

Issue seven 2006

NHS

the pulse

First class delivery

We focus on the new thinking in midwifery

On the run

Meet the staff on the run for charity

What a difference a day makes...

Why more patients prefer day surgery

First word

by Chris Banks, Chief Executive

Since the last edition of Pulse a great deal has been taking place within and without the Trust and I would like to start by thanking colleagues for their continued team work, commitment and for making sure our patients are receiving excellent healthcare.

One of the major issues we have faced, as we announced in July, is that our partner primary



care trusts asked us to slow down on elective activity in order that they could better manage their finances. I am pleased to say that we have

coped very well with the slowdown thus far.

Our financial situation remains good and we are confident we will be able to achieve our plan for the year and create a small surplus in order to start repaying our previous deficit. It is a credit to everyone in the Trust that while we continue to make savings, we consistently meet all of our healthcare targets.

As colleagues will be aware, the Fit for the Future programme is progressing well and we are currently reviewing the structure of wards and service units across the Trust as well as the management and administrative structure. Finally, as you are all aware I will be leaving the Trust at the end of December to lead the newly formed Cambridgeshire Primary Care Trust so this is my last Pulse foreword. I have very much enjoyed my 13 years at the Trust, in large part due to the excellent team I have worked with at all levels, but am looking forward to the challenge ahead.

Once again, thank you for your continued support and hard work. The Trust's achievements are something to be very proud of and I am confident it will go from strength to strength in the future.

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Major facelift for Edith Cavell coffee shop

Communications officer Kerry Pettitt grabs a quick coffee from the new look DeliMarché at Edith Cavell Hospital.

THE heady aroma of freshly-ground coffee and hot soup is enticing visitors and staff into the newly-refurbished coffee shop at Edith Cavell Hospital.

The former Spoonful of Sugar near the main entrance reopened in August with a new name - DeliMarché - a new look and a new menu. And the tasty treats on offer, including soups, salads, ready-made sandwiches and a full range of coffees and teas, are now helping customers keep hunger pangs at bay.

Derek Thomas, assistant project director, said: "It's 12 years since the contract was originally let so it was time to put the service out to tender again. The area has been transformed with new wooden flooring, muted paint and smart countertops. There's more seating and a new, extensive menu. Only the staff have remained constant."

The refit is aimed at offering staff and visitors to the hospital a better choice of refreshments, a more up-to-date environment and extra seating.

Derek said: "The refit and extended menu has been very well received both by staff and visitors to the hospital."

Short-listed for national award

Glaucoma work is recognised

THE Trust's excellent work within the area of glaucoma has again been singled out for praise.

The glaucoma community screening service, which was launched early last year, has been short-listed for a Health Service Journal national award.

Set up jointly by the Trust and the Greater Peterborough Primary Care Partnership, the scheme allows community optometrist practices to screen patients on their premises - saving them a visit to the hospital.

Additionally, the scheme offers patients choice, faster appointment times, shorter waiting times as well as a very thorough, consistent and comprehensive glaucoma assessment.

The service has been shortlisted in the Chronic Disease Management category, and judges will decide the winners of each

category in October - prior to a special London awards ceremony at the end of November.

Consultant ophthalmologist and lead for the glaucoma pilot scheme, Susana Ramirez- Florez, said: "We are very pleased to have been shortlisted for a very prestigious HSJ award as it underlines the innovation and success of the service.

"The glaucoma screening service has gone from strength to strength since its launch, and both the Trust and our PCP colleagues have been very pleased with the results and the feedback we have received from patients."

There are now five optometrist practices with nine accredited specialist optometrists in glaucoma who have screened 1,349 patients to date.



New governors to help steer the Trust

THE Trust has recently held elections for public and staff governors to have their say in the future of healthcare locally.

Seven of the 14 public governor places have been up for re-election and successful candidates have now taken up their places.

Two new staff governors join consultant radiologist Roger Moshy, and associate specialist, Dan Anandan to represent colleagues at Board level.

The Trust is encouraging other members of staff from all areas to consider applying to become a governor. If you are interested contact Jane Pigg on ext 4174.

There are currently six staff governor places, with two of the four vacancies now being filled by Angela Broekhuizen from the PFI project, and head of contacts, Sue Friend.

Angela said: "Both Sue and I are delighted to have been nominated and subsequently elected as staff governors - giving us the opportunity to be involved, as representatives of staff throughout the Trust, in decisions and plans which will shape the future of our hospitals and healthcare locally."

Seven of the public governor posts were also considered. This saw two existing governors, Maria Stafford and Susan Mahmood being re-elected. Maria is currently the elected deputy chairman of the board of governors and chairs the non-executive director appointments committee.

Susan has been a regular contributor to the governors and is also chair of the Friends of Peterborough Hospitals and the local Macmillan Cancer Support fund-raising committee.

Five new governors are taking up their post on October 1. These are:

Sandra Woodhouse - keen advocate for Peterborough and Stamford hospitals.

Sam Shippey - retired headteacher with experience on county-wide education committees.

Peter Morrison - active member of the Trust, part of the Readers Panel and with experience of working in financial management.

Rubina Hussain - magistrate, and is involved with the hospital through working with Language Line.

George Dickens - experience of working in a large international Christian charity and experience of the hospital through family members who have been staff and service users.

Staff presence on governing body

ROGER Moshy has been a staff governor for just over two years.

"I stood for election because I thought it was important that staff have an input into hospital management wherever possible. In the beginning, I felt that the Board of Directors were not used to the governors, and consequently were making decisions without integrating governors' opinion into their thought processes.

"But we have made valuable representations, and I am glad to say that slowly things are beginning to change and the governors will have a greater input as time goes by.

"I am honoured to have been elected to represent staff on the Board of Governors. I have tried to gauge staff opinion by frequently walking the beat around our Trust and listening whilst at the same time attending staff surgeries. I was disappointed that

many of our colleagues do not seem to have approached us at our staff surgeries with their problems. We meet regularly with Chris Banks and Christine Tolond and thus can convey important issues to them. We are always available to listen to you."

“

I am honoured to have been elected to represent staff on the Board of Governors. I have tried to gauge staff opinion by frequently walking the beat around the Trust and listening whilst at the same time attending staff surgeries.

”



Roger Moshy



Susan Friend



Angela Broekhuizen

New kit monitors the rhythm of life...

NEW equipment to help diagnose patients suffering from heart rhythm disorders is now up and running at the Trust.

Donations from the British Heart Foundation, heart patients and their families have helped the Trust to meet the £40,000 cost of the equipment.

The arrival of the equipment at the district hospital's cardiac investigation unit co-incides with the recent Arrhythmia Awareness Week - raising the profile of heart rhythm disorders among the general public.

In Peterborough, the new equipment will enable a quicker and more efficient diagnosis of patients referred to the Trust by their GP with a suspected irregular

heartbeat.

They are currently monitored by means of a 24-hour ECG tape, and the findings analysed. The new equipment will speed up the process.

Cardiology lead nurse Lorraine Archer said: "This new technology will free up valuable time for our cardiac technicians to carry out the many other technical investigations that are performed in the cardiology department."

"We are grateful to the BHF and all those who have given charitable donations to enable us to buy the new machine - which will bring huge benefits to arrhythmia patients locally."



ABOVE: A clinical physiologist uses the new equipment.

Targets are achieved

“

...we are meeting the Department of Health target of no patients waiting more than 20 weeks for an echocardiogram

”

HEART patients are now being seen more quickly when it comes to cardiac investigations, with the Trust slashing its waiting times.

Some 672 patients are currently on the waiting list for exercise tests (like treadmill) ECGs or echocardiograms, following GP, consultant or hospital referral - compared with 1,505 for the same time last year.

The opening of the angiography suite at Edith Cavell almost a year ago has added to the challenges faced by the small district hospital-based team.

Hard work and dedication by staff - along with better management of waiting times and revision of processes within the department (including volunteers staffing the reception desk) - mean the team is now well within the government's waiting list target for echocardiograms.

Patients reap the benefits of improved management of waiting times

Heidi Presland, trust assistant general manager emergency care and cardiac services, said: "The team has experienced many challenges in recent months - particularly with the opening of the angiography suite, which has led to an increased workload.

"However, we have been working with the service improvement team and the staff in the cardiac investigations department to look at ways to better

manage the waiting times.

"I would like to say a personal thank you to everyone who has worked so hard to achieve what we have so far. There is still some way to go, but the fact that we are meeting the Department of Health target of no patients waiting more than 20 weeks for an echocardiogram means we are moving in the right direction.

"Everyone is reaping the benefits - keep up the good work."

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.

A&E: I was pleasantly surprised at the comfortable cubicles and the manner in which the staff, although rushed off their feet, managed to cope with those around me as well as myself in making us feel as comfortable as was possible despite our various requirements. There was no possible cause for complaint. I can only speak highly of my first, and hopefully last, experience in accident and emergency.

Endoscopy: I would like to say that when I attended the endoscopy suit, how cheerful and helpful all the staff were. Again, many thanks.

3Y/1Z: The patient & public involvement in health forum for Peterborough and Stamford Hospitals recently paid an inspection visit to wards 3Y and 1Z. The forum

would like to point out that even though the staff were extremely busy, they were very helpful, kind and considerate. We often forget what it takes to make our hospital wards the friendly, efficient places they are - this is mainly due to the kindness of the staff, something we only notice when it is not there. The PPI forum members carry out several of these visits per year, and would like to say a big thank you to all the staff for their dedication to the



care and comfort of all their patients.

Rheumatology/Dexa scanning: I attended the clinics for two appointments at 12 noon and 3pm. It is always a bit

unnerving attending any clinic or hospital department as you don't really know what the treatment will be. However, I need not have worried. Thank you for the treatment I received

and the way the appointments were handled. Being met and made to feel at ease by such caring professional staff and rheumatology specialist made the whole appointment a lot easier. I would especially like to thank the people concerned who arranged for my Dexa scan appointment to be brought forward so I did not have to spend three hours waiting for the original appointment time.

Breast clinic: I am writing to say how impressed my wife and I were with her appointment at Edith Cavell Hospital.

She was seen before the appointment time, had a mammogram, then an ultrasound. We then went back to the clinic to be told all was clear. Throughout our time at the hospital, we were impressed by the cleanliness and the attitude of all the hard working staff.

Family says a heartfelt thanks

Ward 1Z: On behalf of our family, I want to thank all the staff who provided healthcare to my father and for the support of your bereavement officer subsequent to his passing. We would be most obliged if you will take just a little time to find which ambulance crew, doctors and nurses attended to our father - it will mean a lot to the family knowing that all those people who helped our father, receive our personal thanks. You can be justly proud of the magnificent service provided by your teams of dedicated staff.

New clinics now open

THE new one stop shop skin clinic at Edith Cavell Hospital has been hailed a success within weeks of opening its doors.

Clinic G includes a hi-tech dermatology clinic and has brought together the three separate dermatology services - outpatients, minor surgery and UV light treatment - under one roof.

And that's not all. The refurbished clinic, transformed from a redundant ward, also houses plastic, breast and general surgery clinics.

There are now 11 consulting rooms, 11 examination rooms and two treatment rooms and already there are plans to extend the facilities further.

"It took four months to get Clinic G ready for patients and we officially opened at the end of June," said Ady Knighton, matron, outpatients department. "The new clinic provides a much more pleasant environment for patients and staff and we have also been able to increase the capacity which is vital if we are to continue meeting government targets.

"As with any move there were teething problems but we have all worked hard to iron them out and now everyone is settling in well."

The move has meant an end to duplicating, and in some cases triplicating, equipment to cover different sites. And many procedures have been tightened up as a result of being in the same place.

"If a woman comes to us having been referred by her GP with a suspicious breast lump, she can be examined, scanned and given a mammogram on the same day," said Ady.

The opening of Clinic G was marked by a ceremony for local dignitaries and attended by local radio presenter, Kev



ABOVE: - Clinic E - Front; Carol Stroud and Cathy House. Back row; Jini McLaughlan, Chris Diggins, Ruth Dwaba, Becky Thompson, Sue Bembridge, Chris Bench and Marie Turney.



ABOVE: Clinic G - Paveen Rehman, Sarah Futter, Mandy Shutt, Ady Knighton, Lisa Hayes, Jacqui Poole and Jenny Pettis.

Lawrence.

Clinic G staff aren't the only ones settling into their new home. The renamed Department of Sexual Health - previously known as the Genito Urinary Medicine clinic (GUM) - has successfully made the move from Fenland Wing to Clinic E at Edith Cavell Hospital.

Clinical nurse manager Carol Stroud said: "It's nice to be part of the hospital again and everyone has been extremely helpful integrating us into the system.

"The area has been adapted to our needs, it is light and airy and has a comfortable feel to it which enhances the patients' journey. Feedback from patients and staff has been very positive."

The new clinic allows the 250 patients who attend each week to be filtered through from the waiting room more quickly so streamlining their attendance and offering more privacy. There is also a larger on-site laboratory enabling staff to examine, diagnose and provide medication at the earliest possible opportunity. There's the bonus of

the pharmacy on site too enabling patients to collect a prescription.

"We have an extra consulting room so we can continue our nurse-led clinics which were suspended during the move," said Carol.

The clinic is a site for the CCard scheme - allowing people of any age to register for free condoms - so offering more choice to patients.

A new computer system is soon to be introduced into the department. A significant upgrade, the system will allow the department to be run more efficiently and will compile reports to the Department of Health and other agencies automatically, fulfilling obligations while reducing pressure on staff.



The new clinic provides a much more pleasant environment for patients and staff and we have also been able to increase the capacity which is vital if we are to continue meeting government targets.



"If a stroke was called a brain attack it might just make people think," according to Peter Glover, Peterborough's stroke co-ordinator. "For too long strokes haven't been taken seriously enough and we need to change that."

A stroke is similar to a heart attack in that it is an interruption in the blood supply to the brain - either because of a bleed or a clot.

Symptoms of a stroke can vary from some difficulty speaking or a slight weakness, to collapse and unconsciousness.

Peter said: "The sooner a stroke patient receives the right treatment the better their chances of an improved outcome and a shorter stay in hospital.

"To do that we need to get them to the stroke unit as quickly as possible after the initial attack."

According to the Stroke Association, one third of stroke patients die within 10 days, a third take a month to recover and another third have an ongoing disability requiring rehabilitation.

The 18 month FAST campaign being launched during Stroke Awareness Week, starting on October 6, by the Stroke Association is aimed at educating people about the importance of stroke patients receiving what could be life-saving emergency treatment.



Peter Glover

Peter explained: "FAST is a reminder of the most common stroke symptoms - Facial weakness, Arm weakness, Speech problems, Test all three. If someone is exhibiting those symptoms they need urgent medical help - dial 999."

When possible, one bed on 2Z, the 30-bed stroke unit at Peterborough District Hospital, is kept open for the direct admission of patients from either their GP or paramedics.

"That helps speed up diagnosis and the start of treatment," said Peter. "The ideal is for a stroke patient to undergo a CT scan as soon as possible to determine which type of stroke they have



Why strokes the hidden

suffered and the damage it's caused."

Initial medication is followed by visits from physiotherapists, occupational and speech therapists to determine the extent of any disabilities and begin an individual rehabilitation programme designed to help patients regain as much independence as possible.

Karen Ivens, speech and language therapist, aims to assess a new patient within two days.

"Strokes often affect a person's ability to chew and swallow as well as talk and understand speech," she said. "We work with patients and their relatives to assess and maximise their communication potential and also to ensure they can eat and drink safely - seeing a patient drinking their first cup of tea for days is always good.

"Rehabilitation and assessment of a patient begins within days, and sometimes hours, of a stroke and can continue after their discharge from hospital."

Jacqui Herrett is an occupational therapist on the stroke unit. She said: "Our aim is to work with patients, their families and/or carers to enable them to return to an optimum level of functioning, as close to their previous level as possible.

"There is such a wide range of problems that affect people following a stroke so our first task is to complete a comprehensive joint assessment with the physiotherapist and put a treatment plan in place. They may have difficulties with their memory, poor concentration or even find it difficult to use objects appropriately, for example not knowing what to do with a toothbrush. We may need to teach techniques to overcome physical difficulties such as how to dress using only one hand.

"We often visit their homes to see how they're set up so we can plan what tasks we need to concentrate on. Occupational therapy is about focusing on daily living skills such as using the toilet, dressing and eating so patients can become independent either through

Stroke: Two types

There are two types of stroke. **Ischaemic stroke:** an artery is blocked by a blood clot, interrupting the brain's blood supply

Haemorrhagic stroke: a blood vessel in or around the brain bursts causing bleeding

A transient ischaemic attack (TIA), otherwise known as a mini-stroke, is where symptoms last less than 24 hours.

are threat

practice, providing equipment or adapting the way tasks are performed.”

Jacqui and her team work within the hospital so, once a patient returns home, they receive further help from community-based therapists if required.

A nurse-led clinic, which will help shape stroke patients' long-term recovery, is due to open shortly. The clinic will offer a check-up, monitoring and advice on reducing the chance of further strokes as well as social, emotional and practical support for patients and their families.

New clinic set up

A neuro vascular clinic has also recently been set up which provides an opportunity to perform various diagnostic tests as well highlighting risk factors. Scans and tests can be carried out on patients suspected of having a stroke or mini-stroke, and also on high-risk patients, to enable treatment and advice to be given to reduce their risk of suffering any further attacks.

Petting a dog led to a life-changing experience

GAIL Hickling was bending down to pet a dog when she felt the numbness creeping up her left leg.

“I was involved in nursing for seven years and knew straight away I was having a stroke,” said Gail. “I could feel the numbness spreading up my leg, my left side then down my arm.”

Gail was rushed to hospital where tests revealed she'd suffered an haemorrhagic stroke, a bleed into the brain.

“There was nothing I could do in the early stages, I just gave myself over to the doctors and nurses in the stroke unit trusting them to do what was right for me,” said Gail, who is married to David.

Within days Gail began an intensive programme of physio and occupational therapy.

“I've always been very active, working in a busy accounts office, going for long walks and doing dance aerobics,” said Gail. “My therapists said being fit stood me in good stead for making the best recovery possible.”

Weeks later, Gail had regained the use of her left arm and was challenging herself to learn to walk again. After nine weeks in the stroke unit at Peterborough District Hospital she was ready to be discharged.

“I've had to wait to be rehoused because our privately rented house wasn't suitable for a wheelchair,”

said Gail, who lives in Peterborough. “If I let myself think about it I'd get very frustrated by my lack of mobility but instead I concentrate on pushing myself to get better.”

At 55 and with low blood pressure, Gail showed none of the high risk factors for suffering a stroke.

“The doctor said I was just unlucky,” said Gail. “If I hadn't known what was happening to me I'd have been terrified. People need to know and understand what a stroke is so they realise it is an emergency and should be treated as such.”



Stroke risk factors

- High blood pressure
- Diabetes
- Smoking
- Heavy drinking
- Poor diet - especially one high in salt and sugar
- Age - the risk of stroke increases with age
- Gender - men are more susceptible than women
- Family history of strokes
- Ethnic background - other risk factors are more common in people of Asian and African descent

A&E on TV documentary

A&E staff will have seen themselves or their colleagues on the small screen recently, as part of a television documentary following the work of the emergency services.

Camera crews from Anglia TV's '999 Frontline' were filming in the Trust earlier this year, and programmes were screened during July and August.

The documentary shadowed A&E consultant, Lt Colonel Rob Russell and charge nurse, Ivan Graham as they - and the rest of the A&E team - treated a wide variety of patients.

What I do...

Val Shaw
Pharmacy services manager

“ I have worked for the Trust for the past five years.

Currently, I lead the pharmacy service which is provided from three sites by the 100 staff employed in the different areas of the department. Nearly all patients are given a medicine as a result of their visit to our Trust - last year, we issued 546,000 items.

Medications are becoming more expensive and increasingly complex as new technologies are developed. In my role I review how we manage our medicines from the decisions we make to include something on our local Joint Prescribing Formulary, through the whole chain of buying, storing, prescribing, dispensing and finally administering or supplying it to a patient. All of this must be carried out safely, within the law and the resources we have allocated.

With my team, I review new medicines coming onto the market in the coming years to decide if they are more effective, safer, or have fewer side effects than the one currently dispensed. We also look at removing those



which have been superseded by a more modern option and to introduce those where no alternative is currently available. This ensures we make the best possible use of the money we have available for our local patients.

I work very closely with other healthcare professionals in the Trust, Primary Care, the local prisons, Thorpe Hall and the Fitzwilliam Hospital.

My day is rarely predictable and I often have to change what I had planned, but this is what I enjoy, I never have time to get bored!



Patient transport service: A vital link



ABOVE: The patient transport service provides a vital link for patients and their hospital care.

EACH year, tens of thousands of people benefit from the Trust's patient transport service (PTS) - which provides a crucial link between patients and the hospital care they require.

PTS provides a seven-day-a-week facility for those patients whose medical condition preclude them from utilising public or private transport.

The Trust currently spends more than £1.2 million on contracted journeys, in addition to the costs of using additional private providers to meet urgent transport requests.

The Service Improvement Team is working closely with Paul Denton, deputy general manager for clinical and life support services, to assess the way in which journeys are requested - especially 'on the

day' requests - and to make the service more effective and efficient.

In addition, this should help reduce the number of cancelled journeys.

The four areas initially involved are: ophthalmology, therapy services, Ward 8 at Edith Cavell and 1Y at the district hospital.

Lisa Manton of the service improvement team said: "Work will include clarifying the eligibility criteria and communicating guidance for the use of PTS.

"We want to ensure patients have accurate information to make an informed decision on their travel choice, and that transport implications are identified at the start of the pathway.

"This way, we can monitor and reduce the inappropriate use of PTS helping to reduce the number of aborted journeys."

Trust's longest serving couple

BACK in 1968, hospital postman Derrick Curling looked forward to delivering letters to pre-nursing student Margaret. And 16-year-old Margaret enjoyed her daily chats with the handsome postie.

Now, 38 years on, the couple boast the title of the Trust's longest-serving married couple, having notched up an incredible 76 years of unbroken service between them.

Margaret is now a senior staff nurse on Amazon Children's Ward at PDH while Derrick, 58, works as a porter in the Maternity Unit.

"We've seen some massive changes during our time," said Margaret, 54. "When I first started on the children's ward parents were only allowed to visit for an hour a day, now they live in. And medically the advances have been amazing. A broken femur could see a

child in a hospital bed for three months, now their bone's pinned and they're home within days."

Differing shift patterns hasn't always made married life particularly easy for the Curlings who live in Burghley Road, Peterborough.

"When we started dating we could go a week without seeing each other," said Margaret, who alternates a week of night shifts with a week off. "But we have it down to a fine art now to make sure we catch up every day."

Turn to page 16 to read about the couple's quest to raise funds to build a children's hospital in India.

RIGHT: The Trust's longest-serving married couple Margaret and Derrick Curling.



Dickens' delight

CHARLES
Dickens will no doubt be turning in his grave at the Peterborough Pillpusher's version of his classic 'A Christmas Carol'. Re-named Scroo-ed - auditions and rehearsals every Tuesday night are already under way for the December offering. If you would like more details on how to get involved - either backstage or in the limelight - contact Stuart Terrington on ext 4534 or Mary Bird on ext 4343.

The 'king' lives on

Trust chief dons Elvis gear for charity

ELVIS is alive and well and residing at the Trust! Well, in a manner of speaking.

Trust chief executive Chris Banks was snapped with his best curled lip and sideburns at one of the recent Trust Board meetings - all in the name of charity.

Chris invited Masked Ball goers to bet him £50 towards the Friends of Peterborough Hospitals if he would wear his Elvis wig to the next Trust Board meeting.

In fact, they raised more than £100, and the ball itself raised around £1,000 in total for the Friends.

Other recent purchases by the Friends of Peterborough Hospital have included:

Additional equipment for the eye department - £10,943 - for use in retinal surgery, an endoscopic CO2 regulator, costing £5,145, to make colonoscopy procedures more comfortable for patients and new seating for outpatients entrance, totalling £2,441.



LEFT: All shook up - Chris 'Elvis Presley' Banks with Trust chairman, Dr Clive Morton OBE.

Day centre transforms treatment

Patients' most popular surgery



“

Day surgery is becoming more popular, as patients who are suitable for this type of treatment increasingly recognise the benefits. Day surgery is designed to have as little disruption as possible on their daily lives

”

PATIENT power is speaking volumes at the Trust - where some 75 per cent of operations are performed as day cases. The day treatment centre offers patients the chance to have surgery with minimum impact to their daily lives. Pulse looks at the increasing popularity of day surgery.

SINCE opening its doors three years ago - the renamed Day Treatment Centre (DTC) has gone from strength to strength.

Day surgery accounts for almost three quarters of operations performed at the Trust - a figure which is poised to increase further with additional utilisation of the procedure room, and more consultants proposing new day surgery procedures.

Although 500 patients are treated each month at the DTC, there is still room for expansion - says theatre manager Sue McIntosh.

“For a while now, we have seen a national trend towards patients spending less ‘unnecessary’ time in hospital.

“Day surgery is becoming more popular, as patients who are suitable for this type of treatment increasingly recognise the benefits. Day surgery is designed to have as little disruption as possible on their daily lives.

“We currently treat around 500 patients a month, but there is potential to increase that number further. The procedure room, which opened a year ago, and where patients are treated under local anaesthetic for minor general surgery, is currently working below capacity.”

Sue added: “As well as the patients, the clinicians themselves are also recognising the benefits - and a number of new procedures and pilot schemes are being planned for day surgery - for example, in the areas of diabetes, general surgery and urology.”

There are plans to further develop the DTC as a centre of excellence for day surgery - and increase the range of procedures undertaken.

A reorganisation of the process for youngsters coming into hospital has allowed for more paediatric surgery to be performed on a day care basis.

■ The DTC has recently conducted its own patient audit to assess satisfaction with service and practice. The survey demonstrated a high level of satisfaction, with patients responding positively to happiness with the care they received, courteousness from staff and the general environment. A separate audit is to be conducted on the issue of appropriate pre-operative information.

Hernia patients are now home for tea!

TRADITIONALLY, a gallbladder or hernia operation meant at least a two-day stay in hospital with all the upheaval and disruption that causes. But now 95 per cent of patients can wake up in their own bed and be home in time for tea having undergone major surgery.

Consultant general surgeon Mr Alfred Choy has been instrumental in increasing the amount of day surgery cases by relying on laparoscopic - or keyhole surgery - rather than more intrusive techniques.

He said: “The Trust is working hard to increase the number of day surgery procedures to decrease costs, reduce the risk of MRSA and increase patient satisfaction and we are helping with that.

“There is sometimes an element of surprise from patients that we can carry out the surgery under general anaesthetic then discharge them on the same day but obviously the benefits for them are easy to see.

“Of course, if there was a complication or a patient was in pain we would keep them in overnight but that is extremely rare.”

Trust praised after national study

THE Trust has fared well in the latest report from the Healthcare Commission, which looked at medicines management in acute hospital trusts around the country.

The study was carried out for the year ending July 2006, and each trust was given an overall score; Weak, Fair, Good or Excellent.

The Trust scored an overall rating of Good, following the report's focus on areas including informing patients on their medicines, pharmacy staff training hours and medication review within 24 hours.

Trust Pharmacy Manager, Val Shaw said: “We are very pleased with the report as it underlines the good work the Trust is carrying out in relation to medication and patient care, and also our internal procedures and staff management.”

The Trust also gained praise from the commission in two areas concerning using patients' own medicine, and issuing ready made drug packs for surgical patients.



Artist's donation

BUDDING artist and a visitor to the hospital, Maureen Butcher, has donated a painting of Jesus to the Trust.

The portrait was presented to Chaplain, David Parkes (pictured) - and now takes pride of place in the district hospital chapel - complementing the tapestry made and donated by former members of staff.

Maureen, who looked around the chapel whilst visiting her daughter in hospital, has previously been commissioned for other works of art on glass and canvas by both churches and commercial organisations in Peterborough.

Last year, Maureen presented the Trust with a painting of nurse Edith Cavell which is now in the hospital's outpatients department.

Into the future

Paula Gorst on her key priorities

PAULA Gorst has been a well-known and much-respected figure at the Trust for a number of years. Pulse catches up with Paula in her newest role as director of operations...

Q: What have you been doing in the first few weeks in this job?

A: Although I have worked at the Trust for many years, I felt it was very important to get out and about, meet staff and understand the issues that are currently facing our teams. I have done this by walking around wards and departments and chatting with people and attending staff and departmental meetings.

Q: What have been your priorities since your appointment to director of operations?

A: My main priority has been working with teams to ensure good patient care is delivered, whilst managing within the resources available. However, additional savings are also required and these are being undertaken through the Fit for the Future programme. This is challenging for staff, and I have tried, when meeting people, to explain the need for these savings. Also I am just beginning an operational and management review. Over the next few weeks, staff will be



asked their views about what works well, what doesn't work so well and what they would like to see change.

Q: Can you tell us a little about the current climate of the NHS and what further changes - and their knock on effect to the Trust and local healthcare services - are imminent?

A: Financial management is really key across the NHS currently. This has meant that many of our PCTs do not have the money to fund the level of activity within the Trust that we hoped for. Therefore a key piece of work is to ensure that we do not undertake more work than we will be paid for.

Patients are increasingly being offered more choice and we need to make sure patients want to come here for their care.

Q: What work is ongoing to further improve the patient journey within the Greater Peterborough Area?

A: We are working across the health community, particularly with our primary care colleagues, to ensure the patient's journey is improved.

Q: Why - in your opinion - should patients opt to use the services of Peterborough and Stamford Hospitals?

A: I have always been struck by the commitment of staff at Peterborough and Stamford Hospitals to ensure that patients get the best possible care. When this is the case there is no doubt that the patients experience will be a good one.

Gay swims with the stars for charity

KEEN swimmer Gay Jackson, a medical secretary at ECH, swam a mile alongside Radio 1's breakfast show producer Aled Jones to raise cash for Sports Relief.

Gay, who swims twice a week at the Jack Hunt pool in Netherton, Peterborough, undertook the challenge after hearing the plea for swimmers on the Chris Moyles Show.

"I listen to the show on my way to work," said Gay, who lives in Brampton. "Aled couldn't swim at the beginning of the year so when he announced he was swimming a mile for Sports Relief I was impressed. I've done sponsored



swims before so emailed in."

A month later, Gay's place in the 144-strong Aled's Army was confirmed. And on July 15 she dived into the pool at Manchester's Aquatic Centre to swim

LEFT: Gay Jackson with a moment of her swimming exploits.

64 lengths of the 25 metre pool.

"It was a fun day to be part of," said Gay. "Aled swam quite slowly on his back but did really well bearing in mind he's only recently learnt to swim.

"I chatted to him afterwards and he signed my 'I swam a mile with Aled' swimming hat and posed for a photo."

With the support of family, friends and hospital workmates, Gay raised £150 for vulnerable people here and abroad.

Boost for Stamford

AN innovative new partnership arrangement could mean good news for Stamford Hospital - and expand the services offered from the site.

The Trust, along with the Welland Practice Based commissioning group (PBC) and Lincolnshire South West Primary Care Trust have all agreed to explore the possibility of a new management arrangement following the launch of the government's 2006 White Paper: Your Health, Your Care, Your Say.

The White Paper supports the retention and continued investment in community hospitals, and has made £750 million in funds available during the next five years to support this.

If supported by the local community, and following a public consultation process, the partnership will look at creating a new joint management arrangement at the hospital - which would be the first of its kind in the country. In effect, the



Welland practices and the hospitals trust would share the management of the hospital. As an initial piece of work, the partnership

has already agreed to put in an early bid against the £750 million pot to fund a mobile CT scanner facility and an antenatal monitoring service at Stamford.

Mandy Renton, general manager of

Stamford Hospital, (pictured left) said: "In the last 18 months, the way hospitals are funded has been radically transformed. Stamford Hospital is currently financially stable. However, any reduction in services at the site would have a serious effect.

"From the Trust's point of view it ensures the hospital's long term future and allows services to be expanded for the local community."



A mission of hope

The Curlings help build an Asian hospital

“
It was
incredibly
moving
and we
knew we
had to
help
”

A HOLIDAY of a lifetime to India has led the Trust's longest-serving couple Derrick and Margaret Curling to take on the incredible challenge of building a children's hospital.

The couple first visited Asia seven years ago to mark their silver wedding anniversary and loved it so much they kept going back.

During their return trips the couple heard about the El Shaddai Charitable Trust, co-founded by former English nurse Anita Edgar, which runs homes for poverty-stricken children in Goa.

“We visited the charity's Victory House which was home to 100 boys,” said Margaret, a senior staff nurse on Amazon Children's Ward. “It was incredibly moving and we knew we had to help.”

Derrick, a maternity unit porter, and Margaret immediately began sponsoring a child, 10-year-old Deepak.

“We gave him a football and went to the beach with him to play,” said Margaret. “It was wonderful.”

The Curlings visit Deepak regularly and have now

accepted Anita's challenge to raise enough cash to build a children's hospital in Assagao.

“Because of our jobs it's the perfect project for us,” said Margaret. “Many of the children the charity looks after don't have birth certificates which means they can't get medical care without having to fight red tape.”

The couple have a colossal £135,000 to raise before building work can start but remain confident they can rise to the challenge and inspire others to help too.

“We've collected our first £5,000 with a good portion coming from an eight mile sponsored walk across Morecambe Bay,” said Margaret. “We haven't set ourselves a time frame but obviously the quicker we can raise the money the quicker the hospital can be built to start helping children like Deepak.”

■ You can find out more about Margaret and Derrick's appeal at www.childrescue.net or email Margaret at margaret.curling@pbh-tr.nhs.uk

Dave's own thank you

“

My nephew's daughter only survived her premature birth because of the efforts of her local SCBU

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THE excellent, and often life saving, work of the Special Care Baby Unit is a cause close to Dave Sanderson's heart.

His nephew's daughter was cared for by her local SCBU after her premature birth at 25 weeks - weighing just 11lb 10oz.

In support of all SCBU staff around the country, Dave - a civilian based at RAF Wyton - decided to say a local thank you, by raising funds for the Trust's own neonatal unit in Peterborough.

Dave, whose wife Linda works as a healthcare assistant at the district hospital, ran the London Marathon earlier this year in support of the unit.

Despite an injury close to the event, keen runner Dave raised just over £300 - which he recently handed over to staff in the unit.

Dave, who is also chairman of Yaxley Runners and Joggers, said: "I ran the London Marathon in support of the unit as a family thank you. My nephew's daughter only survived her premature birth because of the efforts of her local SCBU - now she is a happy four-year-old."

Jacqui Rutterford, lead nurse neonatal services at the Trust, said: "We are very grateful for all charitable money donated to the neo-natal unit. Quality nursing



ABOVE: Healthcare assistant Linda Sanderson and sister Deb Laughton collect the cheque from fund-raising marathon runner Dave Sanderson.

of the sick neonate requires skilled and knowledgeable nurses and state-of-the-art equipment.

"We are fortunate in having people like Dave who are willing to take the time and effort to raise funds for us. It means that we are able to update equipment regularly and pay for specialist staff training so that babies nursed in our unit are always given the best care possible."

Putting the focus on our hospital porters

PORTERING staff from across the Trust are having their say on proposed plans to improve the service.

A review of portering services is currently being carried out by the service improvement team (SIT) - along with input from the porters themselves.

Lisa Manton and Mary Martin from the service improvement team have already been experiencing, hands-on, some aspects of the portering role - by 'shadowing' a number of staff in their various roles to gain a better understanding of their work.

The aim of the review is to ensure that the

current service is meeting the needs of the Trust - and that staff throughout the hospital are aware of the porters' role and their workload.

Lisa said: "We believe the review will increase the porter profile throughout the Trust.

"Two very productive workshops have been held with the porters, where issues were identified and ideas for improvement were highlighted."

Porter Paul Smith said: "The review is good - looking at all aspects of the service is important, because ultimately patients will benefit."

MAJAX update

TO view the latest copy of the Trust's MAJAX plan - which now includes the flu plan and the new decontamination training dates - log on to the MAJAX section of the intranet.

Fire lecture dates

THE Trust has released dates for its general fire lectures. They will be held at the Peterborough district and Edith Cavell sites, and more details are available from Linda McGeever on ext 4882.

Dealing with effects of drug abuse

AS a midwife with more than 15 years' experience - Diane Barlow (pictured) has seen the joy that the birth of a new baby brings to its parents and family.

But in her role as pregnancy and neo-natal nurse specialist, she has also experienced the knock-on effects drugs can have on an unborn child and its mother - both during and after pregnancy.

Despite being a familiar face to both women and staff on the Trust's maternity unit and neo-natal unit, much of Diane's work during the past four years has been with pregnant drugs users in the community.



A secondment from the Trust to the Peterborough Community Drugs Team turned into a permanent post for Diane, due to demand for her vital work and role - for which she recently won an award.

Diane was handed the Drug Worker of the Year award for the East of England, by the Government's Tackling Drugs Changing Lives campaign.

She said: "I work with pregnant women with drug problems right the way from early pregnancy up until after the birth. I support and encourage them to come in for treatment during their pregnancy, and often work with the mothers whose newborn baby develops neo-natal abstinence syndrome soon after birth. This is due to being exposed to drugs or other substances whilst in the womb."

Diane added: "To win the award is a great honour and reflects the work of the CDT. My role is very challenging - but also extremely rewarding."

RIGHT: New mum Lesley Bridgen with midwife Karen Savill and baby Thomas.



New recruits boost the team

THE Trust is celebrating the arrival of a group of newly-qualified midwives, who have all successfully completed a new three-year training programme in Peterborough.

The new posts are a boost for Peterborough, which can boast four graduates from the 15 who completed the inaugural course. These four students undertook the majority of their practice in Peterborough.

Programme leaders Yvonne Sweetland and Maxine Wallace-Redworth are delighted that those from the Peterborough area have got positions with the Trust.

All four graduated with BA Hons, and an additional local student/midwife has resumed her studies after deferring them for a year, during which time, Yvonne and Maxine have kept in constant contact with her. Each of the students had their own personal tutor and mentors throughout the course, which was based 50/50 theory and practice.

Many of the 15 have come from non-nursing backgrounds - ranging from a laboratory technician to a sports centre employee, all of varying ages.

Yvonne, who did her own training in

Peterborough 30 years ago, said: "It is excellent for Peterborough that the students who have qualified from this area have been given posts with the Trust, demonstrating the Trust's commitment to the three-year programme.

"Every single student displayed enthusiasm and commitment and they are superb ambassadors for the profession."

Susan Vining is one of the newly-qualified midwives. She left her previous job of working with the visually impaired to take up a place on the course.

"I've had a little nursing experience, but that wasn't a requirement of being accepted on to the course. The course offered the right mix of theory and practice, and we all learned that there is so much more to the profession than meets the eye - the emphasis to give women individualised care is enormous."

For many years HSHS (formerly Homerton) has run an 18-month midwifery education programme for students with an adult nursing background, and recent successful students (based in Peterborough) have all been offered posts with the Trust.

WHEN it comes to job satisfaction – the role of a midwife must surely tick all the boxes.

But Helen Foster has an additional challenge as part of her role as the midwife with a specialist interest in substance misuse; she is also responsible for providing midwifery care to women within HMP Peterborough.

Helen took up the post just over a year ago, and since then she has cared for more than 50 women.

“Women are referred to me when their pregnancies are confirmed and some women have already received their care elsewhere, so I liaise with different areas to gather all information relating to their midwifery care.

“I see the women and assess their needs. Depending on these needs I will either refer the women to the maternity unit or I will undertake all their

Delivering help to prison service

midwifery care in the prison.”

A lot of the women have high risk pregnancies with complex needs, that requires their care to be planned by an obstetrician. Helen tries to accompany women to the maternity unit for antenatal appointments, to offer support and to aid in the effective communication regarding the care to be planned.

Helen added: “All other antenatal care is undertaken by myself within the prison, this can also include parent education which is provided on either a



group or individual basis, and there has even been an occasion where a father-to-be has been involved”.

Expectant mums are transferred to the maternity unit for delivery, or other problems, which need an obstetric opinion.

Following delivery and when the mums are well, they are transferred back to the prison. There is a mother and baby unit within the prison, and if the mother has been accepted on to the unit that is where she will return with her baby.

Helen said: “It is a very challenging but rewarding role - even more so when dealing with women who often need additional support and reassurance. Giving birth for some women can be a daunting enough experience without the added pressure of the circumstances some of these women find themselves in.”

New team adds a different dimension to world of midwifery



ABOVE: Offering another form of support - the midwife supervisors; left to right - Vicky Cooper, Maggie Boyall, Sara Terry, Helen Foster, Anne Bane, Clare Carter, Jan Upton and Doreen Simpson.

TO many expectant mums, their midwife is seen not only as a healthcare professional - but a source of friendship, advice and reassurance during their pregnancy.

And that support system is being further strengthened at the Trust - to prospective parents and their midwives - thanks to a team of supervisors.

The supervision of midwives is a legal requirement. All midwives must have a named supervisor appointed by the local supervising authority, which currently sits with the Strategic Health Authority.

Those appointed, like Maggie Boyall, need to be experienced midwives who have undergone further training.

Maggie explained: “Supervision plays a critical part in developing the service, establishing policies and procedures to ensure evidence based practice, whilst offering guidance and support to women assessing maternity services.

“Midwives can, and do, work independently, and are able to plan their own programmes of care. By notifying a supervisor of their intention to practice, we can ensure that the midwife is not only competent to

practice, but that her knowledge and skills are updated - and that she/he is working within the standards set by the Nursing and Midwifery Council.”

There are 11 supervisors of midwives at Peterborough - and there is a supervisor available 24 hours a day to give advice and offer support to both colleagues and the public.

Maggie added: “There are many qualities a supervisor needs. They should be seen as a guide, counsellor, being approachable, a good role model, a resource and an advisor.”

A royal visitor on Amazon Ward

STAFF and patients on Amazon ward had the chance to meet and greet a very special visitor earlier this summer.

Sophie, Countess of Wessex, was given an insight into the Trust's work in children's services as she toured Amazon ward and chatted to youngsters and their parents.

As well as the young patients themselves, HRH was invited to meet members of staff treating the children, and to see

first hand some of the services and facilities available - including the sensory garden and the sensory play room.

The Countess spent around an hour at the District Hospital, meeting members of the Trust Executive and Board of Governors.



RIGHT: HRH Countess of Wessex meets young patients and staff on Amazon ward.

UNSUNG HEROES: Rewarding exceptional service

A trio of heroes

Everyone of them is a winner

PULSE congratulates a well-deserving trio of unsung heroes from areas around the Trust. Well done to:

■ Chris Wade, a chief biomedical scientist, based in cellular pathology at the district hospital.

Chris is due to retire this year after 41 years service to the Trust.

His colleagues say that despite this major milestone looming, Chris is still prepared to do that bit extra to help the patients and the staff that he works with - he is the ultimate professional.

■ Edith Cavell pharmacist Meriel Pope divides her time between mental health and surgical services at ECH. Each of these roles can be

demanding but she works extremely hard to ensure that both specialities receive her individual support.

Meriel also keeps an experienced eye on the

dispensary and is most likely to be the pharmacist junior staff will turn to for help and guidance.

Despite Meriel not having a natural affinity for computers, she recently undertook some IT training to boost her user confidence.

■ Daphne Tendall is deputy manager, patient services - based in health records. Daphne

and her team work tirelessly to ensure outpatient waiting times are met and clinics are full, while running a department of approximately 50 members. Daphne's nomination is reflective of the hard work that goes on behind the scenes, which many staff will be unaware of.

Chris was presented with his certificate by Dr Liz Astall, lead clinician pathology.

Meriel and Daphne received their certificates from Paul Denton, deputy general manager, clinical and life support services unit.



ABOVE: Congratulations to the unsung heroes - Meriel Pope, Chris Wade and Daphne Tendall.

Helping to steer in Stamford

A NEW committee has been created to advise on the development of the strategic direction for Stamford Hospital, and to monitor its achievements.

The second meeting of the Stamford Hospital Development Advisory Committee is due to be held this month (September).

Committee members include; Stamford mayor Michelle Feasey, representatives from Lincolnshire South West Primary Care Trust, local GPs and members of the Trust's clinical staff - including Dr Mike Dronfield - the Trust executive and board of governors.

Objectives of the committee include ensuring that any development of services on the Stamford site meet the needs of local people, whilst providing a service to the Trust-served wider population.



LEFT:
Well done to candidates Kathy Denny and Chris Green.

Second award for travel scheme

THE Trust's successful Travel Option scheme has been awarded its second Cambridgeshire and Peterborough Work Place Award. The award is a Level Four category, and the Trust is the only organisation in the city to have achieved this level.

This year's award follows the receipt of the Level three award last September.

Gerry McIntyre, facilities general manager, (pictured) said: "We are delighted to have received a second



award for our Travel Options project, which reflects the good partnership working with the city council and the bus company, Stagecoach.

Gerry added: "We have already seen many benefits since the introduction of the scheme, including more staff using alternative transport and a reduction in illegal parking."

Support for patients with learning disabilities

A little extra help

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The aim was to help us to develop a greater understanding of the needs of people with learning disabilities

STAFF from Peterborough hospitals have been among those to take part in a pilot training course in helping to deliver healthcare to patients with learning disabilities.

Enrolled nurse Kathy Denny, from ophthalmology, and ward 3X healthcare assistant, Chris Green, were the Trust's successful candidates in completing the two-day training course and follow up.

A specially-devised training course was put together by community nurse team leader, Maggie Romjon, practice development nurse, Josie Rudman, senior clinicians, NVQ trainers and other interested parties.

Key areas included; raising the level of knowledge and experience among healthcare staff of people with learning disabilities; building on

existing relationships between healthcare staff and the learning disability teams.

Kathy said: "The aim of the training was to help us to develop a greater understanding of the needs of people with learning disabilities, and to begin to develop skills and expertise so as to improve the service provided to the patient when they access mainstream hospital environments."

Participants were also given a work book to be completed between study days, to enable them to demonstrate how they have applied their knowledge in the workplace. Throughout the programme, participants had access to an individually allocated mentor. Since the training, links between ophthalmology and the learning disability team have developed.

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WELL done to this group of newly qualified nurses - who graduated from Homerton School of Health Studies a few weeks ago. The four left their individual roles as health care assistants in March 2003 to begin their nurse training. They are (left to right) Emma Dexter (ward 7 ECH), Kelly Fahey (Papworth Hospital), Nikki Eldred (PDH coronary care unit) and Nan Douglas (Ward 5Y PDH).

PROFILE: The many and varied faces of nutrition nurse Mary Bird

Life is a cabaret....

Name: Mary Bird

Job title/where based?

Intravenous (IV) and nutrition nurse specialist, based at the District Hospital.

Shy and retiring? - not Mary Bird (pictured), trust IV and nutrition nurse specialist. Pulse catches up with the budding performer and one-time 'Bridget Jones'!...



the bits that no-one else wants to! Sorting out ticket sales, planning meetings, publicity etc. I do get to do the end of show speech which is the most nerve racking part! Every year I say it will be my last, until I get that buzz on show nights

How long have you been in this role and what did you do before?

Nine years - prior to that I worked on various surgical wards at the District and Edith Cavell sites since qualifying back in 1986 (that seems so long ago!) Specialties included ENT, pain relief, facio maxillary, vascular and colo-rectal. From 1983/86 I was a student nurse at the old Peterborough and Stamford School of Nursing. My first 'job' after leaving home and a huge learning curve. The nursing was ok, it was the having to cook and do my own washing that caused problems.

What does your work entail and how does it involve staff from around the Trust?

Acting as a resource for all issues concerned with IV and nutrition. Working closely with the dieticians to raise the profile of nutrition. Placing tubes and IV lines into patients to deliver artificial feeds, ensuring that these patients are monitored closely to reduce risk as well

as making sure that their needs are being met. Much of the role is concerned with the education of staff at all levels from student nurses, health care assistants to medical staff, both theory and practical skills associated with IV therapy and nutrition and, of course, like most other staff within the trust – attending meetings! It is a very diverse job, no two days are the same, it is constantly changing in accordance with both local and national requirements.

What are your hobbies and interests?

I'd like to say relaxing and taking it easy but that doesn't happen! Quizzes - both devising and participating, socialising, travelling and of course Pillpushers!

Tell us a bit about your involvement with Pillpushers.

I got roped in to Pillpushers in 1995 to help out backstage. Within three weeks of joining, I'd got at least three parts in the show! I've been the secretary for the past eight years which involves doing all

and think maybe one more show. I have no problem learning lines but despite singing lessons, I think it's probably best for all if I stick to the speaking parts. Pillpushers is rumoured to be the longest running hospital drama group so ultimately I feel very proud to be part of it, it is well supported by trust staff and it's been a fantastic way to meet new people and forge great friendships.

What's the most embarrassing thing you've ever done?

Where do I start... Flying headlong across the stage during a Pillpushers performance and breaking my ankle must come pretty high. Thinking I can sing...

If you could be a character from a book, who would it be and why?

Easy – Bridget Jones of course! Being thirty something and single when the book came out, the annoying thing was that I could have written it and been a millionaire by now!

Pulse photo competition

PULSE is now an internationally-recognised publication ... well, at least in parts of the Middle East! Caught on camera is Edith Cavell Hospital physiotherapist, Kate Young, reading May's issue in the famous Naghsh-i Jahan Square in Isfahan while on holiday in Iran. Kate said: "The girl behind me later asked for my copy of Pulse to show her family so it is now world famous!"

Thanks to everyone who has sent in their entries over the summer. Keep the entries coming in to the communications department. The best photo of a staff member reading Pulse while on their holidays will be featured in the next issue.

Kate's photo has earned her a £10 book token.



BUSINESSES around the city came out in force to support 'Bring a Pound to Work Day.'

The initiative raised enough funds for a baby heart monitor, and to give the A&E patient waiting area a makeover.

The fundraising event was a joint venture between the Trust, the Peterborough Evening Telegraph and Lite FM.

Businesses and organisations across Peterborough were asked to simply bring a pound to work - with volunteers from the hospitals (including chief executive Chris Banks) touring the companies to collect the cash.

A staggering £15,000 has been raised as a result of the unique appeal, and means a dynamap machine can be bought for the Trust.

Chris said: "It was a real pleasure to be involved with this fundraising event, and I would like to thank each and every business - and each and every individual who contributed. The support was overwhelming.

"As there is limited money in the NHS locally and nationally, every pound we spend has to be prioritised and



It's **pound** power

that, of course, means direct patient care comes first.

"The organisers of the Bring A Pound to Work Day thought it would be a good opportunity to revamp the A&E waiting area, as it has been a while since it was last decorated, and it will directly benefit around 70,000 people who visit the department annually."

He added: "The baby heart monitor is an essential piece of equipment, helping our midwives and doctors to check babies' heartbeats before they are born to ensure they stay healthy."

Keith's proud day at The Palace

CAN you imagine what it's like to be mistaken for someone famous by snappy tourists? - Just ask Trust governor Keith Smith!

Keith received a Royal invitation to attend this summer's Buckingham Palace garden party, in honour of his work with the NHS Retirement Fellowship.

Dressed in best 'bib and tucker', and accompanied by his daughter Vicky, Keith was among an estimated 7,000 guests to have tea in the palace gardens - and catch a glimpse of Her Majesty.

RIGHT: By Royal appointment - Trust governor Keith Smith and daughter Vicky at the Buckingham Palace gates.



Chairman of the Peterborough branch, former medical unit nursing officer Keith has been a member of the

Fellowship since 1993.

He was invited to attend the party in recognition of his work in setting up and maintaining the Fellowship's websites.

Keith said: "Just walking through those main gates, across the courtyard, with the tourists snapping their pictures from outside the railings and asking 'Who are they?' - somehow gave one a sense of pride!"

"The memory will remain with me forever, and I have seldom seen Vicky so thrilled before. All I can say is thank you to the Fellowship for honouring me in this way."

Trust staff step it out in the Race for Life

WELL done to everyone who took part in this summer's Race For Life.

Several groups of staff from around the Trust - including Edith Cavell theatres and the service improvement team - put their best foot forward for the cancer research charity event.

Staff took part in this area's three races, at Stamford and Ferry Meadows in Peterborough, to raise hundreds of pounds in sponsorship.

Among those taking part were; L-R back row Helen Durrant, Pam McNicol, Sue Shaw, Paula Gorst and Jan Savage. Front row Sue Jay and Lynne Pearson.



ABOVE: Ready for the return of the Great Eastern Run - duty manager Tracy Dovey will be taking part in honour of her mum. Photo courtesy of Peterborough Evening Telegraph.

Tracy's challenge

TRUST duty manager Tracy Dovey will be lacing up her running shoes next month for the return of the Great Eastern Run - and running in honour of her mum.

Tracy ran the city's first ever half marathon event 24 years ago - when she joined her mum Sally, who sadly died of Alzheimer's disease six years ago.

The 13.1-mile race around Peterborough's streets will bring back memories for Tracy - who is determined to complete the run in memory of Sally, and raise hundreds of pounds for the Alzheimer's Society.

Tracy is looking for sponsors ahead of the race, and anyone wishing to support her can contact her at the Trust on 874000 or email tracy.dovey@pbh-tr.nhs.uk

There is also a sponsor form in the duty manager's office.

Fund-raisers take to Peaks

ADVENTUROUS fund-raisers have raised more than £3,000 after completing the famous Three Peaks Challenge.

A team from theatres at Edith Cavell Hospital took part in the task last summer - climbing Ben Nevis, Scafell Pike and Snowden, all within 24 hours.

The charity climb raised £3,165, which has been shared between the mental health charity MIND and the Matley School in Orton Brimbles.

The team included Philip Webb, Derek Snow, Dr Rob Bailey, Rigmour Duffy, Jane Holdup, Nicky Trayford, Helen Buchan, Gina West, Paul Gallagher, Alan Turner and Sue Grundy.



ABOVE: Pictured is the team handing over the cheques to their chosen charities. Photo courtesy of Peterborough Evening Telegraph.