



# foundations

for health

August 2016

**Diabetes  
care**  
*highly rated*

**Gearing  
up for flu  
season**

*Local celeb  
supports*  
**breast  
screening**

**Our year**  
*2015/16*

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If you have comments or want further information about any of the articles in *Foundations for Health* please get in touch with the Communications & Engagement team on 01302 647085 or email [communicationsandengagement@dbh.nhs.uk](mailto:communicationsandengagement@dbh.nhs.uk)

For further information about membership or to get in touch with any of your governors please contact the Foundation Trust office on 01302 644158 or email them on [foundation.office@dbh.nhs.uk](mailto:foundation.office@dbh.nhs.uk)



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## Your newsletter

Welcome to this edition of *Foundations for Health*.

We will be producing this magazine four times a year, with one paper copy in August and three digital copies throughout the year.



So that you can still receive this newsletter and be up to date with all the latest developments, news stories, as well as invitations to member events, please send us your email address and we will send you a reader-friendly electronic version. We promise to only use your email for sending you *Foundations for Health* or invitations to member events and meetings, and will not pass it on to any third parties.

Send your name and email address to us at [foundation.office@dbh.nhs.uk](mailto:foundation.office@dbh.nhs.uk).

You can also read this newsletter on our website at [www.dbh.nhs.uk](http://www.dbh.nhs.uk).



## Sign up for membership

Keep up to date with the latest news about your local hospitals by becoming a member.

It's completely free and what's more you can elect governors or even stand for election yourself. As a member we really value your experiences, views and opinions about how your hospitals are run and how you'd like to see services develop in the future.

You need to be 16 years or over; be a resident of Bassetlaw District or Doncaster Metropolitan Borough; or have used the services we provide. To learn more and to apply for membership, please go to [www.dbh.nhs.uk](http://www.dbh.nhs.uk) and search for the online membership form.

## Aged 65 and over? Feeling good?

Did you know an Abdominal Aortic Aneurysm, or AAA, is a symptomless condition which, if left undetected, can be fatal.

- A quick free scan available for older men can detect and save lives
- If you would like more information about AAA Screening please telephone 01709 649100 or email [dbh-tr.dbhaaa@nhs.net](mailto:dbh-tr.dbhaaa@nhs.net)
- Or alternatively visit the website <https://www.gov.uk/topic/population-screening-programmes/abdominal-aortic-aneurysm>.

# Huge improvement in hospital care for patients with diabetes

Diabetes care that we provide has been highly rated in the National Diabetes Inpatient Audit (NaDIA).

At Doncaster Royal Infirmary and Montagu Hospital, 124 inpatients with diabetes took part in the audit. The results have shown a huge improvement for inpatient diabetes care, despite the disease being more prevalent in the borough than the national average.

The audit, carried out by the Health and Social Care Information Centre (HSCIC), looked at the care of all inpatients with diabetes on a single day in all trusts across England and Wales. Key areas of focus included staffing and organisational issues, clinical outcome measures and patient satisfaction levels.

The report showed:

- Excellent reduction of the rates of hypoglycaemia (low blood sugar levels), with severe hypoglycaemia (6%) well below the average for England.
- A significant increase in the number of patients receiving a diabetic foot assessment during their stay in hospital (75%) well above the national average.
- Placement in the top 25% of trusts for providing a foot risk assessment within 24 hours of arriving in hospital (65%).
- Low rates of insulin errors (10.6%), which are well below the national average of 22.6%.

- Better than the English average for 'good diabetes days' (five out of seven days), when blood glucose control was adequate.

Patients also praised the care and knowledge of staff, with 74.2% saying they were satisfied or very satisfied with their care, which places the Trust amongst the top performing Trusts in the audit.

Annette Johnson, Lead Nurse for Diabetes and Endocrinology at the Trust, said: "I am very pleased with the results of this audit and also so proud of the team. This shows the great strides we have taken to improve care for our diabetic patients. To be named amongst the top performing Trusts in England and Wales is a huge achievement and this is a testament to the hard work and dedication of our staff."

*These improvements are due to the work of our Diabetes Inpatient Specialist Nurse Team and the support of the Fred and Ann Green Legacy.*



The Inpatient Diabetes team: (l-r): Sue Robson, Diabetes Specialist Nurse; Terri Sharp, Diabetes Nurse Practitioner; Lewis Hinds, Clinical Support Worker; Emma Mantle, Diabetes Nurse Practitioner; Annette Johnson, Lead Nurse for Diabetes and Endocrinology; and Dr Shivani Dewan, Consultant in Diabetes



Carol Rawson, Staff Nurse

## Carol reaches 100

Carol Rawson, Staff Nurse at DBH, celebrated a very special birthday this year.

During a blood donor session at Doncaster Racecourse in June she gave her 100th unit of O+ blood to NHS Blood and Transplant. Carol has been donating since 1975 and now attends three donor sessions every year.

Carol, who has trained and worked at the Trust for over 40 years, said: "I've worked as a nurse in coronary care, intensive care and in theatre recovery so I'm well aware of the importance of donating blood for use in emergency situations. I'm very passionate about giving my own blood and I want to encourage others to do so."

Although Carol's is the most common blood type, that doesn't mean that her donations are any less important. One in three people share her O+ blood and this means more people need it. Every year more than 120,000 units of blood, platelets and plasma are required to meet patient needs and donations from all blood types are crucial to keeping the supply up.

Giving blood can give life to a patient somewhere in the UK and most people aged 17 to 66 are eligible to donate. However, less than 3% of us give blood.

To book onto a donor session or to find out more about the process, head over to [www.blood.co.uk](http://www.blood.co.uk)



# Update on our financial position



It is no secret that this is a challenging time for many NHS organisations up and down the country.

In October last year, we reported a change in our financial position resulting in the Trust falling into deficit and ushering in a period of 'Turnaround'.

This occurred due to uncovering significant misreporting to the Board of Directors. Without an accurate picture of our true financial position, the Trust was living beyond its means and failing to make necessary savings.

In the immediate aftermath, an independent, external investigation and report was concluded, which we published on our website. It made recommendations on how to ensure something like this wouldn't happen again, which I'm happy to report are all well underway.

Whilst that investigation was taking place we had a clear view that we were in Financial Turnaround, meaning we had to make significant savings, quickly, mainly by reducing our spending where possible, whilst maintaining our commitment to high quality patient care.

We immediately put increased financial controls in place and the impact of these measures meant we ended the financial year £36.4m in deficit, which is around £2m better than we had forecast.

Many people want to know what this means for us as a Trust and will patients suffer as

a consequence of us trying to pay back this deficit. The short answer is no. It is true to say that we will have to make some large savings, and in some instances this will be achieved by doing things differently, but delivering quality care for our patients remains our main priority as a Trust.



Mike Pinkerton, Chief Executive

Work has already begun on bringing the Trust back to financial health with a target of savings pinned at £11m for 2016/17. I'm happy to announce that in month two we've already managed to save £1.28m, which is ahead of schedule and shows that we're on the right path to recovery.

Although making savings is incredibly important, it is also crucial to remember that finance is only one of the areas where we have to deliver for our patients. We are here to provide safe and effective care, and in that respect we have had one of the best years to date, achieving or outperforming the majority of our targets such as: reducing hospital acquired infections, falls, re-admissions rates, waiting times for treatments and for the first time ever, our mortality rate is below the expected level.

None of this would be possible without the hard work and dedication of our staff. I'm proud to work alongside such committed individuals and also humbled to see everyone come together, despite difficult circumstances, to help get the finances of the Trust back on the mend. We have some challenging times ahead but I firmly believe we will be back to full strength soon.

Mike Pinkerton  
Chief Executive

Keeping you in touch by email, Twitter and Facebook

To receive this e-magazine and other relevant news and information by email, just pass your email address to the Foundation Trust Office on [foundation.office@dbh.nhs.uk](mailto:foundation.office@dbh.nhs.uk).

Follow us on Twitter @DBH\_NHSFT and find us on Facebook for all our news and other interesting updates.



# Our year 2015/16

*We hope you enjoy this brief look back on our year in 2015/16.*

Even with our financial position we have made excellent improvements in the quality of care our patients receive.

## **Provide the safest most effective care possible**

For the third year in a row we have continued to make excellent improvements in patient safety key quality indicators including:

- 27% reduction in Clostridium Difficile
- 28% reduction in serious falls
- 50% reduction in severe avoidable pressure ulcers
- Mortality rate has reduced from 109.3 to 96.

## **WE REMAINED FOCUSED ON SAFE STAFFING LEVELS AND INVESTMENTS WERE MADE IN LINE WITH NATIONAL RECOMMENDATIONS.**

We are achieving referral to treatment for our patients and although our emergency pathways are under constant pressure, we continue to be one of the best performing trusts in the country.

## **Develop responsibly; delivering the right services with the right staff**

In October we launched the Front Door Assessment Signposting Service at Doncaster Royal Infirmary's Emergency Department to ensure that patients are seen by the most appropriate service for their care needs, improving their experience of urgent care.

This service has seen about 15 per cent of patients being streamed out of the emergency department to services more appropriate to their needs.

We remained focused on safe staffing levels and investments were made in line with national recommendations. Over the year more than 98 per cent of shifts identified were filled with the nursing workforce required to meet the needs of our patients.

We also began work to reduce our reliance on temporary staff which was helped by the successful recruitment of 44 student nurses.

## **WE REMAIN COMMITTED TO DEVELOPING OUR STAFF.**

We remain committed to developing our staff and our internal management skills programme which has continued to strengthen with more than 460 participants attending one of the four developed modules.

There has been a vast improvement in staff appraisals and the staff survey results showing 88 per cent of staff receiving an appraisal.

Our staff and services were shortlisted for an abundance of local, regional and national awards including some of the most prestigious awards in healthcare. All of the improvement and achievements have been made as a result of the commitment and hard work of our staff.

Research and Development continues to expand and excel. Our commitment to research was acknowledged externally with our Nursing Research Team being shortlisted for the Nursing Times Clinical Research Award.



# Our year 2015/16

## Innovation for improvement

A new check-in system for patients visiting the outpatient department was introduced. The electronic system gives patients a faster appointment check-in service and improving clinic waiting times.

In early October 2015 the new Clinical Management Information System (CaMIS) patient information system was installed. This has been a massive and complex project but an essential one to replace a patient administration system that had been in place since 1986.

## ONE OF OUR SURGICAL TEAMS PERFORMED THE UK'S FIRST HERNIA REPAIR SURGERY USING A PIONEERING NEW TECHNIQUE THAT LEAVES VIRTUALLY NO SCARS FOR PATIENTS.

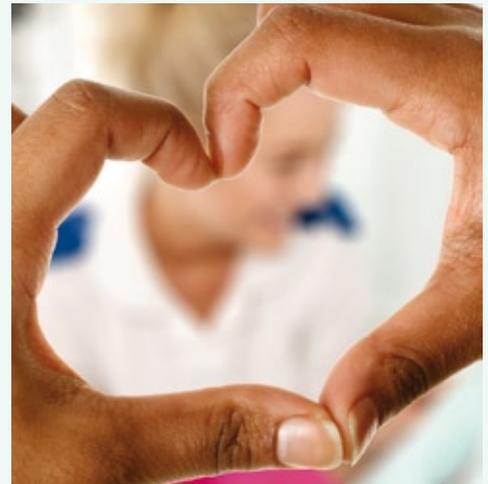
During the winter we used a new technology to test patients for the flu virus on the Acute Medical Unit at Doncaster Royal Infirmary and the Assessment Treatment Centre at Bassetlaw Hospital. The quick diagnosis of the virus helped us to limit the spread of the infection to other patients and also for staff to start treatment without delay.

One of our surgical teams performed the UK's first hernia repair surgery using a pioneering new technique that leaves virtually no scars for patients. Called Micro-Incision Laparoscopic



Surgery, it's the latest development in laparoscopic 'keyhole' surgery which allows the surgeon to operate through tiny incisions or cuts in the abdomen, of less than 3mm; up to five times smaller than other standard keyhole surgery procedures.

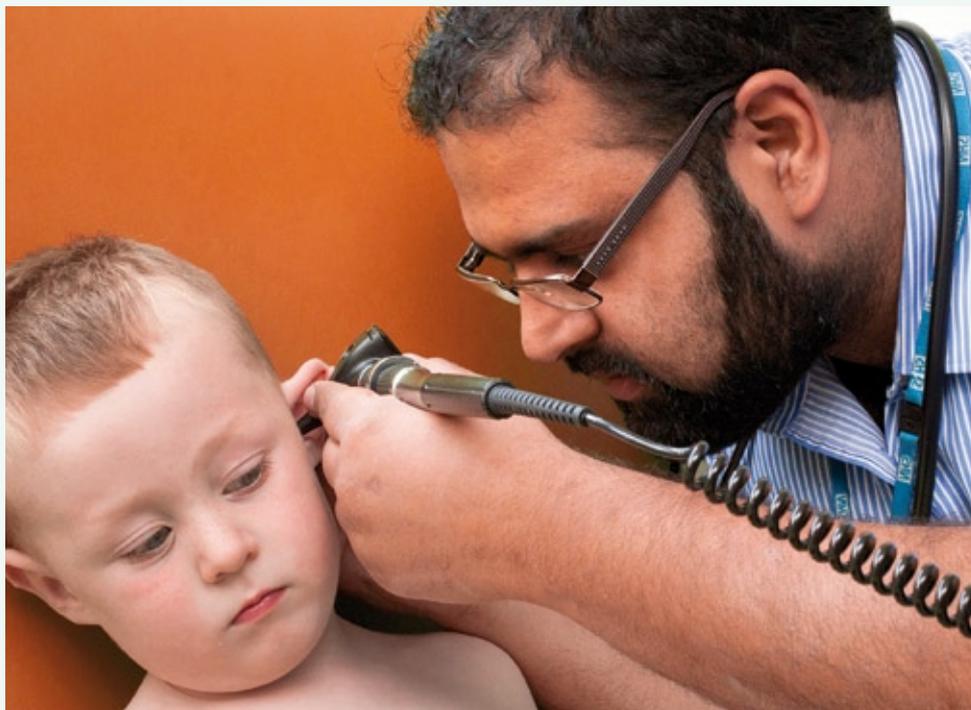
We also introduced an innovative improvement for men requiring surgery for enlarged prostates in the form of a new Green Light XPS laser. The laser removes overgrown prostate tissue without the need for invasive surgery, meaning faster recovery for patients.



## WE INTRODUCED AN INNOVATIVE IMPROVEMENT FOR MEN REQUIRING SURGERY FOR ENLARGED PROSTATES IN THE FORM OF A NEW GREEN LIGHT XPS LASER.

Thanks to the Fred and Ann Green Legacy, we purchased the MALDI-TOF system to enable our microbiology staff to identify bio organisms in minutes rather than up to 72 hours by traditional methods to help staff start treatment much quicker.

We were selected as one of just 10 hospital trusts in England to take part in the 'Building on the Best' programme to support improvements in the quality and experience of palliative and end of life care across the UK.



# We're *welcoming* *carers* of frail older people to visit

We are encouraging carers of frail older patients to visit at a time that suits them, in a bid to improve their wellbeing.

During our own 'Frailty Week' held in June, we raised awareness with our staff and highlighted the needs of frail patients, to be more open to flexible visits from carers and tailoring care, wherever possible, to the individual.

We used Frailty Week to create a friendlier hospital experience for our older patients and their carers. An example of which includes signing up to 'Carer's Cards', part of a national initiative called John's Campaign, which allows carers of those living with dementia to access wards at all times.



Cindy Storer, Frailty Care Group  
Head of Nursing and Quality

Jack Bell



Extended to frail older patients who need to spend time in our hospitals, we are encouraging their carers to visit outside of normal visiting times.

Cindy Storer, Head of Nursing and Quality within the Frailty Care Group, said: "Carers help us to gain a better understanding of our patients' lives and provide valuable insight into their specific needs. Carers play a crucial role in the wellbeing of some of our patients and this is why we have introduced 'open visiting' on our wards, so that they can spend time with their frail older relative or friend at a time that suits them.

"As the population ages, we estimate that around 70 per cent of older people will be affected by dementia at some point in their life. Having carers around often helps calm distressed older patients, reduces the risk of falls and helps us to provide better patient-centred care."

## Named among the best for end of life care

End of life care that we provide is among the best in England, according to a new report by the Royal College of Physicians.

The review scored the Trust higher than the national average in 10 of 13 categories for clinical and organisational care, which included recognising that the patient was in the last days of life, providing an around-the-clock palliative care service and involving those close to the dying person in decisions about the care provided.

Other areas where the Trust performed better than similar organisations included discussing key issues with those closest to the patient, listening to their concerns and providing a holistic assessment of the dying person's needs so that care could be personalised during their last hours of life.

Stacey Nutt, Lead Nurse for Cancer and End of Life Care, said: "Almost half of all deaths in England take place in hospital. At the Trust, we strive to give our terminal patients high quality, compassionate care and the support they need during this sensitive time and this report reflects the hard work and determination of our staff.



(l-r): Debi Ashton and Denise Cowling, End of Life nurses;  
Karen Lanaghan, End of Life Coordinator; and Stacey Nutt,  
Lead Nurse for Cancer and End of Life Care

"We also know that there are areas where we can make improvements such as better recording of information and providing end of life communication skills training for doctors, and this is something we will look to implement in the future."

# Gearing up *for the flu*

As we start our preparations for this year's flu season, we are encouraging all our frontline staff to get vaccinated against flu to cut the risk of it spreading to patients, colleagues and their families this winter.

Staff who have direct patient contact are more likely to be exposed to the flu virus and vaccination is the most effective way of reducing the impact of flu to protect patients and fellow staff.

**"I WOULD ENCOURAGE ALL STAFF TO GET BEHIND THE FLU FIGHTER CAMPAIGN AGAIN THIS YEAR."**

Mr Sewa Singh, Medical Director, who has the vaccine every year, said: "I strongly urge our doctors to lead by example and encourage other staff to get vaccinated. It's one of the single most important things our medical staff can do to protect themselves, their family and above all, vulnerable patients."

"Patients in hospital, the frail old, very young, pregnant women, and those with underlying conditions like diabetes and Chronic Obstructive Pulmonary Disease (COPD), are very susceptible from the effects of flu. This is why each year at the end of September, we

will be offering the flu vaccine free to our frontline staff. This year, as in previous flu fighting campaigns, the aim is to get 75 per cent or more of frontline staff to take up the offer of the vaccine."

Richard Parker, Director of Nursing, Midwifery and Quality, said: "I would encourage all staff to get behind the flu fighter campaign again this year.

Flu is a highly infectious illness and even healthy people can be very ill if they catch it. As more people than ever



Mr Sewa Singh, Medical Director

**"I STRONGLY URGE OUR DOCTORS TO LEAD BY EXAMPLE AND ENCOURAGE OTHER STAFF TO GET VACCINATED."**

are using the NHS it is very important that our staff protect themselves and reduce the risk of passing the flu virus on to others."



Richard Parker, Director of Nursing, Midwifery and Quality

## Three ways to *prevent flu*

### 1. Get your vaccine

Having your flu jab protects yourself, your family, colleagues and patients. It's a serious illness that can result in death. The vaccine is the best protection.

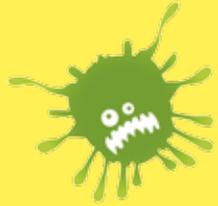
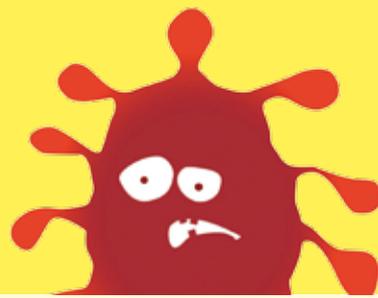
### 2. Wash your hands

As well as getting your jab, you can help reduce the spread of flu by regularly washing your hands, particularly after sneezing or coughing. Remember you can pass flu on without having any symptoms so wash your hands regularly.

### 3. Stay away

Please stay away if you have flu until you are better. The virus is very infectious and outbreaks can happen quickly. So do everyone a favour and don't add to the spread of flu.

# Flu season



## Flu facts vs flu fiction

FICTION	FACT
The flu jab gives you flu	The flu jab cannot give you flu as it doesn't contain any live virus
A healthy diet and vitamin C will prevent flu	Flu is a virus and can affect anyone, no matter how good your immune system is
The vaccine doesn't work, I still got flu	Over the last ten years, the vaccine has provided good coverage against flu and it is still the best way to fight flu this winter
I've never had flu so I'm not likely to get it	The flu virus changes so you need to be vaccinated every year for protection
The vaccine is not safe	The vaccine is well-tested and has an excellent safety record
I'm not in an at risk group	Anyone can get flu and pass it on to a vulnerable group even with no symptoms.

## Who are the 'at risk' groups?

For the majority of people who catch it flu is unpleasant, but for some it can lead to chest infections, severe complications and death.

If you are in any of the following groups or parents of very young children, it is important that you and/or your child have the flu jab:

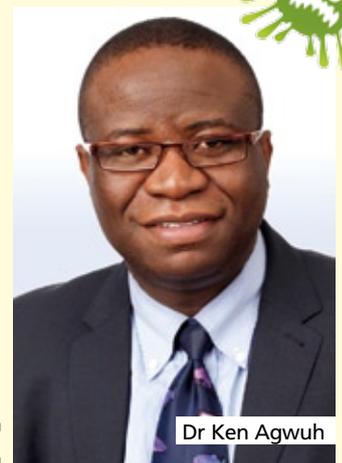
- Older people
- The very young
- Pregnant women
- Those with underlying disease, particularly chronic respiratory or cardiac disease
- Those with an immune system which is not able to fight infection.

The flu vaccine is offered free to those in 'at risk' groups. Ask your GP or pharmacist for details.

## What are the symptoms of flu?

Symptoms generally include fever, chills, headache, cough, body aches and fatigue, but can also lead to more serious complications like pneumonia and bronchitis. If you have any of these please do not visit our hospitals. Thank you for not bringing the flu bug into our hospitals.

## The flu vaccine and why it's important



Dr Ken Agwuh

As director of infection prevention & control and a consultant microbiologist Dr Ken Agwuh is well aware of the dangers of the flu virus.

He said: "The influenza viruses are constantly changing and as a result this leads to an unpredictable virus. It can cause severe illness and death in at risk groups. The viral infection spreads easily from person to person, by contact with contaminated objects, called fomites, such as toys, doorknobs, and by breathing in virus laden aerosols.

"The virus can affect anybody in any age group. According to the World Health Organisation, vaccination is the most effective way to prevent infection and the severe outcomes caused

**"THE INFLUENZA VIRUSES ARE CONSTANTLY CHANGING AND AS A RESULT THIS LEADS TO AN UNPREDICTABLE VIRUS."**

by influenza. We as healthcare workers have a duty of care to prevent passing on the virus to our patients, colleagues at work, family members and friends by having the vaccine. According to a press release by the Centers for Disease Control and Prevention, in February this year, the overall influenza vaccine effectiveness was 59% for the 2015/16 season, much better than previously thought."

# Belles kick off their support for *'Fear or Smear'* campaign

Our very own South Yorkshire and Bassetlaw screening team have teamed up with Doncaster Rovers Belles to urge women to attend their cervical screening appointments.

The Belles have been sharing their fears to highlight how attending routine smear tests are not as bad as some of their fears of flying, spiders and heights, just to name a few.

In South Yorkshire and Bassetlaw approximately three in four eligible women are attending their cervical screening (smear test) appointments.

**"IT IS INCREDIBLY IMPORTANT THAT ALL WOMEN OF ELIGIBLE AGE ATTEND THEIR CERVICAL SCREENING APPOINTMENTS."**

All women between the ages of 25 and 64 are eligible for a free cervical screening test every three to five years. If you are aged between 25 and 49 you will receive an appointment every three years, aged between



Doncaster Rovers Belles players supporting the "Fear or Smear" campaign at Keepmoat Stadium

50 and 64 every five years and if you are 65+ you will only be screened if you haven't had a smear test since the age of 50 or have had recent abnormal tests.

Women who have missed their cervical screening appointment are urged to contact their local GP to book an appointment.

Tracey Turner, NHS England's Screening and Immunisation Coordinator and lead on Cervical Screening for South Yorkshire and Bassetlaw, said: "It is incredibly important that all women of eligible age attend their cervical screening appointments. Research shows that younger women aged 25-49 in South Yorkshire are less likely to attend a smear test which is obviously a concern, as cervical cancer is the most common cancer in women aged under 35, with 8 women a day being diagnosed with the disease in the UK. It can be prevented and the best way for women to protect themselves against cervical cancer is by taking up their cervical screening appointments."

Julie Grundy, Doncaster Belles' first team assistant coach, said: "I encourage all women to attend their cervical screening

appointment, it's imperative you go as it's easier to detect at an early stage. I had abnormal cells picked up and so I'm so glad I went for screening. My fear is snakes and I am much more scared of these than attending my appointment.

**"MY FEAR IS SNAKES AND I AM MUCH MORE SCARED OF THESE THAN ATTENDING MY APPOINTMENT."**

"Please visit the "Fear or Smear" website where there is lots of information on preparing for your smear test, including facts about the process and stories from other women."

Cervical screening is NOT a test to find cancer. It is a screening test to detect changes to the cells of the cervix or neck of the womb.

Don't let your fears stop you from taking the test. Find out more at <http://fearorsmear.dbh.nhs.uk> and share your stories today.



Julie Grundy has no fear of attending her smear but scared of snakes

**NAME:** Maisie Grierson

**JOB TITLE:** Emergency Nurse Practitioner, Minor Injuries Unit, Montagu Hospital

**FAVOURITE HOLIDAY DESTINATION**  
Italy, I like Venice

**FAVOURITE RESTAURANT**  
I would say Aagrah at Woodlands in Doncaster

**WHO MAKES YOU LAUGH?**  
A lot of people – my son the most

**INVITING FIVE FAMOUS PEOPLE TO DINNER, WHO WOULD YOU CHOOSE?**  
George Clooney, Kate Middleton, Gary Barlow, Prince Harry and someone to make me laugh – Joanna Lumley

**MOST MEMORABLE MOMENT IN YOUR CAREER**  
Well I've been here nearly 40 years but I always remember when I graduated.

**IDEAL WEEKEND**  
I'm a gardener so it would probably be in my garden with the sun shining.

**FAVOURITE MUSIC TRACK/ARTIST**  
Bruce Springsteen – I like his music

**FAVOURITE BOOK/AUTHOR**  
I like murder mystery novels – I've read all of Ian Rankin's books

**STRANDED ON A DESERT ISLAND, WITH ONE/TWO PEOPLE WHO WOULD YOU CHOOSE?**  
I'd take my son and my sister she'd definitely be good for survival

**THREE WORDS YOU THINK DESCRIBE YOU**  
Relaxed, approachable, easy-going



Maisie Grierson



(l-r): Kath Parkin, Kate Bottley; Jackie Taylor and Margery Maughan

## Local celebrity supports Doncaster Breast Screening awareness

Local TV celebrity Rev Kate Bottley has made a special appearance at Lakeside Village Shopping Centre to support our South Yorkshire and Bassetlaw wide breast screening campaign.

Kate took time out of her day to speak to female shoppers and encouraged them to take up their offer of breast screening.

Doncaster Breast Screening Champion, Kath Parkin, 65 also came along to share her story with local shoppers. Kath attended a routine mammogram appointment at the age of 63 after receiving her invitation in the post. Her scan detected breast cancer, even though she had no signs or symptoms. Kath now has the all clear and is urging other women to respond to their screening invitations.



Kath with Kate

Rev Kate Bottley said: "I am proud to be supporting Doncaster and Bassetlaw Hospitals' Breast Screening Saves Lives campaign and thoroughly enjoyed speaking to local women at Lakeside Village.

"I strongly urge all women of Doncaster and Bassetlaw to join the fight and take up their breast screening invitations. It may be that you have no signs or symptoms, just like Doncaster Champion Kath, so it's very important you get yourself screened every three years."

Senior Radiographers, Margery Maughan and Jackie Taylor from Doncaster's Breast Screening Team were there on the day.

Margery said: "We would like to say a big thank you to Lakeside Village staff for allowing us to spend the day talking to local shoppers and helping us to increase awareness, stressing the importance of women attending their mammogram appointment.

"It really can make a difference."

The campaign encourages women aged between 50 and 70 to attend important breast screening appointments in a bid to detect breast cancer early and offer a better chance of successful treatment and full recovery.

Breast screening is currently available to women aged 50 to 70 years, invitations for screening are sent out every three years. If you have missed your last mammogram appointment or you would simply like more information call Doncaster's Breast Screening Unit on 01302 644966.



(l-r): Elizabeth and Julie,  
Emergency Nurse Practitioners

# The *'Big Celebration'* of our amazing army of volunteers

During Volunteers' Week (1-12 June) we celebrated our amazing army of dedicated volunteers.

## Great reasons for choosing your Minor Injuries Unit

Located in the heart of Mexborough the Minor Injuries Unit at Montagu Hospital can provide a fast, convenient service for those who have a minor injury or illness.

Its team of skilled professional nurse practitioners offer treatment, advice and information for anything from insect bites or stings to arranging X-rays for possible broken bones.

Here are some comments from patients who were glad they choose our minor injuries unit:

"I was recommended to visit the minor injuries unit, after sustaining a painful foot complaint. 3 week wait to get a GP appointment. I arrived here at about 5.10pm was processed, treated, prescribed and left by 5.30pm, suffering from Gout!! What a great bunch of professionals."

"Excellent service providers: As the title says superb service with friendly staff. Short waiting time is a refreshing change. The dept seems to be run efficiently and staff go about their business in a proficient manner."

"Today we visited the minor injuries clinic and how impressed we were. So quick and efficient. Saw a nurse straight away. Then to X-Ray no waiting. Back to clinic once again X-ray checked. Support fitted. Advice about care etc given. Wonderful service. All done in about half an hour."

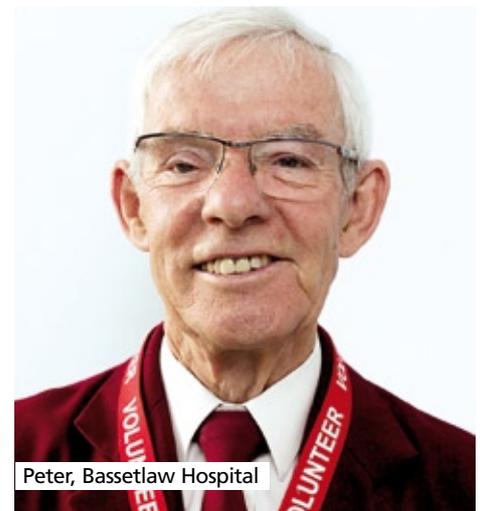
The unit is open seven days a week from 9am to 9pm (closed Christmas Day) for patients over the age of one.

Over 200 people volunteer their time across our sites in Doncaster, Mexborough or Workshop and Volunteers' Week was the perfect opportunity for us to say thank you and to applaud them for everything they do.

One of our star helpers, Peter, has been volunteering here after staff cared for his son, who sadly passed away. He said: "Having used the hospital a number of times and having lost a son here I wanted to give something back. I've been volunteering for 13 years and enjoy every minute of it. The nurses treat me like it's going out of fashion."

Volunteers offer their support to help hospital staff in delivering excellent patient care and ensuring that visitors find the department or ward they are looking for. They give their time selflessly in a variety of roles which range from reception enquiries, escorting patients and visitors around the hospital sites, volunteering in clinics, wards, the library and coffee shops.

Trust Chairman Chris Scholey said: "Each and every one of our volunteers does something truly extraordinary. They give their spare time to enrich the services we offer and bring something completely different to our hospitals. I want to thank each and every one of them for everything they do."



Peter, Bassetlaw Hospital

If you are interested in doing something amazing and want to become a volunteer at your local hospitals, find out more on the Trust's website at: [http://www.dbh.nhs.uk/about\\_us/volunteering/default.aspx](http://www.dbh.nhs.uk/about_us/volunteering/default.aspx)

To watch the video of Peter explaining why he helps out at the Trust via this YouTube link:

<https://www.youtube.com/watch?v=kp9rywiH-Bs>

We couldn't include photos of all our amazing volunteers but here's a selection. Thank you to all our volunteers.

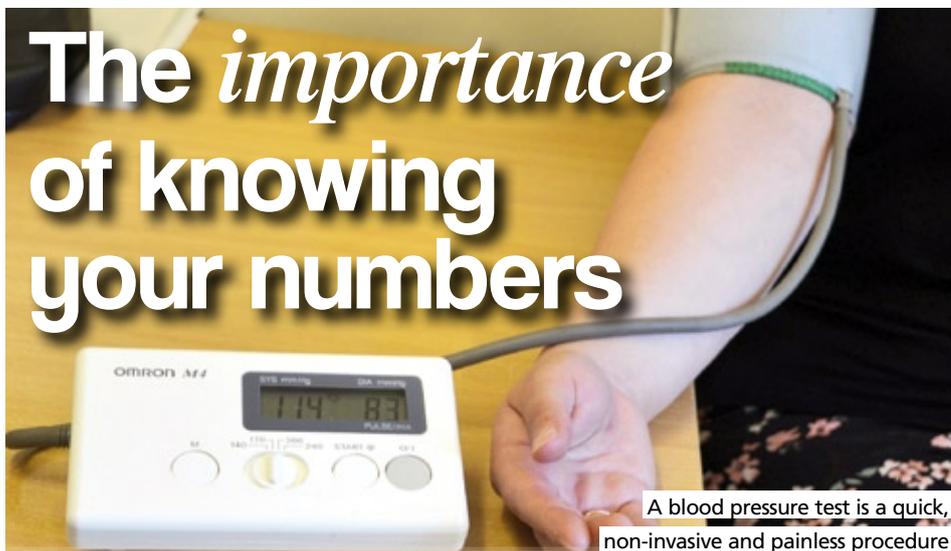


Cath and Jean, Montagu Hospital  
Comforts Fund volunteers



Jackie and Ann, DRI Helpdesk

# The importance of knowing your numbers



A blood pressure test is a quick, non-invasive and painless procedure

If somebody asked you how much you weighed or how tall you were you'd probably be able to tell them straight away. If someone asked you what your blood pressure reading was – would you know?

Getting your blood pressure tested can give valuable information about your health and that's why, during the second week of September, Blood Pressure UK runs their Know Your Numbers campaign to provide free blood pressure checks to adults in the UK.

The higher your blood pressure, the greater your risk of stroke, heart attack and heart failure. High blood pressure is also a **major risk factor for kidney disease and dementia**. The higher your blood pressure, whatever your reading is, the higher your risk.

High blood pressure rarely has any symptoms and is a silent killer. The only way to know if you have high blood pressure is to have it measured. Getting your blood pressure tested is a non-invasive, painless and quick procedure.

High blood pressure affects around one in three people in the UK but it can be treated and prevented – often through simple lifestyle changes. Reducing your salt intake, eating more fruit and vegetables and keeping to alcohol limits will lower your blood pressure whilst being more active and doing regular exercise keeps your heart and arteries in good condition.

Go to [www.bloodpressure.org](http://www.bloodpressure.org) to find your nearest Pressure Station during 12-18 September. The stations are located throughout communities at pharmacies, workplaces, GP surgeries, hospitals, shopping centres and supermarkets.

## This is me – person centred care

Clinical records can provide us with much important information relating to our patients – their name, date of birth, past history or allergy status. Is this enough in today's complex world to provide a person with the best possible care?

Here at DBH we've adopted the 'This is Me' tool, developed by Alzheimer's Society, so that people with dementia or memory problems can tell hospital staff about their needs, preferences, likes, dislikes and interests.

Many patients who come into hospital have conditions which cannot be cured but can be managed such as Chronic Obstructive Pulmonary Disease (COPD), arthritis or diabetes. The tool is all about getting to know the patient better so that we can care for them and their conditions in a more personal way.

Initially designed for patients with dementia, the tool is useful in supporting patients with other long term conditions. Dr Rod Kersh, Consultant in Care of Older People, said: "In the past, person centred care focused on the old or those with confusion, we want to broaden this and offer person-centred care to all our patients. We want to be able to see them for the people they are, not just what we are treating them for and the conditions they have."

'This is Me' is now being used across the Trust to help us provide the best care to our patients.



Dr Rod Kersh, Consultant in Care of Older People



Mr Quraishi (seated second left) with faculty members of the Capital Medical University in China

## Surgeon big hit in China

One of our surgeons has become the first British Ear, Nose and Throat (ENT) surgeon to receive visiting professor status at a top medical university in China.

Shahed Quraishi was awarded the accolade by the Capital Medical University, in Beijing, China, following a series

of successful ENT master classes held there and in Hong Kong.

Consultant ENT surgeon Mr Quraishi, said: "It is such a privilege and honour to accept the Capital Medical University's offer of a visiting professorship. It gives me the opportunity to share my experience and teach the university's students

and lecturers in the ENT specialty, and to also broaden my own learning."

As a visiting professor, Mr Quraishi had met strict criteria, which included demonstrating an outstanding contribution to furthering the knowledge and its application in the field of ENT surgery.

## Governor update

We are pleased to welcome two new public governors who have been elected to the Doncaster constituency. They are Shelley Brailsford and Brenda Maslen.

Also new to the Board of Governors is Anthony Fitzgerald, Partner Governor for Doncaster Clinical Commissioning Group who joined us in July replacing Jackie Pederson.

## Annual Members' Meeting and Board of Governors' meeting

We hope to see you at our Annual Members' Meeting (AMM) in September. Come along to the Ivanhoe Centre, Gardens Lane, Conisbrough, DN12 3JX at 4.00pm on 21 September.

The Board of Governors will meet at 6.30pm after the AMM. You are very welcome to stay for this meeting.

## Contacting your governors

Governors represent your views. If you'd like to contact your governors please get in touch with the Foundation Trust Office on 01302 644158 or email [foundation.office@dbh.nhs.uk](mailto:foundation.office@dbh.nhs.uk).



Tissue viability certificate presentation

# Chris reflects on his time as Chairman

As Trust Chairman Chris Scholey gets ready to hand over the reins to his successor at the end of the year, he reflects back on his term of office and how he has made his mark on the organisation that has been his key focus over the last seven years.

Chris said: "When I took up the role of chairman in 2009 I knew that it would be challenging and exhilarating, it has certainly lived up to expectations.

"Despite the many changes and challenges, both past and present, one thing remains the same – the patient always comes first. This has been my main inspiration over the years. One of my proudest achievements as chairman has been to give higher priority and importance to patient safety and quality on the Board of Directors. I have championed quality improvement schemes like Ward to Board and the Productive Ward. In 2010 I made a personal commitment to support our



Official handover of the new CT scanner from the Doncaster Cancer Detection Trust

pressure ulcer reduction strategy to protect our patients from painful skin sores. I am pleased to say that in the last two years, the number of severe pressure ulcers in our hospitals has gone down by 68 per cent, a massive achievement.

"The Trust has continued to make excellent improvements in the quality of care we provide. This couldn't have been possible without our remarkable staff for which I have great admiration. They continue to work tirelessly to give our patients the high quality care they deserve.

"With the NHS facing severe financial pressures I'm most disappointed that we didn't keep tighter control of our financial position, however I am pleased with way the Trust has responded to this challenge. We have moved quickly to put together a turnaround team and have identified significant savings which are already delivering reductions in our costs. I'm confident that in our first year of turnaround we will exceed the tough target we have been set and just as important we will maintain our improved quality."



Chris on walkabout

# Board of Directors' meetings 2016

The Board of Directors is made up of the executive and non-executive directors. They hold their meetings in public at 9.00am on the following dates:

- 23 August, Boardroom, Bassetlaw Hospital
- 27 September, Fred and Ann Green Boardroom, Montagu Hospital
- 25 October, Boardroom, DRI
- 29 November, Boardroom, Bassetlaw Hospital
- 20 December, Boardroom, Montagu Hospital.

# Governor Summary

As well as their committee work, our governors have been involved in many activities including ward sponsorship and promoting membership to young people at careers fairs.

As ward sponsors, governors have a close relationship with the Trust's nursing team and play a key role in our programme of quality assurance ward assessments.

We are hoping to encourage many more young people to become members. Our governors have been out and about visiting careers fairs and chatting to young people to explain the benefits of taking an interest in their local hospitals.

At its quarterly meetings in April and June, in addition to receiving the usual performance reports, the Board of Governors appointed Mike Addenbrooke, Doncaster Public Governor, as Vice-chair.

The Board of Governors decided to end the Trust's external auditors appointment by mutual agreement and appointed a new Trust Chair (see below), to commence in post on 1 January 2017.

Governor Timeouts were held in March and June, covering a range of topics, including the external audit of the Trust's financial accounts, the results of the national inpatient diabetes audit (see page 3), and the Sustainability and Transformation Programme.

# Who's the Governor?

Susan Overend has been a Bassetlaw Public Governor for 12 years and during that time she has been re-elected four times.

## Why I became a governor?

The reason I wanted to be a governor was, because having previously been a ward sister I was out of touch with hospitals and wanted to help to improve the care of patients. I had been a patient in hospital

many times and knew how this affected patients and their relatives. I felt that, at the time, the best way to help was to learn how a modern hospital was managed and run. Also being a retiree I had the time to attend meetings and the will to learn.

## Was the governor role what you expected?

When I first became a governor no-one really knew what was expected of us. We now take a far more active part in decision making and ward inspections to find out how wards are run for the best interests of the patients.

I have really enjoyed my time as a governor, although the last few years have been very challenging. I have a much greater appreciation of the pressures that our management have to cope with. I have only admiration for the staff. The pressures they have to cope with on a day to day basis are huge – they do a wonderful job.

I have high hopes that although things are very worrying at the moment, our Trust is still highly thought of and will continue to be so.

## What makes you tick, hobbies, interests?

When not being a governor, my interests are my children and four grandchildren. I enjoy golf, gardening, and Fine Art Society.



Susan Overend, Bassetlaw Public Governor

# New Trust Chair appointed

We are pleased to announce the appointment of Suzy Brain England OBE as the new Trust Chair. Suzy will take up her post on 1 January 2017. We will introduce Suzy in the November 2016 edition of *Foundations for Health*.

# The Eyes Have It

Now that the first part of DRI's new Eye Department is completed, it seems appropriate to take a look at the origins of eye care in Doncaster.

It was reported as early as 1910 that increasing numbers of children were attending the Wood Street Infirmary for eye treatment and spectacles. By 1925 every coal miner in the region's expanding coalfield contributed two (old) pence per week, worth about 13p today, towards his local hospital. Boys – who began their working lives at 14 – paid a penny. On average, a collier earned about 15 shillings (75 new pence) per shift. Crouching, kneeling, lying half-naked on their backs, they hacked with pick and shovel at the rich seams that were often only inches from their faces, with little or no protection from airborne grit and flying splinters.

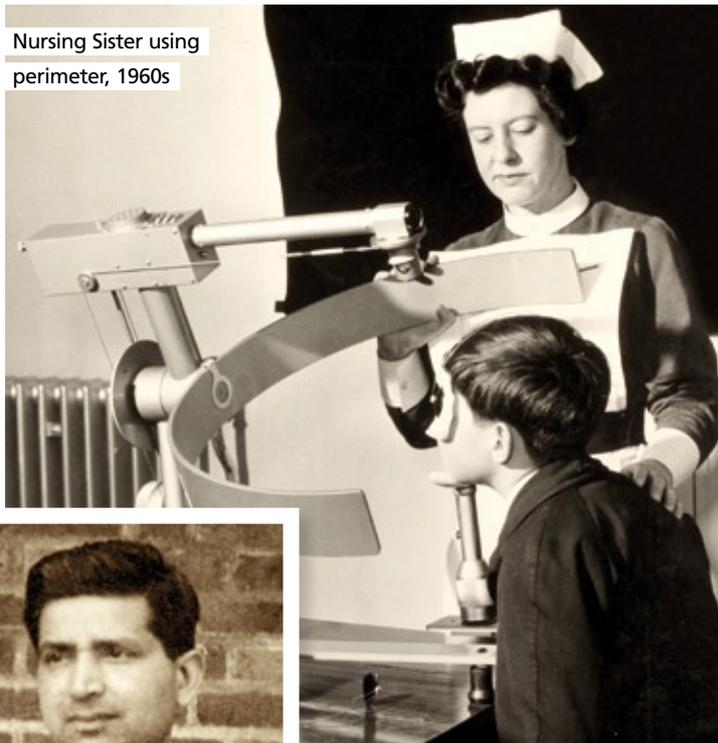
It is little wonder, then, that it was the miners who led the demand for their local hospital to immediately provide a dedicated Eye Department. The hospital's management committee, heavily dependent on the local industrial workers' contributions, acknowledged the need, but funds were short. Wood Street Infirmary was already crammed to capacity, there were long

waiting lists, and a lengthy and bitter dispute over the best site for a proposed new hospital had only recently been settled; since not a brick had yet been laid, completion was a distant dream.

To solve the problem the committee acquired Springfield House, South Parade, and there established the hospital's first Eye Department. The house still stands today. Described as "one of the most up to date of its kind in the country", the department initially contained 12 beds, three of each for men, women and children. Dr M D Thakore, a former House Surgeon at Wood Street who had offered his services as ophthalmologist as early as 1921, was appointed to the new consultant post. Evidently the demand for eye beds was high, for within three months of the department opening four emergency beds had to be set up in the waiting room. A specialist nursing sister was appointed in 1929.

On the move from Springfield House to Thorne Road in 1932, 16 beds were allocated to eye patients on Unit 1 (first floor of the present East Ward Block). The

Nursing Sister using perimeter, 1960s



Dr M D Thakore

extensions of the 1960s to convert Doncaster Royal Infirmary into a District General Hospital saw a purpose-built Eye Department contained within the present Outpatients Department (originally known as the Diagnostic Block). An Orthoptics service, for the treatment of squint, had been



Springfield House

supplied for some years on a visiting basis from Sheffield; the new department included a full-time Orthoptics clinic.

More recently, the ever-increasing demand for eye treatment, the appointment of several new consultant ophthalmologists, coupled with advances in surgical techniques and, in particular, the need for diabetic retinal screening, has resulted in the latest modifications to the department which will, even though the coal mines are now all gone, be of lasting benefit to our townspeople.

**Garry Swann** Archivist



Head Orthoptist Anne Swann conducting the cover test

## Don't throw it away

Garry Swann is always keen to hear about all parts of our hospitals' history and to add items of interest to the Trust Archive. Please email him on [garry.swann@dbh.nhs.uk](mailto:garry.swann@dbh.nhs.uk) or telephone 01302 647014.

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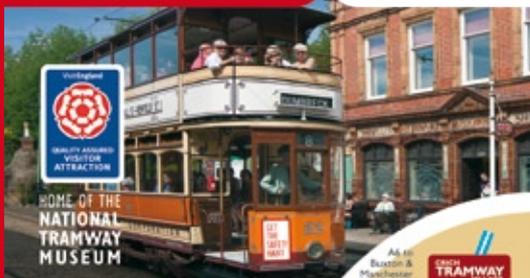
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