PLANS UNVEILED TO HELP ACCOMMODATE PARENTS OF SICK CHILDREN

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

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Satellite Radiotherapy Unit goes ahead page 3

keeping YOU informed
The Council of Governors met for the second time on 14 January in Didcot.

The meeting was held in public and the agenda and papers for the meeting can be found on the Trust website www.ouh.nhs.uk

Business discussed at the meeting included:
- the development of the Trust's Business Plan, a draft of which will be circulated to the governors for comment;
- agreement that the proposed quality priorities for 2016/17 should be discussed at the next meeting;
- questions to explore with governors from other FTs at their next seminar about their experience of effective working arrangements;
- guidelines for governors visiting the Trust's services.

The Council agreed the appointment from YiPpEe (the Young People's Executive) of Millie and Hannah to job share the role of the young persons' governor (with one vote). YiPpEe is a group of young people who meet and work with staff in the hospital give input on services for young people.

Dr Jeremy Dwight, Staff Governor in the Clinical Staff constituency, has resigned as he is due to retire in February.
April's meeting will agree how to fill this vacancy and whether a by-election is needed.

Security officers at all four of the Trust’s hospitals have been wearing body worn CCTV cameras since December and they have proved to be popular.

The cameras, which capture incidents in both film and audio, aim to deter people from committing crimes or acting aggressively. They also provide reassurance to both the public and staff that the conduct of all parties involved in an incident can be more easily investigated.

Malcolm has worked as a Security Officer at the John Radcliffe Hospital for 32 years and has been attacked in the past. He says the cameras are having an effect because they can provide irrefutable evidence which is admissible in court.

“We’ve never had a problem since we’ve had the cameras. It’s an added layer of security,” says Craig, Security Officer at the John Radcliffe Hospital.

It is hoped that awareness of the body worn cameras will prevent more cases of aggressive behaviour from taking place to begin with.
The proposal had already been agreed by the OUH Board but needed NHS England to confirm the funding arrangements to ensure that the project was financially viable. The new unit will be funded by both NHS England and Swindon Clinical Commissioning Group, but there is also a fundraising appeal to raise additional funds needed to complete the unit.

Mark Mansfield, Director of Finance at OUH, said: "I am delighted this project has now been given the go ahead by NHS England. We have long had an ambition to reduce the travel time for patients from the Swindon and Wiltshire area who are receiving radiotherapy in our hospitals."

“We are proud of the excellent facilities and services that we can provide for patients at the Churchill Hospital in Oxford, but we want to reduce the travel time and inconvenience for patients from outside of Oxfordshire. I am really pleased that we are now able to start work on the new unit.”

The radiotherapy service at the Great Western Hospital site will be a satellite of the OUH Cancer Centre which is located at the Churchill Hospital in Oxford.

The new unit is needed to meet the increased demand for radiotherapy that is predicted over the next ten years and to reduce the amount of travelling for patients from Swindon and Wiltshire who currently have to travel to Oxford for radiotherapy. Swindon and most of Wiltshire are one of the very few parts of the country which do not currently have access to radiotherapy services within a 45 minute travel time. Around 700 patients a year currently make the 70+ mile round-trip to the Churchill Hospital in Oxford for radiotherapy. Treatment usually lasts for four to seven weeks, made up of daily visits.

Jennifer Green, Head of Fundraising, Brighter Futures, Great Western Hospitals NHS Foundation Trust’s charity, running the Radiotherapy Appeal, said: “This is fantastic news and means we’re a step closer to lifesaving radiotherapy treatment being available in Swindon. We’ve already raised £350,000 towards the £2.9 million we need to pay for the equipment and we now need more local people, businesses and organisations to get behind our Radiotherapy Appeal.”

“Please contact Brighter Futures on 01793 605631 or visit the website www.brighterfuturesgwh.nhs.uk to find out how you can show your support or to find out more about our appeal.”

The planning stages of the project are well advanced and it is hoped that the service could be provided in Swindon by early 2018.
A pregnant woman with a life-threatening condition has paid tribute to staff at the John Radcliffe Hospital who carried out world-leading heart surgery on her, saving both her and her unborn baby.

Julia Birkin was just 12 weeks pregnant when she became out of breath while competing in a three day eventing horse trial competition in July 2015. Julia, of Melton Mowbray, Leicestershire, was diagnosed with a critical congenital aortic stenosis. The condition, which blocks the flow of blood out of the heart, is fatal if not treated. Julia was initially faced with having to terminate the pregnancy to enable her to undergo a life-saving heart valve replacement.

“My whole life was turned upside down. Either the baby would die, or I would. I was in total shock, it was the worst day of my life,” says the 40 year old. Julia was then referred to Dr Oliver Ormerod, a Consultant Cardiologist at the John Radcliffe Hospital.

“As far as we could tell, the baby was very healthy. Julia needed an aortic valve replacement but we wanted to give the baby a chance of surviving too,” Dr Ormerod recalls.

“The baby’s chances of survival were directly affected by the length of time the bypass took, so having the quickest surgical procedure possible was critical.”

Dr Ormerod enlisted the help of Consultant Cardiac Surgeon Professor Stephen Westaby, who is considered to be one of the most capable surgeons in the world in this respect.

In August, Julia underwent surgery for an aortic valve replacement, a procedure which had only been performed on around two dozen pregnant women, worldwide.

“In previous cases there has been a high fetal loss and significant maternal mortality so it was very brave of Julia, but we also required a team that was confident, excellent and would hold its nerve,” says Dr Ormerod.

The bypass surgery was a success but Julia was more concerned about her baby.

“When I woke up the first thing I said was ‘is the baby still alive?’ I was ecstatic when they told me he had made it through. It gave me the strength to pull myself through.”

On 18 January Julia was induced a week early and gave birth to Samson, a healthy baby boy weighing 8 lbs 10 oz. Samson’s middle name is Oliver in honour of Dr Ormerod whose exceptional work for other families means he has around ‘two football teams worth’ of babies named after him.

“Oliver not only gave us a lifeline but he’s been by our side since the day we met. He was our guardian angel who has helped us through the whole process, from diagnoses to having a healthy baby boy.”

Julia is keen to share her story so that other expectant mothers with similar conditions are aware that help could be at hand.

“I always thought I just had chunky ankles but it turns out these were an effect of my heart condition all my life,” she says. “There will be other pregnant women across the UK who have a heart condition. But Samson and I are proof that there is an option.”

Dr Oliver Ormerod left, with Julia, baby Samson and her fiancé Richard Williams.

Five-star hygiene rating for League of Friends café

The League of Friends café at the John Radcliffe Hospital has maintained its five-star hygiene rating following a recent inspection by Oxford City Council.

The café, which is open to staff, patients and visitors to the hospital, is located in the West Wing and run by a host of volunteers. Lisa Worden started managing the café just over a year ago and says that good food hygiene training is the reason behind their continued ‘very good’ status.

“I learned a lot when I did my training course, which means I can share that knowledge with all the volunteers and give them some guidance on what they should be doing.”
Plans are being developed to provide on-site accommodation for the parents of sick children and babies who are patients in our John Radcliffe Hospital.

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

The plans were unveiled in January, and marked the ninth anniversary since the charity opened its first accommodation in the Oxford Children’s Hospital in 2007. The outline designs are for a new stand-alone House with around 60 bedrooms to be built in the hospital grounds adjacent to Woodlands Road.

The House will give families a place to rest, relax, cook and be together away from the stress of the hospital. Communal facilities such as kitchens, playrooms and lounges that are found in other Ronald McDonald Houses across the UK have been included in these plans to provide a real ‘home away from home’ for the families that stay.

Like all specialist children’s hospitals, Oxford Children’s Hospital provides services across a wide region. Children and their families travel from all over the UK, including Northern Ireland, to receive treatment and care. Whilst accommodation for parents is possible overnight next to their child’s bed or cot, the current facilities are not suitable for use for longer than a few days, or for more than one parent. The proposed new family accommodation will also support families who have babies in the hospital’s Newborn Intensive Care Unit.

Funding of around £9 million needs to be raised over the next couple of years before the expansion and relocation of the Oxford Ronald McDonald House can be progressed.

To find our more visit: www.rmhc.org.uk

The designs can be viewed on the Ronald McDonald House Charity’s website: www.rmhc.org.uk/our-houses/oxford/proposed-relocation-of-ronald-mcdonald-house-oxford

BEING A HEALTHY HOSPITAL

In January, the Trust held a ‘Healthy Hospital Day’ at the John Radcliffe Hospital for staff, visitors and patients with colourful displays on healthier eating, becoming more active, active travel, managing stress and building resilience.

Staff were encouraged to make pledges to commit to a healthier lifestyle and took part in an awareness campaign which asked them to guess the amount of sugar in breakfast cereals, and how much fat, sugar and salt was in a standard packed lunch.

They enjoyed shoulder massages, experienced five minutes of mindfulness and an invigorating lunchtime walk around the hospital site.

Congratulations to our staff on ward 5F who won the fabulous basket of fruit donated by the OnThree restaurant by answering the most questions correctly in the Health Quiz.

The next Healthy Hospital Day takes place at the Horton General Hospital in April.

For more information on Health and Wellbeing email anna.hinton@ouh.nhs.uk
Transforming services and pathways

HELPING PATIENTS MOVE ON FROM HOSPITAL

Delays in transferring patients out of hospital, who are waiting for social care and rehabilitation support, are a long-standing issue within Oxfordshire. Health and social care leaders have put in place a joint plan to improve the flow of patients out of our hospitals and ensure they are cared for in the most appropriate environment.

Behind the front line of our hospital wards is a team helping to smooth the discharge of patients to the next stage of their care.

The team is working to address the issue of some of our patients who are medically fit to leave hospital but are waiting for their ongoing social care plans to be arranged.

The joint initiative between the Trust, the County Council and Oxford Health NHS Foundation Trust which runs Oxfordshire’s community hospitals, was launched at the beginning of December with the establishment of a liaison hub co-ordinating transfers from hospital to intermediate care beds in care homes. Patients remain in the care homes for a temporary period of up to eight weeks while they receive assessment for their long-term care plans.

Over the past three months, more than 170 patients, waiting for rehabilitation and social care, have been moved to intermediate beds in one of 17 care homes across the county.

The liaison hub based at the John Radcliffe Hospital involves nurses, therapists and social workers from across many specialties including acute medicine and geratology. There is a shared aim to reduce dependency on bed-based hospital care for patients who can be supported in the community and at home. This improves the patient experience and the outcomes of care.

Social workers and reablement teams work closely with care home staff to support both the patients and their families during this transitional period.

One of the Liaison Hub sisters, Lynda Huard, explained: “The hub involves staff with all the skills to manage the complexities of our patients and the different care pathways they require. We also administer the arrangements with the care homes and the patients’ GPs and clinicians and proactively support the patients while in the care homes.”

The scheme is supported by Oxfordshire Clinical Commissioning Group with funding of £2 million, and is running for a trial period until 31 March 2016, after which its long-term impact will be evaluated. A key objective is to reduce the numbers of patients who are delayed in being discharged from hospital, and to ensure they are cared for in the right environment for them.

Liaison Hub team, front to back, Lynda Huard, Karen Buckingham, Claire Gorman, Abi House, Tamsin Cater, Ray Griffiths

Oxfordshire’s vision for service improvement

Leaders from across health, social care, local government and Oxford’s universities are looking closely at the way we provide services across the NHS and social care to see what changes we need to make to improve access to healthcare and treatment.

With increasing demand, increasing costs and increasing complexity of the needs of the local population, we are jointly reviewing how our health and social care organisations deliver urgent and complex chronic care. The integration of services across our organisational boundaries is key to being able to share the resources of both staff and funding, and to designing the best possible services that meet local needs.

A Transformation Board has been established to agree the overall strategic framework and partner organisations are working together to design new pathways of care that will increase more care in the community. For OUH this means considering how our clinicians can deliver more care and treatment out of hospital and closer to patients’ homes. We are undertaking a strategic review of our clinical services, part of which will consider whether all the services we currently offer need to take place on our hospital sites.

The vision involves a joint plan for Oxfordshire that will strengthen the range of services available in community-based centres supported by specialist skills from our hospital clinicians.
A new role at the John Radcliffe Hospital has been established which sees a team of doctors, called interface physicians, working with staff in the Emergency Department to identify patients who could benefit from being treated with hospital-level care but in their own homes.

Staff are being mobilised in a way that allows them to support more care being offered outside of our hospitals.

Dr Dan Lasserson is a senior doctor who acts as bridge between the hospital, GPs and social care, working with a team of trained nurses who can visit patients at home and provide the care and treatment they need.

Dr Lasserson explained: “Sometimes we have patients who arrive in the Emergency Department because they need the advanced tests, scans and treatments which can only be provided in hospital. Many of these patients are older, living with frailty or dementia, and a busy Emergency Department is not the best place for them. We know that admitting them to hospital is not always the best approach as research shows that patients who can be treated at home have less confusion, better continence and may have better outcomes as a result.”

For those patients who don’t need to be admitted to hospital, Dr Lasserson and his team are able to provide rapid assessment with a range of technology to carry out blood tests, X-rays, CT and MRI scans, and provide the medical expertise for speedy diagnosis and treatment.

Patients are then able to return home with ongoing support from the hospital medical teams.

Dr Lasserson said: “The hospital is still delivering the care but the patient can have the benefits of being in their own home.”

Increasing ambulatory care

We are in the process of working in a more effective way to avoid patient admission through the development of urgent assessment and care as part of an ambulatory care model. Day hospital provision at OUH now includes an expanded Daily Diagnostic Unit.

The aim of this approach is to help reduce the number of patients being admitted to our wards and provide a better patient experience with greater support through multidisciplinary teams working together in the community. This includes our Supported Hospital Discharge Service and the Oxfordshire Reablement Service.
A patient who is the first in the UK to receive the world’s most advanced “bionic eye” has been able to read the time for the first time in more than five years.

John Radcliffe Hospital surgeons implanted a tiny electronic chip at the back of Rhian Lewis’s retina in her right eye as part of ongoing NHS-funded research of the technology.

Mother-of-two Rhian, of Cardiff, was diagnosed with retinitis pigmentosa – a disorder that destroys the light sensitive cells called photoreceptors in the retina – when she was five.

She has been completely blind in her right eye for 16 years and has not been able to read the time with her left eye for about six years.

The moment Rhian realised she had correctly told the time was captured on BBC’s “Trust Me I’m A Doctor”.

Rhian said: “They said I might not get any sensation and then all of a sudden within seconds there was like this flashing in my eye, which has seen nothing for over 16 years, so it was like, oh my God, wow!"

The wafer-thin retinal implant chip is inserted into the back of the eye to replace damaged photoreceptors.

The chip – developed by German engineering firm Retina Implant AG – captures the light entering the eye to stimulate the nerve cells of the inner retina and deliver signals to the brain.

It is connected to a tiny computer that sits underneath the skin behind the ear that is powered by a magnetic coil.

The National Institute for Health Research-funded trial has been tested at the JR since 2012 and the new device produces clearer images, conserves power better and is designed to last longer, for four to six years.

Professor Robert MacLaren, who is leading the trial, said: “For a blind person having independence is a very important aspect of their vision, so if we can give someone enough vision so that they can see where they are in the home, they can go out, they can walk to the bus stop, and they can see people around them, they’re basically aware of their surroundings, then we’ve achieved a great deal.”

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**Cash to support Oxford medical research**

A total of £675,000 has been awarded to senior Oxford researchers to support research that will have a direct benefit on NHS care.

The NIHR Oxford Biomedical Research Centre (BRC) and the NIHR Oxford Biomedical Research Unit in Musculoskeletal Disease (BRU) have announced the successful applicants for its first Principal Fellow Competition.

The BRC and the BRU are partnerships between Oxford University Hospitals NHS Foundation Trust – which runs hospitals including Oxford’s John Radcliffe – and the University of Oxford.

A total of 15 researchers will each receive £15,000 a year over three years to support their work in areas such as genetics, childhood vaccines, eye surgery, skin conditions and nursing.

There were 50 applications for the awards, aimed at attracting, recognising, developing and retaining outstanding researchers.

The awards can go on areas such as personal development, covering staff costs, attending conferences, books, consumables, minor items of equipment and travel. The successful applicants will also have the opportunity for senior leadership training.

Oxford BRC Director Prof Channon said: “We were delighted with the quality and volume of applications we received for our first Principal Fellow Awards.”
CRYOPRESERVATION GIVES CHILDREN FERTILITY HOPE

A nine-year-old boy, who is the first in the UK to have testicular tissue frozen in the hope he can have children later in life, is among those being helped by John Radcliffe Hospital doctors.

Nathan Crawford is the first pre-pubescent UK boy to have his testicular tissue frozen using cutting edge cryopreservation techniques.

Nathan, of Bude, Cornwall has undergone radiotherapy and chemotherapy that could leave him infertile to shrink an inoperable but manageable brain tumour.

In a ground-breaking procedure, Miss Kokila Lakhoo, a paediatric surgeon at the hospital, removed a wedge of testicular tissue and froze it so it can one day be re-implanted into Nathan.

Boys cannot produce mature sperm until puberty so tissue bank staff froze sperm stem cells which it is expected will aid sperm production later in Nathan’s life.

His mother Dona Hunt said: “Our decision-making process regarding whether Nathan should have chemotherapy was made so much easier thanks to the fact Oxford could offer this storage of Nathan’s cells.”

Stepfather Jonathan Alison said: “Nathan loves children and so we told him this would increase the chances he can have his own children.”

The service – the only one of its kind in England and Wales – is expanding thanks to a £250,000 grant from IVI UK, part of the Valencian Infertility Institute (IVI Spain), to support more children.

More than 50 healthy babies have been born worldwide from frozen ovarian tissue. The world’s first testicular tissue from a prepubertal boy was frozen in the last 10 years so no births have taken place yet.

The Oxford service – established in 2013 – is aided by the University of Oxford’s Nuffield Department of Obstetrics and Gynaecology.

Dr Sheila Lane, the Trust’s Clinical Lead for the cryopreservation service, said: “To be able give these young people and their families’ real hope at the beginning of their cancer treatment is invaluable.”

Open day to showcase medical research

Patients and residents are invited to an open day to celebrate ground-breaking medical research being carried out in Oxford.

The NIHR Oxford Biomedical Research Centre (BRC) will host the event in Tingewick Hall at the John Radcliffe Hospital on Thursday, 21 April from noon to 5pm. The event will be clearly signposted from the main hospital reception.

The event will feature stands, displays, exhibitions and lectures on the latest advances in medicine.

The BRC funds research including the brain, cancer, dementia, diabetes, genetics, infection, surgery and vaccines. It is a collaboration between the Trust and the University of Oxford.

For full details and details of how to book a place on the tours of clinical facilities visit oxfordbrc.nihr.ac.uk.
SOBELL HOUSE invests in hospice care

Sobell House Charity is hoping to raise £4m over four years as part of a £9 million investment plan to significantly increase hospice care in the county and meet the growing need for end of life care across Oxfordshire.

A brand new clinical facility at the Sobell House Hospice on the Churchill Hospital site will provide more services to more people living with terminal illness. The investment will also support an expansion of the specialist palliative care team to deliver more care and grow the pool of knowledge in end of life care across Oxfordshire.

This additional resource will enable the specialist palliative care team at the hospice to provide a service across the Trust’s four hospitals seven days a week from 8.30am to 6pm. This team provides critical and timely advice and support to ward staff and clinical teams caring for those patients at the end of their lives in our hospitals. Central to this initiative will be education and training for hospital staff.

Expansion of the specialist palliative care team will include:

• additional doctors to deliver and extend palliative and end of life care for complex patients approaching end of life;
• specialist pharmacist to help with pain management;
• occupational therapist specialists to offer emotional support to patients and families;
• additional nurses to increase availability of weekend care.

In the second phase of the investment plan a new hospice space will be built at the Churchill Hospital site to give added clinical facilities. This will meet the needs of trailer patients and those living with more complex illnesses, such as dementia, who require specific end of life care in a comfortable, safe and sympathetic environment.

The Sobell House Charity has pledged to raise £4m over four years to support the plans in addition to funds already put aside for this expansion.

Diane Gardner, Chief Executive Officer for Sobell House Charity, said: “As we celebrate our 40th anniversary at Sobell House we are looking to the future and what we can do to help hospice care grow over the next 40 years. These developments will offer patients more choice and different approaches to their end of life care.”

Sobell House specialist palliative care team currently cares for around 3,000 patients and their families, either at the hospice, at home or on the hospital wards. Chief Executive Bruno Holthof said: “We are delighted that Sobell House Charity has committed to support an increase in specialist palliative care provision across our hospitals. This is a valuable resource that will benefit the education of staff caring for those patients approaching the end of their lives and will also provide much-needed support for these patients and their families. The investment will enable us to deliver more care and grow the pool of knowledge in end of life care.”

Online boost for research trials

Patients can now see research trials that are seeking volunteers on the Trust’s website.

Trials currently on the website include OXWATCH, which is seeking women planning a first pregnancy to answer a questionnaire, donate a blood sample and have some simple circulation measurements.

A wide range of research takes place across Trust hospitals – often by the University of Oxford – including bones and joints, cancer, infection and vaccines.

To view current studies visit ouh.nhs.uk/research/patients. Researchers can submit trials via ouh.nhs.uk/research/researchers
In the Thames Valley area, 77 percent of eligible men took up their invitation for Abdominal Aortic Aneurysm screening (AAA) from 2014 to 2015.

Mr Graham Langsbury, from Oxford, was one of the first to be screened when the programme started in 2009. He said: “I don’t think I would be here today if a flyer telling me about the screening hadn’t come through my door. I went along and was told I had an aneurysm measuring 5.5cm. Just three or four weeks later when I was operated on at the John Radcliffe it had grown to 8cm. That was a few years ago now and I feel very lucky to be alive. I would encourage all men over the age of 65 to take up the offer of AAA screening.”

Screening is offered to all men over 65 and aims to reduce the number of deaths from AAA rupture through early detection, appropriate monitoring and treatment. The screening involves a simple ultrasound scan which looks for weakness and enlargement of the aorta, the main blood vessel in the body. The results are available straight away.

One million men have been screened since the national programme began in 2009. This has resulted in over 10,000 aneurysms being detected that need monitoring or treatment and more than 2,000 men with large aneurysms, measuring 5.5cm or wider, referred for successful surgical repairs.

AAA screening saves lives

Hospital energy scheme improves heating and lighting

What’s going on under our hospital?

Under the John Radcliffe Hospital there is a labyrinth of interlinked underground passages, tunnels and corridors for:

- tugs
- wiring for electricity and communications
- pipes for medical gases, heating and hot water.

Over the last four months, this maze has been alive with teams of engineers and welders who have been laying the new pipework for the Hospital Energy Project. The new pipes will carry the hot water and steam from the Combined Heat and Power (CHP) engine and new combination boiler across the site.

The old boilers and controls

The old boilers and controls, which look like something from a 1960’s Sci-Fi B Movie (pictured), will be dismantled and removed and replaced with an innovative Building Management System (BMS) that will manage and optimise the JR and Churchill’s heating and energy usage.

The complexity of finding a route through this maze and bypassing the existing services cannot be understated. First the route was painstakingly surveyed. Then, in cramped and dark conditions, the welders and engineers have been laying and welding the pipes as they snake around immovable objects, through walls, past high voltage panels, through the spaghetti of existing services to the new heat exchangers.

The work will continue for another six to eight months and should not impact on day to day running of the site’s heating – in fact, most people will not even know what is being done under the building.

The hospital’s new Energy Centre and BMS will reduce carbon emissions, be more efficient and deliver substantial savings on the Trust’s energy bills.

A whiter, brighter hospital linen room

Deep down in the basement, on Level 0, of the John Radcliffe Hospital, 12,000 uniforms are fitted and 3.5 million linen items are handled for laundering each year . . .

The linen room

The Linen and Laundry Service is carried out by 13 staff – four of whom are seamstresses. Their working environment was recently transformed by the upgrading of the lighting as part of the innovative Hospital Energy Project.

Michelle Redhead, Linen and Laundry Services Manager, explains: “The difference is dramatic. We need bright light for the fine sewing work we do and previously relied on individual lamps to boost the overhead lighting – but not any more! The new lighting is 100 percent brighter and people coming in now are taken aback at how bright it is here. It is so much better. We were slightly dreading the inconvenience of the work as we thought it would be disruptive, but it wasn’t. They worked around us and there was no disruption at all. It has been brilliant. We really can’t believe the change.”

Around 7,000 light fittings are being replaced as part of the Hospital Energy Project, so the ladders and electricians will be a common sight in the hospital for a few months yet. Michelle adds: “We all know the jokes about ‘How many people does it take to change a lightbulb?’ Well, at least for the linen room, we now know the answer: three lighting experts!”

The new lighting in the John Radcliffe and Churchill hospitals will be more energy efficient, brighter and need much less maintenance. The entire project will deliver 45 percent reduction in annual energy costs (guaranteed for 25 years) and 38 percent reduction in annual carbon emissions.

If you want to know more about the Hospital Energy Project visit our website www.ouh.nhs.uk or email hospitalenergyproject@ouh.nhs.uk
Raise big smiles, run five miles for the Oxford Children’s Hospital Sunday 17 April

Our annual Children’s Hospital fun run – the Oxford Mail OX5 Run returns on Sunday 17 April, starting at 10.30am.

The event, a five mile run at Blenheim Palace, is the biggest fundraiser of the year for the Oxford Children’s Hospital.

Last year it raised over £106,000 for children’s areas across the Trust, and this year, with your help, we hope to raise even more.

We welcome runners and teams of all abilities (aged 16 and over) who can run, jog or even walk the stunning Blenheim Palace course. You can enter on your own, or as a team of five or more.

It costs £15pp if you enter before 18 March (thereafter £20pp) and we ask runners to aim to raise £100 or more for the hospital charity.

To find out more or enter online please visit www.hospitalcharity.co.uk/ox5run or call 01865 743444.

Please help us make a real difference to the lives of children who need it most.

Many thanks to the Oxford Mail and event sponsors, Allen Associates.

Abseil for your hospital charity Sunday 19 June

Looking for a new adventure – a day we guarantee you won’t forget? Then sign up for our next hospital abseil on Sunday 19 June.

The 100 ft abseil, from the top of the Women’s Centre at the John Radcliffe, costs just £20 to enter and is open to hospital supporters, patients and colleagues across the Trust – indeed anyone aged over 18 and medically fit can take part.

It’s great fun, so why not choose the cause you’d like to support and enter – either on your own or get a team of family, friends or colleagues together.

You can abseil for the Churchill Surgical Unit Appeal – which is raising funds to help transform the space for patients from the Cancer and Haematology Centre and Churchill who are having surgery.

Or if you would like to say a big thank you to hospital staff across the Trust then why not abseil for our new Hidden Heroes Appeal, which supports additional specialist training and staff development, as well as motivational staff recognition programmes.

We also have two maternity teams – Abingdon Midwives and Horton Maternity Unit – taking part and you could abseil in support of the Adult Cystic Fibrosis Fund, or for I.M.P.S. – the Injury Minimization Programme for Schools, which teaches vital first aid skills to Oxfordshire youngsters.

To take part pick up a leaflet, visit our website www.hospitalcharity.co.uk/abseils or call 01865 743444.

Your support and generosity will make a difference – helping to provide pioneering medical research, even more comfortable facilities and advanced medical equipment for patients young and old.

Find out how you can help at www.hospitalcharity.co.uk, email charity@ouh.nhs.uk or call 01865 743444.

Other events coming up:

Big 60 – Cancer Golf Day – Wednesday 27 April

Hospital supporter, Mike Housley, is raising funds for our Cancer Care Fund through his Big 60 series of events. You can join him at his charity Golf Day at the prestigious Oxfordshire Golf Club near Thame on 27 April.

For full details on this and other events visit www.hospitalcharity.co.uk/events

CARYS MORGAN who abseiled in 2015

in support of William’s Fund – the Childhood Cancer Research Fund

CARYS MORGAN

in support of William’s Fund – the Childhood Cancer Research Fund
Rebecca Moore is a Neuromuscular Care Adviser at OUH, who provides practical and emotional support to patients and their loved ones to ensure that muscle wasting conditions like muscular dystrophy don’t prevent them from “maximising their potential.”

Muscular dystrophy (MD) is a hereditary condition that causes muscles to progressively weaken over time, leading to severe disabilities, making it difficult for those with the condition to lead normal lives.

“A family’s whole lifestyle needs to be adapted when a child is first diagnosed. That’s where I can help.” Rebecca explains.

“I do my best to make sure that muscular dystrophy doesn’t define my patients or limit them in what they can achieve. I frequently work with schools to ensure that they are accessible and able to cater to the needs of the patients I work with. It’s very important that they are integrated into their surroundings and don’t feel left out.”

Rebecca is keen for people to learn more about the condition and encourages everyone to take part in this year’s Town and Gown 10k race in Oxford – an annual run organised by Muscular Dystrophy UK to raise funds for vital research. The charity, which counts the John Radcliffe Hospital as one of ten centres of clinical excellence in the UK, campaigns to improve the quality of life for people who live with muscle-wasting conditions, as well as fundraising.

The race will be held on Sunday 15 May. Further information can be found at www.townandgown10k.com/oxford

Volunteer writes script for UK stage

A volunteer at the John Radcliffe Hospital who was one of the lightest babies to survive birth is hoping a play he wrote will make it onto national TV.

Russell Highsmith weighed less than a bag of sugar when he was born in 1985, suffering damage to brain tissue. In February he became the first writer with learning disabilities to have his work performed on a UK stage when The Big Shock hit the Cornerstone Arts Centre in Didcot.

Russel had initially written the script – which tells the story of a couple’s relationship unravelling after a night of celebration – for TV but adapted it for the stage. He now wants the play to get a wider audience.

“I am now sending the original TV script to the BBC to see what they think, and hopefully it will go on TV.”

Russell Highsmith

Come and find out about innovation in healthcare settings

The Trust and the Oxford Academic Health Science Network (AHSN) are working jointly towards the common goal of swift and widespread adoption of clinical innovations which bring lasting benefits to patients.

A special event to find out more about the Oxford AHSN is being held on 9 May in Lecture Theatre 1, Academic Centre, John Radcliffe Hospital from 4pm to 6pm. Everyone is welcome to come along.

“Together we are building effective clinical networks, breaking down barriers and building a culture of innovation,” said Oxford AHSN Chief Executive Prof Gary Ford, who is also a practising stroke physician at the Trust.

Trust staff hold central roles in most of Oxford AHSN’s clinical networks and patient safety work, particularly around pressure ulcers and medication safety.

The maternity network has introduced an improved, more simple way for sick and premature babies to be transferred from around the county to the regional referral centre at the John Radcliffe Hospital, which has led to a significant increase in numbers referred.

The network of clinical imaging specialists has made a series of videos explaining what to expect at a various types of scan appointments including MRI and PET-CT which can be seen on the Oxford Academic Health Science Network YouTube channel.

Trust staff are part of a group of 13 Oxford AHSN Fellows completing a Masters in Evidence-Based Healthcare.

Members of Trust staff have taken part in the Oxford AHSN Entrepreneur Programme with Henley Business School which helps them turn clever ideas into viable products and services. More courses are planned in autumn this year.

OUH staff are among those who have started an ‘Innovating in healthcare settings’ programme at Bucks New University, with a second course due to start later this year.

The Oxford AHSN is hosted by the Trust and based at the Oxford Science Park. You can find out more about it by on the website www.OxfordAHSN.org
RADIO HORTON DONATES MONEY TO HOSPITAL

Radio Horton has donated £375 to the Horton General Hospital’s charitable fund. The money was raised in December 2015 by volunteers from the radio station who took part in the local Sainsbury’s annual festive fundraiser and a morning bag-pack at Morrison’s supermarket.

Bill and Jeanette Warren, from Radio Horton, presented the cheque to Yolanda Jacob, Fundraising Project Manager, who said, “I would like to say a huge thank you to Radio Horton. We really appreciate everything they do for the hospital.”

Bill Warren, Events Co-ordinator for the radio station added, “I would also like to thank the local supermarkets, our dedicated team of volunteers and the public who have always supported Radio Horton.”

The money raised will go towards future projects and equipment.

OUH STEPS UP TO PREVENT PATIENTS FALLING

New Falls Prevention Practice Educator trains staff to keep patients safe

To keep our patients safe from harm, Oxford University Hospitals NHS Foundation Trust has employed a dedicated Falls Prevention Practice Educator to train staff in minimising the risk of patients falling and injuring themselves.

The last thing any hospital trust wants is for patients to be hurt whilst in their care, and with patients on our wards who are frail and vulnerable, the risk of patients falling is one we take very seriously.

The key to keeping our patients safe is our highly-trained workforce, so to maximise their knowledge and understanding of the risk of patient falls, our new Falls Prevention Practice Educator, Aimee Taylor, will train staff in all our wards and clinic areas.

This staff training is part of the NHS FallSafe project, a national campaign that aims both to reduce the risk of falls and to minimise any harm to a patient, should they fall.

“It is not only our elderly patients who might fall and hurt themselves, but younger people who are very unwell, on powerful medication that affects their balance, or who have lost a limb” says Aimee.

“Reducing risk doesn’t only mean changes to the hospital environment, such as better lighting, or non-slip footwear and flooring, but also focusing on our patients themselves, and their individual circumstances.”

Our staff will assess patients for their risk of falling, both on admission and, if needed, regularly during their stay. They will share information about a patient’s risk with their colleagues, to ensure seamless ‘joined-up’ care.

Each ward and clinic area will have a ‘Falls Champion’, to lead the education of their teams, highlight risks specific to that area and promote the prevention of falls to other members of staff, patients and visitors. The Trust will ensure our Falls Champions have the extra time they need to do this vital work, and the recognition they deserve for their dedication to keeping our patients safe.

For any information about the risk of patient falls, and for support and advice, please contact Aimee on aimee.taylor@ouh.nhs.uk

Cholesterol drug trial for Parkinson’s Disease

A clinical trial to look at whether a cholesterol-lowering drug could be used to treat Parkinson’s Disease is being held at the John Radcliffe Hospital.

The hospital is one of 21 UK centres taking part in the trial, to give Simvastatin to people who have the neurological condition.

About 200 people will take part in the UK study, which will compare results from those who took the drug and those who did not.

The trial is funded by Plymouth University, the JP Moulton Trust and The Cure Parkinson’s Trust.

For information contact sudhir.singh@ouh.nhs.uk

Aimee Taylor, Falls Prevention Practice Educator
RACE EQUALITY ACTION GROUP

Colleagues from across the Trust accepted the invitation to attend the first Race Equality Action Group ‘Listening into Action’ discussion on 2 February, taking an opportunity to share their views and experiences, both good and bad, about working in the Trust. This is a Trust initiative to better understand the experiences of BME staff across the organisation.

On 31 July 2014 the NHS Equality and Diversity Council announced ‘that it had agreed action to ensure employees from black and ethnic minority (BME) backgrounds have equal access to career opportunities and receive fair treatment in the workplace.’ As part of this commitment, the Workforce Race Equality Standard was introduced to improve the experiences of BME staff in the workplace.

The Race Equality Action Group (REAG) has been established within Oxford University Hospitals NHS Foundation Trust, led by Jo Radcliffe (Chair) and Imam Monawar Hussain (Vice Chair) with colleagues from across the Trust, to take this significant initiative forward.

“Our aim is to meet colleagues from across the OUH community to hear your views on how we can work together to create a culture within the Trust in which every individual flourishes irrespective of their ethnicity, gender or background.” Jo Radcliffe, Chair REAG

The group can be contacted using the following email address: RaceEquality@oxnet.nhs.uk

Further information on how you can get involved and details of the work of the group will be widely publicised over the coming months.

Security awareness:

Bike Crime

With a large cycling community, the theft of bikes is unfortunately a frequent crime in Oxford. There are, however, precautions you can take to make your bike less of a target.

The most common method of stealing the bikes is to cut the lock off with bolt croppers. This is easier if the bike is only secured with a wire or chain lock. The best deterrent is to use a good quality D-lock in combination with another type of good quality lock. You should expect to spend at least £40 on a good lock, and look for the ‘Sold Secure’ logo.

Ensure you secure the bike to an immovable object, for example a bike rack, and that you catch as much of the bike as possible through the lock, including the frame and both wheels. Remove any quick release parts, as it is not always the whole bike that is targeted.

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

You can record all the details of your bike, and any other valuables you have for free on www.immobilise.com, or www.bikeregister.com. This helps police find the owner of any bikes that are recovered. Police have a store of hundreds of bikes they have confiscated or found, which they are unable to reunite with their rightful owners because they can’t identify them.

Further security advice can be found on the Security intranet site, via the Estates and Facilities pages, or from Rachel Collins, Trust Security Manager/Local Security Management Specialist at rachel.collins@ouh.nhs.uk or extension 23313.
A team of clinical support workers from the John Radcliffe’s Neuroscience Ward celebrated recently when they completed two development programmes to improve their knowledge and skills to recognise when a patient is deteriorating and respond appropriately.

The **Bedside Emergency Assistance Course for Hospital Support Workers** (BEACH) covers topics such as looking out for breathing and circulation problems, conducting a good handover of critical information and effective prioritisation of workloads.

The **Awareness of Why Anticipating and Responding is Essential** (AWARE) course allows learners to develop an understanding of the principles and correct techniques to monitor physiological changes in patients, explore strategies for effective communication and reporting of results. It also trains to recognise key equipment which provides appropriate support in emergency situations.

Mabel Eghaghe, Clinical Practice Educator for the team, said: “The AWARE and BEACH programme provides a clear framework for knowledge and skills for Nursing Assistants in promoting early identification of the deteriorating patients. The programme outlines specific competencies that contribute to the effective management of the patients at risk. It has supported and equipped our Nursing Assistants in the Neuroscience Ward with the knowledge needed in the acute environment, with the goal of eliminating causes of substandard care.”

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**League of Friends says goodbye to Anne Frost**

The General Manager of the Nuffield Orthopaedic Centre League of Friends said a fond farewell to colleagues and patients at the end of February, when she retired after a decade of service.

Anne Frost originally took up the role after selling her florist shop in Chalgrove, which she had owned and run for 20 years.

“I saw this job advertised on the Friday and started on the Monday,” she recalls. “I’ve always loved working with the public and it seemed like a new challenge after owning a village shop for so long.”

Anne settled in very quickly and soon felt at home with new colleagues of friendly staff and committed volunteers.

Anne added: “The loyalty of the volunteers has made it such a nice working environment. “It’s been a really enjoyable ten years. There’s a real sense of community here; like working in our own little village inside a hospital! League of Friends is really thriving at the moment and I hope that whoever takes over from me will enjoy it as much as I have. As for me, I’m looking forward to taking it easy!”

Hilary Daffern, Chairman of League of Friends, said: “We’ll be sad to see Anne go, but on behalf of everyone at League of Friends, I’d like to wish her a long, happy and healthy retirement.”

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**Farewell to Mary**

In January 2016, Mary Lloyd, one of the Trust’s longest serving volunteers, was bid a fond farewell as she retired from her volunteer post.

Mary has been involved in the NHS for over 33 years, both as an employee and as a volunteer. During that time she has helped to raise thousands of pounds as a volunteer working on the weekly fundraising book stall at the John Radcliffe Hospital.

Mary is pictured with Deputy Director of Workforce, Carl Jenkinson.