

ESNEFT life

Issue 8: Summer 2022

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



Simply the best!

Celebrating outstanding achievements and dedication
at the Team ESNEFT Staff Awards: pages 4 & 5



And inside there's even more good news stories from across ESNEFT!

The NHS is moving into the next phase of managing COVID-19

Lots is changing with guidance and restrictions are relaxing, but everything you need to know about visiting and attending appointments in ESNEFT hospitals is on our website.



Anyone showing any symptoms of COVID-19, or anyone feeling unwell, should not visit ESNEFT hospitals. This is essential to help prevent the spread of any infection.

COVID-19 symptoms may not be limited to just a fever, new continuous cough, or loss of sense of smell or taste. They can also include:

- shortness of breath
- feeling tired or exhausted
- aching body
- headache
- sore throat
- blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

Genes impact how our body responds to COVID-19

Researchers at ESNEFT involved in new clinical trial

Our genes play a huge part in our health – but new research has revealed they're also responsible for how our bodies respond to the COVID-19 virus.

Researchers at ESNEFT have been part of a clinical trial to see whether a patient becomes seriously ill with the virus because of their genetic makeup.

Patients were asked to give either a blood or saliva sample as part of the GenOMICC trial (Genetics of Susceptibility and Mortality in Critical Care).

Bally Purewal (below left), clinical research practitioner at Ipswich Hospital, said:

“The trial has helped develop more targeted treatments for those with COVID-19, and has helped increase our knowledge and understanding of why some people develop life-threatening COVID-19, while others only experience mild symptoms.”

The study, which was part of a wider trial led by the University of Edinburgh in partnership with Genomics England, explored the connection between our genes and the likelihood of becoming severely ill. It's the world's



To contact the team behind this magazine, please email communications@esneft.nhs.uk

If you would like to read ESNEFT life in another language, please contact us on **01473 704770**.

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Read about innovative antiviral treatment for COVID-19 on p12



largest study of the genetics of COVID-19 with more than 57,000 patients taking part – some who hadn't had COVID-19, some who had it mildly and some who were very ill.

Patients were recruited for the research from 224 intensive care units across the country, including Colchester and Ipswich hospitals.

Once patients' samples were collected, sequencing of the genomes of those 7,491 patients were compared to the DNA of 48,400 people who hadn't had COVID-19 and 1,630 people who had experienced it mildly.

The research found 16 new genetic variants associated with severe COVID-19, including some related to blood clotting, immune response, and intensity of inflammation. It was also found that there's a single gene variant that disrupts a key messenger molecule in immune system signalling – called interferon alpha-10, and this is enough to increase a patient's risk of severe disease.

Alison Ghosh (left), clinical research nurse at Colchester Hospital, said: "Everyone was very happy to be involved to help inform us about COVID-19 and in turn the potential treatments that may be more effective for certain patients."

Turning hospital food waste into green energy

New time and cost effective system also reduces carbon emissions

Scraping food waste into the bin will be the last many of us think about it. But green-thinking hospital staff have been working on a way to turn that waste into green energy.

Rather than throw away tonnes of food rubbish from patient wards or hospital cafes, the waste is being transformed through special machines at Ipswich and Colchester hospitals and coming out the other side as a compost-like residue which is then changed into green electricity.

The process only takes 24 hours and is saving money, as well as reducing carbon emissions.

Scott Yearling, portering and waste manager, said ESNEFT is committed to reducing waste and offset carbon as part of its Green Plan. He said:

“This is a really exciting project and means not only are we reducing the amount of food waste we create, but we're saving money and turning rubbish into something that's reusable.”

“There's a cost to disposing of hospital waste, and previously we had to have several collections, but we only need one collection a week with this system so it's saving money and carbon emissions too.

184.33 tonnes = the greenhouse gas reduction compared to landfill

“With food waste we know it generates harmful greenhouse gases like methane and carbon dioxide, so to be able to reduce this in the process is a real step forward.”

Water use has also been reduced, as food was previously macerated requiring liquid in the process,



115 tonnes = the amount of food waste ESNEFT has converted into energy in the past year

but the new WasteMaster system doesn't need water.

Initially, food waste is broken down at the hospital, then taken to nearby sites to be transformed using activated oxygen which breaks down the cellular structure of the food and creates a coffee-grain-like substance or residue. No heat, enzymes or water are used.

Repurposing the hospitals' food waste also means it prevents it being harmful to the environment at landfill or in drains, which can cause 'fatbergs'.

The WasteMaster system is run by Green Eco Technologies. It has supported the Trust in rolling its use out across Colchester and Ipswich hospitals.





Award winners and highly commended...

Living the Values Colleague of the Year

Winner: Head chaplain Linda Peall
Highly Commended: Suffolk community speech and language therapist Felicity Cox

Trainee of the Year

Winner: Ipswich Hospital junior doctor Suraya Miah
Highly Commended: Ipswich Hospital student therapeutic radiographer Alexandra Swan

Team of the Year

Winner: Easthorpe Ward, Colchester Hospital
Highly Commended: Constable Suite for dementia patients, Ipswich Hospital

Supporter of the Year

Winner: Noah, aka Background Bob artist and fundraiser for Colchester Hospital
Highly Commended: Ipswich Hospital Pharmacy volunteer Chris Salame

Leader of the Future Award

Winner: Charge nurse Jaypee Palis, Colchester Hospital
Highly Commended: Ipswich community matron Hollie Rackham

Leader of the Year

Winner: Education lead Liz Numadi, based at Ipswich Hospital
Highly Commended: Colchester Hospital urology consultant Mr Stephen Keoghane

Working Together Award

Winner: Infant feeding practitioner Zoe Meakin, based at Colchester Hospital
Highly Commended: Waverley Rehabilitation Unit, Harwich Hospital

Time Matters Award

Winner: Business Informatics team
Highly Commended: Cardiac rhythm management team, Ipswich Hospital

Just some of our finalists!

Saying thank you to our staff

the Team ESNEFT Awards are back

We celebrated 79 outstanding healthcare teams and individuals at our Team ESNEFT Awards 2022.

Winners included a nurse who led the COVID-19 vaccination programme, a junior doctor who covers many extra shifts and a young artist who has raised more than £150,000 for the children's department.

For the first time our awards ceremony was virtual this year. Thanks to everyone who tuned in.

Congratulations to all our finalists. We feature a selection on this page.

Secretary of State visits staff at Clacton Hospital

You can read about big build projects at ESNEFT on pages 8 and 9.

New Community Diagnostic Centre services bring care closer to home.

Secretary of State for Health and Social Care Sajid Javid MP came to visit our new Community Diagnostic Centre at Clacton Hospital.

It is one of around 100 centres opening across England to help tackle the COVID-19 backlog. It will make things like scans,

diagnoses, and treatments quicker and closer to home for local people in Clacton and the surrounding areas.

Alison Power is Director of Operations at Colchester Hospital, which is run by East Suffolk and North Essex NHS Foundation Trust and is responsible for the project at Clacton.

She said: "This Community Diagnostic Centre will help us to tackle health inequalities by providing a better experience for patients, reducing waiting times and providing greater availability of, and access to, care.

"We aim to be operating 12 hours a day, seven days a week, to provide greater choice and volume of appointments for local people, while also reducing waiting times caused by the NHS COVID-19 response."

Diagnostic services on offer include MRI and CT scans, x-rays and ultrasound scans, blood tests, physiological measurements, as well as an endoscopy service from Colchester.

The centre will also provide employment and career opportunities for people in north east Essex as the use of Clacton Hospital's existing infrastructure is expanded.



What are the ESNEFT governors up to?

Behind-the-scenes at ESNEFT you'll find our Council of Governors.

These are local people, staff and representatives of organisations we work closely alongside. Together they play an important role in making sure the Trust is being well managed.

One of the governors' important roles is appointing non-executive directors to the Trust Board, and most recently the governors have appointed Mike Gogarty and John Humpston as ESNEFT non-executives. The appointments bring new experience and skills to the running of ESNEFT.

Find out more about our ESNEFT governors and the work they do by visiting our website and searching 'Meet our governors'.



Fact! Mike began his NHS career as a Clacton GP and recently led the Essex response to the COVID-19 pandemic as director of public health for the county.



Fact! John has a background in HR and charities and continues to work with the Samaritans as a listening volunteer.

As well as non-executive appointments, the governors have plenty more interesting roles in their job description. This includes representing local people to the Trust – they are here to represent you.

Contact our governors by emailing governors@esneft.nhs.uk

Our public and staff governors are voted in and there'll be elections again later this year.



Robotic surgery team celebrate first year success

Pioneering technology helps to improve patient outcomes and recovery

More than 200 patients have benefited from robotic surgery at East Suffolk and North Essex NHS Foundation Trust (ESNEFT) during the past year.

The £2.5m Da Vinci Xi surgical robot has been used by surgeons to successfully carry out minimally-invasive colon, rectal and gynaecological cancer operations, as well as procedures for endometriosis.

The technology allows surgeons to complete these complex operations by keyhole surgery, which has resulted in reduced conversion to open surgery, less post-operative pain, and earlier discharge from hospital. Feedback from patients has also been extremely positive

"It has been a hugely successful year for our team of surgeons and theatre staff," said Subash Vasudevan, who chairs ESNEFT's robotics working group and is the Trust's lead for innovation.

"Not only have they completed extensive training to be able to use this technology but have also worked together brilliantly to perform these procedures – all during a global pandemic. The robot gives you so much more control when you are operating and magnifies areas so that you can be even more precise. It is also incredibly stable, which makes complex surgery easier and means the surgeon is less tired after a long operation."

ESNEFT's Chief Medical Officer Dr Angela Tillett said:

We are really pleased that ESNEFT is able to offer these innovative robotic techniques to patients who need complex procedures. We have been delighted with the excellent outcomes which we are seeing, both in terms of the recoveries our patients are making and – crucially – their feedback following treatment."

To operate using the robot, the surgeon sits in the same room as the patient and will look through an eye piece on a console while controlling the machine's four arms from the console. This allows them to move tissue or make cuts remotely with incredible accuracy.



Surgeon's expertise recognised

A general and colorectal consultant at ESNEFT has become one of just a handful of consultants from around the country to become a 'proctor' in colorectal robotic surgery.

Subash Vasudevan can now teach colleagues from ESNEFT, and others from across the country, how to use the Da Vinci Xi surgical robot to carry out minimally-invasive colon and bowel cancer procedures.



Mr Vasudevan, pictured above, said: "I hope that this proctorship will help to put ESNEFT on the map while strengthening our growing reputation for embracing innovation to further improve the care we provide to the population we serve."

Mr Vasudevan was recognised as a proctor after completing a set number of operations using the Da Vinci robot and achieving excellent outcomes for his patients. He also had to demonstrate his involvement in teaching, by delivering courses and online lectures.

Brick by brick...

ESNEFT's big builds take shape!

Lots of building work is going on in our hospitals – here's the latest on what's happening and where.

At Ipswich Hospital

Breast Care Centre build begins

Work is underway to build a new multi-million pound Breast Care Centre at Ipswich Hospital.

The new treatment centre will transform the experience patients have when they come to hospital by bringing all elements of breast care under one roof – the clinic, the imaging department and hospital breast screening.

Nurse specialist Sue Yates said: "This new centre will give patients the environment they need and deserve for their care. A gold standard environment for gold standard care."

Funding for the new centre, which is due to open in the hospital's central outpatients' area later this year, is being provided in partnership between ESNEFT and The Blossom Appeal run by Colchester & Ipswich Hospitals Charity.



The development programme across our hospital sites totals £100million over five years



New entrance and retail area

A new main entrance and retail area has opened at Ipswich Hospital.

After six months of major building work, visitors and patients now have a welcoming and spacious entrance at the south end of the hospital and access to a new retail area, including Costa, WHSmith, M&S Food and Stock Shop.

New look children's department

A multi-million pound project to redevelop the children's department at Ipswich Hospital has begun.

The £6.9m scheme will improve the facilities for patients, families, and carers alike.

Dr Lauren Filby, clinical lead for paediatrics at Ipswich Hospital, said: "We are delighted that work has now started on this exciting project, which will transform the experience

our young patients and their families have when receiving treatment. The redevelopment will help us to create a modern, welcoming environment which matches the high standards of care which our staff provide."

The project is being jointly funded by ESNEFT and The Children's Appeal run by Colchester & Ipswich Hospitals Charity. Completion is planned next year.



Eye clinic upgrade

The Outpatient Eye Clinic at Ipswich Hospital is being refurbished to create more treatment rooms and improve patient experience.

This £1.8million upgrade will improve the use of space – creating more useful clinical areas and resulting in less to-ing and fro-ing for patients during appointments.

Earlier this year, the hospital's Retinal Eye Suite was relocated next to the Ophthalmology Day Care Unit (ODCU) on the main corridor. Having the retinal eye suite next to the ODCU and close to the eye clinic makes it easier for patients to be treated all in one area.

Urgent and emergency care

The main entrance project will pave the way for the development of a new Emergency Department and, for the first time at Ipswich Hospital, an Urgent Treatment Centre.

Right now, our teams are working together to create the best possible centre and service for the people of Ipswich and the surrounding area.

Colchester & Ipswich Hospitals Charity is also funding a new CT scanner (£750,000) which will be installed in the Urgent Treatment Centre (UTC) and Emergency Department build at Ipswich Hospital, and its supporting (£360,000) a dedicated paediatric area in the UTC. Our thanks go to the charity and all its fundraisers for their support

At Colchester Hospital

Building work starts on new centre for orthopaedic surgery

Work is underway to build a specialist surgical centre for patients who need non-urgent surgery, such as hip or knee replacements, at Colchester Hospital.

The multimillion-pound centre, which will be named the Dame Clare Marx Building, is due to open in 2024. It will treat patients from across Suffolk and north Essex and will include at least six theatres and two wards, with enough space to expand over the next 20 years.

Dame Clare said: "This new centre will make a tremendous difference to patients on waiting lists and greatly improve the lives of local people living with pain. I'm honoured to give my name to this building which will advance the work to which I have dedicated my career."

ESNEFT Chief Executive Nick Hulme said:

I'm delighted that we are now building this centre, which will provide one of the biggest single orthopaedic services in the country and enable us to provide quicker access to these services for the hundreds of people in our area living in pain every day."



Please bear with us while we make these changes. It will be worth the disruption to improve our hospitals.

Interventional Radiology and Cardiac Angiography (IRCA) unit

The new £8.9million Interventional Radiology and Cardiac Angiography (IRCA) unit at Colchester Hospital is now open.

Patient experience will be vastly improved, thanks to quicker diagnosis and care in the state-of-the-art specialist centre where teams usually insert a needle, cannula, catheter, or wire into a patient for diagnosis and/or treatment.

These minimally invasive techniques reduce the level of risk for patients, meaning they spend less time in hospital and can recover quickly.

The IRCA unit is in a central location on the first floor of the main hospital building, between the main block and Constable Wing.



Staff commendation award winners go the extra mile

The Trust's commendation awards are a way of saying thank you to staff. They are given to colleagues who go above and beyond the call of duty to support patients or their teams.



Associate practitioners
Hasina Ali and Jose Mas

Meet marvellous microbiology duo Hasina Ali and Jose Mas.

They are typical laboratory staff who work quietly and diligently behind the scenes. But on an extraordinary night in Colchester Hospital's COVID-19 urgent testing labs they earned themselves staff commendation awards.

The pair thought they were in for an average night shift analysing patient COVID-19 tests. But a sudden and

unexpected change in the technology meant they had to make an update every 15 minutes to keep the vital testing machines up and running.

Hasina and Jose had to make sure all the machines were kept active throughout the night.

Their nomination said: "I cannot praise highly enough the commitment and ingenuity shown by Hasina and Jose in dealing with this problem."



Emergency Department nurse
Esther Akintaju

A patient told us 'I owe her my life' when she nominated Emergency Department nurse Esther Akintaju for a staff commendation award.

Esther, who works at Ipswich Hospital, noticed the seriousness of the patient's condition – easily confused as food poisoning – and gave first-class care.

The patient in fact had a blocked bowel

and needed surgery.

It was a typically busy day in the Emergency Department, but Esther made sure no stone was left unturned and every test was carried out until the correct diagnosis was made.

The patient said: "I owe my life to this dedicated, professional and knowledgeable nurse. Esther is a credit to the NHS."



Nurse
Olivia Smith

Nurse Olivia Smith received her staff commendation award after saving the life of Ipswich Hospital housekeeper Chris Hunton.

During a night shift, Olivia – who was still a student at the time – heard a loud crash and quickly checked on all her patients who were sound asleep.

Convinced there had been a noise, Olivia looked in the corridor outside the ward and

saw Chris had collapsed on the floor.

She put her student nursing skills into practice, realised he was in cardiac arrest, called for help and started CPR.

Chris had open heart surgery and is now back at work.

When Olivia qualified as a nurse, she chose to stay and work at Ipswich Hospital – and now works on the same ward as Chris, pictured in green.



Ward hostess
Donna Pearl

Hospital ward hostess Donna Pearl has been given a staff commendation award for exceptional service to patients.

One of Donna's patients put her forward for the award saying "the hospital is lucky to have her" – and we couldn't agree more.

Donna is known for her acts of kindness while serving breakfast, lunch, and tea to patients at Ipswich Hospital.

Donna regularly nips back to the kitchen if a patient has a special request, and her caring nature often persuades poorly patients who are refusing to eat to take a few bites.



Medical secretary
Jodie Borley

Never underestimate a helpful hospital secretary – they are worth their weight in gold.

Just ask our diabetes team where they would be without the skills and support of medical secretary Jodie Borley.

Jodie, who works at Ipswich Hospital, has been at the heart of all the special arrangements which have kept things running during the COVID-19 pandemic

and kept waiting lists to a minimum.

From introducing a text messaging service to keep patients up to date with health advice during the lockdowns, rearranging countless appointments, organising complicated staff rotas, to even helping patients log-in from home for virtual appointments. Her colleagues describe her as dependent, positive, and hardworking.



Critical Care nurse
Louise Robinson

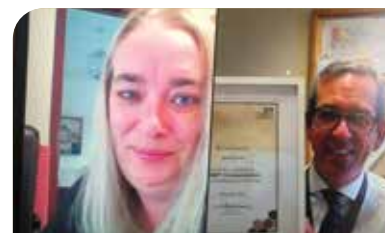
When NHS staff left their day jobs to join the fight against COVID-19 in critical care units, who did they look to for help? Who made sure they had extra training, IT, personal protective equipment (PPE), and someone to turn to? It was people like nurse Louise Robinson.

Louise works in critical care at Colchester Hospital and is known for her "caring

and hardworking" nature. It's what new colleagues needed most when they were redeployed.

On one particularly busy shift, Louise supervised four newly redeployed nurses and they each had a critically ill patient to care for.

We gave Louise a staff commendation award to say well done and thank you for all her efforts.



Private patients and overseas manager
Karen Tonks

Even a phone call can save a life. We gave a staff commendation award to Karen Tonks for the kindness she showed an overseas patient who needed NHS care. Visitors from abroad pay for some elements of healthcare if they seek NHS help while in England.

Karen helps these patients and showed professionalism and empathy when she

found herself on the phone with someone who was thinking about suicide.

Karen's nomination said she made the person feel like they had choices, and described her as a true professional and inspirational. The patient said it was that phone call which stopped them ending their life. They said Karen cheered them up, motivated them, and gave them a fresh start.



Ward sister
Alyce England

Colchester Hospital D'Arcy Ward sister Alyce England reunited a married couple when they found themselves in hospital at the same time.

The husband was being cared for following an operation when his wife was also admitted to another ward after falling. Alyce knows the importance of family

and love on patients' recovery and arranged for them to be together in a room with two beds on her ward. It wasn't easy as both patients had different teams caring for them, but Alyce showed compassion and determination which is why she was given a staff commendation award.

Taking steps to tackle fraud

ESNEFT is committed to maintaining an honest, open, and well-intentioned approach to all aspects of its business and staff conduct. This means that any activity related to fraud or bribery will not be tolerated.

Fraud and bribery cost the NHS millions of pounds every year. It's crucial that staff and the public are aware of the potential for fraud and bribery to occur and know how to report any concerns they may have.

Mark Kidd is the nominated local counter fraud specialist for ESNEFT. He has worked in the NHS for the past six years obtaining experience of all aspects of fraud.

Mark's responsibilities include raising awareness of fraud, promoting an anti-fraud culture, preventing, and detecting, fraud and investigating all allegations of fraudulent activity.

Anyone who would like to discuss an allegation of fraud or bribery, or report any suspicions, can contact Mark on **07528 970 251** or by emailing mark.kidd@nhs.net.

Alternatively, staff, patients and the public can get in touch with NHS Counter Fraud Authority at www.cfa.nhs.uk/reportfraud or by calling **0800 028 4060**.

ESNEFT staff are also welcome to contact Mark if they would like to arrange a fraud awareness session for their team.

Vulnerable patient Tracey is first to receive COVID-19 treatment

Antibody drip improved condition 'very quickly' within days

The first patient at ESNEFT to receive a new antibody for COVID-19 has spoken of her relief at being able to have the treatment when she caught the virus.

Tracey Reinman lives with Crohn's disease. The condition means she's extremely vulnerable and has spent much of the last two years feeling "terrified" of catching COVID-19.

Although she has been vaccinated, the virus poses a very real danger for the 38-year-old as she must take daily immuno-suppressants.

Tracey is one of thousands on the vulnerable patient list for shielding, and for a new COVID-19 antibody treatment called nMABS (neutralising monoclonal antibodies) too.

Tracey said:

I'd been terrified of COVID-19 as I'm extremely vulnerable, so when a nurse from Ipswich Hospital called me to say I could have the antibody infusion when I tested positive, I immediately said yes."

The civil servant tested positive for COVID-19 in January. She was breathless and felt exhausted, needing to sleep most days. Tracey had the treatment through a 30-minute drip and said it changed how she felt very quickly.

"I didn't have to sleep all day – which I'd been doing – and definitely felt better," she said.

"I'd been using an oxygen monitor to check my levels and I was at the bottom of what it should be, but within two days of the infusion it started coming back up.

"I'm so pleased I was able to have it and just so relieved it was an option."

More than 250 ESNEFT patients have had the nMABS treatment so far.

Lauren Hoare, consultant acute physician and divisional clinical director for Medicine at Ipswich Hospital, pictured below, said



We're so pleased to be able to offer this treatment for patients who need it. As Tracey has experienced – the nMABS treatment really does help prevent a vulnerable patient becoming poorly with COVID-19.

"We've had many patients have the treatment so far and we know it works."



Breast cancer patients benefit from new technology in radiotherapy

Breath monitor is 'easy to use' and 'fantastic'

New equipment which helps breast cancer patients visualise and focus on their breathing during radiotherapy treatment has arrived at ESNEFT.

The breath hold technique has been used at Ipswich and Colchester hospitals for many years. But now it is being supported by a new visual coaching device (VCD) at Ipswich Hospital to treat breast cancer patients.

By taking in a deep breath and holding it, the lungs expand, and the breast moves away from the heart, minimising the dose of radiotherapy treatment the heart receives.

The new equipment monitors a patient's breathing thanks to a small box that's placed on their chest to pick up their breathing pattern. The box has a visual display that shows a bar moving up and down, and a target area to aim for while their breath is held.

Jill Southgate, 58, from Ipswich, used it as part of her radiotherapy treatment. She said:

I found the monitor very useful and easy to use. It's a fantastic device.

"It really helped me keep my breath at the correct level when holding my breath. It gave me something to concentrate on too as there's a lot going on during the treatment."

Consultant breast radiographer Rachel Laker said: "Prior to the VCD we could only coach patients over our intercom. They couldn't see anything to help them judge how big a breath to take.

"This gives the patients some control over their treatment. They can see exactly where they need to breathe to and that they're getting to that point on the screen. It also helps us because we are getting consistency for their treatment too."

Radiotherapy treatment specialist Dale Fowler added: "There are different ways doses of radiotherapy to the heart can be reduced. Breath hold is just one which may be helpful to our patients. If this method isn't comfortable for them though, we can go ahead with another way of minimising the dose to the heart."

For now, the VCD is just being used to treat breast cancer patients, but it could be used for others in the future and in other hospitals run by ESNEFT.

Fast diagnosis and treatment secure good outcome for Jill

It was Jill's 93-year-old mum's diagnosis with breast cancer, which prompted her to get a lump that was previously benign looked at again.

Jill said: "It was only through the biopsy they could tell it wasn't benign, but it was thanks to mum that I got it checked."



Within weeks, Jill was booked in for surgery and had a mastectomy to remove her right breast on 6 May 2021. She also had a second operation to take out some additional lymph nodes which were found to be cancerous that was followed by three weeks of radiotherapy treatment.

She has praised the support she's received from Ipswich Hospital's cancer and radiotherapy teams, including that of the John Le Vay Cancer Support and Information Centre.

"The service has been brilliant," Jill said. "They're such a good team here. I'm very lucky."

Jill's mum has responded well to treatment, and although she has not had surgery, her cancer has shrunk. Jill is also doing well.

Celebrate...

Bitesize good news stories from across ESNEFT



We celebrated International Day of the Midwife and International Nurses' Day.

The events saw nursing and midwifery teams from around the world join forces to celebrate the difference they make to patients and new parents and babies every single day.

We shared inspiring stories from ESNEFT colleagues, including Paolo Zabat and Stephanie Magbanua who explained what they enjoy so much about the job and the satisfaction they get from working in the NHS.



International midwife Ali Pastor Palomares also shared her reflections about her varied role supporting families through antenatal months, during labour and after birth.

ESNEFT is offering more people the chance to take a quick and easy test which could help detect bowel cancer early.

Everyone aged 56 who lives in ESNEFT's catchment area is now being sent a faecal immunochemical test (FIT) kit in the post every two years to check for blood in their poo.

This will help clinicians detect polyps or cancers at an early stage so that treatment can start quickly, in turn improving the patient's chance of making a good recovery.

The kits are already sent to those aged 60 to 74.

ESNEFT has become the first in the country to offer pioneering new glaucoma surgery which could stop patients from going blind.

The minimally invasive glaucoma surgery (MiGS) sees surgeons implant a tiny strip of sponge, called a MINject, into the corner of the eye (known as the irido-corneal drainage angle). This soaks away the excess fluids that cause elevated eye (intra-ocular) pressure, in turn preventing further sight loss from glaucoma.

The first operations in the UK have taken place at ESNEFT, where the procedure has been carried out on 12 patients since mid-March. Each surgery took just 15 to 20 minutes to complete, with the patient recovering quickly and able to return to driving, and even swimming, within a week.



Colchester Hospital speech and language therapy assistant Lucy Clifton won a national award for her work helping the recovery of stroke victims.

Lucy specialises in caring for patients with communication and swallowing difficulties. She brought home bronze Inspirational Clinical Support Worker of the Year Award, at the Skills for Health - Our Health Heroes Awards. Congratulations Lucy!

People living with long COVID are benefiting from a range of free specialist workshops. Patients referred by their GP to ESNEFT's Long COVID Service are being offered a range of art, music or writing workshops both online and in person.

Sarah Fowler, co-clinical lead for the Suffolk and North East Essex Long COVID Clinic, said: "We're really pleased to be able to offer a wide range of groups for people who have been referred to the service and may be interested."

Find out more on the news pages of the ESNEFT website.



A new staff network has been launched for our armed forces community. It will be led by chair Tracy Pagent (centre) and vice chairs Dave Priest (right) and Sachin Handa (left).

The network gives staff the chance to come together to make our Trust an even better place to work, train and receive care. It recognises the valuable contribution which the armed forces community makes to our colleagues and patients.



A new surgical assessment unit (SAU) has opened at Colchester Hospital.

The revamped unit, which includes all new furniture and equipment, is on the ground floor of the main hospital block opposite the Children's Ward entrance.

Patients will be able to have minor procedures done in the modern, bright, and spacious purpose-built unit, or they can be brought in the next day for treatment or further diagnostics as an outpatient, rather than being admitted as an inpatient.

The team, who are specially trained to care for patients in this environment, will also have access to everything they need to clinically manage a patient's care and treatment quickly and safely.

Children, families, and young people have rated their experiences of receiving care at ESNEFT as among the best in the country.

ESNEFT was highlighted as one of the few trusts in England to score "better than expected" in the Care Quality Commission's (CQC) children and young people's patient experience survey.

Amy Bruce, associate director of nursing for women's and children's services, said: "This is a tremendous achievement and a testament to the dedication and commitment of our staff, who work hard every day to deliver the best possible services to children, young people and their families."



Our play team at Ipswich Hospital (Siobhan Castle, Clare Sharp and Karen Seymour) celebrated winning a national award from children's theatre charity Starlight.

The team were nominated by Dr Lauren Filby, consultant paediatrician and clinical lead for paediatrics at Ipswich.

Lead play specialist Siobhan Castle said: "There are so many bigger teams in bigger hospitals, so we were completely delighted when we were told that we had won."



Local people get vaccinated, boosted and protected at ESNEFT

ESNEFT teams have now given more than 105,000 COVID-19 vaccines – and more than two million doses have been delivered in Suffolk and north east Essex

As part of the national drive to protect as many people as possible against the Omicron variant of the virus, ESNEFT teams began vaccinating children aged 12 to 15, and continued to jab and boost many other age groups too.

One youngster who couldn't wait to have his second jab was Floyd Laidler, 14, from Colchester. He said:

I wanted to protect my family and friends and to try and stop transmission of the virus. I also have a dad with asthma and stepdad with multiple sclerosis so it's important to me to keep them safe, and to also protect older people, like my nan and grandad.

"I feel safer in public knowing I've had the vaccine, and I would say to all young people to get it too because it stops you from getting seriously ill and protects your family and friends."

Mike Meers is Director of Digital and Logistics at ESNEFT and heads up the Trust's vaccination

programme. He said: "I'd like to thank every single member of staff involved the COVID-19 vaccination programme at ESNEFT and encourage anyone who hasn't received their first, second or booster dose of the vaccine to book their appointment now or drop into a vaccination centre."

Dr Angela Tillett, pictured, is Chief Medical Officer and a consultant paediatrician at ESNEFT. She said:

"The vaccination programme is still hugely important, and we are continuing to urge everyone, including children and young people, to get their COVID-19 vaccinations and booster as soon as they are eligible to keep themselves safe and well."

It's not too late to have your COVID-19 vaccine. To find vaccination clinics local to you, visit www.sneevaccine.org.uk.



Welcoming a new maternity leadership team to ESNEFT

A new leadership team is in place in maternity services at ESNEFT.

They are Director of Midwifery Ros Bullen-Bell, head of midwifery Dee Macey and Better Birth lead Nicola Heath and professional midwifery advocate Caro Daniels.

ESNEFT is thought to be one of the first NHS trusts in the country to appoint a full-time professional midwifery advocate to provide extra support to staff and pregnant people.

Two deputy heads of midwifery (Marie Fletcher at Ipswich Hospital and Laura Clover at Colchester Hospital) have also been appointed to focus on the continued improvement of services, both in hospital and in the community.

Giles Thorpe, ESNEFT's Chief Nurse, said: "Given the significant changes in the maternity department and the continued focus on providing pregnant people and their children with consistent high standards of care, there has never been a more important time to have a robust leadership team in place."