

Trust Matters

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Cancer – beating the odds...

Cancer is not a single disease with a single type of treatment, but one with more than 200 different kinds, all needing variations in treatment. To celebrate the advances in diagnosing and treating cancer, Portsmouth Hospitals NHS Trust supported both the World Cancer Day and the International Childhood Cancer Day in February.

“More than a quarter of a million people are diagnosed with cancer in the UK each year. The earlier a cancer is found, the more likely it is that treatment will be successful. At Queen Alexandra Hospital we have a range of screening programmes for cancer and were named most improved trust in relation to ‘The National Cancer Experience Survey’ last year. We have seen significant advances in technology over the past few years, and have helped to cure more people than ever,” says Dr Carmel Sheppard, Lead Cancer Clinician.

“One in three people will be affected by cancer at some point in their lives, and in some cases the risk of developing cancer can be reduced through simple lifestyle changes. This includes eating healthily, getting active, cutting down or stopping smoking and making sure that you get screened when invited to do so.”

So what is cancer?

Many people hear the word cancer but don't necessarily know what it means. The organs and tissues of the body are made up of tiny building blocks called cells. Cancer is a disease of these cells. Sometimes they carry on dividing and develop into a lump called a tumour. Tumours are either benign (non-cancerous) or malignant (cancerous). Doctors can tell if a tumour is benign or malignant by removing a small piece of tissue (biopsy) and examining the cells under a microscope. This is why screening is important, as it can allow doctors to pick up these tumours at an early stage and to treat it before it can spread.

Cancer affects all of us... including children

Many people only associate the disease with adulthood. This is a common misconception as each year around 1,500 children are diagnosed with cancer in the UK.

“Saying a child has cancer is one of the worst pieces of news that you can give a family. Thankfully there have been great developments in diagnosis and treatment, even in just the last ten years,” said Marie-Louise Millard, Consultant Paediatrician. Childhood cancer can be very different from cancers affecting adults as it tends to occur in different parts of the body and can also respond differently to treatment. Cure rates for children are much higher than for most adult cancers, and on average about 75% (more than 7 in 10) of all children can now be completely cured.

While it is quite rare (around one in 500) for a child to be diagnosed with cancer, we want to raise awareness of those who have gone through the ordeal, and help others going through it. Portsmouth Hospitals NHS Trust showed its support for International Childhood Cancer Day on 15 February, targeting children and families experiencing this disease.

Sophie Wearn, 15, was diagnosed with Osteosarcoma which is a rare cancerous (malignant) bone tumour that usually develops during the period of rapid growth that occurs in adolescence, when a teenager matures into an adult.

In 2008, Sophie underwent an X-Ray at Queen Alexandra Hospital in Portsmouth where the cancer diagnosis was identified. Although she is now fit and well, she has undergone treatment during the last five years at Queen Alexandra Hospital's Starfish Ward, Piam Brown Ward at Southampton General Hospital and The Royal National Orthopaedic Hospital at Stanmore in Middlesex. This treatment included chemotherapy, surgery and radiotherapy in order to destroy the cancerous cells of the tumour.

Izabel Herridge is only three years old, and was diagnosed with Acute Lymphoblastic Leukaemia in September 2011. This is a form of leukemia where malignant, immature white blood cells continuously multiply and are overproduced in the bone marrow. Thankfully Izabel is now in remission and is in the maintenance stage of her treatment at Queen Alexandra Hospital. She has another 10-11 months of treatment still to undergo and may need admission to the ward should she become unwell. This requires Izabel's parents to be on constant alert.

Best Care, Best People, Best Hospital

“Our 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 delivered in a safe, caring and inspiring environment”.



Dear Trust members,

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

This last year has been a time of unprecedented change for all NHS organisations, and this will continue into 2013. The biggest structural upheaval since the NHS was founded in 1948 will create pressure for both commissioners and providers – but there must be no compromise in the quality of patient care.

The Trust continues to improve its services with the development of many new initiatives which will further improve care for our patients. You might have seen details of some of these developments at one of the many health events and awareness days that we held during the year or in one of the many television broadcasts features.

We have seen many exciting achievements in 2012-13, both for the Trust and individual staff members. Inside this magazine is a summary of some of these awards and celebrations. I am confident that similar achievements and successes will be enjoyed throughout 2013.

Yours sincerely

Peter Mellor

Peter Mellor
Company Secretary

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NHS reform changes explained...

The coming year will prove to be one of change for the whole of the NHS. The Health and Social Care Act 2012 means that NHS Primary Care Trusts and Strategic Health Authorities were abolished on 31 March 2013, and that the responsibility for commissioning has transferred to local clinical commissioning groups (CCGs) run by General Practitioners.

A number of new CCGs have been authorised by the NHS Commissioning Board so that they can commission healthcare services for their communities. 80% of the current activity of our Trust will be commissioned by three CCGs – NHS Portsmouth CCG, NHS Fareham & Gosport CCG and NHS South Eastern Hampshire CCG, each serving a population of approximately 200,000 people. These changes will give GPs and other clinicians a greater say in deciding what patient services are provided locally.

The Act also intends that all NHS Trusts become a Foundation Trust. Foundation Trusts remain part of the NHS, but they have more independence in how they run their services, and are much more accountable to their local

communities. However, NHS Foundation Trusts are different from existing NHS Trusts in the following ways:

- They are independent legal entities – public benefit corporations.
- They have unique governance arrangements and are accountable to local people, who can become members and governors. Each NHS Foundation Trust has a duty to consult with and involve its Council of Governors in the strategic planning of the organisation.
- They have more financial freedom and can raise capital for appropriate developments, from both the public and private sectors within borrowing limits determined by projected cash flows and therefore based on affordability. They can retain any financial surplus they might achieve to invest in the delivery of new or improved NHS services for their patients.
- They are overseen by Monitor, the independent regulator of NHS Foundation Trusts, and the Care Quality Commission monitors and reports on the quality of care of all English healthcare providers.

Portsmouth Quality Bundle: Safe quality care in your hands

For the last two years Portsmouth Hospitals has been improving nursing care by using an innovative care bundle programme known as the Portsmouth Quality Bundle. This programme has focused on Quality Innovation Productivity and Prevention by combining different nursing using 'The Productive Ward' framework. This means wards examine their processes, removing repetition and overlap of outcomes whilst minimising change fatigue for our staff; reinforcing the bundle's ethos – "Do it once – do it well."



The Practice Transformation Team in conjunction with the NHS Institute of Innovation and Improvement has created and published a toolkit that can be accessed by any NHS organisation who might wish to implement a care bundle approach.

Love your liver

Have you ever wondered how much damage that extra pint might be doing to your liver? Around 95% of all liver disease can be avoided through changes in lifestyle. Alcohol, food and exercise can affect the health of your liver.

Richard Aspinall, Consultant Hepatologist, said: "Portsmouth Hospitals NHS Trust was pleased to be involved in the Love your Liver campaign in January. It gave our local population the opportunity to get their liver assessed and to learn about the different ways they can improve the health of their liver."

There are three simple steps to Love your Liver back to life!

1. Three days a week off alcohol
2. Take more exercise and stay fit
3. Cut down on sugar and fat

For those of you who attended on the day, you will have spotted local newspaper reporters, radio presenters and film crews. We managed to get great coverage of the day to promote these key messages including BBC Radio Solent, BBC South Today and The News.



Broadcast media round-up

BBC Inside Out

Portsmouth Hospitals NHS Trust worked closely with the BBC over several days to focus on inequalities in health, especially in the Portsmouth area. This centred on liver disease, bariatrics (obesity) and Type 2 diabetes.

We want to say a huge thank you, not only to our patients who took part, but also to our Consultant Hepatologist Dr Richard Aspinall, Consultant Surgeon Mr Shaw Somers (bariatrics) and Diabetic Specialist Midwives Ann Going and Chris Hall who all featured in this programme. If you have any worries about any aspect of your health, please go and see your GP.

A second BBC Inside Out programme is now being produced as a follow-up. Again, this will feature Mr Shaw Somers talking about problems with obesity and answering some of the public's questions on weight loss surgery.

Food Hospital

Due to air over the next few months will be a new series of Food Hospital. This will focus on Gestational Diabetes in pregnant women, and follows the lives of two of our mothers during scans and midwife appointments, birth and beyond.

Don't just stand there, I'm having your baby

This is one of the latest additions to BBC3, and the first episode focussed on two dads and how they will cope with the birth of their children, and subsequent care. Couple Callum and Laura are from the Portsmouth area, and with the help of Queen Alexandra Hospital's midwives Hayley Chambers and Kate Finch, Callum is given that extra bit of help to help him overcome his squeamishness!

Fat Doctors

We are currently working on the next series of Fat Doctors. This focuses on Mr Shaw Somers and some of his patients. For those who have never watched the programme, each episode explores what life is like for overweight people who are about to undergo a procedure, or have already had an operation and are now living with the limitations and consequences of poor health, bad diets and over-eating.

Staff commended at the Best People Awards



Designed to recognise staff that have gone above and beyond the call of duty, the Best People Awards is Portsmouth Hospitals NHS Trust's own unique awards ceremony which recognises staff members who have worked tirelessly over the year, achieving the highest standards of practice.

Ursula Ward, Chief Executive, who presented the awards to the winners said: "These awards are a fantastic opportunity to recognise, celebrate and thank members of staff for their dedication and hard work which has made a real difference to the hospital and our patients."

The ceremony had eight categories which recognised both individuals and teams across the Trust.



● The Chief Executive's Award for outstanding achievement

Maria Flynn, Head of Nursing / Interim General Manager – CHAT, **Greg Hounsome**, Health Care Support Worker, Urology and Plastic Ward, and **Sally Clark**, Patient Experience Manager

● Best Inspirational Leader

Janine Hatch, Superintendent Radiographer / Acting Image Services Manager



● Best Team

**Endoscopy Department
Decontamination Team**

● Best Innovator

Sue Atkins, Alcohol
Specialist Nurse

● Best Customer Care

Wendy White, Clinical Nurse Specialist Lymphoma and Young
Persons with Cancer



● 40 Years Service Award winners

Jane Marshall, Pharmacist,
Karen Parker, Staff Nurse in Paediatrics, and
Chrissie Immins, Medical Services Manager
for Medicine for Older People, Rehabilitation
and Stroke

● Best Employee of the Year

Joshy George – Staff Nurse, Renal
Haemodialysis

● The Chairman's Award winners

Ann Johnston, Hospital Volunteer for the
Medical Device Training Team, **Gary Pratt**,
Advanced Nurse in Orthogeriatrics and
Dawn Humphrey, Executive Secretary to
Trust Headquarters



Throughout the past year the Trust and its staff have received many national and local awards:



The News Best of Health Awards

Our local newspaper, *The Portsmouth News*, recognised the hard work of NHS staff at their Best of Health Awards 2012 after their readers were asked to nominate their health heroes in twelve different categories. In total we had 55 members of staff shortlisted for the awards which was a great achievement and demonstrates the high calibre of staff we have working at the hospital.

Our staff won six of the twelve categories including:

Hospital Team of the Year - Haemodialysis team; Midwife of the Year – Sandie Cornish; Hospital Doctor of the Year – Partha Kar; Community Team of the Year – Stroke Rehabilitation Team; Unsung Hero – Richard Allison; Hospital Nurse of the Year – Karen Neller.



Receiving the Olympic torch

Royal Navy nurse Lieutenant Vicky Scott, was one of 8,000 'inspirational torchbearers' who took part in the Olympic Flame torch relay as it passed through our region in summer 2012.



Multi-award winning diabetes team



The Trust, in partnership with Southern Health NHS Foundation Trust, won the Care Integration Awards 2012 (July 2012) and the Quality in Care Awards (October 2012) for their innovative work with diabetes. The 'super six model' provides greater clarity and support for GP's, identifying six specific categories of diabetes, which require specialist expertise that could not be provided in the community – with services working in collaboration to improve the quality of diabetes care.

Sue Atkins highly commended Nurse of the Year



Sue Aktins, an Alcohol Nurse Specialist at Queen Alexandra Hospital, was awarded a highly commended second place position for her work in setting up the alcohol specialist department in Portsmouth.



National accreditation for Occupational Health facilities



Portsmouth Hospitals NHS Trust have successfully met the accreditation standards of Safe Effective Quality Occupational Health Service (SEQOHS). This demonstrates that as an organisation we can maintain and improve the quality of people's health while in work.

Helping with stroke patients in Ghana



Staff at Portsmouth Hospitals NHS Trust are helping to improve the treatment of stroke patients in Ghana. Sarah Easton, Colleen Lloyd, Dr David Jarrett and Dr Claire Spice have been helping doctors, nurses and other health professionals in Ghana to establish an organised stroke care system. This is particularly important as stroke is the second biggest killer in Accra and the fifth in Ghana. Colleen Lloyd was shortlisted as Nurse of the Year by Nursing Standard in recognition of this work in March 2013.

Diabetic midwives highly commended



Our diabetic midwives received a special commendation at The Quality in Care programme awards ceremony for the best improvement programme for pregnancy and maternity.



Youngest president of his profession



Professor Peter Brennan, Consultant Oral and Maxillofacial Surgeon, has been elected as the youngest ever President of the British Association of Oral and Maxillofacial Surgeons (BAOMS).



Portsmouth midwife wins national mentoring award



Mandy Grosvenor from the Blake Birth Centre received the Mentor of the Year award at the Royal College of Midwives Annual Midwifery Awards. The award, nominated by Amie Ducie, Student Midwife from Bournemouth University, was given to Mandy for her insight as a mentor.

Volunteers

Our volunteer community continues to grow with new volunteers from local colleges, the newly retired and some local unemployed people looking to develop their skills. Many are former patients who choose to offer something in return. Others are looking for future career opportunities and some who have recently retired are looking for something to occupy their new found time.

Our volunteers benefit the Trust in numerous ways including helping ward staff at meal times, directing patients and visitors to their destinations within the hospital, helping to provide vital administrative support and assisting with patient surveys. We also have a group of volunteer dogs who come in to visit the patients and to be made a fuss of. They provide a huge boost to patients.



Want to do something for a worthy cause? ...Then fundraise for the Trust

We all recognise that there is a financial cost to providing great healthcare. Championed by the Rocky Appeal team and Mick Lyons, Portsmouth Hospitals NHS Trust has managed to continue to offer some of the very best treatment using the latest medical equipment through the fundraising efforts of an army of people across our community.

In late January 2013 the Trust opened the third of its new 'keyhole' operating theatres. Funded by the public, Gareth Harper Consultant Orthopaedic Surgeon in the Trust describes the Theatre as one of the most technologically advanced of its kind in the country.

Looking ahead, it's clear that the need for such technologically advanced equipment will only continue to grow. Your support of our fundraising projects helps make Portsmouth Hospitals NHS Trust a centre of excellence in so many different specialties. Thanks to your sponsored walks, coffee mornings, corporate events or the proceeds from special family events, it is your fundraising that makes it possible for us to provide such life enhancing equipment, training and support for our patients.

If you are interested in learning more about the fundraising plans of the Trust and would like to volunteer for your own fundraising activity or explore how your company or organisation might create a partnership with the Trust, please contact Paul Morgan on 023 928 6000 Ext 3695 or paul.morgan@porthosp.nhs.uk

Tina Robinson, Hospital Guide

Tina has worked as a Hospital Guide at Queen Alexandra Hospital for a number of years following her retirement.

"I chose to volunteer as a 'meet and greeter' at Queen Alexandra Hospital as it is such a vast area with so many departments that is easy to get lost, especially when your mind is on a medical problem or a loved one. When I started I knew I would like the challenge of directing both patients and visitors to help put them more at ease."

"When on duty I take up my place where I can see people easily. I help to find wheelchairs for patients, guide them verbally or actually show the patients to their appointment and generally make their experience more pleasant. It is very rewarding to get a smile and a 'thank you' when they are leaving later in the day."

Claire Wood, Endoscopy Department

"I originally volunteered to try and 'repay' the fantastic care that a member of my family had received at Queen Alexandra Hospital. I felt that I wanted to help and give something back in return."

"I am now working within the Endoscopy Department which I really enjoy, and the staff always make me feel very welcome and appreciated. My main role is on the reception using the PAS system, ensuring the case notes are correct, that we have the necessary consent forms and discharging case notes for rough filing, taking calls and generally making the patients feel at ease."

Portsmouth's innovative decision making tool helps women choose where to give birth



Choosing where you want to give birth can be a daunting decision for many parents.

Queen Alexandra Hospital's maternity centre is one of the busiest in the South coast. In 2012 6,292 babies were born, with 4,562 of these being born in the consultant labour ward. Despite many different options being available to them, the out of hospital birth rate is only 10.9%.

One third of women are still undecided about the preferred place of birth even when they go into labour. Portsmouth's solution to this is the development of a computerised decision making tool called 'My Birthplace' to support women, their partners and midwives in making the decision about the

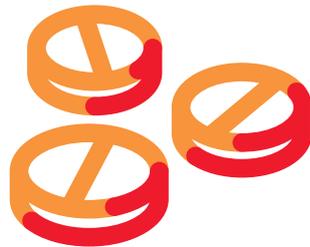
place of birth. This will be accessible as a web application and Smartphone or tablet application (app) in 2013-14.

This app came about following a grant from The Health Foundation specifically for the production and testing of this initiative.

Portsmouth's maternity service is also in the second year of a major transformation programme called 'Nurture'. The programme's main priority is to provide one to one midwifery care whilst in labour. This is achieved through a flexible integrated maternity model which can support birth both in and out of hospital.



Feeling unwell?



Sore throat • Runny nose
Diarrhoea • Chesty cough • Headache

Keep some **medicines** safe at home for coughs and colds

You can ring **NHS 111** for help and advice on **111**

You can get expert advice from your local **chemist / pharmacist**

Or, make an appointment with your **GP**.
If you need a GP **Out of Hours** call 01962 718697

Minor injuries

For minor injuries, go to your local minor injuries unit (MIU) or walk-in centre. They can treat sprains and strains, broken bones, wound infections, minor burns and scalds, minor head injuries, minor eye injuries, and injuries to the back, shoulder and chest.

Local services can be found in:

- Gosport War Memorial Hospital, PO12 3PW, 8am - 9pm
- St Mary's NHS Treatment Centre, PO3 6DW, 7.30am - 9.30pm
- Petersfield Hospital, GU32 3LB, 8am - 6pm

www.nhs.uk

Have you ever thought about kidney donation?

In the UK alone 7,000 kidney patients are waiting for a kidney transplant but because of the shortage of organ donors, around 300 die each year whilst waiting.

In recognition of this, Portsmouth Hospitals NHS Trust turned the Spinnaker Tower red for World Kidney Day in March. To show their support, a number of former kidney donors and recipients talked to the public throughout the day at the hospital and Spinnaker Tower about their experiences.

"In 2012 the Trust carried out 11 altruistic donations (donations to an unknown recipient) which was around 18% of the national total for the year. In the Portsmouth area we have many adults and young adults currently receiving dialysis treatment for kidney failure and this is increasing every year. Some of this is a consequence of lifestyle where people are at risk of kidney disease through diabetes, high blood pressure and family history," said Maria Purse, General Manager for Renal and Transplantation Services.

Your questions answered



Do you have any social media accounts?

Portsmouth Hospitals NHS Trust now has a Twitter account. Please help us to keep you well informed about your hospital by following us **@QAHospitalNews**. We regularly provide news of service developments, health events and tweet pictures of what is going on in the Trust.

For those of you not on Twitter, these messages are also posted on our website **www.porthosp.nhs.uk** and frequently appear in the media.

How can I become more involved with the Trust?

If you want to be more involved, then become a member of our Trust. Membership is free and there are varying levels of involvement so choose whatever suits you best. Full details can be found on our website, or alternatively contact the Membership Services Coordinator on 023 9228 6284 or **member@porthosp.nhs.uk**

Are car park charges due to change this year?

From Tuesday 2 April 2013 Carillion, who manage the hospital's car parks, will increase the rates for the Multi-storey Car Park, the North Car Park and for the spaces near to the East Entrance.

It is important to note that any patient or visitor who might need to attend the hospital or visit relatives over a long period of time, can still benefit from the reduced parking charge rate of £1.70 per day. This concessionary rate is at the discretion of the ward or clinic sister. Disabled badge users will also be charged £1.70 per day.

A full list of the car park charges at Queen Alexandra Hospital can be found on our website: **<http://www.porthosp.nhs.uk/find-us/car-parking.html>**

Do you have a question about Portsmouth Hospitals NHS Trust?

Why not come along to your local constituency meeting and talk to the elected members of the Trust's Council of Governors and a Trust representative. Hear from Consultant, Dr Ian Cairns and Nurse Specialist, Cherilyn MacNee about the care and support provided to those who are approaching the end of their life at Queen Alexandra Hospital.

Portsmouth Hospitals **NHS**
NHS Trust

Portsmouth Hospitals NHS Trust
The Governors
Request the pleasure of your company
at a series of public meetings.

Havant and South East:
Wednesday 8 May, 10.00am - 12.00noon
Room 3, Parish Hall, Sacred Heart Church, Waterlooville PO7 7SR

Gosport:
Thursday 16 May, 2.00pm - 4.00pm
Georgian Suite, Thorngate Halls, Bury Road, Gosport PO12 3PX

Portsmouth:
Thursday 23 May, 6.00pm - 8.00pm
Lecture Theatre, Education Centre, E Level, Queen Alexandra Hospital,
Southwick Hill Road, Cosham PO6 3LY

Fareham:
Wednesday 29 May, 2.00pm - 4.00pm
Church Hall, St Margaret Mary Church, Park Gate SO31 7GH

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.

Trust Matters is created by the Communications Team

Send us your feedback by emailing **communications@porthosp.nhs.uk**

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