LIFE-CHANGING INVISIBLE HEARING AIDS

SURGEON AND STAFF PRAISED BY BRITISH PARALYMPIAN

Pursuing excellence in nursing and midwifery

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

May 2016 Issue 25

Photograph: OMI

CELEBRATING OUR NURSES AND MIDWIVES
Matron Sue Wheeler was given a congratulatory send-off by her colleagues to celebrate retirement after 40 years of service in nursing. The occasion called for a special cake created to mark her invitation to the Queen’s garden party in May.

Sue began a two-year orthopaedic nurse training course in 1975 at the Nuffield Orthopaedic Centre. After graduating she left the NOC to begin her General Nurse training in Leicester. She returned to work at the NOC in various roles over the years and since 2004, has held the role of Matron.

Sue says she feels it is the right time to retire but admits that she will miss her colleagues. “They’re extremely passionate and devoted to delivering the best care to patients, often under extreme pressure. I’ve never worked with such a dedicated team. I’m leaving a great team in the hands of Becky Easton, who will become the new Matron.”

Sue says she is looking forward to spending more time with her husband and friends as well as developing her wedding cake business. In the meantime, she is planning her day at the Buckingham Palace garden party where she hopes the tea and cake will be just as good as the cake beautifully decorated for her by colleague Suyin Mills.

A huge thank-you to everyone who took part in the OX5 Run at Blenheim Palace.

Over a thousand people completed the five mile run in aid of the Oxford Children’s Hospital.

Included were staff from across the Trust – representing the Children’s Hospital, the Hospital School, Newborn Intensive Care, Children’s ED, Oxford Vaccine Group, HR, the NOC and the Heart Centre. The Trust’s CEO and Chief Nurse also took part.

Congratulations to event winner, Sam Bird, who is a physiotherapist at the Oxford Children’s Hospital. Sam completed the run in a cracking 30 minutes and 54 seconds.
Surgeons from the Nuffield Orthopaedic Centre (NOC) returned to Ethiopia to provide training for local clinicians to treat debilitating childhood conditions.

They visited Black Lion Hospital and CURE Ethiopia Children’s Hospital in Addis Ababa in March for a four-day children’s orthopaedic surgery course. The NOC surgeons have been providing training on the continent for the last three years and were joined by clinicians from hospitals in Bristol, Sheffield and Toronto.

Care for children’s disability is limited in Ethiopia with about 70 orthopaedic surgeons covering a population of 96 million people. The course covered common conditions such as clubfoot, neglected injuries, cerebral palsy, and hip dysplasia through interactive lectures and clinical case reviews.

The workshops included gait analysis, deformity correction, demonstration of surgical approaches, examination of patients and Ponseti method to manage clubfeet.

Children with clubfeet are born with their feet pointing down and inwards and with the soles of the feet backwards. The Ponseti method involves gently manipulating the feet to a better position and putting them in a cast.

Consultant Orthopaedic Surgeon at the NOC, Mr Tim Theologis, said: “Both the trainees and faculty enjoyed the training week immensely, particularly the opportunity to discuss challenging cases with experienced colleagues from around the world, and to pass on practical skills, tips and tricks through the hands-on workshops.”

Over the past three years, 11 NOC surgeons have volunteered as instructors for four surgical training courses in Addis Ababa, training around 120 orthopaedic residents.

This is part of the COSECSA Oxford Orthopaedic Link programme, linking the University of Oxford’s Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences (NDORMS) with the College of Surgeons of East, Central and Southern Africa (COSECSA).

The programme is funded by the UK Department for International Development (Health Partnership Scheme) and directed by NDORMS’ Professor Chris Lavy and Professor Hemant Pandit.
The Young People’s Executive (YiPpEe) comprises children and young people who give the Trust their thoughts and ideas on what patients of a similar age need during their time in hospital.

Anybody aged 11-18 can become a member and meetings are held during school holidays, so schoolwork or attendance won’t be affected. There will also be special events such as open days that members can attend.

What does YiPpEe do?
• Helps make children’s rights and needs clearer to adults
• Devises ways to ensure the thoughts and feedback of children and young people are heard
• Designs leaflets and posters that appeal more to young people
• Acts as guardians of the 10 promises made by the Children’s Hospital, which are:
  1. Patient Feedback: We will work together as a team to act upon what you tell us.
  2. Patient Safety: We will help make you feel safe.
  3. Infection Control: We will make sure that everything is clean
  4. Care and Compassion: We will be kind and thoughtful.
  5. Dignity and Respect: We will listen to what is important to you.
  6. Confidentiality: We will keep information about you safe.
  7. Nutrition: We will make sure you have a choice of good food to eat.
  8. Pain Management: We will help keep you comfortable.
  9. Communication: We will explain what we are going to do before we do it.
  10. Play and Learning: We will do all we can to help you play and learn during your stay.

Scott Lambert, Children's Patient Experience Lead, who coordinates YiPpEe, says:
“YiPpEe gives us the opportunity to improve the hospital experience for the young people we care for and gives members the opportunity to learn different skills, meet new friends and make a real difference to young people in hospital.

“During our sessions, we try to have some fun as well as getting work done. We recently had Star Wars storm troopers from the UK Garrison costume company come and visit one of our meetings, which was really fun!”

If you are interested in becoming a member of YiPpEe, or you would like more information, please contact yippee@ouh.nhs.uk for an information and registration pack.

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Members of YiPpEe meet storm troopers

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Sign up to become a member of OUH

Members of YiPpEe meet storm troopers
A British Paralympian has paid tribute to a neurosurgeon and staff at the John Radcliffe Hospital for the excellent treatment he received.

David Smith MBE – who took up paralympic rowing in 2009 after previously representing Great Britain in able-bodied karate and bobsleigh – was hoping to represent the para-cycling team for Great Britain at the 2016 Rio Paralympics after winning rowing gold at the London 2012 Paralympic Games.

But a spinal cord tumour, which had already been operated on twice before at the JR, returned in September 2015. David wanted to postpone the operation in order to get a qualifying spot for Rio but he crashed while training in January this year.

“The following week I was on the velodrome and had a really sharp pain go through my neck. I came off the bike and fell over. My legs gave up. I couldn’t stand, couldn’t walk and I was in a lot of pain,” he says.

Delaying surgery until after Rio was not an option.

“If David didn’t have surgery he would have been completely paralysed from the neck down and he wouldn’t have been able to breathe,” says Consultant Neurosurgeon Tom Cadoux-Hudson.

Mr Cadoux-Hudson rowed for Great Britain alongside Sir Steve Redgrave in the early 1980s and has a shared passion with David.

“I think the guy is a genius,” says David. “He’s been so calm and relaxed from the start. I clicked with him right away. As a former athlete he’s had a special empathy.”

The surgery on David in March was Tom Cadoux-Hudson’s last before he retired, although he will closely monitor David’s progress.

“It’s always satisfying to see a patient through a journey. I think David’s achievements are absolutely amazing but I’m not surprised because he’s so determined.”

David is also full of praise for the other staff at the JR.

“They are all so passionate about what they do and the level of care has been excellent. There’s a remarkable human spirit here. In my eyes the John Radcliffe is one of the best hospitals in the world. To have three surgeries, come out and win gold medals and world titles is testament to this place.”

Although David’s dream of competing in Rio is over, he has now set his sights on a new challenge. From his hospital bed he has been mapping out the route of the ‘Route des Grandes Alpes’ which passes through the French Alps.

“I do want to cycle again this year. It will be a nice way to end this all off.”

Mother’s Day treats for asylum charity

Asylum Welcome has thanked OUH staff for donating their unwanted toiletries to help women in need.

A fantastic 120 gift bags were collected and given to the local charity in time for Mother’s day.
Chief Nurse, Catherine Stoddart has been in post for two years and is marking International Nursing and Midwifery Day on May 12 with the OUH conference ‘Pursuing Excellence’. Catherine speaks about some of her highlights since coming into the post.

“When the opportunity to work in Oxford was presented to me I jumped at the chance. Not only because of its reputation, but the fantastic opportunity to work with a world-class nursing workforce was one that wasn’t to be missed.

I soon discovered the brilliant medical research, education and clinical services that takes place here and I found incredibly well-trained and competent nurses working here. But, did I feel like we had enough nurses? No, I didn’t and that’s something we are working on.

One of the blessings since joining has been being part of our recruitment of some exceptional overseas nurses to work here. To date we have 450 nurses from the EU working at the Trust. They bring fresh eyes, excellent clinical skills and, as part of that, we have been able to improve the education and research that we provide off the back of some of that work and they have been brilliant!

I’ve also been immensely proud that, for the first time in 20 years, we’ve established the Oxford Institute of Nursing and Allied Health Research partners. Working with Oxford Brookes, University of Oxford and Oxford Health NHS Foundation Trust we have been able to work with nurses and allied health practitioners leading research that is important to these nurses and important to our patients.

We are looking at how we deliver our promises to nurses who want to be recognised as ‘Oxford Nurses’ and we are investing in education to make sure we meet the international best practice standard. I also want to give nurses a say in what their local environment is like so that they are satisfied at work and have more of a say in the day to day running of the ward they work on. We also want to build on our nursing research that’s important to both our nurses and our patients. Finally we are trying to encourage nurses to take up leadership roles within the organisation and participate in the larger discussions across the Trust.

The title of our conference, ‘Pursuing Excellence’, says it all. That’s what we are doing. When I came here two years ago it became obvious to me what an outstanding nursing and midwifery profession we had – one that I’m extremely proud of and I’m excited about the future.”
Celebrating our nurses and midwives

OUH&You talks to some of our nurses and midwives about what made them choose nursing and midwifery as a career.

Lucy Shelton is an Open University nursing student currently working on her second placement on ward 5AU, General Medicine at the John Radcliffe Hospital and started her training in September 2015.

**WHAT ATTRACTED YOU TO NURSING?**

My career aspiration has always been to become a nurse and the collaboration between the NHS and the Open University has allowed me to develop expertise with gaining valuable experience. Whilst on maternity leave in the summer of 2014 I thought it was now or never to follow my dream of becoming a nurse. Working alongside the nurses on Renal Day Case Ward only made me more determined to fulfil my career as from my very first day I knew I had made the right decision.

**TELL US ABOUT YOUR TRAINING AND WHAT AREAS OF NURSING YOU HAVE COVERED**

I believed that the Open University course at Oxford Brookes was an excellent way to embark on my journey towards becoming a nurse. I loved the idea of this approach to learning; the flexible learning through modules split over the four years is allowing me to balance my home life responsibilities with work. Working on the Renal Day Care Ward as my first placement was a great starting experience as it was in a friendly familiar environment.

**NAME THREE THINGS YOU LOVE ABOUT YOUR CURRENT JOB.**

• Patient diversity. Being able to access and offer a holistic approach to all their needs.
• Working with great people with all the same goals! Striving for successful outcomes for our patients.
• Building relationships and rapport with patients

Laura Jones is a Midwife and Manager of the Maternity Assessment Unit at the John Radcliffe Hospital. She's been a midwife for seven years and has been the manager on MAU for a year.

**WHAT IS YOUR BACKGROUND?**

I have not always been a midwife – I used to work in fashion and planned to become a fashion buyer and therefore started a management training course with Harvey Nichols and worked for a jewellery designer in San Francisco for a short time. It was at the birth of my nephew and supporting friends through their pregnancies that first initiated my interest in women’s health and therefore midwifery was a natural progression. I was fortunate to be in a position whereby I could go back to study, therefore I completed an access course and was successful in my application to study at Oxford Brookes University.

**WHAT ATTRACTED YOU TO WORK FOR THE TRUST?**

I originally worked at the Trust as a newly qualified midwife and then moved to work in Sussex as a delivery suite midwife for a short time. Working in a different unit made me realise just how well run and supportive the OUH maternity unit and staff are in comparison to other units. I was also aware that there are opportunities that midwives have at Oxford that other midwives are not exposed to; Oxfordshire has two consultant led units as well as four midwifery led units which exposes midwives to invaluable learning and career opportunities.

**WHAT DOES BEING A MIDWIFE MEAN TO YOU?**

Working in MAU allows me to work alongside midwives, maternity support workers and obstetricians who value and respect each other’s role so it really does feel like a team. I also have the opportunity to support and share my knowledge with more junior members of staff which is very important to me as I remember just how daunting it was to be a newly qualified midwife. But the most meaningful aspect of my role as a midwife is playing a significant role in a woman’s pregnancy as it gives one a unique opportunity to support someone through what is more often than not a positive life changing event.

Sara Matos Da Costa from Portugal is currently working on the Neurosurgery Red Ward in the West Wing at the John Radcliffe Hospital. She started work in March 2015 after finishing her nursing degree in Portugal.

**WHAT ATTRACTED YOU TO WORK IN THE UK AND IN PARTICULAR TO OXFORD?**

To have the opportunity to work within the UK was exactly what I was looking for. The Trust’s large overseas recruitment campaign allowed me to move to a country still within the EU and I already knew the language which was helpful. The reason to move to Oxford was, honestly, to look for better working conditions and the possibility to progress in my career.

**WHAT DO YOU LOVE MOST ABOUT YOUR JOB?**

Being a nurse is what I love – especially looking after people, getting to know them and helping them when they most need it – it is so special. My knowledge is constantly improving and how our body works is just truly fascinating to me. Learning and improving is definitely one of the things I most love about nursing because it is a vital tool in making a difference in patient’s lives.

**WHAT DOES BEING A NURSE MEAN TO YOU?**

For me being a nurse is a lifestyle, something that we don’t forget no matter where we go – it is hard, stressful and rewarding all at the same time.
TOUCHSCREEN HELPS TRAIN JUNIOR DOCTORS

A giant touchscreen computer to study tumours in fine detail is the latest weapon in the battle against cancer at the John Radcliffe Hospital.

Cancer Research UK, Oxford Centre has funded the 55-inch wide screen for the teaching of histopathology speciality trainees and medical students from the University of Oxford and the 500 researchers and clinicians that make up the Oxford Centre.

It allows users to “pinch and pull images” to identify the features of tumours that could predict their prognosis.

Until now, junior doctors and medical students have had to use microscopes linked to other microscopes used by teachers.

Dr Clare Verrill, Senior University Lecturer in Pathology, said: “Having this digital screen, enables a new and exciting way of teaching where learners and teachers are able to interact with the images and this makes for stimulating and interesting discussions.”

GENETICS PROJECT PASSES RECRUITMENT MILESTONE

More than 650 patients and their families are taking part in a pioneering national project to analyse and study the DNA of some cancer and rare diseases patients.

Patients and their families have contributed blood and tissue samples and information about their condition for the 100,000 Genomes Project, launched across OUH hospitals in June last year.

The samples are put through a laboratory process called whole genome sequencing, where the complete set of a person’s genes is analysed, to look for genetic mutations that could have led to their disease.

It is hoped this will allow clinicians to not only provide better diagnosis and treatment for those who give samples but deepen their understanding of disease by comparing results from many different patients across the UK.

The national programme – the largest of its kind in the world – was launched by the Prime Minister in 2012 and as one of 13 Genomic Medicine Centres to deliver the project the OUH is expected to involve more than 2,000 Trust patients by 2018.

The project covers more than 135 rare diseases and breast, bowel, ovarian, prostate, lung, sarcoma and renal cancers and others are regularly added to the programme. Family samples are studied to understand how disease genes are inherited.

John Radcliffe Hospital consultant neurologist Dr Arjune Sen, an epilepsy specialist, said: “It is possible that a significant number of patients have an underlying change in their genes that contributes to the development of their seizures. The best way to find such genes is through large studies such as the 100,000 Genomes Project. Identifying new genes that are important in epilepsy may lead to novel treatments in due course.”

Consultant immunologist Dr Smita Patel has been putting forward patients and their families with primary immune deficiencies, causing recurrent severe infections.

She said: “One of the strengths is that each application is discussed with the Oxford 100,000 Genomes team. This ensures that the best investigative process is taken and optimal samples are selected for analysis. This will allow us to identify known and new genes to provide a concrete diagnosis for the patient. For some of our families this will completely change their treatment, including the option of bone marrow transplantation as a possible cure.”

For more information visit: www.genomicsengland.co.uk.
Hundreds of people visited an open day at the John Radcliffe Hospital to learn about biomedical research taking place in Oxford.

The event showcased the work of the NIHR Oxford Biomedical Research Centre (BRC), a partnership between the Trust and University of Oxford to fund and support research that can benefit the NHS.

It included more than 30 stands about the work of the BRC and its partners with interactive demonstrations such as extracting DNA from strawberries, an artistic way to make a healthy beta cell to learn about diabetes and even a chance to play classic game Operation for budding surgeons.

There was also a panel-led debate about the opportunities and challenges presented by the sharing of large amounts of patient data and clinician-led talks about new ways to treat cancer and the future of meningitis vaccines.

The BRC was established in 2007 and covers 14 themes including cancer, diabetes, genetics, infection and vaccines.

For more information visit: [oxfordbrc.nihr.ac.uk](http://oxfordbrc.nihr.ac.uk)

Director of the BRC Prof Keith Channon said: “Members of the public, patients and their families were highly interested to see how scientific research, supported by the BRC, has led to new diagnostic tests and treatments that are already impacting on NHS patient care across Oxfordshire, and beyond.”
Every health and social care system in England has been asked to develop a locally-focused Sustainability and Transformation Plan (STP)

The STP will form a blueprint for Oxfordshire to transform its services. Together with our Oxfordshire partners – Oxford Health NHS Foundation Trust which runs community-based health services, Oxfordshire County Council’s social services teams, GP Federations, South Central Ambulance Service and the Oxfordshire Clinical Commissioning Group – we are reviewing the way we provide health and social care services and considering new models of care to better meet local needs.

For the OUH, the vision involves considering whether all the services we currently offer need to take place on our hospital sites. We are looking at strengthening the range of services available in community-based centres supported by specialist skills from our hospital clinicians.

HORTON GENERAL HOSPITAL – A VISION FOR THE 21ST CENTURY

Work is underway to shape proposals for a multi-million pound rebuild of parts of the Horton General Hospital. Many of the aging buildings require redevelopment to make them fit for purpose.

Discussions and plans are still in the early stages, but options include part rebuild and refurbishment of buildings which are no longer fit for purpose; and some redevelopment of the site.

The plans for the Horton are being considered as part an overall review to develop the ‘OUH story’ and the future strategic direction of the Trust. The review focuses on the services we provide, whether they are delivered in our hospitals or in the community, how we ensure quality of care, and the best use of resources, including our staff.

A key component of that review is to ensure we have the facilities and building infrastructure to deliver the services we provide. This includes the potential redevelopment of the Horton General Hospital.

Part of the planning will involve looking at what services could be delivered at the Horton. The Trust is looking at options to develop capacity at the Horton and to deliver more services in Banbury where this will improve access for patients. Initial work shows that there may be the potential to double the number of day case surgery and outpatient appointments at the Horton. This, in turn, could reduce the number of patients treated at our Headington sites by 10%, by reducing the number of patients needing to travel to Oxford and encouraging those patients from areas such as Bicester to receive care at the Banbury hospital.

The proposals for the Horton will be developed alongside the ‘transformation’ plans for Oxfordshire’s health and social care provision with formal consultation expected in the autumn of 2016.

SPECIAL SMILES

Children with facial palsy from around the county gathered for the Oxford Facial Palsy Clinic’s first ever “Know My Face Day” which offered sessions for children to learn about their face muscles, and the chance to meet other children with the condition.

The sessions were filled with fun activities, including party games and making cupcakes, to help the children learn about their face muscles and increase their confidence to talk about their special smiles and make friends at school and in their community. Trainee Psychologist, Matt Hotton, also facilitated a fun and interactive session about understanding and communicating emotions.

(from left to right): Matt Hotton (Trainee Psychologist), Sarah Kilcoyne (Facial Rehabilitation Specialist); Zachary Marett; Rhys Lloyd, Mazie Cornish.
ON YOUR OXON BIKE!

Oxford University Hospitals NHS Foundation Trust Chief Executive, Dr Bruno Holthof, a keen cyclist, hopped onto an Oxon Bike recently to encourage others to make use of this healthy and environmental-friendly mode of transport.

The easily accessible Oxon Bike self-service bike hire scheme is an affordable and convenient way to travel around Oxford. Bikes can be hired from and returned to a number of docking stations at various locations around Oxford, including in Headington at the John Radcliffe and Churchill hospitals, the Nuffield Orthopaedic Centre as well as the Thornhill Park & Ride.

OARS digital system improves quality of care

The Neurosurgery department of the John Radcliffe Hospital has improved quality of patient care with the introduction of a new digital system to manage acute referrals.

The Oxford Acute Referrals System (OARS) guides staff at referring hospitals through a series of questions in order to give accurate details of the patient’s condition. The system ensures that all members of the Neurosurgery department and the referring hospital have access to the information.

“Referrals have previously been taken over the phone, which means the documentation is poor and based on a one-to-one conversation, when it should really be team-to-team,” says Nick de Pennington, a clinical research fellow in neurosurgery who led the development of OARS in collaboration with Oxford University Hospitals NHS Foundation Trust, the University of Oxford, Oxford AHSN and Oxford Computer Consultants.

“There has previously been a lack of group knowledge which means decisions could be made out of context.

“OARS improves the quality of care for patients. It provide us with meaningful data which enables us to better predict our patient needs and manage our resources.”

OARS is now being used across the neurosurgery referral network but can be used at any hospital in the UK. It will be rolled out to other specialist services at OUH over the coming year. To use the system to refer a patient please go to oars.ouh.nhs.uk. To get in touch with the development team please email oars@ouh.nhs.uk.
A group of Oxford writers who turned to a local bus route for inspiration has been overwhelmed by the success of their latest book. 

**Lucky 13** is a collection of short stories themed around the iconic number 13 bus that travels from the railway station, through the centre of Oxford, to the John Radcliffe Hospital.

“T’ve been coming to the JR for the past seven years and use the Number 13 regularly. I love catching little bits of conversation as the bus winds its way through Oxford up to the hospital,” says Andrew Bax, League of Friends chairman and writer who came up with the idea.

“When our writing group was looking for ideas for our next short story collection we thought this bus route could be a great theme to connect the stories.

“We wanted to help a local cause and felt it was fitting to support the hospital’s own charity, so all profits from the book go to Charitable Funds’ new Hidden Heroes Appeal which supports staff programmes across the Trust’s hospitals.”

The book has been so successful that a sequel is now planned. Budding authors are invited to send in short stories of between 1,500 and 3,000 words, or poetry of any length – still using the theme of the JR bus as inspiration. The best will be published in a new book which will also be sold around the hospitals and across Oxford.

Andrew added: “The original book has been such a success, selling over 530 copies, so we don’t want to lose the momentum. We are really excited about seeing what other budding authors come up with.”

Entries for the competition need to be received by 31st May. For more information please email bombusbooks@gmail.com

The original book, priced £8, can still be purchased from the John Radcliffe Hospital’s League of Friends, Blackwell’s and online at www.bombusbooks.co.uk. Or call the hospital charity on 01865 743444.

Many thanks to all the writers, the League of Friends and the Oxford Bus Company.

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**Abseil for your hospital charity**

**Sunday 19 June**

Our hospital abseils have become quite a fixture at the John Radcliffe.

The 100ft challenge has been tackled by intrepid folk aged 18 to 88, and over the years these events have raised over half a million pounds for an array of fantastic hospital causes.

Our next hospital abseil is on Sunday 19th June and we’d love you to join us!

You can abseil for the **Churchill Surgical Unit Appeal** – and help transform the experience 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.

It costs just £20 to enter and is open to anyone aged over 18 and medically fit. If you are looking for a new adventure we can guarantee this is a day you won’t forget!

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

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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.

For details of all our events visit www.hospitalcharity.co.uk/events
It’s not always the case of dimmed lights, and softly bleeping machines; sometimes noise levels are such that there is concern they can delay recovery.

A £280,000 grant from the National Institute for Health Research (NIHR) has supported Oxford University researchers in working to understand the noise issues and to reduce them.

This work has been used by a group of staff and patients from the Trust to help design a programme of noise-reducing changes.

These include replacing noisy metal bins with quieter plastic ones, and introducing new guidelines to ensure the volume settings on equipment are appropriate and that staff try to keep a more normal day and night routine.

Online training for local hospital staff helps show how easily noise levels can rise, and how different noises affect patients.

Based on patients’ suggestions, staff can also experience the ICU from the patient perspective. Wearing glasses that simulate the poor vision common in many patients treated in the ICU, they hear a soundtrack of common sounds in the unit while people move around the bed, as staff would do during routine nursing activities.

Professor Duncan Young from Oxford’s Kadoorie Centre for Critical Care Research and Education, based at the John Radcliffe Hospital, said: “The experience helps staff understand things from the patient’s point of view, and most of those who have been through the training have said that they will change the way they work.

“High levels of noise make it harder to sleep, sleep deprivation leads to confusion, and confusion is thought to complicate the healing process and slow recovery. Our research found that during the day, noise levels in an ICU can be equivalent to those of a busy restaurant.”

The research grant has been made available by the National Institute for Health Research (NIHR) Research for Patient Benefit Programme.

The project is also supported by the University of Oxford, the Oxford University Hospitals NHS Foundation Trust, the NIHR Oxford Biomedical Research Centre and the NIHR Clinical Research Network.

Professor Stephen Kennedy, Head of the University Department of Obstetrics & Gynaecology and Divisional Director for Children’s and Women’s Services, at OUH, says: “The UK lags behind other developed countries because we consistently fail to identify many babies that are not growing well in the womb. This exciting initiative is, therefore, much needed. The innovative new pathway for monitoring the growth of babies in the womb with ultrasound should save lives and, if successful, I can see it being adopted by other hospitals in the UK.”

The project is being led by Mr Lawrence Impey, Consultant Obstetrician and Oxford AHSN Maternity Network Clinical Lead.

www.oxfordahsn.org
The Endometriosis CaRe Centre, based in the Women’s Centre at the John Radcliffe Hospital, now sees and treats more women with endometriosis than any other unit in the UK.

Endometriosis is a common condition affecting about 10% of all women, mostly during their reproductive years. It occurs when tissue resembling endometrium (the lining of the womb) starts to grow outside the womb. Endometriosis is mainly found in the pelvis where it can affect the ovaries, bowel and bladder. Women commonly suffer from symptoms such as painful periods, abdominal pain, painful intercourse and infertility. Having a laparoscopy (keyhole surgery) is the only way to diagnose the condition.

The Oxford Endometriosis CaRe Centre was established in 2013 as a partnership between the University of Oxford and the Oxford University Hospitals NHS Foundation Trust. Its aims are to combine high-quality patient care with world-class research. In 2014, the Centre was accredited by the British Society of Gynaecological Endoscopy (BSGE).

“We are delighted that the BSGE has recognized the hard work and commitment of all members of the Oxford CaRe Centre. Endometriosis is a complex disease with often devastating consequences for women and their partners, and should be managed in centres with the necessary expertise,” says Professor Christian Becker, the Clinical Lead and Co-Director of Endometriosis CaRe.

“Although endometriosis affects millions of women around the world, relatively little is known about its cause. In Oxford, however, we are making great progress because of the close working relationships we have developed with clinical colleagues and the tremendous help we receive from patients,” says Professor Krina Zondervan, the Scientific Director and Co-Director of Endometriosis CaRe who leads a major research program into the genetics of the condition.

“The Endometriosis CaRe Centre is a wonderful example of a highly successful collaboration between the University and the Trust,” says Professor Stephen Kennedy, Head of the University’s Nuffield Department of Obstetrics & Gynaecology and Divisional Director for Women’s and Children’s Services in the Trust. “The innovative research being conducted in the largest Endometriosis Centre in the country will improve our understanding of the condition and eventually transform the lives of millions of women.”

The Endometriosis CaRe Centre fully supports the recently established Oxford Endometriosis Support Group, which holds monthly evening group meetings in the Anne Anderson Lecture Theatre (Level 3, Women’s Centre, John Radcliffe Hospital). Interested women, their partners, families and friends are encouraged to make contact through email: OxfordGroup@endometriosis-uk.org or via Twitter: @EndoUK_Oxford / Oxford Endometriosis UK Support Group.

A delightful artwork entitled ‘Multitude of Stories’ was recently installed in the Children’s Radiology Department at the John Radcliffe Hospital.

Made up of thousands of donated vintage toy cars, this charming installation hopes to inspire patients and visitors to share stories about their own childhood and reminisce about their own adventures with toy cars.

The idea for the project was conceived during local artist, Athol Whitmore’s first solo exhibition at the Sarah Wiseman Gallery in Oxford in 2011. In the intervening years many cars have been donated through collection initiatives at the hospital, gallery and social media.

Ruth Charity, Art Co-ordinator for the Trust said: “We know patients, visitors and staff feel artwork turns clinical space into welcoming, positive and engaging places to visit and work, which is so important when people are dealing with their deepest fears. The ‘Multitude of Stories’ project creates an environment to reflect and reminisce provoked by the engaging and absorbing artwork. We are very grateful to the artist and sponsors who made this work possible.”
OUH CELEBRATES NATIONAL APPRENTICESHIP WEEK

The Trust held its annual apprenticeship celebration event to acknowledge the success of our apprentices and the progress they have made.

The event, which coincided with National Apprenticeship Week, saw two of the apprentices scoop prestigious awards for demonstrating their commitment to compassionate excellence, teamwork and learning. Lois Parman, Nursing Assistant was awarded Adult Apprentice of the Year while Business Administration Apprentice, Lindsay Hamilton, took home Young Apprentice of the Year.

Claire Wardle, Lead Nurse for Practice Development and Education, said:

“I have been extremely impressed by the calibre of the young people undertaking apprenticeships with us. Our Apprenticeship team have thoroughly enjoyed seeing our young apprentices grow in confidence as they are working competently within very busy departments, many of whom have already expressed a wish to gain a permanent post within the Trust and further their career.”

HOW SCIENCE IS HELPING OUR PATIENTS

Healthcare scientists came out of their laboratories and workshops to showcase some of their work as part of Healthcare Science Week in March. The public and patients were invited to see how science is being used to improve the everyday lives and experiences of our patients in hospital and at home. There are over 800 healthcare scientists working at OUH performing a variety of different roles behind the scenes and working directly with patients.

The Chief Executive of Oxford University Hospitals, Dr Bruno Holthof was joined by the MP for Oxford East, the Rt Hon Andrew Smith, as they visited stalls at the Churchill Hospital setting out some of the latest developments by scientists.

They saw how wheelchairs can be personalised to fit exactly around a patient, maximising the support and comfort and how technology is being used to avoid pressure ulcers as well as many other examples of how technology is being used to improve patient care.

Healthcare Science Week raises awareness of the important role science and technology play in modern patient care. Fifty-four healthcare science specialisms contribute to 80% of patient diagnoses across the NHS.
Invisible hearing aids changing lives

The John Radcliffe’s Ear, Nose and Throat (ENT) department has begun offering Middle Ear Implants to people with severe hearing loss.

The implants offer an alternative to conventional hearing aids and are suitable for people who have recurring ear infections and ear canal problems.

The external part of the Middle Ear Implant – the ‘processor’ – transmits sound to the surgically implanted internal part. The implant relies on a working cochlea and hearing nerve.

Only five patients in the UK have been given these implants. James Ramsden, an ENT Consultant at the John Radcliffe, has already implanted two patients at Oxford.

“These are completely invisible hearing aids which enable almost anyone to hear,” he says. “It’s good to have an option for those who we can’t help in any other way.”

Jayne-Anne Douglas, a receptionist in the Emergency Department at the John Radcliffe, was the first person to receive a Middle Ear Implant at the hospital. “The difference is incredible. It has changed my life,” says Jayne-Anne. “I’m deaf in both ears and previously wore two hearing aids but I had intractable ear infections so I couldn’t wear them very often. At social events people often thought I was being rude or lazy so I stopped going out. I became very isolated. But I’ve now regained my confidence and I’m able to socialise again. Mr Ramsden saved me!”

This inpatient service was originally based at Geoffrey Harris Ward at the Churchill Hospital before its relocation to Ward 7E on Level 7 of the John Radcliffe Hospital.

The new Osler Chest ward environment best attends to the needs of respiratory patients, improving their respiratory care and reducing the need for patients to travel between hospital sites by ambulance.

Respiratory outpatients and day cases continue to be cared for at the Churchill Hospital.

Cystic Fibrosis patients will also benefit from the opening of the new Oxford Adult Cystic Fibrosis Centre at the John Radcliffe, due to open in March/April 2016.

The Centre is to be located on Ward 5D, Level 5 of the main hospital building with inpatients, day cases and outpatients to receive care there.

Maxine Hardinge, Respiratory Consultant and Clinical Lead, said: “This move is the culmination of a relocation project several years in the making. I would like to thank everyone for their hard work in making it happen.

“The respiratory ward joins our bronchoscopy and pleural procedures unit at the JR, and we can already see the benefits for patients’ care in being there.

“We look forward to working with other medical teams at the JR, and are now planning to move our educational meetings there in the near future.”

The new Osler Chest Ward telephone numbers remain the same as those of the former Geoffrey Harris Ward.

To speak to patients staying on Osler Chest Ward call 01865 225 732.
ANTIQUE ROCKING HORSE RIDES HOME

An antique rocking horse believed to be more than a hundred years old has returned to its home at Oxford Children’s Hospital after being lovingly refurbished.

The refurbishment was made possible by Amy and James Proctor, who funded it through their business as a token of gratitude for everything Oxford Children’s Hospital has done for their family over the years.

Amy says that her nine-year-old daughter, Elana, who has CHARGE syndrome, has played on the rocking horse ever since she was old enough to sit up and subsequently developed a passion for horse riding.

Amy noticed it needed a little bit of TLC at one of Elana’s appointments last year and offered to help.

“We could never repay the hospital for everything they’ve done for us, so we were really keen to lend our support. It’s such a beautiful thing for the hospital to have – it has limitless possibilities because children can use their imaginations and pretend to be anything they want.

“The beauty of the rocking horse is that it’s timeless and doesn’t outdate as quickly as modern toys and technology. We hope that many children have their imagination taken many places and have as much enjoyment out of it as we’ve had.”

The horse was refurbished by Jane Hooker, a Somerset-based carpenter.

“The children obviously love him to bits; the paint around his ears and head were completely worn away where he’d been stroked so many times.

“It’s a top model horse and I’d be really keen to restore him again in another few years if he needs it.”

NEW NURSE REVALIDATION PROCESS IS A SUCCESS

The Nursing and Midwifery Council (NMC) has introduced a new revalidation process which all nurses and midwives must meet to demonstrate that they remain fit to practice. Taking effect from April 2016, the process requires nurses to revalidate every three years to maintain their registration. In March this year some of the first nurses and midwives from the Trust who had already been through the new process provided a presentation and shared their experiences with colleagues.

Rachel Adams, Lead Nurse for Safe Staffing and Nursing and Midwifery Regulation, who organised the event said: “We are very pleased to say that all of the Trust’s Nurses and Midwives for NMC revalidation in April have come through the process successfully. They found it a very positive experience, and were proud to be the first to go through the new process. By sharing their experience we hope to enable others to feel more confident about their own revalidation and what to expect.”

Further information about revalidation is available on the Nursing and Midwifery Council website at http://revalidation.nmc.org.uk/

NEW BLOOD INFUSION ROOM PAYS TRIBUTE TO FORMER PATIENT AND FUNDRAISER

A new blood infusion room at the John Radcliffe Hospital has been named after former patient Mrs Julie Andrews.

In 2006 Mrs Andrews was diagnosed with Crohn’s disease, a long-term condition that causes inflammation of the lining of the digestive system. In between treatments she raised more than £2,500 for Crohn’s and Colitis UK’s Oxfordshire group.

She sadly died from pancreatic cancer last year. She had requested that those at her funeral donate cash to Crohn’s and Colitis UK which raised another £1,600.

The group used the money to buy two new chairs for patients using the Infusion Room at the JR and Julie’s husband, Martin, was invited along at the end of March to unveil the chairs along with a memorial placed at the entrance in Julie’s name.

The new chairs make it easier for patients with inflammatory disease to keep comfortable as an infusion can sometimes take anything from six to eight hours. They are able to recline and are heavily cushioned.

Speaking at the event, Martin Andrews said: “Julie was such a well-loved person and always giving. The memorial created is a fitting one and will enable her memory to live on.”
Deputy Director of Workforce retires after 40 years

“My proudest achievement has been to be able to work in teams, to lead teams and to affect changes for the better.”

Carl Jenkinson

Those were the words of Deputy Director of Workforce, Carl Jenkinson, as he waved farewell to OUH in April to begin his retirement after nearly four decades of service. From humble beginnings as a security officer for K9 Security, guarding the John Radcliffe Hospital during its construction with a German Shepherd named Max, to the senior position he has now stepped down from, Carl has worked in a variety of roles over the years. He explains that it was his involvement in the Trade Union movement that inspired his interest in employee relations.

“As Site Convener, I was involved in strikes in 1983 and 1985. During that time, I developed an interest in people and how people work together, so when a post came up in the HR department for an assistant manager I applied for it and got it – much to my surprise and delight!”

This proved to be a good move for Carl, who was keen to be a ‘more proactive’ leader.

“The problem with being a leader in the trade union movement is that you’re always reacting. I wanted to be more positive than that and the only way I could do that was by moving jobs.”

Early on in his career, Carl worked in the equipping stores, helping to unload equipment from lorries into the newly built John Radcliffe Hospital. He says that changing technology over the years has seen the hospital become more ‘digitalised.’

“When I started, there was no such thing as a computer. We used to bring in film for the X-ray machines and developing chemicals for the dark room technicians,” he laughs.

“Healthcare has changed completely; in fact the one constant is that everything is always changing.”

Even though he is looking forward to spending more time with friends and family, Carl shows little sign of slowing down after retirement, with volunteering roles at the Citizens Advice Bureau and Warwickshire Wildlife Trust already lined up.

A new Smoking Cessation Advisor, Kate Hutton, has joined the Here for Health team at the John Radcliffe Hospital to offer support to people who want to quit smoking.

Since joining the team she has been working mainly with OUH staff, visitors and outpatients. She offers one-to-one support, advice and courses of nicotine replacement therapy (NRT), and can also refer people to programmes closer to where they live.

Kate will be running ‘pop-up’ clinics across various locations and a permanent stop-smoking ‘pod’ is planned for the West Wing atrium – keep an eye on ‘Now@OUH’ on the intranet for details.

“I’m delighted to be here helping people make this important change in their lives,” says Kate.

“I’m an ex-smoker myself, and I know the ups and downs of trying to quit.

“Since joining the Here for Health team I’ve been meeting with teams in departments right across the Trust, and people have been very welcoming.”

Kate is employed by our partner Solutions4Health, and is available in the Here for Health Centre, Outpatients Blue Area, Level 2 of the JR on Thursdays and Fridays 9.30am to 5.00pm for would-be non-smokers to drop in. You can also contact her and book an appointment if you prefer: kate.hutton1@ouh.nhs.uk

Find out more about Here for Health at www.ouh.nhs.uk/hereforhealth / @OUHospitals #hereforhealth
STAFF FEEDBACK MAKES A DIFFERENCE
Every year OUH staff are asked to complete the national NHS Staff Survey.

The survey covers five key themes:
• Personal development
• The job
• Immediate and senior managers
• The organisation
• Personal health, wellbeing and safety at work

The 2015 results compare favourably with the previous year’s. Of the five survey domain areas, questions relating to immediate managers, senior managers, feedback from management, communication and support from management show the greatest improvement.

Improvement is also evident in responses associated with questions concerning individuals’ experience of team working, involvement in decision making, job satisfaction, and how engaged they feel in their respective roles.

An important endorsement from our staff is that 75% of those who responded agreed or strongly agreed that they would recommend their hospital to family and friends as a place to be treated, against a national average of 69% for all acute trusts.

The survey also gave a score that reflected staff are engaged with their work, their team and their organisation, continuing an upward trend over the past five years.

HOSPITAL ENERGY PROJECT
As part of our plans to provide reliable and sustainable heating and hot water to patients, the Trust has embarked on an ambitious project to generate electricity for the JR and Churchill Hospitals through a gas fired Combined Heat and Power Engine (CHP).

This involves laying a pipeline between the two hospitals. As part of this we need to replace old boilers, which will also reduce our carbon emissions.

The old boiler rooms of both the John Radcliffe and Churchill hospitals have been a hive of activity in the last few months as all the old valves, pipes, boilers and equipment are prepared for removal and the space is cleared for the arrival of the shiny new Combined Heat & Power Unit and boilers.

The Churchill boilers were commissioned in 1963 and the JRH’s arrived ten years later in 1973. The maintenance team has done an incredible job keeping them going through many crises over the last few decades and much of the work was dirty, smelly, urgent, rushed and stressful. Even allowing for a little nostalgia and recognition of the engineering skill and superb British craftsmanship behind these behemoths, few will be sad to see the old boilers lumber off into the sunset and the shiny new guard arrive in August.
CHILDREN’S HOSPITAL WELCOMES JOHNSTONE’S PAINT TROPHY!

Oxford United players visited the Oxford Children’s Hospital bringing with them the Johnstone’s Paint Trophy much to the delight of our young patients!

United midfielder AJ George and defender Robbie Cundy met children and parents ahead of their Wembley cup final against Barnsley on April 3. Club mascot Olly the Ox and George the Lion also joined in the fun.

“It’s nice to come and visit the children here. It’s great to be able to brighten up their day and their time here,” said AJ George.

Football fan, five-year-old William Gent was delighted by the visit. His mum Katy Gent said: “He was very excited by the mascots and it was great they could all come along and visit.

“It’s the special things like this make his experience in hospital more enjoyable.”

Staff from the Surgery and Oncology Division at the Churchill Hospital took part in a pedometer and Bake Off challenge, raising nearly £300 for Sport Relief.

The Bake Off had a sports theme and was judged by Peter Ward, Non-Executive Director, Andrew Stevens, Director of Planning and Information and Adele Carvalho, Executive Assistant.

The gold medal winner was HR Advisor, Sarah Grant who produced a tasty round the island race cake. Silver went to HR Recruitment Advisor Rebecca Mawer and Surgery and Oncology’s General Manager, Rainer Buhler, took the bronze.

Staff also took part in a Pedometer Challenge over three weeks in March – walking and logging as many steps as possible. All who took part collectively walked a total of 6,079,482 steps!

The pedometer winners were Dawn Andrew who walked 410,002 steps, followed by Sarah Grant who walked 320,538 steps and Marie Chapman came third with 287,765 steps.

All money raised went to Comic Relief to support some of the poorest and most disadvantaged people in the UK and round the world.