Electronic retinas implanted in first blind patients in the UK – full story page 5

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Heart education page 13
Music ‘soothes’ surgery patients

Playing music to patients undergoing surgery reduces their anxiety and could improve healing, new research suggests.

Easy listening music and chart classics can lessen fear among patients who stay awake during surgery but require a local anaesthetic.

Doctors at the Department of Plastic and Reconstructive Surgery at John Radcliffe Hospital tracked the progress of 96 patients having minor surgery at the hospital.

Hazim Sadideen, plastic surgical registrar who led the study, said: “Undergoing surgery can be a stressful experience for patients and finding ways of making them more comfortable should be our goal as clinicians. There are also good medical reasons – calmer patients may cope better with pain and recover quicker.”

Half of the patients were played music – broadcast by a radio station or from a selection of tunes on a CD chosen by the surgical staff – while the other half had their operation under the usual ‘hushed’ conditions.

The research is the first to examine the effect of music on patients undergoing both planned and emergency surgical operations whilst awake.

Recruiting more people for Diabetes research register

The ‘Translational Research Group’ (or TRG), headed by Professor Rury Holman, is looking for healthy volunteers and people with diabetes to join their Research Recruitment Register. Those who sign up will be kept informed about ongoing research and will be told about clinical studies that they could take part in.

TRG is based at the Oxford Centre for Diabetes, Endocrinology and Metabolism, at the Churchill Hospital. Nearly 500 people have signed up so far but TRG group would like to encourage more people to join and help support their innovative studies.

To find more about TRG activities or to join the research register, visit www.dtu.ox.ac.uk/trg, e-mail the study team at cru@ocdem.ox.ac.uk or phone 01865 857284.

If you are a clinician and would like to talk to us about a potential translational research project, please contact lynne.tucker@dtu.ox.ac.uk.
Making an ‘Olympic’ effort!

Four ‘Olympic’ hospital fundraisers helped to kick-start the Trust’s membership drive to become a Foundation Trust. They have all been chosen for the honour of carrying the Olympic torch this summer and will be part of the relay as it reaches the Oxfordshire area.

But you don’t have to be running marathons or cycling hundreds of miles to contribute to the future of your local hospitals. The four Torch bearers, with OUH Chief Executive Sir Jonathan Michael, came along to the John Radcliffe Hospital to help promote the Trust’s drive to encourage people to register as Foundation Trust members.

They urged local people to be part of the hospital Trust’s future and help it build strong community partnerships to better serve the needs of the local population. Trust Chief Executive Sir Jonathan Michael was delighted that the Olympic Torch bearers were continuing to support the hospital by encouraging others to become Foundation Trust members.

Sir Jonathan said: “These people have gone that extra mile for their local hospitals and we very much appreciate all they have done. We hope that by signing up to be members of the Oxford University Hospitals NHS Foundation Trust, many more people in our local communities will show their support and have a greater say and involvement in their local health services.”

Pictured from left to right: OUH Chief Executive Sir Jonathan Michael, Margaret Brown, 71, from Abingdon Oxford cardiologist Dr Tim Betts, Simon Cruden, 31, from Kidlington and Joe Robinson, 21, from Thame have all been selected to be Olympic Torch bearers. Each of them has for many years supported the Trust’s four hospitals through a range of fundraising events and voluntary work.

Dr Tim Betts, a cardiologist at the Oxford Heart Centre, ran seven marathons in seven days across the Wainwright route in 2010, raising over £8,000 for the Oxford Heart Centre Campaign.

The Trust has launched a campaign to recruit more than 7,000 public members. Anyone over the age of 16 can become a member and patients and visitors can pick up an application from any of the hospitals, local GP practices and public libraries. Staff are also being encouraged to recruit their friends and family (see separate article on this page).

Recruit a Friend campaign

At the end of May the Trust launched the Recruit a Friend campaign inviting staff to identify and nominate a prospective FT member amongst their friends and family. The names of all staff participating will be entered into a prize draw to have the chance of winning theatre tickets, wine and chocolates.

Recruit a Friend postcards were distributed to all staff with their May payslips. The campaign ends in November. Staff who wish to get involved are asked to pass the postcard to a friend or relative who might be interested in joining the FT public membership.

If you have lots of friends you would like to recruit, then you can download more Recruit a Friend postcards via the Foundation Trust intranet page. The draw is also open to staff employed by the Oxford Deanery, Medical Sciences Division and Carillion.

Postcards completed and returned by Friday, 16 November will be entered in the prize draw which will take place at the end of November 2012. Winners’ names will be published on the Foundation Trust intranet site and in OUH News.
What is Neuromyelitis Optica?

The John Radcliffe Hospital (JR) has been recognised as one of only two specialist NHS centres in the UK for the diagnosis and care of patients with Neuromyelitis Optica (NMO), an extremely rare neurological condition which affects the function of the central nervous system, by inflammatory attacks to the spinal cord and the optic nerves.

The condition only affects between 500-700 people in the UK, so that information on the condition has up until now been limited. As the clinical lead service for patient advice, research of the condition, the specialist team at the JR were asked to create the first range of patient information booklets by the National Specialised Commissioning Group (NSCG), as well as providing follow up guides for clinicians.

NMO specialist nurse Jon Revis and occupational therapist Kay Day created the range of “Living with NMO” booklets (practical information, ideas, contacts and advice for people with NMO and their families) which were presented at the National NMO Patient Education Day in March of this year and were very well received by patients and their relatives.

In the past NMO was often misdiagnosed as MS until a new antibody was discovered which, unlike MS, is identified as having an association with NMO. Angela Vincent, Professor of Neuroimmunology at the Weatherall Institute for Molecular Medicine (on the John Radcliffe Hospital site) and the clinical team consisting of Dr Palace and Dr Leite, discovered a test to highlight the presence of the specific antibody, one that enables a more secure diagnosis and is available at the JR.

To find out more about NMO, or to download copies of the booklets, visit the NHS NMO Specialised Services website www.nmouk.nhs.uk

NHS Staff Survey 2011 Update

In the April OUH News, the findings of the Staff Survey for 2011 detailed the following improvements that had been made across the Trust:

- E-learning/online training in the past 12 months
- Training on how to handle confidential information
- Improvements in equality and diversity training
- Appraisal reviews
- Taught courses
- Training on how to handle violence to staff, patients, service users
- Training on how to deliver a good patient service user experience.

We also highlighted where we need to improve, particularly in work life balance, job satisfaction, wellbeing and communication and that we are looking at the Staff Survey in more detail and working towards developing a plan of action on how we can improve in these areas.

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To find out more about NMO, or to download copies of the booklets, visit the NHS NMO Specialised Services website www.nmouk.nhs.uk

UPDATE – Where have we got to?

The Clinical and Corporate Divisions are currently reviewing the Trust scores as well as their individual results, and developing action plans for short and long term improvement in staff experience.

These action plans are in direct response to what you have told us, and will be primarily linked to feedback within the local Division. Where the local response mirrors the overall Trust feedback, a more holistic approach will be taken. The agreed action plans will be implemented throughout the organisation over the coming months to improve our delivery in the areas identified.

What will happen next?

Look out for opportunities to ‘Have your say’ that will be coming over the next few weeks through ‘Listening into Action’.

Over one million patient records now on EPR

The Electronic Patient Record system has successfully gone live and is now in operation across the Trust. This has been a significant technical achievement with over 1.5 million patient records migrated.

As we move forward, the following areas are being prioritised to consolidate and embed the use of the system. There is a focus on:

a) Improving the areas requiring patient administration with a task and finish group to ensure that all the elective patient pathways workflows are working well and that staff are using them correctly. This group is being chaired by Caroline Landon and will report to the EPR Programme Board. Staff will be given additional training to support embedding good practice.

b) Emergency Department the system has been enhanced to improve the workflows and a task force is supporting local use.

c) Maternity developments include improving the current workflows and mechanisms used to record data. We are also working to improve access to the system and to ensure that the build is correct.

In parallel with this, the development and implementation of the real time bed state is being encouraged. In addition, direct booking by patients using the Choose and Book system will be introduced in a phased way across services to enhance our patients’ experience.

Rollout of clinical functionality will follow.

An EPR Strategic Oversight Group is being formed to manage these changes. This is being chaired by Sara Randall, Deputy Director of Clinical Services. All of the work-streams identified above will report in to the Programme Board through this group.
Surgeons in Oxford are the first in the UK to successfully implant an electronic retina into the back of an eye. On 22 March 2012, Chris James became the first patient in the UK to receive this ground-breaking surgery as part of a clinical trial being carried out at the John Radcliffe Hospital and King’s College Hospital in London.

Mr James’ operation took place at the Oxford Eye Hospital with the surgical team led by Professor Robert MacLaren. He was assisted by Mr Tim Jackson, a consultant ophthalmic surgeon at King’s College Hospital in London. The following week, a second patient – Robin Millar, a 60 year old music producer from London – received a retinal implant at King’s College Hospital, with Professor MacLaren assisting Mr Jackson.

Both patients were able to detect light immediately after the electronic retinas were switched on, and are now beginning to experience some restoration of useful vision. Further operations are now planned for other suitable patients.

The retinal implants have been developed by Retina Implant of Germany to restore some sight to people with retinitis pigmentosa, an inherited condition that affects around one in every 3,000-4,000 people in Europe.

Retina Implant’s devices are designed to replace the lost cells in the retina. Patients have a small microchip containing 1,500 tiny electronic light detectors implanted below the retina.

The optic nerve is able to pick up electronic signals from the microchip and patients can begin to regain some sight once more.

After having the artificial retina implanted in his left eye, Chris James, 54 from Wiltshire, can now recognise a plate on a table and other basic shapes. And his vision is continuing to improve as he learns to use the electronic chip in an eye that has been completely blind for over a decade.

The operation took eight hours and first required implantation of the power supply which is buried under the skin behind the ear, similar to a cochlear implant. This part of the operation was performed by Mr James Ramsden of Oxford University Hospitals assisted by Mr Markus Groppe, an academic clinical lecturer at the University of Oxford.

The electronic retina was then inserted into the back of the eye and stitched into position before being connected to the power supply.

Three weeks after the operation, Chris’ electronic retina was switched on for the first time. After some initial tuning and testing, Chris was able to distinguish light against a black background.

Chris continues to have monthly follow-up testing of his microchip. In the meantime, he is testing the microchip at home. “It’s obviously early days but it’s encouraging that I am already able to detect light where previously this would have not been possible for me. I’m still getting used to the feedback the chip provides and it will take some time to make sense of this. Most of all, I’m really excited to be part of this research.”

The UK part of the trial is co-ordinated by Oxford University and will see up to 12 blind patients receive the implant in operations at the Oxford University Hospitals NHS Trust and King’s College Hospital in London.

The UK trial is funded by a grant from the National Institute of Health Research with extra support from the Oxford Biomedical Research Centre.
Two more consultant pharmacists appointed in Oxford

The OUH welcomes two newly appointed consultant pharmacists – Rebecca White who specialises in nutrition and intestinal failure, and Andrea Devaney, who specialises in transplantation and renal services.

Consultant pharmacists were introduced by the Department of Health in 2005 to ensure that the highest level of pharmaceutical expertise is available to those patients who need it, and to make the best use of high level pharmacy skills in patient care.

Some of the initiatives introduced by consultant pharmacists, that are making a difference for patients, include:

• developing and implementing national standards for new treatments involving gene therapy
• supporting junior doctors in correctly prescribing drugs like antibiotics which has resulted in a very low incidence of hospital acquired infections, and ensured patients receive the right treatment in a timely way
• developing and standardising guidelines for the treatment of common conditions in critical care, such as delirium, analgesia and sedation
• acting as the patient’s advocate in respect of their medicines in situations where the patient may be unconscious or unable to respond
• devising individual treatment and adherence programmes for HIV patients who are awaiting a transplant, to avoid rejection of the transplant due to drug interactions.
• working directly with GPs to support prescribing for patients with long term complex conditions which may affect their absorption and metabolism of common medications.

Amazing Marathon Runners

At this year’s London Marathon our hospital causes were represented by 19 runners who have raised over £35,000 between them. Many had incredibly poignant reasons for taking part, which helped them to complete the arduous 26.2 mile course.

Dr Rick Pullinger, a consultant in the Emergency Department at the John Radcliffe Hospital ran the marathon in aid of the Maternal and Child Health Advocacy, a mother and baby unit in Bamenda Hospital, Cameroon.

He finished in a fantastic time of 2:56:08 which was a position of 848!!

Forty four year old Naila Henry (pictured) has been a diabetic for the past 38 years and ran the London Marathon whilst still remaining active on the transplant list. She hopes to raise awareness and support the Oxford Transplant Unit and Organ Donation.

Naila ran with a pack on her back containing 1000g of mixed carbohydrate, glucose and electrolytes, six tubes of glucose tablets, testing kit, phone and a sports drink! She managed to complete the marathon in a fantastic time of 5:34:24.

Naila said: “My philosophy is to do what you can, run when you can, walk when you can’t. Listen to your own body and most of all enjoy yourself.”

I.M.P.S which teaches children about first aid and CPR, had six people at the marathon; teachers Jannicke Stevens, Andrew Lloyd, Pam Allen and Les Robinson, as well as Emily Atkinson and Lorraine Hunt.

Steven Radley ran in memory of his son, five-month-old William James Radley. Steven and his wife Emma, both from Witney, have tirelessly fundraised for the Neonatal Intensive Care Unit at the John Radcliffe Hospital which cared for William during the first six weeks of his life. Steven was joined by Dr Emily Brown who also ran in memory of William.

Radio Cherwell wins awards

Congratulations to our hospital broadcaster, Radio Cherwell, who won three awards at the annual Hospital Broadcasting Association conference and awards in March.

The awards gala is a celebration of the excellent standards found in hospital radio stations across the country.

Radio Cherwell came in the top 10 for its ‘Station Promotion’ and ‘Best Specialist Music Programme’ and gained the bronze award for ‘Station of the Year’.
Picture power to help calm young patients

The journey to an operating theatre for surgery can be incredibly stressful for a child and his or her parents.

Now, a unique photographic installation by the German artist Jan von Holleben hopes to make this experience less traumatic for young patients at the Oxford Children’s Hospital, with artwork funded through charitable donations and specifically designed to distract them from their fears.

In Spring 2011 Jan von Holleben was selected by the Oxford University Hospitals NHS Trust to develop new artwork for two long corridors leading from the wards in the Children’s Hospital to the operating theatres, for the ceilings of 14 anaesthetic rooms and eight recovery bays, and for decorative screens.

Last May Jan spent a week as artist in residence in the hospital, speaking to doctors, therapists, play specialists, nurses, anesthetists, porters, patients and their parents to understand the experience of a patient’s journey to theatre and to capture ideas from young patients. His dialogue with staff continued for a further two months to develop a proposal for the artwork. The final production took place in his studio in Berlin last August with the help of nine children.

And so, the story of ‘Lily and Jonathan’ was born – an installation made up of 315 individual photographs, creating more than 40 composite panels. The series tells the adventures of two friends, Lily and Jonathan, who go on two fantastic journeys into space and into a magical undersea world; the panels distract children and adults just before they go through for surgery. This way, the children can drift away into the stories as the anaesthetic takes effect.

Further images are installed on the ceilings of recovery bays, and on screens dividing bays, to engage patients as they come round from surgery.

This project has been entirely funded through charitable donations for art projects from Firefly Tonic, the Fund for Children and the League of Friends, and supported by Kwickscreen.

Heart Failure Awareness Day

To mark Heart Failure Awareness Day on 11 May 2012, staff from the John Radcliffe and the Horton General Hospitals held events aimed at raising awareness into the condition.

Specialist heart failure nurses spent the afternoon on Level 2 of the JR with a display of information to present to patients and visitors to the hospital. The team wanted to reinforce the importance of early diagnosis and treatment, and offered free blood pressure checks for anyone interested in knowing their current blood pressure.

Heart failure is a serious condition but it does not mean (as the name may suggest) your heart is about to stop working. It is simply a medical term used to describe when the heart muscle is not working as effectively as it should because the heart muscle has become too weak or stiff to work properly. By raising awareness of the symptoms of heart failure which may include shortness of breath, tiredness and weakness, swollen ankles and weight gain, the specialist heart failure team hope that more people will speak to their GPs as soon as possible.

From left Heart Failure Nurse Specialists Helen Jackson and Rebecca Bone, Team Administrator Zoe West and Heart Failure Clinical Lead and Cardiologist Dr Jeremy Dwight.
Patient safety research at the Nuffield Orthopaedic Centre

The Quality, Reliability, Safety and Teamwork Unit (QRTSU) at the University of Oxford has recently completed a patient safety research project with staff in the NOC theatres, together with a number of orthopaedic and plastic surgeons and anaesthetists.

The NOC is world-renowned for excellence in the delivery of orthopaedic and plastic surgery. The teams worked together on projects they had identified as improving patient care, supported by the QRTSU researchers, who later evaluated the benefits.

Through working together the teams have reduced non-essential theatre workload; increased team coordination; improved communication and increased compliance with safety indicators, including the WHO checklist. This research is now being prepared for publication in academic journals.

If you would like any more information on the project, or the QRTSU group, please visit the website: www.nds.ox.ac.uk/qrstu or email Lauren Morgan on Lauren.morgan@nds.ox.ac.uk

Evidence suggests daily aspirin helps prevent cancer

A collection of three papers (published in March in The Lancet and in The Lancet Oncology) add to the growing evidence base suggesting that daily aspirin can be used to help prevent and possibly treat cancer. All three papers are by Professor Peter Rothwell from the University of Oxford and John Radcliffe Hospital, and colleagues.

The case for using aspirin to prevent cancer continues to build, particularly if people are at increased risk of the disease. It follows the finding that aspirin can reduce the chances of tumours spreading to other parts of the body.

Professor Rothwell, who is also theme leader for the new dementia and cerebrovascular disease theme at the Oxford Biomedical Research Centre says: “We are not at the stage of recommending aspirin use in everybody, but the guidelines on use of aspirin in the healthy middle-aged population certainly need to be updated in order to take advantage of its possible cancer prevention benefits.”

What do research nurses need?

In early February more than 100 delegates attended an event in Headington Hill Hall to hear Professor Mary Boulton talk about her recent survey into the experiences of research nurses employed by the Oxford Biomedical Research Centre (OxBRC). The research was funded by Thames Valley HIEC and the OxBRC.

Research nurses are a very diverse group who have been recruited to support the varied needs of the many research groups which are funded and supported by the Biomedical Research Centre. In part as a consequence of this diversity, the work they do is ill-defined, poorly understood and often taken for granted by those with whom they work. In particular, the ways research nurses contributed to the success of research through their individual knowledge, skills and experience is often not adequately recognised and research nurses are not always accorded appropriate respect as researchers. The diversity of their work and employment situations (and the many different locations in which they work) also contributes to their lack of visibility to and isolation from other research nurses, and prevents them from coming together as a supportive professional body with their own professional identity.

The survey of research nurses highlighted three main areas of action to improve their experience of work.

1. Changes to their employment situation.
2. Appropriate training and opportunities for staff development.
3. Forum or network of research nurses in the Biomedical Research Centre so that research nurses can identify and contact each other, to share information and provide advice.

These recommendations were welcomed by the panel chaired by June Girvin, Pro-Vice Chancellor and Dean at the host organisation, Oxford Brookes University. She was joined on the panel by Joanna Powell, from the NIHR Trainees Coordinating Centre in Leeds. Clare Culpin, Deputy Chief Nurse at Oxford University Hospitals NHS Trust emphasised the responsibility the nursing profession itself holds to promote and encourage those who want to advance their career in this way. Full article available at www.oxfordbrc.org/media/news/686

Evidence suggests daily aspirin helps prevent cancer
Evidence suggests daily aspirin helps prevent cancer into account the effects on the risk and outcome of cancer as well as on the risk of heart attacks and strokes.”

Previous studies by this team have established that aspirin reduces the longterm risk of dying from cancer, but that these effects don’t appear until about 8-10 years after starting taking a daily low dose of the drug. The short-term effects of aspirin were less certain.

“What we have now shown is that aspirin also has short-term effects, which are manifest after only 2-3 years,” says Professor Rothwell.

“In particular, we show that aspirin reduces the likelihood that cancers will spread to distant organs by about 40-50%. This is important because it is this process of spread of cancer, or ‘metastasis’, which most commonly kills people with cancer.”

More funding for groundbreaking research in Oxford

£3.7 million, over five years, has been awarded to Oxford University Hospitals NHS Trust for facilities that will carry out research in areas such as communication impairments in children, social anxiety disorder, post traumatic stress disorder, depression, schizophrenia and stroke.

The bid for research funding was coordinated by Professor John Geddes, Head of Department and Professor of Epidemiological Psychiatry, University of Oxford, Associate Medical Director (R&D) Oxford Health NHS Foundation Trust and involved all three organisations working together to provide clinical research facilities at various sites across Oxford.

Professor John Geddes commented on the award and said:

“Cognitive and mental disorders are among the most important causes of global suffering. Developing effective therapies and preventive strategies is challenging for all healthcare providers and any advances in our understanding require the best basic and clinical scientists to work together in the best facilities. This additional money is really welcome and will be used to fund nurses, doctors and scientists in state of the art research facilities in South Parks Road, the Warneford Hospital and the John Radcliffe Hospital.

NHS Trusts and Foundation Trusts with clinical research facilities submitted bids for the funding, which were judged by a panel of UK experts in both medical research and in running clinical research facilities. Winning bids were selected on the basis of the quality and volume of world-class medical research they support as well as other criteria including the strength of their partnerships with universities and industry.
Sir Jonathan Michael officially opens the ‘OnThree’ Restaurant

Sir Jonathan Michael, Chief OUH Executive officially opened the newly refurbished ‘OnThree’ restaurant, on Level 3 of the JR.

Carillion, who have now completed the finishing touches to the restaurant, were delighted that Sir Jonathan and other members of staff were able to attend the opening, where head chef Simon Grubb treated guests to a selection of dishes.

Annie’s Garden

Patients from the John Radcliffe’s Geratology wards are feeling the benefits from the sensory garden which was formally opened by Dame Fiona Caldicott recently.

Originally the space on Level 4 used to occupy the children’s wards, but after they moved into the new Children’s Hospital, the space was refurbished and reconfigured to create the Geratology wards, allied research offices and departments.

One area that was not included in the refurbishment was the old children’s play terrace, an outdoor space in the centre of the wards. Sensing an opportunity to utilise the space and provide patients with an area where they could relax and enjoy some time away from the wards, Ann Readhead, Sister, led a £100,000 fundraising campaign to transform the terrace into a Sensory Garden.

Working closely with the hospital’s Charitable Funds team, Ann set about organising a range of fundraising events, which, along with donations from supporters of the project, achieved the target and works on the garden began.

Dame Fiona opened Annie’s Garden, named in recognition of the work of Ann Readhead and other key supporters, at a celebration event which included staff, patients and invited guests to thank all of those involved in the project.

Your Trust Libraries

The Horton General Hospital and Nuffield Orthopaedic Centre library services have merged. Both libraries are staffed and funded by the NHS and the merger will mean all hospital staff are able to access a wider range of resources and training than they could previously.

To launch the new service, library staff went out and about into the hospitals and had a stand in the Oxford Centre for Enablement, and at the NOC and Horton receptions. Free pens and post-it notes were given out as well as jute bags advertising the new library service to those who were existing library members or visited the stall to become members. The libraries will be running a competition later in the year to find the most interesting place that the bags have been seen! So watch this space!

The new service is currently staffed by: Sue Robertson: Libraries Manager (pictured below) Sally Ryan: Outreach/Training Librarian Bridget Lucas, Karen Davies and Ambrose Phillips: Library Administrators

For more information, please contact us via email: library@ouh.nhs.uk or tel. x38147 or x29316
Kidney dialysis patients in the Banbury area have had their lives made much easier thanks to the opening of the Horton General Hospital’s renal dialysis unit.

The first patients were linked up to a brand new dialysis machine when the unit was opened on Monday 23 April. It has long been the aim of the Trust to provide a more local service for patients from the North of Oxfordshire and from South Northamptonshire who had travelled to the Churchill Hospital for their treatment.

The new unit consists of five dialysis stations and is being run by Allie Thornley, Matron of Dialysis at Oxford University Hospitals NHS Trust.

The refurbished ward has been funded by a £50,000 capital programme payment along with charitable funds from the Oxford Kidney Fund. Space for the new unit was found in the old Medical Assessment Unit on the Horton site.

A rise in the number of dialysis patients is anticipated and the Horton’s new unit has the capacity to be increased in the future.

The waistlines of people living in Oxfordshire are shrinking thanks to the efforts of an important service provided in Oxfordshire to morbidly obese patients the area.

The Oxfordshire Weight-loss Lifestyle Service (OWLS) team aims to support people to lose weight and crucially maintain the weight loss, as Alison Salvadori, Clinical Health Psychologist, explains:

“We help patients to lose weight safely and slowly. Our initial goal is to support them to lose five percent of their weight and then to maintain this weight loss.”

A person is classified as morbidly obese when they have a BMI over 40. People who are morbidly obese are putting themselves at risk of at least 30 common health conditions including type 2 diabetes, cardiovascular disease, stroke and certain forms of cancer.

Alison adds: “The OWLS programme combines a psychological and nutritional approach. People are helped to look at their relationship with food in 12 weekly group sessions that are facilitated by dietitians, clinical psychologists and a sports scientist. We really are taking a holistic approach to weight loss.”

This approach is already proving to be very successful. Less than a year after Kevin joined the OWLS programme he had lost 11.2kg and ran the Oxford Half Marathon. Another patient, Sharon, says that her whole life changed after losing a staggering 34.4kg in weight with the support of OWLS.

Marie Carter, Sister for Owls, encourages anyone with a significant weight problem, looking for a long-term solution and not a short-term fix, and who is registered with an Oxford GP to contact their GP surgery or the OWLS team directly to find out if the programme is suitable for them. The courses run in community locations across Oxfordshire with daytime and evening sessions.

To contact OWLS email: Owls.rbft@nhs.net
Phone number 01865 910210

New Executive Briefings for all staff

There is now a chance for all staff to hear the latest news from the Executive team with bi-monthly open briefing sessions.

These sessions will allow the Executive team to brief staff on key corporate issues and will take place across all four hospital sites.

The next Executive briefing session will take place in July. Please see the intranet for details of dates and venues.

A global email will also be sent out in due course.
What a weekend!
£65,000 raised through marathons and abseiling

Along with the relentless rain, April brought a fantastic weekend of charity endeavours as staff and supporters went to incredible lengths to raise money for causes across our hospitals.

Whilst 19 runners were attacking the London Marathon raising over £35,000 (read more on page 6) on site at the JR another event was taking place. Ninety abseilers were battling with a 100 foot brick wall and strong winds, raising around £30,000 for hospital causes.

Amongst them was Bafta Award winning comedian Armando Iannucci who joined obstetric consultant Lucy Mackillop on the ropes for the Silver Star Society.

The Heart Centre Campaign had 20 people abseiling on its behalf including the fundraising chairman Sir Christopher Ball who was celebrating his 77th birthday on the day, and cardiac consultant, Jim Newton.

Staff from the Post Acute Unit said the whole experience had been a great way for the new team to bond, as well as raise additional funds. Deputy Sister, Rejoice Sithole, explained: “It really was a lovely day, the atmosphere was so special as there was so much laughter. It was great to meet colleagues and their families out of work, enjoying something new. We certainly hope that our department will be able to do it again.”

I.M.P.S. (the Injury Minimisation Programme for Schools) had 21 people abseiling, including many local teachers.

You can see photos from the day and a video on our Facebook page (search under ORH Charitable Funds).

If you’ve been inspired, why not sign up for our next abseil on Sunday 17 June, supporting Heads Up (head and neck cancer research), Acute General Medicine, Cellular Immunology Research and the Cancer Centre? To take part pick up a form around the hospitals or email charity@ouh.nhs.uk.

1,000 run for Children’s Hospital

An effervescent Raymond Blanc set 1,000 runners off on a five mile run around Blenheim Palace this March, at the Oxford Mail OX5 RUN for the Children’s Hospital. He was joined by Oxford United’s Kelvin Thomas who had rallied a team to run – including the manager Chris Wilder, fans and TV presenter Jim Rosenthal.

The runners included many parents of children who have been treated at the hospital and 40 teams took part, including the event sponsors, Allen Associates, and teams of medical staff from the hospital.

Head of Community Fundraising Graham Brogden said: “We are so grateful to the organising committee led by the team at the Oxford Mail and Times, with the event sponsors Allen Associates, that come together to organise the run.”

“We continue to be inspired by the runners who trained hard, raised sponsorship money and got up early on a Sunday morning to support the thousands of children that receive care in the hospital. Thank you.”

Heartfelt Appeal black-tie dinner

Join us for a wonderful evening of fine wine and dining in support of innovation and research for the Oxford Heart Centre on Friday 29 June.

This black-tie dinner will be held at Merton College, Oxford and is sponsored by Moet and Chandon. The event promises to entertain with speeches from Pete Smith, former manager of the Kinks, who was christened ‘the godmother to Live Aid’ by Sir Bob Geldof, as well as science fiction guru, Brian Aldiss, the inspiration behind films by Spielberg and Kubrick.

Your attendance contributes to the creation of a world-class Echocardiography Unit at the Oxford Heart Centre. To find out more, please call Marianne Julebin on 01865 231523 or email marianne.julebin@ouh.nhs.uk.

Find out more about fundraising across our hospitals by visiting orcharitablefunds.nhs.uk, calling 01865 743444 or emailing charity@ouh.nhs.uk.
Over 240 leading cardiologists, cardiac surgeons and members of their multidisciplinary teams attended the 9th Oxford Live Conference on 17 April at the John Radcliffe Hospital’s Academic Centre. The conference showcases the work of the Oxford Heart Centre and highlights the OUH as a leading international centre of excellence in cardiology and cardiac surgery.

Cardiologists viewed and discussed complex cardiac interventions using recorded cases and footage of live cases which involved a video link from the Oxford Heart Centre’s catheter labs to the lecture theatre in the Academic Centre. Oxford cardiologists carried out cardiac procedures and talked through the techniques they used.

Oxford Medical Illustration’s audiovisual team worked with OHIS and the conference team to provide the video link using new HD video conferencing technology. Jim Tustian, Head of Audiovisual at Oxford Medical Illustration, said: “OHIS’s data network is so good now we can provide video links over it and the internet so that clinicians can teach, provide advice and even diagnose remotely. The visual quality is better than DVD quality with no delay.”

Professor Adrian Banning, Consultant Cardiologist, who organised the conference said: “The conference was a huge success. It is the best attended course of its kind in the UK and this is a tribute to our Oxford cardiac team. It’s an opportunity for our catheter laboratory nurses, cardiac technicians and radiographers to show how their teamwork optimises patient outcomes.”

“The video conferencing facility was provided following an appeal by Oxford Radcliffe Charitable Funds and it demonstrates to colleagues how we innovate and improve our treatments for patients with heart problems.”

If you want to find out more about the work of the Oxford Heart Centre please watch our video at: http://www.youtube.com/watch?v=CGwijjiASEY or search “oxford heart attack” on YouTube.
NICE one Jonathan!

Mr Jonathan Norris, a locum consultant oculoplastic surgeon in Ophthalmology at the Oxford University Hospitals NHS Trust, has been awarded a National Institute for Health and Clinical Excellence (NICE) fellowship.

In his role as a NICE Fellow, Jonathan aims to develop a combined dermatology and oculoplastic tumour service.

Posters for Promises

Children and young patients from the Oxfordshire Hospital School, based within the Children’s Hospital, have been directly involved in the creation of posters to illustrate the newly re-launched OUH Nursing and Midwifery standards.

These standards are a set of 12 statements outlining the kind of care we aim to provide for all patients in delivering compassionate excellence. Currently, these standards are written for adult patients. It is hoped that this project will help young patients to communicate their understanding and interpretation of our promises to them, through a range of different media including painting, drawing, audiovisual tools and verbal feedback.

The project, which is a joint collaboration between the OUH, Oxfordshire Hospital School and local artist Dionne Barber, aims to ensure that all young patients understand about the care they receive. By translating this through a range of artwork it is hoped that children will be reassured about and understand better the roles of the nurses and those who care for them while in hospital.

NOC Charity Golf Day 2012

On Thursday 26 April, seven golfers from the NOC played for the NOC Challenge Cup at Frilford Heath Golf Club. They were joined by 25 Frilford members to help raise funds for the NOC Appeal.

NOC Golfers, Mark Gray, Simon Robertson, Brian Heggarty, Paul Gray, Matthew Lawrence, Ellis Reid and Chris Allen played some excellent golf under very difficult conditions of rain and high winds.

The day started with a nine hole fun game in the morning, which was won by one of the NOC staff teams comprising Matthew Lawrence, Ellis Reid, Mike Sibley and Chris Allen.

In the afternoon there was an 18 hole stableford competition which was won by the visiting team from Hereford.

The NOC Challenge Cup was keenly contested, with Ellis Reid coming out on top.

Additionally there was a putting competition and a raffle which raised a grand sum in the region of £2,000.

This sum will be donated to the NOC Appeal to purchase Buzzy pain relief equipment for OXPARC to help children suffering from rheumatic conditions who need regular painful injections. Buzzy is a very cute vibrating bee with ice pack wings that decreases sharp pain when placed upstream. Buzzy uses natural pain relief by confusing your body’s own nerves and distracting attention away from the injection, thereby dulling or eliminating sharp pain.

A big thank you to everyone who came along on the day and to those who donated prizes, all helping to raise funds for a great cause.
Delivering Compassionate Excellence

Living our Values
Over the last few months, we have been looking at ways we can put our new Trust values ‘into action’. We have done this in several ways by working on:

- Introducing a pilot for Value Based interviewing for new staff
- Introducing Value Based behaviours to our new appraisal conversation
- Listening to feedback from staff about ‘how well we communicate’ as an organisation, with our leaders, our teams and with each other.

As a Trust, we are serious about our commitment to ‘Delivering Compassionate Excellence’. So, we want to carry on the conversations that were started with staff at the end of last year and make sure that as many people as possible get the chance to participate in conversations led by Sir Jonathan Michael and team.

The aim of these conversations is to help people connect across the organisation and understand what the Trust is doing and why. It will give staff chance to talk about things that are proud of as well as discuss how to fix some of the things, big and small that often get in the way of providing the service and care people want to.

This is an exciting opportunity to ‘Have your say’ and learn more about how YOU can have the opportunity to lead and implement service change through ‘Delivering Compassionate Excellence’.

Look out for your invitation to one of our ‘Listening into Action’ events that will be taking place in July!

Statutory and Mandatory Training

New Statutory and Mandatory Competences

Want to spend more time delivering or supporting patient care rather than attending training courses when you don't need to? Now you can!

Statutory and mandatory training has relied mainly on classroom attendance in the past. However, from 2 April, a new competence based approach means, in most cases, you won't need to attend any further training if you can show your knowledge competence by passing an assessment. There are four ways you can be assessed.

- Complete a quick e-assessment (where available).
- Access either e-learning programmes or a paper copy workbook. Both have built-in assessments.
- Attend a classroom style assessment, participate in the sessions then undertake an assessment at the end.
- Attend an update day and be assessed at the end of each subject session.

All information, materials and the new policy and competency framework can be found on the OUH Learning and Development intranet site, Statutory and Mandatory Training page. Further support is available for...

- New logins and passwords, the E-learning process and modules: e-learning.support@ouh.nhs.uk
- Support with password resetting: Adam Payne (JR), adam.payne@ouh.nhs.uk, 01865 231647 or Baljit Kang (NOC), baljit.kang@ouh.nhs.uk, 01865 737524
- A presentation to your senior team: Rainy Faisey, Workforce Project Manager, rainy.faisey@ouh.nhs.uk, 07867 506113 or Ian MacKenzie, Head of Wider Workforce Education, ian.mackenzie@ouh.nhs.uk, 01865 737518

Please ensure you gain your competences as quickly as possible. When you can demonstrate you are fully up to date with all your competence requirements you will be able to access further Continuous Professional Development (CPD) as usual.

A new Learning Management System will soon be available to give you quick and easy access to training records, materials and management information. Look out for more details on this exciting project over the next few months.
Get the right ‘tweet’ment

Did you know that the Oxford University Hospitals has a Twitter site and a Facebook page?

In fact, the Oxford Radcliffe Hospitals was the first NHS Trust to set up a Twitter site, in December 2009, closely followed by Southampton. Our first ‘tweet’ urged people to ‘get the right treatment’, with a link to all the options for emergency care.

The OUH Facebook page was launched the day the new Trust was formed – but our Charitable Funds department has been using Facebook to contact its many supporters since June 2010. It will become increasingly useful as our application for Foundation Trust status gathers pace, as a means to contact our members and promote our membership campaign.

The OUH Twitter and Facebook sites are run by the Trust’s Media and Communications Unit, and if you think you may have an event or a message that would be suitable for posting, please do let us know.

You can find us on Twitter @OUHospitals – and why not visit our Facebook page?

Follow the link at the foot of our website home page at www.ouh.nhs.uk

Workout at work day

Show your team work and enter your department in our friendly rounders tournament on Tuesday 19 June, 12.30pm - 1.30pm.

The tournament will take place on Osler playing field, near the Women’s Centre on the JR site.

Bring your own food, picnic and supporters. There will be a maximum number of 10 in a team and a minimum of 6 however smaller groups can be joined together to create teams. Please send your entries to Julie Kelly at julie.kelly@ouh.nhs.uk or call ext (7)40892 or 07704 857055.

New childcare voucher provider for the Trust

Do you have children under 16?

Do you pay for childcare during the year e.g. holiday club, breakfast or after school clubs, nursery or childminder?

Then read on......

The Trust is pleased to announce it has appointed a new childcare voucher provider – Edenred. Childcare vouchers allow staff, regardless of gender, to sacrifice up to £243 of their salary per month prior to tax to help pay towards childcare costs, whether regular or adhoc care. This provides a tax saving of up to £933 per year.

Edenred is a leader in its field, not only providing childcare vouchers but offering additional services to staff. Join now to take advantage of the scheme from 1 July 2012.

For further information on childcare vouchers and how to join, please refer to the HR pages of the Intranet.

OUH News – your bi-monthly newsletter with news from around the John Radcliffe Hospital, Horton General Hospital, Nuffield Orthopaedic Centre and Churchill Hospital.

Look out for the next edition of OUH News which will be out in August 2012. If you have news from your team or department that you would like to be featured please contact Kelly Dodgson in the Media Team on ext 34690 or email kelly.dodgson@ouh.nhs.uk   Deadline for copy is end of June 2012.