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

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REFURBISHED DAY SURGERY UNIT OFFICIALLY OPENS AT THE CHURCHILL

The unit, based in the Cancer Centre, supports ten operating theatres performing over 8,000 operations each year. The majority of these patients will spend time in the Day Surgery Unit as they wait to be admitted for their operation, and afterwards when recovering.

The Trust has invested £2.1 million to redevelop the Day Surgery Unit, which has been designed to reduce stress and anxiety, with privacy and comfort in mind. Sixty-three thousand pounds was raised by the Trust’s Charitable Funds team, through a combination of donations and fundraising events such as abseiling down the John Radcliffe Hospital.

There are now six individual consultation rooms, two single rooms with en-suite facilities and two six-bed same sex bays, bringing the unit up to national same-sex standards.

The reception area is now brighter and more welcoming, and non-clinical and staff areas have also been redeveloped.

The refurbished Day Surgery Unit was opened by Geoff Salt, Vice-Chairman, Oxford University Hospitals NHS Foundation Trust (pictured on front cover).

“This is a really significant investment in patient experience from the Trust. The Day Surgery Unit looked a bit tired and dated, and the privacy for patients wasn’t as good as it could have been,” says Mr Salt.

“The impact for patients is immediate, as soon as they walk through the front door. The unit is light, airy and modern, and there are really excellent facilities.”

The courtyard garden – which provides a quiet, outside area for patients and relatives to sit – has also been redeveloped.

“These significant improvements were made as a direct response to patient feedback,” says Theresa Lowry, Deputy Matron, Theatres and Day Surgery.

“The unit is now far more suitable for all patients, including those who have dementia. There will also be a dedicated area specifically for breast cancer patients, for consultations and prosthetic fittings.”

FREEDOM TO SPEAK UP GUARDIAN APPOINTED

OUH Head of Midwifery Jane Hervé has been appointed as the Trust’s first Freedom to Speak Up (FTSU) Lead Guardian.

The FTSU Lead Guardian acts in an independent capacity to support our aim to improve openness and transparency in the workplace, and ensure that colleagues feel confident in raising concerns.

An NHS-wide network of Guardians is being established, which will be closely supported by the office of the National Guardian.

In the interim, Jane has been involved the process of appointing local Guardians. These roles will establish our own local network and ensure that there is an effective FTSU presence across our main hospital sites. Jane is happy for staff to contact her during the interim before she takes up her role.

Jane, who was appointed following an internal recruitment process, will be stepping down from her role Head of Midwifery in July, after which she will continue commence her Lead Guardian responsibilities.

WHAT DO THE CIRCLES MEAN?

You may notice these circles on some of the articles. The work of Oxford University Hospitals is guided by the following themes:

- **Home Sweet Home**: Delivering excellent healthcare closer to patients’ homes and enabling them to return home sooner
- **Focus on Excellence**: Prioritising investment in services; developing world-class excellence
- **Go Digital**: Using technology and data to improve patient care across organisations and support self-care and research
- **Master Planning**: Long-term infrastructure plans to support clinical services, research and education for the Trust
- **High Quality Costs Less**: By improving quality of care we do the right thing for patients, release resources for further investment in care, and improve patient and staff satisfaction

Theresa Lowry, Deputy Matron, Theatres and Day Surgery, in the new garden
There are stars among us

Now YOU have the chance to nominate them for a Patients’ Choice Award.

Every day, across our hospitals, dedicated teams and individuals go to extraordinary lengths to provide the very best healthcare and fantastic service for our patients.

Our Patients’ Choice Award is a chance for patients and their loved ones to nominate these outstanding members of our healthcare teams. This award category forms an important part of the Trust’s annual Staff Recognition Awards.

These awards support the Trust’s commitment to recognising and celebrating examples of best practice to help us improve our services further. Saying ‘thank you’ to our staff and showing them how much they are valued is vital for their wellbeing and that of our patients, as we know the positive morale of our staff leads to excellent patient care.

Nominations are open until 17 September and an independent judging panel of patients will select the overall winners. These will be announced at the Trust’s Staff Awards Evening on 6 December.

If you or a loved one have received outstanding care or treatment at the John Radcliffe, Churchill, Horton or Nuffield Orthopaedic Centre, we want to hear from you.

Submit your nomination:
online at www.ouh.nhs.uk/patientschoice
Or email the details to staff.recognitionawards@ouh.nhs.uk or call us on 01865 223348.
TRUST EXPANDS END OF LIFE CARE SERVICES

With an ageing population, there has been an increase in the need for palliative care services. Since October 2016, the Trust has significantly expanded its end of life care support to patients, thanks to a three-year project funded by the Sobell House Hospice Charity, and end of life care being identified as a quality priority.

Key to the project is an expanded team, which is enabling staff to deliver hospice-level care to patients in hospitals who are approaching the end of their lives.

Already the new team has been able to support four times as many patients and their families in the Emergency Department (ED) and Emergency Assessment Unit (EAU) at the John Radcliffe and 50% more patients overall.

The Trust’s existing Palliative Care Team, which was created in 1995, has been bolstered by additional specialist nursing support, another palliative medicine consultant, a consultant pharmacist, an occupational therapist and chaplaincy support.

Dr Mary Miller, Clinical Lead for End of Life Care and head of the project, says: “The newly-appointed team reflects the model of multidisciplinary care available at the core of hospice teams. With this project we will be able to see many more patients and focus on those who are recognised as being at high risk of dying in the hours or days after being admitted to hospital.”

Sobell House has 18 beds for patients who are nearing the end of life. These serve around 400 inpatients a year. However, nearly 3,000 people die in Oxfordshire’s hospitals each year. The expanded team means more people will now have access to palliative care in the hospital where they are already receiving treatment.

The Sobell-funded project has entailed a change in approach for the palliative care team, Mary Miller says: “Before, the service was waiting for referrals, and we were tending to see people with complex needs several days into their admission.

“Now, instead of waiting for those referrals to come to us, we have proactively gone to the ED and EAU seven days a week and the teams have been enormously welcoming.”

The Sobell House Hospice Charity is funding to ensure more people across Oxfordshire have access to hospice care.

As well as the £2m being invested in extending care across the Trust, the charity is funding the £5m upgrade of Sobell House itself, making it a state-of-the-art hospice with extra facilities for patients and their families. It is also investing £2m in supporting increased palliative care services in the community.
Palliative Medicine Consultant Aoife Lowney explains how the team might help you:

Nowadays we are living so long that we are affected by a range of conditions as we progress through life. It is not always easy to predict when exactly we are nearing the end of our lives due to advances in medical treatments and technologies.

Imagine, then, that you are an elderly patient with a range of medical problems – maybe dementia, kidney or heart failure, diabetes, perhaps a cancer diagnosis. Imagine that you end up in A&E because you have been diagnosed with a serious complication of your frailty and other medical problems.

The team in A&E will tell the Palliative Care Team that you’re there and you might benefit from their support. We will see you alongside our colleagues in the Emergency Department, especially if treatment is not working. We will sit with you and your family or closest friend to discuss your options. If you can’t advocate for yourself, we will find the person who can advocate for you. We will discuss what you might have said you wanted if you ended up in this situation: where you might like to be cared for, for example. We will try to align your care and treatment with your wishes as best we can.

We’ll also try to pay close attention to controlling your symptoms, to your quality of life and how you’re feeling. We will talk about you putting your affairs in order; we will try to make sure you’re not subjected to treatments or investigations that won’t benefit you and might diminish your quality of life. We will take conversations at your pace.

It’s exceptionally important to have a team like ours to enhance the care that’s being delivered so that all the care that patients receive is really bespoke and individualised as they approach the end of their lives. Most importantly, patients and families need to be informed of likely prognosis so that care can be closely aligned with wishes.

The project, started in January 2016, was carried out on Acute General Medicine (AGM) Ward 7A using Health Foundation methodology called patient and family-centred care.

To get an insight into what it’s like for patients and families, staff ‘shadowed’ families at the bedside when the patient was near the end of life and talked to them about their experience.

“It made us think of lots of things we could change and enhance to make it a better experience,” says Julia Buchanan, practice development nurse for AGM, who wrote the award-winning report.

Ward Sister Frances Riley adds: “We sent sympathy cards to relatives that included a personal message from the nurse who looked after the patient, as well as contact information so that families could get in touch afterwards if they had questions or concerns.”

Many of 7A’s patients are elderly and have multiple comorbidities and 10 to 15% of them will die on the ward. As part of the project, the Palliative Care Team has been brought in at an earlier stage and the ward now has the support of a chaplaincy volunteer.

The ward has acknowledged and tried to reduce the stress for families, and introduced initiatives like making it easier for partners to stay with their loved ones as they near the end of life.

“Sadly, this is the place of death for quite a number of patients.

We might do this a lot, but for that patient and that family, it’s the only chance we have to get it right for them,” Julia says.

The plan is to roll out this new approach to other wards in the Trust. Nationally, the Health Foundation is using the OUH project as a resource that others can learn from.

Another area that AGM has led on is training nurses to verify death, to reduce the time families have to wait and with it, a period of uncertainty. Julia says: “It’s about being as responsive and kind and supportive as we can to families. It’s just thinking: ‘how can we make this better?’”

Frances adds: “When a patient takes their last breath, it’s usually a nurse that’s at the bedside.”
With the profile of end of life care increasing across the Trust, it was fitting that staff marked Dying Matters Week (8-14 May).

The aim of the week, which had the theme “What can you do?”, was to encourage people to talk about making plans for their death – whether making a will, donating organs or planning for funerals, all stressful topics for families after the death of a loved one.

Stands were positioned every day at the John Radcliffe, Churchill and Horton General hospitals, the Nuffield Orthopaedic Centre and Sobell House to engage with staff, patients and visitors and signpost them to useful information.

“It’s a fact that 25% of the patients in our hospitals today will die in the coming year, so it’s important that we start courageous conversations with patients and families about how to make plans for that eventuality,” says Mary Miller, the Trust Clinical Lead for end of life care.

“We have received very positive feedback at the stands, whether from staff enquiring about how they can engage with patients and families on this issue, to members of the public telling us about their experiences.”

There was another opportunity for staff to find out more about end of life care at a symposium at the JR on 5 May. There was a number of talks, looking at the patient, Trust and national perspectives. Speakers included OUH Medical Director Dr Tony Berendt and National Clinical Director for End of Life Care, Prof Bee Wee.

Dr Berendt said: “End of life care is one of our quality priorities and our Council of Governors is taking a particular interest in it. It’s critically important for the obvious reason that we’re all going to die and all of us will be affected by the death of somebody we love.

“Getting those end of life experiences as good as they possibly can be is really important and a lot of that is about giving staff the right tools and practical skills, but also supporting them to do that difficult emotional work of accompany and caring for people in those last weeks and days of their lives.”

Preventing for the worst – Judy and Roy’s story

Before they married 19 years ago, Judy and Roy had been married previously, their spouses both dying suddenly.

Judy was diagnosed with breast cancer five years ago. After a bilateral mastectomy and extensive chemotherapy, Judy entered Sobell House in mid-February for palliative care, with Roy staying with her.

The couple were pillars of their village, raising money for the new community centre.

After the shock of losing their first spouses, Judy broached the subject of their own deaths with Roy. At first reticent, Roy came round to the idea, realising it was an important thing to do.

They involved their children in the discussion and agreed that Judy’s ashes would be placed with her first husband’s; Roy’s would be next to his late wife.

They ensured that all of their paperwork was in order. Judy made her funeral arrangements – down to the flowers she wanted – and paid for it, and organised a subsequent ceremony for the family.

Although at times, Roy found it difficult to talk about Judy dying, he could see how much it meant to her to be organised and that she was doing it out of her love for him and their family.

Our thanks to Judy and Roy for sharing their story with us. Judy died in the care of Sobell House on 9 April 2017.
Oxford School of Nursing and Midwifery launched

The school, the first of its kind in the UK, is the result of a collaboration between OUH, Oxford Brookes University and Oxford Health NHS Foundation Trust, under the umbrella of the Oxford Academic Health Science Centre (OAHSC).

The plans come during a unique period of change in the professions of nursing and midwifery, including changes to funding and bursaries related to nursing and midwifery education.

The Trust, Oxford Brookes and Oxford Health want to maximise the opportunity to increase collaborative working and change the model of nursing education and research in Oxford, creating a real sense of belonging in the city.

The new institution is co-located on hospital and university sites in a campus model, similar to the University of Pennsylvania and John Hopkins University in the USA, which are ranked globally as the top two nursing schools.

It aims to offer high-quality education and research, lifelong learning and career development, as well as establishing an environment of strong clinical research in these disciplines.

OUH’s former Chief Nurse, Catherine Stoddart, said at the launch: “The new school will be a real opportunity to offer nursing and midwifery training and professional development, not only at an exceptional level in Oxford, but one that builds an affinity to our Trust and aims in the longer term to address some of the local difficulties to recruit and retain the high calibre of nursing and midwifery staff our Trust employs.”

The school was formally launched on 20 June 2017 and will open its doors on 1 August 2017.

An annual conference bringing together nurses and midwives from OUH and other healthcare organisations in Oxfordshire took place on International Nurses’ Day, 12 May, the 197th anniversary of Florence Nightingale’s birth.

The conference, the third of its kind at the Trust, provided an opportunity for nurses and midwives to come together for a day of learning and celebration, and to pay tribute to an esteemed profession which benefits our patients and their families every day.

Around 250 people attended the conference, including colleagues from Oxford Brookes University and Oxford Health NHS Foundation Trust, giving delegates a chance to network and find out more about nursing practice and education at other organisations and how they might be working more closely together in the future.

Among the highlights were the awards given to four OUH nurses who were honoured for their 40 years of service: Julie Gallen, a Gastro/Colorectal staff nurse who started her career at the Radcliffe Infirmary; Nee Gill, who has worked ten of her 40 years in Oxford and currently works on F Ward at the Nuffield Orthopaedic Centre; Ng Penrice who undertook her nurse training at the Horton General Hospital and still works in theatres there; and Valerie Foye, who has spent much of her career in Plastic Surgery, moving with the team from the Radcliffe Infirmary to the new West Wing at the JR.

Interim Chief Nurse Andrew MacCallum said: “We are immensely proud to host the third annual nursing and midwifery conference at OUH. This inspiring day gives us the perfect opportunity to celebrate the excellent work our nurses and midwives do at our hospitals.”
Staff from across OUH helped spread the word of the benefits of research and the positive impact it has on people’s lives, by participating in International Clinical Research Day in May.

Every year, more than half a million people help the NHS improve healthcare and develop life-saving treatments by taking part in health research which drives new and better treatments. Although there is not always a research study to suit everyone, there are many ways to be involved.

The National Institute of Health Research (NIHR) funds organisations throughout the UK to conduct research which has a practical impact on improving patient’s lives. The NIHR Biomedical Research Centre, Oxford is based at the Oxford University Hospitals NHS Foundation Trust and is run in partnership with the University of Oxford. In September 2016, Oxford BRC received funding of £114m to secure five years of research in 20 thematic areas, which range from cancer to obesity.

This year, to celebrate International Clinical Trials Day, Oxford BRC gave a public talk on how patients and the public have worked with the University to design clinical trials. From children’s fingernail injuries to broken legs in adults, academics explained how patients provide valuable insight into how researchers design and manage research into new surgical techniques.

Many of those involved in research at OUH shared images of their teams on Twitter, as part of a national campaign to create awareness of their valuable work.

“Taking part in research gave us 10 more months together”

The widow of a prostate cancer sufferer who was given 10 extra months of life by taking part in trials of a new drug has urged the public to participate in research in the NHS. Sue Duncombe’s husband Philip, aged 52, underwent surgery to remove the tumour from his prostate at the Churchill Hospital. However, after 12 months the cancer had spread, the chemotherapy had stopped working, and no more suitable drugs were available. Philip was placed on an NHS trial of prostate cancer drug Abiraterone which extended and improved his quality of life. Within three weeks of starting the trial, he went from not being well enough to stay overnight with friends who lived nearby, to researching flights for a trip to Cape Town, South Africa. The couple were able to make the trip and also visit Greece where he died.

Sue said: “I felt proud that Philip had contributed to this research, giving more men and their families more quality time together. “The opportunity to take part in a clinical study gave us hope, at a time when we were at a low, as all licensed drugs to treat him had been exhausted, Philip’s quality of life was poor and the end of his life seemed to be close.

“The results both prolonged Philip’s life and had a positive result on his quality of life. This had a positive impact not just on Philip, but on me and our family and friends.”

Anyone who would like to know more about clinical trials can ask their doctor or go to: The UK Clinical Trials Gateway at www.ukctg.nihr.ac.uk.
COUNCIL OF GOVERNOR ELECTIONS

Oxford University Hospitals’ Council of Governors was set up with an election cycle of alternate years so that not all the governors are up for election at once. This was to maintain some continuity and experience on the Council. Although we have had some by-elections, this is our first complete set of elections for half the elected seats on the council.

We have vacancies for both public and staff governors in the following constituencies.

**PUBLIC CONSTITUENCY**

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<th>Constituency</th>
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<tr>
<td>Buckinghamshire, Berkshire, Wiltshire and Gloucestershire</td>
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<td>Cherwell</td>
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<td>Oxford City</td>
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<td>Northamptonshire and Warwickshire</td>
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<tr>
<td>South Oxfordshire</td>
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<td>Vale of White Horse</td>
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<td>West Oxfordshire</td>
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**STAFF CONSTITUENCY**

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<th>Constituency</th>
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<td>Staff – Clinical</td>
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<tr>
<td>Staff – Non-clinical</td>
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Every public member living in the constituencies above, and staff members in the clinical and non-clinical constituency, will have a right to vote and stand for the role of governor in the constituency that they live in.

In order to participate in the election as a candidate or voter you must be a member of the Trust or be a staff member in the clinical or non-clinical constituency on or before the closing date for the receipt of nominations which is Friday 21 July 2017.

**ELECTION PROCESS**

Elections are conducted independently of the Trust by a company with expertise in running local government elections and elections for other Foundation Trusts.

The timetable that the elections will follow is below:

<table>
<thead>
<tr>
<th>Event</th>
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<tr>
<td>Publication of Notice of Election</td>
<td>Thursday 22 June 2017</td>
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<tr>
<td>Deadline for Receipt of Nominations – 5pm</td>
<td>Friday 21 July 2017</td>
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<tr>
<td>Publication of Statement of Nominations</td>
<td>Monday 24 July 2017</td>
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<tr>
<td>Deadline for Candidate Withdrawals</td>
<td>Wednesday 26 July 2017</td>
</tr>
<tr>
<td>Notice of Poll/Issue of Ballot Packs</td>
<td>Monday 7 August 2017</td>
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<tr>
<td>Close of Poll – 5pm</td>
<td>Thursday 31 August 2017</td>
</tr>
<tr>
<td>Declaration of Result</td>
<td>Friday 1 September 2017</td>
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Once they are elected the governor will take part in an induction programme which will include information about their role, learning from the experience of other governors, and clarity about their responsibilities and those which are exercised by the Board of Directors.

**CONTACT UK ENGAGE:**

by phone on: 0345 209 3770
by email: ouh@uk-engage.org
or visit: pre.ukevote.uk/ouh

The deadline for completed nominations is 5pm on Friday 21 July 2017.

You can find out more online by visiting: www.ouh.nhs.uk/about/governors/elections
An 'Experts in Residence' programme is helping people to develop their digital health ideas and projects by offering them world-leading expertise and advice.

The initiative is being run by The Hill, Oxford’s digital healthcare ideas lab for patients, carers, healthcare professionals, entrepreneurs and others. It aims to provide support and inspiration in solving today’s big healthcare challenges.

A range of industry experts from companies such as IBM Watson, frog Design and F-Prime Capital, a global venture capital firm investing in healthcare and technology, will be ‘in residence’ on the final Thursday of the month until August. These experts have one-to-one sessions with attendees, followed by panel discussions.

The Digital Health Experts in Residence programme is backed by the Oxford Academic Health Science Network, OUH and Digital Oxford, and is part of a parent programme being run by the Medical Sciences Division of the University of Oxford.

Clinicians, engineers, entrepreneurs, researchers, students and others can arrange meetings with the experts to discuss their ideas and projects with no strings attached.

More information can be found at www.thehill.co
The Bowel Scope Screening test is gradually being introduced across Oxfordshire. All men and women aged 55 will be invited to take part automatically and those aged between 56 and 60 can self-refer onto the programme.

The 20-minute test can be carried out at any time. It finds and removes any small bowel growths, called polyps, which could eventually turn into cancer.

The new test, launched in 2015, is an additional screening test to the established Faecal Occult Blood Test (FOBT), which looks for traces of blood in the faeces. Bowel Scope Screening enables a younger population to access the programme and OUH is encouraging more people to participate.

“Bowel cancer is the second most common cause of cancer death in the UK, with more than 41,500 people being diagnosed every year. That’s equivalent to someone being diagnosed every 15 minutes, “says Terry Tran-Nguyen, Oxfordshire Bowel Cancer Screening Programme Manager.

“The new Bowel Scope test is a quick and highly effective test, which has shown to save lives by up to 50%.”

Fifty-five year old University of Oxford Professor Sergei Dudarev was screened at the John Radcliffe Hospital after being invited by the Bowel Cancer Screening Programme.

“They discovered a slight abnormality so I had a small operation to remove it. Once removed, it showed it contained malignant cells,” says Prof Dudarev.

“This was unexpected as I had been feeling fine. Within two weeks of the operation I was able to do gardening and within a month travel overseas.”

“The successful outcome of my case was entirely due to the early detection and diagnosis. The screening programme is a simple and effective way of preventing the development of a life-ending condition. It is certainly worth investing an afternoon of your time to ensure a long and happy life for many years to come.”

The Bowel Scope Screening test is gradually being rolled out across Oxfordshire. As long as you’re registered with a GP and living in an area where the test is being offered, you will be sent an invitation.

You can check if your area is part of the programme by asking your GP or calling the Bowel Cancer Screening freephone helpline on 0800 707 6060.

An extension of the Endoscopy Department at the John Radcliffe Hospital was officially opened by Chairman Dame Fiona Caldicott in March.

The £1m expansion was needed to meet an annual 10% increase in demand for endoscopy services, and to ensure that no patient has a wait of more than six weeks for their endoscopy.

The expansion at the JR follows the opening of a new Endoscopy Department at the Horton General Hospital last November, following a £2.7m refurbishment.

The JR Endoscopy Department previously had five procedure rooms, and now boasts an additional procedure room and two private discussion rooms. To allow for future growth, a space was incorporated into the design that can be converted into a seventh procedure room.

Around 18,000 patients a year have endoscopy procedures – both emergency and routine – at the JR.
Supporting your hospital charity

Oxford Children’s Hospital –
Over £800,000 raised so far!

Fundraising for the Oxford Children’s Hospital 10th Anniversary Appeal is well underway with an amazing £800,000 raised already.

The £2 million appeal was given a royal boost by HRH the Duchess of Cambridge who shared a personal statement of support in January.

Since then the community has been busy getting behind the fundraising, taking on sponsored challenges of every kind imaginable – from epic canoe trips to awesome obstacle courses.

The Children’s Hospital’s Oxford Mail OX5 Run saw around 1,000 runners gather at Blenheim Palace on a sunny spring morning.

Teams of parents, hospital staff and local businesses tackled the beautiful five mile course, raising over £120,000 for the appeal – making it the most successful OX5 Run in its 15 year history.

Head of Fundraising, Eleanor Jones, said: “Our amazing runners and walkers, many in fancy dress, took part with big smiles on their faces and the Oxford Children’s Hospital in their hearts. We are so grateful to everyone and give special thanks to the Oxford Mail and event sponsors, Allen Associates as well as Blenheim Palace and all the volunteers, for their fantastic continued support.”

In June, five hundred people gathered at Giffords Circus Big Top – also in the grounds of Blenheim Palace – to enjoy a spectacular show. The vintage-style circus transported the audience to a bygone age of spectacle and delight.

We are hugely grateful to the dedicated fundraising committee, headed by Felicity Waley-Cohen and Caroline Compston, who worked tirelessly to organise every perfect detail. The event has spectacularly raised over £250,000 for the Children’s Hospital 10th Anniversary Appeal.

The Appeal is also being supported by many local and national companies including British Gas, Bicester Village and First Great Western who have joined our 10k Club, pledging to raise £10,000 or more.

Fundraising will help to make the Children’s Hospital and children’s services across the Trust even better for our young patients and their families – helping to create more accommodation for parents to stay close when their children are in hospital, as well as more play areas and state of the art medical equipment.

To support our Oxford Children’s Hospital 10th Anniversary Appeal please visit www.ourchildrenshospital.co.uk email charity@ouh.nhs.uk or call 01865 743444 to find out how you can get involved.

Donations can be made via the website or by sending a cheque made payable to Oxford Children’s Hospital to: Charitable Funds, OUH Cowley, Unipart House, Garsington Road, OX4 2PG

Help us to raise £2 million
LONDON MARATHON RAISES OVER £45,000 FOR HOSPITAL CAUSES

Congratulations to all of the 24 runners who took part in April's London Marathon raising nearly £47,000 for many of our hospital causes.

Dan Gent ran for the Children's Hospital's 10th Anniversary Appeal and raised nearly £3,000 to thank staff for the care they have offered his son, William. Sarah Jaycock, who ran for the Intensive Care Unit at the JR, also had personal experience of our hospitals, which have looked after her and many members of her family. Amanda Cawston raised an incredible £4,350 for the Churchill's Cancer Care Fund to thank them for looking after her best friend's mum.

A team of six running in support of IMPS (Injury Minimization Programme for Schools) raised over £11,000 to help teach Oxfordshire school children learn first aid and lifesaving skills.

And a special mention to the fantastic Silver Star team of eleven runners which included Lily O’Connor, Divisional Head of Nursing and Governance, who have raised £19,000 collectively. Maggie Findlay supports the Silver Star fundraising, which offers special care to pregnant mothers and their babies who have serious and rare difficulties in pregnancy. She said: “We have never had so many runners in this event, so this is a real record breaking year for us and we are just so grateful to all these runners for their support.”

A huge thank you to all this year’s runners. If you would like to be considered for a place in the 2018 London Marathon please email charity@ouh.nhs.uk or call 01865 743444

WONDERFUL SUPPORT FOR WYTHAM WARD

When Claire Luckett was just 20 weeks pregnant she learned that there were complications causing damage to her kidneys. Despite serious risks, she continued with her pregnancy and was relieved and delighted to give birth to a healthy daughter, called Angel, in 2012.

But Claire remained seriously ill, she was put on a waiting list for a kidney transplant, and had successful surgery in June 2015.

To say thank you for the care and dedication from all the staff on the Wytham Ward, at the Churchill, Claire along with family and friends held the Wytham Ward Charity Ball - raising an incredible £9,000 for the unit.

She said: ‘This ward is truly remarkable and I hope this donation goes some way of showing my appreciation. The way that they looked after me and my family was incredible. They really are all superheroes.’

FANTASTIC FREDDY

A few months ago, seven-year-old Freddie Fletcher was in intensive care with swelling on his brain and a collapsed lung. But after a remarkable recovery and with the help of his pony Tommy, he became the youngest ever jockey to compete in the Isle of Wight Grand National for under-15s.

He was spurred on by his desire to thank staff at the Oxford Children's Hospital and raise money for the new Appeal.

Mum Hannah Fletcher, from Steventon, said the family were incredibly proud of Freddie and very grateful to the hospital.

Freddie’s story was featured by BBC Oxford, and in horse racing magazine, and the youngster has now raised over £1,800.

ABSEIL FOR THE CHILDREN’S HOSPITAL – 23 & 24 September

Join our famous abseil, which this year is running across a whole weekend. It costs just £25 to enter and you can take part as part of a team or on your own. We ask all abseilers to aim to raise £200 or more for the Oxford Children’s Hospital 10th Anniversary Appeal.

To enter on line visit www.hospitalcharity.co.uk/abseils or call 01865 743444.

Find out how you can help causes across our hospital at www.hospitalcharity.co.uk, email charity@ouh.nhs.uk or call 01865 743444.
Our staff have been raising awareness of the importance of thorough hand washing.

To mark Hand Hygiene Awareness Day on 5 May, the Infection Prevention and Control Team held a series of events across the Trust’s four hospital sites. They were taking part in the World Health Organisation campaign that aims to demonstrate that hand hygiene is the most important measure to avoid the transmission of harmful germs and improve patient safety.

Key to the campaign is the ‘Five Moments’ when healthcare workers should perform hand hygiene. These are:
• before touching a patient
• before clean/aseptic procedures
• after body fluid exposure/risk
• after touching a patient
• after touching patient surroundings.

“We want to remind staff of the importance of the Five Moments for hand hygiene to reduce the risk of transmitting healthcare-associated infections to our patients,” said Lisa Butcher, Lead Nurse and Manager for Infection Control.

“A lot of our work is reactive – when we have to go and sort out a problem in a department. So we’re just trying to be proactive this week and go out into the clinical areas to remind people of hand hygiene,” she added.

The team were joined by OUH Interim Chief Nurse Andrew MacCallum, who said: “We consider the Five Moments of hand hygiene to be an important practice to promote across our hospitals, so I’m pleased to be involved in spreading the word to our staff about this life-saving activity.”

Two-year-old patient Ella Sakar, seen here with Play Assistant Klarissa Burrows, Play Specialist Molly Belcher and Nursing Assistant Karen Blackman, enjoys some of the books donated by Usborne at Home to Tom’s Ward in the Children’s Hospital. In total, £700 worth of books were donated, after the idea was suggested by Jon Comley, a theatre porter at the John Radcliffe Hospital. Jon’s wife, Lorraine, works for Usborne at Home.

“This was a wonderful gift to receive,” Karen said. “We have received a wide variety of books, meaning that patients of all ages can benefit from this donation.”
Patients at the Oxford Cancer Centre at the Churchill Hospital are benefitting from support outside the clinic, thanks to a web-based medical records system.

Consultant Haematologist, Prof Anna Schuh, is a leading authority on the treatment of chronic lymphocytic leukaemia (CLL) – the most common blood cancer in the Western Hemisphere – and has been using the Patient Knows Best system for over two years.

Patient Knows Best, which can be used on all digital devices, is controlled by patients; it provides them with virtual outpatient follow-ups, secure messaging, lab results and reports, home monitoring and the ability to share care plans with anyone connected to their care.

Whilst CLL is a serious condition, many patients can live for long periods in remission without the need for intensive medical care. However, they still need regular monitoring and require specialist opinions on a range of complications associated with the condition.

“We don’t necessarily need to see our patients in clinic if their condition is stable but we have a tendency to call everyone to the hospital, regardless of the complexity of their condition. That is often very inconvenient for the patient and it places a huge pressure on the haemato-oncology department,” says Prof Schuh.

“We have a lot of patients who have highly complex conditions and are treated by several specialists – this can make communication very difficult,” Professor Schuh says.

“But when the patient can invite clinicians to view their health record, we can see what other clinicians are saying to them and prescribing, and that’s very helpful.”

A specialist team at the John Radcliffe Hospital recently spent the day providing information and advice to staff, patients and visitors about the symptoms and causes of heart failure to mark European Heart Failure Awareness Day.

The team was keen to promote the importance of early diagnosis and treatment and offered free blood pressure checks, as high blood pressure is a leading cause of heart failure.

“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,” says Helen Jackson, Consultant Nurse in Heart Failure.

“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.”

She said it was important to eat plenty of fresh fruit and vegetables, keep alcohol intake to below 14 units a week, reduce salt in our diets, be as active as possible through exercise and reduce bodyweight if we are overweight for our height.

“We’re hoping that by helping people to be aware of the symptoms of heart failure, which include feeling out of breath, tired and possible swelling of the feet or legs, that they will visit their GP as soon as possible for an examination and to have the tests required to check whether they might have heart failure,” Helen said.
A positive first experience for patients

“...patients how you’d like to be treated, and giving as good a quality service as we can.”

Jenny Black is one of the first people that many patients encounter, so her job is a crucial one: she is a preoperative assessment nurse in the Ear, Nose and Throat (ENT) and Maxillofacial teams, so it is her job to ensure that patients are fit and briefed before undergoing surgery.

“Patients are usually very nervous about coming in for surgery,” Jenny explains, “so it’s a question of meeting their information needs and allaying their anxieties.”

It was the exemplary way Jenny deals with patients that led her to receiving a gold award for excellence at last year’s Staff Recognition Awards. Her manager, Ali Northover, said that “Jenny’s attention to detail and personalised approach ensures one of the patients’ first experiences of our Trust is a positive one.

“The patients are at the heart of everything Jenny does and she continuously goes the extra mile to ensure everything is in place and safe for their surgery.”

Indeed, as well as winning her award, Jenny was also nominated in the Quality Improvement category. “I was thrilled to be nominated twice and recognised for all my hard work,” she said.

She says she was “delighted and taken aback” to win the award, which had “given me more confidence and made me value myself more”.

Jenny has worked at the Trust since 1990, and, as well as ENT, has worked on day case surgery wards. Today, as well as doing preoperative assessments, she is also an aural care nurse.

One of the reasons Jenny was nominated was the mentoring role she has played for student nurses during their placements. She is, Ali says, “an excellent role model to new staff and students”. One student said her placement with Jenny had “made her completely fall in love with nursing”.

As Jenny says, “We try to show the students the full breadth of experience. Mentoring is a responsibility and it’s important that we do it properly so we get the nurses we need.”
HELPING CHILDREN HEAR IN THE PHILIPPINES

A Paediatric Audiologist from the John Radcliffe Hospital has been in the Philippines, fitting hearing aids to deaf children who wouldn’t ordinarily be able to afford them.

Heather Gilpin took more than 150 second-hand hearing aids that were no longer needed in the Audiology Department at the John Radcliffe Hospital, as well as an audiometer to test hearing. Like mobile phones, hearing aids are upgraded every so often with advances in technology, so the donated devices were used, but in good working condition.

In the Philippines there is no hearing screening programme for any age group, and no health service to provide hearing aids. Those bought privately cost the equivalent of £1,000.

During her trip, Heather tested children’s hearing and issued hearing aids to 133 people, some of whom received one for each ear.

The idea for the project began when the son of an Oxford-based Filipino couple, Rosemarie and Aldrin de Leon, was diagnosed with moderate hearing loss following the newborn hearing screen. He received hearing aids in both ears when he was six weeks old.

In 2014, Rose de Leon asked Heather if she could take any hearing aids with her when she next visited home to help support a research project investigating the benefit of early intervention with hearing aids. More hearing aids were donated than expected, so, with the help of a volunteer audiologist and friends, free hearing tests were offered and hearing aids fitted to a few local people.

The project was repeated on a larger scale in 2016, when 100 hearing aids were donated.

“ Severely deaf children will not develop speech, and there’s a lack of provision for these children and their families to learn sign language,” says Heather.

“It means that many children in the Philippines grow up without any form of communication, having a profound impact on their education, emotional development and future prospects.

“Our Audiology Department at the John Radcliffe hopes to continue to support this project into the future to help make a difference to the lives of these deaf children and their families.”

HEALTHY HORTON!

The Horton General Hospital held a Healthy Hospital Day for staff in April.

The day, which is part of the Trust’s commitment to improve the health and wellbeing of its staff, featured a lunchtime health walk, health promotion advice and health MOTs.

A trolley full of fruit was also taken all over the hospital for staff to help themselves and top up their five-a-day.
Security awareness: Combating Car Crime

Electronic equipment such as Sat-Navs, mobile phones and dash-cams are targeted by thieves, but leaving anything on display is an invitation to the opportunist thief.

Even an old coat or bag left on the back seat is a temptation for someone to ‘smash and grab’, stealing first and thinking about the value later. Ideally take your valuables away with you when you leave the car, but if that is not possible make sure they are locked out of sight in the boot.

Where cars are more difficult to steal now, thieves often try and steal the keys first, so think about where you keep them. Don’t leave them in the ignition, even when you are filling up at the petrol station or warming the car in winter.

When at home, keep them out of reach of the front door as it has been known for thieves to reach through letterboxes to take keys.

In warmer weather always make sure that you close all the windows and the sunroof of cars. Most new cars come with an immobiliser, but a secondary steering wheel lock will also discourage thieves from targeting your vehicle.

Mopeds and motorbikes are also targeted more in the warmer weather, so it is advisable to reinforce their security features by using high quality motorbike wheel locks in addition to the built-in steering locks.

It is also increasingly common for thieves to steal car number plates. Always report any such theft to the Police, even though you might just think it is a low value annoyance. Criminals put your plates on their cars so if the car is identified any enquiries or fines will come back to you.

Further security advice can be found on the Security intranet site, or from Rachel Collins, the Trust Security Manager / Local Security Management Specialist via OUH email or 01865 223313.
Branching out for NHS Sustainability Day

It may not have been a root and branch move, but OUH staff did their bit for this year’s NHS Sustainability Day on 23 March by planting two lime trees.

The Trust’s Head of Operational Estates, Claire Hennessy, was one of the team who planted the trees as part of NHS Forest’s national ‘2@2’ event, run by the Centre for Sustainable Healthcare.

The project aims to improve the health and wellbeing of staff, patients and communities by increasing access to green space on or near NHS land.

“These two lime trees replace two of the same species that had to be felled earlier this year as they were found to be badly diseased during our regular tree survey,” Claire said.

“The John Radcliffe sits in a unique setting and our Estates Maintenance team does an amazing job keeping the grounds tidy, the plants and trees healthy for our staff, patients and visitors.

“Replacing trees is just one small part of our commitment to our environment,” she said.

YiPpEe! IT’S YOUR BIRTHDAY!

A group of young people who help to shape the way their peers are cared for in hospital have celebrated their first birthday.

The Young People’s Executive, or YiPpEe, is a voluntary group made of up 11-18 year olds who aim to improve health services provided to children and young people across the Trust.

To mark the end of their first year since being relaunched, they held a party to showcase their achievements to the Interim Chief Nurse, Andrew MacCallum and a number of Trust Governors.

It has been a busy year for the group, which hit the ground running at the OX5Run to raise funds for the Children’s Hospital, learned how to perform CPR in a first aid masterclass, kicked off the #GenerationNHS social media campaign and even taste-tested the hospital food being offered to inpatients.

“That was one of the highlights for me,” said recently-elected Co-Chair, Ben. “We tried some of the food and did a survey to see if there were any improvements to suggest, but actually found we were really pleased with what was on offer.”

The group has also supported the Ready, Steady, Go programme, which helps prepare young people on the cusp of adulthood to make the transition from children’s to adult healthcare services and manage decisions about their care more independently.

Ben added: “YiPpEe is all about bridging the gap between young patients and adults, and communicating their thoughts and feelings, which is really important and something I think we’ve been able to deliver successfully.”

YiPpEe’s other Co-Chair, Ritu, says that one of her proudest achievements for the group is helping to produce information videos to show patients what happens when they come in for an appointment or operation.

“This helps to reassure patients and show them what to expect, which I think is really useful,” she said.

Scott Lambert, Children’s Patient Experience Project Lead, who coordinates YiPpEe, said the group won’t be slowing down its activities: “We’re hoping to do more work on the Ready, Steady, Go programme. We’ll also look at the result of the National Children’s Survey to see what else we can do to help improve the experience of young patients in our hospitals.”

Later in the year, YiPpEe will be recruiting the next generation of members, when some of the current group ‘retire’.

“I would definitely recommend joining YiPpEe,” Ritu said. “It’s something you can have real input in and see the changes you talk about actually happen in the hospitals.”
A memorial commemorating the 456 military personnel whose bodies were repatriated to the John Radcliffe Hospital during the war in Afghanistan has been unveiled at a ceremony.

Around 100 veterans and members of the public watched as Oxfordshire’s Lord Lieutenant Tim Stevenson unveiled a new plaque, which has been placed behind 456 daffodils, planted at the entrance to the John Radcliffe as a reminder of those who lost their lives.

When the bodies of the service personnel were brought to the JR for post mortem, veterans lined the route and formed a guard of honour at the entrance of the hospital. OUH Non-executive Director Peter Ward, who attended the event, said: “The JR has a symbolic importance for the families of those who lost their lives in Afghanistan and those who lined the route of the cortège. “It’s fitting that there should be a lasting memorial to those who were brought here.”

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One of our hospital radio stations, Radio Cherwell, has won a national award for a popular programme that goes out to children across the hospital.

The Wicked Weekday Show is recorded at Oxford Children’s Hospital with games, prizes and song requests. The presenters also visit children on the wards as part of the show, cheering up what can often be a difficult time for children and their families.

The programme won gold in the Best Programme with Multiple Presenters category at the annual National Hospital Radio Awards. It beat nine other stations from across the UK.

Radio Cherwell’s Programme Controller, Robert Wilson, said: “Patient involvement is what hospital radio is all about, it’s what Radio Cherwell is all about and it’s what the Wicked Weekday Show is all about. To see the team’s achievements recognised at a national level is extremely gratifying.”

The Wicked Weekday Show goes out on Tuesdays and Thursdays from 5pm. It is fronted by Nick Saunders and co-hosted by Martin Green, with Hannah Rice and Reece Scane presenting on the wards during the show.

Radio Cherwell will be celebrating 50 years on air this September and has various special events planned. The station broadcasts to the three main hospital sites in Headington and online at www.radiocherwell.com.

Hospital radio goes from strength to strength at Oxford University Hospitals: Banbury’s Radio Horton celebrated its Golden Jubilee year in 2014, and last year, Radio Horton founder, the late Ted Hanson MBE, was awarded the prestigious Hospital Broadcasting Association’s (HBA) Lifetime Achievement Award.