

# ESNEFT life

Issue 2: Summer 2019

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

## Welcome to the world

Page 3:  
Our man in  
midwifery



Also in this  
issue...



Lessons in lifesaving



Great depths for charity



Community care



Afternoon tea on wards



## What a difference a year makes



We are one! It's been a year since the former Colchester and Ipswich NHS trusts merged to create East Suffolk and North Essex NHS Foundation Trust (ESNEFT).

We have 10,000 staff and provide health care to nearly a million people from two acute hospitals, six community hospitals, high street and rural clinics and in patients' homes.

On page 4 you can read about the latest service which is being extended from one of our hospitals to another, this time helping people with rare tumours.

And on page 17 you can read how our matrons are working closely across Ipswich and Colchester to improve patient care.

So what's next? We have been awarded £69.3 million of national NHS funding to transform Urgent and Emergency Care, and Elective Care and Day Surgery.

To that end, we are beginning some big building projects

- creating Urgent Treatment Centres at both Ipswich and Colchester hospitals, and improving the Emergency Departments
- installing another MRI and CT scanner at Ipswich Hospital
- transforming the main entrance at Colchester Hospital to improve patient experience
- building a specialist elective care centre – watch out for public consultation opportunities

These opportunities would not be in our hands if it wasn't for the merger and I continue to be very proud to be Chief Executive of this great organisation.

Enjoy this magazine.

**Nick**

Nick Hulme  
ESNEFT Chief Executive

## Life-saving stroke ambulance trialled

A ground-breaking mobile stroke unit to help patients receive fast access to the right treatment is being trialled across Ipswich.

A modified ambulance is attending calls to suspected strokes, with specially trained crews able to give the patient a CT scan in the vehicle before administering clot-busting thrombolysis treatment where appropriate.

The ambulance reduces the crucial "door to needle" time between the initial call to the ambulance service and the moment the drugs are given, for stroke patients. This gives patients an improved chance of making a good recovery.

The trial, only the second of its kind in the country, is a partnership between the Ipswich Hospital team and the East of England Ambulance Service NHS Trust.

Dr Sajid Alam, stroke consultant at Ipswich Hospital, said: "Beside a CT scanner, the stroke ambulance also includes a range of other high-tech equipment, which will enable the crew to diagnose and treat the patient on board, rather than losing valuable time transporting them to hospital.

"This is especially vital with strokes, where every minute of delay can result in the loss of two million brain cells and lead to serious disability or even death."



Ipswich Hospital stroke consultant Dr Sajid Alam (standing) with neurology consultant professor Silke Walter and paramedic Dan Phillips who are working on the stroke ambulance.



Teams at the launch of the mobile stroke ambulance at Ipswich Hospital.

Stroke patient Mary Hubbard was the first patient to benefit from clot busting treatment (thrombolysis) on the innovative ambulance.

Just a day after the trial launched, she was on the stroke unit at Ipswich Hospital within two hours of the ambulance being called.

Pictured here with stroke consultant Dr Sajid Alam, she said: "I'm very grateful. I think I was lucky to get treatment straight away."



## Not just a woman's world: When you're a man and you're a midwife

Dale Betts is the only male midwife at our hospitals.

When he first started looking into nursing and midwifery and shared his aspirations at a careers fair, Dale was laughed at.

He said: "They laughed at me and said 'but you're a man'.

"People see it as a woman's job, but I can't imagine doing anything else. I've never known anything different, I'm just part of the furniture now."

Dale, based at Colchester Hospital, admits being a midwife wasn't what he always wanted to do though. He hoped to be a doctor, but after not getting the grades he needed to study medicine, he started a humanities course at Newcastle University.

That didn't work out so he re-sat his A-levels and then worked in a primary school before deciding to go into midwifery.

Dale arrived at Colchester Hospital as a trainee midwife in 1996, now he is one of the hospital's delivery suite coordinators.

It is a key role which makes sure both the delivery suite and north Essex maternity services run smoothly and that they also are safe in the evening and at weekends. He still cares for women in labour, as well as those experiencing complications.

Although it is a predominantly female led profession, Dale doesn't think that should stand in a man's way of pursuing midwifery as a career.

He said: "Gender should not stop you doing it. You have to be committed and really understand what the job is. We don't just sit and cuddle babies and it's not what you see on the television, it's not like that at all, but just because you are a man, it shouldn't put you off doing it.

"It's stressful, but it's a privilege. It's something a woman may only do once, or two or three times, and we only have a small part in it, but you can make a difference or make it a bit better for someone."



One in 318

At ESNEFT we have 318 midwives – Dale is the only man.

There are 106 male midwives on the Nursing and Midwifery's national register.

### What our patients say on Facebook



Alex Cheffins said: "Dale was my midwife, absolutely amazing man makes you feel so comfortable all the time. Supported me throughout my pregnancy in 2006 and when I had a C-section. Best midwife ever."

Donna Nicholls said: "Dale helped me when I had my first boy. I had to have a blood transfusion and he was the best midwife anyone could ask for. I will always remember and appreciate the support and care he gave to myself and my baby boy."

Janos Sandor said: "He is brilliant. I will never forget his support when we had our first child. After 27 hours labour we were ending up emergency C-section, needless to say how worried we were. He was so reassuring, professional and supportive until the end."

### More on Midwifery

See page 6 to find out how we celebrated midwives as part of an international celebration.



## Merger benefit as tumour service expands



Patients with neuroendocrine tumours (NETs) in east Suffolk no longer need to travel as far for their care thanks to the expansion of a successful service from Colchester Hospital.

NETs are rare tumours that can affect any part of the body and for the past eight years, NET lead clinician Dr Mary McStay and NET clinical oncologist Professor Bruce Sizer, have been running a clinic for patients across Essex at Colchester Hospital.

Now the Colchester clinics have expanded to treat people from east Suffolk, following the merger of Colchester and Ipswich hospitals.

Dr McStay said: "We know our patients' time matters and our new multidisciplinary team group can see the patients more locally and avoid them having to travel for their care."

Suffolk patients previously had to travel to London or Cambridge, but can now see the team at Colchester.



NET oncologist Dr Ellie Saunders, NET lead clinician Dr Mary McStay and NET oncologist Professor Bruce Sizer.

## An inspector calls on ESNEFT

Every hospital in the country is visited by the Care Quality Commission and inspected on whether it is

- safe
- effective
- caring
- responsive
- well-led

Our ESNEFT services were inspected in June and July – it was the first CQC inspection our sites have had since we merged to become one organisation.

As well as identifying areas where our services need to improve, the inspection also gave teams a chance to highlight things we are proud of – these included a reduction in nurse vacancies, our strengthened interventional radiology service and improvements to end of life care.

A detailed report from the CQC about the inspection will be published later in the year.

## From dialysis to kidney transplant

It's a year since Nick Sawyer got a phone call, a phone call that saved his life.

And he has thanked the ESNEFT Colchester Renal Unit team for their care throughout his journey from kidney dialysis to kidney transplant.

It was at 2am when the 52-year-old was told over the phone a kidney donor had been found. He had spent more than two years on dialysis.

Nick and his wife Donna, from Colchester, made their way to Addenbrooke's hospital in Cambridge and 22 hours later he had the life-changing operation.

Nick said: "I was buzzing, we were smiling and laughing and couldn't stop the happiness we felt."

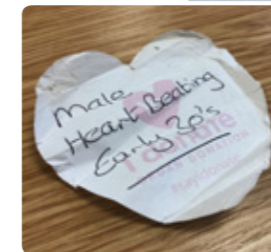
That moment of pure joy was also tinged with sadness though. Donna said: "It creeps in that someone has lost their life and you're aware the whole time someone else had passed in order to allow my husband to live."

All the couple ever found out about Nick's donor was that he was a man in his early thirties, and his heart was still beating due to being on life support. Those details were written on a small piece of paper (pictured) by a nurse which Donna always keeps with her as a reminder.

She said: "The kidney has not done anything except excel in Nick's body – that's very unusual – he's not had to have any dialysis. It's a real success story."



Donna and Nick Sawyer, from Colchester, are adjusting to a new way of life and making use of the extra time they have gained after Nick's kidney transplant in March last year.



Nick was diagnosed with polycystic kidneys in 2000 and three months later he was also told that he had multiple sclerosis (MS) at the age of 33. In the blink of an eye he had two complex medical conditions to manage.

Nick's kidneys grew to the size of rugby balls and put his other vital organs under pressure. In 2016 his kidney function dropped significantly and he had to have one of them removed.

It was after the kidney removal that he started having kidney dialysis at the Primary Care Centre in Colchester, supported by Renal Unit sister Amanda Haralambous (far left in picture below) and her team.



### Nick's life of dialysis before transplant

What Nick could eat and drink changed drastically after he had the transplant surgery, but the biggest difference for him was no longer having to go to the dialysis unit for treatment three times a week.

He said: "It's a means to an end because it kept me alive, but it's very time consuming and tiring – it's at least five hours each time.

"I feel so much better in myself now, I was falling asleep all the time and was so weak. The weakness in my kidneys made my MS significantly worse."

His wife Donna, who also has MS, said: "There's been some really difficult challenges along the way, but the staff at the Renal Unit are the most dedicated, friendly, kind and caring team. They go above and beyond and they work so hard. We're really grateful to the whole team, they keep everyone's morale up."

## Group to help osteoporosis patients self-manage

Osteoporosis patients referred to Ipswich Hospital for physiotherapy can now attend a dynamic new group to help them successfully manage their own condition.

The sessions are designed to boost patients' confidence by focusing on education and exercises which will help to improve posture, balance and strength, with the aim of preventing falls, further injury and the need for hospital care.

They have been introduced by Mary Knott, a senior physiotherapist in the outpatient department.

Mary said: "It is so important to make sure that people with osteoporosis are doing everything they can to strengthen their bones and stay well for longer."



Left: Physio Mary Knott with patient, Bev Frost.



Right: Nurse, Jan Mickleburgh with patient, Pat Osborne.

### Will your organs help someone else to live?

The NHS Organ Donor Register is a confidential list of people who want to donate and people who do not want to donate their organs and/or tissue.

Find out more at [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)



# Staff who make our hospitals go round

There are more than 350 different careers in the NHS – each as important as the next.

But as the world celebrated International Day of the Midwife and International Nurses Day and the nation celebrated Operating Department Practitioner Day this spring, we joined in.

Here are some photos of our fabulous nursing, midwifery and operating department practitioner staff across ESNEFT.



Chief Executive Nick Hulme pictured with colleagues on Colchester Hospital's delivery suite.



Midwives Louise Hawkins, Zoe Meakin and Laura Mahoney at Colchester Hospital.

Head of Midwifery at Ipswich Hospital Alison Littler pictured with Deben Ward colleagues.



Midwife Sue Kelly delivered obstetrics and gynaecology doctor Carine Knowles when she was born on Christmas Day in 1989. Now they work together on the maternity wards at Ipswich Hospital.



Nurse Jenny Andrews is taking on Snowdon, the highest mountain in Wales – aiming to walk up and down it in one night.

Jenny, who works in our Reactive Emergency Assessment Community Team (REACT) in Suffolk, is fundraising for the mental health charity MIND in a bid to help others after her younger brother committed suicide.



Birch and D'Arcy Ward colleagues at Colchester Hospital with Chief Nurse Catherine Morgan and site director of nursing Melissa Dowdeswell.



Aldeburgh Hospital colleagues joined in with the International Nurses' Day celebrations.



Members of the Research and Resuscitation teams at Ipswich Hospital.



Operating department practitioner lead Paul Lawrence, left, with deputy Philip Wilkins at Colchester Hospital.



Operating department practitioner (ODP) Paul Culley is a practice education facilitator for ODPs and paramedics.



Operating department practitioner at Ipswich Hospital, Mandy Noon, waits for a patient to come into theatre.



Operating department practitioner (ODP) Alice Hadgraft is unique as she is the only ODP who can fit PICC lines for cancer patients. These are thin tubes which are fitted into patients' veins so they can have chemotherapy through it for a long period of time.

# An ESNEFT round of applause

Commendation Awards are our way of saying thank you to staff who go the extra mile. Find out about our new winners...

## Dr Abdul Abbas, consultant

Dr Abbas is an everyday NHS hero from the frontline of our Emergency Department at Colchester Hospital.

But did you know Dr Abbas is a hero behind the scenes too? On Wednesday mornings he gives up his own time to teach life-saving training to team members. A small room at the back of the department is turned into a classroom where the most vital skills are shared.

Dr Abbas has been doing this for two years and the team is equipped with a whole host of life-saving techniques to help our patients as a result.



## Rob Binns, recruitment officer

A typical day in HR for Rob involves processing job adverts and application forms – but on one unusual day, looking after a pet dog joined his 'to do' list.

Through bizarre circumstances, Rob found himself looking after a patient's pet Staffordshire Bull Terrier. Rob is an avid dog lover and former dog walker, and he went far beyond the call of duty.



## Isobel George, robotics developer

You can't see them – but the robots inside the computer of IT developer Isobel George are saving time and hassle for thousands of hospital patients.

Isobel works in our robotics team and is a whizz at using artificial intelligence (AI) and virtual robots.

Over just four weeks, Isobel built a robot system to automatically cancel outpatient appointments at Colchester Hospital when patients send a text message to say they no longer want the appointment. It means the slots quickly become available for another patient.



See page 9 for more from our robotics team.

## Joanna Sheppard, renal dietitian

Joanna is a specialist dietitian who cares for dialysis patients in the Renal Unit at Colchester's Primary Care Centre.

An elderly patient got a head injury on the way to an appointment and needed to go to the Emergency Department (ED).

Joanna's shift was coming to an end, but she took the patient to ED and stayed with her as company until 1.30 am despite being on shift again the next day.





## Clinic to improve respiratory care

Respiratory patients in east Suffolk are being given quick access to the expert help they need to keep them out of hospital following the launch of a new specialist clinic.

The chronic obstructive pulmonary disease (COPD) respiratory HOT clinic offers specialist assessment and treatment for people who are experiencing a flare-up of their condition, without the need to visit their GP or come into hospital's Emergency Department (ED) first. HOT stands for hospital outpatient treatments.

The clinic's aim is to ensure patients can receive treatment in the most appropriate place to meet their needs before continuing their recovery at home. It comes in response to statistics which show there were 667 admissions to Ipswich Hospital during a year for COPD exacerbation, while 70% of those coming to ED with a flare-up could be treated safely and effectively outside of hospital with specialist input.



Paul Humphrey, specialist services manager for COPD at Ipswich Hospital, is helping to prevent respiratory patients being admitted to hospital unnecessarily.

Paul Humphrey, specialist services manager for COPD at the hospital, said: "Evidence shows us that the majority of patients who come into ED with an exacerbation of their COPD will be admitted for one or two days, but actually require minimal intervention.

"This clinic allows us to carry out any specialist tests they may need, such as chest X-rays or blood tests, before administering medication or putting the support and follow up care in place to help them get back home without a stay on the wards."

The appointment-only clinic is currently running as a pilot on three days a week. GPs, ambulance staff and other healthcare professionals are able to refer, while information has also been given to patients who have visited the ED more than twice in the past year so that they can self-refer.

## 'Fantastic' news for people with hearing losses

A grandmother with profound hearing loss has welcomed new guidance which means more people will be offered the option of having a cochlear implant.

Penny Pearson, from Colchester, went profoundly deaf overnight at the age of 64 and had surgery to fit a cochlear implant, an electronic medical device which replaces the function of damaged parts of the inner ear. Unlike hearing aids, which make sounds louder, cochlear implants do the work of the cochlea by turning sound into electrical signals.

The now 73-year-old thinks it is "fantastic" NHS watchdog NICE (National Institute of Health and Care Excellence) has given its definition of severe deafness a rethink.

Penny said: "It's fantastic more people with severe and profound hearing loss will meet the criteria for cochlear implants. It's a life-changing opportunity which takes careful consideration, hard work and dedication with the support from hearing scientists and therapists to get the best out of this investment."

Penny was driving with friends and her hearing "just switched off". Her son Blane also went profoundly deaf when he was 38-years-old, just three weeks after she did.

She said: "Life changed not only for us, but for the whole family, it was so, so hard. When I had the implant fitted my husband said 'I have got my Penny back'."

Penny met our head of Hearing and Balance Services Lesley Chapman and described her as 'straight forward and caring'.



Penny Pearson (left) has thanked our hearing services colleague Lesley Chapman (right). She said: "Lesley's very straight forward and caring, she always made it about you. She teaches you to stand on your own two feet and when you get someone like Lesley that goes the extra mile, I can't tell you what that means."

## A dying patient's story

*"I can't say enough good words about the garden, it's perfect."*

That is what patient Alan Fowler said about Colchester Hospital's Time Garden. He benefited from using the garden almost daily while he was cared for on West Bergholt Ward.

Research shows green space and gardens in hospitals can benefit patients' health and wellbeing. This is something Alan, who hails from Clacton, can vouch for.

He said: "When I went into the garden for the first time I realised immediately how it lifts the spirit. What a wonderful change from the environment on the ward, there was a sense of total uplifting, I felt really well afterwards."

Alan, who has three children, six grandchildren and four great-grandchildren, was diagnosed with a tumour on his pancreas. He underwent surgery, but it was discovered the cancer had spread. He is now being supported by the hospital's end of life team.

Alan has been so invigorated by his experiences in the Time Garden he is making a donation of £1,000 to pay for any future improvements it may need.

To find out more about the Time Garden and to donate, visit [www.colchesteripswichcharity.org.uk/time-garden-appeal](http://www.colchesteripswichcharity.org.uk/time-garden-appeal)



A view of the Time Garden at Colchester Hospital.

Alan Fowler and his wife Helen in the 'pod' in the Time Garden,



Alan and Helen pictured on their wedding day on 14 February, 2018.

Photo: Carol Brewerton Photography

## Robots making time matter

TIME MATTERS

Virtual robots are making time matter for our staff, as well as patients, in Colchester Hospital's Cardio-Respiratory department.

The new technology is taking the strain out of the referral process and giving time back to colleagues so they can offer more support to patients.

The team was receiving a huge amount of referrals for tests, including pacemaker checks and lung function tests, and the administration team were struggling to keep up. The booking co-ordinator was even starting her shift an hour early every day to try and stay on top of the workload. Now she doesn't have to do that.

Sharon Archer, head of Cardio-Respiratory at Colchester Hospital, said: "It takes the pressure off and my team have more time to do their jobs. My booking co-ordinator can now get straight on with booking the patients [into appointments]."

Robotics and integration developer Ian Mitchell said: "Thanks to the robots there are no delays. It's really satisfying to see the benefits of robotic technology in action. To be able to give something back to the staff in Cardio-Respiratory is incredibly rewarding."



Darren Atkins (left) and Ian Mitchell (right) from the ESNEFT robotics team with Sharon Archer, head of Cardio-Respiratory at Colchester Hospital.



# One year and counting at the STARR Centre

A community team has been reflecting on their first year of offering care in a different way to patients.

The STARR (Short Term Assessment Reablement and Rehabilitation) Centre, part of Bluebird Lodge in Ipswich, looks after people who do not necessarily need to be in hospital, but are not well enough to go home. It has transformed the way some patients are cared for, in partnership with Ipswich Hospital, community hospitals and adult and community services, to get people home quicker.

People can be discharged from hospital sooner by going to the STARR Centre. The maximum length of stay is 14 days.



Teresa Walls and Victoria Kenny.

Teresa Walls, modern matron at the STARR Centre, said: "I'm incredibly proud that when people come here they say what a lovely atmosphere there is and everything's very positive. That, to me, means an awful lot."

Therapy lead Victoria Kenny said: "We're used to having challenging conversations with families about getting people home. What was previously challenging has become normal."



# Meanwhile, at Bluebird Lodge

Bluebird Lodge patients got into the competitive spirit when they took part in an inclusive sports session.

A game of boccia was organised by community hospitals matron Fran Friston and delivered by local independent charity ActivLives.

Fran said: "The patients have been using their limbs and muscles and have been reaching and balancing throwing the balls. "They have also had to use communication to interact with their team-mates and had to really think about how they were going to play certain shots."

One of the players was patient Martin Steel. He said: "It's a similar concept to bowls, but with an extra challenge as some of the balls are softer than others, so you have to think about how you are going to deliver each shot."



# Epic swim for breast cancer survivor

Breast cancer survivor Kirstie Boxall swam 38 miles – the same distance as swimming to France and back again – to raise money as a thank you for the care she received from our teams.

Over 35 days she swam lengths at a local swimming pool and raised more than £3,000 for our Blossom Appeal to help raise £2.5 million for a new breast care centre at Ipswich Hospital.

Kirstie received treatment at both Colchester and Ipswich hospitals. She said: "I had a leg in each camp, so to speak, and received treatment and expertise from both locations.

"Feeling like I have over the last two years, I never thought that I would be in a position to be able to do this [swim]. Although it was a struggle...I needed a goal."



Kirstie Boxall in the pool (above) and with hospital colleagues at the Blossom Appeal artwork at Ipswich Hospital.

# A day in the life of community care

ESNEFT runs a range of services for patients at our community hospitals in north Essex and east Suffolk. In Essex they include Clacton Hospital, Fryatt Hospital in Harwich and Halstead Hospital. Here are just a few of our teams and colleagues who play a key role in delivering these services and care to patients.

Members of the Clacton Coastal Birthing Unit team: (back row) sonographer Lorraine Moroney, midwife Helen Eatherton, healthcare assistant Karin Croft, ward clerk Tanja Martin and (front row) radiology support officer Wendy Rennox and healthcare assistant Gill Brundle.



Patient pathway coordinator Brenda Lambourne and patient pathway supervisor Linda Reakes are based at Clacton Hospital.



Deputy sister Hannah Sines is based in Ivy Benson House at Clacton Hospital where our Outpatient clinics are run.



The North East Essex Wheelchair Services team are based at Clacton Hospital: Tracy Freeman, clinical lead for Equipment and Wheelchair Service, pictured right with office administrators Melanie Cave and Christine Gee.

Medical records officer Catherine Poupa and clinical collater Lesley Wallace at Fryatt Hospital in Harwich.



Maternity healthcare assistant Hayley Smith supports mums and mums-to-be at Fryatt Hospital in Harwich.



Midwife Lauren Martin cares for mums-to-be at Halstead Hospital.



Cardio-respiratory ecocardiographer Davide Avesani is on hand to carry out patients' echocardiograms at Halstead Hospital.



Patient pathway coordinator Kate Ralph is based at Halstead Hospital.



Staff nurse Katherine Hinsley and consultant cardiologist Nick Robinson with Director of Communications and Engagement at ESNEFT Rebecca Driver.



# Don't take swallowing for granted

Traditional afternoon teas were given a twist by teams at Colchester and Ipswich hospitals to highlight the life-threatening consequences faced by people who struggle to swallow.

While most people take their ability to eat and drink for granted, those with dysphagia (swallowing difficulties) can encounter medical issues, including choking, dehydration, malnutrition and weight loss.

They are also extremely vulnerable to pneumonia and chest infections without the right care, while taking medication and controlling their saliva can contribute to a poorer quality of life.

To recognise Swallow Awareness Day, afternoon tea treats were served up on the daily ward tea round at Colchester Hospital and at the restaurant at Ipswich Hospital. The cakes and biscuits were in a variety of textures and blends, including pureed teacakes and soaked battenberg, giving people that can eat normally an insight into how people with dysphagia deal with meal times and snacks.

Ruth Myers is the clinical and professional lead for speech and language therapy at Colchester Hospital. Ruth said: "Many of the people I see with swallowing problems tell me that their enjoyment of food and drink can be altered and they may avoid social situations due to fear or embarrassment around their difficulties, resulting in social isolation."

Dysphagia affects people with a range of conditions, including 68% of people with dementia in care homes and 65% of people who have had a stroke.



Photo credit: Neil Didsbury/EADT

Kate Harrall, principal speech and language therapist, at a tea party at Ipswich Hospital. The cakes were different textures to help patients with swallowing difficulties.

Patient Roy with Hannah Tudball, dietician, front and Katie Green, diet and dysphasia assistant practitioner at Colchester Hospital.



The teams at Colchester Hospital encouraged visitors to think about what they would miss most if they could not eat or drink.

## What is SALT?

Speech and language therapists (SALTs) support patients those with dysphagia to eat, drink and swallow more safely.

They can assess swallowing, diagnose dysphagia, make recommendations about safe consistencies, or support with exercises, postures and other rehabilitation.

# Volunteer John top of pops for 45 years



Hospital Radio Ipswich volunteer John Alborough in the studio (right), library (left) and in his younger days (above).

## John's top three songs:

- 'Just My Imagination' by the Temptations
- 'Fields of Gold' by Eva Cassidy
- 'The Wind Beneath My Wings' (Lee Greenwood's version)

Sugar Baby Love by the Rubettes was at number one when John Alborough began his love affair with hospital radio in 1974.

More than 2,000 shows and 45 years later, his weekly show 'Alborough Festival' remains a popular feature with listeners at Ipswich Hospital.

Technology has advanced over the years but one thing hasn't altered – John's commitment to hospital radio, whether on air or on the hospital's wards collecting requests.

John said: "A lot of patients like it when we visit them in hospital and they like to hear their requests played on the

radio. But it doesn't matter if they are not listeners or do not want to request a song. The main thing is that we are there for them.

"On air I imagine that I am broadcasting to just one person and I picture that person in my mind. I am giving them all my attention."

The station boasts more than 100,000 songs, sung by more than 12,000 artists.

John, also a governor of our organisation, said: "There are certainly some artists who are more popular than others. Jim Reeves, Elvis Presley and Frank Sinatra are among the most requested."



# Town honours community nurses

The Felixstowe community nursing team has been thanked by the town it serves.

At Felixstowe Town Council's Civic Awards, the team scooped the NHS Award and was presented with a trophy by the Mayor of Felixstowe Graham Newman.

The team's business support colleague Judith Borrett was also nominated for an individual award and commended by the mayor. The team's area manager Karen Large said: "When we think of NHS heroes we often think about doctors and nurses, but there is a whole army of staff who provide a lot of support to the clinical teams that keep them going."

The Felixstowe Community Nursing team, outside their base at Felixstowe Hospital.



# School life when you're in hospital

Life can be tough for children in hospital. Our school room teams help our youngest patients keep up with their education and have fun while they are at it.

These pictures are from our hospital school teams – scientific experiments to create chemical reactions and find out how glow sticks work at Ipswich, and dinosaur modelling and animal work at Colchester.



Above left: Ipswich Hospital school room teacher Kate Kingsford-Bere and teaching assistant Lizzie Vincent, and, above right, the school room colleagues at Colchester Diane Bhaker, Laurence Terroni, Sally Miller and Nicki Whitelaw.



## Bye to volunteer after 30 years

A volunteer has said goodbye to her role supporting children after more than three decades of volunteering.

June Parsons has been a familiar face around Ipswich Hospital since 1987. She was a librarian and gave out hearing aid batteries before joining the school room in 2005.

She said: "It's been very enjoyable, for me the school room in particular has been the most interesting department."

June, 80, is known for her creative flair and has helped to create many of the colourful displays about the school room's topics around the children's ward.



# Donations boost care for renal patients

Two new scanners are improving the care provided to kidney patients at Ipswich and Aldeburgh hospitals by making sure blood can flow freely during dialysis.

The U-Lite scanners, paid for with money donated to the hospital charity, are being used to monitor fistulas, which are large, strong blood vessels created by joining a vein and artery in a patient's arm to make it easier to transfer blood from the body to the dialysis machine and back.

The ultrasounds, which are both fully portable and produce high quality images, are used before and during haemodialysis so clinicians can detect any potential problems early and take action to maintain the fistula. This reduces the need for patients to have a haemodialysis catheter placed in their neck, which is a more invasive procedure.



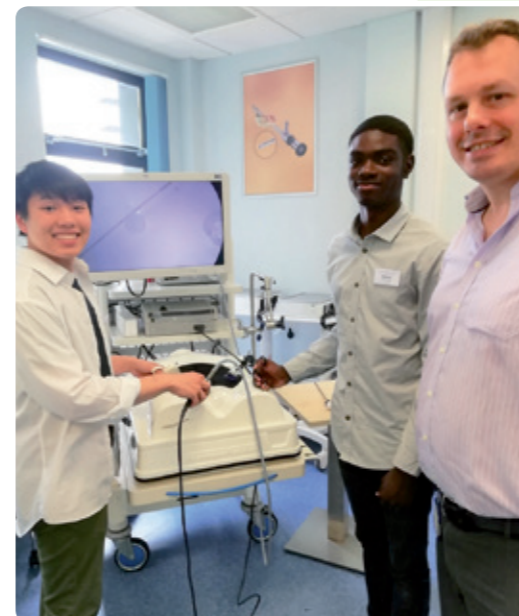
## Bracelets

The team has also received some renal medical alert bracelets to give to patients who have a fistula. The bracelets, which were donated by Ipswich kidney patients Sidney Woods (pictured left) and George Garnham (right) to renal nurse specialist Joseph Deguara (centre), alert staff not to take blood, cannulate or take blood pressure on an arm with a fistula, which can all cause irreparable damage.

# Doctors of the future at ESNEFT careers day



Local students found out what it takes to be a doctor at an event at our ICENI Centre for Surgical Training and Research.



The next generation of doctors have been given a hands-on look at what it takes to enjoy a career in medicine.

A group of 48 aspiring doctors from schools across Suffolk and Essex took part in an ESNEFT careers day to give them an idea of what to expect before they begin their medical training.

They were given the chance to try their hand at various medical skills, including suturing, basic life support, keyhole surgery and anaesthetics, as well as hearing more about applying for medical school and gaining work experience.

The students, who are all in year 10, 11 and 12, also took part in 'speed dating' sessions to learn more about specialties such as anaesthetics, emergency medicine, general practice and surgery.



# A great place for apprenticeships

## Maternity administrator Megan

An administrative assistant who secured a job with us after completing an apprenticeship has described how lucky she feels to have been given the opportunity to kickstart her career.



Megan Bryan jumped at the chance of joining the maternity administration team at Ipswich Hospital as an apprentice.

*"I can thoroughly recommend an apprenticeship"*

She joined in January last year and with the support of the Education Team, she spent the next year studying for a level two apprenticeship.

Megan, 20, has since been rewarded with a permanent job and said: "I can thoroughly recommend an apprenticeship at the hospital. It's a brilliant way to get your feet in the door and the training has been really good."

"Even though our administrative role is not hands-on, it's great to know that we still have an impact on patient care."

## Stroke rehabilitation assistant Michelle

Michelle Forster, a stroke rehabilitation assistant, has completed an apprenticeship (level three advanced diploma) in clinical healthcare after spending two years studying while training on a stroke ward.

She is now hoping to go on to complete further qualifications so that she can fulfil her dream of becoming an occupational therapist.

Michelle, who first started working on Ipswich Hospital's Shotley Ward as a healthcare assistant 10 years ago, said "It helped me to learn so much more about the job I was already doing while also giving me a great insight into the other roles available on the ward and how to progress into them."

"I enjoy being able to support patients from their admission right through their recovery and as they learn to walk and talk again."



*"It helped me learn so much more about the job"*

# Supporting the mental health of parents

Extra mental health support is being offered to parents who have a baby on our neonatal units.

At Colchester hospital, colleagues have launched a weekly coffee morning for parents to discuss their worries.

Colchester Neonatal Unit sister Karen Moss said: "Having a baby that is sick or premature is extremely stressful and traumatic for parents."

"When a baby is poorly, they feel like they have to be with them 24/7 but they can go home for a couple of hours and take some time out. It's about making them look after their own mental health."

Neonatal colleagues at Colchester: L to R, nurse Laura Salmon, sister Karen Moss and nursery nurses Diane Murkowski and Chloe Godbold. The team shared thank you cards with each other to spread positivity.



Launching as part of national Neonatal Mental Health Awareness Week, mental health support leaflets and a podcast for parents made by BLISS – a charity for babies born premature and sick – are also available at both hospitals.

Clinical lead nurse at Ipswich Hospital Julia Cooper said: "It is so important to support parents throughout their journey."



Clinical lead nurse at Ipswich Hospital Julia Cooper (right) with practice development nurse Suja Varghese. Colleagues took time out during mental health awareness week to do some mindful colouring.

A survey conducted by BLISS found that 480 of 600 parents questioned said their mental health worsened after their time on a neonatal unit.

# Helping our patients to look and feel better

Women are being given an opportunity to forget about the stress of cancer treatment and take some time for themselves to enjoy a different type of therapy.

The Look Good Feel Better workshops at Colchester Hospital support women who have had, or are undergoing, cancer treatment following a diagnosis of any form of the disease. They help them to manage some of the physical and most visible side effects of what can be invasive and intensive therapies.

Sarah Orr, our lead cancer nurse, said: "The women who come along to the Look Good Feel Better workshops say they feel more like themselves again, which is a very positive outcome after they have been through such a difficult time."

Working in partnership with ESNEFT, national cancer support charity Look Good Feel Better run the free confidence boosting skincare and make-up workshops once a month. Each workshop is led by beauty therapists who teach women how to cope with changes they may notice during their treatment, including alterations to the skin. They can also pass on hints for using make-up to fill in missing eyebrows or eyelashes which they may have lost due to chemotherapy.



The Look Good Feel Better volunteers pictured with patients Kay Stamp, Deborah Slater, Debra Molyneux and Sharon Tansley.

## What our patients say



Deborah Slater (left) said: "It's not just about the make-up. You can meet like-minded people who are in the same situation, you can relate to others around you and learn from each other."

Deborah is due to finish her treatment next month and said she "felt like a new woman" after the workshop.



Sharon Tansley (right) said: "I'm so glad I went along. It does make you feel better. Being with the group gave me a boost."

# Matrons speak up about merger benefits



Musculoskeletal matrons Rossa Baker (pictured, left) and Louie Horne (right) are making the most of the merger of Ipswich and Colchester hospitals. The pair talk almost every day in a bid to share ideas and how to solve problems.

One big example is the roll-out of Colchester Hospital's Two at the Top (2ATT) scheme across to the musculoskeletal wards at Ipswich – Needham, Martlesham and Saxmundham wards. It means each ward sister and a consultant from the ward have a dedicated monthly ward meeting. It gets the medical team involved in ward issues, including staffing and patient experience.

Louie, based at Ipswich, said: "It's really working, it gives a real sense of ward ownership and teamwork. It's worked at Colchester and so we have introduced it at Ipswich."

Rossa, based at Colchester, said: "Every time I visit Ipswich I see a new idea I can take back. I have just visited one of the wards and seen a helpful poster – so I've taken a picture and will take it back to Colchester."

## What's next?

The next step for Rossa, Louie and their teams is to 'twin' wards.

The musculoskeletal wards and elective surgery wards will be twinned with a counterpart at the other hospital.

It's an idea from Colchester Hospital's Aldham Ward sister Lucy Crimmin, and will involve the paired up ward teams being in regular contact, making sure the best ideas from each hospital are shared.



# Celebrate...

## Bite-size good news stories from around our trust

Midwife Emily Jervis went over and above the call of duty when she briefly starred in a local community group's pop video.

Project 21 supports young people with Down's Syndrome in East Anglia and their latest creative project was putting together a 'Born This Way' pop video, featuring local young people with Down's Syndrome.

The short 'birth' scene was filmed at Ipswich Hospital and Emily stepped in to help out.



Two ESNEFT midwives went to Liberia to teach midwives and nurses crucial skills they need when caring for women in childbirth.

Helen Smith (pictured, kneeling, right) and Ruth Keen (kneeling, second left) accompanied the charity Life for African Mothers which aims to make childbirth safer by providing education, equipment and medication.

Statistics show that one in every 23 Liberian women currently dies during childbirth.



The Gynaecology team at Colchester Hospital has received a 'centre of excellence' award for performing a non-invasive procedure that helps women who suffer heavy or abnormal bleeding during their periods.

Led by Mr Fadi Alfhaily (pictured, right), the team carries out the NovaSure procedure which surgically removes the inner lining of a woman's uterus.

Colleagues at Colchester Hospital have reduced neurology waiting times by three weeks after completing a 100-day challenge to improve patient care.

The team found a range of actions which could be taken within 100 days, including the development of a new, easy to use referral form for patients experiencing headaches and working more closely with a community GP with a special interest in headaches.



Ipswich Hospital colleagues have shared their learning and findings around patient care at the biggest stroke conference in Europe.

Foundation year doctors Hussein Al-Kemakchi and Iman Ghaffari, and stroke nurse Sarah Gumbo spoke at the European Stroke Organisation Conference in Milan. Hussein and Iman are pictured here with stroke consultant Sajid Alam, centre.



Stroke patients are rebuilding their confidence and helping each other regain speech and language skills at a weekly group in Kesgrave, Ipswich.



Patients with aphasia - difficulty with language, speech and the ability to read and write, common after a stroke - meet once a week along with our speech and language therapists.

At the 'Express Yourself' group, they can share their experiences, talk about everyday life and help each other.

Trainee doctors have voted Colchester Hospital as the number one orthopaedic training hospital in the east of England.

Mark Loeffler (right of picture), consultant orthopaedic surgeon and educational supervisor for Trauma and Orthopaedics at Colchester, said: "All the consultants are interested in teaching which helps boost the training we offer, we're very proud to have received the award."

Out of the team of 12 consultants at Colchester, 10 completed their training at the hospital and chose to return as consultants.



A stop-smoking project has seen smoking rates among pregnant women at Colchester Hospital reduce by nearly 7%. The initiative has led to improved outcomes for both mum and baby. It was spearheaded by clinical specialist midwife Sandra Gosling along with with smoking cessation midwife Clare Bailey (both pictured).



Meanwhile, mums-to-be who plan to have their babies at Ipswich Hospital are being given extra help to stub it out earlier in their pregnancy following the launch of a similar stop smoking service.

The service sees specially-trained midwife Angela Leach (pictured right), in partnership with One Life Suffolk, offer support to women, along with any nicotine replacement therapy they may need, during routine appointments. Previously, they would have been referred to an external stop smoking provider for support.



Have you heard of nursing associates? It's a new role set to boost the under pressure NHS workforce.

Once qualified, they will free up the time of registered nurses.

Trainees are studying at the University of Suffolk, with eight trainees currently working at Ipswich and Colchester hospitals while they are training.



Thanks to everyone who donated to the collections at our hospitals to support communities in Beira, Mozambique, devastated by Cyclone Idai.

Ipswich Hospital has been twinned with the hospital in Beira for many years.





# Surgeon's invite to palace garden party

Ear, nose and throat surgeon Arcot Maheshwar swapped his stethoscope for glad rags after a royal invite to Buckingham Palace.

Mr Maheshwar was invited to the Royal Garden Party in recognition of his long service to the NHS.

Her Majesty The Queen was represented on the day by His Royal Highness The Prince of Wales.

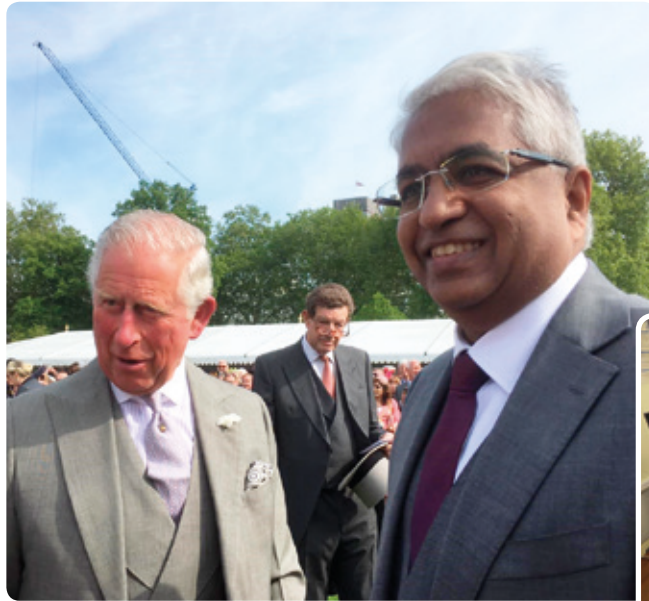
Mr Maheshwar said: "It was a wonderful day, I'm very, very grateful.

"I had a chat with Prince Charles which was very nice. He asked what did I do and I explained I am a consultant at Colchester Hospital and he said we were all very special."

Mr Maheshwar, is based at the Primary Care Centre (PCC) in Colchester, caring for patients in north Essex. He was part of the team who transferred from Essex County Hospital to the PCC last year.



Surgeon Arcot Maheshwar outside Buckingham Palace, talking to HRH The Prince of Wales and in his usual attire while at work.



## 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.

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

### Last issue's solution

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



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