

# the pulse

Issue nine 2007



## Something to smile about

Staff celebrate opening of the new ICU

# The first word

by Chief Executive  
Nik Patten

Welcome to the spring edition of Pulse – and my first as chief executive of the Trust.

I am very pleased to be here and since I started in February, I have been



consistently impressed by the hard work of staff at the Trust.

I think there is a resounding positive

attitude from all members of staff in our hospitals; an ethos that the patient should always come first and colleagues seem ever-willing to go the extra mile to ensure a positive experience for patients. This commitment is invaluable to the Trust and I would like to thank you all.

Those of you I have met around our hospitals or at one of my briefing sessions will know that we have some major pieces of work in progress or nearing the horizon and it's a very exciting time for us all to be working for the Trust.

All the important news will be in Team Brief, my email bulletins or at our briefings sessions so do try and keep up to date and make sure you are involved!

Until next time, enjoy the rest of Pulse.

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# Peter's bear necessities...

WE all know that Bob the Builder has some colourful friends - but he is no competition for the Trust's very own Mr Fixit, Peter Barber.

For the past six years, the Edith Cavell maintenance assistant has carried more than just tools on his work trolley.

Peter - who has worked for the Trust for almost 17 years - is famous for his trolley adorned with soft toys and teddy bears.

It all started when he rescued a cuddly hedgehog from being cast into the rubbish - and since then, he has received

cuddly toy donations from staff around the hospital. But it will be the bears who steal the show next month - as staff can take part in a national fund-raising venture.

Organised by medical research charity, Action Medical Research, Bring Your Bear Week (June 25-29) encourages people to bring their teddy to work or school for £1 donation to the charity - which has the famous Paddington Bear as its mascot.

If you would like to know more about the event, or the work of Action Medical Research, log on to [www.action.org.uk](http://www.action.org.uk)



ABOVE: Peter Barber with some of his colourful friends

# New £900,000 intensive care unit is unveiled

**A**FTER more than two years in the planning - staff are celebrating the unveiling of a new £900,000 intensive care unit (ICU) at the Trust.

The new state-of-the-art eight-bed ICU, which includes a specialist isolation bay and two high dependency bed bays, replaces the District Hospital's former cramped facility.

Located on what was redundant ward space on the first floor of PDH, the new-look ICU will dramatically improve patient and relative care and facilities for the staff.

Trust critical care services manager Sarah Goode and project manager Graeme Salmon from estates have worked closely with designers and architects to ensure the new facility meets NHS requirements.

The ICU on 1X took its first patients last month.

Sarah said: "The unit we had was on the fourth floor - and was never a purpose built intensive care unit.

"We shared the relatives' area with coronary care, the facilities for staff were cramped and while patients received the very best care the general conditions of the unit in terms of space for them and some equipment had become inadequate.



LEFT: Sgt Jill Winsor, Carol Palmer, Graeme Salmon and Sarah Goode celebrate the opening of the new ICU at the district hospital

"However, I cannot commend the staff highly enough for their commitment and standard of patient care, and maintaining a high standard of infection control.

"The new unit has been a long time coming for many of

the staff, some of whom had worked on the previous ICU for 20 years.

"We are thrilled with the new unit, and my personal thanks go to Graeme and the team who have helped to make it happen."

Graeme - who went on factfinding visits to intensive care units in the region as part of the process - said: "The unit makes the best use of redundant space, which has mainly arisen due to the relocation of wards.

"We are confident that the new unit will provide an adequate service for the patients and their relatives. Although there are ICU provisions for the new hospital, we obviously need to address the needs of those patients and their families who need the service now."



# Smoking ban success

ALMOST six months on from the launch of the Smoke Free policy, the Trust says it is pleased with the take up so far.

The new policy - which creates a 15 metre smoke free zone around the hospital sites - was introduced ahead of the government's new law on smoking in public places, which comes into force on 1 July.

Talking signs to deter people from lighting up have also been in operation since January.

Smoke free champions Christine Tolond, director of human resources, and Chris Wilkinson, director of nursing, said: "The take up of the Trust's new policy has been very pleasing to say the least.

"We have generally found that patients, visitors and members of staff have been more than happy to walk a short distance from our hospitals before having a cigarette.

"Of course, there are times when some people have been reluctant to co-operate, but overall we have been delighted with the response."

# Newly appointed

TWO non-executive directors have been appointed to sit on the Trust's board.

Caroline Stark has been selected to replace the vacancy left by Martin Hindle, who resigned in December 2006 to become Chairman of University Hospitals of Leicester NHS Trust.

Caroline's career has included management and directorship roles for organisations as diverse as Customs and Excise and English Nature.

Stuart Anderson will replace the vacancy to be left by Geoff Clubbe, who retires on 31 November. Stuart is a retired finance director from Warmington, who has held a number of director level positions at both Transco and British Gas.

Both appointments were approved by the Board of Governors on 12 April, following a rigorous interview process.

# Putting on the glitz

## Breast cancer event raises £12,300

BOLLYWOOD glitz and glamour has helped to boost breast cancer charity funds by £12,300.

The Peterborough Breast Cancer Support Group hosted the fund-raising Indian evening at the Cresset in March, where more than 560 people sampled the sights, sounds and tastes of India.

As well as bringing together two communities, and celebrating the group's 10th anniversary - the evening was staged to raise enough money to enable the District Hospital to purchase a blood counting machine for chemotherapy patients.

Carol Core, one of the founder members of the support group, said: "So many people have commented on how well organised the evening was and how much they enjoyed it.

"We wanted to raise money for the cancer services at



ABOVE: Bollywood style comes to Peterborough - members of the Breast Cancer Support Group and guests at the evening helped to raise more than £12,000 for the charity.

the District Hospital, and exceeded our expectations. This means that Dr Karen McAdam, medical oncologist, and her team are able to buy a blood counting machine."

Dr McAdam told Pulse: "This was a fantastic, extremely well-attended event organised by a group of very hard-working and enthusiastic women supported by their partners.

"The oncology department would like to thank them.

"The machine that we will purchase will enable patients on chemotherapy to have their treatment delivered more promptly and reduce waiting times."

Guests at the event included; Alan Turner, former medical director, staff from Clinic 8 and other wards at PDH, as well as many doctors from GP surgeries. Many swapped their uniforms for saris to enter the true spirit of the event.

# Orthopaedic waiting list investigation completed

THE investigation into the orthopaedic waiting list has been completed and, as Pulse went to press, the report and its associated action plan were being reviewed by the Trust's Board of Directors.

Once the review is completed, elements of the report and the action plan will be communicated to staff and externally where appropriate.

The investigation began in January this year when the Trust discovered a significant number of patients had waited longer than the government's maximum six month target. The investigation team reported to an investigation panel, led by a legally qualified Non-Executive Director (NED), and included other NEDs, the Chief Internal Auditor and an external audit member. The Foundation Trust regulator, Monitor, partner primary care trusts and the Strategic Health Authority, have approved the panel's terms of reference, and have been kept up to date on progress.

## Come to the ball

PLANS are well under way for the fund-raising Summer Ball.

Both civilian and MoD medical staff, who work at the Trust, are organising this year's event on 8 June - and proceeds will be divided between The Friends of Peterborough Hospitals and the Royal Air Force and Dependents Disabled Holiday Trust.

Simon Temple, clinical educator for medicine and one of the organisers, said: "Last year was the first time we organised an event such as this and it raised more than £1,900 for charity. So we thought it would be great to hold a similar event this year for staff, their friends and family."

The event is being held at the Marriott Hotel, Lynchwood Business Park. For details, contact Simon via email [simon.temple@pbh-tr.nhs.uk](mailto:simon.temple@pbh-tr.nhs.uk)

# The hard work goes on

## Crucial phase for GPHIP

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Once all of these final pieces of work are completed, the deal will be formally signed and construction could start as early as the summer.

**A**T the time of going to press, the Trust is still doing all it can to ensure that the final pieces fall into place for the £330 million Greater Peterborough Health Investment Plan (GPHIP).

Since the last issue of Pulse a great deal has happened including receiving approval from the Strategic Health Authority and the Foundation Trust regulator, Monitor.

The project team has been working extremely hard to finalise the contractual and legal elements of the deal with the Private Finance Initiative consortium, Progress Health, and this complex piece of work is almost complete.



ABOVE: An artist's impression of how the front foyer of the new hospital will look

The team also hopes to receive a green light for the project from the Department of Health and the Treasury. Once all of these final pieces of work are completed, the deal will be formally signed and construction could start as early as the summer.

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# 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. Send to the Communications Department at Edith Cavell Hospital and we will print as many as possible.*

**Maternity unit:** We wanted to write to thank everyone who was involved with our daughter's safe arrival. Like any first time parents, we were apprehensive of the birth and procedures, but your professionalism, care and general atmosphere and surroundings of the unit meant that I had a positive, calm and easy delivery. I expected to request every drug going and really surprised myself when I found myself agreeing to being admitted to the new midwife led unit, knowing the limited drugs on offer. I would recommend this unit to any parents to be. Once again, many thanks - we will always be grateful for your care.

**Ward 10:** Our heartfelt thanks to all the nursing staff who cared for our dear mum in her last weeks and days of her life. You have all been so kind, compassionate and attentive towards not only our mum, but to us as a family. Our special thanks must go to staff nurse Jim who has been truly wonderful in his care for our mum, his support and understanding towards our dad and the rest of the family at all times has also been excellent. We cannot thank him enough as we know what a difficult and demanding job he has, but he travels that extra mile with his duties.

**Amazon ward:** Our daughter was recently admitted to the children's ward and I would just like to say that I am indebted to the superb service of the NHS and have



nothing but praise for the excellent service of all the doctors, nurses and staff on the Amazon ward and we are truly thankful. The staff of the NHS are unsung heroes. It is a shame we only hear of the bad points.

**Clinic 8 / Ward 2Y:** Thank you for giving both strength and hope to our mum throughout the last few years. It was a great comfort to all of us to know that she was being cared for by you (Dr Fairham) and your team. Your perseverance and support will not be forgotten.

**Endoscopy (Stamford):** I would like to thank all those involved in my endoscopy procedure. I received nothing but kindness, consideration and courtesy from the receptionist, nurses and endoscopist. They made the whole experience, which I had not been looking forward to, almost a pleasure. And the icing on the cake - a plate of delicious sandwiches and a cup of tea!

**Ward 2Z:** The care that I have received is second to none. Everyone has been most helpful and kind. I feel very lucky and thankful I came to PDH.

## A penny for your thoughts...

**Amazon ward:** We would really like to say thank you to you all for being so kind when our son got his 2p stuck! The anaesthetist and ENT surgeon were really lovely. Thank you for looking after us and for coming to explain all about the anaesthetic beforehand. I am convinced it made a big difference and our son recounted his experience in great detail at pre school! All best wishes - you do a fabulous job.

**Maternity unit:** Thank you for my epidural. It was wonderful and allowed me to have a pleasurable and pain free birth which made it even more special.



# Maternity service choice for mums



*RIGHT:  
New parents  
Naomi and  
Darren James  
with baby  
Monty and  
midwife lead  
Lyn Jones and  
midwife Clair  
Farrell.*

**A**LMOST six months on, and dozens of mums have reaped the benefits of an extra maternity service at the Trust.

The midwife-led unit gives mums-to-be an alternative delivery choice for their new arrivals, offering 'home from home' style care to women who require minimal intervention during the birth of their child.

The unit provides individualised midwifery support during labour, and is available to women whose pregnancies have been assessed as low risk.

This includes expectant mums who would be eligible for a home birth, but want the peace of mind of delivering in hospital.

Among the first mums to benefit from the service was first-time mum Naomi James (35) - whose baby Monty was born at the unit in February, weighing in at a healthy 7lbs 6oz.

With husband Darren by her side, Naomi said the whole experience was a very positive one - and was even able to give birth to the couple's favourite music!

She said: "The service is amazing and after the birth, we were allowed the space and time to bond as a family. The low lighting and music certainly helped, along with the great midwives, to make us feel comfortable, reassured and secure throughout the whole experience."

The unit, which opened its doors in

January, has been project led by midwives Lyn Jones and Janine Kettle, and has seen some 119 admissions, leading to 87 deliveries to date.

Lyn said: "The feedback from all the women and staff has been very positive. It has been very rewarding for Janine and myself to see normal midwifery blossoming.

"The first wave of midwives and healthcare assistants working on the unit have been very proactive in promoting low tech normal midwifery, and we thank them very much for this. We would also like to thank all the staff within the unit who have given us support in this venture."

The service hopes to expand in the near future with the introduction of a water birth pool and ensuite bathroom.

## Cakes for cash

ENTERPRISING youngsters have been selling cakes and biscuits to Trust staff, patients and visitors to help raise cash for play equipment. The children selling the refreshments all attend the Trust's Kids' Kingdom Playscheme - and the £60 collected will contribute towards the cost of buying outdoor equipment for the summer playscheme, including bats and balls.

Nicola Brennan, childcare advisor, said: "The children had a great time selling the cakes and biscuits and we are very grateful to everyone who supported the youngsters and the playscheme."



Nik Patten is a man with a vision – that of Peterborough providing a world class hospital offering world class services. Nik is a chief executive of the people – determined to listen and act upon the ideas and goals of colleagues and patients alike. Pulse catches up with the new man at the Trust's helm.

# My vision for the future

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I get a real buzz from this place, and I was privileged to be asked to join the Trust at such an exciting and challenging time. I like to be visible, and have already met many colleagues.

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**A**FTER just several weeks in his new role, and his first as chief executive, Nik Patten was already causing a few diary problems for his personal secretary Christine Russell.

And three months on, the trend is continuing! “I escape my office at every opportunity,” smiles Nik. “Whenever there is a gap in the diary I’m out on the wards, meeting colleagues around the Trust and generally just finding out about things and people around the hospitals. Sometimes, Christine is not sure exactly where I am!”

This is the approach from a chief executive – with some 30 years’ experience in many aspects of the NHS – who sincerely cares about the quality of care patients receive, and is committed to helping colleagues around the Trust achieve their working goals.

“I get a real buzz from this place, and I was privileged to be asked to join the Trust at such an exciting and challenging time. I like to be visible around the Trust, and have already met many colleagues. Having a really excellent Trust executive team around me allows me the time to do that.”

With Peterborough’s healthcare provision poised to benefit from a multi-million pound investment through the proposed new hospital during the next few years, Nik is excited by the new era for the city, but is no stranger to such vast change.



The modern Wharfedale Hospital (part of the Leeds Teaching Hospital) and the building of a £250 million cancer hospital for the area have been Nik's super hospital springboard to the positive things happening in Peterborough.

As well as with colleagues in Peterborough and Stamford hospitals, Nik is keen to build on existing partnerships and relationships outside of the Trust – asking everyone from the stakeholders to the PCTs what they think of the hospitals and what they provide.

"I believe that people think highly of the Trust," said Nik – who prides himself on being a good communicator and successful in building teams.

A number of open staff meetings have already taken place, and Nik has also requested to join director of nursing Chris Wilkinson's walkabouts. He has also been communicating with staff via regular emails.

"I like to listen to colleagues and if they have a problem which needs fixing, then it should be fixed quickly.

However, he points out: "I do have a tough edge. If someone has given me a commitment to do something, then I expect it to be done. And if it hasn't, I expect an honest explanation as to why not."

### Wide experience

Nik joined the Trust from his post as director of planning and performance improvement, and interim deputy chief executive at the Leeds Teaching Hospital.

His early NHS days as a hospital surveyor in North Warwickshire have led to a number of roles which have allowed Nik to gather experience and skills which stand him in excellent stead for his first chief executive role – including in the areas of management and patient care.

He has also held senior positions in South Tees NHS Trust, working extensively in the government's NHS Modernisation Agency.

Nik has been married to childhood sweetheart Jayne for 30 years, and the couple have two daughters – 24-year-old Royal Navy Lieutenant Michelle, and 21-year-old university psychology student, Stephanie.

A self-confessed armchair sports fan, with a passion for rugby, Nik keeps fit by running and also enjoys re-building classic Japanese motorbikes.

“

I like to listen to colleagues and if they have a problem which needs fixing, then it should be fixed quickly.

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## UNSUNG HERO: Ashley Walker



# Determination, hard work and support for colleagues earn Ashley special honour

WELL done to unsung hero Ashley Walker - whose hard work, determination and support for other members of staff have earned her recognition.

Office manager for cellular pathology at the District Hospital, Ashley was presented with her award by Mandy Renton, general manager, Woman and Child, Clinical and Life Support, Stamford Service Units and Susan Nijjer, Chair, Clinical and Life Support Services Unit Improving Working Lives Focus Group.

Ashley's nomination reflected her work since becoming office manager, which has involved working extra hours to ensure that the Standard Operating Procedures were written and produced for the Clinical Pathology Accreditation inspection.

"Ashley has also trained new members of staff, supported the secretaries as well as completing her management course, and all done with a smile, despite not being in the best of health at times," reads her nomination.

# What we do...

## The Patient Advice & Liaison Service



THE Patient Advice & Liaison Service (PALS) is a team of two full-

time and two-part-time members.

No two days are ever the same in the PALS office. We provide an 'open door' service and a telephone help line for anyone who has a health/patient-related issue or concern.

Often patients and relatives find it easier to talk to someone who is detached from their situation and that's where PALS can help.

We can provide a listening ear and help people to identify their concerns and hopefully then work together to suggest ways in which their concerns or worries can be addressed.

Our telephone line is always busy but we try to respond to all callers the same day.

We are also very happy to speak to patients or relatives in person in our PALS office at the District Hospital.

Last year, 330 people visited us in the office and we



ABOVE: The PALS team, left to right Kerry Coates, Rachel Powell and Cathy Thornhill.

dealt with 1,755 enquires.

Part of our role is to give information so it is vital that we keep up to date with Trust news, changes in the NHS and local health provision.

PALS provides a wide range of information, and often our role is to signpost people to specialist agencies such as MIND, DIAL, Age

Concern and the Red Cross.

Our job is never dull and the team is committed to providing a professional, caring service. Staff can contact us to assist with patient and relative queries.

As a team we feel privileged to work with and support our enquirers and patients and always try to put ourselves in their shoes.

If you would like to speak to PALS please call 01733 875847.



## Ward 8 team are so proud...

A HUGE well done to Sister Angie O'Sullivan and all the team on Ward 8, following their success at the Pride in Peterborough Awards.

The awards are run by the Peterborough Evening Telegraph, where individuals and organisations are nominated for the awards by members of the public.

This year, the Ward 8 team based at the Edith Cavell Hospital was short-listed in the Health Professional category.

The team was announced as the category winners at the awards ceremony, following a nail-biting wait to hear the judge's decision.

Angie told Pulse: "I'm thrilled for the staff and for the patients to be honoured in this way. Team work is always a



ABOVE: Celebrating their Pride in Peterborough Award - Sister Angie O'Sullivan, Sister Carol Comey, Carole Hearne, Annabel Henderson, Paul Derbyshire, Helen Luscombe, Jessica O'Neil and Emily Knott.

great formula for success and we would all like to thank every single person who nominated and voted for us."

Congratulating Angie and the team, Paula Gorst, director of operations, said: "The award is a sign of the excellent care the team gives to patients on a daily basis, and is all the more pleasing as it was members of the public and former patients who nominated the team in the first place."

# Partnership boost for cancer services

CANCER services for patients and their families in and around Peterborough have been further developed, thanks to a new partnership.

The Trust and Hinchingbrooke hospital have developed a new haematological cancer inpatient

service, following closer working arrangements between consultants from both areas.

Joan Tiplady, general manager medicine, said: "We're delighted that we have been able to work with Hinchingbrooke colleagues to provide a good solution for patients.

"We have excellent facilities at the District Hospital on the haematology ward and the day unit in Clinic 8, both are extremely popular with patients. As we have the capacity to increase our services, we look forward to welcoming patients from Huntingdon and the surrounding areas."

## Public consultation plan over Stamford Hospital

**A** MAJOR public consultation which will help to shape the future of Stamford Hospital is gathering pace.

The views of Stamford residents, users of the hospital's services and the wider public are being sought as part of the consultation process - which runs until June 22.

The Trust, along with the Welland Practice Based Commissioning Group (PBC) and Lincolnshire Teaching Primary Care Trust (PCT) have been working in partnership on proposals for the future of Stamford Hospital since November 2006.

The 12-week consultation began in March to seek public views on the proposed new joint management partnership of the hospital.

If supported, the innovative management partnership will see the hospital jointly managed by local GPs and the hospitals Trust, and advised by a Board of Governors made up of external partners.

The arrangement is believed to be the first of its kind in the UK.

Possible plans include:

- Bringing healthcare based charities and organisations onto the Stamford Hospital site with a view to creating a health campus. At present, around a third of the physical space in the hospital is unused.

- Provision of an antenatal monitoring service to give expectant mums, who live closer to

Stamford Hospital, the choice of being monitored there instead of in Peterborough Maternity Unit. This would help ease capacity in Peterborough, which sees around 4,000 women during their pregnancies each



# Public to help shape future



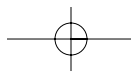
year - as well as offering an additional service to Stamford women, benefiting hundreds of mothers-to-be every year.

The consultation document has also been distributed with the Stamford Mercury, and sent to the Trust's 5,000 public members.

Anyone wishing to find out more or to take part in the consultation can log on to:

[www.peterboroughandstamford.nhs.uk](http://www.peterboroughandstamford.nhs.uk) or call into Stamford Hospital main and outpatient receptions and pick up a consultation document.





I am delighted with the excellent performance of the Trust in the past year. These results are a credit to the hard work of all members of staff from clinical to support teams working within a rapidly changing healthcare service.

- Trust chief executive  
**Nik Patten**



# Making sound progress

**T**HE Trust is in a sound position as it moves into the next financial year - reporting a surplus of around £2.5 million. And following the 2006/07 results for performance and finance, it is also pleased to announce that it was beating or meeting most of the key national indicator target for hospital trusts.

The better than planned financial figure enables the Trust to reduce the accumulated deficit from previous years, and further improve patient care by making investments in equipment, the hospital environment and staffing levels.

The targets include A&E and cancer waiting times, patient booking times, infection control and financial management - all of which are set by the Department of Health and the Healthcare Commission.

They are audited and used as a snapshot to compare the performance of trusts around the country.

The Trust has also set itself tough internal targets in other key areas to measure performance on a month to month basis. Combined with government-set targets, the Trust

## Surplus heralds an encouraging year

measures its performance in more than 50 different areas each month.

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

Highlights for the year include:

- The Trust had 11 cases of MRSA bacteraemia for the year - again placing the Trust amongst the highest performing trusts for infection control in the country
- A yearly average of 98.5 per cent of people attending A&E were seen 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)
- 98 per cent of cancer patients had their first treatment within 31 days of the decision to treat (target is 98 per cent)
- 98 per cent of cancer patients had their first treatment within 62 days of their referral (target is 95 per cent)
- 100 per cent of people were allocated a bed on a ward within 12 hours following an emergency admission

One of the key performance indicators the Trust has not met for the last financial year is the target that nobody should wait longer than six months for elective (non-emergency) surgery. Nik Patten, chief executive, said: "I am delighted with the excellent performance of the Trust in the past year. These results are a credit to the hard work of all members of staff from clinical to support teams working within a rapidly changing healthcare service."

## Trust welcomes national survey

THE Trust has welcomed the latest national survey that looks at peoples' experiences of visiting hospital as an inpatient.

The 2007 Healthcare Commission Patient Survey report includes responses from inpatients across 167 NHS hospitals in England.

The patients surveyed were admitted to hospital during the autumn of 2006 and the Trust has again received a very positive report.

Of the 58 questions asked, the Trust scored average or above average in 57 questions and came in the top 20 per cent of trusts in 27 categories.

The Trust came in the bottom 20 per cent of trusts in one category.

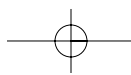
For each question asked in the survey, individual responses were scored on a scale of 0 to 100.

Results from the survey report for the Trust include scores of:

- 85 given to the understanding patients had of the answers given when they asked questions of doctors
- 92 given to the patients confidence and trust in the doctors treating them
- 90 given to the patients confidence and trust in the nurses treating them
- 89 given to the patients perception of whether nurses washed their hands between touching patients
- 95 given to the privacy experienced by the patient during treatment or examination
- 91 given to the level of dignity and respect patients felt they were given while in hospital

The Trust scored in the bottom 20 per cent of trusts in one category. A score of 55 was given by patients who said they shared bathrooms or shower areas with members of the opposite sex.

The Trust saw a higher response rate from its patients than the national average - 68 per cent of the Trust's patients who were given a survey completed it, compared to the national response rate of 59 per cent.





# On the front line

## Trust is at forefront in the battle against osteoporosis

The Trust is at the forefront of the battle against osteoporosis, a potentially crippling disease which will be thrust into the spotlight during National Osteoporosis Month in June.

**O**VER 50? Broken a bone? Resident in Peterborough? Lucky you! You'll have received first class treatment and the kind of follow-up few people in the country have access to.

Since the appointment of a dedicated osteoporosis specialist practitioner - Marilyn Norman (pictured right) - four years ago, the Trust's fracture liaison service has become the envy of many larger hospitals.

"We offer a unique service," said Marilyn, who has 17 years' experience at the District Hospital's fracture department.

"Prevention is better than cure. We don't just patch up fractures we prevent further breaks."

Anyone over 50 who suffers a low trauma fracture - that is following a slip or fall that wouldn't ordinarily result in a fracture - is referred to Marilyn following initial treatment.

"I spend 15 minutes discussing their lifestyle, diet and family history," said Marilyn. "If appropriate, I can then refer them for a dexa scan to measure their bone density.

"Those results can confirm a diagnosis of osteoporosis - or not. Despite a growing awareness of the disease it is silent - you can't see, hear or feel it - so for most patients the diagnosis is a shock."

Osteoporosis literally means porous bones. As we age, our bone structure weakens, making them more liable to break. A family history of osteoporosis, poor diet and lack of exercise contribute to the development of the disease. Once you have suffered one fracture - the



ABOVE:  
Margaret Lyon  
with a patient.



most common are the hip, wrist and spine - you are at increased risk of suffering more.

"Most people offered the opportunity for a scan take it," said Marilyn. "Our quarterly figures have been pretty consistent for four years. I see around 400 patients aged above 50 in any three month period."

Once diagnosed, the treatment is aimed at maintaining current bone density although the newest treatments claim to actually increase bone density. I recommend patients eat a high calcium diet boosted with supplements if necessary," said Marilyn. "Weight bearing exercise is vital - walking is the best and cheapest. Stopping smoking and only drinking in moderation are also important."

Half of women and 20 per cent of men will suffer osteoporosis. And while, for the worst affected, it can result in frequent painful fractures, for others avoiding obvious dangers such as high-risk sports may mean it has little impact on daily life.

"We will be supporting National Osteoporosis Month in June but we endeavour to highlight the disease all year round," said Marilyn. "We use our high profile within the NHS to spread the word among medical students and registrars."

The success of the Trust's work was proven in a recent survey of 300 people who Marilyn referred for a dexa scan.

"We received 269 replies," said Marilyn. "The majority of those are now receiving treatment for osteoporosis having been diagnosed as a direct result of the work of my team."

### CASE STUDY: Denise Crisp

*WITH a family history of osteoporosis and an early menopause, Denise Crisp knew she was at risk. But even she was surprised to be diagnosed at just 42 following a fracture of the spine.*

*"I slipped downstairs and an x-ray showed my spine and ribs were thin," said Denise, now 49.*

*"I had to give up my job as a nurse, change my exercise routine and start taking medication," said Denise, who lives in Stilton, near Peterborough.*

*The mum of two, suffered another major fracture - of the hip - four years ago, after*

*tripping on a rug.*

*"I'd always thought of osteoporosis as an older person's disease," said Denise. "It knocked my confidence when I broke my hip in a silly trip."*

*Denise is hoping her next scan will show her calcium rich diet, medication and regular walking are improving her bone density.*

*"I miss my work the most," said Denise. "But it's a case of learning to live with it."*



# More Friends' help

**S**EVERAL areas around the Trust have benefited from the latest round of donations made by the Friends of Peterborough Hospitals.

Purchases have included equipment for use in a range of different specialities, which will further enhance patient treatment and care.

These include:

Vital signs monitor for the district hospital departure lounge - £900  
Radiology equipment - £7,300  
IV pumps for the delivery suite - £10,500

A carbon dioxide insufflator for endoscopy - £5,145

Theatres have received funding for two separate pieces of equipment to assist in laparoscopic surgery.

The first is a rigid ureteroscope -

costing £5,000. Its uses include the diagnosis and treatment of bladder/kidney tumours.

An harmonic scalpel (£18,000) has also been purchased, and will be used by surgeons to give them greater precision and control during procedures.

Denise Higgins, team manager general surgery and gynaecology explained: "The scalpel is an ultrasonic cutting and coagulating surgical device used in laparoscopic general surgery which allows greater precision and control by the surgeon especially when near vital organs.

"There are several benefits to the patient, including reduced tissue damage, decreased operating times and more rapid healing leading to earlier discharge."



*ABOVE: Lead practitioner Collette Law and Denise Higgins, team manager general surgery and gynaecology with the Friends' donated equipment.*

## Pillpushers' cash hand-out

DONATIONS totalling £1,500 are being made to a number of areas around the Trust and to other local healthcare providers, thanks to the generosity of the Peterborough Pillpushers.

Each year, profits from the previous year's panto production are ploughed back into the hospital, following requests from wards and departments for a slice of the cash.

Departments were invited to bid for the purchase of non essential equipment to benefit patient care.

This year's wish list includes equipment which has never previously been bought or which has come to the end of its shelf life.

Recipients selected to receive funding include;

PALS - wireless microphone (£115)  
Radiology secretaries - laminator (£115)  
Infection control - light box (£333)  
Physiotherapy - projection screen (£207)  
Departure lounge - two pressure reducing mattresses



*ABOVE: Didn't they do well - (left to right) Abby Minter and Joanne Eyles, occupational therapists, Katrina Wilson, Pillpushers committee member, Catherine Hill, physiotherapist, Stuart Terrington, Pillpushers chair, Diane Waters, departure lounge, Edward Payne, Pillpushers committee member, Denise Durbridge, Angelo Cuenco, departure lounge, and matron Anita Downs-Santoro.*

(£432)

CT scan department - desktop fridge (£125)

PCT - £500 towards the cost of providing new TVs for Vawser Lodge.

Pillpushers' Mary Bird said: "We are delighted to be able to help a large number of wards and departments this year - thanks to the support our Scroo-ed production attracted, so thank you to everyone concerned."





LEFT: The team behind the change, (left to right) dietician Claire Parsons, catering services manager Peter Gregory and speech therapist Kay Martin.

# Puree and simple

“

Those who have problems eating and drinking have the right to be offered alternative food which is as tasty as possible, pleasing to the eye, good on the palate and healthy for the whole body

”

*For many patients, being in hospital and feeling unwell is enough to trigger loss of appetite – which in turn can lead to nutritional defects. But what of those patients for whom the physical act of eating and more importantly, swallowing, food proves difficult? The Trust is now serving up a solution....*

**C**HICKEN with all the trimmings, macaroni cheese, vegetable bolognese. Just some of the delicious meals Peterborough patients are tucking into during their stay in the District and Edith Cavell hospitals.

But what makes these meals even more special is that they come under the style of modified textured food.

Put simply, it means they are all professionally pureed.

And while ‘puree’ once meant an unattractive baby food mush consistency, these specially ordered-in foods are recreated on the plate to provide a hot, appetising, nutritionally balanced meal.

The milestone in providing patients with swallowing problems with a meal they can

comfortably tuck into is the culmination of a year’s work from a small team of speech and language therapist Kay Martin, catering manager Peter Gregory and dietician Claire Parsons.

Kay said: “I see many patients with speech difficulties, many of whom have dysphagia – which is a problem with swallowing.

“This in turn causes a real problem with eating, particularly in patients who have suffered a stroke, have been involved in a road accident, suffer from a particular kind of cancer, multiple sclerosis or dementia. National figures show that around half the number of stroke patients admitted to hospital have dysphagia.

“One of the major problems associated with dysphagia can be the development of a chest infection. But one relatively simple method to help people with swallowing difficulties to swallow more safely is to modify the consistency of their food and drink.

“Working in the community and in hospital, we want to make eating and drinking as pleasurable and safe an experience as possible. Lack of food and liquid over a sustained time inevitably leads to a lack of nutrition, and often medical intervention is required to aid food/liquid intake.”

Dietician Claire found from her studies, building on existing findings, what was available for patients with swallowing problems.

**C**LAIRE said: "We found that the main problem was the consistency of the food. It needed to be smooth, but some patients were still unable to eat because of lumps in the meals. Meals were being taken from the main patient menu and blended to a puree, but were often not found to be of the required consistency."

"Unfortunately, in some cases these were unattractive and the patient was still unable to eat them – leading to a lot of waste for the Trust, and lack of nutrition for the patient."

Keen to ensure that patients on a puree diet received food to national guidelines – in terms of consistency and nutritional content – they sought the help of Trust catering services manager Peter Gregory.

Kay said: "Peter was fantastic, and took on board all the elements of what we were looking for and found an outside producer of pureed foods,

"An exercise was completed to ensure that we purchased the correct quality and product in line with the National guidelines for patients with dysphagia. Food costs have increased but the quality of food for the patient has greatly improved.

"At a cost of £1.70 per meal - the pureed elements are incredibly recreated on the plate to look like a 'proper' dish!

"Not only have the last few months seen a reduction in food waste and an increase in nutrition, but we feel it has helped reduce the number of potential chest infections – which has a knock on effect of less medical intervention and therefore a shorter stay in hospital in some cases."

The introduction of these meals – which include patient menus – has been a learning curve across many wards.

**M**ANY of the healthcare assistants, who until a few months ago would have had to return uneaten food to the kitchen and ask for something else, now feel more confident helping patients with these new meals.

On average, as many as 30 of these meals are served each mealtime across the Trust sites. Patients are given a choice of fish, meat and vegetarian options, as well as desserts – all traditional dishes which are easily recognisable to the patient.

The speech language and dietetics team continue to support patients who have swallowing difficulties in the community – either in their own home, or nursing home.

Kay added: "The past 12 months have been something of a triumph for the patients, who have given very positive feedback to the change. So many people from all areas of



ABOVE: Healthcare assistant Julie Musson, clinical nurse leader Peter Glover and registered nurse Sadie Norman with some of the pureed dishes being served.

## Mick says it is just delicious...

AMONG the patients to have benefited from the new style pureed food is Mick Dodson. He had a swallowing problem alongside a communication difficulty, following a stroke. Although the swallowing difficulty has now been addressed and he can eat and drink normally, the old style pureed hospital food caused him problems during his stay on the ward. He found it very difficult to eat and drink. Food got stuck and he experienced a lot of coughing and choking. The new style pureed food is 'great and delicious,' he said.



ABOVE: HCA Julie Musson serves up lunch to former patient Mick Dobson.

the Trust have been involved with the project, and without their willingness to learn and support our training/education programmes in this area, we may not have been able to have advanced the project as far as we have."

Peter added: "Food and drink are pleasures which most of us enjoy all of our lives, but not all of us.

"Those who have problems eating and drinking have the right to be offered alternative food which is as tasty as possible, pleasing to the eye, good on the palate and healthy for the whole body.

Traditionally, we have always produced the puree meals in the main kitchen with the use of a kitchen food blender, which also meant that certain foods were then required to be sieved after blending. This process was very time consuming with quality and nutritional standards not always being of the same consistency.

The benefits of the new modified textured meals is that they are all consistently of the correct texture; there is reduced wastage from food preparation and service; reduced preparation time; the texture is of the correct standard and we can offer the patient a complete range of meat and vegetable products which are of a reliable, safe consistency with the correct vitamins, minerals, protein and calories."

# Now for climbing, walking and skiing holidays



## Anna may be retiring but will not be taking it easy

*LEFT: Anna Eden and husband Roger, who have exciting plans for travelling in retirement.*

RETIRING - but certainly not taking it easy - Anna Eden, clinical effectiveness lead, has said farewell to the Trust after almost 40 years.

Anna began her working life at the District Hospital as a nursing cadet at the age of 16, and worked in many departments as a nurse until moving to the clinical audit & effectiveness department in 2003.

Many colleagues and friends saw Anna on her way during her retirement buffet in April.

But far from putting her feet up, Anna - together with her also-retired husband Roger - intend to travel extensively in the UK, Scotland, Europe, America and Canada.

She said: "Now we can extend our holiday length of stay, we enjoy mountain climbing, walking, skiing, cycling and we have just returned from Colorado visiting American cousins. "We plan to visit Europe this summer, New England, America in the autumn and go skiing in Austria early next year."

# Martin's fond farewell

**T**HE Trust has bid a fond farewell to one of its longest-serving consultants.

Orthopaedic surgeon Martin Sutcliffe retired from the Trust earlier this year, after notching up almost a quarter of a century's service.

Mr Sutcliffe started his Peterborough career at the District Hospital in 1983, as only the fourth orthopaedic surgeon to join the team at that stage.

Over the years, the number has grown to some 13 surgeons to date - operating at both the PDH and Edith Cavell sites.

"Things have changed over the years," explained Mr Sutcliffe. "Society has changed, the population is living longer - so many of our patients are older and have additional medical conditions when they come to us for surgery.

"Techniques have moved forward and of course, much of the work is now day case surgery."

Mr Sutcliffe says he would like to thank the many staff and patients who have sent their good wishes. With a little more time on his hands, Martin intends to turn more of his attention to his hobbies of carpentry, boat building and gardening.



*ABOVE: Consultant surgeon Martin Sutcliffe pictured at his retirement lunch with his wife Liz (left) and secretary Gay Jackson (centre).*

The Trust has also sent its best wishes to two other long-serving consultants, who retired earlier this year.

They are Dr Peter Hudson, consultant dermatologist and Dr Ian Mungall, consultant physician.



Alison prepares for a trek into the hilly terrain of Kenya to raise money for research into prostate and female cancers

**W**ARD clerk Alison Chisnall is gearing up for an African adventure of a lifetime.

After responding to an advert last summer, Alison plans to leave her post at 6X for the heat and hilly terrain of Kenya this November.

Alison will be joining an 80 strong team of other NHS workers and members of the public - through the Hike For Hope project - to raise vital funds into research for prostate cancer and women's gynae cancers.

She told Pulse: "My father has prostate cancer, and I have had many friends whose lives have been touched by cancer. Also, working on 6X hits home just how many women are diagnosed with cancer.

"This is a great way for me to do my bit for research, as well as being a personal goal for myself."

Alison (51) recently lost three and a half stone in weight, and says she is the healthiest and fittest she has ever been. Her training regime involves walking the six-mile round trip to and from work - and she has even turned her conservatory into a mini gym.

"At first my family thought I had lost the plot! But they and all my friends and



ABOVE: Gearing up for the challenge of a lifetime - ward clerk Alison Chisnall.

# Ward clerk's challenge of a lifetime

colleagues are really supporting me.

"I first went to Kenya on my 25th wedding anniversary eight years ago and fell in love with the place. I never thought I would go back, but this is going to be a completely different experience - climbing a volcano face, cliff abseiling and walking around 100 miles."

But to take part in the challenge, Alison must first raise a target of £2,700 to qualify for entry. She is already well on the way - but would appreciate your help. To sponsor Alison - contact her on Ward 6X on ext 5808.

## Guidelines for patient visiting

THE Trust has issued new guidelines for patient visiting times. They are designed to help patients have time with their visitors while also addressing the need to provide patients time for rest and essential care.

All visitors to patient areas should report to the nurses' station prior to entering the patient bed areas. This is to enhance security in the wards and to improve communication with visitors.

For the benefit of nearby patients, visitors will be restricted to a maximum of three per patient. Visitors are asked not to visit for long periods - short visits are less tiring for patients. Visiting times will be from 2-4pm and 6-8pm on all wards with the following exceptions:

The Maternity Unit visiting times are 9am-1pm (partners and siblings only); 1-3pm (quiet period - partners only); and 3-8pm (partners, siblings of baby and other visitors). Children, other than siblings, under the age of 14 are not permitted onto the Ward.

Amazon Ward operates an open visiting policy with no time restrictions.

The Intensive Care Unit (ICU) operates open visiting but recommends not visiting before 11am. Coronary Care visiting times are 10am - 1.30pm and 3-8pm. To access the Patient Visiting Policy log on to [www.peterboroughandstamford.nhs.uk](http://www.peterboroughandstamford.nhs.uk)

# What I Do At The Weekend ....

**C**ARRYING a fully-operational musket, shotgun licence and gunpowder licence, Christine Kirby probably wasn't the person most passengers on the Argentina-bound flight would choose to sit next to.

But the PDH receptionist's motives were entirely honourable.

Christine was heading to South America to join a re-enactment of the invasion of Buenos Aires by the British army 200 years ago.

For Christine, who works in the X-ray department, wears skirts and jumpers and carries nothing more harmful than a black biro during the day, spends weekends dressed in a soldier's uniform, throwing herself around battlefields swathed in smoke, brandishing a musket.

"It's certainly nothing like my day job," said Christine, whose boyfriend Peter introduced her to battle re-enactment society, The Napoleonic Association. "Being on the battlefield is incredibly

exciting. It's easy to imagine you have been transported back 200 years."

Christine's Argentinian trip saw 20 soldiers from her 71st Highland Light Infantry Regiment of Foot travel to Buenos Aires to take part in the first ever international battle re-enactment in Argentina.

"In the 1806 battle, the British expedition set off from South Africa to plunder the treasure and capture the city," said Christine. "We went on more favourable terms."

During the trip, organised by the



*Christine Kirby*

Argentine Naval College, British, Dutch and Spanish re-enactors marched through the streets of the capital city with bayonets fixed, colours unfurled and a piper playing. They also staged a realistic mock battle for a bunch of wide-eyed school children.

"It was a very special trip," said Christine. "We laid a poppy wreath on behalf of the Royal Highland Fusiliers and fired a volley in the main square - the first British people to do so for 200 years."

## What do you do at the weekend?

IF you have an interesting hobby, get involved in a dangerous sport or do a heap of charity work, we'd love to hear from you. Contact communications officer Bethan Griffiths with your details: [bethan.griffiths@pbh-tr.nhs.uk](mailto:bethan.griffiths@pbh-tr.nhs.uk)

# Instant digital images

## New system will speed up whole process

**A** JOINT project is underway between pathology/radiology and IT to provide an innovative electronic X-ray requesting and reporting system for the Trust and GPs, with the introduction of a new Picture Archiving Communication System (PACS) system.

PACS, due for rollout in the summer of 2007, will allow all patient images to be instantly available electronically to all health care professionals involved in the patient care pathway. The Trust has been electronically requesting/reporting images for some time, although the technology has been limited and unable to include GP requested pathology at ward/clinic level.

For the first time this new system will allow all pathology/radiology results to be viewed by all NHS health professionals together in a more efficient and quicker way, resulting in less duplication of tests, quicker decision making and shorter lengths of stay in hospital.



*ABOVE: Gearing up for the roll out of the new pathology and radiology systems; Christine Stimpson, Paul Crockatt and Keith Palmer.*

# Review of patient transport services underway



**A** THREE-MONTH pilot scheme to assess the way Patient Transport Services (PTS) are accessed by patients travelling to and from Peterborough's hospitals is currently under way.

The scheme is being piloted in four areas of the Trust; ward 1Y, the orthopaedic unit, therapy services and ophthalmology.

The aim of the pilot is to monitor and assess the way in which the PTS are used by patients, to try and reduce the number of cancelled journeys and ensure the service is working for the people who need it most.

Paul Denton, deputy general manager, clinical and life support services, explained: "PTS are provided for patients who have been assessed as demonstrating a medical need that prevents them from using public or community-based transport.

"Members of staff in the pilot areas have received guidelines which will help to assess each patient individually to ensure that the existing service is used appropriately."

PTS are provided by the East of England Ambulance Trust. The Trust employs 41 operational staff as well as 50 volunteer drivers who use their own cars to take patients from home into hospital. During the financial year 2006/2007, some 58,000 journeys were undertaken. The cost of providing this service is in excess of £1 million.

*ABOVE: Each year, thousands of patients benefit from the PTS, which provides a crucial link for patients and the hospital care they require.*

## Tackling Trust travel issues

THE next phase of the Trust's award-winning Travel Options initiative is in progress.

In an effort to alleviate the number of cars parking illegally, parking attendants will be introduced at the Edith Cavell site this summer.

The Trust is also continuing to promote alternative methods of travelling to and from work, through its 'Megarider' bus ticket - and, through further subsidy, has been able to keep the cost to £6.

Also from last month (April) car parking for visitors and patients was increased by 50p for stays of up to four hours.

These initiatives follow on from last year's creation of a patients and visitor-only parking zone at the District Hospital to allow easier parking at peak times.



**PROFILE:** Critical care specialist, Dr Tuba Hussain, applauds the new ICU

# New unit welcomed

**Name:** Dr Tuba Hussain

**Job title and where based:**

Consultant in anaesthesia and critical care, lead clinician critical care services, dividing time between the District and Edith Cavell Hospitals.

*AS one of the leading team in the areas of critical care services, Dr Tuba Hussain is among the many to welcome the Trust's £900,000 ICU revamp. Pulse catches up with her.*



The former ICU on the fourth floor was long-overdue an over-haul as it was too small and cramped. Increasing work-loads over the years as well as changing practices and an increased awareness of best practice for patients meant we were breaching guidelines for patient care,

**How long have you been doing this job and what did you do before?**

I have been working at Peterborough since February 2003. After doing my MBBS from University of Punjab in Lahore, Pakistan, I came to Britain for post-graduation. I obtained my MRCP in 1992, then started training in anaesthesia as I was advised this was the best route for intensive care. Most of my basic anaesthetic training was in the North Thames region, followed by registrar training in the South Thames region.

Family reasons meant that 18 months prior to completing my training I moved to the East Anglia School and it was from here that I finished my training and applied to Peterborough.

**Tell us a bit about your role?**

I work in theatres as well as on the intensive care unit, anaesthetising patients for routine and emergency

work at PDH and ECH and looking after critically ill patients during my weeks on ICU. I also provide the clinical link between my colleagues and the various bodies that influence our work, such as the critical care network, and the management boards, where I also feed back views from my colleagues. It is also part of my job to ensure clinical frameworks are provided for the safe integration of various departments to ensure best possible care for patients.

**What do you enjoy most / least about your work?**

The aspects of my work that I enjoy most are the challenges an ever-changing patient population presents in my daily work. The least favourite part of the job for me is the paper-work!

**Tell us a little about the revamp of the ICU.**

infection control etc. Despite this all the staff continued to work extremely hard in difficult conditions over the years. The new unit means all their hard work has been rewarded. There is more space and more privacy for patients and their relatives as well as a cleaner and healthier and more pleasant environment for both patients and staff.

**What do you enjoy doing in your spare time?**

In my spare time I enjoy gardening, reading and music, as well as theatre

**What is your ambition?**

I would like to see Peterborough and Stamford Hospitals become the leading Trust in the country, for best patient care practices. I also wish for world peace - nothing much, just the basics then!

## Tapestry will brighten up the walls on Ward 10

WARD 10 - medicine for the elderly - at Edith Cavell is the new home for a stunning stitched tapestry, donated by the family of a former patient.

Jenny Turner handed over the picture, completed by her mother before she died, to Karen King, clinical nurse leader ward 10.

Kerry Pettitt, Trust communications officer, said: "This is lovely gesture on behalf of Jenny and her family.

We are always grateful to receive pictures, paintings and other donations from former patients."



**A** MEN'S health charity - set up by Trust urology consultants Chris Dawson and Janine Nethercliffe - is gathering pace, with a first successful fund-raising event under its belt.

Action4menshealth was established at the beginning of the year to help raise awareness, inform, advise and support men on all aspects of male cancers and health in general while also promoting a healthy lifestyle.

Chris and Janine are combining their professional background with their out of work sporting lifestyle to development the user-friendly website - and promote the work of the charity, for which they are now seeking charitable status.

Their first fund-raising event - organised primarily by Janine's personal trainer husband Jon Sheehan - was a well-attended 5km men only run at Ferry Meadows in March.

Around 70 runners took part - including local running club members and Trust staff - raising some £2,000. A number of Trust consultants also ran the course, including Nick Sheehan, Mike Farrell, Harnek Rai, Richard Benson and Dennis Knowles from the Fitzwilliam Hospital.

Family and friends also turned up to support the event. Chris said: "We were delighted with the turn out and the amount raised, particularly for a first event."

A second race is also planned for late summer, as well as a family fun day - with a host of children's activities.



*ABOVE: Left to right, Janine Nethercliffe, Jon Sheehan, Chris Dawson, Claire Dawson with children James and Rachel, fund-raiser Matthew Mecham, former prostate cancer patient, Ken Ruff and his grandson Ryan Fletcher. Photo courtesy of Yvonne Bingley-Bloom.*

# Off and running...

Details will be posted on the website.

Meanwhile, the website itself is evolving, with Chris and Janine planning to add more content and information.

Janine said: "We can't impress enough how important it is for men to look after their health and to be aware of a range of health issues and encourage them to talk about their health and seek advice when necessary.

"We hope the website will empower men to seek advice if they feel they need to."

To access the website, log on to  
[www.action4menshealth.co.uk](http://www.action4menshealth.co.uk)

## Food hygiene is on the menu next month

FOOD hygiene will be on the menu for the Trust next month - as part of a national awareness campaign.

Helping to highlight the importance of food hygiene, the catering department will be supporting National Food Safety Week, which runs from 11-17 June 2007.

The annual event is now in its 15th year, helping to raise awareness of how to properly handle and cook food to prevent the spread of germs.

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! The Trust will be working in partnership with Peterborough City Council to promote the food hygiene message through its catering sections at the District and Edith Cavell hospitals.

*RIGHT: Highlighting the importance of food safety - Lisa Borely, food safety officer at Peterborough City Council and Trust assistant head chef Lisa Simister with the light box that reveals bacteria on people's hands.*





LEFT: Ready for the off - Trust consultant anaesthetist Philip Hunt prepares for the London Marathon

ABOVE: We did it - Philip and Gail proudly show off their medals after completing the course.

# Carry on doctor...

**T**RUST marathon man Philip Hunt was tempted out of running retirement to help his wife Gail prepare for London's famous 26 plus mile route.

Consultant anaesthetist Philip and Stamford-based GP Gail Glynn teamed up as doctors on the run - alongside the 35,000 other runners - for the London Marathon.

The pair ran in aid of new local charity, Anna's Hope - set up by the parents of Anna Hughes, who sadly lost her battle against a cancerous brain tumour last May, aged three years and eight months.

Philip and Gail are friends of Anna's parents Rob and Carole, and raised a staggering £4,500 through sponsorship and donations for the charity - as well as helping to increase awareness of brain tumours.

Philip said: "I had previously run in two marathons, and I thought I had hung up my trainers. However, Gail ran

*RIGHT: Pretty in pink - flashback to last year as a team from Edith Cavell theatres were among the many Trust staff to take part in the Race for Life. Watch out for Helen Boyton-Smith, Sally Ward and other colleagues for this year's Ferry Meadows event.*



## Staff line up in the Race for Life

GOOD luck to all of you who have signed up for this year's Race for Life - and to those staff and supporters who have already completed the Stamford event.

Organisers say there is still time to register for the 5km races at Ferry Meadows in Peterborough on June 26 and 27 - and help raise vital funds for cancer research.

Pulse looks forward to hearing about your Race For Life achievements, and seeing the photos of you and your colleagues in fund-raising action.

For more details about the event, or to register on line, log on to [www.raceforlife.org](http://www.raceforlife.org)

half a marathon two years ago, and persuaded me to come out of retirement and train with her for the London Marathon. "It was very hard work in the hot conditions, but worth it to be able to

raise money for Anna's Hope. We would like to thank everyone who has supported us."

Philip and Gail crossed the finish line together in five hours and 16 minutes.