

August 2022
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Sheffield Teaching Hospitals
NHS Foundation Trust

Good Health

The newsletter for members of
Sheffield Teaching Hospitals NHS Foundation Trust

INSIDE:
Millions
invested in
new facilities



Volunteers win Queen's Award

Election results: meet your new Governors

Welcome to the Summer edition of Good Health

In this edition we include the results of the Governor elections. We would like to thank all the candidates for taking part and offer congratulations to those who were successful, and also thanks to all our members who took the time to vote.

On behalf of the Trust and Council of Governors, I would like to offer a warm welcome to newly elected Governors, Jim Steinke, Patient Governor; Felister Heeley, Public Governor for North Sheffield and Steve Bell, Public Governor for West Sheffield.

We are pleased to confirm the date for this year's Annual Members' Meeting will be Monday 26 September 2022, held in a virtual format. We have found that the virtual format enables many more members to take part in the meeting and I hope you can join us on the day. Further details on how to register are available on page 7.

It has been another busy few months for the Trust as we respond to the actions following the CQC inspection and ensure we deliver high quality care for our patients. You can read an update from our Chief Executive Kirsten on page 3.

Given the recent rise in COVID-19 cases in the community we are once again asking all patients, visitors and staff in our hospitals and community sites to please wear a mask.

Also in this edition of Good Health are stories about a prestigious award for our brilliant volunteers and fantastic developments in facilities and services across the Trust. I hope you enjoy reading about them.

Annette Laban

Chair



What's inside...

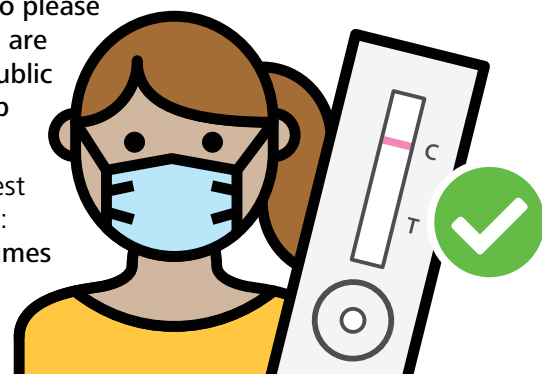
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Masks re-introduced for all staff, visitors and patients

Patients, visitors and staff are again required to wear a facemask when attending any of the Trust's hospital or community sites. Masks will be freely available at entrances and on wards/departments for anyone who doesn't have one with them. The decision to reintroduce masks has been taken due to an increase in COVID cases in the community and in admissions of patients with COVID to hospital. Dr Jennifer Hill, Medical Director (Operations), said:

"We have been closely monitoring the COVID situation and although we are sorry that we have had to take this step again, we believe it is important for us to act given the increase in COVID incidence. We ask everyone coming onto our sites to please make sure they wear a mask. We are very grateful for the continued public support and will continue to keep the situation under review."

For more information about the latest visiting and mask policy, please visit: www.sth.nhs.uk/visitors/visiting-times



You can still get your COVID-19 vaccine

Vaccination is the best way to protect yourself against COVID-19. If you still need a first, second or booster jab it isn't too late. You can book online at www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/. Details of local vaccination clinics are updated regularly on www.sth.nhs.uk

Getting back on track is our priority

In 2022, our staff, patients, Governors, members, partners and community representatives helped us shape our new Trust corporate strategy called **Making a Difference: The next chapter**. The strategy sets out our vision, aims and values and is a guide for our development over the next five years.

It goes without saying that in light of the significant challenges experienced during the pandemic, our immediate focus is on the recovery and reset of services to deliver treatment and care to our patients following the COVID pandemic. We are also focussing on delivering the improvements identified following the two Care Quality Commission inspections we had in 2021. Supporting our staff continues to be an imperative as we enter the next stage of our development so that they can have a good work life balance, achieve their full potential and feel able to deliver high quality care to our patients.

We also want to play our part in addressing the climate crisis by progressing our sustainability work. Partnership working over the past 18 months has been key and moving forward it will be important to work with others on the city and region's wider recovery as one of the largest employers in South Yorkshire and a significant contributor to the economy.

We have published our plans for the next five years in the new strategy which you can read on our website: <https://www.sth.nhs.uk/futureplans>



PROUD behaviours support our values

Many of you will be aware that our PROUD values (Patients First, Respect, Ownership, Unity and Deliver) were developed by colleagues across the Trust a number of years ago with input from our Governors and patient groups. These are now well embedded as the foundation of how we work and interact with colleagues, patients and visitors.

They also underpin the qualities we look for when recruiting new colleagues and how we work with our partners and communities. When I took up post in 2019, one of the things I was very keen to do was some further work on what behaviours would embody those PROUD values. We planned to do this in 2020 but this had to be paused while we managed the COVID-19 pandemic. I am delighted that we have now been able to progress this work and following over 6,000 comments from staff, patients and Governors we have launched our PROUD behaviours framework. The framework sets out two things:

- The behaviours we want to see from each other
- The behaviours we don't want to see

Like our values, the behaviours will provide a framework for how we do things in the Trust.

What we mean by behaviours is the actions or approach we take to situations and how we interact with each other. For example we probably would not like to think that any STH colleague would walk past a patient who was obviously struggling to find their way without asking if they needed some help. This is a behaviour underpinning our Ownership value. Equally, expecting our patients and colleagues to not shout or use abusive language when speaking to us is part of Respecting each other. Checking in on colleagues to make sure they are OK and offering help at times of pressure is a show of Unity. Speaking up if you see something which could be improved or needs addressing is part of Ownership.

This is a really important development because it is something many of our staff have wanted for a while and I am so pleased that so many took the time to give their views.

Kirsten Major

Chief Executive



Our volunteers thrilled to receive prestigious Queen's Award

Our volunteers have been awarded The Queen's Award for Voluntary Service which is the highest award a local voluntary group can receive in the UK and is equivalent to an MBE.

It has been awarded to the volunteers in recognition of the incredible support they provide to patients and staff but also for going above and beyond to support the COVID-19 vaccination programme.

The volunteers service, which is part funded by Sheffield Hospitals Charity, currently has 500 plus volunteers aged between 16 and 85. They undertake a variety of roles from welcoming and directing visitors to helping with music and art activities on the wards. Many volunteers often gain employment within the Trust or use their experience to progress in their chosen careers within the NHS.

Kirsten Major, Chief Executive, said:

"This recognition for our volunteers is made even more special that they have received it in the year of the Queen's Platinum Jubilee. As well as all the brilliant support they have provided to our hospitals across the years, the way they have stepped up to the new challenge of COVID-19 over the last two years has been remarkable."

Emma Scott, Voluntary Services Manager, said:

"I am delighted that our wonderful volunteers have been recognised by receiving this prestigious award. I never fail to be amazed by the dedication and commitment they show."



Volunteers received a special commemorative pin badge, bearing the Queen's Award logo, at a celebration event in July. Badges were presented by The Lord Mayor of Sheffield, Sioned-Mair Richards.



Trust first in the world to order cutting-edge 'Gamma Knife' technology

The Trust has become the first centre in the world to order the latest version of a cutting-edge machine for treating brain tumours and other brain conditions.

The latest model of the Gamma Knife, called the Esprit, is due to be installed later this year at the Royal Hallamshire Hospital. The hospital is home to the National Centre for Stereotactic Radiosurgery which was the first and is the largest centre for gamma knife stereotactic radiosurgery in the UK.

Gamma Knife technology uses a focused array of intersecting beams of carefully measured gamma radiation to target lesions in the brain with sub-millimetre precision, meaning that there is less risk of damage to surrounding healthy tissue and thus fewer side effects for patients. Unlike open surgery, patients are usually treated as a day case, and the treatment is less invasive. The new machine will enable more patients to be treated with the latest technology.

Paula Hunter, of Rotherham, underwent Gamma Knife treatment after being diagnosed with a meningioma (a type of brain tumour). Due to the location of the tumour, traditional surgery to remove it was too risky. Paula said:

"The Gamma Knife has saved my life. I was diagnosed during the Covid lockdown, which was scary, but you would not have known it. The care could not have been better, I was looked after from the moment I walked into the unit and the pre-care, and the aftercare have helped me get through to where I am now. I felt very safe and informed. It was a very personal service in what was a massive situation that could have been overwhelming. The team were fabulous."

As well as patients from the Sheffield area, patients travel nationally and internationally for treatment at the centre.



Paula Hunter

Sheffield Teaching Hospitals awarded centre of excellence status for treatment of patients with brain tumours

The Brain Tumour Centre at the Trust has been awarded the Tessa Jowell Centre of Excellence status for excellence in the treatment, research and care of patients with brain tumours. It is one of six centres in the UK to receive the status this year. Mr Yahia Al-Tamimi, Cancer Site Lead for Neuro-Oncology said:

"To be awarded the Tessa Jowell Centre of Excellence status is testament to the efforts of the team and we are thrilled to be able to contribute to the combined ambition to make excellent care accessible for all people with brain tumours across the UK."

B Road re-open to pedestrians

B Road at the Royal Hallamshire hospital is now open to pedestrians following resurfacing work. Pedestrians can access the main entrance to the hospital from both the Beech Hill Road and Clarendon Place ends of B Road. The road remains closed to vehicles while final works are completed. An alternative drop-off point for patients arriving at hospital by car is on A Road by the Outpatients Main Entrance. Disabled patients and visitors can use the drop off point on A Road, and disabled parking is available on the ground floor level of the multi-storey. Traffic diversion signs are in place and staff are located at key points.

Car parking charges are back

Remember that pay and display car parking has resumed for visitors and patients at our hospitals. Full details of charges, concessions and payment methods are available on our website at:

<https://www.sth.nhs.uk/visitors/car-parking>

Elections to Council of Governors 2022

This year's elections ran from 13 May to 9 June. To ensure impartiality the elections were conducted on behalf of the Trust by an independent agency, Civica Election Services, in accordance with the rules set out in the Trust's Constitution using the single transferable vote electoral system. The Trust would like to thank all the candidates for taking part and to congratulate the successful candidates. Many thanks to all our members who took the time to vote.

The votes have been counted and the results are:

Constituency	Seats	Candidates	Elected
Patient	Three	Martin Hodgson Harold Sharpe Jim Steinke	Martin Hodgson Harold Sharpe Jim Steinke
Public Sheffield North	One	Felister Heeley	Felister Heeley
Public Sheffield West	One	Steve Bell Chris Sterry	Steve Bell
Public Sheffield South East	One	Steve Barks	Steve Barks
Public Sheffield South West	One	None	None

Governor Statements

Newly Elected Governors

Steve Bell

Public Governor Sheffield West

I am a retired ex- chartered physiotherapist having spent the last 18 years of my working life at senior management level for the Motor Neurone Disease Association. I stood for election as a Governor with three key aims:

- To assist the Trust in its strategic development and implementation, particularly in post COVID recovery
- To be a voice for patients and members across my elected area and in particular for hard-to-reach communities
- Continued improvement in the quality of care

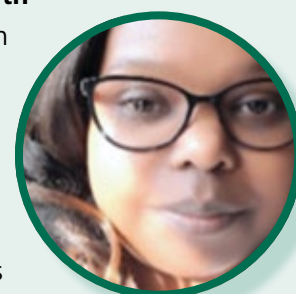
I have previous experience as a Chair of Governors at a secondary school in Sheffield and also as a former Governor at Sheffield Children's Hospital.



Felister Heeley

Public Governor Sheffield North

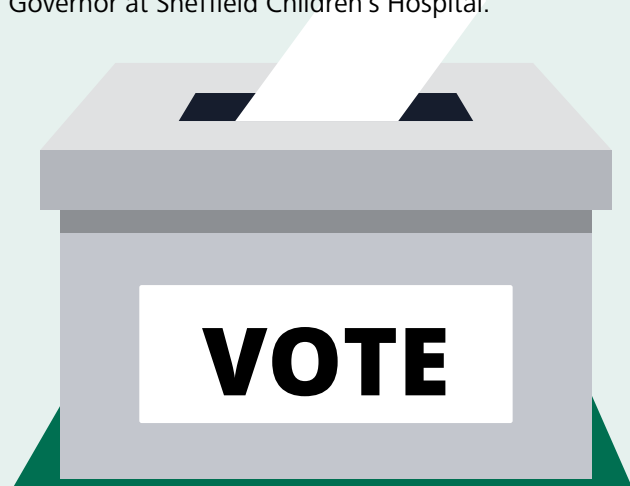
My background is as a nurse with a career spanning over 20 years in the NHS, having worked at the Trust within critical care, followed by a successful career as a specialist community public health nurse in Sheffield. I am now working within academia as a university teacher. I am passionate about safe and quality care delivery driven by innovation and underpinned by the best evidence-based practice. STH, like other NHS Trusts, is facing challenges in the post pandemic recovery phase. I will do my utmost to represent your views to ensure that care is safe, effective, coordinated, and equitable.



Jim Steinke

Patient Governor

The NHS is such a fantastic organisation, but we need to constantly find ways in which it can be accountable to the communities it serves. I believe that being a governor is a key part of achieving that in Sheffield. I have spent most of my working life managing homeless and refugee/migrant services in the voluntary and community sectors, locally and nationally. I have always focused on the health needs of those groups and been responsible for developing public community health projects across South Yorkshire. As a governor I will use my experiences of working with a wide range of agencies, at different levels from Chief Executive to front line worker.



Governors who have been re-elected

Steve Barks

Public Governor Sheffield
South East

I want to ensure that our local hospital and community health services are fit for purpose for all our communities. I want to use my own and others' experiences to inform my contributions as a critical friend to the Trust and hold them accountable. The NHS is at a pivotal moment: recovering from the pandemic, funding under severe pressure and solutions that could well change its very nature. We cannot be blind to these pressures expecting what has happened in the past will work in the future. It is important that the governors work effectively alongside the Board in shaping the service you need for the future and as a governor I will be a positive participant in this.



Martin Hodgson

Patient Governor

I am currently Lead Governor and a member of the Council of Governors' Nomination and Remuneration Committee. These have been times of change, difficulty and a massive national and global health emergency. Sheffield Teaching Hospitals has performed better than many hospital trusts during this time, particularly in handling COVID pressures, but the task of recovering from the pandemic is enormous. As the recent CQC inspection has shown, there is room for improvement in patient care. It is important that your board drive the recovery and improvements forward vigorously, and that governors are watchful of their progress.



Harold Sharpe

Patient Governor

As a governor I have brought my experience of being a patient and of having a disability to bear on the broad range of issues I have been involved with. I am a member of the Quality Board and the Council of Governors' Nomination and Remuneration Committee. These Committees have a direct impact on the kind of service patients' experience. The Quality Board is concerned with care and clinical practices. The NRC is responsible for recruiting the Chair of the Trust and the Non-Executive Directors. My involvement as a governor has been to seek to improve the patient experience and ensure that patients are cared for by staff who understand their needs and engage with them as equals in a dignified and supportive manner, ensuring their needs are met effectively and efficiently. I pledge to continue to represent the needs of patients and support the Board in taking the Trust forward in these very challenging times.



Help create the best experience for every patient, every time

Patients should be at centre of all the Trust's activities. Evidence suggests that poor experience is linked to poor health outcomes but that good experience is linked to better health outcomes and also has positive effects on staff. We want to create an environment where patients feel able to tell us how we can improve their experience.

The **Patient First Group** is a conduit through which you can help us improve the care experiences for all our patients and influence the way clinical and non-clinical staff work to help us make positive changes.

With your help we can create and design great patient experiences from your first encounter, be it as an outpatient or inpatient, until your discharge. Join us to change healthcare for the better – share your experience with us so that we can learn.

Joe Saverimoutou

Public Governor and Patient
First Group Co-Chair



The group meets virtually, for an hour, once a month. If you are interested in joining please email:

jane.pellegrina1@nhs.net

Get your patient letters electronically

Did you know you can now choose to receive your appointment and clinical letters by email?

Emailing letters allows us to send you information about your appointment securely, quickly and conveniently. The letter will be sent in an accessible format that can be read aloud and translated. If we have an up-to-date email address and mobile phone number for you, next time we need to send you a letter we will send you an email and text message inviting you to validate your contact details and opt-in. The email will come from:

sth.hybridmaildelivery@nhs.net

and the text from **STH NHS**

You can opt-out if you prefer to continue receiving paper letters. For full details please visit:

www.sth.nhs.uk/patients/electronicpatient-letters

Annual Members' Meeting

Find out more about the work of the Trust at our online Annual Members' Meeting on **26 September 2022**. Email jane.pellegrina1@nhs.net to register your interest and we will contact you with further details.

Millions invested in new facilities for patients

Despite the unique challenges presented by the COVID-19 pandemic, the Trust has continued to invest millions of pounds in new equipment and improvement schemes to provide the best possible facilities and care to our patients – here are some of the projects that have been completed over the last year.

Installation of seventh MRI scanner at the Royal Hallamshire Hospital

£2.6m was invested in the installation of a seventh MRI scanner, which has been operational since April. Prior to this, the six existing scanners were operating at near full capacity, so the new scanner is crucial in helping to meet demand for this service, provide the fastest possible diagnosis and offers scope for meeting increased demand in future. It provides an improved patient experience with a fresh, modern environment.



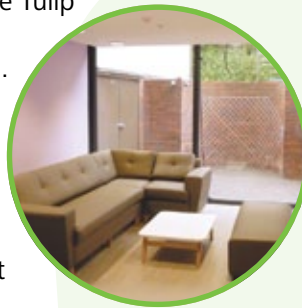
New ventilation system and side surgeries at Charles Clifford Dental Hospital

£1.9m was invested in a new ventilation system at the hospital to provide appropriate ventilation and air changes to all clinical areas to enable the re-establishment of the clinical service and student dentist training in the wake of COVID-19.



Jessop Wing Bereavement Suite

£260,000 was invested to redesign and refurbish the Bereavement Suite, including the Tulip Room and Quiet Room. The suite provides a vital service during a very difficult parental experience.



The suite now provides a high-quality environment for bereavement care to be conducted with dignity and respect in a sensitive environment, and meets the expected standards and needs of different faiths and religions.

It meets best practice standards of the National Bereavement Care Pathway guidelines and can now be recognised as a centre of excellence for bereavement care.

Vickers Corridor rebuild and refurbishment, Northern General

A £595,000 Vickers Corridor rebuild and refurbishment has transformed a 120m long corridor from a dated and cold environment to a modern, light and airy space along the whole length. It provides a much more comfortable thoroughfare and reduces heating costs.



Huntsman 5 Ward Refurbishment, Northern General

This £2.5m refurbishment created a high-quality facility for acute care and rehabilitation of frail elderly hip fracture patients. The ward was designed to be dementia-friendly and enabled greater opportunities for staff to monitor at-risk patients. The location allows patients to be under active joint care of orthopaedic surgeons and orthogeriatricians from admission to discharge.



Wards H1 and H2 refurbishment at Royal Hallamshire Hospital

A £4.3m scheme to refurbish the H1 and H2 wards is near completion. The refurbishment will provide benefits including a more modern, dementia-friendly clinical environment, improved visibility for staff due to use of glazing, improved accessibility, increased coverage of patient hoists so patients have the options of utilising side chairs where possible, increased capacity of clinical infrastructure for example medical piped gases, WiFi and power provision, along with better energy efficiency.



Improving quality of life for patients with rare genetic condition

Patients with a rare, progressive and incurable genetic condition that causes muscle weakness and movement problems are able to access novel treatments that can control the condition and improve their quality of life thanks to a new specialist service.

The Spinal Muscular Atrophy (SMA) service at the Trust is the leading one of its kind in the UK for adult patients, who have been among the first in the country to benefit from new drug treatments on the NHS. The drugs, called Nusinersen and Risdiplam, can stabilise and improve the condition which would otherwise get worse over time. Previously there was no treatment and the care was focussed on symptom management.

The Sheffield service was the first in the UK to treat adult patients with Risdiplam, which is taken orally every day, and one of the first to start Nusinersen in adult SMA patients, which is given by lumbar puncture three times a year. The service was established in 2020 despite the significant challenges of the COVID-19 pandemic. A 'one-stop shop' service model provides a single multidisciplinary outpatient clinic where initial assessments and therapy can take place during the same visit, minimising hospital visits. Currently the service has 46 adult SMA patients on treatment, the highest of any UK centre.



Patients say treatment has been 'life-changing'

Tess Daly, 33, of Sheffield, was the first adult in England to receive Risdiplam, which she has been taking daily since November 2020. Tess was diagnosed with SMA when she was 18 months old. The condition means she has never been able to walk or weight-bear. Prior to Risdiplam becoming available, Tess's condition had reached a point where she was struggling to do the things that she enjoyed. This included doing her make-up, which was particularly important for her because she is a social media influencer with 218,000 followers on her Instagram page where she posts about beauty, fashion and make-up. But since starting the Risdiplam treatment, she has noticed improvements in her strength and stamina which have enabled her to do start doing more for herself again, including her own make-up. She said:

"The increased stamina means I can do it and still have the energy to do other things afterwards. Even if that was the only thing I got from this then I would feel like I have won the lottery."



Sinead Corkery, 47, of York, was the first adult in the UK to receive Nusinersen, beginning treatment in March 2020. She said the treatment had been 'life-changing' and made her more confident and independent.

"It has been incredible. Prior to the treatment I had lived my life with the very real risk of falling, often without warning and this was more likely when I was tired or had been doing a lot. This meant that I had to limit what I did and carefully choose where I put my energies. The risk of falling was always there and the repercussions would be at best embarrassing or frustrating and at worst painful and damaging. Within a few months of starting treatment I felt more stable, more in control even when doing mundane tasks like standing brushing my teeth.

I am still careful and mindful but it means that trying to avoid falls is no longer always the main thing on my mind all the time."



Heavyweight World Champion makes surprise visit to Jessop neonatal unit



Sheffield Hospitals Charity

At the start of the year, Heavyweight World Champion Tyson Fury gave his support to the Sheffield Hospitals Charity '21 Years of Jessops' appeal. As part of this he made a visit to the Jessop Neonatal Unit. The Gypsy King was accompanied on the visit by his dad, John and son Prince, aged 10, who was treated by the team at Jessops when he was a baby. During the visit Tyson had a chance to meet local artist, Lynn Hollingsworth, who with help of funding from the charity, is transforming the Unit for families. Tyson was taken on a tour of the unit and spent time chatting to families and staff. Tyson Fury said:

"It is truly amazing the work done by the team at Jessops, I would like to thank all of them for their hard work and dedication. I know first-hand how great they are for families"

Gareth Aston, CEO for Sheffield Hospitals Charity, said:

"We were over the moon that Tyson could visit, staff and patients alike were overwhelmed. He spent so much time taking photos and chatting to everyone."

At the end of the visit Tyson's son Prince was given one of the charity's Jessop's Bears, offered to patients who have been cared for at the hospital. To find out more about the 21 Years of Jessops Appeal visit:

www.sheffieldhospitalscharity.org.uk/21-years-of-jessops



Gala Ball raises incredible £140,000

The City Taxis sell-out Thank You NHS Gala Ball took place in the Winter Gardens and St Paul's Mercure Hotel, raising funds for the 'We've Got You Campaign' in support of NHS Workers.

Opening the event was dance group Flawless, with other entertainment provided by the Britain's Got Talent magician Damien O'Brien and 80s icon Martin Kemp. Add to this a menu curated by Michelin starred chef Jean Christophe Noveli and the hosting talents of TV presenter Dan Walker and guests had a night to remember.

The night celebrated the hard work and determination of our amazing NHS staff, with many receiving standing ovations for their efforts. The event raised £140,001.30 which will go towards the 'We've Got You Campaign' specifically aimed at supporting staff from across the hospitals following the pandemic. Arnie Singh, Managing Director of City Taxi's, said:

"Thanks to everyone involved for getting behind the event and making it the success it was. The generosity in the room completely blew us all away."



Put your best foot forward for the Sheffield 10K

With less than two months to go until the start of this year's Sheffield 10K, we are on the look out for people to take on the iconic run. Every penny raised at the 10Km goes to support the staff and patients at Sheffield Teaching Hospitals so why not lace up your trainers?

Anyone interested in signing up can email charity@shct.nhs.uk

Nurse tells of pride at national leadership award nomination

A nurse who was part of the first group of international nurses to join Sheffield Teaching Hospitals 21 years ago has told of her pride after making the final shortlist for a national leadership award. Sheeba Jefferson, who is now Deputy Nurse Director for Obstetrics, Gynaecology and Neonatology, was nominated for the 'Compassionate and Inclusive Leader' category at the National Health and Care BAME Awards.

The awards celebrate the contribution of Black, Asian and Minority Ethnic (BAME) staff to the NHS and highlight BAME role models. Sheeba initially came to Sheffield from South India in 2001 to work as a nurse in the NHS. She was at The Trust for 14 years, before moving to work in Leeds as a matron, and then returning to Sheffield as Deputy Nurse Director in 2020. She said:

"Being nominated for an award took me by surprise, but it is very nice that people have noticed and wanted to put me forward. I am compassionate and interested in everyone, and my day-to-day values are about helping people and showing kindness in everything I do. I try to be visible and build good relationships with colleagues and patients. Compassion and inclusion are two sides of the same coin. Being a leader and role model for that behaviour is reflected in the care you offer."

She said she was proud to have built her career in the NHS and to be a role model for other nurses. She is contributing to work to help support more BAME staff develop NHS careers and become senior leaders.

"We have nearly 500 nurses from BAME backgrounds and a lot of international nurses come here with a lot of experience and knowledge, and we have to make sure we promote inclusion and utilise all of that talent."



Podiatry service sets the standard for customer service

The Podiatry Services department has retained its Customer Service Excellence Standard for the 26th year. The team, who help relieve pain and treat infections of the feet and lower legs and run clinics at GP practices, health centres as well as in hospital and specialist facilities, are the only NHS team in Sheffield to hold the 'gold standard' national quality award. The Customer Service Excellence Standard is a national Government-backed quality award which recognises public and private sector organisations that deliver efficient and effective services and place customers at the heart of service provision. Dr Lisa Farndon, Clinical Research Podiatrist and Customer Care Lead, said:

"To retain this award for 26 years is an amazing achievement and excellent recognition of our continued commitment to providing high quality patient-focused services."



Help our A&E team by choosing the right place for your care

A&E has seen a high level of demand in recent weeks. Please help us to help you by choosing the most appropriate place to get care.

If you have a non-urgent injury or illness, you will be seen much faster if you visit:

- ✓ **Minor Injuries Unit** at the Hallamshire Hospital
- ✓ **NHS Walk-in Centre** at Broad Lane
- ✓ Your **Pharmacist** or your **GP**

More information is available at sheffieldurgentcare.co.uk or call **111** for advice


Did you know you can read Good Health online?

Find the current and previous editions at:
www.sth.nhs.uk/members/good-health-news

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 @SheffieldTeachingHospitals

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 @SheffieldHosp

Digital learning health system transforms care for patients with Cystic Fibrosis across England

CFHealthHub is a digital learning health system developed by researchers at Sheffield Teaching Hospitals NHS Foundation Trust to support patients with Cystic Fibrosis (CF) monitor their condition and reduce the need for hospital admission.

Now used in 60% of adult CF centres in England, the platform has helped over 1,400 patients stay fit and healthy by creating habits and a behaviour of self-care.

Many patients with CF are required to take a strict daily regime of inhaled medication using a nebuliser. CFHealthHub allows them to monitor their health from home using real-time data collected from their nebuliser and transferred to an app on their phone. The data can help them to identify the reason for any changes or decline in their condition and

shared with their clinical team who can use it to provide strategies to manage their treatment.

CFHealthHub was funded by the National Institute for Health Research (NIHR).



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: White British ☐ | White other (non-British) ☐ | Asian or Asian British ☐

Black or Black British ☐ | Mixed/Multi-heritage ☐ | Other not stated ☐

I declare that I am eligible and would like to become a: Public Member ☐ | 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

Or register online at: <https://www.sth.nhs.uk/members/become-a-member>