Zoe Butler, Horton Children’s Ward Manager is pictured with Nathan Morris at the Horton General Hospital’s new children’s outpatient area – see page 7.
New Deputy Medical Director starts work

Dr Clare Dollery has been appointed as the Trust’s new Deputy Medical Director.

Dr Dollery, who joined the Trust on 1 March, is part of the team reporting to Medical Director Dr Tony Berendt. Dr Dollery will also Chair the Trust’s Clinical Governance Committee (CGC) which is a sub-committee of the Trust Management Executive (TME).

Dr Dollery arrives from the Barts Health NHS Trust in London – one of the largest Trusts in England – where she was the Deputy Medical Director.

Previously Dr Dollery was a Divisional Clinical Director at University College London Hospitals (UCLH) where she was also Director of the Heart Hospital which achieved high levels of patient and staff satisfaction.

Dr Dollery has worked as a consultant cardiologist since 2003. From 2003-2007 she was a senior lecturer and honorary consultant at UCLH. Dr Dollery has led on clinical audit and governance since 2006.

OUH appoints new Professor of Nursing

Oxford University Hospitals NHS Trust has appointed a Professor of Nursing, to work in partnership with Oxford Brookes University to help develop the capability and capacity of nursing and midwifery research between the two organisations.

Professor Debra Jackson joined the Trust in January. She brings a wealth of experience as a healthcare researcher, research student supervisor, author, co-editor, mentor and coach.

Professor Jackson has an extensive background on research programmes in adolescent and family health. Debra comes to Oxford from the University of Technology, Sydney, as a Fellow of the Australian College of Nursing and a member of Sigma Theta Tau International Honor Society of Nursing. Debra has an extensive publication record and is editor of three widely used text books, as well as editor-in-chief of numerous nursing journals within the international field.

Security awareness: email scams

We are receiving an increasing number of email scams. These can appear to be from banks or courier companies and look legitimate.

They often come from email addresses that are very similar to those of genuine websites. A common theme is saying that you need to update or verify your personal details or confirm a delivery by clicking on a particular link.

Do not click on the links. Doing so may result in a virus being sent to your computer or allow a criminal to access your data.

Delete any emails of this nature immediately, and also remove them from your deleted items folder.

If your bank wants you to update your personal details it will ask you to log into their secure website, not via an email link.

Further security advice can be found on the OUH intranet, via the Estates and Facilities pages, or from Rachel Collins, the Trust Security Manager/Local Security Management Specialist via rachel.collins@ouh.nhs.uk or ext. 23313

Our progress towards becoming a Foundation Trust

Monitor, the body that regulates Foundation Trusts, has carried out a series of checks on the Trust. They have looked in detail at how we manage the quality of the care we provide, our business plan, how we make decisions, our financial plan and our performance against national standards.

Learning from this, OUH is improving some of the systems we use to govern the quality of our care, related to the refreshing of our Quality Strategy, agreed by our Board in January.

Monitor expects that the Trust will meet the waiting time standards it has planned to meet during January-March 2015, and on this basis will complete their assessment of OUH’s forward plans by the summer.

In the meantime, the Trust’s Council of Governors has been formed. For more details on the new Council of Governors, its role and its membership, please see the supplement in this edition of OUH News. Further details on the elections that took place in January and February can be found on the Trust’s website at www.ouh.nhs.uk/ft
Staff at the John Radcliffe Hospital were delighted to welcome back some very special visitors on 15 January 2015; Russian couple Dimitri and Varvara Artamkin and their five daughters – quintuplets born in the Women’s Centre seven years ago. The family saved up for a trip to the UK, so that the girls could meet the people without whom they would not have survived.

When the couple found out they were expecting five babies, doctors in Russia advised selective termination, but instead the couple decided to proceed with the pregnancy, and seek help from specialists at the John Radcliffe Hospital.

With the generous financial support of a group of Russian philanthropists, they were able to travel to the JR, where a team at the Oxford Fetal Medicine Unit led by Dr Lawrence Impey, with Prof Andrew Wilkinson, Dr Eleri Adams and 18 other medical professionals, safely delivered all five little girls.

Alexandra, Tatiana, Varvara, Elizaveta and Nadezhda were born by Caesarean section on 10 November 2007, 14 weeks early – it was the first time for a decade that quins had been born in the UK. The largest of the babies weighed only 2lbs 2oz.

The safe delivery of quins is a rare and difficult process, requiring a very high level of professional expertise; other hospitals in England were on standby in case their help was needed.

The babies all needed intensive care for three months after the birth, until they were well enough to leave hospital and return to Moscow with their parents in March 2008.

The babies thrived, and the family has stayed in touch with the staff at the John Radcliffe Hospital ever since. They were delighted to be reunited with Dr Impey and his team on Thursday 15 January, when Dimitri and Varvara visited the Women’s Centre with their daughters.

“It’s fantastic to be here with the girls seeing everyone again,” said Dimitri.

“We are so thankful to the doctors and nurses who took care of Varvara and the girls – they did the most amazing job. We’ve come here to show our gratitude to them. We’ve shown the girls so many pictures of the team as they’ve grown up, so they were very excited to meet them in person and see the place where they were born. It’s very special to us all.

“It was very important to us for them to know the people who did so much for them. We cannot thank them enough. I hope the girls will remember this visit for the rest of their lives, and always feel grateful for the care they received.”
Work starts on new main entrance at John Radcliffe Hospital

Work is under way on the construction of a new Welcome Centre at the John Radcliffe Hospital.

The aim is to provide a much more attractive main entrance which is used by thousands of people every week. Work is due to finish in autumn 2015. Pedestrian access to the main entrance will be maintained throughout the construction.

No vehicles can currently access the area immediately outside the existing main entrance.

Pedestrian access to the Academic Centre and WIMM is via the outside of the Women’s Centre.

Disabled patients and visitors parking has moved to Car Park 2 (outside the Women’s Centre) during improvement work with 48 disabled parking spaces available in the part of this car park which is closest to the main entrance.

Emergency ambulances are unaffected. Non-emergency ambulances and some volunteer drivers are using the West Wing entrances. Taxis are using the drop-off zone in Car Park 2.

The Welcome Centre will include a new main reception desk, a patient information area, Patient Advice & Liaison Service (PALS) and three retail units.

The project is being financed from non-NHS funds, through a commercial agreement that is expected to make a small surplus for reinvestment into services for patients, visitors and staff.

New website to ‘match-make’ patients and medical researchers

Patients are being invited to ‘match-make’ with medical researchers through a new website patientsactiveinresearch.org.uk, which has been launched to promote patient involvement in research. Patients, carers and members of the public with an interest in medical research can use this website to find research they are interested in which is being carried out by researchers working in hospitals and universities across the Thames Valley.

Patients, carers and other members of the public can play a vital role in medical research. By working as partners with researchers, they can help to ensure that research focuses on what matters to patients, is carried out in ways that feel right for them and the results made public to all who can benefit.

Some of the opportunities are open to those with specific conditions, such as cancer, heart disease or mental health problems, while others are open to all.

Dr Sophie Petit-Zeman, Director of Patient Involvement, Oxford Biomedical Research Centre (OxBRC), explained that the website’s main aim is to link up researchers with patients and others who want to support the planning of research and help inform how it is done.

She said: “We know that this can make research more relevant for patients, which has to be its ultimate aim. Having a route through which ‘matchmaking’ is made easier is a really important step.”

When logging on to the website visitors are invited to register their details on a form to be sent regular updates as new opportunities for involvement arise. They can also search the growing database for projects of interest, without registering.

Many researchers have already put information about their projects on the site, but more are being added all the time.
Scans offer clues to brain’s response to hand loss

The brain is an adaptable organ able to adjust the messages it sends in people who have only one hand, according to an Oxford research project.

The study sheds new light on what happens to the large parts of the brain that control hand and arm movements when a hand is missing and how the brain adapts to find new ways to complete everyday tasks like tying shoelaces or opening a bottle.

It could have widespread implications, particularly for patients attending rehabilitation programmes at the Oxford Centre for Enablement at the Nuffield Orthopaedic Centre.

Study co-author Dr David Henderson Slater, Consultant in Neurological Disability and Rehabilitation Medicine based at the NOC, said there could be benefits for stroke patients, as well as amputees and people with congenital limb deficiency.

He said: “We have always known that some people adapt to the loss of a limb very soon, and start to make changes in the way they use other parts of their body to compensate.

“This study helps us to understand the neuronal basis for this, and shows us that the brain adapts and learns how to supplement for hand loss. The question is how you make better use of what is left behind and achieve more functional independence.”

The study was led by the University of Oxford in collaboration with Oxford University Hospitals NHS Trust, supported by the Wellcome Trust and the artificial limb provider Opcare. The results were published at eLifeSciences.org.

The response of the brain in people missing a hand was measured through functional MRI brain scans taken at the John Radcliffe Hospital.

Study leader Dr Tamar Makin, of Oxford University’s Centre for Functional MRI of the Brain (FMRIB), said: “One of the key findings was that the brain doesn’t care if you are born with only one hand. The brain is not fussy about whether there is a hand at the end of the arm, a prosthetic or a ‘stump’ – so long as it is used in a similar way.

“We can take advantage of the big brain area that is free and available to help people adapt to their disability.”

Oxford leads search for Ebola vaccine

The National Institute for Health Research (NIHR) Clinical Research Network (CRN) is supporting the first commercial Ebola trial in the UK as part of the global effort to combat the disease. There is currently no approved vaccine guarding against the deadly virus.

Dr Matthew Snape, the Chief Investigator of the trial at the Oxford Vaccine Group, part of the Department of Paediatrics at the University of Oxford, is leading the large phase 1 study.

He said: “If we have a safe and effective vaccine it could begin to have an impact later this year. That is the goal that is seeing manufacturers, public health bodies and research regulators come together to accelerate the first clinical trials of new Ebola vaccines.”

Johnson & Johnson could have 250,000 doses available in May, if health authorities deem it safe and promising enough to distribute more broadly.

The company says it could have two million doses of the vaccine available later this year.
Scanner appeal in memory of Oxford renal surgeon

The widow of a Churchill Hospital surgeon has launched a campaign to continue the work of her husband.

Surgeon, Nilay Patel died of viral myocarditis, an inflammation of the heart muscle, in May 2014. His wife Seetal, along with the charity Urology Cancer Research and Education (UCARE), aims to raise £30,000 for an ultrasound scanner at the Churchill.

Mr Patel came to Oxford in 2001 as a junior doctor and was a Consultant Urological Surgeon for two years. He was part of a three-man team that performed complex renal surgery for conditions including kidney cancer.

His specialist work included the removal of a cancerous kidney from the body, cooling it, removing the tumour and putting it back into the patient. Following the procedure blood flow into the kidney is checked by ultrasound scanning.

It is hoped the UCARE appeal will enable a dedicated scanner to be provided for the urology surgical team. Consultant Urological Surgeon Professor David Cranston, who worked with Mr Patel, explained that it is important for surgeons to have access to a scanner at all times. Currently an ultrasound scanner has to be moved from another department when needed. This can cause delays and potential kidney damage.

In addition, Mr Patel’s family and friends have collected more than a £1,000 to purchase two benches in his memory. Carolyn Nelson, patient administration coordinator for the Urology Department, said: “We wanted to do something that would make Nilay proud. Every time I walk past them I think of Nilay with admiration.”

One bench will be placed on the Urology Ward in the Oncology and Haematology Centre and a home for the other bench is to be decided. The inscription reads: ‘Husband, Father, Friend, Councillor and Colleague.’

To make a donation to the ultrasound scanner appeal go to www.justgiving.com/n1lay or visit www.ucare-cancer.org.uk

Give us your views – by text message

Hospital patients are being encouraged to give their feedback via text message as part of a drive to increase the level of feedback on hospital services.

Currently, patients are asked to respond to the ‘Friends and Family’ question “How likely are you to recommend our ward/department to your friends and family?” via the Trust website, or by picking up a leaflet in service areas.

Now, in addition, Oxford University Hospitals is introducing text messaging and automated phone calls asking for feedback from patients who have attended the emergency departments, outpatient clinics or been on a day-case ward.

The text messaging and automated phone call service is only available to people who are attending the emergency departments at the John Radcliffe Hospital and the Horton General Hospital, those who are admitted to a day-case ward, or attend an outpatient appointment.

Those admitted to an inpatient hospital ward, or who have used maternity services, or who are aged under 16, will continue to be asked to complete the FFT survey online or complete a paper questionnaire. All responses are free and anonymous.

Oxford University Hospitals NHS Trust has asked Healthcare Communications to contact patients on behalf of the Trust.

All contact details are encrypted before they are securely transferred and held in accordance with the Data Protection Act (1998). Anyone who does not wish to be contacted by text or telephone can opt-out by speaking to a member of staff. Alternatively, they can reply STOP to the text message or hang up the phone call.
New children’s outpatient area at the Horton

An outpatient area just for children opened at the Horton General Hospital, Banbury, in December.

Office space near the main outpatient department has been converted to provide dedicated paediatric clinics and a waiting room.

Zoe Butler, Horton Children’s Ward Manager, said: “We now have a much better environment, focused for children. It’s much more family-friendly. We are already getting positive feedback about how welcoming it is.

“It’s made a huge difference to the phlebotomy clinics in particular – a play specialist can now work with our young patients and support the team.”

Around 100 children per week are seen at the Horton — and more clinics are planned.

Another benefit of creating a dedicated children’s outpatient area is that it has freed up capacity to run more clinics in the main outpatient area.

Nurses and midwives: revalidation starts NOW!

Registered nurses and midwives must start preparing now for changes to the way they register with the Nursing and Midwifery Council (NMC).

From the end of December 2015 the current three yearly Notification of Practice (NOP) form is being replaced. All registered nurses and midwives will have to produce the following evidence to support their registration:

- a 360-degree appraisal based around The Code (revised professional standards of practice and behaviour produced by the NMC)
- signed off at least 450 hours of clinical practice in three years
- signed off at least 40 hours of Continuing Professional Development (CPD) of which a minimum of 20 hours must be participatory learning
- declaration of good health and good character
- evidence of at least five instances of reflection on practice-related feedback
- appropriate professional indemnity.

Catherine Stoddart, OUH Chief Nurse, said: “It’s really important that all nurses and midwives start getting their evidence together now. Don’t delay – start it today!”

Nurses and midwives will be notified by the NMC 60 days before their application for revalidation is due. They will then need to complete the revalidation process online. This will need to be confirmed by a registered nurse or midwife, preferably their line manager.

Anyone failing to submit an application on time will put their registration at risk. This means that they will not be able to work as a registered nurse/midwife until they have completed the revalidation process.

Further information:
- Rachel Adams, Lead Nurse for Safe Staffing: rachel.adams@ouh.nhs.uk
- Liz Wright, Deputy Chief Nurse: liz.wright@ouh.nhs.uk
- www.nmc-uk.org and search for ‘Revalidation’
New Churchill day surgery unit

Work is due to start soon to modernise the busy day surgery unit at the Churchill Hospital and create a much improved patient environment.

The number of patients seen – and the range of procedures undertaken – at the day surgery unit has risen dramatically and now stands at more than 9,000 per year.

The redevelopment will greatly enhance privacy and dignity, with the existing 17 curtained bays replaced by two four-bed bays, two two-bed bays and two single rooms.

There will also be more toilets and six consulting rooms. These will double as pre-assessment outpatient rooms in the afternoons enabling patients to familiarise themselves with the unit before the day of surgery.

The new unit will feature new nursing ‘touch bases’. These are smaller work stations dotted around the unit instead of a single large nursing station. This should enable nurses to get closer to patients and better respond to their needs.

The overall result will be a quieter, more relaxed unit. The changes will also make it easier to comply with national guidelines relating to same-sex accommodation.

The project is due to finish early in 2016.

Research Open Evening

An open evening focusing on translational research into Inflammatory Bowel Disease will take place on Thursday, 12 March from 6-7pm in the George Pickering Education Centre at the John Radcliffe Hospital.

People wishing to attend this Patient and Public Involvement event should register their interest by emailing jackie.davies@ndm.ox.ac.uk

Emergency Assessment Unit

The new-look Emergency Assessment Unit (EAU) at the John Radcliffe Hospital has been opened to patients following the completion of initial building works.

The unit has been redesigned to improve the facilities and to create a more user-friendly environment, increasing the overall experience for our patients.

As part of the redevelopment, brightly coloured yellow doors and information signs have been included to make the EAU dementia-friendly.

Anna Maxwell, Senior Sister on EAU, said: “The redesign of the Emergency Assessment Unit has meant that we’ve been able to improve the environment and the facilities that support the care and comfort of our patients. The unit looks fantastic and we are really pleased with it.”

To help improve the flow of patients, the unit’s capacity has increased so that it now provides 25 seated treatment areas, nine rapid nurse assessment spaces and 23 bed spaces.

Unlike the Emergency Department, patients are only accepted to EAU on referrals, either from GPs, ambulance or Emergency Department staff. The unit aims to care for patients for around 12 hours; if further treatment is required they will be admitted to hospital wards.

Nine-week ‘pilot’ singing group at the John Radcliffe

A new singing group made up of 45 staff from across the Trust has been in good voice since January.

Organised by the Centre for Occupational Health and Wellbeing, the group was created following an overwhelming response to a survey which asked staff if they would consider joining a singing group if one was available.

Led by local singing teacher Liz Hodgson, the group meets every Wednesday evening until the end of March when the nine-week pilot ends.

Anna Hinton, Trust Health and Wellbeing Promotion Specialist, said: “Liz brings a wealth of experience to the pilot, having run singing groups and workshops for more than 30 years.

“The response to the group has been overwhelming with staff from all four hospital sites expressing an interest. The 45 spaces were filled within a day of announcing the pilot and we had a waiting list of people ready to fill spaces if they became available.”

If the pilot is successful, it is hoped that it will continue on a regular basis with more spaces becoming available, and the possibility of a second group being introduced.
Patients requiring treatment for blood disorders now have improved access to a new, purpose-built Therapeutic Apheresis Services (TAS) Unit based at the John Radcliffe Hospital.

Located in the NHS Blood and Transplant (NHSBT) Blood Centre at the hospital, the new four-bed unit is larger than the previous unit and provides life-saving and life-enhancing services to patients from across the region.

A national function provided by NHSBT, apheresis is a medical procedure for the clinical treatment of autoimmune diseases and blood disorders. The purpose of therapeutic apheresis is to remove or replace a component of the blood which contributes to a blood disorder.

The process involves the removal of blood from a patient or donor into a cell separator machine. The blood is separated within the machine into its main components; plasma, platelets, white blood cells and red blood cells. The component with the disease-causing substance is selectively removed and all other components are returned, resulting in improvement in the patient’s symptoms.

Following the relocation and expansion of the unit, the service is now able to offer a specialist treatment for which patients previously had to travel to London. Extracorporeal Photopheresis (ECP) is a treatment to support patients who have received a bone marrow or stem cell transplant and go on to experience rejection side-effects due to the donated cells attacking the body’s own cells. ECP can improve quality of life and allow patients to reduce other medicines.

TAS supports a range of clinical specialties including haematology, oncology, paediatrics, neurology, immunology, rheumatology and maternal medicine. It provides treatment for patients affected by a wide range of conditions such as certain types of Lymphoma, Encephalitis and Sickle Cell Disease.

Oxford scientists share world-leading research

The National Institute for Health Research (NIHR) Oxford Biomedical Research Centre (BRC) is holding a series of free ‘Open Weeks’ events in March including talks, tours and exhibitions showcasing world-leading research to improve healthcare.

The BRC brings together researchers and clinicians from Oxford University Hospitals NHS Trust and the University of Oxford to improve healthcare through translational research – taking laboratory research into clinical settings.

Vasiliki Kiparoglou, Head of Operations, NIHR Oxford BRC, said: “Oxford has long been at the forefront of medical research. This is a fantastic opportunity to learn about the benefits to patients of the latest developments in healthcare research.”

Further information: www.oxfordbrc.nihr.ac.uk
Nursing grand rounds
Monthly nursing grand rounds were introduced by the Trust at the end of 2014 to help spread best practice.

Liz Wright, Deputy Chief Nurse, said: “They are for educational purposes and to encourage wider learning on topics that are of relevance and clinical interest.

“They are led by a senior nurse, consultant nurse, Divisional nurse or advanced practitioner. Clinical staff participate in the presentations and share their good practice and techniques. They have been really well evaluated and received.”

The nursing grand rounds are primarily for nurses, midwives and allied health professionals. Non-clinical staff are also welcome to attend. All who come along receive certificates of attendance.

Nursing grand rounds take place in Lecture Theatre 1 at the John Radcliffe Hospital with live streaming to other OUH sites. Forthcoming subjects are:

- 9 March, 3-4.30pm – dementia (Liz Wright)
- 20 April, 3-4.30pm – safe staffing (Liz Wright/Rachel Adams)
- 12 May, 3-4.30pm – research/innovation (Catherine Stoddart)

We would be delighted if you would join us at our

DEMENTIA INFORMATION CAFÉ

Next Café Date: Time: Venue
24 March 2015 2 - 3.30pm On 3 Restaurant, Level 3, JR Hospital
30 April 2015 2 - 3.30pm On 3 Restaurant, Level 3, JR Hospital
28 May 2015 2 - 3.30pm On 3 Restaurant, Level 3, JR Hospital
25 June 2015 2 - 3.30pm On 3 Restaurant, Level 3, JR Hospital

Staff complete dementia training
Specialists Dementia Nurses at Oxford University Hospitals NHS Trust have taken part in a unique training course developed to aid Dementia Education and Learning through Simulation (DEALTS). DEALTS was developed though a Health Education Thames Valley sponsored fellowship in clinical simulation.

Hosted by OxSTaR at the John Radcliffe Hospital and funded by Health Education England, the programme uses a ‘train the trainer’ approach to provide simulated training scenarios for staff.

New dementia research project
OUH is backing a new campaign encouraging patients and carers to take part in research into dementia.

‘Join Dementia Research’ is a national initiative which makes it easy to ‘match-make’ volunteers with a wide range of dementia studies underway locally and nationally.

Local project manager Jennifer Potts said: “The aim is to increase the number of people taking part in dementia research and to make it easier for them to sign up.”

For more information contact jennifer.potts@oxfordhealth.nhs.uk or go to joindementiaresearch.nihr.ac.uk or @beatdementia on Twitter
Dementia training for all staff

A new set of mandatory training modules to help support and promote dementia awareness amongst OUH staff is now available on e-LMS via the drop down menu.

Seven new training modules are split into three tiers, representing different levels of training.

The tier of training that staff are required to complete is dependent upon their level of contact with patients who have dementia.

Tier 1 is an awareness level which covers general information about dementia, including basic education and how to manage the condition. This training level (module 1) is required for all staff who have or are likely to have any experience of patients with dementia in the hospital, both clinical and non-clinical.

Module 1 is being integrated into the current Safeguarding Adults training, including for induction, for clinical and non-clinical staff and will be available from April 2015.

The eLearning package is available through the e-LMS and is based on the eLearning package provided by the Social Care Institute for Excellence (SCIE), via the intranet.

Dementia is likely to affect 1 in 3 of us, and it is important that all staff are aware of its impact and that it could affect them and their families as well as their patients.

Free talk on dementia

Find out more about dementia treatment and the latest research at a free open event at the John Radcliffe Academic Centre on Saturday 28 March (10am-1pm). Organised by Oxford University and Alzheimer’s Research UK. Further information: www.dpag.ox.ac.uk/aruk
New kit helps stroke victims

Patients with paralysed or weakened muscles are benefitting from a new piece of equipment to boost their rehabilitation. The Neuro-Rehabilitation Service at the Oxford Centre for Enablement is one of only a few NHS centres to have a Functional Electrical Stimulation (FES) bike for rehabilitation following a stroke, traumatic brain injury or spinal cord injury.

The FES bike cost £12,000 and was funded through donations from the League of Friends at the Nuffield Orthopaedic Centre and the Charitable Funds Hospital Innovation and Enhancement Fund (HIEF). Emma Dodds, Senior Physiotherapist specialising in neuro-rehabilitation at the Oxford Centre for Enablement, said the cycling system allows individuals to exercise the muscles of paralysed limbs and aims to build muscle bulk and strength and improve fitness.

FES cycling uses electrical stimulation to create movement of the legs or arms in order to pedal the bike. It works by placing electrodes with sticky pads, on to the muscles, and sending an electrical current to the nerves, causing the muscles to contract. The bike enables the patients to start working their limbs more independently at a more acute stage in their rehabilitation, encouraging the patient to feel more empowered.

Emma explained: “The FES bike enables the patient to exercise safely and independently once set up by their therapist, increasing the opportunity for independent training. This enables the therapist to maximise their time, as they are able to treat another patient alongside the patient working on the bike. Exercise for people with neurological conditions can be difficult to achieve and inconvenient for many reasons. However, the bike provides a means of exercise not otherwise possible.”

Patients use the FES bike intensively three times a week for 30 minutes, alongside other treatment interventions. It is easy to use and set up, and accessible to the majority of patients treated at the Oxford Centre for Enablement.

Emma added: “We are very grateful to the League of Friends and Charitable Funds for their donations. The Physiotherapy Department has a responsibility to keep abreast of innovations in technology. The FES bike adds to the available range of upper and lower limb treatment interventions, potentially leading to more functional use of the arms and legs. It increases the skills and expertise of the physiotherapists and ensures we keep abreast of evidence-based approaches to rehabilitation.”
JR League of Friends Café gets a makeover

The League of Friends Café on Level 2 at the John Radcliffe Hospital has reopened for business following the completion of a £200,000 refurbishment.

The project, which was completed at the end of last year, was funded by the League of Friends.

As part of the refurbishment, the kitchen and serving space has been updated and expanded, whilst new flooring, wallpaper and hand rails have also been fitted. A key feature of the new-look café is a 20ft daisy mural which decorates one wall and includes interesting facts and statistics about the café.

Oxford University Hospitals leads genome project

Oxford University Hospitals NHS Trust is working on a large-scale gene sequencing project to transform the diagnosis and treatment of cancer and rare diseases.

Oxford University Hospitals has chosen to host one of 11 Genomics Medicines Centres (GMCs) being set up in England as part of the 100,000 Genomes Project, which aims to transform the treatment of disease.

The centres will collect DNA samples to help devise more tailored treatments for a wide range of diseases, focusing primarily on cancer and rare genetic diseases.

Recruitment is underway. The project involves collecting and decoding thousands of patients’ genomes – complete sets of genes – to gain a greater understanding of diseases and aid diagnosis.

Sequencing the genome of a person with cancer or someone with a rare disease will help in understanding how disease works. Researchers believe the project could transform healthcare, with improved disease prediction and prevention, with more precise diagnostic tests and personalisation of drug treatments.

Anna Schuh, OUH Consultant Haematologist and Director for Molecular Diagnostics, Department of Oncology, University of Oxford and Head of the Oxford Molecular Diagnostics Centre, said: “We have a long history of genome sequencing in Oxford. “This presents us with a great opportunity to be part of a wider programme through Genomics England which is unique in terms of its scale and ambition. “We are pleased to receive this designation so that we can continue to contribute to improving clinical outcomes for patients with cancer and rare diseases by innovating diagnostics for precision medicine. “This programme will transform NHS diagnostic services and will help train a new generation of diagnosticians and researchers.”

Participation in the project will require volunteers to consent to allow researchers access to their genetic code and medical records. The data of these patients will be strictly protected through Genomics England’s secure data services.

The other GMCs are in Cambridge, London, Liverpool, Manchester, Newcastle, Exeter, Birmingham and Southampton.
Biomedical scientist Sandra Richards launched a scheme in October to send gift boxes to colleagues volunteering in Sierra Leone.

Sandra, who works in the pathology laboratories at the John Radcliffe Hospital, decided she wanted to support the many scientists working to combat the Ebola outbreak in Sierra Leone, along with other West African countries.

Sandra is collecting small treats to include in her gift boxes and has won the support of the Institute of Biomedical Sciences which is also promoting her initiative on its website.

Sandra said she wanted to recognise the contribution of scientists out in the field in Sierra Leone working alongside other volunteers and military personnel.

She said: “The doctors and nurses on the frontline are in the public eye, but people forget about the scientist behind the scenes doing valuable work in the diagnosis of Ebola. I want to put a smile on their faces and let them know that we are thinking about them and I hope they enjoy the little treats that they may not have out there, such as biscuits, books, toiletries and things from home.”

She has received many replies from the recipients saying how much they have appreciated the gift boxes and the support being shown to them.

Drawing from past experiences, Sandra herself received a box of gifts while serving as a driver in the Royal Logistics Corps in Northern Ireland, in 1992. She said: “I’ve served on a tour of duty and getting a box of treats from a supportive stranger is a massive boost when you are working in such a dangerous environment.”

Sandra was particularly keen to help biomedical scientists, who she said play an important role in diagnosing Ebola. If anyone wants to send a gift box, email opgiftbox@gmail.com
Drop-in centre helps keep your New Year’s resolutions on track

Many of us find that our New Year’s resolutions about healthier lifestyle choices are often hard to keep, but specialist teams at the John Radcliffe Hospital are continuing to help people stay on track.

Throughout January and February 2015, the Trust’s Occupational Health and Wellbeing and Here for Health Centre teams ran a ‘New Year’s resolution’ campaign.

Their aim was to encourage and support people to make one small lifestyle change to improve their overall health and wellbeing.

Opened in August 2014, the Here for Health Centre provides an innovative and novel service which forms part of the Trust’s commitment, through its joint Public Health Strategy with Oxfordshire County Council, to improve health and prevent disease in patients, visitors and staff.

Áine Lyng, Health Promotion Specialist at the Centre, said: “We are passionate about supporting individuals to live healthy happy lifestyles. New Year is a time when lots of people look to make changes to improve their health, and we would like to try and help people achieve those goals. Our service offers an opportunity for visitors to access information and support which can aid healthy lifestyle choices.”

The Here for Health Centre offers a range of support and advice on different areas of health such as healthy eating, physical activity, alcohol intake, smoking and weight management. Advice on all of these topics is available to individuals on a drop-in basis.

For more information or to visit the Centre, please contact the team via email at hereforhealth@ouh.nhs.uk or call 01865 221429

Project to help patients sleep better gets more funds

Researchers based at the John Radcliffe Hospital, who are studying how noise levels affect patients’ ability to sleep on hospital wards, have been given a funding boost.

The National Institute for Health Research (NIHR) has given £280,000 to the Kadoorie Centre project led by Prof Duncan Young.

Prof Young’s team is talking to patients about what disturbs them the most. Potential changes will be tested in the adult intensive care unit at the JR.

Lack of sleep can delay recovery – keeping patients in hospital beds for longer. The researchers hope their work will lead to lower noise levels and improved sleep.

As well as Oxford University Hospitals, the project is supported by the University of Oxford, the NIHR Biomedical Research Centre and the NIHR Clinical Research Network.

For further information please email silence@ndcn.ox.ac.uk
Innovative surgery for liver patients

An innovative surgical technique to remove large tumours from the liver using minimally-invasive keyhole (laparoscopic) surgery has been performed at the Trust for the first time.

In the last six months, the hepatobiliary and pancreatic surgical team at the Churchill Hospital have successfully performed the first laparoscopic hemi-hepatectomies – the removal of tumours and diseased half of the liver using keyhole surgery – becoming one of only a few Trusts in the country to offer this procedure.

Laparoscopic liver surgery has been carried out in the Trust since 2009. However, until recently, these were only minor resections removing small portions of diseased liver along with the tumour. Patients requiring the removal of large tumours still needed to undergo major open surgery.

Although keyhole surgery itself is becoming more common, it is not yet widely used for major liver surgery due to the complex blood supply to the organ, which makes this high-risk major surgery a particularly challenging technique to perform.

Unlike the traditional open surgical procedure, which results in much larger wounds and longer recovery times for patients, this laparoscopic technique is performed by making small incisions (to introduce instruments about the diameter of a pen) in the abdomen. Surgeons then use a small telescope with a camera attached, to visualise the area and to remove the diseased sections of the liver.

Because the technique is minimally-invasive, patients who undergo keyhole surgery generally tend to experience less pain, quicker recovery times and shorter stays in hospital.

Mr Giles Bond-Smith, a Senior Fellow in Hepatobiliary and Pancreatic Surgery at OUH, said: “This is a huge step forward for the department and means that we are now able to offer these cutting-edge surgical techniques to more patients, who could benefit by seeing fewer postoperative complications. Typically, we would expect patients to be in hospital for an average of 7-10 days following open liver surgery; however, we have seen a reduction in this for patients having laparoscopic procedures, with some being discharged within 4-5 days.”

Patients who have laparoscopic surgery also have a reduced risk of wound infection (due to the reduced size of the incision). This is particularly important for patients who have tumours removed from the liver, as it means they can be considered for other treatments sooner, such as postoperative chemotherapy to help target any remaining cancerous cells which were not visible during surgery.

Clinical scientists harness innovation to benefit patients

Did you know that 800 healthcare scientists work at OUH in 50 different specialisms? They use the latest technology to benefit patients and their work underpins 90% of all patient journeys.

The Trust has piloted new national training schemes – and the first Registered Clinical Scientists have now completed a three-year postgraduate scientist training programme.

One of them, Fred Gamper (Immunology), said: “The training has been fantastic. I have experienced many different aspects of patient care in a number of different disciplines; from ensuring accuracy of blood tests to attending immunodeficiency clinics, meeting the patients we work for.”

His colleague Katharine Kenny (Medical Physics), who received the Chief Scientific Officer’s ‘Rising Star’ award, added: “I’ve really enjoyed learning to apply my physics knowledge to patient care.”

Some of the trainees will go on to higher specialist scientific training through the Medical Royal Colleges to become consultant scientists, leading services and research. OUH hopes to support more trainees to build on this initial success.
New technology promises better X-ray quality

Patients requiring X-rays at the John Radcliffe Hospital are now benefitting from a new wireless digital system which provides higher quality images.

The new diagnostic system replaces an older X-ray machine and offers excellent image quality as well as reducing the amount of time it takes to treat each patient.

Steve Barry, Deputy Superintendent Radiographer, at the John Radcliffe Hospital, said: “The room is very intuitive to use and faster, which means we are able to see more patients. The wireless portable detector allows us to provide improved imaging for our bedbound and less ambulant patients with minimal disruption to them.”

The digital machine produces images faster and also boasts a wireless digital plate, which increases efficiency by providing freedom of movement, eliminating the need to deal with obstructive cables.

The benefit of having a wireless digital plate is that it can be used to easily provide X-rays for patients who are confined to bed or those who require trauma, orthopaedic and wheelchair exams, with minimal disruption to the patient.

New Care Certificate for support workers

The ‘Care Certificate’, a competency portfolio designed to introduce consistent standards of training for all health and social care workers across the NHS, is to be launched nationally in April 2015.

A compulsory requirement for all new employees in bands 1-4 healthcare support roles, the certificate will need to be achieved within 12 weeks of their employment start date. Existing staff will be required to continue to evidence that they have completed equivalent training.

Claire Wardle, Lead Nurse in Practice Education and Development based in the Support Worker Academy at the Churchill Hospital, said: “The Care Certificate reflects the behaviours that are underpinned by the Chief Nursing Officer’s 6Cs (care, compassion, competence, communication, courage and commitment) and covers key subjects such as Duty of Care, Privacy and Dignity and Basic Life Support.

“The Support Worker Academy Team at the Trust will be assisting wards and clinical areas in the delivery, monitoring and assessment of the Care Certificate. We will be running workshops and information sessions on the implementation of this new requirement to help our staff achieve the competencies required in order to attain the certificate.”

In the wake of the Francis Inquiry, Times journalist and associate editor Camilla Cavendish was asked by the Secretary of State to review and make recommendations on the recruitment, learning and development, management and support of healthcare assistants and social care support workers.

The report which looked at standards in the care sector highlighted the lack of ‘compulsory or consistent’ training and support for care staff. It recommended the development of a Certificate of Fundamental Care (the ‘Care Certificate’) which would introduce consistent standards of training for staff assisting in hospitals across the NHS, and other care roles.

The Care Certificate has been developed by Skills for Health and Skills for Care and is supported by Health Education England.
**Raise Big Smiles, Run Five Miles**

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

This year’s five mile run takes place at 10.30am on Sunday 29 March at Blenheim Palace.

You can take part on your own, or why not get a group of friends, family or colleagues together and make a team of five or more? The course is suitable for all levels of runners (and walkers) and it only costs £10 to take part.

To find out more or sign up online please visit [www.hospitalcharity.co.uk/ox5run](http://www.hospitalcharity.co.uk/ox5run) or call 01865 743444.

Many thanks to the organisers, the Oxford Mail, supported by The Oxford Times, our sponsors Allen Associates and also Blenheim Palace and SH Creative for all their support.

**Introducing our new Head of Fundraising**

We are delighted to welcome Jayne Ozanne to the hospital charity as our new Head of Fundraising.

Jayne has headed up marketing teams with Proctor & Gamble, Kimberly Clark and the BBC and also worked in senior roles with Oxfam, the Girl Guides and the Church of England.

She says: “Having just joined the team I am deeply struck by the energy and generosity that exists towards our hospitals and I am really looking forward to building on this success.”

The hospital charity raises funds for causes across all four hospitals at Oxford University Hospitals NHS Trust. To find out more about how you can get involved or make a donation to the hospital area closest to your heart visit www.hospitalcharity.co.uk or call 01865 743444.

**Coming up:**

- **Sunday 29 March** – Oxford Mail OX5RUN for the Children’s Hospital at Blenheim Palace.
- **Monday 11 May** – Stoke Park Golf Day and dinner, and also a Spa Day, in support of lymphoma research at the Churchill.
- **Friday 12 June** – Oxford Children’s Hospital Golf Day at Studley Wood.
- **Sunday 14 June** and **Sunday 20 September** – Abseil for your hospital charity.

Please see our website or call us for more details of all these events.

**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](http://www.hospitalcharity.co.uk), email charity@ouh.nhs.uk or call 01865 743444.**
Throughout 2014, the Trust piloted the Value Based Conversation at Work course with line managers and supervisors. We have been delighted at the response with 100% of attendees recommending the course to others. The one day course has been extended to 2015 with dates available to December.

The course is fully funded by the Health Foundation as part of the Shared Purpose Programme supporting Delivering Compassionate Excellence through Staff Engagement. There is no cost to departments for attendance.

The VBC course is now available for line managers and supervisors to book via E-LMs on the Trust Intranet. Find out more about the course https://www.youtube.com/watch?v=Xl9mDv6yI7A
Secretary Lynn signs off after 44 years

Oncology secretary Lynn Morin retired in December after completing over 44 years’ service with the Trust.

Lynn worked in a variety of secretarial roles, including working for Dr Chris Alcock, Consultant Clinical Oncologist at the Churchill Hospital, for over 30 years until his recent retirement.

Lynn recalls: “When I joined the Trust all those years ago, things were very different. Clinical letters were typed on manual typewriters, patient details were recorded on cards and appointments were made in a clinic appointment book for individual consultants. The appointments were then written on the back on an index card.” She added, “When PAS was introduced in 2000 it made life a little easier.”

As Dr Alcock’s secretary, Lynn was involved with the development of the new Cancer Centre and one of the highlights of her career was when the team moved into the new premises six years ago.

Volunteers needed for trial into type 2 diabetes

Volunteers are needed for a new clinical trial into type 2 diabetes.

The focus is on whether a naturally occurring hormone called kisspeptin can boost testosterone levels in men with type 2 diabetes.

Around one third of men with type 2 diabetes have low testosterone – this is linked to an increased risk of cardiovascular problems.

Research suggests kisspeptin levels might also be low in people with type 2 diabetes.

The Oxford Centre for Diabetes, Endocrinology and Metabolism (OCDEM) at the Churchill Hospital is starting a clinical trial of a longer-acting version of kisspeptin called TAK-448 to find out how it could have a beneficial impact on testosterone release.

More information from Sarah White email cru@ocdem.oct.ac.uk or call 01865 857287

Bringing the hospital to the roadside – Air Ambulance ER Sky1 HD

John Radcliffe Emergency Department Consultant Dr Syed Masud was one of the ‘stars’ of a new TV series highlighting the work of the crews of the Thames Valley & Chiltern Air Ambulance.

The ‘Air Ambulance ER’ documentaries, broadcast on Sky 1 in January and February, followed Dr Masud and his colleagues as they attended incidents and accidents involving major trauma and requiring swift medical attention at the scene and later in the ED.

Dr Masud has been instrumental in setting up the Trust’s Emergency Care Response Unit (ECRU) which works with local ambulance services to provide rapid emergency care and improve clinical pathways.

It has led to specialist emergency care physicians from the John Radcliffe joining paramedics in delivering rapid critical care on the scene, increasing the chances of survival.

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 May 2015. If you have any news from your team or department that you would like to be featured, please contact the Media and Communications Unit on 01865 231471 or email media.office@ouh.nhs.uk Deadline for copy is 27 March 2015.

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