We have launched a new website!

Did you know that Portsmouth Hospitals has launched a new website? The new website offers features such as:

- Complete mobile responsive design which means it can be navigated on ANY smart phone or tablet device.
- Integrated intelligent search facility – the search bar has been improved to make the site more user-friendly.
- Eradication of errors and broken links – every link you click on will work.
- The site offers a more intuitive feel – which makes it easy to find key information.
- Less text throughout – the site is logically arranged for ease of navigation.
- Full management, support and ownership from a new PHT web team – we now have a dedicated web team to keep the site looking and feeling fresh!

Visit the site today at: www.porthosp.nhs.uk
Dear Trust member,

Welcome to the autumn issue of Trust Matters, the newsletter that aims to keep you up-to-date with the latest developments at Portsmouth Hospitals NHS Trust.

The Trust’s overall vision is to be recognised as a world-class hospital, leading the field through innovative healthcare solutions focused on the best outcome for our patients. This issue demonstrates though its good-news stories that throughout 2014 the quality of care and the patient experience provided by Portsmouth Hospitals NHS Trust has not only been highly praised, but serves as a platform for the fantastic things to come in the future.

This year has been an exciting one with Queen Alexandra Hospital becoming the first ‘Epicentre’ for robotic colorectal surgery in the UK. The Trust was also labelled one of the best hospitals in the country for its staffing levels in a recent NHS Choices report.

I’m also pleased to report that the Care Quality Commission carried out an unannounced inspection and complimented the commitment of our staff that demonstrates that our staff put both quality and the care of their patients at the heart of everything they do.

I would also like to formally welcome our new chairman, Sir Ian Carruthers, who joined us in June of this year and brings with him a wealth of NHS experience.

This autumn the Trust Board and Council of Governors would like to once again formally invite you to our fifth open day on Saturday 4 October.

There are even more department tours this year that will give you an opportunity to see how things work behind the scenes!

I look forward to seeing you on the 4th October.

Yours sincerely,
Peter Mellor

Portsmouth Hospitals NHS Trust has a new Chairman

Sir Ian Carruthers, OBE, is the new Chairman of Portsmouth Hospitals NHS Trust.

Sir Ian has great experience of health care within the NHS having previously been Chief Executive of NHS South of England and the South West Strategic Health Authority and was interim CEO of the NHS.

He also held Chief Executive roles at the Hampshire and Isle of Wight Strategic Health Authority and Dorset and Somerset Strategic Health Authority.

Amongst his other current roles Sir Ian is the Chair of Healthcare UK, the Chair of the NHS Supply Chain Customer Board, the Chancellor at the University of West of England and holds Non-Executive Director roles in the private sector.

Sir Ian says: “Taking up this post at Portsmouth Hospitals NHS Trust gives me the opportunity to work with one of the biggest acute hospital providers in the south of England.

“I hope my significant experience of the NHS and other sectors at a regional and national level can be of benefit to the Trust as it continues to work towards a sustainable future.

“I am looking forward to working with everyone at the hospital and the Clinical Commissioning Groups, the Local Authorities and other providers of healthcare as we all share the aim of improving the healthcare of the local community.

“I would like to thank Alan Cole for his work as Acting Chairman and I look forward to working with him and the entire board as we continue to strive to provide patients with the best possible standard of care.”

Chief Executive at Portsmouth Hospitals NHS Trust, Ursula Ward, says: “I am delighted by the appointment of Sir Ian, who will bring a wealth of experience and insight to our already successful hospital Trust. His experience across a broad range of environments, including the NHS services at the highest level, will benefit us greatly. This is not only great news for the trust and its staff, but also for our wider health community. Together we will work hard to ensure our local population continues to receive great clinical services, with high quality outcomes and an excellent patient experience.”

Peter Mellor
Director of Corporate Affairs

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Staff at Queen Alexandra Hospital are committed to dementia care, says CQC report

Officials from the independent health watchdog The Care Quality Commission (CQC) have said staff at Queen Alexandra Hospital are committed to “making a difference to the care of patients with dementia,” following an unannounced inspection in March.

The CQC’s unannounced visit was part of a themed inspection programme that specifically looked at the quality of care provided to support people living with dementia to maintain their physical and mental health and wellbeing. Portsmouth Hospitals NHS Trust, which runs Queen Alexandra Hospital, was found to be meeting all three of the inspected standards, which included the care and welfare of people who use services; cooperating with other providers, and assessing and monitoring the quality of service provision.

The inspectors report said: “Staff we spoke with were able to provide us with a clear insight into the patient and how living with dementia affected them.

“The staff spoke knowledgeably and enthusiastically about their roles and their commitment to making a difference to the care of patients with dementia.”

The report also noted how every area in the hospital had an appointed “dementia champion” with those staff having undertaken additional training.

Nicky Lucey, acting director of nursing at Portsmouth Hospitals NHS Trust, said: “The unannounced inspection was very welcome as it gave our staff and patients the opportunity to share the high standards of care and respect provided to some of our most vulnerable patients.

“I am proud of how all of our teams, working together, provide care to dementia patients and continually strive to make a real difference through every contact they have.”

Strictly Come Dancing judge opens Fracture Liaison Service

After suffering from severe osteoarthritis in 2012, Craig Revel Horwood, a judge from the TV show Strictly Come Dancing, visited QA Hospital to open a new Fracture Liaison Service, which has been generously funded by The National Osteoporosis Society.

An estimated three million people in the UK have osteoporosis with 89,000 hip fractures occurring each year, and the combined cost of hospital and social care for patients with hip fractures amounts to approximately £6 million a day.

Fracture Liaison Services are a proven way of preventing people from future fractures as a result of osteoporosis, with the first ever Fracture Liaison Service in Glasgow reporting a 7.3% decrease in hip fractures in the decade. Our liaison service now aims to see 300 patients a month to help prevent the pain and suffering caused by osteoporosis.

The ‘Strictly’ star was performing in a pantomime two-years-ago when his hip unexpectedly gave way. The star said he felt an intense sharp pain in his right hip, which spread down to his knee and up to his back, but that he thought it was a pulled ligament in his groin.

After six months of resting his leg Craig said there was still no improvement so he visited a sports injury specialist who sent him for an X-ray and MRI scan. The results showed Craig was in fact suffering from severe osteoarthritis, which is where the spongy cartilage that lines the joints, wears away. This then causes pain, inflammation and damage.

Talking at the event, Craig said: “When you consider that one in two women and one in five men are going to get osteoporosis after 50-years-old, it’s an alarming figure. So I wanted to come to QA to open the new service, which is not only helping people understand fractures, but also helping them to live healthier lives in the future. It’s a fantastic service and one that I’m proud to support.”

Our Hospital was chosen by the Osteoporosis Society to benchmark the service because of its excellent rheumatology team, which is great news for the people of Portsmouth as only 44% of the country has access to a liaison service.

The National Osteoporosis Society is now leading a national drive to increase provision of liaison services to reduce the burden that fracture injuries have on the NHS. An estimated £2.3 billion is spent annually on hip fractures.

If every individual over 50 who breaks a bone is identified and treated by a liaison service, 22,250 hip fractures a year could be prevented annually. Hip fractures account for more than two million hospital bed days each year, which is more than the number of bed days for heart attacks and strokes combined.
A radiographic assistant has created a set of storybooks to help alleviate anxiety in children and patients with learning difficulties, ahead of diagnostic imaging tests.

Kelly Mace from Havant is a radiographic departmental assistant and has spent the last year developing a set of storybooks which are designed to help young children, as well as children and adults with learning disabilities, cope better ahead of undergoing medical scans.

The picture books walk the patient through exactly what is going to happen during a forthcoming procedure, whether an X-ray, MRI, CT scan or an ultrasound.

Kelly, who has worked at the hospital for three years, said: “I noticed anxiety and apprehension in both children and patients with learning difficulties before their scan, and it wasn’t always easy to try to help them understand through words. Often people with learning difficulties are petrified of going into hospital, let alone having a scan.

“I have a background in working with people with learning difficulties so I came up with the idea of storybooks to help explain various procedures. I approached my manager Sarah Skelton with the idea and she was very supportive and secured £2,000 in funding from the hospital’s Charitable Funds Committee. This money enabled me to purchase software which helped me to create the books. “The books have proved to be successful not just with people with learning difficulties, but with children and people with dementia too. ”

The number of major amputations being carried out at the hospital as a result of diabetes has significantly reduced in the last three years, new data reveals.

Public Health England published its Diabetes Footcare Activity Profile earlier this year. The profile presented information on people with diabetes in Portsmouth, who had been admitted to hospital for a diabetic foot disease. The data was compiled from Hospital Episode Statistics (HES) and covered episodes of inpatient care between 1 April 2010 and 31 March 2013.

The key findings showed there were 35 major amputations (above the ankle) performed during the three years, giving an annual rate of 1.3 major amputations per 1,000 adults with diabetes. This is a significant drop from 53 major amputations during 1 April 2007 and 31 March 2010, which equated to 2.3 major amputations per 1,000 adults with diabetes. The national average is 0.9 major amputations annually per 1,000 people with diabetes.

Dr Partha Kar, Consultant in the diabetes team at Portsmouth Hospitals NHS Trust, said: “Whilst we are still marginally above the national average we have seen a phenomenal drop in a short space of time, which is absolutely fantastic.

“We carried out three major pieces of work within the hospital to help us bring down the rates. Firstly, in August 2012, we went through a tendering process with our local commissioners to have a community diabetes team based in Portsmouth, which we previously never had. Secondly, we brought our foot clinic, which was based in Paulsgrove, into Queen Alexandra Hospital and converted it into a multidisciplinary team which now involves a podiatrist and consultant working together. We started with one clinic a week and currently now run three clinics a week. And thirdly, we made significant improvements to the overall diabetes care pathway.

“Previously patients were reaching us at too late a stage and there was no room for intervention so limbs had to be amputated. But now when someone comes into our hospital with diabetes they are automatically given a foot assessment. We also have a number of diabetes nurses who actively check our patients for ulcers.”

Dr Kar continues that there is absolutely room to improve and the Trust will continue to work with its commissioners and other local NHS providers to ensure its patients always have access to high-quality diabetes care.
QA becomes first Epicentre for robotic colorectal surgery in the UK

Surgeons from across Europe are to be taught the latest colorectal robotic surgery techniques in Portsmouth. The Trust, has become the first Epicentre for robotic colorectal surgery in the UK – and only the second in Europe. This prestigious status has been awarded by Intuitive Surgical, maker of the da Vinci robotic surgical system. As an official Epicentre training site, colorectal surgeons from across Europe will visit Queen Alexandra Hospital to observe and learn from the Trust’s colorectal surgeons who use the da Vinci technology for colon and rectal surgery.

Professor Amjad Parvaiz, Consultant surgeon, said: “Becoming an Epicentre is fantastic and testament to the hard work we have all put in over the last year. It will reaffirm our role nationally and internationally as being a Trust leading the way in training and teaching people. We already hold this position in laparoscopy so we will now maintain that kudos and status with robotics.”

Number of life-saving kidney transplants in Portsmouth increases by 11 per cent

Portsmouth Hospitals NHS Trust has seen an 11 per cent increase in the number of life-saving kidney transplants carried out in the last year.

Figures published by NHS Blood and Transplant show our renal team has performed 87 kidney transplants between 1 April 2013 and 31 March 2014, which is up from 78 last year.

The Organ Donation and Transplantation Activity Report 2013/14 also shows the number of people waiting for a transplant in the Portsmouth area decreased from 235 in 2012/13 to 228 in 2013/14.

Sam Dutta, consultant surgeon in renal and transplantation, said: “The figures show that our performance gets better and better every year and I am proud to be part of such a first-class team.

“The Transplant Unit in

QA leading the way in treating early cancers

We have been approved as a national endoscopy training centre thanks to our internationally-recognised work in treating early cancers.

The Trust, which is now one of only 20 training centres in the UK, is delighted to have been granted this status by the Joint Advisory Group (JAG) on gastrointestinal endoscopy. A training centre means that clinicians from across the country, and from overseas, will be able to come to Portsmouth to train in the very latest endoscopy techniques, one of which is only being carried out in the UK at QA Hospital.

Professor Pradeep Bhandari, Consultant Physician and Gastroenterologist, who has been leading the work to become a national training centre for the last 18 months, said: “We have been innovating smart techniques for the detection and removal of early cancers which has attracted international attention and has been adopted by a lot of hospitals around the world.

“Similarly, we have developed clever ways of removing early tumours from the gut with the aid of knife-assisted endoscopic micro-surgery. This attracts national and international referrals to us. A lot of gastroenterologists around the country want to learn these techniques and we have been providing informal training for a long time, but now we will be able to run structured training programmes which will lead to wider dissemination of these techniques.”

Professor Bhandari treats five patients a week but says the demand is much greater.

“We have seen a 40 per cent increase year-on-year in the number of patients being referred to us for this procedure,” he said. “Most hospitals would operate on early cancers. But the benefits of using the endoscope to remove early cancers are huge. If a patient has to have traditional surgery to remove early tumours they will be in hospital for around five days and be off work for between six to eight weeks. And if you lose half your stomach, oesophagus or bowel because you have to have traditional surgery to remove early cancers, life will not be the same.

“Using the endoscope also has huge benefits for the NHS. Traditional surgery is hugely expensive, but the procedure I carry out is a day case and the patient can go back to work after 24 hours.”

Professor Bhandari has spent the last few years training various colleagues to carry out these procedures, resulting in a comprehensive development of this service.

“We are now nationally recognised as being a Trust that can offer something unique,” said Professor Bhandari. “Our training centre status will allow us to spread these skills much more widely to benefit patients across the country.”
Portsmouth Hospitals invests over £1m in state-of-the-art MRI scanner

The Trust has invested in one of the most advanced MRI scanners in the country.

The Trust is one of very few hospitals in the country to have a 3-Tesla MRI scanner, which will replace the hospital’s oldest 1.5T scanner. There are currently only three other hospitals with a 3T scanner in the South East region which include Maidstone, Oxford and Bournemouth.

Nicola Wragg, CT/MR Superintendent at Portsmouth Hospitals NHS Trust, said: “The Trust recently procured two new MRI scanners at a cost of around £2.5million. We purchased one additional 1.5T scanner and the 3T scanner to replace an existing machine. This is a really big and exciting project for the Trust. There are only a few of these state-of-the-art scanners in the country and Portsmouth now has one.

“The 3T scanners are really setting the new standard in medical imaging. They produce excellent, high diagnostic images, are quicker at scanning, quieter and bigger which means they are much better for people with claustrophobia.”

Around 15,000 MRI scans are completed at QA Hospital every year, previously on just two MRI scanners.

“The demand for MRI scans has increased by around 15 per cent in the last year and we expect the demand to continue to rise,” said Nicola. “The procurement of the new 3T scanner means we will now be able to scan an extra 5,000 patients a year, as well as offer our patients the very best in diagnostic imaging.”

Magnetic resonance imaging (MRI) is a type of scan that uses strong magnetic fields and radio waves to produce detailed images of the inside of the body. An MRI scan can be used to examine almost any part of the body, including the brain and spinal cord, bones and joints, internal organs, breasts and heart and blood vessels.

The new 3T scanner will be able to produce faster scans with much higher detail and image quality that will help diagnose conditions, plan treatments and assess how effective previous treatments have been.
A free unique centre for young children diagnosed with hearing loss – and it’s right on your doorstep!

We have one of the busiest children’s audiology departments in the UK, screening over 12,000 babies every year. The Trust is also unique in that it has joint-partnership working with The Elizabeth Foundation, an independent charity that is based at the rear of the hospital and provides services and support for young children with hearing loss.

Babies born with inconclusive results from their first screening are referred to The Elizabeth Foundation’s Audiology Test Centre, which is led by Portsmouth Hospital’s Consultant Audiological Scientist, Mr Huw Thomas. The audiology team also conducts tests on children during their preschool years that have been referred by their GP.

From the moment a child is diagnosed with permanent hearing loss The Elizabeth Foundation will work with the child and parent to provide intervention programmes that help the child to listen and talk before they start school.

At four-months old Zach Smith's parents, Haanagh and Mike, were given the news that Zach was deaf. “Zach is a twin and his brother Ruben was born with a brain haemorrhage and cerebral palsy. Zach had hearing loss and meningitis twice by the time he was six-weeks old. When our consultant, Mr Thomas, confirmed that Zach had permanent hearing loss it was devastating and scary,” says Zach’s mother, Hannagh Smith.

Haanagh at the time was a midwife but quickly left employment to care for her then six-year-old son, Harry, and her new baby twins.

Zach is now four-and-a-half year’s old and about to leave the Elizabeth Foundation to go to a mainstream school, which is something that Hannagh says he would never have achieved if it hadn’t been for the Elizabeth Foundation and Portsmouth Hospital’s strong referral link and support.

“The Elizabeth Foundation is a unique place and has been truly fantastic in what they have achieved with Zach. He is doing so many things that he wouldn’t have achieved without them. As soon as Zach was diagnosed we were introduced to the founder of the charity, Shirley Metherell, who set the charity up, along with her husband David, 33-years ago after her daughter Elizabeth was diagnosed as deaf,” says Haanagh.

“Zach was then given hearing aids for both ears and both Zach and I were immediately invited to attend the baby nursery until Zach was 18months old. We then, together, progressed to a toddler group, followed by a pre-school group which was when I no longer stayed with Zach and he would learn independently. The centre even has a dedicated living room for parents whilst their child learns, which is a fantastic way to meet other parents going through the same thing as you,” says Haanagh before going on to say that she feels very lucky to live close to such a unique centre as many other parents travel from all over the country.

There are various methods of teaching communication skills to deaf babies and children, and the centre encourages its children to develop speech, language and listening skills by using all of their senses.

“The centre helped Zach to develop his listening skills and spoken language through everyday activities which helped him notice sounds and attach meaning to those sounds. Alongside this they also taught me how to teach Zach the dynamics of different sounds for our home life,” says Haanagh.

“The foundation has rooms set up in the centre that look like a house, in order to teach the parent and child how to get by with daily activities at home. This gave me the opportunity to gain the knowledge and skills to further develop Zach’s skills and grow with him.”

Haanagh says that speech has been harder for Zach to understand because of the damage to his brain, however, despite that the foundation has enabled Zach to speak and be sociable to make new friends for when he starts school. “The centre has taught Zach that deafness is not a barrier,” says Haanagh. “I will be one of the mum’s that cry on Zach’s last day at The Elizabeth Foundation as the charity has done so much for not just Zach, but for all of our family. They have played a huge role in all of our lives for the past four-and-a-half years and we are extremely lucky to have such a great resource on our door step in Hampshire,” says Haanagh.
Changes to the Council of Governors

You will recall that in the last edition of Trust Matters we were asking members if they would like to join our Council of Governors.

Those that expressed an interest in joining the Council of Governors were invited in for an informal workshop and presentation. We are pleased to welcome the following new co-opted Governors to the Council:

- Ernie Wells – Havant & South East
- Frances Bates – Havant & South East
- Robin Lander-Brinkley – Portsmouth City
- Tom Hart – Portsmouth City
- Lez Ward – Portsmouth City

Below an updated list of those Governors who represent each geographical constituency:

**Fareham and Gosport constituency**
- David Gattrell
- Lucy Docherty
- Richard Mackay
- Mary Sheppard

**Havant and East Hampshire constituency**
- Kate Bowskill
- Jocelyn Booth
- Roland Howes
- Frances Bates (co-opted from May 2014)
- Ernie Wells (co-opted from May 2014)

**Portsmouth City constituency**
- Sarah Edmonds
- Tom Hart (co-opted from May 2014)
- Robin Lander-Brinkley (co-opted from May 2014)
- Lez Ward (co-opted from May 2014)

**Patient/Carer constituency**
- Pepe Chisenga
- Dr Robin Marsh

**Staff Governors**
- Les Jones
- Mr Tony Evans
- Jayne Jempson

**Appointed Governors**
- Cllr Peter Edgar
- Hampshire County Council
- Stephen Arkle
- University of Portsmouth
- Norman Robson
- West Sussex
- Surgeon Commodore Robin McNeill-Love – Ministry of Defence
- Cllr Gwen Blackett
- Havant Borough Council
- Dr Tim Wilkinson - Portsmouth CCG
- Cllr Hannah Hockaday
- Portsmouth City Council
- Julia Barton
- Fareham and Gosport CCG
- Mr Adel Resouly
- South East Hants CCG

The Council of Governors is there to represent you and to tell the Trust what you think.

If you would like to contact your governor, please write to them at Governors@porthosp.nhs.uk or contact Michelle Marriner, Executive PA on 023 9228 6283.

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How research is improving healthcare for our patients.

Why not come along to your local constituency meeting, Learn How Research is Improving Healthcare for our Patients, and learn how research is talk to the elected members of the trust’s Council of Governors and a trust representative.

**Havant and South East:**
Monday 17 November, 2.00pm - 3.00pm
Mountford Room 2, Emsworth Community Centre, North Street, Emsworth PO10 7DD

**Fareham:**
Monday 27 October, 8.00pm - 9.30pm
(R joint meeting with Hill Head Residents’ Association)
Roman Catholic Church Hall, Bells Lane, Stubbington PO14 2PL

**Portsmouth:**
Thursday 20 November, 7.00pm - 9.00pm
Function Suite, First Floor, Mountbatten Leisure Centre, Alexandra Park PO2 9QA

**Gosport:**
Wednesday 26 November, 11.00am - 12.30pm
(Joint meeting with Partners through Pain Group)
Christ Church Parish Hall, Christ Church, Stoke Road, Gosport PO12 1JQ

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If you require this newsletter in another language, large print or another format, i.e. audiotape, please contact the Patient and Customer Services (incorporating PALS) on Freephone 0800 917 6039.