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News from around the John Radcliffe Hospital, Horton General Hospital, Nuffield Orthopaedic Centre and Churchill Hospital
Sir Jonathan Michael, Chief Executive, updates on our progress towards becoming a Foundation Trust.

"Following our recent successful inspection by the Care Quality Commission (CQC) we are now moving forward with our application to become a Foundation Trust.

There are four main areas where we have to perform satisfactorily in order to be authorised.

**Quality:** we have been assessed by the CQC and rated ‘good’ following the inspection in February. This is a great endorsement of the quality of our care and services to patients.

**Financial stability:** we have successfully brought the finances of the OUH under control over the last five years. We made large savings, paid off our inherited deficit and managed to make a small surplus each year as required. The Trust Development Authority (TDA) has assessed us and is satisfied with our financial plans and our current and recent financial performance. Although the situation facing all NHS Trusts is challenging, they believe that we are reasonably placed to deal with the financial uncertainties ahead.

**Governance:** we have thoroughly reviewed the way we run ourselves over the last few years. The TDA is satisfied with our arrangements for governance and leadership.

**Operational Performance:** we have done well in meeting most of the standards we are expected to meet over the last year. There are areas where we are not meeting the national waiting time standard. For instance, due to the increasing demand on our health services we have been unable to treat all elective patients within the 18 week waiting time, and some patients in our Emergency Departments wait longer than four hours to be assessed, treated and either admitted or discharged. Some waiting times for diagnosis and treatment for patients suspected of having cancer are also longer than they should be so we are working hard to improve referral times and the availability of our diagnostic tests to improve this.

We must continue to perform well across all these areas and make sure that our patients are receiving timely treatment in line with national targets where we are not yet quite meeting them. We are making steady progress in improving our overall performance, thanks to the hard work of staff across all our hospitals.

If this continues, then the Trust Development Authority is likely to formally approve our application to become a Foundation Trust in September and then pass us on to Monitor, the body that regulates and authorises Foundation Trusts, for the next stage of the process. This will allow us to hold elections for the new Council of Governors in the autumn. Please see more details on this below.

We would hope to have an elected Council of Governors by early next year and we hope we may be authorised as a Foundation Trust before the end of the financial year.

I would like to take this opportunity to thank all our staff who ensure that our services are the best they can be, also acknowledged in the recent report from the Care Quality Commission."

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**Public and staff information sessions on becoming a Foundation Trust governor**

In preparation for becoming a Foundation Trust, the Trust will elect a Council of Governors. The majority of governors will be elected from public members and staff members will also elect their own governors.

We have organised the following sessions for public and staff members who may be interested in standing for election as governors. Please sign up for the date that you wish to attend as soon as possible to avoid disappointment.

Each session will offer an explanation of the duties of a governor, the electoral process, advice about how to put together a candidate biography, a chance to hear from governors from other Trusts, and a chance to put your questions to one of our Directors. We look forward to seeing you.

- **Saturday 4 October,** 2-4pm  
  Lecture Theatre 1, John Radcliffe Hospital, Oxford
- **Monday 6 October,** 6-8pm  
  Lecture Theatre, Nuffield Orthopaedic Centre, Oxford
- **Wednesday 8 October,** 6-8pm  
  Richard Doll Lecture Theatre, Richard Doll Building, Old Road Campus, Churchill Hospital site, Oxford
- **Monday 13 October,** 6-8pm  
  Restaurant, Horton Hospital, Banbury
- **Wednesday 15 October,** 6-8pm  
  Lecture Theatre 1, John Radcliffe Hospital

To register, please contact Caroline Rouse on ouhmembers@ouh.nhs.uk or 01865 743491.
Patients can now watch a film, listen to music or surf the internet during operations at the Nuffield Orthopaedic Centre.

The entertainment options are available on a tablet device which is proving to be a welcome distraction to people having surgery under regional anaesthesia (RA) – which means they can stay awake throughout the procedure.

Drs Svetlana Galitzine and James Matthews, Consultant Anaesthetists, initiated the audio-visual distraction (AVD) project, aiming to improve patient experience and satisfaction when undergoing limb surgery under RA.

It followed an audit led by Dr Galitzine and Mr Martin McNally, Consultant Limb Reconstruction Surgeon, which showed that patients preferred RA with sedation to general anaesthesia due to faster overall recovery.

Understandably, many patients feel anxious being awake during surgery under RA, even though it can be a safer option. Sedation is one method to allay these fears. Now, thanks to RA fellows Drs Vass Athanassoglou and Anna Wallis, and support from colleagues at the NOC, patients have a choice of conventional sedation, audio-visual distraction (AVD) or a combination of both.

The first AVD kit was funded from the surplus of the Oxford Regional Anaesthesia Course run by Drs Galitzine and Matthews. The tablet, connected to the internet and loaded with audio-visual material, is mounted on a special docking unit designed by Senior Operating Department Practitioner Mik Ashfield and made by Paul Harris (Orthotics). Noise-cancelling headphones reduce theatre noise.

It was first used by Drs Desi Choi and Vass Athanassoglou on a patient having hand surgery under RA. Afterwards the patient said: “It was a very enjoyable way to spend my two hours of surgery ... I didn’t think at all of what was going on. An excellent technique. Thank you!”

AVD has also been used for hip replacement and lower limb orthoplastic surgery – one patient watched a film, checked his emails and even played chess against the computer during a 9.5-hour orthoplastic procedure.

As one patient said: “This is so much better than being asleep!”

On-screen entertainment is a welcome distraction during surgery

“An excellent technique. Thank you!”
Getting young people into the NHS

Oxford University Hospitals has become the first trust in the Thames Valley Area to run the Prince’s Trust ‘Get into the NHS’ programme; aimed at supporting disadvantaged young people into jobs and apprenticeships within the NHS.

Designed for 16 to 25 year-olds, the programme lasts between four to eight weeks and provides young people with a combination of training and work experience.

The course at the John Radcliffe Hospital, funded by Health Education Thames Valley, gave ten young people the opportunity to experience what it’s like to work in the NHS, as well as educating them in; first aid, customer service, employability skills and equality and diversity.

After having successfully completed the course, which provided an insight into working in areas such as procurement, portering and voluntary services amongst others, it is anticipated that 60% of the young people involved will become employed by the Trust.

Claire Wardle, a Lead Nurse for Practice Development who coordinated the programme, said: “We were very excited about launching this pre-employment programme and it fits well with the existing programmes we offer at the Trust around apprenticeships and providing opportunities to young people. Everybody who attended the programme felt very engaged and motivated and the feedback we have received from managers across the Trust has been excellent.”

Upon completing the programme, each young person was invited back to a celebration day where they were offered the chance to present to an audience what they had learnt over the four weeks. They were then presented with certificates by Catherine Stoddart, Chief Nurse and Anna Prygodzicz, Education Commissioning Manager from Health Education Thames Valley.

Security awareness – car crime

The safety and security of our patients, staff and visitors is very important and we urge people to be security aware.

To help prevent car crime please think about the following precautions and security measures.

As the warmer weather approaches always make sure that you close all the car windows and the sunroof. Do not leave any electronic or valuable items such as sat-navs and phones on display in your vehicle. Ideally, take your valuables away with you when you leave the car, but if that is not possible make sure they are locked out of sight in the boot.

Oxfordshire has seen an increase in the number of car registration plates reported stolen. Thieves use these to transfer onto criminals’ cars and use them to steal fuel and commit other crimes. To help prevent this it is recommended to use number plates secured with manufacturer’s adhesive or tamper proof screws; a small supply is available from the Trust Security Manager.

For further advice about anything mentioned above, please contact Rachel Collins, Trust Security Manager/Local Security Management Specialist via OUH email or extension 23313.

AGM to focus on dementia care

The Trust’s Annual General Meeting will be held at the Assembly Rooms, Oxford Town Hall, at 5.30pm on Thursday 2 October.

The keynote speech of this year’s event will be ‘Looking After the Patient With Dementia’, presented by Dr Sarah Pendlebury, Trust Lead on Dementia Care and Consultant Physician and Gerontologist.

There will also be a talk by Professor Michael Sharpe, Head of OUH Psychological Medicine Service, and Consultant in Psychological Medicine, entitled ‘Providing psychological support for our patients’.

In addition there will be a review of the year by Sir Jonathan Michael, Trust Chief Executive, an opportunity to ask members of the Trust Board questions, and displays by selected OUH services and healthcare partners.

The event is open to all.
A charity dinner attended by comedian Rob Brydon is hoping to raise funds to maintain support for the Oxford Young Adult Clinic; an innovative service offering young patients in the Thames Valley area with chronic renal failure or kidney transplants better support.

The Oxford Young Adult Clinic is a community run outpatient service which gives teenagers and young adults aged 16-30 the opportunity to see their doctor and share their experiences with other young patients away from the usual hospital environment.

This innovative service, which provides invaluable peer-support network for young adults, is funded entirely through donations and fundraising events.

The emphasis of the clinic, which is run every six weeks and was most recently held at Corpus Christi College in Oxford, is on peer support and building self-esteem and confidence through social events.

Richard Zimmerman, 30, received a kidney transplant from his mother in June this year and has benefitted greatly from the support and advice that the Oxford Young Adult Clinic provides. He said: “To have the opportunity to come to a clinic like this has been incredible. It really helped in the beginning when I first went, even with the little questions you have that you don’t think to ask at the time, for example things like side effects. Just being able to talk to other people and hear that they have experienced the same or similar things is invaluable because you feel that those things are OK.

“Everybody at the Oxford Young Adult Clinic is really upbeat and the atmosphere creates a really positive environment, which in turn only serves to help you feel more positive about your own experience.”

Adopting the feel of a youth club, young patients are invited to see their Consultant for their outpatient appointment and are encouraged to stay for lunch, and enjoy social time with other young patients and youth workers who are on hand to offer support and advice.

Dr Paul Harden, Consultant Nephrologist and Transplant Physician who runs the service, said: “The spirit of this innovative service and improved outcomes for teenage and young adult patients is invaluable and a great advert for the benefits of organ donation and transplantation.”

To help raise funds, and keep the service running, a special charity dinner is being held at the Randolph Hotel in Oxford on 4 September. The evening will consist of a drinks reception, a three course meal, an auction and after dinner entertainment with comedian Rob Brydon.

Tickets for the event can be purchased by contacting Joe Dunster on joedunster1@gmail.com or on 07874351037

People not wishing to attend the event but wanting to donate to the Clinic can do so via the JustGiving page www.justgiving.com/oxfordyoungadultclinic
Orthoptists’ input and some will require teamwork with other eye specialists (ophthalmologists and optometrists).

‘World Orthoptic Day’ is held to raise the profile of the orthoptic profession and to promote the activities of orthoptists locally, nationally, and internationally.

Orthoptists from Oxford held a display in the West Wing, in which they demonstrated how the behaviour of our eyes working together may be affected due to a disruption of the visual pathway. There was also a display of most of the orthoptic equipment used on a daily basis, with the opportunity for people to take typical orthoptic tests.

Orthoptist Tanzeela Rabbani, one of the organisers of the display, said: “The displays looked great and we spoke to visitors and staff and were able to explain what the Orthoptist does as part of a multidisciplinary team.”

Total Reward Statements (TRS)

From November 2014 all eligible employees within the NHS will be able to access, through Total Reward Statements (TRS), their individual annual benefits statement.

The statement is a personalised document, unique to each employee, which will detail the value of an employee’s total reward package. This will include basic pay, additional payments, incentives and local employee benefits, not all of which will have a specific monetary value.

For those staff within the NHS Pension Scheme, the statements will also provide details of their pension benefits. All statements will be provided online through the TRS portal, via the government gateway link. To be eligible to access the information staff need to have been employed on 31 March 2014.

A leaflet with further information on how to access the TRS will be distributed with October 2014 payslips just prior to the systems ‘go live’ date.

Statements will be available online at www.totalrewardstatements.nhs.uk – this is the most secure and effective way to provide the information.

An interactive guide to TRS can be accessed through www.esrsupport.co.uk/TotalRewards/index.html
A virtual gym, with an interactive CardioWall, virtual screens and games consoles such as the Xbox Kinect and Nintendo Wii is being used to help children and teenagers at Oxford University Hospitals NHS Trust.

The high-tech virtual gym is for young patients who have been referred to the rehabilitation service by a consultant. It helps them manage complex conditions such as chronic pain, juvenile arthritis and neurological conditions, or helps them recover after orthopaedic and spinal surgery.

Funded through the Trust’s Charitable Funds department, the gym is based in the children’s outpatient department at the Nuffield Orthopaedic Centre (NOC) and is fully equipped with a treadmill, rowing machine, cross trainer and exercise bikes which are all connected to computers.

Each computer is connected to a screen which shows an avatar of the patient exercising; rowing, running etc. whilst the speed of the avatar is controlled by the movement of the patient.

Ross Worsley, Physiotherapist at the NOC, said: “The interactive equipment adds a new dimension to exercising and acts as a distraction for patients who can choose to focus on the screen and what their ‘character’ is achieving, rather than focusing on any pain, stiffness or fatigue they may feel.

“By making exercise enjoyable and by encouraging patients to participate regularly, not only does it help to increase their strength and help them manage their condition, but it can also help to increase their confidence levels, which is really important for many young patients.”

The parents of 10 year-old patient Emma, who was referred to the service to help strengthen the muscles in her legs, have already started to notice the positive effects that using the gym has had on their daughter.

Emma’s mum said: “It’s not just helping her to improve physically, but psychologically too. She has definitely been able to see the difference it’s making to her. It’s really increased her confidence and that in turn has helped her to tackle her condition with more confidence in her own abilities.”

The League of Friends Café on Level 2 at the John Radcliffe Hospital is to undergo a major refurbishment.

The £200,000 project, which is being funded by the League of Friends, will see the construction of an updated and expanded kitchen and servery, while the dining area will be screened off from the main Level 2 corridor for the increased comfort and privacy of customers.

Work will begin on 15 September, and will last one month, with the new facility opening in October. While the café will be closed during this period, a limited service will operate on Level 2 offering rolls and sandwiches.
Senior nurse Anne Wilson has been shortlisted for a Nursing Times Nurse Leader of the Year Award.

Anne was nominated in the Nurse Leader of the Year category for a project which she undertook as a Senior Sister in the Children’s Emergency Department (ED), entitled ‘Developing a Protocol for the Transfer of Children from Children’s ED to Children’s Wards’.

She was concerned that when a nurse accompanied a child being transferred from the Children’s Emergency Department, it took that nurse away for, on average, 25 minutes each time, leaving only one nurse in the department.

Working with Les Bater, Service Improvement Manager, Anne devised an assessment protocol to determine whether a child could be transferred by a porter or other staff member. The new process also included an improved handover form.

It was initially run on a six-week pilot in January last year, and following extensive feedback, has been used ever since. During the pilot period, using the protocol saved 57 hours of nursing time, and resulted in a 30% reduction of registered nurse accompanied transfers of patients.

Anne will make a presentation to the judges in September, and the winner will be announced on 29 October in London.

Cardiology outpatient area takes shape

Dr Saul Myerson and Dr Jim Newton have been eagerly watching the creation of the new Cardiology Outpatient and Imaging facilities at the John Radcliffe Hospital.

The new area, funded jointly by the Trust’s Charitable Funds and the Trust, is located next to the Oxford Heart Centre on Level 2. When it opens, later in 2014, it will bring all the echo areas together.

This means that patients will no longer have to move between several areas located across the hospital, and appointments should be both quicker and more comfortable.

The department will have the very latest cardiac imaging technology available. Staff will be able to perform more scans, collaborate further in leading research and perform more complex assessments and lifesaving procedures.

Dr Myerson said: “Patients will now have a bright airy space, comfortable waiting areas and more privacy. There will also be more advanced 3D echocardiography machines bringing the very latest technology to our patients. It is a very exciting time.”
Centre benefits from Apprenticeship Scheme

A Clinical Support Worker (CSW) from Oxford University Hospitals NHS Trust has successfully completed a Trust apprenticeship to qualify as an Assistant Practitioner.

Alice Warder started working as a Care Support Worker (CSW) in the Oxford Haemophilia and Thrombosis Centre (OHTC) in 2010. Based in the Thrombosis Service, she worked alongside a team of specialist nurses who help support patients in Oxfordshire undergoing anticoagulation treatment, such as Warfarin.

At first, Alice spent most of her time helping staff in the centre, but it was felt that as part of a specialist nurse-led service, her role would benefit from more clinical experience too. Alice was encouraged by her manager to apply for a place on the Trust’s Learning and Development Team Apprenticeship Scheme.

After being accepted on to a two-year foundation degree course, Alice’s time was split between working directly within the Thrombosis Team under the guidance of a mentor and attending Oxford Brookes University once a week for study days. Since graduating last summer, she has been working as a qualified Assistant Practitioner within the service.

GPs pilot virtual consultations for patients with psoriasis

General Practitioners in Oxfordshire are testing a new telehealth system that gives patients with psoriasis quicker access to specialist advice.

The Oxford Teledermatology Pilot allows GPs to carry out ‘virtual appointments’ with a consultant dermatologist, sharing information from patients’ psoriasis reviews and images of their skin via a secure online platform.

Dr Jonathan Bowling, Consultant Dermatologist and Honorary Senior Clinical Lecturer at the University of Oxford, said: “Psoriasis must be actively managed and the condition well controlled, so it is vital that people with psoriasis have regular reviews and are able to easily access specialists when they experience a flare-up.”

New home for Maggie’s

Maggie’s Oxford has moved out of its temporary building at the Churchill Hospital after eight years and into a brand new £3m tree house-inspired centre.

Maggie’s Oxford, which gives free practical, emotional and social support to cancer sufferers and their families, upped its roots into a state-of-the-art building in a new location on the Churchill site.

The charity has been running from a small temporary centre since 2006, originally planning to move into a permanent home in 2009.

Building work began in March last year on the new centre, which was finished on 23 June.

“It’s absolutely beautiful, it’s stunning in its own right, but it is already functioning in the way it was designed to do,” said Claire Marriott, centre head for Maggie’s Oxford.
Open (day) season on research
Hundreds of visitors turned scientist for the day at a special exhibition of research.

The John Radcliffe Hospital’s West Wing atrium was transformed into a giant lab packed with technology, experiments and interactive games for the annual National Institute for Health (NIHR) Oxford Biomedical Research Centre open day in May.

Patients and the public explored the latest research tackling conditions including arthritis, cancer, diabetes and heart disease.

Oxford Biomedical Research Centre Director Keith Channon said: “The open day is a chance for the community to explore our work and meet our talented research teams. It is also our opportunity for us to say thank you for the support we get from our patients, their families, and the people of Oxfordshire.”

Oxford Biomedical Research Centre is a collaboration between Oxford University Hospitals NHS Trust and the University of Oxford to support patient-centred research and innovation.

Researchers at two leading research centres also opened their doors this summer and welcomed the public in.

The Oxford Safer Pregnancy Alliance (OSPREA), a team of doctors, scientists, researchers, midwives, nurses and support staff who are working together with women to lead research into women’s health, held an event in May.

In June, the Oxford Centre for Diabetes, Endocrinology and Metabolism (OCDEM) opened its doors. Based at the Churchill Hospital, it combines clinical care, research and education in diabetes, endocrine and metabolic diseases.
Independent review to help shape future BRC direction

International experts will help a major Oxford research centre build on its achievements. This September, a two-day mid-term review will assess the science and impact of the National Institute for Health Research (NIHR) Oxford Biomedical Research Centre (BRC). Initiated by the BRC steering committee, the review will help shape the centre’s future direction and ensure it continues to support excellent translational research.

Oxford BRC is part of a Government initiative to improve the translation of basic science into clinical and patient benefit. It is a partnership of Oxford University Hospitals NHS Trust and the University of Oxford. First awarded in 2007, it was renewed in 2012 with a significant increase in funding to more than £100m over five years.

BRC Director Professor Keith Channon said: “We are at a pivotal stage in the lifetime current five year programme of the Biomedical Research Centre and that, combined with significant developments in the research landscape, makes this an ideal time to examine success so far.

“The BRC is and will remain a key platform and we need to ensure it capitalises on new opportunities and supports new science and new collaborations.”

The mid-term review will be carried out by an international panel chaired by Professor Jonathan Knowles, who has served as Head of Group Research at Roche and Head of European Research at Glaxo Wellcome.

BRC-supported projects have included a pioneering gene test to select effective treatments for cancer patients, an iPad-based early-warning system for inpatient monitoring and ongoing work to improve stroke treatment.

Professor Channon added: “Throughout 2015 we will be engaging with researchers, clinical staff and our partners to explore ways we can improve the BRC structure and the impact of our science.

“The mid-term review is in many ways the start of that process. It will give us an independent assessment of our achievements and how we can build for the future.”

Further details about the BRC mid-term review and the engagement workshops will be posted on oxfordbrc.nihr.ac.uk

Oxford exports spinal expertise to Africa

Oxford surgeons visited Kenya recently to improve the treatment of spinal injuries.

Professor Chris Lavy and Mr Gavin Bowden from the spinal team at the Nuffield Orthopaedic Centre (NOC) were part of the group delivering the course at the AIC-CURE International Children’s Hospital in Kijabe.

It was attended by 35 trainees from Kenya, Botswana, Ethiopia, Tanzania, Zambia, Malawi, Zimbabwe, Uganda and Rwanda.

The training was part of the ongoing £1.4m COSECSA Oxford Orthopaedic Link (COOL) project, a three year programme between University of Oxford’s Nuffield Department for Orthopaedics, Rheumatology and Musculoskeletal Sciences (NDORMS) and the College of Surgeons of East, Central and Southern Africa (COSECSA), funded by the UK Department for International Development.

The programme is led by Prof Lavy and his NOC colleague Mr Hemant Pandit.

African trainees at one of the sessions

To find out more visit oxfordbrc.nihr.ac.uk or follow us on Twitter @oxfordbrc
Mark Power joined the Trust in February as its Director of Organisational Development and Workforce.

Essentially, organisational development focuses on helping the organisation improve and move forward, through the involvement of its people. There are a number of elements to this, including looking at existing structures and ways of working to determine how services can be provided more effectively and efficiently, and with improved outcomes and better patient experience.

Another important element is organisational culture change, with an emphasis on strengthening staff engagement and involvement in decision-making, and ensuring our core values influence our interactions with patients and working relationships with colleagues.

“Effecting culture change takes time, and it’s not something we can achieve overnight,” says Mark. “But establishing the right culture is so important, because it underpins everything else we do, and has a bearing on how we are perceived as an organisation. I believe the hallmark of our OUH culture is compassionate excellence which is delivered with sensitivity to individual needs.”

Other key responsibilities associated with Mark’s role are concerned with workforce planning; staff recruitment; education, learning and development (including leadership and talent development); employee relations, and staff recognition and reward. In addition, Mark and his team are responsible for the Trust’s day-to-day HR activities and the provision of efficient operational HR services to meet the needs of clinical and non-clinical departments. Mark is committed to improving all aspects of engagement and to working collaboratively with trade unions and professional bodies for the greater benefit of staff and patients.

Prior to joining OUH, Mark was the Director of Workforce at both Dorset County Hospital and Yeovil District Hospital NHS Foundation Trusts. He has also worked in Portsmouth Hospitals NHS Trust, in the private sector and served for 16 years in the Royal Navy.
We are delighted to announce that the ‘Here for Health’ Centre is opening in August. This is a health improvement centre for patients, visitors and staff. It is a drop-in service providing information and advice to people on how they can improve their health — this can be anything from stopping smoking to getting more exercise.

The centre will initially be open for a year in Blue Outpatients, Level 2, at the John Radcliffe Hospital. It is an exciting new centre that is not being run elsewhere in the country. It is hoped that it will enable patients, visitors and staff to get support to improve their health at a time that is convenient to them, as well as providing help in accessing specialist community services and organisations.

The centre is part of the Trust’s commitment to not just treat ill health, but also to improve the health of its patients, visitors and staff, preventing disease from happening in the first place. OUH employs over 11,000 members of staff and has one million patient contacts every year, representing a fantastic opportunity to increase the wellbeing of the entire community it serves.

The centre will be complementing the Centre for Occupational Health and Wellbeing, supporting their ongoing work to promote the health and wellbeing of all staff.

Please do come and visit us in Blue Outpatients. We’re open during office hours and would love to meet you!

www.ouh.nhs.uk/hereforhealth
Robotic surgery brings patient benefits

Oxford is the regional centre for treating cancers of the head and neck, with a leading, progressive and integrated unit on the Churchill Hospital site.

There has been a significant worldwide increase in tumours affecting in particular the tonsil and tongue base.

As a consequence, Oxford has seen a big increase in the number of referrals.

The development of robotic surgery now means that operations which would have taken between 12 and 14 hours can now be undertaken much faster, three to four hours on average, with a reduced intensive care and hospital stay.

Trans-oral robotic surgery is offered in only six or seven centres in the UK at present.

The purchase of specialist mouth devices has also been supported by the League of Friends.

It is anticipated that this work will have a direct impact on patients and their recovery time.

It will also allow Oxford to include patients in new trials looking at the impact of surgery on functional outcomes and we will start recruiting into the PATHOS trial early in the New Year when it opens.

The PATHOS trial will compare the functional outcomes of trans-oral surgery and different types of adjuvant (extra) treatment, ranging from no extra treatment to radiotherapy to chemo-radiotherapy.

Move, eat, treat – how to deliver effective lifestyle advice

A project has been launched by an Oxford-based team to offer teaching to every Foundation Doctor in the Thames Valley about how to deliver effective lifestyle advice to patients.

The project was primarily developed by Dr Edward Maile (Academic Foundation Doctor), Dr Helen MacMullen (Foundation Doctor) and William Do (final year medical student), all of whom are based in Oxford.

A session has been devised to teach junior doctors how to deliver effective lifestyle advice to their patients. The session has been developed with Professor Paul Aveyard (Professor of Behavioural Medicine, University of Oxford) and Dr Helen Salisbury (Communication Skills Lead, University of Oxford Medical School) and is sponsored by Dr Ann Edwards (Oxford Deanery Foundation School Director).

The session gives an initial overview of why lifestyle is so important in health and disease, and then proceeds to teach a ‘toolbox’ of succinct, evidence-based lifestyle interventions that could be used in day-to-day clinical practice. Learners are then able to practise these techniques with simulated patients.

The session has been delivered as part of the formal teaching programme at Oxford University Hospitals, with positive feedback.

The teaching innovatively employs other junior doctors as ‘peer-tutors’, who have previously attended a teaching training course. Teaching of junior doctors by their peers empowers the tutor and delivers high quality, accessible teaching to the learner in a comfortable environment.

It is a response to the crisis of obesity and lifestyle-related chronic disease that the NHS is facing.

It is a response to the crisis of obesity and lifestyle-related chronic disease that the NHS is facing. 800,000 UK adults are currently morbidly obese and over half of adults are expected to be obese by 2050. Additionally, the prevalence of lifestyle-driven disease such as type II diabetes is soaring, with five million people projected to have the disease by 2025.
Meet the Team: new OUH Tissue Viability Service

The Trust is pleased to announce the launch of the newly established Tissue Viability team.

The team consists of a Consultant Nurse (Ria Betteridge), Advanced Nurse Practitioners (Julie Brown, Lisa Butcher and Sarah Mobsby) and Specialist Nurse Practitioners (Lucy Hosie, Cara Heafey, Linda Binaccioni and Irena Pukiova) and an Administrator (Chris Tierney).

The team is able to offer a service to inpatient clinical areas to support and enhance practice in the prevention and management of wounds.

The team has wealth of experience in the acute, community and industry sectors, with an extensive knowledge of surgical, chronic, and complex wound care.

Liz Wright, Deputy Chief Nurse, said: “This is a tremendous move forward in enhancing the quality of care and will bring great benefit to patient experience, with expert advice, guidance and education to all clinical staff Trust wide.

“I wholeheartedly support their work in partnership with staff and look forward to their achievements and successes in the future.”

The team can be contacted at: 
- tissueviabilityteam@ouh.nhs.uk
- Telephone: 01865 738115

Visit the Tissue Viability Intranet site for further information.

Praise for treatment of VTE prevention

Oxford University Hospitals NHS Trust was designated in May as a Venous Thromboembolism (VTE) Exemplar Centre and joins only 22 other hospitals in the UK.

The VTE team was peer reviewed by a team of four people from NHS England and the VTE Exemplar Network, during National Thrombosis Week.

Achievement of VTE Exemplar status confirms that OUH provides high quality VTE (thrombosis/clot) prevention care to patients. We reached the national target of more than 95% of all adult inpatients being VTE risk assessed between April 2013 and April 2014 and we were judged to provide excellent, safe and innovative care by the peer review team. Dr Nicola Curry, Lead for Thromboprophylaxis, said: “VTE risk assessment is an important part of the general assessment of patients at the time of admission and throughout their hospital stay. The assessment screens patients for their individual risk of VTE and prompts physicians to start treatments that can prevent fatal blood clots.”

A VTE prevention app which was designed by a team including Penney Clarke, Senior Thromboprophylaxis Nurse, was applauded as an excellent means of providing high quality information to patients about how to help themselves prevent clots. As a VTE Exemplar Centre, OUH will actively lead UK best practice for VTE prevention in the forthcoming years.
How the NOC played its part in the Great War

The First World War – which began 100 years ago this month – played a key role in the emergence of the modern day Nuffield Orthopaedic Centre (NOC), according to amateur historian Martin Harris who works in the OUH Finance Department.

In 1914 the Wingfield Convalescent Home on what is now the NOC site became a 20-bed military hospital treating the wounded returning from the front line. Wooden huts were added, providing an extra 75 beds by 1916 (see pictures). Land next to the Wingfield was commandeered by the War Office for an orthopaedic workshop, operating theatre and more beds.

Elsewhere in Oxford the Examination Halls were transformed into a military hospital, known as the 3rd Southern General Hospital (Oxford). One of those posted there in 1915 was a young surgeon called Gathorne Girdlestone who would later lead the development of orthopaedic treatment – particularly for children – at what would emerge as the NOC.

One of the staff nurses employed at the Examination Halls hospital was Mabel Murray. She died at the age of just 35 after falling victim to Spanish Flu and is buried in the Commonwealth War Graves Cemetery in Botley (see picture).

Martin said: “I would love to hear from colleagues with similar stories which put a human face on the impact of the First World War. I hope to put together a display to mark the centenary of the outbreak of the ‘war to end all wars’ and its impact on healthcare in Oxford and beyond.”

If you have any information or photographs please get in touch with Martin at: martin.harris2@ouh.nhs.uk
Former patient is now a volunteer!

Andrew Baker is now volunteering at the John Radcliffe Hospital after it helped save his life.

Andrew was born with a brain injury at the John Radcliffe Hospital and spent the first weeks of his life in intensive care. He was also knocked over at school at the age of eight which resulted in him suffering a head injury. He had to have brain surgery at the Radcliffe Infirmary to remove a haematoma in his skull.

Now the 26 year-old helps to meet and greet and comfort patients at the hospital where he is still being treated – Andrew helps in the Radiology Department two days a week.

Andrew said: “I’m really quite excited about it – I thought it would be interesting to volunteer having been to the John Radcliffe Hospital so often and I know the hospital well. People can get a bit nervous when having scans and treatment – I have got used to them now but I can help people by talking to them, putting them at ease and making sure they are in the right area and that they are comfortable. It’s fantastic to be able to say a ‘thank you’ back.”

Andrew has also helped raise more than £34,000 for the Oxford Children’s Hospital where he has also been treated in the past. He has also this year supported the John Radcliffe Paediatric Eye Fund and set up ‘Play2Give’ in 2007, a local fundraising organisation which organises annual events for these local charities, such as football fun days every year. In total since 2003, he has now raised over £40,000 for local charities – over £19,000 of this for the Children’s Hospital. www.play2give.org.uk

Andrew also volunteers for the brain injury charity, Headway Oxfordshire, in Kennington, where he also receives weekly physiotherapy and rehabilitation as part of his recovery.

National Volunteers Week

The hundreds of people who give up spare time to help the hospitals were celebrated during National Volunteers Week.

Volunteers carry out a wide range of roles such as assisting on helpdesks to give patients a friendly welcome, directions and information, to working as volunteer gardeners in our sensory gardens or assisting nursing staff on our wards.

Oxford University Hospitals Voluntary Services Manager Yvonne Blencowe said: “Our volunteers are an essential part of the Trust. The contribution and commitment they make each day is greatly appreciated by our patients, visitors and members of staff.”

Cyclists can get back on their ‘OXONBIKE’

There is good news for people looking to get around Headington on two wheels with the re-launch of the OXONBIKE scheme.

30 cycles are now available to hire from seven locations around Headington. Many journeys are free. Users can register for £1 at www.oxfordshire.gov.uk/oxonbike and start using the bikes.

The scheme links Thornhill Park & Ride with major employers in the Headington area and aims to reduce the number of short car journeys between hospital sites and university campuses.

Oxfordshire County Council has joined forces with HourBike Ltd to re-launch the popular service, which was put on hold when the previous operator went out of business last year.

HourBike has committed to run the pilot scheme for 12 months.

Bikes can be picked up and returned to:
• Thornhill Park & Ride
• The John Radcliffe Hospital
• London Road
• University of Oxford Old Road campus
• Nuffield Orthopaedic Centre
• Churchill Hospital
• Oxford Brookes’ Gypsy Lane site

County Councillor David Nimmo Smith, Cabinet member for transport, said: “I am delighted that OXONBIKE will be on the road once more.

The scheme is a pilot and has been funded by the government through the Government’s Local Sustainable Transport Fund.
News From Your Hospital Charity

Most successful OX5RUN ever!

Our Spring fun run at Blenheim in support of the Oxford Children’s Hospital has now raised a record breaking £112,000, smashing the £100,000 target! This year nearly 1,500 people signed up for the Oxford Mail OX5RUN, including many hospital staff, local businesses and the parents, families and friends of young patients. Thank you to everyone who supported the event – do join us again next Spring.

Walk for your ward

It’s Not Just a Walk in the Park is back on Sunday 5th October, and this time the sponsored walk will take in three of the four Oxford University Hospitals sites.

You can specify exactly which Fund, Ward or Department you would like to support – so every penny you raise will go to the hospital area you care about most.

Starting at 10.30am at the John Radcliffe site, the five mile walk will take in the JR, Nuffield Orthopaedic Centre, Churchill and Warneford hospitals.

The walk is open to everyone – from hospital staff to patients, supporters and the local community. It costs just £5 to enter, and we encourage you to aim to raise £50 or more through sponsorship. Please do help us by publicising the walk in your area.

You can enter online, or find out more about the walk at www.hospitalcharity.co.uk/walk or call 01865 743444 or email charity@ouh.nhs.uk

Staff show support for hospital charity

Teams of hospital staff and supporters have raised over £25,000 at our latest abseil for SCBU, the Blood Coagulation Fund, the Cancer Care Fund, Horton’s F Ward, I.M.P.S. and the Pelvic Floor Service.

A large crowd cheered throughout the day, as the abseilers descended the 100 foot wall at the JR’s Women’s Centre. Many patients and supporters were taking part to thank medical staff for the support and care they and family members have received.

Our next abseil is on Sunday 21 September in support of our General Fund, Silver Star, Chipping Norton Midwives and the Children’s Hospital and Fund for Children. Why not join us?

Visit www.hospitalcharity.co.uk/abseils for more information.
The Staff Recognition Awards are back for 2014!

Nominations for nine awards will open on 18 August and this year will include new categories for nominations. Look out for how to nominate on the Trust intranet.

New categories:

**Award for Innovation**
This award is for the individual or team who has demonstrated exceptional and sustainable innovation and creativity in their work through developments and improvement to service.

**Supporter of the Year**
The Trust is grateful for the dedicated time and support it receives from the community. This award recognises a supporter, be it an individual, family, group of friends or colleagues, for their contribution to the Trust and engaging positively with the community.

**Outstanding Achievement Award**
This award pays tribute to an individual who has exceeded the expectations of their role with an outstanding attitude and behaviour. This award recognises an individual, or team, that embodies the Trust Values.

What our 2013 Award Winners said

“I was absolutely delighted to have been nominated by my colleagues for my award. We were made to feel really special and valued. It was also totally unexpected and a really nice surprise.”

“It was a great honour as well as a humbling experience to be acknowledged by my colleagues. It is something I will always treasure.”

Friends and Family Test for staff

Thank you for taking part in the Trust’s first Friends and Family Test for staff.

2,652 staff had their say.

Results will be published on the Staff Friends and Family Test section on the intranet and in the next edition of OUH News at http://orh.oxnet.nhs.uk/SFFT/Pages/Default.aspx

The next survey opens in August. Look out for your next opportunity to take part.
Barbara retires after 41 years

Barbara Cripps, Blood Safety and Conservation Manager, retired in June after more than 40 years in the NHS – most of which was spent in Oxford.

Barbara began her nursing training in North Wales in 1973, and moved to Oxford in 1977 to train in ophthalmic nursing at the Radcliffe Infirmary. She spent more than 20 years as a staff nurse in the Eye Hospital before becoming Deputy Director of Nursing, specialising in IT, during which time she also studied for an MBA.

After a brief spell at another hospital Barbara returned to Oxford in a nursing role, and in 2006 became Project Manager for the Electronic Blood and Transfusion System. She has managed the Blood Safety Team since 2008.

Barbara said: “It has been a marvellous job. I have been lucky enough to work with some great people – each one of them an expert in their own field and dedicated to doing the best they can.”

Prof Mike Murphy, Consultant Haematologist, paid tribute to her skills of leadership, attention to detail and charm, and added: “Barbara has built a fantastic team and I hope we’ve got the resilience to go on without her.”

Barbara plans to devote more time to her allotments, her dogs, and her narrowboat moored at King’s Sutton.

Teams compete to boost Ward 5F facilities

Ward 5F was given a boost when two teams of staff competed in the Blenheim Triathlon to raise money to improve the patient experience on the Gastroenterology Ward.

The ‘GastroGirls’ comprised Dr Kate Evans – 750m open water swim, Dr Becca Palmer – 20km cycle, and Sister Susie Swann – 5km run.

Also competing were the ‘Green and Gold Linseeds’, with Rob Bryant, Senior Clinical Fellow in Gastroenterology – swimming, Adam Bailey, Consultant Gastroenterologist – cycling, and Maddie Trott, House Officer – running.

Becca said: “Many thanks to those who kindly sponsored us – we have nearly reached our target of £500. This will enable us to buy some much needed resources to improve patient comfort during their stay on ward 5F.”

OUH News – your bi-monthly newsletter with news from around the John Radcliffe Hospital, Horton General Hospital, Nuffield Orthopaedic Centre and Churchill Hospital.

Look out for the next edition of OUH News, which will be out in October 2014. If you have any news from your team or department that you would like to be featured, please contact Richard Maynard in the Media and Communications Unit, on 01865 231471 or email richard.maynard@ouh.nhs.uk Deadline for copy is 29 August 2014.

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