CONGRATULATIONS TO OUR AWARD-WINNERS

MAJOR ENERGY PROJECT SAVES HEATING COSTS

January 2016 Issue 23

News from around the John Radcliffe Hospital, Horton General Hospital Nuffield Orthopaedic Centre and Churchill Hospital
News from your Governors

YOUR ENGAGEMENT WILL HELP US IMPROVE SERVICES.

Towards the end of 2015 the OUH was granted Foundation Trust status. This endorses the hard work of everyone working in and for our hospitals, and challenges us all to build upon a good position and develop our services with greater involvement of our patients and the public than ever before.

The Trust Board will continue to run the OUH hospitals and services. However, becoming a Foundation Trust brings on board a new Council of Governors, elected by the members, which will act as a ‘bridge’ between the Trust and those using our hospitals.

One of our first challenges is to establish regular contact and engagement with members and the public. Each Governor represents a constituency. My own constituency is “the rest of England and Wales”, so I have a particular duty to represent people from afar.

We need to listen to your views. Governors, don’t handle complaints but we do need to know what you think is going well, what is not going well, and what you feel needs to change across clinical effectiveness, patient safety and patient experience.

As Governors, we are prioritising establishing our links with members and the public, and have just set up a Governors’ Working Group to work out the best ways of doing this in our very different constituencies. News of our plans on this soon!

Roger Morgan, Lay Member of the Council of Governors

SPECIALIST UNIT TREATS RARE BLOOD DISORDERS

A new unit has been opened at the NHS Blood and Transplant Centre, at the John Radcliffe Hospital, offering life-saving and enhancing therapies for people with rare blood disorders.

The Therapeutic Apheresis Services (TAS) unit is one of only seven of its kind in England.

Treatments at the specialist unit rely on a technique called apheresis to separate the blood into different components. These are either treated and returned to the patient, or removed altogether and replaced.

The unit enables the Therapeutic Apheresis Services team to meet growing treatment demand in the region. Year on year, the number of patients treated has risen.

Dr Tony Berendt, Medical Director of Oxford University Hospitals, said: “We’re proud to be hosting this unit on our site at the John Radcliffe Hospital. The TAS unit will save and improve the lives of patients from our Trust and from hospitals across the region.”

Patient Sam Ovuorie needs all his blood removed and replaced every few weeks, to cope with the extremely painful and life-threatening blood disorder, sickle cell anaemia. The disorder makes Sam’s red blood cells form into an elongated, sickle-like shape, which stops them moving around his body and deprives his organs of blood and oxygen. During treatment, Sam’s abnormal cells are filtered out and replaced with donated red blood cells.

Sam, 19, from Banbury, said: “You get excruciating pain during a sickle cell crisis. I mainly get it in my joints – it feels like the joint is being repeatedly broken. I have only had one sickle cell crisis in the five years since starting the treatment.”

The unit also collects stem cells from donors and patients. Stem cell transplants can help treat conditions like Hodgkin’s lymphoma and chronic myeloid leukaemia.

The Oxford TAS unit relocated from an existing unit on the same site into a purpose-built facility in September 2014, and the final stages of the refurbishment have just been completed. The new unit offers a more spacious and comfortable setting with an increased number of treatment beds which enables the team to provide more treatments to patients from across the region.

Roger Morgan, Lay Member of the Council of Governors
A softer landing for GB wheelchair basketball team

The Specialist Disability Service at the Oxford Centre for Enablement has collaborated with the Great Britain Wheelchair Basketball Team to provide the players with custom contoured seat cushions. They were initially asked to find a solution for a player who had a pressure sore and could not train. The resulting cushion was uniquely shaped to fit into the wheelchair canvas with a thin top layer of pressure relieving foam. It proved effective, giving more stability, better shooting range and quicker turns.

Coach Miles Thompson was impressed by the result and asked for a further eight players to be assessed. Clinical Scientist Rick Houghton and Specialist Occupational Therapist Bex Oakes travelled to the team camp at Worcester University. Each player underwent a postural assessment and had a cast taken using an evacuated bead bag. 3D scans of the top and bottom surfaces were used to carve out a foam cushion on the Rehabilitation Engineering Department’s CNC milling machine. A tailor-made cover with an embroidered GB logo completed the job.

You can follow the fortunes of Laurie, Sophie, Claire and the rest of the team at the Rio Paralympics next summer.

First Therapy Radiographer Consultant Practitioner in Oxford

Loryn Caulfield has been appointed as Oxford’s first Consultant Therapy Radiographer, in Gynaecological Oncology. This is an exciting new role that will improve the patient experience as well as service delivery to patients undergoing radiotherapy and brachytherapy, optimising the use of existing and developing services. Loryn has worked for the trust for 13½ years and has been involved in radiotherapy and brachytherapy for gynaecological patients for the last six years.

She said: “I am very excited to be appointed to this role. I hope to be of benefit to our gynaecological cancer patients, aiming to streamline and improve their care through support, information and education before, during and after their radiotherapy treatment.”

Keeping the focus on diabetes management

Medical and nursing staff at the Horton General Hospital in Banbury marked World Diabetes Day on November 10 with a training event to increase the knowledge and confidence of staff in helping to support the care of people with diabetes.

Jo Glennon, practice development nurse, and Ariel Lanada, the lead diabetes nurse for OUH, provided an introductory session with videos of patients describing their experience of treatment at OUH, followed by a series of learner-led, interactive workshops on subjects including hypoglycaemia management, glucose meter utility, opportunities to learn about insulin injection devices and a Diabetes Q&A session.

Staff training in the management and care of patients with diabetes is a high priority for the Trust – 15-20% of inpatients in our hospitals at any one time have diabetes. The adult diabetes team works to promote increased awareness and good practice of inpatient diabetes management across the Trust.
Christmas came early for staff at the Children’s Hospital when a set of ‘vein finding’ devices were donated in December by the charity *Thinking of Oscar*, set up in memory of a child who sadly died in 2014.

The charity has raised more than £12,000 for four vein finders to help nurses give blood tests to children.

Dr Janet Craze, Consultant Paediatrician at the hospital, said that she was delighted with the devices, which are produced by AccuVein, after initially trialling them on the wards.

She added: “For any ill child, a blood test or anything involving needles can be one of the most distressing parts of being in hospital. Anything that reduces that unpleasantness is extremely helpful. The vein-finders will be really beneficial for staff as well as patients and their families.”

Hannah Cole, who launched *Thinking of Oscar* with husband David after their 16-month-old son sadly passed away from Encephalitis (a rare condition that causes serious inflammation of the brain), hopes that the devices will make procedures like blood tests and cannulations quicker, as painless as possible and less stressful for children, their families and clinicians.

She said: “I came across them following Oscar’s death and thought they would have made a real difference to him had they been available. Blood tests are not nice at the best of times but to a 16-month-old who doesn’t understand what is happening, it can be particularly distressing.

“Like many children his age, he was quite chubby and so finding a vein was often difficult, meaning that multiple attempts with the needle had to be made. Hopefully by making it easier to identify a vein, the process will be more bearable.”

**Oscar’s Legacy Helps Provide Specialist Equipment**

Local businesses give generously to Children’s Hospital

Oxford Children’s Hospital received a number of generous donations towards the end of last year. Performing Angels and Stars Stage School brought Frozen’s Anna and Elsa to the silver screen when they visited Tom’s Ward with a kind donation of televisions and video games.

The WHSmith Group Charitable Trust, an independent charity that aims to promote education and literacy, also donated a range of arts and crafts materials and games. Julie Oliver, Manager of the WHSmith store at the John Radcliffe Hospital, said: “We’re really excited to have the opportunity to support our local hospital and help to enhance the art and craft provision for patients. It’s a great way for the staff at WHSmith to get involved with the local community.”

The admin teams at the Children’s Hospital also raised more than £400 for Children in Need and got a special visit from a certain yellow bear thanks to staff at Asda who generously gave up their time to pop in and say hello.

Christine Turner, Senior Play Specialist at CHOX said: “We’re always very grateful to local businesses that are kind enough to make donations to the Children’s Hospital.”

**Showcasing Intensive Care Nursing**

The Adult Intensive Care Unit (AICU) held an open day to give potential nursing recruits a taste of what a career in the fast-paced world of critical care might be like. With around 50 interested people coming along, it proved to be a good turnout for Clinical Educator, Sarah Walker, and her team:

“This was a really great opportunity to find out more about us and the work we do. We are a friendly, dynamic team who are proud to offer a highly supportive clinical and educational environment to help our nurses achieve their career aspirations.”

As well as taking part in patient simulations and getting a tour of the unit, attendees were also given the chance to interview for the available posts on the day.

Sarah added: “We offered jobs to six of the visitors who interviewed. Since then, we have had many more job applications from people who attended from all over the country. We’re really pleased with the positive response to the day!”
BODY WORN CAMERAS TO BE WORN BY OUH SECURITY

- Security officers at all of four of the Trust’s hospitals will now be wearing body worn CCTV cameras to improve security for both the public and staff.
- It has been found that the use of body worn cameras can dramatically reduce the number of incidents of aggression by acting as a very effective deterrent. Their use helps to de-escalate incidents quicker, as people are aware that they are being captured on film.
- The Trust is keen to pursue possible prosecution against individuals who commit crimes or act aggressively towards staff, and the use of these cameras provides irrefutable evidence which is admissible in court. It is hoped that awareness of the use of body worn cameras will help prevent incidents of aggressive behaviour from taking place to begin with.
- Body worn cameras are also a supportive way to help safeguard the Trust security officers against any inaccuracies of allegations made against them.
- The cameras will be worn in full view at all times, but will only actively record and save information in the event of an incident, when triggered by the officer attending. Images can only be deleted through access-restricted management software.
- All images and audio are stored securely in accordance with the Data Protection Act.

MAJOR ENERGY PROJECT WILL SAVE FUTURE HEATING AND LIGHTING COSTS

Oxford University Hospitals has started a £14.8million project to upgrade the heating and hot water systems that serve patients at both the John Radcliffe Hospital and Churchill Hospital.

The Hospital Energy Project is the most complex NHS energy project in the UK and the largest NHS energy project of its kind currently underway at any NHS trust in England. The heating, hot water and energy project is critical as the current systems are outdated and inefficient with some oil-fired boilers being more than 50 years old. The Trust also needs to put in place energy systems at both hospitals flexible enough to meet growing demands in heating and hot water supplies should patient numbers increase and facilities expand in the future, while meeting environmental regulations. Once complete, the hospitals will be less reliant on the national grid for energy supply.

At a time when the NHS is under financial pressure, this project is hugely beneficial, saving future energy costs in the millions of pounds. This is money that the Trust could better use for other purposes, including more doctors and nurses. The project has been procured through the Carbon and Energy Fund (CEF) with investment provided by Aviva, without cost to the hospitals.

As a large organisation, the Trust is doing its part to protect and improve the environment and the new systems will ensure a reduction in the hospitals’ carbon footprint and improve air quality in your local area. This project reduces the hospitals’ CO₂ emissions by up to 30% over the 25-year contract period with contractors Vital Energi, that equates to taking 3,000 cars off the road every year.

To achieve these benefits, the project requires that the John Radcliffe Hospital and the Churchill Hospital be connected with underground pipework which allows the transfer of heat and energy. A total of 2.2km of pipework will be installed in the underground trench. Cable will also be laid in the trenches to improve data transfer between the hospitals.

Further information and details on The Hospital Energy Project can be found on our website www.ouh.nhs.uk/energy or follow the project on twitter @OUH_Estates
Congratulations to our award-winning staff
OUH staff have been honoured with a number of awards over the past few months – congratulations to all involved.

Regional NHS Leadership Academy Awards
The senior leadership team from the Neurosciences, Orthopaedics, Trauma and Specialist Surgery Division won the title of NHS Outstanding Collaborative Leader of the Year at the Leadership and Recognition Awards in November. The award recognises a team, organisation or a person who has demonstrated a commitment to leading in partnership with others that has resulted in real improvements in health and wellbeing for both individuals and communities.

Nursing Times Awards
The neurosciences nursing team won the Emergency and Critical Care category at the Nursing Times awards in November. They set up a subarachnoid focus group in October 2013 after research showed that there was little follow-up support after patients were discharged home. The award recognises the patient experience benefit in supporting subarachnoid patients after discharge and the team's significant practice changes as a result of what they learned from the focus group which runs every four months.

WORKFORCE PROJECT
BOOSTS RECRUITMENT OF DOCTORS

Neonatal consultant Dr Amit Gupta has been recognised for a workforce project to train and recruit paediatric doctors from India and Sri Lanka.

Dr Gupta and his team were shortlisted for a Health Service Journal workforce award, and he is being awarded a life-time achievement award by the National Neonatal Forum (NNF) in India. Responding to a national recruitment problem in paediatrics, Dr Gupta explored different ways to encourage applicants for the roles. He looked abroad and approached large institutions such as the NNF in India and the Sri Lanka College of Paediatricians. He asked for their support in the selection of candidates and in return he offered to provide training workshops to teach ventilation and techniques for stabilising newborn babies during transport.

Through this process, Dr Gupta and his team have managed to recruit 35 doctors into post in neonatal medicine, general paediatrics and paediatric intensive care. High quality trainees are recruited by setting up international partnerships and these doctors work both in Oxford and Southampton. Over the past five years, the team has held seven workshops in India and Sri Lanka, and trained over 600 doctors and nurses. In Sri Lanka, his team helped set up a newborn transport network.

Dr Gupta said: “This is a win-win situation for all – we benefit from a high quality workforce, the doctors benefit by learning cutting-edge medicine and the overseas countries benefit via the training offered by our team.”

The Oxford India Sri Lanka Project has saved over £200,000 in recruitment costs and the Trust has benefitted from the services of a high quality trainee workforce.

Minister praises collaboration in Oxfordshire
The UK’s first Minister for Life Sciences praised biomedical researchers working across Oxfordshire during a visit to NHS and university facilities.

George Freeman MP visited the John Radcliffe Hospital and University of Oxford facilities at the Churchill Hospital site to learn how both are working together and with businesses to create new treatments and technologies.

At the John Radcliffe Mr Freeman met University Regius Professor of Medicine Sir John Bell, Trust Chair Dame Fiona Caldicott (pictured with Mr Freeman) and Director of Clinical Services Paul Brennan.

Topics covered during the day included economic growth, the work of the NIHR Oxford Biomedical Research Centre, genetics and the University’s Big Data Institute and Bioescalator developments at the Old Road Campus at the Churchill, which are under construction.

Mr Freeman said: “Through government and local funding, the Oxford team are building a truly integrated campus with NHS, university and industry researchers pioneering the genomic, informatic and diagnostic breakthroughs which are making precision medicine a reality for NHS patients.”
Oxford University Hospitals’ surgeons provided training for 31 health workers who care for children with clubfoot, where children are born with their feet pointing down and inwards and with the soles of the feet backwards. Many develop disabling ‘neglected clubfoot’, and local surgeons, doctors, physiotherapists and nurses in Ethiopia were trained in the Ponseti method, where the foot is gently manipulated to a better position and put in a cast.

A further 37 surgeons at CURE Ethiopia Children’s Hospital and Black Lion Hospital in Addis Ababa were trained in management of bone tumours to reduce limb amputations and the use of skin and muscle flaps for open fractures, such as from road traffic collisions. Orthopaedic surgeons from the Nuffield Orthopaedic Centre (NOC) also trained 35 orthopaedic registrars from Mozambique, Malawi, Zambia and Zimbabwe in hip and knee surgery.

The courses were led by the University of Oxford’s Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences and funded by Health Partnership Scheme grants from the UK Department for International Development.

The NOC’s Professor Chris Lavy, who led the courses, said: “It is wonderful to see UK colleagues help strengthen the health workforce overseas in places where there is a real shortage of health workers.

“These training courses have helped to improve care for many patients affected by musculoskeletal conditions. Moreover, our teams have returned to the UK with a renewed commitment and passion for their clinical practice here.”

More than 100 health workers in sub-Saharan Africa have been trained by Nuffield Orthopaedic Centre surgeons to help improve the lives of people with musculoskeletal conditions and injuries.

ON YOUR MARKS: ICU TEAM RUN MARATHON

Staff from the John Radcliffe’s Intensive Care Unit (ICU) swapped scrubs for running shoes as they took part in the Oxford Half Marathon to raise funds for the Intensive Care Society.

The team of 11, which included consultants, nurses and clinical support workers, raced Chief Executive Bruno Holthof who was also taking part on behalf of Charitable Funds to the finish line.

Sarah Grant, a staff nurse on the ICU, said: “With these charitable donations we can help improve research and patient care, as everything we do is evidence-based practice.”

Sarah admitted that working in a ‘busy intensive care unit’ sometimes made it ‘difficult’ to fit in training, but was proud to be part of such an ‘amazing’ team. She said: “It’s about trying to remain positive and dedicated to the training, eating healthily, drinking plenty and getting those trainers on and pounding out the miles. You feel amazing afterwards.”

ICU team pictured with Chief Executive Dr Bruno Holthof (front)
Clinical scientists recognised for their work in the Ebola crisis

The Chairman of the Trust, Dame Fiona Caldicott, was delighted to present special awards to clinical scientists in recognition of their work tackling the Ebola crisis in West Africa.

Dr Bethan McDonald, specialty registrar in public health, and Dr Laura Lopez Pascua, genomics clinical scientist, were applauded by the Trust’s directors of the Board and members of staff and public at the meeting in November. A third clinical scientist, Chloe Eaton, was also honoured for her work, but was unable to attend the presentation ceremony having moved to work at Cambridge University Hospitals NHS Foundation Trust.

It was announced in June 2015 by the government that a new medal would be awarded to recognise the bravery and hard work of thousands of people who helped tackle Ebola in West Africa. Laura, Bethan and Chloe were among 3,000 people who travelled from the UK to work in high risk areas to stop the spread of the disease.

Bethan, based within the Department of Public Health Medicine, worked in Sierra Leone for five weeks in the Public Health England laboratories.

She said: “My experience in Sierra Leone was enlightening, challenging and very rewarding. The work was very hot and tiring and was emotionally difficult at times. We worked hard to provide the best service possible for our patients. I am very glad to have been able to contribute to the outbreak response and to use my skills to help make a difference.”

Laura works in the Medical Genetics Laboratories at the Trust where she is completing the Scientist Training Programme (STP) in Genomics.

“I knew I wanted to volunteer the moment I heard about the scale of the Ebola outbreak, so when the government made a call for laboratory scientists I didn’t hesitate. Working in Sierra Leone was unforgettable, but very difficult. Simple ailments that we would not think twice about in the UK could be a death sentence to the locals.”

OXFORD PROFESSOR WINS PRESTIGIOUS AWARD

Michael Sharpe, Professor of Psychological Medicine at Oxford University Hospitals NHS Foundation Trust, has been presented with the Award for Integrated and Collaborative Care by the Academy of Psychosomatic Medicine.

The international organisation based in the USA honoured Professor Sharpe’s research and clinical work in the award, which recognises excellence and innovation in the integration of mental and physical healthcare.

Professor Sharpe said: “On behalf of my colleagues in Oxford University and in Oxford University Hospitals NHS Foundation Trust I am absolutely delighted that our work together, to improve patient outcomes through research, has received this international recognition.”

Professor Michael Sharpe’s research aims to understand the psychiatric aspects of medical illness and its treatment, to develop novel interventions that are integrated with and intended to enhance medical care and to evaluate these in rigorous clinical trials.

Pictured: Prof Michael Sharpe (left) receives his award from Dr Don Lipsitt

MP VISITS HOSPITAL

Victoria Prentis MP for Banbury visited the Horton General Hospital to view plans for a £2.6 million investment in a new Endoscopy Unit.

Ms Prentis was able to see how the existing facilities would be improved following the refurbishment of the Endoscopy Unit. While the work is underway, patients who would have been seen in Banbury are now travelling to Oxford for their treatment.

The investment will secure the future of endoscopy services at the Horton and will allow for the better provision of same-sex accommodation and improved decontamination.

The new Endoscopy Unit at the Horton is expected to be complete by autumn 2016.
Two patients at the Children’s Hospital got an early Christmas present when the Thames Valley Air Ambulance (TVAA) crew paid a special visit and gave them a VIP tour of their helicopter.

The trip was arranged after Dr Helen Care, Clinical Psychologist, reached out to Thames Valley Air Ambulance to explain how excited one of her regular patients had been when the air ambulance landed outside during one of his appointments earlier this year.

Six year-old Finley Amey, who has a genetic syndrome and has had multiple surgeries over the past few years, even brought a toy helicopter with him to an appointment in the hope he would see the air ambulance fly in, and when it did, described it as “the best day of his life”.

Touched by Finley’s enthusiasm for the life-saving air ambulance, the TVAA crew wanted to go one better. With the idea of giving Finley and other children at the hospital a much needed Christmas boost, they arranged a surprise visit with the John Radcliffe Hospital and Finley’s parents, who were absolutely thrilled at the gesture.

Finley was joined by fellow patient Kai Gray, who was very excited to see the helicopter because he wants to be a pilot. Kai said: “I used to want to fly planes, but now I’ve changed my mind to helicopters instead.” His mum, Nicki, called it an “awesome experience” and that it “really made Kai’s day”.

Santa’s Flying Visit to the Children’s Hospital

Santa brought some Christmas cheer to poorly children at the Children’s Hospital in December but opted for a more high-tech mode of transport, flying in by helicopter!

Santa and his helpers, personnel from the Puma Force based at RAF Benson, flew in as part of a training exercise in a Puma 2 helicopter and delivered presents to the children on Kamran’s ward.

Christine Turner, senior play specialist at the Trust said: “It can be particularly hard at Christmas for children spending time in hospitals, so we try to make it as enjoyable as possible and would like to thank all the staff at RAF Benson for arranging this visit.”

Master Aircrewman Gareth Attridge, the deputy crewman leader for 33 Squadron and the organiser of the visit, said: “It is once again an absolute honour for members of 33 and 230 Squadrons of the Puma Force to be invited to escort Santa on his visit. There was no shortage of volunteers to help try and spread some festive spirit and raise as many smiles on young faces as we can and it is a day we all remember with pride.”
Studies doubled

The number of medical research studies hosted by the Trust has almost doubled in five years, new figures show.

The number of studies – which covers a range of topics such as cancer, diabetes and vision loss – increased from 818 in 2009/10 to 1,514 in 2014/15, a rise of 85 per cent.

Many studies are carried out in partnership with organisations such as the University of Oxford at our hospitals with the involvement of staff and patients.

The studies supported by the National Institute for Health Research (NIHR) Clinical Research Network, the research delivery arm of the NHS, also rose eight per cent in a year.

In 2013/14 there were 380 NIHR Clinical Research Network-supported studies in active recruitment, and this increased to 411 in 2014/15.

Trust Director of Research and Development and NIHR Oxford Biomedical Research Centre Director Prof Keith Channon said: “I am delighted that more of our patients are now benefiting from participation in research, and we are minimising the time taken to deliver the results of research, for clinical benefit.”

HIGH BLOOD PRESSURE LINKED TO DIABETES

High blood pressure sufferers have an almost 60 per cent greater chance of developing diabetes, according to a major global study.

The Oxford BRC-backed study reliably shows the connection between high blood pressure and diabetes after earlier conflicting and inconclusive reports, said study author Professor Kazem Rahimi (pictured right).

Researchers looked at the health records of 4.1 million adults in the UK who were initially free of diabetes and cardiovascular disease.

It found as many as 58 per cent of those who went on to develop diabetes had a 20mm higher blood pressure a few years before they were diagnosed with diabetes.

Prof Rahimi, a consultant cardiologist at the John Radcliffe Hospital, said: “Previous smaller studies have varied significantly or even found no link, but now we have something clear to go on.

“Confirming this connection reliably provides new hope for those people and new avenues for research.”

The study was conducted by the George Institute for Global Health with support from the Oxford Biomedical Research Centre, the University’s Oxford Martin School and the NIHR Career Development Fellowship.
Is science for you?

Youngsters from seven Oxfordshire schools visited the Oxford Centre for Diabetes, Endocrinology and Metabolism (OCDEM) for an “Is Science For Me?” event.

There they had the opportunity to speak to clinicians, researchers and scientists and tour laboratory facilities at the University of Oxford facility.

The day was supported by the NIHR Oxford Biomedical Research Centre, the Society for Endocrinology and the Oxford Academic Health Science Network.

The OCDEM centre combines clinical care, research and education in diabetes, endocrine and metabolic diseases.

The centre’s Dr Matt Simmonds said: “It was fantastic to see how enthusiastic all of the students were about careers in medicine, nursing and science. If these students are anything to go by, the future of medicine and medical research will be in very safe hands.”

Pictured: Katherine Owen, Consultant Physician, Oxford Centre for Diabetes, Endocrinology & Metabolism

Understanding disease more precisely

Oxford has been named as a centre for excellence leading the drive to tailor more treatments to the needs of individual patients.

A Precision Medicine Catapult Centre will be established in Oxford to bring together business and research to develop new products and services.

This project will be led by the Oxford Academic Health Science Network and funded by Innovate UK – the Government’s innovation agency – to connect NHS, universities, research and industry.

Precision medicine is the use of diagnostic tests and data-based insights to understand a patient’s disease more precisely for more predictable, safer and cost-effective treatments.

Trust Director of Research and Development and Director of the NIHR Oxford Biomedical Research Centre, Keith Channon, said: “We are delighted that Oxford has been designated a Precision Medicine Catapult centre of excellence. “This will help us to develop and to introduce more personalised treatments for patients.”

DONATION SUPPORTS FERTILITY SERVICE

More children in England and Wales who are at high risk of being infertile after cancer treatment will be given the chance of a family later in life thanks to a major donation to the Trust.

The £250,000 from IVI UK, part of the Valencian Infertility Institute (IVI Spain), will support and allow expansion of a cryopreservation service established at the John Radcliffe Hospital in 2013.

The service – the only one of its kind in England and Wales – freezes ovarian and testicular tissue from children with cancer who are at risk of being made infertile by chemotherapy or radiotherapy treatment.

The tissue can then be used later in life when the child wishes to start a family by re-implanting the tissue into the girl or boy in the hope that it will allow them to have children.

In girls, the tissue is thawed and put back into the pelvis where it will establish its own blood supply, leading to egg production and restoration of fertility.

The service is for pre-pubertal boys, who cannot produce mature sperm. They will provide sperm stem cells which can be implanted back into the donor later in life in the hope that fertility will be restored.

About 80 per cent of children with cancer survive their disease and about 10 per cent of these are made infertile as a result of their treatment.

The IVI Foundation, the Research and Development arm of IVI, will also work with University of Oxford scientists with the aim of improving the fertility preservation techniques.

Dr Sheila Lane, a John Radcliffe Hospital Consultant Paediatric Oncologist and the Trust’s Clinical Lead for the cryopreservation service, said: “We are delighted to receive this generous donation from IVI UK.

“Tissue cryopreservation is not at the moment routinely funded by the NHS and so the donation will enable us to continue to offer this service to young people across England and Wales at high risk of infertility due to their cancer treatment.”

Professor Antonio Pellicer, the President of IVI, said: “IVI is pleased to announce this donation to the Trust. We hope that it will help to deliver this important service to young people with cancer.”

www.ouh.nhs.uk January 2016
Over 40 nursing assistants were presented with the new OUH Care Certificate at an award ceremony which took place in November. In addition, Nursing Assistant Geneve Buquing received the ‘Star Achiever’ award and Leo Comparat the ‘Star Assessor’ award.

Carol Welch, Practice Educator, said: “The 40 nursing assistants who have completed the Care Certificate so far have been amazing. It has not been easy for any of them and they have overcome many obstacles – which is why we wanted to have this celebration of their success. We want to demonstrate how proud we are that they have achieved their Care Certificates and to make them aware that the Trust values apply to our staff as well as to our patients.”

Sian Marvelley, Practice Educator, explained that the Care Certificate for Health Care Support Workers was introduced into the Oxford University Hospitals NHS Foundation Trust Nursing Assistant Induction programme in April 2015. Designed with the non-regulated workforce in mind, the Care Certificate gives everyone the confidence that workers have the same introductory skills, knowledge and behaviours to provide compassionate, safe and high quality care and support.

All new Nursing Assistants receive teaching to guide them through 15 Care Certificate Standards. Each standard requires that they complete a workbook and demonstrate these standards in practice. These include communication, privacy and dignity, equality and diversity, safeguarding, dementia and mental health. At the end the Nursing Assistant will have built up a portfolio of work which will become their Personal Development portfolio as they progress through their career.

Friends of the Horton said: “It was a busy year for Friends of the Horton in 2015. They donated over £9,000 worth of equipment, including new seating in the pharmacy, a tilt table for the Rowan physiotherapy team and a set of reclining chairs on the Rowan Day Ward for patients receiving treatment.

A new bladder scanner worth more than £5,000 was donated to F Ward. Louise Garrett, ward Sister, said: “We’re so grateful to Friends of the Horton for such an amazing donation. The scanner is such a valuable asset that helps us to assess the bladder and provide more effective care to our patients.”

Heather Clelford, Chairman of Friends of the Horton Hospital said: “We’re just glad we can help however we can. The staff on the wards are always really appreciative.”
DIALYSIS NURSE WINS INNOVATION AWARD

A Dialysis Staff Nurse from the Renal Unit at the Churchill Hospital has been presented with a Dignity in Care Award from Age UK for her work to help patients better manage their dialysis. Angela Nagle received an award for innovation based on her work in promoting the concept of ‘Shared Care in Dialysis’.

Angela has led the team of nurses in enabling any patient, or relative who wants to be more involved in care, including completing paperwork, and a self-assessment of how they are feeling, taking and recording their weight, and measuring their blood pressure. Many patients then progress to lining and priming and programming their dialysis machine to inserting needles and being completely independent in their dialysis.

Angela has assisted in developing a range of concepts to support shared care including badges for staff to wear saying ‘Ask me about Shared Care’, pens for patients and a visual step-by-step guide on how to set up machines.

Angela said: “I was very honoured to be nominated and thrilled to receive the Dignity in Care Award. The staff and patients of the main Dialysis Unit have embraced the concept of Shared Care and without their support and enthusiasm this initiative would not have been such a success.

Allie Thornley, Matron for Dialysis and CAPD, said: “Angela is creative in the ways she engages with her patients and supports their anxieties and concerns. Her work has helped reshape the whole ethos of what a dialysis unit means for a lot of us and we are so appreciative of that.”

Orthopaedic Plaster Technicians cast a winning spell

Something wickedly creative came to the Nuffield Orthopaedic Centre recently as three orthopaedic plaster technicians worked their magic and won first-place at a Halloween-themed casting competition for the third year in a row.

While the team are used to creating orthopaedic casts to help heal broken bones and strains, one of the trio, Hannah Gunn, said: “We really enjoy taking part in the competition because it gives us an opportunity to be creative.”

The previous winning entries by Hannah and her teammates, Paula Burton and Jacqui Halliday, include a life-sized gingerbread woman and a wearable advent calendar. Hannah added: “This year’s display took less than two weeks to complete and has been really popular with the patients.”

Pictured left to right: Jacqui Halliday, Hannah Sunn and Paula Bierton

YOUNGSTERS EXPLORE ETHICS OF RESEARCH

In February a play will be performed in Oxfordshire schools to encourage pupils to think about the ethical, political and social issues around decision-making and health research.

Theatre company Theatre of Debate will bring “People Are Messy” to secondary schools for youngsters aged 14 and older as part of its first national tour.

The comedy-drama explores the complexities of medical research through the eyes of two teenagers who have different ways of confronting a future made uncertain by a serious medical condition.

It poses questions such as “Why should the public have a say in what research gets funded and how?”, “Surely doctors and researchers know best?” and “Would you want to have a say in research tackling your own illness?”

The 60-minute play will be followed by a debate with the audience and actors “in character” to discuss the topic from their perspective.

The production is supported by the NIHR Oxford Biomedical Research Centre and the Wellcome Trust.

A public performance will be held at 2.30pm on Wednesday, February 10 at Tingewick Hall at the John Radcliffe Hospital. For details of how to obtain free tickets visit www.ouh.nhs.uk/news.
OXFORD HEART CENTRE: ONE YEAR ON

The Oxford Heart Centre opened a new dedicated outpatients and echocardiography department in 2014 following a fundraising campaign by the Heartfelt appeal. Since then, the Heart Centre has expanded, with more clinics now available throughout the week.

A comprehensive training package for new Echo staff was organised, which has resulted in the majority of patients having their Echo appointment on the same day prior to seeing the medical team. The nursing and health scientist team have expanded their roles to take on additional skills like venepuncture. This means that patients can have their bloods done while in the department Monday to Friday instead of going to another department or visiting their GP.

The unit, which consists of ten consulting rooms and seven echocardiography rooms, has provided a modern and spacious facility for patients and a more pleasant working environment for staff since the opening.

We have introduced pagers to the department to enable patients to leave the department to go to the shop or get a coffee if there is a delay in clinic, without losing their appointment slot.

At an open day in November, more than 400 patients and their families attended a talk from leading clinicians about cardiac care, followed by a tour of the department.

We have had lots of positive feedback from both patients and their families since the move.

The Trust has a long history of innovation and clinical excellence and has taken a big step towards establishing fully digital hospitals, making patients’ medical history and care requirements available on the Trust’s electronic patient record (EPR) system.

The Trust now administers more than 20,000 drugs daily using electronic prescribing and medicines administration (ePMA). Staff are able to administer medication just as quickly on the system as they previously would have on paper. Medicine requests are made via computer at the patient’s bedside which sends the details to pharmacy to be automatically selected and labelled by the dispensing robot.

Over the past few years, the Trust has implemented the Cerner Millennium electronic system to store and manage patient information. Clinical staff can now order diagnostic tests and view results electronically. Patient admissions, discharges and transfers are also being managed in this paperless way, helping to improve accurate recording.

Every day across the Trust, 5,000 members of staff trigger 1.2 million transactions via the EPR system. Since the beginning of the ePMA deployment in October 2014, the Neuroscience Intensive Care Unit has deployed the entire electronic record and has stopped using the paper records.

Even before then, the Nuffield Orthopaedic Centre had shown the benefits of reducing dependency on the paper record, with the majority of clinical documentation happening via EPR.

Dr Paul Altmann, Oxford University Hospitals NHS Foundation Trust Chief Clinical Information Officer, said: “Being awarded Digital Hospital of the Year is recognition of all the hard work that has been going on across the Trust. We implemented a number of solutions over the past few years to improve our digital strategy, including plans to take paper out of the system, improve clinical decision support and make use of the rich sources of information to further transform care.

“We have advanced plans to continue to innovate and deliver a digital platform to be used to improve clinical performance, change models of care and manage care in ways which are not possible on paper.”

The awards are the UK’s only dedicated healthcare IT award scheme and offer 12 categories, including digital NHS trust or health board of the year.

The Trust has been awarded Digital Hospital of the Year in the E-Health Insider Awards 2015 – an awards programme dedicated to rewarding the hard work of IT teams.
We have 12,000 staff members whom we want to keep healthy as well as our patients, their families and visitors.

OUH launched a unique health advice centre, Here for Health, based in the John Radcliffe Hospital’s outpatient department, providing advice on healthy living and health improvement, health behaviour change advice, signposting or referral to relevant local services, and much more.

This year we plan to launch ‘pop-up’ health improvement centres on each of our hospital sites and take more opportunities to help people change their lifestyle in ways that could reduce their chances of becoming ill.

The team has now been running the service for just over a year and below are the success stories of two people to come through the doors.

Shabana Nadeem, 46, from Oxford, stopped by the Here for Health offices in November 2014. Shabana was looking for support and advice on weight loss.

“Staff sat with me and discussed exactly what it was that I wanted to achieve. We went through my current lifestyle and habits and gave me an action plan which included ways in which I could change my behaviours. When I walked into the office, I weighed 13 stone 8lbs. I always knew that my portion control was a little off, as I often went back for seconds at dinner, but I never realised how much of an impact that was having on my weight.”

“The team was very supportive and made sure that my plan was something achievable and not too far reaching. I removed all snacks replacing them with healthier snacks such as fresh fruit and veg, and nuts. I didn’t stop myself from going out and having a good time with my friends and family, I just made sure that the meals I chose whilst eating out were the healthier option on the menu.”

Shabana dropped back in to Here for Health in October 2015 to thank the team for all of their encouragement – along with their support, Shabana has now lost 22lbs.

Wendy Scott, OUH staff member, visited the Here for Health team in October 2014 for some advice and support on smoking cessation. At the time, Wendy was smoking eight roll-ups a day.

“At the time I knew I wanted to quit but I was just never able to do it myself. When I got into the office to visit Emma and Aine, there was a display board up about ‘What’s your Poison’. Looking through the board helped me make the decision to stop smoking as it showed the chemicals which are in the roll-ups I smoked. When I went back in March I had managed to not smoke for 21 days. It was hard but I knew it needed to be done.”

Wendy returned in April 2015 to let the team know that she had not smoked for 51 days and has since returned to gather more advice and support on health eating and physical activity.

“I couldn’t be happier having made the decision to stop smoking – and I would not have been able to do it without the support of the Here for Health team,” she said.

Active Travel Challenge

To help support and inspire staff who want to exercise, particularly those who struggle to find the time, the focus of the next Healthy Hospitals’ Day at the John Radcliffe on Wednesday, 27 January will be to encourage all staff to participate in the Active Travel Challenge.

Aine Lyng, Health Improvement Practitioner from Here for Health, said: "This is a really exciting initiative which we hope staff will engage with. We all know how difficult it is to incorporate exercise into our lives, particularly if we work full-time. We are really looking forward to getting involved in this.”

The Active Travel Challenge is run by Oxfordshire Sport and Physical Activity (OxSPA) and is supported by The Centre for Occupational Health and Wellbeing and Here for Health at the OUH. To sign up for Active Travel go to www.workplacechallenge.org.uk/oxfordshire.
We are delighted to be launching a new fund within the hospital charity that aims to recognise and thank staff – both those in the front line and those working tirelessly behind the scenes.

Director of Fundraising, Jayne Ozanne, explains: “We are so fortunate to have an army of unsung heroes working across our Trust, and we’re naturally keen to support them as much as we can. Our donors often ask how they can thank and support all those who’ve been involved with their care.”

“That’s why we’ve created the Hidden Heroes Fund that will provide a range of staff development, support and training programmes to recognise the outstanding work that quietly goes on every day.

“Hearing that patients, their families, friends and the wider community are grateful for the work they do is really encouraging to all our staff – and we’re keen for that message of thanks to reach them.

“Believe it or not, there are over 350 different jobs within our hospitals – from anaesthetists to ambulance drivers, pharmacists to physiotherapists. It’s often difficult for patients to thank everyone involved in the ultimate team effort that has provided their care, especially given so many are behind the scenes, and so this new fund will ensure staff from every corner of the Trust can be thanked.”

The appeal was launched at a Radcliffe Orchestra event by the Trust’s new Chief Executive Dr Bruno Holthof. The orchestra is composed of NHS staff from across the county and Dr Holthof praised their dedication and care. You can find out more about the fund and see a video filmed at the concert by visiting www.hospitalcharity.co.uk/hiddenheroes

A new book is also supporting the appeal. Lucky 13; Tales from the John Radcliffe Bus is a collection of short stories all themed around the number 13 bus that travels from the centre of Oxford to the John Radcliffe Hospital. It can be purchased by calling 01865 743444 or from the League of Friends at the John Radcliffe.

You can also abseil for the Hidden Hero Appeal on June 19, 2016. Email the fundraising team at charity@ouh.nhs.uk to find out more about how you can support the appeal or for a quick and easy way to support the appeal you can send a text.

Text HELP42 £3 to 70070 to make a donation.

You can donate any amount between £1 and £10 – just change the 3 to your chosen amount.
Plans revealed for new family accommodation

Outline designs and plans to build on-site accommodation for the parents of sick children and babies who are patients in our hospital are being developed.

The Trust is working with the independent charity Ronald McDonald House Charities, which already provides 17 bedrooms in the Children’s Hospital at the John Radcliffe for parents and families. Plans are at a very early stage (pre-planning application) to develop a new Ronald McDonald House with around 60 bedrooms within the grounds of the John Radcliffe Hospital.

Past and present family residents have been invited to view the early designs and to celebrate the 9th anniversary this January of the Ronald McDonald House at the Children’s Hospital. Ronald McDonald House Charities opened their 11th House, located on the top floor of the Oxford Children’s Hospital, in January 2007.

Children and their families travel from all over the UK, including Northern Ireland, to receive care at the Oxford Children’s Hospital. Whilst accommodation for parents is possible overnight next to their child’s bed or cot, the facilities are not suitable for use for longer than a few days or more than one parent.

The current Ronald McDonald House offers 17 en-suite bedrooms with communal domestic support and is run by a small team of dedicated staff. There is no charge to parents using the accommodation as costs are covered by the charity.

FIRST BID TO UNDERSTAND LINK BETWEEN PAIN AND HORMONES

The link between chronic pain that affects millions of women and hormones that control the menstrual cycle and reproductive function is being studied for the first time by John Radcliffe Hospital researchers.

The University of Oxford study is to determine the extent to which hormone production is altered in women with chronic pain so they can be better diagnosed and treated.

The results will also help further research on whether hormones can be used to reduce chronic pain.

Dr Katy Vincent, a gynaecologist who is leading the study, said: “This study will help us better understand the relationship between chronic pain and hormones with the ultimate aim of improving quality of life, long-term health and pain management for these women.”

Women who agree to take part will be asked to complete a questionnaire and give a blood sample.

Further information is available from Lisa Buck on 01865 221120 or lisa.buck@obs-gyn.ox.ac.uk

Award winning Video Production Team

The Trust’s in-house video production team, OMI, have won two Institute of Medical Illustrators awards for patient information videos. The first video which gained a silver award was, titled “What is it like having an MRI scan” and features a patient and radiographer going through all the stages of having an MRI (Magnetic Resonance Imaging) scan from when a patient receives an appointment letter to actually undergoing the scan.

Jim Tustian, OMI’s Video Producer, said, “the feedback we have had has been fantastic, patients are really happy to see what treatment they’re going to get in advance as it can really boost their confidence and reduce anxiety.” You can watch the video by going to YouTube and searching “MRI scan Oxford” or follow this link https://youtu.be/D02MT9m4rww

The second video highlights heart attack treatment and shows a cardiologist clearing a patient’s blocked artery. Jim said, “We shot this video in a really innovative way with some scenes using wearable HD cameras which give a ‘surgeon’s eye view’—we believe that this may be a world first!”

https://youtu.be/Z28uhQhMxqw
Maggie’s Oxford Centre, on the Churchill Hospital site, provides drop-in support to cancer patients and their loved ones. The centre recently received a generous donation of £350 from Blackbird Leys Bowls Club.

The donation was raised primarily through penalty ‘fines’ issued by Anne Ranger, the Blackbird Leys Bowls Club Captain. She explained: “I’ll give out a fine for anything, from players turning up late to swearing on the bowling green, or even wearing the wrong coloured underpants under bowling whites!”

Anne’s eldest daughter suffers from an aggressive form of cancer, which is why as team Captain she chose Maggie’s Centre to receive the penalty monies.

Douglas Howell, an OUH volunteer and Treasurer for Blackbird Leys Bowls Club presented the cheque to Emily Hughes, Community Fundraiser at Maggie’s Oxford Centre.

She said: “We’re incredibly grateful that the Club chose to raise money for us. It will go towards funding our support programme, which includes yoga classes, on-site psychologists, nutritionists and even simple things like making sure we can offer tea and coffee to our visitors.

Blackbird Leys Bowls Club, of Cuddesdon Way, will celebrate its 50th anniversary later this year.
New registration process for nurses and midwives from 1 April

All our nurses and midwives are required to be registered with the Nursing and Midwifery Council (NMC) which sets the standards for education, training, conduct and performance throughout England, Wales, Scotland and Northern Ireland. In 2015 the NMC announced that a new process of registration, to be known as Revalidation, would be in place by 1 April this year.

From that date important changes will include:
- Nurses and midwives must revalidate by the first day of the month in which their registration expires, and not the end as was previously the case.
- Revalidation should be completed online at the NMC website: www.nmc.org.uk
- Appropriate fees must be paid and applications must comply with NMC criteria for renewal, otherwise registration will lapse.

To help staff with the revalidation process the Trust has designed an e-portfolio for nurses. This can be accessed through the Trust’s Electronic Learning Management System (E-LMS).

Details of the new validation process are available at www.nmc.org.uk

Kamran’s ward twins with Upendo ward in Tanzania

Becky Hester, Advanced Nurse Practitioner on Kamran’s Ward said: “It is so inspiring to see what has been achieved in recent years for children with cancer in Tanzania. This twinning project is a further step forward. It is a wonderful opportunity to share expertise and experience with our colleagues in Tanzania with one of our key aims being to support nursing and medical education. They are teaching us many valuable lessons too!”

Dr Hannah Parks, Paediatric Oncologist on Kamran’s ward said: “I feel incredibly privileged to be part of this work – it makes me realise what you can do with so little.”

In December, young patients from Kamran’s ward were involved in designing and selling Christmas cards and postcards to raise funds to help support and sustain children’s cancer services in Tanzania. ‘Nuts about Christmas’ was designed by Thea Clarke aged 15 and ‘Dove’ by Celia, the sister of a patient who has recently undergone chemotherapy.

Oxford United brought some early festive cheer when they paid their annual visit to hand out toys that had been donated from kind-hearted fans. The club has been visiting the hospital for over 25 years and the majority of the team were on hand to visit all wards in the Children’s Hospital.

Oxford United Captain, Jake Wright, said: “It is always great to meet the staff who do such a great job and the kids we met were amazing, we just hope they get home soon and that they enjoyed the team visiting them.”

Business Development Manager and organiser of the visit, Peter Rhoades-Brown, said: “The kids were so pleased and the players were able to spend a couple of hours visiting the wards and handing out presents – more than we’ve ever given out before.”

Oxford United team spread some Christmas joy
Orthotics bid farewell after 46 years!

Steve Leach admits that when he joined the Appliance Workshops at the Nuffield Orthopaedic Centre in November 1969 he did not anticipate that he would still be working for the NHS some 46 years later. But he was, and at the end of September 2015, Steve’s colleagues bid him a fond farewell.

Paul Horwood, Orthotics Service Lead said: “All the staff in the orthotics department wish Steve all the very best for his much earned retirement. We will miss him. The Orthotic department, the NOC and the NHS are indebted to Steve for his incredibly long and loyal service.”

Talking to OUH News, Steve said: “The past 46 years has seen the field of orthotics change from a craft-based industry into a modern clinical specialty. Some important developments during this period have been in the areas of manufacturing and materials, patient/orthesis matching, biomechanics, joint design and standards. It has been an extremely interesting time.”

The Oxford Artificial Limb and Appliance Centre, originally built in 1968, was located in buildings at the back of the original NOC, all of which were demolished some time ago and redeveloped. The Orthotics Centre is now part of the Oxford Centre for Enablement Centre which was opened in 2002.

Further information on the orthotics department at the Oxford Centre for Enablement can be obtained by logging on to http://www.ouh.nhs.uk/orthotics/

ANAESTHETISTS COMPLETED 494 MILE CHARITY CYCLE RIDE

In September 2015, a group of cyclists from Oxford University Hospitals NHS Foundation Trust embarked on a five day long cycle ride from London to Edinburgh to raise money for the Lifebox Foundation.

The charity tackles the problem in low resource countries by providing oxygen monitors or ‘lifeboxes’, together with training in safer anaesthesia and surgical practices for hospital staff.

Dr Vikrum Halikar, Consultant Anaesthetist at OUH, said: “Every year, 31 million patients worldwide face the risk of death due to undetected oxygen starvation during surgery. Taking part in the cycle ride was a great way for us to raise money for additional lifeboxes to be given to those countries that really need the resources.

“I spent a year working abroad working in areas affected by an earthquake in India. I had to provide anaesthesia with the bare minimum facilities and no monitoring equipment. It made me realise how difficult it must be for these countries day in and day out. That’s why I decided to sign up for the cycle ride.”

The group were joined by hundreds of other Anaesthetists who form part of the Association of Anaesthetists of Great Britain and Ireland (AAGBI).

Awareness day for lung disease

A specialist respiratory team at the Churchill Hospital took part in an awareness week for Idiopathic Pulmonary Fibrosis (IPF) – a rare condition that causes scar tissue to build up on the lungs. Carmine Ruggiero, a Specialist Nurse Practitioner from the OUH team, set up a stall in the Churchill foyer to inform passers-by about the disease and organised an office bake sale to raise funds for a local support group.