

TALKING POINT

Spring 2023

NHS

South Tees Hospitals
NHS Foundation Trust

INSIDE

New £35.5million Friarage surgical hub receives final approval

3D printer helps visually impaired children communicate

Cardiovascular research appeal hits target as heart unit celebrates 30th anniversary year

Right operation, right surgeon, right hospital – every time



Falls team prevent unnecessary 'trips' to hospital

Help us end PJ paralysis

DID you know that getting patients up and dressed when they are staying in hospital can actually help speed up their recovery?

Research shows that getting older people out of their hospital bed and into their day clothes - if they are well enough to do so - improves health and can shorten the length of time they need to spend in hospital.

Keir Rumins, head of nursing for head, neck, orthopaedic and reconstructive services said: "Statistics show that for every day spent in hospital older people can lose up to 5% of muscle strength. It can also affect their mobility and ability to do everyday tasks.

"That's why we recently relaunched our #EndPJparalysis campaign across all our hospital wards."

The campaign encourages staff across all our wards to get their patients up and dressed if they are well enough as we know this:

- ✓ Helps maintain their independence, muscle strength and aerobic function



Kate Thrower, Gina Clarke, Sarah Robson, Lucy Mickleright and Georgina McDonald on Ward 36 (left to right)

- ✓ Lowers the risk of infection, pressure sores and falls
- ✓ Speeds up recovery and reduces the length of time spent in hospital

Keir added: "We are urging all our clinical teams – including doctors, nurses and therapy services – to get involved.

"Help us to help our patients get up, get dressed and get back to their best."

As part of the campaign we are also asking visitors to our wards to bring in a spare set of day clothes for their friend or relative.

Patients should also have good fitting shoes or slippers and any glasses, hearing aids or mobility aids that they may need.

See the intranet for more information on the campaign or search #EndPJparalysis.



Ward 36 staff and patients relaunch the #EndPJparalysis campaign

Hospital's 3D printer helps visually impaired children communicate

AT FIRST glance you might think the 3D prints were brightly coloured toys.

But if you look closer, you will notice that they are different shapes, have different raised symbols on the top and have different textures around the sides of them.

The models are made of thin layers of a biodegradable material called polylactic acid and were printed in James Cook's 3D printing lab.

They are being used by our paediatric speech and language therapy service to support the communication skills of children with visual impairments in Middlesbrough, Redcar and Cleveland.

The item's shape, texture and colour indicate the word category while its raised symbol and braille tell you the word.

In total there are 36 internationally agreed words, shapes, colours and textures.

For children who are unlikely to ever develop spoken language

due to complex needs, these symbols provide a way for them to communicate a message.

The team use the symbols to teach children, from as young as one year old, key words and phrases such as 'stop', 'go', 'like' and 'not'.

"These new 3D prints are going to make a massive difference," said highly specialist speech and language therapist Joanna Henfrey.

"Before this our colleagues who are specialist teachers for children with

visual impairment would make paper cards and would either use objects on them or attach a piece of string to them in the shape of the symbol.

"They weren't practical and would not last more than a couple of uses so this is going to be a huge help."

The medical physics department at James Cook regularly use the 3D printing lab to make anatomy models to help surgeons plan their procedures.

The production line was the brainchild of Dave Ferguson, consultant trauma and orthopaedic surgeon.

"It's really exciting to develop our first communication tool," he said.

"When we were approached by Joanna we were determined to make her vision a reality.

"We welcome all the opportunities we can get to help with clinical problems, especially when they are affecting day to day activities and our patients in the community."

Following this initial stage if any children have specific needs more 3D models can be designed and printed.

Clinical technologist Tony Alton, Joanna Henfrey, lead nurse Cathy Brammer and Dave Ferguson (left to right)





Artist's impression of the Stockton redevelopment

One-stop health hub to help speed up diagnosis for cancer, heart and lung disease

A NEW NHS health hub offering rapid scans, tests and checks in the heart of Stockton town centre has been given the go-ahead.

The community diagnostic centre (CDC), on the former Castlegate Shopping Centre site in Stockton High Street, will be a one-stop shop offering tests to help speed up diagnosis of conditions from cancer to heart or lung disease for people across the Tees Valley.

The scheme is being delivered by the North East and North Cumbria Integrated Care Board (ICB) in collaboration with North Tees and Hartlepool and South Tees Hospitals NHS Foundation Trusts.

The new centre will deliver up to 104,000 potentially lifesaving checks, scans and tests a year when fully operational and will provide diagnostic functions such as MRI scans, CT scans, ultrasound scans, cardiology, x-rays, blood tests and respiratory checks.

Phil Woolfall, clinical director for radiology at North Tees said: "Having access to services including MRI scans and CT scans means patients can receive faster health checks outside of the hospital setting and closer to their homes."

David Reaich, deputy chief medical officer at South Tees said: "This new centre will build on the access to diagnostic scans which is already in place for patients at sites across Teesside."

Last month, the Department of Health and Social Care announced diagnostic centres across the country have helped carry out 2 million scans, tests and checks.

In the Tees Valley over a period spanning just over a year, the centres have delivered more than 45,000 additional diagnostic tests. More funding has been

secured to continue into the next year of the programme, with plans to deliver around 60,000 diagnostic tests.

Based in community settings such as shopping centres and football stadiums, diagnostic hubs house a range of cutting-edge equipment.

David Gallagher, executive area director (Tees Valley and Central) for the North East and North Cumbria ICB said: "Earlier diagnoses for patients through easier, faster and more convenient access to testing we know can significantly improve a patient's long-term health. Having a health hub in the heart of Stockton town centre will help us catch cancers and other health issues as quickly as possible, helping us save more lives."

The plans for Stockton – which will signal a wider transformation of the high street led by Stockton Council – will help create around 130 new roles in the diagnostic centre.

New £35.5million Friarage surgical hub receives final approval

PLANS for a new surgical hub at the Friarage, which will more than double the number of planned operations the hospital carries out each year, have received final approval.

The initial announcement that the Friarage was to be one of the 50-plus new surgical hubs across England was made in August 2022 and now, following final approval of the detailed plans from the Department of Health and Social Care and NHS England, building on the £35.5million state-of-the-art surgical facility is set to begin in March.

The plans for the new facility have been led by the trust's experienced clinicians and will see the hospital's

"Replacing the hospital's ageing theatre block with a modern and expanded surgical hub will ensure the world-class care our clinicians deliver is matched by world-class facilities for decades to come."

six existing operating theatres replaced with a modern surgical hub that will include six main operating theatres, two minor operating theatres and a surgical admission and day hub.

The hub is just the latest in a series of clinically led developments at the Friarage which have seen the creation of new services and the on-going removal of Second World War-era buildings on the site.

The NHS needs to increase capacity to support patients whose non-urgent care has been disrupted by the COVID-19 pandemic and the Friarage development is one of more than 50 new surgical hubs that are being created across the country.

Mike Stewart, chief medical officer said: "We are delighted that the plans for significant investment in the creation of a surgical hub at the Friarage have been given final approval.

"Replacing the hospital's ageing theatre block with a modern and expanded surgical hub will ensure the world-class care our clinicians deliver is matched by world-class facilities for decades to come."



Artist's impression of the new hub

Putting UK cardiac surgery firmly back on the research map

HEART consultant Enoch Akowuah has presented leading-edge research findings at the 2023 World Congress of Cardiology – putting UK cardiac surgery firmly back on the research map.

The UK Mini Mitral Trial - the largest randomised trial of its kind – showed similar recovery rates for heart valve surgery patients whether they underwent minimally invasive or conventional surgery.

Enoch, who led the trial of 330 patients across ten UK centres including James Cook, said: “Our results show that at three months physical recovery is equivalent in both groups of patients.

“In addition, we show that when both surgical procedures are performed by expert surgeons, minimally invasive mitral valve surgery is as safe and effective as conventional surgery.”

The prestigious event, hosted in partnership with the American College of Cardiology and the World Heart Foundation, was held in New Orleans, bringing together cardiologists and cardiovascular specialists from around the world to share the newest discoveries in treatment and prevention.

“This is the highest possible profile for the trial and will put UK cardiac surgery very firmly back on the research map,” said Enoch.

Patients in the study had severe degenerative mitral valve regurgitation, which occurs when the mitral heart valve doesn’t close completely, allowing blood to flow back into the left atrium of the heart, which can lead to serious complications such as blood clots, heart failure and stroke.

Conventional surgery to repair the mitral valve, via a sternotomy, involves opening the chest completely from the collarbone to the bottom of the breastbone. Recovery from conventional surgery generally takes about three months.

By contrast, the minimally invasive surgical procedure, known as a mini-thoracotomy, involves making an incision about two inches long in the chest to gain access to the heart and then using a camera and special instruments to repair the valve.

The study, funded by the National Institute

of Health and Care Research, recorded changes in patients’ physical ability using questionnaires and a Fitbit-like device called an accelerometer.

Recovery of physical function levels after 12 weeks compared to pre-surgery levels was similar in both groups. However, at six weeks, patients in the mini-thoracotomy group had recovered physical function compared to pre-surgery levels, whereas patients in the sternotomy group had not.

Enoch added: “We hope that the results of this trial will give confidence to both clinicians and patients and drive uptake of the mini approach.”

“This is the highest possible profile for the trial and will put UK cardiac surgery very firmly back on the research map.”



Enoch Akowuah



Consultants from a range of specialties meet to discuss cases

Right operation, right surgeon, right hospital – every time

South Tees to become network lead for revision knee replacements

EVERY year our expert surgeons at South Tees carry out around 70 operations to redo failed knee replacements.

Patients requiring this complex second round of surgery are referred from across the region to be operated on by the trust's team of experienced orthopaedic surgeons.

Across the country there is a wide variation in the number of these procedures hospitals perform - some doing less than ten a year - and how decisions are made as to whether patients who are having problems with their knee replacements should undergo further surgery.

But as of April 2023 the trust has officially been named as a major revision centre as part of a national drive to standardise care and ensure all knee revision patients receive the right operation for their individual needs, from the right surgeon, in the right hospital.

Across the North East, Cumbria and Yorkshire, five revision networks are

being created each led by a major revision centre and supported by additional funding from NHS England and regional specialist commissioning.

South Tees is taking the lead for the southern part of the North East and Cumbria region, overseeing knee revision surgery performed at South Tees, North Tees, South Tyneside and Sunderland, County Durham and Darlington and Harrogate NHS trusts.

This will involve coordinating meetings with specialists from across the region to support decision making and ensure the best use of the area's leading surgeons.

Paul Baker, network lead said: "All complex revision cases will now be discussed in a dedicated regional team meeting which will improve

decision making and provide expert advice.

"This could lead to us taking on a greater number of complex cases, but what it is really about is trying to ensure patients get the very best care available - the right operation, with the right surgeon in the right hospital - every time.

"There are hundreds of reasons why a knee replacement might fail - the most commonest of reasons being an infection or the replacement wearing out over time - and it can be a complex procedure to put it right.

"Sharing expertise across the region will enable us to improve clinical outcomes and provide the best care for patients. It will also provide a better experience for the patient while also helping to keep hospital beds free for those who need them most."

"All complex revision cases will now be discussed in a dedicated regional team meeting which will improve decision making and provide expert advice."

Falls team prevent unnecessary 'trips' to hospital

THE trust's falls prevention team is helping people take steps to becoming steadier on their feet.

Falls in the community are increasingly common and often lead to the person requiring urgent and emergency care.

The team provides specialist support to people aged 65 years and over who have had two or more falls or a fall and a fracture in the last 12 months.

People are referred into the team from a variety of sources including GPs, district nurses, adult health and social care and voluntary agencies.

Tina Wiffen, clinical lead for the falls team said: "People may be surprised to hear that one of the main reasons people end up in in accident and emergency is because they've had a fall.

"Although it is a common problem, it can often be avoided if some simple advice and interventions are followed."

Following a referral, Tina and her team complete a complex initial assessment in the person's home or care home.

This includes an assessment of a person's social, medical, physical

and mental health status along with an environmental and lifestyle check.

From this, the team work with the patient to deliver a person-centred care plan and undertake a goal setting exercise.

The team may also refer onto other services and agencies to provide a fully holistic support structure.

Once given an exercise programme, the team then visit the patient once a month over six months to monitor and progress the patient.

One of the patients to benefit from the specialist falls service is 87-year-old Dorothy Metcalfe.

Before falling over in December, Dorothy from Hutton Rudby walked half a mile to and from her local shop every morning.

But, after tripping over and experiencing blackouts and pain, she became unsteady on her feet and housebound.

After being transferred to the service, Dorothy was given a range of exercises, which she does at least twice a day.

"I can't fault the team, they're all so kind," she said. "I'm feeling a bit more confident now."

Simple steps you can take to reduce your chances of falling over:

- ✓ Go for regular eye tests
- ✓ Get your hearing checked if required
- ✓ Make sure your home is free of any clutter such as rugs and low tables
- ✓ Wear sturdy, well fitted footwear
- ✓ Try to stay active
- ✓ Eat a well-balanced diet and stay hydrated
- ✓ Take medications as prescribed and ask your GP for regular reviews
- ✓ Ensure you have adequate lighting



Examples of falls prevention exercises



Tina Wiffen, clinical lead for the specialist falls team with generic therapy assistant Jo Wilson (left to right)

Food for Thought Awards

STAFF have received special recognition for their outstanding contributions to patients' nutrition and hydration.

Providing patients with excellent nutritional care is an essential and integral part of their treatment.

As part of the trust's Food for Thought campaign, staff from across the trust were nominated for their commitment to improving nutrition and hydration.



Alison Blackmore

Within her nutritional assistant role, Alison is committed to promoting good oral and fluid intake.

She shows great care and dignity with all the patients she interacts with and takes into consideration their personal and specific dietary requirements.

She prepares a snack trolley twice a day with a variety of sandwiches, fruit and snacks and arranges family dining with appropriate patients, which has proven to be very successful especially with patients with neurological conditions such as dementia.

Alison is a valued member of the team who consistently displays compassion, dignity and care to all her patients.

Her colleagues said it's a pleasure to work alongside her and that she's considered by staff as the best thing since sliced bread.

Kat Lawrence

Nutrition nurse Kat Lawrence helps support and accommodate pre-registration student nurse education to give adequate preparation to our future NHS workforce.

She has been an asset to the new simulated placement pilot project which helps support student nurses in practice and builds confidence in preparation for clinical practice.

Her colleagues said: "Kat's passion for patient safety and staff empowerment through education is infectious and is helping drive real change of our learning culture."



Linda Mccubbin

Linda, who works as a healthcare assistant on ward 12, has a special way of making her patients feel at ease.

She has a cheeky side that coaxes even the most reluctant patients into at least trying something, whether it be a lunch they hadn't fancied or a supplement that they are adamant they dislike.

Despite being busy, she always ensures that each patient feels nurtured and special.



Ward 11

Ward 11 always goes the extra mile to ensure that their patients are fed and hydrated, whilst thinking of their dignity, to help them get better sooner.

The team received several nominations for their 'let's do lunch'

campaign which encourages visitors to come and assist relatives with mealtimes. This has been a fantastic way of improving their vulnerable patients' nutrition and hydration.

On top of this, the team has embraced protected mealtimes and the trust's traffic light jug system.



This is how you do it!

Supporting UK heart teams to streamline TAVI procedures

HEART experts at James Cook have doubled their use of a leading-edge minimally invasive heart valve replacement procedure and are now helping other teams across the UK to streamline their programmes.

Cardiology teams looking to optimise transcatheter aortic valve implantation (TAVI) programmes can now access detailed guidance based on best practice from the Middlesbrough team who have more than doubled TAVI procedures over the last five years.

TAVI is an advanced procedure in which a team of specially trained consultants replace narrowed heart valves without the need for open heart surgery. It is a much less invasive treatment, where patients are fitted with new heart valves through a small cut in their groin or chest.

The James Cook team have been carrying out TAVI procedures since November 2009 and have developed a clear understanding of patients who can benefit from the procedure and how best to manage their patient journey.

Currently, the team carry out four to five cases a day, using local anaesthetic in 99% of patients. This has resulted in

shorter hospital stays, better recovery times and better clinical outcomes.

Consultant cardiologist Douglas Muir said: "Our integrated aortic valve pathway ensures patients get the right treatment, in the right place, at the right time while also helping us to provide a more efficient service by reducing cancellations and getting patients home faster.

"In 2017-18, before the COVID-19 pandemic, we performed 106 TAVI cases, last year this increased to 236."

The team have also introduced a day case programme for selected patients - one of the first in the world.

Consultant cardiologist Paul Williams said: "TAVI dramatically cuts the length of recovery - our patients are typically up and about within a few hours and up to a quarter of cases now go home the same day."

Getting It Right First Time (GIRFT) worked with the team to produce the

delivery guide so other clinicians can share their successes, including:

- integrating a specialist nurse as a single point of contact for patients and referring teams
- careful patient selection and assessment using a pre-admission clinic
- establishing an effective multidisciplinary TAVI team
- developing documents on how to support and care for patients before and after their procedures

Consultant cardiologist Seth Vijayan said: "We have now performed approximately 2,000 TAVI procedures and it is fantastic to be able to share our experience and knowledge to benefit patients right across the country."

Specialist nurse Gemma McCalmont added: "We have recognised the importance of a focussed approach to how we deliver care from referral to discharge. The delivery guide highlights the importance of doctors, nurses and other health professionals working together to improve outcomes for patients."



The TAVI team at James Cook

Celebrating 30 YEARS of the Heart Unit

IT was 30 years ago when Teesside's first cardiac catheterisation laboratory opened its doors at what was then South Cleveland Hospital.

Over the years the heart unit at James Cook has continued to pioneer the most state-of-the-art treatments for the benefit of patients with cardiovascular disease across the region and beyond.

"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," said Andrew Sutton, consultant cardiologist and clinical chair for cardiothoracic and vascular care services.

"And there's more exciting times ahead as we look to open our cardiothoracic research facility which will enable the trust to become

Over the years the heart unit at James Cook has continued to pioneer the most state-of-the-art treatments for the benefit of patients with cardiovascular disease across the region and beyond.

an internationally recognised centre of excellence in cardiovascular research."

The driving force behind the decision to develop a second north east cardiothoracic unit was

a combination of Adrian Davies, a consultant cardiologist at the trust, and Professor Sir Liam Donaldson who was regional medical officer and regional director of public health at the time.

To celebrate the milestone anniversary we have delved into our archives to highlight just a few of the team's amazing achievements over the past 30 years...



Cardiac MRI celebrates ten years



Celebrating fitting our 10,000th pacemaker



Graeme Souness opens the first cardiac catheterisation laboratory in January 1993 (Picture courtesy of Evening Gazette)



TAVI procedure at James Cook

30 YEARS of the Heart Unit

at The James Cook University Hospital

1993 - 2023



2018 Friarage awarded national arrhythmia alliance CRM team of the year.

2019 Named as an international flagship site for TAVI.



2019 A tiny clip called a MitraClip is used to repair a leaking heart valve without the need for invasive surgery.

2019 First non-invasive stereotactic ablative radiotherapy (SABR) VT ablation 2019 (highest volume UK centre with 5 of total 14 UK patients in 2022).



2019 First Ghana mission - the team have since completed four trips where they have given up their days off to perform life-saving procedures and training.

1996-2001 The team runs a series of research protocols looking at management of acute myocardial infarction, culminating in the MERLIN trial (Middlesbrough Early Revascularisation to Limit Infarction). This paved the way for the unit to be at forefront of delivering percutaneous coronary intervention (PCI) in the UK.

1995 South Cleveland Heart Fund established - has since raised more than £2.5million.



1998 Electrophysiology and ablation service starts.

2001-2005 CITU team becomes UK's leading exponent of fast track cardiac surgery, underpinning very high surgical case throughput.

2003 New suite of cardiac catheter labs (initially 3) open in their current location at The James Cook University Hospital.

2004 First UK centre to deliver 24hr primary angioplasty - mechanical treatment to unblock a coronary artery with wires, balloons and stents as the first treatment to restore blood flow after a heart attack, replacing "clot busting" drugs.

1994 First cardiothoracic surgery carried out at South Cleveland Hospital.

2010 Specialist nurse led blackout service in collaboration with the neurology team opens.

1993 First pacemaker fitted at South Cleveland Hospital.

1993 Graeme Souness opens the first cardiac catheterisation laboratory.



Picture courtesy of The Gazette

2011 Cardiac magnetic resonance imaging (MRI) service starts.

2010 Trust pilots its own heart failure unit.

2008 Heart team trial new vein harvesting technique.

2009 Angioplasty team initiates a chronic total occlusion programme for patients with chronic angina and completely occluded coronary arteries.

**OUR
JOURNEY**





2018 10,000th pacemaker fitted.

2016 First use in the UK of the Da Vinci robot to remove tumour from the main airway of a lung.

2016 Hospital uses new heart pump - HeartMate PHP cardiac assist device - first commercial use worldwide and its first ever use in the UK.



2016 First team outside of clinical trials to implant a WiSE wireless pacemaker the size of a grain of rice.

2014 Start of MAVRIC trial.

2014 UK's first team to implant a new miniature wireless heart monitor - the Medtronic Reveal LINQ™ loop recorder, primarily used to help pinpoint why a patient is suffering blackouts or an irregular heartbeat.

2017 Successful completion of £1million SCHF charity drive to upgrade MRI scanners at James Cook.

2018 New valve treatment to improve lung function - The Pulmonx valve provides a new treatment option which avoids the need for surgery. The one-way valve prevents airflow into the diseased part of the lung, allowing healthier regions to expand and function more efficiently.



2017 First Medtronic Micra leadless PPM.

2018 TAVI team performs the first day case TAVI in the UK.

2018 TAVI team develop a novel way of implanting the aortic valve via the axillary artery whilst the patient is awake - the first centre in the UK to perform this technique.

2013 Heart team awarded £250,000 by the National Institute of Healthcare Research to undertake a leading-edge research project - the MAVRIC trial - comparing keyhole surgery to conventional surgery for patients requiring aortic valve replacements.



2012 4th cardiac catheter lab opened at James Cook.

2020-21 The team maintains one of the highest cardiac surgical throughputs in the UK during the COVID-19 pandemic; all other urgent cardiac work continues; more day case TAVI is performed; the team adopts remote monitoring and remote clinics to ensure patients are appropriately followed up for their cardiovascular disease, but are kept in a safe environment.

2011 First minimally invasive aortic valve replacement at James Cook.

2023 Hearts and Minds appeal hits £650,000 fundraising target in January 2023.

2009 UK's first Advanced Critical Care Practitioner (ACCP) programme developed with Teesside University.

2022 (Ongoing) development of Tees cardiac MRI service with combined North and South Tees waiting list to improve equity of access to CMR across Teesside. CMR-capable scanners in Stockton, Middlesbrough, Northallerton and (in 2023) Hartlepool.

2009 First TAVI procedure - Transcatheter Aortic Valve Implantation - an advanced procedure in which a team of specially trained consultants replace narrowed heart valves without the need for open heart surgery.



2022 The Hearts and Minds Appeal is launched jointly by Our Hospitals Charity and the South Cleveland Heart Fund to raise funds for the re-development of part of the building and the formation of a specific research orientated Academic Cardiovascular Unit (ACU).



Cardiovascular research appeal hits target

THANKS to the efforts of fundraisers and generosity of the local community there will be a new home for heart research on Teesside.

Our Hospitals Charity and South Cleveland Heart Fund announced ambitious plans to raise £650,000 in March 2022 to bring first class cardiovascular research facilities to Teesside by funding the creation of a cardiothoracic research unit at James Cook.

With help from staff and patients, their fundraising goal has now been exceeded and work is underway to transform existing space at the hospital into a leading-edge facility.

This will include the creation of a dedicated clinical setting for patients

in research trials as well as a reception, patient waiting area, new office space and a meeting room.

Rebecca Maier, head of the Academic Cardiovascular Unit (ACU) which will be based in the new facility said: "We are so delighted that this phenomenal fundraising effort has come together, and we now see the start of this build which will enable the design, management and delivery teams to all be located together.

"Co-locating will enable us to develop and deliver more research,

with patients at the centre of what we do. It is such an exciting time to be involved in cardiovascular research in Teesside."

Enoch Akowuah, consultant cardiothoracic surgeon and co-director of the ACU said: "We're thrilled and very excited to be able to open the unit at James Cook which could help countless people not just in the local community, but around the world.

"It will focus on research which prevents heart attacks, develops exercise programmes for patients with heart problems and makes better use of data and digital technology in research.

"And it will enable the trust to become an internationally recognised centre of excellence in cardiovascular research as well as leading the way across the north east region."

"Co-locating will enable us to develop and deliver more research, with patients at the centre of what we do."



Rebecca Maier, Adrian Davies, Enoch Akowuah, Andrew Sutton, David Austin, and Stephanie Mack (left to right)



Deepika Meneni, clinical director for obstetrics and some of the maternity team

Mums praise maternity unit in national survey

THE trust's maternity services have once again been praised by local mums in a national survey.

The Care Quality Commission (CQC) has published results of its 2022 National Maternity Survey.

Between April and August women aged 16 and over who gave birth in our hospitals in February 2022 were sent a questionnaire about the maternity unit and the care they received.

129 women who accessed maternity care at the trust took part.

Findings from the survey show that the trust continues to perform better than expected.

Women who responded to the survey said they felt supported through their pregnancy and had confidence and trust in the staff caring for them during their labour and birth.

Results from the survey show maternity services were rated much better than most NHS trusts for one question, better than most for six questions and somewhat better than other trusts for seven questions.

The report shows that the trust

- Listens to mothers during labour and birth and takes any concerns raised seriously
- Provides information during antenatal check-ups to help mothers decide where to have their baby and treats them with respect and dignity
- Gives appropriate information and advice on the risks associated with an induced labour, before mothers are induced

- Provides help and advice about a baby's health and progress in the six weeks after birth
- Makes sure that mothers are involved in decisions about their postnatal care

Deepika Meneni, clinical director for obstetrics, said: "I would like to say thank you to all the mums who took the time to share their feedback through the CQC's survey.

"Becoming a parent is an amazing and exciting experience and we are passionate about providing high quality care throughout this time.

"Feedback from our parents is always incredibly important to us as it allows us to continually develop our services. It is great to hear that our dedicated teams have once again been praised."

SOUTH
TEES
STARS

OUR STARS Awards help us shine a light on some of the incredible individuals, teams and services who are working tirelessly to ensure our patients and service users receive the highest level of care. We would like to say a huge congratulations our winners and to the hundreds of colleagues who were nominated.

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. Patients and visitors can also put staff forward for an award at southtees.nhs.uk/stars



Andrew Simpson – Communication

Andrew, who is a trainee clinical scientist, analyses overnight oximetry screening results for people referred to our sleep service with suspected sleep apnoea. Thanks to his attention to detail, he spotted an abnormal result and advised the patient immediately.

Introducing
our latest
South Tees
★ STARS



Ashleigh Tinkler – Dealing with Difficult Situations

Ashleigh was praised by her colleagues for managing a challenging and demanding resus shift. During the shift she delivered a high standard care to all patients, provided support and reassurance to her junior team and dealt with multiple major traumas.

Colleagues described her as an asset to the emergency department and a role model to the juniors in the team.

Emergency department – Going the Extra Mile

Our team in A&E were praised in the STARS Awards for their exceptional care, dedication, teamwork and ability to deal with difficult situations.



Postgrad team – Helping Others

The postgrad team were thanked for their hard work and attention to detail in organising the doctors' ID/logins for the August induction. When the doctors arrived, they were able to collect their packs without having to queue.



Sam Grogan – Going the Extra Mile

While working within the ophthalmology team as an apprentice receptionist Sam went above and beyond to help a lost visitor.



Samantha Marchant – Respect, Caring and Support

Samantha, who is a reception team leader, is friendly, approachable and understanding. Because of this, her team are efficiently helpful, happy and are gaining knowledge and confidence.



Barbara Wilson – Helping Others

In the absence of a ward assistant Barbara, who is a healthcare assistant, went the extra mile to support her colleagues and patients. She always displays exemplary teamworking skills and is happy to put herself forward to offer a helping hand.



Skin cancer photography clinic – Going the Extra Mile

Nicola Moham, Alison Williamson and Helen Bingham won a joint STARS Award for their two week wait skin cancer photography clinic.

Thanks to their work, the clinic has improved the speed of screening urgent skin referrals and has ensured that those who need treatment are able to access it in a timely manner.



Lokyi Shih – Going the Extra Mile

Lokyi, who has been described by colleagues as friendly and approachable, won a STARS Award for translating in a difficult situation where there was a language barrier.



Amiee Cole – Respect, Caring and Support

Amiee, who is a legal services administrator, was thanked at the STARS Awards for being supportive and caring towards her colleagues.



Stephen Gooding – Dealing with Difficult Situations

Stephen, who is a ward clerk, was recognised for going the extra mile to help a vulnerable patient.

Heartfelt tribute in memory of Ted

Our
HOSPITALS
CHARITY

FRIENDS and family of 14-year-old Ted Sanderson have raised £12,755 for James Cook in his memory.

Last June Ted went to Woodham Academy in Newton Aycliffe like normal, but his family received a phone call to say he had collapsed in class after suffering a cardiac arrest.

He was then blue lighted to James Cook where he sadly died.

A GoFundMe page was started to raise money in his memory and quickly after donations started coming in from not only the Newton Aycliffe community but from all over the UK. Within 24 hours of his passing £4,000 was raised.

The money will be used to improve the family room in the Middlesbrough hospital's children and young people's emergency department and go towards creating a sensory area in the children and young people's unit in his legacy.

Ted's auntie Melly Wilson thanked the local community and beyond for their donations.

"James Cook battled tirelessly to save Ted and couldn't have done more for us as a family in our time of need," she added.

Ted would have loved that he could have helped the hospital in any way, he was such a caring helpful boy who would do anything to help others."

Lisa Meehan, from Our Hospitals Charity, thanked Ted's family for their touching tribute. She added: "Ted sounded like such a kind boy.

"His family are incredible people to have found the strength to raise this huge amount of money in memory of Ted.

"The money will allow us to make our family room feel less clinical and more like a home for the families who sadly need it."

Donate today

To donate visit gofundme.com/f/pzk8sp-teddy



Ted Sanderson

It's snow trouble!

A big shout out to all our community colleagues – especially those in our most remote areas - who had to contend with heavy snow and ice to get to their patients during March.

Our amazing community teams worked exceptionally hard to make sure all patients on their caseloads were seen despite the recent snow fall. Well done everyone!

Healthcare assistant Jo Dizon
and nurse Sarah McEwan



'Miracle twins' tackle Roseberry Topping for neonatal unit

Our
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MIDDLESBROUGH twins Albie and Oakley Adams celebrated their fifth birthday by climbing Roseberry Topping, raising £1,100 for the neonatal unit that saved their lives.

The boys, from Acklam, were born at James Cook ten weeks premature with a rare condition which meant they shared a single placenta.

The monoamniotic identical twins were sent straight to the hospital's neonatal unit where they stayed for two months.

During that time Albie also developed jaundice and their parents, Jonathan and Emily, moved into the hospital's temporary housing.

"It is a journey on the neonatal unit, luckily ours was positive," said Emily.

"It is challenging when you've just had a baby and you can't hold them and do all the normal things like take them home, they do wonders in the unit."

Now, five years on, the healthy 'miracle twins' and their family wanted to say thank you to James Cook's neonatal nurses by helping other families going through a similar journey.

Emily said they'd been thinking about raising money for the unit for quite some time but wanted to wait until the boys understood the reason behind the fundraising.

Anyone who has walked up the local landmark will know that it can be a bit of a challenge but, that didn't faze Albie and Oakley who managed to reach the top of the 320 metre climb in just over an hour.

"We got a bit lost and ended up going a long way round," Emily added. "It was raining, it was foggy, but they took it all in their stride, they did well."

"It's been emotional coming back and raising money because the boys wouldn't be here if it wasn't for the neonatal unit."

Following the walk Albie and Oakley returned to the unit to present the team with a large cheque.

Ward manager Vicky Ford thanked the boys, their parents and their friends and family who sponsored the Roseberry Topping climb.

She added: "It was lovely to see the boys when they visited to make this generous donation. They looked healthy and happy and have recently started full-time school and now have a new baby brother too."



Oakley and Albie Adams with their parents along with neonatal staff

Tranquil space for end-of-life patients and their families

A NEW family room at James Cook is giving patients who are nearing the end of their lives and their loved ones a space to quietly reflect and spend valuable time together.

The purpose-built end-of-life room on ward 3 offers a calm, private area for patients and their families away from the busy ward environment.

Those using the room have their own ensuite, hot drinks station, massage oils and CD player. Each patient is given a dignity gown and a last wishes book to fill in with their family.

It was designed by ward 3 staff nurse Michelle Milson who has a very personal reason for wanting to create the tranquil space.

In February 2021, just after graduating as a qualified nurse Michelle was diagnosed with terminal stage four bowel cancer.

"Because I'm not able to be clinical anymore, I can't look after my patients and hold their hand," she said.

"But, by doing this project, I wanted to show my patients that I still think of them and everything that I do behind the scenes is to make things better for them.

"When furnishing the room, I wanted it to be as homely as possible, so the patients and their families don't feel like they're in hospital."

Along with the help of her colleagues, Michelle raised over £600 to transform the ward bay.

Local businesses, such as Tesco Warehouse and photographer Martin Davison also helped by donating items as well as Our Hospitals Charity.

"It means the world to see the room finished and being used by the patients. I know it will enhance both their care and their family's experience.

"I'm proud of what we've achieved, I will be forever grateful to the whole of the team and my manager Amanda who inspired

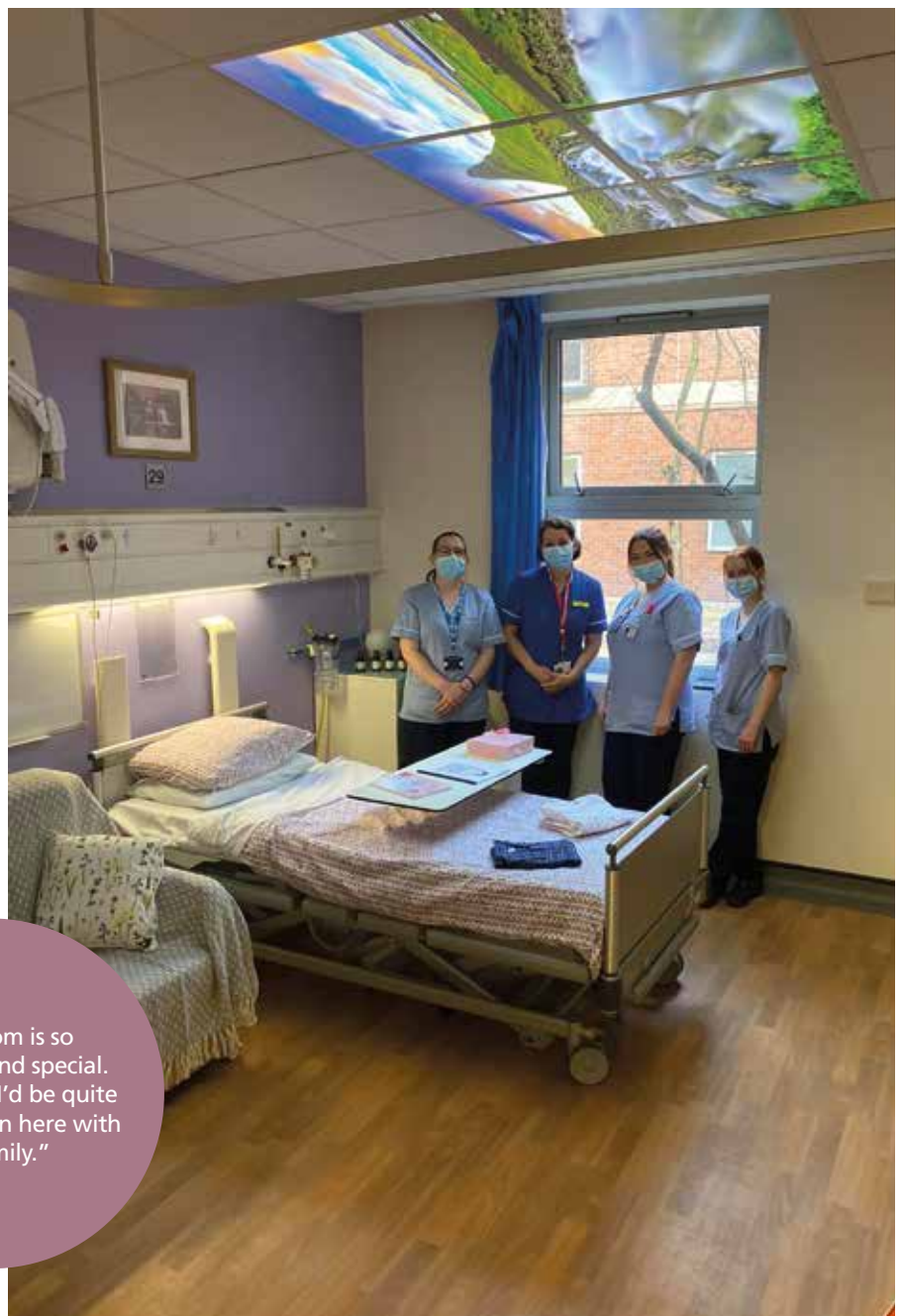
me and supported me with the idea of creating this room, it's been a true family effort.

"This room is so important and special. If it was me, I'd be quite happy to be in here with my family. I hope it gives

them some comfort when they feel things like I have."

The team now hope to evolve and grow the room further to meet patient needs and have started fundraising to create a memory garden and wellbeing area in the ward's courtyard.

You can donate via
www.justgiving.com/page/michelle-milson-1677068272613



"This room is so important and special. If it was me, I'd be quite happy to be in here with my family."

Michelle Milson, Beth Swanson, Millie Smith and Rebecca Smith (left to right) in the new family room

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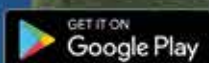
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