Thank You Awards recognise outstanding teams

Joan is patients Hero

Patient Safety 1st
Welcome to the autumn edition of Link...

Since the last issue we have seen major changes affecting the NHS including the Government’s new NHS vision - Equity and excellence: liberating the NHS and more recently the comprehensive spending review. These changes and the tough economic climate mean we need to make significant changes at STH to ensure we can sustain high quality care while at the same time making a saving of around £40million next year.

We have to maintain and improve our quality of services to patients while becoming more productive. This means we will need to explore how we could transform the delivery of some of our services to better effect. This may mean taking some difficult decisions and over the coming weeks and months there will be more details about how we can work together to ensure we remain in a good financial position and continue to be one of the leading providers of healthcare in the UK.

We are fortunate to have some of the highest calibre people working at our hospitals and this talent and dedication was once again showcased at the Annual Thank You Awards and NHS Health and Social Care Awards. Innovation and a commitment to provide patients with the right care in the right place at the right time is what will help us steer through the tougher times ahead. I would also like to take this opportunity to thank everyone who has worked so hard over the last few months to ensure the recent clinical configuration changes were implemented smoothly and with the minimum disruption. This is again a demonstration of the formidable teamwork which happens on a daily basis to give our patients the best care we can. Many thanks for your continued hard work and can I take this opportunity to wish you a very merry Christmas and happy new year.

Sir Andrew Cash
Chief Executive
Following on from the Trust’s Productive Ward initiative which and gave nurses more time to spend on bedside care the Trust has launched the Highly Productive Theatres project – Building Teams for Safer Surgical Care.

The initiative is designed to build upon the excellent work already undertaken right across the Organisation to ensure surgical patient’s journey through their care is as safe, timely and as stress free as possible.

It also aims to look at how staff working lives can be improved by exploring how processes or systems can be made more effective. The project will need the support of all staff, not just theatre or surgical teams, as improvements will only be achieved if colleagues along the whole patient pathway have an opportunity to be involved and give their ideas.

A series of visioning workshops have been held where staff were invited to contribute their ideas and views of how practices could be enhanced to the benefit of patient and staff.

Initially the Highly Productive Theatres project is being piloted in Orthopaedics and the Day Surgery Unit at the Northern General Hospital, Urology at the Royal Hallamshire Hospital and Ophthalmology (Weston Park) theatres, and will include the Cardio thoracic theatres. Successful aspects of the project will then be rolled out to all other theatres across the Trust.

If you would like further information about the Highly Productive Theatres project please contact: Lynn Skelton on ext: 66031. Further updates on the project will be given in the coming months.

“Successful aspects of the project will then be rolled out to all other theatres across the Trust.”
The scheme, financed by Sheffield City Council, aimed to encourage those people who had thought about riding to work but never got round to doing it, to give it a try. 83 members of staff signed up to take the challenge. Participants were loaned a bike and all the equipment they needed, free of charge, for a 3 week period and asked to try and use the bike for half their commuting journeys. At the end of the loan period they had the opportunity to acquire a bike for themselves through the Trust’s i-Choose scheme.

Claudia Morris, Travel Plan Coordinator for the Trust, said “The feedback has been extremely positive and we’re certain that quite a few of our BikeBoosters will be getting their own bikes and cycling to work in the future. We’re absolutely delighted with the response. Cycling is so good for your health and a very green way to travel. It was a great opportunity for members of staff to find out, without any financial outlay, if cycling to work would work for them”.
Representatives from across the Trust are putting their heads together in a bid to improve the health and well being of all staff.

The group are looking into ways to promote healthy living such as smoking cessation, healthy eating and exercise whilst also discussing ways to support staff coping with issues such as stress and depression.

Here are some of the initiatives that the group has already launched or will be looking to introduce, where possible, in the coming months:

- Trust wide fast track physiotherapy services
- Workplace wellbeing service
- Additional Salary sacrifice schemes
- Stress Management
- Sheffield Credit Union support
- Benefits Rights & Advice service
- Subsidised Gym Membership
- General fitness awareness roadshows
- Benefits offered by Sheffield City Council for staff
- Be Green

If you would like more information or to comment on any of the proposed initiatives, please contact Steve Burgin, Assistant Director of Human Resources at steve.burgin@sth.nhs.uk

Mark Gwilliam, Director of Human Resources, said: “The improved health and wellbeing of our staff is one of the Trust’s key objectives, and as such, I’m delighted to see that this group are starting to tackle a number of key issues supporting this agenda.”

Last year the Trust launched an automated telephone/text confirmation system to help cut down the number of patients who failed to attend their appointments - also known as the Did Not Attend rate.

Patients who provide the Trust with a landline or mobile phone number are sent an automatic voice or text message one week before their appointment date. Patients are then able to confirm their attendance at the appointment or indicate if they wish to rebook or cancel the appointment.

Since its launch the appointment confirmation service has been very successful. It has increased the number of patients attending, ensuring they receive their medical care in a timely manner. It has also enabled us to re-use appointment slots which would otherwise have gone to waste if we had not known the patient was not able to attend. Last year alone this meant 15,000 extra patients were treated. This equates £1.5m income which previously would have been lost as well as incurring the costs for wasted staff time and clinic costs.

In these difficult financial times, we need to take every opportunity to use our resources as efficiently as possible and so all staff are being asked to ensure we are able to use the confirmation system to its maximum potential by making every effort to gather patient’s phone numbers and confirm with patients that any existing numbers remain current.

For more information contact Paul Harriman on ext: 15182.

The group are looking into ways to promote staff health and wellbeing

Asking patients for their telephone number has saved £1.5m and 15,000 wasted appointments

Never miss an appointment
Get a free reminder

Make sure you give us your telephone number, either home or mobile, so we can help you confirm, rearrange or cancel your appointment.

Please also ask your GP to include your telephone number on the hospital referral form.

Last year this service saved £1.5 million by reducing the number of wasted appointments. This meant 15,000 patients got their appointments made quicker.
Ensuring patients receive the right community health and social care, at the right time and in the right place is the vision of two groundbreaking Partnership Boards which have been approved by NHS Sheffield’s Board.

The two new Partnership Boards, which will include patient representatives as well as the Local Authority, GPs, the NHS Hospital Trusts and Sheffield Primary Care Trust community provider services, are all committed to the overarching vision for the services to ensure community health and social care services are provided seamlessly.

It will mean providing care closer to home where appropriate, such as in GP surgeries rather than a hospital setting. And for patients with long term conditions, it would mean using new technology in their homes to help detect and prevent any deterioration in their health without the inconvenience of going into hospital.

Zak McMurray, a Sheffield GP involved in shaping the proposals, said: “It makes absolute sense to develop and provide services for patients that focus on their journey through the whole health and social care system rather than each organisation only planning for a part of the patient’s needs.

Sir Andrew Cash, explains: “We welcome this partnership approach and our vision is for patients’ care and treatment to be totally seamless. When patients are at their most vulnerable they simply want to know they will receive the support they need from caring professionals. They don’t care which organisation provides it, but they do care that it is timely, of a high quality and easy to access.

“We want to now build on the excellent work of the staff who currently provide community services so they can continue to provide the very best care to patients.”

Sheffield City Council Director of Adult Services, Richard Webb, said: "This partnership is a great example of how agencies in Sheffield, that provide much valued support and care to our communities, are being innovative in developing new ways to deliver services. It underlines the strength of our joint approach and how we can truly think outside the box when needed."

Sheffield’s Local Involvement Network gives local people the chance to influence health and social care services in our city. Chairman, Mike Smith, welcomed the partnership approach.

He said: “A partnership which includes and listens to the people who need and use health services is welcomed by Sheffield LINK. We fully support this approach and look forward to working with the city’s health and social care organisations to ensure patients are heard at the decision making table.”
All staff currently employed by NHS Sheffield Provider Services would keep their NHS employment status and be transferred to one of the City’s three NHS Foundation Trusts taking over the services.

Some staff in the community services are also looking into the feasibility of becoming Social Enterprises.

Each Foundation Trust will now need to gain approval from their regulator Monitor and the proposal will need to meet the NHS Co-operation and Competition Panel’s criteria. If all the necessary approvals are given the new arrangements could begin from 1 April 2011.

**Partners involved in the adult community services Partnership Board** would include Sheffield City Council, Sheffield Teaching Hospitals NHS Foundation Trust, Sheffield Health and Social Care NHS Foundation Trust, primary care, GPs and patients and the public, with potential membership for the voluntary and independent sectors.

Partners involved in the children’s community services Partnership Board would include Sheffield City Council, Sheffield Children’s NHS Foundation Trust, primary care, GPs, South Yorkshire Police, with potential membership for patients, public and the voluntary sector.

“This proposal really benefits from tackling the solution together improvements for patients.”

“We want to now build on the excellent work of the staff who currently provide community services so they can continue to provide the very best care to patients.”
Good Nutrition is Essential

Good nutritional care plays an essential part in promoting recovery from illness and improving patient’s health; Malnutrition in patients can delay recovery and extend their stay in hospital.

With this in mind, a dedicated group of nutrition champions (made up of nurses, support workers and house keepers) have been busy ensuring the dietary needs of patients on all 17 medical wards at the Northern General are being met.

The champions were chosen for being those best placed to help improve nutrition at ward level. This successful initiative: ‘Enhancing the Quality of Oral Nutrition Support’ (EQONS), is part of the Collaborations for Leadership in Applied Health Research and Care for South Yorkshire (CLAHRC-SY) Translating Knowledge into Action theme.

A study day was recently held for the 33 champions to develop action plans to improve patient nutrition and to share ideas and best practice.

In order to keep the day focused on patient care there was a review of the MUST+ screening tool, specifically looking at care pathways and what actions need instigating depending on the scores patients have been given. Carolyn Taylor, Senior Specialist Dietitian and Project Facilitator said: “A practical session had been developed which allowed attendees to take part in feeding simulations, looking at the use of different consistencies and feeding utensils in different patient scenarios. The nutrition champions were then encouraged to try a range of nutritional supplements, both at room temperature and chilled, mixing different flavours together to see how taste could be improved. A ‘guess the calorie quiz’ then helped to highlight nourishing snacks and meals that patients can be encouraged to eat. ”

Partnership with catering is essential and they presented their role on improving patient nutrition and how successfully working together with ward staff could improve the meal experience.

The nutrition champions were encouraged to reflect on each session and how their learning could be used to improve nutrition on their wards.

Nutrition is a MUST + update by Sue Shearstone, Staff Nurse

The Trust has launched a new nutrition care pathway which includes the Malnutrition Universal Screening Tool - a series of body measurements, assessment process and a scoring system - to identify those at risk of malnutrition and those already malnourished.

After this assessment, the patient continues to be monitored in hospital and guidelines are followed in order to plan their care accordingly.

In order to support this process, the EQONS project team are currently analysing and evaluating various interventions to address nutritional care, observing patients mealtimes, interviewing patients and liaising with catering.

If you would like more information please contact Sara Laker (Project Manager) ext: 65448.
Ever wondered what happens between seeing your doctor for tests and getting the results? Ever thought about how your diagnosis was reached and who was involved? A recent Histopathology Department Open day attracted students and healthcare professionals to take a look behind the scenes at one of the Trust’s busiest departments.

Specialists were on hand to answer questions and give demonstrations of what services the department offers and how diagnoses are reached in many cases.

Sheffield Health, Wellbeing and Social Care Services are joining together to promote the message that “Sexual Health Matters to Everyone”. During the week 29th November to 5th December, services across Sheffield will be working together to promote healthy relationships, access to contraception and STI screening and awareness of HIV.

Throughout the week there will be a city centre presence promoting the week and offering information, advice, support, condoms and screening for STIs.

Sheffield Teaching Hospital’s Genito-Urinary Medicine (GUM) Clinic which provides specialist information, advice, counselling, rapid testing and treatment for sexually transmitted infections, will be taking part in the event.

Dr Christine Bowman, Clinical Director of Communicable Diseases, said: “There have been significant increases in new syphilis, gonorrhoea and chlamydia infections in Sheffield in recent years. These are important infections which can have serious complications but can be cured with appropriate specialist care. HIV is also increasing. Sadly many cases of HIV remain undetected in the community, preventing access to life-saving drugs and causing unnecessary onward transmission to sexual partners. We welcome this sexual health promotion event as a means of highlighting the importance of looking after yourself by having safer sex and getting regular check-ups.”

To find out more about the week’s event visit: www.sheffieldsexualhealth.co.uk

Medical Equipment Library at the Hallamshire

Clinical Engineering will be opening a new ‘Medical Equipment Library’ at the Central site, following on from its success at the Northern General.

Temporarily based within ward J1, it will hold stocks of GH and GP infusion pumps together with Flocare feed pumps.

If you currently use this equipment you will see ‘User Guides’ appearing in your area.
ANNUAL THANK YOU AWARDS RECOGNISES DEDICATION

An occupational therapist that has a passion for recycling, a house keeping team that have made a remarkable difference to the maternity wards and a Sister who was key in developing clinical immunology and allergy services are just a few of the stars celebrated at the Trust’s annual Thank You Awards.

Among the winners was Suzan Otter who collected the Lifetime Achievement Award for her 40 years hard work at Weston Park Hospital. Sue a Sue a Radiotherapy Physics Technician has played a major role in the development of increasingly complex systems and techniques which ensure patients receive optimal treatments. The Award ceremony marked 40 years to the day Sue joined Weston Park! Sue said: “It was a great shock when I realised my name had been announced as the winner, considering the competition! Thank you to everyone who was involved.”

Sir Andrew Cash presented the Chief Executives Award for Excellence which was awarded to the Primary Angioplasty Team for their 24/7 dedication to delivering a gold standard service for over 1000 people suffering heart attacks per year.

Over 200 members of staff attended the event with teams and individuals nominated by their colleagues and managers for awards ranging from patient care to the best use of resources.

Chief Executive, Andrew Cash said: “I am very proud of all our staff and their tremendous achievements, which are the foundation for this organisation’s success and for the excellent quality of care provided to patients. This is the eighth year that we have held our Thank you awards and as ever the standard of nominations was exceptionally high. The individuals short-listed for the Thank you awards are no exception and have worked above and beyond the call of duty to ensure that the needs of our patients are at the core of everything we do.”

And the winners are…

People Award
Winner: Gill Chappell and Vicky Hibbert
Highly Commended: Metabolic Bone Centre Reception
Highly Commended: Estates Gardeners

Patient Care Award
Winner: Endocrine / Sarcoma Nurse Specialists
Highly Commended: Fran Ashworth
Highly Commended: Primary Angioplasty Team

Adopt, Adapt and Improve Award
Winner: Neuro Day Care / Outpatients
Highly Commended: Carol Timm
Highly Commended: PPCI Team

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Patient Experience Award
Winner: Administrative Bereavement Team
Highly Commended: Enhanced Recovery Orthopaedics
Highly Commended: Lindsay Jackson

Quality Counts Award
Winner: Catherine Clague
Highly Commended: Neurology Psychotherapy Service
Highly Commended: Ward 3 WPH

WRVS
Winner: Sylvia Bennett
Highly Commended: Bazz Booler
Highly Commended: Housekeepers Level 3 Jessop Wing

Be Green
Winner: Irene Mabbot
Highly Commended: Barbara Harris
Highly Commended: Jon Morgan

Lifetime Achievement
Winner: Suzan Otter
Highly Commended: Denise Wilkinson
Highly Commended: Joyce Linskill

Leadership Award
Winner: Shirley Thompson
Highly Commended: Julie Smart
Highly Commended: Sarah Browton

Chief Executives Award
Winner: Primary Angioplasty Team
Your NHS Pension Choice

Your NHS Pension Choice is an exercise being run over the next three years by the NHS to give all eligible members of the NHS Pension Scheme a one-off option to transfer all of their membership from the 1995 Section into the 2008 Section if they wish.

Eligible members will each receive a Choice Pack which includes an Explanatory Booklet, a personalised Choice Statement (showing a comparison of your own pension benefits in the 1995 and 2008 Section) and a DVD.

The packs will be delivered in phases and the first phase will cover those members of staff who are over 50 years old. These packs have been delivered from October 2010 and have been posted to each members home address. There will then be a second phase which will cover all other staff between April-June 2011.

If you would like more information you can visit: www.nhsbsa.nhs.uk/Pensions

Hospital at Night

Hospital at Night is a clinically driven programme which uses a multi-specialty approach to delivering care at night and out of hours.

The Trust is committed to implementing the patient focused programme initiated by the Department of Health, at both the Northern General Hospital and Royal Hallamshire Hospital sites. It will initially be implemented at the Hallamshire Hospital on 1st December 2010.

For further details, please contact Julie Drakeley Programme Manager on ext. 68255
Earlier this year the Trust's Be Green initiative looked at how we could further reduce CO2 and energy costs by cutting down the amount of time computers were left on but were not actually being used. Screensavers were also removed from computers as they also take considerable additional energy when you consider we have over 7,000 computers across all hospital sites.

A monitoring exercise found that the most common causes of inactive computers were:
1. Computers turned on but no user logged in
2. Computers logged in but unused for extended periods
3. Certain computers being used for less than 30 minutes per week
   Each week this added up to over 300,000 hours of computer inactivity costing over £100,000 per year and as a result three actions were taken:
   1. Shut down all computers at 7pm after a 20 second user opt-out warning
   2. Shut down computers after 20 minutes if the user has logged out
   3. Screens go into low power mode after 10 minutes of inactivity
   4. Screensaver set to 'black'

   Saving from the project are estimated to be worth 350 tonnes of CO2 per annum and £70,000 per year. There was an average weekly decrease of 69% of PC inactive hours and on average, 500 less PCs were turned on every week.

May we introduce…

Sandi Carman!

Sandi Carman, was recently appointed as the new Head of Patient and Healthcare Governance. Sandi brings a breadth of expertise gained over 17 years working in NHS acute, community, and commissioning organisations. Her career started in Occupational Therapy at the Northern General; and Sandi has also worked in Training and OD and then a General Managers position at Barnsley Hospital. She then became Director of Operations at NHS Leeds where she was responsible for 1,100 staff covering 40 community children and family services.

More recently Sandi has brought together her operational experience and personal interest in governance in her role as Associate Director at NHS Leeds responsible for corporate governance, innovation and strategic human resources. Sandi lives in Sheffield with her husband and three young children, in her spare time she enjoys running and cycling.

Computer project saves 350 tonnes of CO2 and £70,000
Getting To Know You
Amy Kirby – Student Nurse

What part of your job do you enjoy the most?

I get to spend time with lots of different people, from a variety of backgrounds that I wouldn’t necessarily get to meet in another profession. I love caring for people both on a medical level or just listening and talking to patients as this can make a real difference to their moral.

What was the last thing that made you laugh out loud?

This interview! We had a good giggle!

What inspired you to work for the NHS?

I’ve always wanted to help people and I’ve always known I wanted to be a nurse. People have always said it’s in my nature to care. A lot of my family work for the NHS on a variety of levels, from consultants to a receptionist and this has been a big inspiration for me. It has given me a valuable insight in to the NHS and confirmed my ambitions to be a nurse.

What is your ideal day off?

My ideal day off would be spending the day really pampering myself with a lovely face pack, manicure and getting my eyebrows done, then I’d spend the day lounging in my pyjamas reading the twilight books until its time to go out for a nice meal with my fiance Danny Burke.

Who do you admire the most?

I admire some of the staff I am working with on Gynaecology F2 for their dedication to the job they do and for their dedication to caring for their patients. They have really inspired me to learn and to pursue my career.

What has been your proudest moment?

One of my proudest moments is getting the grades to go to university and study adult nursing as this is a profession I’ve always wanted to do.

What has been the highlight of your career so far?

The highlight of my career so far was having the chance to be involved in saving a patients life during an emergency situation. This kind of experience doesn’t come up for many student nurses so I felt it was a brilliant learning experience and it gave me an insight in to emergency care.

If you could be anywhere in the world right now, where would you be?

I’d love to be somewhere abroad that’s nice and hot with clear blue seas and white sandy beaches. Somewhere like Egypt or one of the Greek islands.

Who would play you in a film?

I’d like Jennifer Lopez to play me in a film because in her film ‘The Back Up Plan’ her character is just like me so I already know Jennifer can act like me! I also really like all the films she’s in and I think she’s a great actress.

“I’ve always wanted to help people and I’ve always known I wanted to be a nurse.”
Blushing bride undergoes life-changing eye op for her big day

Nicola Mason, 25, from Woodhouse in Sheffield has worn glasses most of her life. But when her boyfriend proposed in 2009, she decided she wasn’t going to let her eyesight blues hold her back on her big day.

“I didn’t want to have to wear glasses on my wedding day,” said Nicola, “but on the other hand I didn’t want to wear contact lenses either as I knew they’d just irritate my eyes.

“But the final straw came at my dress fitting. I looked at my reflection and just wanted to get rid of my glasses. I took them off, but then I couldn’t see myself anymore. My eyesight just wasn’t good enough to see what I looked like as a bride without glasses, it was really upsetting.”

After researching laser eye surgery in and around Sheffield, Nicola decided to opt for treatment at Sheffield Vision Centre - based at the Royal Hallamshire.

“My surgeon Matthew Edwards was really reassuring and calming. I felt completely at ease,” said Nicola.

“The actual procedure only took about 20 minutes and there was no pain, just a kind of pressure on my eye but it was over really fast.”

Consultant ophthalmologist Matthew Edwards is the region’s leading corneal specialist. “At first, my vision was a bit cloudy, but Matthew had already explained to me that that would happen, so I wasn’t concerned.

Things gradually started to look clearer over the next few days, but the real results became obvious when I went back to the clinic for a check up.

“Matthew removed the temporary lenses and as I looked around the room, I was completely overwhelmed! I could see! I felt like a completely different person. My dress looked perfect – it was very emotional!”

Nicola and her husband David, married in the Italian village of Piansano in May this year.

“The wedding was everything I’d ever dreamed it would be. To be able to see myself in my wedding dress without the help of glasses or contact lenses and to look at my husband waiting for me as I walked down the isle, was an experience I never thought would happen.”

Sheffield Vision Centre offers laser eye surgery on a fee-paying basis within an NHS setting and profits are reinvested in patient care. Interest free credit options are available. For more information and to book your free consultation, call 0500 400 222.

Matthew removed the temporary lenses and as I looked around the room, I was completely overwhelmed!
Countdown to Norovirus!

Well summer has been and gone and we are now well into Autumn. For the lucky ones that means a party season and seasonal goodwill. For the Trust, though, November often marks the lighting of the blue touchpaper for something far less pleasant...the Norovirus season.

Last year, cases of infectious diarrhoea due to Norovirus escalated towards a peak over the Christmas and New Year period with 38 ward outbreaks and a total of 895 cases were identified by our laboratory over the season as a whole.

The virus is only 30 nanometres in diameter. How can something so small wreak so much havoc? Well, for once, size doesn’t matter! The virus is resilient and defies attempts at cleaning hands and surfaces with alcohol based scrubs.

What hands need is proper and regular washing with good old fashioned soap and water. Proper hand-washing is also required to remove another familiar diarrhoea causing foe - Clostridium difficile spores - THINK SOAP AND WATER FOR DIARRHOEA.

Norovirus also has a low infecting dose, as few as 10 viruses can establish an infection. After an incubation period of about 48 hours, vomiting often accompanies explosive diarrhoea, resulting in aerosolized particles travelling around and landing on solid and soft surfaces. All health care staff can be responsible for transferring the virus from ward to ward – doctors, porters, radiographers, occupational therapists - all touching door handles, patients' notes and leaning on windowsills, then touching the food counters and tables in the restaurant, all without washing their potentially contaminated hands!

Symptoms typically settle over a couple of days in the healthy but often last nearly a week in hospitalised patients. Because the virus persists in the environment, once a clinical area has no more cases, deep cleaning is required. Surfaces need disinfecting with hypochlorite, and curtains need changing. All this puts added pressure on our nursing and domestic staff who must work quickly and efficiently to get wards cleaned and re-opened.

Norovirus also causes large outbreaks in the community, especially in schools and nurseries. Some previous ward outbreaks have resulted from infected staff and visitors introducing the infection into the ward.

BE ALERT TO SYMPTOMS IN YOURSELVES AND VISITORS TO PROTECT PATIENTS.

So the plea is for this season let’s all take on the responsibility for infection control. It’s not ‘someone else’s job’.

Let’s identify cases early, as soon as patients turn up with symptoms on admission. We need to encourage sample collection and laboratory identification, and isolation of affected patients as quickly as possible to prevent ward closures and cancellation of elective admissions.

THINK ABOUT NOROVIRUS IN EVERY PATIENT ADMITTED OVER WINTER.

Most of all lets get used to washing our hands. It would be great if this November’s explosions were restricted to the bonfire parties!

By Dr Alison Cope, Dr David Partridge and Dr Rob Coleman

FACTS

The Trust has an excellent track record of keeping levels of infection down and as part of Infection Control Awareness Week (18th-22nd Oct), the Infection Prevention and Control Team highlighted through visual displays how visitors and relatives could help reduce the risk of spreading Norovirus within the hospital setting this coming winter.

How to help prevent the spread of Norovirus

- Friends or relatives that are unwell or suffering from diarrhoea and/or vomiting or who have others with these symptoms in the household should not visit the hospital.
- Visitors should clean their hands thoroughly with soap and water both before and after visiting. There are hand cleaning facilities readily available in all areas of the Trust. Alcohol hand rub does not work against Norovirus.
- The number of visitors should be kept to a minimum as they may pick up the virus when they are on a ward.
- Children under the age of 12 years of age are advised not to visit the hospital and not to visit any areas closed due to a Norovirus outbreak.
- Visitors are asked not to bring any uncovered food into the hospital.

If visitors have any concerns at all about visiting someone, we would advise discussing first with the ward staff.

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Congratulations to all other members of staff who were nominated for the Yorkshire Post NHS Health and Social Care Hero Awards 2010:

<table>
<thead>
<tr>
<th>Name</th>
<th>Role/Department</th>
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<tbody>
<tr>
<td>Carol Denton</td>
<td>Clinical Support Worker, Royal Hallamshire Hospital</td>
</tr>
<tr>
<td>Denise Wilkinson</td>
<td>Outpatient Service Matron, Weston Park Hospital</td>
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<tr>
<td>Joyce Limskill</td>
<td>Infection Control Nurse Specialist, Northern General Hospital</td>
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<tr>
<td>Leslie (Bazz) Boole</td>
<td>Ward Volunteer, Cardiology, Northern General Hospital</td>
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<tr>
<td>Margaret Spooner</td>
<td>Voluntary Chaplain, A Floor, Royal Hallamshire Hospital</td>
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<tr>
<td>Stephanie Howlet</td>
<td>Specialist Psychotherapist, Department of Neurology, Royal Hallamshire Hospital</td>
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<tr>
<td>Edel Dewhurst</td>
<td>Specialist Psychotherapist, Department of Neurology, Royal Hallamshire Hospital</td>
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COPD Nurse Specialist Joan Higgs, known as ‘NHS Hero’ for our region.

The Yorkshire Post Hero Award highlights the people working in health and social care in our region that have gone above and beyond to provide outstanding service.

Mrs Higgs was nominated by her patients from the COPD suffers group Breazers which she runs monthly and by members of her yoga class which helps COPD sufferers get the correct exercise. Kathryn Riddle the chairman of NHS Yorkshire and the Humber said: “I congratulate Joan on being the NHS Hero and thank her for doing so much to help people in our region.”

Congratulations also to the Sheffield Teaching Hospitals Inherited Cardiac Conditions Service who won the Acute Care Award at the Health and Social awards. The small team of one doctor, Professor Nigel Wheeldon, and two specialist nurses, Alice B O’Beirne and Rachel Walker deal with families that are suspected of having an inherited heart condition and provide a valuable service and often they are the first line of support for bereaved families.

Marie McKenniff, Cardiothoracic General Manager, said: “It is great that their hard work and dedication has been recognised with this award.”

Faye Ducker, 71, has retired from Sheffield Teaching Hospitals after 45 years of service.

Faye started her career in 1969 in the Royal infirmary and has specialised in A&E ever since – working at the Northern General and the Royal Hallamshire. Her last years in the NHS have been spent working in the Patient Discharge lounge at the Royal Hallamshire Hospital.

Her colleague, Clinical Support Worker Josephine Simmons, said: “It has been an honour to work with Faye. She is loved by everyone who knows her and has helped train many nurses over the years with her unique skills. She is ‘unflappable’ and can deal with any situation with professionalism. She will be greatly missed.”

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Chronic Obstructive Pulmonary Disease (COPD) is a debilitating lung disease which is progressive and does not have a cure. It is an umbrella term used to describe a number of lung conditions including chronic bronchitis and emphysema and leads to damaged airways.

The Trust’s COPD Nurse Specialists raised awareness of this often undiagnosed disease which is 3 times more prevalent in Sheffield than the national average during World COPD day in November.

Joanne Whitehead, COPD Specialist Nurse at STH, said: “There are estimated to be 3.7 million people with COPD in UK, only 900,000 of these are diagnosed which means 2.8 million people in UK are unaware they have the condition. We want to make more people in the city aware of the symptoms of COPD – such as breathlessness, persistent coughing and phlegm - and encourage them to get tested. The sooner COPD is diagnosed with a breathing test known as Spirometry, a treatment can be sought to relieve symptoms and make everyday tasks such as gardening, housework and climbing stairs much easier.”

For more information contact the COPD Nurses at the Northern General Hospital on: 2266388.

The Orthopaedics Department have been the pilot site for the roll-out of a new PatientCentre system. The new and improved system will eventually replace the Patient Administration Systems on both sites and, as well as having the core functions of PAS and PFI, has a number of added value functions for clinical and administrative staff.

The PatientCentre system complements the current systems and can give staff a full picture of all patients on a ward and allows staff to prepare for expected admissions. For admin staff, the system is more “Windows” orientated and can start to populate document templates, similar to SAMs. The key benefits of Patient Centre include:
- Real-time bed management and discharge planning
- Patient booking, tracking (inc. A&E patient tracking) and alerts
- Common clinical correspondence production and storage facility
- Extending the use of hospital wide scheduling
- Common clinical correspondence production and storage facility
- Extending the use of hospital wide scheduling

Michael Harper, General Manager for Surgical Services, said: “Once the system is up and running and fully embedded, it should greatly improve patient flow by allowing staff to manage beds and access current patient information more easily. This should in turn have a positive impact on Length of Stay.”

The system is scheduled to go live at the Central Campus in March 2011. This will be followed by a phased roll-out at the Northern site.

For more information visit the project’s website on the Trust’s Intranet.
COPD

The facts

• COPD is the UK’s 5th biggest killer.

• It kills more women than breast cancer and more men than prostate cancer.

• It is a long term condition that causes the 2nd highest amount of emergency hospital admissions in the UK, with estimated costs to the NHS £500 million a year.

• The most common cause of COPD is cigarette smoking and occupational factors, which is particularly prevalent living in an industrial city such as Sheffield.

• COPD is predicted to be the 3rd leading cause of death in Sheffield by 2020.

(LEFT) The COPD Team released balloons at the event at the Sheffield Wednesday Ground to mark the day and raise awareness of the condition. The event provided an opportunity for patients, carers and other members of the public to find out more about the disease from COPD specialists, take part in demonstrations - such as yoga, and get tested for the condition.

(ABOVE) COPD Nurse Specialists – Paul Ratcliff, Dawn Smith, Joanne Whitehead.

News In Brief...

Flu season

The seasonal flu vaccination is now available to all staff. Staff are advised to take advantage of the programme to protect yourself, your family and your patients.

If you would like to book an appointment please ring the flu line. Please ensure you bring your security badge to your appointment.

Dispelling Seasonal Flu Myths

Here are some things that are not true about flu vaccination:-

Myth; Seasonal Flu Vaccine Might Give You the Flu
Flu vaccine does not contain live virus and cannot cause flu.

Myth; Seasonal Flu Vaccination Makes You Feel Unwell
Flu vaccination should not make you feel unwell. There may be some temporary soreness at the site of injection.

replacement PAS

Once the system is up and running and fully embedded, it should greatly improve patient flow.
Following on from previous success with easy read patient information, the Trust has for the second time scooped a prestigious award for information aimed at people with learning disabilities. The leaflet entitled ‘Coming into hospital for an operation’ won first prize in its category at this year’s British Medical Association Patient Information Awards.

Sheffield Teaching Hospitals’ Patient Information Manager, Jo Evans and Medical Illustrator, Patrick Elliott, picked up the accolade on behalf of the Trust at this year’s British Medical Association Patient Information Awards in the category ‘People with Learning Difficulties.’

The award recognises the importance of developing accessible information for this group of patients who find most written information too difficult to understand. The leaflet was developed by a range of staff across the Trust including Rose Bollands (Nurse Director), Emma Joel (Pre-Op Assessment), Raquel Ayllon (Anaesthetics), Lyn Skelton (Day Surgery), Caroline Jameson (Head & Neck). Jo said: “The most valuable input was from a group of people with a learning disability at nearby Work Ltd. We believe that this and other easy read information will really improve the quality of care that we offer to this particular group of patients.”

Don’t stop believing in our Helen!

Helen Beastall from Learning and Development is one of the 52 members of women’s chorus DaleDiva, who made it through to the live final of TV show ‘Don’t Stop Believing’ and won!

Helen, a Practice Development Co-ordinator at the Trust said: “It’s all been such good fun, particularly performing Beyoncé’s hit dance track ‘Single Ladies’ live on the show.”

Robert’s Walking South Yorkshire

Rob Haslam, who worked in Haematology at the Northern General for 39 years, took early semi-retirement in 2007 to concentrate on becoming a writer.

His book, a walking guide called Walking South Yorkshire, has just been published. It contains 30 walks between 2 and 8 miles exploring the rich heritage of ancient woodland around Sheffield and Rotherham. The walks also feature many of the most popular countryside visitor attractions in the county, like Yorkshire Sculpture Park, Wentworth Castle Gardens, Elsecar Heritage Centre, Worsbrough Mill, Cannon Hall, Old Moor RSPB Reserve, Roche Abbey and Monk Bretton Priory.

Robert’s book is available online and from bookshops, outdoor shops and visitor centres.
Female patients at Weston Park Hospital who have lost their hair to cancer are being helped to look good and feel better thanks to an innovative scheme.

Weston Park Hospital Cancer Charity is funding a new hair care and wig cutting service – which aims to give girls and women who suffer hair loss from chemotherapy a pampering treat and boost to their confidence and self-esteem.

The scheme has been made possible thanks to a grant from the charity to the hospital’s Cancer Information Centre which has in turn teamed up with top Sheffield salon Conrad Blandford Hairdressing.

Once a month Conrad and his staff hold a private session at his West Street salon to give expert advice to groups of patients on how to care for their scalp and hair and how to tend to their locks once they start growing back. The team also offer a personalised wig-cutting service, so that patients have wigs that suit their face shapes and look more natural.

Sarah Hammond from Barnsley is one of the first to have benefited from the specialist advice and has given it the thumbs up. She has worn her very natural looking wig to social events – and other guests have been none-the-wiser about her treatment.

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The 29-year-old NHS manager, said: “I was diagnosed with breast cancer last August and had an operation and chemotherapy. I decided to shave my head when I knew my hair would fall out.

“Most of the time I’ve worn hats and that has worked for me. I’ve accepted hair loss as part of the treatment, but I know it can be very traumatic for others and it can be really difficult to get good advice.

“But I was very pleased when I went to the salon and Conrad shaped my wig for me as he made it look much more natural.

“Having a well cut wig can make patients look and feel better, many say they feel more feminine and more confident again,” said Conrad.

Karen Holmes, manager of the hospital’s Cancer Information Service, said: “The sessions work very well – we’ve had great feedback. Conrad and his team are great at putting everyone at ease.

“The patients can chat to their stylist and to each other it is a very supportive environment and people say it really does make a difference to their sense of well being.”

Catherine Newman, Senior fundraiser at Weston Park Hospital Cancer Charity, said: “We are very pleased to fund this service and to help girls and women who have been through so much with their treatment to feel better in themselves,” she added.
A local family have raised over £1400 for Weston Park Hospital after experiencing excellent care.

Dr Trevor Winstanley, a Microbiologist at the Royal Hallamshire Hospital, has received treatment for oesophageal cancer at Weston Park Hospital since January. To his families delight, Trevor is now on the mend and is approaching the end of all his treatment which involved chemotherapy, surgery and then further chemotherapy.

During his first nine weeks of chemotherapy at Weston Park Hospital, Trevor’s wife Margaret Winstanley was so impressed with the care Trevor received, she wanted to do something to support the Hospital. So Margaret, along with her twin sister Kath Hooley and friend Bev Broadhead, went on a 10 week sponsored sugar-free fast.

Margaret said: “Weston Park Hospital is a wonderful hospital with very caring staff so we were happy to give something back. We felt that while Trevor was having his treatment, we could endure a little hardship too and help raise money for the hospital at the same time. During our fast we completely avoided any food and drink which contained even the smallest amount of sugar which was quite a challenge for our sweet tooths!”

The ladies managed to collect an impressive £1400 in sponsorship money from friends, family and even complete strangers.

The fundraising enabled them to donate a 42” plasma screen TV, five 10” screen personal DVD players, a Netbook and six heated pads to assist with cannulation.

Margaret said: “We hope that our donations will make life a little more bearable for the patients having long sessions of chemotherapy.”

Trevor Winstanley, Staff Nurse Janis Skelton, Staff Nurse Ruth Quail, Margaret Winstanley, Kath Hooley and Bev Broadhead.
Sheffield’s Christmas Market

Where? Sheffield City Peace Gardens
When? November 18th – December 23rd

Over forty hand picked market traders from all over the UK and Europe will be arriving in Sheffield this festive season offering shoppers unique products from hand made crafts to international foods.

There will be a huge choice of festive gifts, goodies and treats making this a great place to purchase unique stocking fillers.

The market will be open from 10am till 9pm everyday, so why not visit the market one evening and see where Christmas comes alive.

A truly magical experience awaits you!

Chatsworth House Farmyard Nativities

Where? Chatsworth House Farmyard
When? Daytime Nativities – 4th, 5th, 11th, 12th, 18th & 19th December
Night time Nativities – 11th & 18th December

Treat your family to a unique occasion, with the nativity story told with real animals from the farmyard, and the chance for some of the children to dress up and be part of this timeless seasonal story. The day time nativity is first come, first served. Please sign up on the day at the farmyard. Small charge in addition to farmyard entry. Tickets for evening nativities are £10 per person including supper. Children aged 2 and under are free. To pre-book your place and for more info contact Chatsworth Booking Office on 01246 565300.

Santa’s Magical Christmas Grotto

Where? Sheffield City Centre (at the top of Fargate)
When? November 25th – December 24th

Why not add some festive cheer to your shopping trip by taking your children to meet Santa, have their picture taken and receive a present!

An amazing 20 metre high magical Christmas tree grotto will be located at the top of Fargate where Santa and his team of helpers are waiting to meet you!

For everyone’s safety and enjoyment children should be accompanied by adults at all times.

Joseph and the Amazing Technicolour Dreamcoat

Where? Lyceum Theatre Sheffield
When? Tuesday 23rd November 2010 at 7.45pm

Sheffield Theatres presents Joseph and the Amazing Technicolour Dreamcoat. Retelling the Biblical story of Joseph, his eleven brothers and the coat of many colours, the magical musical is full of unforgettable songs including Any Dream Will Do, Close Every Door To Me and One More Angel. Keith Jack, the hugely popular runner-up in the hit BBC series Any Dream Will Do, takes on the title role. A musical for all the family to enjoy!

Tickets cost from £14.00 - £26.00

For more information and to book tickets contact Sheffield Theatres ticket office on 0114 249 6000.
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Out of the frying pan...

Sausage Casserole

Ingredients

- 8 good quality pork sausages, snipped/sliced into bite size pieces (about 6 per sausage)
- 1 tbsp of olive oil
- 1 onion, chopped
- 2 cloves of garlic, chopped
- 1 red pepper, chopped
- Handful of chestnut mushrooms, sliced
- 4 sun dried tomatoes
- Small glass of red wine
- Jar of passata (tomato sauce)
- 1 tsp sugar
- ½ tsp paprika
- Handful of chopped basil

Method

1. Gently fry the sausage in a large pan (a wok is good) in the olive oil until cooked through and golden brown.
2. Remove sausage and keep to one side. Now, in the same pan fry the onions and garlic until softened. After 5 mins or so add the peppers, mushrooms and sundried tomatoes, cook for a further few mins then return the sausages to the pan.
3. Turn the heat up high, add the red wine and cook for a few mins to reduce slightly.
4. Add the passata, sugar, basil and paprika and simmer for half an hour. (or as long as you want really the longer its left the better the taste its amazing reheated the next day!)
5. Season to taste if liked and serve with fluffy rice, crusty bread or with pasta. Try with any other veg in you like.

Quiz Time Questions

Nice and Easy

1. What is the name given to the tail of a fox?
2. How many individual pieces are there in a set of dominoes?
3. What does a cutler make, sell or repair?
4. Which word does the ‘e’ in ‘e-mail’ stand for?
5. Who is the First Lord of the Treasury?
6. What would you suffer from if you had dichromatic vision?

The Harder Stuff

7. What did Dennis Tito pay £14m for?
8. From which animal does the perfume ingredient ambergris originate?
9. From which plant do we obtain Linseed Oil?
10. Stella Rimmington was the first female head of which organisation?

Answers on page 4...