

ESNEFT life

Issue 10: Summer 2023

Building hospitals for the future

See inside and back page



What matters to patients



Right royal visit



Staff stories



The NHS at 75

Lean, clean air scrubbing machines

Air cleaning machines are helping to reduce risks of infections on our wards and clinical areas at ESNEFT.

We've introduced 400 of the air filtration units – also known as air scrubbers – across clinical areas at Ipswich Hospital, Colchester Hospital, Clacton Hospital and community hospitals in east Suffolk, investing £180,000.

The portable machines suck in air and the filters remove viral particles before re-releasing cleaner air. It helps reduce the spread of airborne illnesses including COVID-19.

Here's ward sister Sam Race with one of the machines on Kesgrave Ward at Ipswich Hospital.



Help your loved one get home from hospital more quickly

The families of people receiving hospital care are being reminded of the simple steps they can take to help their loved one return home more quickly.

- Bringing in clothing, shoes and toiletries and encouraging the patient to get out of bed, wash and get dressed.
- Making sure patients have any continence aids they are used to using so they feel confident, comfortable and dignified.
- Bringing in their favourite nutritional snacks to help boost their recovery.
- Helping to beat boredom while keeping their mind active by bringing in books, puzzles and games.

Joshua Poole, physiotherapist and transformation lead, said:

“ Although these things may sound simple, they really can make a big difference by helping patients recover and get home more quickly, while also increasing their chance of remaining independent and enjoying a good quality of life after their discharge.”



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

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Science and technology advances



Pinpoint treatment for tumours

Patients are now receiving pinpoint treatment for some complex tumours closer to home after ESNEFT became one of only six centres in the UK to begin using the latest microwave ablation technology.

The state-of-the-art equipment allows clinicians to use an image taken during a CT scan to place a needle into the centre of a liver or kidney tumour and destroy the cancer cells using heat from microwave energy. As well as being accurate to within 0.2mm, the system also allows clinicians to make sure the whole tumour has been destroyed while their patient is still under general anaesthetic.

Its introduction means ESNEFT is now able to treat Essex and Suffolk patients whose tumour is in a difficult position and would previously have travelled to Addenbrooke's hospital in Cambridge.

Consultant radiologist Simon Smith said:

“ This new equipment is allowing us to perform much more accurate ablations than were previously possible. This is great news for our patients.”

MRI and anaesthesia working together

Patients with conditions which have left them unable to have MRI scans in the past can now access the valuable tests under anaesthesia thanks to new specialist equipment.

The kit is helping patients with conditions such as learning difficulties, anxiety and claustrophobia who may otherwise struggle to lie still in a scanner.

It is specially designed to work safely alongside an MRI scanner, which uses a strong magnetic field that can prevent other equipment used in anaesthesia from working.

Previously, patients would need to travel to Addenbrooke's in Cambridge for an MRI scan, or have a CT scan instead, which doesn't always produce such detailed results.



It is in use at Colchester Hospital, but also available to patients from the Ipswich area, thanks to a £30,000 donation from the hospital's former League of Friends, which has since merged with Colchester & Ipswich Hospitals Charity.

Sally Anne Adams' son Adam Hurst, who had attention deficit hyperactivity disorder, autism and learning disabilities, was the first patient to benefit from the new service before he died from cancer. Sally said:

“ He told me he wanted to help pave the way for others who may need an MRI under anaesthetic in the future.”

“The scan also gave me the information I needed to be able to make the right decisions for Adam and know that I was doing the very best for him at what was a difficult time.”



A new Breast Care Centre transforms patient care

A £5.3million state-of-the-art Breast Care Centre has opened at Ipswich Hospital.

It puts breast screening, the outpatient clinic and imaging services under one roof for the first time at Ipswich, meaning patients no longer need to walk backwards and forwards between departments, get dressed and undressed several times or spend a long time in waiting rooms.

Mr Hussein Tuffaha (pictured below left) is our clinical director of breast services. He said:

“This excellent new facility will help us make sure every breast care patient has the best possible experience when they come to hospital.”



“Bringing all elements of care under one roof means our patients can be imaged, biopsied where necessary, and see their clinician in one place improving convenience and helping us to better meet their needs. The new space will also allow us to offer additional services in the future, such as dedicated clinics for men and young people, which will make a significant difference to our patients.”



The new centre has been made possible thanks to a partnership between NHS funding from ESNEFT and the Blossom Appeal, which was a fundraising campaign organised by Colchester & Ipswich Hospitals Charity. Thanks to all our fundraisers.

A visit from the national NHS boss

Our new Breast Care Centre was opened by Amanda Prichard, chief executive of the NHS.

Amanda visited to meet the team working in the centre and the fundraisers who supported the Blossom Appeal. She said:

“The centre is extraordinary and it’s a privilege to look round. The focus on it being the absolute best for patients comes through every detail in the design... it’s the best of the NHS.”



During her visit, Amanda also went to the new Children’s Department, the upgraded Eye Clinic and the Radiology Department.

Celebrating because it's **NHS 75**

The NHS was founded on 5 July 1948 so this year we are celebrating its 75th anniversary. As we mark the milestone, it is a time to celebrate our past, but more importantly a time to think about our future and look ahead, and a time to thank NHS staff and volunteers, past and present. Here, colleagues tell us what the NHS means to them.

Kofi Oburoni,
student physiotherapist, said:



“For me, the NHS is all about providing a great service, inclusivity, and making sure the patient is at the centre of everything we do.”

Tamasin King,
critical care outreach nurse specialist, said:



“Working with a diverse team, learning every day and being part of the most recognised healthcare services in the world makes me proud to work for the NHS.”

Light Onyekachi,
biomedical scientist, said:



“I have had the privilege of witnessing the incredible work the NHS does day in and day out. The NHS is not just a healthcare system, it is a lifeline for millions of people across the United Kingdom...Long live the NHS!”

Tim Parratt, surgeon, said:



“I feel so privileged to be able to work as a surgeon in the NHS. We are lucky to have such a system which sees us from cradle to grave. Despite the difficulties it faces there is no other job that I'd rather do.”

Harry Bowen,
staff networks coordinator, said:



“When I was 11 years old, the NHS saved my life. They worked tirelessly to ensure my recovery and gave me the support I needed for years to get better. Being able to work for the NHS has been an honour. I look forward to continuing giving back as a thank you to everything they have done for me.”

Bhupinder Sihra,
consultant paediatrician and
allergy specialist, said:



“I've seen during my time in the NHS how it impacts all of society. Medicine is now very advanced but there are new challenges facing it like pollution, particulates, pollen, our very environment which affects physical and mental health. Everything interacts.”

Search 'NHS 75' at esneft.nhs.uk to find out more about how we are celebrating the 75th anniversary of the NHS.

Virtual care is here

A virtual ward is just that; virtual. A virtual ward is a safe alternative to hospital care where patients remain under the care of doctors, nurses and other health professionals but in the comfort of their home, avoiding a longer hospital stay than needed. Patients are provided with monitoring equipment to carry out observations at home and report back to the virtual ward team.

Stroke survivor Kirsty

When former stroke patient Kirsty Spurling attended A&E with right-side weakness and loss of speech, doctors initially thought she was presenting with stroke once again.

But when scans showed it was not stroke but epilepsy, the only concern remained over her low blood pressure. She was admitted to a virtual ward and allowed to go home to take her own blood pressure, temperature and pulse/blood oxygen.

Kirsty, 35, had been admitted to hospital on a number of occasions previously which had been really difficult for her and her children, aged four, five and 10. She said:

“The children needed me at home. Being on a virtual ward worked really well for me.”

“My blood pressure remained low, but every time I inputted it, a doctor would call me and discuss it with me and check that I was ok.”

“It was lovely being able to come home and I also knew that I was freeing up a bed for someone else.”



Case study

Andrew after bowel surgery

Hairdresser Andrew Wash had emergency surgery for a twisted bowel.

Being able to recover at home on a virtual ward helped him to feel better more quickly. And just a few weeks later he was back on his feet in his hairdressing salon.

Andrew, 60, said: “I felt much better once I was at home. When you're in hospital you still feel like a patient. When you get home, you know you've come through it and can start to do your own thing.”

Andrew spent five days in hospital following the surgery so clinicians could be sure his bowel was working properly again.

Then, at home, Andrew was looked after on the virtual ward for around 10 days, monitoring his own oxygen levels, temperature and blood pressure. He said:

“It was very easy to do and you can't forget because the app reminds you.”

“They (the virtual ward team) downloaded the app for me while I was in hospital, which was helpful, but it was all very self-explanatory.”



Case study

How treatment has changed patients' lives

Georgia's tumours

One brain tumour, two spine tumours, one inner ear tumour, one pancreatic tumour and several eye tumours.

This is the rundown for Georgia Shephard who is living with a very rare genetic condition causing multiple tumours across her body.

They're not cancerous – at the moment – but the genetic condition has life-limiting issues for the 34-year-old.

Georgia, who works in the Colchester Hospital team as an executive assistant, said:

“I had no idea I had the condition until I went to New York and felt dizzy on the plane. The dizziness didn't really stop, so I ended up going to my doctor.”

After various medical appointments and an MRI scan, Georgia was told she had a brain tumour. She was referred to Queen's Hospital in Romford for specialist treatment. A scan then revealed another tumour on her pancreas and concerns around the reason why they were developing began to grow.

She said: “My husband Lee and I wanted children and we decided we just had to go for it – so I was really pleased when I fell pregnant.” But it was while Georgia was pregnant the rare genetic condition Von Hippel-Lindau (VHL) disease was mentioned. Although no-one in Georgia's family had the condition, tests confirmed the diagnosis. It meant a 50% chance she could pass it onto her unborn son, but three months after Remy was born it was confirmed he hadn't inherited the condition.

Georgia's treatment continues – she's had eye tumours lasered off, cysts removed and tumours she still has are monitored for growth. She'll never recover from VHL and it's a life-long condition.



She said: “It's been a lot to process – but I want to raise awareness and let people know this exists, because it's such an unknown condition and more people need to know and more research needs to be done.”

It's thought only 1 in 35,000 people have the condition.



Has surgery at one of our hospitals changed your life? We'd love to share your story like we have Debbie's, Georgia's and Matt's...get in touch via communications@esneft.nhs.uk

Matt's knee replacement

Matt Farrell's life was changed when he had robotic-assisted surgery at Colchester Hospital to replace his right knee joint.

Struggling to walk had made life very difficult for Matt. With arthritis in his right knee, the pain had become so crippling he was finding day-to-day activities, like walking his two dogs Alfie and Banjo, and getting to work were difficult.

The 55-year-old who lives in Colchester said: “I didn't realise how bad it had got. I initially went to my GP 20 years ago with a stabbing pain in my knee. It got worse and worse. After being referred initially for a partial knee replacement, I then needed a full replacement by the time I had surgery.”

Matt was able to have his operation using robotic-assisted surgery and said it's transformed how he can move. He added:

“The recovery has been brilliant – I actually favour my right knee now. I was living on so much medication to cope – I'm now on very little and being able to walk around pain free is fantastic.”



Debbie's kidney stones

When Debbie Hollingsworth noticed blood in her urine, her GP referred her to Colchester Hospital. A CT scan discovered Debbie had two kidney stones and the best treatment would be to have them broken up so she could pass them.

Rather than have an invasive procedure, Debbie was able to have lithotripsy treatment using a new permanent lithotripter which breaks down the stones using sound waves.

Debbie, 52, said: “I had to lay in warm water while having shock waves that felt like having an elastic band pinged on my back and lasted around an hour. It was fantastic to be able to have treatment without it being an operation.”

The mum-of-one, who works in her husband's catering company, said after the procedure she felt fine and was able to go home within hours. She said:

“I had a little bit of tummy pain after and my wee was a bit gravelly from the broken up stones, but I've had no problems since. I'm so pleased it's been sorted quickly.”

The £1.1million lithotripter machine is now a treatment option for our patients from Essex and Suffolk. Pictured above with the machine are (from left to right) Sam Datta, consultant urological surgeon and clinical director for urological and vascular surgery, Kerry Bliss, advanced nurse specialist, Vinu Retnamma, advanced nurse specialist and Renz Fuerte, specialist radiographer.



Commendation awards for outstanding colleagues

Our Commendation awards are our way of saying thank you to colleagues who do extraordinary things. Here we find out who has joined the Commendation hall of fame since the last edition of ESNEFT life.



Jessica King
works in HR

A normal day at the office took a surprising twist for Jess in Human Resources when she was surprised with a Commendation.

Jess thought she was meeting her manager for humdrum annual report planning when in fact the meeting was a set up. Colleagues had secretly arranged to surprise Jess with the award.

Jess works in our employee relations team and supports colleagues through HR processes including investigations, tribunals and hearings. She does the job with understanding and kindness, supporting colleagues who are often feeling worried or stressed.



Esther Simpson
physiotherapist

Esther won a Commendation award after a patient sent a special letter thanking her for saving his life.

The patient had visited Ipswich Hospital for a physio appointment after being injured in a fall, but it wasn't just his physical health he was struggling with. He was feeling suicidal because of the impact of his injuries and planned to take his own life.

Esther saw his desperation on the day of the appointment and helped him begin to put his life back on track.

The patient said: "If it wasn't for her being so professional and caring I don't think I would be alive today."



Rosie Griffin
doctors' personal assistant

The team in the children's department at Colchester Hospital would be lost without their personal assistant (PA) Rosie.

Rosie is the PA to children's doctors Andrea Turner and Jonathan Campbell and she is described as bubbly, friendly and so efficient at her job.

Lots of parents of young patients appreciate Rosie's help. One said: "I have a child who has had a heart transplant and has needed really frequent blood tests. Rosie has bent over backwards to help me by arranging these appointments really quickly and then chasing the results sometimes before I've even got home! She always finds the information I need."



Olivia DeAth and Sam Bilotta
community therapists

Sam and Olivia thought nothing of getting out of their beds in the night to rush to help a patient who'd had a fall at home.

They'd both finished their busy day shifts and were in bed – but as the elderly patient needed help quickly or else face a night on the floor, they got up, got their uniforms back on and drove to help him for one final job of the day.

The pair are part of the roving community team of therapists in east Suffolk, helping patients at home and avoiding unnecessary hospital admissions.

A junior member of staff, working alone, visited the patient to help him at bedtime and found him on the floor unable to get up. It was a very busy night for the NHS and although the colleague called all the right services to ask for help, there was going to be a wait of several hours. Knowing that leaving the patient for that long was the wrong thing to do, they called Olivia. Olivia in turn contacted trusted colleague Sam, and the pair began their middle-of-the-night call of duty.

Olivia swung by the team base to pick up a specialist lift chair and they helped the patient to get up and safely tucked into bed.



Teresa Walls
matron

Teresa helped a homeless patient with a life-limiting illness settle into a new place to live.

Teresa is part of the team at Bluebird Lodge in Ipswich where the patient received rehabilitation after treatment. The patient was anxious about being discharged and going to a homeless unit.

Up stepped Teresa, taking time to listen to each of his fears and concerns, and making a promise to help. Teresa visited the unit with the patient to make sure it had everything there he needed. Initially it didn't as he needed a specialist bed. Teresa organised delivery of a bed the following day.



Katie Herrington
healthcare assistant

Healthcare assistant Katie showed exceptional compassion in comforting a family when a patient unexpectedly died.

Katie works in our gynaecology team at Ipswich Hospital and was on shift when a patient deteriorated and passed away.

The gynaecology team had the difficult task of breaking the sad news to the patient's family who then rushed to the bedside to say goodbye. Katie stayed with the relatives for several hours and showed outstanding kindness, even looking after the patient's daughter's baby so the daughter could say her farewells to her mother.

Colleagues from around the world



Here at ESNEFT we have almost 3,000 international staff, representing more than 100 nationalities from across the globe. This includes more than 1,000 international nursing and midwifery staff. Here's some stories from our international colleagues.

Josephine Benson



From her very first day at midwifery training college in Ghana, Josephine Benson knew she'd made the right career decision. She said:

Ghana

I was made to be a midwife. Midwifery is very challenging but I enjoy every bit of it. Caring for a labouring woman, her unborn child and family, and seeing the joy on their faces when their babies are born is something I cannot describe."

Josephine spent a decade working as a midwife in her home country before moving to ESNEFT in April last year, and now works at Ipswich Hospital on Deben Ward.

She said: "I chose ESNEFT because of the warm welcome I felt right from the start of my migration process. Within the next five years I'd like to become a consultant midwife, and I believe that ESNEFT will support me to do so."

Dee Onyenze

Nigeria



Nurse Dee Onyenze is a site matron and was the first black matron at Colchester Hospital. She said:

I've always had the zeal to help and care for others so nursing seemed like the right job for me.

"I trained in Colchester as a student nurse and absolutely loved my time at the hospital. I then gained two years' experience at Basildon Hospital, but was keen to come back. When I did return [initially as an A&E nurse] it felt like I had never left, and I received a very warm welcome from colleagues. The training I received was amazing."

After her time in A&E Dee joined the site operations team and was proud to become the first black matron at Colchester.

Ivan Ayson

Philippines



When Ivan Ayson lost a friend and fellow nurse in his native Philippines during the COVID-19 pandemic, he considered quitting his UK job and returning home. But fortunately he changed his mind. Ivan joined us in 2018, and initially worked within trauma and orthopaedics at Ipswich Hospital before moving to critical care. He said:

During the first wave of COVID-19, I almost quit my job when my friend, who was also a nurse, died in the Philippines. But then I realised working in healthcare is a noble job which makes a difference and helps to shape humanity.

"I really enjoy working in critical care. We work closely as a team with the consultants, doctors, pharmacists and allied healthcare professionals so we can deliver the utmost care for critically ill patients. Ivan said he received great support since joining ESNEFT, and he is now keen to help other international nurses to settle when they move to the UK."



A&E right royal surprise

It's not every day the future king drops in!

But The Prince of Wales did just that when he arrived for an informal visit to Ipswich Hospital's A&E, thanking our staff and finding out about our local NHS.

Prince William was very happy to let staff take photographs to help them remember the moment they met him. Here's a selection.



ESNEFT is a great place to train

We captured the stories of three colleagues who continued their learning while working at ESNEFT.

Ward sister Juliet: Apprenticeship



Juliet Francis was an apprentice who rose up the ranks of nursing.

She knows just how valuable an apprenticeship can be - with on-the-job training to gain knowledge, skills and qualifications.

Juliet is now a sister on Saxmundham Ward at Ipswich Hospital. She has dyslexia which was undiagnosed at school, so an academic route into nursing didn't work for her.

"I have one apprentice and another starting and I'm really keen to encourage them. It's a great backbone to nursing. You need to be by the bedside as a nurse and that's what you'll do through an apprenticeship.

"If you aren't very academic it shouldn't put you off wanting to progress in your career."

Pharmacy quality control officer Kemi: Diagnostics training



Kemi Mafo was working at a marketing company in Colchester but wanted a complete career change.

When she saw an advert for our Community Diagnostics Training Academy, she decided to apply in the hope of working in healthcare.

The academy, in partnership with Colchester Institute, offers people the opportunity of training and a guaranteed job interview, predominantly within the areas of care dealing with diagnosing conditions, such as heart monitoring in cardiorespiratory, bowel screening and x-rays within medical imaging or blood samples in phlebotomy.

Kemi had placements at Colchester Hospital and Clacton Hospital. She first applied for a role as a senior pharmacy assistant and has already been promoted to the position of pharmacy quality control officer.

She said: "I would say to anyone who has a passion to work and help people improve or maintain their health to try and get into the academy as you get supported all the way."

Surgical Assessment Unit nurse Becky: Nurse training



Becky Ward feared she had missed her opportunity to be a nurse after going into an admin job when she left school.

However, everything changed when Becky joined the team at Ipswich Hospital as a healthcare assistant and began exploring opportunities for further study. She has now completed a three-year degree at the University of Suffolk and qualified as a registered nurse.

She said: "I knew I wanted to be a nurse but wasn't sure how to go about it."

Becky initially completed an access course at Suffolk New College while continuing to work on the bank. She then went onto complete her degree before earning her nursing pin.

She said: "The support at the hospital is great."

Something in the air with taste trial

Patients who have swallowing difficulties or are nil by mouth could soon get to taste their favourite flavours once again thanks to a game-changing new initiative.

Our stroke team at Colchester Hospital is looking at trialling an innovative new system that can turn a liquid into intensely flavoured foam bubbles, allowing patients to taste the food or drink they have been longing for, without having to swallow.

Most liquids, apart from milk, can be used, including juices, coffee, curry sauces, gravy and even alcohol.

The new equipment is pictured here with speech and language therapist Naomi Carter. Naomi said:

Some patients can be nil by mouth for months or even years and this can really help their quality of life to taste their favourite flavours that they haven't been able to taste for a while."



Going green in operating theatres

It's a HotDog but not as you know it...our new HotDog is helping us to be greener in our operating theatres at Colchester Hospital.

The HotDog isn't a sausage in a bun, but an energy-efficient patient warming system, and is helping reduce our carbon footprint while we care for patients.



As well as HotDogs we've also stopped the use of the anaesthetic gas desflurane, which is a harmful greenhouse gas, in favour of eco-friendly alternatives. And we've introduced recyclable trays for medicines.

Dr Becca Elson, junior clinical fellow in anaesthetics / intensive care, has been spearheading the green improvements. She said:

Desflurane is incredibly bad for the environment - it's a greenhouse gas and is 2,540 times more potent than carbon dioxide.



We know it's a contributor to global warming and remains in the atmosphere for 14 years. Instead, we are now using alternatives such as sevoflurane, a significantly greener gas, and intravenous anaesthesia which has a smaller carbon footprint and can also reduce post-op nausea."

The NHS has a commitment to be carbon net zero by 2040.

Changing and saving lives with research

Medications for motor neurone disease

Carole Singleton was diagnosed with motor neurone disease (MND) during the COVID-19 lockdown.

It is a condition affecting a person's brain, nervous system and muscles that gets progressively worse over time.

Now Carole is taking part in a research study with the team at Ipswich Hospital called MND-SMART, looking into the impact of different medication to treat MND.

Carole (pictured) said: "Although I'm living with MND I'm living my life to the full while I can – going on holiday, to the theatre, out with friends. I want to do everything I can – including being part of the research study."



Currently there is only one licensed medication for people with MND called Riluzole which on average extends a person's life for another two or three months. The drug trial Carole is a part of is also looking at the effectiveness of other drugs used for other medical conditions and how they may help with MND.



MND specialist research nurse Kate Barber (pictured) said:

More and more drugs are being brought into the study all the time and we hope they have an impact for patients now and in the future."

Men with hot flushes

Men experiencing hot flushes caused by hormone cancer treatment are being helped through a research study at Ipswich Hospital.

Hormone therapy is one of the treatments for prostate cancer but a common side effect is hot flushes.

Ian Gander (pictured) was diagnosed with prostate cancer in 2019. He had radiotherapy and is still having hormone therapy. The grandfather-of-four said: "Hormone therapy has had quite an impact on my body – including hot flushes. They're not as bad as some experience, but last up to a minute, and at one time I was having around 10 flushes a day."

Although there's no cure for hot flushes, Ian and other local patients were invited to take part in group workshops as part of a study called MANCAN2, which looks at cognitive behavioural therapy, including breathing techniques and relaxation exercises.



Macmillan urology clinical nurse specialist Peter Loble said:

This is an example of how we can support patients living with and beyond a cancer diagnosis by reducing the side-effects of treatment with the aim of improving quality of life."

Vision loss

A trial has begun to test the effectiveness of inserting implants into patients' eyes to treat glaucoma.

It's thought around one in five people having cataract surgery also have glaucoma or higher pressure in their eye. If left untreated, the pressure could result in the person losing their vision, so researchers at Colchester Hospital are trialling this new way of bringing down the pressure by inserting a small implant made of medical-grade silicone.

It's called the STAR-VI trial and consultant ophthalmologist Mr Mahmoud Radwan and team have recruited the first patient onto the trial in the UK. Mr Radwan said:

You can't see the implant but hopefully it will help bring the pressure down and potentially prevent sight loss."



Children's gut bacteria and autism

We are recruiting families for a research study looking into the differences in the gut bacteria of children with autism and their siblings who do not have autism.

The research study, called FAMILY, requires those taking part to complete questionnaires on behaviour and diet and give poo samples. The children who have autism will be asked to complete an assessment with a speech and language specialist too.

Dr Ben Marlow (pictured) is consultant paediatrician (neurodevelopment) at ESNEFT. He said:

We're looking for ten families where one child has a diagnosis of autism and has a sibling who doesn't have autism both between three to 10 years old."



To find out more about the study please email family@esneft.nhs.uk

Lowering cholesterol after a stroke

Wendy Radford didn't know she had high cholesterol when she had a stroke ten years ago.

Although she can now walk again, the risk of another stroke meant Wendy was happy to sign up to the ORION-4 research study at Colchester Hospital looking into new treatment options to lower her cholesterol level.



The five-year research study aims to test if a new 'bad' cholesterol-lowering medication called Inclisiran safely reduces the risk of heart attacks or strokes. For the trial, Wendy

goes to hospital every six months for a stomach injection and blood sample.

Consultant physician Dr Ramachandran said: "We hope the study results will show whether adding this novel drug to our standard cholesterol-lowering medication such as statins will give patients added protection and this is effective in patients who cannot tolerate statins.

This drug works in a clever way by blocking production of a key protein which plays an important role in cholesterol levels. We know this drug reduces cholesterol, we don't yet know whether it reduces the risk of heart attacks and strokes."

Celebrate...

Bitesize good news stories from across ESNEFT



A hospital rescue of a different kind...this little fella was saved at Colchester Hospital thanks to our friends at Essex County Fire and Rescue Service and the RSPCA.

The young fox – who our nurses affectionately named Bernard – was trapped in an underground pipe. The rescue team dug him out and left him in the safe care of the RSPCA.



The Care Coordination Centre (CCC) team has celebrated its 10th anniversary.

The team, based at Constantine House in Ipswich, provides 24/7 support for patients across Suffolk and parts of north east Essex.

The CCC team averages 446 phone calls and 500 emails every day. Last year the team recorded 376,390 interactions - an average of more than 7,000 each week and more than 30,000 a month.



Artwork to inspire health and wellbeing has been installed in the main corridor at Ipswich hospital. Funded by Colchester & Ipswich Hospitals Charity, the pieces are from the Paintings in Hospitals collection, a national arts charity.



The artwork at Ipswich was selected after a vote by patients, visitors and staff.

Associate director of our charity Mandy Jordan, pictured on the left here with our chair Helen Taylor, said:

Art can help us to stay well, aid our recovery and support us to live longer, better lives"

If the project is a success we will look to introduce more artwork across our other hospital sites.

Thanks to colleagues who supported patients to celebrate the King's Coronation.

Here's nurse Sally Tottle and matron Michelle Fletcher at Felixstowe Hospital and colleagues Eddie Villaroman and Janet Tibbenham with patient Sushil Soni at Aldeburgh Hospital.



Patients are receiving treatment quicker, with samples and specimens reaching our labs faster, thanks to an expansion of the 'whoosh' tube system at Colchester Hospital.

It is saving time for staff too as colleagues don't have to take items from our wards to the labs.



Pictured are healthcare assistant Katherine Thorpe and nurse Sarah Crouch on Langham Ward.

A similar system is in place at Ipswich Hospital.

Walter Hall is enjoying roast dinners again after not being able to swallow for two months.

The 75-year-old, who lives near Tiptree in Essex, has thanked our speech and language therapists for helping him get back to his favourite meals.



He was admitted to Colchester Hospital and spent 10 weeks being fed by a nutrition tube. He said:

Food is one of life's pleasures and I was worried that I may never be able to enjoy a meal at a restaurant again."

The therapists supported him every day with exercises to help his swallowing to recover.



The next phase of our Clacton Community Diagnostic Centre (CDC) has opened, helping 2,500 people a month to get care more quickly.

MRIs, x-rays and ultrasounds are now available in the CDC for people needing health tests in the area, saving them from travelling to Colchester.

Howard Randall (pictured) from Kelvedon needed an MRI to investigate some swelling on his foot. Although he lives closer to Colchester, he was able to be seen more quickly after a cancellation became available at Clacton.



Buildings for better care

We are investing more than £150million over five years to build better hospitals for patients. The big buildings and state-of-the-art technology inside are helping us build a series of interesting photos – here's a few of our latest pictures.

Opens next year



The impressive Dame Clare Marx building is taking shape and will become a £64million state-of-the-art elective orthopaedic centre for patients who need planned surgery on bones, joints and muscles, such as hip and knee replacements.

Based at Colchester but serving all our patients from Suffolk and Essex, it will bring shorter waiting times for patients in pain.

The centre is for surgery only – patients will still go to their closest hospital for hospital care before and after the operation.

The late Dame Clare Marx was an orthopaedic surgeon at Ipswich Hospital for many years and an eminent UK leader in the field of surgery.



Open now

The £7million Interventional Radiology and Cardiac Angiography Unit at Colchester Hospital (also on our front page) is open now, helping us to diagnose and treat patients faster.

Procedures involve the insertion of a needle, cannula, catheter or wire into a patient. These minimally invasive techniques reduce the level of risk to the patient, meaning they spend less time in hospital and can recover quickly.

Opens next year



This big new building at Ipswich Hospital will next year become home to an Urgent Treatment Centre (UTC) and Emergency Department and three specialist keyhole surgery theatres.



The UTC centre is already kitted out (see top photo) but is temporarily being used as an Orthopaedic and Fracture Clinic while other building work takes place.

Open now



A £5.3million Pathology molecular lab at Ipswich Hospital gives us a modern diagnostic toolkit for tests ranging from flu and MRSA, to COVID-19 and rapid cancer tests.

Faster diagnostics allows clinical teams to treat patients more quickly.

See inside for news from our new Ipswich Hospital Breast Care Centre and the Community Diagnostic Centre at Clacton.