

Peterborough and Stamford Hospitals NHS Foundation Trust

Issue six 2006

NHS

the pulse

Oh, so fruity

Healthy eating
is so vital for
those with diabetes

Going high tech

Appointment
bookings at the
click of a mouse!

Heartening
Special feature
on the cardiac
services

Bringing staff and visitors the latest news from around the Trust

First word

by Chris Banks, Chief Executive

The first five months of this year has been extremely busy for the Trust and, like me, you are probably amazed that we are nearly half way through 2006 already.

Despite the turbulent time in the NHS nationally, our achievements so far this year have been extremely encouraging. Our financial situation has improved greatly on last year. This is thanks to the hard work of our staff in implementing the Fit for the Future plan while continuing to beat or meet



government targets and provide a high quality service to our patients.

The work on the post reductions as part of Fit for the Future is also progressing and I am very pleased to report that, at the time of going to press, it appears the vast majority of staff members affected in the first wave have been successfully redeployed within the Trust. We hope to make an announcement as soon as possible once the work has been completed and I would like to highlight the excellent partnership-working of our union representatives, line managers, HR staff and the members of staff affected during this difficult period.

As we move into the second half of the year, I would ask you to be very proud of the Trust's achievements so far and to continue the excellent work. We have shown already that by working together we can become more efficient while continuing to provide excellent patient care and it is this practice that will stand this Trust in very good stead for the future.

5



21



12



24

Inside this edition...

4 Bye, bye Bill
The Trust bids farewell to its retiring director of organisation

14 Parking addressed
The latest proposals to be implemented under the travel options plan

6 Letters
Grateful patients and relatives say thank you

18 Help a Heart
A look at how the Trust's cardiac services have developed over the years

8 Diabetes
A special report on the help available to patients

21 Caron's challenge
Fund-raising radiographer climbs to giddy heights for good cause

12 On the move
How therapy services is helping patients get back on their feet

22 Infection control
A behind the scenes look at the work of the team in much demand

Hi-tech bookings

MORE and more patients are going 'hi-tech' when it comes to booking their hospital appointments through the Choose and Book system.

A government initiative that gives patients greater say over when and where they are treated - and appointments can be made directly with the GP.

The Trust is currently one of the 29 per cent who have succeeded in enabling patients to book their appointment electronically at the point of referral.

The remaining 71 per cent have services live on this system, but patients are still having to telephone their chosen provider to book their appointment.

Kristy Parnell, a service improvement manager for the Trust, said: "The

majority of our services are now live on Choose and Book, and available

Easing patient journeys

AS part of the Fit for the Future initiatives, the Trust continues to strive to further improve and streamline the patient's journey.

Administrative processes are currently being reviewed to achieve this in a cost effective way.

Focussing on two main streams of work - patient booking and team working - the aim is to centralise booking of inpatients and day cases treated outside day surgery units, and to re-design administrative services into a team approach supporting the patient pathway.

Two briefing sessions have taken place and future dates circulated to share progress and gain input from staff.

Progress to date includes a process mapping session involving 40 administrative and clerical staff to identify the current booking process from decision to treat to the patient's admission.

"Work continues to ensure that remaining specialties are available for GPs to book into electronically by the end of May this year."

At 25 April 2006 - 245 appointments had been made electronically and

more than 55 patients had attended their appointment.

Kristy added: "The system continues to be developed nationally to support consultants in managing patient referrals. We would like to thank everyone involved for their ongoing support in the



for patients to book their appointment electronically at the point of referral.

implementation of this national system."



Sweet toothed Sue...

MEET the Trust's double medal winner, Sue Keen - who has gained silver and bronze awards in her chosen field ... sugar craft!

LEFT: Medical secretary Sue Keen with her sugar work of art

The talented district hospital medical secretary first took up the hobby some 20 years ago, after seeing a demonstration at a craft fair.

Sue enrolled at the Peterborough Regional College, and is now in her third year of the City & Guilds Course. Having developed a flair for the art, Sue recently celebrated the sweet taste of success at the crowd-pulling Salon Culinaire catering exhibition in London's Docklands area.

Her stunning sugar craft flower design earned her silver and bronze awards. But be warned - this hobby is not for the impatient. Sue's medal-winning water lily work of art took a painstaking 45 hours to create!

THE Trust has said farewell to director of operations, Bill Stevenson - who has retired after dedicating more than 30 years to the health service in Peterborough.

An influential figure in some of the Trust's most challenging and forward-thinking ventures, Bill says he has always tried to remain in the background.

However, his drive and determination to achieve national recognition for the Trust - through the successful and challenging Transformation Team projects, and the gaining of Foundation Status for Peterborough and Stamford - have spurred colleagues and staff to share his goals.

Bill said: "The Trust has been ahead of its time in a number of key areas, mainly through its early introduction of government policies and requirements.

"One of the things which pleases me the most is knowing that the profile of the Trust is now much, much higher than it ever was. Nationally, we are a good advert for the NHS and the media often turns to us as an example, when previously they would have contacted Addenbrookes.

"Even in the most challenging of times, including the current climate, staff maintain their commitment and tenacity to cope with anything that is thrown at them, and continue to try to be the best."

During his time with the Trust, Bill has rubbed shoulders with prime minister Tony Blair and ex-PM John Major, former health secretaries John Reid and Alan Milburn, and even the Queen during the official opening of ECH.

In his retirement, Bill hopes to spend more time travelling, playing golf and paying even more attention to his car collection!



Bye, bye Bill...

After 30 years of service Bill says a fond farewell to Trust

The early days...

AFTER spending seven years with Peterborough-based engineering giant Perkins, Bill decided to change careers in the early Seventies.

A friend told him about a vacancy with the then Regional Hospital Board, and he successfully applied for post with management services at Eastlea (the current home of the Service Improvement Team).

Bill worked in most of the East Anglia-based hospitals (including Addenbrooke's and Papworth) before re-joining Peterborough hospitals in 1990.

He was appointed business manager at Edith Cavell Hospital in 1991, working to develop contracts at that time with the health authorities and GP fund holders. He later progressed to

director for organisational development.

Bill said: "I was also asked to form the transformation team, which introduced changes to a range of hospital working processes for the benefit of patients.

We achieved nationally-recognised success in a number of areas - particularly in ophthalmology - where we pioneered most of the principals of choice, minimal visits and booking set out now for the whole of the NHS."



Did you know...?

■ Bill once persuaded MP Sir Brian Mawhinney to play Santa for hospital staff in place of himself. His wife says doesn't make a very good Father Christmas anyway.

■ His association with Peterborough District Hospital actually began in 1965 - while it was being built! The construction company was looking for someone to drive a road roller - Bill had a diving license (albeit for a motorbike), was looking for work - and was responsible for levelling what is now the PDH outpatient's car park (and there's still no subsidence).

■ Bill has 25 suits - most of them boiler!

Paula takes the reins

MEANWHILE, congratulations to Bill's successor - associate director, service improvement team, Paula Gorst.

She said: "I have worked closely with Bill over the last year and learnt a great deal from him. I followed in his footsteps when I took over as lead for the service improvement team and I'm now looking forward to the challenges of the director of operations role, especially at a time of so much change in the NHS."

Patients will benefit from... Two new clinics

PATIENTS in and around Peterborough and Stamford are to benefit from two clinics introduced by the Trust.

A new dermatology clinic is due to open at Edith Cavell Hospital in the middle of June.

It is being created in what was Ward 3 at ECH, bringing together the three separate dermatology services - outpatients clinic, minor surgery and UV light treatment - that are currently offered from different locations at PDH. This will help the Trust offer a one-stop shop for patients. It will also house the plastics clinics which will work in conjunction with the dermatology service.

Joan Tiplady, general manager for medicine, said: "We are delighted that work on the new clinic is underway. Having all three services in one new dermatology clinic will be much

more convenient for patients and will enable the team to work more efficiently."

The new clinic will also provide the Trust with the capacity to accommodate extra medical and surgical clinics.

Meanwhile, the Genito Urinary Medicine clinic (GUM) is relocating from Fenland Wing at the district hospital to Clinic E at the Edith Cavell site.

The new clinic will open to patients on 12 June and has also been renamed. It will now be known as the Department of Sexual Health.

The move to ECH will provide the clinic with more space and newly refurbished facilities.

Being part of the main hospital, as opposed to in a separate building, it will also be easier for patients to find.

Limbering up for the charity event of the summer

FUND-RAISERS from Edith Cavell Hospital are among those lacing up for THE charity event of the summer.

Each year, the Race For Life attracts thousands of women up and down the country raising funds for cancer research.

Trust staff and their friends are regular supporters of the event, in races/fun runs taking place at Ferry Meadows in Peterborough at Burghley Park in Stamford.

This year, a team from ECH theatres have joined up to brave the 5km course next month, while boosting charity coffers.

The team T-shirts have been sponsored by the company Arthrocare, and the women are putting their own touch of glamour to the event - by wearing tiaras.



ABOVE: Theatre fund raisers taking part in the Race for Life, Back row: Helen Boyton-Smith, Jo Hemmingrey, Sue Grundy, Lynne Clarkson, Teresa Barfoot and Yvonne Laverty. Front row: Sharon Smith, Jenny Skelton, Mary Jarvis, Emma Ward and Sally Ward,

If you wish to sponsor the team or find out more, log on to <http://www.raceforlife.sponsormo.org/helenboyton-smith>.

■ Meanwhile, fund-raisers from the service improvement team are also taking part in the Race For Life on Wednesday 28 June at Ferry Meadows. If you would like to support them, contact pam.mcnicol@pbh-tr.nhs.uk

MDHU team go overseas

A group of Ministry of Defence Hospital Unit (MDHU) service personnel, currently working in clinical departments in the

Trust, are being deployed on operational duty to Afghanistan and Iraq.

The doctors and nurses from the Defence Medical Services will be deployed overseas between now and October, before returning to Stamford and Peterborough later in the year.

Deployments such as this are routine and arrangements are well established between the Trust and the MoD to ensure that there are no adverse effects on patient services.

During the deployment the Trust is maintaining staff numbers on wards and departments using nurses from its own temporary staffing bank and by recruiting additional staff on short-term

contracts as necessary. Wing Commander Andrea Quinn, commanding officer of the MDHU, said: "As defence medical personnel we train constantly in support of operational deployments. However, we greatly value our partnership with the Trust, and I would like to thank them for their co-operation".

the pulse 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. Email communications at Edith Cavell Hospital and we will print as many extracts as possible.

Intensive care unit: I am writing to express my gratitude and congratulations to staff over the way in which they treated my father, and the close members of his family during his time in hospital. He was admitted for what we thought was a minor operation, but unfortunately never recovered from some internal bleeding caused by stomach ulcers. From the time he was first admitted onto 1Z, through his time in 3X and finally ICU, the staff gave my mother of 82 freely of their time. She was often confused and upset, but they spent time explaining to her what was happening in a very patient but never condensing way. I was impressed with the personal communication skills of all the staff, and also the way in which they gave the impression that they had all the time in the world for us alone.

Endoscopy: I look forward in fear and trepidation to my appointment, but take heart remembering how kind and caring all the staff on the unit were to me at my last visit.

ARAS unit: It is usual practice to write complaining about the NHS. Therefore I have decided to do something in reverse. May I take this opportunity to praise the outstanding work done by the ARAS unit. I have nothing but admiration for their kindness, their devotion to the job they are doing. The care and attention was first class.

Amazon ward/ Theatres: We are writing to you to pass on our

thanks for the care that our three-year-old son received during his unplanned stay. We would like to thank the team of nurses within Amazon ward. The team within theatre was great with him, and us. Each time he was sent up for another operation they looked after us and him so professionally, and at no point did we doubt he was not being looked after as we would look after him. The staff in the recovery room were so supportive and loving to him, we were grateful for their kindness. All of the anaesthetists and their team reassured us of our concerns and looked after our son so well for us.

2X/ Catering: This is to thank you all for the care and attention I received during my stay with you. The food was lovely, I so enjoyed it, and the happy atmosphere could not have been better.

A&E/ 5X: I could not let time pass without thanking all you staff for the care they gave my husband during his recent stay. He received excellent care



in A&E. He was admitted to 5X for a hip replacement where the standard of care and cleanliness was excellent.

Ward 7/ Catering: I wish to indicate my appreciation to all the ward staff for their professional treatment and happy, friendly approach during my stay for a knee arthroscopy. I was mainly taken care by a young RAF corporal - a lovely young lady who was never without a smile and nothing seemed too much trouble for her. I must not forget to mention the hospital food, which as we know has not always enjoyed the best of reputations. However, I can truly say that the food I was given was very good both in taste and presentation.

Stamford - orthopaedic: I was shown expert attention, care and kindness. The hospital was welcoming, clean, bright and cheerful. The staff were so professional, I wish we read more about this type of health service in our newspapers rather than all the adverse comments.

Service could not be beaten

Coronary Care Unit: I feel the attention and services I received could not be matched anywhere else. I truly appreciate your efforts in arranging the angiograms at such short notice. I must take note of the exceptional staff in the CCU. They were very professional and skilled at their jobs. More important, they deployed the highest level of people skills. They were everything a patient could hope for - showing concern, empathy, understanding in a friendly and positive manner.

Focusing attention on food hygiene



Vicky Moore from catering services

HELPING to highlight the importance of food hygiene, the Trust is supporting National Food Safety Week.

The annual event is now in its 14th year, with the focus for 2006 raising awareness of the 4 Cs for food safety - cleanliness, cooking, chilling and cross-contamination.

Each year, it is estimated that as many as 5.5 million people in the UK may suffer from foodborne illnesses - that's one in 10.

But by following some simple, sensible tips when handling raw and cooked food, the spread of germs and contamination can be reduced



and prevented.

The Trust will be working in partnership with Peterborough City Council to promote the message through its catering services department.

A mobile unit with displays, competitions and other advice and information will be based outside the main entrances at the district hospital on 13 June and at Edith Cavell on 14 June.

Catering services manager Peter Gregory said: "This national event is a great opportunity for us to get involved at a local level - and give some real practical and important advice about food hygiene which people can take from a hospital environment and implement in their own homes."

Results a credit to staff

Good performance despite financial challenges



I am delighted with the excellent performance of the Trust in the past year



WAITING times, patient bookings and elective surgery targets are among the many areas in which the Trust has done well during the past financial year.

Figures reveal that it was beating or meeting virtually all of the key national performance indicator targets for hospital trusts at the end of the last financial year, for the period 1 April 2005 to 31 March 2006.

There are almost 40 targets, including A&E and cancer waiting times, patient booking times, infection control and financial management, set by the Department of Health and the Healthcare Commission that are audited and used as a snapshot to compare the performance of trusts around the country.

The Trust draws its patients from a 35-mile wide radius of Peterborough and the targets cover the 300,000 clinic admissions (including A&E) and the 60,000 inpatient attendances that have taken place in the last year.

In all of the key target areas the Trust is performing well including:

- Nobody was waiting more than 13 weeks for an outpatient appointment as at 31 March 2006 (80 per cent wait less than eight weeks for their appointment)

- Nobody was waiting more than six months for elective surgery as at 31 March (82 per cent wait an average of less than 12 weeks)

- A yearly average of 98.9 per cent of people attending A&E were seen, admitted or discharged in four hours or less (target is 98 per cent)

- 100 per cent of patients suspected of having cancer were seen within two weeks of their referral (target is 100 per cent)

Chris Banks, chief executive, said: "I am delighted with the excellent performance of the Trust in the past year. Considering the financial position we started with, which has been unsettling for everyone, these results are a credit to the hard work of all members of staff from clinical teams to support staff working within a rapidly changing healthcare service. The improvement month on month throughout the year is really good news."



Diabetes in focus



AROUND 1.7 million people in the UK have been diagnosed with diabetes. It is estimated that a further million people have diabetes without knowing it. With the awareness raising Diabetes Week just around the corner, Pulse looks at some of Peterborough's exciting new projects designed to educate and support diabetes patients...

DIABETES Week (June 12-18) is the annual campaign by Diabetes UK to increase the public's knowledge of the condition, its symptoms and effects - and to raise funds to research into a cure.

While this event raises the profile of diabetes across the UK, the Trust - in partnership with the primary care partnership - has a packed calendar of projects to help diabetes sufferers in and around Peterborough.

A series of community-based programmes concentrating on education about diabetes are currently being delivered, or are planned, for patients locally.

There are approximately 8,000 people with diabetes in the Peterborough area - including more than 100 children aged between birth and 16 in the city alone.

There are two types of diabetes:

Type 1 - Diabetes occurs when the body is unable to produce any insulin. This could be due to genetic reasons and is more common among younger patients. People become ill quite quickly.

Type 2 - This more common form of diabetes occurs when the body produces insulin but it doesn't work properly or there isn't enough. Contributory factors could include being overweight and lack of exercise. However, diabetes can be prevented or managed by adopting a healthier lifestyle and taking plenty of exercise. People may have this form of diabetes for some time before it is diagnosed.

What's happening in Peterborough?

A STRUCTURED education programme is being run jointly by the Trust and the Primary Care Partnership for Type 1 patients, who have either come to hospital for treatment, or who are receiving treatment in the community. The programme focuses on the benefits of a healthy lifestyle and diet, and ways of achieving it. It also looks at ways to adjust insulin intake with carbohydrate dosage.

■ The diabetes team is also delivering a structured education programme for T2 patients, Diabetes Education Self Management Ongoing and Newly Diagnosed (DESMOND). Patients can receive information, education and practical advice from a diabetes specialist nurse or dietician at a one-day workshop in a group

environment. A similar scheme will also be run for black and ethnic minority groups. The incidence of diabetes is much higher in people from Southern Asia.

■ Short term funding has been secured by the Trust for the introduction later this year of a pilot weight reduction programme. The Diabetes Waist Watchers initiative will be by GP or consultant referral and targets patients with an outside waist circumference (who are more susceptible to developing diabetes). A reduced waist circumference, low fat diet and plenty of exercise can help to improve blood pressure and blood glucose levels. An average man with a waist circumference of 120cm or more is recommended to take more exercise, as is an average woman with

a 80cm or more measurement.

■ From May/June, the revised digital retinal screening programme will screen all diabetes patients above the age of 12. Funded by the Peterborough, Hunts and Cambridge City and South primary care trusts, the system will enable patients to be screened in local optometrist practices - giving them greater freedom of choice over appointments. Diabetes is the leading cause of blindness in people of working age in the UK.

■ The Trust has appointed a new paediatric consultant with a special interest in diabetes and endocrinology. Dr Vijith Puthi will work with newly diagnosed children with diabetes aged between birth and 16. Dr Puthi has joined the Trust from a specialist registrar appointment in Liverpool.

- continued from page eight

Senior dietician Maria Leveridge (pictured) said: "There is often a misconception that there is one kind of diabetes, but this is not the case - and there is no such thin as 'mild' diabetes.

"We, at the Trust, are working closely with other healthcare professionals and our colleagues within the community to further increase awareness about diabetes and to educate people in its prevention and management.



"While we have a number of new initiatives up and running or in the pipeline, we are still seeing an increase in the number of people diagnosed with diabetes.

"People are being encouraged to adopt more healthy eating habits, and the food standards agency is re-enforcing that with its food labelling to give shoppers a more informed choice over products.

"However, generally we still don't get enough exercise, due to the demands of 21st century living which sees many of us doing more mechanised or computerised jobs instead of physically demanding ones."

Maria added: "There are no stereotypes when it comes to people with diabetes - and all are dealt with as individuals, as needs differ from one person to the next."



There is lots of information available for those with diabetes.

THE PATIENT

Colin Swanborough (47) has been a diabetic since 1985. He said: "During the past 20 years I have seen very little change in my lifestyle or insulin regime.

I took the standard two injections a day, each with over 90 units of insulin, and still managed to gain weight, have high blood sugars and generally suffer all the ills of just being a diabetic.

In the last nine months, my life has changed beyond all recognition. Since changing my insulin and more importantly, my diet, I have managed to cut my insulin from 180 units a day to only 75 units most days. I have lost nearly two stone and best of all - I eat anything I want!!

"This I am sure falls directly on the help have received from the local dieticians and diabetic teams. I have been taught to match insulin to food and now live my life without the fears of hypos, hypers or just being ashamed to eat the wrong thing!!"



Intercom installed

A NEW intercom system has been installed at the main Edith Cavell Hospital entrance to provide additional help for disabled drivers. The service allows visitors or patients, who require assistance, to contact somebody at the main reception by pressing a button on the outdoor unit and speaking to a desk porter without having to get out of their vehicle. The idea for the facility was first suggested by the Disability Advisory Group, who approached the estates department to carry out the work. There are plans for a sign to be posted alongside the outside unit with instructions on how to use the system.

Nutrition link nurse review

A FULL review of the nutrition link nurses (NLN) scheme has been carried out by the Trust, with input from the nurses themselves.

Thirty seven per cent of the 38 registered link nurses responded to the questionnaire, and Helen O'Connell of 2Z won a £25 Marks & Spencer voucher for her efforts.

Changes will include communication via e-newsletter and presentations from the study day available on the intranet.

What I do...

"MY week starts promptly on a Monday morning at 7am when I listen into the report from the night nurses.

My belief is that in the role of manager you should have your finger on the pulse, and have up to date information and knowledge of all the patients' conditions.

After that I go into my office and pick up any voicemails and emails that need attention. I also ensure that the staffing is running smoothly and organise the rotas.

The consultant visits the ward on a Monday, starting off with a full ward round, followed by a multi disciplinary team (MDT) meeting. It is a fast and furious morning, followed in the afternoon with actioning the outcomes.

The latter part of the afternoon is spent with the consultant again when he has appointments with relatives to discuss their worries and issues about diagnosis, discharge planning etc.

At any time of the day I can be interrupted to answer queries on the telephone or to speak to relatives or other team members relating to patient care.

I also ensure that I make a visit to the rehabilitation day unit (RDU - which adjoins the 24-bed ward on the John Van Geest unit) to check that the day is running smoothly, and attend to anything that requires action.

The ward provides both rehabilitation and semi-acute medical care. The RDU provides

Carol MacBeath, Sister/ward manager on the John Van Geest unit and rehabilitation day unit at Stamford Hospital



excellent facilities for the therapy staff to assist patients with their rehabilitation to life at home.

Back into the office by 5pm to again check emails, deal with urgent issues before heading home around 6pm.

Throughout the week I also may be required to attend meetings which can vary from in-house clinical management team meetings, to travelling over to Peterborough to attend various meetings.

I am also called upon to deputise in the absence of the assistant general manager/matron of Stamford Hospital.

On a Friday I try to leave the office by 5pm, and then it is home to change into another uniform. I have been a Brownie Guider for over 20 years. I often arrive home exhausted, but by the time I have spent two hours with 24 little girls I am revitalised! Did I say I enjoy life and work? Yes, long may it continue!

A fitting donation to coronary care



SUPER-FIT fundraisers have helped boost Trust coffers by £2,000. Members of the Peterborough Keep Fit Association presented a cheque to Lorraine Archer, matron for cardiac services at the KFA's anniversary show.

Pictured receiving the cheque, Lorraine said: "We are very grateful to all the members of KFA for raising the money and I would like to thank them sincerely on behalf of the Trust.

We will be able to use the money to buy equipment for the cardiology department that will help us to treat current and future patients."

Patients benefit from Friends' help

PATIENTS using two main services are to benefit from donations made by the Friends of Peterborough Hospitals.

Contributions totalling almost £23,000 have been made to the pre-assessment centre and the ophthalmology department. The pre-assessment centre has been awarded a total of £7,700 to buy extra equipment used to prepare patients for surgery - including an ECG machine and three blood pressure monitors.

Ophthalmology has been awarded £15,000 to help purchase a corneal topography machine, an important piece of diagnostic equipment. By using the machine, the ophthalmologist can obtain a map of the curvature of the eyes and see any refractive problems that might be present in the cornea. These can be corrected during cataract surgery, once diagnosed.

Right: Acting team leader, theatres, Kate Wright, clinical nurse manager Daphne Broome and consultant retinal surgeon, Alan Fitt



Tim's accolade

Consultant receives special praise



The awards are given to recognise and reward the exceptional contribution of NHS consultants, over and above that normally expected in a job.



TRUST ophthalmic consultant Tim Rimmer has attained a bronze national clinical excellence award.

The awards are given to recognise and reward the exceptional contribution of NHS consultants, over and above that normally expected in a job.

Tim explained: "First the Royal College of each specialty produces a short list and then the names go to the regional and then national committees which compare applications between different specialties. The whole process takes about a year.

"The main reason for attaining the award might have been that I co-ordinated the management of a problem, on behalf of the College, to replace a model of lens implant in patients from across the country. Many of the lenses had become calcified and had to be removed.

This is the latest in a string of successes for the eye department in

Peterborough, which has built up a reputation of being innovative in how it shares care of the most common ophthalmic problems with opticians.

These include; the introduction of diabetic retinopathy screenings, national awards for the one stop cataract project and government funding for the glaucoma project.

And Tim himself has designed a surgical instrument which is now being manufactured by

Altomed, called the Peterborough Iris Hook.

Tim added: "Most of all I would say that since 1998 I have had the good fortune to be lead clinician of an energetic and creative department led by a bunch of enthusiastic consultant colleagues, and to have been supported by the Transformation Team and my highly capable secretary, Mary Noakes."

Left: Award-winning ophthalmic consultant Tim Rimmer



Helping patients get... Back on their feet

PATIENTS and staff around the Trust are continuing to reap the increased benefits offered by therapy services' combined working approach.

Occupational therapists and physiotherapists work closely together to deliver the two-fold benefits.

Susan Nijjer, therapy services manager said; "For the patients, the benefits are enormous. If we are truly patient centred in our approach and our rehabilitation focuses on the goals that the patient wants to achieve then the combined efforts of the two professions are in essence providing different solutions for the same problem.

"Occupational therapists and physiotherapists have unique skills to offer, but they also have generic skills, by working together we can offer the patient a comprehensive rehabilitation package."

Helping to get patients back on their feet again, in hospital, and in their own home are Rachel Gardner, senior occupational therapist and Kate Young, senior 1 physiotherapist. Pulse catches up with them...

KATE YOUNG

BASED at the Edith Cavell Hospital, Kate works in care of older people.

She witnesses first hand how what she calls 'a crisis point' like a fall or infection, and a subsequent stay in hospital, can often disturb the balance of managing an independent lifestyle at home.

Kate explained: "What is often forgotten is the impact a temporary loss of health



LEFT: Senior occupational therapist, Rachel Gardner helps a young patient get back on her feet

can have on the ability to get home and manage your life independently again.

"As we get older we are more susceptible to illness. Some of my patients have multiple illnesses which they balance and manage at home - often isolated from the help of a spouse or friends.

"A crisis point like a fall or infection can disturb this balance and bring them into hospital. In these situations often all their medical conditions are exacerbated which can lead to a prolonged recovery time."

Kate says a lot of her work involves restoring a patient's confidence in themselves to get their independence back - on a psychological as well as physiotherapy level.



LEFT: Senior 1 physiotherapist, Kate Young, chat to one of her elderly patients at ECH.

Occupational therapy is the assessment and treatment of individuals, of all ages, whose ability to cope with activities of daily living have been impaired by physical or psychological disability.

Based on the medical wards at the district hospital, with the rapid assessment and discharge service (RADS), Rachel assesses and treats patients, working as part of the multidisciplinary team to ensure effective and timely discharges.

She explained: "This is done by assessing the patient's current abilities in everyday functional/practical tasks, eg

completing kitchen tasks or as simple as getting up from a chair, and comparing this with how they usually manage at home.

"After assessment, any problems identified I aim to rectify by use of rehabilitation, advice, equipment, and referrals to other services - reducing potential risks on discharge and promoting independence and quality of life.

"It has been proven that a quicker return to the community, ie shorter hospital stays, increases patients prospects to manage at home."

In A&E Rachel's main role is to prevent inappropriate hospital admissions and to ensure safe hospital discharges.

Rachel added: "The aim of OT is to empower the patients referred to us. Using rehabilitation, advice and equipment we enable our patients to lead as full and independent a life as possible and aid timely discharges. It is great to meet such diverse and interesting personalities every day as part of my job. OT is very rewarding and although it is my role to provide advice to my patients, I often learn so much back from them in return."

She added: "Although someone may have recovered medically it is unreasonable to send them home while they are weak and cannot manage simple tasks like making themselves a meal. That's where therapy services come in.

"Together with the OT who assesses their environment and cognition we produce rehab goals to help the patient reach their pre-admission functional level. Patients practise exercises and tasks with me or the therapy technicians to help them gain the strength to get back to normal. The emphasis is on them doing the exercises."

RACHEL GARDNER

Rachel Gardner is one of the Trust's senior occupational therapist (OT), specialising in A&E and General Medicine.



ABOVE: Therapy services business development manager Pat Dean with Jason Watling of Mobility Aids Services of Stanground, and Trust equipment co-ordinator Peter Pierce.

Helping patients and families keep on the move

AN innovative pilot scheme to increase the mobility of patients or their family and friends has been launched by the Trust.

Users of powered mobility scooters that are attending the Edith Cavell Hospital as a patient or a visitor will be able to call ahead and book a specially adapted scooter so they can enjoy the same level of mobility while at hospital.

The scooter has been provided by Mobility Aids Services of Stanground at no cost to the Trust -and has been adapted so that its speed is limited enabling it to be used safely in the hospital.

The pilot study will be used to assess whether a similar scheme could operate in the proposed new hospital.

If it is successful, the Trust may also introduce more scooters at ECH. Due to the older designs of the district and Stamford hospitals, the use of powered scooters is not suitable.

Occupational therapists and physiotherapists have unique skills to offer, but they also have generic skills, by working together we can offer the patient a comprehensive rehabilitation package



Rebecca and Rob fly the flag

FLYING the flag for the Trust at the recent Young NHS Organisation of the Year contest were Rebecca Hardy and Rob Heywood (pictured).

The competition, organised by Leaders of Tomorrow Limited (part of the Young UK and Ireland programme) invited teams to demonstrate and display their public speaking, presentation and communications skills during two days of challenges.

The event was open to teams of two, aged between 19 and 32 - and attracted 14 teams from NHS Trusts around the country.

Among the challenges facing Rebecca, assistant general manager cancer and specialist services, and Rob - assistant general manager surgery - were a mock press conference and scenarios to test their public speaking and presentation skills.

Rebecca said: "Although we didn't gain top placing, we did very well and had some positive feedback. It was a great experience."

Parking plan will benefit everyone

THE creation of patient/visitor only parking bays, warden patrols at Edith Cavell Hospital and changes to staff permit rates are among the next phase of planned travel options initiatives.

The latest changes are due to be launched this summer - looking at ways to improve parking for patients, staff and visitors around the Trust.

From August 2006, a patient and visitor-only parking zone and additional staff only parking zones will be created at the District Hospital.

Gerry McIntyre, facilities general manager, said: "The Trust is still encouraging and promoting public transport and alternative forms of transport to staff, visitors and patients when visiting our hospitals and, together with Stagecoach, will continue to provide the subsidised weekly (citywide) 'Megarider' bus rider tickets, provide free access for

staff on the regular bus service between the two Peterborough hospital sites."

Also in August 2006 and April 2007 there will be changes to staff permit charges and barrier systems to allow additional out of hours parking for patients and visitors in some normally restricted areas.

The next phase to be introduced will be in October when there will be further staff only parking bays added to the existing staff car park on Midland Road, or at another location near to the hospital.

The last new phase this year will be a further 34 general parking bays created at the District Hospital site in December on the vacated Social Club premises.

All funds raised from the permit increases will be used to create additional parking or put back into the general fund for patient care.

Community centre planned for Stamford Hospital

STAMFORD Hospital is to benefit from a new community centre, following the recent closure of its sport and social club.

The newly created community centre will be independent of the Trust and will operate in the existing premises on hospital grounds but will not be a staff social club.

It will provide a valuable community resource and will be widely used by other clubs and organisations that currently

use the existing premises.

St Clair Armitage, project director, said: "We are pleased to have reached this solution and that Stamford Hospital can still offer facilities for community groups without having to divert resources from healthcare nor compromise on our smoking policy. We look forward to continuing to work with the management team when the new club is up and running."

PROFILE: Pulse finds out a little more about Trust chaplain Richard Higgins

A spiritual fitness fan

Pulse catches up with philosophical, pilates-loving Trust chaplain Richard Higgins....

Name: Richard Higgins

Job title and where based: Hospital chaplain, based throughout the Trust at the Peterborough District and Edith Cavell hospitals, and Gloucester Road (including mental health).

What does your work entail? Trying to bring compassion to people in need, giving people time to share their experiences, and offering the hope of faith in situations that seem hopeless and futile.

How did you become involved in chaplaincy services? While taking a year's sabbatical completing the foundation course in nurse training, with a certificate in mental health. During my time as a student nurse (in South Wales) I felt the 'call' to apply many of the ideals of nursing good practice through the ministry of chaplaincy.

If you could swap jobs with anyone else in the Trust for a day - who would it be and why? For a day, it would be good therapy to join estates and paint something! I find it very relaxing to have a paint brush in hand - and so fulfilling to see the difference a fresh coat of paint makes. Or some simple carpentry work. Anything



practical is such a pleasant change from dealing with peoples' emotions or feelings.

What are your hobbies and interests?

I enjoy pilates; listening to 70s music (like Steely Dan, Thin Lizzy, Van Morrison); walking my dog - a King Charles Cavalier; travelling; painting (for pleasure) and reading - particularly books with, and about, philosophy, ideas or ethics.

If you could invite three people to dinner - who would they be and why?

1 - Confucius - an ancient philosopher and thinker from the Eastern tradition. I increasingly feel the Christian tradition could use the ideals and language of the east to relate to our times and society - Confucius

was the master.

2 - Herman Hess, a late 19th century romantic writer, who was quoted in the Sixties as inspirational for the Hippy Movement. Again, somebody who would inspire.

3 - My grandfather - a headmaster in South Wales, someone who played the practical joker in the family when I was younger, but who I know had a thoughtful, sensitive side. He was a part of my mining heritage and non-conformist militancy - therefore relating the ideals of brotherly love in a down-to-earth, realistic way.

Now put those three together and you might have the inspiration, wisdom and insight to really change the world .. well, me at least!

Competition - Prize for best Pulse photo!

photo to follow from Jason

LEFT:

WELL it is now May, and the summer holiday season will be upon us sooner than we think.

We're sure that, besides the toothbrush, sun lotion and stash of PG Tips, one of the first items to make it into the holiday suitcase is the latest copy of the Pulse.

What better way to while away the inevitable delay at the airport, traffic jam or on the M3 to Cornwall or the long haul flight to somewhere exotic.

With this in mind, we'd like to receive photographs of members of staff reading the Pulse while on their well-deserved holidays in the UK and around the world.

The best entries will be printed in the following issue, with a £10 book token up for grabs for the best effort.

Send your entries to the usual Pulse address or email Kerry Pettitt in communications.



Catering team pass with flying colours

WELL done to staff from the Trust's catering department, who have tasted qualification success. Each have attained their NVQ in catering and hospitality at either Level 2 or Level 1.

Pictured, they are: Mariyam Shaikh (Level 2); Vicky Moore (Level 1), Marion Harwin (Level 1) and Sharon Dexter (Level 2); All received their certificate, and congratulations from catering services manager, Peter Gregory.

Patients in focus

Congratulations to rheumatology nurse specialist Anne Meadows who has received a 'Patient in Focus' award from the NRAS (National Rheumatoid Arthritis Society).

From those submitted by allied health professionals around the country, Anne's work on 'health screening for cardiovascular disease in patients with rheumatoid arthritis' was chosen as the winning entry.

She received £1,500 for the department and enjoyed the opportunity to present her work at The British Society for Rheumatology (BSR) conference in Glasgow earlier this month. Her article will be published in the NRAS magazine and also posted on its website.

"I was really chuffed to have my work recognised in this way," said Anne, "although presenting to hundreds of people was pretty scary." However, consultant rheumatologist Dr Nick Sheehan was there to give Anne some moral support.



Anne Meadows (right) receives her cheque from Ailsa Bosworth, Chief Executive of the National Rheumatoid Arthritis Society (NRAS) and founder of the charity.

Where fun is top of the agenda

FUN was top of the agenda during the Kids' Kingdom Easter playscheme.

Predominantly for the children of Trust staff, others if availability allows, Kids' Kingdom is situated in the recreational hall of the main nurses home.

Playschemes are run during the school Christmas, Easter and summer holidays and, while in session, eight temporary staff work alongside childcare co-ordinator Ceri Wilson and childcare advisor Nicola Brennan.

The playscheme is open Monday to Friday from 8.15am to 5.15pm, for children aged five to 12.

At Easter, children enjoyed an archery competition (using rubber arrows!), an Easter egg hunt and card making. The highlight was cooking Easter treats which the youngsters sold on a cake stall in the main foyer at the district hospital - the money raised will go towards funding new equipment.

"The children really enjoyed themselves and it was well received by staff and visitors," said Nicola.

The summer playscheme kicks off on Tuesday 25 July and runs until Friday 1 September. Themes are varied and include the World Cup, jungle and seaside.

The Trust offers the BusyBee voucher scheme which can be used for payment of the playscheme or any other childcare provision.

A grateful family sets up ICU fund to raise cash



ABOVE: Sister Act - Annie Griffin with her daughters (left to right) Marion Southgate, Vivien Sedlan and Lucy Baxter, who are fund raising for ICU. Photo courtesy of Peterborough Evening Telegraph.

“

This is fantastic recognition, and we thank the family for their kind words and act of generosity.

”

WHILE many grateful patients and their relatives write letters of thanks to Trust for the care and support they received during their hospital stay, one family has gone a step further.

The family of Yaxley grandmother Annie Griffin have embarked on a fund-raising campaign for the intensive care unit - by way of thanking all staff for the care she received during and after emergency surgery.

Critically ill Annie spent some time on ICU, and her three daughter's provided round the clock care and support on her eventual discharge from hospital.

The family has now sent up the Intensive Care Fund to raise £1,500 to buy new syringe pumps for the unit.

Their story has also been featured in the local media, and an national women's magazine is

also set to publish their story - the proceeds of which will be donated to the fund.

One of Annie's daughters, Marion Southgate (an accident and emergency nurse) said: "We will not give up until we have given something back to the caring, devoted staff on ICU, who without doubt saved our mother's life.

"Although her longest stay was in ICU, every single member of staff at the District Hospital who cared for her were absolutely superb, and I cannot fault any part of her care throughout her nine week stay."

Diane Sheppard, general manager clinical and life support service unit, said: "This is fantastic recognition, and we thank the family for their kind words and act of generosity.

"The ICU team is an excellent one in my opinion too, but nothing beats having that confirmed by patients and their families."

Equipment amnesty

LOST or unreturned zimmer frames, wheelchairs, crutches and even toilet frames are costing the Trust tens of thousands of pounds each year.

A recent check revealed that more than 60 wheelchairs are missing from the Peterborough District and Edith Cavell hospitals - and they can cost anywhere between £150 and £2,000 to replace.

In an attempt to try and recover some of the many missing items, the Trust has decided to re-introduce an equipment amnesty. An amnesty was

held last summer, and saw around £10,000 worth of equipment returned in just one month.

And the Trust has reassured patients or former hospital users that equipment can be brought back to the hospitals, no questions asked.

People can return wheelchairs or other items to the main receptions of PDH and ECH or contact 01733 874898 to arrange collection.

Right: Equipment co-ordinator Peter Pierce with some of the Trust's walking aids and wheelchairs.





LEFT/BELOW: Senior chief technician Elaine Ayre in the cardiac investigations department

IN the UK, millions of men, women, children - and even babies - suffer from some kind of heart condition or defect. Next month, the British Heart Foundation raises awareness of the disease during Help and Heart Week (June 3 -11). Pulse celebrates the development of the Trust's cardiac services during the past 18 years.

Service flourishes

FROM a small investigations unit and one cardiologist, to the introduction of some of the most sophisticated diagnostic and treatment facilities available - the past two decades have seen the Trust's cardiac services developed beyond recognition.

Now it boasts a 12-bed coronary care unit, 19 cardiology beds on a 34-bed renal/cardiac ward, a cardiac investigations department which caters for inpatients and outpatients, and a state of the art cardiac angiography suite.

These are just some of the facilities which make up the Trust's comprehensive cardiac service - along with a dedicated team of specialist nurses, consultants and heart failure clinics.

Lead nurse - cardiology, Lorraine Archer said: "All in all we have a fantastic team who provide all of the above and continually review the services we provide in order to make them the best that we can for the people of Peterborough."

The Trust sees many patients who have a cardiac problem, or whose GPs consider they may have one.

Last year - the Trust saw more than 330 patients who had suffered a heart attack - as well as many more who had a heart rhythm problem, leading to dizzy spells and black outs.

Lorraine added: "We have recently been successful in applying for part funding from the British Heart Foundation which allows us to purchase a brand new cardiac rhythm

analyser.

"This machine along with the cardiac technicians will be able to analyse a 24-hour heart recording from a patient much more quickly and efficiently than the current analyser in the department."

She added: "In order to treat all these patients quickly and efficiently a whole team of staff will be called upon to carry out tests and investigations so that a diagnosis can be made.



"During the last two years we have been working extremely hard to reduce our waiting lists and more recently have had great success in this.



During Help a Heart Week, the British Heart Foundation is giving YOU the opportunity to support its fundraising awareness campaign, and help to save and improve the lives of the millions of men, women and children affected by heart disease. For more information, log on to www.bhf.org.uk

Heartfacts

- The British Heart Foundation needs to spend around £190 every two minutes of every day on life-saving heart research.
- Four times more women die from heart disease than breast cancer.
- Some 4,600 babies are born with heart defects each year.
- Each year, 142,000 men have a heart attack - but only half will survive.

It's state of the art

THE unveiling of the £2 million state-of-the-art angiography suite last November has also allowed the Trust to build on its cardiac services for patients in Peterborough.

The sophisticated X-ray facility, which is located at the Edith Cavell Hospital, can accurately assess and treat more than 2,600 patients a year.

Since its opening, more than 200 diagnostic angiograms have been performed, and demand for the service has been so great - it will be expanding from next month.

It enables patients to be treated virtually on their doorstep, as opposed to travelling to Papworth Hospital prior to the suite's opening.

The suite allows doctors to carry out a detailed assessment of patients with suspected heart conditions - as well as therapeutic treatment for patients with other illnesses, such as cancer.

■ One of the most recently introduced services to help heart attack patients get back on their feet is an alternative rehabilitation and recovery programme.

The structured six week programme is designed to offer an individual recovery plan - with advice on reducing and addressing the patient's coronary heart disease risk factors, and gradual return to physical activity and exercise.

The manual includes a relaxation tape or CD and information for their family or carers



ABOVE: Pictured are heart manual facilitators Tahira Rashid and Wendy Joyce.

to support recovery.

■ THE cardiac investigations department is an extremely busy department and carries out tests such as echocardiograms (ECG) and Treadmill tests.

An ECG is an ultrasound of the heart that is able to see how the heart muscle is working and how the valves inside the heart are working.

A treadmill test aims to work the patient and their heart very hard in order to see how their heart performs while under pressure of exercise.

After a treadmill, the patient may then need to be referred for further investigation and/or treatment.

Rewarded for investing in people

MINISTRY of Defence Hospital Unit (MDHU) Peterborough has been awarded the Investors in People (IiP) accreditation.

Wing commander Andrea Quinn collected the award on behalf of the MDHU at a special presentation ceremony hosted by Swindon's Learning and Skills Council.

On accepting the award, Wg Cdr Quinn paid tribute to the hard work and determination of all the MDHU staff.

IiP is a national quality standard for effective investment in the training and development of people to achieve organisational goals.

It aims to develop people to meet

those goals and measures the impact of an individual's development by subsequent evaluation of training undertaken.

MDHU Peterborough's 2002 IiP assessment recommendations were utilised to identify any shortfalls that would need to be overcome to regain accreditation.

Investment in IT systems, to enhance internal and external communication and forging the link between line manager and the individual in terms of personal development and task output were just two of the initiatives developed to improve the organisation, which in turn satisfied the objectives of IiP.



ABOVE: Wing Commander Andrea Quinn (left) receives the IIP accreditation.

UNSUNG HEROES: This time there are four of them!

The fab four... Staff making a difference

PULSE congratulates a well-deserving quartet of unsung heroes from areas around the Trust.

THE fab four are as follows:

■ **Ann Bullock**, volunteer in the medical records department at both the district and Edith Cavell hospitals. Although retired from medical records, Ann gives up her spare time to help the team.

■ **Joan Richardson** works as a senior physiotherapist in outpatients at Stamford Hospital.

She was nominated because: "She has been fulfilling a full clinical caseload and dealing with admin matters since the departure of the admin cover from Stamford. She is the most helpful and

caring person I know."

■ **Brenda Dowling** is a ward based pharmacy technician at Edith Cavell, and an enthusiastic member of the pharmacy team.

Her input into changing the way ward staff work has led to financial savings for her department she covers.

■ Equipment co-ordinator **Peter Pierce** is based in therapy services at the district hospital.

His colleagues say he is always willing to go that extra mile for patients and staff. Peter has been known to deliver and collect equipment in his own vehicle, during his own time.

Each have been presented with a certificate by clinical and life support services unit general manager, Di Sheppard or deputy general manager, Paul Denton.

Support is now on-line

AN online one-stop-shop, giving support on non medical information about breast cancer, is now available through a new website.

The Peterborough Breast Cancer Support Group successfully secured funding from Macmillan Cancer Relief to create and launch the site.

The website allows women access to a range of helpful telephone numbers, email addresses and links to national cancer charities, financial help, advice on pre-paid prescriptions, a variety of complementary therapies, where to buy clothing and accessories (like swimwear, bras and wigs), plus information about the support group.

Part of the website has also been translated into Italian, Cantonese, Urdu, Polish and Portuguese. For more information, visit www.pbcsg.co.uk or contact Caro on 01733 750176.



Caron reaches for the sky on Himalayan trek

A RADIOGRAPHER from Edith Cavell Hospital has trekked through the Himalayas to raise nearly £4,000 for the special school her daughter attends.

Caron Lawson was inspired to take up the challenge as her daughter, Kathryn, has Rett Syndrome and has been attending St Margaret's School in Surrey for two and a half years. Run by the Children's Trust, St Margaret's is the only school in the country that has a speciality in caring for Rett children.

Caron was one of a team of 19 who travelled along the Singalila Ridge under the shadow of Kangchenjunga, the third highest mountain in the world. "At 5.30am, in the early morning sun, we caught our first glimpses of Everest," said Caron. "That was the most memorable moment for me. What an experience!"

The extraordinary views of these Himalayan mountains made up for the -4°C to -6°C temperatures at night

and the sheer mental and physical effort of overcoming the lack of oxygen on the ascent to the various camps at night. "The altitude affected me far more than I expected and the tracks were very steep and narrow in places" Caron said.

To prepare for her adventure, Caron's training programme of walking, swimming and spinning classes lasted four months, culminating in her walking 18 to 20 miles a day.

"The trek was really hard work, but the special children at St Margaret's are an inspiration," she added. "It was just 12 days for me, compared to the lifetime of uphill battles these children have to endure."

Caron would like to thank everyone for making her fundraising efforts such a huge success. "It will bring enormous benefits to the children," she concluded.

What is Rett Syndrome?

Rett syndrome was first described in 1966 by the Austrian doctor, Andreas Rett. It is a complex neurological disorder, genetic in origin, affecting mainly girls, although a few boys have the condition. Present at birth, it becomes more evident during the second year and could occur in any family at any time. People with Rett syndrome are profoundly and multiply disabled and highly dependent on others for their needs throughout their lives. Rett Syndrome is believed to be the second most common cause of severe and profound learning disability in girls, affecting at least one in every 10,000 females.

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At 5.30am, in the early morning sun, we caught our first glimpses of Everest. What an experience!

“



ABOVE: Early morning and Caron (standing) and fellow adventurer Debbie face up to the freezing temperatures.



Infection busters

THOSE of a nervous disposition or squeamish nature need not apply for a job in infection control!

Behind the doors of the office located in the district hospital ground floor corridor, a small but dedicated team work tirelessly in all areas of infection control - ensuring and advising on good hygiene practice for staff, patients and visitors.

The team's paths cross on a daily basis with a range of staff from all areas of the Trust - including matrons and ward staff looking after MRSA infected or at risk patients, to estates department colleagues reporting a leak or breakage in the lavatories!

The list of issues the team is required to give advice on, assistance with, investigation of or educate others about is endless - with some of the more varied areas leading to the wrinkling up of noses!

Infection control sister Christine Powell said: "You wouldn't believe some of the things we are asked to get involved in.

"We've been asked to identify what have turned out to be toe nail clippings sent through the post and we liaise with our community colleagues to try and

FROM the daily surveillance of MRSA patients and overseeing ward closures due to a winter vomiting outbreak, to advising on the disposal of clinical waste and the investigation of 'unusual' specimens which arrive through the post - there is very little that occurs within the Trust without the involvement in some way of the infection control team - as Pulse finds out



stop such posting, we educate staff about the safe disposal of sharps, advise on the appropriate cleaning of hospital mattresses and even checking overfilled bags of clinical waste - to ensure the right items are being placed in the correct bins.

"Our aim really is to try and educate hospital users about all areas of infection control - which covers a multitude of issues, right down to advising staff about the final stages of patient care in the mortuary, and informing relevant colleagues if the patient is known to be suffering from any sort of infection once they

embark on their final journey."

Raising the profile of hospital cleanliness and hand hygiene is also a priority for the team - with the message being carried through various campaigns including the successful Cleanyourhands and Think Clean and Tidy Day.

The control and prevention of what are more commonly referred to as super bugs - like MRSA and clostridium difficile are paramount.

Infection control nurse specialist Lynne Franklin explains: "MRSA seems to be the one which most people have heard of. It is a common organism that may live harmlessly on the skin or in the nose or throat of many people, without them knowing about it.

Our aim really is to try and educate hospital users about all areas of infection control

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“However, this can sometimes cause infections, and the infection control team is required to run the day to day management of any patient coming into hospital with previous or current MRSA.

“We also contact the wards to make sure the patient is screened. MRSA patients are invited during their admission by a member of the team who offers the appropriate advice to the ward and patient.

“Close observation is also the case for patients who may develop the winter vomiting disease, which is the most common reason for ward closures in the winter.

“This airborne virus can be spread from a source outside the hospital environment, so we are required to advise all visitors as well as staff and patients.

“Before a closed ward re-opens, everything has to be thoroughly cleaned - right down to steam cleaning the curtains and all hard surfaces, and the use of a strong disinfectant on hard surfaces and mattresses.

Christine and Lynne, along with infection control nurses Alison Jack and Captain Simon Rothwell, and diector of nursing, Chris Wilkinson, work closely with the team in microbiology - including consultant microbiologists Dr Ruth Kappeler and Dr Dennis Mlangeni - on a daily basis.

Every new member of staff joining the Trust will have input from the team as part of their welcome package.



Did you know:

- THE Trust disposes of 1,650lbs (that's three quarters of a tonne) of clinical waste every day. At a cost of £2,100 a week - the annual bill for the safe disposal of clinical waste is £110,000.
- The Trust one again formed very well in controlling MRSA rates and had only nine cases of MRSA bacteraemia for the year (compared to 16 for 2004/05) placing it in the top ten highest performing trusts for infection control in the country.
- The team has been working closely with the new hospital team and has advised on various equipment and design issues.
- As part of the Trust's MAJAX plan, the infection control team can be called upon as another resource to deal with a major incident.

Express your views

IF you have any ideas regarding the hospital's development or its approach to strategy, there is an opportunity for you to discuss them at staff governor surgeries later this month.

The surgeries, which are open to anyone, run on the following dates and locations.

Wednesday, 24 May
12.30 - 2pm.

Edith Cavell Hospital (seating area opposite vending machines)

Friday 26 May
12.30 - 1.30pm
Stamford Hospital (restaurant)

Tuesday 30 May
12.30 - 2pm.
Peterborough District Hospital (Seating area opposite the retail stalls)

Non-executive director appointed

THE Trust has appointed Andy Burroughs as a new non-executive director

following the resignation in March of Dr Sarah Raper who left to become chief executive of Telford First.

Following an interview process, Mr Burroughs - a self-employed manager consultant from Rutland, specialising in the IT and technology sector - was selected by the Board of Governors to sit on the Trust's Board of Directors with effect from 24 April 2006.

Nicola achieves a lifelong ambition

Pharmacy technician Nicola Kenny achieved an ambition when she joined 32,000 entrants to run last month's London Marathon.

Having applied six times before it was seventh time lucky for Nicola who, when she discovered her application had been successful, took a week to recover from the good news!

Nicola had never attempted a race like this before and together with having overcome a serious back injury a few years ago, she was determined to complete the course.

Her training regime began last December and she gradually built up her distance, using cycling and aerobics to help improve her fitness.

It rained all the way through the marathon and Nicola coped well with the drizzle, but the heavens opened for the last five miles and she got drenched. "My back was causing me problems at 13.5 miles which was worrying, but I still managed



to run 23 miles which is further than I have ever run before," she said. "The crowds kept me going, they were out of this world."

Nicola finished the marathon in six hours and seven minutes, raising money for Cancer Research. "This was about the time I had estimated so I was quite pleased," she said.

"It was a very positive experience and I recommend anyone to have a go if they ever get the chance," she concluded.

ABOVE: Pharmacy technician Nicola Kenny was in Seventh Heaven when she was accepted for the London Marathon

Masked ball proves a big hit

A MASKED ball, organised by Trust nurses, has raised £?? for the Friends of Peterborough Hospitals.

Held at the Marriott Hotel, Peterborough, the event was organised to coincide with and celebrate International Nurses' Day on 12 May.

Simon Temple, clinical educator for medicine, and 15 nurses, all currently undertaking the Royal College of Nursing's Clinical Leadership Programme, helped to organise the event.

Simon said: "There aren't

many masked balls organised in the city so we thought it would be a fun and different way to raise much needed funds for the Friends charity which helps the Trust all year round."

The money will go towards buying essential equipment for patient care at the District, Stamford and Edith Cavell hospitals.

RIGHT: Masked fund raisers, Simon Temple, Connie Gerstner and Chris Warman.

