

the pulse ^{NHS}

Issue eleven 2008



ACTION STATIONS: MAJOR INCIDENT EXERCISE

**Cardiac team smashes
government targets**

**Latest on hospital
build progress**

The first word

by Chief Executive
Nik Patten

WELCOME to the first edition of Pulse for 2008. I hope you all had an enjoyable festive season and thank you to all members of staff that worked in our hospitals during Christmas and the New

Year. 2008

promises to be a very exciting year for the Trust. Our new strategy will be launched early this year which brings together a great deal of work



by clinicians, community partners, governors, senior managers and the Board of Directors. Our new strategy will guide what we do and what we hope to achieve in the next five years. It includes some big challenges that will improve on the excellent care we already offer to patients and will place our hospitals at the heart of our local communities by making sure that we value and develop our staff.

The Operational & Management Review is reaching a really exciting point and in the next few months our new Clinical Business Units will be up and running. These will help the Trust to improve our services by having a clear focus on our clinical business, ensuring we make decisions at the right level and help ensure that patients will receive the guarantees of service they now expect as a minimum. They will also help shape the Trust and help achieve the 2013 strategy which will make us a major healthcare provider in eastern England.

Finally, we have recently completed our first deep clean of a ward and I know that the staff on 2Y and the support staff worked incredibly hard to make that possible. The results are clear and the benefits of a much improved environment for everyone are well worth the effort.

As demand for our services remains high please remember good hand hygiene is an essential for everyone – try and support your colleagues whenever possible. Thank you for your continued efforts and enjoy reading this edition of Pulse.

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* Cover photo: Andrew Ferguson

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Painting brightens up life on Amazon

A COLOURFUL painting now greets young patients and their parents when visiting Amazon Ward.

It is all thanks to a donation made following the tragic early death of Carol Wilkinson, who worked as a paediatric secretary. It was Carol's wish that donations at her funeral should be put towards a painting for the ward. After £1,200 was collected, local artist Rene Viner was commissioned to

paint the large picture, an idyllic scene featuring children at play in a countryside landscape.

Sue Hartley, Matron for Children's Services said: "The picture really brightens things up and has been admired by many patients and visitors to the ward. We would like to thank Carol's family, friends and colleagues for their generous donations which allowed us to commission such a lovely painting."



ABOVE: Pictured admiring the work are, from left: Cheryl Tyner, Shezana Nazir, Joan Baker, Sister Jayne Rootham and Sue Hartley.

Cardiac team smashes government targets

REACHING government targets for patient waiting times is quite an achievement, but the Trust's Cardiac Investigations Team has gone one better – they have cut their six-week target to between four and five weeks and for many patients it is even less.

Heidi Presland, Assistant General Manager for Emergency Care and Cardiac Services said: "I'd like to celebrate how hard the team has worked to do this and the effect this has had on patients. It is a fantastic achievement."

The waiting times refer to the number of weeks patients wait for cardiac investigations. Some patients are referred to the unit at Peterborough District Hospital by their GP, others by their consultant when they are already in hospital or in an outpatient clinic.

Eighteen months ago patient waiting times were about a year, but by November 2007 they were down to five weeks in the majority of cases – and the wait period is still falling.

So how was this achieved? The team is a small one so Heidi needed to work closely with the technicians and clerical staff. On the administration side it was a case of ensuring vacant appointment slots were



filled, thus making the service more effective and using it to its full capacity.

By reducing the administration time taken by the technicians it has enabled them to see more patients. In addition, a new administration system, TOMCAT, was installed. This enabled staff to input results and information themselves, instead of dictating them and having them typed up.

"It was a case of working smarter, but the biggest factor was working together," said Heidi. "I have pushed them all hard but we have surpassed our goal which is fantastic."

ABOVE: Elaine Hickey, Admin; Richard Spurr, Student Technician; Ann Buckley, Admin; Laura Conway, Student Technician; Jan Davis, Admin; Alan Roberts, Technician; Louise Swallow, Technician; Elaine Ayre, Senior Chief Technician; 'V' Harwood, ECG Technician; Shaun Robinson, Technician.

letterbox

Pulse welcomes comments, views and letters from staff and patients - whether it's a thank you, a question you would like an answer to or comments about Pulse. Send to the Communications Department at Edith Cavell Hospital and we will print as many as possible.

Rheumatology clinic: I recently attended the rheumatology clinic at the Edith Cavell Hospital with my husband who has rheumatoid arthritis.

It was our first visit to your hospital. I therefore wanted to document how impressed I was with the service we received.

Firstly, the customer/patient service we experienced at the information desk was just excellent in every way. We were then directed to the rheumatology clinic where the welcome and attention we received was outstanding – the best we have ever received in a hospital. The smiling faces and friendliness of each and every member of staff was exceptional and so reassuring.

We have since been back and were equally impressed and still continue to sing their praises. The clinic is a credit to both the NHS and the Edith Cavell Hospital.

Amazon Ward: Damian and I wanted to express our gratitude for all the team's care when Charlotte was poorly. During the time she was on the ward the staff could not have been more attentive to her needs. At times it was a very distressing experience and the care and calm attitude made it much more bearable.

Watching your child suffer and not being able to prevent it is one of the hardest moments a parent has to go through. Both Dr Shellshear and Dr Richardson's team not only responded to Charlotte's ongoing medical needs but also to our questioning and searching for answers to make sense of what was happening.

In a time of ever-increasing criticism of the National Health Service we thought it really important to express our support for all the hard work and personalised care you have shown to us.



ABOVE: Amazon Ward has been given a boost thanks to a donation from Mrs Alex Ashcroft, whose daughter Lucy, now three, was treated there for pneumonia when she was just nine months old. Mrs Ashcroft raised £105 for the ward from running in the Great Eastern Run. Jackie McClelland, Play Services Coordinator for Amazon Ward, said: "We are very grateful for the money raised. It will be used for the refurbishment of the sensory room in Amazon Ward. Picture above are Mrs Ashcroft with her three children, Jacob (far right), Lucy and Thomas, and Play Leaders at Amazon Ward.

Accident & emergency: Thank you to the team at PDH A&E who gave my daughter Eleanor such fantastic help when she broke her arm after falling off her scooter.

On booking in we were ushered straight into the Triage room and seen by Col. Russell, who quickly arranged for Eleanor to have painkillers and an X-ray. Once a temporary plaster was in place we were off to Amazon ward where night staff were so helpful and, as no surgery was possible that night,

plans were made for Eleanor to be operated on the following morning.

Eleanor's operation went well and she was able to go home the next day. The whole team on Amazon ward were brilliant. Thank you to everyone concerned, in particular to Sue Hartley and her team, with special thanks to Cathy, Sharry, Julie and Claire who worked directly with Eleanor; and also to Mr Shah and his team. Lastly could I thank Col. Russell and the team in A&E for the treatment we experienced on

Words are not enough

ITU: This note comes from the heart of two people to thank you for looking after our dear friend Jackie Patel. There are no words my daughter Leanne and myself can use to describe you all. You are wonderful, dedicated and kind people. You do such a great job. Sadly, Jackie couldn't fight any longer, but the nursing given to her in your unit was the best ever. We won't forget Jackie, and neither will we forget the loving care given by your staff.

that Sunday night. As a former NHS employee now working in a slightly different remit, I appreciate the excellent care the Trust provides, but wanted to add that I was truly humbled by the fantastic way in which my daughter, my wife Jackie and I have been treated throughout this whole episode.

Cardiology

department: Thank you Dr Dai Rowlands and your team in the cardiology department for looking after me so well. From the fixing of the appointment to escorting off the premises by Sister, the help, courtesy and efficiency of everyone was marked. The NHS comes in for much criticism, but your department stands out as a model of how it can be done.

ICU: The family of the late Keith Corney wish to convey their sincere gratitude for all the special care and attention that ICU staff devoted to Keith. It is comforting for us now, knowing he was given so much time from each of you. We also thank you for your kindness to us, his family, throughout our visits.

Macmillan Centre:

I read with enthusiasm the article in your previous issue 'Crucial cancer lifeline'. Five years ago I was diagnosed with breast cancer. I had two operations, including a mastectomy, six months of chemotherapy at PDH followed by 15 sessions of radiotherapy. During this period I was not working for almost a year and became 'A Wednesday Lady'. I found my time there was fulfilling and worthwhile, taking part in crafts and relaxation. For me and, I am sure, many others, the centre is a lifeline to lean on when you are going through this terrible disease.



Look how fast it's coming along...

PETERBOROUGH'S new hospital has started to take shape during the last few months, as visitors to the Edith Cavell and Peterborough District Hospital sites will have seen.

Construction work is well underway at the Edith Cavell site, with steelwork for the new acute hospital and mental health unit already springing up out of the ground.

The main car parks on the Edith Cavell site have been relocated to take into account the

construction work and the new multi-storey car park is set to open in October 2008.

Work on the Integrated Care Centre at the District Hospital site is also moving ahead, steelwork is going up fast with sections of the second floor decking in place. The shape of this new facility can now be clearly seen.

For the latest news and images of the construction work, please visit www.peterboroughandstamford.nhs.uk

Play your part in tackling infections

THIS winter has seen high numbers of the winter vomiting bug (known as Norovirus) across the country and we have seen some episodes here in the Trust. The policies and procedures we have in place have however been used by the staff with excellent effect, ensuring that where infections have arisen they have been managed promptly and effectively. As part of the precautionary measures we take, several wards have had short periods of closure to new admissions, but none of these lasted for longer than a

week. Visitors can help tackle infections by:

- * Not visiting the hospital if they have had D&V or a cold in the last 48 hours.
- * Being familiar with visiting guidelines, such as a maximum of three visitors per patient and ward visiting times (2-4pm and 6-8pm).
- * Always observing good hand hygiene and using the alcohol gel on entering and exiting ward areas.
- * Not using patient toilets, sitting on patients' beds or sharing patients' food.

Celebration of service and achievement



AWARDS for long-service, voluntary work and outstanding achievement were presented at a special ceremony held to celebrate another year of dedication by those who work for the Trust.

The roll of honour included staff from a variety of areas in all three hospitals. It is just the second year that the outstanding achievement awards have been presented to staff who have performed above and beyond the call of duty throughout the year.

The recipients were: Dee Bryant, Occupational Health technician; Fiona Edwards and Jo White, Healthcare assistants; Sue Keen, Gynaecology secretary and coloscopy coordinator; Charlie Patankar, Associate specialist, Urology; Jean Sutterby, Stamford Hospital administrator; Chris Stimpson, Head of IT Systems Development; and Marion Glenn, Housekeeper Ward 3X.

Team awards: Sue McIntosh and the Day Surgery team; Neil Hunter and the Stores team.



There were 12 long-service awards presented to staff on the night and 26 awarded to volunteers. Staff who received them were Isobel Allingham – Macmillan lung cancer nurse specialist; Paul Allingham, Duty manager/team leader; Maureen Brown, Linen room assistant; Elda Dellorto, Healthcare assistant Ward 3Y; Caroline Embleton, Assistant technical office; Estelle Hamann, Biomedical scientist; Brenda Hudson, Healthcare assistant; Celia Kendrick, Lead Nurse A&E; Dianne Lemmon, Clinical coding audit and training; Pauline Millard, Healthcare assistant; Helen O'Connell, Staff nurse ward 2Z; Jennifer Toseland, Clerical officer.

There were actually 25 staff long-service awards but only 12 presentations took place on the night. Those unable to attend the ceremony received an informal award presentation from their General Manager.

ABOVE: Success all round: Some of the staff who were presented with their awards at a ceremony to reward excellence and outstanding achievement.

Volunteer awards

VOLUNTEERS were presented with awards for long service after five, ten, 15 and 20 years. In this latter category were Betty Hay, who helped in radiology, Mary Ingamells for her help assisting with outpatients, and Joy Kisby, who played the organ in the Chapel on Sundays.

Radio 590 volunteers Chris Barnes (24 years), Andy Garner (25 years) and Andy Strickley (20 years) were also honoured for their contributions over more than two decades.



Going digital brings faster diagnosis



ABOVE: Vicki Welham with Surgeon Commander John Perry view the new PACS system.

THE Trust's long-awaited digital revolution has become a reality with the roll-out of the Picture Archiving and Communication System (PACS).

PACS eliminates the need for X-rays to be printed. Instead, seconds after a patient is scanned the image is sent digitally to a computer. Medical teams, including A&E, will then be able to view the image via a monitor, meaning faster analysis and diagnosis.

As well as handling conventional X-ray images, PACS can deal with a wide range of specialties including radiotherapy, CT, MRI, nuclear medicine, angiography, fluoroscopy and ultrasound.

Randle Milne, radiology services manager said: "The benefits to both patients and clinical staff are enormous. Staff will be able to compare new and

previous X-rays at the touch of a button, viewing them on screen just like a digital

camera. This is particularly good news for patients with long term conditions because consultants can quickly and easily monitor changes in a patient's condition by comparing new images with old. Staff can even view the same image simultaneously at different hospitals during a conference call.

"The system will also allow for quicker X-ray assessment of patients in A&E where any time saved could prove invaluable in an emergency situation."

In some cases, it could also mean reduced waiting times as patients will not have to make a new appointment to receive their results.

The AGFA PACS project is the second phase of a scheme that the Trust, in conjunction with Fujifilm UK Ltd, launched in 2003 when it installed equipment that allowed X-rays to be taken digitally and computer printed rather than chemically developed like a traditional photograph. This latest phase was launched towards the end of last year.

Every hospital in the country is required by the government to have this system in place by 2008 and the Trust's hospitals were among the first 30 to install it in the North East and East Midlands cluster area.

Sally and Linda's gift from the heart

AFTER being patients of the Department of Breast Surgery at Edith Cavell Hospital, Sally Ward and Linda Jones both wanted to give something back to the staff who had helped them through a traumatic period in their lives. Recently they succeeded in doing just that, raising money for the department in separate events that will help to improve the services for future patients.

Sally and Linda raised £1,655 between them; Sally, who is a theatre practitioner at ECH, organised a fun day at her social club in Stamford which included a pink raffle tombola and a bowls tournament. Of the £1,600 this raised, £1,300 was handed to the Department of Breast Surgery, with the rest going to Clinic 8 and Ward 2Y at Peterborough District Hospital, where Sally received chemotherapy. She said: "I received excellent care from all the



ABOVE: Sally Ward and Linda Jones present their cheque to breast consultant Mr Abdullah.

staff who treated me. Fundraising gave me a chance to give something back." Linda, an Intermediate Care Team nurse based in the community, raised £355 by asking guests at the Scottish ceilidh dance to celebrate her wedding, to donate money for the department. She said: "I am so grateful for the care

I received and by raising money for the hospital that treated me I know other local people will benefit too." Breast care nurse specialist Chris Dunham said: "We are very grateful for the money raised, which will be used to buy new equipment for the department."

The cheque was received by Mr Abdullah, breast consultant, who explained that the extra funds would be used to buy a Revolution Cosmetic Application Kit. This is an areola tattooing machine that provides pigmentation on the area around the nipple after breast reconstruction. It costs £1,300 and will replace an existing machine that is five years old. The rest of the money will go towards a Coleman Fat Transfer System, used for a new technique that removes fat from other areas of the body to re-inject into indentations left in the breast after surgery. It costs £2,150.

Meet the staff whose African adventures turned their perspective of life upside down



A life-changing journey to Kenya for Alison

TREKKING across savannah, climbing mountains and abseiling down a rock face are all activities that Alison Chisnall would have once dreaded.

Yet now she can look back and say with pride that she met each challenge head-on and, to her amazement, even enjoyed some of them. Her 10-day expedition through Kenya has also raised more than £3,000 for cancer charities and the group in total has raised £280,000.

"It was absolutely fantastic yet it was the toughest thing I have ever done. I was pushed to my boundaries both mentally and physically," said Peterborough District Hospital ward clerk Alison, whose father has prostate cancer.

She and her group of 93 fellow trekkers had to endure temperatures of more than 34°C while walking through difficult, rocky terrain. "We constantly had to look at where we were putting our feet," said Alison. "The terrain was craggy and there were large holes made by aardvarks to avoid."

Then there was the local wildlife to contend with, such as antelope, zebra and giraffe plus the threat of charging buffalo. Alison added: "We also had to watch out for baboons which could be aggressive and would steal our clothes at night."

She hit the doldrums on day four, as the group undertook a gruelling nine-hour trek across miles of savannah. With the temperature in the mid-30s, little sleep and feet covered in blisters, Alison started to feel she just couldn't go on. "Everything in my body was telling me to stop, but I couldn't, I had no choice but to go on," she said.

The next day the group climbed up a 7,000 metre high volcano and, overlooking the valley below, paused for a minute's silence to remember loved ones they had lost.

Then came the most daunting, yet poignant, part of her journey – to abseil down a rock face. Alison explained: "While they were harnessing me up my heart was racing and I started to think I wasn't going to cope. Then, as I sat at the top of the cliff with my legs dangling over the edge I started to feel very calm. I realised I was thinking about the son of a friend, called Jason, who had passed away when he was very young. I remember shouting his name as I went over the edge."

"Thinking back, I remembered that Jason had loved outdoor activities and wondered if that was where my calmness had come from and why I, too, had enjoyed the abseiling."

The whole journey was speckled with the exhilaration of overcoming fears and anxieties, and facing physical challenges. "I wanted to see how far I could push myself and I was amazed that my body could take me so far," said Alison.

And now, back at home, the trip has provided her with a new perspective. "We've decided to change our lives," said Alison, 53. "My husband Barry and I are taking early retirement, selling the house and moving to Norfolk. This will allow me to look after my mum and dad and give me quality time with them."

"This trip has made me see life differently. I'm proud of myself and much more confident. There are moments from my journey that will stay with me for a very long time."

Mandy's mission to help orphans

Those children have so little wealth yet are rich beyond our wildest imagination...

MOST of us take holidays to relax by the pool or do a little sight-seeing but not Mandy Shutt, who opted instead to help build an orphanage in Uganda.

But what she thought would be just an interesting experience turned instead into a journey that turned her perspective of life upside down.

A deputy sister at Peterborough District Hospital's outpatients' department, Mandy made the trip in late summer with the Watoto charity, whose aim is to house 10,000 Ugandan orphans by 2010.

"Those children have so little wealth yet are rich beyond our wildest imagination," she said. "Uganda is an amazing nation because of the generosity of its people."

Mandy heard about Watoto and its work through the Peterborough Community Church in Parnwell, and

pledged to join the team of 16 flying to Africa.

But before she could go anywhere she had to raise £1,500 to pay for her transport and accommodation. This she did by, among other things, having a sponsored 24-hour fast!

Having reached Uganda, she and the team started work almost immediately. Their mission – to build a single storey home for eight orphans in just eight days, no mean feat in 30 degree heat.

"We were expecting to live in mud huts but thankfully we were housed in a hostel – and yes, it had a bathroom!" she said.

There was also time off to meet some of the children the charity has already helped, which Mandy said was both upsetting and uplifting.

"Most of them have been orphaned either by AIDs or the tribal wars. One of the babies was born in prison and spent the first six months of her life there. She

was completely traumatised. Watoto also rescues children who have been recruited to fight in the wars in the north – some of them are only nine or ten."

But from the bleakest situation is emerging a story of hope. "The charity's vision is: 'rescue a child, raise a leader, change the nation' and that's exactly what it is doing. There are now even a few teenagers being put through university," said Mandy.

With the orphanage built, a moving dedication ceremony was held. "It was a legacy we are leaving behind for future generations," said Mandy.

"The whole trip was about living for a purpose beyond yourself. When I get bogged down with the trivial things here, I think back to Uganda, and what is really important in life."

Mandy's mission doesn't end here. She is already planning to return to Uganda to help build a school next summer. Watch this space...

Bereavement group support

HELPING relatives come to terms with the loss of a loved one is an important task. Often support is forthcoming soon after a death but, as the grieving process goes on, there are fewer people to offer help.

This is where the Peterborough Intensive Care Unit Bereavement Aftercare Service aims to bridge a gap. It can offer support to the relatives of those who have passed away in ICU and hopefully help them come to terms with their loss at a difficult time.

Formed in 2001, the group aims to reach out to the bereaved initially by sending a card, then following up with a letter offering support.

The group is mainly staffed by

volunteers, including Sister Elaine Maundrell, Sister Umi Vyas, staff nurses Marie Caston, Deborah Firth and Sandie Stimson, as well as Reverend David Parkes who has been a source of advice and support since the group began.

David leads a special service of remembrance in the hospital chapel every year, which takes the form of readings, both religious and secular, interspersed with a hymn and music.

The last service on 7 October was well attended and gave everyone the chance to light a special candle in remembrance of a loved one.

To get in touch with the group, contact any of the above members in the ICU on 01733 874328.

Time to celebrate!

THE NHS celebrates its 60th birthday in July and the Trust is planning a host of special events. In Peterborough these will include displays, guided tours of areas of the hospital and activities for all age ranges, which will be based in the Outpatients' department at the District Hospital. Events will also run from Stamford Hospital.

So whether you fancy getting your arm plastered, seeing how specialist medical equipment works or fancy a tour of our boiler room, put these dates in your diary today!

Peterborough District Hospital

– Sunday 6 July, 11am – 3pm

Stamford Hospital

– Saturday 5 July, 11am – 3pm

Trust leading the way

Centre of excellence in diagnostic ultrasound

PETERBOROUGH District Hospital is to become a teaching centre for highly specialised diagnostic work using ultrasound.

The radiology department has been leading the way with its pioneering work for the last four years. And now staff from other UK hospitals will benefit from the expertise the department has gained – they will be able to shadow PDH staff to find out about the ground-breaking techniques in use.

The hospital has been one of just a few district general hospitals in the UK to carry out this specialised work. "This was mostly done in teaching hospitals," said consultant radiologist Dr Roger Moshy. "When we started doing it three or four years ago we were the exception rather than the rule. We have been pioneers in this. It was then specialised work but now it isn't – now everyone should be doing it."

The technique involves doing ultrasound with a substance called a contrast agent. This agent helps to provide a much more accurate picture of the tissues and organs to be examined, particularly the liver, kidneys, gall bladder and spleen.

Today Dr Moshy's team has become highly knowledgeable and staff from other



ABOVE: Dr Roger Moshy with Rachel Nolan (Deputy Ultrasound Service Leader)

hospitals are queuing up to take advantage of this expertise.

Dr Moshy, who has lectured on the subject throughout the country, also chaired a conference for the British Ultrasound Society in December.

He said there is an exciting future for this branch of ultrasound expertise, and that research is now underway to use contrast agents to treat conditions, rather than just diagnose them. "The potential for this is mind boggling," said Dr Moshy. "As well as treating the organs, the biggest area for their use will be gene therapy."

Now for the science bit...

What is a contrast agent?

An ultrasound contrast agent is an injection of minute bubbles. When ultrasound is done, these tiny bubbles allow a more accurate picture to be made of the organ or tissues to be examined. This provides help with diagnosis.

One year after the smoking ban was introduced across the Trust...

Carol stubs it out after 43 years

DON'T waste your money on cigarettes – you are better off without them. That is the message that Carol Eckworth would like to send out to smokers.

It is a message from the heart because Carol has given up cigarettes after 43 years, and knows all too well how harmful they can be to your health.

Her achievement comes as the smoking ban at Peterborough and Stamford Hospitals reaches its first anniversary. It was banned throughout the Trust in January 2007.

But it was for health reasons that Carol, who is a domestic assistant at Edith Cavell Hospital, finally decided that enough was enough.

Carol had her first few cigarettes when she was just 13 and managed to quit fairly easily. But she started again aged 16 and kept smoking for another 43 years.

"I used to smoke about 20 cigarettes a day, then 15 roll-ups as well," said Carol. "I enjoyed smoking,

I didn't want to give it up."

But last year Carol suffered a bout of serious bronchitis and was admitted to hospital for treatment, spending the night on an oxygen machine. After that she needed to use inhalers several times a day.

"I couldn't do anything because I felt so ill," she said. "I had trouble breathing and no energy."

So on June 23 2007 Carol pledged she would give up. She smoked her last cigarette at 8pm and, using all her willpower, has not touched one since.

A 10-week course of nicotine patches has helped and now Carol is free from the habit that has cost her around £35 a week for many years of her life.

After six months without cigarettes she is keen to help others give up the habit as well. "I feel great now," she said. "I would definitely say to smokers: 'Give up – you'll feel so much better without cigarettes.'"



ABOVE: Carol started smoking at just 13, but after 43 years has given up – and feels much better for it.

Action stations for major incident plan

TRUST staff had the opportunity to practise their response to a major incident with a live exercise led by Cambridgeshire Police.

The multi-agency exercise centred around a mock terrorist attack at USAF Alconbury with the District Hospital, along with Addenbrooke's, receiving 'live' casualties from the scene. Staff from departments across the Trust gave up their Sunday morning to take part in the exercise and test how their roles would work in a real incident.

As part of the Civil Contingencies Act 2004, the Trust has a statutory requirement to undertake a live exercise of its plan every three years.



Formal debrief sessions were held the week after the exercise and all the comments have been incorporated into an action plan. The Major Incident Plan will be amended in February 2008 to take into account all the minor improvements made as a result of the exercise.

Celia Kendrick, the Trust's Emergency Planning Lead, said: "This was a great opportunity for us to test our Major Incident Plan, as well as providing staff with valuable training experience.

"The exercise went really well and I would like to thank all the staff who gave up their time to take part."



Photos courtesy of Andrew Ferguson

Tim's momentous year

What does your job entail?

I am one of seven hospital-based paediatric consultants and three of us have a neonatal interest. Between the three of us we are responsible for covering the Level 2 Neonatal Intensive Care Unit, although all of the consultants cover the unit out of hours. In addition I share in the general paediatric on-call rota and see both general and neonatal clinic patients. I am also the Paediatric College Tutor and as such am responsible for the education and training of our junior doctors.

What aspects of the job do you most enjoy?

Many people say that neonatologists are frustrated intensivists and perhaps I'm no different – I do enjoy the intensive care aspects of looking after premature babies. Saying that, neonates (despite their size) are generally far less complicated than older children and adults needing intensive care, and most recover well which is naturally a very rewarding aspect of the job.

You had an unusual wedding last year – can you describe it?

As if one wedding isn't stressful enough, we decided (in true Liz Hurley fashion) to have two – the first in India and a second in England. My wife, Ranji, has family in the Punjab region of India and we married near Chandigarh. We were running on Indian time so



everything started two hours after schedule which I think suited Ranji, but didn't help my nerves! The ceremony took place in a Sikh Temple in the countryside and was an unforgettable experience. I couldn't understand a word, but fortunately had one of Ranji's relatives at my shoulder explaining everything and telling me at which point we were actually married. We had decided on a quiet family-only ceremony, but in the event the temple was packed out, however I think this only added to the wonderful, colourful and for me, unique experience.

We visited the Golden Temple in Amritsar (the holiest place for Sikhs to visit) the day after the ceremony with Ranji's family before spending a one week 'honeymoon' travelling around Rajasthan with my family who had come to India from South Africa and New Zealand.

Do you have a personal motto?

'No Regrets' – I believe that most people get what they deserve in life and that negative experiences are opportunities to learn and improve, particularly if they are of our own making. One should never cry over spilled milk.

What do you do in your spare time?

Mostly play golf. I've been a member at Burghley Park Golf Club for about a year and try to play at least once a week. I grew up in South Africa and used to surf at every opportunity. I've also surfed in Cornwall where I lived for two years.

What is your favourite holiday destination and why?

The most idyllic place I've ever been is called Via Meguana in Cuba. It's on the south-western tip of the island and is a tiny lodge on a private beach where there's nothing to do but read, swim and walk.

If you could choose three dinner guests, who would they be and why?

Nelson Mandela – an obvious choice for a South African, but universally admired and respected. Also Ernie Els, who is my sporting hero. I could get some tips to improve my golf! I would also invite Penelope Cruz because my wife says I shouldn't have a men-only dinner party and besides, she's better looking than Mandela or Ernie.

Pioneering work shortlisted in national award

The trail-blazing work of consultant orthopaedic surgeon Glyn Pryor and his team has been recognised at a prestigious national award ceremony.

Mr Pryor and his four-strong team were shortlisted in the Thrombosis-Prophylaxis category of the Hospital Doctor of the Year awards in recognition of their work in slashing rates of blood clots following hip and knee replacement surgery.

Mr Pryor's Edith Cavell-based team – including nurse practitioner Kay Ruggiero, orthopaedic ward sister Angie O'Sullivan and anticoagulant coordinator Jackie Aistrup – ditched the traditional compression stockings and instead

set up a programme teaching patients to inject themselves with the more effective anti-clotting medication.

And, during a nine month period, the rates of potentially lethal deep vein thrombosis reduced significantly.

"Our methods have had a very real positive effect on our patients who are able to continue receiving beneficial drugs even after being discharged," said Mr Pryor. "We were very proud to have our ground-breaking work as a team recognised by our peers at the awards."

The team's achievements saw them finish in the top three in the category at the glittering awards ceremony at London's Hilton Hotel in November.

THE scientific world of medicine may seem poles apart from the art of rhyming poetry but for one consultant, they go hand in hand.

Samson Oyibo, a consultant endocrinologist based at Edith Cavell Hospital, has been penning poems since he was a 16-year-old student – and now it is a way of life.

So driven is he that, when the creative urge strikes, he will craft his verses at anytime and anywhere. His poem called 'Driver's dilemma' for example, arose from the frustrations of being trapped on the motorway in a raging storm.

"I was stuck in traffic for hours on end," said Sam. "There had been a serious accident and we were queuing for hours – people were having to get out of their cars to stretch their legs. I had to write that poem on my mobile phone."

Back in the early days, when studying in Nigeria, he would scribble away in his notebook, but these days most of his work is done on his laptop.

His inspiration has been fuelled by a love of classical English literature, discovered when he was doing his O' Levels, and a passion for African

poetry, with its rhythm and rhyme.

Sam, who qualified as a consultant and started working in Peterborough last year, has been inspired to write about a diverse range of subjects including smoking, diabetes (in which he is a specialist), beauty, travel and alcohol.

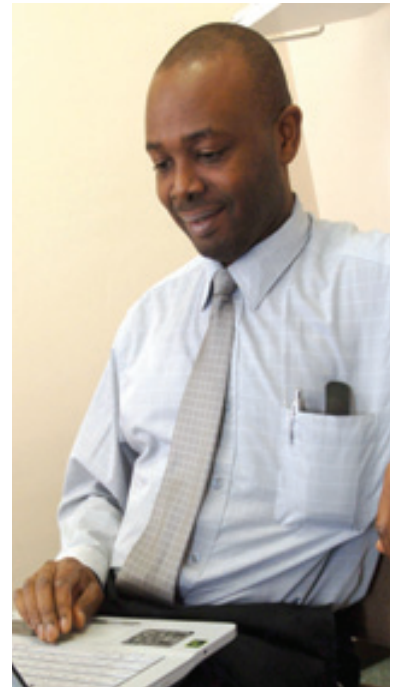
The imminent birth of one of his children provoked a poem as well and he wrote 'Last day in the womb' just before his wife Caroline gave birth.

His skills have not gone unnoticed by his peers either and once, while attending an educational forum on diabetes, he was asked to write a few verses for the first page of the forum literature. The result was 'The Diabetic Foot'.

"I do this purely for pleasure. Sometimes a poem takes one evening, sometimes a couple of days," said Sam.

"I enjoy using alliteration and my poems usually rhyme. It is a great way to deal with stress."

Sam posts his verses at: www.poetry.com and two of them, have appeared in an anthology published by the International Library of Poetry.



ABOVE: Sam's passion for poetry has become well known. "It's a great way to deal with stress," he says.

Put my feet up? No chance, says Margaret

SHE may have spent her last day working for the Trust but one thing is for sure – Margaret Richardson's life is going to be busier than ever.

Margaret, who was secretary to Joan Tiplady, General Manager – Medicine, retired at the beginning of December.

And far from planning to be a lady of leisure, she has a long list of ambitions to fulfil – everything from cookery courses to going on a cruise.

Margaret has worked at the hospital for more than 18 years, progressing from part-time typist to full-time secretary and finally to her key role as Joan's secretary.

"I started as cover for someone on maternity leave and remember my first day was on 13 March in 1989. I was worried that starting on the 13th would be unlucky," she said.

Fortunately, Margaret's job went well and as her children grew up she increased her hours. "I shall really miss being here. I would describe the work here as 'vibrant', it's always lively and quite fast-paced," she said.

"Being around Joan has really been a buzz. I've especially enjoyed the variety of my work, typing one minute, and setting up meetings the next. Everyone I've

worked with has been so helpful."

Margaret has been Joan's secretary for more than 14 years. Joan said: "Margaret has been very loyal in what is a very demanding and unpredictable role having to deal with the many ups and downs of operational management and the general manager! I wish her a long, happy and

healthy retirement with time to follow her interests and spend more time with her husband, children and grandchild."

And now the sky's the limit for Margaret who is planning a cruise with husband Geoff.

She also plans to hone her cookery skills by going on a course. It won't be just husband Geoff who will appreciate the culinary treats. Their daughter Amanda and granddaughter Hannah, as well as son Robert, are sure to enjoy the benefits.

The best aspect of retiring is that I'll have the choice to do whatever I want," said Margaret.

"If the sun is shining and we fancy going to the seaside, we can just do it.

"I've got a long list of things to achieve. I certainly won't be sitting around!"



Margaret, left, with Joan Tiplady, General Manager - Medicine.

Trust on target for 18-week wait

THE Trust is continuing to make good progress towards achieving the national 18-week referral to treatment target, a government initiative designed to cut waiting times.

By the end of 2008 all patients should receive their first hospital treatment within 18 weeks of being referred by their GP.

Paula Gorst, Director of Operations, said: "The Trust is heading in the right direction and is

performing well for its patients. In November 2007, 83 per cent of non-admitted patients and 56 per cent of admitted patients were treated within 18 weeks of referral from their GP.

"We are performing well compared to other trusts and have also received positive feedback from the Department of Health regarding our performance to date."

The next milestone for the Trust is in March 2008, when 90 per cent of

non-admitted patients and 85 per cent of admitted patients must be seen within 18 weeks. To ensure this target is met the Trust has recruited additional staff.

Paula said: "The Trust is firmly on course to meet the next 18-week milestones in March and we are working hard to meet the final target by December 2008. We are very pleased with our progress, which ultimately will benefit patients."

Who's who – meet your new governors

AT the recent governor elections for Peterborough and Stamford Hospitals 11 new governors were elected, to make a total of 26. Here's a brief who's who of your new Trust representatives.

Public Governors:

Robert W. Alderton

Robert has been a public member of the Trust for two years and has 40 years' experience in NHS senior management.

Following retirement, Robert spent four years setting up a hospice in a neighbouring county and was consultant for several hospice projects.



Margaret Elizabeth Anderson

Margaret is a chartered accountant, a member of the Women's Institute and has been the Treasurer of the Lincolnshire South Federation of WIs for many years. She believes it is essential that residents of Stamford and the surrounding villages receive treatment locally wherever possible.



Peter Douglas Beckwith

Peter worked for Anglian Water Authority for 40 years as a superintendent. He was also Vice Chairman of the March Riverside Patients Association for five years and a Patient and Public Involvement (PPI) member for three years. Peter is now a committee member of the IPPIF Group which is supported by local GPs. He lives in March.



Mark Bush OBE

Mark retired from full-time employment after 34 years as an officer in the Royal Navy and 11 years as a speech writer in the City of London local government. He is committed to enhancing NHS facilities and the continuing improvement of Stamford Hospital.



Dorian East

Dorian is a member of the Cambridgeshire Clinical Priorities Forum and the Trust's Public and Patient Involvement Committee. His knowledge of the NHS ensures an understanding of challenges facing the Trust and the new services required.



Brian William Hackman

Brian worked for Peterborough and Stamford Hospitals from 1972 as a consultant obstetrician and gynaecologist. Since retiring he has worked for the WHO and has been County Commander for Cambridgeshire St John Ambulance for 12 years.



Bill Proudlock

Bill was a non-executive director of Lincolnshire Hospitals for five years and is a former director of Glaxo Wellcome UK. These roles have given him extensive experience of the NHS and healthcare industry with expertise in strategy development and management of change programmes.



Staff Governors:

Isobel Bird

Isobel has worked in a variety of administrative roles in Trust departments, including A&E, Medical Records, S.C.B.U. and Theatres and is now a senior manager in the Finance department. Isobel believes it is important, as a staff governor, to be involved with changes the Trust is undergoing.



David Parkes

David's 'first career' was as a chartered engineer with the Department of Health where he had managerial and technical responsibilities for direct patient and staff care nationally. As a chaplain within the Clinical Directorate of the Trust for nine years, he now has the privilege to access all areas of the Trust and is available to each and every person when needed.



Edward Payne

Ed has worked at the Trust for eight years and is Facilities support services manager. This role is based within the GPHIP office at the Edith Cavell and also covers PDH accommodation and Estates at Stamford Hospital. Ed's position allows him to work at all three hospital sites and have an involvement in their future.



■ Ian Scrutton was also elected but unfortunately has had to stand down. His place will be taken by Meb Dato, who was runner up in the election and is one of our previous governors.

A TEAM from the Trust and Peterborough Primary Care Trust has been selected as one of the Highly Commended winners at this year's National Training Awards.

The team won the award after introducing an e-learning package to raise awareness of children protection issues among Trust staff.

The aim of the programme was to double the number of cases referred to local child protection offices by departments that worked mainly with adults. But it was so successful that referrals quadrupled. In its first year more than 800 Trust staff used the programme to learn how to recognise when a child may be at risk, the signs to look for, and where to go for help.

The programme was devised locally because Peterborough has, on average, 175 children that have child protection plans designed to keep them safe from harm at any one time – more than one and a half times the national average.

Advanced training is offered to staff working mainly with children, but more people needed a basic knowledge of child protection – and that is what the e-learning package has provided.

Hospital and PCT staff groups were finding it difficult to schedule convenient times for people to attend training not directly relevant to their service. But e-learning, with its access on-line at any time, has

Watch this space... those of you hoping to find out about Sandy Peet, who was featured in the last edition of Pulse, can find out about her work with HIV families in India in our next edition of Pulse.



ABOVE: The award winning team received their award from Colin Jackson. Pictured with him from left are Marc Peacock-Smith, child protection trainer, Kirstie Bush, Named Nurse for Child Protection for the PCT, Helen Herron, designated nurse for Peterborough and Rita Mease Named Nurse for Child Protection at the Trust.

National accolade for e-learning team

overcome that problem.

Rita Mease, Named Nurse for Child Protection for the Trust, said the team was delighted to have won the award. "It was a combined effort between the Trust and the PCT and we were very pleased to be nominated. It was good to have recognition of the importance of the work we do, and by raising staff awareness this training can make a real difference to children's lives.

"Working together to help ensure the protection of children is everyone's responsibility, and this training package plays its part in educating staff on the danger signs to look for."

Equipment amnesty offer is extended

WALKING sticks, zimmer frames, rollator frames and wheelchairs... an incredible £4,000 worth of missing hospital equipment was returned in the first month of the Trust's amnesty.

But there are still 43 wheelchairs and a host of other items, from toilet seats to bathing aids, missing. Staff are appealing for patients to return them – no questions asked - to boost depleted stocks.

Equipment Co-ordinator for Therapy Services Peter Pierce said: "It's fantastic that we have had so much missing equipment returned. But we still want more.

"When equipment is no longer needed people sometimes forget to return it or, if items are broken, they throw them away. But we can often repair them or re-use components."

Items can be returned to the reception desks at any of the Trust's hospitals or collection can be arranged by calling 01733 874898.

Yacht club donation for cardiac patients



ABOVE front: Elaine Ayre and Eric Rollings. Back from left, Melissa Fisher, Phil Matthias, Eddie Hird, John Crisp and Dr Jo Porter.

CARDIAC patients are benefiting from a £2,500 donation from Peterborough Yacht Club.

The money, which was raised at the club's annual charity day, has been used to buy two 24-hour blood pressure monitors for the Trust's Cardiology department. The monitors speed up the diagnosis and treatment of patients,

and allow them to go home while being monitored, which frees up beds for the Trust.

Melissa Fisher, Cardiology Clinical Nurse Specialist, said: "We are very grateful to everyone involved at Peterborough Yacht Club for holding this fundraising event for our cardiology department. The monitors will benefit

many patients both now and in the future."

During the past three years, the club has raised around £7,000 for the Trust. Two years ago, it again bought blood pressure monitors for Cardiology, and last year raised money to buy reclining beds for Amazon Ward.

Jane's uphill challenge

Marathon woman discovers highs and lows of Snowdonia

MARATHONS are hard enough aren't they? Running more than 26 gruelling miles is a huge challenge for most runners. Not for Jane Parker though, who, having already completed a few marathons on flat terrain, wanted to try something even more taxing.

So Jane, Assistant Director - Clinical Standards, decided to do the Snowdonia Marathon, an undulating course that starts at 300ft, rising to 1,200ft.

"I was, of course, exhausted afterwards but very happy," she said.

"It's a difficult marathon to run and that's why I wanted to do it – because it is such a huge challenge."

Organised by the National Trust, the course takes runners through picturesque passes and spectacular scenery encircling Wales's highest peak. Running uphill and downhill make it particularly tough and taxing on the joints.



ABOVE: Jane pictured while running in a previous event: "It's been a way of life for 25 years," she says.

But not only did Jane complete the course in three hours 58 seconds, she was second in her category, coming 418th out of about 1,500 runners.

"Running has been a way of life for 25 years," she said. "It is a way of relaxing and unwinding. The toughest part for me was around mile 21 at Waunfawr, which is hard because of the rapid climb."

Jane has run a number of UK marathons, including London, Nottingham, Stonehenge and Leicester, and trains about four times a week to maintain her fitness levels. Her next

challenge is to run a marathon abroad. Apparently there is a marathon in Corsica that looks tempting – equally undulating but a bit warmer than north Wales. Why test yourself with a marathon? "You have to be a regular runner to understand why," she said. "Some things just have to be done."