Dewi the Dragon joins London Welsh rugby stars for Children’s Hospital visit, page 13

50 years of volunteering at the NOC, page 5

Training the trauma doctors, page 6
At OUH we have a responsibility not just to treat disease but to improve and promote health. This is what we are here for.

Each year in Oxfordshire, more than 1,000 people die early from heart disease, stroke and cancer – diseases which are frequently preventable through healthier lifestyles. Across the county around 90,000 adults smoke, more than 100,000 are obese, and 200,000 do not do enough physical activity.

As part of Oxfordshire’s community, OUH has a major role to play in improving this situation. We have a million contacts with patients every year, and employ over 11,000 people. By working with our patients and staff, as well as their relatives and friends, we can significantly improve the health of the population we serve.

**Here for Health** is a public health strategy for OUH; it is a vision for what we can do to improve health and prevent disease. Our priorities for the coming year are to promote healthy lifestyles to staff, patients and visitors, and to improve the hospital environment to support healthy choices. These priorities have been identified through listening to our staff, patients and partners, and they have been developed jointly with Oxfordshire County Council which is responsible for public health in the county.

One major development which the public health team is excited to announce here is the OUH Hospital Wellbeing and Wellness Clinic – ‘HoW2 Clinic’ – that will be launched over the summer at the John Radcliffe Hospital. It will offer health improvement advice and information on a drop-in basis to our patients, visitors and staff, and signpost people to local services that support healthy behaviour change.

The OUH Public Health Team will be talking to staff, patients and visitors at all of the hospital sites over the summer about the strategy and the ‘HoW2 Clinic’, as well as launching a conversation to determine public health priorities for OUH for the rest of this decade.

For further information, please contact the OUH Public Health Team, Dr Louise Marshall and Dr Adam Briggs, on public.health@ouh.nhs.uk or 01865 223170.

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**Foundation Trust News**

**Free fruit at the football**

OUH’s Public Health Team joined forces with the Foundation Trust membership team and Go Active Oxfordshire to take a healthy living message to football fans attending the last home match of the season at Oxford United in April.

The team from the OUH gave out over 1,000 pieces of free fruit (kindly donated by our hospital food providers Carillion and Aramark and the Waitrose store in Headington).

Dr Adam Briggs, Public Health Registrar, said: “We wanted to get across the message that regular physical activity can help you lose weight, feel better, and reduce the risk of heart disease, strokes, and some cancers. You can do whatever you enjoy, as long as it gets your heart rate up, and remember, every 10 minutes counts. A number of Oxford United fans to become members of the Trust.”
The Duchess of Cornwall officially opened the second phase of the University of Oxford’s Botnar Research Centre.

The £12m facility, on the site of the Nuffield Orthopaedic Centre (NOC) carries out research into improving the treatment of arthritis, osteoporosis and other bone and joint diseases.

Her Royal Highness said of the centre’s work: “I congratulate you all. It is really the very best. I think it’s brilliant what is being done.”

The centre now comprises 4,000sqm of custom-built research facilities including state-of-the-art laboratories and flexible office accommodation. It houses research supported by the National Institute for Health Research (NIHR) Oxford Biomedical Research Unit, a collaboration between Oxford University Hospitals NHS Trust and the University of Oxford to translate innovation and discovery in musculoskeletal research into patient benefit.

The CQC also held two public meetings, one in Oxford and one in Banbury, to hear from local people and to try and get to the heart of patients’ experiences, which were overwhelmingly positive.

The CQC inspected 115 areas across the Trust and assessed 104 as being good, and 11 areas as having aspects where improvement was required. The Churchill Hospital, Horton General Hospital, and Nuffield Orthopaedic Centre were rated as good across the board, while two of the eight clinical services at the John Radcliffe which were assessed had areas for improvement identified.

Chief Executive, Sir Jonathan Michael, said: “We are extremely pleased to receive a positive report from the CQC. This detailed inspection report offers a clear endorsement of the hard work our 11,000 staff put in on a daily basis to make sure we provide compassionate and excellent care for our patients, the kind of care we would want for our friends and families.”

To read a summary and full report view: http://www.ouh.nhs.uk/about/care-quality-commission-inspection.aspx
A cardiologist at the JR attended a woman’s entire labour in the Delivery Suite, enabling a patient with a life-threatening heart condition to give birth naturally and in ideal surroundings.

In February, Lianne Moody, from Northampton, was expecting her seventh child. Lianne was also suffering from Idiopathic Left Ventricular Tachycardia, which was being severely aggravated by her pregnancy putting added stress on her heart.

Lianne was referred to the Silver Star Unit in Oxford which cares for pregnant women with high risk conditions. Dr Oliver Ormerod, Consultant Cardiologist, specialising in maternity, explained: “We discussed the case with her obstetrician, Miss Catherine Greenwood, and obstetric anaesthetist, Dr Michelle Walters. We agreed when the baby should be delivered and that it should be an induced labour rather than Caesarean Section. We also agreed she would need careful cardiac monitoring which required a cardiologist to be present throughout.”

Dr Ormerod worked alongside his colleagues in the delivery suite and Lianne gave birth to Charles Rocco safely on 19th February.

Dr Ormerod added: “Lianne’s condition was life-threatening for both her and her unborn baby. What would happen in labour was impossible to predict so it was important to have the right expertise in the room that day. As I was able to monitor Lianne’s heart throughout the delivery it meant that she was able to avoid having a Caesarean Section which could have caused more cardiac complications.

“Having cardiology services and high risk maternity services in the same building is uncommon in the UK. The fact that the JR Women’s Centre has one of the few UK obstetric physicians and a maternity cardiologist integrated into the Silver Star Unit meant that we were able to deal with Lianne’s case with very little notice and with such a successful outcome. This is an example of how collaboration works best across the specialties for the benefit of the patient.”

More than £300,000 for Spires Unit

Spires Midwifery-led Unit, at the Women’s Centre in the John Radcliffe Hospital, has been awarded more than £300,000 to improve the environment for women giving birth.

The unit was awarded the money as part of a £10m Department of Health initiative to improve maternity care for women and babies and will be used for new birthing pools and two family rooms for women with mental health issues.

Jane Hervé, Head of Midwifery, Oxford University Hospitals NHS Trust, said: “We were delighted to receive this money from the Department of Health.

“Once the work has been completed, the Spires will have three pools, and all the birthing rooms will have en suite facilities, which will make a huge difference to the women.

“I hope the number of women choosing to give birth in the Spires will increase as a result of the changes.”
Celebrating 50 years of volunteering at the NOC

OUH Chief Executive Sir Jonathan Michael unveiled a commemorative plaque to celebrate 50 years of League of Friends volunteers at the Nuffield Orthopaedic Centre (NOC) at the end of March.

Sir Jonathan cut a celebration cake with NOC volunteer Jean Burley (pictured). Jean has been volunteering at the hospital for over 38 years.

Since 1964 volunteers have been working at the NOC site and have raised over £1.1m from the League’s shops and daily visits to wards, selling food, toiletries and newspapers.

Items bought for the hospital include an ultrasound scanner for prosthetic limbs, a video-conferencing facility, adjustable physiotherapy tables and wheelchair weighing scales.

There are currently 70 people volunteering at the NOC serving about 2,500 cups of tea and coffee each week.

Jean said: “Some patients do not have visitors and can’t buy anything. If you are in bed and can’t get out it is very hard, so it is nice to feel useful. I’ve seen an incredible change since I started in 1976 – the standards have gone way up. It was good before but it was nothing like the fantastic hospital it is now.”

Sir Jonathan said: “On behalf of the Trust we would like to thank the League of Friends at the Nuffield Orthopaedic Centre for all their support over the last 50 years and what they continue to give to patients, visitors and staff on a daily basis. It is very much appreciated and we hope it continues for many years to come.”

ED sisters get on their bikes

Good luck to Louise Kibbey, Sister in the Emergency Department (pictured far right), and Laura Sanders, Junior Sister in the Emergency Assessment Unit (pictured far left) at the John Radcliffe Hospital who will be cycling from John O’Groats to Land’s End in June.

The cycle ride will see them cycle the 1000 miles in 10 days, raising money for Cancer Research UK and Maternal & Childhealth Advocacy International. Cycling with them will be paramedic Dudley Mobbs and friend Jonathan Wilks.
Paediatric Advanced Trauma Skills course

A new Paediatric Advanced Trauma Skills course has been developed through the formation of a partnership between doctors from two Major Trauma Centres.

Led by Dr Syed Masud, ED Consultant at the John Radcliffe Hospital, and Dr Ami Parikh, ED Paediatric Consultant at the Royal London Hospital, this unique course provides the specialist skills required for staff in the Emergency Department to treat children suffering major trauma.

Paediatric trauma cases are rare, emotive and difficult to manage. Importantly, this course benefits from the expertise and knowledge of clinicians from the John Radcliffe experienced in delivering the Trauma Team Leader course, alongside the Royal London which sees some of the highest numbers of paediatric trauma cases in the country. It has been described as “a wonderful opportunity to learn and understand the invaluable non-technical aspects of [paediatric] trauma management”.

The course is run once a year in Oxford and London through a combination of lectures, practical sessions and simulation-based scenarios. Attendees at the first Oxford-based course in April 2014 described that it has made “a definite positive change in leading paediatric trauma calls, which is often a daunting task – after the course you will feel a whole new level of comfort and confidence.”

For more information contact Gwen Klepping on gwen.klepping@ouh.nhs.uk or telephone 07804 5240 437.
A new Baby Pod incubator, which allows sick newborn babies to be transported between hospitals, has been donated by the parents of twin boys who died shortly after their birth.

The special incubator provides a warm, safe and secure environment for transporting newborn infants and is the second incubator at the hospital. This means twins can now be transported together, for the first time.

The first children of James and Claire Down, Thomas and William, were born at the John Radcliffe Hospital prematurely at 25 weeks in November 2013. Sadly, Thomas died at just 10 minutes old. His younger brother William survived for 37 days and was cared for at the hospital’s Neonatal Intensive Care Unit.

The couple raised over £5000 to make the donation to the hospital, in the hope that the incubator will be their sons’ legacy. With support from hospital-based charity SSNAP, they were able to complete the donation to the unit earlier this year.

Mrs Down said: “The staff at the hospital were incredible, and although we obviously would have chosen a different outcome if we could have done, both James and I felt that our sons were given the best possible chance in life. “We wanted to do something positive, and we hope that the incubator will help other parents in similar situations. We are so grateful to the hospital and to all the friends and family who have supported us.”

SSNAP supports new medical equipment, nurse training and Neonatal research and runs a family support team for the Newborn Care Unit at the hospital. www.ssnap.org.uk

Cancer services for children extended to Horton General Hospital

Children with cancer in the North Oxfordshire area can now access some elective treatments at the Horton General Hospital, instead of having to travel to Oxford.

Young haematology and oncology patients have the option to attend the Horton for:

- blood and platelet transfusions;
- routine antibiotics or prolonged courses of antibiotics or antivirals;
- VZIG (immunity-boosting drug) administration;
- dressing changes and blood samples;
- elective reviews of well children, subject to the availability of specific doctors.

Previously, patients would have had to travel to the Oxford Children’s Hospital at the John Radcliffe Hospital site for these services.

Tony McDonald, General Manager for the Children’s and Women’s Division said: “We are delighted to make this announcement. A key part of our Children’s Strategy is bringing services closer to children, young people and their families and the communities in which they live. Our thriving Children’s Service at the Horton General Hospital is one of the cornerstones of this strategy as we continuously develop and improve the services we provide in partnership with patients, their families and our staff”.

Paediatric Oncology Outreach Nurses and Kamran’s Ward, Oxford, will still be parents’ first point of contact, and if a child becomes acutely ill parents should still contact Oxford.

Dr Tania Davison, Paediatric Specialty Doctor, said: “This can be a very difficult time for families, so if reducing the amount of travelling for treatment makes it easier for them, we are very happy to help.”
Website showcases specialist Children’s Services

A new website has been launched showcasing the pioneering collaboration between the specialist Children’s Services at the John Radcliffe Hospital and Southampton General Hospital. Clinicians and managers from the Oxford and Southampton hospitals work together to provide an integrated service for children with complex requirements in cardiac, neurosciences, critical care, rehabilitation and oncology treatments. The website offers information on the activities of the Oxford and Southampton Children’s Hospitals Network which was formed in 2012 following a review of national specialist services. The website is aimed at clinicians and health professionals as well as the families of children who are referred for specialist treatment provided by the two hospitals via the network.

Many young patients are referred from more than 20 district general hospitals across a region stretching from Northamptonshire in the north and as far south as Cornwall and the Channel Islands.

Visit the website at www.oschn.nhs.uk

Transforming our services

Like many organisations within the NHS, Oxford University Hospitals NHS Trust is facing a challenging mandate to deliver productivity improvement over the next three years. In order to meet these challenges, the Trust has launched a Transformation Programme which will provide a framework for the delivery of service changes. This framework will assist clinical leads and managers within the Divisions to increase efficiency, improve patient safety and to be innovative in the way services are delivered.

To begin the process, senior staff were invited to take part in risk summits held in March and April this year. The aim was to review the care the Trust delivers outside of normal office hours and to consider whether this care is appropriate for the decade ahead. As a result of work undertaken at these summits, the format for Care 24/7 was established and three workstreams identified – Nerve Centre; Workforce; Support Services and Forward Planning. It is hoped to complete work on these workstreams by February 2015.

Belinda Boulton, Transformation Lead, said: “I have worked in the NHS all of my career as a nurse and a manager, and over that time I have worked alongside many talented individuals who want to see change for the better in the NHS, that enables them to deliver the right care, with the right resources at the right time.

“The Transformation Programme will facilitate the desired change working directly with those staff who have the vision, influence and skills to drive through service improvement. This programme is not about saving money, it is about achieving efficiency, improved quality and effectiveness through a programme of formally managed projects with very senior level support for each initiative. The programme will engage staff from across the organisation who are committed and also driven by results. Success is guaranteed if we can achieve this and those staff hold the keys to the solutions.”

Staff who were unable to attend the event on 11 April, but who feel they have the appropriate experience to contribute and would still like to become involved should contact Belinda Boulton at belinda.boulton@ouh.nhs.uk

Professional Education and Development Team needs more speakers

Do you have experience, knowledge and skills to pass on to others?

The Trust’s Professional Education and Development Team is looking for staff of all levels and disciplines to join a pool of speakers for a variety of programmes and events run by this team for staff from across the Trust.

In return, it will provide those taking part with evidence for your CPD/professional portfolio, development and maintenance of teaching skills (group work, lecturing and facilitating) and the opportunity to be involved in the way Trust staff learn.

For more information please contact Kathryn Sherrington on kathryn.sherrington@ouh.nhs.uk or telephone extension 25132

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Meet the Team: Play Specialists

With their distinctive red and blue uniforms, the Trust’s Play Specialists are a familiar sight both in the wards of the Oxford Children’s Hospital and in other departments throughout the Trust. Their role, however, stretches far beyond play.

Senior Play Specialist Christine Turner, who manages the 19-strong team with Erica Watson, explained: “Hospital can be a strange and frightening environment, so our main role is to provide play, and to normalise play activities for the children. Play is something familiar, something they can relate to, and through play they can express their feelings and understand what’s going on. Day-to-day activities can include arts, crafts, and helping babies receiving long-term treatment with developmental needs.

“One of the most important aspects of our role is to prepare children for procedures; we have various tools to help us do this, such as photograph books, and we do this at an age and ability appropriate level. The doctors will spend time talking to the parents and we talk to the child.

“Often parents need support explaining things to their child, and they don’t know the processes, so the play staff are able to do that – to tell the child at the right level what’s going to happen to them. If a child is well prepared, it means that some procedures, such as MRI scans, CT scans and radiotherapy, can be done without a general anaesthetic. We are also involved in distracting children during procedures such as blood tests”.

Becoming a Play Specialist involves completing a two-year foundation degree in FDA Healthcare Play Specialism. All staff have a childcare background, such as nursery nursing or and Early Years degree.

The play staff are based throughout the Children’s Hospital, including areas such as the Emergency Department, Critical Care, West Wing Outpatients and Children’s Outpatients as well as working in the inpatient wards in both Oxford and Banbury.

Friends and Family Test update

The Friends and Family Test is increasing in importance as a measure of patients’ opinions of NHS services. The Friends and Family Test will be implemented in all NHS services by April 2015, and in OUH outpatient and day case services during August 2014.

In preparation for this, the patient experience team will consult with outpatient and day case services during the implementation phase. If you would like to volunteer as a pilot area, trialling the survey ahead of trust-wide implementation, please contact friendsandfamilytest@ouh.nhs.uk

During March 2014, 95% of patients who responded were extremely likely or likely to recommend the care they received, and the majority of comments state that staff were polite and treated them with compassion and respect.

It is important to achieve a high response rate on this survey, because it means that the data are more reliable and we can be more confident that responses are a true reflection of our patients’ views. OUH aimed to receive responses from 20% of inpatients and Emergency Department patients during January to March 2014. This target was exceeded (23.5% response rate). We now need to work to ensure that we maintain a 25% response on inpatient wards and 20% response rate in emergency departments. Please contact friendsandfamilytest@ouh.nhs.uk if you require any assistance.
Nurses are playing vital role

Research at Oxford University Hospitals NHS Trust has grown significantly in the past five years, and teams of specialist nurses are playing a vital role in the success.

Active projects have risen from 500 studies in 2008 to more than 1,300 today, and the number of patients taking part in research has also grown. Oxford University Hospitals was the second highest recruiting trust in the country in 2013 according to national figures.

At the core of this success is the growing number of specialist research nurses, the highly skilled and hugely committed teams based across the Trust that recruit patients to studies and help care for them during trials.

“Every day I can see we are making a difference to future care,” said Damaris Darby, Senior Nurse for Cardiovascular Research. “We should always be thinking ‘what is the best way to treat a patient?’, and all our research looks at new and improved ways to treat patients with heart disease.

“While we do that we make sure the patient and their care is always the priority.”

The team of cardiovascular research nurses, which includes OUH and University of Oxford staff working together, has grown from four in 2011 to 18 today and currently looks after nearly 5,000 patients across more than 50 studies.

One of the primary roles of research nurses is to help recruit suitable patients, no small task as each study will have very specific requirements.

Lead Research Nurse (University Department of Cardiovascular Medicine) Polly Whitworth said: “We have to find the patients, talk to them about the study and then go through the informed consent process. Recruitment is a key part of any study and a key part of its success. The patients need to be right for the study, but more importantly, the study needs to be right for the patient.”

Damaris added: “Research nurses need to be able to read a study protocol and think ‘where and how can I approach these patients’, they need to be creative, very organised, and collaborate across the multidisciplinary team to co-ordinate everything within the timeframes and requirements of the study.

“We help patients through the experience. Playing a part in that whole journey is incredibly rewarding.”

The National Institute for Health Research (NIHR) Clinical Research Network: Thames Valley and South Midlands provides funding for research nurses to support research projects across the region. For information visit: www.crn.nihr.ac.uk/thamesvalley
Research Matters

Thousands of women needed for a ground-breaking health and pregnancy study

Women without children and who are not pregnant hold the key to a ground-breaking study of pregnancy and women’s health.

The OxWatch study is the first of its kind to research how women’s wellbeing and lifestyle affects their health in later life, especially after having children.

To build a full and detailed picture, thousands of young Oxfordshire women who have not yet started their families will be asked to complete a wellbeing and lifestyle questionnaire and will have simple and easy measurements taken, including blood pressure, a blood test and a heart scan.

The research team will then follow the women through any subsequent pregnancy and beyond. By observing changes in health measures the team hopes to gain new understanding of why some women develop conditions such as diabetes, pre-eclampsia or high blood pressure.

The team hope this will lead to better preparation for pregnancy, improved methods of preventing complications and earlier detection of problems when they do arise.

Dr Ingrid Granne, Consultant Gynaecologist at Oxford University Hospitals NHS Trust, said: “Recruiting women before their first pregnancy is key to the success of this ambitious project. We would be delighted to hear from those who are hoping to become pregnant soon, who are 18 to 40 years old and live in Oxfordshire.”

Research midwife Ali Chevassut said: “Once pregnant, women will be offered an early ultrasound scan at seven weeks and we’ll be keeping an eye on both mum and baby throughout the pregnancy. We will see our mums for a further visit after the baby is born.”

Nadia Boin, a technical sales engineer from Oxford, was one of the first women to get involved in the project, inspired by her late father.

She said: “My dad passed away a year and a half ago from a major heart attack and he had cancer before that. He took part in some research projects and I always believed that supporting research was a good thing. In healthcare, you cannot make progress without research. Shortly after completing the first phase assessment, Nadia became pregnant and had a son, Evan, earlier this year.

She added: “I had a good pregnancy and a good labour and I was active throughout so I am curious to see what comes out of the wider study and how that will help women in the future.”

OxWatch is part of the Oxford Safer Pregnancy Research Alliance (Osprea), a team of doctors, scientists, researchers, midwives, nurses and support staff who work with women to lead research into women’s health. Osprea is a collaboration between Oxford University Hospitals NHS Trust and the University of Oxford. In 2013, more than 800 women took part in Osprea studies.

For more information on taking part visit www.osprea.ox.ac.uk/oxwatch or call 01865 572259

PUBLIC TALK: Personalised Cancer Care

Leading clinician researchers Professor Mark Middleton and Dr Anna Schuh discuss advances in personalised cancer medicine being pioneered at Oxford University Hospitals.

Free, open to all.
Wednesday 11 June 6.30pm
Nuffield Orthopaedic Centre – Lecture Theatre Level 1
oxfordbrc.nihr.ac.uk

To find out more visit oxfordbrc.nihr.ac.uk or follow us on Twitter @oxfordbrc
The safety and security of our patients, staff and visitors is very important and we urge people to be security aware.

Bike theft is a high area of crime, particularly in Oxford, and we have come up with a few simple precautions you can take to make your bike less of a target.

Make sure your bike is secured to an immovable object, such as a bike rack, using a combination of good quality locks, such as D-locks, rather than ‘daisy chaining’ a good lock through an old, weak one, which is less effective.

Secure as much of the bike with the locks as you can, including the frame and both wheels, and remove any quick release parts and take them with you.

Get your bike security marked, either when you buy it, by the local police, or when events are run on site. Also record any frame numbers, and ideally take a photograph of it to be able to identify it if it is stolen.

You can also record all the details of the bike, and any other valuables you have for free on www.immobilise.com. Immobilise helps the police identify the owner of lost and stolen property.

Further advice is available from Rachel Collins, Trust Security Manager/Local Security Management Specialist via OUH email or extension 23313.

Aida Lewis retirement

Aida Lewis retired in April after 31 years as a midwife in the Observation Area at the John Radcliffe Hospital.

In a career spanning over 40 years, Aida began training as a nurse in London after moving to the UK from the Philippines in 1970. She went on to train as a midwife and qualified in 1980, moving to the John Radcliffe Hospital shortly after.

Aida admits that she has had many wonderful times over the years and will miss her colleagues immeasurably.

She said: “It’s been a lot of hard work, but it’s also been so much fun and provided a lot of wonderful memories. I’d like to say a big ‘thank you’ to all my friends and colleagues for all the support and happy times over the years. I will miss everybody so, so much. Thank you.”

Amanda Lee, Midwifery Sister on the Observation Area, said: “It goes without saying that we are all going to miss her terribly. She is just an amazing midwife, always smiling, always happy – a really positive and proactive person. I can’t tell you how much she is going to be missed by all of us.”

Aida’s plans for her retirement are to just enjoy life to the fullest; travelling, relaxing and most importantly; tackling the garden.

New rapid access children’s clinic for Horton

A rapid access clinic for children aimed at bringing down waiting times is being launched at the Horton General Hospital.

GPs can now refer urgent cases, who they do not think should wait for a normal clinic appointment, to a new clinic run on Thursday afternoons.

The clinic, run by an experienced paediatrician, will include urgent referrals of patients from GPs, as well as follow-up of patients who were admitted to the ward.

Dr Ranjini Mohan, Children’s Consultant at OUH, said: “We hope that the new clinic will reduce patient waiting times to see a paediatrician, in cases where it is deemed to be urgent (within 1-2 weeks) but not urgent enough to require Emergency Department attendance, and so also reducing ED and ward attendances.

“It should also improve the patient experience on the ward, as all ward attenders will now be seen in clinic, freeing up space as well as time for nursing and medical colleagues to care for children admitted to the Horton.”
An ‘egg-stra’ special Easter

Young patients at Oxford’s Children’s Hospital were treated to an ‘egg-stra’ special surprise this Easter when London Welsh rugby players and club mascot, Dewi the Dragon, visited the hospital.

The players handed out Easter eggs to children on the wards and spent time talking to young patients and their families.

Christine Turner, Play Specialist, said: “It was great to see how excited some of our young patients were about meeting the rugby players and Dewi the Dragon, who proved to be a big hit!

“Thank you to all the team at the London Welsh for taking the time to visit us in the hospital to give out Easter eggs to the children.”

London Welsh Hooker Nathan Vella said: “It was really good to get out and see some of the kids in the hospital and hopefully just by popping in and giving out a few Easter eggs we put a smile on their faces.

“The dragon was getting more attention than the players, but it was good fun.

“It’s hard for those kids being stuck in hospital all day, so anything we can do to just brighten their day a little bit is good, and the boys really enjoyed it.”

Support Worker Academy conference

The Trust’s Support Worker Academy held its first conference in March for clinical support staff. The conference, entitled ‘Giving Something Back’, was attended by over 90 clinical support workers from across the therapy and nursing departments at OUH.

There were a number of speakers from both within and outside the Trust, including Tanis Hand, the Royal College of Nursing’s HCA advisor, who gave the keynote address focusing very much on the importance and value of the support worker workforce in the care of patients. Tanis highlighted the need for a continued focus on the quality of care given to patients with the right people doing the right activities at the right time.

Liz Wright, Acting Chief Nurse, also handed out some awards to support workers at the conference – they were ‘Excellence in Care’ to Paul Nuique from Ward 6A, ‘Commitment to Learning’ to Hannah Terry from the Stoke Mandeville Dialysis Unit and ‘Colleague who has made a difference to learning for others’ to Stuart Jackson from the Cardiac Day Case Unit.

A table discussion also allowed support workers to discuss the biggest barriers to their development, as well as the opportunity to add to the national debate on a possible name change to ‘nursing assistant’.
Leukaemia CARE donate Patient Journals

The cancer charity Leukaemia CARE has donated individual information packs for patients on the Churchill Hospital’s Clinical Haematology Ward.

The Patient Journals are all-in-one resources containing a range of important information, advice and support for patients undergoing treatment for blood or lymphatic cancers and bone marrow transplants.

Rachel Miller, Sister on the Clinical Haematology Ward, said: “We’re extremely grateful to Leukaemia CARE for donating the journals and for their continued support.”

The Patient Journals will be given to inpatients on the ward and will help them prepare for what they might expect during their treatment.

Nickey Bate, CARE Team Leader at Leukaemia CARE said: “We are really excited to hand over our Patient Journals to the Churchill Hospital. We are committed to providing blood cancer patients with the best information, advice and support possible and the Patient Journal is there to provide them will all of this, whenever they need it.”

She added: “The feedback we get from the patients and nurses is so positive and we hope patients at the Churchill find it an informative and supportive document during what can be a difficult and overwhelming time.”

Making every contact count

Women attending antenatal appointments at the Horton General Hospital can now get a wider range of health advice, as part of a pilot scheme called ‘Make Every Contact Count (MECC)’.

The Horton team was given a grant from NHS England to train midwives and maternity support workers in Banbury, Bicester and Chipping Norton, as part of a national initiative. The extra money also allowed for the purchase of more carbon monoxide monitors for use by community midwives to test the blood of women who wish to quit smoking.

Initially, MECC will focus on three areas – healthy eating, breastfeeding and smoking cessation. Staff will be trained in how to broach these subjects with pregnant women, and then direct them towards the relevant help or advice if they have concerns.

Cheryl Keeble, Senior Midwife at the Horton Maternity Unit, who is leading the project, said: “We want to let women know that they don’t have to wait to ask about these topics – we are ready and able to listen, as well as point them in the right direction for more help if they wish.”
In March the Trust held a Healthy Hospital Day at the Nuffield Orthopaedic Centre for all its visitors, patients and staff.

The event saw wards, departments and external exhibitors hand out information, support and advice on all things health-related, with the hope of promoting the importance of maintaining a healthy lifestyle both at home and in the workplace.

The main atrium of the hospital featured a range of stalls, including a stop smoking advice stall as the Healthy Hospital Day also coincided with National No Smoking Day (12th March) and the Trust’s Smoking Cessation Advisor, Fiona Singleton, was on hand to offer advice.

The Trust’s Health and Wellbeing Promotion Specialist, Anna Hinton, worked closely with staff from the NOC to organise the Trust’s third Healthy Hospital Day. She said: “The day offers staff an opportunity to come along and find out about healthy lifestyles, join in, share ideas and take up the challenge of making those first small steps towards improving their health and supporting patients.”

The hospital’s restaurant promoted special offers on healthy breakfasts and lunches, local leisure centres offered free health MOTs and day passes and the NOC’s own physiotherapists took part in a rowing and cycling challenge.

A 25-minute lunchtime health walk was organised for staff, and they were also able to take advantage of taster yoga and pilates sessions, a stress management workshop and personal health MOTs.

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Prizes were awarded for the best posters in each of the following categories.

**Clinical Practice**
- ‘Introduction of the SEND programme for clinical practice improvement’. JM Knight, JR Kodoorie Centre;

**Leadership/Teamwork**
- New Researcher Cooper Student Nurse Rotation in Research evaluation – NOC,
- Researcher Development of Intentional Rounding in Dialysis and Impact. S Sutherland and Team Churchill;

**Patient Experience**
- ‘Care of a Loved One’. Roxanne Finnie, (Children’s);

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Catherine Stoddart, incoming Chief Nurse, and Dame Fiona Caldicott, Trust Chairman.

Catherine Stoddart said: “I was overwhelmed and delighted by the number of and the calibre of posters that nurses presented for International Nurses Day. There are many examples of excellence across practice, patients’ experience and professionalism in nursing that reinforce that the OUH has an outstanding nursing service.

“Thank you for your welcome and enthusiasm and I look forward to building our clinical practice and research.”

The day was also marked by the Royal College of Nursing at other sites, including at the Churchill Hospital, featuring pictures and historical equipment, supportive messages and cake.
Flower arrangers’ chapel display

Local flower arranging enthusiasts took over the chapel at the Churchill Hospital before Easter, for a display to mark Holy Week.

Entitled ‘Now the green blade riseth’ the display saw the chapel adorned with arrangements made by members of the Oxford Flower Club. Eight members of the club worked on the Easter-themed arrangements.

The Chaplain at the Churchill, the Rev Dr Margaret Whipp, said: “We wanted to tell the story of Easter with hymns and flowers.”

Frances Buchan, of the Oxford Flower Club, said: “We can use this as a learning opportunity, as often members don’t get the chance to do things like this. It wasn’t hard to find volunteers!”

Members of the club also provide arrangements for the Sobell House Hospice and the chapel at the John Radcliffe Hospital.

Equality and Diversity at OUH

Addressing Bullying and Harassment training

Addressing Bullying and Harassment training (level 2) is a half-day session which explores:
• the definition of bullying and harassment
• the difference between firm management and bullying
• how to address instances of bullying and harassment.

This training has been developed for line managers and is also open to anyone with an interest in addressing bullying and harassment.

Dates:
25 June, 2014
9.30am - 12.30pm, Manor House, John Radcliffe Hospital
14 October, 2014
9.30am - 12.30pm, Nurses Postgraduate Centre, Churchill Hospital
17 November, 2014
9.30am - 12.30pm, Manor House, John Radcliffe Hospital

Equality and Diversity training

Equality and Diversity training (level 2) is a half-day session focusing on unconscious bias.

This training is in addition to the Statutory and Mandatory training (level 1) and does not replace it.

This session is open to anyone with an interest in equality and diversity.

Dates:
8 September 2014
9.30am - 12.30pm
Nurses Postgraduate Centre, Churchill Hospital
27 November, 2014
9.30am - 12.30pm
Manor House, John Radcliffe Hospital

For more details on either of these sessions and how to book please use the eLMS or contact Vicki Parsons in Human Resources on vicki.parsons@ouh.nhs.uk
World Cup Fever breaks out at Children’s Hospital

Young patients at the Oxford Children’s Hospital went football crazy when the World Cup Road Show paid a visit in April, ahead of the tournament in Brazil which starts later this month.

Former Arsenal and England defender Martin Keown, who lives in Oxford, was joined by the official World Cup mascot Fuleco, to meet children and hand out goodies in an event organised by tournament sponsor Continental Tyres.

Martin Keown said: “We are just trying to bring a bit of cheer and light so the kids know that the World Cup is about to take place. Football is all about health. It is about bringing people together.

“Oxford Children’s Hospital also offers outstanding care for the young, so it’s great to be able to bring them some World Cup fun and build excitement ahead of the big event this summer.”

Major clinical handbooks now available online for all Trust staff

The Bodleian Libraries have signed a new agreement with Oxford University Press (OUP) which gives all Trust and University staff and students access to all of OUP’s online textbooks. These include more than 600 clinical textbooks and handbooks available via www.oxfordmedicine.com

Key clinical titles now available to all Trust staff include:

- The Oxford Textbook of Medicine and 30 other Oxford Textbooks
- All of the Oxford Specialist Handbooks
- All of the Oxford Medical Handbooks
- All of the Oxford Nursing Handbooks

All of these textbooks and many more, as well as more than 750 videos and more than 40,000 images, are available from any device with an internet connection for any member of Trust staff using their NHS Athens Username and Password. For more information on NHS Athens, how to access all of the OUP titles, and how to get access to many thousands of other clinical resources, contact your local Trust library via www.tinyurl.com/ouhlibraries

The JRB-based Head of Bodleian (Health Care) Libraries, Donald Mackay, said: “OUP is the biggest university press in the world and their high quality publications such as the Oxford Textbook of Medicine and the Oxford Handbook of Clinical Medicine (popularly known as ‘Cheese and Onion’ because of the colour scheme of its cover) have been used in print by generations of clinical students and NHS staff. We are delighted that, as a result of a new agreement between the Press and the Bodleian Libraries, we are now able to offer all Trust staff online access to the full range of their clinical content.”
Get on the ropes for your hospital charity

80 year old Jenny Atkinson and 89 year old Adriana Young are never shy of a challenge. The friends from Woodstock signed up to abseil in support of the Heart Centre in May and weren’t fazed at all by the 100 foot challenge.

Adriana, our oldest ever abseiler, explained: “I have bad knees so hoped they’d be ok. I can’t do a marathon at my age, so when my friend Jenny suggested the abseil, I thought, why not? I lost my husband, my father and mother-in-law to heart problems, so I just got on with it.”

The May abseil raised over £25,000 for hospital causes and we have two more coming up on Sunday 15 June and then Sunday 21 September – again for causes across the Trust. The abseil costs just £10 to enter and is open to hospital supporters, patients and colleagues across the Trust – anyone aged over 18 and medically fit can take part.

So why not take a leaf out of Jenny and Adriana’s book and choose the cause you’d like to support, either on your own or with a team of family, friends or colleagues?

Take a look on our website for full details: www.hospitalcharity.co.uk/abseils email charity@ouh.nhs.uk or call 01865 743444

London marathon runners raise £60,000!

Many congratulations to all of the 26 runners who conquered the 26 miles of the London marathon recently.

Between them they look to have raised an astonishing £60,000 for hospital causes which include: Horton General A&E, the Cancer Care Fund, Children’s, Craniofacial, Cleft Lip and Palate, Haematology, Kamran’s Ward, Newborn Intensive Care, I.M.P.S. and Heads Up.

Silver Star had the oldest runner in our pack, 70 year old Mike Stubbs, who completed the course in 4 hours 3 minutes and 28 seconds!

Broughton Grange Open Garden

Saturday 14 June, 10am - 4pm

Broughton Grange is opening its private gardens to the public, in support of our cancer causes. The beautiful grounds, based in Broughton, near Banbury, are rarely open to the public and we are thrilled at this generous support.

Tickets, priced £6, will be available on the day at the gate and you will be provided with a map to allow you to tour the gardens in full.

To find out more call 01865 231523 or visit www.broughtongrange.com

They raised big smiles and ran 5 miles

Record numbers signed up for the Oxford Mail OX5 Run this Spring. It is hoped that the five mile fun run at Blenheim Palace will raise £100,000 for the Oxford Children’s Hospital and children’s causes across our NHS Trust.

Many staff took part, putting in some top-class times and sporting some even better costumes. We had Batman and Robin, the Incredible Hulk, a Where’s Wally team and dozens of fairies. Staff teams came from across the Trust, including Carillion, Tom’s Ward, Robin’s Ward, Brookes nurses, the Oxford Vaccine Group and the Hospital School.

Thank you to everyone who helped to make it such a special day. To see a video from the day visit www.hospitalcharity.co.uk/ox5run

Whichever hospital cause is closest to your heart your support and generosity will make a difference – helping to provide pioneering medical research, even more comfortable facilities and advanced medical equipment. Find out how you can help at www.hospitalcharity.co.uk, email charity@ouh.nhs.uk or call 01865 743444.
How was work today?
Staff tell us what they think and how we can improve

Since April 2013, all patients and their families have had the chance to voice their opinion on how we run our services through the Friends and Family Test (FFT).

Feedback from staff is equally important. From June this year, all NHS trusts are implementing the new Staff FFT.

Consistent with the patients and families FFT, we want to give all staff the opportunity to tell us their views on a number of important issues. Feedback will help support improvements to our services, and to our working practices and environments.

The Staff FFT comprises a simple survey consisting of two nationally mandated questions, which mirror those of the national Friends and Family Test, and a number of additional local questions which will help us further understand experiences of our staff working at the Trust. The survey will be administered on a quarterly basis.

The two nationally mandated questions are:

“**We would like you to think about your recent experience of working in OUH**”

Q1. “How likely are you to recommend OUH to friends and family if they needed care or treatment?” (ratings from “extremely likely” to “extremely unlikely”)

Q2. How likely are you to recommend OUH to friends and family as a place to work?” (ratings from “extremely likely” to “extremely unlikely”)

What is the main reason for the answers you have provided?

The Staff FFT is not designed to replicate the annual NHS staff survey; it is intended to complement the national survey and give a more up-to-date and immediate picture of staff experience.

The online survey is short and is designed to be easy to complete, with the opportunity to provide additional comments. We are launching the Staff FFT in early June, and staff should look out for an email invitation to complete the survey, along with information explaining how to take part.

Staff can find out more by visiting the intranet at:
http://ouh.oxnet.nhs.uk/SFFT/Pages/Default.aspx

Or find out more from NHS England at:
www.england.nhs.uk/ourwork/pe/fft/staff-fft/

We value direct and regular feedback from our staff. Therefore, we would like to encourage everyone to take the opportunity to participate in these brief quarterly surveys.
Sarah Pill, Senior Sister on Laburnum and Juniper Wards, has retired after 27 years at the OUH.

Sarah, who has been a nurse for more than 35 years, initially worked at the old Radcliffe Infirmary neuro unit, before moving to the Horton in 1988 to take up the post of Sister. Initially working on Juniper Ward, she then became Senior Sister and managed Laburnum (acute medicine) and Juniper wards and deputised for Claire Smith, Matron. For the past three years Sarah has been based as sister on Laburnum Ward.

She said: “I have a fantastic team that I am proud to have been part of over the years and which I will miss.”

Sarah plans to spend her retirement learning a new skill, visiting National Trust properties with her husband and going on cruises.

Dr Grizelda George, Consultant in the Horton Emergency Department, has retired after 33 years with the Trust. Dr George, whose medical career has spanned 37 years, trained at Guy’s Hospital, London.

Dr George said: “I have found and recognised the same values and approach to patient care at the Horton that I learned at Guy’s, i.e. dedication to patients, good team-working, and the aim to do nothing less than our best. It has been an absolute privilege and pleasure to work here.”

Dr George hopes to spend more time with her family, including her grandchildren, and pursue her enjoyment of cooking.

Liz Fletcher has retired as a Midwife at the Horton after 25 years. Liz, whose nursing career spanned 40 years, trained in Dublin, and worked in Manchester and Yorkshire before moving to Banbury in 1989.

She said: “The Horton has been amazing to me and the best thing has been the loyalty, the friendship and camaraderie; everyone sticks together in difficult times. I just want to say a massive thank you from me to the Horton and Oxford University Hospitals NHS Trust.”

Julie ends 40 years with NHS

Human Resources Advisor Julie Gray ended a career in the NHS of more than 40 years, when she retired in April.

Julie joined the Oxfordshire Health Authority in 1973 as a secretary, moving to work for the District Dental Officer in 1976, where she continued to work in various roles until 1988, when she became a Medical Staffing Officer. This post was transferred into the Trust in 1994, at which point she became Medical Staffing Officer.

HR colleagues gathered for a special send-off for Julie, who is now looking forward to spending more time with her husband Bob. “I have no idea where the last 40 years have gone!” she said.

Radio Cherwell scoops awards!

In March, Radio Cherwell, the hospital radio station for the John Radcliffe Hospital, Nuffield Orthopaedic Centre and Churchill Hospital, scooped two awards at the annual National Hospital Radio Awards hosted in Bristol.

The awards aim to showcase the hard work volunteers from hospital radios across the UK put into making a patient’s stay in hospital more enjoyable.

Ian Pinnell, the station’s Programme Controller, won the gold award for ‘Male Presenter of the Year’ and the station also won silver in the category of ‘Station of the Year’. The award was collected by the station’s Chairman, Neil Stockton. Neil said: “It’s a fantastic result of all the hard working volunteers at Radio Cherwell who work together to produce some of the best programmes heard on hospital radio.”

Trust Chief Executive Sir Jonathan Michael recognises the support given to the Trust by Radio Cherwell and the volunteers who run the service.

The team was also shortlisted in the ‘Best Programme with Multiple Presenters’ category as well as ‘Station Promotion’.

Radio Cherwell began broadcasting in 1967 and is run entirely by volunteers. The station broadcasts 24 hours a day, seven days a week via the patient bedside entertainment systems, online and via the TuneIn and Shoutcast radio apps for smartphone.

Neil Stockton