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SPRING 2010 ISSUE 22

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Good HEALTH

FAMILY LOOKS FORWARD TO MIRACLE BABY'S FIRST BIRTHDAY



*Harriet, 10, and Lottie, 7, are looking forward to celebrating
their baby brother's first birthday after the ground-breaking
operation at the Jessop Wing that saved his life.*



Harriet and Lottie with baby brother Arthur.

Mum - Michelle Fountain, 38, from Wortley near Barnsley, feared she would lose baby Arthur before he was born after an ultrasound scan revealed a tumour the size of an orange growing on the front side of his neck.

Michelle was transferred to Sheffield Teaching Hospital's Jessop Wing for specialist advice and Foetal MRI scanning – a service provided at only a few hospitals in the UK.

Mr Saurabh Gandhi, Obstetric Consultant & sub-specialist in FetoMaternal Medicine, said: "The scans allowed us to obtain precise details of the tumour and its effect on the unborn baby's airway. As there was no conclusive evidence to confirm how blocked the baby's airway actually was, we had to plan a complicated operation which had never been performed in South Yorkshire before."

The team of 25, including ten specialist consultants, safely delivered baby Arthur by performing the highly technical 'Ex-utero Intra-partum Treatment' (EXIT) procedure, last July. During the operation, the baby's airway were secured by tracheostomy (making a hole in the windpipe at the front of the neck).

Mr Gandhi added: "These tumours are rare, they occur in around 1 in 50,000 births. If we had delivered Arthur normally or by a caesarean

section, it would have been very likely that he would have died immediately."

Proud mum Michelle said: "I had already received excellent care at the Jessop Wing on the run up to the operation so, although I was nervous as the complicated delivery was life threatening for me and my baby, I had complete faith in Mr Gandhi and the team at the Jessop Wing."

Mr Gandhi explained the procedure: "We performed a tummy cut operation under general anaesthetic and ensured Michelle's womb remained relaxed so the baby could receive oxygen from the placenta for long enough for us to establish an airway. Although this first part of the procedure went well, we still had to overcome the potential complication of the relaxed womb causing life-threatening haemorrhage for mother after the delivery of the baby."

After the EXIT procedure, the tumour was surgically removed in a second operating theatre kept ready for Arthur's surgery.

Almost a year after the operation, bouncing baby Arthur is feeding and developing well whilst enjoying lots of attention from Mum, Dad - Matthew, and big sisters – Harriet and Lottie.

Michelle added: "The care and support we received was fantastic, we were treated like royalty and we are both doing very well now."

COULD YOU BE A VOICE FOR PATIENTS AND THE PUBLIC?

Editor's Note

Welcome...

to the spring edition of GoodHealth – keeping Foundation Trust members up to date on Hospital news, events and services.

In this edition, you will find articles on mouth cancer, neonatal care and the Trust's recent consultation on patient and public involvement.

Look out for Dr Alison's Top Tips for those travelling to tropical destinations and also the introduction of a new feature 'Community Matters' – which gives community groups the chance to show the important work they do in our local area.

This edition also puts the upcoming Governor elections in the spotlight, provides information on how you can get involved and allows you to see what Governors are currently working on. If you would like to speak to a Governor about an article in GoodHealth or any other issue relating to the Trust, please email governor@sth.nhs.uk.

Best wishes

Jane Pellegrina
Membership Manager

Sheffield Teaching Hospitals are looking for members of the community to join the team of Trust Governors.

Becoming a Governor is an exciting opportunity to support your local community by representing the needs and views of patients and the public.

Governors work with the board and have an active say in how our Hospital's services are developed and how the organisation is managed. They represent the views of the 8,800 Sheffield public and patients who have registered to become a member of the Trust.

What is a Governor?

As a Governor you will play a very important role. You will act as a link between the Trust members and the Board of Directors.

You will have a number of key responsibilities, such as:

- helping to plan for the future
- ensuring the Trust is accountable to patients and local people
- recruiting and encouraging new members
- Influencing decisions by sitting on and contributing to various committees

An effective Governors' Council is crucial to the success of the Trust and we will help you develop the skills you need to carry out your role as Governor.

What will my responsibilities be as a Governor?

1. to bring new ideas about how services can be improved and provided in ways that meet the needs of patients
2. to discuss strategic plans and new developments
3. to share information about key decisions with other hospital members
4. to represent the interests of Trust members (other members of your local community)
5. to appoint the Chairman and Non-Executive Directors
6. to set the pay levels for the Chairman and Non-Executive Directors.

Will I get paid?

No, similar to a school governor you do not receive a salary but



Governors Jo Bishop and Anne Eckford

you are paid expenses.

Do I need any special skills or experience?

You do not need any particular skills or experience but a passion for making NHS services better will help you enormously.

The Governors elected will be supported by staff from within the Trust who are experienced in public involvement and communication.

You will also be working alongside staff Governors and those appointed by the local councils, other parts of the NHS and the voluntary sector. The Governors also meet regularly as a group and often work as a team.

How will the elections be run?

We have appointed the Electoral Reform Service to run our elections for us. As well as making sure that we follow a robust process, it also means that the elections are independent.

We will give notice of an election and invite any nominees (people who wish to stand as governors) to register their interest. Anyone putting themselves forward will be asked to answer some simple questions.

This information will be included on our website, and on the voting papers which are sent to all members. Once the closing date is reached the votes are counted and we will then announce the results publicly.

Will support be available?

We are happy to discuss any training or support that you

may need to help you stand as a Governor, or to fulfill the role should you be elected.

How much time is needed to fulfil the role of a being a Governor?

A Governor is expected to attend the 4 per year Public Council of Governor Meetings (the expectation is that you will attend at least 3 out of 4) and the Annual General Meeting. All Meetings are held at the Hospital.

Time will also be required to read papers provided for each meeting. Apart from these minimum expectations, there are many opportunities to participate in committees, visits and other activities such as recruiting members, all of which contribute to making the Governor's role useful and interesting.

The amount of time a governor spends in the role is entirely up to him/her and may only become clear after several months in post.

Attendance at induction and training events will be required, any additional involvement will be optional.

How long will my appointment last?

An appointment as a Governor will be for a three year term up to a maximum of 2 terms.

Are there rules I have to follow? How will I know if I'm doing it right?

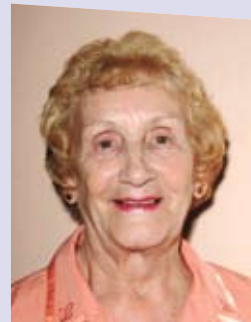
We will give you the training and support you need to be an effective Governor.

*I did, so
can you!*



I find myself at the end of my three year term as a Governor. My journey has been varied, testing and so very rewarding. The main purpose of my role is to try to make life better for patients and encourage the provision of the very best of care to those who need it. I would so urge everyone to become involved even if only to join as a member so that you and your family know of the changes and developments that may directly affect your care in the future.

Kaye Meegan
Public Governor North



I joined the Trust as a Member in 2006 having picked up a copy of GoodHealth in an outpatient clinic. In 2007, I decided to stand in the Elections for Governors and was elected to represent Trust Members in West Sheffield. My role is very rewarding and varied, I am involved in patient nutrition, infection control and maternity services. We always need enthusiastic Governors so if you are interested come and join us – you don't need knowledge of the NHS and you will be made very welcome.

Anne Eckford
Public Governor West

If you are interested in becoming a Governor we would be delighted to chat to you further. Please call Jane Pellegrina on 0114 2714322 or email jane.pellegrina@sth.nhs.uk for more information.

For more news from the Governors go to page 9...

Hospitals given clean bill of health

All five of Sheffield's adult Hospitals have been given a 'clean bill of health' following an unannounced hygiene inspection by the Care Quality Commission

The Trust, which has one of the best records for preventing MRSA bacteraemias, passed all 15 of the standards that the CQC chose to review which assess whether patients, staff and visitors are being adequately protected from healthcare-associated infection.

Hilary Scholefield, Chief Nurse / Chief Operating Officer, said: "Patient safety is our top priority so obviously clean hospitals and a zero tolerance approach to infection is key. I am therefore delighted that the inspection showed that we were doing the very best for our patients. Our staff work tirelessly to ensure patients are welcomed to a clean hospital and get the very best standard of care."

The Care Quality Commission (formerly known as the Healthcare Commission) carries out inspections of every hospital in the country.

HOSPITAL SERVICES ARE 'EXCELLENT'

Sheffield Teaching Hospital's NHS Health Check rating has been increased to 'Excellent' for the quality of our services after the NHS watchdog, the Care Quality Commission, upheld an appeal made by the Trust.



The Annual Health check provides a detailed picture of the state of public healthcare in England. Every one of the country's 391 NHS trusts is involved. Each Trust receives two ratings on a four-point scale of 'excellent', 'good', 'fair' or 'weak'. One rating covers the quality of their services, measured against the government's core standards and national targets; the other relates to the use of their resources, measured against how well they manage their finances.

For the last two years, the Trust which manages five of the City's hospitals has been awarded the highest possible rating of excellent for both the quality of its services and financial management in the NHS Annual Health Check ratings. This made it one of the top performing UK hospital Trusts.

However in October last year, the Trust was awarded excellent for financial management but good for quality of services in the 2008/9 ratings.

Sir Andrew Cash, Chief Executive of Sheffield Teaching Hospitals

NHS Trust explains: "There are 23 indicators and standards which you have to achieve to gain an excellent rating. They cover the things which really matter to patients like safety, quality of care, reduced waiting times, cleanliness of the hospitals and how responsive we are to our patients. One of the indicators was about participating in heart care audits for which we were given an 'under achieved' score. However we should have been scored as 'data not available' rather than underachieved. The Healthcare Commission acknowledged this and so our overall rating has now changed from good to excellent for the Quality of our Services.

This means we are once again one of only a handful of hospitals to achieve the highest possible score for both the quality of our services and our use of resources (financial management). We are also one of only a small number of Trusts to have achieved 'double excellent' three years running which is excellent news for our patients and testament to the hard work and dedication of all our 13,000 staff."

NOTICE OF ELECTIONS

The Trust gives notice that it will hold Elections to the Governors' Council on 24 May 2010.

Elections will be held for the following positions:

- Public Constituency Sheffield South East - One Vacancy
- Public Constituency Sheffield South West - One Vacancy
- Public Constituency Sheffield West - One Vacancy
- Public Constituency Sheffield North - One Vacancy
- Patient Constituency - One Vacancy
- Staff Constituency - One Vacancy

Nomination packs with information about how to stand for Election to these positions will be available from 23 March 2010 from the following address. All Members wishing to stand for Election will be required to attend a short briefing session prior to submission of their nomination forms, a list of dates and venues for the brief sessions will be included in the nomination packs.

Nomination packs available from:

Foundation Trust Office,
Sheffield Teaching Hospitals
NHS Foundation Trust,
Northern General Hospital,
Herries Road,
Sheffield
S5 7AU

Telephone: 0114 271 4322
Email: jane.pellegrina@sth.nhs.uk

All nomination papers must be received by the Returning Officer of Electoral Reform Services at the address below by 12 noon on 29 April 2010.

Faxed or emailed nominations will not be accepted.

Electoral Reform Services Ltd,
The Election Centre,
33 Clarendon Road,
LONDON N8 0NW

Telephone: 0208 889 9203

Elections

Ballot papers will be distributed to qualifying Members on 24 May 2010. Completed ballot papers must be received by the Independent Scrutineer, Electoral Reform Services Limited by 12 noon on 17 June 2010. The results of the Election will be announced on 21 June 2010.

You can now follow the Trust: <http://twitter.com/SheffieldHosp>



CANCER SUPPORT GROUP CELEBRATE A SUCCESSFUL FIRST YEAR

The 'Heads Together' support group, which was the first in the region to be set up especially for patients with cancer of the head and neck, is celebrating the success of its first year.

Heads Together was established to provide psychological and emotional support to patients with all types of cancer from the neck up by the Hallamshire Hospital's Clinical Nurse

Specialist for Oral Maxillofacial Surgery, Louise Marley, Macmillan Head and Neck Nurse Specialist, Tracy White, and Senior Speech Therapist, Jane Thornton.

Louise, who recently collected a Chief Executive's Award at the Trust's Annual Thank you Awards for her dedication to caring for patients and her commitment to establishing 'Heads Together', said:

"We felt it was important to establish the group as some patients, often patients that have been through major disfiguring surgery, were missing out on the support they need. Patients who had cancer of the vocal chords, were already able to attend the Laryngectomy Support Group but there was nothing for patients with other head and neck cancers such as cancer of the eye, lip and tongue.



If you have any of the following symptoms for longer than 3 weeks, please see your GP:

- an ulcer or sore in your mouth
- an ulcer or sore on your tongue
- a red patch in your mouth
- a white patch in your mouth
- an unexplained pain in your mouth or ear

Other signs to look out for are:

- an unexplained lump in your neck
- a sore or painful throat
- a croaky voice or difficulty swallowing

Eric's Story

Eric Bailey, a dad of three and granddad of six, is one patient who knows how important 'Heads Together' is to local cancer sufferers and their families.

In 2003, Eric from Barnsley, now aged 70, was diagnosed with cancer of the vocal chords. He was referred to the Royal Hallamshire Hospital where



Eric Bailey with wife Betty and Daughter Lynn

surgeons removed his vocal chords and speech therapists taught him to speak again with the aid of a stoma.

Eric, who was manager of a local family bakers for 46 years, said: "Heads together has had a great first year – patients like myself enjoy meeting others in similar situations, forming friendships, listening

to speakers, receiving patient information and going on trips."

"Thanks to the Hospital's support, I am now able to enjoy life as always. Since my operation, I have taken holidays in Fuerteventura, Egypt and Dubai. I spend lots of time in my garden, which keeps me fit and I don't let things get in my way."

EARLY DETECTION SAVES LIVES

David Nicholson, 53, from Eckington, was shocked to discover that a mouth ulcer that wouldn't heal was actually an early sign of mouth cancer.



But thanks to early detection and treatment at the Charles Clifford Dental Hospital, David is on the road to making a full recovery.

David was referred to the Hospital after complaining to his Dentist about a persistent ulcer on his gum. After tests revealed the sore was early stage mouth cancer, specialists removed part of his jaw and a gland in his neck to prevent the cancer from spreading.

Mr Afshin Yousefpour, Consultant Oral & Maxillofacial Surgeon, said: "Thanks to David acting on a warning sign, his cancer was caught early. If people look out for symptoms and get them checked out by their GP or Dentist - lives will be saved. Once mouth cancer progresses to a later stage the survival rate drops dramatically."

As David smoked and drank alcohol heavily for over 30 years, he was at a greater risk of developing mouth cancer than non-smokers and people who only drink occasionally.

Mr Yousefpour added: "Most cases of mouth cancer are preventable. Smoking tobacco (cigarettes, cigars and pipes) and drinking a lot of alcohol are the main risk factors for mouth and oropharyngeal cancers in the

western world. Many people from Asian backgrounds chew tobacco or betel quid with tobacco (also called paan) - they are also at high risk of developing mouth cancer.

"Other risk factors include - a poor diet (which is common in heavy drinkers), the human papilloma virus (HPV) infection, having had cancer before, and sun exposure. About one in three people diagnosed with lip cancer work outdoors."

Mouth Cancer is more common than cervical and testicular cancer combined. The disease is more likely to develop in people over the age of 50, but it is on the increase in younger adults, especially men.

David said: "I feel lucky to be alive. The care I received at Sheffield Teaching Hospitals was absolutely fantastic from day one and I am so grateful to the consultants, nurses and therapists for all the support they gave me. I am now getting back to full health and my scars are barely noticeable. I hope my story can raise awareness of what lifestyle choices can increase the risk of getting mouth cancer and also the symptoms to look out for so others can catch the disease in time."

Did you have your say on how we involve patients and the public?



Sheffield Teaching Hospitals recently had a consultation to review our new Patient and Public Involvement (PPI) strategy – Listening, Talking, Improving.

The strategy aims to ensure the views of patients and the public are at the heart of all planning and services improvements and to further develop the culture of involvement.

The draft strategy was put out to local consultation consisting of four key questions which welcomed the views of patients, public and stakeholders. The strategy was also sent out to partner organisations and key patient, voluntary and

community groups.

Sue Butler, Head of Patient Services, said: "Sheffield Teaching Hospitals is committed to involving patients and carers in the planning and decision making process around the services we provide. We need to ensure that we continually improve the way we do this to allow local people to have a voice and truly influence our work."

Now the consultation has closed, responses are currently being collated and analysed. The appropriate revisions will then be made to the document and it will be presented to the Board for final approval.

JESSOP WING WINS NEONATAL UNIT OF THE YEAR

The Jessop Wing Hospital's Neonatal unit which cares for premature and sick babies has been voted 'Neonatal unit of the year' in the Mother and Baby Big Heart Awards 2010.

The neonatal unit was nominated by Nicky Emsley of Leeds whose son Joshua was transferred there after his premature birth in July last year.

Little Joshua was born at just 26 weeks gestation weighing 2 lbs. He was very poorly and needed the specialist care that the Jessop Wing provides.

She said: "Every member of staff was extremely friendly and caring. They taught me how to do

Joshua's basic care, making it easy to bond with him. They explained everything clearly and were never too busy to answer my questions. If I visited Joshua and broke down in tears I would always find arms reaching around me for comfort and no matter how upset I got, I'd always leave the unit smiling, reassured that Joshua was getting the best care possible.

Although the weeks we spent in the Jessop were the worst of our lives, I will always have

great memories of the time we spent there, and of the help and support of the staff. When we left I felt we were leaving part of our family."

Caroline Nicholson the unit's Matron said, "I was delighted to receive this award on behalf of the unit as a whole. The level of care deserves to be recognised as staff go above and beyond the call of duty to provide the best treatment for premature babies and their parents."



Staff go above and beyond the call of duty... for premature babies.

Joanne Cropley and Paul Bent...

...from Nottingham know all too well why the Unit has been recognised for staff's dedication to the care of poorly babies. The couple's twins, Thea and Noah, have been on the Unit since they were born on the 17th October 2009.

As the babies were born just 24 weeks into Joanne's pregnancy, both weighed under 1.5 pounds and needed special care. Paul and Joanne have

also stayed at the Unit since the birth and say they now see staff as 'extended family'.

Paul said: "Staff on the neonatal ward are absolutely fantastic, the nurses continuous care for the babies is exceptional, not to mention how well they look after the parents -explaining all the procedures and answering all of our questions so clearly. The whole unit is brilliant and they have helped make this traumatic time bearable."



Baby Thea

Joanne Keyworth...



...34, from Parson Cross gave birth to baby Harvey 13 weeks early last October. At birth, Harvey weighed only 2.4 pounds but after over 16 weeks of dedicated care, he became able to breathe on his own and went up to a healthy weight - ready to go home.

Overjoyed Mum, Joanne, said: "The care Harvey received was excellent and he is doing really well now. The staff on the Unit are absolutely fantastic and have been a great support to me and my family. They definitely deserved to win Neonatal Unit of the Year."

H1-HOSPITAL SHUTTLE BUS

Sheffield Community Transport became the new operators of the H1 Shuttle Bus service connecting the Royal Hallamshire and Northern General Hospitals in May 2009.



Buses leave the turning circle at the end of B Road, Royal Hallamshire Hospital and the Clock Tower, Northern General Hospital every half hour (on the hour and half hour) between 6am and 6pm.

The H1 service has been registered to stop at all bus stops between the Hospitals and therefore can be used to connect with many other local services, including Supertram.

As a public registered service any member of the public can use the buses. The fare for the entire route between the two sites is just £1 and only 50p for any part of the route. Public transport bus passes recognised by the South Yorkshire Passenger

Transport Executive can be used on the buses and this includes: English National Concession Pass (Senior Citizens and those with disabilities), Student Travel Card and the Travelmaster.

As public use of the service has increased significantly over the past few months, two brand new buses have been provided. The new buses are comfortable, offer low floor access and conform to Euro 5 Standard emissions. The timetable is available from all main reception points around the hospital sites.

If you would like more information about the H1 service, please contact Claudia Morris (Travel Plan Coordinator) on 0114 226 6001.

Patients go to theatre with dignity



The Trust is piloting new theatre wear to improve patients' privacy and to allow them to walk to theatre with more confidence.

The project was launched in response to feedback from questionnaires which found some patients felt theatre gowns exposed too much of the body.

Jo Bishop and John Laxton, Trust Governors, were involved in the implementation of the project. John said: "Staff feel it is important to encourage patients to walk to theatre as it improves circulation and recovery time. It was therefore important for the Trust to address the comments received from patients to improve their privacy and dignity."

The Trust is trialling the new design of theatre wear in the Theatre Admissions Unit and Day Surgery in the Northern General Hospital. This new design comprises a pair of

shorts worn under the existing gown.

The shorts rest just below the knee which ensures the patients aren't too exposed but don't trip over. In addition, the shorts increase the body temperature of the patients and as a result reduce the risk of hypothermia.

Janet Hurst, Clinical Service Manager, said: "The shorts have been designed by our staff and take into account the practicality needed for both staff and the patients. We are confident the new theatre shorts will be successful and well received by patients. If the shorts prove to be successful they will be used throughout the whole trust and will ensure patients feel confident and dignified in the newly improved hospital attire."

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FUNDRAISING FOR WORLD CLASS CYSTIC FIBROSIS UNIT

Cystic Fibrosis (CF) is one of the UK's most common life-threatening genetic diseases and there is currently no cure.

It is present at birth and affects the internal organs, particularly the lungs and digestive system, clogging them with thick, sticky mucus - making breathing and digesting food very difficult.

Children with the condition are cared for at the Sheffield Children's Hospital's CF unit and, thanks to specialist care, these children are fitter and healthier than ever before.

Today, most of the difficulties with CF are experienced by young adults with problems with low body weight, recurrent chest infections, diabetes and liver disease amongst their potential problems.

These conditions can lead to lung failure or the need for lung transplant. Specialised care for these adults with CF is increasingly important - in Sheffield, the Specialist Adult CF Centre is at the Northern General Hospital.

Sheffield Hospitals Charitable Trust have recently launched the Sheffield Cystic Fibrosis Appeal with the aim of raising £1m to build a world-class, dedicated treatment centre at the Northern

General Hospital for adults with CF. At the moment, teenagers and young adult patients in our region are spending days or weeks at a time on an ordinary medical ward, often amongst elderly patients, as the CF unit does not have its own dedicated inpatient facilities.

Funding from Sheffield Teaching Hospitals NHS Foundation Trust will help build the project but to make it really special, charitable funds are needed. The National UK Cystic Fibrosis Trust and the Hospital's CF team have both generously contributed so far, but your help is needed to make sure this centre becomes a reality.

Dr Frank Edenborough, Consultant Physician and Staff Governor, is part of the CF Unit's team of doctors, nurses, physiotherapists, dieticians, social workers, pharmacists and psychologists dedicated to the care of adults with CF.

He said: "Rigorous infection control measures are particularly important for people with CF as they suffer from chest infections with bugs that are very contagious to other people with CF (but not to healthy

people). Patients must therefore be isolated from one another in hospital which can create boredom. The new facility has been designed to cater to these specific needs in a 'home from home' environment. With the help of the appeal, it is hoped the centre will include 12 new inpatient 'bedrooms' with private en-suite facilities. If enough money is raised, these rooms will include free, high speed broadband, a computer, TV, Wii and Xbox to enable patients to continue their education or work, keep in touch with friends and alleviate boredom during hospital stays. The new CF ward would be the only one of its kind in the area and will treat patients from as far afield as Grimsby and Buxton."

Trust governors are supporting the Charitable Trust and the CF team in their appeal. If you would like to make a donation, please contact Sheffield Hospitals Charitable Trust on: 0114 2263555 or visit their website for more info: www.shctonline.org.uk



Chris Linacre at the Appeal Launch with Cystic Fibrosis patient Ruth Palmer

With the help of the appeal, it is hoped the centre will include 12 new inpatient 'bedrooms' with private en-suite facilities.

BREAST REDUCTIONS HELP MUM AND DAUGHTER DROP 9 BRA SIZES BETWEEN THEM



A mother and daughter from Rotherham are pain free and glowing with new-found confidence after having breast reduction surgery at Sheffield Teaching Hospitals.

Valerie Whiting, 57, and Helen Bagshaw, 33, are celebrating putting an end to years of back pain, neck ache, bad posture and avoiding everyday things through embarrassment.

Helen's breasts ballooned to size 32 JJ after breast feeding her daughter ten years ago. The mum-of-two had surgery in August 2009 to become a more proportionate 32 DD to her size 12 frame after witnessing the excellent treatment and results of her mum Valerie's operation in March.

Mr. Lam, Consultant Plastic Surgeon at Sheffield's Northern General Hospital treated both ladies. He said: "An excessively heavy bust is a common condition that causes much distress physically with neckache, backache and troublesome rashes under the breast creases. Psychologically, patients suffer a lot of social distress and also encounter relationship difficulties because of their perceived body image."

Helen said: "I'm delighted with the results. I just feel so much more confident. My quality of life has improved tremendously – before the op I couldn't do the

simplest of things like running for the bus; I always had to hold my boobs down! I felt as though I couldn't do some things I enjoy, like swimming, because I felt so self-conscious. At 33, I want to be a 'yummy-mummy' wearing funky clothes, not hiding under baggy T-shirts. I had been thinking about breast reduction for quite a while so when I accompanied my Mum at pre-operative appointments, I asked questions to our Plastic Surgeon, Mr. Lam, who explained the process thoroughly.

After 30 years, mum Valerie's bra straps have left her with deep grooves on her shoulders because of her 36 G chest. She is also pleased with the results of her operation which took her down to a lighter 36 DD.

Valerie said: "The first holiday I went on after my breast reduction was a cruise - it was the first time I can remember wearing a vest top with pride. My husband even said – 'By gum lass, tha look's great', which made me smile."

"I put up with discomfort and back pain for so long and I wish I'd had the operation 20 years ago."

Hospital Chairman Awarded Honorary Doctorate

Sheffield Teaching Hospital's Chairman David Stone has been awarded an Honorary Doctorate by The University of Sheffield in recognition of his service to the NHS and the city's steel industry.



David Stone has been Chairman of the Board since the formation of the Sheffield Teaching Hospitals NHS Foundation Trust in 2004 - he has also served as chairman

of the Weston Park Hospital NHS Trust and the Central Sheffield University Hospitals NHS Trust.

David Stone said: "I'm delighted to except this award in recognition of my time in the steel industry and as the chairman of a high performing NHS Trust.

"It is a great honour to be recognised by The University of Sheffield and I feel privileged and lucky to have been able to play a part in two very important areas of Sheffield life."

Diary Dates

All Members are welcome to attend the events, please ring Jane Pellegrina on 0114 2714322 or email jane.pellegrina@sth.nhs.uk for more information.

Members' Health Talk Your Lifestyle – Who Pays?

Thursday 22 April 5.30/6.00 pm
Venue: Medical School, Royal Hallamshire Hospital

Governors' Council Meeting

Tuesday 8 June 5.00 pm
Venue: to be confirmed

Governors' Council Meeting

Tuesday 21 September 5.00 pm
Venue: to be confirmed

Governors' Council Meeting

Tuesday 7 December 5.00 pm
Venue: to be confirmed

VOLUNTEERS AND GOVERNORS SIGNED UP 235 NEW TRUST MEMBERS...

...at Sheffield University's fresher's fair 2010!

Jane Pellegrina, Foundation Trust Membership Manager said: "I'm really pleased with the level of interest our stand got at the freshers fair. The students that signed up were from a variety of different courses and it's great to get such a large number of young people on board."



REDUCING RISK, REDUCING FALLS



What a winter we had! Due to the treacherous icy conditions at the start of the year, the Trust's Emergency and Minor injury departments experienced the highest level of admissions on record.

On the busiest day, 42 people attended the emergency department in just one hour after a fall on the ice – 41 of these had suffered a fracture.

Even though spring is here, falls are still a major health problem particularly for the elderly. A recent Sheffield Teaching Hospitals survey indicated that around 70% of all inpatients are over the age of 65.

Incident reporting shows that patient falls make up 50% of all clinical incidents reported at the hospitals, equating to around 3,000 patient falls on inpatient wards per year. Many of these are potentially avoidable and recently there has been a lot of work undertaken to reduce the risk of patients falling in hospital.

One measure has been the development of a Hospital Falls Risk Assessment Chart which is used by nurses and midwives for

those patients identified at risk from falling.

When patients attend hospital a member of the nursing team will make an assessment using a number of factors such as age, medical history, mobility and medication to identify the risk of falling. This initial assessment then enables the nursing team to identify and implement appropriate interventions to reduce the risks of falling whilst in hospital. These interventions range from simple measures such as having appropriate clothing and footwear and asking for help when walking, to more complex interventions that are provided through specialist staff such as physiotherapists and occupational therapists.

In the community, the falls service provides a similar care pathway that is used to assess and manage patients who have

fallen or are at risk of falling at home. By identifying, assessing and effectively managing those patients at risk from a fall, the need for an admission to hospital with a falls related injury could be greatly reduced.

NHS Sheffield has established a new pathway for patients who suffer from falls or poor bone health, launched on 12th January. It will assist staff in determining the most appropriate steps along the patient journey, with the aim of preventing secondary falls, fractures, and admissions to care homes. The pathway includes a three-level process for patient referral and intervention, from case-finding at first point of contact through, if necessary, to falls risk assessment and then specialist services. GPs, Community Geriatricians and ward doctors will have more of a key role in referring on to specialist services.

SHEFFIELD TEACHING HOSPITALS CELEBRATES CHINESE NEW YEAR



Chinese dancers entertained patients

Patients, relatives and staff at the Spinal Injuries Unit celebrated the Chinese New Year in style with authentic food and entertainment.

The event was free for inpatients at the specialist centre and featured a tasty Chinese menu, dragon and lion dances, traditional musical performances, a performance by patients and a charity auction rounded off by karaoke and a disco.

Staff and relatives raised £690 through entry fees and an auction which will be donated to the Spinal Injuries Association – a national organisation for people affected by a spinal cord injury.

Dr Amanda Wong, Organiser of the event and Spinal Injuries Specialty Doctor at the Northern

General Hospital, said:

"Many of our patients need long-term care and the routine of even the basic tasks of daily life can get wearing. This event was a welcome change and gave all the patients a much needed lift."

"The event gave everyone a taste of traditional Chinese culture, raised money for the Spinal Injuries Association and most importantly, was a fun and entertaining evening for everyone, especially our patients."

The event was sponsored by KH Trading Sheffield and ARK VFX Limited.



Many of our patients need long-term care and the routine of even the basic tasks of daily life can get wearing.

HUG

The Cancer Support Group

HUG is a cancer support group which helps patients who have experienced cancer of the upper gastrointestinal tract. This includes cancer of the oesophagus and cancer of the stomach.

Joan Taylor, HUG Secretary, said:

"Every year, since 2005, we have held a Christmas fair at the Hallamshire hospital. The money is donated to the Hospital's Oesophagogastric research fund for research into cancer of the stomach and oesophagus. Last Christmas we raised just over £670 on the day."





Travelling to a tropical destination? Read Alison's advice below...

TOP TIPS FROM DR ALISON COPE

Consultant Virologist

At this time of year, as the 'cold snap' lingers and the barbecue summer can't be guaranteed (again), inevitably our thoughts turn to summer holidays. For many, the opportunity to explore distant shores has meant that donkey rides at Blackpool have been superseded by elephant rides in Thailand or camel treks in Egypt.

Holiday planning priorities, typically involve finding a good deal, then saving the pennies, then thinking about clothes and sun tan creams, and bottom of the list (if it appears at all) comes travel health planning.

In the 70's and 80's when few holiday travellers ventured beyond Europe reciprocal health care agreements with countries in the European Economic Area (via the European Health Insurance Card, formerly E111) meant that we could be guaranteed basic health care in member countries. Such agreements are rarely available further afield and more robust health insurance is required.

Health insurance is not just about the purchase of a policy, but should involve planning and risk



Wishing you happy and safe holidays,

Alison

reduction. At the outset, ensuring fitness to travel, optimising existing medical conditions and their treatments is paramount, and avoiding tropical infection by good bite avoidance strategies, and sensible dining are key. Use of suitable vaccines, administered in a timely manner which allows the immune system to generate

protective antibodies, before the start of the trip is ideal. In addition, a pre-travel health check allows us to consider the risks that might be posed by our activities abroad, whether this is a student gap year adventure or a health care or animal worker on secondment. Road safety awareness and the importance of safe sex in this era of growing HIV and hepatitis risk should not be underestimated.

E floor at the Royal Hallamshire has a properly equipped travel clinic ran by tropical medicine professionals. So don't leave it to chance, seek your pre-travel health review by visiting www.sth.nhs.uk/travelclinic to fill in your pre-travel questionnaire and book your clinic slot.



SheffieldTravel HealthClinic

Professional medical advice for anyone travelling abroad

Email: sheffieldtravelclinic@sth.nhs.uk or phone: 0114 2713720, for more information.

*John Laxton
Patient Governor*



GETTING TO KNOW YOUR GOVERNORS

What part of being a Trust Governor do you enjoy most?

Meeting patients, former patients (and their families) who are full of praise for the 'whole package' of care they've had at our Trust hospitals.

What does your role involve?

Governors are responsible for holding the Board of Directors to account for the performance of the Trust. To do that we have to scrutinise how the Trust performs which means listening to feedback from patients and checking reports from external regulators (e.g the Care Quality Commission and the auditors). I try to represent members' interests when working with hospital staff on specific issues (e.g. pushing the case for a new design for hospital gowns), asking questions at committee meetings (e.g. on mortality rates at the Clinical Effectiveness Committee) and working with the Board on long term plans.

In the week I write this the emphasis is on outpatients - I am helping with an in-house survey of outpatients in Surgical Services and going to a presentation on the results of a survey of outpatients last year (across the Trust) undertaken by external professionals. This will show us how patients' experience at our hospitals compares with others across the country.

What was the last thing that made

you laugh out loud?

This morning it was a joke about culture and class by Jonathan Miller on Radio 4's 'Start the Week'.

Who do you admire most and why?

Of today's people, it has to be Nelson Mandela for his patient wisdom and leadership. Closer to home, there are many unsung heroes known collectively as 'carers'. They provide for individuals without reward, and by doing so enable our health and social care services to function.

What do you feel is your best strength?

The ability to get behind management jargon and ask a question!

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

In a club in New Orleans, enjoying live music. I love the sounds that have emerged from that melting pot of a city and will get there one day!

Which actor/actress would play you in a film of your life?

I've asked Gail at home and she's suggested Brad Pitt - but that's probably her dream! It'd have to be a character actor like James McAvoy with a (southern) English accent.

WOMEN PRAISE HOSPITAL'S 'VIRTUAL CLINIC'

Women are having their blushes spared thanks to a new 'Virtual Clinic' which helps diagnose and monitor conditions such as stress incontinence, pelvic organ prolapse and overactive bladders.

The new online 'Virtual Clinic', provided by the Urogynaecology Unit combines on-line interviewing, using an Electronic personal assessment questionnaire (ePAQ), with telephone consultations.

Julie Fothergill, age 46 from Herdings, is just one of many women who have praised the new service which led to the diagnosis of her stress incontinence and the operation that 'changed her life'.

Julie said: "Before the operation I was very limited - I could not do any sports activities, I could not even go on a brisk walk or dance on a night out. Now, thanks to the operation, I am back at the gym take my dog on long walks and enjoy evenings out without the embarrassment. And not

having to spend most of the evening queuing for the loo is a real bonus."

"I preferred answering the more embarrassing questions via the electronic questionnaire than face to face. It was less uncomfortable and I felt I was being more honest about my symptoms. The phone consultation was excellent - relaxed and stress free. The subsequent treatment I then had was second to none, I cannot praise staff at the Hospital enough for changing my life."

Patients deemed suitable are identified by a review of referral letters and asked if they would like to take part in the Virtual Clinic or if they would prefer to attend the hospital in person.

Stephen Radley, Consultant

Obstetrician and Gynaecologist at Sheffield Teaching Hospitals, who originally developed the interactive, web-based ePAQ system said:

"The Virtual Clinics allows patients to exchange important information to the clinician without embarrassment. The clinician can then decide what further tests or treatment is required. This method of consultation can save time for patients, who don't need to travel to hospital and free's up time for doctors to care for more patients."

ePAQ is now being developed for other conditions and specialties, such as pre-operative assessment, orthopaedics, substance misuse and other aspects of men's & women's healthcare throughout Sheffield Teaching Hospitals NHS Foundation Trust.

OUT OF THE FRYING PAN

Derbyshire Spring Lamb with a Tuscan Sauce

Ingredients

- 1 Onion
- 3 Cloves of Garlic
- Inch cut of Chorizo Sausage
- Glass of Red Wine
- 1 tin of chopped Tomatoes or pasata
- 1 Courgette
- Two medium Carrots
- 1 Green Pepper
- 4 Derbyshire Lamb Steaks
- Tomato Puree
- Henderson's relish
- Fresh Rosemary
- Jar of Mixed Herbs
- Salt & Pepper
- Pinch of sugar
- Rice or Pasta
- Fresh Ciabatta Bread

Method

1. Finely chop the onions, garlic and chorizo and fry the onions on the lowest heat possible for 5 minutes before adding the garlic and chorizo and after 2 minutes the red wine.

2. Turn up the heat and let the alcohol boil off the wine for 5 minutes. Meantime chop the courgette, carrots and green pepper into small sized pieces and along with the tomatoes and add to the sauce.

3. Add a squeeze of tomato puree and a few drops of Henderson's relish along with half a tea spoon of both rosemary and mixed herbs, a pinch of sugar and season to taste with the salt and pepper. Cook for around 30 minutes stirring occasionally.

4. To prepare the lamb, add some rosemary to the steaks and grill on each side according to taste. Normally 5 minutes each side for rare and 10 for well done.

5. Prepare the rice or pasta, garnish the steaks with rosemary and serve with sauce, along with the ciabatta which has been warming in the oven.

Sheffield Teaching Hospitals **NHS**
NHS Foundation Trust

Your Lifestyle - Who Pays?

YOUR INVITATION TO THE NEXT TRUST MEMBERS' HEALTH TALK

"We can damage our bodies in all sorts of ways: smoking, alcohol abuse, solvent abuse and becoming obese are common examples. Very often the NHS picks up the bill for this avoidable damage at the expense of other patients needing treatment."

Tim Locke, Cardiac Consultant and Event Speaker



Royal Hallamshire Hospital

**Thursday 22nd April
5.30pm for a 6pm start**

**Please call Jane Pellegrina
to book your place on
0114 2714322 or email:
jane.pellegrina@sth.nhs.uk**



A Simple Test Can Save Your Life

The latest public health lecture on cervical screening allowed Trust members to find out what happens to a cervical cytology test once it leaves the GP surgery or clinic and how these tests can save a woman's life.

Cervical cancer is the twelfth most common cancer in women in the UK with about 2,800 women being diagnosed each year.

In the Sheffield area 33,500 cervical cytology tests – or smear tests as they used to be called – are performed by doctors, nurses, clinics and health centres across the city each year; all of which are processed by the cytology screening laboratory at the Royal Hallamshire Hospital.

The talk was delivered by Mr John Smith, Consultant Pathologist at Sheffield Teaching Hospitals, he said: "I was delighted to be asked to speak, and I hope that my presentation helped promote a better understanding of what happens in the laboratory and the importance of being tested. I also outlined how the NHS Cervical Screening Programme may develop in the near future."



CUT OUT AND POST PLEASE! 

Please post this form to: NHS Foundation Trust Project Office, Sheffield Teaching Hospitals NHS Foundation Trust, FREEPOST NAT9274, Sheffield S5 7ZZ



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Squinting is the short-sighted answer to poor sight. Eyesight is a precious gift yet so many of us take it for granted or simply walk around with blurred vision, never knowing any different. Life's too short to settle for mediocrity; see the world around you clearly with Premier Eye Care.

Early and regular testing is essential – it is thought that undetected vision problems are one of the major causes of learning difficulties – Premier Eye Care begin eye tests from the age of four. Free check ups are available to all those under 16 years and up to 19 if in full-time education.

For adults, generally in their forties, reading troubles are the most common and check-ups are recommended every two years.

In addition to standard eye tests, Premier Eye Care also offer VDU (visual display unit) tests for those who work with computers for a prolonged period of time.

They are also only one of two opticians in the area that are registered to screen for diabetes using a digital camera.

Owner Mr Tanveer Hussain has been a qualified optometrist for nearly ten years. Since opening in March 2005, he now has four practices, including A.C Smith Opticians in Doncaster and Ossett, dealing with both NHS and private patients.

He said: "Our main focus is on customer service; we aim to provide a comfortable and friendly environment. We also offer home visits for the elderly and disabled that can't visit us ensuring that they still receive the best possible care. The skilled team are also trained to repair, adjust and clean your glasses."

A far cry from the past, spectacles are no longer a dreary mass of nondescript frames. You can choose from opulent or subtle, classic or fashionable frames from the likes of Dior, Gucci, Prada, Armani, Versace, Ray-Ban, Polo Ralph Lauren, Vogue and others but to name a few.

With the largest selection of children's frames in the area, from NHS frames to designer like Hannah Montana, High School Musical and Bench Kids, there is something to suit the whole family.

Premier Eye Care caters for all budgets, with frames starting from just £10. Complete price spectacles start from just £39, with designer spectacles by Morgan and Bench at just £99.95 and Emporio Armani and Ray-Ban from £149.95. Prescription sunglasses are also available.

As an independent business, Premier Eye Care has complete freedom to supply all available frames and lenses specifically tailored to meet the patients' needs.

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