Heart services network secured

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Heart services network is secured

A decision was announced by the Safe and Sustainable review into children’s heart services on Wednesday 4 July that secures the future of a clinical network between the John Radcliffe Hospital and Southampton General Hospital for children’s heart services.

The Trust has supported an option for Southampton General Hospital to be designated a surgical centre. OUH and University Hospital Southampton NHS Foundation Trust have worked together to provide a joint service for children with congenital heart disease for the last two years.

The Trust welcomes the decision and that there is now a clear way forward to develop our vision for a fully integrated South of England Congenital Heart Network (SECHN) for children with heart problems.

Paediatric Consultant, Dr Anne Thomson, said: “We are committed to keeping services as local as possible and to providing a children’s cardiology centre within the network that works well for patients and the clinical teams involved.”

Since children’s heart surgery stopped in Oxford in February 2010, the network has been led by the surgical centre at Southampton. Oxfordshire children continue to receive their cardiology care in Oxford, while surgery and interventional procedures are carried out at Southampton.

A single clinical team works between both centres to ensure children receive the benefits of the concentration of expertise that complex surgery requires, while at the same time maintaining the maximum possible range of services and expertise locally.

The network provides services to children from a very wide area and receives referrals from 23 district general hospitals stretching as far north as Northamptonshire and as far south as Cornwall and the Channel Islands. Both hospital trusts are committed to ensuring that each individual child is treated in the best place for them whether that is at home, in their local hospital, at Oxford or at Southampton.

THE Abseil

Congratulations to Steph Clark from the Trust’s Media and Communications team for taking part in the recent charity abseil raising funds for the Oxford Cancer and Haematology Centre.

For more information on the abseil see page 12.

Your views welcome

Welcome to the newsletter of Oxford University Hospitals NHS Trust.

We hope you will continue to contribute your news and articles from your teams, departments and divisions and look forward to publicising them in the newsletter.

All items for publishing should be sent to Kelly Dodgson in the Media and Communications Unit, Level 3, John Radcliffe Hospital 01865 231471. Alternatively email kelly.dodgson@ouh.nhs.uk

Copies of OUH News are circulated widely throughout the Trust via special news vendor stands. Individual copies can be sent on request.

Designed by Oxford Medical Illustration 01865 220900.

News about the John Radcliffe Hospital, Horton General Hospital, Nuffield Orthopaedic Centre and Churchill Hospital.

www.ouh.nhs.uk
MP officially opens Horton Renal Dialysis Unit

A ribbon cutting ceremony led by Banbury MP Sir Tony Baldry marked the official opening of the new Renal Dialysis Unit at the Horton General Hospital.

The Renal Dialysis Unit first opened its doors to patients in April of this year, with the official opening taking place in June. The unit provides a more local service for patients from the North of Oxfordshire and South Northamptonshire who were travelling to the Churchill Hospital in Oxford for their treatment.

The new unit will consist of five dialysis stations to treat up to 20 patients a day.

Sir Tony Baldry opened the unit with the hospital’s Chief Executive, Sir Jonathan Michael, and Chairman, Dame Fiona Caldicott.

The event was attended by staff across the Trust and welcomed back relatives of patients who have been involved with raising money for the unit. This included Chris Heath who donated around £900 towards the unit following the death of her husband Eric. Chris said: “Eric used to travel three times a week to the Churchill and would have loved to have seen this new unit opened.”

Security awareness

The safety and wellbeing of patients, staff and visitors is of the utmost importance to our security teams across all of our hospital sites.

It is important that we all take responsibility for security in our areas; opportunist thieves will look for items such as handbags, wallets, mobile phones and laptops left unsecured. It is for this reason that we urge staff to ensure that all valuable items are locked away, and offices locked when left unattended.

Thieves can often be smartly dressed, sometimes acting as if they are talking on a mobile phone to stop people from challenging them, and will often pretend to have an ID badge by wearing a lanyard tucked into a top pocket.

Our staff ID badges play a key role in ensuring that hospital security remains at the highest possible standard – remember to have yours on display at all times.

Please refrain from holding doors open for people when going into secure areas – badges must be worn at all times.

If you would like any further advice on theft or any other security issues, please contact Rachel Collins, Security Manager, on 21503 or email rachel.collins@ouh.nhs.uk.
Many staff and patients will be aware that the Oxford University Hospitals NHS Trust is working towards becoming a Foundation Trust in 2013.

As part of this process, the Trust has organised a series of public consultation meetings where people can hear a presentation, watch a video and see displays on what it would mean for patients, staff and the OUH to become a Foundation Trust.

In particular, the video highlights the benefits of joining the Foundation Trust membership scheme.

The meetings are designed to be interactive and people are encouraged to contribute their views.

In June and July successful, well attended meetings were held in Abingdon, Faringdon, Oxford, Wantage, Didcot, Banbury and Chipping Norton.

Further meetings are due to take place during August and September in Witney, Wallingford, Bicester, Thame, Henley-On-Thames, Kidlington, Brackley, Burford and Banbury. A full list of dates, times and venues can be seen below.

Consultation dates
- Thursday, 9 August, 6-7.30pm, Langdale Hall, Witney
- Tuesday, 14 August, 6-7.30pm, George Hotel, Wallingford
- Thursday, 23 August, 6-7.30pm, John Paul II Centre, Bicester
- Thursday, 30 August, 6-7.30pm, Thame Barns Centre, Thame
- Wednesday, 5 September, 6-7.30pm, D:two Baptist Church, Henley-on-Thames
- Tuesday, 11 September, 6-7.30pm, Baptist Church, Kidlington
- Thursday, 13 September, 6-7.30pm, Crown Hotel, Brackley
- Tuesday, 18 September, 6-7.30pm, Warwick Hall, Burford
- Thursday, 20 September, 6-7.30pm, St Mary’s Church, Banbury
- Thursday, 27 September, 6-7.30pm, Town Hall, Oxford (AGM)

Staff views wanted!
As members of staff you automatically become members of the Foundation Trust. However, we still need your views on our proposals. Please tell us what you think about:
- our governance arrangements
- our plans for the future
- the proposals for the Council of Governors.

Find out more about becoming an elected staff representative on the Council of Governors. And . . . tell all your friends and family about our Trust membership scheme. Complete one of our Recruit a Friend postcards and you will be entered into a prize draw!

Complete our online survey and find out more about our Foundation Trust consultation on the intranet at ouh.oxnet.nhs.uk/foundationtrust

Jubilee jubilation!

Young patients and staff from Kamran’s Ward in the Children’s Hospital celebrated the Queen’s Diamond Jubilee by creating a giant collage filled with colourful pictures, decorated crowns and Union Jack flags.

As part of the celebrations, and in recognition of all the children’s hard work, play specialist Sheila Caldicott sent the Queen a congratulations card with a photograph of herself and a patient in front of the Jubilee display.

A few weeks later Sheila received a letter from Buckingham Palace thanking her for the card and photograph. The letter, from the Queen’s lady in waiting, was keen to highlight the Queen’s thanks, stating: “The Queen greatly appreciated your message of congratulations, and was pleased to see the photographs showing a patient and Sheila in front of all your excellent artwork.”

After the success of the Jubilee display, staff and patients from Kamran’s Ward are now creating a collage for the London Olympics.
Work starts on extension to Newborn Intensive Care Unit

Staff and patients on the John Radcliffe site may have noticed that work has now started on the extension to our Newborn Intensive Care Unit.

Until spring 2013 Wilmott Dixon will be working with us to build a £5.5 million extension. While the work goes on, every effort is being made to minimise disruption. Apologies to all those affected but we are sure that it will all be worth it in the end!

The expansion means that we will be able to provide twice as many intensive care cots for the very sickest babies in the Thames Valley.

The extension is being built on to the existing unit and will house 16 of the intensive care cots. It will allow the unit to double the number of intensive care cots from 10 to 20.

With this expansion, it is hoped that the unit will:
• care for all babies in the Thames Valley region born before 27 weeks gestation
• improve services for babies with complex needs
• provide the right facilities for babies who need specialised care
• improve care for local families and babies delivered at the John Radcliffe Hospital
• improve privacy for families within the unit as a whole.

Baby Café – UK first

The John Radcliffe Hospital broke new ground in June with the launch of the UK’s first hospital-based, teaching Baby Café. The café is a place where new parents and midwifery students have the opportunity to come together and learn invaluable breastfeeding techniques from trained practitioners.

The official launch event of the Baby Café was attended by staff at the John Radcliffe Hospital and Oxford Brookes University as well as midwifery students and patients from the Women’s Centre.

The initiative was launched in partnership with Oxford Brookes University and was developed by senior midwifery lecturer, Hazel Abbott. She said: “The innovative dual function of this new Baby Café makes it a first in the breastfeeding world. It is a great example of partnership working between Oxford Brookes University and the John Radcliffe Hospital and also the University’s engagement with the local community.

We are thrilled to see the launch of the first service of this kind which will provide both support and teaching opportunities. In turn this will enable women to initiate breastfeeding in the first few days and help them breastfeed for longer.”

For more information about the service, please visit: www.thebabycafe.org
Meeting the challenges ahead

The Trust is finalising an integrated business plan which sets out the Trust’s business strategy for the future. As with all other NHS trusts we are required to make significant savings and efficiencies. This is part of the national NHS drive to save £20 billion over four years.

In the last financial year (to March 2012) we successfully delivered a challenging savings plan of £58m and achieved a surplus of 1% of turnover of £7.15m. This is a significant achievement and thanks must go to all staff who continue to work hard to improve the quality of care while reducing costs.

In this financial year, the challenge is just as great with a further £49m worth of savings to be made. We must do everything we can to be more efficient behind the scenes. This includes internal efficiencies such as better theatre utilisation, and service moves to improve clinical adjacencies and to make better use of the three PFI hospitals we operate in.

Over the next six years we plan to reduce our operating costs from £719m this year to £649m by the end of 2017/18. This represents an average annual saving over these six years (2012/13 to 2017/18) of 5.4% of our total costs.

Our integrated business plan sets out our ambition to be among the best in the UK at the care we provide. As we prepare to operate as a Foundation Trust we must work together to meet key performance targets, notably in emergency care and delays in transfers of care, and support system change to run services as efficiently as possible.

OPERA at OUH

Oxford Paediatric Emergency Resuscitation & stabilisation course (OPERA) is a multidisciplinary course designed for anyone dealing with paediatric emergencies in both district general and teaching hospitals.

It was set up 18 months ago by four senior registrars, now consultants, from across the Oxford region; Hannah Chin, Karen Edwards, Justin Mandeville and Fiona McCann. The faculty are now consultants and educators from all specialities including paediatric anaesthesia, PICU, paediatrics, ITU and emergency medicine.

In real life managing a critically ill child involves multiple highly skilled specialists working together. The paediatric resuscitation team audit highlighted that successful teamwork and communication has a significant impact on the safe management of these children.

High-tech paediatric and neonatal mannequins are used on the course that can be programmed to have clinical signs such as coughing and wheezing rather like pilots using a flight simulator. Children fortunately do not become seriously ill as frequently as adults, therefore like pilots it’s important these skills are practised in a safe environment such as OxStaR (the clinical simulation lab at the John Radcliffe).

The team use scenarios from the top 10 most common paediatric emergencies from trauma to acute asthma. Traditionally members of the resuscitation team have had few opportunities to train together. We therefore invite nursing and medical staff from all specialties involved in paediatric emergencies to try and ensure each course has a balance of team members to make it as realistic as possible.

The feedback has been fantastic from the four courses we have run so far and we are continually developing and improving. Our next course will include more formal calculation and safe drawing up of emergency medications such as adrenaline to improve medication safety.

The next course date is 12th December for more information look on our website www.operapaediatrics.co.uk and to book a place: www.oxsim.ox.ac.uk/courses/opera

Volunteering is celebrated across the Trust

Volunteers’ Week is a national celebration event held in June across the UK to publicly thank volunteers and to highlight the contribution that they make.

An annual summer strawberry cream tea party was held at the John Radcliffe Hospital and Horton General Hospital sites to thank our team of wonderful volunteers.

The Trust is particularly fortunate to have such diverse, dedicated and loyal volunteers who donate their time, energies and skills to support trained staff and help improve patients’ experiences throughout their hospital stay.

Pictured with retired League of Friends volunteer Gladys Sangster is the Horton’s newest volunteer, Hayley Anderson, who is currently working on the Children’s Ward.
Bloodbike service visits milk banks for charity

The Women’s Centre at the John Radcliffe is one of 14 hospitals nationwide to have a milk bank – where breast milk from donor mothers is delivered to specialist neonatal intensive care units to help sick and premature babies.

The collection and delivery of donated breast milk is currently carried out by Bloodbikes; an emergency hospital courier service.

After successfully extending their service to support milk banks, the Bloodbikes team is now looking to form a new NICU support service which will transport mothers to and from special care baby units across the country.

In order to do this, members of the Bloodbikes team set about the challenge to connect all 14 milk banks in a gruelling 840 mile, 14 day cycle ride. This started at Halifax milk bank finishing at Southmead milk bank. Staff at the John Radcliffe Hospital welcomed the team on day 10 of the tour.

Health Care Support Worker Academy

In April 2012 the Trust officially launched its new academy for Health Care Support Workers (HCSW).

The academy was developed by Sam Donohue, non-clinical apprenticeship lead; Andrea Doherty, Clinical Tutor and Work Based Learning link; and Claire Wardle, lead for Health Care Support Worker Education and Standards.

It was set up to give people interested in becoming a Health Care Support Worker a way of finding the job for them, and also development for the future once they are in a job. The academy will be a one-stop-shop for existing and future Health Care Support Workers to find out about what is available to them and how the academy can help prepare them for their roles in the Trust.

In June this year the academy team – in collaboration with the Trust’s recruitment team – held a recruitment day. The day was led by senior members of staff with presentations from clinical support workers, Kate Hiles from the Surgical Emergency Unit and Sarah Turrell from Sobell House, about their roles within the Trust.

The event aimed to outline the expectations for a HCSW and to provide potential new recruits with a realistic view of the Trust. It also emphasised the core values we expect staff to hold to ensure we give the quality of care that our patients expect.

If you would like further information on the academy and HSCW development, please contact claire.wardle@ouh.nhs.uk or andrea.doherty@ouh.nhs.uk of the academy team, or call on 01865 225016.

Potential new recruits should contact the recruitment team on recruitmentandcareers@ouh.nhs.uk
Keith Channon, Consultant Cardiologist at the Oxford University Hospitals NHS Trust and Professor of Cardiovascular Medicine at the University of Oxford, has taken up the post of Director of Research and Development (Oxford University Hospitals NHS Trust) and Associate Head of Clinical Research, Medical Sciences Division, (University of Oxford).

Creating the Research and Development Director role is another step forward in the evolving research partnership between Oxford University Hospitals and the University of Oxford, following the signing of a joint working agreement and establishing the Joint Research Office last year.

This newly created role is a joint appointment between the University of Oxford and Oxford University Hospitals. The Research and Development Director will have a strategic overview of clinical research between the two organisations as well as linking with industry and major funding partners in order to get the most out of research funding.

### Congratulations to the Heart Failure Awareness Team

Congratulations to the Heart Failure Awareness Team who were announced winners of the 2012 European Heart Failure Awareness Day competition.

As reported in the last issue of OUH News, specialist heart failure awareness nurses spent an afternoon at the John Radcliffe Hospital in May displaying information to raise awareness on heart failure.

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.
Jenny Pitman marks 10th anniversary at Nuffield Orthopaedic Centre

An event to mark the 10th anniversary of Oxford University’s Botnar Research Centre on the grounds of the Nuffield Orthopaedic Centre (NOC) took place in June.

Special guest, former British racehorse trainer and well-known author Jenny Pitman took part in a topping out ceremony for ‘phase 11’, a new building that will effectively double the size of the Botnar Research Centre.

The centre specialises in musculoskeletal research such as osteoarthritis, osteoporosis and inflammatory arthritis, as well as sports injuries and cancer. Funding for the £12 million centre has been raised entirely through the Nuffield Orthopaedic Centre Appeal, an independent charitable trust raising money solely for the hospital and its research.

Jenny Pitman was also on hand to lay a few bricks to mark the completion of the exterior work on the new centre. Andrew Carr, Nuffield Professor of Orthopaedic Surgery, Head of the Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences at the University of Oxford and Divisional Director of Musculoskeletal and Rehabilitation Clinical Services for the Trust, along with Mrs Pitman and other special guests, released balloons to mark the occasion and celebrate the Queen’s Diamond Jubilee.

Oxford receives new funding for specialist kidney surgery

Patients with difficult tumours on a solitary kidney can now benefit from a surgical technique which preserves the kidney and prevents them from going on to long-term dialysis.

Doctors and surgeons at the Churchill Hospital have received the first case of specialist funding, from NHS Specialised Services, for urological surgery in the UK. This innovative procedure involves removing the diseased kidney, cooling it to 4°, removing the tumour(s) and then reattaching it via an incision in the groin.

The only options in the past for patients with this condition would have been to have the solitary kidney removed and then go on to dialysis and wait for a suitable donor kidney. This surgical option now has the potential to save around 20 patients in the UK from going on to dialysis every year. The surgical option offers a much better outcome and quality of life for the patient as dialysis can be time consuming and costly compared to the one-off cost of the operation.

Mr David Cranston, Consultant Urological Surgeon, explained: “My transplant colleagues and I work closely together to offer this procedure for these patients and to achieve the best outcome possible. We are delighted to be the only centre in the UK to have received funding for this procedure and can now offer it as a treatment option to more patients each year.”
A new three-digit number **111** which will now make it easier for patients to access local NHS healthcare services was rolled out across the county in July.

**NHS 111** is available 24 hours a day, 365 days a year and is a new service, part of a national programme, to make it easier for the public to access urgent health services.

**NHS 111** will get you through to a team of fully trained call advisers, who are supported by experienced nurses. They will ask you questions to assess your symptoms, and give you the healthcare advice you need or direct you to the right local service. The **NHS 111** team will, where possible, book you an appointment or transfer you directly to the people you need to speak to. If they think you need an ambulance, they will send one immediately – just as if you had originally dialled 999.

The line will eventually replace services provided by NHS Direct and will mean there are just three numbers for people looking for urgent care – **999** for life-threatening emergencies, their GP practice and **111**.

You should call NHS 111 if:

- you need medical help fast, but it is not a **999** emergency
- you think you need to go to accident and emergency or another **NHS urgent care service**
- you do not know who to call for medical help or you do not have a GP to call
- you require health information or reassurance about what to do next.

For more information please visit the NHS Choices website at [www.nhs.uk/111](http://www.nhs.uk/111)

For less urgent health needs, you should still contact your GP in the usual way.

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**Medical staff wanted for the UK’s longest bike ride**

The UK’s longest bike ride team intend to cycle over 1000 miles from Land’s End to John O’Groats starting from Friday 14 September. The team hope to stop at the Horton General Hospital in Banbury on Monday 17 September as they ride through the town.

The team will be covering over 100 miles a day, making this a serious physical challenge, and the team of cyclists are in need of a support team.

The bike ride is dedicated to the 2 million people who are living with cancer, the 850 people diagnosed with cancer and to the memory of the 425 people who lose the battle with the disease, every day, in the UK.

They are looking for doctors, nurses and paramedics as well as two physios – if you can help in any way please contact Claire Redrup on bike.ride@novoaltum.com or call her on 07814 031 392.

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**Thank you to the League of Friends**

A message from Caroline Dillon – Lead Practitioner, Ultrasound and Prenatal Diagnosis Unit, Level 2, Women’s Centre.

“The Obstetric Ultrasound Unit relocated from Level 2 in the Women’s Centre to Level 4 at the beginning of this year.

The ‘League of Extraordinary Friends’ as I like to call them were kind enough to buy us the 30 chairs needed for our waiting area costing approximately £3,000.

All the staff in the unit would like to say a huge thank you to the League of Friends for providing our wonderful new chairs and to Sharon Gilbert who organised their purchase. We are really happy that patients awaiting their scans can do so in such comfortable chairs.”

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Caroline Dillon is pictured on the left with colleagues Tara Waine and Rebecca Greenhalgh.

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**WE ARE MACMILLAN. CANCER SUPPORT**
Helping Hannah

Hannah Dowson, Office Manager and Personal Assistant to the Finance Directors at the John Radcliffe Hospital, will embark on a 575 mile cycle ride over eight days fundraising for Marie Curie Nurses – a charity very close to her heart.

The ride is dedicated in loving memory of her mother, Julie Greenwood, and Hannah’s partner and OUH colleague, Dave Page, both of whom passed away in September 2010.

Julie Greenwood died from cancer and the care she received by the Marie Curie end-of-life nurses enabled her to be at home with her family and friends during her final days. Tragically just a week after Jill’s funeral, Hannah’s partner Dave died in a road accident. Dave has showed Hannah compassion, kindness and support through her mum’s illness and he valued the work of the Marie Curie nurses.

Hannah will commence the mammoth cycle ride on Monday 13 August from Lympstone, Devon, and will travel the 575 miles to Arbroath, Scotland.

We would like to wish Hannah all the best with this massive challenge – anyone wanting to support her can do so by visiting her JustGiving page and encouraging her legs to pedal faster.


Wheelchairs on the path to success

In June this year Path to Success, a London-based charity, hosted a regional event at the John Radcliffe Hospital as part of their flagship campaign “60 for 60”. This campaign aims to provide 60 NHS hospitals with wheelchairs to celebrate the Queen’s 60th Jubilee year.

The event was organised by physiotherapy team leader, Gerry Reed, and was attended by six other hospital trusts from the South East region. In attendance was the Lord Lieutenant of Oxfordshire, Tim Stevenson OBE, who presented wheelchairs to representatives from each of the Trusts, including two to OUH.

The charity has donated 48 wheelchairs already this year and have raised funds for a further 40 donations to be made at similar events across England.

To find out more about Path to Success please visit their website: http://www.pathtosuccess.org.uk/

Gerry Reed with the Lord Lieutenant of Oxfordshire, Tim Stevenson OBE
News from Charitable Funds

Staff, patients and families coming together for hospital abseil

With one of the wettest and most blustery months of June on record, we were blessed with a perfect sunny Sunday for the 103 people taking part in the latest charity abseil. THE Abseil, organised to support the Oxford Cancer Centre and four other hospital causes, has raised £25,000. Earlier in the year THE Abseil (part one) raised £30,000 for a further five funds including the Heart Centre.

A team of Cellular Immunology scientists came down the 100 foot wall first, in fancy dress, raising money for their research fund. They were followed by nine staff and friends of the Emergency Department.

Nineteen supporters abseiled in aid of Acute General Medicine, rallied into action by Maureen O’Sullivan and Matron Arlene Wellman.

Arlene said: “Once you get over the ledge at the top it’s great fun and it’s good to challenge yourself with something new now and again. The whole event was great for team building and all the staff and their families had a picnic lunch afterwards. I felt really proud of the whole team.”

Abselling for Heads Up was Andrew Scott, 40, who had oral cancer in his twenties. He tackled the 100 foot hospital wall with his mother, 69 year old Wendy Scott, to help fund research into head and neck cancers.

He said: “When I was diagnosed the cancer had already spread and there was very little time, so I had to have a major life saving operation.”

“Due to the fantastic work by the teams at the John Radcliffe Hospital I survived and have been completely clear ever since. It felt great to do the abseil side by side with mum, and the look on her face at the bottom when she’d done it was really special.”

Shirley Belcher, a farmer from Benson, abseiled with her son Rupert, for the Cancer Centre that treats her husband. She said: “We have been through a really tough time over the last couple of years, but I had an overriding feeling that I wanted to give something back to the hospital. The fact that it was Father’s Day made it extra special, as our son Rupert did the abseil as well, which really helped me as I am so nervous about heights.

“I looked down the 100 foot wall and thought, I just can’t do this, but I knew I had to. I thought of everything my husband Ben has been through and all the people who have sponsored us and thought I just can’t chicken out. I got a real buzz from doing it and we raised over £2,000 for the Cancer Centre, so we are thrilled.”

Also amongst the 100 abseilers was Horton Hospital Radio’s Sarah McCay, a team of 12 from Oxford Rosemary Conley Diet & Fitness, three reporters from the Oxford Mail and a group of staff from the Abingdon-based company Schlumberger.

The next abseil is for the Children’s Hospital on 23 September.

How you can help raise money for your area of the Trust

If you would like to boost the charitable fund in your hospital area, why not help us promote It’s Not Just a Walk in the Park, taking place on Sunday 21 October. All walkers can choose any part of the Trust they want to support – so this is a really easy way to boost fundraising for your area. We will provide leaflets, posters and take all the bookings – all you have to do is help spread the word. Email charity@ouh.nhs.uk to find out more.

Find out more about fundraising across our hospitals by visiting www.ouh.nhs.uk/charity, calling 01865 743444 or emailing charity@ouh.nhs.uk
A therapy open day was held in May at the John Radcliffe Hospital to give patients, visitors and staff an insight into the Therapies Service (Physiotherapy and Occupational Therapy).

There was an opportunity to meet some of the therapists and look at a display area on Level 2 highlighting patient stories, posters and literature about the Therapies Service provided at Oxford University Hospitals NHS Trust.

Additionally, an area was set up for displaying therapy equipment and provide the opportunity to try some of it in a controlled environment. Competitions were also organised throughout the event to identify what the equipment was used for.

Commissioning Board announces regional directors

As a preparatory body, the NHS Commissioning Board Special Health Authority is responsible for designing the proposed commissioning landscape and developing its business functions. This includes agreeing the method for establishing, authorising and running the GP clinical commissioning groups (CCGs) – which will be new clinically-led organisations at the heart of the new system.

From April 2013, the NHS Commissioning Board is due to take on many of the current functions of PCTs with regard to the commissioning of primary care health services, as well as some nationally-based functions currently undertaken by the Department of Health.

The NHS Commissioning Board Authority has announced the appointment of the four Regional Directors in the Operations Directorate.

Regional Director, North of England
Richard Barker
currently Chief Operating Officer, NHS North of England

Regional Director, Midlands and the East
Dr Paul Watson
currently Chief Executive, NHS Suffolk

Regional Director, London
Dr Anne Rainsberry
currently Chief Executive, NHS North West London and Deputy Chief Executive, NHS London

Regional Director, South of England
Andrea Young
currently Chief Operating Officer / Deputy Chief Executive, NHS South of England

The four Regional Directors will be part of the senior leadership team of the Operations Directorate, reporting directly to the Chief Operating Officer and working closely with the Director of NHS Operations and Performance and Director of NHS Direct Commissioning and Commissioning Assurance.

The Regional Directors will provide strategic leadership for the NHS Commissioning Board across the region, including co-ordination and oversight of local area teams.

The Regional Directors’ first key task is to work with Primary Care Trust and Strategic Health Authority Clusters to co-design a proposal for the final model of the Commissioning Board’s network of Local Area Teams.
How I used the service and became a non-smoker

OUH News spoke to Rachel Adams, Theatre Sister at the Horton, who has stopped smoking thanks to the smoking cessation service at the hospital. This is what she had to say.

“I have been a smoker for nearly 20 years and have tried to quit a few times using patches, gum, inhalers and even trying to quit with my own willpower (which I didn’t really have much of!).

As I was booked to go away with a group of non-smoking friends in the summer I was not looking forward to being the only smoker in the group. It was in the restaurant at the Horton I saw a poster for the smoking cessation service and I thought ‘OK, now’s the time’.

At the first session there were two of us and Xanthe, the smoking cessation specialist, made us feel at ease and was friendly and supportive. We talked and decided I would try some tablets called ‘Champix’. She explained what to expect and how the course would work. So I collected the prescription from the doctor and was ready to start!

For the first week I followed the instructions and carried on smoking. Within the first week I started to not enjoy having a cigarette, on tablet day 13 I stopped smoking!

Although I still thought I wanted to have one I never really felt like I needed one! I received text messages of encouragement from the Oxfordshire Smoking Advice Service and they seemed to know exactly when I might be having a hard time and it gave me the reassurance I needed that I was doing well. My sense of smell increased and I started to notice how strong the smell of smoke is on people and I understood why my mum always told me off.

Each week at the cessation clinic I tested my CO₂ level and it got lower and lower each week. When I started it was at 20, the last time I checked it was two.

The tablets worked well for me and I would recommend them to everyone who wants to stop. It still takes willpower – they are not magic tablets! But the support is there and I would recommend the service to everyone!

I didn’t really feel like a non-smoker because I am still taking the tablets, but on Wednesday 20 June I received a certificate and letter congratulating me on being smoke free for four weeks. It was then that I realised how well I’d done and that I am now a non-smoker.

Smoking: the facts

Did you know that:

- you are four times more likely to stop smoking if you use the NHS Stop Smoking service
- this service is now provided through trained stop smoking advisors in Oxford University Hospitals Occupational Health, both at the Horton General Hospital and at the John Radcliffe Hospital
- there are also stop smoking advisors at all GP surgeries across Oxfordshire as well as participating local pharmacies.
- Contact the Oxfordshire Smoking Advice Service on 0845 40 80 300 for details or check www.smokefreeoxfordshire.co.uk
- The service can give you one-to-one support and access to stop smoking medications on prescription to your attempt to quit.

Supporting you to quit smoking

The Oxfordshire Smoking Advice Service provides stop smoking support for our staff.

If you want to give up smoking and are looking for support on site please contact the Occupational Health Department on ext 20798 or email occupational.healthjr@ouh.nhs.uk

For staff based at the Horton General Hospital please call ext 29442 or email OccHealthHGH@ouh.nhs.uk

Alternatively you can contact the Oxfordshire Smoking Advice Service direct on 0845 40 80 300.

We would like to remind all patients, staff and visitors that smoking is prohibited on all areas of our four hospital sites including all doorways, buildings, grounds and car parks.
NHS Heroes is a nationally-led recognition scheme, launched in July, to honour the individuals and teams who go the extra mile to improve life for patients in hospitals, clinics and community care.

NHS Heroes has been set up by the Department of Health as an opportunity for patients, their families and the NHS community to nominate and celebrate the staff members and teams who show exceptional compassion, kindness and skill above and beyond the call of everyday duty – giving healthcare at its very best.

To find out more and nominate please visit www.nhsheroes.com and you have until mid-September to get your vote in.
As part of NHS Olympic Challenge week and in line with Workout at Work Day 2012, staff from across the Trust joined forces for a friendly spot of rounders.

Eight teams from across the hospital sites turned up to compete in the rounders tournament, organised by senior occupational health physiotherapist Julie Kelly as part of the Workout at Work Day 2012; inspiring employers and their employees to increase physical activity in the workplace and promote better public health.

The second event of its kind, it attracted more than 70 members of staff, all competing for glory and the coveted golden rounders bat.

A close run tournament saw last year’s winners and current champions OHIS take the number one spot, making them top dogs for a second year running.

If you fancy taking on the might of OHIS why not get a team together and enter the next tournament on Wednesday 19 September, 12.30pm-1.30pm on Osler playing field?

To enter a team, please register your interest with julie.kelly@ouh.nhs.uk before Wednesday 12 September.

Dr Stephen Golding retires from the Trust

After a career lasting more than 40 years, Dr Stephen Golding, previously Chairman of Radiology at the OUH, retired in July this year.

Initially training in surgery before moving to Radiology in 1975, Stephen dedicated his entire career to the development and progression of Radiology techniques and processes.

During his career he was instrumental in the development of many services, including running Oxford’s first body CT service at the Churchill Hospital in 1982, and designing and commissioning local services for the then new technique of Magnetic Resonance Imaging (MRI).

In a career which saw him become director of the Oxford MRI Centre when it opened in 1990, Clinical Guardian to the Department of Health from 2007 and Chairman and Clinical Director of Radiology for Oxford Hospitals from 2006 – 2010, Dr Golding said: “I was inordinately lucky to be a radiologist during the exciting time when cross-sectional imaging (CT and MRI) was new and growing, and to have played a small role in this.”

Outside of his academic career, Dr Golding has keen interests in hill walking and music, and is a member of the choir of St Helen’s Church in Abingdon.