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

Celebrating International Nurses Day – more on pages 6 & 7

July 2016
Issue 26
We want YOU to become a governor for Oxford University Hospitals NHS Foundation Trust. We have a vacancy for a public governor in the South and West Oxfordshire constituencies. If you would like to help shape the future direction of your health services or just want further information on the role ask for a nomination form today.

We have a vacancy for a public governor in each constituency. If you would like to help shape the future direction of your health services or just want further information on the role ask for a nomination form today.

Contact UK Engage by phone on 0345 209 3770 or by email ouh@uk-engage.org or visit www.uk-engage.org/ouh

The deadline for completed nominations is 5pm on Thursday 28 July 2016.

You can find out more online by visiting: www.ouh.nhs.uk/about/governors/elections

Two of our staff governors, Jeremy Dwight and Raymond James retired earlier this year and the Council of Governors decided that the candidates who were placed just behind them in the last election should be offered the roles. The new governors are:

Lucy Carr, Occupational Health Practice Nurse at the John Radcliffe Clinical Governor

Richard Soper, Portering Supervisor at the Horton General Hospital Non-clinical Governor

A free smartphone app has been launched to give people valuable advice about the best places to get help when they are ill or injured in Oxfordshire.

The ‘Health and Care Oxfordshire’ app has been developed by Oxfordshire Clinical Commissioning Group (CCG) to guide people to the most appropriate NHS services.

The app gives advice on when it might be appropriate to visit a pharmacist or a GP and when to call NHS 111. It will also advise if self-management at home might be more appropriate.

The app lists services delivered by sexual health clinics in Oxfordshire and where they are located across the county. The app also signposts people to a range of social care support available locally including from Oxfordshire County Council for those with eligible needs. There is a link on the app to the Patient Access website which lets people use online services provided by their GP practice, which may include accessing their medical records, requesting appointments and repeat prescriptions.

Details of pharmacies, GP practices, minor injuries and first aid units as well as A&E departments in Oxfordshire are listed together with information about some nearby hospitals outside the county. These are displayed on digital maps showing the exact location of the service and contact details – opening times of individual services can be accessed via provider websites or through NHS Choices.

Dr Merlin Dunlop, Deputy GP Lead at Oxfordshire CCG, said: “This is a very effective and easy to use app which helps people decide which service to use if they are unwell or need treatment.

“This is a very effective and easy to use app which helps people decide which service to use if they are unwell or need treatment.

“Our aim with the app is to signpost people to the most appropriate health service for their needs and to encourage use of the new online service for patients.”
Over 100 people affected by Abdominal Aortic Aneurysms (AAA) were invited to the John Radcliffe Hospital in May to attend an awareness day run by the Study OxAAA team which was designed to help both patients and their families to learn more from researchers and clinical care teams in an informal environment.

An abdominal aortic aneurysm (AAA) occurs when the walls of the aorta – the main blood vessel that runs from the heart through the chest and abdomen – weaken and expand. As the wall of the aorta stretches, it becomes weaker and can rupture, causing internal bleeding.

Around 85 out of 100 people die when an aneurysm bursts. Men are six times more likely to have an aneurysm than women.

The Nuffield Department of Surgical Sciences Oxford Abdominal Aortic Aneurysm Study (OxAAA) aims to improve our understanding of this condition.

Over 100 people affected by AAA, enjoyed a lively and engaging morning of talks, delivered by experts covering a variety of topics: the Screening Programme Manager talked about the AAA screening process in the Thames Valley Area; Consultant Vascular Surgeons explained surgical options offered to AAA patients at the John Radcliffe Hospital – open and endovascular repair – and a Consultant Anaesthetist gave a presentation on anaesthesia for patients with complex medical histories.

There was also an update on research carried out by the OxAAA Study team, and the results of a recent patient and clinician survey which allows patients to help direct the future of AAA research. Professor Ashok Handa (pictured bottom left), Consultant Vascular Surgeon, chaired an animated and frank Q&A session.

During the afternoon attendees were able to explore interactive clinical stations, get their blood pressure checked, learn about care on the wards and decreasing their risk of AAA, and watch demonstration ultrasound scans – from the other side of the screen!

Many attendees felt reassured by the talks given in the morning, with 100 percent reporting that the event had increased their overall understanding of AAAs, and nearly 70 percent offering to be nominated ‘champions’ in their community – raising the profile of the OxAAA Study, and taking part in future events to help the OxAAA Study team direct and focus their research in areas relevant to improving the lives of patients.

For more information about the OxAAA Study please visit: www.nds.ox.ac.uk/research/oxaaa

TRIPLE ‘A’ RATING for Aortic Aneurysm Awareness day

This event was kindly sponsored by Patients Active in Research: Thames Valley.
Plans to provide a radiotherapy unit at the Great Western Hospital in Swindon have moved a step closer.

Fundraisers have raised over £685,000 of their £2.9 million target for the radiotherapy service at the GWH site in Swindon which will be a satellite of the OUH Cancer Centre which is based at the Churchill Hospital in Oxford.

Around 700 patients a year from Swindon and Wiltshire currently make the 70-plus mile round-trip to the Oxford Cancer Centre.

“Our aim, to reduce the travel time of patients from Swindon and the Wiltshire area who are receiving radiotherapy in our hospitals, is moving a step closer,” says Dr Claire Blesing, Radiotherapy Head of Service and Clinical Director of Oncology and Haematology at the Oxford Cancer Centre.

“We are extremely proud of the excellent facilities and services that we provide at the Churchill Hospital in Oxford, and the new satellite radiotherapy unit will provide treatment to the same high standard, but reduce travel time and inconvenience for many of our patients.”

Comedian Rory Bremner is a patron of Brighter Futures, the charity of Great Western Hospitals NHS Foundation Trust.

“We know there are three quarters of a million people in this area. It makes sense for them to build a satellite radiotherapy unit here,” says Rory, who lost both his father and best friend to cancer.

“We all give to national cancer charities, but at the moment this is the biggest local charity that there is.”

It is hoped that the service could be provided in Swindon by early 2018.

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

The Heart Failure Team at the John Radcliffe Hospital recently spent the day providing information and advice about symptoms and causes of heart failure to mark European Heart Failure Awareness Day.

The team pictured above was keen to promote the importance of early diagnosis and treatment, and offered free blood pressure checks to passing visitors, staff and patients. High blood pressure can be a leading cause of heart failure.

Helen Jackson, Consultant Nurse in Heart Failure says: “Heart failure is a condition where the heart is unable to deliver the required amount of oxygenated blood to satisfy the needs of the body.”

“The best way to minimise the risk of heart failure is by living a healthy lifestyle to try and prevent the build-up of fatty deposits in the arteries around the heart and the body.”

“That includes eating plenty of fresh fruit and vegetables, keeping alcohol intake to below a moderate amount (14 units a week), reducing salt in our diets, and being as active as possible. Walking is a great activity to keep our hearts healthy and also reducing bodyweight if we’re overweight for our height.”

By raising awareness of the symptoms, which may include shortness of breath, tiredness and weakness, and swollen ankles or sudden weight gain, the team hopes that people will be able to recognise potential cases of heart failure and seek earlier treatment.

HEART FAILURE AWARENESS DAY

RADIOTHERAPY APPEAL GAINS MOMENTUM
Spotting Modern Slavery

Thames Valley Police has been holding Modern Slavery Awareness Sessions for staff at the John Radcliffe and Horton Hospitals to highlight the growing problem.

Slavery is not an issue confined to history or an issue that only exists in certain countries – it is a global problem that is still happening today, and the UK is no exception.

In 2013 there were 1,746 reported cases of slavery in the UK – a 47% increase from 2012. But slavery’s hidden nature means actual numbers are likely to be far, far higher.

Types of modern slavery include child trafficking, forced labour, debt bondage, sexual exploitation, criminal exploitation and domestic servitude.

Since February around 200 staff from the Trust have attended the hour long sessions which give an overview of modern slavery, teach people how to spot modern slavery in children and adults and highlight the role of clinicians when slavery is suspected, and what they should do in that situation.

“Slavery is a growing issue, affecting men, women and children and its hidden nature means actual numbers are likely to be far higher. The sessions can be distressing at times but they are essential for raising awareness of this growing problem which affects some of our patients,” says Catherine Stoddart, Chief Nurse, Oxford University Hospitals NHS Foundation Trust.

Within a year two houses in Wellington Square were being used to treat both inpatients and outpatients; the new hospital was ‘solely for the benefit of the poor’, and people paid only according to their financial circumstances.

Fast forward 130 years, and the Oxford Eye Hospital has come on a fantastic journey, through the Radcliffe Infirmary to the wonderful new buildings of the John Radcliffe Hospital’s West Wing, where it can now see up to 9,000 patients each month.

To mark this anniversary, Oxford Eye Hospital staff are invited to an ‘Eye Ball’ at St Hilda’s College Oxford on 9 July, and on Saturday 24 September staff and patients will join together for a celebratory open day, where visitors will have an opportunity to explore the hospital’s archives.

As always, there will be a focus on fundraising for the valuable work done at the Eye Hospital, and on Sunday 25 September a staff team will abseil down the side of the John Radcliffe Hospital to raise money for the Paediatric Eye Fund.

In 2016, the Oxford Eye Hospital continues to play a major role in international research.

Notable research includes a retinal implant ‘bionic eye’, a tiny electronic chip implanted at the back of the retina to restore some of the participant’s vision, and a procedure to replace a missing gene for a type of inherited blindness.

You can read more about the history of the Oxford Eye Hospital at: www.ouh.nhs.uk/eye-hospital/information/history.aspx

Find out about our ground-breaking research at: www.ouh.nhs.uk/research/projects/vision-loss.aspx
Celebrating all nurses, midwives and nursing assistants across OUH

The Trust’s second annual nursing conference took place on International Nurses Day, 12 May. This year the conference was entitled ‘Pursuing Excellence’ and played host to over 250 delegates at the John Radcliffe Hospital.

It was the second conference of its kind held at the Trust and was a busy day for all who attended. The conference allowed nurses and midwives from across the country to get together to exchange knowledge and experience and saw an opening address from OUH Chief Nurse, Catherine Stoddart.

Speakers on the day ranged from Squadron Leader Elizabeth Paxman, talking about the past, present and future of RAF nursing, to Dr Obrey Alexis, Senior Lecturer at Oxford Brookes University, speaking about embracing diversity in the NHS.

International Nurses Day is celebrated around the world every 12 May, the anniversary of Florence Nightingale’s birth, and the day aims to highlight the fantastic work of nurses and midwives across the globe.

OUH Chief Nurse, Catherine Stoddart, said: “The conference says it all – ‘Pursuing Excellence’ – that’s what we are doing at the Trust and the conference demonstrated some of the excellent work and research that we are involved in. We have an outstanding nursing and midwifery profession at the Trust and one that I’m extremely proud of. I’m excited about the future of nursing within our hospitals and it’s fantastic to be part of such a world-class nursing workforce.”
As part of the Trust’s celebrations on International Nurses Day, 16 nurses with a combined 282 years’ service within the NHS attended a special event to celebrate their long service.

The group of nurses and midwives who, individually, have had over 40 years’ service as nurse or midwife were presented at a special awards ceremony hosted by Chief Nurse, Catherine Stoddart.

Catherine said: “We are extremely grateful and appreciative of the outstanding commitment to nursing shown by those individuals being presented at our awards ceremony. The knowledge and experience that comes with over 40 years in a nursing profession is something that should be celebrated and praised.”

What nursing means

As part of the celebration of **125 years of nursing in Oxford**, the Trust launched a photo competition to showcase the theme “What does nursing mean to you.”

Staff were invited to submit images of what summed up nursing for them. This could’ve been an old team photo, a picture from when they first became a nurse or any image that captures what nursing actually means to them.

The winner, Maryanne Rosario, a Biomedical Scientist at the JR, was presented with a framed copy of her picture along with an Amazon voucher as part of a celebration evening on International Nurses Day, 12 May.

Launch of Trust Instagram account

**International Nurses Day** also saw the launch of the Trust’s Instagram page. A photo booth was set up in the foyer asking attendees to write down what nursing means to them under the hashtag #nursingmeans. Polaroid pictures were displayed instantly and the pictures were also uploaded to the new Instagram page. You can find the Trust on Instagram by searching for OUHospitals.

Geraldine Yebra, Team Leader for Adult Diabetes is pictured with what nursing means to her.
New cancer research is to take place at the Churchill Hospital as part of a major investment by Cancer Research UK. The charity will provide £16m for a series of UK-wide collaborations that is set to include the Cancer Research UK Oxford Centre, a collaboration between the Trust and the University of Oxford.

Oxford researchers will work with scientists from Leeds, Manchester and London to study new radiotherapy techniques in patients with hard-to-treat oesophageal and lung cancers. The £4m programme will look at stereotactic ablative radiotherapy, image-guided radiotherapy and proton beam therapy.

Oxford patients with oesophageal cancer will also be able to take part in research into immunotherapies, which work by ‘waking up’ the patient’s immune system to kill cancer. Working with colleagues from Southampton and California, Oxford doctors will develop tests to see who benefits from treatment.

Cancer Research UK Oxford Centre deputy director and Trust cancer lead Professor Mark Middleton said: “Research such as this could ultimately lead to better ways to tailor treatment for patients with cancers that have so far proved difficult to treat. Matching treatment precisely to individuals will give them the best possible chance to beat their cancer.”

If you are interested in taking part in a research trial, visit www.ouh.nhs.uk/research/patients/trials to see which trials are currently seeking volunteers.

To watch a video of Prof Lamb’s talk, and other talks about Oxford research, visit oxfordbrc.nihr.ac.uk
HOPE AFTER BLINDNESS GENE THERAPY SUCCESS

Pioneering gene therapy research at the John Radcliffe Hospital has restored some vision to people with a rare form of genetic blindness for up to four years.

A technique, which involves injecting a virus into the eye to deliver billions of healthy genes to replace a key missing gene for choroideremia sufferers, has been praised by researchers.

University of Oxford researchers who led the JR trial said it provides the strongest evidence so far of the benefits of gene therapy.

They said it could potentially be used to slow or stop the onset of other forms of inherited blindness such as retinitis pigmentosa and age-related macular degeneration.

Doctors examined the vision of six patients up to four years after receiving gene therapy for choroideremia, a rare inherited disorder that causes progressive vision loss.

Two had a significant improvement in vision for at least four years while three maintained their vision for that period. The sixth, who had a lower dose, had a slow decline in vision in both eyes.

Lead investigator Professor Robert MacLaren said: “Gene therapy is a new technique in medicine that has great potential. As we learn more about genetics we realise that correcting faulty genes even before a disease starts may be the most effective treatment.

“Even sharpening up the little bit of central vision that these patients have can give them considerable independence.”

Retired barrister Jonathan Wyatt, the first patient in the world to get the treatment, could read 23 letters in eye chart tests prior to the operation but could read 44, three-and-a-half years later.

Mr Wyatt said: “The left eye is much improved to such an extent that I use it mostly to get about these days. It has substantially improved, it is fantastic.

“Without it I think I would be tapping with a white stick, I think I would have remained cheerful but I would be at home more.”

The study was funded by the NIHR Oxford Biomedical Research Centre and the Department of Health and the Wellcome Trust’s Health Innovation Challenge Fund.

Aspirin benefit for stroke risk

Taking aspirin urgently could substantially reduce the early risk of major strokes in patients who have minor ‘warning’ events, known as transient ischaemic attacks (TIAs), Oxford-led research has found.

Immediate self-treatment would considerably reduce the risk of major stroke over the next few days, the European-wide study published in The Lancet found.

The study was funded by the NIHR Oxford Biomedical Research Centre, a collaboration between the Trust and the University of Oxford to fund and support research.

Analysis from 15 trials of about 56,000 people found aspirin reduced the early risk of a fatal or disabling stroke by about 70 to 80 percent over the following few days and weeks.

This early benefit was much greater than the 15 percent reduction that was assumed from previous research. Aspirin was also found to reduce the severity of these early strokes.

Lead researcher Professor Peter Rothwell, of the University of Oxford, said: “People should take an aspirin immediately if they have transient unfamiliar neurological symptoms that might be a TIA or minor stroke, and doctors should give aspirin immediately rather than waiting for specialist assessment and investigations.”
A stakeholder event on 6 June signalled the start of a public conversation about the case for change, which will gather views on possible ways we can deliver our health resources to sustain high quality and affordable care.

Over the coming months, local people will be invited to a series of meetings and drop-in events to find out more about the challenges and choices facing local health and social care providers. Public feedback and insight will be used to inform and shape plans. A decision on formal public consultation will be made later this year, should significant changes be proposed.

A key issue in Oxfordshire is the rising demand from increasing population growth. The number of over-85s in the county is expected to rise from 15,000 to around 24,000 by 2016. Many older people are living with chronic disease or multiple long-term conditions. This coincides with significant funding constraints on commissioners and providers of health and social care services.

An Oxfordshire Transformation Board was established last year between NHS trusts, GP federations, and Oxfordshire County Council to look at organising health and care services more efficiently and achieving the best standard of care for everyone. Clinicians and health and social care professionals from across all organisations are working together to review services in order to improve quality and reduce inequality. This involves developing community services, delivering care closer to home, and reducing demand for hospital care.

This work will inform the Oxfordshire Sustainability and Transformation Plan (STP) – part of NHS England’s plan to help deliver the NHS Five Year Forward View. The STP will act as a single strategic plan for all partners in the local health and care system.

At this point we don’t know how services will change, and no decisions have been made. During the summer, NHS clinicians and managers will be meeting with patients and the public to test ideas and possible models of care.

Details of the public engagement events are advertised on www.ouh.nhs.uk.

From June to October 2016 patients and the public are being involved in the development of proposals for new models of healthcare in Oxfordshire. This period of engagement will inform our ideas for the way services might be best provided in the future.

CHURCHILL’S CHIMNEY SWEPT AWAY

Over the weekend of 4/5 June 2016, the Chimney at the Churchill Hospital boiler house was carefully dismantled and removed. While this is just one very visible change, a lot more has been going on at the Churchill away from public view.

The new Energy Link pipework has been installed around the site and the oldest boiler and all the generator equipment, some of which dated back to the 1940s, has been disconnected and removed for recycling.

The new Energy Centre will take shape over the summer with the arrival of the two further boilers. These boilers will be connected to the Energy Link between the John Radcliffe and Churchill Hospital sites. The traffic management plans have been revised and a new route along Lime walk has been proposed.

Vital Energi has submitted a new planning application for the Energy Link between the John Radcliffe and Churchill Hospital sites. The traffic management plans have been revised and a new route along Lime walk has been proposed.

In addition, Vital Energi has revised the schedule to cut the work down to 17 weeks. The application will be posted on the City Council Planning Portal for comments and Vital Energi hopes that the application will be considered at the August meeting of the Eastern Area Planning Committee. Should this be the case, and Planning Permission granted, work would start on 30th August and be completed on 24th December.
Dementia blood pressure warning

High blood pressure could significantly raise the risk of developing the second most common form of dementia, Oxford-backed research found.

Analysis of the medical records of more than four million UK people found heightened blood pressure carried a 62 percent higher risk of vascular dementia aged 30 to 50 and 26 percent aged 51 to 70.

High blood pressure damages and narrows the blood vessels in the brain, raising the risk of a blood vessel becoming blocked or bursting.

It is a known risk factor for stroke and cardiovascular disease, but until now studies were conflicting over the risks for vascular dementia, which is caused by reduced blood supply to the brain due to diseased blood vessels.

The NIHR Oxford Biomedical Research Centre co-funded the research by the University of Oxford’s George Institute for Global Health.

Lead author Professor Kazem Rahimi said: “Our results suggest that lowering blood pressure, either by exercise, diet or blood pressure lowering drugs, could reduce the risk of vascular dementia.”

Professor Kazem Rahimi

To raise awareness during Dementia Awareness Week several events were held across the Trust.

The Quality Improvement (QI) Nurse Team with the QI Nurse for Dementia and End of Life, Monika, ran a ‘roadshow’ at all four of the Trust sites during the week in May, giving information to staff and the public but also highlighting initiatives that are either within the Trust already or planned for the near future. These included the introduction of GERT Age Stimulation Suits for the use in training which were a great hit with staff who felt that these would be a beneficial tool. The DART Reminisce Machine was trialled by staff and also played music in the background. Twiddlemuffs and Mind Dice were some of the tools that were used to engage staff, with the aim of rolling them out to patients within the Trust. OUH is looking for keen knitters to make more Twiddlemuffs for patients.

In Trauma the Clinical Educator, Jilly, held a Dementia Café for staff which some of the initiatives that were happening locally, such as the use of memory boxes and the pilot of high calorie finger food snack boxes, for people living with a cognitive impairment who may not eat at “traditional” mealtimes.

The Emergency Department and Emergency Assessment Unit had daily teaching sessions for staff around key topics about dementia and supportive innovations and techniques. A bake sale on Friday raised money for dementia activities.

The Dementia Awareness Week successfully highlighted the proactive work being undertaken by OUH to highlight the importance of supporting people living with dementia and their carers.

You can find out more about the Quality Improvement Dementia Team on Twitter @QI_Dementia

Dementia Awareness Week

Celebrating our amazing volunteers

Over one hundred volunteers joined in with the celebrations at the annual volunteers summer Strawberry Cream Tea Parties at the Horton and John Radcliffe Hospitals.

The tea parties, which took place during Volunteers Week in June, recognise and thank our volunteers for all their support, hard work and commitment. A good time was had by all!
A big cheer for our challenge fundraisers!

The hospitals’ charity has had a fantastic few months with hundreds of staff, patients and supporters going the extra mile for causes across the Trust.

The busy season started in mid-April when the Oxford Mail OX5 RUN saw more than 1,000 people take on the beautiful five mile course at Blenheim Palace. Together they raised over £100,000 for the Oxford Children’s Hospital, helping to fund additional specialist equipment and facilities for young patients treated across Oxford University Hospitals.

Runners included the Trust’s own CEO, Dr Bruno Holthof and the Chief Nurse, Catherine Stoddart, as well as many other hospital colleagues.

The local community also came out in force with business teams of runners full of friendly competitive spirit.

But the day was really about the hundreds taking part to show support for children in hospital and to thank the staff who look after them. The parents, friends and families of our young patients help to create such a special atmosphere at the annual fun run and we are incredibly grateful to them all.

Fittingly, this year the OX5 RUN was won by Sam Bird who works at the Children’s Hospital as a physio. He whipped round the five mile route in a cracking 30 minutes and 54 seconds.

But of course the biggest winners are all the young patients who will benefit from everyone’s efforts.

Close on the heels of our own fun run came the world’s biggest annual fundraising event – the London Marathon. Once again we were lucky to have tremendous support with over 20 people tackling the 26.2 mile route.

Marathons are a massive commitment, that involve using every spare minute for training in the months leading up to the event. As a charity we are incredibly fortunate that our runners put just as much effort in to their fundraising activities – and this year they raised a whopping £50,000 between them for the various hospital causes.

Some of the hospital staff who took on the challenge were Samantha Parker, from NHS Professionals, John Jenkinson who works in Trauma, Diana Yardley from the Diabetes Unit and Katherine Bailey, a Paediatric Rheumatology Consultant.

Amongst the many other runners was Lindsey Thurlow from Swindon. She decided to go even further – testing herself with four major challenges before her 40th birthday. Lindsey kicked off with a duathlon in Cirencester, running and biking across a muddy wooded course. This was quickly followed by the North London Half Marathon and then the London Marathon in April.

But this super woman wanted one further challenge and took part in the Cotswold Way 100 Ultra – that’s four marathons in four days! All this hard work has helped Lindsey raise an incredible £8,000 for the Churchill Surgical Unit Appeal.

Over 120 abseilers – each with their own personal reasons for taking on the challenge – joined us on a rare sunny day in June to abseil 100 ft at the John Radcliffe.

The Father’s Day event raised over £20,000 for the Churchill Surgical Unit Appeal, Adult Cystic Fibrosis, I.M.P.S., Horton Maternity, Abingdon Midwives and the Hidden Heroes Appeal.

A particular thanks to all the dads who gave up a lazy Father’s Day to take part.

Our next abseil is on Sunday 25th September. It costs just £20 to enter and is open to anyone aged over 18 and medically fit. Visit www.hospitalcharity.co.uk/abseils or call 01865 743444.

Our Hospital Abseil

We are incredibly grateful to everyone who supports the hospital charity with such passion and enthusiasm. If you’d like to know more about what we do please get in touch.

Your support and generosity will make a difference – helping to provide pioneering medical research, better and 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
Splashes of purple were seen across our Stroke Unit during the month of May as the Stroke Association celebrated its annual awareness event: Make May Purple. Staff were encouraged to add purple colours to their uniform, including socks, hair accessories, shirts and lanyards. A flurry of purple stationery also made its way on to the ward, as staff wrote with purple pens and carried purple clipboards. The ward itself was decorated with purple balloons and bunting, while patients also got involved by using purple toiletries, flannels and cloths.

Rachel Teal, Stroke Research Nurse, said: “We wanted to take part because we see the value that the Stroke Association gives to our patients. They provide a large supply of free leaflets about aspects of life after stroke, which are available on the ward for all to help themselves to. They also provide helplines, patient support groups and discharge packs for patients when they leave hospital.”

The Stroke Association also funds a variety of research trials across the country, including many involved with our Stroke Unit.

A professor of psychological medicine at the John Radcliffe Hospital has been recognised by the European Association of Psychosomatic Medicine.

The Alison Creed Award was presented to Professor Michael Sharpe at a ceremony in Luleå, Sweden for outstanding achievement in consultation, liaison psychiatry, research and service innovation.

Professor Sharpe said: “I am honoured to receive this European award which recognises the hard work of many colleagues researching and implement integrated models of care over a number of years and reinforces Oxford’s position as an international leader in the field.”

The Churchill Hospital’s Oxford Haemophilia and Thrombosis Centre held educational stands during National Thrombosis Week in May to raise awareness of the condition. The aim of the week was to increase awareness of blood clots, extend understanding of prevention, diagnosis and treatment options as well as to provide information and support to both patients and health professionals. OUH clot prevention and anticoagulation teams had stands with a range of information and support at the John Radcliffe and Churchill hospitals.

“The stands proved really popular. The general public shared their experiences of being in hospital and receiving clot prevention measures such as ‘stockings and injections’. There was a lot of interest from both staff and the public in the new oral anticoagulants. We hopefully dispelled a few misconceptions on clot prevention advice for long-haul travel,” says Penney Clarke, Senior VTE prevention nurse at OUH.
Coming soon to a phone near you – automatic appointment reminders from ‘Remind +’

If you are coming to an outpatient clinic in one of our hospitals in the next few months, you may notice a change in the way we remind you to attend your appointment. Instead of a letter, you will receive an automated phone call, or a text if more appropriate, from our new system, ‘Remind +’. The system will ask you to confirm your identity, and then give you a number of options, such as confirm, cancel, or rebook your appointment.

If you choose to rebook, we will put you through to a real, live member of our staff; in departments where Remind + has been installed, staff will be expecting calls to be put through by the system, and will have received training in advance.

Remind + will call you seven days before your appointment date, on your landline and mobile (if we have both numbers). If we don’t get a response from you, we will call again six days, then five days before your appointment date. If we have your mobile number, we will send you a text message two days before your appointment.

Where the system is installed, we will no longer be sending out reminder letters by post, unless we do not have a contact telephone number.

The Trust’s Transformation Team has been leading the project to introduce this system, and in December last year advertised for OUH staff members and supporters who wanted to become ‘the voice of the Trust’ – to record the speech announcements that patients will hear when they answer their phones.

We are rolling out the system department by department and expect it to be fully operational in March 2017. If you are not a huge fan of automated telephone systems, you can still ‘opt out’ and continue to receive paper letters - please let the hospital department involved know as soon as possible.

Book lovers at our hospitals were treated to free books as part of celebrations for World Book Night.

The international event aims to inspire people to discover the pleasure and benefits of reading by offering free books to all.

Stalls were set up at all four hospitals with a variety of different titles and genres available. More than 200 books in total were given out to patients, staff and visitors across the Trust, courtesy of the Bodleian Healthcare Libraries.

Judith Ames, Senior Library Assistant, said: “We’re really trying to help people discover the enjoyment and benefits that reading can bring. It can help relieve stress and provide that bit of escapism that everybody needs from time to time. The stalls were received very well and the books went quickly, which is great!”

Vanessa Clarke, Clinical Support Worker at the Trust, said she thought it was “a really good idea” to give out free books, particularly as so many people tend to opt for e-readers instead of traditional, hardcopy books.

BOOK BONANZA!

The Transfusion Laboratory at the John Radcliffe Hospital has teamed up with Thames Valley Air Ambulance to provide Fresh Frozen Plasma (FFP) to patients being treated by air ambulance medical crews. FFP is a vital clotting component in human blood and is used to treat severe blood loss.

Since its introduction, the plasma has already saved two lives after being administered during blood transfusions at the sites of major traumas.

Emergency Medical Doctor at Thames Valley Air Ambulance, Dr James Raitt, explains why FFP is so important.

“Blood transfusions are given to treat a multitude of illnesses as well as to replace blood loss in major trauma, therefore when it is donated it is separated into various components that are used to treat patients in different ways.

“Up until now, it has only been viable for TVAA to carry red blood cells on board due to it being more readily available and the way it is able to be stored and recycled. Plasma is scarcer and once thawed from its frozen state it only has a five day shelf-life before it has to be discarded.

“As the John Radcliffe is the major Trauma Centre for the region, we are confident that thawed plasma not used by the air ambulance in a 48 hour period can be returned to the hospital via the blood bank and used by the emergency medical teams there without any waste. This partnership is pivotal in improving survival rates for patients needing blood products (red blood cells and plasma) to treat severe haemorrhaging before they reach hospital.”
NEW BREATHING MONITORING TECHNOLOGY IS WELCOMED

An app developed by Oxford University Hospitals NHS Foundation Trust and Oxford University that helps monitor a rare breathing condition has been called a ‘godsend’ by one of the patients trialling it.

Pulmonary hypertension can cause breathlessness in patients due to an increased pressure on the arteries that supply blood to the lungs. Doctors assess the condition by conducting a six-minute walking test – where patients have to walk as fast as they can in a set timeframe. This can now be done via the app, which is being supplied to selected patients as part of a research trial. It uses a step-counter and GPS technology to monitor how far the patient has walked.

Louise Limble, who was diagnosed with the condition last year, said the app makes the test ‘easy and lovely’ because you can perform it anywhere – with the results being sent remotely to the team at the John Radcliffe Hospital to be analysed prior to appointments – instead of doing it around busy hospital corridors.

Consultant Cardiologist at OUH, Dr Elizabeth Orchard, said that the app will reduce demand on health service resources and produce more accurate results because patients can do the six minute walk in a more natural way, when and where they want to.

“We want to make life easier for patients with pulmonary hypertension,” she said. Dr Orchard added that even though app-using patients are still being tested in hospital to ensure their results are consistent, the long-term aim is for the app to replace the hospital walking tests completely.

Calling all potential innovators and entrepreneurs

A partnership between Oxford University Hospitals NHS Trust, the Oxford Academic Health Science Network and Digital Health Oxford has developed a healthcare ideas lab with a vision to help build the next generation of healthcare projects and businesses.

Known as ‘The Hill’, Oxford’s New digital healthcare incubator, held its launch event on the John Radcliffe Hospital site on 22, June 2016 and anyone with an interest in Oxford’s new digital healthcare ideas lab were invited along to attend and offers support and inspiration to solve big challenges in healthcare using digital technology.

The networking event, the first of a series of events running over the summer of 2016, enabled attendees to discuss how ideas can be pitched, teams created to support innovation and the opportunity to network with others to design, develop, implement and scale-up practical solutions.

The Hill hopes to help ideas come to life and even build a business and the first event offered those attending a chance to hear more about The Hill’s vision, learn from the Oxford Acute Referrals Systems (OARs) team, see a novel childbirth emergencies app in action and gain exclusive insights into a new app store called Healthforge for the OUH patient record Cerner Millennium.

If you’re ready to change the world of healthcare or perhaps have an idea about to make your corner of it better then keep your eyes peeled for future events which take place on 13 July, 10 August, 1 September and 22 September. For more information visit http://thehill.co/#vision

Chairs donated to blood infusion room

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

Mrs Andrews was diagnosed with Crohn’s disease, a long-term condition that causes inflammation of the lining of the digestive system, in 2006 and spent time, in between treatments, fundraising for Crohn’s and Colitis UK’s Oxfordshire group.

During her time with the group Mrs Andrews raised more than £2500. She sadly died from Pancreatic Cancer last year and at her funeral asked that mourners donate cash to Crohn’s and Colitis UK which raised another £1600.

The group used the money raised 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 as well as being 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.”
Staff celebrate two decades of the Tebbit Centre

To celebrate the 20th anniversary of the Tebbit Centre, staff were recently given the opportunity to attend an open afternoon to learn about the services available at the Centre.

The afternoon included demonstrations of 3D gait analysis, rehabilitation engineering manufacturing and orthotic manufacturing.

Paul Horwood, Orthotic Service Lead, said: “We were delighted that we had over 50 visitors from a broad spectrum across the Trust and beyond, who were keen for a variety of reasons to see the work being undertaken. The opening of this building was a huge change for the services in 1996 as we had facilities for the first time that met our needs and gave us all a much higher profile.”

The Tebbit Centre, funded by the Nuffield Orthotics Appeal, opened as a purpose-built facility in 1996. This was a major step forward for orthotics and rehabilitation engineering, housing them together under one roof. The Gait Laboratory was added as an extension a few years later. In recent years part of the prosthetic technical workshops also came into the building to share the workshop facilities.

RECRUITMENT DAY BOOSTS CARE SUPPORT SERVICE

Following a successful campaign, more than 60 people have been recruited as care support workers to join the Trust’s Supported Hospital Discharge Service (SHDS).

The recruitment event in May at the John Radcliffe Hospital attracted more than 100 people and more than 62 who were interviewed on the day have been offered a post. A further 64 applicants who applied online will be invited for interview.

The recruitment campaign for care support workers comes after it was identified that there is a need for an additional 1,600 hours of home care support to be provided in Oxfordshire each week. As a registered provider of domiciliary care, OUH already employs 37 home care support workers providing interim support to people in their homes for up to 14 days after discharge from hospital.

Last year the Supported Hospital Discharge Service helped more than 1,700 patients continue their recovery at home. The service provides short-term homecare to those that are medically fit to leave hospital but still need some help at home while they recover.

During this time the service will assess patients’ ongoing needs and organise social care intervention if required. It has helped to save more than 13,000 bed days (days that a patient occupies a hospital bed) in the last year. The new recruits will enable the service to increase the number of patients it is able to support. They will also receive further healthcare training and development at the Trust.

More than 85 people from around Oxfordshire attended an open day at the John Radcliffe Hospital in May to learn about a range of apprenticeship roles that are being offered by the Trust to 16-18 year olds.

Claire Wardle, Lead Nurse for Practice Development and Education, said: “We’ve already shortlisted for some of the roles on offer, which are both clinical and non-clinical, and expect our new apprentices to begin their journey with us in early September.

“We’ll be holding a similar event in October, with the aim of taking in a second cohort of apprentices at the beginning of 2017.”

For more information on the roles that are on offer at OUH, please email apprenticeships@ouh.nhs.uk

You’re Hired!
THERAPY PROJECT FOR PROSTATE CANCER AND BRAIN TUMOUR PATIENTS

Cancer patients can have many different needs as a result of their diagnosis and treatment. The Macmillan therapy project offers immediate assessment, improved Multidisciplinary Team (MDT) care planning and better communication between the primary and secondary care sectors, thereby improving continuity of care. Support is offered to patients with advanced prostate cancer or brain tumours.

“We give practical help, advice, support, specialist assessment and therapeutics interventions to maintain function and independence. Our goal is to improve the health and wellbeing of patients, by providing therapeutic intervention at an earlier stage and episodically throughout the patient pathway,” says Kate Hinchliff, an Occupational Therapist at the Churchill, who delivers the service.

The three year Macmillan-funded pilot project started in April 2014. An OT, Physio and a Therapy Assistant provide specialist physiotherapy and occupational therapy input to the prostate and neuro oncology services.

Kate continues, “We operate a pre-emptive model of care through the timely provision of appropriate aids and equipment, promotion of physical activity and access to specialist advice. This maximises patient independence, avoids socially related, unplanned admission, decreases the burden to carers and reduces delayed transfer of care. We also refer and signpost patients so they receive continuity of support, which is especially important for patients who live outside the county.”

The service is flexible, seeing patients in hospital (wards and outpatients), in their home or in other community locations, depending on where is appropriate at the time.

Therapeutic interventions used include:
- equipment and small aid provision to enhance safety and independence
- promotion of physical activity and exercise
- advice around fatigue management
- management of memory loss
- graded activities of daily living programmes to increase independence
- referrals signposting to other teams/services.

Referrals are accepted from anyone who works within OUH. The majority of referrals come from:
- Neuro surgeons
- Clinical Oncologists
- ANPs
- Ward OTs and Physiotherapists
- Radiographers
- Palliative Care Nurses

For referrals please telephone Kate on 01865 857060 or email kate.hinchliff@ouh.nhs.uk

Trial finds Statins “do not benefit heart surgery”

Statins given around the time of heart surgery do not prevent post-operative complications such as heart damage or atrial fibrillation (AF), an irregular heartbeat, a trial led by Oxford researchers found.

The trial, the largest of its kind, showed that short-term statin treatment actually increases the risk of developing kidney damage shortly after surgery.

These results do not challenge evidence that long-term statin use reduces heart attack and stroke risk by lowering ‘bad’ LDL cholesterol.

Statins are currently recommended prior to surgery because their anti-inflammatory effects are thought to be beneficial in these patients.

The University of Oxford trial involved giving 1,922 people a statin or placebo up to seven days before heart surgery at the Fuwai Hospital, China. The NIHR Oxford Biomedical Research Centre and the British Heart Foundation were among its funders. John Radcliffe Hospital consultant cardiologist and lead researcher, Professor Barbara Casadei, said: “As a doctor I want to do everything I can to ensure my patients get the best possible care and minimise any complications that can come from a heart operation. Unfortunately we now know that statins are not the right treatment to minimise atrial fibrillation and other in-hospital complications after surgery.”
Security awareness: 
Suspect packages

The country as a whole is at a terrorist threat level of SEVERE, and although there are no specific threats against NHS premises, it is important that everyone remains vigilant and reports anything that looks suspicious. It is therefore also vital that everyone acts responsibly in ensuring good housekeeping throughout the Trust, inside departments, in communal areas and around all sites to avoid false alarms.

We have a duty of care to all patients, visitors and staff and should any item be left unattended it is very likely that a security alert will be raised.

All incidents are taken seriously, so to avoid false alarms please:

- do not leave any items unattended in corridors, communal areas or anywhere on site
- break down and flatten all boxes for disposal
- keep departments and storage areas tidy so you can spot anything out of place
- ensure that all deliveries are received into your department and not left outside.

Please remember that false alarms put people at risk – as the resources diverted to them could be then delayed or prevented from attending a real incident.

For advice on what to do if you see, or are sent, a suspicious package, please visit the Security Services intranet site or contact Rachel Collins, Trust Security Manager.

Lucky Friday 13th for Trust’s Endoscopy Team

OXFORD UNIVERSITY HOSPITALS’ ENDOSCOPY TEAM was celebrated at a special breakfast on Friday 13 May 2016, to mark the 20th consecutive month that every patient had been offered their appointment within the six week target set for the NHS in England.

This was despite the continuing growth in the number of patients seen in the Trust, from 15,500 day cases in 2013 to 18,500 in 2015.

Operational Services Manager Ben Wright congratulated the staff on their hard work and commitment, and was joined by Matron Julia Wood and Clinical Director Satish Keshav to share out some well-earned early morning cake!

The service continues to expand. There are major improvements in progress at the Horton General Hospital, and the John Radcliffe Hospital is set to gain a sixth endoscopy room.

(Left to right): Karen Paterson, Ben Wright, Dr Satish Keshav, Julia Wood, Aley Karukathayil and Doly Jacob

TAKE A BREATHER

Visitors to the John Radcliffe and Churchill hospitals’ cafes may notice a change to some of the tables. It is hoped that the vinyl ‘tablecloths’ showing facts, poetry and quotes about breath and breathing, will give visitors something to look at and talk about whilst sipping their coffee.

There is also a link printed on the ‘tablecloths’ to a film entitled BREATHe. The film explores breath, from our first to our last, and from a range of perspectives including its place in literature, to the science behind our breathing, and the health benefits of singing.

Further information about BREATHe is available at www.ouh.nhs.uk/artlink

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Oxford University Hospitals NHS Foundation Trust is proud to recognise the contribution our staff make to the success of our organisation. Through Delivering Compassionate Excellence, our people and teams go the extra mile to make Oxford University Hospitals NHS Foundation Trust the special place it is. The awards provide a fantastic opportunity for us to shout about the great work undertaken at the Trust and out in the community.

OUH staff, volunteers or supporters working across the Trust have the opportunity to nominate their colleagues or teams in recognition of their work demonstrating our values in improving the quality of service we provide for our patients.

A shortlist of the best nominations in each category will be chosen by a panel of judges chaired by a Non-Executive Director, with representatives from a range of stakeholders, including staff and patients. Divisional Award Events will be held during November 2016, with overall winners announced at a special Trust Awards celebration event on Wednesday 7 December, 2016 at Oxford Town Hall.

If you are a member of staff and would like further information on how to nominate, visit the Staff Recognition page on the intranet.

For further details on our annual awards visit: http://www.ouh.nhs.uk/about/staff-recognition/default.aspx
Consultant Anaesthetist, Dr Jayavanth Kini, completed an almost 1000 mile bicycle ride from Land’s End in the South East of England to John O’Groats at the northern-most tip of the UK. The journey was in aid of a charity ‘Sumangali Seva Ashrama’ (ssa-india.org), an orphanage in Bengaluru, India.

Although a novice at such long distance bike rides, Dr Kini planned the entire journey independently, with only advice and moral support from friends and family and successfully completed what he describes as an ‘epic journey’, over a span of 14 days. He admits that the entire journey was as mentally challenging as it was physically exhausting, given the multiple tyre punctures, difficult terrain and unpredictable weather that he had to face along the way. He was however pleasantly surprised by the overwhelming kindness and generosity of strangers he met along the way. In his own words, “It was a memorable, enjoyable but a very tough ride!”

Through the contributions of friends, family (and strangers), he has managed to raise more than £1000 so far, which will go towards providing shelter, clothing and education for several orphans in India. If you would like to donate please contact Dr Kini (Jayavanth.kini@ouh.nhs.uk).

The Adult Intensive Care Unit (AICU) at John Radcliffe Hospital said a fond farewell to one of their team recently as she retired after nearly three decades of service.

Trish Greenall served as senior secretary to the consultants on the AICU for 27 years and is now enjoying the prospect of a relaxing retirement.

“I’m very much looking forward to not getting up at five o’clock in the morning to come to work!” she laughs.

“I’ve really enjoyed working here and I’ll miss all my colleagues and friends.”

The Churchill Hospital's anaesthetic and recovery practitioner team attended the World Congress of Nurse Anaesthetists in Glasgow in May.

Doreen Muller (left) and Ionela Spiru were invited to attend the event, organised by the British Anaesthetic and Recovery Nurses Association (BARNA), as a result of successful participations in different competitions.

Besides topics such as difficult airway and patient monitoring, a lot could be learned about leadership, non-technical skills, and quality in education and practice.

**Senior Intensive Care Secretary Retires After 27 Years**

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