

Heart & Soul

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Autumn 2016

Heroic Nurse

Right place right time



Trust in talks

Hope for Alexcia



Building
healthier
lives



Asthma
support
p5



Cycling for
sepsis
p7



Solihull to
China
p11

Trusts to work together



Heart of England (HEFT) Foundation Trust and University Hospitals Birmingham (UHB) have agreed to work together to create a single organisation.

The outcome will be one Trust running the Queen Elizabeth Hospital Birmingham, Heartlands, Good Hope and Solihull hospitals, the Chest Clinic and Solihull Community Services, as well as the Trusts' satellite services.

Following agreement by both Trusts' Boards, the next step will be to prepare a business case to decide on the best way to create one legal entity to deliver the best possible clinical care for patients – either through acquisition or merger.

Since November 2015, Dame Julie Moore has been Chief Executive of both

UHB and HEFT. She said: "We have agreed that the current arrangements are not sustainable. If we are to continue working together to maximise clinical benefits for patients, we need to implement a transformation that will deliver better access to better quality services for patients, supported by the most effective structure.

"Patients are not getting that at the moment despite the tireless work of staff across both trusts. We need our hospitals and services focussed on doing the best for patients, not protecting their organisational boundaries.

"The work undertaken between the two trusts has so far provided greater sustainability and certainty for patients, the public and the health economy in

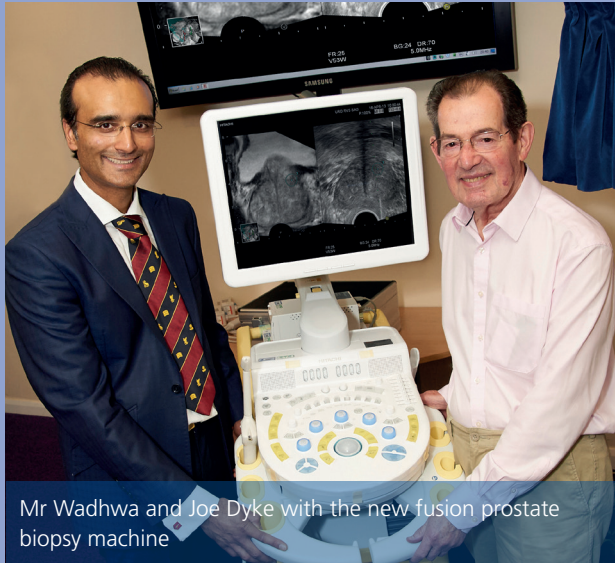
the long-term. The single organisation will build on this."

Since the announcement was made in early September, Dame Julie and Chair Jacqui Smith have met with nearly 500 members of staff across both organisations; held four public and patient member meetings in front of 350 people, and spoken to, or met with, all the local MPs, key politicians, stakeholders and media. The appetite for change has been overwhelmingly positive.

It is anticipated that the case for change will be ready to go to both Boards by the end of 2016 for decision and then will need ratification (or not) by the Council of Governors and then approval by the regulator.

We will now engage our staff and communities at both trusts in developing the case for an integrated healthcare system across our four hospitals, satellite clinics and community services, that delivers the biggest clinical benefits for patients, in terms of treatment, outcomes and efficiencies.

Donation improves care for prostate cancer patients



Mr Wadhwa and Joe Dyke with the new fusion prostate biopsy machine

Patients with prostate cancer will be diagnosed quicker and treated more effectively at Good Hope Hospital thanks to a £200,000 donation from the Sutton Coldfield Charitable Trust, the local organisation that supports the health and wellbeing of local residents.

The money has allowed the urology team to purchase a fusion prostate biopsy machine to increase the early detection and

treatment of prostate cancer.

Mr Vivek Wadhwa was the consultant urological surgeon instrumental in securing the donation. He has received training on the use of this machine and has already started using it for patients with suspected prostate cancer. He welcomed the Charitable Trust and members of the Sutton Coldfield Prostate Cancer Support Group to a thank-you event where the Sutton Coldfield Lord

Mayor, Charlotte Hodivala, unveiled the plaque recognising the donation.

Prostate cancer affects one in eight men and the earlier it is caught, the better the chance of survival. It's the most common male cancer with 55,000 men diagnosed annually, of which around 12,000 will not survive. A quarter of men diagnosed at Good Hope Hospital are under 65. It's not routinely screened for, but GPs can carry out a simple blood test to determine levels of prostate-specific antigens (PSA).

Joe Dyke, 82, was diagnosed with prostate cancer in 2000 and has been treated with hormones and cryotherapy. It's unlikely the cancer will be cured, but it hasn't spread and his PSA levels are currently stable. Joe is chairman of the Sutton Coldfield Prostate Cancer Support Group which helps other men who are diagnosed with prostate cancer. He is delighted that the new equipment has been purchased.

Black History Month

October is **Black History Month**, which is an opportunity to honour the achievements, culture and contribution Black and Minority Ethnic (BME) people have made to our society, and especially the contribution made here at the Trust. To mark this occasion we have put together a display of life stories taken from our own Black and Ethnic Minority (BME) staff, from all levels throughout the Trust, which tell their stories of working in the NHS as a BME individual. They are being displayed at all three hospital sites throughout October.

Both University Hospitals Birmingham (UHB) and Heart of England are also hosting a free conference open to all to attend which will focus on the impact BME staff have made while working within the NHS. The speakers are from all walks of life, and will be talking about their achievements and the challenges that they have faced.

The HEFT conference is being held on Thursday 20 October, 9am – 12noon

in the Lecture Theatre, Education Centre, Heartlands Hospital. If you can't make this date, you're welcome to attend the UHB conference on Tuesday 25 October from 9am – 12noon, in Lecture Theatre 2, Level 1, Queen Elizabeth Hospital Birmingham.

The speakers are as follows:

Theresa Harris – Faculty Educator (retired), Heart of England

Carlton Murdock – Deputy Associate Director Nursing, Division B, UHB

Donald Buchanan – Speciality Doctor: Trauma and Orthopaedics, University Hospitals of North Midlands

Sonia Orr - Organisational Development Manager, Shrewsbury Community Foundation Trust

If you'd like to attend either conference, please email: staffengagement@heartofengland.nhs.uk



Patient receives life-changing asthma support



The Severe Asthma Team

Now aged 43, Jason was diagnosed with asthma when he was seven after experiencing problems with breathlessness. He was using an inhaler up to 20 times a day and over the years had tried lots of different drugs which he found was making little difference to easing his symptoms.

After a particularly severe bout of breathlessness resulted in a trip to A&E in 2014, Jason decided he couldn't carry on and was referred by his GP to the Birmingham Regional Severe Asthma Service (BRSAS) at Heartlands Hospital.

Once investigated, it was found that Jason's asthma

wasn't as severe as first thought and that he had dysfunctional breathing as well as some psychological drivers which were making him so symptomatic.

Jason worked closely with Heartlands specialist team, and he has now shown dramatic improvement. Jason now rarely uses his inhaler, has far fewer symptoms and understands how to control his breathing.

Jason said: "Having the support from asthma physiotherapist, Anita Clarke and the psychologist has made a big difference. I didn't realise I had issues back from when I quickly deteriorated and was rushed into hospital. At the time it scared the life out of

me that I could potentially have been on a life support machine. The psychologist worked with me to find out that these fears were the root of the problem and worked with me to help me to learn control techniques.

"The support I have received has been life-changing for me. I couldn't do a lot before, I struggled to breathe and everywhere I went I had to have an inhaler with me. I now walk more and the physio is helping me to get fitter. The team have time for me, they have been superb. I've never felt better."

To view a video of patients explaining how BRSAS has benefited them visit: <http://vimeo.com/171091456>

Dedicated counsellor nominated for Butterfly Award



A maternity family support bereavement counsellor, Jacqueline Hadley, or Jackie as she

is commonly known, has been shortlisted for a Butterfly Award. She has been a family support bereavement counsellor for the last 16 years and supports women and their families during miscarriage, still birth or neonatal loss. She offers antenatal counselling to women who are embarking on another pregnancy after

a loss. She also supports women who have to make the hard decisions to end a pregnancy due to complications.

The Butterfly Award ceremony is an annual event celebrating survivors and champions of baby loss and Jackie has been nominated in the bereavement worker category.

In memory donation made to mark care on Good Hope ward

The wife of Geoff Hewitt, a patient on ward 22 at Good Hope Hospital that sadly passed away from heart failure, has thanked the staff who cared for him in his last days through a donation to the ward.

Anthea Hewitt gave an in-memory donation of £1,125 to the Intensive Therapy Unit, collected at Geoff's funeral.

Anthea said: "I can't thank the amazing staff enough for their support and comfort at the most difficult time in my life. The staff did everything they could for Geoff and made my time on the ward as comfortable and stress free as they could for me too."

The donation will go towards the purchase of equipment for the ward.



If you would like to donate to the Heart of England Charity or find out more about the work it does, you can visit: www.heartofenglandcharity.org.uk or call the team on 0121 424 3330.

Sepsis survivors and campaigners take on Welsh cycling challenge



Good Hope consultant, Dr Julian Hull and nurse practitioner, Phil Cawkwell along with 22 other cyclists got on their bike all for the cause of raising awareness of sepsis, the deadly disease, which claims over 44,000 lives in the United Kingdom every year.

Sepsis kills more people than breast cancer, bowel cancer and prostate cancer combined every year. Commonly known as blood poisoning, sepsis is a life-threatening condition that arises when the body's response to an infection

injures its own tissues and organs. It can lead to shock, multiple organ failure and death - especially if not recognised early and treated promptly. Around 8,900 people in the West Midlands are diagnosed with sepsis every year.

Now in its fourth year, Cycle4Sepsis has grown from a few riders cycling from Good Hope in 2012, to a major national event with nearly a hundred riders from locations across the UK riding to heighten awareness of sepsis. This year the group headed to the Synedd Building in Cardiff to re-invigorate the Welsh government following positive action

taken by Parliament to tackle sepsis nationally.

Dr Hull said: "Over the years I have witnessed many people dying from septic shock and others suffering the long-term effects of this condition. The best ways to reduce death and injury as a result of sepsis and septic shock are through early recognition, resuscitation and timely intensive treatment.

Visit: sepsistrust.org or follow @Sepsisuk on twitter for more information.

This graphic illustrates what signs to look out for:

SEPSIS IS A RARE BUT SERIOUS CONDITION THAT CAN LOOK JUST LIKE FLU, GASTROENTERITIS OR A CHEST INFECTION.

SEEK MEDICAL HELP URGENTLY IF YOU DEVELOP ANY ONE OF THE FOLLOWING:

SLURRED SPEECH
EXTREME SHIVERING OR MUSCLE PAIN
PASSING NO URINE (IN A DAY)
SEVERE BREATHLESSNESS
"I FEEL LIKE I MIGHT DIE"
SKIN MOTTLED OR DISCOLOURED

EMAIL: info@sepsistrust.org FOR MORE INFORMATION

THE UK
SEPSIS
TRUST



Nurse recognised for heroic act

An off duty nurse was an 82-year-old great-grandfather's angel when she came to his aid during a shopping trip in Starbucks in the Touchwood Shopping Centre in Solihull.

Kelly King, a nurse on the cardiology ward at Heartlands Hospital was in the right place at the right time and immediately jumped into action when James Cooper collapsed in the coffee shop. She began to administer CPR on James, before shocking him with Touchwood's on-site

defibrillator, whilst waiting for ambulances to arrive. He was rushed to Heartlands Accident and Emergency department before being transferred to Ward 6, the ward where Kelly works. She then went on to care for James throughout his recovery.

Having made a full recovery, James and his wife of 61 years, Margaret, came back to surprise Kelly as she was presented with a Compassion Card in recognition of her quick-thinking actions.

Compassion Cards were

launched by the Trust last year and are awarded to nurses who are nominated by their colleagues or members of the public for demonstrating particular kindness, empathy and regularly going the extra mile for their patients.

Talking of the experience, Kelly said: "It threw me quite a bit as I had no team with me but luckily I was able to use the automatic defibrillator in Touchwood. It was just instinct. It has been wonderful to see James again and I'm overwhelmed to be

TRUST NEWS

recognised in this way."

James said: "I am very grateful for everyone that cared for me whilst I was here.

Everyone was always going round with a smile on their face, always happy, it was lovely."

Many calls have been

made across the country appealing for more public defibrillators to be placed in communities. Administering an electric shock through the chest wall is the most

important method of helping someone to recover from a cardiac arrest.

The British Heart

Foundation estimates survival chances for cardiac arrest victims reduce by 10 percent for every minute they go without CPR

and defibrillation.

Touchwood Shopping Centre is equipped with several defibrillators, donated by the British Heart Foundation, with

West Midlands Ambulance Service having trained staff to use them.

*"I am very grateful
for everyone that
cared for me whilst
I was here"*



Welcoming the Care Quality Commission



The Trust is getting ready for the Care Quality Commission (CQC), the regulator for health and social care services in England, who will be out looking at our services from 19 to 20 October.

They will be undertaking a number of interviews and be out on wards and



departments at Heartlands, Good Hope and Solihull Hospital. They will also be visiting our Chest Clinic, and Solihull community services at the Trust, and our Runcorn Road and Castle Vale Renal units. The CQC may also come back during the two weeks after the inspection to do some follow-up unannounced



visits. We are proud of the services we provide and this is an opportunity for us to show the inspectors all the great things we do and how we are working with patients to improve their care. For further information please contact us at: communications@heartofengland.nhs.uk

Consent for examination or treatment

As a patient, throughout every step of your care, we want to make sure you are involved in the decision making process, which includes decisions about your care/treatment. Our staff follow the consent policy which details the structures and procedures, both Trust-wide and at

specialty level, that apply to consent to treatment.

If there is anything you would like to know about your care or treatment while you are with us, please ask your doctor or consultant who will be happy to answer your questions.



From Solihull to China

Trust practitioners have been invited to go over to Shanghai in March to train a group of 12 psychiatrists, paediatricians and mental health specialists who are interested in resources they have developed.



Called the Solihull Approach, this model supports practitioners in working with children and supports parents and carers in understanding their children.

The group will be trained in the Solihull Approach model, how to deliver the face-to-face parenting groups based on the model and then how to train others in the model and facilitating the parenting groups.

The Solihull Approach team met the Director of the Shanghai Department of Child and Adolescent Mental

Health at the World Association of Infant Mental Health in Prague this year; and have since been in touch via Skype and email to determine what Solihull Approach can contribute to Shanghai.

Solihull Approach began in 1996 by joint working between health visitors, clinical psychologists, and child psychotherapists in Solihull led by Dr Hazel Douglas. It has since been adapted and used in countries such as USA, Australia, Pakistan, Ghana, Barbados and St Lucia.

For further information about the Solihull Approach, go to: <http://solihullapproachparenting.com/>

Allergy services are first for quality

The Trust's Allergy and Immunology team are the first NHS Trust in the UK to be awarded 'Improving Quality in Allergy Services' (IQAS) accreditation by the Royal College of Physicians. This is excellent news as it is national recognition of the high quality services we provide for patients with rare conditions and allergies.



Protect yourself, patients and family

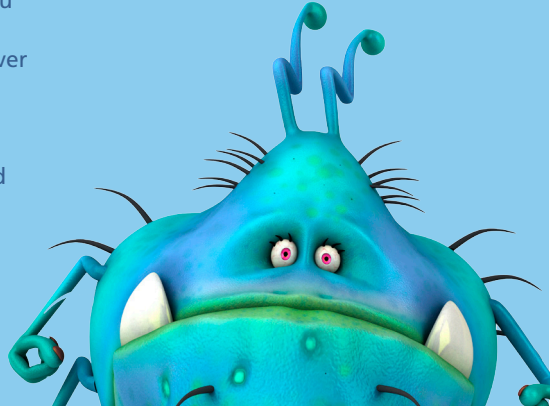
Seasonal flu is a highly infectious disease which is caused by a virus which travels easily from person to person as well as in the air.

You can protect yourself from the flu virus by having a vaccination. The flu jab is free for all pregnant women, over 65s or anyone with long-term health conditions such as:

- Severe asthma, emphysema and other respiratory diseases
- Chronic heart disease or heart failure
- Kidney disease
- Liver disease
- Diabetes

- A weakened immune system

Talk to your local pharmacist for advice or book an appointment with your GP or midwife to get your vaccine.



Welcome back Sam – here to support your fundraising efforts



The Heart of England Foundation Trust Charity supports patients, carers and families across all of our hospital sites by raising money to provide things above and beyond what the core NHS funding allows. This may include new technology such as equipment for keyhole surgery, items of comfort such as chairs or easy beds for relatives or children's toys and games.

Recently welcomed back from maternity leave after the birth of her baby boy Isaac, charity officer, Sam Howell, is at hand to offer advice and support with fundraising events and activities for the Trust and can be contacted on **0121 424 0973** or [samantha.howell@heartofengland.nhs.uk](mailto:howell@heartofengland.nhs.uk)

100,000 Genomes Project offers hope for Alexcia



Trust researchers are involved in the 100,000 Genome Project – a national ground-breaking project to sequence genomes from patients across the UK.

The aim is to collect and sequence 100,000 whole genomes, your body's unique genetic code, from patients with rare diseases and their families as well as cancer patients to enable doctors to understand the conditions better and potentially develop new

treatments.

One Heart of England patient who is involved in the project is Alexcia Williams, a six-year-old girl, who has been suffering from an undiagnosed condition since she was seven months old. Alexcia's symptoms include recurrent chest infections, strep throat, nose bleeds and she coughs up blood.

Her combined symptoms have been linked to genetic diseases such as Ehlers Danlos Syndrome and Hereditary Haemorrhagic Telangiectasia. However, despite numerous medical tests a definitive diagnosis has still not been found. Alexcia's family are hoping the genome project will offer them not only diagnosis and treatment for Alexcia, but also for her one-year-old brother Joe who is exhibiting the same symptoms as his sister.

Natasha Williams, Alexcia's mother, said: "We just want answers, we have gone so long without knowing what the cause is. It's even more important now as Joe is now suffering from the same symptoms as his sister. We don't want him to go through all the long tests and treatments that she has had to have. It would dramatically improve our quality of life to be able to have the proper treatment and diagnosis for both our children." Natasha, the mother-of-three, explained how every time Alexcia has an episode, it results in hours spent in hospital to ensure she doesn't have any complications.

Heart of England NHS Foundation Trust is one of 18 NHS Trusts across the region which have come together to form the West Midlands Genomic Medicine Centre – one of 13 such collaborations in England which are delivering the project.

For further information about the project, please call 0121 371 4821/5360/5397.

GP Practices now screening for Tuberculosis (TB)

With a push from NHS England to reduce TB rates in England, there is now better access to screening with GP practices in Birmingham now offering this service. GPs will offer screening for inactive TB, which is when an individual has been exposed to TB infection and the screening shows a positive result, but they are symptom free.

If patients test positive, GPs

will refer them to their local TB Clinic for treatment.

To be eligible for a screening, there is a criteria:

- New entrants from areas of the world with high incidence (areas with an incidence of TB over 20 per 100,000).
- Individuals born who have or lived in Sub Saharan Africa or countries with an estimated TB

incidence of greater than 150 per 100,000) living in England and who arrived in the UK within the last five years.

If you wish to be screened, contact your local GP surgery and for more information, call the TB Service based at Birmingham Chest Clinic on 0121 424 1935.

Seven up for You+ Shop



The You+ shop, the one-stop shop giving healthy lifestyle advice, has marked its seventh anniversary with a fun filled celebration to mark the positive impact the service has had on the

lives of people across the Solihull area.

Members of the community flocked to Chelmsley Wood Shopping Centre where the shop is

based to join the party. There was face painting, free dance classes and a smoothie bike that willing participants could pedal and help drive a blender packed full of healthy food. Guests were offered free health checks and were able to access information from the Trust's infant feeding and community diabetes teams, health care assistants and the shop's own 'Street Nurse'.

For further information about the You+ Lifestyle Shop call 0800 015 3265, email youplus@heartofengland.nhs.uk or follow You+ on Twitter @youplushealth

Time to get connected



A new system which allows our clinicians to view a patient's GP record with their consent has now gone live.

Your Care Connected (YCC) allows us to view the GP summary record in hospital of patients in our local area spread across 320 GPs.

Our Trust, along with University Hospital Birmingham, City and Sandwell and the Birmingham and Solihull Mental Health Foundation Trust ran a successful trial of this system from 2015.

Over the last year our local health organisations have been rolling this out for all 1.8 million patients.

Patients are being informed via mail outs from their GPs, as well as leaflets and posters in key areas. They are given four weeks to opt out of sharing their health data, otherwise we can assume they give consent.

Matthew Rooney, chief

clinical information officer at the Trust, said: "The benefits will be much faster and secure access to this information at the time we need it, rather than relying on phoning or faxing of information from GP Practices.

"It will allow us to see accurate relevant information such as medication, allergies, diagnosis, blood test results and other investigations that the patient may not know or recollect. This should speed up our diagnosis, reduce the duplication of investigations and reduce administrative burden."

For technical reasons only 164 local practices and over 950,000 patients, mostly across Birmingham are currently involved. More practices will follow later.

You can see more information regarding the YCC Programme at: <http://midlandsyourcareconnected.nhs.uk>

Members welcomed to annual general meeting



Our members were warmly welcomed to the Trust's Annual General Meeting by Chair, Rt Hon Jacqui Smith on Wednesday 7 September.

They also met some of our Governors and Non-Executive Directors and received reports on the previous year.

Further details can be found in the full annual report for 2015/16, available on the Trust website at: <http://www.heartofengland.nhs.uk/wpcontent/uploads/annualreport-2015-16-FINAL.pdf>



If you would like any information in large print please call 0121 424 1218

If someone you know wants to become a member, if your contact details have changed or if you no longer wish to be a member, you can contact Sandra White, membership and community engagement manager.

T: 0121 424 1218

E: sandra.white@heartofengland.nhs.uk

Please also note our address:

Stratford House,
Heartlands Hospital,
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Star letter



Good care given at Good Hope

"A long term illness necessitated having a spell in Ward 12 at Good Hope Hospital.

"I would like to thank consultant Dr Baig and Dr Robbie Tuffley for their excellent quality of care. My thanks also extend to the hard working nurses and all the staff on Ward 12 and in particular the nurses in the MRI Scan Unit.

"They are all angels and have a special place in my heart.

"Despite a loss of appetite, what I could eat was excellent."

Health Seminars

Weight Management

Helen Mercer
Wednesday 23 November,
5-7pm
Heartlands Hospital

Adult Speech & Language Therapy
with Jean Armes & Elly Sampson
17 January, 5pm-7pm,
Good Hope Hospital
Education Centre

To attend a seminar, call
0121 424 1218

Date for the Diary

The Trust's Board meetings are open to the public, so why not come along to hear the discussion:

24 October - 12.30pm – 2.30pm - Rooms 2 & 3, Education Centre, Heartlands Hospital

Council of Governors meeting – members are welcome to attend.

24 October – 4pm - Rooms 2 & 3, Education Centre, Heartlands Hospital

Healthcare Staff Benefits



The Trust has teamed up with discounts company Healthcare Staff Benefits to offer discounts at a range of local businesses from cafes, pubs and restaurants to beauty salons and hairdressers to Heart of England staff and members of the Trust.

Discounts are available through the Healthcare Staff Benefits card which can be obtained from the membership team.