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Foreword



Paula Clark
Chief Executive

It was very special as we celebrated 70 years of the NHS this summer. It was nice to take a step back from the pressures and challenges the NHS faces and for just one day remember what a special institution the NHS is. Many of you from across our hospitals had tea parties, dressed up for the occasion or celebrated it in your own special way – and there was cake – lots of cake.

Given the attention from the media many of our staff were able to share their experiences of working in the NHS and for UHNM. We buried a time capsule at Royal Stoke and many people, and including long-serving staff, were chosen to put items in. We're aiming to do the same at County Hospital later in the year when the Oncology, Haematology Treatment Suite garden is completed.

What shone through from everyone in the UHNM family who took part in the day was their passion for caring for patients. And above this was the genuine love for the NHS and how their team and their hospital is like a second family to them.

This magazine is full of inspirational stories about our patients and our staff, including their charitable activities. I'd like to thank everyone who is featured and all those who help raise charitable funds to make both our hospitals special.



Ward 8 Team at County Hospital

Ward 8 going from strength to strength

Since opening its doors in December 2016 over 700 patients who are undergoing various surgical procedures, including Breast, Gynaecology and Bariatric, have been treated by the team on Ward 8 at County Hospital.

The unit has developed and grown from an initial four-bed facility to a state-of-the-art 16-bed ward with a dedicated team that has gained internal accolades and patient praise.

Julie Williams, Senior Sister, said: "It's been brilliant to see the ward develop from where we were in December 2016 to the superb facility we have now. There has been real commitment from the whole team to make our patients feel at home and comfortable during their time with us and that's been reflected in the overwhelmingly positive feedback scores we have received.

"I'm proud that we've been able to showcase County Hospital as a leading centre for treating a variety of surgical patients. We see patients from across Staffordshire and the north-west of England and this wide geographical catchment area is only helping to increase the reputation of

the unit and our wonderful staff.

"The facilities we have on Ward 8 are absolutely outstanding and ensure our patients are being treated in the best possible environment. We have made a conscious effort to ensure our care is very much patient focused and it's testament to the team that the feedback we've received, after treating 700+ patients, has been so positive."

The team on Ward 8 have also been recognised via a platinum award, which highlights the overall performance of a clinical area.

Julie said: "I'm absolutely delighted that we've received this prestigious award, especially given how hard all the team have been working towards this achievement. It's a difficult set of criteria to meet to get the platinum award and it's a real reflection on the dedication and professionalism of the team. I'm really fortunate to have the team that I've got here and getting the platinum award was something that everybody on the ward wanted to achieve, It's been a real team effort, from the receptionists and housekeeping staff through to the nursing team."

Secretary gives over 20 years' dedicated service



Ann Walton (centre) receiving the award from Chief Executive Paula Clark and the radiology team

Patients in the Radiology department are benefitting from the dedication of long-serving secretary, Anne Walton. Anne, who has worked in Radiology for 22 years, has built up a reputation which is second-to-none.

In her essential role, she helps co-ordinate the neuro-interventional and diagnostic neuroradiology components of the Radiology department, which ensures that patients receive a timely service.

Consultant Interventional Neuro-radiologist Dr Sanjeev Nayak said: "Anne is instrumental in the smooth running of our department. We have worked with her for many years and have always found her dependable, efficient and punctual. In fact, we have never worked with someone who gives as much attention to detail as she does and we feel very fortunate to have such an extremely hardworking and efficient secretary as Anne.

She is the glue that holds the service together; unfailingly cheerful, helpful and proactive. Her duties are far in excess of her job description; 'team leader' is really a much better title

than secretary. She loves people, works hard, and always tries to lift the spirits of those around her. The kind of dedication and commitment that she has towards her work is next to none."

Anne has been given the Chief Executive's Award, which recognises exemplary staff at UHNM.

Paula Clark, Chief Executive, said: "It was fantastic to get the nomination for Anne. The spotlight very often falls onto our clinical staff and the incredible skilled work they do, but that's only made possible by the many support teams and people like Anne. Her experience and knowledge means that our patients get well organised care and the clinical teams she works with get an efficient service in which to operate.

"Without people like Anne in our UHNM team, things would unravel very quickly. Thank you Anne, for your many years of dedication; a worthy recipient of the Chief Executive's Award."

Hand Hygiene Awareness Day a success

The Infection Prevention team have successfully held a number of exhibition stands across UHNM to inform and educate about the importance of hand hygiene.

The team spoke with staff and patients at both Royal Stoke and County hospitals with some really positive feedback and engagement. One of the main themes of the exhibition stands was to highlight how effective hand hygiene can help prevent sepsis.

Anna Durber, Sepsis Specialist Nurse, said: "In some parts of the world, unsanitary facilities or contaminated water cause severe infections in the digestive system, which often end in deadly cases of sepsis. It is of note that even in developed countries, where general standards of hygiene are higher, infections by insufficient hygiene are responsible for tens of thousands of preventable deaths of sepsis per year worldwide. That's why one of our key starting points is the promotion of hand hygiene and good general hygiene practices.

"It's been really beneficial to be able to go out and speak to the public about this very important subject and we've been really pleased with the response we've had. Hopefully this will help encourage more people think carefully about their hand hygiene and go some way to preventing sepsis."



From left - Chief Nurse Liz Rix, Senior Sister Natalie Stoney and Matron Alison Taylor

Senior Sister commended for brave rescue of pilot after aircraft crash

Staffordshire Fire and Rescue Service have recognised one of UHNMs A&E Senior Sisters for her bravery at a serious incident. Natalie Stoney was awarded a commendation, alongside Chris Lamb, a member of the public, for her actions on the morning of Monday 28 August 2017.

A light aircraft crashed into a field near Blithfield Reservoir, Abbots Bromley, whilst Natalie was cycling alongside the field. Natalie and other cyclists saw the plane come down and went to help. It was initially difficult to find the crashed plane due to the tall maize in the field, but Natalie and Chris shouted to the pilot from the edge of the field to find him. When they located the plane they faced a dangerous rescue situation, with the pilot seriously injured amidst smoking wreckage and leaking fuel.

Recognising the immediate danger of fire, Chris pulled the pilot away from the wreckage before working with Natalie to give him first aid care. Together with other cyclists, they

worked to stabilise his fractures and strapped him to a section of fencing, using a belt and cycle inner tubes. The group carried the immobilised pilot to the air ambulance landing site.

Toby Wilson, Staffordshire Fire and Rescue Service Southern Service Delivery Group Manager, said: "Natalie and Chris put themselves at risk to rescue the man from the wreckage of the plane. If the fuel had ignited both they and the pilot would have suffered serious injury or been killed. This incident could have so easily resulted in the man's death but thanks to the quick thinking actions of these strangers his life was saved.

"They both showed incredible compassion and kindness, going to the pilot's aid to get him away from the plane and caring for him until paramedics arrived. The pair are awarded commendations for their incredible bravery and selfless actions on that morning in August."

Mobile breast screening unit returns to Newcastle

More than 14,000 women in Newcastle and the surrounding areas are now able to be screened for breast cancer close to their home now that a mobile screening unit has returned to Newcastle-under-Lyme town centre. The unit travels around the county screening ladies in various locations and has now returned to Newcastle to screen eligible ladies registered with GPs over the next 14 months. The unit, which is run by North Midlands Breast Screening Service, is positioned at Morrison's Supermarket in Newcastle.

National surveys show that one in eight women will develop breast cancer at some time in their lives and early diagnosis is vitally important. Screening programmes save around 1,300 lives each year nationally. Women over the age of 70 who have not been screened within the last three years, may also make an appointment by contacting the screening office on 0300 123 1463

Meet : Linda Hough

Macmillan Cancer Support & Information Service Manager



When did you start work at UHNM/Macmillan Cancer Support & Information Service?

I have worked within health and social care throughout my working life including Community Auxiliary Nursing, as a Student Nurse (sadly, only completing two of the three year training due to illness), a Junior Housemistress in a private boarding school and several years as a Residential Social Worker with primary aged boys with emotional and behaviour difficulties in a special school. I graduated with a BSc (Hons) in Health and Social Care in 2008.

I worked as an oncology medical secretary whilst studying for my degree and gained much knowledge about cancer and an understanding of the impact it had on patients and their families. Both of my parents were diagnosed with cancer and at one point both were having treatment at the same time. My father found it difficult to talk about how he was feeling, especially with his family, for fear of upsetting us. He didn't want to trouble anyone if he wasn't sure of something and ultimately, he waited to die. In 2008, I joined the Macmillan Cancer Support and Information Service as a Cancer Information Officer.

I wanted to support and encourage people to live with cancer and not wait to die like my father, and this is what motivates me in my work today. From 2009, I undertook various counselling courses and achieved a Diploma in

Psychotherapeutic Counselling in 2012 and became the manager of the service in 2015.

What does your role involve?

I work closely with Dorinda Palmer, our Macmillan Lead Cancer Nurse, in providing a cancer support and information service across the Trust. I am passionate that people affected by cancer have someone to talk to, have written/audio information to help them remember what's been discussed with their doctors and nurses, and to know what support is out there to be able to live as well as possible with the illness, and for many we help them to make that connection.

When someone is feeling particularly low in mood or anxious, living alone or feeling unwell, it can be too much for them to make a phone call or explain their situation to yet another person. This is where we can help and is exactly what we do as a team each day. Our small team consists of Mario and Matt and variable numbers of volunteers, and all play an exceptionally valuable role in reaching people affected by cancer. We are also here to support our clinical colleagues and external organisations/charities with any aspect of patient support and information.

We have a strong partnership with the national charity Macmillan Cancer Support, hence the name 'Macmillan' in our title. This is not to be confused with 'Douglas Macmillan Hospice', a local independent charity which focuses on those with incurable and progressive diseases including cancer.

What services does Macmillan Cancer Support & Information Service offer at UHNM?

We provide a listening ear, first and foremost, for anyone affected by cancer. We had two medical students on placement with us this year who

saw first-hand the impact cancer has on patients/families in a non-medical context. Any serious illness impacts on not just the person diagnosed but family members, neighbours and friends, work colleagues and employers, teachers supporting children whose family members are ill. We really are here for anyone affected by cancer. We will respond to their needs and signpost or formally refer to other services such as benefits team, cancer psychology, and carers associations, and will apply for one-off grants to help with the extra cost of having cancer, blue badges, and special days to create memories; the list is endless.

We display up-to-date information in both of our centres, one on each hospital site. As a resource hub for health and social professionals, we help in whatever way we can including listening support. We work with the national charity Look Good Feel Better who provide free make-up and skincare workshops for ladies affected by cancer (and up to one year post treatment).

Last year, we offered our first HOPE programme (Helping to Overcome Problems Effectively). This is a self-management programme consisting of two and a half hours per week for four weeks covering topics such as relaxation, fatigue, sleep, nutrition, exercise, relationships, body image, fear of recurrence, goal setting and maintaining a gratitude diary. We will be offering a further four programmes this year. They are currently available to those who have completed treatment but we hope to extend this to palliative patients on active treatment in the near future, as well as offering all-male groups.

Why not get in touch...

01782 676333 (Royal Stoke) or 01785 236075 (County)
macmillancentre@uhnm.nhs.uk

Son thanks doctor for care of elderly mother



Dr Adrian Morley-Davies receiving his UHNM Hero certificate from Mr Jonathan Summers

The son of a patient has thanked the doctor who helped care for his elderly mother. Mr Jonathan Summers wrote to the hospital to thank Dr Adrian Morley-Davies for his outstanding care of Mrs Carrie Summers, who was cared for on the cardiology ward at Royal Stoke.

Mr Summers said: "My mother passed away earlier this year after a wonderful 90 years of life. Dr Morley-Davies spent considerable time with my sister and I discussing palliative care and the process of the next few days. This was always going to be a difficult discussion, but he put us at ease and gently explained all the options before us.

"We both asked for the next few days to be as peaceful and pain-free as possible and without doubt, I believe it was. My sister is a retired nurse of 30 years and said that Dr Morley-Davies was one of the nicest, most genuine, caring consultants she had ever met and I felt the same."

Mr Summers has given Dr Morley-Davies the UHNM Hero award in acknowledgement of his outstanding support.

Mr Summers said: "I would also like to say a special thank you to the ward sister, Donna Brindley, for going above and beyond the call of duty. She and her team made us comfortable, allowed us to visit anytime and cared for us whilst we stayed overnight on the last evening. The service and support my mother received really was superb.

"In these times where you mainly see negative press about the NHS, your treatment of my mother made me proud of what the NHS is, especially UHNM. If I do ever need to be admitted to a hospital, I sincerely hope it is yours."

First paediatric organ donation in 10 years



Paula Clark, CEO, presented them with their certificate at a special 'Thank you' event recently

The North Midlands has seen its first proceeding paediatric organ donation in ten years, thanks to a very special patient and the work of a dedicated team. The organ donation team received 100% referrals from the paediatric intensive care unit (PICU), meaning that a number of children have benefitted from the donations of another child. The team also recently recruited the highest number of donors in the West Midlands, helping over 60 people to receive a transplant.

Leeanne Clay, Specialist Nurse in Organ Donation and Transplantation, said: "In our field we have the massive privilege of working with some amazing families and, most importantly, very special patients. It is an unusual area of work in many ways, because we see both sides of a situation – loss on one side and hope on the other. But what we often find is that families who agree to donate feel it helps with their grief and that they feel an enormous sense of pride at knowing their loved one gave others the chance of a new beginning."

The 100% referral rate from PICU means that every child who is being considered for withdrawal of treatment has been referred to Organ Donation Services. Across adult and children's services, the team have been able to retrieve a total of 94 organs in the last year. They have been given the Chief

Executive's Award in recognition of their work.

Paula Clark, Chief Executive, said: "What this team does takes an incredible amount of knowledge and sensitivity. By the very nature of their work, they are approaching patients and families at a very difficult time to ask them to think of others. It is testament to the selflessness of our patients and families and the skill of our amazing team that so many people have been given a second chance. I'm very happy to recognise the team's dedication and accomplishment in making this difference."

Leeanne said: "We were totally overwhelmed to receive the award, but really thrilled. We are hugely proud to work in Organ Donation. Whilst we are doing incredibly well here at UHNM, we know that hundreds of transplants are being missed around the country every year because families aren't aware of their relative's wishes. We still need a family's support to go ahead with an organ donation, even if someone is on the NHS Organ Donor Register, so if you would like to be a donor, please tell your family - a few words now can make an extraordinary difference to someone in the future."



UHNM win two HSJ Value Awards

UHNM scooped two awards at the prestigious HSJ Value Awards last week. The Mechanical Thrombectomy team walked away with the 'Specialist service' award and the 'Improving the Value of Surgical Services' award. In total UHNM had six teams who were finalists in eight of the 20 categories, making the Trust one of the most successful at the 2018 awards.

The pioneering Mechanical Thrombectomy treatment was the first of its kind in the UK and has been providing a crucial service to patients in Staffordshire since 2009. The procedure involves carefully removing the clots from deep within the brain, using a 3ft-long wire. A stent at the end of the wire envelopes the clot and pulls it out, allowing blood to flow freely to the brain. UHNM has the largest patient population treated by mechanical thrombectomy in the UK and has a dedicated team providing the service to patients round the clock.

Dr Changez Jadun, Consultant Neuroradiologist, said: "Everyone in the team has worked hard over the past decade to launch and consistently deliver this service. We are very grateful to all the colleagues we have worked with across many clinical areas during this time. This treatment has helped so many patients who otherwise would have not survived or required constant care. The fact that many walk out of the hospital and home to their families

is a credit to all the clinical teams at UHNM."

Dr Sanjeev Nayak, Consultant Neuroradiologist, said: "I have to pay testament to the whole team here at UHNM for their hard work and support, which has enabled us to consistently deliver this service. So many people from so many different teams, including A&E and Imaging, play a big part in the outcomes for patients, which can be transformational. We have been a pioneer for this revolutionary treatment and the fact that we've played a part in changing national practice and helped drastically improve the outcomes of numerous patients since 2009 is extremely pleasing."

The HSJ judges opinions stated:

HSJ Award for 'Specialist service' category: "This winning entry showed an impressive example of actual implementation, local leadership and persistence. The judges were impressed by the presenters great passion and enthusiasm and particularly by the example of clinical ownership which showed great perseverance in the face of challenges to implementation."

HSJ Award for 'Improving the Value of Surgical Services' category: "The judges feel that this winner is a pioneering development of the trend towards minimal invasive

procedures. The presentation displayed outstanding outcomes for patients including dramatic reductions in mortality and an increased rate of discharging patients straight to home."

The full list of UHNM finalists:

Adult Critical Care Unit - A Transformation Program - Acute service redesign category

Mechanical Thrombectomy in Stroke, Produces Improved Clinical Outcomes and Cost Benefits - Acute service redesign category

Cardiac Rehabilitation at the Heart of Patient Success, Clinical support services category

Review of employing medical students as medical assistants in A&E - Emergency, urgent and trauma care category

Savings to the Health Economy, Introduction of Mechanical Thrombectomy, a new minimally invasive surgical technique - Improving the value of surgical services category

National Deconditioning Awareness and Prevention Campaign: Sit Up Get Dressed Keep Moving - Improving value in the care of frail older patients category

Mechanical Thrombectomy in Stroke - Produces Improved Clinical Outcomes and Cost Benefits - Specialist services category

Electronic Meal Ordering System, Saffron - Value and improvement in facilities and estates management category

Nurse 'on the go' impresses family



Lydia (centre) was presented with the UHNM Hero award by Kate Hackett (right), Senior Nurse for Education and Workforce

A nurse in Accident and Emergency has received glowing praise from the relative of a patient she treated recently. Lydia Nadine, who works in Royal Stoke's emergency department, helped cared for Mr Clifford Yates following his admission through Resus earlier this year. Mr Mike Woolaghan, son-in-law to Mr Yates, wrote to the Trust to highlight Lydia's exemplary care and professionalism.

He said: "Lydia not only demonstrated the core values of the NHS, but also went that extra mile for both patients

and colleagues. I observed her work diligently over five hours; she familiarised herself with this particular case, introduced herself to Clifford and confirmed that he knew the current position with his treatment. She kept up constant observations every time she passed by the bay, even though she was attending to many patients. I also observed her mentoring student and junior nurses throughout this period, at times asking if staff had performed certain tasks, and where uncertainty was present, aiding them with procedures and understanding.

"Lydia was always busy, but had a positive energy and always made eye contact with the family, patients and colleagues. She had what I would describe as a fabulous work ethic and always seemed 'on the go', with patients at the centre of everything she was doing. She was fast and thorough and seemed to be doing the work of two!"

Lydia has been given the UHNM Hero award in acknowledgment of her work ethic and dedication.

Mr Woolaghan said: "Overall, Lydia stood out amongst an already good team. I have worked in teams for over 30 years within the Police and she demonstrated all the attributes of a true leader."

Anaesthetist's positivity makes a difference to first-time mum



Dr Sarah Basterfield (centre) with colleagues from the Delivery Suite

A patient has thanked an anaesthetist for their warmth and professionalism. First-time mum Joanna Bailey was apprehensive about coming into hospital to give birth, but felt that Dr Sarah Basterfield's calm and friendly approach got her through the experience, particularly the emergency c-section she had to undergo.

Joanna said: "I was quite scared about the whole thing, but Sarah came in to check on me and talk me through some

treatment options. She was very warm and professional and I felt very confident in her hands. Some time later I had an emergency c-section and she remained with me throughout the decision to operate, as well as the procedure. I was upset and frightened, but she really turned around my whole mood and experience. She was so friendly and reassuring and her calmness made me feel so much better and actually quite positive!"

Joanna has given Sarah the UHNM Hero award in recognition of the difference she made to her on that day.

Joanna said: "Everyone I came into contact with on my delivery date was nothing short of brilliant. Although the ward was full, they answered my many questions and buzzes for help during day and night with warmth and compassion and gave a nervous first time mum some much needed confidence! I will never forget the care I received during my stay, thank you."

Sarah said: "It's just so lovely that someone has taken the time to write in about me, especially a first-time mum with a new baby to look after! Anaesthetists are involved with two thirds of acute hospital patients, so we always try to make their experience a positive one. It's really nice to be acknowledged."

Exemplar immunology team obtain accredited status



From left - Asthma CNS Angela Cooper, ANP Immunology Deborah Hughes, Consultant Immunologists Lavanya Diwakar and Dr Sarah Goddard

The immunology team at University Hospitals of North Midlands were assessed by the 'Quality in Primary Immunology Deficiency Service' (QPIDS) on earlier this year and granted accredited status.

QPIDS is the accreditation scheme for primary immunodeficiency services in the UK. Services undergo a programme of quality improvement before receiving a rigorous assessment against the QPIDS standards. Services shown to meet the standards are then granted accreditation.

Matron Julie Cumberlidge said: "The feedback we received was exemplary, describing the vision and leadership as 'excellent' and that a can-do attitude shines through our phenomenal teamwork. They described the service as 'ahead of the curve' and we are now one of only 10 centres in the country with this accreditation. By 2020 all immunology centres will need to have this accreditation status for commissioning purposes.

"Our patients described feeling safe

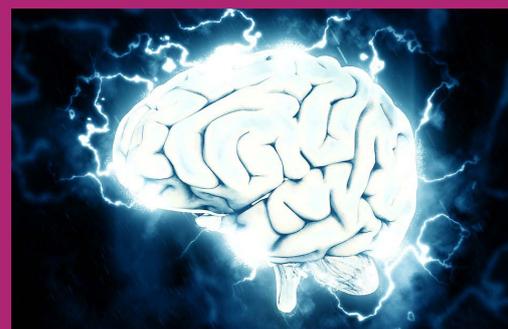
and empowered and said they were given holistic care and felt valued, supported and appreciated. QPIDS praised the documentation and patient information and have asked to use some of our work as examples for other centres.

"We only have a small team of two consultants and one Advanced Nurse Practitioner. They have worked incredibly hard and undertaken a massive amount of work and I would like to thank them and other teams who work with us on a daily basis. This really has been a huge team effort."

For more stories like this, visit

www.uhnm.nhs.uk

Consultant leads awareness of new migraine treatment set to benefit millions



UHNM consultant Dr Brendan Davies is playing a leading role in raising awareness of a new migraine treatment which could benefit millions of people in the UK. Dr Davies appeared on national and local news recently to talk about the potential benefits of drug 'Erenumab', which has been shown to halve the number of attacks patients suffer. The drug has been specifically developed to treat migraine and is self-administered via injection.

Dr Brendan Davies, Consultant Neurologist, said: "The results of this study are a very exciting development. This treatment is bespoke for migraine; the first for 20 years. It could make a real difference to people's quality of life. About 8.5 million people suffer from migraine in the UK, with episodic migraine sufferers experiencing as many as 14 attacks a month, lasting from four hours to three days. It really is a terrible disease. Imagine having a throbbing headache all the time, as well as vomiting, being highly sensitive to light and sound and not being able to move. These are just a few of the symptoms experienced by patients and it really affects their work, leisure and family time. Many patients have been treated unsuccessfully with many other drugs before, so to find something which really works is very good news."

The drug works by targeting and blocking a pain-signalling molecule in the brain called Calcitonin Gene-Related Peptide (CGRP).

Dr Davies said: "Because this drug is self-administered, a major benefit of the treatment is adherence. Patients can do it and forget about it, unlike tablets which patients have to remember to take, have to be taken continuously and are sometimes not well-tolerated. Because the drug is specifically for migraine and not a re-purposed treatment from some other use, it will prove to be more effective."



(Centre) Claire Burns, Housekeeping Services Support Manager, with Barry Deacon, Deputy Director of Estates, Facilities & PFI and colleagues from the housekeeping team at County Hospital

Patients say County Hospital is cleaner and better

County Hospital's 'PLACE' score has improved to almost 100% for cleanliness. PLACE (Patient-Led Assessment of the Care Environment) assessments put patient views at the centre of the assessment process and use information gleaned directly from patient assessors to report how well a hospital is performing in the areas assessed – privacy and dignity, cleanliness, food and general building maintenance. Claire Burns, Housekeeping Services Support Manager, helped lead a team of over 100 staff members to make these improvements and create a better environment for patients and staff.

Penny Parkinson, Facilities Manager, said: "Since Claire joined the team in October 2016 she has played a key role in reviewing and redesigning the housekeeping service. We have implemented new cleaning schedules and these have helped to improve overall audit scores for the entire site.

"Claire has also helped improve staff retention and every month we receive positive feedback around her performance from departments throughout the site. She makes patient experience better through

a clean and friendly housekeeping service."

Claire has won the Employee of the Month award for her hard work and dedication.

Barry Deacon, Deputy Director of Estates, Facilities & PFI said: "Claire has been with us for a relatively short period of time, but in that time she and her team have made fabulous progress in every way. The results of her work is reflected in our excellent PLACE scores and the feedback received from those that use and visit our facilities. Well done Claire, and thank you."



National award win for UHNM Quality Manager

Katie Berger, Quality Manager and Training Lead for Pathology has won a major UK award for her work to create a programme of support staff development and deliver a new pathway for people to train as biomedical scientists.

Katie is the winner of the IBMS Award for inspiring the biomedical workforce of the future, part of the Advancing Healthcare awards programme. The judges praised the project for truly meeting the brief set for the award and said the personal stories used in this project are brilliant and have inspired people into a biomedical career.

Katie said: "After reviewing workforce profiles, recruitment and retention data, UHNM wanted to invest in a programme of support staff development to create a sustainable succession plan. Together with the University, UHNM developed a curriculum that would satisfy professional and regulatory standards, as well as deliver practitioners who were resilient and innovative. Although it is only in its first year, the programme has gained significant traction and created a positive atmosphere. It has provided a visible sign to support staff that their contributions and experience are valued."



Janette Birks, Clinical Nurse Specialist in Epilepsy, (pictured centre), started her training as a state-enrolled nurse at the Royal Infirmary in 1975 and qualified in 1977, going on to work on Ward 24 in Neurology. Janette said: "I have worked in different areas, but my love for neurology has seen me return there again and again. I have enjoyed my years in nursing and feel privileged to have worked with and nursed so many lovely people." Janette was presented with a long service award recently by Chief Nurse Liz Rix.



A time capsule was buried at Royal Stoke University Hospital to mark 70 years of the NHS. The capsule contained a variety of items including a prosthetic hip joint, mechanical thrombectomy coil, staff profiles, commemorative plate, items made by children and more. We also had two special guests – Maurice Simon and Rosemary Astbury, who both share their 70th birthday with the NHS. A time capsule is planned for County Hospital when the oncology and haematology treatment suite garden is complete.

Happy Birthday **70** Happy Birthday

YEARS OF THE NHS 1948 - 2018

These are just some of the events and activities that took place on Thursday 5 July 2018. To see what else staff got up to, visit our Facebook or Twitter pages.

Thank you to everyone that got involved in NHS70 celebrations - from tea parties, tree planting, cake making, dressing up and much more.



When Julie Reeves, (pictured centre), first started working for the NHS, she used a manual typewriter! Julie said: "Over the years I have seen a lot of changes, like the introduction of computers and digitilisation. I have really enjoyed working in the NHS and in fact, I'm still friends with colleagues that I met in the 70s and 80s. I have always tried to help patients and families in the way that I would like for both my family and myself." Julie was presented with a special long service certificate recently by Liz Rix, Chief Nurse.



The County Hospital catering team were kept busy throughout NHS70 celebrations, baking two large cakes for two events, as well as cupcakes for staff and patients on the wards at County Hospital. A stand was held in the Atrium at Royal Stoke University Hospital where the cake was cut and shared with staff, patients and visitors (it didn't last long). BBC Radio Stoke held a live show outside the main entrance at Royal Stoke to commemorate NHS70 and staff from both hospitals were featured on the morning show.



Raising funds for



12-year-old revisits unit that cared for her at just 25 weeks old



Holly Easter giving her donation to Matron Lynn Keilty-Woolcock (centre)

12-year-old Holly Easter has given the donations from her grandfather's funeral to the Neonatal Intensive Care Unit at Royal Stoke University Hospital. Holly, of Swadlincote in Derbyshire, was cared for on the old neonatal unit for three months when she was born at just 25 weeks. Dad David Easter said granddad Roger Fredrick Norman would have approved of the £275 donations going to UHNM Charity to support the staff who had cared for his granddaughter in 2006.

David Easter, Holly's dad, said: "Holly weighed just one pound nine ounces when she was born and had to be cared for in the old maternity unit for three months, with a further three weeks at Burton. It was a very stressful time for us all, especially living so far away. My wife was able to stay on the old unit, but the facilities in the new unit are much better. We're very grateful for the care Holly received from the staff all those years ago and I know Holly's granddad would have been happy that the

donations went to the hospital."

The new neonatal intensive care unit was opened in 2009. Staff on the unit care for babies from across the region who need intensive or high dependency care or special care.

Lynn Keilty-Woolcock, Matron, said: "We're very grateful to Holly's family for this very kind donation. It is always very special for us when one of the children come back to see us after being cared for on the unit for such a long time and it's so lovely that Holly and her family thought of us. The facilities have changed hugely since Holly was cared for here and donations such as this one allow us to improve the experience of families even further. I'm delighted Holly and her family came back to see us, they are most welcome to visit us in the future."

Keep up to date with
UHNM Charity! Visit:
www.uhnmcharity.org.uk



A Dad's 100,000metre challenge for NICU

Tiny Oliver Charlie Perrins was born at just 29 weeks, weighing 2lb 13 ounces. After 81 days spent in the Neonatal Unit he finally went home. His dad Antony is now halfway through his 10x 10k race challenge. He is raising vital funds for the Neonatal Intensive Care Unit (NICU) at Royal Stoke University Hospital where Oliver was cared for.

Antony said: "All the staff on the Neonatal Intensive Care Unit have been amazing and without all of their help and support we wouldn't have our little miracle with us today. We were delighted that after 81 days in hospital we finally had Oliver home and we can start our lives as a family at home together. As a small way of thanking all of the staff at Royal Stoke NICU I'd like to give something back, by raising money to developmental care boundaries and muslin bunnies make the baby's stay in NICU a more comfortable experience."

Lynn Keilty Woolcock, Neonatal Unit Matron, said: "We are very lucky to receive fantastic support from UHNM Charity and the many fundraisers who have helped equip our unit with some fantastic facilities for our patients and their families. It's brilliant that little

Oliver has been able to go home after his time on the unit. I would like to thank Antony for his on-going efforts and all the staff on the unit are cheering him on. We are very grateful for Antony's support, which will benefit other patients and their families during their stay."

Adela Appleby, Head of UHNM Charity, said: "Antony is one of our many inspirational fundraisers and I can't thank him enough for his continued support and dedication towards supporting UHNM Charity and the Neonatal Unit. These funds will help provide vital equipment that will improve the experience of the babies and their families on the unit. Even though it's a really tough challenge, I've got no doubt that Antony will be successful and we'll be supporting and encouraging him 100% throughout his journey."

Antony has so far raised over £500 in his five races to date and has five more to go at various locations across Staffordshire, including; 24 June in Stone, 3 July in Berryhill, 5 August in Cannock Chase, 23 September in Stafford and 7 October at Katherine House.

High Intensity Team raise £750



An NHS team that included UHNMs Medical Director tackled the Cheshire Triathlon last weekend to support UHNM Charity. Dr John Oxtoby was joined by Gail Lowe (MPFT) and Rob Bryan, Head of Allied Health Professions, at the Nantwich event. The team raised nearly £750 for frail elderly patients at both UHNM and Katharine House Hospice.

Rob Bryan, who is also Project Lead for the 'Reducing LoS and Admissions for High Intensity Users' project, said: "We all dusted off our exercise kits to complete the Cheshire Triathlon as a relay team, whilst the wider team cheered us on and participated in spirit! We were aiming to raise as much money as possible for two really important charities that have helped support the High Intensity Team in reducing non-elective hospital admissions.

"Once frail elderly patients are admitted to hospital they can often find themselves under the care of multiple doctors and nurses, leading to feelings of confusion and despair. The team supports these individuals to live with any ailments and long term conditions as independently as possible. This also includes coordinating care and support across organisations. I'd like to thank everyone who sponsored us and cheered us along the way."

The trio took part in the team relay, which included a 500m swim, 21K cycle and a 5k run. Swimmer Rob led off with Gail cycling and Dr Oxtoby running the final 5k. The team finished fourth in their event and first in their age group. Visit <https://uk.virginmoneygiving.com/Team/highintensityteam> for more information.



U·H·N·M
charity

Want to support
your local hospital?

Take part in the St

UHNM Charity's County Hospital Fundraising Appeal has again been chosen as the charity partner for this year's Stafford 10k. The event, which takes place on 23 September 2018, has quickly established itself as one of the 'must-do' road runs in the area since it began in 2016. All those who sign up to represent the appeal will be fundraising to provide local cancer patients with a large courtyard garden to enjoy whilst in hospital receiving their chemotherapy treatment.

Adela Appleby, Head of UHNM Charity, said: "We're obviously delighted that our appeal has been chosen as the charity partner for this year's Stafford 10k. The Stafford 10k is now one of the most eagerly anticipated events on the calendar and both our staff and supporters have really taken it to their hearts. The space they are fundraising for will transform the Oncology and Haematology Treatment Unit's courtyard so that patients will be able to leave the clinical area and enjoy a very tranquil setting.

"Over the past year it has been very heart-warming hearing about the reasons why people choose to run this event for us. People have told us that they themselves are a cancer survivor or someone close to them is. Some people say they are running in memory of someone close to them, or that they want to mark a milestone such as a birthday or event. Others are doing it because they just love running, or that they've lost or are losing a lot of weight and they have been inspired to take part by others. I think we'll see many of those who took part last year do so again and I hope to see many more new faces take up the challenge to support their local hospital.

"Everyone who agrees to raise a minimum of £60 for the appeal will receive a free place and participants can fundraise for other services and wards at UHNM if they wish. There are a limited number of places and there's a high demand for them, so anyone interested in taking part should complete an entry form and send it to back to UHNM Charity immediately."

For more information and to download the entry form, visit: www.uhnmcharity.org.uk

Sunday 23 September 2018
10:30am

Stafford

10K



Thank you to all fundraisers

UHNM staff have thanked all fundraisers over the last year for making a difference. Every year UHNM Charity is supported by former patients, grateful families and staff who want to make a difference to the services the NHS provides. Giving to the NHS is as old as the NHS and this year has been no exception.

Adela Appleby, Head of UHNM Charity, said: "On behalf of everyone at UHNM I would like to say a heartfelt thank you to all those who have given something to UHNM Charity. It has been a very special year and many of the donations have had a profound effect on the care and patient experience we are able to provide. The sheer breadth of services that have been supported and the variety of patients that have benefited simply can't be listed. Here are just a few examples of some of the equipment that has been donated to UHNM in the past year."

Child Heart Scanner – Children's Centre

Young patients previously had to travel to Birmingham to undergo a heart scan. Now, thanks to fundraisers, a Child Heart Scanner proudly sits in the Children's Centre. The images are of a better quality and enable staff to make a diagnosis earlier. Now nearly 500 children a year benefit from this new technology.

CuddleCot - Maternity

When a baby is stillborn their parents sometimes only have a few hours to spend time with their child. However, thanks to fundraisers, we now have a CuddleCot, which cools the baby and therefore prolongs the amount of time parents can spend with their infant. The CuddleCot is now part of the Forget-me-Not Suite in the maternity centre.

Lymph Couch & Moisture Meter – Cancer Centre

The overall aim of lymphoedema treatment is to reduce volume of fluid, but this can often be difficult to measure. The Moisture Meter helps to establish levels of swelling, contributing to prompt referral and appropriate intervention for 1,000 patients a year. The Lymph Couch promotes maximum comfort for patients whilst undergoing treatment.

Nasopharyngoscope – Heart Centre

A Nasopharyngoscopy is a procedure in which a flexible scope is inserted through the nose and advanced into the back of the throat. It is used to help ensure correct placement of nasogastric tubes in the stomach. The scope is now in use in the Heart Centre.

High Frequency Chest Wall Oscillating Vest – Children's Centre

The High Frequency Chest Wall Oscillating Vest enables our younger patients to remain mobile whilst having treatment. It helps to remove chest secretions, is more comfortable and has also been shown to shorten length of stay in hospital. More than 50 children a year will use the vest.

Site-Rite Console & Probe – Cancer Centre

The Site-Rite Console & Probe allows clinicians to more easily and accurately place a patient's PICC line. A PICC line is a long, thin, flexible tube called and is used to administer chemotherapy and other medicines. More than 150 patients a year will benefit from the equipment.





From left - Dr Alison Brind, Dr Indira Natarajan, Dr Fran Gilchrist, James Hobson and Sarah Lockett

Marathon runners go beyond £10k

Five intrepid runners have raised more than £10,000 for UHNM Charity by running the London Marathon. The five, Stroke Physician Consultant Dr Indira Natarajan, Paediatrician Respiratory Consultant Dr Fran Gilchrist, Gastroenterology Consultant Dr Alison Brind, nurse Sarah Lockett and supporter James Hobson, all tackled the 26.2 miles in the gruelling heat. The money raised will go to good causes across UHNM, including County Hospital, Cystic Fibrosis, Liver disease, Ward 108 and Children's Intensive Care.

Dr Indira Natarajan, who has so far raised more than £5,000, said: "As gold bond runner for UHNM Charity my challenge was to raise money towards improving services at County Hospital, especially to create a garden for cancer patients and raise the profile of the Stroke Services. I love what we do for our patients and I love to run so completing the London Marathon for County Hospital was very special. It is our duty to further develop the services at County Hospital as well and this challenge will go some way in enabling this vision. I set out to run under 4 hours but managed to complete with a personal

best time of three hours 33 minutes. It was the hottest London marathon on record and I kept saying to myself that I have earned £192 towards the charity for every mile I crossed which helped me to finish it."

Dr Fran Gilchrist said: "I ran to raise money for the North West Midlands Cystic Fibrosis (CF) Centre, which cares for over 230 children and adults with CF. The money we raised will be used to buy medical equipment, such as nebulisers for the children and adults attending the centre. CF is an inherited life-shortening disease for which there is no cure. Patients require multiple medicines to help absorb their food and to prevent or treat chest infections, some of which can be given using a nebuliser. The money we raised will fund a supply of these modern nebulisers to limit so the treatment burden for patients can be reduced."

Dr Alison Brind said: "I ran to raise awareness of liver disease in the North Midlands. More than 1,000 people per year die of liver disease in our region each year. Many of these deaths could be avoided by lifestyle changes and treatment of

viral hepatitis. The money raised will support the nurses at UHNM with training courses, at both Royal Stoke and County Hospital, who care for patients with liver disease."

Sarah Lockett said: "I raised money for Ward 108, the female gastrointestinal ward at Royal Stoke University Hospital. I did this to make a difference to the patients' experience of being on the ward by providing things the NHS can't fund. Being in hospital is never nice but these patients often have life changing surgeries or diagnoses and all the staff try to make their stay the best they can."

James Hobson said: "I heard that the Paediatric Intensive Care Unit at Royal Stoke University Hospital needed vital equipment and decided to use my fundraising to support the team. The money will go to fund a new ultrasound machine, which will benefit thousands of poorly children. The unit that cares for the sickest and critically unwell children in the region and the charity exists to enable patients and their loved ones to thank the staff and hospitals for their care."

County Hospital Fundraising Appeal nears half a million pounds



UHNM Charity is more than three quarters of the way to meeting the County Hospital Fundraising Appeal target of £600,000. To date donations have created safe, comforting and stimulating ward environments for vulnerable patients, including those with dementia, and developed the outpatients unit which is used by more than 125,000 patients a year.

Adela Appleby, Head of UHNM Charity, said: "The refurbishment of the clinical areas at County Hospital has changed the look and feel of the hospital beyond recognition. Some of the facilities are now the envy of the NHS and bringing real benefits to patients. What we want to do is transform the patient experience on top of the clinical care that people receive.

"We've identified a number of areas where patients could really benefit from charitable funds. We are now fundraising for a large courtyard garden for patients with cancer and blood disorders to enjoy, as well as a quiet facility where families can wait when a loved one has had an accident, is seriously ill, or been rushed to hospital. It could also be somewhere they can stay with a loved one who has died and still be close to the doctors and nurses who can support them. We think we can make a real difference."

The appeal is now just £125,000 short of the target and has been boosted by recent fundraising by a doctor who ran the London Marathon.

Adela said: "Raising nearly half a million pounds is already a fantastic achievement by the community in Stafford and our staff here at UHNM. I would love to hear from anyone who wants to support this special appeal."

If you have been inspired to fundraise for UHNM Charity visit www.uhnmcharity.org.uk for more information or call 01782 676444 to speak to one of the UHNM Charity team.

Every year more than one million seriously ill children and adults are cared for by University Hospitals of North Midlands NHS Trust. UHNM Charity makes things better for patients, their families and the staff who care for them, by funding state of the art equipment, new facilities, innovative research and all the important extras that make care so special.



County Hospital, Stafford Fundraising Appeal

£25k equipment to support Neonatal babies



A hundred of the most extremely premature and low-weight babies a year will now benefit from a new piece of neonatal equipment. UHNM Charity has agreed to fund a £25,000 Video Laryngoscope, which is used to intubate babies being cared for on the Neonatal Intensive Care Unit (NICU). In 2017 there were 92 babies that needed to be intubated, which is a very difficult procedure.

Lynn Keilty-Woolcock, Matron, said: "Very often it can be difficult to intubate these babies as they have anterior cords. The Video Laryngoscope allows the operator to view the vocal cords of a baby while intubating. This will be especially useful for trainees when learning and for senior neonatologists caring for babies with a very difficult airway. Better trained clinicians will be able to perform intubations more skilfully, resulting in less trauma to the baby. It will also reduce the number of attempts needed to intubate and ultimately improve care.

"This is important because it is an invasive procedure and multiple attempts can destabilise these babies. As you can imagine, it's also very traumatic for their parents to see this being performed. We're delighted that the Charity and its supporters have been able to purchase this equipment."

NICU is very well supported. Father Anthony Perrins is currently half way through his incredible challenge to run ten 10k for UHNM Charity. At the weekend he ran his fifth race at Trentham Gardens. Anthony is raising funds as a way of thanking all of the staff who cared for his son Oliver Charlie, who was born at just 29 weeks weighing just 2lb 13 ounces. Oliver went home after 81 days spent at NICU.

Adela Appleby, Head of UHNM Charity, said: "I'm delighted that we have been able to support the fantastic staff on NICU. Seeing equipment like this being purchased is the perfect legacy for all those who have fundraised. It's important that staff, patients, supporters and the public see not only the incredible efforts of the fundraisers, but also the real difference they make to the care of these very vulnerable babies."

Family support charity after miracle recovery



A woman who suffered six cardiac arrests in six weeks has stunned doctors by making a full recovery. Jane Kent collapsed at a family party in July 2017 and had to be rushed to Royal Stoke University Hospital to be cared for in Critical Care for six weeks. The 52-year-old, who together with her husband, friends and family have been raising money for UHNM Charity, is now back at work having made a virtual full recovery.

Husband Gareth Kent said that he'd had 'the chat' so many times with clinicians that Jane's recovery was a minor miracle. Gareth said: "Jane was in an induced coma for five weeks and there were various attempts to wake her up. She's almost back to who she was. We can't thank the staff enough for what they have done.

"We got Jane home and just wanted to give something back to the team that had helped her. Jane isn't the only one we know who has been treated in Critical Care. We're season ticket holders at Crewe Alexandra and we know some people who are in bands so we just put the two together and organised a charity night with an auction. So many people were so generous that night, especially the football club, their staff and the people who played in the bands."

In total Jane and Gareth raised nearly £6,000 to support patient experience in Critical Care. The money will be used to buy equipment that will support the comfort of patients and their relatives during what can be long stays on the unit.

Dr Stephen Krueper, Consultant Intensivist, said: "Our team is delighted to hear about Jane's fantastic recovery and it is motivating for us to see that our efforts helping them through this very difficult and challenging time have had such amazing results. We are very grateful for the generous donation to our unit, which will be used for the benefit of other patients now."

Jane and Gareth would like to thank everyone who contributed to making the fundraising event such a special night, including everyone at Crewe Alexandra Football Club.

Values Recognition Scheme

“Has someone done something big or small which has made a real difference to you?”

Have they demonstrated one of our 4 values – Together, Compassion, Safe or Improving?



Then please complete a nomination card available from main receptions at Royal Stoke and County Hospitals or complete an online form.

The person you nominate will receive a ‘thank you’ card with your words and a ‘values’ badge representing the value they’ve demonstrated. When someone receives a nomination for all four values they will then automatically receive a ‘thank you’ from our Chief Executive and a special ‘values heart’ badge.

Show your appreciation today:

www.uhnm.nhs.uk/aboutus and click ‘Our values and promises’