

the **pulse** ^{NHS}

Issue fourteen 2009

now including Foundation Trust membership news *Your Trust News*

INFORMATION PACKS FOR PATIENTS

Special feature on the battle to tackle infection

Trust Chairman Nigel Hards outlines his vision for the future

Bringing staff, visitors and Foundation Trust members the latest news from around the Trust

The first word

by Chief Executive
Nik Patten

WELCOME to the first edition of 2009 - and the first edition of the new look Pulse.

I hope you like the magazine, which still contains news, interviews and features, but which now has pages dedicated to news for public and staff Foundation Trust members. You can find out more about



Trust members, what they do and why we need them and get a chance to meet your governors in this issue. As well as the new content and larger format design, Pulse is now being produced quarterly so you'll have more opportunities to catch up with the latest news and developments around the Trust.

As we welcome 2009 I would like to thank all staff at the Trust for their hard work and dedication during the past 12 months and to those who worked during the recent Christmas period. It is staff who make the Trust as successful as it is and without your continued support and imaginative ways of working we would not be able to offer the high levels of patient care that we do. There are so many examples of great work being undertaken across the Trust by people working in a variety of positions, both clinical and non-clinical, that always encourages me. You can read more about some of the great things that staff are doing in this issue.

The Trust is looking forward to 2009 which will see the completion in the spring of two significant projects within the Greater Peterborough Health Investment Plan – phase two of the Cavell Centre and the City Care Centre. Peterborough City Hospital will really begin to take shape when the exterior is completed in the spring. These are all exciting milestones which bring us closer towards dramatically improving facilities to care for patients and help us to become a major healthcare provider in eastern England that is best for patients and great to work for.

I wish you the best for 2009 and I hope you enjoy reading the new Pulse.

02 the **pulse** - issue fourteen 2009

6



5

3



8

Inside this edition...

4

Letters

Grateful patients and visitors say thank you

5

Bedside manner

New folders give patients information at their finger tips

6

Clean up on hygiene

A special feature on moves to maintain a healthy hospital

8

In the hot seat

Centre page special interview with Trust Chairman Nigel Hards

10

Your Trust News

News and views for and from members

12

Give us your views

Trust members are invited to share their thoughts

13

Life in the fast lane

Find out what fuels the fire of Pamela Mykytowych

14

Hello, Goodbye!

Trust welcomes new Chief Operating Officer

15

A helping hand

Well done and thank you to our many volunteers

16

Marathon challenge

We catch up with the doctor planning to run 150 miles through the desert

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Bedside information guides for patients

COMING into hospital can be an anxious time. Patients and families often have questions about a hospital stay – ranging from how much it will cost to park their car to what happens when they are discharged.

But a new initiative to give patients information at their fingertips has been launched, with the introduction of a bedside folder.

The folder contains a wealth of information about the hospital, the location of facilities such as the chapels and eating areas, and details of various operational procedures – such as fire alarm testing times.

The folder has now been distributed at the District and Edith Cavell hospitals, and every patient can access the information, which is also available in different languages.

In-line with the Trust's infection prevention and control policy, the folders are easy to wipe clean. They have been produced thanks to sponsorship from advertising.

Frieda Gosling, Chair of the PALS steering group and a hospital volunteer, said: "The feedback from patients using the folders has been really positive and they have found the information useful.

"Patients and their families have lots of questions, and putting all the answers in one place means they have everything they need to know at their fingertips."



ABOVE: Sister Hazel King with patient Joyce Turner.

Getting fit for business...



ABOVE: Healthy eating is one of the topics being explored by the Fit For Business scheme.

THE Trust is launching a new health scheme to help shape up the mind, body and soul of its workforce.

In preparation for the launch of the work-based Fit For Business scheme in March, Trust employees are completing questionnaires about their attitudes to physical activity, healthy eating and wellbeing.

Results will help the Trust understand how it can help staff adopt healthier lifestyles and form the basis for introducing some new initiatives that will make it easier to make better health choices during working hours.

As the scheme comes into effect, the Trust will undergo an 18-month assessment process to become an accredited 'Fit for Business' employer.

Christine Tolond, Director of Human Resources, said: "As many Trust staff spend a large percentage of their waking hours at work, we need to ensure they are healthy and safe. We want staff to feel they are supported in their own health goals, whilst at work. The changes we expect to make can help prevent disease and promote increased physical and mental wellbeing at work. Everyone stands to benefit."

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 (full address on page 2) and we will print as many as possible.

Ward 2Z: We would like to thank you and your staff for the sympathetic, kind and non-aggressive care of our loved one. As a retired paediatrician and a retired ward sister, we very much appreciate the patient and caring approach of all the staff we met.

Angiography: Having recently attended the angiography department at Edith Cavell Hospital I would like to say how excellent my care has been. The continuity and sensitivity of being followed through by the same nurse was greatly appreciated. The personal involvement of all members of staff – from the initial assessment clinic right through the procedure clinic and the final telephone call to check on my progress was exemplary.

Amazon Ward: Thank you, thank you, thank you for making my son's stay such a happy one. He said he wanted to go back and see you all. How hard and tireless you work without grumbling. Always smiling – thanks again.

Ward 4Y: My mum had major surgery, and the care that she received from the whole team was excellent, nothing was too much trouble. The staff were friendly and approachable, always willing to take the time to explain things to mum. The ward was clean, bright and tidy. I cannot thank you enough – they made a potentially frightening experience for mum a little easier to bear for us all. Once again, a big vote of thanks – it makes me proud to work for the same trust.

Coronary Care: Although it has been more than a year since I was first admitted, I have not forgotten the wonderful, dedicated, professional treatment I received for a week on the ward. The treatment and care were excellent. An added benefit on discharge from CCU was to be able to contact the unit direct if any health problems occurred. I also took advantage of participating in the rehabilitation programme, which I have enjoyed. I feel as if I've been given a new lease of life.

ICU: I have spent weeks wanting to write this letter and now I can say it is difficult to



ABOVE: Ella Joyce (front left) and Phoebe Blatchly present the cheque to (back, left to right) Karen McAdam, Consultant Oncologist, Rosa Coia, Senior Medical Secretary and Lynie Saraos, Senior Staff Nurse.

Sweet taste of success

CASH for cakes! Well done to school friends Ella Joyce and Phoebe Blatchly who raised £158 from a cake stall at the William de Yaxley Primary School. The youngsters donated the money to the Trust's oncology department and presented a cheque to Consultant Oncologist, Karen McAdam.



ABOVE: Volunteers from Perkins brushed up on their decorating skills as part of a revamp of the Exeter and Fryer wards at Stamford Hospital. The work was carried out in preparation for the temporary occupation of the wards by staff and patients at Sue Ryder Care Thorpe Hall Hospice, while essential maintenance work is undertaken on the lift and buildings at Thorpe Hall. Sue Friend, Stamford Hospital Project Manager, said: "The patients are being cared for in a previously unused part of the hospital for approximately three months. We are extremely grateful to Sue Ryder and the team from Perkins for carrying this work out on a voluntary basis."

put into words what I want to say. Everyone in the unit including cleaners, ward clerk and medical staff have worked together to give me my wife back. For that I will be eternally grateful. What do I say to the nurses? You made me feel that I could trust you with the most precious thing I have. At all times, you went out of your way to treat not only my wife, but also the family, with respect and dignity. Your professionalism was a credit to you and to nursing. If I am ever asked where angels can be found, I

will answer 'working at Peterborough ICU'.

Ward 9: This was my third visit in connection with breast cancer, thankfully only to have my scar looked at. My last two visits, for a lumpectomy, followed six months later by bi-lateral mastectomy, were helped by the peaceful atmosphere in the ward and the fact that the nurses had time to discuss the many worries that patients had.

New service launched for stroke patients

IN a first for Peterborough, the Trust has launched an exciting new service for stroke patients.

Peterborough is among only a few hospitals throughout the country to offer a clot-busting drug (thrombolysis treatment) to stroke patients, diagnosed as a result of a CT scan.

Thrombolysis involves giving the patient a drug that will dissolve the blood clot and restore normal blood circulation in the brain. This reduces the risk of death and long term complications following a stroke.

Stroke Physician, Dr Peter Owusu-Agyei, said: "Alteplase is a drug treatment which is routinely used after heart attacks to dissolve the blood clot.

"It can also be used after an acute stroke. It has to be given at the hospital within three hours from the onset of symptoms."

The service was established in



ABOVE: Marking the success of another Trust first, members of the stroke thrombolysis service.

November and has been a partnership between Dr Owusu-Agyei, the Stroke Unit (2Z), A&E, CT department and the service improvement team.

Representatives from the East Midlands Ambulance Service and East of England Ambulance Service were also

part of the team to ensure that patients are brought to hospital quickly to allow the three hour time limit to be met.

At present, the service runs from 9am – 5pm Monday to Friday, with plans to increase this in the future to 24 hours, seven days a week by 2010.

Experts in emergency planning

THERE'S not much that Lead Nurse and Emergency Planning Lead Celia Kendrick or Emergency Physician and Clinical Lead Rob Russell don't know when it comes to emergency planning for the Trust.

Having lectured and trained on major incident medical management and support both here and abroad, they are gearing up for another busy year in terms of offering the popular courses to staff across the Trust.

They both take a very hands on approach when it comes to delivering the message of what the Trust needs to do in the event of a major incident in or around Peterborough.

Celia and Rob are both on the editorial board for the Major Incident



ABOVE: Lead nurse Celia Kendrick (left) takes a hands on approach when it comes to delivering the MIMMS message around the Trust.

Medical Management & Support: The Practical Approach at the Scene (MIMMS) handbook. Celia is also on the editorial board for the version which looks at the practical approach at the hospital (HMIMMS), writing chapters of the manual and the table top exercises and helping to deliver them at home and

abroad.

Up to 30 people attend each one or two day course, which have proved hugely popular with all attendees, and Celia is preparing for a high take up for the coming months.

Course topics involve; what happens at the scene, triage methods, workshops, command and control – as well as practical exercises where candidates triage, treat and transport 60 patients in a 'mock up' incident.

Celia and Rob have taught these invaluable courses across the country and

Europe with Celia helping preparations in Portugal for Euro 2004, in Italy for the Winter Olympics and in South Africa for next year's World Cup. **Dates for the next round of HMIMMS courses are: 28 & 29 May; 2 & 3 July; 15 & 16 October.**

Fighting infection

HYGIENE and patient safety are at the top of the Trust's agenda.

Despite successfully reducing rates of hospital-acquired C.difficile infections, the Trust continues to implement new policies and procedures to further prevent, manage, reduce and fight infection.

Investments are being made at the District hospital – a new infection control matron has

been appointed and hygiene in A&E has been stepped up thanks to the creation of a matron post.

Meanwhile, a new isolation unit has been established to treat patients who have conditions that could be infectious at the District hospital.

Pulse takes a look at some examples of how the Trust is striving towards a clean bill of health for 2009.....

New isolation unit opens to improve patient care



RISING to the challenge of working on the Trust's new isolation unit are the staff on neighbouring ward 3Y.

The unit, which has been open for only a matter of weeks, treats patients for a range of hospital-contracted infections.

These include MRSA and C.difficile and a patient's stay can range from 72 hours to five weeks, depending on their condition, before they are discharged home or to another ward.

The unit was set up based on national best practice evidence, and is part of the Trust's commitment to dealing with the far-reaching issue of infection control.

The six-bed unit has been converted from two bays down one side of ward 3Y, and has been purposely equipped with showers and other facilities.

Linda Ballentine works as a deputy



LEFT: Isolation unit team: Lucinda Gordon, Student Nurse; Marzena Slaby, Health Care Assistant; Alison Gray, Ward Manager; Linda Ballentine, Deputy Sister and Linda Morris, Senior Staff Nurse.

sister on 3Y Isolation. She said: "The unit is run by Ward Manager Alison Gray. The 3Y team work in isolation on a rotational basis. They have risen to the challenge very well and are doing a fantastic job.

"It has been challenging for some to adapt to the new ways of working, but staff are embracing this and feedback is

very positive. Staff do not wear uniforms but scrubs."

She added: "Due to the nature of the ward guidelines are strict - flowers are not allowed, patients need to wear hospital attire unless their

own personal clothing can be laundered daily at recommended temperatures. Books, loose food etc are not encouraged due to the infection risk, although papers and magazines are allowed as these can be disposed of on a daily basis. Patients can still have a television."



ABOVE: *Matron and Infection Control Lead Nicola Sharp.*

Nicola helps to spread message

HELPING to spread the message of good hygiene throughout the Trust is Nicola Sharp, new Matron and Infection Control Lead.

Nicola has a long history in infection control and infectious diseases nursing, and has joined the Trust from Norfolk, where she has spent the last 18 months commissioning infection control for the county.

Based at the District hospital, Nicola's post links the work of the Director of Nursing, Infection Prevention and Control and the Infection Control Nursing Team, consisting of two part time specialist nurses, a trainee Infection Control Nurse and an Administration Assistant.

Nicola said: "The Trust has a good record in relation to infection control, with a dedicated team who work behind the scenes and are seen daily in clinical areas as they assess any infection control issues.

"During the winter season, when viruses are spreading around the community, the infection control team helps with controlling the spread of

infection in the hospital by co-ordinating ward closures, patient movement and terminal cleans of affected areas."

Away from the clinical areas, the team provides guidance for staff, patients and the public, information for the Board and Primary Care Trust, and attends many committees.

Infection control is an integral part of all aspects of health care and is part of the Trust's 2013 Strategy, specifically the Patient Safety Strategy.

The team's responsibilities include reducing the numbers of cases of MRSA bacteraemia and C.difficile infections by promoting good hygiene, especially hand hygiene, detecting cases and ensuring policies for best practice are followed, including correct isolation.

Nicola added: "Infection prevention and control is an ever changing challenge, with increasing targets, evolving pathogens, new legislation and evidence-based guidance.

"This means the whole team has to remain alert and pro-active to promote and enhance change, and so improve patient care."

Ivan the matron is a Trust first

FROM monitoring hand hygiene to working with patients, the public and the Patient Advice & Liaison Service right up to providing hands-on emergency nursing – it's all in a day's work for Ivan Graham.

Ivan says he is 'privileged' to be appointed the Trust's first ever male matron and first for emergency and critical care.

Following his service with the Royal Air Force, Ivan is relishing his latest role back on 'civvy street', after leaving the RAF in 2005.

He has already packed so much into his nursing career – both in his home of Lancashire where he did his nurse training, to his time in Peterborough (initially with the Ministry of Defence Hospital Unit in 1997) by way of working in acute general medicine, medical admissions and A&E.

Being familiar with the workings of A&E has stood Ivan in good stead for the challenging role of matron – which covers the areas of A&E, intensive care, the new acute assessment unit, surgical recovery, coronary care, theatres, pain management, anaesthetics and minor injuries.

This – over three sites – is a tall order, which Ivan (who has served in the Gulf, Afghanistan, Oman, Egypt and Canada) embraces.

He said: "I appreciate working in this area which, by the very nature of emergency and critical care, has so many highly skilled and dedicated staff working within it.

"Patient safety, quality of patient care and infection control are my responsibility and I work with everyone concerned to try and educate and deliver these messages.

"We work as a team, and as Matron I am often the link between patients, the public, and managers. I do daily walkabouts and plan in time with colleagues to discuss all areas of emergency and critical care."



ABOVE: *Relishing his new challenge with the Trust – Emergency and Critical Care matron Ivan Graham.*

A chairman with passion and pride

Six months in, and Nigel Hards is relishing his new role as chairman of the Trust. Despite it being a 'very steep learning curve' (by his own admission) the post fuels Nigel's passion for Peterborough, its people and its ultimate success and status as a centre of excellence...



“Being a tiny part of something that delivers a new hospital and facilities for Greater Peterborough is very exciting.”

WITH no experience in the public sector and no knowledge of the NHS – no-one was more surprised when he was head hunted for the role of Trust chairman than Nigel Hards himself.

“I did initially question the thinking behind asking me to apply for the job,” said the former Thomas Cook UK Travel chief executive.

“It’s only now, six months down the line that I’m really beginning to understand why the Trust decided to appoint a chairman with a commercial background. Colleagues still, however, talk to me in NHS acronyms that I don’t understand!

“I saw it not only as a challenge, but as a personal opportunity for me to give something back to the city.

“As a Foundation Trust with a huge PFI project – this is a business at the end of the day, and it needs to be successful.”

However, despite Nigel’s long-standing commercial career, which started in international banking, then progressed to the travel industry and latterly as chairman and trustee of a number of other companies, as well as managing his own consultancy business – the Mancunian-cum-Peterborian is a real people person.

Many Peterborough people will know Nigel for his connections with Peterborough United where he sat on the board for a decade (as Thomas Cook were the shirt sponsors during the 1990s).

He can still be found spending Saturday



ABOVE: Trust chairman Nigel Hards.

LEFT: Nigel is pictured (far right) during a site inspection with (left to right) Trust Chief Executive Nik Patten, East of England Strategic Health Authority Chairman Keith Pearson and Peterborough City Council chief executive Gillian Beasley.

afternoons cheering on the Posh.

Having lived in the city with wife Angela and their three sons (all born at the Maternity Unit) for 30 years it is evident that Nigel’s heart is in Peterborough – and of course the new hospital.

“Being a tiny part of something that delivers a new hospital and facilities for Greater

Peterborough is very exciting.

“As far as I am aware, Peterborough is the only city in Europe that is getting each level of public healthcare renewed in terms of build.

“The scale of the new hospital – which is currently on budget and on time – is mind boggling.

“It is the biggest piece of engineering Peterborough has seen for decades.”

As well as the amazing range of new hospital buildings across the current sites, Nigel’s focus is also on the people – both staff and patients.

Each Friday, he goes ‘on tour’ around the sites, with ward walkabouts to meet and chat with staff about their concerns and opportunities.

“I am keen for us all to work as a team, together with our local partners, to create a centre of excellence which helps to put Peterborough on the map.”

Nigel added: “There is no point in having fantastic new facilities without fantastic people to run them.

“We have a lot of good and committed people working throughout the Trust, who go that extra mile for each other and patients – and to see them channelling that into the new hospital is something to look forward to.

“The expectations of patients will be raised by the high quality of the building, so we need to meet and even exceed that by providing the standard of healthcare to match.”

Nigel added: “The project is so exciting that I sometimes need to remind myself that I am the chairman and am here to set the direction for the organisation with the governors and the directors and not interfere with the day to day running of the hospital – the great management team we have is more than capable of doing that.”

Charity plea for pedal power

CALLING all budding cyclists – it’s time to put your pedal power to good use.

Trust General Manager Mandy Renton is appealing for team members to join her – again – on the London to Paris cycle ride this summer, in aid of Action Medical Research.

She will be joined by in-patient co-ordinator Ann Bane for the 300-mile event, and a series of fund-raising initiatives are already in the pipeline.

Oh – and there will be a spot of cycling training involved too! So, to join the NHS (No Hills Surely) team, contact mandy.renton@pbb-tr.nhs.uk

Agents donation to Amazon Ward

AMAZON Ward has said thank you to Woodcock Holmes estate agents, who donated £200 to the ward following a family event held last year. Matthew Driscoll, from Woodcock Holmes, said: “I wanted to donate money to Amazon Ward as my son was treated there last year for severe appendicitis and was looked after very well.”

New CT scanner is installed

THE Trust is celebrating the recent installation of a new CT scanner, costing £800,000.

The introduction of a second CT scanner will mean patients are scanned more quickly, meaning treatment can start sooner, leading to earlier patient discharge from hospital.

It is expected that the scanner will be fully operational by the end of March.

X-ray upgrade at Stamford Hospital

STAMFORD Hospital is to benefit from a £219,000 upgrade of its two outdated X-ray rooms. The refurbishment project will vastly improve patient flow, reduce waiting times and enhance quality of patient care.

Focus on our members

Welcome to **Your Trust News** – the new pages dedicated to members of the Trust. We very much hope that you enjoy reading the many good news stories about services, patients and staff around the Trust – and of course, members.

In the following pages, we catch up with Trust governors (both staff and public) and hope to give readers an insight into the role of a member, and how they can influence decisions made at the Trust for the benefit of patients.

Being a Foundation Trust member - what's involved?



Chalky and Brenda White with Debbie Dearden look at plans for the new hospital at a recent members' meeting in Stamford.

THE Trust and its membership were created in 2004 to better respond to the health needs of local people.

In short, becoming a Foundation Trust member is about playing a bigger part in the local community and having the opportunity to influence how local hospitals are run.

Foundation Trust members form a vital sounding board for the Trust to gain feedback on major new initiatives and services, and to gauge what our local communities think of them before they are implemented.

The Trust has a Board of Governors – ordinary members of the public who are elected by the membership – and it is the governors who are the conduits for members to engage with the Trust

and for the Trust to communicate with its membership.

Governors have a close working relationship with the Trust senior management and are always looking for opportunities to meet community groups, societies and individuals to listen to views and inform people about what's happening at Peterborough District, the Edith Cavell and Stamford hospitals.

Any Foundation Trust member has the opportunity to stand in the governor elections.

During the next few years the Trust wants its members to become more involved in big decisions so it knows it is providing what people want from their hospitals.

It also wants its membership to grow and the best way for that to happen is by word of mouth.

So, the Trust is asking existing members to spread the word and encourage family, friends and neighbours to sign up – it's completely free and easy to do.

People should simply call 01733 875554 and the Trust will send them a short application form.

Foundation Trust membership will only work with the support of local communities, so become a member and become involved.

For more information, call the Helpline on 01733 875554.

Isobel gives staff another voice

ELECTED by the staff to have a voice on their behalf is Trust Capital and Accounts Payable Manager, Isobel Bird.

Isobel said: "My reasons for standing for election were quite selfish really! I like to know what's going on, and if there's an opportunity to get the information 'from the horse's mouth' then that's the place to be!

"I have also worked in several departments around the Trust, so have met a lot of people and like to think I know a little bit about what goes on."

Since becoming a governor, Isobel has attended various Trust and public meetings, and says she welcomes the opportunity to put her point across.

"I have as much opportunity to speak as anyone else attending the meetings," Isobel said. "I would say to anyone

interested in standing as a governor that the meetings are scheduled well in advance, so if you work shifts, you should be able to ask for duties that will fit in with those dates.

"Being a governor gives you the chance to have your say, and therefore feel that you are making a contribution to the Trust on behalf of the staff.

"It's really important to learn from each other, and if there are clinical staff who are prepared to stand in future, I would encourage them to take the opportunity."

Trust colleagues who wish to contact Isobel or other staff governors can find their details on the staff governor homepage on the intranet.

Members of staff wishing to find out more about becoming a staff governor can contact Isobel via trust email.



ABOVE: Isobel Bird, one of the Trust's staff governors.

Why Mark is 'giving something back'

"Governors are often seen as a very useful conduit between the public and the Trust administration. We are here to listen to views and comments from hospital users."

Retired consultant and public governor, Brian Hackman.



WHEN Mark Bush retired from full-time employment, he felt he wanted to give something back to the community in which he lived.

Mark said: "Happily, that coincided with the Trust contacting me and asking me if I wanted to stand as a public governor. I had never had anything to do with the NHS before, but in many ways this was an advantage as I could start with a clean slate.

"I have found the work both interesting and thought-provoking. It is also a pleasure to work with such dedicated staff within the Foundation Trust."

He added: "While the public governors have their own particular areas of interest – publicity and future strategy being mine – we do have interesting and thoughtful discussions about a wide range of health and social care issues.

"We all get a chance to have a say and to represent the concerns and desires of the community, the future development of Stamford Hospital is a good example.

"Being a public governor is very worthwhile and I have found that the NHS does sometimes get an unfair bad press."

If you would like to contact Mark or find out more about the work of a public governor you can email mark.bush3@btinternet.com or write to Mark Bush c/o Corporate Affairs, Edith Cavell Hospital, Bretton Gate, Peterborough, PE3 9GZ.

Messages for Mark can be left on the members' helpline on 01733 875554.



ABOVE: Mark Bush, one of the Trust's public governors.

"I have found the work both interesting and thought-provoking."



Alec Burt, Renee Burt, Sheila and John Filter chat with Paula Gorst and Sue Friend from the Trust

Meetings in public 2009

15 April – Board of governors 6pm – 8:30pm venue TBA

May - Members' meeting in Peterborough, date TBA.

16 July – as above

24 September – Annual Public Meeting 5pm – 6:30pm venue TBA

13 October – Board of governors 4pm – 6:30pm venue TBA

Members meet in Stamford

STAMFORD'S Lady Anne's Hotel was the venue for the most recent members' meeting which was held to discuss plans for the Trust's investments and developments.

The meeting attracted staff and public members of the Trust to hear more about the proposed improvements to healthcare service for Stamford and Greater Peterborough.

Members had the chance to meet with

the Trust's board of governors, talk to staff and visit display stands about Trust services, as well as listen to a presentation by Consultant Ophthalmic Surgeon, Alan Fitt. Peter Morrison, vice chairman of governors, said: "It was a great chance for members to get an update on the planned development and investments being made to improve healthcare services locally, and to meet governors and staff in an informal setting."

Membership feedback form

For the chance to win a £10 book voucher answer the questions below. Please return completed forms by Monday 2 March to: Communications Department, Edith Cavell Hospital, Bretton Gate, Peterborough, PE3 9GZ.

1. What do you like about the new members' pages and Pulse?

2. Is there anything you don't like?

3. Is there any news, information or features that you would you like to see included in future members' pages?

4. Do you like receiving membership news via a magazine?
Yes/No (delete as appropriate)

5. Would you prefer to receive membership news another way, such as at public meetings, events?
Yes/No (delete as appropriate)

If yes, please state preferred method: _____

6. Do you know how to contact a Trust governor?
Yes/No (delete as appropriate)

7. Would you like to join a feedback forum to help us develop our services?

Yes/No (delete as appropriate)

Name _____

Address _____

Telephone number _____

Are you a Foundation Trust member? (delete as appropriate)

Yes

No

If you are not already a Foundation Trust member please tick the box if you would like to join.

We're looking for current members who are actively involved in relaying Trust news and recruiting new members in their local community. If you are interested in being profiled in a future edition of Pulse please tick the box.

Five completed forms will be randomly selected to win a £10 book voucher.

What I do at the weekend...

Pamela Mykytowych – Programme Manager for the Trust’s Staying Fit Collaborative Programme (working through her own company, Care and Performance Limited)

NOW here’s a warning to anyone who has a joke about women drivers. Don’t mess with Pamela Mykytowych!

An accomplished rally and motor racing driver, who has given former Formula 1 star Johnny Herbert a run for his money on the track Pamela lives and breathes cars.

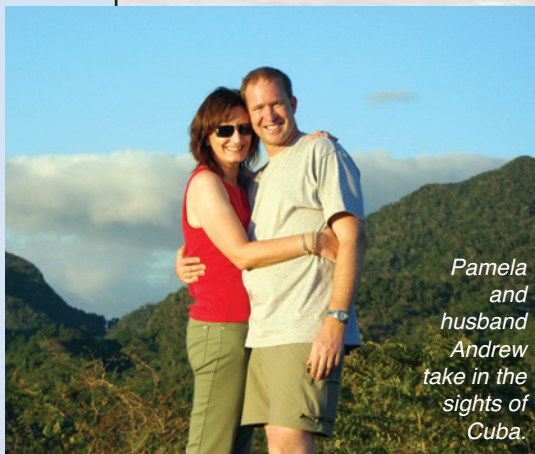
When she’s not driving them, she’s talking cars, writing about cars and even organising the restoration and prepping of cars.

Away from her business, which specialises in improving performance in the health and social sector, Pamela is never happier than when behind the wheel of a rally or race car. She holds a National ‘A’ Motor Racing Licence, as well as a Rally National Navigator ‘A’ licence.

Pamela told Pulse: “One of my best experiences was in the Peking to Paris Rally in 2007, when I raced all the way from Beijing (Peking as it was) to Paris via the Gobi Desert as half of only two all-female teams to enter. We came 12th



Pamela behind the wheel of her rally car during the 2007 Peking to Paris Rally.



Pamela and husband Andrew take in the sights of Cuba.

overall out of 129 crews and I won the Coupes Des Dames.”

In fact, it was while taking part in this rally that she met her husband Andrew – who was a fellow competitor, and their engagement was announced by the TV channel covering the event in a 10 part documentary in which she featured!

Pamela has many other driving

trophies and cups to her credit, and says she is interested in all aspects of driving and racing.

She can often be seen at various Grand Prix and other motorsports events and exhibitions.

A member of, amongst others, the Silverstone Racing Club and the British Women’s Racing Driver’s Club, Pamela is also the proud owner of a collection of classic and sports cars, and has been responsible for rebuilding two historic rally cars.

Pamela, already a published academic writer and author of various magazine and website articles, is currently busy writing a book about her experiences in the Peking to Paris Rally.

She is also working on rebuilding and prepping a Vauxhall Viva GT with a Bildenstein engine block with the aim of beating her husband in another major rallying event scheduled for 2010!

Breast care awareness



WELL done to everyone who took part or supported various events organised by the breast care team at the end of last year.

A Breast Awareness stand in Queensgate attracted support from members of the public, who were able to gain information and advice first hand from breast care nurse specialists Claire Hall and Chris Dunham (pictured).

The stand also found its way to Edith Cavell Hospital for the remainder of Breast Awareness month in October. Elsewhere, fundraisers donned their best pink outfits and accessories to boost cancer research coffers by £486.

Jennie Nottingham, Senior Secretary to the department of breast surgery, said: “It is an amazing amount of money from everyone and every bit will help towards research into combating breast cancer and providing support to patients and their families.”

Heart attack pilot

THE Trust is taking part in a pilot initiative to benefit people in Cambridgeshire who suffer a heart attack, through speedy access to treatment. The pilot, introduced in partnership with Papworth Hospital and the East of England Ambulance Service, means that patients who dial 999 and who suffer a heart attack at home, or whilst undergoing treatment at the Trust, will be transferred direct to Papworth where they will receive immediate specialist cardiac treatment.

This is called Primary Percutaneous Coronary Intervention (PPCI). Patient recovery is expected to improve where travelling time is less than two hours.

WELL done to everyone involved with the Pillpushers production 'Abdo Allo' – from the cast and backroom boys and girls to the many people who came to watch.

Wards and departments will benefit from the £2,000 raised and will be invited to make bids towards the purchase of non-essential items to benefit patient care.

Mary Bird from Peterborough Pillpushers said: "The cast and crew would like to thank all Trust staff and their families who came to see the show and helped to make it a success.

"The Pillpushers committee would like to express their gratitude to all members of Pillpushers both on and off the stage for their hard work and commitment."

A Pillpushers' thank you



ABOVE: Belting out their performance of Abdo Allo – the cast of Pillpushers.

Changing places

It's an exciting time for Rowena to join Trust

THERE couldn't be a better time to join the Trust than now, according to new Chief Operating Officer Rowena Barnes.

"It's an exciting time for the Trust and the opportunity to get involved at this time was a big attraction," explained Rowena. "It's amazing to see the new Peterborough City Hospital changing on a daily basis. Bringing patient care onto one site in one hospital will benefit patients and staff enormously and with the new hospital comes new opportunities."

Rowena's role will see her implementing the operational delivery of the Trust's strategy. The first of many new projects will see her assessing patient flow and pathways, especially in A & E and for patients requiring emergency admission. As well as being tasked with improving current hospital services, Rowena will be assessing what needs to be done to provide the best possible patient care in the future.

Rowena joined the Trust from the Queen Elizabeth Hospital in King's Lynn where she was Chief Operating Officer for the past three years.

"I've made it my mission to meet as many people in the Trust as I can," said Rowena.

"I've been busy working my way around the hospital visiting wards and departments and trying to remember all the different faces!

"I haven't been everywhere yet but so far I have received such a warm welcome and the commitment and dedication shown by staff has been very impressive."

Outside of work Rowena can be found most Saturdays playing a round of golf at The Meridian Golf Course in Toft. She is also a keen skier and when she can she spends time on the Austrian slopes. In between her outdoor activities Rowena recently discovered a new hobby – filming and editing the wedding videos of friends and family.

"I'm looking forward to working with staff across the Trust and helping to further improve care for patients," concluded Rowena.



Paula's fond farewell

THERE'S not much in the Trust that hasn't had Paula Gorst's name associated with it.

From Staff Nurse in the mid-Eighties to the role as Director of Operations which she has just left behind to begin a new life in France, with husband Ian in the summer.

Paula trained as a paediatric and adult nurse at Great Ormond Street and Watford General Hospital, moving to Peterborough to undertake an ITU course, and to get married.

From a staff nurse on ITU she moved to the new Edith Cavell Hospital when it opened. She said: "I was pleased to be given the post of sister on the High Dependency Unit – a role I loved as I had achieved my ambition as I only ever wanted to be a sister."

In 1995 she became the Assistant General Manager for Medicine and in 2001 became the Manager of Stamford Hospital.

"Stamford Hospital is a wonderful place and I thoroughly enjoyed my time there," said Paula, "I left to become Associate Director, Service Improvement, based back at Peterborough. I had not been in that post long when I had the opportunity to apply to be Director of Operations.

"I have been in this role since 2006 and have learnt so much. The role has been challenging but enormously rewarding and I have loved working with my director colleagues."



Special honours for long serving volunteers



ABOVE: (from left to right) Volunteers Cath Riddick, Gill Andrews, Eileen Pack, Linda Gent, Syd Nickless and Jean Ayres with their long service awards.

AS Peterborough prepares for an exciting new chapter in its healthcare the Trust has been honouring volunteers from the past 25 years of local hospital history.

Long service awards have been presented to a group of volunteers who give their time to support patients and visitors at Peterborough and Stamford Hospitals, and are celebrating service milestones of between five and 25 years.

Linda Gent received the accolade of volunteering at Peterborough District and Edith Cavell hospitals for the past 25 years.

She was a volunteer in PDH's former Fenland Wing, and currently supports the chapel at ECH by escorting patients to Sunday services once a month.

Six volunteers received the 20 years' service award, three of whom started volunteering on the first day that Edith Cavell Hospital was open to patients.

This included Eileen Pack and Cath Riddick who both remember seeing the Queen officially open ECH on the day that they started as volunteers.

Based in the reception at the hospital, they welcome visitors and patients and help direct them to the area or department they need to attend.

Eileen said: "When I gave up work I wanted to give my time and get out of the house and volunteering appealed to me. I have made lots of friends at the hospital and it is very humbling helping people."

Syd Nickless also started as a volunteer at Edith Cavell Hospital on the

day it opened. During the past 20 years Syd has escorted patients around the hospital, helped with the former mobile library and currently supports the chaplaincy by escorting patients to the chapel for Sunday morning services once a month.

For nine years Syd has also volunteered on Christmas day morning to escort patients to the chapel.

Syd said: "We receive a lot of compliments from patients and visitors and it is nice to know we help to make a difference."

The Trust has more than 350 volunteers, working in a variety of roles from staffing the shops, providing help on hospital wards, working on reception and assisting with catering.

What we do...

TEAMS of staff in pilot areas across the Trust are embarking on a new initiative that allows them to spend more 'quality' time with patients.

The Release Time To Care/ Productive Ward scheme is being piloted in hospitals across the UK, with Peterborough embracing the project in four areas; Wards 2X and 6X at the District hospital, Ward 7 at Edith Cavell Hospital and Victoria Ward in the maternity unit.

Recent studies, carried out by Clinical Nurse Educator Mary Day and her team, revealed that in one of the pilot areas 93 per cent of a nurse's time was spent on direct care.

However, the care was interrupted 18 times. In another area, 45 per cent of time was spent on patient care – but with 15 interruptions.

Mary said: "While we appreciate that demand on clinical teams and

the pace of care has changed dramatically over the decade, our aspiration to deliver the very highest standard of patient care and safety has not."

She added: "Following on from the pilot area findings, ward managers and the teams involved are looking at ways in which interruptions can be reduced. We have also set up a steering group where key stakeholders meet on a monthly basis to monitor progress of the project."

Mary believes the project is an exciting opportunity for ward teams to take ownership of the processes and change practice to increase quality of patient care delivery.

"Staff will feel more empowered to deliver the care they aspire to, in a well organised environment," she said.

For more information contact Mary Day by Trust email.



ABOVE: Clinical Nurse Educator Mary Day and Ward Manager, Sister Sally Eglin.

On top of the world...

Dr Jon's ultimate challenge to take on the Sahara Desert

MANY of us have a picture in our mind's eye of the unforgiving terrain and scorching temperatures that accompany thoughts of the Sahara Desert.

But competing in a 151-mile endurance race, whilst carrying a rucksack containing a week's supply of provisions, could be unimaginable for most.

However, for RAF Medical Services consultant Jon Naylor (based at MDHU), that is just what he is preparing to endure: a challenge labelled, 'the toughest footrace on earth' – and all in the name of charity.

The Marathon des Sables (MdS) takes place across the Sahara Desert in Morocco in March this year.

Such is the scale and popularity of the event, that there is currently a two-year waiting list to participate.

Jon took up long distance running 10 years ago, and already has remarkable achievements like the London Marathon, an ultra marathon across the Mont Blanc region and other extreme marathons to his credit.

Jon – who will be running the MdS with five friends 'The Hot Footers' – decided to enter the race two years ago.

He said: "It was a distant prospect at

first, but is becoming more of a reality with each passing month!

"Over the past two years I have been gradually increasing my training and have taken part in increasingly difficult and challenging events.

"In the MdS, not only will I have to cover the equivalent of five and a half regular marathons in temperatures of over 40 degrees, across unforgiving terrain, but I will have to do this with a rucksack on my back containing all I could need during the event, including seven days' supply of food. A daily water ration is provided by the race organisers – that also has to be carried!

"I know that physical fitness alone will not get me to the finishing line, but with self-discipline, sheer determination and will-power I will give it my very best."

Jon – who is currently on deployment to Iraq - is raising money for Médecins sans Frontières UK – which provides emergency medical aid and expert medical relief to victims of war, disasters and epidemics in 70 countries across the world.

To support Jon and find out more about the event, log on to www.justgiving.com/drjonnaylor.



Dr Jon Naylor – pictured in August 2007 during the ultratrail de Mont Blanc during an 18-hour event



Hand therapy staff pass with flying colours

CONGRATULATIONS to the hand therapy team, members of which have successfully completed courses towards becoming accredited hand therapists.

The three-day courses included sitting an exam and completing a specific project. Each course counts towards becoming a Level II Accredited Hand Therapist for the British Association of Hand Therapists.

Recipients include Hannah Ganderton, Jillian Frusher and Michelle Myburgh. Not pictured, but also receiving the accreditation is Tanya Jourdan.