



Name: Cindy Storer, Head of Nursing

Cindy and Rod introduced the national campaign ‘#endPJparalysis’ to the Trust to help speed up patient recovery. The campaign encourages patients to dress every day and wear their own clothes during a stay in hospital. If patients are dressed for the day they are more likely to spend less time in bed, which will improve their mobility.

For an elderly patient, being in a hospital bed for a prolonged period of time can have serious health implications, causing them to lose five per cent of their muscle strength each day. For those over the age of 80, 10 days in a hospital bed can age muscles by up to a decade.

This can be reduced by encouraging patients to get up, dress for the day, eat meals out of bed in a dining area, use the toilet instead of a commode and generally participate in normal life as much as possible. By taking part in these simple activities, it can help patients to maintain their independence and mobility, while speeding up their recovery.

The new initiative forms part of the Trust’s commitment to person centred care which recognises the importance of providing a comforting and personal experience to all patients. The Trust has also signed up to John’s Campaign, which allows carers unrestricted access to their loved ones in hospital as they would have at home.

Name: Julie Shaw, Midwifery Educator

Julie has been with DBFTH for just over a year now and what a year that has been for Julie and what a great appointment for DBTH!!

Julie is a passionate, inspirational, resilient and motivating midwife and educator. On commencing in the Trust Julie demonstrates what ‘develop, belong and thrive here’ really means. She has not only shown great personal development but is supporting the life long journey of learning, development and community for the maternity workforce as well as being an ambassador for DBTH at every opportunity.

Julie’s appointment brought fresh eyes to the training schedule and has injected new momentum to the serious business of ensuring the women and children who choose to have their babies with us receive the highest standard of care, particularly during obstetric emergencies.

Six months after her appointment we were awarded funding to improve safety within maternity service, from the Department of Health.

The money was released to us with only 4 weeks to spend it (before the end of the financial year) and had to be spent on training or returned. Julie not only booked external and internal sessions she additionally supported over 240 midwives, doctors and students to access electronic training modules to promote safety compliance and ensure our commitment to increasing safety.

We went from 2% compliance to over 84% compliance in four weeks. This involved Julie imposing a 24 hour on call system (of which she was to sole participant) to solve even the tiniest of glitches or forgotten passwords to ensure that everyone could access the training.

Julie purchased promotional items, (including a T shirt which was printed with e learning log on details) to ensure that this initiative was success and has been an ambassador and leader for the care Group, showing her 'fun' side. You may think that this is her 'job' but this was over and above fulfilling her teaching and educational commitments and has worked so incredibly hard to ensure that our Trust is in the to 10% for CTG training compliance. I believe that she should be recognised for her support, commitment and leadership within our Teaching hospital.

This level of commitment has been maintained and sustained over 4 months after the funding arrived and she continues to posting on the maternity Facebook page (Eduspace) supporting our imminent 'baby friendly' assessment and posing 'quiz type' questions to support best practice and to sustain learning and professional curiosity – both whilst on and off duty. Demonstrating her passion and commitment to our Trust is and sustained real, not discretionary nor simply a fleeting moment in time.

You may think that this is her 'job' but this was over and above fulfilling her teaching and educational commitments and has worked so incredibly hard to ensure that our Trust is in the to 10% for CTG training compliance. She has achieved this and I believe that she should be recognised for her support, commitment and leadership within our Teaching hospital.

Julie has also become the Care Group pastoral support and critical friend for our newly appointed midwives who naturally gravitate to her non-judgemental style of leading and educating.

Julie is a new appointment to the Trust and what a great appointment for us this has been I believe that Julie deserves to be recognised for her commitment, compassion and courage as she continues to stretch and challenge the maternity team. As Head of Midwifery I am truly privileged that Julie chose to join our team.