

ESNEFT **life**

Issue 1: Spring 2019

The East Suffolk and North Essex NHS Foundation Trust (ESNEFT) Magazine



Meet the heroes of ESNEFT

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Also in this
issue...

**TIME
MATTERS**

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Healing garden opens



Surgery masterclasses

This issue of
ESNEFT **life**
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NHS
Professionals

Big builds at Colchester Hospital

A series of big builds at Colchester Hospital have been announced. ESNEFT life explains...

A new cancer centre

Work has begun on building a state-of-the-art cancer centre at Colchester Hospital to support patients through their diagnosis and treatment.

The £3.25million project will bring together chemotherapy, haematology and radiotherapy under one roof, alongside a wellness centre to offer counselling and support services.

It follows a fundraising drive by Colchester and Ipswich Hospitals charity which has raised £2.7 million since 2014, and still needs to raise £220,000.

The new centre will be more modern, comfortable and welcoming, creating a significantly better experience for patients, their families and carers.

Kathryn Ramsey, Macmillan programme manager at Colchester Hospital, said: "We are extremely grateful for all the support from the public with the fundraising and have also worked closely with the Colchester Cancer Services User group to ensure the design of the new unit meets the needs of our patients."

After making a £1 million donation to the campaign, a donor who wishes to remain anonymous was invited to name the new chemotherapy and haematology suite, which as a result will be known as the Collingwood Centre.

The hospital's existing facilities in the Mary Barron Chemotherapy Suite and Haematology Day Unit are cramped with little space for friends and family to accompany loved ones and no space to expand.

Below: Colchester Hospital colleagues celebrate the green light from planners for a new cancer centre.



Artist impressions of the new cancer centre.



Interventional radiology and cardiac angiography unit

The development of a combined interventional radiology and cardiac angiography (IRCA) unit means patients will be treated more quickly and in a specialist environment at Colchester Hospital.

If the £7 million plans are approved, it will also prevent some people having to travel to a centre of excellence outside of Colchester for their treatment.

Chandra Sekharan, clinical director for diagnostic imaging at Colchester Hospital, said: "Many patients with peripheral vascular disease and other major diseases like aortic aneurysms can be treated without an open operation by using modern techniques of interventional radiology and this suite will provide an excellent place to do this. Many diagnostic investigations, such as a biopsy using ultrasound guidance, will be done here to facilitate quicker diagnosis and planning of treatments."

Staff on the unit will be able to carry out invasive procedures, usually involving the insertion of a needle, cannula, catheter or wire into the patient for diagnosis and/or treatment. This type of minimally invasive technique will reduce the level of risk to the patient, meaning they spend less time in hospital and can recover quicker.

Chief Executive Nick Hulme (left) with cardiology and radiology colleagues at the site of the new building.



Main entrance and Emergency Department



Artist impressions of the new outside of Colchester Hospital's entrance, which will be more modern and spacious.

The front of the main building, which has largely stayed the same since the hospital opened in 1984, will change significantly – paving the way for an expansion of the Emergency Department (ED).

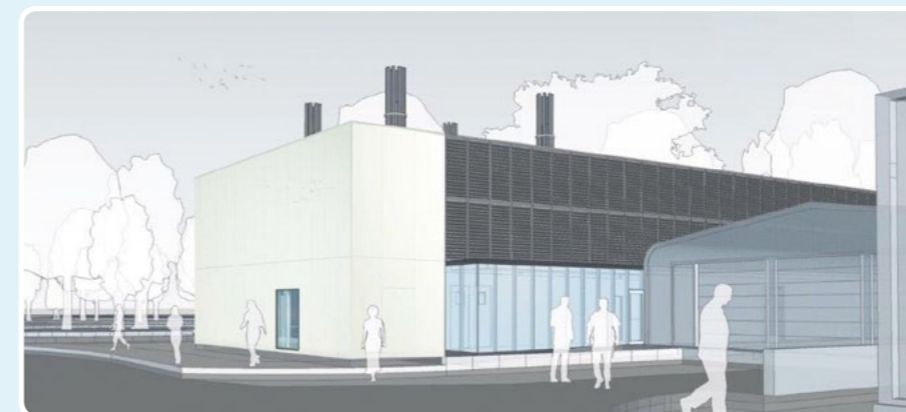
The development will take the form of two blocks. The first is single-storey and provides additional space for ED, which will include an Urgent Treatment Centre (see bottom right of page), forward-facing entrance, waiting room and consultation rooms.

Drugs manufacturing unit

A new drugs manufacturing unit is to be built at Colchester Hospital so patients can benefit from tailor-made medication, including chemotherapy drugs for cancer.

The aseptic unit, costing more than £3 million to build, will open next to the Pharmacy this autumn. Deputy pharmacy production manager Stephen Pullen said: "The unit will house specialist equipment with a dedicated, skilled team, offering the most responsive, flexible and effective service to provide safe and high-quality injectables to meet our patients' needs."

The specially designed building will mean aseptically prepared products, for cancer chemotherapy treatment in particular, can be prepared on site, as well as a range of general intravenous preparations (IV), parenteral nutrition, radioactive injections and blood labelling for use in nuclear medicine.



The second is a larger, two-storey block which forms the new façade at the front of the building. This will provide non-clinical areas – visitor facilities and convenience/retail outlets on the ground floor.

The building work has begun, and is set to be finished at the end of the year.

Nick Hulme, Chief Executive of East Suffolk and North Essex NHS Foundation Trust (ESNEFT), said:

"The entrance and reception areas are frequently our patients' first impression of the hospital, and it shapes their whole experience of coming to hospital at what for many is a stressful and anxious time. By increasing the space and improving the facilities in this area we aim to create a calming, safe and reassuring comfortable environment."

The build will also include improving access for vehicles and pedestrians, and widening the narrow bridge, creating a drop-off and pick-up loop at ED, improving toilet facilities and creating a turning circle for buses.

Urgent Treatment Centres at Ipswich and Colchester

Teams at both Colchester and Ipswich hospitals are transforming the way emergency and urgent care is provided.

Both hospitals are planning to open urgent treatment centres (UTCs) and change the way their emergency departments (EDs) are run. The UTCs will create single 'front doors' for each hospital. All walk-in patients will go to the UTC, and patients will only go to ED if clinicians at the UTC advise, or if ambulances bring them in.

The plan is for the Colchester UTC to be open by the end of this year, and Ipswich by the end of next year.

Go online
Find out more about these builds at www.esneft.nhs.uk

Robots making life better for patients and staff

Virtual robots have arrived at our hospitals. Digital technology experts in our IT team are working with clinical teams to introduce artificial intelligence (AI) and robotic process automation (RPA) to our computer systems. Here are two success stories about how the robots are making time matter.

Cutting down wasted appointments in Outpatients

Virtual robots are helping our teams reduce the number of wasted outpatient appointments by working behind the scenes in our electronic patient records system.

Our outpatients are sent a text message before their appointment to remind them about their hospital visit. Now, if a patient selects to cancel the appointment, virtual robots at Colchester Hospital 'pick up' the cancellation, search for the appointment in our electronic appointments system – just like a human would – and notify the clinic. The newly freed appointments can then be given to other patients on the waiting list so they get seen sooner.

In the first week alone, the robots helped 301 unwanted appointments be reallocated to other patients and prevented wasting more than £48,000.

Darren Atkins (pictured right) is ESNEFT's deputy Information and Communication Technology director. He said: "Going on these early figures, over the course of a year, this process will release 34 weeks of admin staff time, offer 15,652 slots back to our patients and avoid the NHS wasting just over £2.1 million.

"If we book people in to those free slots we can lower waiting times, see more patients and clinics are more productive."

Simon McCarthy (pictured right), ESNEFT's operational lead for Outpatients, and Richie Clayton, senior outpatient coordinator, have been working alongside Darren's team and technology developer Isobel George to make this latest automation ambition a reality.

Simon said: "Before, we were inaccurately recording that patients did not attend their appointments when some patients had made every attempt to cancel their appointment.

"Now the robots are doing it, cancellations are being accurately recorded in the system."

It is hoped the automation process will also be extended to Ipswich Hospital's Outpatients department in future.



Saving medical secretaries valuable time

Our virtual robots are giving back hundreds of hours to medical secretaries so they can spend more time helping patients.

The virtual workers are handling admin-style tasks at Ipswich Hospital, including GP referrals. The robots monitor the electronic referral system and when a new one arrives, it gathers, downloads and records key clinical data.

This was previously carried out by medical secretaries who had to print out all the documents, before scanning each one – which could take between 10 and 20 minutes per referral.

Those secretaries now have more time to talk to patients and deal with their queries and it is a 24/7 process for the first time so referrals are also dealt with at weekends.

Darren Atkins said: "It's giving time back to people to allow them to do the job they are here to do, leaving the mundane work to the robots.

Clinical Neurology medical secretary Chris Harvey (pictured above) said: "We can now be on the phones, writing letters or talking to patients, we're more available. It gives you more time to be doing all the other things you have got to do."



The Wifi systems at Colchester and Ipswich hospitals have been upgraded so they are easier for visitors to use, and more secure. Visitors are now asked to connect to 'NHS Free Wifi' when they go online (rather than the old Wifi Spark option at Colchester, and IHT Public Wifi option at Ipswich).

Exercise therapy for stroke patients

Did you know we offer therapy groups for stroke patients across ESNEFT?

Sessions such as Tai-Chi, craft workshops and exercise classes are held at Colchester Hospital.

Ipswich Hospital hosts upper and lower limb exercise classes and relaxation sessions.

The pictures show junior physiotherapist Rebecca Fawcett and stroke physiotherapy care assistant Sue Bycraft in therapy classes with patients at Ipswich Hospital.



Watch

Aldeburgh garden helping people with dementia

A dementia-friendly sensory garden designed to help patients recover quicker has opened at Aldeburgh Hospital.

The garden, funded by the Aldeburgh League of Friends, includes an exercise area, a pavilion, giant musical instruments and scented, textured and edible plants.

Matron Michelle Fletcher (pictured right) said: "The garden is a focal point of the hospital which creates conversation and stimulation, helping our patients in their recovery and rehabilitation."



Patients in waiting room busy knitting for dementia wards

Therapeutic radiographer Lara Burgess has enlisted the help of radiotherapy patients and their loved-ones to help her knit fidget quilts for patients with dementia. The activity is helping them to pass the time in the waiting room at Ipswich Hospital.

Fidget quilts are lap-size quilts made from fabrics with touch-and-feel elements sewn on – buttons, ribbon, zips and shoe laces for example. They provide comfort and distraction to patients who otherwise may spend time tugging their clothes or bedding.

Lara (pictured with the first blankets off the production line) said: "I thought it'd be a good use of time. People chat and talk in the waiting room and it's nice to have something else to get involved with."



You can find short videos about both of these stories on our ESNEFT website – just search 'stroke therapy' and 'Lara quilts'.

New life-saving defibrillators arrive at Colchester Hospital

New state-of-the-art defibrillators have arrived at Colchester Hospital.

The new D3 Mindray defibrillators replace the current stock which are more than a decade old. A £250,000 investment has been made in the 50 new machines.

The new devices have integrated monitoring for patient carbon dioxide levels and a 'pacing' function to speed up patients' heart rates when they are dangerously low. They are also wi-fi enabled to allow easy transfer of data.



"The new defibs are much simpler to use, more intuitive and lightweight"

Resuscitation officers Emma Thomson (left) and Katie Seal (right) with one of the new defibrillators at Colchester Hospital.

Emma Thomson, resuscitation officer at Colchester Hospital, said: "The information can be transferred wirelessly to a central station which will allow us to review the event as part of the debrief process. This information can then be stored in the patient's clinical notes."

Nurse Liam Horkan, head of clinical procurement for the Trust, said: "The new defibs are much simpler to use, more intuitive and lightweight."

A defibrillator is a device that gives a high energy electric shock to the heart through the chest wall to someone who is in cardiac arrest.

Cancer ward reopens after revamp



Somersham Ward colleagues Laura Mallett, Helen Scordis, Joby Shibusmathew, Fiona Steward and Linda Stansfield at the ward's official opening.

Ipswich Hospital's cancer ward has a brand new look after a modernising and dementia-friendly makeover.

Artwork, energy-saving LED lighting, dementia-friendly flooring, wet rooms, a children's playroom and new nurse stations make the unit an uplifting place to receive care.

Thanks to fundraisers who supported the project through the Somersham Ward Support Group, the Butterfly charity and Colchester and Ipswich Hospitals Charity.



A new skylight provides a bright outlook on the new ward.

Masterclasses open youngsters' eyes to careers in surgery

Potential surgeons of the future have been discovering what goes on in an operating theatre.

A series of masterclasses at the Icen Centre, based at the Colchester Hospital site, are giving Year 9 pupils from schools in north Essex an insight into Theatres.

The students are understanding the roles of anaesthetists, anaesthetic practitioners, surgeons, surgical practitioners, theatre support workers, diagnostic radiographers and recovery nurses. The classes are also giving students careers advice on how to take the right steps into a healthcare career.

St Benedict's Catholic College pupils Chanay Francis and Isabella Ifeadite (pictured right) are both hoping to pursue careers in medicine.

Isabella said: "I would like to be a surgeon, but I'm not sure what type I want to be so that's why it's good to come here."

Chanay said: "It opens your eyes, there are more roles than what you actually think and it gets you to realise there are so many roles you can play that help people. I wanted to be a doctor, but coming here has made me think more about being a surgeon."

The Icen Centre has led the way in surgical training for the last 25 years, providing facilities for education in all areas of health and care.

Peter Cook, head of innovation at ESNEFT, said: "Hopefully this is the start of a wider engagement with local schools. We want to learn from this experience, which has been a good one so far, and replicate it at Ipswich with schools there and expand other activities within other professions at the Trust, including midwifery, pathology and haematology."

Find out more about how students are getting involved at ESNEFT on page 15.



Would-be surgeons Matt Murray and Rowan Woodward have a go using some of the surgical equipment.



Student Amber Ackley-Archer gets hands on with equipment used for hip and knee replacements.



Students Chanay Francis and Isabella Ifeadite have both been inspired to become surgeons after attending the masterclasses.

Student Kwadwo Asledu has a closer look at the tools used by staff.



The real faces in theatre

Jeremy Parker, consultant J orthopaedic surgeon at Colchester Hospital, is one of the clinicians taking part in the masterclasses.

He said it can be difficult to recruit theatre staff because a lot of people don't know what happens within the department. "We have to keep making the effort to encourage people to see what's going on."



Students Alice Brown and Lauren Connell have a go at knot tying, watched by theatre support worker Gaia Falcone.



Jeremy Parker gives the youngsters a hand with their suturing and knot tying.

He told the youngsters it is "hard work to become a surgeon", but it is the "best job in the world".

Theatre support worker Gaia Falcone has been in her role for four years. She said: "It's quite a varied role that gives you a really good foundation and knowledge base of the hospital you're in, something like this is a really good starting point if nursing is something you want to do."

Saying thank you to our NHS stars with our commendation awards

Every day, in all corners of the NHS, staff go the extra mile to make a difference. At East Suffolk and North Essex NHS Foundation Trust we give Commendation awards to staff who do extraordinary things. Meet our award winners...

Gennine Pelayo, Resourcing assistant, HR

Moving to a new country to start a new job is a daunting prospect, but Colchester Hospital colleague Gennine makes sure the process is a happy one for our international recruits.

Her mother Gene, a nurse at the hospital, travelled to the UK from their home in the Philippines in 2004.

Gennine stayed at home for two years until her mother had saved enough money to bring Gennine and her younger sister to join her. Now Gennine is supporting colleagues who are in the same shoes her mother was all those years ago.

Gennine goes the extra mile to ensure the new starters relocating thousands of miles from home are given a warm welcome, not only to the NHS, but to the Colchester community.



Lyndsey Walker, paediatric oncology nurse specialist

Lyndsey is a nurse who cares for children with cancer and was given one of our Commendations for her commitment and kindness to families going through the toughest of times.

Lyndsey was nominated for the award by the mother of a little girl Hayley (pictured right) who lost her life to cancer. Hayley's family called on Lyndsey in their hour of need to support them as Hayley, seven, died at home.



Claire Pelling and Tracy Schofield, district nursing sisters

Claire and Tracy are part of the east Suffolk community services team which cares for people at home. We thanked them with Commendation awards for the 'over and above' care they gave to a patient as he peacefully died at home.

Claire and Tracy were about to finish for the day when the patient's family called and asked for their help. Understanding the family's need for their support in the patient's last hours, the duo decided to stay on at work. They stayed until late in the night. Claire and Tracy want to make sure the whole team receives a round of applause.



Director of Communications and Engagement Rebecca Driver surprised Claire and Tracy with their awards. New to the trust, it was her first Commendation presentation.

Rebecca (right) said: "I've seen so many examples of outstanding commitment to patient care since joining the organisation. This is a fantastic scheme to recognise colleagues' achievements and I look forward to many more presentations and opportunities to meet staff."



Adhip Mandal, surgeon

Adhip is a vascular surgeon who cares for patients at Colchester and Ipswich hospitals with conditions affecting their circulation, including artery and vein diseases. He is described as a 'shining example' in the NHS.

As well as saving lives, Adhip does amazing things like bringing in clothes for a homeless amputee patient who only had the clothes he was wearing.

We awarded Adhip a Commendation for his compassion and teamwork.



Michelle Chaplin, community team leader



During the snow last year, the Stowmarket Community health team showed that even extreme weather won't stop them helping their patients.

Team lead Michelle knew many of her patients lived in rural areas and cars couldn't reach them...so she borrowed a tractor from a neighbour.

Michelle collected her nursing staff from their homes and drove them round the snowy countryside to be with their patients. She also borrowed another two tractors and found volunteer drivers, and worked tirelessly to keep her staff safe and in high spirits.

LGBT+ team

When you look at the end of the ESNEFT rainbow, you'll find our LGBT+ network. The team...

- supports and empowers LGBT+ staff to achieve their full potential
- creates a positive and supportive environment for LGBT+ patients.

To thank them for their hard work and in recognition of what they've achieved, we surprised the core members with a Commendation Award.



222,000 HOURS FILLED
28,000 SHIFTS WORKED
2,600 BANK WORKERS
3 BUSY MONTHS

1 GREAT PARTNERSHIP

NHS Professionals have been working together with East Suffolk and North Essex NHS Foundation Trust to keep staffing levels at the standard required to continue delivering high-quality patient care during the Winter.

Thank you to all of our bank members who have been working flexibly during this busy period. It's your care, compassion and work ethic that make us proud of our NHS.

Considering joining the bank?

To apply, or to contact your local NHSP team visit: esneft.nhsp.uk »

Statistic dates are 01/12/18-28/02/19 and are nearest whole number



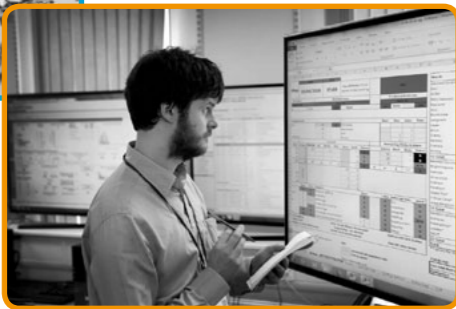
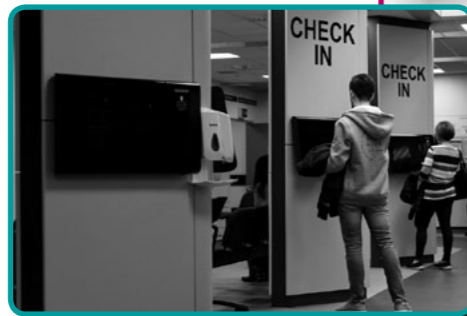
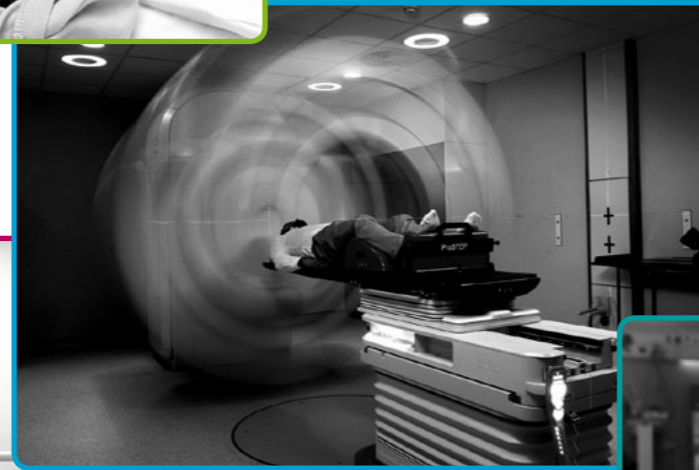
Life in a Day: Our NHS at 70 photograph exhibition

The NHS has turned 70 years old and to capture the moment we created an East Suffolk and North Essex NHS Foundation Trust photograph exhibition.

Local photographer Warren Page spent a day capturing snapshots at Colchester and Ipswich hospitals and with our teams working in the local community.

Here's the result – 21 photographs showing 'Life in a Day', which is what we called the exhibition.

The photos can be seen displayed at Colchester and Ipswich hospitals.



Our Charity news

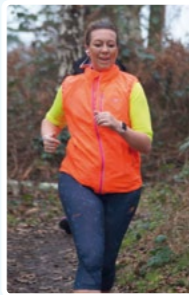


Meet our marathon runners

Five fundraisers have been lacing up their training shoes to prepare for April's London Marathon in aid of our hospitals' charity. Find out what's inspired them...

Mandy Jordan

Mandy is head of the Colchester & Ipswich Hospitals Charity and is fundraising for the Ipswich Hospital Children's Appeal (see panel below). She said: "No one is more surprised than I am that I'm doing it. I only started running last year with the couch to 5k program to improve my health and fitness and now I'm running a marathon!"



Andy Elms

This is Andy's first marathon and he is running it in memory of his brother Tim who died last year, aged 33.



Andy (left, with Tim, right) is raising money for the Colchester Hospital Critical Care Unit as they cared for Tim. He said: "The care he received there really was exceptional and was the NHS at its absolute best."

Jennifer Wright

The London Marathon is just one of the endurance events mother Jennifer is taking on this year to raise money for the Ipswich Hospital Children's Appeal.

Her son Leo received treatment for a broken leg and she said: "I was so impressed by the wonderful staff.



They were all very busy but treated each child with care, patience and compassion."

John Ward

John only took up running in May in a bid to lead a healthier lifestyle, but he already has 250 miles under his belt in preparation for the marathon. He said: "I'm becoming increasingly aware that it's never too late to start."

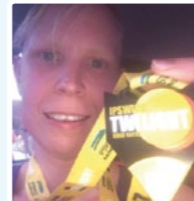
John joins Mandy and Jennifer in fundraising for the Children's Appeal – his daughter Elizabeth (pictured with him here) has been a patient on the children's ward. He said: "It's simply a great cause."



Joanne Hearn

Joanne secured a place in the marathon last year but was forced to defer after being diagnosed with endometriosis. She said: "The [Colchester] hospital were brilliant throughout and were all genuinely interested in finding the solution so that I could get back out running."

Joanne has decided to fundraise for the hospital's children's ward after her daughter had treatment there last year.



If you have a place in the London Marathon and would like to join our team and support the hospital as your charity, contact our Fundraising Team on 0300 770 1359 or charity@esneft.nhs.uk

Children's Appeal 1st birthday

The Ipswich Hospital Children's Appeal is a year old and the team is pleased to announce the total raised so far is £212,000.

We need to help raise £2.5 million so the Children's Department at the hospital can be transformed. It has not been significantly updated since the 1980s.

Supporter Tyler Webb-Harding recently raised £879 by completing a gruelling 24km SAS selection test in the Brecon Beacons. Thanks to Tyler and all our fundraisers so far.



Cardiac care at its very best

The Cardiology teams at Ipswich and Colchester hospitals are working more closely together since the two hospitals merged last year. Here are some examples of clinical excellence...

Smart monitor for heart patient

Plumber Gerald Brown (pictured here with cardiology consultant Duncan Field) has a new heart monitor sitting under his skin that talks to his smartphone. It means he won't need to keep coming back for hospital check-ups.



Mr Brown was the first patient to have the device fitted at Colchester Hospital. It uses Bluetooth to activate the implant and records every heartbeat on a mobile phone app. It logs any symptoms of dizziness or palpitations directly to the hospital, without the need for a clinic appointment.

Dr Field said: "The app is very user-friendly and the procedure to have it fitted takes between 10 to 15 minutes

"It is the first device on the market that talks to a mobile phone and the exciting thing is that technology is moving forward all the time."

New technique for removing build-up in coronary arteries

Patients can now be treated closer to home and more quickly after a new cardiac technique called rotablation was launched in Ipswich Hospital's Heart Centre.

Teresa Lewins (pictured here with David Bloore, Cardiology lead at Ipswich) was the first patient to benefit from the treatment, which she would have had to travel to Papworth or Basildon hospital for previously. She said: "I think it's brilliant. All the way through it's been super, I was amazed how quick the whole process has been."

The procedure involves breaking down calcium built up in a patient's coronary arteries over time – much like limescale in your pipes at home – into microscopic fragments. It is performed through a tube in the patient's wrist and means patients can go onto undergo stent or surgical treatment.

Dr Bloore said: "Being able to deliver it in-house reduces the waiting time and travelling times for our patients."



Find out what happened when the Secretary of State for Health visited the Ipswich Hospital Heart Centre on page 17.

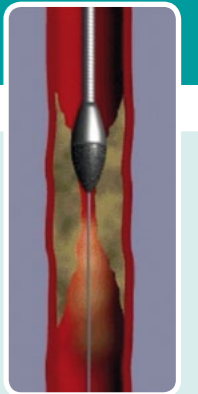
A patient thank you

A 55-year-old has thanked our staff who helped save his life and get him back on the road to recovery after he suffered a heart attack.

Neil Yeo from Halstead, was initially taken to Colchester Hospital for care before being transferred to Ipswich Hospital for further treatment, including being fitted with a stent.

Mr Yeo, who was back on his bike and cycling 8km within four days of discharge from Ipswich Hospital, said: "Everything went like clockwork, from being admitted to Colchester to recovering on Claydon Ward in Ipswich. I will be forever indebted to the paramedic that saved my life, the staff in Colchester and Ipswich – including Dr Duncan McNab – and the gift that is modern technology."

Prior to the merger of the two hospitals, part of Neil's treatment would likely have been carried out at Basildon hospital and that would have probably extended his stay in hospital by one or two days.



Why become a member of our trust?

Are you interested in the future of our hospitals? Have you considered becoming a member of East Suffolk and North Essex NHS Foundation Trust?

More than 10,000 local people are signed up as members of our trust. Joining means you are interested in the services we provide to you and your family.

It's free, it's open to anyone living in the area who is over 16, and you can choose how involved you want to be.

Many of our members choose just to subscribe to our newsletter – Connect – which helps keep them informed about what's happening across the organisation.

Others take up opportunities to come along to meetings or take part in questionnaires when we are trying to find out what local people think on health issues.

Members are also invited to vote for the governors (see below) who formally represent the members' views to the Trust Board of Directors – they can even put themselves forward as a governor.

Who represents you?

We have a council of governors who represent the interests of the members and the wider public.

They are:

Public governors: voted for by members and representing a geographical area (known as a constituency)

Staff governors: members of staff, voted for by our staff

Stakeholder governors: nominated by local organisations including councils, health watch groups and universities.

Colchester Public Governors

- Christopher Hall
- Joanna Kirchner
- Michael Horley
- Paul Ellis

Colchester & Essex Staff Governors

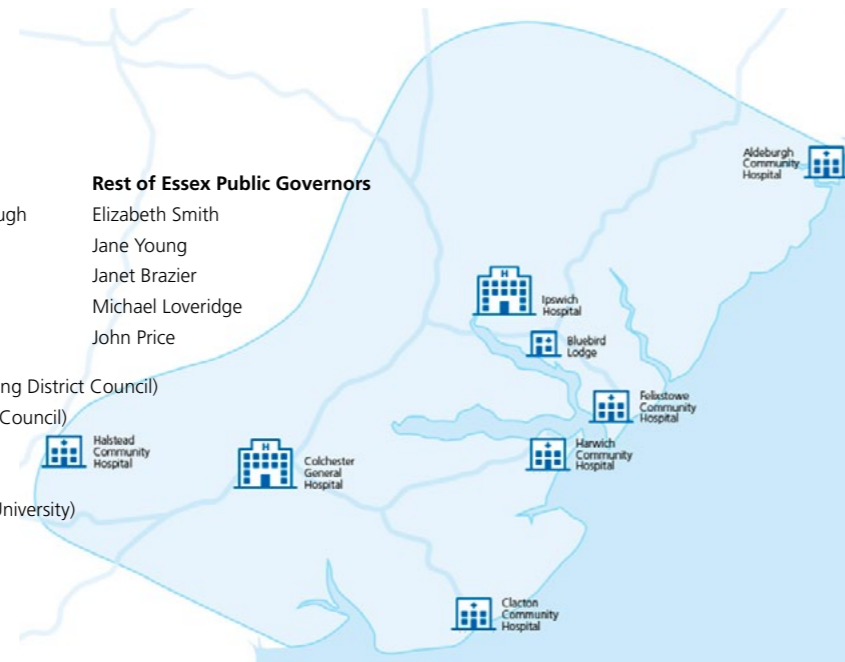
- Moving and handling practitioner Isaac Ferneyhough
- Matron Donna Booton
- Surgeon Sharmila Gupta

Stakeholder Governors

- Helen Chuah (Colchester Borough Council/Tendring District Council)
- Vacant (Ipswich Borough Council/Suffolk District Council)
- Carlo Guglielmi (Essex County Council)
- Gordon Jones (Suffolk County Council)
- Vikki Jo Scott (University of Essex/Anglia Ruskin University)
- Vacant (University of Suffolk)
- Roston Dove (Colchester Garrison)
- David Sollis (Essex Healthwatch)
- Anthony Rollo (Suffolk Healthwatch)

Rest of Essex Public Governors

- Elizabeth Smith
- Jane Young
- Janet Brazier
- Michael Loveridge
- John Price



All patients and people who live locally are invited to become a member of our organisation.



If you're interested in becoming a member, email FTmembership@esneft.nhs.uk or call 01206 742347.

Students take over our hospitals

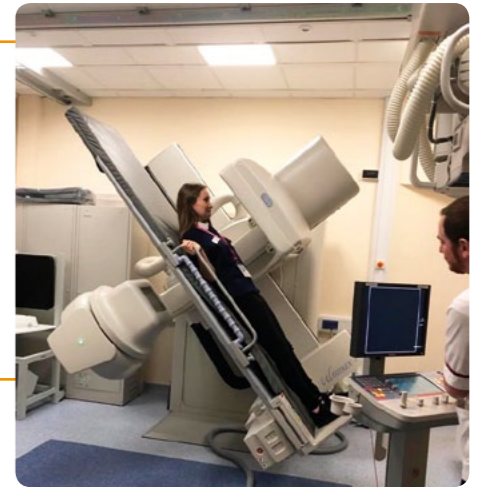
Young people from schools in north Essex and east Suffolk took part in Takeover Challenge Day at Colchester and Ipswich hospitals.

The national event allows youngsters to get a glimpse of hospital life, giving them access to different departments including the pathology lab and operations centre.

They were also encouraged to be innovative – using their experience of modern technology to come up with ideas that could improve the way we work.

We welcomed 70 young people to both sites, aged 14 to 19. Organiser Sarah Smith, head of nursing for Women's and Children's services, said: "The young people really enjoyed meeting and talking to patients and the shadowing aspect of the day, but would like the experience to be more hands-on so we're thinking of increasing the age to 16 and over this year."

Youngsters were able to test out the fluoroscopy equipment in radiography at Colchester Hospital. Fluoroscopy is an imaging technique, using X-rays, which allows a physician to see the internal structure and function of a patient so that, for example, the pumping action of the heart or motion of swallowing can be watched.



"The young people really enjoyed meeting and talking to patients"

Colchester Hospital resuscitation officer Katie Seal was on hand to talk young people through CPR (cardiopulmonary resuscitation) and what to do if a person is choking. 3,500 colleagues are trained/refreshed in basic life support at the Trust every year.



Associate director of Logistics Andy Willis showed students the Operations Centre at Ipswich Hospital. This is the hospital equivalent of air traffic control – where teams 'manage' beds, making sure patients are in the right place at the right time.



Children's nurse Alice Nash showed students how to resuscitate a baby at Ipswich Hospital. Nursing a child is not just a question of caring for a small adult. Children have very specific health needs and our children's nurses need to understand how a healthy child develops towards adulthood to minimise the impact of illness. This involves working closely with the parents.



TIME MATTERS

We want to make your time matter

We want to be the organisation where time matters. We want to remove unnecessary stress and frustration for patients and give staff time back to do their jobs.

We started a 'Time Matters' conversation with a week dedicated to listening to staff and patients. Here's some of what we heard.



Felixstowe Hospital's Amy Boon is doing generic worker training, part of which is to learn basic physiotherapy skills such as encouraging people to stand from sitting using their walking frame. This will help patients to recover and get home sooner.



Bluebird Lodge is a community hospital in Ipswich (built on the old airport site) offering inpatient care and rehabilitation for patients who no longer need an acute hospital, but are not ready to go home. Our community hospitals have day rooms, outside spaces and gyms to help patients get well and go home sooner. Pictured above is one of the teams at Bluebird Lodge.



Student occupational therapists organised a song and dance session on Peldon Ward at Colchester Hospital. Getting up and moving helps patients to recover quicker and get home sooner. Classics by Frank Sinatra, Elvis and Abba got everyone smiling and up and about.

Our React team in Suffolk supports people at home to prevent them needing to come into hospital. They are a 24/7 team dedicated to avoiding unnecessary admissions to hospital by making sure patients receive treatment to meet their needs in their own homes, such as antibiotics and physiotherapy.



Wheelchair Services team member Kevin Chatto is pictured here setting up a new manual wheelchair for Deborah Steed in Clacton so she was able to enjoy a holiday. It wasn't possible to take her electric powered wheelchair away but Kevin's help gave Deborah her freedom.

Other members of the Wheelchair Services team are pictured below.



Charlie's role to reduce waiting times for children



Young patients will be treated closer to home and more quickly thanks to a new specialist role which has been introduced at Ipswich Hospital.

Charlie Martin is a new specialist paediatric orthopaedic physiotherapist. She also leads the hospital's club foot service and will treat a variety of conditions affecting children, including flat feet, bow legs, knock knees and walking ability.

Charlie said: "The impact it will have on waiting times for patients and their families will be significant.

"What's not helpful for children is for them to wait a long time to see a surgeon when they may not need surgery. A specialist physiotherapist can offer different treatment."

Previously, some patients will have needed to travel to Norwich or Cambridge.

Consultant paediatric orthopaedic surgeon Graeme Carlile, who works in partnership with Charlie (pictured together left), said: "It's much better for families in terms of convenience, distance travelled, and taking time off school if a specialist service can be delivered locally.

"The responsibility and complexity of work Charlie will be undertaking will be hugely beneficial for the unit and brings us in line with the rest of the region in providing the same level of service."

Charlie's appointment will help the development of the trust's paediatric orthopaedic service across Colchester and Ipswich hospitals. Her counterparts at Colchester Hospital are Hannah Pickford and Lyndsey Reynolds.

Health secretary visits Ipswich team

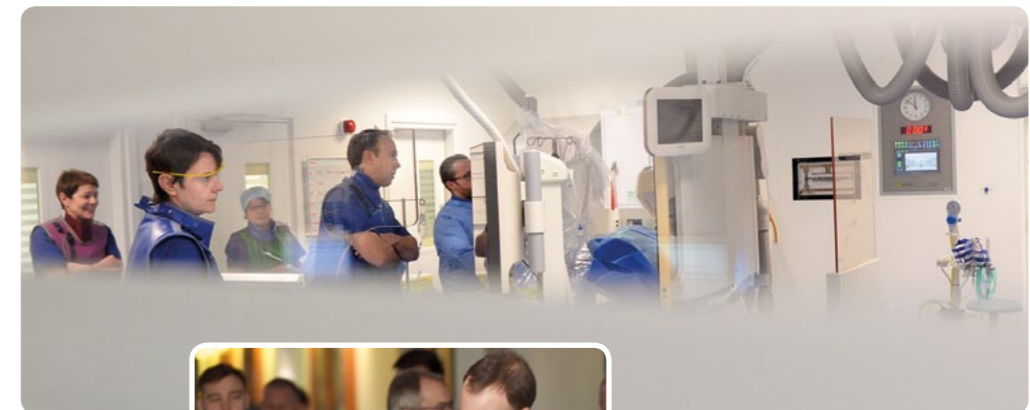
Secretary of State for Health and Social Care Matt Hancock MP visited the life-saving team at Ipswich Hospital's Heart Centre.

The Minister toured the £5 million specialist unit and went behind the scenes in an operating theatre to watch a heart attack patient undergoing surgery.

During his visit this month, the Minister also hosted a question and answer session with 130 members of clinical and support staff.

The Ipswich Heart Centre is home to specialist theatres for planned coronary angioplasty. This is a life-saving operation where patients at risk of a heart attack have their narrowed arteries widened.

Patient Barry Parker lives near Felixstowe and met the Secretary of State on his visit. He said: "The staff at this place are fantastic."



Matt Hancock MP, Secretary of State for Health, in the Heart Centre at Ipswich Hospital, and with healthcare assistant Belinda Keys.

Celebrate...

Bite-size good news stories from around our trust

Ipswich Hospital patients can now return items such as walking sticks, crutches and shower chairs to on-site recycling containers.

The containers can be found at the South and Outpatients receptions as an alternative to the home collection service.

It is estimated that for every five pairs of crutches issued through the NHS, only one pair is returned.



Our Suffolk community midwives Jess Rowland, Lisa Larner and Nicola Heath are pictured here with one of their new bilirubinometers – a quick and easy test for jaundice can now be done at newborn babies' homes with this portable machine, saving families a trip to Ipswich Hospital.



Activities and pastimes to help get patients up, moving and on the road to recovery are coming to Colchester Hospital.

The Occupational Therapy team has been successful in applying to the Tesco Bags of Help scheme for funding – and your votes while shopping in Colchester Tesco stores can help.



We have changed the way we describe food and fluid thicknesses for patients with swallowing difficulties.

We've replaced ambiguous words such as 'soft' and 'sloppy' with internationally-developed scientific language. It's to reduce the risk of choking so it's really important, and it will help patients with conditions such as Parkinson's and motor neurone disease, as well as stroke patients.



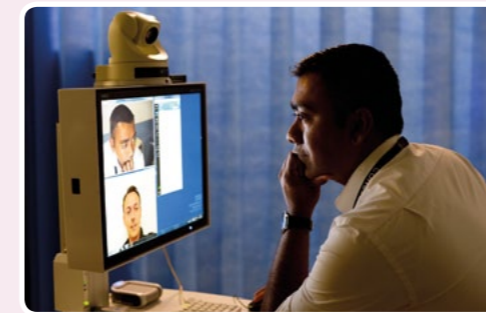
A dad with a dab-hand for Lego has built a mini version of a hospital scanner to help Ipswich Hospital's child patients.

MRI scanners are large, heavy and noisy so unsurprisingly lots of children get scared about having a scan. Now youngsters can play and learn from the fun working model built by Chris Johnson, father to young patient Livio – both pictured here with Livio's mum Maria and hospital play specialist Keren Brooke. An MRI scanner is a large tube containing powerful magnets. Patients lie inside the tube during the scan.



Patients who have had a suspected stroke can now be assessed by a specialist hospital consultant in the comfort of their own home following the launch of a first-of-its-kind telemedicine pilot with local paramedics in Suffolk.

Specially trained paramedics from the local ambulance service use a secure video conferencing app to liaise with an expert stroke consultant from Ipswich Hospital.



The consultant can see the patient, ask questions about their history and symptoms and discuss the case with the paramedic before deciding whether they need to come to hospital, making treatment quicker.

Colchester Hospital's resuscitation team hosted a 'Restart a Heart Day' where they taught more than 250 members of the public basic, lifesaving CPR (cardiopulmonary resuscitation). It included 150 local school children.



Across the UK, there are over 30,000 cardiac arrests outside of hospital every year. Without CPR the chances of surviving cardiac arrest are zero.

People recovering from time in intensive care at Ipswich Hospital can share their experiences and fears at a new, monthly support group.

ICU (Intensive Care Unit) Steps is held on the first Wednesday of every month at Bluebird Lodge in Ipswich, between 6pm and 8pm.

Led by nurses (pictured here, Claire Gray and Tamsin King), the group is informal and confidential.

Jonathan Jenkyn, from Ipswich, (pictured front, right) was cared for in ICU after having a cardiac arrest. He said: "I am happy to talk about my entire experience but other people just like to listen and that is OK and can be part of the healing process as well."

Ian Mackay, from Stowmarket, (front left) spent time in ICU after collapsing. He said: "ICU Steps has allowed me to understand more what was happening to me in hospital by listening to other people's experiences."



People living with type 2 diabetes in Ipswich and east Suffolk can now receive support from a specialist ESNEFT dietitian to help them live healthier lifestyles.

A new Enhanced Lifestyle Support Service allows people to access personal consultations and interactive group events at community locations, providing them with diet and activity advice.

ESNEFT diabetes dietitian Joanne Malocca (pictured), said: "We offer a range of evidence-based programmes to support individuals to achieve significant weight loss, reduce their medication and, in certain cases, even put their diabetes into remission altogether."



Urology consultants, registrars and other staff at Colchester Hospital grew their moustaches for Movember, raising awareness of prostate cancer, testicular cancer and mental health and suicide in men.



Meanwhile...

Here's a blue lipstick photo from Oral department colleagues at Ipswich Hospital as part of an awareness-raising campaign for mouth cancer and good mouth hygiene.



App helps children get ready for surgery

Young patients can now find out what it is like to have an operation at Ipswich Hospital from the comfort of their own home thanks to a new app designed to help them overcome nerves before coming in for surgery.

“Little Journey” gives children and their parents or carers the chance to prepare for surgery by taking them on a virtual tour of the children’s ward, anaesthetic room and recovery area. Available for smartphones in 2D – or using a 3D virtual reality headset – it gives them the chance to meet doctor and nurse characters, see some of the equipment which will be used to care for them and find out more about what to expect on the day of their procedure.

The app aims to reduce anxiety among the 1,050 young people who have an operation at the hospital each year. Two different versions are available, with one aimed at younger children and the second at those aged eight and above.

Dr Helen Findley, consultant anaesthetist at the hospital, said: “Coming into hospital can be very frightening and overwhelming. There is evidence that if a child is very anxious and has a negative experience, it can contribute to longer-term behavioural problems as well as shaping the way they feel about hospital for the rest of their life. We hope this app will help to counteract that by showing them that coming in for an operation can be a positive experience.”



Twins Joe (left) and Ben (right) Hardy, 3, testing out the Ipswich Hospital Little Journey app and virtual reality system.



Staff on the children’s surgery unit at Ipswich Hospital. Top row, (L – R) Helen Findley and Julia Jenkins (both consultant anaesthetists). Crouched (from left) Sharon Cable (operating department practitioner), Dino Bundhun (children’s nurse) and Ally Clarke (theatre assistant).



See twins Joe and Ben in action and hear from Dr Helen Findley on our video on Facebook @EastSuffolkNorthEssexNHS

Get thinking...

Just for fun, have a go at this sudoku puzzle. If you are new to sudoku, here is what you need to do:

Simply fill in the squares with a number from 1 to 9. Every row, column and 3 x 3 box must contain only one of each number from 1 to 9. If you fulfil all three conditions and fill all the spaces, then you have succeeded.

		5						6
4			2		9			
3	7			6				8
	4				6			7
	8			5			2	
1			3					9
5				8			3	2
			9		7			1
6						7		

Last issue’s solution

3	5	9	2	4	8	7	1	6
8	1	6	7	3	9	4	5	2
2	7	4	1	5	6	8	9	3
4	3	1	8	7	2	5	6	9
5	8	2	6	9	4	3	7	1
6	9	7	5	1	3	2	8	4
9	6	3	4	8	5	1	2	7
1	2	8	3	6	7	9	4	5
7	4	5	9	2	1	6	3	8



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