for incurable prostate cancer.

The trust was only one of four UK centres selected to take part.

Patients wishing to be involved need to receive a special diagnostic scan in London to see if their cancer cells express the PSMA marker required for the treatment.

The phase three research trial compares the results between patients being treated with the new drug verses traditional methods of hormone treatment sometimes used in prostate cancer patients.

Five patients in total were screened for the trial, but only one patient of the four entered onto it will receive the new treatment.

The research team, led by Darren Leaning, consultant clinical oncologist, have now opened a sister study, PSMAAddition, which will look to see if Lu-PSMA can help improve outcomes in patients with newly diagnosed metastatic disease.

Darren said: "Having these types of trials open at our hospital, is extremely significant and important, as we need to plan for investment into nuclear medicine services that puts us at the vanguard of cancer centres across the UK."



Clinical trial practitioner Claire Elliott, patient Ronald Davison, consultant clinical oncologist Darren Leaning, and nuclear medicine's Dionne Limmer (left to right)

Creating an outdoor space for rheumatology

JAMES Cook's rheumatology day unit is appealing for the local community to help transform their outside area into a vibrant garden.

Patients currently attending the department's day unit often spend whole days inside with no outdoor space for them to stretch their legs during the long days.

But the new garden would provide them a designated space to take some time away from the clinical ward to enjoy the fresh air.

Dawn Youll, rheumatology clinical sister and department manager, said: "We're always blown away by the generosity of our patients and the local community and with their help we're hoping to raise £8,000 to put towards some flowers, trees, seating and lighting.

"If anyone can help us by donating, we'd would be extremely grateful as we know this refurbishment will hugely benefit our staff and patients both physically and mentally."



The team in the current courtyard

Get involved

Donate today via www.justgiving.com/campaign/RheumatologydayunitgardenJCUH

Alternatively, email Our.Hospitals.Charity@nhs.net or call 01642 854160



Natalie Whitwham (left), Macmillan early palliative intervention nurse, launches the new EPIC service at the Friarage

Pioneering early palliative intervention care service launched

A NEW service, one of the first of its kind in the UK to provide early palliative intervention care (EPIC), has been launched at the Friarage thanks to funding from Macmillan Cancer Support.

Part of the wider specialist palliative care team, it has involved the creation of two specialist roles offering services across Hambleton and Richmondshire.

It will initially be focused on those with upper GI (gastrointestinal), colorectal and skin cancers but is expected to open to other tumour groups as the service develops.

The community service aims to bridge the gap between diagnosis and end of life care for patients who have been diagnosed with incurable cancer.

By providing early intervention the team can spot problems before they escalate into something bigger, improving quality of life and avoiding unnecessary hospital admissions.

Responsible for delivering the new service are Natalie Whitwham,

By providing early intervention the team can spot problems before they escalate into something bigger, improving quality of life and avoiding unnecessary hospital admissions.

Macmillan early palliative intervention nurse, and Kimberley Almond, Macmillan cancer care co-ordinator.

Natalie said:

"Following a diagnosis of cancer, especially one that is incurable and life limiting, people need time to come to terms with it. Their family need support too, and the social and financial situation needs to be addressed with the right help from the right people.

"It's a lot to take on, people can become overwhelmed with it all and entirely disappear from the care pathway as a result, only to re-emerge later when they are much further along, having suffered with physical discomfort and pain, loneliness, fear of the unknown; often confronting a much worse situation with less time.

"We will also look at how to engage those who are historically seen as

hard to reach groups, such as people with learning disabilities, adolescents moving into adulthood or people with mental health problems."

Stella's story

Stella King, 73, of Catterick works as a volunteer for the palliative care team at the Friarage. She lost her husband, Geoffrey, 75, to bowel cancer in 2013.

Without the care of the Friarage palliative care team and the Harriot Hospice she says Geoffrey would not have been able to stay at home:

"In between appointments we received check in phone calls and visits to our home from the Macmillan palliative team. We knew we could talk to them about problems that came up and advice around Geoffrey's treatment.

"We had access to occupational therapists, dieticians and when Geoffrey was admitted to hospital, he received regular visits from the palliative team. I was encouraged to pick up the phone if I had any queries and, in that situation, there is always something; it means an awful lot to have trusted advice and support."

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.



Emilie Bell – Helping Others

Emilie was praised by colleagues for being supportive and helpful. She's always taking care of maxfax patients and tries to get things done quickly to the extent she sometimes takes patients to x-ray to start NG feeding or have their post-op images done. She was described by colleagues as 'kind, ambitious and a great team player'.

South Tees STARS shine brightly



Emad Rezkallah – Going the Extra Mile

When a patient became acutely unwell quite quickly it was evident they would potentially need to go back to theatre. When a colleague contacted Emad, he quickly went back to the ward to help, despite being at the Friarage. As soon as he arrived he took control of the situation and took the patient back to theatres himself. He kept calm and ensured that patient was safe and their family was updated.



Luke Weller – Attention to Detail

Since Luke has been supervisor and a point of contact for theatres regarding procurement issues there has been an enormous improvement. He goes above and beyond his job role and it's clear that he is passionate about his work.

Andrew Jackson - Going the Extra Mile

When an inpatient needed a piece of equipment that wasn't in stock and hasn't ever been requested before, Andy worked in his own time, until 10pm, with external partners to get a hold of it. Thanks to his dedication and determination the piece of equipment was delivered to the ward by 11am the next day.



Claire Kennedy - Going the Extra Mile.

Claire responded to a request to fulfil an urgent safety recall from NHS Supply despite having to come in on a Bank Holiday to facilitate this and protect her colleagues.



Owen Ford - Going the Extra Mile

Since Owen has become involved in the management of stock and consumables in radiology he has become an invaluable asset to the team. He is extremely conscientious and always goes the extra mile every day to support the nursing team in every aspect of supplies and deliveries. He displays excellent communication skills and uses initiative to deal with the challenges that arise daily. It is apparent how dedicated he is to helping the team.



Ward 5 – Teamwork

The team on ward 5 won a STARS Award for their incredible teamwork and exemplary patient care.

Heart unit set to celebrate 30th anniversary



Professor Sir Liam Donaldson with the cardiothoracic team at James Cook

TEESSIDE's heart unit is marking a milestone anniversary after 30 years of delivering state-of-the-art care to patients with cardiovascular disease across the region and beyond.

Professor Sir Liam Donaldson, chair of the NHS North East and North Cumbria Integrated Care Board, officially kicked off the celebrations at James Cook with a tour of its cardiology and cardiac surgery services.

It was 20 January 1993 when the first cardiac catheterisation laboratory was officially opened at what was then South Cleveland Hospital, while

the first cardiothoracic surgery was performed in 1994.

Sir Liam was the regional health chief at the time and played an instrumental role, alongside former consultant cardiologist Adrian Davies, in bringing the heart unit to Middlesbrough, which 30 years ago had some of the poorest heart health rates in the country alongside some of the worst access to treatment.

Thirty years later the unit is leading the way when it comes to using the most advanced technologies:

- First in the UK to implant a new miniature wireless heart monitor - the Medtronic Reveal LINQ™ loop recorder, primarily to help pinpoint why a patient is suffering blackouts or an irregular heartbeat.
- First in the world outside of clinical trials to implant a WiSE wireless pacemaker the size of a grain of rice.
- First in the UK to use a da Vinci robot to remove a tumour from the main airway of a lung.
- Named as an international flagship site for Transcatheter Aortic Valve Implantation (TAVI) – an advanced

procedure in which specially trained consultants replace narrowed heart valves without the need for open heart surgery.

Sir Liam said: "It is wonderful to see this service 30 years on and humbling to witness the dedication of the staff.

"Not only is the service providing specialist care closer to home but it continues to pioneer the most state-of-the-art treatments for the benefit of patients across Teesside, North Yorkshire and beyond."

Andrew Sutton, consultant cardiologist and clinical chair for cardiothoracic and vascular care services, added: "We have achieved so much over the past 30 years - from halving hospital mortality from heart attacks in Middlesbrough when we started a primary angioplasty service; to fitting more than 11,000 pacemakers; to pioneering some of the most advanced robotic surgery techniques.

"And there's more exciting times ahead as we look to open our cardiothoracic research facility."

Our Hospitals Charity and South Cleveland Heart Fund are raising funds to bring first class cardiovascular research facilities to Teesside. Find out more at southtees.nhs.uk/charity/campaigns/hearts-and-minds



Nikki clocks up 36 years in the cardiac investigation unit

THE heart unit may be celebrating its 30th anniversary, but Nikki Idle, senior echocardiographer in the cardiac investigation unit is celebrating her retirement after 36 years with the cardiology team.

"I have remained within the same cardiology department for over 36 years since I started in 1986 aged 18 as a cardiographer," she said.

"We had a very small cardio-respiratory department near to the north reception. It was called South Cleveland Hospital back in the day and Dr Adrian Davies was the only consultant cardiologist. Ward 1 was the cardiac ward with a small area for CCU (coronary care unit).

"I went on to train as a cardiac physiologist in the cardiac catheterisation labs which were built in 1993.

"Along came Dr Hall and Dr De Belder, performing left heart catheterisation, right heart catheterisation, percutaneous coronary intervention, pacemakers and valvuloplasty. Mr Hedley-Brown was head of the cardiac surgeons' teams in case of emergency bypass and we had just one main cath lab at that time.

"We now have around 17 consultant cardiologists and four cardiac cath labs which is totally amazing for the people of Teesside and the bigger catchment areas we cover.

"Our patients are at the heart of what we do as professionals and as genuinely caring people.

"I have seen and been a part of all the marvellous changes within the hospital, within the cardiac investigation unit and cath labs and our whole cardiology unit.

"I have loved my time at James Cook and now would recommend it for a good place to come and work. I have felt at home, part of a great team, a great unit and most of all, part of the cardio family."



Nikki Idle

A graphic with a large blue circle in the center containing the text 'Join the conversation' and 'South Tees Hospitals Staff Facebook group'. The background is white with colorful polka dots. A hand holding a smartphone is shown on the right side.

Join the conversation
South Tees Hospitals Staff Facebook group

How to join the Staff Facebook group

- 1 Search South Tees Hospitals Staff on your own personal smartphone
- 2 Read through the posting criteria and group rules
- 3 Agree to the group rules
- 4 Provide your NHS email address and tell us what department you work for

Once you have agreed to the rules and provided all the above information, the communication and engagement team will grant you access.

Patients benefiting from James Cook's latest virtual ward

RESPIRATORY patients are now receiving their treatment in the comfort of their own homes thanks to James Cook's latest virtual ward.

The new virtual ward helps patients with COPD (chronic obstructive pulmonary disease).

COPD is a long-term condition that causes inflammation in lungs, damaged lung tissue and a narrowing of the airways, making breathing difficult.

Patients who meet the requirements and are seen as a low risk are now being shown how to use an oximeter to measure their oxygen saturations and heart rate at home.

They are then telephoned daily by the specialist nursing team who monitor their recovery.

The service was set up by the clinical team who opened James Cook's virtual COVID ward at the start of the pandemic.

Ramamurthy Sathyamurthy, consultant in respiratory medicine and chair of the trust's medicine and



Some of the respiratory team involved in the virtual ward

emergency collaborative said: "Our experience with the successful COVID virtual ward taught us that patients feel safer and emotionally better when treated at home under the expert supervision of our nursing team.

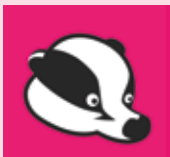
"We are now looking to expand this virtual monitoring and delivering care at home in respiratory conditions starting with COPD patients which has been received very well."

Janet Leight, respiratory lead added: "So far over 30 patients have gone through the service, which is fantastic.

"There are two types of oximeters that we use for our patients. The first is a standard one that you simply clip onto your finger and then we phone them to record their results.

"The other links directly to their mobile phone using Bluetooth, meaning their results are instantly visible on our system and we can ring them straightaway if their results are in red and do a home visit if required."

The service was set up by the clinical team who opened James Cook's virtual COVID ward.



Maternity and neonatal care is going digital

OUR maternity and neonatal notes are going paperless.

From early 2023, our maternity and neonatal services will be using BadgerNet, a new digital system for accessing patient records and documenting at the point of care.

BadgerNet is a fully electronic patient record and will be replacing maternity and neonatal handheld notes at the trust.

This new digital system, which is part of a programme of improvements made possible by £800,000 of NHS funds awarded to the trust to upgrade its digital maternity services, allows clinicians to access patient records and add notes in real time, effectively reducing our use of paper, improving patient safety, and saving time.

BadgerNet enables maternity and neonatal records to be exchanged

between healthcare professionals and trusts, irrespective of their location or clinical system; and patients will be able to view their pregnancy record through an app called Badger Notes.

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."

Bringing children's surgery closer to home

HOSPITALS across the north east are working together to enable more children and young people to have specialist surgery closer to home.

South Tees Hospitals and Great North Children's Hospital in Newcastle have teamed up to enable a specialist paediatric surgeon to visit James Cook every other week.

They undertake a morning clinic and afternoon operating list supported by David Macafee, consultant colorectal and general surgeon of childhood and local paediatric anaesthetists.

Relaunched in March 2022 as part of the trust's COVID-19 recovery plan, there are many benefits from this collaboration:

- More specialist keyhole and complex operations in very young children can now be performed at James Cook which means fewer families need to travel long distances for specialist procedures.
- Some children looked after by paediatric surgeons at Great North Children's Hospital (such as newborn babies) can now have their follow up outpatient appointments closer to home.
- An increased number of clinics are now available reviewing a wider range of conditions referred from GP and southern hub colleagues.



Bruce Jaffray, consultant paediatric surgeon, David Macafee, consultant general surgeon of childhood and Amy Norrington, consultant lead for paediatric anaesthesia and paediatric pre assessment, in the children's theatre corridor at James Cook (left to right)

- With more surgeons and their wider combined expertise, more operating lists occur each year which will help keep waiting times low and accelerate our COVID recovery.

This complements the existing South Tees outpatient services offered by Omar Nugud at Friarage and Ramachandran Amitharaj and Mr Macafee at James Cook.

The surgery takes place at James Cook where paediatric anaesthetists, children's day unit and children's recovery are concentrated around the 24/7 paediatric major trauma and critical care facilities.

By doing more cases in the south of the region, it should free up capacity for

children awaiting surgery in the northern parts of the north east.

"We are delighted that with the help of Great North Children's surgeons Mr Gopal, Mr Hosie and Mr Jaffray, we can enable the highest quality surgery for children and young people closer to their homes in Teesside, North Yorkshire, Hambleton and Richmondshire," said Mr Macafee.

"It means less travel costs and time for families on what can be a very anxious day of surgery. Thanks to everyone who has made this possible including staff on the paediatric surgical day unit, ward 22, pre assessment, theatres and the management teams in both hospitals."

Call the midwife

MATERNITY staff at James Cook have raised more than £20,000 for a new bespoke bereavement suite following a Call the Midwife style charity cycle ride.

The team donned fancy dress based on the popular BBC period drama series and cycled from James Cook to Centre Square in Middlesbrough before returning to hospital via Albert Park.



Pledge your support

Visit justgiving.com/campaign/MaternityBereavementJamesCookUniversityHospital

We will remember them

HIS Majesty's Lord-Lieutenant of North Yorkshire Mrs Johanna Ropner and Andy McDonald, MP for Middlesbrough, officially opened the trust's new Veterans Garden at James Cook, in honour of our Armed Forces.

The opening of the garden was followed by a remembrance service, led by trust chaplains Len Collings and Lisa Opala.



Richard becomes the first trainee in the north east to receive prestigious medal

CONGRATULATIONS are in order after our very own Richard Leck was the first trainee in the north east to be awarded the extremely prestigious William Houston Gold Medal.

The William Houston Medal is awarded to the individual achieving the highest mark at The Membership in Orthodontics examination at the Royal College of Surgeons of Edinburgh.

Richard recently completed three years of registrar training in the orthodontic department at James Cook.

He said: "I'm really pleased to have won the medal for the orthodontic department, it certainly reflects the hard work of the whole unit."



Richard Leck

Top of the leaderboard for POISE trial

SOUTH Tees has recruited the highest number of people into a national clinical trial, despite starting later than other recruiters.

The study team, made up solely of advanced practitioners, is helping to determine which patients respond well, and which don't, following lumbar nerve root injection for sciatic leg pain.

The POISE trial is a rare collaboration on study, between physiotherapy and triage and treat, which is helping to better understand care for patients.



David Annison and Gill Rhind

The team consists of David Annison, an advanced practice physiotherapist and Gill Rhind, an advanced practice nurse, upskilled in the delivery of lumbar nerve root injections.

Despite starting six months later than the first recruiting site, South Tees is the highest recruiting site in the country, with the trust's model of approach now being used at other sites.

David said: "Being principal investigator on a study which involves nerve blocks is a great fit with my current research and NIHR fellowship training."

"Having a study solely led by a physiotherapist acting as a principal investigator, is a relatively rare find at South Tees, the decision was an easy one."

Despite starting six months later than the first recruiting site, South Tees is the highest recruiting site in the country.

David was contacted by the local NIHR team about the Keele University led trial around 18 months ago.

He is the first AHP within the trust to be awarded an NIHR pre-doctoral clinical academic fellowship, of which the POISE study forms a part of. He and the study are supported by the South Tees Academic Centre for Surgery (ACEs).

A small change can make a big difference

HAVE you got an improvement idea that could transform patient care or the way your service works?

A range of leadership and improvement courses are available at the trust to support continuous improvement at all levels including LEAN - a four-month programme to build service improvement skills and empower staff to make changes.

Service improvement lead, Jo Lloyd said: "Improvement doesn't have to be huge or complicated to be effective or impactful - every little helps."

To get involved email stees.leadershipandqi@nhs.net or visit the marginal gains intranet page.

Here are some recent examples of how LEAN practitioners are making a difference across the trust.

Claire speeds up CDI review process

The infection, prevention and control (IPC) team complete a route cause analysis for every trust apportioned case of *Clostridioides difficile* (CDI).

Traditionally this report was compiled by emailing the clinical area, matron, IPC doctor and pharmacy in turn but it was a very time-consuming process.

Claire Phillips, IPC governance and quality facilitator, felt the process needed improving to save time for all colleagues involved and took on the



Jo Carter, Claire Phillips (centre) and Brad Morgan from the IPC team

challenge when she completed the LEAN course, with the support of IPC colleagues Sharon Lance, Jo Carter, Richard Robinson and Brad Morgan.

Now a one-hour structured case review brings everyone together on one call while the case is still fresh in people's minds. It can then be completed without delay so any future learning to help avoid trust-attributed cases can be put into practice as soon as possible.

"It's proved a lot more productive and we are now in the process of rolling out to MRSA and MSSA cases," said Claire, who says she would recommend the LEAN course.

"It just makes you think differently," she said.

Helping patients with delirium

Ward 3 nurse Michelle Milson is launching a pilot scheme to help reduce distress and improve outcomes for patients with delirium.

Michelle has developed a delirium intervention toolkit so nurses can regularly access activity levels such as aggressive behaviour, anxiety and excessive sleeping. These are graded using a traffic light system so issues can be easily recognised and any useful interventions are detailed.

The toolkit then stays with the patient to help inform others of their needs including care homes, community healthcare teams and relatives.

This enables patients to receive seamless and transparent care and shows that they have been at the heart of decisions made.

"When we plan to discharge our patients let's give them a toolbox of coping strategies and a personalised care plan which reflects their journey to assist in further episodes of intervention," said Michelle, who hopes the initiative will help reduce re-admissions.

It's a project Michelle feels passionate about as she qualified as a mental health nurse two years ago, but it was only after completing the LEAN programme that she felt she had the confidence to take it forward.

"It was a brilliant programme," she said. "I would encourage a lot of our staff to go on it."



Nurse Michelle Milson (left) with ward manager Amanda Parry

Introducing the Carer's Passport

THE trust has launched a Carer's Passport to help those who are helping others during a stay in hospital.

A Carer's Passport is for a patient's main carer and entitles them to several benefits, such as visiting outside of normal visiting hours and discounted car park parking tickets.

Staff need to identify, on admission to hospital, the patient's main carer to ensure they are made aware they can have a Carer's Passport. In addition, if a carer thinks they are eligible, they can speak with ward staff who can advise.

The passport is available to the main carer of a patient with at least one of the following conditions:

- Dementia
- Frailty
- Learning disability
- Autism
- Mental health problems
- Any disability where communication is affected, for example, MND/MS

The ward manager or nurse in charge is responsible for completing the passport. The full process is available to view in the dedicated SOP, which is aligned to our patient-centred visitor's policy.



Anna Wilson, dementia lead nurse (left) with colleagues launching the Carer's Passport

A poster, leaflet, and booklet have been given out to ward areas in packs with the card and lanyard. The poster and leaflet can also be downloaded from the intranet.

Anna Wilson, dementia lead nurse at the trust said: "The trust is dedicated to patient-centred care throughout the hospital stay, which is why we have adopted a Carer's Passport scheme, kindly paid for by Our Hospitals Charity.

"It can be a difficult time when someone you care for is admitted to hospital. You may wish to be with your relative or friend more to continue to support them.

"If you are providing a lot of care, you are also very likely to know a lot about their condition and how the person you are caring for likes to be cared for.

"If you are supporting someone, then we will arrange for you to have a Carer's Passport."

Celebrating AHPs!

ALLIED Health Professionals (AHPs) were the stars of the show as staff came together to celebrate AHP Day 2022 with a conference full of inspirational AHPs showcasing their hard work, demonstrating their innovative and unique practices and how this benefits our patients.

The event concluded with an awards ceremony in which everyone got to vote for any AHP registered or AHP support worker across four categories: appreciate, celebrate, connection or inspires.

The winners included: Charlotte Morrison - dietetics, Marie Martin - physiotherapy, Sally Moore - diagnostic radiography, Kirsty Jones - occupational therapy, Anne Robson - therapeutic radiography, Jerry Tatton - orthoptics, Adam Lewis - physiotherapy, Karen Baldwin - speech and language therapy.

There was also an outstanding AHP award, which was won by Jen Trafford - operating department practitioner and AHP practice placement facilitator; and an outstanding AHP support worker award, won by Debbie Smith - podiatry and orthotics.

The winners also included two outstanding AHP teams - The Zetland Ward stroke team and the dietetic service.



Some of the winners of this year's AHP Day awards



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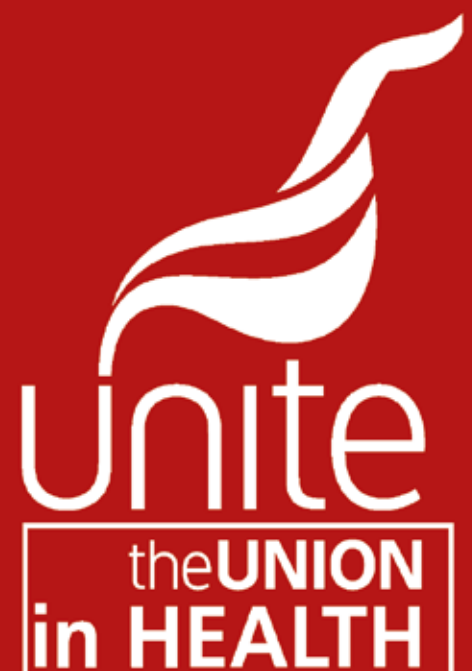
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