Help make the NHS’ 70th birthday one to remember!

On 5 July 2018 the NHS is turning 70. It is the perfect opportunity to celebrate the achievements of one of the nation’s most loved institutions, to look at the wide array of opportunities being created by advances in science, technology and information, and to thank the extraordinary NHS staff – the everyday heroes – who are always there to greet, advise, and care for us.

As part of the Trust's celebrations we are looking for:

- Trust staff who have served over 30 years at RLI, FGH, WGH, QVH, and Ulverston Community Health Centre to share their stories
- Individuals who served in 1948 when the NHS was formed, or the 50s, 60s, 70s, 80s, 90s, and 00s who would be willing to share their stories and what they remember of healthcare in that decade
- Generations of families who have worked at the Trust who would be willing to share their stories and have a family photo
- Any plans for staff-led events on Thursday 5 July 2018
- Any old photos of staff and the sites and memorabilia.

We have lots planned so keep your eyes peeled! Please contact Karen Evans, Communications Officer, on x45212 or at karen.2.evans@mbht.nhs.uk

Reduction in avoidable harms at UHMBT

We have seen a 56.68% reduction in the incidence of inpatient cardiac arrests since 2014. In 2014 there were 217 recorded inpatient cardiac arrests across UHMBT sites; in 2017 this had reduced to 94. This fantastic reduction has been achieved through a number of ways:

- NEWS monitoring a minimum of four hourly and adherence to the escalation process when patients trigger on NEWS
- Earlier recognition of a deteriorating patient and the use of 2222 to summon emergency help
- Staff being up to date with mandatory training – from BLS to ILS/eALS/ALERT
- Prompt and timely DNACPR discussions when appropriate
- Rapid review by the resuscitation team of all 2222 calls placed (cardiac arrest of peri arrest) and learning shared and disseminated
- Discussion of all 2222 calls at the weekly patient safety summit to identify themes, areas for improvement or celebration of good practice

We would like to thank all staff involved with patients for their contribution to this amazing reduction in the incidence of cardiac arrest, and hope the trend continues. Well done to all staff!
Nourish healthy breakfast competition

The focus of the #FlourishAtWork campaign has once again turned to Nourish. This year’s Nourish campaign aims to encourage everyone to eat a healthy balanced diet, starting with what is often termed the most important meal of the day - breakfast.

With this in mind, and to encourage staff to eat a nutritious balanced diet, we are challenging staff to commit to having a healthy breakfast at least three-four days a week. The first 200 staff that sign up will receive a special reusable lunch bags complete with healthy snacks to get them started. To sign up email Flourish@mbht.nhs.uk

In return for the reusable goodie lunch bag, we want you to send photos of your healthy breakfasts and any recipes you are using to Flourish@mbht.nhs.uk and/or put them on social media using #FlourishAtWork.

Thank you to those who have already signed up and shared some pictures. Your healthy breakfasts look great!

My Slimming World journey

I joined Slimming World in June 2017 via the scheme offered by our Occupational Health and Wellbeing Department. Since joining I have lost 3.5 stone. This is a long journey as I want to lose 10 stone by 2019.

The hardest part I have found is reducing or changing my alcohol habits. I am an avid Sauvignon Blanc fan but with 700 calories or 33 syns a bottle I needed to think differently about my lifestyle and drink choices. Which isn’t a problem during the week but weekend and holidays are tricky. I am enjoying Gin and Light tonics or Soda with less syns.

Over Christmas I have also struggled, sweet treats, bacon sandwiches with lashings of butter, however from January 2018 I am determined to get back into eating healthy, exercising more, and drinking less (although I will not be participating in dry January).

Katy Chadwick, Workforce Business Partner

Take a look at the new Communications intranet pages

The communications team now have brand new intranet pages...go and take a look here! The new pages cover everything from the latest editions of Weekly News, to meeting the team. They also have key documents like the Leadership Tree, Trust PowerPoint templates, and photo consent forms. Over the next few weeks there will be a feature about each member of the team and what their job role is.

But if you can’t wait until then, the Communications team can help you or your team with the below. More information can be found under the 'What we can help you with' tab on the intranet:

- Weekly News
- Patient Information Leaflets
- Social Media
- Any local or national press enquires
Focus on our new Maternity Unit...assessment area

You will have heard us talking our brand new £12m Maternity Unit at FGH. It is due to open in early February 2018 so we wanted to tell you a little bit more about what exactly the new unit is made up of.

On the ground floor of the new unit there will be a maternity assessment area which will provide care, treatment, and support to women when they arrive at hospital in labour or when they experience any problems in pregnancy, such as raised blood pressure, reduced fetal movements, bleeding, pain, etc..

The assessment area is decorated to be as comfortable as possible for women and families, and admission to the Maternity Unit can be made directly from here.

More information on the new Maternity Unit at FGH can be found at: https://www.uhmb.nhs.uk/hospitals/furness-general-hospital/your-new-maternity-unit/.

New patient tracking list helps to improve the management of waiting lists

The electronic patient tracking list at our Trust allows clinical divisions to update patient waiting lists in real time. This replaces a previous system which was managed via a series of spreadsheets issued to the Trust’s performance team twice weekly.

Keith Bentham, Programme Manager for Electronic Patient Record (EPR) optimisation programme, UHMBT, said: “The electronic patient tracking list provides the staff that manage the waiting list with the data they need in real time and the ability to access and update the patient’s record within the EPR should they need to. The patient tracking list has really helped to join up the patient’s electronic patient record and the patient’s waiting list to help ensure that people are being managed as effectively and efficiently as possible.”

Over the past 12 months we have undergone a large-scale change programme, led by clinicians, to improve and enhance the main EPR used across all hospital sites.

The EPR optimisation team, in conjunction with the performance management team developed the patient tracking list. A pilot was run earlier this year across all sites and now the new tracking list is used by all waiting list staff and data validators.

Rhiannon Tinson, Head of Operational Performance, UHMBT, said: “The existing process for managing the waiting list had evolved over a period of time and was due for a review. This is a very exciting development that has already transformed the way we manage our waiting lists.”

In addition to the work done on the patient tracking list, the EPR optimisation programme has helped to develop and roll out the Digital Nursing Record across the three main hospital sites. As a result, over 60,000 electronic notes are being recorded by nurses each month.

The EPR programme is about to deliver a pilot to make the process of requesting X-rays and lab tests electronic in the Oncology Outpatient Department at Furness General Hospital, replacing a paper based system. During the summer, the Trust’s Emergency Departments (ED) took a major step towards becoming ‘PaperLite’ by removing the paper CAS Card that was used in ED and replacing it with an Electronic CAS Chart available within the EPR.
Spotlight on Integrated Care Communities

There are 12 Integrated Care Communities (ICCs) in Morecambe Bay. Each ICC brings together health and social care professionals, the voluntary sector and the local population who work together to improve health and wellbeing. Each week we will focus on a different ICC so we can share some examples of their work with you. This week we look at Millom ICC, who focus on care planning for vulnerable people, falls prevention, reducing hospital admissions, health promotion initiatives for children, and reducing time spent travelling to and from hospital.

Every year there are around 32,694 journeys out of the community to a hospital for an appointment/treatment or admission. We have a higher number of people over 65 living in our area (23% compared to England Average of 16.9%). Some people who live in Millom booked in for operations were making a round trip to Furness or Westmorland General Hospitals of up to 80 miles, taking (by car) around two ¼ hours for a pre-operative assessment.

To help improve patient experience and reduce pressure on hospital staff the ICC team, including UHMBT, Waterloo House Surgery, and Cumbria Partnership Foundation Trust, began working on a process to allow (where clinically appropriate) Millom residents to have pre-operative assessments done in Millom.

Staff in Millom underwent additional training and systems were set up to ensure safe handling of information. The project is in its infancy but pre-operative assessments are now offered in Millom, with all information being sent securely to the hospitals in preparation for surgeries. To date 11 patients have benefitted, saving 11 appointments at the hospital and about 880 miles and over a day of travel time for our patients. They are hoping to extend the service to include ECGs and more complex patients.

Your Development Matters

Your development matters will spotlight innovative training, resources and research that may help with your professional development. This month we’d like to draw your attention to some free online IT courses, a one day Coaching Skills Workshop in Kendal and a free resource about the menopause.

For more information click here. If you have any ideas for training or if you have followed up on any of these links then we’d like to hear from you. Please email helen.o’neil@mbht.nhs.uk.

Keep up to date with Charity news

Keep up to date with all the latest Bay Hospital Charity news on social media:

- https://www.facebook.com/bayhospitalscharity/
- https://twitter.com/bayhospitals

Hospital lunchtime lecture - RLI

The next hospital lunchtime lecture at the RLI is taking place on Wednesday 10 January, from 12:30pm – 1:15pm, in Seminar Room 5. Stuart Hoskin-Durn, Resilience and Emergency Planning Manager, will present the talk ‘The changing face of major incident planning and response.’

All staff are welcome and lunch will be served in the education centre reception at 1:15pm.
Commended in the Health Business Awards 2017

Representatives from the Trust attended the Health Business Awards 2017 where we were shortlisted in two of the 22 categories. The annual Awards recognise and celebrate the significant contributions made each year by organisations and individuals that work inside and alongside the NHS, and this was the first year that the Trust has been represented.

We were commended in the The Patient Safety Award category for our work over the last two years on patient safety and the fact the Trust has gone from special measures to good overall and outstanding for care, through working in partnership with patients, families, staff and partner organisations.

We were also commended in the NHS Finance Award for our Sustainability Programme which has a focus on achieving savings in a clinically-led, joined-up, inclusive way.

Well done to everyone involved!

TMS “drop In” session

TMS is continually developing with new functionality being built and added. Recently we launched TMS at home. TMS from home means you can now access TMS from any non-Trust PC / device.

The TMS team within Learning and Organisational Development are running drop in sessions to provide information and guidance about the functions within TMS, and how these can support you and your team in managing learning activity, producing reports and using TMS from home etc. You will have the opportunity to ask questions to help you get the best from the system, identify any issues you face, and for you to provide suggestions of any future changes you would like see introduced. These sessions are available to any member of staff and you can reserve your place through TMS.

Join the improvement movement!

We launch our 11th wave of improvement and LiA on the 30 January! This is your opportunity to help make the changes you want to see and gain some great new skills. We will support you every step of the way! We use a stepped approach with some great tools that help you get where you want to be.

We are just going into our third year of LiA and during that time we have supported 127 different schemes. We are always blown away by the dedications and enthusiasm of our staff to really improve care for patients. Our brilliant bay days are a fantastic opportunity for all schemes to share what they have achieved with the rest of the health community and some have resulted in national awards! So join in!

Gillian Day, Workforce Futures Advisor, said: “I think the LiA process is excellent. Did feel a little daunting initially but the support of the LiA team and colleagues taking part is great. Knowing about the fantastic projects of previous waves and the real impact they have had for both staff and patients, it really inspires you to want to get involved and make a difference.”

This is open to all staff across the Trust and the Bay Health and Care Partners. An expression of interest form can be found on our Trust internet or LiA intranet.

We look forward to working with you! Call 01524 511989 or contact listening.ia@mbht.nhs.uk
Update from our union colleagues

Will 2018 be a landmark year for trade unions and the NHS? There will be things to celebrate - we’ll mark 50 years since the Race Relations Act outlawed racial discrimination in employment, housing and services. We’ll celebrate the 70th birthday of our treasured NHS. And we’ll recognise that 100 years ago, some women won the right to vote (while of course many working-class women had to wait another ten years).

These were all battles where trade unionists played our part and proof that, acting together, we can change the world for good.

The Trade Unions Congress will also be marking its own anniversary: 150 years since a group of trade unionists came together in Manchester, to make sure working people had a strong, united voice of our own. 150 years on, the world of work is changing fast but throughout our values are constant. Trade unions want every job to be a great job. Fair pay for every hour you work. Respect and decent treatment. Guaranteed hours – and plenty of notice if your shift changes. Somewhere that's safe to work. A chance to get on in life. And – underpinning it all – a democratic voice at work through your union.

In 2017, real wages fell – and they’re still lower than they were when the financial crisis hit in 2008. 2018 is set to be bleaker still: it looks like UK wages will fall the furthest of all advanced economies. On current projections, average pay won’t recover until 2025 – a full 17 years after the pay squeeze began. One in ten working people are in insecure work, not knowing what hours they’ll work or how much they’ll earn this week. So in 2018, unions will keep campaigning for an economy that can deliver a pay rise for everyone. We’ll push to stop the worst exploitation, like zero-hours contracts and argue for more and better jobs. On 12 May trade unionists will march together to demand a new deal for working people.

As the last few years have made clear, there’s no better way to heal the divides in our country than by making sure everyone has a great job that they can build a life on. So my wish for 2018 is for a growing movement of working people, demanding better jobs and an economy that works for everyone. It’s as vital in 2018 as it was in 1868.

I wish you, your families, friends and workmates good health, happiness and success in 2018 and always.

Andy Robson
Society of Radiographers (SoR) rep, Member of SoR NW Regional Executive and Staff Side Secretary

Bay Governance Blog is now out

Latest Edition of the Bay Governance Blog is now available. Click here to view.

Hospital Grand Round - FGH

The next Hospital Grand Round at FGH is taking place on Monday 15 January, from 1pm, in Teaching Room 2. Miss Panna Patel and Dr Omar Abbassi, will present the lecture “A rare case of Malaena.”

All staff are welcome and lunch will be served in the education centre for those that attend.