

link

Summer 2009



The Staff Magazine for Sheffield Teaching
Hospitals NHS Foundation Trust



**Patient satisfaction among
the best in the country**

See page 3 for more details

Opening LINK

Firstly I would just like to say a big thank you to everyone for all the hard work you continue to put into ensuring our patients receive a high standard of care. The annual patient survey recently placed our Trust in the top 10% for patient satisfaction and that is a reflection of the commitment and dedication you all have to our patients.

Focussing on Quality is not only important for our patients but it is also the key to our Trust being able to weather the economic downturn. The forecast is that from 2011 the impact of the recession means it is likely the NHS will face a real terms shortfall of £15bn. We therefore need to take action now to put ourselves in a strong position for the leaner years to come.

The Board of Directors feel the way to do this is to continue to focus on the quality of patient care, which by default should make us more efficient because we should have the 'right patient in the right place at the right time.' This will enable better use of beds, theatres and generally improve the flow of patients through our hospitals. Over the coming months there will be a major drive to reduce length of stay across specialties and speeding up delayed discharges.

We are also planning ahead for Winter, particularly in light of the high demand on services we experienced last year. We are investing an additional £6million on a number of initiatives to help with the flow of patients through our hospitals. We are purchasing two new modular wards/dialysis unit for the Northern General Hospital site which will increase the number of beds we have available from December and four new Acute physicians have been recruited to help speed up the flow of patients coming into the Accident and Emergency department.

In this issue of Link there are some amazing stories of the work you all do on a daily basis and there is further evidence of this by the record breaking number of nominations we have had for the Thank You Awards this year. I hope you enjoy the read



Andrew Cash
Chief Executive

Andrew Cash

Sheffield surgeon becomes first to implant life changing pump

Michael McKeever, 43, has become the first man in the world to be fitted with the latest technology to control muscle spasticity linked to paralysis.

Michael, a dad of two from York, was left paralysed from the chest down following a motorcycle accident in April 2007. Since the accident, his independence was greatly compromised by spasms so severe they could throw him from his wheelchair.

Mr Martin McClelland, Consultant in Spinal Injuries who performed the operation "The pump is implanted under the skin of the abdomen and works by delivering a drug

along a fine tube that passes through the patient's back into the fluid that surrounds the spinal cord. Pumps that do this have been around for several decades but there is only one other like this that is computer controlled and allows drug dosage to be varied during the day.

He said: The last two years have been filled with pain and I already feel that it has greatly improved only days after the surgery. I also have 26 less pills to take per day, and most importantly - I will soon be fully independent again. I'm so grateful to all the staff at the Spinal Injury Unit."



Consultants Martin McClelland and Praleep Thumbikat with the pump



Patient Kitty Batty was pleased with her care.

Patient satisfaction among the best in the country

Short waiting times, quality care and high standards of cleanliness are just some of the reasons why patients have placed Sheffield Teaching Hospitals in the top 10% of the UK's best performing hospitals according to the Annual NHS patient survey.

Kitty Batty, 93, from Intake in Sheffield is just one patient who believes the care she received after suffering a fall was second to none.

I had no need to be worried though because the staff were very friendly, the ward was always clean and everyone had time to talk to me.

"The nurses were all smashing; I don't know how they provide that level of care every

single day."

The survey, coordinated for health watchdog the Care Quality Commission.

Our Trust was rated above average for overall experience and nursing care as well as featuring in the top 20% of hospitals in more than half of the categories including:

- The quality of care provided for patients
- Treating patients with respect and dignity
- Confidence in the doctors and nurses
- Doctors and nurses working well together
- Short waiting times to be admitted to hospital
- Doctors and nurses washing their hands regularly
- Having enough nurses on duty
- Being given information and having the

opportunity to talk to doctors/nurses

- Pain relief
- Answering bedside call buttons
- Giving information about medication

Hilary Scholefield, Chief Nurse at Sheffield Teaching Hospitals NHS Foundation Trust said: "These results clearly reflect the efforts and excellence of our dedicated staff. Most of our patients gave the care they received the highest possible rating placing us in the top 10% of NHS hospital trusts for overall performance across a wide range of issues including quality of care, short waiting times, treating patients with dignity and high standards of cleanliness and infection control."

Luck of the Irish



Mary Gregory, Payroll Officer for the Trust, had the shock of her life when she heard her Yorkshire partner Chris, singing a loud rendition of 'Danny Boy' in a strong Dublin accent.

Chris Gregory, born and bred in Sheffield, surprised nurses at the Royal Hallamshire hospital when he awoke from brain surgery with a distinctive Irish twang.

Chris, aged 30 from Freshville had spent three days on a life-support machine in the High Dependency Unit following emergency surgery after a blood vessel ruptured in his brain.

"I was just so happy that he was getting better and the operation had been a success," said Mary.

"At one point he looked at me and said: "You're da fabbest gal oi know!!" with a

perfect Irish lilt in his voice. It's not as if Chris has any Irish relatives. He has no connection with the country and he's never been there - that's what makes it all so strange."

"It didn't matter to me; it was just great to have him back in one piece after such a traumatic time. His Yorkshire accent returned the following day and he went from strength to strength from then on."

When Chris and Mary got married last November, they decided to donate a quarter of their wedding money to Neurocare, the charity which raises funds for the Neurosciences Department at the Royal Hallamshire Hospital.

"We wanted to give something back to the neurosurgery ward where Chris was treated. The £517 we donated will go towards new technology to help others in situations like Chris," explained Mary. "We also want to

thank the nurses who were fantastic and had a good giggle with me about Chris's day as an Irishman."

Specialists have linked the phenomenon to a condition called Foreign Accent Syndrome - which can affect the control of the lips, tongue and vocal cords in extremely rare neurological cases.



Chris and Mary Gregory on their wedding day

Bowel cancer screening programme saved my life

Christopher Searle, 65, from Totley in Sheffield was diagnosed with early stage bowel cancer after taking part in the NHS Bowel Cancer Screening Programme.

As the cancer was caught in the early stages, Christopher was able to receive treatment at the Northern General Hospital and has now been given the 'all clear'.

Bowel Cancer is the third most common cancer in the UK, and the second leading cause of cancer deaths, with over 16,000 people dying from it each year.

Christopher, a university lecturer, was the first patient to be diagnosed and successfully treated in the South Yorkshire and Bassetlaw region, through the NHS Bowel Cancer Screening Programme which is available to anyone aged 60-69 and registered with a GP.

Christopher said: "You could say the programme saved my



Christopher Searle (back row in the middle) with the Bowel Screening Team

life - I had no symptoms and actually felt quite fit. If I hadn't of taken the test that came through my letter box, I probably wouldn't have been diagnosed until the cancer had progressed and become much more difficult to treat.

"I had the operation 3 weeks after diagnosis and could not be more pleased with the quality of treatment that I received from all the staff that cared for me at Sheffield Teaching Hospitals."

Dr Stuart Riley, programme director and Consultant

Gastroenterologist at the Northern General Hospital said: "Not everyone who has an abnormal screening result has cancer. A number of people who have already taken part in the bowel screening programme were found to have polyps. These are harmless growths in the bowel that have the potential to turn cancerous over time. Polyps can be removed during screening, thus reducing the risk that cancer will develop."

The NHS Bowel Cancer Screening Programme is sending out free home based test kits through the post to everyone aged 60 -69 who is registered with a GP. People over 70 can opt in by calling 0800 707 60 60 to request a kit. People under 60 should visit their GP if they have any concerns. Anyone with symptoms of bowel cancer such as bleeding from your back passage or changes in bowel habit that persists for more than 6 weeks should visit their GP.



Your hired!

Trust takes on 88 local apprentices

Joe Duncan, 17 from Hackenthorpe, is one of 88 local students who are currently earning while learning at the Trust.

The Trust's 'Apprentice in Care Scheme' is one of the first of its kind in the UK and works in partnership with the Sheffield College to provide training for local young people.

60% of the trust's apprentices have either gained employment, entered nurse training, returned to college to access a higher level course or used the programme as a stepping-stone to another career pathway.

Joe started his Health Care Apprenticeship in September last year and is currently working in

the Acute Neuro Medicine Unit at the Royal Hallamshire Hospital where he supports staff who care for patients with conditions such as Parkinson's Disease, Multiple Sclerosis and Motor Neurone Disease.

Joe said: "I chose to do my apprenticeship at the Trust because I have always wanted to work in care. Doing the apprenticeship scheme has increased my knowledge by working with the staff and patients and gaining qualifications also allows me to progress into higher education and a future career in healthcare management."

The trust also offers apprenticeships in Pharmacy, Business, Administration and Estate services.

Barbara helps shapes stroke services

Dr Barbara Rosario Consultant Physician, with an interest in Stroke has joined the Trust. Dr Rosario said. "I am very keen to take part in the development of stroke services within the city and I am really enjoying my new role."



Professor receives 'highest honour' from Royal College of Nursing



Professor Roger Watson has become a Fellow of the Royal College of Nursing - the highest honour the college can bestow.

Professor Watson is an active member of the Trust's Evidence Based Council, a role which involves getting research projects off the ground and supporting new and existing researchers.

Professor Watson said: "Naturally, this is honour for me but it is also a reflection on the people I have worked with over the years and the supportive and vibrant research culture in nursing at the University of Sheffield and Sheffield Teaching Hospitals."

As a result of his work on nutrition and dementia, Professor Watson has been propelled into playing key advisory and developmental roles for the NHS. He has also been involved in numerous government and charity funded projects to investigate a range of nursing workforce issues, including stress, competence, and the contribution of older nurses to the NHS.

Andrew recognised for coeliac research

Dr Andrew Hopper Gastroenterology Specialist Registrar at the Northern General has been recognised for his contribution to improving healthcare by the British Medical Journal. Andrew was nominated to receive the 'research paper of the year' award for his innovative research into coeliac disease.



Dr Hopper has improved clinical practice with findings from his study of 2000 Sheffield patients with suspected coeliac disease. He developed a test as a basis for diagnosing the condition, not only benefiting patients with the condition who will be detected more quickly, but also the many patients who can avoid undergoing a biopsy to rule out the disease.

It is estimated that around 1% of the population have coeliac disease and for every person known to have the condition, there are seven more who have not been diagnosed.



Celebrating International Women's Day

Women from across The Trust have celebrated International Women's Day. Women from a variety of roles, cultures and nationalities came together at the Clock tower to mark the special day.

Joanne Woodward organised the event at the Northern General, she said: "Ninety per cent of staff here at Sheffield Teaching Hospitals are female - so where is a more appropriate place to celebrate the day? Many of us juggle a career, family and other responsibilities and at the Trust - we feel supported."

A voice for all

The Trust is committed to ensuring that there is equality of opportunity throughout the Trust for all our staff, patients, and visitors.

We believe that everyone has the right to be treated fairly regardless of their race, colour, sex, religion/belief, nationality, ethnic origin, disability, marital status, gender identity, sexual orientation, social background and age.

We continue to strive for excellence in areas of equality and diversity, and a new Equal Opportunities in Employment policy has recently been approved by the Trust Board.

We are also pleased to announce that the Trust has recently joined the 'Stonewall' Diversity Champions programme

which aims to promote equality in the workplace. We will be working closely with Stonewall over the next few months.

It is equally important that we provide equal access and care for patients from different backgrounds with differing needs. Much good work is already ongoing in the Trust to ensure that we do this. e.g. for patients with learning disabilities. Equality impact assessments are currently being undertaken in the Trust which will identify areas for further action.

For further information see the new Equality and Human Rights website on the Trust intranet or contact Rhian Bishop, Organisational Development Manager (Equality) on ext 14453 or via email.

Do you or a patient need help to quit smoking?



Stop Smoking Advisor Reem Abbas is on hand to help people kick the habit at the Hallamshire, Weston Park, Charles Clifford and also the Children's hospital.

Reem can offer advice, support and nicotine replacement therapy which have been proven to make you 4 times more likely to succeed than going it alone.

If you would like to speak to Reem, who is based on Hallamshire's B floor in the patient partnership department - please call x13702 or email reem.abbas@sth.nhs.uk

If you would like to refer a patient, please fill in a referral form (available from your ward manager) and contact Reem directly as above.



Meet your new Staff Governors

Vivien, Frank, Mark and Rose are your new representatives on the Governors Council here at the Trust. By making contact with them you have an opportunity to share your views and ideas with the Council about new ideas or improvements the Trust could make for staff, patients or our visitors. For more information on becoming a Staff Governor please contact Jane Pellegrina on ext: 14322 or email jane.pellegrina@sth.nhs.uk



Allied Health Professionals,

Scientists and Technicians
Vivien Stevens,
Lead Clinical Scientist,
Scientific Computing & Medical Informatics, Medical Imaging & Medical Physics Based at the Royal Hallamshire Hospital on 1 Floor

I have worked at the Trust for over 25 years both as a researcher and as a clinical scientist and I am keen to expand my role within and make use of the expertise I have gained during my career. I believe my experience will enable me to represent allied health professionals, scientists and technicians on the Governors' Council and offer a technical and scientific perspective to inform the future strategy of the Trust. I have worked closely with staff groups from many disciplines, developing innovative technical solutions for clinical and administrative applications, for example the training and leave database.



Medical and Dental

Frank Edenborough
Consultant Respiratory Physician and Consultant in Adult Cystic Fibrosis Medicine. Based in the Adult Cystic Fibrosis Centre at the Northern General Hospital

Thank you to all those of you who voted for me as your next medical and dental staff governor. There now begins a steep learning curve for me meeting governors from all areas within and without the Trust as we begin consolidate and expand on the work and experience of previous governors. I look forward to developing an understanding of organisation as a whole and will look to ways of feeding some of this back to colleagues on all Trust sites. One of the challenges will be to find ways to engage with you all and feed your concerns, opinions and ideas back to the Trust so that all who wish to be engaged feel they have their voices heard. I would welcome suggestions and ideas as to how to do this.



Management Administrative and Clerical

Mark Hattersley,
Capital Projects Director Based at North House at the Northern General Hospital.

Sheffield's healthcare needs are changing, the Trust has to be ready for that change and at times lead the change. A Governor's role is strategy based; I think it important that the Trust enrich its vision of the future be engaging with the knowledge and experience of people like me. I am the Capital Projects Director assisting in the delivery of excellent patient care facilities and environments and have 27 years health service experience. Thank you to all those administrative and clerical staff who voted for me. I will do all I can justify your confidence in re-electing me.



Nursing and Midwifery

Rose Bollands
Nurse Director, Head & Neck Group, Based at the Royal Hallamshire Hospital on 1 Floor

I would like to build on the existing role I have as a Staff Governor in representing the nursing and midwifery professions. To act as advocate for the professions but also to support two way communication from shop floor to executive level discussions and negotiations. I have worked within the nursing profession for nearly forty years and have a variety of clinical, leadership and business experience.

Bright sparks scoop innovation awards

The Medipex Innovation Awards proved to be a big night for Sheffield Teaching Hospitals staff who scooped numerous awards. The competition provides a platform to showcase new technology developed by the NHS staff from around the Yorkshire and Humber Region.

their independence and dignity. John Wilson from Medical Engineering was also recognised for his Operating Theatre Fluid Waste Disposal System which enables the disposal of fluids that have been flushed through the body in an operation to be disposed of safely directly to the sewage system rather than having to pay for costly special waste collection and disposal.

The big winners on the night were Tom Darton and his team for their 'blood testing tool for antibiotics' which reduces the time it takes to screen potentially infected blood from 1-2 days to four hours, significantly improving the prescribing of antibiotics and reducing the cost, duration and side effects associated with excessive antibiotic use. The impact of this diagnostic test will be that patients will receive the most effective antibiotic therapy at least 24hrs earlier than by current conventional methods.

Kevin Channer from STH was a runner up in the training and publications category for ecgskills.net, which is an online training resource for training a wide range of medical staff in how to carry out, interpret and report on electrocardiograph (ECG) traces. Kevin developed this with colleagues, Carole Evans and Fiona Coates in collaboration with Medcom Ltd.

Avril McCarthy and the Devices for Dignity team also won an award for their work with local innovator Andy Speechley who has designed the "dignity" mobile bidet dryer commode. The Commode enables disabled and elderly people to clean themselves after using the toilet, improving

Last but not least Speech and Language Therapist Kirsty McDonald was a runner up in the Software and ICT category for developing NOWCOM which is a touch screen device to help patients communicate important decisions and feelings around medical treatments, discharge planning and palliative care.

Congratulations to all!!!



Andy Speechley of Independent Care Products Ltd with Avril McCarthy from D4D and the "Dignity" mobile bidet/dryer commode



John Wilson and his team who invented the Operating Theatre Fluid Waste Disposal System



Kirsty Macdonald innovator of NOWCOM



Tom Darton and his team who pioneered the blood screening test



First 'Blood Type Incompatible' Kidney Transplant in Sheffield

Christopher Ward, 22 from Wombwell is the first person in Sheffield to receive a kidney transplant from a donor with a different blood group. Christopher's mother Diane Ward, 55, has given the ultimate gift to her son after three years of watching his life being restricted by kidney failure and daily dialysis.

Christopher has shown no signs of rejecting the kidney, seven months after the successful transplant at the Northern General Hospital. "I feel as if I have been given another chance at life," said Christopher. "I'm so grateful to my mother and the doctors who took such good care of us both.

"My life has improved so much since the operation; I got engaged to my girlfriend Lindsey on Christmas day last year and I've been able to up my hours at work as I have so much more energy now - before the transplant I would get so tired that I sometimes fell asleep at my desk."

Christopher's blood group is A – whereas his mother, Diane, has the blood group AO. In the past this difference in blood type would have resulted in Christopher's body rejecting the kidney.

Mr Badri Shrestha, Consultant Transplant Surgeon at the Northern General Hospital and who performed the operation said "Normally, a kidney donor has to have the same blood group as the recipient or a blood group that is acceptable," he said.

"Most people have natural antibodies against blood groups other than their own. Kidney transplants into patients with a different blood group have previously resulted in very rapid severe rejection and destruction of the kidney within hours or days by a process known as acute rejection."

Dr William McKane, Clinical Director for Renal Services Trust said: "Careful measurement and monitoring of the patient's antibodies and the use of new medications, combined with techniques to remove antibodies from the patient's blood were important ingredients in our success."

Your invitation.. The Gift of Life

Dispelling the myths around organ donation and transplants
6pm Tuesday 8th September 2009

Everyone is welcome to attend this Member's Event which will take place at 6pm on Tuesday 8th September 2009 at the Royal Hallamshire Hospital. Teas and Coffees will be available from 5pm. For further information or to register your interest, please contact Jane Pellegrina on 0114 271 4322, who will reserve your place and give you details of the lecture venue.

Medical Examiner's Pilot gives reassurance to grieving families

For most families their experience of the process surrounding the death of a family member is satisfactory, at least given the circumstances, but there is a possibility of things going wrong. The Harold Shipman case highlighted the thankfully rare but potentially devastating effects of criminal activity relating to death certification.

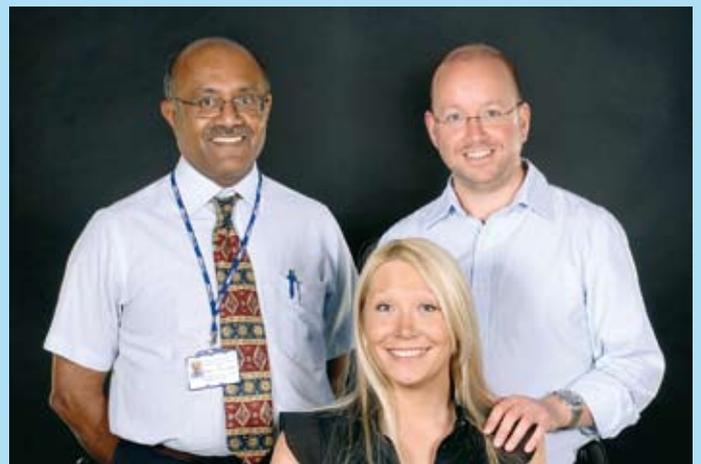
The Shipman inquiry examined the process of death certification and the coroner system, and concluded that existing arrangements for scrutinising the cause of death are confusing and do not provide adequate safeguards. The Department of Health took this forward after wide consultation and are establishing a Medical Examiner system throughout England and Wales. 5 pilots have been established to review the proposed changes with full implementation of the reformed system scheduled for 2011.

In March 2008 Sheffield Teaching Hospitals implemented a Pathfinder pilot for the Medical Examiner system in collaboration with HM Coroner for South Yorkshire (West) and the Department of Health. Over the last year Sheffield Teaching

Hospitals have been developing the proposed process for improving the process of death certification at the Northern General Hospital. The most noticeable change has been the introduction of the Medical Examiners Dr. Alan Fletcher and Dr. David da Costa, now supported by Daisy Shale, Medical Examiner's Officer.

Medical Examiners are Medical Practitioners with at least 5 year's full registration with the General Medical Council and have received specialised training in the role of Medical Examiner. Their role is to scrutinise medical notes and provide advice to medical staff with regards to completion of the MCCD. The Medical Examiners verify the clinical information on the MCCD, and ensure appropriate referrals to the coroner. Since it began, the Medical Examiners have reviewed over 2000 deaths, and work is now underway to extend the pilot to include a selection of deaths in the community.

Further information on the consultation and the pilot can be obtained from the Department of Health's web site www.dh.gov.uk/deathcertification. Daisy is happy to respond to any queries and can be contacted on ext 66370/15354 or at daisy.shale@sth.nhs.uk



Ron Purkiss Explains 'Hospital Only Prescribing'....



Sheffield Teaching Hospitals and NHS Sheffield are changing the way medicines are prescribed for patients attending outpatient clinics.

Medicines prescribed for patients visiting clinics are being classified into those which a hospital specialist has to prescribe, 'Hospital Only Drugs', and those that are better prescribed by the patients own GP.

The reason to do this is that the patients GP is aware of the patient's needs and all concurrent medications the patient may be taking. It is normally convenient for the patient to collect all their prescribed medicines together,

local to where they live. It is also reduces costs for the local NHS as medicines dispensed in hospitals incur VAT whereas those dispensed in a community pharmacy are exempt from VAT.

Medicines that are needed immediately, can only be prescribed in a hospital or require specialist monitoring will still be prescribed and dispensed to the patient from a hospital pharmacy.

It is hoped to improve the patient experience when they visit our hospitals by reducing the amount of time outpatients have to wait for a prescription to be dispensed. The communication of any changes or additions to a patient's current treatment that are not immediately needed will be sent to the patients GP electronically as part of the outpatient letter within 48 hours. A pilot for this scheme is being run with dermatology. It will then be extended to other outpatient clinics across the Trust where appropriate. We will review the scheme once it has been running for several months in a number of clinics to ascertain if the changes have improved patient care and patient's experience of attending our outpatient clinics.



Dean with Nurse Consultant Amanda Jones

Snooker star on road to recovery after stroke

Snooker star, Dean Reynolds recovering well after treatment at the Northern General following a stroke.

The stroke caused Mr Reynolds - the one-time seventh best snooker player in the world, to lose all feeling in his left side including the hand he used to play his beloved sport.

The 46-year-old, dad of one collapsed at his home in Sheffield after watching the Grand National.

"It all started when my hand started to feel numb that morning," explained Mr. Reynolds. "Later on, the sensation got worse and soon I wasn't able to lift myself up. When my landlord found me I was taken to the Northern General Hospital."

Our stroke services have recently been placed among the top stroke services in England for clinical care in a national report published by the Royal College

of Physicians.

Mr. Reynolds said: "My treatment has been excellent and the exercises that I have been working on with the physiotherapist have helped me get some movement back."

"I do hope that in time I will be able to play snooker again, although it may be like starting from scratch if I have to use my right hand rather than my left which has been most affected by the stroke."

Amanda Jones, Stroke Nurse Consultant based at the Hallamshire Hospital said:

'Sheffield continues to provide a high quality service for its patients and carers. We are fortunate to have a highly specialist Multi Disciplinary Team whose skills and dedication really make a difference in patient recovery. We will be working hard over the next 12 months to really make the stroke service world class.'

Much more than prayers

The Chaplaincy team play a key role within our hospitals. They provide a confidential service offering spiritual and pastoral support for patients, visitors and staff of all faiths, and also for those of no formal faith.

The service is headed up by Martin Kerry Chaplaincy Manager who explains:

“Chaplains are not only here for those with a practising religious faith. We’re also here to help people approach the really big questions in life about meaning, hope and belief – questions we all share as human beings, and which come sharply into focus in hospital.

“Coming into hospital, for both patients and visitors can be a daunting and bewildering experience. As well as for religious practice, there are other reasons a patient may benefit from seeing a Chaplain. Many need someone to give them quality listening time as they try to make sense of what is happening and discover meaning in life’s uncertainties. Some may require support with decision making and help working through difficult news.”

Mark Newitt, a chaplain at the Royal Hallamshire, says “As chaplains we often meet with people who have suddenly been brought face to face with ultimate questions about life and meaning. Through listening to the stories

of patients we help them to seek meaning and hope, connect with what really matters in their lives, and mark changes and important moments.”

One of the priorities of the Chaplaincy team is also to help and support staff. This can be provided in a variety of ways.

Keith Lowe, a chaplain at the Northern General Hospital explains:

“I think we recognise that there is often a great personal cost to caring and it’s very rewarding when you know you’ve been able to help and support colleagues. Sometimes it’s just about having a presence within the hospital environment and for staff to know we’re there if needed.

As well as providing a frontline service the Chaplaincy team also help to mark significant hospital events; for example, memorial services for staff or the Carol Service at the Cathedral and the remembrance of the Hillsborough Disaster.

Contacting the Chaplains

You can leave a message on the Chaplaincy Referral Line (27)14999. Or for urgent situations, Chaplaincy provide a 24hour on-call service: bleep via Switchboard

Northern General Hospital

Chapel Vickers Corridor Level E
Sunday Service
at 9.30am
Plus 2nd Sunday of month:
RC Mass at 4.00pm

**Prayer Rooms
(Muslim)** Vickers Corridor Level E

(Muslim) Chesterman Wing
Level D

A (Multi-faith) Robert Hadfield
Wing Level

Royal Hallamshire Hospital

Chapel A Floor
Sunday Service
at 11.00am

**Prayer Rooms
(Muslim)** B Floor corridor to left
of shops

(Multi-faith) A Floor inside Chapel

Weston Park Hospital

Chapel 1st Floor
Christian worship one
Monday per month
at 7.30pm



The Chaplaincy team

Configuring services to achieve the best patient care

Medical Director Mike Richmond gives an update on the clinical configuration proposals being considered

In the 1990's the Trust re-aligned its clinical services in order to achieve optimal patient care and make best use of its resources and facilities. However there was a small part of this process left unfinished and while STH has a good track record in both patient satisfaction and clinical care, we need to protect this by looking at the impact of new drivers for change in the NHS.

Therefore the time is now right to complete the alignment.

In particular new national initiatives to introduce 'gold standards' of care for heart, brain and emergency care are key factors in the desire to finish the reconfiguration of services across the Royal Hallamshire Hospital and the Northern General Hospital.

The proposals under discussion are based on retaining the Royal Hallamshire Hospital and the Northern General Hospital and there is no intention to lose any clinical services currently available to the Sheffield public. Indeed the options under discussion, seek to give the opportunity to develop appropriate services but in the right place and with the right supporting services/facilities for optimal patient care. Clearly no decisions have been made at this point in time but the options being put forward have been based on comprehensive clinical input from the Trust and national healthcare professionals.

Rationale for change

To provide 'optimal patient centred care' taking into account 'best practice', clinical guidance and patient experience. Having determined the structure to deliver optimal patient care we need to ensure it is delivered in the most efficient way.

Drivers for change:

- Darzi Review – introduction of heart attack and stroke 'gold standard' care. We have already done this in Cardiac services with the introduction of Primary Angioplasty.
- Where the safest place is for major surgery
- Reducing the need for patients needing or who have had major surgery to be transported across the city
- European Working Time Directive (from August 2009 doctors can only work a maximum of 48hrs per week) & the problems associated with having 2 hospital

site emergency care.

- Ensuring maximum efficiency from our operating theatres to ensure we can meet the growing demand for healthcare from the population.
- Ensuring the most efficient use of our beds to ensure we achieve 'the right care in the right place by the right specialist.'
- Elective/non-elective balance – ensuring we are set up in such a way that we can cope with high emergency demands without causing detriment to planned operations or care i.e. limiting the possibility of cancelled operations as much as possible.
- Intermediate care and continuing health and social care extra capacity needed urgently.
- Best use of NHS resources – particularly in light of the economic downturn and the fact that in 18 months time there will be little or no growth money for the NHS.

This is not new, it is completing the journey that started in the mid 1990s for the reasons set out above. Reconfiguration of services to provide optimal clinical care has been taking place at STH over a number of years. A Clinical Configuration Board has been established comprising doctors, nurses, other healthcare professionals and managers to explore the feasibility, benefits and impact of the following proposals to complete the final configuration of services:

Surgical proposal Services:

- Breast services and Endocrine surgery could be consolidated at the Royal Hallamshire Hospital
- Emergency, complex inpatient major General Surgical services and gastro-intestinal (GI) surgery could be centred at the Northern General Hospital
- Both hospitals could provide ambulatory General Surgical services (clinics, day surgery, diagnostic investigations) to facilitate better access

Acute Stroke proposals:

- Establishment of a Hyper Acute Stroke Unit with one single entry point (Northern General Hospital) for all patients suffering a stroke. This is in line with the national 'gold standard' care pathway recently published
- Establishment of thrombolysis (the giving of



clot-busting drugs) to those patients whose condition requires them at the hospital closest to where the stroke happens. Made possible by telemedicine/local imaging in those hospitals including, in the case of STH, the Northern General Hospital

- Establishment of a network-wide Consultant rota to provide high quality stroke diagnosis across the region irrespective of where the stroke happens
- Enhanced Rehabilitation focus within STH for stroke patients who have passed the initial acute phase of their stroke



Acute Cardiology:

Gold standard 'Heart Attack Centre' already established at the Northern General Hospital. Primary Percutaneous Coronary Intervention (PPCI) or Primary Angioplasty is now in place for patients from Sheffield and Rotherham and will be in place for Barnsley residents by 1 August 2009. This is recognised as the optimal patient care for certain types of heart attack as the survival rate is proven to be much greater

- Because of the preference for Primary Angioplasty the small number of patients now attending the Royal Hallamshire Hospital with heart attacks will diminish. The safest and optimal survival option is for all heart attack patients to be cared for at the Northern General Hospital. This is in line with national best practice outlined in the 'Mending Hearts and Brains' report and endorsed by the Commissioners of the network of cardiac services provided across South Yorkshire, North Derbyshire and

Bassetlaw . Because some patients admitted to the Royal Hallamshire Hospital will require Cardiologist support the proposal is to still have Consultant Cardiologist cover for the hospital including (for better access reasons) outpatient clinics, diagnostics and, when necessary, high dependency cardiac care.

Acute Medicine:

- Recruit additional Consultant Acute Physicians by November 2009 to work in support of A&E. Their prime responsibility will be to diagnose, stabilise and then refer the patient to the most appropriate specialist. This will improve patient care, speed up the care pathway and help ensure the right patient is treated by the right person in the right place
- The unselected emergency patients attending the Northern General Hospital, (patients who have not got a pre-diagnosis or identified condition prior to attending A&E) will all be seen by the new Acute Physicians and either stabilised and returned home with support or admitted quickly under the care of the most appropriate specialist
- Possibility that all unselected patients have one point of entry (Northern General Hospital by summer 2010)

Intermediate Care:

- Have access to improved intermediate care systems and facilities to enable optimal patient care and timely discharge from hospital. These systems to be supported by increased capacity for long term health and social care services outside hospital to ensure that patients do not have their care plan delayed and consequently stay unnecessarily in hospital. There will be further updates as work progresses but it should be stressed that these are only proposals at this stage and no firm decisions have been taken.



Mortality rates at Sheffield Hospitals are among the lowest in the UK

Mortality rates for Sheffield Teaching Hospitals NHS Foundation Trust are among the lowest in the country according to the official NHS website NHS Choices which has published mortality rates for all UK hospitals

Death is an inevitable consequence of some diseases. Mortality, or death, rates are calculated using the number of deaths at a hospital trust compared with the number of patients who would be expected to die, taking into account age, complexity of illness, deprivation and sex. The baseline for England is set at 100 and a lower figure indicates fewer patients died than expected; a higher one means more patients died. For our Trust, this ratio was 90.8 for 2007/08, which puts our local hospitals in the top 25% of hospitals for low death rates.

Mike Richmond, Medical Director at the Trust, said: "Mortality rates are of particular interest to people at present given the publicity about other Hospitals performance. However, interpreting mortality rates is a complex matter and is one of many indicators

of quality of care provided to patients. We have in addition embarked on a major programme of further improving our standards of safety and quality to ensure that every new system or policy we put in place first improves the quality of care and safety of our patients."

The Patient Safety First initiative aims to change the culture within the NHS; to one that makes the safety of patients the highest priority and makes all avoidable death and harm unacceptable. Similar to the change of culture which has occurred over the last few years around Hospital Acquired Infections. The Patient Safety First Campaign seeks to provide NHS staff with the knowledge and support they need to take simple steps to improve the safety of patients in their care. The Campaign is initially focused on the application of five interventions:

- Leadership for safety - to ensure a leadership culture at Board level, which promotes quality and patient safety and provides an environment where continuous improvement in harm reduction becomes routine throughout the organisation. Beyond the Leadership intervention, there are four

clinical interventions at the heart of this Campaign, chosen because they relate to known major sources of harm in hospitals. The clinical interventions at the heart of the Campaign are:

- Reducing harm from deterioration for example to reduce in-hospital cardiac arrest and mortality rate through earlier recognition and treatment of the deteriorating patient
- Reducing harm in critical care. For example improving the care of patients receiving critical care through the reliable application of care bundles
- Reducing harm in perioperative care, (this includes prevention of surgical site infection and World Health Organisation's Safe Surgery Checklist)
- Reducing harm from high-risk medicines (this includes anticoagulants, injectable sedatives, opiates, and insulin)

For more information about the Patient Safety First initiative please contact: Des Breen, Associate Medical Director on ext: 12494.



Club of the Year supports Cystic Fibrosis Centre Appeal

The University of Sheffield Sabres American Football Team is supporting the new Fundraising Appeal by Sheffield Hospitals Charitable Trust to help build a new Cystic Fibrosis Unit at the Northern General Hospital.

Simon Dwyer the team Coach has a 1 year old son Clayton who has Cystic Fibrosis and this prompted Simon to divide the £2134 the club raised between the Sheffield Cystic Fibrosis Appeal and the Paediatric Cystic Fibrosis' Unit in Leeds.



Conner swims to help sister Lauren.

Conner Doherty, aged 10 years, was so keen to help raise funds for the spinal unit treating his sister Lauren, he vowed to swim 80 lengths of his local baths, and then did another 3 lengths for fun. Conner's challenge raised £1,532.80 for the Sheffield Hospitals Charitable Trust fund for the Princess Royal Spinal Injury Unit at Northern General Hospital. Lauren 20 years, the victim of a motoring accident, has been attending the Spinal Injuries Unit for 8 months, after being hit by a delivery van while

she was on her way home after a night out. Like Superman actor, Christopher Reeve following his horse riding accident, Lauren is tetraplegic, but following 3 operations on her heart, leg and to reset a bone in her neck, she can now come off her ventilator for up to 9 hours at a time and hopes to eventually manage without it. Lauren's father, Vincent Doherty paid tribute to the staff: "I cannot speak highly enough of the staff and the care Lauren has received".



Back: Dr K M Mathew Associate Specialist in Spinal Injuries, left to right Sister Jill Carter, and Staff Nurses, Stacey Holmes, Angela Teece, and Linda Drabble. Front Lauren Doherty and Conner Doherty.

Westfield lends a helping hand to mums-to-be

Westfield Health has generously donated £35,303 to help purchase a 'Sonosite M Turbo Machine' – an innovative, portable ultrasound machine, for use by anaesthetic and obstetric medical staff. Designed to increase patient safety, the new ultrasound machine can carry out multiple procedures such as guiding the insertion of drips into neck veins, guiding the insertion of epidurals and detailed foetal measurement scans.

Printing money for P3

Local print company Northend have given an unusual donation - a £5,500 note! Staff at the company used their design and print skills to produce the giant note, as a novel alternative to the normal presentation cheque.

Over the past year the company have organised a number of events including a rubber duck race and a custard pie fight, to raise money for the Sheffield Leukaemia and Blood Disorders Appeal. Handing over the £5,500 note, Northend's Production Manager, Roger Oldfield said:

"As a Sheffield company, we are delighted to support such a worthwhile local cause. It has been a great team effort to raise the funds."



Charity honour as 'Prof' starts race with a bang

Professor Barry Hancock was given the honour of starting Weston Park Cancer Charities 3k fun run at the 2009 Run in the Park, part of the charity's special Men's Cancer Campaign.

He added: "In addition to providing specialist treatment and care, Weston Park hospital is already at the forefront of cancer research in the UK and the work we are doing now will further enhance our reputation as a leading cancer research centre. This event was a fantastic way of not only raising vital funds for the charity, but also increasing awareness for male cancer.

For details of the charity and for further fundraising opportunities visit <http://www.wphcancercharity.org.uk>.



Red Nose Day at Sheffield Teaching Hospitals

Well done to the Hallamshire Hospitals Catering Department who have raised £100 for comic relief. The staff raised the cash by holding a 'non-uniform day' with staff paying to come to work in fancy dress or paying double for coming in normal clothes! Fabulous 'Jelly welly' deserts also proved to be a big success, with the Trust making a donation for every sale.



Professor Hancock with colleagues from the hospital and charity

Epilepsy charity pledges fund for nurse training in Sheffield

The Sheffield and District branch of national charity, Epilepsy Action, has committed £1,500 to epilepsy training for nurses in Sheffield. The training will earn nurses a professional diploma in epilepsy care and helps to further their skills and understanding of people living with epilepsy.

Carina Mack, clinical manager said: "We're really pleased that Epilepsy Action's Sheffield and

District branch is raising funds for nurse training. The Trust has a long history of delivering epilepsy services and was the first hospital in the UK to appoint an epilepsy specialist nurse in 1990. I remember it well as I was that nurse."

"Since then the department has grown significantly and high quality epilepsy services have remained at the forefront of the neurology department's work at our hospital."



Gift from the heart

Sheffield Master Cutler Martin Howell joined patients, staff and young fundraisers from St. Bernard's Catholic High School to officially open a newly refurbished day room at Weston Park Hospital.

The day room was only made possible thanks to a generous donation of over £12k. which the pupils had raised after their teacher, Brian Storey, lost his wife Barbara to breast cancer in 2005.

"Barbara and my family received nothing but excellent care from the staff at Weston

Park's Ward 4," said Mr Storey. "It's great to give something back to the hospital while improving it for other patients and relatives."

The pupils aged from 11-16, raised the cash in a variety of ways including designing and selling Christmas cards and having school discos and non-school uniform days.

During the official opening, the children surprised Sister Margaret Shutt with a further donation of £2,000 for Ward 4. The money will go towards transforming a hospital bathroom into a modern wet room.



Helen (second right) receives a cheque for Weston Park from grateful patient Dwyne.

Helen is a Real Life Angel

A brain tumour can affect anyone old or young. It not only has an impact on the life of the patient, a brain tumour can affect the lives of everyone around them.

Since Helen Lee started her role as Macmillan Clinical Specialist Nurse in 2003, she has made a huge difference to the lives of many patients and their families.

Helen is part of the Neurological Oncology team and as well as treating patients from across South Yorkshire, North Derbyshire and Lincoln, people have been known to travel from as far as India to be treated at the specialist unit in the Royal Hallamshire Hospital.

Helen's role involves accompanying the patient through their journey from initial diagnosis and beyond, offering psychological support and answering questions along the way. Helen not only gives information and education to the patient and their family, she also educates health professionals and has spoken at conferences both nationally and internationally.

"When a brain tumour is diagnosed it is like a rock being thrown into a pool. The ripples spread far and wide," Helen explains. "It isn't just the patient that feels the impact, everyone around them is affected - particularly the patient's main carer which can be a partner, a parent, a son, daughter or sibling."

In October, Helen worked alongside Karen Holmes, Manager of the Cancer Support Centre to successfully launch the Brain Tumour Support Group which runs fortnightly to support brain tumour patients and their carers.

"It has been a great success," said Helen. "The group discusses everything that impacts on their everyday lives. We offer advice on maintaining a positive lifestyle, as a tumour can restrict many aspects such as driving, working and relationships. The sessions are varied - one week a guest speaker could be offering financial or occupational advice and another week we may have physiotherapy or complimentary therapies."

Dwyne Percival, a Stagecoach Yorkshire bus driver from Parson Cross can't drive a bus for at least another ten years because of epilepsy brought on by the tumour, said: "The Brain Tumour Support Group and my wife Claire have been so supportive and I just couldn't have coped without them. "Weston Park hospital and the Brain Tumour support group are very special."

Fancy a quick read

The Quick Reads Campaign encourages anyone and everyone to read bite-sized books by bestselling writers to encourage people who have lost the reading habit or who simply want a short, fast read. Trust employees can now borrow the latest selection of books at North House, Learning & Development Department, Open Learning Centre.

Other training offered to staff include computer courses, various e-learning courses and English and maths. Visit the intranet and click on Education and Development or Training & Organisational Development or pick up the Training Directory to discover more about what's on offer.



Thanks to everyone that visited stalls during Adult Learners Week and the staff that helped out.

Centralised Recruitment

The Trust is working in partnership with the Jobcentre Plus to ensure that all generic AFC 2 Admin and Clerical roles are recruited to centrally, via a two-stage skills based assessment centre and interview process.

The initial assessment process took place in May. Fifty three candidates attended this and 32 have either met or exceeded our criteria. These people are now being actively matched by the HR Resourcing Department to the 25 approved vacancies that we currently have across the Trust.

The initial centralised, two stage procedure has shown that we can speed up the recruitment process for both the Trust and the applicant and also save managers

valuable time, previously spent in the recruitment and selection process of this high volume, often high turnover, key group of staff.

The process is designed to take a holistic approach by testing skills including communication, team working and prioritisation together with numeracy and literacy screening and general IT ability.

All AFC 2 generic A&C roles should now be filled from a pool of applicants who will have successfully completed the assessment process. Allocation will be based on applicant preferences, specific experience and the pre-employment clearance process.

It is anticipated that these assessment events will take place on a quarterly basis with the next dates planned for early August.



School students display art work at hospital gallery

Creative students from Tapton School displayed their unique artwork at an exclusive exhibition in the Clock Tower gallery at the Northern General hospital.

The exhibition showcased a variety of work including mixed media compositions, textiles, screen prints, 3D masks and photography.

Kerry Blackett, Arts Coordinator at Sheffield Teaching hospitals said "It has been an absolute pleasure working with Tapton School on this exhibition and I hope the students will have found this to be a rewarding experience, they should be extremely proud of the artwork they have produced."

The exhibition was kindly supported by Sheffield Hospitals Charitable Trust.

The Arts in Health team are constantly scouting for local talent to bring into the hospital from music, drama, dance and arts; if you would like to be involved in this innovative and worthwhile scheme please contact Kerry Blackett, Tel: 0114 2714949.



Living With Dementia – Creative Workshop

Arts in health joined forces with the University of Sheffield recently and helped support their Dementia Creative Arts Exhibition at the School of Nursing and Midwifery. The arts in health team held a one-day creative workshop which proved to be a huge success. The purpose of the event was to showcase work by people living with dementia, exploring the importance of relationships to good dementia care.

David Reid, Lecturer, School of Nursing & Midwifery, Sheffield University said; 'The objective of the Exhibition is to encourage a heightened understanding of what it means to walk in the footsteps of all people living with dementia. To view images of the exhibition go to <http://dcae2009.blogspot.com/>

'Give Art A Go'

Saturday 15th August, Millennium Gallery
FREE ENTRY

Arts in Health are hosting an exciting fundraising event for Sheffield Hospitals Charitable Trust at the Millennium Gallery on Saturday 15th August, not only to raise much needed funds but to promote Arts in Health and show people exactly what we're up to in the Trust.

Artwork Sale – Artwork has featured throughout the Hospitals for many years and a fantastic anthology of interesting pieces have been collected from generous donations and commissions. We now have a wonderful variety from local talent and unknown artists, to better known pieces by artists such as Jo Scarborough. Artwork will be available to browse and purchase at a very reasonable price. All money raised will go to the Sheffield Hospital Charitable Trust.

Art workshops will also be held throughout the day to give everyone a chance to get stuck in and **Give Art A Go!** With Art, Music and Dance performances, a Raffle and more, this really will be a fun packed event for all the family.

Music

Patients on Osborn 4 were treated to a fantastic music performance by talented STH porters Kevin Staniland and Dave Hanstock. Dave and Kevin kindly gave time during their lunch to play an acoustic set of well known songs to bring a vibrant and exciting atmosphere to lunch time routine.

Toni Hayward, Staff Nurse on Osborn 4 said; 'Patients and staff all enjoyed the music which brought a wonderful atmosphere to the ward; we'd love to see Kevin and Dave again soon and can't thank them enough!

For further information about the Arts in Health project or to get involved please contact Kerry Blackett. Tel: 0114 2714949 Email: Kerry.Blackett@sth.nhs.uk

Mayor visits Spinal Injuries

Sheffield Mayor Councillor Jane Bird took time out of her busy schedule recently to meet staff and patients at the Princess Royal Spinal Injuries Centre.

The Mayor was joined by retired premiership football referee Uriah Rennie.

Clinical Director, Mr Martin McClelland said "It was a pleasure to have the Mayor and Uriah visit our Centre and see the excellent work our staff do. Our unit is one of 11 specialist centres within the UK treating patients with spinal injuries." Councillor Bird added: "I was really impressed with the Centre and the facilities it houses for patients. It is clear that the staff here do a great job."



Nurses commemorate Florence Nightingale

A group of our nurses joined over 2000 health care and military professionals from across the country at Westminster Abbey to celebrate the life of Florence Nightingale. The yearly service commemorates Ms Nightingale's exceptional work in military hospitals and recognises her many accomplishments and innovative theories.

Lead Nurse Sue Inglis said: "It's important to remember some of the lessons that came from Florence Nightingale's work." "in particular, her revolutionary battle against infection and her determination to help others - which is something everyone can admire. Learning from others is an important element of the service. A lamp, which symbolises Florence Nightingale, is carried from the nurse's chapel in the abbey by a senior member of nursing. It is then passed from one nurse to the other, symbolising the passing of knowledge."

At the Theatre...



Dinnerladies Live on Stage, Lyceum Theatre, Tuesday 13 – Saturday 17 Oct 2009

Take one huge hit sitcom from BBC TV, place on a stage in a world premiere national tour starring Andrew Dunn (Tony) and Shobna Gulati (Anita) from the cast of the TV series. Blend in Victoria Wood's writing, undoubtedly some of the funniest television, and whip into a play, based on the second TV series, following the reluctant love story of Bren and Tony, egged on by Dolly, Jean, Twinkle and Anita. Mix in caretaker Stan's words of wisdom and coats with regular appearances by Phillippa from Human Resources and Petula, Bren's dreadful mother and you have a recipe for madness, mirth and twelve rounds of toast!
Tickets £12.50 - £23.50



We're Going on a Bear Hunt, Lyceum Theatre, Wednesday the 9th – Sunday the 12th Sep 2009

We're going to the theatre

We're going to see A Bear Hunt

What a beautiful play!

We're not scared...

Michael Rosen's ever popular Smarties Book Prize winner We're going on a Bear Hunt is brought vividly and noisily to life on stage in director Sally Cookson's loving adaptation and Benji Bower's versatile lively score.

Look out for the gigantic swishy swashy grass, the splashy splashy river and the thick oozy, squelchy mud-fight. What a surprise awaits you in the cave on the other side of the dark forest!
Tickets £10.00 - £12.00

Sing-a-Long-a Hairspray, Lyceum Theatre, Thursday 3rd September 2009, 7.30pm

It's Baltimore and it's 1962 - what better time and place for big-hearted Tracy Turnblad to indulge her passion for dancing? A screening of the film (now a smash-hit stage show in the West End) with subtitles so everyone can join in, Sing-a-Long-a Hairspray is a wild, noisy, fun filled experience. Dance in the aisles, boo Velma and be amazed at John Travolta's fat suit. This is the show where no amount of hair products will stop you letting your hair down and there are no rules.

Tickets £12.00 - £15.00

Rain Man, Lyceum Theatre, Monday 7th September - Saturday 12th September 2009

Following the death of his father, Charlie Babbitt finds out that 'his' inheritance has been bequeathed to an unknown beneficiary. Hot on the trail of the cash, Charlie embarks on a life-changing journey as he discovers the meaning of unconditional love through Raymond, an older brother he never knew he had. Neil Morrissey (Men Behaving Badly, Waterloo Road) and Oliver Chris (Green Wing, The Office) star in this funny, touching and heart-warming story, adapted for stage from the 1988 Oscar-winning movie which famously paired Dustin Hoffman with Tom Cruise.
Tickets £14.50 - £18.50

High School Musical 2 Live on Stage, Lyceum Theatre, Monday 14th September to Saturday 19th September 2009

From the producers who brought you the smash-hit production High School Musical Live on Stage! High School Musical 2 is coming to Sheffield this September! School's out and the East High Wildcats are diving into the enchanted world of Lava Springs Country Club. Sharpay vows to win Troy's heart this summer but will she be able to come between the basketball star and his true love, Gabriella? Can Ryan find a new clique - on the baseball field?! And will the gang come together for the Midsummer Night's Talent Show?
Tickets from £20.50 - £30.50

Days out for the whole family...

Sheffield Fayre, Norfolk Heritage Park 30th & 31st August 2009, 10:30am - 5:30pm

As the biggest outdoor family show in South Yorkshire, with over 25,000 visitors each year, the Sheffield Fayre has something for everyone including: a horticulture show, a Living History Re-enactment, an entertainment arena, children's fair rides, a communities tent, a craft market and food and refreshment stalls and lots more.

Entry is Free...

Art in the Gardens, Sheffield Botanical Gardens 5th & 6th September 2009 10:30am - 5:30pm

In its sixth year Art in the gardens is proving to be one of the largest outdoor art exhibitions in the North of England. It is a fantastic opportunity for all to buy excellent art at affordable and reduced prices. Attractions include a botanical art and photography marquee, performances arts, children's art marquee, celebrity portrait competition, food and refreshments stalls
Entry fee is £5

In Concert...

Cliff Richard and the Shadows, Sheffield Arena 14th & 15th October, 2009 7.30pm

Cliff Richard and the Shadows are reuniting for the final time, 20 years after they last performed together. They dominated the British popular music scene in the late 50's and early 60's, enjoying solo and joint success, achieving between them no less than 19 number one hits.
Tickets cost £60 & £65

Jane Macdonald, City Hall 18th September, 2009 at 7:30 pm

Brian Shaw presents a magical evening of music and laughter, starring Britain's best loved diva, international recording artiste and television star the incomparable Jane McDonald. An amazing event featuring many of the best loved songs from Jane's fabulous repertoire. Tickets are priced at £27.50





Barnsley lad is fit and well after 9th Operation

17 year old Alister Sephton from Gawber was born with the most severe form of cleft lip and palate (bilateral). At only seven days old he had his first operation to repair the large gap above his upper lip and the deep splits extending into his nostrils. Like many babies born with a cleft lip, Alister also had a large gap in the roof of this mouth known as a cleft palate. This occurs when the left and right sides of the roof of the mouth do not fuse together in the womb.

Alister, who is training to be a chef at Barnsley College said: "The surgery I had on my nose should hopefully be the last operation I need. I'm really pleased with the results of all my treatment and I'm grateful for the support I have received from my family, friends and staff at the hospital."

Mr Eric Freedlander, Consultant Plastic Surgeon at the Northern General Hospital and who performs all cleft palate and lip repairs in the North Trent region said: "A cleft lip is often easy to correct with surgery. The procedure leaves only a small amount of scarring. It can be more difficult to treat a cleft palate because it can cause a range of problems with speech, feeding, dental health and hearing. This is where the team works together to give the best possible treatment and care to individuals like Alister which continues until they are young adults."

The cause of clefts is unknown, however most researchers believe they are caused by a combination of environmental and genetic factors.

Today, most babies with cleft lip and palate are diagnosed at the mothers 20 week antenatal scan. This early

diagnosis allows support to be given to the parents to prepare for any special requirements that the baby may have, such as feeding.

Alister's mother, Ann Marie, 47, who was an active member of the local Cleft Lip and Palate Association (CLAPA) said: "New parents of babies with Clefts should know that there is light at the end of the tunnel and things will improve over time."

The combined skills of surgeons, dentists, orthodontists, speech therapists, paediatricians, specialist nurses and audiologists at Sheffield Teaching Hospitals have helped improve Alister's quality of life considerably. He can now hear and speak perfectly well and the surgery and dentistry has been so successful, you have to look very closely to be able to tell that Alister ever had a cleft lip and palate."

New technology helps patients air their views

Patients will now be able to give immediate feedback about the care they receive at a touch of a button.

The Trust has trained a team of 50 volunteers to use hand-held digital devices – much like PDAs – to collect the thoughts of patients about their care.

This information is then analysed and reported back, providing patient feedback at both ward and Trust level.

Volunteers have been chosen as they are independent of the patient's care and treatment, which has been found to be the best way of receiving open and honest feedback.

Sue Butler, Head of Patient Partnership said: "Anything which helps us fully understand the experiences our patients have when we care for them is great.

The new devices will help us keep more frequent and up-to-date information from patients and their families, as part of our strategy for engaging people in how we make continuous improvements. It is the flexibility of this service that really excites us, because we can tailor the questions to examine a particular point in time and see how well new schemes are doing,"

Ben Lambden, who was one of the first volunteers trained to use the new devices, said he was enjoying taking part in the scheme.

He said: "As a volunteer I have the time to sit and chat with the patients. They really seem to enjoy the idea that they are helping to give feedback so the hospital can continue to improve the care they give. They know it will benefit them and their families in the long run."

William Haslam, a patient at the Royal Hallamshire hospital, also had praise for the new scheme.

He said: "I think this scheme is essential, its good to know that the hospital want to find out what patients want, and if there are any criticisms they can be taken on board, I have been well cared for at the Hallamshire Hospital and I was glad to be given the opportunity to feed this back."



Clean sweep

The standard of food and cleanliness in our hospitals has been rated highly according to new figures announced by the National Patient Safety Agency. The latest inspection by the Patient Environment Action Team (PEAT), has seen Sheffield Teaching Hospitals rewarded with a 'good' rating for all key areas which include Food and Privacy & Dignity. Everyone's efforts to ensure that our hospitals are kept clean and tidy were rewarded with another 'good' rating for Environment. PEATs were established in 2000 to assess NHS hospitals. Under the programme, every inpatient NHS healthcare facility in England with more than ten beds is assessed annually and given a rating of excellent, good, acceptable, poor or unacceptable. The teams consist of NHS staff, including nurses, matrons, doctors, catering and domestic service managers, executive and non-executive directors, dieticians and estates directors. They also include patients, patient representatives and members of the public. Standards of cleanliness and food are inspected.

Belly dancing for health!

Librarian Anna Middleton helps run a 'one stop advice and information shop' for women at the Jessop Wing.

The Women's Health Information Bureau (WHIB) provides up-to-date information for patients, medical staff and members of the public as well as running interesting free workshops on everything from belly dancing for health to Active Birth Yoga.

Anna explains:

"As well as providing information, we also organise events and workshops which focus on all health-related subjects, whether concerning childbirth, exercise, alternative therapies, health issues and treatments. Part of my role is also helping to encourage mums to educate their babies with the help of Bookstart packs by visiting them on wards and promoting the scheme. So if you know people who need health information, please be sure to let them know that I'm here to help!"

Upcoming events:

21st August 3pm – 4.30pm Belly Dancing for Health with Nisha Lall

11th September 2pm – 4pm Your Body Your Experiences A writing workshop with Sue Shaw

23rd October 2009 2.30 – 4.30pm Active Birth Yoga and relaxation session with Olivia Lester

All workshops are free of charge and are held in the Parentcraft room which is situated in the Antenatal Clinic at the Jessop Wing.

If you have any queries or if you would like to book onto the course, please call Anna Middleton on ext. 68406.

It's all in the posture

Keeping you safe at work is a priority for the Trust and various policies are in place to give guidance on key issues. One such area is the use of display screens and workstations.

The updated Display Screen Equipment Policy can be found on the Trust's intranet and Display Screen Equipment assessor training is carried out through the Moving and Handling Key Trainer programme.

Additional awareness sessions have been arranged for new Display Screen Equipment assessors to ensure they are familiar with the new policy and correct Display Screen Equipment set up.

To book on this training please contact Susan McChrystal (Mandatory Training Administration Co-ordinator) x 66829.

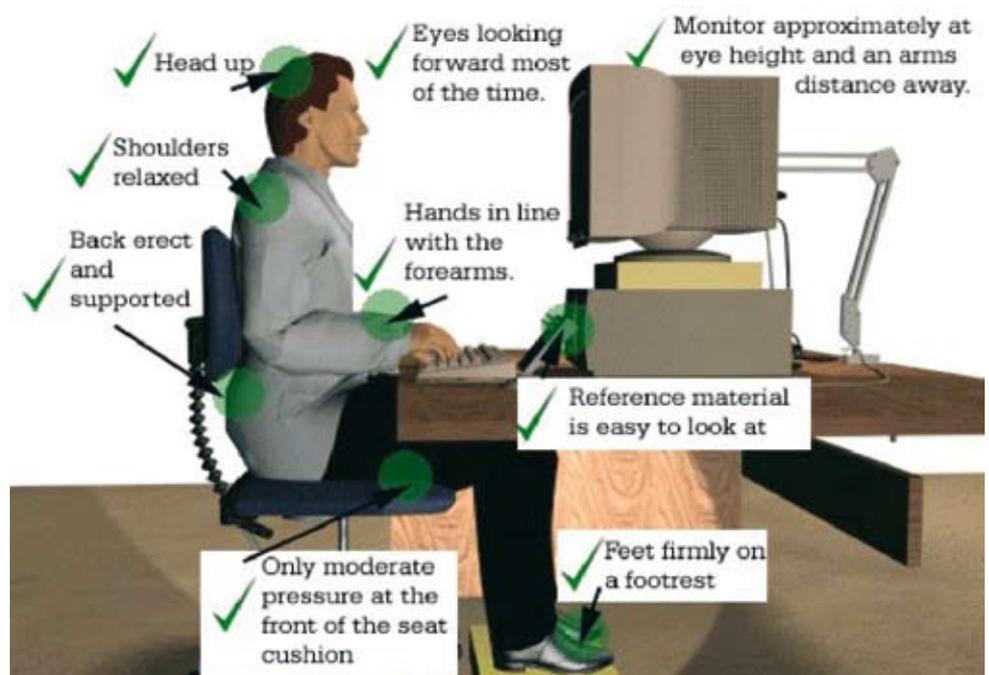
For further information on the revised Policy, please contact Sue Harrington (Moving and Handling Co-ordinator) x 66844, or Alison Redfern (Occupational Safety Manager) x 69110.

Top Ten Tips for Computer Use

1. First, adjust your chair height so that when you put your fingers on the middle row of the keyboard forearms and hands are horizontal, with your elbows vertically under your shoulders and no angle at the wrist.
2. Move your chair so that when typing your

elbows are vertically under your shoulders. If you cannot get close to the desk because the chair armrests hit the edge of the desk, either change the chair or remove them the armrests.

3. If the undersides of your thighs are now compressed, you need a footrest.
4. Adjust the backrest height so that it supports the lower back.
5. Adjust the height of the monitor so that you are looking horizontally, not down at it.
6. Check the distance of the monitor. For most people to view the screen comfortably it should be about 55 - 65 cm away.
7. Check the side-to-side position of the monitor - it should be directly in front of you.
8. Position and use the mouse as close to you as you can. Aim to have your elbow vertically under your shoulder, and right by your side.
9. Organise your work to incorporate frequent changes in the work activity undertaken, including activities away from the desk.
10. If you are experiencing any discomfort during your sessions at the workstation stop and seek advice from your supervisor or manager.



From 'Guide to Setting up Your Workstation'



What are 'Expert Patients'

Sue Andrew, aged 59 from Penistone, joined the Expert Patient Programme after being diagnosed with Parkinsons Disease 18 months ago. Clare Keeley, Specialist Nurse at the Royal Hallamshire Hospital's neurosciences department, recommended the programme to her.

"I really enjoyed the course," said Sue. "It is difficult to come to terms with the diagnosis of a chronic illness. The group taught me ways to help cope with pain, improve my health and self manage my illness. It was nice to speak to others in similar situations and we have all kept in touch which is lovely."

The Expert Patient Programme, a Government initiative is designed for anyone who lives with a long-term health condition. It is a training programme that is geared to help people with long term conditions develop new skills to help them manage on a day to day basis and improve their quality of life.

The course is run by volunteers who themselves live with a chronic long-term conditions and they have been specially trained. Each session lasts 2 ½ hours over a period of 6 weeks the course topics include: relaxation techniques, dealing with difficult emotions, depression, dealing with pain and fatigue, working in conjunction with your health care team and medication usage, Although the emphasis is on living day to day, rather than the medical management of the condition.

Research has shown that people who have attended the course, felt that they are more able to manage their condition and thought that their quality of life had improved. Some people have gone on to become volunteer tutors themselves.

What can you do to help?

We can all help by talking to patients about the Expert Patients Programme.

It doesn't matter what department you work in, at some point we all come into contact with someone with a long-term condition. By making more people aware of the programme we are giving them the opportunity to take charge of their lives and adapt to their condition in a positive way.

What else is available?

As well as the NHS Sheffield generic course, are also wable to offer a Supporting Parents Programme, plus a programme for Carers - a course delivered by and for adult carers. The team are also working closely with the Pakistani Muslim Centre to produce more courses for the Ethnic communities.

For more information:

Jane Fenelon or Helen Mulholland can be contacted on 0114 305 1123 or 0114 3051122

Helen.mulholland@sheffieldpct.nhs.uk
Jane.fenelon @sheffieldpct.nhs.uk



Soloman and Marios given National Patients' Award

Professor Solomon Tesfaye (Diabetologist) and Dr Marios Hadjivassiliou (Neurologist) have been awarded the 'Dawn Inl Memorial Chalice' to acknowledge their contributions towards helping patients with painful neuropathy.

Soloman and Marios, both based at the Royal Hallamshire Hospital, have supported the Neuropathy Trust for over a decade as part of the advisory council. Over 4.7 million people are affected by peripheral neuropathy in the UK alone. It can be triggered by many conditions including diabetes, vitamin deficiencies and gluten sensitivity.

Dr Marios Hadjivassiliou said: "I am delighted to have received this award. Peripheral neuropathy results from damage to nerve endings and can cause intense pain, usually in the feet and legs. It can also cause weakness and loss of sensation and the end result is a major loss in quality of life of affected patients - so to be acknowledged for making a difference to these patients is a great honour."

- | | |
|---------------------|----------------------------|
| 1. Rope | 1. Mosquitoes |
| 2. Milan | 2. 8.46 miles |
| 3. Madame Tussauds | 3. Warsaw |
| 4. The High Numbers | 4. Hawaii |
| 5. Little Boy | 5. Chinese, English, Hindi |
| 6. Budapest | 6. Blue |
| 7. Michigan | 7. Portugal |
| 8. Earthquakes | 8. 6 |
| 9. Rhode Island | 9. 1958 |
| 10. Reebok | 10. The Dandy |
- The Harder Stuff** **Nice n Easy**

Quiztime Answers

Link



NHS Fraud

What's your reaction?

In the waiting room of your local GP surgery, you see someone surreptitiously taking a purse from another patient's bag. How would you respond?

Whether or not you would react outwardly, you would inevitably do so on an intellectual and emotional level. Whatever conclusions you would draw about the motives and responsibilities of those involved, such an incident would prompt broader consideration around areas such as crime and justice. Most of us would feel, unequivocally, that the stolen money should be returned to its rightful owner. We might also think that there should be some negative outcome for the thief.

Longer term, we might want to consider what we could do to reduce the chance of falling victim to a similar incident ourselves. It's pretty clear-cut when the crime is visible, as in this case of theft. Certain types of fraud, however, can often (perversely, given their high media profile) be less conspicuous and, in some spheres it seems, less condemned. Not so in the NHS, where fraud has met its match.

The work of Local Counter Fraud Specialists and NHS Counter Fraud staff has already saved the NHS tens of millions of pounds and led to many fraudsters being prosecuted but still we need the help and support of every honest person who works in and uses the NHS. The message is simple: Fraud is a drain on valuable NHS resources and will not be tolerated. By knowing how to recognise and report any fraud that does occur, we can all help to ensure that the public funds of the NHS are spent on patient care.

Those who steal from the NHS through fraud may be patients who avoid paying prescription charges by falsely claiming exemption from fees, staff claiming pay for shifts they did not work, or contractors falsifying records of NHS work. The result for the honest patient in the waiting room, however, will be much the same.

To find out more visit the dedicated website at: www.nhscounterfraud.nhs.uk



Meet Your Local Counter Fraud specialist...

Jon Goodison
0114 271 1456
07789 770353
jon.goodison@nhs.net

You can report suspicions direct to Jon or contact rdash.fraud@nhs.net or go online www.syndas.nhs.uk/fraudintranet

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Quiztime

Nice n Easy

1. What transmits the disease malaria?
2. How many miles high is the Mount Everest?
3. What is the Capital City of Poland?
4. In which American state is pearl harbour where a famous military attack took place in 1941?
5. Which are the World's 3 most spoken languages?
6. At the start of a game of snooker, what colour ball is placed in the centre of the table?
7. Of which country is Goa a former Colony?
8. How many stars are there on the flag of Australia?
9. In which year were 8 members of the Manchester United Football Team killed in an Air Disaster?
10. In which comic would you find the character Desperate Dan?

The Harder Stuff

1. What was Alfred Hitchcock's first colour film?
2. The Olona River runs through which famous European City?
3. Where in the World could you see James Bond, King Henry V111 and The Beatles all in 1 hour.
4. What was the early name of the popular group "The Who"?
5. What was the codename of the Atomic Bomb dropped by the U.S. Army Air Force on Hiroshima in 1945?
6. Which European City is nicknamed the pearl of the Danube?
7. General Motors were founded in 1908 in which American State?
8. The Mercalli intensity scale is used to measure the intensity of what?
9. Which is the smallest of the 50 States in the US?
10. Which sports clothing company is named after a type of antelope?

For your diary

August

- 01 - 07 World Breastfeeding Week
- 24 - 30 Gut Week

September

- 06 - 12 Migraine Awareness Week
- 07 - 13 Fibromyalgia Awareness Week
- 07 - 13 Know Your Numbers! (National Blood Pressure Testing Awareness Week)
- 12 - 19 National Eczema Week
- 14 - 20 Lymphatic Cancer Awareness Week
- 14 - 20 Sexual Health Week
- 15 World Lymphoma Day
- 20 - 26 Pituitary Awareness Week
- 21 World Alzheimer's Day
- 25 International Ataxia Awareness Day
- 27 World Heart Day
- 28 World Rabies Day
- 29 STH AGM



Out of the fryingpan

Honey and Chocolate Soufflé with Hot Chocolate Sauce

A Soufflé is a light, fluffy, baked dish made with egg yolks and beaten egg whites combined with various other ingredients and served as a savoury main dish or sweetened as a dessert.

Every soufflé is made from 2 basic components:

A French Crème patisserie base/flavoured cream sauce or purée
Egg whites beaten to a soft peak meringue.

A perfect soufflé should emerge from the oven puffed up like a pillow with a golden crown and soft, yielding middle.

Soufflés are well known and have the tendency to fall quickly and even a poke or sound can easily make it plummet so be careful.

Ingredients

	½ lemon, juice only
For the soufflé	50g/2oz dark chocolate melted and left to cool slightly
Butter, for greasing	3 free-range egg whites
2 free-range egg yolks	For the hot chocolate sauce
2 tbsp caster sugar, plus extra for sprinkling	50g/2oz dark chocolate
1 tbsp honey	50ml/2fl oz double cream
	Icing sugar, to dust

Method

1. Preheat the oven to 220C/425F/Gas 7 and place a baking sheet into the oven. Butter a small ovenproof dish and dust with caster sugar.
2. Place the egg yolks, sugar, honey and lemon juice into a large bowl and whisk together until pale and frothy. Fold in the melted chocolate.
3. Place the egg whites into a large clean bowl and whisk until stiff peaks form when the whisk is removed.
4. Carefully fold the whisked egg whites into the chocolate mixture, then spoon into the prepared dish until the dish is three quarters full.
5. Place the dish onto the preheated baking sheet, transfer to the oven and bake for 8-10 minutes, or until well risen.
6. Meanwhile, for the hot chocolate sauce, place the chocolate and cream into a heatproof bowl set over a pan of barely simmering water and heat, stirring frequently, until melted and combined to make a smooth sauce.
7. To serve, dust the soufflé with icing sugar and pour over the hot chocolate sauce.

Do you have a favourite recipe that you would like to share with our readers? If so, please send it to helen.briggs@sth.nhs.uk

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