



Your Weekly NEWS

Nursing Apprenticeships shortlisted for national award



The Registered Nurse Degree-Level Apprenticeship scheme, which is a joint initiative between UHMBT and the University of Cumbria, has been shortlisted for a Leadership Award in the 2018 Royal College of Nursing Institute Awards.

The scheme is among the first of its kind in the UK, and will see those recruited to the roles combine vocational training with accredited qualifications on their journey to full-time roles within the Trust.

More than 700 entries were reduced to a shortlist of just 70 finalists in 14 award categories, and the winners of each category will be announced at a ceremony held in London on 4 July. Read more about the Nursing Degree Apprenticeships in the media centre of the Trust website or by clicking [here](#).

On the same page - what are we planning to achieve?

Over the last few weeks, we've shared a lot of information with you about why we need to make changes and what the benefits will be for patients and staff. So what is the headline transformation we plan to achieve through Better Care Together:

- A 50% reduction in outpatient activity across the local health economy
- A further 15% reduction in emergency admissions
- A further 30% reduction in emergency bed days
- 25% reduction in costs of nonclinical support functions

This will equate to a capacity reduction of 170 beds across the local health economy, a 50% reduction in locum / agency / premium staffing costs, and a reduction of staff delivered through natural turnover insofar as possible.

This will be achieved through:

- Reimagining care pathways with a focus on 'eradicating' outpatient activity
- Promoting self-care and community support for long-term conditions
- Achieving benchmark levels of demand for trauma and orthopaedics / respiratory / surgery
- A service consultation strategy - reducing duplication across sites
- Achieving best industry standard productivity for non-clinical support functions

We want to be really clear - what is not being proposed is:

- Any reductions in safe staffing level thresholds
- A slash and burn approach to non-clinical support functions
- To walk away from our clinically led Better Care Together

In next week's edition, we will recap what we've said over the last few weeks to try to summarise it. In the meantime, if you would like to know more, please visit the dedicated section of our Trust website at: <https://www.uhmb.nhs.uk/about-us/same-page/>.





Clinical Training and Assessment Centre, FGH

We are very excited to announce the opening of our second Clinical Training and Assessment Centre (CTAC) at UHMBT! The temporary location for our new CTAC is on level 2, next to the Education Centre reception, at Furness General Hospital. The centre will operate from there for the next 18 months before moving to a permanent location at FGH.

CTAC at FGH will be used as an extension of our education department and from here we will facilitate teaching sessions, clinical skills training, simulation events and undergraduate / postgraduate medical examinations. The first exams to take place on CTAC at FGH will be the Lancaster Clinical Assessments for year 4 medical students studying at Lancaster University. This will be the first time we have been able to facilitate undergraduate medical student exams from FGH and we look forward to this being the first of many.

If you are interested in finding out more information about becoming involved in medical education and assessments at RLI or FGH please email ClinicalExaminers.LMS@mbht.nhs.uk or phone us at RLI: 01524 516095 (ext: 46095) / 07500071906 and for FGH: 01524 402509 (ext: 42509) / 07974257162. Alternatively, visit our undergraduate medical education intranet pages <http://uhmb/cd/Undergraduate/Pages/default.aspx>

CTAC is a multi-disciplinary training and assessment facility and will be available to all involved in education to book for training sessions / educational events from May 2018. There are 8 training rooms of varying sizes as well as a second clinical skills lab and simulation suite. To find out more or book a training room please contact Sharon.Stockdale@mbht.nhs.uk 01229 402509 (ext: 42509).

Our Inclusion Conference speakers: Ben Stuttard

Ben Stuttard is a Band 6 Diagnostic Radiographer in general & trauma imaging at Aintree University Hospital. Prior to this he was a project manager for the mobile phone company Sony Ericsson. On being made redundant he applied to study radiography at the University of Cumbria in Lancaster, and has been at Aintree since qualifying in July 2012. He created the Twitter handle [@radiographerben](https://twitter.com/radiographerben) in 2013. Since qualifying he has completed a postgraduate diploma in Healthcare, Ethics and Law from the University of Manchester, and will soon be returning to university to study Nuclear Medicine. As well as being an Associate Lecturer at the University of Cumbria, Ben is vice-chair of the Society of Radiographers' equality and diversity group. His main areas of interest are promoting gender awareness and learning to use British sign language.



Liesje Turner, Assistant Director of Workforce has said; "Inclusion in my mind is about creating an environment which enables and supports our staff and patients to feel comfortable and confident in being themselves, safe in the knowledge that our Trust embraces and values difference and diversity. We know that there is still work to do to achieve our ambitions, and this conference is one of the ways that we are reaching out to people to help raise awareness, inspire people and get them to really think about how they can help make a difference."

The 'Beyond Boundaries - Towards an Inclusive Bay' Annual Inclusion Conference takes place at The Forum in Barrow on Monday 14 May. Registration opens at 9am, with the programme running 9.30am—4.30pm. For more information about the conference and to book your place, visit your TMS under 'Inclusion and Diversity'. Travel to the venue can be provided, and staff are entitled to attend this event as part of their working hours. If you require transport please contact: karl.hinchliffe@mbht.nhs.uk / Gillian.day@mbht.nhs.uk.

Cavell Nurses Trust Star Awards

An inspiring new national awards programme, Cavell Star Awards are given to nurses, midwives and healthcare assistants who shine bright and show exceptional care to colleagues, patients and patient families. Just fill out the nomination form online and tell us why your colleagues are superstars: <https://www.cavellstarawards.org>.



Appraisal for appraisers training

Appraisal is part of a continuous cycle of reflection which provides staff the opportunity to reflect on how they are doing in their role and is intended to be a positive, supportive and constructive conversation. If you'd like to improve your appraisal technique, understand the "new" e-appraisal documentation or get some tips on what you can do to get the best from your team or department, then you might benefit from attending an appraisals workshop.

The next available dates for this training are below. For more information and to book a place, please go to your TMS account under Personal Development.

- 15 May , 9am-4.30pm, FGH
- 22 May, 9am-4.30pm, RLI
- 6 June, 9am-4.30pm, FGH
- 19 June, 9am-4.30pm, RLI



Congratulations to Helen Capstick

We are thrilled to announce the graduation of our new Staff Nurse Helen Capstick, who has completed her Nursing Degree with 1st class honours and returns to the Continence Service after a 2 year secondment. Well done Helen, we are all very proud of your achievement and delighted to welcome you back to the team!



Lancashire Lifesavers training

When a person has a cardiac arrest, there are a few vital minutes to save them. Anyone can save a life - you just need to learn a few simple skills.

Lancashire County Council have teamed up with BBC Radio Lancashire and the North West Ambulance Service to make sure you know how!

There are a number of training days taking place across Lancashire, [book your place here.](#)

Cognitive behavioural therapy skills

Have you ever found yourself with a patient who seems stuck, distressed, or struggling to cope and been unsure about how best to help? If so, come and join us for an introduction to CBT first-aid skills to integrate into your practice, a framework for communicating and understanding problems and confidence in handling difficult conversations and strong emotions. The CBT Taster Day is evidence based / NICE compliant unique to Cumbria and delivered by local psychological experts working in physical health settings. It is only £10 to attend. For more information or to book a place, contact Elpeth.Desert@ncuh.nhs.uk.

Supporting your Mental Health

The [Workplace Mental Health Support Service](#), delivered by Remploy and funded by the Department for Work and Pensions, provides free and confidential support to individuals who are experiencing difficulties at work due to depression, anxiety, stress and/or other mental health conditions.

Workplace advisors can help you with coping strategies, a wellbeing plan, workplace adjustments and getting support from your employer.

You can apply for this service if you are in permanent or temporary employment, attending work or signed off sick, have a mental health condition (diagnosed or undiagnosed) that has made you miss work, or is making it hard for you to stay in work. Just contact vocationalrehabilitation@remploy.co.uk or 0300 456 8114 for more details.



NHS 70 'My memories' - Mike Thompson

Even retirement in November 2017 couldn't make Mike Thompson hang up his theatre coat, and he is back working for the Trust four days a week as a Business Manager, CIP and Lorenzo Theatres lead for the Surgery Division. Mike, who lives in Lancaster, started his NHS career in 1972 at Westmorland County Hospital where he trained to be a pathology technician. He continued the role (but admits it wasn't quite the role for him), before taking up a post as a theatre attendant at Westmorland County Hospital in June 1973. He remained in this role for two years before undertaking the first British non-nursing qualification for Theatre Practice—becoming an Operating Department Assistant, and then Operating Department Practitioner. He practised in Theatres initially in the original old Westmorland County Hospital situated at the top of Beast Banks in Kendal (now a nursing home) from 1975 - 1977 before moving to the RLI until 1980 when he left to work in Saudi Arabia as part of a commissioning team for a private hospital. Returning to the RLI in the summer of 1984, Mike worked clinically within Theatres for a number of years as an ODP, eventually taking up senior and principal ODP roles prior to becoming the RLI and then ultimately Cross-Bay Theatre Manager in which he remained until his retirement in the Autumn of 2017.



“When I first started as a Trainee pathology technician, there were only three of us at the Westmorland County Hospital but now there are so many more technicians spread across two big pathology departments and the technology we had then was nowhere near as sophisticated as it is now,” Mike says. “It is amazing how the face of Morecambe Bay even in Lancaster has changed over the years. Once upon a time In Lancaster there were operating theatres in Garnett Clinic at the Moor Hospital, at Queen Victoria Hospital in Morecambe and at the Beaumont Hospital. And because there were theatres all over town you had to jump in a taxi to get from site to site which could be quite a challenge. Now the theatres are all based on one site at the RLI. There was no HSDU service, so for example all Theatres had steam autoclaves - in fact some had boiling water baths! Theatre staff processed all their own instruments, in fact Endotracheal Tubes were Red Rubber, none of the plastic forms you see today, and a Laryngeal Mask was many years away. I even recall watching anaesthesia administered via Schimellbusch mask using open drop Ether technique for Tonsillectomy—a technique happily long gone!”

“Morecambe Bay was then a major trauma hospital for road traffic accidents and I recall us undertaking burr hole surgery for bleeding on the brain following trauma before an NHS strategy for centralisation, so that diminished and subsequently ceased. The Theatres would be frequently called upon to provide emergency surgery for major abdominal trauma encompassing Liver, Spleen and major vascular injuries. Few will know that in the 1980's the Lancaster Moor Hospital provided an elective neurosurgery service providing procedures such as frontal lobotomy and craniotomies for various neurosurgical conditions before the landscape changed”.

“I have loved every minute of the 40 plus years of both my clinical and managerial NHS career. You couldn't get a better, more rewarding career. You get a certain sense of pride and satisfaction knowing that you have been involved in the care of patients”.

NHS 70 - Donate 1,000 miles

Give the NHS a 1,000 mile birthday present. Are you looking for some motivation to get a bit more active? Why not join the #NHS1000miles challenge? We're logging our miles – walking, running, swimming, horse riding, buggy pushing (anything counts!) – over the next few months as our collective birthday gift to the NHS. The more active we are, the healthier we get, and that's great news for the NHS. There are many ways to get involved: Join the Strava group or Facebook group, and get post updates via Twitter using the hashtag #NHS1000miles. For more information visit <http://wecommunities.org/blogs/3338>.

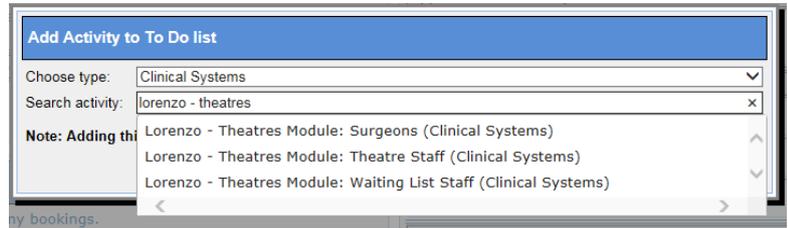


New computer system for operating theatres due to go live

The Electronic Patient Record (EPR) is set to play a much larger role in the way in which we manage our operating theatres across our hospital sites. From Monday 2 July, Theatre Staff at WGH will no longer use their current departmental Theatre Management System (ORMIS) and will start to use the Lorenzo

Theatre Management system, which is fully integrated into the patient's EPR. Following two weeks of live use at WGH, the new system is scheduled to go-live at RLI on Monday 16 July. FGH is scheduled to go-live two weeks later on Monday 30 July.

The new system will benefit all staff who currently use ORMIS, with a range of redesigned, fully integrated workflow processes which aim to promote more effective communication and team working, as well as reducing stress in a critical environment. The project is being delivered as part of the Trust's overall IT strategy and EPR Optimisation Programme. The project has recently validated the new business processes and is scheduled to practice the method from migrating from the old system to the new system in May. Training dates have been published with a number of courses available. These can be booked either via TMS, by calling Training Admin on 46006 or emailing training.admin@mbhci.nhs.uk. Please note that Surgeons and Anaesthetists should book onto the session: *Lorenzo – Theatres Module: Surgeons (Clinical Systems)*.



Volunteers needed for work experience week

The Careers and Engagement Hub is organising another work experience week for a group of students aged 14-16 years old from Furness Academy, and are looking for staff to volunteer to support the sessions.

The event will run from Monday 30 April – Friday 4 May at the Education Centre and Skills labs, FGH, between 9am and 3pm each day. Please contact Jodi.slater@mbht.nhs.uk if you can spare an hour and would like to be involved. You can read more about the event [here](#).

£30,000 up for grabs!

Do you have an Improvement idea on the theme of peer support? Q Exchange is offering the chance to develop project ideas and submit bids for up to £30,000 of support funding. These ideas can then be refined, developed and strengthened with the collective help of the Q community. They are also open to a diverse range of proposals. Please contact the Listening into Action and Improvement team on ext 49440 / 01524 512179 or listening.ia@mbht.nhs.uk. You can find out further information on the Q community [here](#).



Submit your ideas for Wave 12

Listening into Action Come and join the new look LiA -Wave 12! Faster training, same support and as much time as you need to complete. We welcome ideas from all care groups and corporate teams. Please submit your application form to your divisional management team by

Friday 4 May – with revised workshop dates starting on **15 May**. For an application form and further information, visit the webpage [here](#) or call ext 49440 / 01524 512179 or email listening.ia@mbht.nhs.uk.

Patient safety culture event

Organised by the Innovation Agency who lead the North West Coast Patient Safety Collaborative, an interactive, free event is being held on 15th May at Haydock Racecourse. The event will showcase good practices in patient safety culture that are happening locally and nationally. Register [here](#).



Mental health celebrations in May

As part of activities to celebrate the 70th anniversary of the NHS, NHS England is focusing on mental health services during May. Across the North, the aim is to mark progress and innovation in mental health over the last 70 years – and to recognise the hard work and dedication of individuals and teams involved in the care and treatment of people with mental ill health. Teams are being asked to submit examples of services or projects that they are proud of – which will be used to create an on-line Market Place. Examples could include: a service or team that is making a real difference to service users, a project that is being developed which will improve care and treatment, and a piece of work or service that has already been recognised as part of an award scheme. More information about the Market Place can be found [here](#). A number of on-line articles will also be published during May, written by some of the leaders in mental health from across the region. You can follow the campaign as it develops on social media using @NHSEnglandNorth and #NHS70MHNorth.

Change in confidential waste contractor

All the current confidential waste consoles are being collected on 12 May at RLI and 19 May at FGH. If you have a console in your area which is usually not open / accessible on a Saturday, please could you contact the waste manager to arrange access to allow for the old consoles to be collected. Installation of the new consoles will occur on 14 and 21 May. You can find out more [here](#).

Big Innovation Conversation

The Big Innovation Conversation is a series of bite-sized lunchtime webinars about the latest innovations changing the way we deliver health care.

The next webinar takes place on 10th May from 12.30pm and discusses [ESCAPE-pain](#), a six-week rehabilitation programme which can improve physical function, general wellbeing and quality of life - and reduce healthcare costs. [Register here for the webinar](#).

On site training for continence products

As you may be aware, the Continence Products used in community services across Lancashire and Cumbria and those used in acute services are different, meaning that patients are often provided differing products which can cause confusion. A tender has recently been awarded to Abena UK which will resolve this problem and standardise the product range across the whole region. The Abena team will be on-site over the coming weeks providing training, support and key product information to ensure a smooth transition to the new range of products. These new products can be ordered via the I-Proc ordering system. If you have any questions about the new products or training, please contact Marcia Lee, Lead Nurse at Abena on 07712 761378 or mal@abena.co.uk who will be able to help. If you have any questions about the ordering processes, please contact Laura Murphy, Contract Support Manager at Abena on 07813 843316 or lmur@abena.co.uk who will be able to help.

Garstang Medical Practice now part of Fylde and Wyre CCG

Garstang Medical Practice has formally moved from Morecambe Bay CCG to Fylde and Wyre CCG. It had already been working closely with nearby Over Wyre Medical Centre to look at ways for improving services and health for rural communities, which face a number of unique issues due to the challenges of isolation and travel for patients and staff.

Garstang Medical Centre was previously with NHS Morecambe Bay CCG and was fully involved throughout the process and agreed to the change.

Dr John Miles, of Garstang Medical Centre, said: "We are really excited both for ourselves and for our patients at the prospect of joining Fylde and Wyre CCG. Soon we will be able to offer some of the award-winning services that have been available to patients in other parts of Wyre for some time."