

Cutting risks
All patients screened
for MRSA p3

Skills lab
More training for
surgeons p7

Nuffield Orthopaedic Centre **NHS**
NHS Trust

NOC life

Summer 2009 www.noc.nhs.uk



**Gavin
gets a
grip!**
see centre pages

News from the Nuffield Orthopaedic Centre NHS Trust

Botnar Director honoured

Professor Cyrus Cooper, Director of The Botnar Research Centre, has received the inaugural Duchess of Cornwall Award for his outstanding contribution to the field of osteoporosis.

The Botnar Research Centre is based in the grounds of the NOC and provides a unique opportunity for researchers to work alongside clinicians.

Prof Cooper leads an internationally competitive programme of research into the epidemiology of musculoskeletal disorders, including osteoporosis, where he has made key research contributions.

The award was presented to Prof Cooper by the Duchess of Cornwall at the National Osteoporosis Society. The Duchess of Cornwall is patron of the NOC and officially opened both the new hospital building in 2007 and The Botnar Research Centre in 2003.



The Nuffield Orthopaedic Centre Appeal is an independent charitable trust that has, over the last 15 years, raised £15 million to provide new buildings and facilities for the hospital. This has been done with the help and support of thousands of patients and their families, individuals and charitable trusts and companies.

An appeal has been launched by the Trustees to raise £7 million to build Phase 2 of the Botnar Research Centre. So far £4.5 million has been raised for the new building which will be devoted to clinical research and trials of new treatments for arthritis, rheumatoid arthritis, osteoporosis and orthopaedics, epidemiology, bioengineering and postgraduate teaching.

An extension has already been built to provide much-needed conference facilities and meeting rooms for doctors and scientists.

^ Pictured above is an artist's impression of how the Botnar Research Centre and Botnar 2 will look on completion.

Oxford Philomusica has been running a series of workshops in the Oxford Centre for Enablement paid for through the NOC's charitable funds.

Oxford Philomusica musicians play to the patients before giving out instruments for them to play and join in. Anyone wishing to donate or forward ideas to the fund should send them to The NOC Appeal Art Fund, Nuffield Orthopaedic Centre NHS Trust, FREEPOST, Headington, Oxford, OX3 7LD.

Gifts turn into music



WHAT WE DO

The Nuffield Orthopaedic Centre (NOC) is an internationally recognised centre of excellence, providing routine and specialist orthopaedic, rheumatological and neuro-rehabilitation services to the people of Oxfordshire.

Our patients include people needing a new hip, shoulder or knee, those with severe back pain or sports injuries, children with curvature of the spine or cerebral palsy.

Also on site is the renowned Oxford Centre for Enablement which provides a wide range of services for people with long-term conditions and disability.

DID YOU KNOW...?

We see around **20,000** outpatients each year. Around **9,000** patients are **admitted** for treatment

Each year we replace around 740 knees and 670 hips

We have operating theatres running six days a week with MRI facilities running seven days a week and in the evenings

We have additional outpatient clinics on Saturdays and in the evenings

More screening to cut infection risks

A new screening policy has been introduced for all NHS hospitals to reduce the risk of infections from MRSA. All patients admitted at the NOC are now swabbed for MRSA to identify potential carriers and to reduce the risk of transmission while in hospital.

The NOC has had only one case of MRSA bacteraemia since October 2007 and ranks among the top ten specialist hospitals in the country for low MRSA infection rates.

The new screening policy supports the hospital's infection control measures and provides reassurance to patients that there continues to be a low risk of infection at the NOC.

One in three people carries a sensitive strain of Staphylococcus aureus, sometimes called MSSA; tiny numbers of people carry MRSA. This is known as being colonized by the bacteria which is normal and does not need treatment.

The new screening is aimed at preventing a patient being infected by their own MRSA when undergoing surgical treatment and to prevent the risk of transmission to other vulnerable patients.



Patients admitted to the NOC are asked to have a swab taken from their nose, abnormal skin area or any wounds. To reduce infection risk all patients are issued with a special body wash prior to their surgery or treatment.

Senior Infection Control Nurse Lydia Rylance-Knight said: "A small number of people carry MRSA without ever being aware of this. It is only when undergoing surgery that there may be a risk. By having a swab taken and using the body wash we can plan patient care more effectively and reduce the risk of MRSA infection."

For more details on infection control, visit www.noc.nhs.uk and click on the link to infection control

Internet video drive promotes innovation

The NOC has been spreading the word about its innovative medical research by uploading videos to the website YouTube.

The hospital has launched a series of public presentations on its research into common bone and joint conditions, rheumatology and rehabilitation that affect the lives of people of all ages, with the talks posted as video clips on YouTube.

It is hoped this will enable a wider audience to tune in to some of the exciting projects underway. Working with the University of Oxford's Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences, the hospital hosted the first in a series of public

lectures called 'Joint Ventures' in May. More than 150 people heard about back pain and disc problems.

Professor Jeremy Fairbank, consultant spinal and orthopaedic, is pictured below delivering part of the lecture.

The next event in the series is due to take place in October and will focus on the treatment of arthritis and joint replacement.

Visit www.noc.nhs.uk/research for details on future events



Science Centre decision brings disappointment

Following the disappointing news that Oxford's bid to become an Academic Health Science Centre has been unsuccessful, the NOC and its partners are now considering their next steps.

The NOC's key aim remains to secure the future development of our specialist orthopaedic surgery, neuro-rehabilitation, and the treatment of musculoskeletal disease in a centre of excellence.

We are reflecting on the feedback from the interview panel and have been encouraged by the panel to re-apply in due course.

We will keep you informed as decisions are made on the way forward. We are committed to working with our NHS partners and Oxford University to further integrate Oxford's world-class research, teaching and patient care.

MEET THE TEAM:

■ **Pippa Large,**
Macmillan Sarcoma
Support Nurse



Pippa Large joined the NOC at the beginning of April as a Macmillan Sarcoma Support Nurse supporting patients and the Macmillan Musculoskeletal Cancer nurse specialist, Helen Jefferies.

Pippa said: "All the staff here at the NOC have been extremely welcoming, friendly and helpful and I am already enjoying working alongside Helen."

Pippa has spent the last 40 years in nursing, mainly specialising in orthopaedics, and felt that a move into cancer care would be a brand new challenge.

She works four days a week and can be contacted on 01865 737861 or by email philippa.large@noc.nhs.uk

Helen Jefferies can be contacted on 01865 738282 or helen.jefferies@noc.nhs.uk



Your say...

Patients put pen to paper to thank NOC



I have been a patient at NOC on several occasions and have found the buildings clean and tidy and the staff helpful and friendly and efficient

Wonderful efficient friendly staff and no long waits – unlike hospitals of old!

The wonderful care and attention from all the staff, the cheerfulness and sympathy when feeling unwell and causing extra nuisance (I was very sick one whole day!)

Excellent medical and nursing care. Fastidious infection control measures. Everyone friendly and pleasant to talk to.

A very impressive combination of thoroughness, patient care, attention to detail, friendliness and professionalism of staff, and state-of-the-art techniques, makes any stay here as reassuring as it could possibly be.



Got something to say?

Write to us: PALS, NOC, Windmill Road, Headington, Oxford OX3 7LD
Email: pals@noc.nhs.uk

Physio open day highlights innovation

The NOC's Oxford Centre for Enablement (OCE) staged an open day to demonstrate innovative technology.

Specialist physiotherapists were on hand to demonstrate equipment used to help people who have suffered stroke, spinal injury, head injury or neurological conditions.

Products demonstrated included the Saeboflex glove (see right) and the Kitcool – a detachable device which allows wheelchair users to recline their chair for relaxation (see below).

Further information:
0800 043 8653
www.physiofunction.com

PhysioFunction
Maximising your Independence



OCE provides specialist rehab for patients with long-term conditions and helps people of all ages at any stage of their illness.

Neurological and neuromuscular conditions are the second most common cause of disability in the community, second only to mental health problems.

The NOC is working with PhysioFunction, a company specialising in neurological physiotherapy offering private appointments.



Patients give hospital vote of confidence

Nearly 90% of patients receiving treatment at the NOC have rated their care as excellent or very good. A national patient survey published by the Care Quality Commission in May put the NOC in the top group of hospital trusts for many key areas. It featured within the top 20% in 36 out of the 62 categories.

The hospital was rated highly for providing privacy and dignity for patients while in hospital. The new hospital building, which opened in March 2007, has been designed to ensure that all patients are on single sex

wards and do not have to share washing and toilet facilities with patients of the opposite sex. Of those patients surveyed, 97% said they found this to be true.

The survey found a year-on-year improvement in patients rating wards 'very clean' (from 68% to 72%) and patients noticing doctors and nurses washing their hands between patients (from 44% to 55%). There were also good scores around confidence and trust, communication pain control and choice of food.

Trust Chief Executive Jan Fowler

said: "These are excellent results which demonstrate that we are improving our quality of service to patients each year and in many areas we are given the highest possible rating. We will be looking at the detail to see how we can address any less than positive points."

“ These excellent results demonstrate our quality ”



Stroke patient Gavin gets a helping hand from rehab glove



Stroke patient Gavin Hageman has nothing but praise for the care and support he has received on his long road to recovery.

Last September Gavin, 45, suffered a stroke which left him paralysed down his left side. He was in a critical condition for several weeks and an inpatient for five months.

As he began to regain some sensation in his arm Gavin was able to use the Saeboflex glove to help with his rehabilitation at the Oxford Centre for Enablement.

Gavin said: "I'm determined to get control of my hand back and I will work as hard as I possibly can to achieve that. I can't thank the physios enough for what they have done for me – they are marvellous!"

Natalie Wallace, superintendent physiotherapist, said: "Gavin has made remarkable progress."

Gavin's story was covered in the local newspapers and TV.

An anonymous donor has paid for a Saeboflex glove for Gavin to use at home as part of his ongoing recovery.

Meet the matrons!



Many NOC patients may recognise Sue Wheeler's face, whether that be in her role as Inpatient Service Manager, lead nurse for Child Protection or one of the NOC's four Modern Matrons.

Sue began her training here in 1975, returning in the early 80s after a stint in Leicester. She recalls: "NOC nurses were, and are, 'something special'. You couldn't put your finger on what it was, but you knew you were part of a special organisation and a great team that take pride in what they do – which is probably why I'm still here!"

Today Sue is involved in the day-to-day management of the inpatient services, attending meetings with ward managers, and is in charge of all clinical nurse specialists at the

**NOC
nurses are
something
special**

Sue Wheeler, right, and our other modern matrons, above: (left-right) Sylvie Thorn, Rachel Mellor and Lydia Rylance-Knight

NOC. As service manager she also supports hygiene audits and ensures the effective delivery of all cleaning services.

The NOC's four modern matrons ensure patients get the right treatment at the right time and in the right way. Having matrons back on the ward makes our nursing leaders more visible. A key role is to sustain the NOC's low levels of infection – one case of MRSA bacteraemia since October 2007.

You might also bump into Sue doing a weekend shift on Ward A. Why does she still do it? "I've never forgotten the reason I originally got into nursing. I love the patient interaction and feel that small gestures often mean a lot to patients."



**Sue Wheeler
talks about
her role
managing
inpatients
at the NOC**

Splash of colour brings cheer to NOC patients



Local artist Susan Avery is helping to cheer up patients at the NOC by displaying water-colour paintings of famous landmarks in some waiting areas.

Arts Co-ordinator Tom Cox said: "Doctors, nurses and therapists have long recognised the importance of a pleasant environment to help patients recover more quickly."

Susan spent some time in the hospital's Bone Infection Unit following an operation on her spine. She has kindly donated two paintings to the unit.

Earlier this year more of Susan's work was on display in Outpatients. Some can now be seen in the Physiotherapy department. Susan said: "I wanted to say thank you for the excellent care I received as a patient at the NOC."

More information: www.susanavery.co.uk

Precision training

A specialist skills laboratory at the Nuffield Orthopaedic Centre is helping to train the surgeons of the future.

Studies are being carried out to measure the impact of simulators on surgical training, learning and performance. Junior surgeons currently learn the techniques by assisting in operations and building up their skills levels over time. Research published by the skills lab Director, NOC consultant Jonathan Rees has already demonstrated the improved performance in orthopaedic trainees when initially trained on a skills lab simulator.

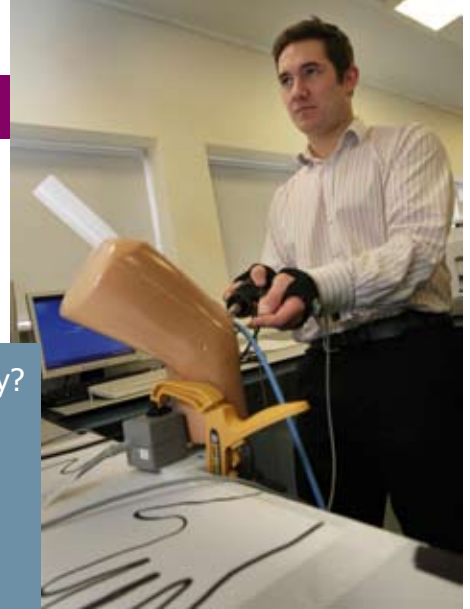
Research is now aimed at understanding the learning curves for important orthopaedic operations and to develop cost effective and appropriate training models (including virtual reality computer simulators), so learning can be carried out safely and efficiently prior to working in a clinical setting. This important research is being funded through the award of the Biomedical Research Unit in Musculoskeletal Disease – a partnership between the NOC and Oxford University's Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences.

The skills laboratory has been fitted out with arthroscopy equipment and plastic models of knees and shoulders. Groups of surgical trainees are being objectively assessed while they learn and perform surgical techniques using a motion tracking system. This system tracks the hand movements of the surgeon through sensors worn on the back of the hands. Established studies have already shown that the more proficient a surgeon becomes, the less hands movements and less time they take to complete the procedure. This method of assessment therefore allows the researchers to monitor a trainees learning and performance.

The most recent study is looking at how quickly trainee surgeons pick up the more complex arthroscopic skills (keyhole surgery) and how regularly they must repeat these procedures to maintain optimum performance.

What is keyhole surgery?

Keyhole surgery involves small, finely controlled movements undertaken through what can be tiny incisions. A camera is attached to the surgical equipment or probe and the surgeons work from monitors.



Photos courtesy of the Oxford Mail

New support group for arthritis patients

A Rheumatoid Arthritis support group has been set up at the NOC working with the National Rheumatoid Arthritis Society (NRAS). Maureen Cox, the NOC's Clinical Nurse Specialist in Rheumatology, spoke at their first meeting in March. Maureen led a discussion about the help that support groups offer people living with a chronic illness, particularly those who are newly diagnosed. The group, which has around 25 members so far, aims to offer support and education in a social environment. Further information on Rheumatoid Arthritis from the NRAS on 0845 458 3969.

> NOC Rheumatoid Arthritis Group members Maureen Cox and Sue Thwaite



Major honour for NOC consultant

NOC consultant and Oxford University researcher Professor Andrew Carr has been elected as a Fellow of the Academy of Medical Sciences for outstanding contribution to the advancement of medical science. Prof Carr is Nuffield Professor of Orthopaedic Surgery and also Director of the Musculoskeletal Biomedical Research Unit based at the NOC which supports surgical technology and research into tissue engineering, shoulder pain, osteoporosis and osteoarthritis – common conditions that have considerable impact on the lives of people of all ages.



The NOC Network: always in action

What is this Network? About 1600 patients, ex-patients, carers and members of the public who want to ensure that all the services of this great hospital are there when they or their loved ones need them! Most just wish to be informed about what's going on at the NOC; a small group take a much more active interest and help on any way they can.

Give us an example please? The perennial problem nearest to many people's hearts is transport and parking so we'll feature those. The Network has been involved with efforts to improve transport issues for the many patients who struggle with mobility. Many have to travel long distances for appointments, some do not have easy public transport links, some need to use their own cars. Parking on site is essential. Disabled parking bays have been increased to 53 – more than 10% of the total, but increases in the number of clinics and day surgery cases involving a much higher turnover of patients means that still more spaces are needed.

The total number was limited by the county council at the planning stage and is unlikely to be increased in the foreseeable future. However, the demand for on-site parking could be eased if there were direct bus services from park and ride car parks and this is an issue that

by Geoff Feasey
NOC Network
Steering Group

For more
information on
joining the NOC
Network, contact
Caroline Sykes.
Tel. 01865
737562
Email
Caroline.Sykes@
noc.nhs.uk

steering group members Sue Thwaite and Alan Lewin are addressing with the NOC estates management. Parking charges help to control parking at the hospital and pay for maintenance and security. We are trying to find a way of helping patients held up by long waits or the need for extra tests or treatments. Meanwhile, please remember that cars displaying a blue badge do not have to pay parking charges.

What else is going on? You can read about the AHSC on page 3 of this edition of NOClife. The Chair of the Network, Sue Woollacott, has represented patients' interests throughout the application process. Ruth Reavely provides an essential focal point as experience is gained with paediatric services which are now divided between the NOC and the Children's Hospital. The Network has joined the recently established Oxfordshire Local Involvement Network (LINK - see below). There is much more, but space is limited.

In conclusion: thanks and a promise. Thanks to all readers who have already contributed to the Network's efforts to support the NOC. To those who have not yet done so, please come aboard. We promise you will not be badgered to become actively involved. Of course, if you wish to be, you'll be most welcome.

Japanese guests take a tour



The NOC welcomed visitors from Japan as part of a tour organised with Oxford Brookes University and The Centre for the Advancement of Interprofessional Education (CAIPE). The visitors from Yamanashi University in Japan were given a tour of the hospital by Kate Walkey, the NOC's Learning Environment lead.

^ Pictured with the Japanese guests are Kate Walkey (far left) and NOC student nurses Amy Aspden and Gemma Clare.

LINK - your local voice

A Local Involvement Network group (LINK) offers new opportunities for people to have a say in how health and social care services are provided. The Oxfordshire LINK wants to hear from you to help it communicate with the community and take up issues as necessary.

Further information:

oxfordshirelink@makesachange.org.uk

Tel. 0300 111 0102*

Bourton House, 18 Thorney Leys Park, Witney, OX28 4GJ

* Calls to 03 numbers cost the same as calls to 01 and 02 numbers, and are included as part of any inclusive call minutes from landlines and mobiles.

Patient Liaison Group seeks new members

The NOC Patient Liaison Group is looking for new members. If you are interested in volunteering for this worthwhile work which involves occasional visits to the hospital please contact the group's Chair, Eva Blacklock, on eveblac@tiscali.co.uk

CONTACT US:

NOClife Editorial

Tel: 01865 737564

kelly.dodgson@noc.nhs.uk

Patient Advice and Liaison

Service (PALS)

Tel: 01865 738126

pals@noc.nhs.uk

Nuffield Orthopaedic

Centre NHS Trust

Windmill Road

Headington

Oxford OX3 7LD

Switchboard:

01865 741155

www.noc.nhs.uk