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*The free members' newsletter of
Sheffield Teaching Hospitals NHS
Foundation Trust*

WINTER 2015 ISSUE 33

INSIDE

Good HEALTH

Is A&E the right place for your care needs?

As large numbers of patients come to A&E, doctors urge patients to choose the right place for their care.

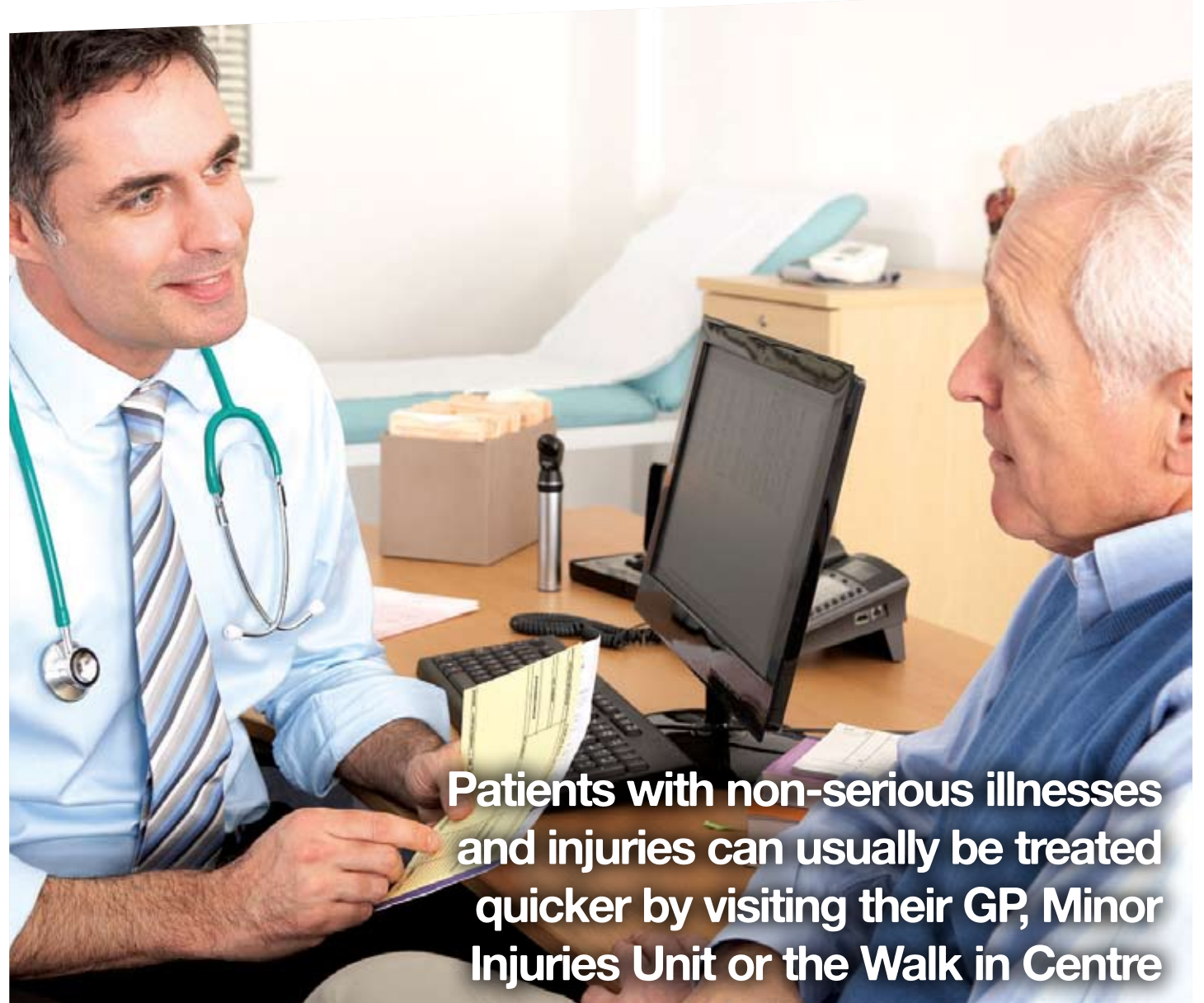
The winter months are always busy for Accident and Emergency (A&E) departments and the Trust has already seen exceptionally high numbers of patients attending the A&E at the Northern General Hospital. However several of the patients who came to A&E did not need the urgent care provided by the hospital and could have received quicker and more appropriate care elsewhere.

The Trust is therefore urging people to think about the most appropriate place to get care for minor illnesses and injuries such as their local GP surgery, Pharmacy or Walk in Centre.

Kirsten Major, Director of Strategy and Operations, said: "Our staff are doing an amazing job in coping with the increase in demand for emergency care. But it is important that our staff concentrate all their efforts on treating the sickest patients and so we are asking the public to support us to do this over the busy winter months by thinking twice about whether they really need to come to A&E."

"When we have a very high number of patients attending, it is inevitable that those patients with very minor, non-life threatening illnesses or injuries will have to wait longer than we would normally expect because priority is given to the sickest patients first. However the Walk in Centre at Broad Lane and the Minor Injuries Centre at the Royal Hallamshire both have shorter waiting times at most times of the day and so this is an alternative we would urge patients to consider if they do not need emergency care."

See pages 2 and 3 for more information about winter healthcare.



Patients with non-serious illnesses and injuries can usually be treated quicker by visiting their GP, Minor Injuries Unit or the Walk in Centre

Choosing the Right Care for You

Sometimes urgent, but not serious, problems occur that can't wait until your own GP is available.

At the weekend (or overnight), there is a GP out-of-hours service ready to help.

You should use this service if

you urgently need medical help or advice but it's not a life-threatening situation.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. To access NHS 111 via textphone call 18001 111.

REMEMBER!

The Accident and Emergency department is for people needing emergency medical attention or who have had an accident.

An emergency is a situation where someone

is experiencing a loss of consciousness, heavy bleeding, suspected broken bones, chest pain, breathing difficulties, an overdose, has swallowed something harmful, poisoning or has a deep wound.

Before you go to A&E THINK:

- Is this an emergency / accident?
- Can I wait and see my GP?
- Could another GP help me?
- Would an alternative service be better and quicker?

Alternative services are listed below:

 <p>Hangover. Grazed knee. Sore throat. Cough.</p>	 <p>Unsure? Confused? Need help?</p>	 <p>Diarrhoea. Runny nose. Painful cough. Headache.</p>	 <p>Unwell. Vomiting. Ear pain. Back ache.</p>	 <p>If you cannot get to see your GP and it's not getting any better</p>	 <p>Choking. Chest pain. Severe bleeding. Blacking out.</p>
<p>Self-care</p> <p>A lot of illnesses or symptoms, such as coughs, colds, sore throats and upset stomachs and aches and pains can be treated in your home by using a well-stocked medicine cabinet and by getting plenty of rest.</p> <p>Some self-care essentials:</p> <p>Stock your medicine cabinet with: paracetamol, aspirin, ibuprofen, anti-diarrhoea medicine, re-hydration mixtures, indigestion remedies, plasters and a thermometer.</p> <p>For further information visit NHS Choices www.nhs.uk.</p>	<p>NHS 111</p> <p>NHS 111 is a free to call service which will help you when you need to access medical and dental help fast but it is not an emergency.</p> <p>It is available 24 hours a day, 7 days a week to help you access local urgent health care services. Call 111 free from a landline or mobile.</p> <p>To access the NHS 111 service via textphone call 18001 111.</p>	<p>Pharmacist (Chemist)</p> <p>Your local pharmacist is a highly trained healthcare professional, and can give you advice on common illnesses and the medicines you need to treat them.</p> <p>Most now have a quiet area where you can speak to the pharmacist more privately and many are open during the evenings and weekends.</p> <p>To find your nearest pharmacy visit NHS Choices www.nhs.uk/service-search or call 111.</p>	<p>GP (Doctor)</p> <p>If you have an illness or injury that won't go away, make an appointment with your GP.</p> <p>They provide a range of services by appointment, including medical advice, examinations and prescriptions.</p> <p>For urgent GP out-of-hours just ring your GP's normal number.</p> <p>To find your local GP surgery opening times and out-of-hours service go to NHS Choices www.nhs.uk.</p>	<p>NHS Walk-in Services</p> <p>Walk-in services treat minor illnesses and injuries that do not need a visit to A&E.</p> <p>Sheffield's walk-in services are open 365 days a year. You do not need an appointment and will be seen by an experienced nurse or doctor.</p> <p>Sheffield NHS Walk-in Centre (adults and children) for minor illnesses and ailments. Broad Lane, Sheffield S1 3PB Open 8am - 10pm.</p> <p>Sheffield NHS Minor Injuries Unit (adults over 16 only) for less serious injuries, such as sprains, cuts and grazes. Royal Hallamshire Hospital, Glossop Road, Sheffield S10 2JF. Open 8am-8pm.</p>	<p>A&E or 999</p> <p>Accident and emergency departments and the 999 ambulance service should only be used in a serious or life-threatening situation. A&E provides immediate emergency care for people who show the symptoms of serious illness or are badly injured. If you telephone 999 the telephone advisor may send a response vehicle to your location.</p> <p>Emergency services are very busy. They should only be used in very serious or life-threatening situations.</p> <p>In Sheffield there is an A&E for adults only (age 16+) at the Northern General Hospital and a separate A&E for children (under 16 years) at Sheffield Children's Hospital, Western Bank, Sheffield S10 2TH.</p>

Those were the days

In 1957, when this photo was taken of the Casualty and Out-Patients Department, at the Northern General Hospital, things were not as busy as they are today. One car, one patient and one pram are the only signs of activity.

Nowadays the winter months are always the busiest time for the Trust and there have been exceptionally high numbers of patients attending the Northern General Hospital.

However this page highlights the ways you can help the sickest patients get treated faster while getting the most appropriate care for your needs quickly.



Keep warm and safe this winter

Staying warm is one of the best ways of keeping well throughout winter as it can help prevent many minor and serious health conditions including pneumonia, heart attacks and depression. Here are some tips to keep yourself and your family safe and warm during the extremely cold weather.

- Maintain the temperature of your living room between 18-21°C (65-70°F), and the rest of your house at least 16°C (61°F).
- You may be able to claim cold weather payments and winter fuel payments of up to £300 if you were born on or before July 5 1951.
- Wrap up in layers of clothing to stay warm, inside and out. Don't feel the need to stop at one piece of thick clothing, the more the better! And if it's possible, stay indoors during a cold period.
- Older people and those with serious illnesses need checking on daily whether they are neighbours or relatives and either through a phone call or dropping by.
- Eating regularly helps keep energy levels up, so try having hot drinks regularly and eat at least one hot meal a day.
- To lower the risk of slipping on icy paths, you should wear boots or shoes with a good grip.
- For those who travel by car, The Met Office has advised scattering either cat litter or grit on paths and driveways, and to wait until grit has set on the main roads.



A new year – and a new way to quit!

Yorkshire Smokefree Sheffield can help you with your new year's resolution to stop smoking for good.

You can be supported:

- **Online**
- **On the phone**

• In person

You can pick and mix the support you want – or use all 3 ways to quit.

The NHS service is free and expert advisers can give you friendly and non-judgemental support, including information on medications.

The telephone service is open 7 days a week

and the on-line programme is available 24/7 on our website.

Yorkshire Smokefree have already helped thousands of people to stop smoking for good – and can help you to quit, your way.

Call 0800 612 0011 (free from landlines) or 0330 660 1166 (free from most mobiles) or visit their website www.yorkshiresmokefree.nhs.uk



Sheffield NHS welcomes additional winter funding

With more patients requiring care after suffering a fall or getting sick with seasonal illnesses such as flu and norovirus, winter is an exceptionally busy time for the hospitals.

This year, an extra £300 million has been made available to the NHS in order to deal with the pressures of winter.

So far Sheffield has received over £3.77m of funding for winter which has gone towards:

- increasing capacity in primary care, including additional same day GP appointments and extending pharmacy opening times.
- providing a more responsive and patient centred service, seven days a week, including additional mental health nurses in A&E.
- increasing weekend occupational therapy and physiotherapy services and a street mental health triage team working with the police.

Dr Zak McMurray, local GP and Clinical Director at NHS Sheffield Clinical Commissioning Group (CCG), who commission health services for Sheffield, said,

"There is not just one solution to managing winter pressures, we need to support the whole system and are working together with our local hospital trusts and primary care to ensure services are as prepared as possible for the impact of winter on the health of our population."

Help us protect patients from sickness bug

You can help us protect patients from Norovirus (the winter sickness bug) as we enter the time of year in which the bug is most common.

Please don't visit the hospitals if you have had any symptoms of diarrhoea, vomiting or 'flu like' symptoms over the last 3 days.

This request is part of the Hospitals normal

plans and helps staff protect patients from the bug.

Visitors can help by following these simple steps:

- Always wash your hands with soap and hot water and/or use alcohol hand rub when entering and leaving the ward.

- Don't sit on patient's bed. Visitors'

chairs are provided - please ask the nurse if you need more.

- Ask staff to wash their hands. Do not be afraid to check that staff have decontaminated their hands.

If you do get sick

In healthy people the bug does

not need any emergency care.

The best thing to do is to stay at home, drink plenty of fluids and keep warm. The symptoms will ease within 48-72 hours. If after that they do not ease then you should seek further medical advice from your pharmacist or GP.

Support the Helipad Appeal – and help save lives

As you may have seen in the local press, the Sheffield Hospitals Charity recently launched its Saving Time, Saving Lives appeal to raise funds to build a new helipad at the Northern General Hospital.

When dealing with critically injured patients, every second matters and saving time really can mean saving lives. Located very close to A&E, the new helipad will mean that patients requiring life-saving treatment can be transferred from the air ambulance to the Major Trauma Centre (MTC) within seconds of landing.

At present, helicopters must land on a helipad that was built more than 20 years ago, and because of its distance from the MTC, this requires a secondary transfer by land ambulance to reach the emergency room. This not only adds precious minutes but also increases complexity and risks additional discomfort for patients. The existing helipad is also too small for many modern search and rescue aircrafts and as it has no lighting, it cannot be used at night.

The Northern General Hospital was designated a MTC in April 2013 and is one of just 26 across England. MTCs operate 24 hours a day, seven days a week, and are staffed by consultant-led trauma teams able to provide the specialist care needed by the most extreme and urgent trauma cases. Our MTC serves about 1.8 million people covering all of South Yorkshire and parts of the Humber, Derbyshire and the East Midlands.

Dr Stuart Reid is a Consultant in Emergency Medicine and the Trust's Lead on Major Trauma. He also works regularly as an air ambulance doctor so is ideally placed to explain the need for a new helipad. "When someone suffers a major trauma which involves multiple or serious injury, the speed with which they can get specialist medical treatment at a trauma centre can be the difference between life and death.

"The trauma team are desperate to have this new helipad. Having it just seconds from our door means we can start working on the patients sooner, which could make all the difference as every second really does count.

Sir Andrew Cash, Chief Executive of STH, said "All our staff do a tremendous job day after day to ensure all of our patients receive the best care. We hope everyone will back this important campaign to help our staff provide an even better service and save precious time for the most critically injured patients in their hour of need."

The new helipad will cost around £2 million and Sheffield Hospitals Charity hopes that with your help it can be operational by spring 2016. To date, more than £1.5 million has been pledged or committed but that leaves around £485,000 that still needs to be raised.

To find out how you can help or to make a donation visit www.sheffieldhelipad.com or call Sheffield Hospitals Charity on 0114 271 1351. You can donate £5 by texting HELIPAD1 to 70660 (*Texts cost £5 plus network charge. Sheffield Hospitals Charity receives 100% of your donation. Obtain bill payer's permission. Customer care 0844 847 9800)

To watch the Sheffield Helipad Appeal video, visit <https://www.youtube.com/watch?v=y9Drxmc2W54&feature=youtu.be>



Stuart Reid ,
A&E Consultant



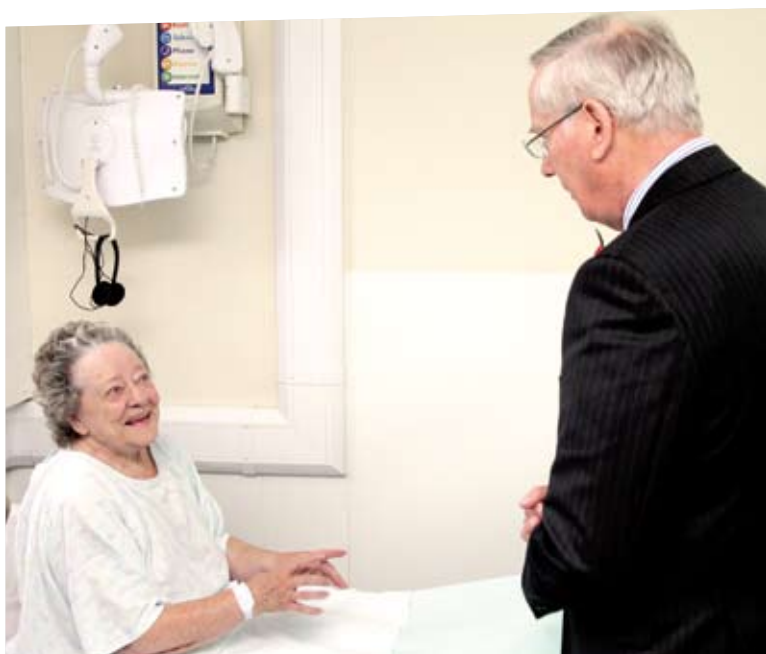

Sheffield
Helipad
Appeal

Saving time...
...saving lives

No-one wants to think about the worst happening but if you or someone you love were involved in a serious accident you'd give anything for the best medical attention as quickly as possible.

www.sheffieldhelipad.com
Tel: 0114 271 1351

Royal guest visits emergency care facilities



His Royal Highness the Duke of Gloucester recently visited staff and patients at the Northern General Hospital. The Duke was taken on a tour of the A&E department and the bespoke Frailty Unit which was designed to treat and assess frail older patients more quickly to improve flow through the hospital. The Duke was impressed by the facilities and enjoyed meeting with patients and staff, including some of the newest recruits and some of the longest serving.



Chaplaincy in the spotlight

Coming into hospital can be unsettling for patients and their relatives. A small team of hospital chaplains, supplemented by trained volunteers, provides an important strand of support to religious and non-religious people alike. The service promotes and safeguards the spiritual needs of service users, carers and staff, as well as linking with local faith communities.

Rev Martin Kerry, Senior Chaplain and Chaplaincy Manager, said "We recognise that illness not only affects our body, but that also affects our whole life: body, mind and spirit. Our main role is to listen and respond sensitively to peoples' needs. No day is ever the same and we offer support to families and individuals in many different

circumstances. We think of our work under three different headings: spiritual care, emergency support, and religious provision."

Spiritual Care

People in hospital can feel cut off from their normal life and struggle to make sense of what is happening to them. Chaplains have time to listen. It can help to talk to someone who has experience in helping people reflect on their hopes and fears; what gives their life meaning and purpose; and relationships that matter to them.

Emergency Support

The team provides a 24 hour on-call service across our hospitals for urgent situations. Martin Kerry added: "It's a sad fact that some patients die in hospital. The quality of care experienced by families at such a significant time is

likely to remain etched on their minds. Chaplains can support them, and help staff to manage what is often a sensitive and stressful event."

Religious Provision

The in-house chaplains are from the Christian, Buddhist and Muslim faiths, and are able to contact community leaders from most faith and belief groups.

Where to Find Quiet Space

Chapels and prayer rooms provide a quiet space where people can reflect - or simply 'be'. They are open throughout the day to patients, visitors and staff.

Northern General Hospital

Chapel: Vickers Corridor Level E

Prayer Rooms: Vickers Corridor Level E (Muslim)

Chesterman Wing Level D (Muslim)

Robert Hadfield Wing Level A (Multi-faith)

Royal Hallamshire Hospital

Chapel: A floor

Prayer Rooms: B floor corridor to left of shops (Muslim)

A floor inside chapel (Multi-faith)

Weston Park Hospital

Chapel 1st floor

If inpatients would like to see a chaplain, or attend a chapel service, they should ask a member of ward staff to contact the team. Alternatively, patients or carers can leave a message on the Referral Line **0114 27 14999**.



Investing in new technology to transform patient care

A new Electronic Patient Record system will be available across the Trust as part of a £35 million Transformation Through Technology programme which will revolutionise how patient care is delivered.



Dr David Throssell, Medical Director, explains: "Over the next five years we are investing more than £35 million to transform many of the IT systems we have in place at the moment so that we can continue to provide high quality, safe and responsive care to our patients.

"We are a trailblazer in so many areas thanks to the innovation and dedication of our clinical and non-clinical colleagues across hospital and community care. However this is often hindered rather than helped by some of the IT systems which we have had for many years. But we don't want to just update, we want to transform our organisation into one which has cutting edge systems to support the transformation in care we want and need to deliver over coming years."

"One example of this is that currently a patient's records are mainly paper based and can be located across numerous places in our hospitals or in community health services. This is because of the different illnesses a patient has or the care they need. This often means the complete picture of a patient's health and care is not available to a clinician at the time they see the patient. We need to give clinicians all the information they need, at all times, at all locations. Our current Patient Administration System (PAS) does not allow us to join up all our patient records. The new Electronic Patient Record system will enable all of a patient's hospital and community health records to be available, all in one view, 24hrs, 7 days a week."

"During the last 12 months more than 750 of our clinicians and admin staff have been involved in determining what we need from the new Electronic Patient Record system, they have visited other Trusts to learn from their experiences and considered the functionality and benefits various Electronic Patient Record systems could bring to the Trust. After a very careful process of clinical and financial evaluation we are pleased to confirm that we have chosen Lorenzo, (provided by CSC) for our new Electronic Patient Record. The Trust has been successful in its bid to attract Department of Health funding to deploy the Lorenzo Electronic Patient Record (EPR) system across the Trust. This means we can now begin the implementation work and a 'go live' date is planned for the end of 2015."

Jessop Wing Nurse turns Sheffield purple to support families affected by premature birth

Jessop Wing recently joined organisations across the globe to raise awareness of the impact premature birth can have on families as part of World Prematurity Day.

Landmarks across the world were lit up purple (the colour of the Foundation for the Care of Newborn Infants) including Sheffield's Peace Gardens and the fountains in Bakers Pool. The local events were organised by Julie Bathie, Sister at the Jessop Wing Neonatal Unit which cares for premature babies from across the region.

Julie invited families that have been supported by the Unit to a purple lit night of fun including Fiona Brown, her partner John Bryne with their two 'miracle babies' Niamh (aged three) and Conor (aged four months).

The 33 year old mum from Crosspool suffered from pre-eclampsia during both pregnancies which resulted in her first baby, Niamh, being born at 28 weeks, weighing only 1.11 pounds and her second baby, Conor, arriving at 29 weeks weighing just 2.1 pound.

Both babies were unable to breathe for themselves, suffered from holes in the heart, chronic lung disease and fluid on the brain. They were both cared for by Julie and her team at the Neonatal Unit at Jessop Wing for over three

months each.

Fiona said: "Thanks to the amazing support and excellent care given by Julie and her team my babies are here today and doing well at home. Having premature babies has affected our family massively, before you have a premature baby you just think its small baby but nothing can prepare you for it. We just don't take anything for granted now, both our babies survived the odds and although they still have their problems, they are here with us as a family."

"I got to know the team at Jessops really well during the time Niamh was poorly so it was comforting to have what felt like friends looking after Conor as well. More and more babies like mine are surviving thanks to units like this and it's important that people are aware that premature birth is more common than you think."

Jessop Wing save the lives of hundreds of premature babies every year in the hospital's Neonatal unit (Special Care Baby Unit). Sick babies from across the region receive intensive and special care on the Unit for several weeks to months at a time.

Julie said: "One in ten babies are born prematurely and we want all their families to know that they are not alone."



Fiona Brown, her partner John Bryne with their two 'miracle babies' Niamh (aged three) and Conor (aged four months).

Jessop Wing save mum's life using MRI scanning



A mother of three who could have lost her life giving birth to her third child is thanking specialists from the Jessop Wing Maternity Unit for diagnosing a serious pregnancy complication using detailed MRI scanning and minimising risk to safely deliver her baby.

Sarah Brewster, 37, of Edenthorpe initially found out she was "at risk of bleeding" due to the position of her placenta, which was blocking the opening of her womb, at her 20 week scan.

Then under the care of Doncaster Royal Infirmary, she was told she would need to come back for a further scan at 32 weeks. However, this scan failed to show exactly where the placenta was – and she was referred to the Jessop Wing Maternity Unit where obstetricians and gynecologists are using MRI scanning and ultrasound to take detailed pictures of the womb, the placenta and the baby.

The Unit, which has become a regional centre of expertise for diagnosing the disorder, were able to diagnose her with placenta percreta, a life-

threatening pregnancy condition that occurs when blood vessels and other parts of the placenta grow too deeply into the wall of the womb.

The condition carries a high risk of maternal death in the weeks immediately before and after birth, and is one of the main causes of maternal illness due to severe bleeding post-birth.

Sarah, whose two previous children were delivered by caesarean section, said: "Having the MRI scan had a massive impact on picking up my condition. If I hadn't had that the severity of the damage my placenta had caused wouldn't have been picked up. As a result of the scan Dr Elspeth Whitby and Mr Andrea Galemberti could plan the operation and have everything prepared. If that hadn't been the case then I could have lost my life."

As a result of the diagnosis, the Sheffield team were able to ensure that the ideal team of doctors, the correct equipment were at the operation so that the baby could be delivered safely and the surgeons could prevent excess bleeding due to the condition.

Blood was ready for transfusion if needed and preparation

was made for any potential complications. The operation lasted around three hours in total as the placenta had invaded through the wall of the womb and into the bladder.

"I lost a lot of blood, but Kitty was delivered safely and the care throughout was second to none. I truly feel that if it wasn't for everyone at Sheffield I would be traumatised by the experience," she added.

Following the operation Sarah spent 11 days in hospital recovering. Kitty is now 15 months old.

Dr Elspeth Whitby, of the Jessop Wing Maternity Unit and the Academic Unit of Reproductive and Developmental Medicine at the University of Sheffield, said: "The number of cases of placental adhesive disorder are rising globally, and if undiagnosed women are at much higher risk of serious complications before and during labour. Our regional MRI scanning service is reliably and accurately able to diagnose the complication before birth, allowing for safer management of the disorder and preventing unnecessary anxiety for pregnant women and their families."

New Bliss Nurse joins Neonatal Unit

The families of premature and sick babies are benefitting from the appointment of a new nurse to help them through one of the most difficult times of their lives.

Sandra Brown is working as a Bliss nurse at the Jessop Wing neonatal unit, where she provides practical and emotional

support to families.

Bliss is a charity which works to provide the best possible support to all premature and sick babies and their families.

Sandra, a qualified senior sister who was previously a coordinator in a high-dependency unit, is the fifth such nurse

in the country to be appointed. She said: "As a Bliss nurse I can dedicate my time to helping families most in need of support. "The role will enable me to work closely with staff on the unit to enable us to adopt new ways of thinking, working and communicating with parents to make their experience of the unit a time to look back at positively with good memories.

"I want the Jessop Wing to become the best family-centred care unit in the country."

Bliss aims to have 28 nurses by the year 2020, one in each region.

Visit the Sheffield Teaching Hospitals Facebook page to see what people have been saying about Sandra.



Christmas gifts presented to Special Care Baby Unit by local students

Young people from Freeman College presented nurses from the Neonatal Intensive Care Unit at the Jessop Wing hospital with gifts they created for babies being treated on the Unit over Christmas.

The handmade gifts were delicate pewter garlands that

used as Christmas decorations. Julie Bathie, Sister at the Neonatal Unit, said: "Christmas can be a difficult time for families with poorly babies staying on the Unit, but it is these little extra things that can make a difference. All of the gifts, including the pewter garlands have been funded by Sheffield Hospitals Charity."

Sheffield Hospitals Charity provides year round support to the Special Care Baby Unit by funding areas that help to improve the care and treatment of babies.

Anyone wishing to make a donation towards the Unit can call 0114 271 1351 or visit www.sheffieldhospitalscharity.org.uk

Dates for your diary in 2015

DATE	TIME	MEETING	VENUE
18 February	9:15am-2:00pm	Public Board	Seminar Room 1, Clinical Skills, R Floor, Royal Hallamshire Hospital
10 March	5:00 pm	Council of Governors' Meeting	Undergraduate Common Room, Medical Education Centre Northern General Hospital
18 March	9:15am-2:00pm	Public Board	Undergraduate Common Room, Medical Education Centre, Northern General Hospital
19 March	5:00 pm	Let's talk about food and nutrition – free event for Trust Members	Northern General Hospital
2 June	5.00 pm	Council of Governors' Meeting	Undergraduate Common Room, Medical Education Centre Northern General Hospital
1 September	5:00 pm	Council of Governors' Meeting	Undergraduate Common Room, Medical Education Centre Northern General Hospital
23 September	10.30 am	Annual Members Meeting	Undergraduate Common Room, Medical Education Centre Northern General Hospital
1 December	5.00 pm	Council of Governors' Meeting	Undergraduate Common Room, Medical Education Centre Northern General Hospital

Members of the public are invited to attend these Meetings. For more information please telephone Jane Pellegrina in the Foundation Trust Office on 0114 2714322

Information is also available on the Trust Website:

For more information about Council of Governors meetings - <http://www.sth.nhs.uk/members/governors-council/governors-council-meetings/2014>

Sheffield to lead way for cervical cancer diagnosis

Patients at Sheffield Teaching Hospitals are to benefit from the introduction of a pioneering new system that improves the detection of pre-cancerous abnormalities of the cervix.

Sheffield Teaching Hospitals has

become the first Trust in the country to introduce the Zedscan device, which can measure and detect tissue changes in women identified with an abnormal smear test.

The system offers real-time and more accurate detection of pre-cancerous cells than standard

colposcopy (a procedure for examining the cervix), enabling clinicians to make better informed decisions at a patient's first hospital visit. It means appropriate treatment can be started quickly, or reassurance swiftly offered to patients if the diagnosis does not show anything of concern. It also reduces unnecessary biopsies.

The technology behind the system was jointly developed at the University of Sheffield and Sheffield Teaching Hospitals following a long-standing collaboration between Professor Brian Brown, a medical physicist and Professor John Tidy, a consultant gynaecological

oncologist at the Royal Hallamshire Hospital.

Professor Tidy said: "The new system enables clinicians to make a faster diagnosis, which in turn enables patients to begin treatment or be offered reassurance if the test comes back clear."

Home is where the Heart is

A new service is providing people who have suffered heart failure with a better quality of life by helping them spend less time in a hospital bed and more time at home with their family and friends.

The Ambulatory Heart Failure Service at the Northern General Hospital means patients who would previously have had a prolonged stay in hospital for intravenous drugs, are now able to come onto the day ward for their medications and return home.

The service has been introduced on the Chesterman 2 Ward, where eight patients have already used the service. One of the patients to benefit is Tony Simmons, from Mosborough.

He said: "I come in for four hours now, whereas before I was here for days. I can go home for the rest of the day and it means it is not the whole day spoilt and you are not lying in a bed all the time.

"I have got two grandchildren so I can get back to see them. I can see my wife more, whereas before she could only come in at night to visit me because

of her work. I can get out and about and do some shopping.

"It used to send me crackers being in here all the time, so this is a huge improvement."

Senior Sister Jan Ashforth said: "Patients with heart failure are suffering from a progressive disease and can spend a lot of time in hospital having intravenous drugs.

"Now, if they are deemed fit enough, their quality of life can be improved by only having to come on a daily basis for their treatment and then being discharged home."



I-r: Meg Warriner, Tony Simmons, Sister Anne Powell



Pioneering heart attack drugs reduces risk of patients needing repeat operations

A groundbreaking new study conducted by researchers from Sheffield Teaching Hospitals and the University of Sheffield has confirmed that treating heart attack patients with a pioneering drug ticagrelor, instead of the previous standard treatment could halve the risks of stents blocking with blood clots, which can require a repeat operation or can even be fatal.

Professor Robert Storey, from the University's Department of Cardiovascular Science and Honorary Consultant in Cardiology at Sheffield Teaching Hospitals, the study senior investigator who led UK investigations of ticagrelor, said: "Having previously demonstrated benefits of the new drug in comparison to the standard one in our research and then having used our research findings to change our practice, we have now shown

what benefits this can bring to heart attack patients.

"Our findings now confirm what we had seen in clinical trials and show how clinical research can really improve the outlook for heart attack victims.

"We are really grateful to all the patients who have participated in our research studies and can now demonstrate how beneficial their contributions have been."

Sheffield cancer patients praise hospital experience

Almost all cancer patients treated at Sheffield Teaching Hospitals have given top marks to the care they received in a national survey.

The Trust was one of 153 that took part in the 2014 National Cancer Patient Experience Survey. Of 1,718 patients surveyed at Sheffield Teaching Hospitals, 91% rated their cancer care as excellent or very good – better than the national average of 89%.

The Trust ranked in the top 20% of Trusts nationally in a total of seven areas. These included:

- Patients being given a choice of different types of treatment
- Hospital staff giving information about support groups
- Patients seeing information about cancer research in hospital and discussing taking part
- Staff doing everything to control the side effects of radiotherapy

Chief Nurse, Hilary Chapman said: "It is great to see that our cancer patients are happy with the care and treatment our hospitals provide. Although the report was very positive, we will continue to look for improvements in areas where patient feedback indicates we could do even better."

The full report is available at <http://www.quality-health.co.uk/surveys/national-cancer-patient-experience-survey>.



Preventing Pressure Sores



The Trust launched a pressure ulcer prevention and education campaign 'Time to Turn' on International Stop the Pressure Day in November.

Pressure ulcers are caused when an area of skin is placed under pressure and are most common in people with limited mobility. If you are unable to move and change your body position regularly, you are at

risk of developing an ulcer.

Pressure ulcers can range in severity from patches of discoloured skin to open wounds that expose the underlying bone or muscle.

It's estimated that just under half a million people in the UK will develop at least one pressure ulcer in any given year. This is usually people with an underlying health condition. People over 70 years old are

particularly vulnerable to pressure ulcers, as they are more likely to have mobility problems and ageing skin.

Treating and preventing pressure ulcers Treatment for pressure ulcers includes the use of dressings, creams and gels designed to speed up the healing process and relieve pressure. Surgery is sometimes recommended for the most serious cases.

For some people, pressure ulcers are an inconvenience that require minor nursing care. For others, they can be serious and lead to life-threatening complications, such as blood poisoning or gangrene.

Therefore, a range of techniques is used to prevent them developing in the first place.

These include:

- regularly changing a

person's position

- using equipment to protect vulnerable parts of the body – such as specially designed mattresses and cushions

If you think you might have a pressure ulcer, check it out with your GP or any healthcare professional. You can also call NHS Direct on 0845 4647 or visit nhs.uk/conditions/pressure-ulcers.

Sheffield's 'pottiest' patient praises staff

The Trust's Plaster Rooms recently celebrated National Casting Day, a UK wide initiative to promote the skills and services of the casting/plaster room within the hospital and the local community.

Liz Wright is the most frequent visitor to the Plaster Room at the Northern General Hospital's Fracture Clinic. The mum of two has been visiting the department for over 31 years and has never gone a year without a cast on one or both of her arms.

Liz, who works as a nurse at the same hospital, suffers from Madelung, a genetic deformity in her arms and wrists, which causes pain if her arms are not supported with casts.

This has caused Liz to require around 50 casts to be fitted since she was diagnosed with the condition at the age of ten.

She said: "I have got to know the staff in the Plaster Room very well over the years, they're a god send. We always have a good laugh and they really cheer me up as well as doing a really important job. The team are really supportive and I know I can ring them up whenever I need to. The team even have gauze of every colour of the rainbow to brighten up your cast. I've currently got glittery purple because I like a bit of bling!"

The Plaster Technicians provide casts for patients across the Trust including those that have suffered a fracture or have diabetes related problems.

Kay Taylor, Plaster Technician has worked in the Plaster Room for 14 years. She said: "I love my job. We are an extremely busy unit and we have an excellent team that work really hard. National Casting Day raises awareness of the professional standards acquired by casting professionals and to recognise their on-going efforts to provide high quality care. Our team certainly go above and beyond the call of duty for our patients and deserve the recognition the day brings."



Patient Liz Wright, having her 50th cast fitted



Family focus on fitness for Weston Park

A family from Rotherham are putting fitness first this year to help raise money for Weston Park Hospital.

Courageous Craig Kennett (37), who lives in Bramley, has vowed to complete a series of active challenges throughout the year along with his partner Victoria, and twelve year old daughter, Abigail.

As well as helping the family achieve their fitness goals, the fundraising challenges, which started in January with a 'Dryathlon' will all help raise as much money as possible for Weston Park Hospital Cancer Charity.

Weston Park Hospital Cancer Charity is the only dedicated charity for Weston Park Hospital and exists to support the world-class cancer research and to improve the treatment and care for people living with cancer.

The hospital provides cancer treatment services for patients across the region which means that patients from Sheffield, Rotherham, Barnsley, Doncaster, Worksop, Chesterfield, and beyond benefit from donations made to the charity.

Factory Finance Manager, Craig, chose to support the cancer charity after a number of close friends, family and colleagues were diagnosed with cancer and required the specialist services of the hospital.

Craig said, "We're coming together this year to support a fantastic hospital that is currently providing vital cancer care for many of our loved ones."

"As a family, we want to dedicate 2015 to 'giving a bit back' whilst at the same time getting ourselves in good shape by completing challenges that will undoubtedly create lasting memories and much needed money for the hospital."

Craig has vowed to take on at least one active challenge a month including a sponsored walk in March with an under 9's football team that he manages, a Swimathon, climbing Mount Snowdon, The Great North Swim, Total Warrior and the Yorkshire Three Peaks.

He continued, "We want anyone who wants to join in with our fundraising

events, to do so, where possible, to help raise awareness and funds for the hospital."

"Unfortunately, cancer is a disease that is likely to play in part in many of our lives. Hopefully, the funds that we raise can play just a small part in making these lives more comfortable or maybe even help them to overcome the disease."

Throughout 2015 the charity will fund various projects to enable the continued improvement of Weston Park Hospital; including the expansion of research studies, improving the way cancer treatments are delivered and supporting the ongoing care provisions of patients and their families affected by cancer.

The cancer charity are encouraging anyone thinking of undertaking a physical challenge during 2015 to join their '8 Raise' teams to achieve personal fitness goals whilst simultaneously raising vital funds.

Charity Fundraiser, Sarah Cross said, "Craig and his family are taking on an unbelievably brave amount of challenges this year in support of the charity and we hope that it encourages others to get a head start with their New Year fitness resolutions."

"From walking to swimming, there really is an infinite amount of events that people can get involved in whilst helping to support the work of Weston Park Hospital."

To find out more about how you can support the charity during 2015 by taking on an active challenge visit: http://www.wphcancercharity.org.uk/how_to_support_weston_park_hospital_cancer_charity.html



10 Governors news



Advance notice of elections for Governors in 2015

Have you ever thought about becoming a Governor? The Trust will be holding elections for Governors in the summer next year and the following seats will be available:

Patient Constituency	3 seats
Public Constituency in South East Sheffield	2 seats
Public Constituency in South West Sheffield	1 seat
Public Constituency in West Sheffield	1 seat

In the spring edition of GoodHealth we'll be providing Members with more information about the elections and we'll also be running some information sessions about the role of Governors but, in the meantime, if you're not sure which Constituency you're registered in or if you'd like to have a chat with one of the current Governors about what's involved please contact the Membership Office on 0114 2714322 or email jane.pellegrina@sth.nhs.uk.

We look forward to hearing from you.

Another Record turn out for Annual Members' Meeting

All Trust members were invited to the Annual Members' Meeting (AMM) held on 22nd September. The purpose of the AMM was to bring members up to date about events in the Trust over the previous year and to say a little about plans for the coming year. It was also an opportunity for members to put questions to the Board of Directors.

Following the formal meeting members were given lunch provided by the hospitals' catering department, a chance to talk to governors and to look round

the information stalls – the stalls providing a snapshot of a range of activities from across the Trust.

These included:

- Jessop fertility research and development
- A 3D virtual heart prototype
- Health and wellbeing checks
- Advice on Dementia care
- A range of gadgets to promote and assist independent living
- Information about good nutrition
- A display from the Trust's History Group of artefacts from the old hospitals

• An opportunity to taste the food that was being served on the wards that day and to talk to catering staff.

177 people came and over half completed our evaluation sheets – for which we would like to thank all of you who did. Although most of you thought that the event was excellent or good there were some relevant and helpful points of feedback. Feedback is important so that we know what we got right and what we need to improve upon. Some of the things we need to do better are easier to achieve than others, but we will do our best to make 2015's event even better.



Governors' visit to the hospital relics

Over a number of years, the Trust has amassed an extensive collection of artefacts and records which are now being sorted and catalogued by a group of enthusiastic and dedicated volunteers with support from a member of staff, Sue Coulson.

In November a group of Governors visited the team in their relatively new accommodation at the Northern General Hospital and were amazed to discover that the fascinating collection of relics covers the history of the hospitals in Sheffield – from the days when the Northern General Hospital was the workhouse in the 18th Century; the voluntary supported Infirmary and Royal hospitals, the original hospital for women, the isolation hospitals and smaller clinics and specialist units that have evolved

into what is now the Sheffield Teaching Hospitals NHS Foundation Trust.

The collection includes documents, paintings, marble busts, photographs and some surgical equipment that makes one's blood run cold at the thought that it might have been used on a human.

The collection is huge and as they are working their way through it, the group are also exhibiting throughout the Trust. You may have seen some old equipment in display cases – for example outside the doors of the outpatients Rheumatology department at the Royal Hallamshire Hospital and in the Clocktower Building, you might have met the team on their stall at the Annual Members' Meeting or maybe enjoyed the old photos in GoodHealth.

Governor Kath Parker, who used to work as a nurse at the Northern General, found



both photos of herself as a student nurse and those of the Matron who used to terrify her.

This was a fascinating visit which stimulated lots of interest and conversation and the Governors were impressed with the volunteers. This is a lengthy and laborious task for the volunteers, but their enthusiasm was infectious.

Let's talk about food and nutrition...

Would you like to know more about healthy eating, at home and in hospital? Governors are working with specialist Trust staff to organise a talk for members all about nutrition.

There'll be an opportunity to sample patient meals available from the food trolley service operating in our hospitals, to hear about the part the volunteers are playing at meal times, catering for patients with special diets and much more. The talk is being held at **5pm on Thursday 19 March 2015** at the Northern General Hospital. You can find out more or book a place by calling Jane Pellegrina on 0114 2714322 or by emailing governor@sth.nhs.uk

Good Health Outside Sheffield

Earlier this year the Trust created a new Membership Constituency for people living outside Sheffield and Members in the new Constituency elected Jacquie Kirk to represent them on the Council of Governors.

Sheffield Teaching Hospitals covers the needs of Sheffield's adult population through its five hospitals and community care services.

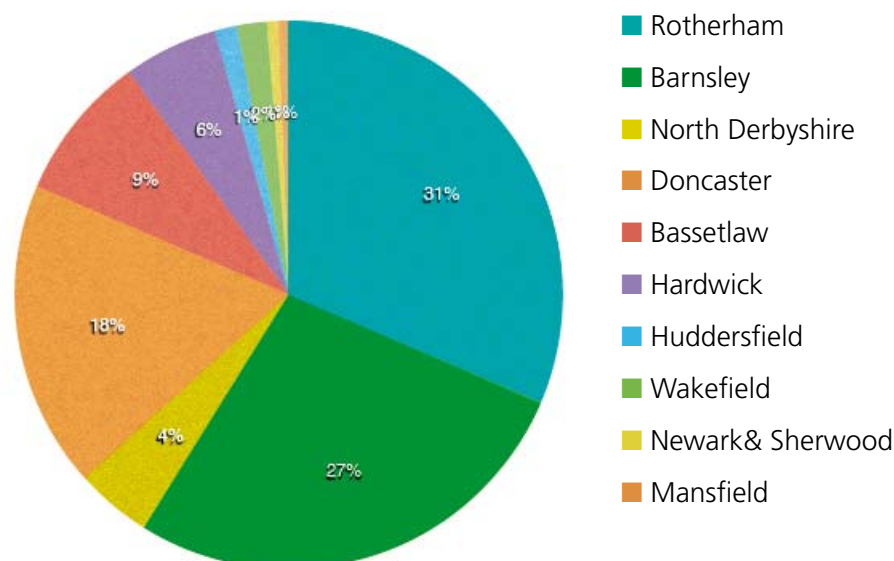
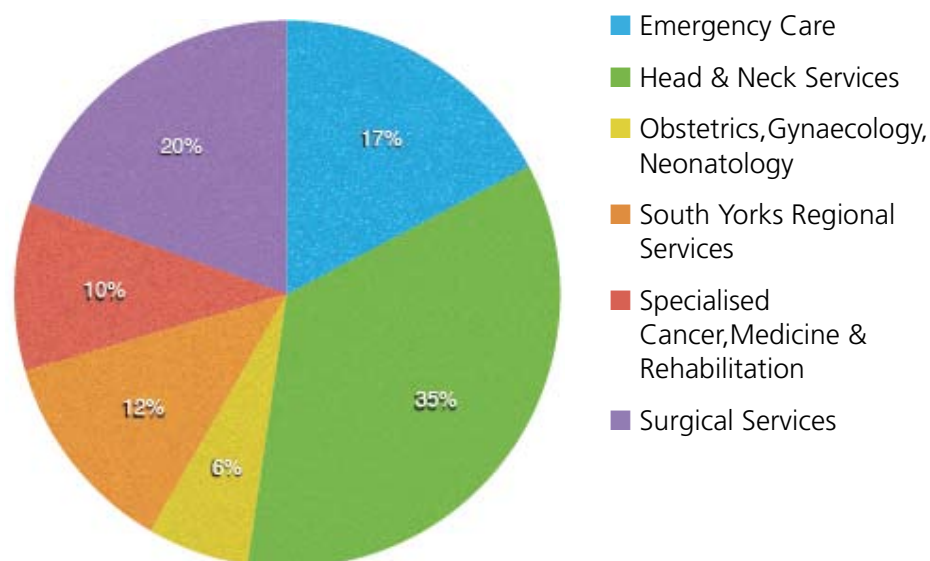
However, due to its internationally recognised specialist services and areas of research, the Trust serves a much wider geographical area than just Sheffield. The majority of patients come from the neighbouring districts of Rotherham, Barnsley and Doncaster, but some from as far away as Tameside, Cheshire and Inverness.

The main services used by patients from outside Sheffield in 2014 were Head and Neck services which includes oral

and dental surgery, ophthalmology, neuroscience and ENT; Surgical Services which includes orthopaedics, plastic surgery and urology; and Emergency Care which besides A&E also includes respiratory and diabetic medicine and gastroenterology.

Between April and September this year a third of all inpatients and also all outpatients using these specialised services were from outside Sheffield.

Governor Jacquie Kirk



Treatment might be as an inpatient having surgery or specialised medical care and/or as an outpatient. We know how scary it can be when you are told you need to go to hospital for treatment and how much more difficult it can be if you are in unfamiliar surroundings a long way from friends and family.

As governors our role is to ensure that the Trust is well run and that it gives the best possible care to all its patients. To do this we need to know about your experiences so that we can encourage and support good practice, and feedback when things could be done better. Governor Dorothy Hallatt, went to meet and talk to patients from outside Sheffield.

Here are some of their comments:

"When I was told I needed to come to a different hospital than I had been used to, it was scary and the travel for family and friends was difficult. I was reassured by medical staff and soon settled in on the ward. The staff were efficient and apart from the necessary wait for tests to help to diagnose my illness I was soon being treated and made comfortable... and the food was

better than I thought it would be."

"I was scared to come into a hospital I was not familiar with. Even though I knew of the hospitals I had not been to one in Sheffield. I was diagnosed very soon after admission and had loads of tests very quickly. Everything was explained to me and I felt confident in the doctors and nurses."

"I was amazed at how busy it was on my ward. The nurses were dashing about constantly. However they managed to keep everyone comfortable and ran themselves ragged to ensure they provided top notch care. I can only praise the hospital for taking care of me over what turned out to be quite a long stay as my condition was unresponsive at first. I am now well on the mend and being discharged."

"I was delighted with the care I received at the Sheffield hospital during my recent stay. The Consultant and his Registrar were very considerate and caring and helped with my fears. They explained treatment options and my operation went very well. I now feel so much better. Thank you."

Celebrating Community Services

Over the past few years, lots of changes have been made to bring together hospital and community services to help more patients to be cared for in their own homes. The members of staff who provide this care include district nurses, physiotherapists and occupational therapists as well as a range of specialist staff to treat patient's specific needs. This team is known as Primary and Community Services.

Late last year, governors were delighted to be invited to a celebratory day for all staff working in the Primary and Community Services Care Group. There were stalls and exhibitions by the various specialisms, an awards ceremony recognising the extraordinary lengths staff had gone to, to care for their patients, and maybe most importantly, a chance for everyone to meet up in a relaxed, friendly and supportive place.

Governor Caroline Irving said: "It makes such a lot of difference having the hospital come to you and being in your own home with familiar things around you when you are recovering can make life very much easier. Having the opportunity to meet so many lovely members of staff and have them explain what they do was an eye-opener. I never appreciated just how much knowledge, care and professionalism the staff have as a team."

Last October, Primary and Community Services joined together with Geriatric and Stroke Medicine and Professional Services to form the new Combined Community and Acute Care Group. This new Care Group has a workforce of over 2,000 and for very many patients may well be their main relationship with the Trust Caroline added: "The changes in management structure and, for some staff, their work bases and colleagues, could have been challenging, but all the staff have demonstrated resilience, flexibility and passion for putting patients at the centre."



David Ridley receiving his award for volunteering in Community Services

The Trust’s Plans for 2015/16

Every year the Trust talks to governors, patients, members of the public, staff and other local organisations about its objectives for the coming year. The Board then identifies the issues to be prioritised to enable continued improvements to the Trust’s services.

Themes from previous years have included:

- Ensuring patients receive efficient, effective, high quality care and treatment

- Maintaining a strong financial position on a sustainable basis
- Developing Trust IT systems and the capability of staff to use them
- Ensuring our workforce are highly skilled, effective and are cared for
- Developing effective relationships with health and social care partners in Sheffield
- Communicating effectively with patients, carers and staff

These priorities continue to guide the Trust’s objectives and this year we’d like to ask you to respond to a few questions based on these themes. You can take part in the survey on line by clicking this link <http://www.smartsurvey.co.uk/s/144780WGZIY> The survey will be open until 25 February 2015. You can also email your thoughts to governor@sth.nhs.uk. Your answers will help us to understand whether Trust plans reflect what’s important to you so please take the time to share your thoughts with us.

Alternatively, simply write your views on whether these themes should remain our priorities along with any other suggestions you have on this form and return it by 25 February 2015 to:

**NHS Foundation Trust Office,
Sheffield Teaching Hospitals NHS FT,
FREEPOST NAT9274,
Sheffield
S5 7ZZ**

Suggestions:

Governor Kath Parker says “One of our jobs as governors is to tell the Trust what we think about its plans for the future and every year we meet with the Board to share our thoughts on their objectives. As your representatives we also want to share our members’ views too and we would like to encourage you to take part in the survey. We’ll collate your views and present them with our own at our Council meeting on 10 March 2015.”

Please let us have your views by 25 February

Invite a friend or relative to support their local hospital

We want to increase our membership so that more people can hear about the hospitals and what’s going on in their NHS. Please pass this form on to a friend or relative and encourage them to join us. These are your hospitals and we want everyone to be involved.

As a member you can play a role in the Trust in the future and will be able to get more involved in your hospital. You will be able to vote for, or even stand for election as a Governor on the Council of Governors that will help set priorities and aims for the hospitals.

Eligibility To become a public member, you must live in Sheffield. To become a patient member you must have been a patient in the last 5 years.


Trust members can:

- participate in the election of Governors
- have the opportunity to stand for election to the Council of Governors
- provide feedback and opinion about services and possible developments
- receive information about the Trust on a regular basis
- attend special functions which may include open days, tours and healthcare seminars

Members will not receive any preferential access to actual health services, as this would be contrary to the principles of the NHS.

To be eligible to become a Governor, individuals must:

- register as a member
- be 18 years or over Other restrictions may apply which will be outlined at the start of the election process

Sheffield Teaching Hospitals 
NHS Foundation Trust

MEMBER REGISTRATION

Please register me as a member of the Sheffield Teaching Hospitals NHS Foundation Trust:

My details are:

Title

☐ Mr ☐ Mrs ☐ Ms ☐ Dr ☐ Prof ☐ Other

Family Name

First Name

Address

Postcode

Telephone:

Email

Date of Birth

/ /

I would describe my ethnic background as:

☐ White British ☐ White Other (non British) ☐ Asian or Asian British

☐ Black or Black British ☐ Mixed/ Multi heritage ☐ Other ☐ Not stated

I would like to register my potential interest in standing for election as a Governor:

☐ Yes ☐ No

I declare that I am eligible and would like to become a member:

☐ Public member ☐ Patient member

Signed

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