



NEWSLETTER

Spring - Summer 2018

SIMPLE IDEAS CAN MAKE A REAL DIFFERENCE

Trustees are keen to provide support for innovative ideas that support best practice in healthcare across the city. Razvana Shah - Head and Neck Cancer speech and language Therapist at BSUH - is a specialist in changing voice protheses. Wearing this new flip-up loupe Ergo Headband allows her to see far more clearly when removing and replacing the tiny protheses and allows for more accurate positioning. The experience for the patient is far quicker than before (half the time) and there is far less discomfort.

Laryngectomy patients no longer have a 'voice'. For some patients a prothesis gives them the opportunity to regain a voice which can be understood clearly albeit with a slightly 'dalek' sound. Razvana is passionate about the difference having such treatment can make for her patients and told us, *'The loupes have been a game changer'*.



DOCTOR TALKS

Thursday 14 June: 6pm

BLOOD TRANSFUSIONS

Risks and Benefits

Dr Anita Sugavanam,
Consultant Anaesthetist
at BSUH

Blood products are expensive and scarce: they can be life-saving in major bleeding. How do we minimise the hazards for someone needing a transfusion?

FREE

ALL WELCOME

You are invited to the Friends ANNUAL GENERAL MEETING

Tuesday 5th June 6pm

The Chapel in the Barry Building, Royal Sussex County Hospital, Brighton BN2 5BE

Speaker: Dr Charles Turton: 70 years of the NHS – Where Now?

Come and meet the Trustees and hear about the work of the charity over the last year

Refreshments Served

Please RSVP: office@brightonhospitalfriends.org.uk or call 01273 664936

Royal Sussex County Hospital Heritage Project

Royal Sussex County Hospital (then 'Sussex County Hospital & General Sea-Bathing Infirmary') opened in 1828 as a *Voluntary Hospital*. Providing limited treatments, patients had to be referred by a wealthy subscriber or benefactor. The hospital sat within a society of Parish managed poverty relief, described by some as a terrifying roulette of quackery and poisons. As a voluntary Hospital, Sussex County Hospital was solely funded via charitable subscription to provide safer basic treatments for conditions such as fractures and amputations.

One of the research themes for this Heritage Project is 'Support'. How has this unique relationship of charitable support changed and who has been involved? Stories are beginning to emerge showing how patients and their community supported the Hospital in any way they could; ranging from donating art works to sell, volunteering and creating a women's Linen League, right through to the modern range of charities, groups and individual volunteers that gladly support the RSCH today.

To find out more about the Heritage project, tell your story or volunteer your support please email:
RSCH.Heritage@bsuh.nhs.uk



This stunning photo was taken from the roof of the Thomas Kemp Tower at RSCH during the construction of the helideck; it will be the highest NHS helideck in the UK when completed in winter 2018/19. Thanks to Richard Beard from BSUH's 3T's Redevelopment team for the image – a full report on the redevelopment is on our website.

KEEPING YOU INFORMED ABOUT OUR WORK

New legislation about how organisations store and use personal data are coming into force in May 2018. We have always taken privacy very seriously, so to prepare for the General Data Protection Regulation (GDPR), we conducted a thorough audit of all the personal information we hold, both on paper and on computer. A full Privacy Policy is on our website: www.brightonhospitalfriends.org.uk/privacy/

This policy explains how we collect and use the personal information you provide to us whether online or via phone, mobile, e-mail, letter or other correspondence. We recommend that you read this policy in full, but if you do not have time, the main points are:

- Your data is collected so that we can interact with you in order to tell you about our work: fundraising, organising events and giving grants to NHS wards and departments.
- We collect the minimum amount of data we need in order to do this.
- Your data is stored securely on password protected computers and files in a locked and secure office.
- We keep your data as required by law and in accordance with a file retention plan.
- We are careful to ensure that we only retain data and contact people who would reasonably expect to hear from us; for example, they are a Friends member, have attended events or donated, or are a potential applicant for a charity grant.
- You can ask for your details to be removed from our mailing lists at any time. You are also entitled to a copy of the data we hold about you.

For more information contact Sarah Mchugh (Data Protection Officer and Data Processor) at the Friends Office.



Lucy Francis: OPAT Clinical Nurse Specialist and Richard Preece: OPAT Nurse

Funding requests for innovative new equipment or treatments is of great interest to Trustees. The OPAT team requested a Carescape machine and Hubdic Thermometer. We went to learn how the service benefits patients.

Outpatient Parenteral Antimicrobial Therapy allows patients to live at home and receive antibiotic therapy via a fixed IV line. The team also work to avoid hospital admissions by allowing patients to receive treatment whilst living at home. Respiratory patients in particular often require long term antibiotic therapy and are at far less risk of infection if treated away from hospital. Before treatment can begin, patients visit the OPAT nurse specialists where their overall health is assessed and their vital signs monitored. The Carescape V100 monitor is an easy to use vital signs monitor that allows the information to be collected accurately at the point of care.

Once patients have been seen and, if accepted onto the virtual treatment plan, had an IV line inserted, they can return home and receive treatment from community nurses. At BSUH up to 30 patients a week are monitored on an OPAT virtual ward by a small staff team of 3 nurses, a Consultant Microbiologist and an Antimicrobial Pharmacist.

Strict monitoring meets clinical governance guidelines.

Friends Vice Chair Dr Charles Turton trained as a Doctor in the 1960's and has had a long career working in the NHS.

Here he reflects on the NHS at 70 and asks *What Can We Expect?*

Dr Turton will be speaking at the Friends AGM, Tuesday 5th June.

It's the 70th anniversary of the nation's greatest and most egalitarian peacetime Achievement: the NHS. Huge progress in what it can do has led to great advances in our health, wellbeing, and life expectancy.

Yet as well as this, there are all too many bad news stories about financial difficulties, things being done wrong, and delays. There is general understanding about the increased needs of an aging population and the difficulty of keeping up with the cost of advances in health technology and new drugs. A new challenge is difficulties in recruiting new staff – in our city there are hundreds of unfilled vacancies – and the causes of this are varied, including long-term wage control, changes in social attitudes and Brexit. Despite all that the NHS still commands affection and gratitude across the majority of the nation.

So what should we get when we need it, and what may the NHS not quite manage? Certainly we should be treated kindly in a safe and clean facility; given to understand what is happening and what the future holds; and be able to contribute to decisions being made about us. If things go wrong we should be told what and why and be given an apology. If we are seriously injured or suffer a life-threatening illness we are highly likely to get prompt and excellent expert care. But if it isn't urgent we may have to wait, perhaps for many months. We may not always be able to see a health care professional we know – people need time off. If it is something we just don't like, such as a no longer convenient tattoo, we may well not get it dealt with at all. There are difficult decisions to be made about 'value for money', for example, for fertility treatment. And if we can't accept that nothing more can be done for a loved one, even a child, futile treatment may not be given for long – its cost prevents others getting help that would make a difference to them.

The NHS has changed unrecognisably, mostly for the better, and further change is inevitable. Experts agree that it is unsustainable: it either needs a lot more money and people or we all have to accept greater rationing in the future.



Small Acts of Friendship – Fundraising Update

We are now over a third of the way towards our ambitious £65,000 fundraising target to enable Small Acts to continue for a second year. Thank you to everyone who has contributed so far: half marathon runners, pub quizzers, wine tasters, Rotarians, individual donors and local trusts and foundations. We are still actively fundraising and welcome all ideas for new ways to contribute to this important project. Your continued support is vital.

See our website or donate instantly at: www.justgiving.com/campaigns/charity/fbhh/smallactsoffriendship



'It's been great. Good for everyone including families and carers to see these activities'.

Ward Manager, Emerald Unit

'It's brilliant with meaningful activities that help make patients more confident'.

Nurse, Jowers Ward.



Update from Co-Ordinator Paola O'Sullivan

Small Acts of Friendship launched on the four elderly care wards at Royal Sussex County Hospital in November 2017 and in just six months this innovative project is really making a difference to patient experience whilst in hospital.

Small Acts provides specialist care services such as hand massage and hairdressing, the provision of daily newspapers, reminiscence groups, art therapy and poetry readings for patients who are well enough to participate. The initiative has also provided Christmas gift bags, Easter baskets and cosy blankets for patients.

Paola explains how the project is running: "We now have two hairdressers, a massage therapist, an art therapist and a digital reminiscence therapist who each visit the wards weekly. We have also recruited five dedicated volunteers who are supporting the activity staff and also acting as befrienders to patients.

The hairdressers come on Wednesday afternoons and work across the four wards. Some of the facilities have been challenging; however we now have four wheelchairs which are helpful for less mobile patients who will only need to transfer from bed to chair once. I have also bought a couple of inflatable wash basins which are proving very useful." Staff have commented *'it's brilliant'*; *'getting their hair done makes a difference in how patients feel'*; *'some patients have asked staff for it again next week'*.

Hand massage has also been well received by patients: *'it's absolutely magical and relaxing'*.

Digital Reminiscence began in March following training for three SAF activity staff, two SAF volunteers and five staff from Emerald Ward. DR involves using i-Pads, pre-loaded with specialist software, to engage with and stimulate patients and encourage them to enjoy musical and memory recollection activities. Staff commented, *'patients are getting involved that you would not necessarily think, ie patients who normally like to do their own thing'*."

Paola continues to reflect on feedback after each activity to see how we can continually improve the way the groups are run and the different ways the initiative is supporting the individual needs of patients.

Friends of Brighton & Hove Hospitals | www.brightonhospitalfriends.org.uk

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with thanks to BSUH Clinical Media Department
