

# goodhealth


The members' newsletter of Sheffield Teaching Hospitals NHS Foundation Trust Spring 2009 Issue 19

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## Lord Darzi praises 'world-class' critical care unit

"A worldclass facility with some of the best health-care professionals in the NHS, delivering high quality care for our most needy patients" that was the view of Lord Darzi, when he joined patients, Governors and staff to open the new state of the art Critical Care Department at the Northern General Hospital.

NHS Chief Executive, David Nicholson also joined Lord Darzi, Parliamentary under Secretary of State for Health, at the opening of what is one of Europe's largest Critical Care Departments.

Dr Stelios Michael, Consultant Anaesthetist at the Northern General Hospital said: "We were delighted to welcome Lord Darzi and David Nicholson to the Unit which is enabling us to provide the highest quality care for our sickest patients. We have 36 beds over two floors and some of the most advanced intensive and high dependency care technology available today. As well as the technology, our main priorities were to create a Unit which is spacious and has a calm atmosphere. Patient's privacy and dignity was also an important factor and so each room has 'blink glass' which works at the touch of a button - turning clear glass into opaque which is ideal when a patient needs more privacy. The unit also has its own pharmacy



Lord Darzi with the Cooke family, David Nicholson and Sister Joanne Stubbs.

and dedicated pharmacy team. The rooms are large enough to accommodate some procedures like x-rays or minor surgical interventions if necessary so the need to move patients to different departments is greatly reduced."

Pamela Cooke, from Beighton,

is in her fifth week of treatment in the department. Her husband David, assured Lord Darzi: "The unit is fantastic, the state-of-the-art technology is great but it is the staff that make the department such a good place for people to be treated."

Patient Governor John Warner

added: "It was pleasing to see such an eminent person as Lord Darzi willing to take the time to open this new state of the art and hugely impressive facility as well as to hear his words of praise for the dedicated staff who work in the Unit."

After the opening Lord Darzi and David Nicholson joined clinicians, senior nurses, and managers for an informal discussion about key issues facing the Trust including the NHS in an economic downturn and the future direction of research and development.





# Local Choices, Local Voices

## Your invitation to be one of our new Governors



**S**heffield Hospitals are looking for members of the community to become a Hospital Governor. Could it be you?

Just like a school governor, becoming a hospital governor is an exciting opportunity to support your local community. Being a governor means you get to represent the needs and views of the 10,000 members of the Sheffield public and patients who have registered to become a member of Sheffield Teaching Hospitals. You will have an active say in how our services are developed and how our organisation is managed.

### What is a governor?

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

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

- helping us plan for the future
- ensuring the Trust is accountable to local people
- recruiting and encouraging new members
- appointing the Chairman and Non-Executive Directors

An effective council of governors is crucial to the success of the Trust and we will help you develop the skills you need to carry out your role as governor.

### What will my responsibilities be as a hospital governor?

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

### Will I get paid?

No, similar to a school governor you do not receive a salary but you are paid expenses.

### Do I need any special skills or experience?

You do not need any particular skills or experience but a passion for making NHS services better, and for involving a wide range of people will help you enormously. The governors elected will be supported by staff from within the Hospital Trust who are experienced in public involvement and communication.

You will also be working alongside staff governors and governors appointed by the local councils, other parts of the NHS and the voluntary sector.

### How will the elections be run?

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

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

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

### Will support be available?

We are happy to discuss any training or support that you may need to help you stand as a governor, or to fulfill the role should you be elected.

### How much time is needed to fulfill the role of a being a Hospital Governor?

A governor is expected to attend the quarterly (4 per year) Public Council of Governor Meetings (the expectation is that you will attend at least 3 out of 4) and the Annual General

Meeting. All meetings are held at the Hospital. Time will also be required to read papers provided for each meeting. Attendance at induction and training events will be required, any additional involvement will be optional.

### How long will my appointment last?

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

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

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

If you are interested in becoming a Governor we would be delighted to chat to you further. Please call Jane Pellegrina on 0114 274322

## A Governors Lot is a Happy One

I was elected as a Governor in July 2008. I had not considered becoming involved until I received a letter reminding me that as a Member of the Trust I was entitled to stand.



Until then I had not thought I had qualifications suitable to fulfill the role. In particular I did not have an NHS background which I had assumed would be an advantage, if not a requirement. However I was persuaded that, not only was it unnecessary, experience from a variety of other backgrounds was positively welcomed.

I stood for election shortly after that without any great expectation of being successful so it was with some surprise that I found that I had been elected.

Governors are not responsible for the day to day management of the organisation that is a matter for the Board of Directors. However, through their Governors local residents, patients and staff are able to influence decisions about spending and the development of services at the hospitals.

Having been happily retired for 5 years the first few meetings I attended felt a little strange. Finding myself back in a working environment not knowing quite what I could contribute left me searching to find my feet. But in a short time in the role I have grown to understand what I can offer and I now feel very much at ease and part of the organisation.

Your Governors are a very varied group of individuals but work together as a friendly and supportive team. I find I am forming new friendships both on individual and group levels. I truly feel that my contribution is valued and I am finding my involvement satisfying and worthwhile. It has given me a new purpose and I am sure it helps to keep me active both in body and mind.

I would certainly encourage you to consider standing for Governor at this year's Elections.

**John Warner**

Public Governor, West Sheffield



## NOTICE OF ELECTIONS

The Trust gives notice that it will hold Elections to the Governors' Council on 22 May 2009

Elections will be held for the following positions

Public Constituency Sheffield South East  
- Two Vacancies

Public Constituency Sheffield South West  
- One Vacancy

Public Constituency Sheffield West  
- One Vacancy

Patient Constituency - Three Vacancies

Staff Constituency - Five Vacancies

Nomination packs with information about how to stand for Election to these positions will be available from 16 April 2009 from the address below. All Members wishing to stand for Election will be required to attend a short training session prior to submission of their nomination forms, a list of dates and venues for the training sessions will be included in the nomination packs.

Foundation Trust Office  
Sheffield Teaching Hospitals NHS Foundation Trust

Northern General Hospital  
Herries Road

Sheffield S5 7AU

Telephone: 0114 271 4322

Email: jane.pellegrina@sth.nhs.uk

All nomination papers must be received by the Returning Officer of Electoral Reform Services at the address below by 12 noon on 1 May 2009.

Faxed or emailed nominations will not be accepted.

Electoral Reform Services Limited

The Election Centre

33 Clarendon Road

LONDON N8 0NW

Telephone: 0208 889 9203

Elections

Ballot papers will be distributed to qualifying Members on 22 May 2009. Completed ballot papers must be received by the Independent Scrutineer, Electoral Reform Services Limited by 12 noon on 12 June 2009. The results of the Election will be announced on 15 June 2009.

# Think 'FAST' to identify signs of stroke

Raymond at home recovering after having a stroke.



Sheffield Teaching Hospitals is taking part in the national campaign to help the public recognise the signs of stroke - using a simple test called FAST.

More than 11,000 people in Sheffield are living with the effects of stroke which can happen to anyone, young or old, at anytime. In fact, 25 per cent of people who have a stroke are under retirement age - people like Raymond Fox aged 59 from Wisewood who had a stroke three weeks ago.

Raymond was in his local pub with friends having an enjoyable Friday night when he had a stroke. He said: "I knew instantly that I had suffered a stroke - I felt my arm go weak and I told my friends straight away that something wasn't right. I somehow managed to get home and called NHS direct who advised that I call an ambulance immediately.

"I was really pleased with all the treatment I received and the speed with which the NHS worked. I had a number of scans and brain imag-

ing done within 2 hours of being taken to the Northern General hospital. The scans showed that I had damage from previous strokes in the past."

Like Raymond, as many as 30% of patients who have a stroke had previously suffered a mini-stroke.

A stroke occurs when a blood clot blocks an artery or a blood vessel ruptures or bleeds. The occurrence of stroke causes irreversible damage to the brain. The faster you recognise stroke and react to it, the more of the brain you can save.

Raymond adds: "My advice to other people suffering from stroke is to work with the teams that are there to help you, be patient and you will make progress. It is still early days for me but I am looking forward to seeing my grandson grow up and I hope I will have the strength to play with him soon."

## Members' Event 21st April Brain Attack

Stroke – the silent killer...

Amanda Jones, lead clinician for stroke services at Sheffield Teaching Hospitals will be speaking about stroke, the causes and treatments as well as new developments at our member's event.

**Which takes place at 6pm on 21 April 2009, Northern General Hospital.** For further information or to register your interest, please contact Jane Pellegrina on 0114 271 4322, who will reserve your place and give you details of the lecture venue.



## Get well soon - without antibiotics

The latest phase in a campaign to remind the public that antibiotics do not help to treat viral infections such as coughs, colds and a sore throat has been launched by the Chief Medical Officer for England.

Press adverts and posters are appearing in newspapers and magazines to reduce unnecessary requests for antibiotics.

Latest data from the Health Protection Agency shows that resistance to the antibiotic most often used to treat E.Coli increased by 10 percent between 2001 and 2007.



## New deal for dementia care

Care for people with dementia will be transformed with the appointment of dementia advisers, better training for GP's and the establishment of memory services staffed by specialists to provide early diagnosis and treatment, Health Secretary Alan Johnson has announced.

The first National Dementia Strategy, backed by £150 million over the first two years, will increase awareness of dementia, ensure early diagnosis and radically improve the quality of care that people with the condition receive.

The strategy calls for specialist memory services to be established throughout the country. These will allow people with dementia to have their diagnosis made accurately and early in the course of the illness as well as get access to treatment and intervention that can help them live well with the condition.

Other initiatives recommended in the strategy to help the 570,000 people with dementia in England, their carers and families include:

- A senior member of staff to be identified in general hospitals and care homes who will be charged with providing leadership to improve the quality of care for people with dementia
- GPs trained to recognise the early symptoms of dementia
- The appointment of dementia advisers, who will act as a guide to help people with dementia and their families navigate the care and support system throughout their illness.
- Better information for people with dementia, their carers and families after diagnosis

The strategy is recognition that the number of people with dementia will double over the next thirty years and the cost of care and treatment is likely to triple. Currently direct costs of dementia to the NHS are approximately £3.3 billion per year.



### Exhibitions at the Clock Tower Gallery Between here...and here Clock Tower Gallery 6th April – 13th May 2009

An exhibition by three Sheffield-based artists whose work is based on ideas suggested by our built environment. Places, from great cities to isolated farms, are capable of evoking strong thoughts and feelings, and the artists have attempted to make artwork that generates similar or new feelings.

Warren Hayes' stark, colourful abstracts are a direct response to the modern metropolis, reflecting both its impersonality and its particular beauty. Their composition is based on the repetition and symmetry of large-scale architecture, the subtle neon colouring echoes the city at night.

The buildings Jonathan Wilkinson depicts are iconic for a variety of reasons. His exquisitely detailed drawings and prints are reminiscent of architectural plans and reveal little of his feelings towards the subject – the cool presentation serves to blur the edges between reality and the fantasy of the miniature world he creates.

Sean Williams chooses to draw attention to locations that may otherwise go unnoticed, but possibly reveal something about the psychology and lifestyles of the people who inhabit them. Rendered in a pointillist style, the colourful dots form an almost photographic image when viewed from a distance.

For more information or to get involved in Arts in Health please contact Kerry Blackett on 0114 2714949, email [Kerry.Blackett@sth.nhs.uk](mailto:Kerry.Blackett@sth.nhs.uk)



## Patients tell Sheffield MP about excellent Rheumatoid arthritis care

**A**ngela Smith MP for Sheffield Hillsborough has visited patients at the Royal Hallamshire Hospitals Rheumatology department to hear about a 'gold standard' of care being given to patients suffering this debilitating condition.

Rheumatoid arthritis (RA) is a chronic long term condition that affects nearly half a million people in the UK and over 5000-6000 patients in Sheffield. It ultimately affects a person's ability to carry out everyday tasks. The disease can progress very rapidly causing swelling and damaging cartilage and bone around the joints. Any joint may be affected but it is commonly the hands, feet and wrists.

Jenny Snell, of the National Rheumatoid Arthritis Society added: "All patients with Rheumatoid Arthritis deserve a local service like the one here in Sheffield that can monitor their disease

and treatment closely, respond rapidly to flares and other problems, and provide access to a specialist multidisciplinary team.

Retired Sheffield primary care teacher, Jean Fisher who has been diagnosed with Rheumatoid Arthritis added: "The team here at the Hallamshire Hospital have been absolutely brilliant and are always on the end of a phone when I need help or support, the service they provide to patients like me is vital.

"We are very proud of our multidisciplinary team and we are hoping to invest in employing another 3 specialist nurses to further support our patients explains Dr Deborah Bax, Consultant Rheumatologist at Sheffield Teaching Hospitals NHS Foundation Trust and President of the British Society for Rheumatology.

If you would like to find out more about rheumatoid arthritis visit [www.rheumatoid.org.uk](http://www.rheumatoid.org.uk).

## New falls prevention service reduces visits to A&E

An innovative new service developed by the NHS in Sheffield is helping to reduce the number of older people attending the Accident and Emergency department following a fall by 74%.

The Therapy Falls Prevention Service was set-up by Sheffield Teaching Hospitals and the Sheffield Health and Social Care Trust.

Before the service was in place, elderly people who had fallen received little support to help reduce the risk of having another fall thus facing a further hospital admission. Potentially, they were at risk of going on to have other falls, which may have resulted in more serious injuries such as hip fractures.

The new Therapy Falls Prevention Service now offers people a tailored package of intervention and support to reduce the risk of them having another fall.

Following an initial assessment by a Therapist in the accident and emergency department, patients who may benefit from the service are referred to a Falls Specialist Therapy Assistant, who work across the city as part of the Physiotherapy service.

A range of support can be provided from home visits to walking aids. Balance and strengthening exercises

can also be provided either in the patients' own home or with others in a group setting.

Patients who received support have rated the Therapy Falls Prevention Service as either Excellent or Good and over half felt their risk of future falls had been reduced.

For more information about the Therapy Falls Prevention Service please contact Mandy Higginbottom, Clinical Manager, Physiotherapy Services, 0114 2319820





# Spinning into action with the Laundry team

130,000 sheets, pillowcases and theatre gowns washed every week – that's the size of the washing basket, Laundry services at Sheffield Teaching Hospitals have to deal with.

Based at the Northern General hospital the Laundry services wash 6,760,000 items a year and it takes 35 tonnes of detergent to clean them.

In addition the Dry Cleaning department cleans an average of 3,500 items of clothes every week.

The sewing room team also issue uniforms to staff, label them and make any alterations or repairs to laundry. For example, if a sheet or blanket becomes torn and can no longer be used on a bed, they will use the good fabric to make pillow cases or cot sheets.

Linen and uniforms from the hospital are brought to the laundry several times a day, and unless they are soiled items (which are placed in special water dissolvable red bags), they have to be hand sorted. This job is meticulously undertaken by dedicated laundry staff and it may be a surprise for some of you to know that it's not just linen that gets bagged up.

Can you believe that every week as many as 10

-20 items including mobile phones, spectacles, washing up bowls, bed pans, name badges and even shoes find their way into the laundry bags.

Washing is put through one of the 4 industrial washing machines that are automatically fed with a mixture of detergent and bleach. Once they have been washed; the items are dried in different ways, depending on what they are. The sheets and pillow cases are put through giant ironing machines that dry and iron them automatically. Uniforms are hand sorted first then they go through another machine that dries and then steams them to remove the creases. Blankets and some other items have to go into large industrial tumble dryers and they are then folded by hand, as are the operation gowns, nightwear and towels. Fortunately the bed sheets are folded by the ironer/folder although they do have to be fed into the machine manually.

Linen Services Manager, Mick Moss explains: "Everyday here is washday but we have a fantastic team who take great pride in ensuring our patients and staff have fresh, clean linen available day or night."



An example of some items found in laundry bags



L-R: Dr Al Mohammed (Consultant in Cardiology), Dr S Song (Consultant in Diabetology), S/N Chloe Nisbet, Dr Shillo (Registrar for Dr Song), S/N Jenny Washington, S/N Mark Jordan, S/N Vicki Madden, SR Jill Hudson

## New 'gold standard' heart failure service

A new 'gold standard' service to provide improved care for patients suspected of having heart failure has been launched at Sheffield Teaching Hospitals.

There are approx 7,000 cases of heart failure in Sheffield and there are a number of patients admitted to wards at both the Northern General Hospital and the Royal Hallamshire Hospital who may be suffering unknowingly from heart failure in addition to the condition for which they have been admitted.

In recognition of this, a new heart failure service is now being provided to ensure early detection and appropriate care is provided for these patients.

A team of Heart Failure Specialist Nurses undertake early morning rounds in both the Northern General and Royal Hallamshire Hospitals, visiting the Emergency Admissions Unit and Medical Assessment Unit's to identify patients recently admitted who may be suffering from heart failure. The Nurse Specialists also visit patients throughout the hospitals who have been referred by ward staff as potentially suffering symptoms of heart failure.

The new service is easy for ward staff and doctors to use because there is a special telephone service which is answered by a Specialist Heart failure nurse.

Once a referral from a ward is received, a member of the specialist nursing team will go and review the patient within 24hrs. They will then give advice on the patient's treatment and patients in whom heart failure is confirmed will automatically be taken into the new Heart Failure Service and their long term care post discharge from hospital will be monitored and managed by the Heart Failure Multi Disciplinary Team.

The multidisciplinary team all have specialist knowledge in the management of heart failure. Core team members include Heart Failure Cardiologists, Diabetologists, Specialist Nurses, Palliative Care Specialists, Pharmacists, and Ward Managers.

Follow-up care is provided through a heart failure outpatient service with 8 nurse led clinics per week, at both hospitals. These clinics ensure that patients are receiving the most appropriate treatments.

Janet Laing Specialist Heart nurse explains: "There are very few hospitals which provide this service but it is absolutely vital as many patients who come into hospital because of other illnesses may not even realise they have symptoms of heart failure. If we can pick them up early and begin treatment that has a real impact on their future health."





Volunteer Margaret Egginton with patient Margaret Maxfield

## Meal time feeding scheme help patients 'eat well'

Margaret Egginton has become one of seven volunteers to take part in a new Meal Time Volunteer Scheme piloted on Hadfield Wing at the Northern General Hospital.

Hilary Scholefield, Chief Nurse explains: "One of the most important factors in a patient's recovery is a nutritious diet and there is a lot more we can do 'psychologically' in order to encourage patients to eat more. Many things affect patients appetite and one of these is the environment at meal times. This is a key area volunteers can assist in after specific training. Volunteers present on the ward before a meal is served can help the process by making sure patients are ready to eat. Studies have shown that thinking about food half an hour before mealtime actually helps digestion."

Volunteer's duties as part of the new scheme include:

- Befriending patients
- Prepare bedside tables for meals
- Offer hand washing facilities to patients
- Ensure patients have a fresh drink available
- Assist with serving of meals
- Encouraging patients to eat and drink
- Cutting food
- Opening containers
- Helping patients fill in menu cards

Susan Wilson, Public Governor for South West Sheffield adds: "This is an area where volunteers can make a real difference."

If you would like to know more about the scheme or get involved please contact Voluntary Services on 0114 2715735.

## WANTED – Volunteers for Charles Clifford Dental Hospital

Did you know the Charles Clifford Dental Hospital is looking for volunteers willing to have free dental treatment from dental students and dental hygienists?

Your treatment will be completed to a high standard and under careful supervision. Unfortunately, we can not accept anyone who is already registered with a dentist. If you are interested in receiving free dental care here at the Charles Clifford Dental Hospital you will need to complete an application form. These can be obtained by writing to: Student Referrals, 3rd Floor, Charles Clifford Dental Hospital, Wellesley Road, Sheffield, S10 2SZ



## NHS to slash Carbon Emissions

**Ian Thompson – Non Executive Director and Sustainability Champion at Sheffield Teaching Hospitals explains how your local hospitals have plans to go even 'greener.'**

Here at Sheffield Teaching Hospitals we are helping to slash the NHS's carbon footprint as part of a national initiative to drive down emissions by 80% by 2050.

The pledge is set out in a new strategy entitled Saving Carbon, Improving Health.

Currently the health service has a carbon footprint of 18 million tonnes of CO2 a

year - 3.2% of the emissions for England as a whole and 25% of all public sector emissions.

Sustainability is already a key objective for Sheffield Teaching Hospitals. Our carbon footprint is 275,000 tonnes of carbon dioxide per year.

Our commitment to reduce our carbon footprint focuses on ensuring actions on sustainable development are included in all business plans and service specifications.

Also that the redesign of patient care or treatment is low or zero carbon.



## Catering 5-Star Hygiene Award

For the second year running, the Central Food Production Unit team at the Northern General Hospital has been awarded the highest rating for food hygiene by the Environmental Health Department at Sheffield City Council.

Environmental Health Officers checked the department for cleanliness as well as examining operational policies, training documentation and monitoring procedures.

Jeff Swallow is the Catering Manager at the Northern General Hospital;

"Many years ago, food preparation facilities in NHS hospitals were exempt from environmental health inspections as they had 'crown immunity' but not any more. Since the 1990's we have rightfully been subject to the most rigorous of inspections which aim to protect the health of patients, staff and the public."



L to R: David Smith, Supervisor, Nick Childs, Reggie Samuel, Carol Elvin, Bernadette Eason and Lindsay Cartwright, Catering Assistants.

## Help was at hand (...or hook) on No Smoking Day



Stop Smoking Advisor, Reem Abbas manned a pirate themed stop smoking stall at the Hallamshire Hospital B floor entrance on No Smoking Day. She offered support to those wanting to quit dressed as 'captain hooked' with the help of a 7 ft cigarette mascot as first mate!

At the Northern General Hospital there was a 'credit' crunch stall where 'quit calculators' were given out to remind patients and staff that quitting not only benefits your health, but also your wealth.

The labour ward at the Jessop Wing Maternity Hospital also marked the occasion with the first ten babies born on March the 11th to be given a No Smoking Day goodie bag with baby grows or bibs. Midwives trained in smoking cessation at the Jessop Wing's antenatal clinic also offered carbon monoxide testing to pregnant women and their partners, along with information on how quitting will benefit both mother and baby.

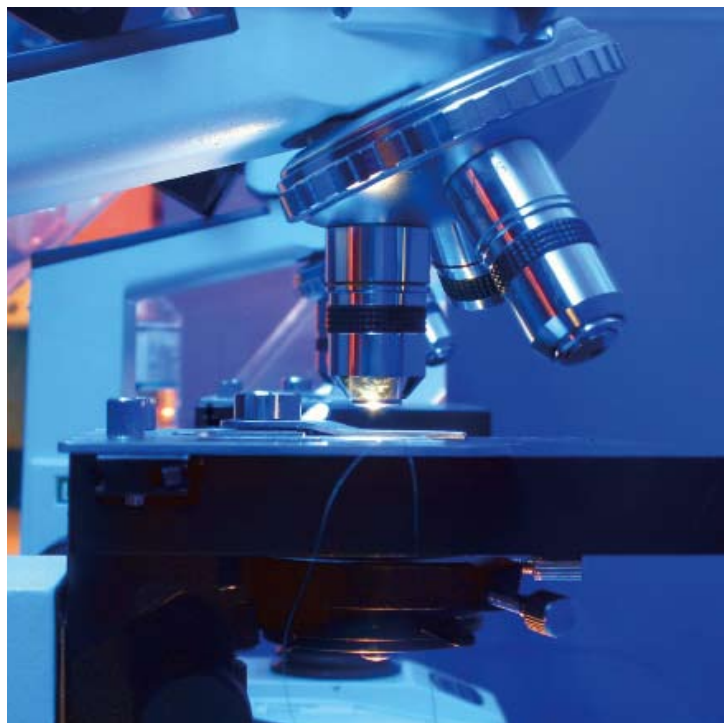


# Sheffield public invited to influence research into heart disease and osteoporosis

**S**heffield Teaching Hospitals is the first in the UK to invite members of the public to influence what research should be undertaken into heart disease and osteoporosis.

The initiative is part of the two new Sheffield Biomedical Research Units which are a partnership between Sheffield Teaching Hospitals and the University of Sheffield. The Units each have £3.75m to spend over four years on research into developing treatments for chronic bone conditions such as osteoporosis, advances in joint replacement surgery and heart disease.

Zabran Ilyas, 19, from Meersbrook in Sheffield is one of the first people to join the new Biomedical Research Units Patient



and Carer Research Panels.

"My family has been affected by heart disease because my father suffered from the condition and so as a carer I am deeply passionate about influencing research into this life-threatening illness. Being a member of this panel will enable me to make a real contribution to the research which could make a real difference to the next generation of my family who may suffer heart disease in the future. It's a very exciting idea."

Kaye Meegan, Trust Governor adds:

"As a Governor representing the public, I am really excited that patients and families are being asked to be involved with research as this can only be a positive step for those living with health issues. Those living with or caring for people who are trying to manage illness can give an accurate account of what they need to help them cope, and what is important to them for the future."

Professor David Crossman, Director of the Sheffield Biomedical Research Unit (BRU) for Cardiovascular disease added: "Active involvement of the public in healthcare research rather than simply as 'subjects' of research can identify different priorities and perspectives and ensure that the research being carried out meets the needs and has the support of the community."

As well as the Patient and Carer Research Panel looking at heart disease, there is a Patient and Carer Research Panel concentrating on research into osteoporosis and hip replacement.

Professor Richard Eastell, Director of the Sheffield Biomedical Research Unit (BRU) for Musculoskeletal disease, explains: Research which reflects the needs and views of the public can lead to more relevant research and is more likely to produce results that take scientific breakthroughs out of the laboratory and into hospital clinics."

The Hospital Trust is now looking for more members of the public who have either osteoporosis or had a hip replacement to join the research panel. Please telephone Sue Butler on 0114 2711766 for more details.

## Text messages to confirm appointments

Patients will now receive a text or phone message to their hospital appointment as part of a new service being trialled by Sheffield Hospitals.

Last year there were more than 77,000 missed appointments across the City's five adult hospitals which could have been used for other patients.

The missed appointment slots also cost the hospitals £60 - £120 per appointment in wasted staffing costs.

The introduction of the messaging service will initially supplement the existing written appointment letters which are sent out to remind patients of their appointments.

Where patients have provided the hospital with a landline or mobile phone number a message will be sent one week before their appointment date.

Patients will be able to confirm their attendance at the appointment or indicate if they wish to rebook or cancel the appointment.

Professor Chris Welsh, Chief Operating Officer at Sheffield Teaching Hospitals said:

"The primary reason patients miss appointments is simply because they forget. From the start of the new service, outpatients coming to our hospitals who provide us with landline or mobile phone numbers will receive a phone reminder of their appointment either by voice or by text message."

"The message is a simple confirmation of the patients appointment and if they need to the message also gives them the ability to change the appointment date. These message systems have already shown to be successful in many other hospitals across the country."

Staff who book the appointments now routinely ask new patients for landline and mobile numbers. Other staff who are involved in the appointments process will also be making every effort to gather these phone numbers and confirm with patients that any existing numbers remain current.

Kaye Meegan, Public Governor North Sheffield at Sheffield Teaching Hospitals who has been involved in the project added: "The majority of people that I spoke to specifically those 45 and under were surprised that the cost of a letter was over £1 and that the trust lost around £6 million pounds a year through missed appointments. As diaries are less common and patients use their phones and personal organizers more. It makes sense to message our patients in this way. I found the system really easy to use when I was involved in the trials. As I am on pay as you go I just waited until I was home and rang to confirm my attendance. If I had forgotten it would have been really great to be reminded. Anything which helps patients and stops missed appointments is a real bonus and what a saving. Money which is really needed can be used for other things and may make having appointments for us easier to get to suit our lifestyles."



## New 'home from home' birthing unit unveiled

Prospective parents were invited to look around new 'home from home' birthing rooms and hear about new initiatives to promote natural birth at the Jessop Wing Maternity Hospital.

"One of the ways of achieving this is by creating the right environment to keep labour as natural as possible," said Adele Stanley, Sheffield Teaching Hospital's Midwifery-Led-Care Lead. "We were delighted to welcome people to look around our modern and friendly facilities."

We have a birthing pool and a new birthing chair and have recently redecorated the labour rooms to make them more homely. We want to give women the best experience possible."

Carol Compton, 38 from Totley had her second baby Daniel at the Jessop Wing 4 weeks ago, her first son, Sam, was also born at the Jessop Wing in November 2006.

"I had very different labours and very different births," said Carol. "With Sam I was in the labour ward for 12 hours and had a water birth, but with Daniel I was only in hospital for an hour before he was born. I had asked for a water birth again but he had other ideas and arrived before the pool had had time to fill up!"

"What both experiences had in common was the level of care I received from the midwife team at Jessops which was brilliant from start to finish. I felt I could not have been in safer hands."



*Yu-sen Chen with professional birthing partner Michelle Barnes.*





## THE NHS CONSTITUTION

the NHS belongs to us all

### Your right to take control of your healthcare

The NHS Constitution sets out in one place what everyone can expect of the NHS, and what is expected of them. The first NHS Constitution has been published. The historic document sets out what patients, the public and staff can expect from the NHS, as well as their responsibilities. For patients, the constitution will empower them to take control of their own care. For NHS staff, the constitution commits to giving them the tools, training and support they need to deliver high-quality care for patients. Lord Darzi's Next Stage Review, culminating in his 'High Quality for All' report, identified the need for a constitution to reaffirm the principles of the NHS – cementing the idea that the NHS belongs to everyone – while creating a set of values to inspire the right behaviours in people.

The NHS Constitution is the result of extensive consultation with NHS staff and patients

# 'Surgeons put electrodes in my brain to cure my neck spasms'

Some 40,000 people in the UK suffer from dystonia, a neurological disorder that causes the body to spasm involuntarily. But thanks to a specialist team at the Royal Hallamshire Hospital, Helen Barber, from Dronfield in Derbyshire is now able to go about her daily life.

Helen explains:

Ten years ago, when I was working as a waitress, I used to carry heavy trays on my right shoulder. After a while, I started to feel as though my head was continually turning to the left. It was as though there was an invisible string attached to the top of my head pulling my chin left. Trying to fight it made my muscles ache.

My GP blamed it on stress and prescribed a muscle relaxant, which didn't help.

Things got worse: my face was turning for most of the day at work. I'd angle my body so it wasn't obvious, but I was convinced everyone was staring at me.

I was referred to a neurologist who diagnosed dystonia. He said my brain was sending faulty signals to the muscles to make them contract abnormally. Botox injections were prescribed to help relax the muscles but my body started becoming resistant to the Botox. At this point, the spasms were continuous and I'd often want to scream with the pain.

Then I read about an operation called deep brain stimulation, where electrodes were implanted



in the brain to block the nerve signal causing the spasms. But the operation was still very new and didn't seem to be an option. I then discovered the procedure had been carried out in Sheffield, so my neurologist referred me to Jeremy Rowe, the neurosurgeon who was doing the operation at the Royal Hallamshire Hospital.

Jeremy warned me the operation carried a 1 per cent chance of causing a stroke, but by now I was desperate. The five-hour operation took place in February 2006.

When I awoke, I had a bad headache. There were dressings just above my belly button where the incision had been made to implant the battery to power the electrodes, and a tiny incision in my chest where the surgeon had joined the wires together.

Mr Rowe visited the next morning to programme the device

using a hand-held machine. He switched it on and the constant pulling on my neck simply faded away over the next few minutes. It felt wonderful.

It took over a year for my body to untwist, because the muscles were stronger on one side. I can feel two little bumps on the top of my head where the electrodes were fitted, but that's it.

Now I'm back at work and can finally enjoy my life again.

Jeremy Rowe, consultant neurosurgeon explains: "Dystonia can affect the whole body or just parts of it. Helen had focal dystonia, focused on one part of her body - the neck. No one knows quite what causes dystonia: it can run in families, although not in Helen's case.

The condition causes the brain to send a faulty signal through the nerves to the muscles. What ends up happening is that the muscles are fighting against each other - one signal is telling the body to move, and another is trying to stop this movement because the body knows it isn't right. Over time, this causes terrible pain.

Deep brain stimulation for dystonia, treats the areas sending the faulty signals.

We can implant electrodes in the brain to suppress the abnormal activity. Improvements in dystonia tend to be over months, but often the patient feels free of pain straight away because the muscles aren't trying to do two things at once.

I am delighted the operation has changed Helen's life.

## Partnership helps ensure patients are weighed accurately

Sheffield Trading Standards and Sheffield Teaching Hospitals have joined forces to ensure patients are weighed accurately which in turn helps ensure medication doses are correct.

The initiative has resulted in a 'gold standard'

system being implemented across Sheffield Teaching Hospitals to ensure patient's weight is recorded correctly.

Hilary Scholefield, Chief Nurse at Sheffield Teaching Hospitals NHS Foundation Trust explains: "Patient care is our top priority and so we were happy to have the support of Trading Standards to ensure our scales were accurate. All our scales have been thoroughly checked to ensure they are within legal requirements, and we are continuing to work with Trading Standards to ensure high standards are maintained."

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# Invite a friend or relative to support their local hospital

We want to increase our membership so more people hear about the hospitals and what’s going on in their NHS. We’re now asking each existing member to help us and try and sign up one other person if they can. If they join soon they can vote in the next round of Governor elections so it’s a great time to get involved in Sheffield Teaching Hospitals. Please pass this form on to a friend or relative and encourage them to join us! They’re your hospitals, we want you and the wider community to be involved!

FREE membership

Sheffield Teaching Hospitals NHS Foundation Trust

## NHS Foundation Trust - membership registration

Members will play a key role in the NHS in the future and you 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 Governors Council that will help set priorities and aims for the hospitals. Eligibility criteria are shown below.

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: ..... Tel. No: .....

Email address: .....

Date of Birth: ..... ☐ Male ☐ Female

I would describe my ethnic origin as:

**A White**  
☐ British  
☐ Irish  
☐ Any other white background

**B Mixed**  
☐ White and black Caribbean  
☐ White and black African  
☐ White and Asian  
☐ Any other mixed background

**C Asian or Asian British**  
☐ Indian  
☐ Pakistani  
☐ Bangladeshi  
☐ Any other Asian background

**D Black or Black British**  
☐ Caribbean  
☐ African  
☐ Any other black background

**E Other ethnic groups**  
☐ Chinese  
☐ any other ethnic group

**F Not Stated**  
☐ Not stated

This section is optional but allows us to ensure that our potential membership reflects the diversity of our community.

I would also 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 .....

This data will only be used to contact members about NHS Foundation Trusts or other related issues and will be stored and processed in accordance with the Data Protection Act.

## Eligibility

- To be eligible to become a public member,** individuals must live in Sheffield.
- To be eligible to become a patient member** you must have been a patient in the last 5 years.
- 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

- Under the new constitution of the NHS Foundation Trust our members will:
- Be able to participate in the election of representatives to the Governors council of the NHS Foundation Trust
  - Have the opportunity to stand for election to the Governors Council themselves
  - Be able to provide regular feedback and opinion about services and possible developments
  - Receive information about the Trust on a regular basis
- Be able to attend special functions which may include open days, tours and healthcare seminars
  - Have access to a Members Only section of the Trust's website for discussion and further involvement.
- Members will not receive any preferential access to actual health services, as this would be contrary to the principles of the NHS.

Please post this form to:  
**NHS Foundation Trust  
Project Office,  
Sheffield Teaching  
Hospitals NHS Foundation  
Trust,  
FREEPOST NAT9274,  
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# The Carlton Park Hotel



## RE-OPENS

**Your Wedding at the Carlton Park Hotel**  
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01709 849955

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Served Noon 'til 4.00pm  
Monday – Saturday  
Evening menu available until 10.00pm



## Bigger and Better than ever!

On 1st March 2009 the Carlton Park Hotel re-opens its doors following the major fire at the hotel in August of last year, which will no doubt be a relief to its thousands of loyal customers. On Friday 1st August 2008, Moorgate awoke to the sound of fire engines attacking the flames of the popular three star hotel in an attempt to minimise the damage. Seven months on and the Carlton Park Hotel is back Bigger and Better than ever.

### Carlton Bar

Deep rich cherry panelling adorns the drastically improved Carlton Bar which retains its warm welcoming fire and wide range of cask ales at competitive prices. Why not pop in after work and take advantage of the happy hour from 5pm – 6pm every weekday featuring an impressive range of drinks at discounted prices? The brand new bar menu features everything from light bite options perfect for lunchtime to hearty evening meals, served until 10pm. Live sporting events are shown on the new 50" flat screen televisions throughout the year.

### Restaurant

The popular restaurant offers a more formal affair including a three course 'Table D' Hote menu which changes daily and an extensive A La Carte menu which changes to reflect the season. Booking is essential as the restaurant is usually flowing with residents eager to sample such delights as Gateaux of Lobster and Prawns and Slow Roasted Belly Pork. Sunday Lunch is served from the carvery in true traditional fashion with a choice of two roast joints carved by the Chef and a range of seasonal vegetables.

### Carlton Park Spa

Now open to the public, the Grecian themed Carlton Park Spa offers a little bit of paradise away from the buzz of the hotel's restaurant and bar areas. Slip into the calm, warm waters of the starlit swimming pool, treat your skin to an hour in the sauna and steam room or spend the afternoon chatting with friends in the Jacuzzi after your workout. The gymnasium area features a range of cardio-vascular equipment which is ideal for shedding those unwanted pounds along with multigym and LCD televisions with a choice of channels. Membership is available from as little as £25.00 per month. Please call for more details.

### Accommodation

The hotel's eighty bedrooms have also benefited from the refurbishment programme and now boast brand new 32" flat screen televisions and DVD players for guests, which represents something of a modern twist on a traditionally styled property. Complimentary WiFi is also available throughout the hotel. Credit crunching rates as low as £ 19.00 per person, room only are available when booked in conjunction with a party night, cheaper than a taxi! (price subject to availability, single supplement applies)

### Calendar of Events

The Carlton Park Hotel is renowned for its themed party nights which are back with a bang. Our current Calendar of Events which runs to the end of June has an array of events to suit all tastes including themed buffets and cabaret entertainment.

*Rotherham's favourite family owned hotel is ready and waiting to welcome you back!*

**Carlton Park Hotel**  
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All our curries are served with Basmati Rice, Naan Bread, Pappadam, Onion Shreds and Fresh Onion Salad

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**Carlton Park Hotel**

**Something to Celebrate?**

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