

July 2020
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Sheffield Teaching Hospitals
NHS Foundation Trust

Good Health

The newsletter for members of
Sheffield Teaching Hospitals NHS Foundation Trust

INSIDE:

Teacher undergoes
jaw reconstruction
to treat rare
tumour – page 7



COVID-19

Moving to the next phase – recovery and reset

Governor elections

Can you be a voice for patients and public?

Welcome to the latest edition of Good Health

Firstly, I hope that this finds you well, and that you and your families and friends are managing during the very difficult time that we are going through.

Here at the Trust, we are very much aware of all those people who have lost loved ones to COVID-19 and the thoughts of all of us are with them and their families.

At the time of writing, there is a continuing downward trend in the number of COVID-19 cases in our hospitals and we all hope that this continues and that life can gradually return closer to normality. We are, however, extremely conscious that the pandemic is not over and that continuing to limit the spread of the virus has to be a priority in any decisions that we take as we restore services.

In this edition of Good Health you can read about the latest situation and what we as a Trust are doing to ensure the safety of all our patients, staff and visitors as we work towards resuming as much of our routine activity as possible. Of course, the situation is developing continuously,

so I would urge you to check our website, social media channels and the local media which are updated regularly with the latest information.

Because of the pandemic we decided to delay this year's governor elections, but we are now in a position to hold these from July to October. If you are interested in being a voice for patients and the public at the Trust, you will find in this edition all of the information about how to stand.

There is also an update on the Annual Members' Meeting, which will have to be held in a different format this year. We are still working on the arrangements for this and we will update you on our plans in due course. In the meantime, there is an opportunity to register your interest in joining that meeting.

Also, in this edition you can read about some of the vital COVID-19 research that the Trust has been contributing to as part of a nationwide effort to better understand and find treatments for this illness. The work of all of our staff, whether that be in research, on the wards or helping to keep our sites running, has

been outstanding. This has been a huge effort by the whole STH team and they all deserve our thanks and praise.

I would like to finish by saying that, even as restrictions are gradually eased, we all need to continue doing everything we can to ensure the progress that has been made in the last few weeks is maintained. So please carry on adhering to official guidance on social distancing, face coverings, hand washing and taking other sensible precautions as we all play our part in ensuring Sheffield's response to COVID-19 is the best it can be.

Stay safe and stay well.



Tony Pedder OBE
Chairman

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Why become a Governor?

Kath Parker, Patient Governor

Throughout my time as a governor, I have enjoyed contributing with other governor colleagues and Trust staff towards the efficient running of our hospitals.



My term of office has coincided with a period of significant change in the NHS, not least during the current COVID-19 pandemic, and I have seen at close quarters how these changes have impacted on the Trust and our patients.

During the COVID-19 situation, governors have been kept up to date and reassured about how the board is making decisions, with regular briefings from the Chairman and the Chief Executive and observing Board of Directors public meetings.

As a governor member of the Trust's Quality Board I know that our staff are dedicated to ensuring patients have good clinical outcomes and a positive experience. The Trust makes a difference to people's lives every day and I have witnessed the commitment of staff to provide the best possible care for patients while ensuring that the organisation remains sustainable.

There is no pressure on governors to contribute more than they are comfortable with but it is a fact that the more you are prepared to put in the more rewarding the experience. I have always felt welcomed and valued in the various activities I'm involved with and I enjoy working with like-minded people from all walks of life. Governors work together as a team and under normal circumstances have unlimited access to areas of the Trust and all staff from the newest recruits to very senior staff and directors. I would encourage Trust members to consider standing in this year's elections for governors.

2020 elections to council of governors

It's election time at Sheffield Teaching Hospitals and the Trust is looking for people to stand for election to become NHS Foundation Trust governors. The world is very different since COVID-19 and there has never been a more important and interesting time to support your NHS. If you have a passion for the NHS and can spare some time becoming a governor could be for you.

What is a Governor?

Governors are generally local people who have an interest in healthcare and improving health services for the community, and developing stronger links between the Trust and the community it serves. Governors represent the views of patients and members of the public. Although no particular skills or experience are required, an effective Council of Governors is important so governors need to be able to put the needs of the community above personal preference, be enthusiastic and want to work as part of a team. It is a voluntary role and governors are not paid, but reasonable travel expenses will be reimbursed.

How will the elections be run?

Civica Election Services Limited (CES) will run the elections for the Trust. CES are totally independent and ensure that a robust process is followed. The Trust will give notice of the election and invite Trust members who wish to nominate themselves to register their interest. Eligible Trust members will be sent voting papers and after the ballot closes CES will count the votes and the Trust will announce the results.

Will support be available?

Governors receive support to help them to undertake the role and are expected to attend an induction session and training and development events. The Trust will discuss any support that individuals need to help them stand as a governor, or to fulfil the role should they be elected. Current governors are happy to act as mentors and provide guidance and support.

How much time does it take to be a Governor?

As a minimum governors need to attend the quarterly Council of Governors' meetings and Governors' Forum meetings and time will be needed to read meeting papers. Additionally governors are required to attend the Annual Members' Meeting. Meetings are held at our Hospitals. Governors are also offered other involvement opportunities throughout our Hospitals; this additional involvement is optional but adds value to the governor role.

What Governor positions are available?

We currently have vacancies for public, patient and staff governors. To be eligible to stand you need to be a member of the Trust. Details of how to become a member can be found on P7. **Public governors** represent one of the Trust constituencies in Sheffield, and the communities within that area. **Patient governors** are people who are or have been patients of the Trust or are carers of Trust patients. **Staff governors** represent different professional groups within the Trust. To stand you need to be a member of staff. More information about membership and the Trust's Constituencies is available at <https://www.sth.nhs.uk/members/become-a-member>

How long would my appointment last?

Governors are elected for a three-year term of office and are eligible to stand again for two further three-year terms.

Notice of elections

Sheffield Teaching Hospitals NHS FT gives notice that it will hold Elections to the Council of Governors from 23 July to 7 October 2020.

Elections will be held as follows:

Constituency	Vacancies
Public/Sheffield South West	1
Public/Sheffield West	1
Public/Sheffield North	2
Patient	2

Staff

AHPs, Scientists and Technicians	1
Ancillary, Works and Maintenance	1
Management, Admin and Clerical	1
Medical and Dental	1

Nomination packs with information about how to stand for election will be available on 23 July 2020 from the Foundation Trust Office and via email. Details are at the bottom of this page. Members wishing to stand for Election will be required to attend a virtual information session via Microsoft Teams on either 3 August 2020 or 12 August 2020 prior to submission of their nomination form. Please contact Jane Pellegrina in the Foundation Trust Office for more information about the virtual information sessions. Information about the online nomination process will be available at the information sessions.

Nomination papers must be received by the Trust's Returning Officer, Civica Election Services Limited, at the address below by 12 noon on 20 August 2020.

Civica Election Services Limited
The Election Centre, 33 Clarendon Road, London, N8 0NW
0208 365 8909

Elections

Ballot papers will be distributed to qualifying Members on 14 September 2020. Completed ballot papers must be received by Civica Election Services Limited by 12 noon on 7 October 2020. The results of the Election will be announced on 8 October 2020.

Don't delay... if you're interested and would like to find out more, contact our Membership Manager:

Jane Pellegrina: jane.pellegrina1@nhs.net • 0114 271 4322

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

COVID-19... moving to the next phase: recovery and reset

A message from Kirsten Major, Chief Executive...

We have now discharged more than 1,000 patients who have recovered from COVID-19 and it is all credit to our amazing staff who 20 weeks on from our first patient are still giving their all to help people who need our care.



We are delighted to say that we are now discharging more patients than we are admitting to our hospitals with this awful virus and thankfully we are now having days when we do not have any deaths.

However, even one death is still too many and we all wish we could have changed the outcome for those families who have been devastated by the loss of their loved ones.

Thankfully we are seeing fewer critically ill patients now.

To put this into context at Easter we had 70 patients in critical care, and at the time of writing in June we have five. In total we have cared for just over 1,375 patients since the first person arrived way back in February.

As well as caring for those patients who have the virus our teams have never stopped providing emergency or urgent care to those with other illnesses and conditions like strokes, heart attacks and some cancer care where it was appropriate and safe to do so.

Our maternity services have carried on doing what they do best and delivered almost 2,000 babies during lockdown, and our neonatal teams have made sure

our tiniest babies continued to have the lifesaving care they needed.

It has been difficult to tell partners and family members that they cannot visit new-borns in the days after the birth and we do appreciate that not having someone with you to share the special moment when you see your baby on a scan for the first time is really hard, but we have had to prioritise the safety of our mums and their babies during this time.



We are continually reviewing our maternity and general hospital visiting arrangements, but we must make sure we don't put patients or staff at risk.

We are trying our hardest to keep patients in touch with their friends and family.

We have set up a special team who are running a Keeping In Touch service for nominated relatives or friends to be able to email or phone for an update on their loved one. We have put iPads and other devices on all wards to ensure patients can speak to and see their relatives.

Sheffield Hospitals Charity has been amazing in offering support throughout the outbreak. Details of their work and how you can support them are on P8.

Our laboratories continue to be amazingly fleet of foot in adapting to the changing national guidance on testing staff and patients, as well as people in our partner organisations and care homes. We also have adopted the national test and trace system for our staff and patients to ensure

we play our part in locating and isolating any potential outbreaks. Remember if you do have any symptoms it is vital that you book a test as soon as possible.

We also continue to support care homes in the city with advice and support as well as PPE where they need it and we can help out. We have also changed our discharge processes so that every patient who leaves hospital to go to a care home is tested prior to discharge and their status is discussed with the care home to ensure they are happy to admit the patient and have measures in place to do so safely.

We are very mindful that a significant number of our other patients have had to have their care paused over the past months as a result of COVID. Where possible we quickly changed how we delivered care so that as many patients as possible could still have their outpatient appointment or treatment safely. Thanks to the hard work of our teams in our hospitals and community health services we have now carried out thousands



of online and telephone consultations, have developed new services such as blood testing at the Sheffield Arena, and reconfigured scanning and X-ray departments to safely accommodate urgent tests.

At the beginning of the outbreak we were worried that people were not seeking care for symptoms of possible cancer, heart attacks or strokes. We are pleased that the numbers of referrals are now getting closer to pre COVID levels.

It is clear that the virus is going to impact on how we all do things for many months

to come and we are planning how we can reset our services to provide care in this new world. Re-designing care pathways and services is no mean feat in an organisation of our size, which usually admits around 15,000 patients every month for planned care and provides emergency care for another 12,000 patients.

We are asking patients to bear with us as we work through some of the challenges. For example, we now have 50% less space to use in our clinics, waiting rooms and departments due to social distancing requirements. We need to take a different approach to scheduling appointments because we can't have large numbers of people waiting together.

Of course, to do all this we need to look after the people providing the care – our

staff. We have invested a lot of time listening to what our staff need and doing what we can to keep them safe. Can you believe that since the beginning of the outbreak we have used more than 9 million pieces of PPE equipment? All our staff, no matter what their role, are now wearing masks within our buildings.

There is emerging evidence that some people of a Black, Asian and Minority Ethnic (BAME) heritage, and people with underlying health conditions and high BMIs or may be more affected by COVID-19 and so we have put in place additional health assessments for staff who are potentially more at risk.

As well as testing for COVID-19, all our staff can have an antibody test. We were one of the first NHS Trusts to do this. The test is able to tell someone if they

have had COVID-19 but as yet it cannot determine what, if any, immunity to COVID-19 a person has.

We have also set up 'Calm Rooms' where our staff can recharge and rest.

We are learning so much about this virus in such a short time which is why it is so important that Sheffield remains at the forefront of the many aspects of COVID-19 research underway. Our teams along with colleagues from the University of Sheffield are involved in 11 different research studies at the moment including being one of 18 sites trialling a vaccine developed by Oxford University. On P6 you can read about some of the research which is happening.

Information if you attend hospital:

- Do not attend if you have any of the following symptoms: a new cough, a fever and a loss of sense of smell/ taste. Do not attend if anyone else in your household has symptoms.
- Wear a face covering when you come to the hospital or any community healthcare base. Use hand sanitiser or wash your hands on arrival.
- Attend hospital on your own
- All staff, clinical and non-clinical, will be wearing a mask.
- Leave 2m distance (it is still 2m in hospital) between you and others. The only

exception is if your care requires you to be less than 2m from staff. Staff will have PPE in these instances.

- Please bring your own drinks and snacks to avoid having to use onsite shops or restaurants.

If you are admitted to our wards

- All patients who are going to be admitted will be tested for COVID-19.
- The ward you are admitted to will be carefully chosen based on the illness or injury you have. If you are admitted with COVID-19 this will be taken in to account to limit the spread of the virus.
- Ward staff will be wearing PPE where necessary to protect you and them.

- At the current time we are not allowing any visitors unless there are exceptional circumstances. Please check our website for the latest information.

If you are having an operation

- We will ask you to self-isolate for 14 days before your surgery date and have a COVID-19 test. The result will need to be negative before you are allowed to come in for a planned operation. We will provide all the information you need when we give you a date for your procedure.

If you are coming in for an outpatient appointment

- Wear a face covering when you come to hospital or any community healthcare base.

- Follow the social distancing signs and keep 2m apart.
- Come alone to your appointment unless you need assistance.
- Do not arrive early for your appointment as we are limiting the number of people in our waiting areas at any one time. We will not be providing drinks or other refreshments for infection control purposes.

Please be assured that we will be doing everything we can to keep you as safe as possible. We have increased cleaning frequency, our staff have the correct PPE and we have limited the number of non-essential staff on site.

Finally, the last 20 weeks have been nothing like we have ever seen or had to deal with before. It has been a steep learning curve, but there is no doubt that this next challenge to reset our services will be met with the same determination as has been evident since the first cases of COVID-19 arrived at our doors.

None of us wants to go back to the numbers of COVID-19 positive patients we saw at the peak of this outbreak. We must all continue to do all that we can, both collectively and individually, to keep it under control. It's simple – wash your hands regularly, keep your distance from others and if you think you have symptoms of COVID-19 get a test as quickly as possible.

Thank you.

For the latest information on COVID-19 and hospital services, visit our dedicated website:

<https://sheffieldhospitalscoronavirus.co.uk>

Information on all Trust services is available at:
www.sth.nhs.uk

Follow us on social media:

 @SheffieldTeachingHospitals

 @SheffieldHosp

Sheffield at forefront of key COVID-19 research



The Trust is taking part in a number of research studies to develop understanding of COVID-19 and progress the development of possible future treatments for the virus. The projects are aimed at understanding the basic biology of the coronavirus, its symptoms, and testing and finding drugs and future potential treatments. The Trust is working in

partnership with the National Institute for Health Research (NIHR) and the University of Sheffield to undertake the research. **Professor Simon Heller**, Director of Research and Development (above) said:

“The work we are doing will help us to understand how the virus behaves, why some people are affected more

severely than others and who is most at risk. Every time someone takes part in research they are enhancing our understanding, so it is vital that we are able to recruit those patients who are willing and able to take part in research, and I would like to thank all patients who are already participating in this vital work.”

Trust features in top three for pioneering gene-mapping coronavirus research

The Trust is one of the country's top recruiters in a groundbreaking study aiming to better understand the varied effects of COVID-19 on those who fall severely ill with the virus.

The study aims to identify the specific genes that cause some people to become more susceptible to developing life-threatening symptoms. They are doing this through whole genomic sequencing, the process of mapping a person's entire genetic blueprint, made up of billions of letters of DNA code, through 'next generation' laboratory sequencing machines.

By comparing whole genome data of those who become severely ill with those that experience a much milder illness, the study seeks to gather vital insights as to why some people with COVID-19 experience a mild infection, others require intensive care and why for some it is sadly fatal. It is hoped that this will in turn help support the potential development of future treatments.



COVID-19 vaccine trial

The Trust is taking part in a major national research trial investigating how well a potential new vaccine could protect against COVID-19.

The study will assess how well a new vaccine developed by Oxford University, known as ChAdOx1 nCoV-19, can generate an effective immune response against COVID-19 in a wide range of people.

The trial, which is being run in partnership with the University of Sheffield and many of the health and social care organisations across the City, is aiming to recruit over 1,000 healthy volunteers who have a Sheffield postcode to take part in the research. Many of the volunteers work in frontline roles and are at higher risk of being exposed to COVID-19.

For more information about the trial and how to get involved visit: <https://covid19vaccinetrial.co.uk/participate-trial> or email: sth.cov002@nhs.net

The Sheffield work is being supported by the Sheffield National Institute for Health Research's Clinical Research Facility, which is based at the Royal Hallamshire and Northern General Hospitals.



The ChAdOx1 nCoV-19 vaccine – image courtesy of Sean Elias, The Jenner Institute, The University of Oxford

Teacher undergoes jaw reconstruction to treat rare tumour

Thanks to Deborah Wain at Sheffield's Active8 magazine for allowing us to share this story

A local teacher is recovering after undergoing 13-hour surgery to create a new jaw from a bone in her leg.

Gillian Wood underwent the procedure after a rare tumour called Ameloblastoma was discovered in her lower jawbone.

Four months on, Gillian is recovering well and looking forward to being back with pupils at Greenhill Primary School. Gillian, 46, of Woodseats, was first seen at Charles Clifford Dental Hospital for a suspected impacted wisdom tooth with a possible cyst in her jaw. She said:

"I'd had earache, pain and tingling in my jaw for a few months and had noticed a lump behind my molar. The CT scan showed a mass in my jaw that had eaten away quite a lot of jawbone. I had a biopsy and had to wait ten days to see if it was cancer or not, which was as awful as it sounds. Then I was told it was Ameloblastoma, thankfully benign but locally aggressive and it was happily munching its way through my jawbone, or right mandible, and soft tissue."

Led by **Mr Muzzammil Nusrath**, three surgical teams, specialising in head and neck, plastic surgery and dental work, were involved in Gillian's operation – a fibula free flap jaw resection. The procedure involved taking bone from the fibula along with an artery, vein and soft tissue. The bone was shaped to match, as closely as possible, the piece of the jaw that was removed. Gillian said:

"I was looked after by nurses, doctors, surgeons, physiotherapist and speech therapists whilst in hospital and the care I received was outstanding. Everyone was just so fantastic and I made excellent progress. Tomato soup was the first thing I tasted properly after being tube fed and it was heaven!"

Gillian was well enough to be discharged after 12 days, when she had expected to be in hospital for a month. She said:

"It has been very scary but I have found a strength I didn't know I had. I'd really like to let people know how lucky we are to have such amazing medical facilities in our wonderful city."



Council of Governors and public board meetings during COVID-19

Meetings of the Council of Governors are held four times a year and members of the public are normally welcome to come to the meetings. However, due to COVID-19 social distancing requirements, as a temporary measure the Council of Governors is holding its meetings virtually. In the meantime you can view the agendas and papers for the meetings on the Trust website at:

www.sth.nhs.uk/members/governors-council/governors-council-meetings/2020

Board of Directors meetings are normally held in public every month, except for August when there is no meeting. These meetings are also being held virtually at the current time. To meet our commitment to maintaining transparency and accountability to the public, we are inviting members of the Council of Governors, as representatives of our Foundation Trust membership and our partner organisations, to observe these virtual meetings via video link or voice only conference. We also continue to publish the papers for our board meeting in public on our website at:

www.sth.nhs.uk/about-us/board-of-directors-meetings

While recognising that this doesn't replace members of the public being able to attend in person, we hope this enables you to continue to see how the board is taking decisions at this critical time. Given the uncertainty about when restrictions will be lifted, these arrangements will remain in place until further notice. We look forward to welcoming back members of the public to the meetings as soon as possible.

Annual Members' Meeting arrangements

The Annual Members' Meeting is due to take place on 21 September 2020. In light of social distancing requirements, it is highly likely that it will be arranged in a virtual format. You can register your interest in taking part by emailing jane.pellegrina1@nhs.net and we will contact you to inform you of our plans.

Become a Member of the Trust

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

Title Mr ☐ Mrs ☐ Ms ☐ Dr ☐ Other

Family name

First name

Address

Postcode Telephone

Email

Date of Birth / /

I would describe my ethnic background as:

- | | |
|---|--|
| <input type="checkbox"/> White British | <input type="checkbox"/> White Other (non-British) |
| <input type="checkbox"/> Asian or Asian British | <input type="checkbox"/> Black or Black British |
| <input type="checkbox"/> Mixed/Multi heritage | <input type="checkbox"/> Other Not stated |

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

- | | |
|--|---|
| <input type="checkbox"/> Public Member | <input type="checkbox"/> Patient Member |
|--|---|

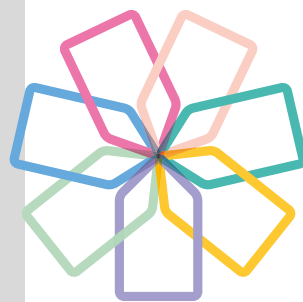
Signed



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

Post to: Sheffield Teaching Hospitals NHS FT, FT Office, Clock Tower Building, Northern General Hospital, Sheffield S5 7AU

£250,000 support to Sheffield hospitals during pandemic



Sheffield Hospitals Charity

Sheffield Hospitals Charity launched their 'Support your NHS' appeal in March, to help support patients and the staff caring for them during the unprecedented challenges brought on by the COVID-19 pandemic. Thanks to incredible support shown by local people, businesses, and the nationwide appeal by NHS Charities Together, the charity has been able to make £250,000 worth of grants across the Trust, including:

- ▶ a £30,000 grant to the hospitals' 'Staff Health and Wellbeing' service, ensuring that staff have access to the additional support that they need during this time;
- ▶ the creation of CALM rooms right across the hospitals, giving staff the safe, quiet space that they need when things get tough or when they are on a break from a busy shift;
- ▶ a new 'Keep in touch' service, allowing patients to remain in contact with their loved ones during their stay in hospital;
- ▶ treat and comfort packs for staff throughout the hospitals, including food and drinks as well as toiletries so that staff can freshen up in between busy shifts and demonstrate how appreciated they are;
- ▶ patient comfort packs, ensuring that patients are comfortable and occupied during their stay;
- ▶ radios that have gone right around the hospitals, ensuring that morale is kept as high as possible at all times.

The charity continues to support patients and NHS staff in Sheffield's hospitals whenever they need it. To help make a difference, please donate at:

sheffieldhospitalscharity.org.uk/supportyourNHS



Walk for Wards is back!

Join us on our annual sponsored walk this September to raise funds to support our hospitals in Sheffield.

Walk for Wards is going virtual for 2020, meaning you can fundraise by walking your favourite routes in or around Sheffield! Walk 5K, 10K or any distance you like to fundraise for our COVID-19 appeal or any ward or department that means a lot to you.

In order to take part, all we ask is that you raise a minimum of £15 per person, but the more money you raise, the more we can do together to support our local hospitals. To sign up, visit:

sheffieldhospitalscharity.org.uk/walkforwards

