A Night at the Museum

Kate Barber, recently retired clinical support worker on Kamran’s Ward at the Oxford Children’s Hospital, is the winner of the award for ‘Care and Compassion’ at this year’s Staff Recognition Awards.

• See supplement inside
Sir Jonathan Michael to retire

Oxford University Hospitals’ Chief Executive, Sir Jonathan Michael, is to retire later this year.

At a meeting of the Trust Board (Wednesday 12 November) Trust Chairman Dame Fiona Caldicott announced that Sir Jonathan had informed her of his wish to retire from the NHS by the middle of 2015.

This early notification provides sufficient time to plan and commission a thorough national and international search, through which to identify a successor for Sir Jonathan, whilst also maintaining stability throughout the final stages of the Trust’s work towards becoming a Foundation Trust.

Dame Fiona said: “The Board’s aim is to ensure we appoint an exceptional individual, who is capable of implementing the Trust’s strategic ambitions and continuing the success achieved by Sir Jonathan.”

Security awareness:
Who’s in your department?

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

Thieves can operate around our hospital sites by taking advantage of the open nature of the hospitals and the volume of people on our sites day-to-day.

We can all help to reduce the risk of theft, and we encourage staff to be security aware; wear your ID badges at all times, make sure secure doors close behind you and do not allow people to follow you into secured areas.

If you are in any doubt as to who or why somebody is in your department, contact the Trust security teams on site who will investigate for you.

Further security advice can be found on the Security intranet site, via the Estates and Facilities pages, or from Rachel Collins, the Trust Security Manager/Local Security Management Specialist via OUH email or extension 23313.

Candidates stand for the Council of Governors election

Oxford University Hospitals NHS Trust is holding elections as it moves a step closer to becoming a Foundation Trust.

Don’t lose your right to vote!

Elections to the Trust’s Council of Governors are being held from 27 January to 19 February when the poll closes.

All staff and public members are able to stand for election (for more details on what being a governor involves, see www.ouh.nhs.uk/ft). The deadline for receipt of nominations is Monday 12 January. To receive a nomination form and pack, please call 0345 209 3770 or email: ouh-engage.org or visit www.uk-engage.org/ouh

Have you moved recently? If you are a public or staff member don’t lose your right to vote – make sure the Trust has correct address details for you! Your ballot paper will be sent to the home address that payroll have for you if you are a staff member, and to the address held on the membership system for public members.

Ballot papers will be issued to staff and public members from Tuesday 27 January 2015.

The close of poll (by which time all votes must be in) will be 5pm on Thursday 19 February and the results will be declared on Friday 20 February. You’ll be able to see these at www.ouh.nhs.uk/ft

Staff Governors

There will be six staff governors: four clinical and two non-clinical. All OUH staff, MSD staff who have joined as members, and PFI staff who have joined as members are eligible to stand if they are employed on a permanent contract or have worked for longer than 12 months for the Trust.

Public Governors

There are 15 publicly elected governors. As part of the nomination process candidates will be asked to write a short election statement explaining why they want to be a governor and what experience and skills they could bring to the role.

The full list of successfully nominated candidates will be published on the OUH website on Tuesday 13 January.

To register, please contact Caroline Rouse on ouhmembers@ouh.nhs.uk or 01865 743491.
A multidisciplinary clinic which allows young patients with spina bifida and other spinal problems to have all their appointments on a single visit is being run at the Oxford Children’s Hospital.

Believed to be the only one of its kind in the UK, the monthly ‘one-stop shop’ clinic at the Children’s Hospital gives patients access to a range of services all on the same day. This includes urology, neurosurgery, orthopaedics, physiotherapy and diagnostic tests such as MRIs and X-rays.

Patients with spina bifida often need regular multiple hospital visits – sometimes as many as 12, equivalent to once every month. Now, by bringing the different teams together in a single clinic, that can be reduced to just once a year.

The service has proved invaluable for many patients and their families, not only by reducing the number of appointments and repeat visits, but by providing the opportunity to meet other families in similar situations.

Roxanne Martire-Charlett, the mother of five-year-old Ciara from Aylesbury, said: “The clinic has made a massive difference, not just to Ciara, but to the whole family. “To be able to have all of her appointments on the same day is fantastic. It means she has to have less time out of school and has been able to meet other children with similar conditions, making wonderful new friends which has really boosted her confidence.

“As a parent I have benefitted from having met other parents in similar situations. The staff are incredible, everybody is so helpful and the support they offer is truly amazing.”

Each clinic is also attended by a member of the charity SHINE – Europe’s largest organisation dedicated to supporting individuals and families as they face challenges arising from spina bifida and hydrocephalus.

Spina bifida is a problem within the spine in which one or more vertebrae (the bones which form the backbone) fail to form properly, leaving a gap or split which causes damage to the central nervous system and sometimes the spinal cord itself.

Christmas with the Prime Minister

Children and staff from the spina bifida clinic enjoyed an extra special festive treat when they received an invitation to the annual Children’s Christmas Party at 10 Downing Street.

The party, which took place at the famous address on 15 December, was held by the Prime Minister.

Members of staff, including Advanced Nurse Practitioner Angela Downer and four young patients enjoyed afternoon tea and celebrated Christmas early with a very special visit from Father Christmas!
Patients flock to information day

Nearly 100 people – about two-thirds of them patients – attended an information day at the John Radcliffe Hospital organised by the Department of Clinical Immunology.

The Department runs a home therapy programme with patients trained to give themselves their treatment at home, often with the help of their partners.

The patients’ day was a chance to get together and share experiences.

Dr Smita Patel, Consultant Immunologist, spoke about the latest immunological research and listened to four patients share their personal experiences of illness. A patient’s partner gave an insight from the perspective of a partner living with someone with a chronic condition.

Feedback included:
• ‘An excellent day, the best I have been to’
• ‘It made you feel you are not alone and not isolated’
• ‘Brilliant – not to be missed’
• ‘Enjoyed the day, very informative and have learned a lot’

New Macmillan nurse raises awareness of breast reconstruction

Sarah Jackson has been appointed to the new role of Macmillan Breast Reconstruction Nurse Specialist to help women having, or considering, breast reconstruction surgery.

Nicola Petrie, Consultant in Plastic and Reconstructive Surgery at OUH, said: “The breast reconstruction service’s collaboration with Macmillan and the Oxford BRA (breast reconstruction awareness) group provides care for patients following diagnosis, during pre-operative preparation, immediately after the operation as an inpatient, following discharge from hospital and at outpatient follow-up.

“The new appointment of Sarah Jackson, Macmillan Breast Reconstruction Nurse Specialist, demonstrates the commitment of both OUH and Macmillan to providing the best possible compassionate care for these patients.

“This initiative will enhance the quality of patient care by ensuring that patients and their families are provided with personalised information regarding treatment plans and aftercare and by training and supporting staff through developing specialist skills and expertise.”

Every year about 550 new cases of breast cancer are diagnosed in Oxfordshire.

Macmillan Development Manager Kim Bowles says: “The good news is that, due to early diagnosis and treatment, survival rates are generally high, with around 84% of women living beyond five years after treatment. That said, there’s still plenty of work to do, including dealing with long-term treatment issues.”

Bereavement service wins national honour

The maternity bereavement services at the John Radcliffe and Horton General hospitals were highly commended for ‘best involvement of service users in the development and evaluation of services for families’ in the All Party Parliamentary Group on Maternity’s First 1000 Days awards.

Bereavement Specialist Midwife/Counsellor Kim Paul said: “We were able to demonstrate the active involvement of our bereaved families in enhancing the care we offer by their commitment to raising funds to provide such things as hand and foot casts and improving the training of staff in bereavement photography.

“These initiatives were introduced this year as a direct result of listening to feedback and teamwork between the families and the bereavement midwives.”
Ben’s visit gives kids a lift

Young patients at Oxford Children’s Hospital were treated to a very special surprise when Commonwealth Games weightlifter, Ben Watson, visited the hospital to talk about his achievements and show them his bronze medal.

Ben’s visit was part of a planned ‘sports taster day’ hosted by the Oxfordshire Hospital School, which has recently begun a sports development programme to promote participation in sport for health and wellbeing. Young patients were also able to try out activities such as dance for all and Boccia; a popular Paralympic sport.

It was a double treat for one particular person – Ben’s mum Erica Watson is a Senior Play Specialist at the Children’s Hospital.

Protecting their patients

This year more than 57% of frontline staff have opted to have the flu vaccination, compared to the national average of 46%.

The Trust has offered staff the flu vaccine since 2008 – the take-up then was around 12%. Patricia Poole, Manager, Occupational Health and Wellbeing Centre, says: ‘We strongly believe our clinical, nursing and midwifery, allied health and support staff have a responsibility to their patients, colleagues and family to get vaccinated to help prevent passing this virus on.’
MP praises work of fracture prevention service

Specialist fracture prevention nurses welcomed Nicola Blackwood MP to the Nuffield Orthopaedic Centre to mark World Osteoporosis Day on 20 October, 2014.

Conservative MP for Oxford West and Abingdon, Ms Nicola Blackwood, visited the osteoporosis and Fracture Prevention Team at the Nuffield Orthopaedic Centre to support their work, and to help raise awareness of osteoporosis, which weakens bones, making them prone to fractures and breaks. The condition affects around three million people across the country. The Nuffield Orthopaedic Centre runs a fracture prevention clinic which identifies patients over the age of 50 at risk of breaking bones due to osteoporosis.

Ms Blackwood also met scientists undertaking research to tackle osteoporosis, based at the Botnar Research Centre laboratories on the hospital site. She is pictured top with Senior Researcher, Jim Dunford and Specialist Fracture Prevention Nurse, Kerri Rance.

The Fracture Prevention Team, pictured left, has been recognised by the International Osteoporosis Foundation (IOF) for the service it provides, and recently received the IOF’s ‘Capture the Fracture’ Gold Award.

Dame Fiona Caldicott takes on National Data Guardian role

Trust Chairman Dame Fiona Caldicott has been appointed to the new role of National Data Guardian for Health and Care by Secretary of State for Health Jeremy Hunt.

As the first National Data Guardian, Dame Fiona will oversee the safe use of people’s personal health and care information. The appointment marks a significant step forward for safe and confidential information-sharing between health and care organisations.

Dame Fiona said: “Everyone should feel confident that their healthcare information is shared safely. As the first National Data Guardian I am committed to holding the health and social care system to account and acting on behalf of patients and care users.”
Professor Michael Sharpe, OUH lead for Psychological Medicine, was named ‘Psychiatrist of the Year’ at an awards ceremony held in London in November.

The Royal College of Psychiatrists (RCPsych) Awards recognise and celebrate excellence in psychiatry and mental health services.

Professor Sharpe was honoured for his work in research and clinical service development to integrate psychiatry into medicine, specifically for developing the OUH Psychological Medicine Service and for research into the treatment of patients with cancer and depression.

Professor Sharpe said: “It’s a tremendous endorsement of the work of the Psychological Medicine team at the Trust and we are extremely pleased. The award is national recognition of the important and innovative work being done by the Trust in providing integrated psychiatric and psychological care for all its patients.”

Understood to be the first of its kind, the OUH service provides psychiatric and psychological care to patients who come into hospital for treatment of cancer, medically unexplained symptoms and chronic fatigue syndrome.

**I.M.P.S. picks up national award**

The Injury Minimization Programme for Schools (I.M.P.S.) Oxfordshire was named as the ‘Not-For-Profit Business of the Year’ at the UK Heart Safe Awards.

Based at the John Radcliffe I.M.P.S. teaches pupils aged 10 and 11 the knowledge to prevent injury and the skills to cope in an emergency. The programme includes learning how to put someone into the recovery position, how to use a defibrillator and what to do if someone is choking or bleeding heavily.

Since it started in 1995, I.M.P.S. has trained over 75,000 children in how to help save lives. The UK Heart Safe Awards celebrate organisations which create environments where life-saving equipment and training are provided.

**Doctor of the Year**

Trust Consultant, Dr Syed Masud has been named ‘Emergency Medicine Consultant of the Year’ by the Oxford School of Emergency Medicine (OSEM).

The award was presented at the annual OSEM conference on the 9 December at the Oxford Town Hall.

Dr Masud has been instrumental in setting up the Trust’s Emergency Care Response Unit, which works with local ambulance services to provide rapid emergency care at the scene of accidents or in the community.

• The Psychological Medicine Team won the award for ‘Team of the Year’ at the Trust’s annual staff awards – see supplement
Teaching facilities at the Oxford Eye Hospital have been given a boost, following the donation by the West Wing League of Friends of a large high-definition screen to support teaching and training.

The screen will mainly be used to view eye images. There is increasing demand to treat patients with age-related macular degeneration, and deliver training to staff. The new screen will allow interactive case discussion and teaching of a large group of ophthalmologists, nurse optometrists and orthoptists in the management of these patients. The equipment will also be used for teaching in diabetic retinopathy, vitreoretinal and glaucoma.

To show their appreciation, Susan Downes, Medical Retinal Consultant, and Patsy Terry, Head of Optometry, are pictured presenting a certificate of gratitude to David Simpson, Manager of the League of Friends.

Pictured with the new high-definition teaching screen are Miss Susan Downes, Consultant, David Simpson (League of Friends) and Patsy Terry, Head of Optometry.
Getting to know you

Better support for vulnerable patients

The OUH and Oxford Health NHS Foundation Trust have produced a new ‘patient passport’ called Knowing Me which will travel with vulnerable patients throughout their care and across different organisations. The booklet is filled in by the patient’s carers and contains important information about the patient designed to make their care more personalised and comfortable.

OUH Deputy Chief Nurse Liz Wright said: “We are really pleased to have developed this simple but effective tool that nurses and other healthcare professionals can now use to understand the specific needs of the patient they are caring for, as well as enabling them to provide a consistent approach to care that is familiar to that person and their carers.”

Mental health nurse Emma Hawk, who works for Oxford Health NHS Foundation Trust and who led the project, said: “We wanted clear information about the person, their likes and dislikes – for example, ‘Do they like sugar in their tea? Would they prefer a bath or a shower?’

“It was important that the form was simple and not like a clinical document. We wanted Knowing Me to be suitable for a range of patients, including those with dementia, learning disability or other communication difficulties.”

The Knowing Me patient passport booklet has been piloted across inpatient areas and community hospitals at the two trusts. Patients and their families have praised its simplicity, accessibility and ability to take a snapshot of everyday routine.

Further information: emma.hawk@oxfordhealth.nhs.uk

Richard and Kirstie open new Maggie’s Centre

Film director Richard Curtis joined television presenter Kirstie Allsopp and several other special guests to officially open the new Maggie’s Centre at the Churchill Hospital.

The centre provides a much-needed programme of support to people with cancer and their families and friends.

Catherine Stoddart, Chief Nurse at OUH, said: “It’s fantastic to have this valuable service. We know that our patients will continue to benefit from the practical, emotional and social support provided at the Maggie’s Centre.”

From right: comedy writer Paul Mayhew-Archer; Mike Thompson, the Centre’s principal donor; TV presenter Kirstie Allsopp; film director Richard Curtis and Laura Lee, Maggie’s Chief Executive
OUH Focuses on Diabetes

Staff at the Trust helped to raise awareness of Hypoglycaemia (Hypos) in adults with diabetes for a national campaign with Diabetes UK and Novo Nordisk.

National Hypo Awareness Week 2014 was held in October and last year’s theme was ‘TALK Hypos’; an awareness campaign encouraging adults with diabetes to discuss hypos with their doctors and nurses.

The ‘TALK Hypos’ campaign helps people to Think, Ask, Learn and to Keep track of their hypos.

Diabetes is common in patients across OUH, affecting approximately 1 in 6 adults who are admitted into hospital. With some diabetes treatments, patients can develop low blood sugars – hypos – which can be quite disabling. These hypos affect about 15% of everyone with diabetes in hospital.

To promote awareness of the condition, OUH staff, including Diabetes Link Nurses, Podiatrists and Diabetes Specialists Nurses, manned a series of public information stands across the Trust’s four hospital sites where staff, patients and visitors had opportunities to watch a video on hypos, along with learning about hypo treatments and sample ‘hypo boxes’.

Diabetes Specialist Nurse, Rose Amollo, said: “It was great to see staff using the ‘hypo simulator’ to experience what patients feel when they have a hypo.”

In addition to this, Diabetes Specialist Nurses visited all clinical areas in the Trust to provide information about hypos and give short teaching sessions for both clinical and non-clinical staff including information on the new hypo management guidelines. The Trust guidelines for treating hypoglycaemia (‘the hypo MIL’) can be found on the Diabetes intranet site. The next step will be to roll out easily accessible ‘hypo boxes’ – containing treatments for hypos to all clinical areas.

If you or your team would like further information on hypos or diabetes please contact the OUH Diabetes Team by emailing stephanie.little@ouh.nhs.uk

What are hypos?

• Hypos (hypoglycaemia) are the result of glucose in the blood falling to a low level (less than 4mmol/l). Hypos occur most commonly in people with diabetes.

• Hypos are one of the most common diabetes complications experienced by those treated with sulphonylureas or insulin.

Feeling under the weather this winter?

Early advice is the best advice

People are being encouraged to seek early advice this winter if they are suffering from a minor illness to ensure it doesn’t get worse.

Oxford University Hospitals NHS Trust, Oxfordshire Clinical Commissioning Group, Oxfordshire County Council and Oxford Health NHS Foundation Trust are working together to support the NHS ‘Feeling Under the Weather’ winter campaign.

It is vital that people get timely advice to prevent their illness getting worse and prevent them ending up in hospital, and in particular the frail and elderly, and those with conditions made worse in the winter, such as respiratory problems.

Dr James Price, OUH Clinical Director, said: “It is vital that A&E and ambulance services are able to help patients who are really unwell, so if you need medical help or advice, but it’s not a life-threatening situation, think about whether to contact your local pharmacy, GP, first aid centre or minor injuries unit.

“Emergency Departments (A&E) and the emergency ambulance service provide vital care for life-threatening emergencies, such as loss of consciousness, suspected heart attack or stroke, severe breathing difficulties or severe bleeding that cannot be stopped. In these cases, call 999 immediately.

“If you’re not sure where to go, or whether your problem is an emergency, then dial 111 for advice – it is available 24 hours a day, and the 111 team know which local service can best meet your needs.”

The campaign is asking people to seek advice from www.nhs.uk/asap or see their local pharmacist to help manage their care.
The Trust’s Tissue Viability Team held a week of events across all four hospital sites during November 2014. Their aim was to raise awareness of pressure ulcer prevention and management, to reduce risk and potential harm for patients and the public.

The OUH team facilitated information sessions for staff and members of the public across all four of the Trust’s hospital sites. The week-long awareness activity provided information, advice and demonstrations on how we can all help to ‘Stop the Pressure’, and reduce the associated risk of skin damage.

Nationally, nearly 700,000 people are affected by pressure ulcers every year, accounting for approximately 4% of the NHS budget.

Tissue Viability Consultant Nurse, Ria Betteridge, said: “Pressure ulcers can be extremely serious and many are preventable. Our aim is to increase awareness among our colleagues and members of the public so that we all have a greater understanding of how to recognise and prevent pressure ulcers.”

The launch of a Trust-wide pressure ulcer risk assessment, BRADEN, is currently underway along with the SKINS care bundle. Clinical areas will be supported by the OUH TV team, with training and advice during this transition from current practice.

Skin inspection
Keep repositioning
Incontinence and moisture control
Nutrition
Surface support.

The Tissue Viability Team provides a service to inpatient clinical areas to support and enhance practice in the prevention and management of all wounds including pressure ulcers.

For further information about this service, please contact a member of the team at: tissueviabilityteam@ouh.nhs.uk

E-prescribing brings digital hospital closer

The Trust has taken a major step towards becoming a digital hospital. Acute Medicine, Geratology, Stroke, Neurosciences and Neuro ICU wards were the first to implement electronic prescribing (ePMA).

In Phase 1 over 500 staff were trained on the prescribing and administration of medicines electronically, maintaining a safe, efficient service throughout the transition.

By day four of using the new system they were free of paper charts, by the end of the first week some medication rounds were finishing on time again and after the first month staff were starting to see the benefits as thousands of medication transactions were done electronically.

Phase 2 rolled out at the Nuffield Orthopaedic Centre and in the Oncology and Haematology wards at the Churchill Hospital. In December the rest of the Churchill site was due to go live followed by much of the Horton General Hospital.

It was amazing to see the dedication of all staff in helping to make the first phase of this major transformation a success.
Exercise and therapy ‘as good as surgery for back pain’

Behavioural therapy and exercise rehabilitation may be as effective as surgery in treating patients with chronic low back pain, according to an Oxford-led study.

The findings, published in the journal *Spine*, were led by Prof Jeremy Fairbank, Consultant Orthopaedic Surgeon at the Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences (NDORMS). The study won a prize from the International Society for the Study of the Lumbar Spine.

The results suggest that behavioural therapy and exercise rehabilitation programmes should be the preferred option for chronic low back pain patients, as it is as effective as spinal fusion surgery in managing pain and does not increase degeneration of the spine over time.

Professor Jeremy Fairbank said: “Oxford and specifically the physiotherapy department at the Nuffield Orthopaedic Centre have much to claim credit for developing this research work, which if implemented has a major impact on the management of chronic back pain.

“The Physiotherapy department at the NOC should take credit for their work over many years to make these packages of treatment effective and widely available.”

New test to assess delayed development in premature babies

The Trust has worked with the University of Reading to develop a new test that could help more babies born underweight to achieve full mental development.

A test called ERIC – the Early Report by Infant Caregivers – is an easy-to-use assessment for parents to detect delayed learning in babies born prematurely or with low birth weight.

In a three-year study funded by the National Institute for Health Research (NIHR) over 300 pre-term or underweight babies were assessed. ERIC proved to be as effective at identifying cognitive problems as the standard assessment currently used in clinics – the Bayley Scales of Infant Development.

ERIC has the potential to identify more babies with problems than Bayley does because it is quick and easy to use. It is able to assess babies at any age between 10-24 months whereas Bayley tends only to be used at fixed points, such as two years.

Babies who have issues that are identified earlier have a better chance of receiving helpful intervention to support their mental development.

The ERIC test can also reassure parents of the vast majority of children who do not have problems. It can also be carried out in a relaxed home environment.

Hand exercises benefit patients with Rheumatoid Arthritis

A tailored hand exercise programme improves function and quality of life for patients living with Rheumatoid Arthritis (RA), according to an Oxford-led study.

It was led by Professor Sallie Lamb of the Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences (NDORMS), University of Oxford.

The Strengthening And stretching for Rheumatoid Arthritis of the Hand (SARAH) trial featured over 450 patients from 17 NHS trusts. It evaluated the effectiveness and cost-effectiveness of adding an individually tailored, progressive exercise programme for the hands and upper limbs in addition to usual care.

Approximately 80% of the patients using the SARAH programme alongside their medication reported improved hand function a year after starting the programme. Significant improvements in strength and dexterity were also seen for patients performing the exercise programme.

RA affects more than 400,000 people in the UK, of whom about 80% have hand and wrist problems, and this has a substantial impact on quality of life, function and productivity.
Photographic project focuses on our hands

Tony Davis, Artist in Residence, is spending a year capturing photographs of the hands of Trust staff.

The project called ‘These are the Hands’ will include all staff groups. It aims to reflect the many different roles in supporting and helping patients. It takes its name from a poem by Michael Rosen created for the NHS which can be seen here and by visiting http://michaelrosen.co.uk/poems_theseare.html

Ruth Charity, Artlink Co-ordinator, said: “Hands are a fundamental way in which we make contact with each other. This is nowhere more evident than in the care we receive in hospitals. Tony is interested in linking the roles staff play and the implicit delivery of those roles. Can our hands represent us as a kind of portrait? Whose hands do what? Can we tell people apart by their hands? Is there a connection between hands and job/skill?

“Tony will be photographing people from all sectors of hospital life – from office to surgery, including those who clean and maintain hospital buildings to the doctors and nurses who administer care, as well as patients – this is a really exciting project and one we hope many staff will get involved with.”

The first set of images from the project will be installed at the Horton General Hospital in Banbury. Funds are being raised to create further sets for the Churchill, John Radcliffe and Nuffield Orthopaedic Centre sites in Oxford.

For further information contact: ruth.charity@ouh.nhs.uk or 01865 222509.

Top networking qualification

Craig McVeigh, Senior Network Consultant/Team Lead in IM&T has just passed a key exam. The Cisco Certified Internetwork Expert (CCIE) certification is the most prestigious networking qualification worldwide.

The OUH IM&T team manages 170 sites networked together over three counties – Buckinghamshire, Oxfordshire and Wiltshire. Craig, who joined OUH in 2004, helps to monitor all networks for performance and troubleshoots any problems.

He also works to upgrade networks and increase performance speeds of PCs and data centres.

These Are The Hands
by Michael Rosen

These are the hands
That touch us first
Feel your head
Find the pulse
And make your bed.

These are the hands
That tap your back
Test the skin
Hold your arm
Wheel the bin
Change the bulb
Fix the drip
Pour the jug
Replace your hip.

These are the hands
That fill the bath
Mop the floor
Flick the switch
Soothe the sore
Burn the swabs
Give us a jab
Throw out sharps
Design the lab.

And these are the hands
That stop the leaks
Empty the pan
Wipe the pipes
Carry the can
Clamp the veins
Make the cast
Log the dose
And touch us last.
Oxford Cardiology team selected for evaluation of specialist treatments

The Trust’s Cardiology Department has been commissioned to carry out two heart procedures as part of a national evaluation. Both treatments involve devices being used inside the heart to reduce future risk of stroke.

Oxford is one of a limited number of heart centres selected by NHS England to take part in its £15m ‘Commissioning through Evaluation’ programme which assesses promising specialised treatments where there is not yet enough evidence to support routine commissioning within the NHS. Not all centres which expressed an interest have been chosen to take part.

Dr Matthew Daniels, Wellcome Trust Intermediate Clinical Fellow and Honorary Consultant Cardiologist based at the John Radcliffe Hospital, Oxford, said: “This is a vote of confidence in the care we have offered previously and something we want to build on. We hope this commissioning activity is the start of bigger things once we have demonstrated the usefulness of these procedures.”

Each scheme has been developed with the support of national clinical experts and patient representatives. Evidence will be gathered on the clinical and cost effectiveness of each procedure.

Oxford is one of ten centres across England chosen to offer selected patients left atrial appendage occlusion and one of 20 for patent foramen ovale closure.

- Left atrial appendage occlusion is suitable for patients with atrial fibrillation (an irregular heartbeat) who are at high risk of stroke but unable to take the normal treatment (anti-coagulation) because of a significant bleeding tendency.
- Patent foramen ovale closure is a day case procedure to close a hole in the heart, reducing the risk of stroke in younger patients for whom no other cause of stroke can be found.

Unique training programme for Fellows

The first Fellows have been accredited in a unique training programme at the John Radcliffe Hospital.

Since 2009, the Trust has run a joint training programme in Critical Care Echocardiography between the Adult ICU and Cardiology Department.

The first of its kind in the UK, it gives senior registrars in critical care specialist echocardiography skills. One Fellow is appointed annually.

Echocardiography is used to stabilise and monitor the critically ill patient where knowledge of their underlying cardiac anatomy and their current cardiac status is crucial. The non-invasive nature of the technique makes it safer for critically ill patients enabling repeatable real-time assessment at the bedside.

Accreditation certificates have been presented to Dr Justin Mandeville, Dr Graham Barker, Dr Toby Thomas and Dr Dave Garry. The programme is led by Dr Claire Colebourn and Dr Jim Newton with Dr Graham Barker now joining as a Consultant.

Dr Colebourn said: “The programme is hard work, incorporating both accreditation with the British Society of Echocardiography, teaching more junior echocardiography trainees in ‘Focused Intensive Care Echocardiography’ and writing for publication in this new practice area. We have appointed a great team of Fellows who provide excellent service to the ICU and support each other’s learning.”
Patients enjoy better care in new Cardiology Outpatients Department

The Trust’s new improved cardiology outpatients and echocardiography area offers patients a one-stop shop for appointments.

The new area, part of the Oxford Heart Centre at the John Radcliffe, has been funded jointly by the Trust and the Trust’s hospital charity, with additional help from the League of Friends.

Previously, cardiology appointments and echocardiograms were carried out in different places. Now they take place together in a more comfortable environment and with reduced waiting times.

The unit has ten consulting rooms, seven echocardiography rooms and a host of new features such as information screens and pagers for patients enabling them to leave the waiting area and be contacted when their appointment is next.

The hospital’s charity ran the two-year-long Oxford Heartfelt Appeal, where staff, patients and supporters raised £870,000 to fund improvements in the area and the latest echocardiography equipment.

Ruth Titchener, Operational Service Manager for Cardiac Medicine, said: “This new unit allows us to provide a more efficient one-stop shop for patients and the improved facilities should improve their experience of care.”

Film lifts the lid on better patient care

A short film has been produced explaining how the Oxfordshire Care Summary (OCS) is helping to improve patient care.

The OCS allows hospital doctors, nurses, A&E consultants, out-of-hours GPs and hospital pharmacists to view some medical information from patient records held by GPs and local hospitals.

It means that these clinicians, including those working in minor injury units and emergency multidisciplinary units in Oxfordshire, are able to make safer and more effective decisions on the health and wellbeing of the patients they are treating.

Paul Devenish, OUH Pharmacy Clinical Services Manager, said: “The Oxfordshire Care Summary has revolutionised the way pharmacists work on the wards.

“We are saving a huge amount of time when patients are admitted because we have access to the information we need within seconds. Before, it took up to 15 minutes per patient to get information by phone and fax.

“Now, for example, we can check an unconscious patient’s allergy status in seconds, and ensure they are not prescribed inappropriate drugs at a critical part of the treatment. It means safer, better care leading to speedier discharge, and less chance of readmission due to adverse drug reactions.”

OCS is subject to strict guidelines – only authorised clinicians can access patient records. A total of 68 out of 81 GP practices in Oxfordshire have joined the OCS.

You can watch the film via YouTube.
Pregnancy device wins national diabetes award

An Oxford project harnessing technology to improve care for women who develop diabetes during pregnancy has won a national prize.

The team behind the GDm-Health gestational diabetes smartphone app received the Best Digital Initiative trophy at the Quality in Care Diabetes Awards on 16 October 2014.

The project is a collaboration between Oxford University Hospitals and the University of Oxford, funded by the Oxford Biomedical Research Centre.

Every year hundreds of women due to give birth at the John Radcliffe Hospital in Oxford develop gestational diabetes – affecting about one in ten pregnancies.

The conventional treatment is for the patient to manage and record their blood glucose levels up to six times a day, with their medication dose adjusted on fortnightly check-ups in hospital during the pregnancy. The smartphone app enables diabetes specialists to monitor their patients remotely through software on the healthcare team’s website, which allows them to view blood glucose results in real time and the opportunity to text advice and directions on medication adjustments.

The system of remote monitoring has been positively received by patients. It helps reduce the risk of ill health during pregnancy for women with gestational diabetes, and helps reduce the number of tiring, time-consuming and expensive hospital appointments.

Dr Lucy Mackillop, Consultant Obstetric Physician based at the John Radcliffe Hospital – pictured above with Diabetes Specialist Midwife Katy Bartlett – said: “This is a fantastic accolade and an excellent example of innovative and successful collaboration between the University of Oxford and the Trust. It is also a fabulous boost for our wonderful team and all their hard work.”

The technology was developed with patient input by Professor Lionel Tarassenko, Professor of Electrical Engineering and Head of Engineering at the University of Oxford, and his research group.

OUH Staff Bank – increased hourly rates

The Trust, in partnership with NHS Professionals, has increased the hourly rates of pay for Band 2/3 care support workers, Band 5 nurses and ODPs on the OUH Staff Bank.

The increased rates of pay came into action as of 3 November 2014 and they apply to all Band 5/ODP nursing staff that are registered on the OUH Staff Bank, regardless of when they last worked a Bank shift.

The increased rates of pay for Band 2 and 3 care support workers came into effect on 8 December 2014 for all who are registered on the OUH Staff Bank.

We want to encourage as many of our own registered nursing staff, who wish to work additional hours via the OUH Staff Bank, to do so. We also want to ensure that staff are rewarded appropriately for the additional hours they work to support our wards.

For more details, or to register on the Bank, please visit the OUH Staff Bank page on the intranet, or contact the NHS Professionals Client Relations Team: 01865 (5)72707.

Precision Cancer Medicine Institute funding announced

A £110m cancer research institute is to be established at the University of Oxford, a development spurred by a £35m grant from the UK government.

The Precision Cancer Medicine Institute will carry out research into a wide range of cancer therapies, including the use of genomics and molecular diagnostics, advanced cancer imaging, trials of new drugs, minimally-invasive surgery and proton beam therapy.

The aim is to understand how making cancer treatments less invasive and more directed to the characteristics of the patient’s own tumour could improve cure rates. Cancer patients from Oxfordshire and nationwide will be able to participate in research studies in a state-of-the-art institute under the guidance of leading clinicians.
Patient John Milnes is sharing the benefit of his experience to help others having an MRI scan through a video filmed at the Churchill Hospital.

The video will be highlighted in patient information sent to the 7,000 patients who have an MRI scan at the Churchill each year. Details will also be sent to GPs so they can let their patients know about it when they are referred for an MRI scan.

John said: “I would have loved something like this showing me what to expect from a patient’s perspective. Hopefully it will help other patients and allay any fears they may have before coming in for a scan.”

The video was coordinated by the Imaging Network at the Oxford Academic Health Science Network (Oxford AHSN).

Prof Fergus Gleeson, Divisional Director of Clinical Support Services, said: “An immediate aim of the Imaging Network is to make radiology departments more user-friendly and improve public understanding of the services provided.”

Anthony McIntyre, a Superintendent Radiographer at the Churchill, appears alongside John Milnes in the video. He said: “Anything that helps make it a less stressful environment for patients is good for everybody. The video dispels some myths. I would recommend patients watch it before they come in if they have any doubts about the procedure.”

The film, ‘What is it like to have an MRI scan’ can be viewed via the Oxford AHSN channel on YouTube.

Stroke test developed in Oxford goes global

A new test which assesses the cognitive ability of patients following a stroke has been developed at the Trust and is being used worldwide.

Researchers from the University of Oxford developed the Oxford Cognition Screen (OCS) by trialling the test on patients from the stroke ward at the John Radcliffe Hospital.

The test, which is specifically designed for stroke patients, provides a visual snapshot of a patient’s cognitive profile which summarises their performance across five key areas including attention, memory, spatial awareness, apraxia and perception.

Performed at the bedside, the test requires patients to complete a variety of different tasks to help identify how their cognitive ability, such as memory and spatial awareness, has been affected following a stroke.

As part of the test, patients are asked to identify pictures, recite and recall passages of text and link specific shapes together by drawing a line between them. The results of the test are used by doctors to help them to identify the specific areas and types of treatment patients will require to help aid their recovery.
News From Your Hospital Charity

Raise Big Smiles, Run Five Miles

The Oxford Mail OX5RUN is our biggest annual fundraiser for the Oxford Children’s Hospital and children’s services across the Trust.

Last year’s run raised a record-breaking £114,000 to fund extra state-of-the-art medical equipment and facilities – making life in hospital that little bit easier for our young patients and their families.

This year’s event takes place on Sunday 29 March 2015 at 10.30am.

The run is suitable for all levels of runners (and walkers) and the five mile route takes in the glorious grounds of Blenheim Palace.

You can run on your own, or why not get a group of friends, family or colleagues together and run as a team of five or more? You may even end up winning one of our very special cups.

The event supports all the wards and departments at the Oxford Children’s Hospital as well as the Horton General’s Children’s Ward, and children’s services across the Trust.

It costs £10 per person to enter, and we ask you to aim to raise £100 or more in sponsorship, which is easier than you imagine using online fundraising pages.

All runners must be aged 16 or over.

• enter online at www.hospitalcharity.co.uk/ox5run
• call 01865 743444
• email: charity@ouh.nhs.uk

Heartfelt thanks for your support

The Cardiac Division and fundraising team were delighted to welcome 400 patients and supporters in for a special event in November. The guests heard a series of talks about the latest medical developments before viewing the new Outpatients Unit at the Oxford Heart Centre.

The hospital charity has contributed £870,000 to help transform a former ward into this bright and spacious area for patients. Together with the League of Friends the hospital charity also funded some of the most advanced cardiac imaging technology available.

Medical staff, hospital supporters and the local community have taken part in walks, abseils and runs and organised charity dinners, auctions and all manner of events to raise funds for this superb new area. We are incredibly grateful to all those who helped make this happen.

You can read more on page 15.

Coming Up:

Sunday 29 March – Oxford Mail OX5RUN for the Children’s Hospital

Sunday 14 June and Sunday 20 September – abseil for your hospital charity

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.
You may have noticed that a ‘Personal Guide to Values and Behaviours’ has been launched across the Trust.

Staff are being encouraged by Chief Executive Sir Jonathan Michael and Chairman Dame Fiona Caldicott to use the guide for personal reflection and guidance on the kind of behaviours everyone would love to see and to reflect on the impact our behaviour has on our patients and colleagues.

General Managers Tony McDonald, Kathleen Simcock, Amanda Middleton, Rainer Buhler and Neil Cowan signed a statement of intent signalling their commitment to the Trust values and behaviours and agreeing to promote them to staff within their Divisions.

The statement of intent reads:

‘We pledge to use the personal guide to values and behaviours for reflection and guidance. We are committed to ensuring that our colleagues within the Division all have a greater understanding of the impact that our behaviour has on our patients and our colleagues. We will continue to celebrate the behaviours we love to see and challenge those we don’t. We the undersigned recognise that through understanding our values and behaviours we appreciate how our everyday actions support delivering compassionate excellence.’

If your team would like to pledge your commitment to the Trust values please contact Jo Durkin via email joanne.durkin@ouh.nhs.uk
From index cards to EPR – 40 years’ NHS service

Chris Pipkin, Head of Application, Training and Data Quality for OUH IM&T Services, has been working for the NHS since she joined the Radcliffe Infirmary in November 1974.

During her 40 years in the NHS Chris has been involved in a number of projects. Some of her key achievements include:

- the implantation of OxPas for Outpatients
- the introduction of printed wristbands from OxPas and NHS Number for Babies
- the implementation of the CaseNotes system
- setting up application support and training arrangements for EPR.

Her first job was as a Medical Records Clerk when her role at the time included using index cards via a big wheel to trace patient records.

Chris went on to work as a secretary at the John Radcliffe Hospital, returning to the Radcliffe Infirmary as an Assistant Patient Services Manager.

In 1993 she obtained a HNC in Business and Finance and returned to the John Radcliffe Hospital where she worked as PAS coordinator before being promoted to Data Manager.

Pictured above Chris Pipkin and colleagues.

Staff take millions of steps in pedometer challenge

Twenty teams took part in a pedometer challenge during September. They consistently improved their step count week on week, walking thousands of miles over the month.

The winners, the Sleep Walkers from Respiratory Services at the Churchill, clocked up an amazing 1,379,186 steps. Runners-up Robin’s Ward and Molecular Monsters recorded 1,216,049 and 1,203,452 respectively.

The challenge was run by the Centre for Occupational Health and Wellbeing.

David Simpson, from the League of Friends, and Catherine Stoddart, Chief Nurse, jointly presented the prizes to the top three teams.

Anna Hinton, Health Promotion Specialist, who organised the challenge, said: ‘We had an overwhelming response to this Healthy Hospital initiative and we have had many inspirational comments from staff – some of whom did not realise how little they walked during the course of the day and consistently worked hard at walking more.

“It is has been so successful that we are planning another challenge for January 2015.”