

# news@UHB

Solihull Hospital and Community Services

August 2018

Page 2

Comic legend gets staff and patients smiling

Page 6-7

Celebrating 70 years of the NHS



Page 9

Diabetes champion appointed at hospital

## VIPs launch new £2.2m unit at Solihull

Special guests Tony Iommi and Carl Ikeme helped Trust chief executive Dame Julie Moore officially open Solihull Hospital's new £2.2million Haematology and Oncology Day Unit.

Black Sabbath guitarist Tommy, who is also a Solihull Hospital Charity patron, and Wolves goalkeeper Carl were joined by a crowd of staff and patients at the launch.

It began with a few words from Dame Julie before our VIP guests cut the ribbon to officially open the unit.

It has been designed with the needs of chemotherapy patients in mind and offers a more peaceful and comfortable environment.

Tony and Carl were taken on a tour of the new facilities by Dr Manos Nikolousis, consultant haematologist and clinical director for haematology and oncology, and were given the chance to meet patients and staff to find out what they think about the new unit.

Carl has been treated at Heartlands Hospital for leukaemia and this was his first public appearance since declaring he is in remission. He said of the opening: "It's wonderful to see another cancer unit opening, where people can be treated closer to home in a more comfortable environment. Units like this help those going through cancer treatment and I was delighted to be invited for the opening and to have a tour of the new facilities."

Carl also met Martin Dunne, who is having chemotherapy at the unit. Martin is a Wolves fan and was delighted to meet one of his heroes. "It's a wonderful facility and of course, so are all the wonderful staff who take such good care of everyone who needs their care."

Solihull Hospital Charity has played a huge part in getting the unit ready for patients, by fundraising £150,000 for state-of-the-art equipment and 24 comfortable treatment chairs.

Helen Domanski, lead chemotherapy nurse and acute oncology nurse for the Trust, said: "I'm thrilled and can't believe it's here after months of hard work. Our staff have done a fantastic job of getting the unit ready, even having an



Rock legend Tony Iommi and footballer Carl Ikeme joined Trust CEO Dame Julie Moore at the grand opening

input into what it looks like. There are currently 24 treatment chairs, but capacity is expected to increase to 31 within three years, meaning we can see more patients in future."

Before the opening of the new unit, most chemotherapy patients have been treated on Ward 19 at Heartlands Hospital or at the Sheldon

**The opening of the unit is testament to the hard work of the team ."**  
**Julie Moore**  
Chief Executive



Patient Martin Dunne with goalie Carl

Unit at Good Hope. Over the past four years there has been a greater need for chemotherapy treatment at Heartlands and the new unit will also ease pressure on Ward 19. Some patients with more complex needs will still be given chemotherapy at Heartlands.

Julie Moore said: "The opening of the new unit is testament to the hard work of the team and has been made possible with the support of Solihull Hospital Charity. I know it will make a huge difference to our patients being treated for cancer and will help deliver the best treatment outcomes for them."

### Trust's new CEO



Dr Dave Rosser has been appointed as the new Chief Executive Officer for University Hospitals Birmingham NHS Foundation Trust. Dave, who is currently Deputy CEO and Medical

Director for the Trust, will take up his post on September 1, following the retirement of Dame Julie.

Announcing his appointment, the Rt Hon Jacqui Smith, Chair of the Trust, said: "While Dave has a hard act to follow, I know you will join me in supporting him in his new role, where he will lead us into a new era for the Trust.

"As Medical Director for the past 12 years, he has driven the delivery of the highest quality care, leading the IT agenda to support our staff in providing the safest possible hospital environment for our patients. Furthermore, he has been instrumental in providing stability and leadership throughout the merger process and will, I know, continue to do so to realise its benefits.

"I know you will join me in congratulating Dave and will look forward to working with him in the months and years to come."

**Building Healthier Lives Awards**

**Nominate the great before it's too late**

**See page 3 for details**

## Teams get updated look at new plans

Staff working across outpatient clinics, imaging, day case surgery and ambulatory care at Heartlands Hospital, got the latest update on plans for the new Ambulatory Care and Diagnostics (ACAD) Centre at a special open event.

Around 120 staff attended the event in July, which coincided with the start of the enabling works on site that saw the first blows to Bordesley House.

Display boards, showing floor plans and detailing the planned facilities as well as artist impressions, allowed staff to learn more about the range of services the new ACAD Centre will house when completed, and a virtual reality flythrough provided an insight into both the planned appearance of the new building and the layout of services across the four floors.

In addition to the displays, information leaflets and the first edition of the new capital developments magazine 'TheBigBuild' were available for staff to take away and share with their colleagues.

IT experts were also on hand to explain how self check-in screens and a paper-lite approach will improve patient experience, connect up care and support patient flow through the new building.

Reaction was overwhelmingly positive, with many staff remarking on their excitement at working in a new purpose-built space.

The ACAD Centre, which is planned to open in late 2020, will be the first new unit to be built on site in a decade. It is one of a number of capital build projects planned across the Trust's four sites and represents a multi-million pound commitment to upgrading facilities at Heartlands Hospital.

To view the plans visit: [www.uhb.nhs.uk/big-build](http://www.uhb.nhs.uk/big-build)

# Comedian Don has everyone in stitches!

Birmingham comedian Don Maclean put a smile on the faces of staff and patients on Ward 8 at Solihull Hospital.

The local celebrity performed during a NHS70 Big7Tea celebration on the stroke ward.

Don, who had recently visited a relative on the ward, agreed to donate his services when he heard about the event.

The actor, who made his name on BBC One's Crackerjack programme in the 1970s and went on to become national panto favourite, treated the audience to a turn which included some hilarious parodies of classic operatic songs.

Di Greenway, Ward 8 Sister, and one of the organisers of the party, said: "It was so great to have Don come to the party and do comedy. He always puts a smile on everyone's face when he comes onto the ward, making everyone laugh and talking to everyone on the ward."

Many local companies also joined in on the event, donating their services, such as B&F Leisure who donated hot dog and popcorn carts, Kate's Creative Cakes who made special NHS70 cupcakes, and singer Colin 'Sugarfoot' Mills, who performed soul and Motown songs for the audience.

Heartlands catering department also donated two gateaux, teas and coffees and staff members donated various cakes and sweet treats to be sold, raising money for Solihull Hospital Charity.

Flo Haslem, Ward 8 housekeeper and one of the organisers of the event, said: "We usually do



Comic Don Maclean had everyone laughing with his routine on Ward 8

cake stalls each year, but for the NHS70 tea party this is the biggest one we have done yet and we have been really surprised by all of the generosity that we have received."

Di added: "It's so important to have these events for patients and staff. The ward has been very busy recently following winter pressures and it was nice to have this event to uplift everyone, allowing staff to have a break and distracting patients and their relatives."

A raffle was also held for patients, relatives

and staff, which included prizes donated by staff, patients, relatives and local businesses such as hampers, wine, a meal for two at Tamarinds, a photoshoot, Costa vouchers, Laura Ashley tea for two and a giant rabbit.

Speaking about the importance of this year's celebrations, Flo said: "It's important to celebrate the NHS every day. It took a real team effort to pull all this together over the last few weeks and it's for a great cause."

## Bump – the final trimester

On Tuesday 26 June, more than 100 members of staff from across the organisations involved in the Birmingham and Solihull local maternity system (also known as Bump or LMS) joined forces at the National Conference Centre in Solihull to use their skills and knowledge to navigate the last part of the Bump journey.

Attendees represented a whole range of experiences and specialities, as well as patient representatives, to help make the Bump vision and ideas for a world-class local maternity and newborn system into reality.

The attendees were split into four workshops to discuss the details of how to proceed and this is a snap shot of the aims of each workshop and some of the conclusions that were reached.

### Access to services

Led by Mary Passant – Bump Programme Manager, Adam Carson – Bump Digital Lead and Duncan Fleming – Business Change Lead

How women access maternity services, and equally when they access them, can have a significant impact on the care that they received. Bump has a unique chance to shape an entry

system which ensures women receive support and guidance from the very early days of their pregnancy right through to birth and beyond. This workshop explored the gold standard of the early care we want to provide to women, using technology and expertise to provide a streamlined service.

As a multi-organisational programme, the need for an agreed referral process for the LMS is a key priority and the next steps for this particular area of work include setting up the required IT and infrastructure networks as well as testing models along the way.

### Continuity of Carer and Personalised Care

Led by Carmel McCalmont – Bump Director of Midwifery

Broadly speaking, continuity of carer means providing a consistency of midwife or clinical team throughout a pregnancy journey. Evidence shows that continuity of carer and providing care personal to the individual improves safety and outcomes for women. There are different ways of achieving continuity of carer and this workshop

determined how we shape the model which works best for the future of the LMS locally – for both women and staff.

There are a number of continuity of carer pilots currently underway across our hospitals and there is a commitment that we will have 20% of women booked onto a continuity of carer pathway by March 2019.

### Care closer to home

Led by Phillip Lyddon – Bump Director of Operations and Suzanne Cleary – Bump Programme Director

The population Bump serves is diverse and not all women require the same level of care through their pregnancy journey. Often, care which is provided within an acute hospital setting can be delivered out in the community, closer to home. This workshop looked at the types of care women and their families receive in the community, how this could be organised differently and thinking about how services might need to be tailored in different areas to reflect the diverse population.

The programme is currently in the process



Birmingham and Solihull United Maternity and Newborn Partnership

of finalising details on two pilot hubs which will offer care in the community to women in Birmingham and Solihull.

### Clinical Governance

Led by Richard Kennedy – Bump Medical Director

Good clinical governance underpins everything that Bump is trying to achieve and is the cornerstone of high-quality clinical care. Patient safety is at the heart of the Better Births recommendations and clear governance systems will help to ensure the LMS can monitor outcomes and support the reduction of perinatal mortality and other adverse outcomes through thorough investigations of incidents and shared learning.





Question panel with Dr Prasad Nagakumar, Dr Maya Desai, Joanne Osmond and Dr Edward Nash

### Get in touch

Hello and welcome to the August edition of news@. We hope you enjoy reading about some of the great things going on across the University Hospitals Birmingham NHS Foundation Trust.

If you have a story or an event coming up which you think could be suitable to feature in news@ please do get in touch with the communications team on 0121 371 7904 or [communications@heartofengland.nhs.uk](mailto:communications@heartofengland.nhs.uk)

# Cystic fibrosis first for West Midlands area

Staff, patients, parents and carers from Heartlands Hospital and Birmingham Children's Hospital came together for the first time to take part in an exciting interactive session to learn about new treatments in cystic fibrosis (CF).

Fifty people attended the event in person, with a further 16 logging in online via video conferencing to hear from expert speakers. The video conference option was taken up mainly by CF patients who were unable to attend themselves due to cross infection risks.

Speakers included:

- Dr Ed Nash – What is CF and how do the new treatments work?
- Cavan Arrowsmith/Joseph Nyaboko – Patients talking about their own experiences and what it's like to take part in research
- Dr Maya Desai/Dr Prasad Nagakumar – Paediatric CF research

There was the opportunity at the end for the audience to ask questions, both using the video

conferencing facilities and via email.

The audience found Cavan's talk was particularly moving, as he spoke about the difference a clinical trial has made for his CF. He is 32 and due to a new combination therapy he is on, he hasn't been admitted to Heartlands for two years. Previously he was being admitted up to four or five times a year and staying for weeks at a time. He recently got married and travels the world with his job. The treatment has been life-changing for him and his story gave hope to those families attending who may have a recent diagnosis for their child.

Jo Osmond, cystic fibrosis service and network manager at Birmingham Children's Hospital, one of the organisers of the event, said: "Feedback from the event has been very positive and we were delighted with the numbers participating. Especially considering it was 'competing' with The British Grand Prix qualifier, Wimbledon, a World Cup quarter final and sunny weather!"

Dr Edward Nash, consultant physician for the Department of Respiratory Medicine at the Trust, said: "It was a great opportunity for our



Cavan Arrowsmith

patients, parents and carers to come together with other people living the same experience and talk to medical experts. We hope to hold more events like this in the future, leading the way on what we can do for patient experience and participation in CF."

### Renal unit undergoing refurbishment facelift

The renal unit at Heartlands Hospital is undergoing its first major refurbishment in decades.

The aim of the facelift at the Glaxo Renal Unit is to create a better facility for patients in a new layout. The revamped unit should feel much more airy and light.

The floors will be stripped and replaced and the kitchen will be refitted. The side rooms will also be improved and a relatives room will be created along with a new office.

About £350,000 is being spent on the work and the money is coming from the Glaxo charitable fund which was set up when the unit opened.

The work is expected to take about two months and the unit will be temporarily closed with patients being treated at one of the Trust's satellite units during this time.

It is expected to be completed by September and when the unit reopens, it will be a truly outpatient focused unit and all acute dialysis will be moved to Ward 3.

Consultant in renal medicine Jyoti Baharani said: "The refurbishment will greatly improve the patient experience and once the work is complete we will have a much better unit. This is a really exciting time for us."



## Nominate the great before it's too late

Nominations close for the Trust's annual Building Healthier Lives Awards on August 31st.

If you've been impressed by exceptional care, have valued support from fantastic colleagues or want to recognise a wonderful volunteer, show your appreciation by nominating them.

Every year your nominations reveal how our staff, members and volunteers go to extraordinary lengths to provide exceptional care and support for our patients and their relatives – and this year is no exception with nominations already well into the hundreds.

Nominations can be made by anyone for individuals and teams who work in clinical or non-clinical settings at University Hospitals Birmingham. This includes those who work

at Birmingham Heartlands Hospital (and the Chest Clinic), Good Hope Hospital, Queen Elizabeth Hospital Birmingham, and Solihull Hospital and Community Services.

The award categories recognise the wide variety of ways in which staff, colleagues and volunteers have gone 'above and beyond' in their daily roles.

**There are two ways to nominate:**

- Make your nomination online at [www.buildinghealthierlivesawards.co.uk](http://www.buildinghealthierlivesawards.co.uk)
- Complete a nomination form – available at our hospitals' reception desks

**For further details about the awards and ceremonies, please visit:**

📍 [buildinghealthierlivesawards.co.uk](http://buildinghealthierlivesawards.co.uk)





# This month's Charity news

## Dates for your diary



### Snowdon Challenge Mount Snowdon, Wales

Take on the highest peak in England and Wales, Mount Snowdon, whilst raising money to support patients at

the hospital! This promises to be a fun but challenging day, with coach travel from central Birmingham provided, along with qualified professional guides for the whole day, snacks and lots of fundraising kit and advice. Tickets cost £45 and the minimum sponsorship is £100 per person.

#### For more information and to book contact

✉ [sophie.carroll@uhb.nhs.uk](mailto:sophie.carroll@uhb.nhs.uk)  
🌐 [hospitalcharity.org/events](http://hospitalcharity.org/events)



### London to Brighton Bike Ride

Beginning in South London and ending on the sea front in Brighton, join the hospital charity for this challenging, 54 mile cycle through the south

of England! This is a perfect way to complete your miles if you're taking on the Charity's Virtual Velo challenge, but it is an event open to anyone over the age of 16.

#### For more information and to book contact

✉ [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk)  
🌐 [londonbrightoncycle.co.uk](http://londonbrightoncycle.co.uk)



### Drag Night The Loft Lounge, Birmingham

Join the hospital charity for its first ever Drag Night on 27 September at The Loft Lounge in Birmingham and raise money

for patients at your local hospital. Bring along your family and friends to this exclusive event where your ticket will also get you a three course dinner, live entertainment and the chance to take part in the raffle! Tickets are £25 for adults, or £22.50 for NHS staff, and the event is strictly 18+.

#### For more information and to book contact

✉ [jess.harris@uhb.nhs.uk](mailto:jess.harris@uhb.nhs.uk)  
🌐 [hospitalcharity.org/events](http://hospitalcharity.org/events)



### Simplyhealth Great Birmingham Run Birmingham City Centre

If you're looking to challenge yourself this summer, then why not sign up to take part in the

Simplyhealth Great Birmingham Run? The 13.1 mile race returns to the streets of Birmingham this October, so now is the perfect time to get your place and start training. By running for the hospital charity, you will get access to training hints and tips, as well as a pre and post-race reception including a sports massage, plus the all-important hospital charity running vest!

#### For more information and to book contact

✉ [rachel.learmonth@uhb.nhs.uk](mailto:rachel.learmonth@uhb.nhs.uk)  
🌐 [hospitalcharity.org/events](http://hospitalcharity.org/events)

# Tea parties celebrate NHS 70th anniversary

The 70th anniversary of the NHS was celebrated in style across Heartlands Hospital, Good Hope Hospital and Solihull Hospital, with Big NHS 7Tea parties taking place in wards and departments, as well as in businesses and communities throughout the West Midlands.

To mark the landmark birthday, staff were encouraged to hold tea parties on their wards, with money raised going to the hospital charity. Staff across the hospital sites rose to the occasion, with wards being decorated in special 70th birthday bunting, and hundreds of cakes being baked and cups of tea poured.

The celebrations spread far wider than the hospital, with tea parties being held in supermarkets, businesses and schools across Birmingham, as people got into the spirit of the 70th anniversary of the NHS. Samantha Howell, Fundraising Manager at Solihull Hospital Charity, said: "It was fantastic to see so many Big NHS 7Tea parties happening in the community. People wanted to do something special to mark the 70th birthday of the NHS, and holding a tea party is such a nice way to do this."

The NHS Big7Tea parties were all raising money



Staff from the paediatric diabetes team got into the spirit of the day

to support the hospital charity, Mike Hammond, Chief Executive of the hospital charity, said: "I was delighted to see that so many members of staff across the hospitals got involved in celebrating this landmark anniversary by holding a tea party. It was a wonderful day and the hospital charity is extremely grateful to everyone who has taken part, whether that be baking

cakes, selling cakes or simply eating them!

"The hospital charity works to provide 'added extras' for patients across the hospitals. It was great to see so many people raising money to support the hard work of the staff at the hospitals. From pieces of equipment, to research or patient comforts, the money raised will help to support patients across the West Midlands."

# Amazing £16,000 donation from Friends of Good Hope Hospital

Thanks to the endless fundraising by a team of dedicated volunteers, the Good Hope Hospital Chemotherapy and Oncology Unit has 10 new chemotherapy chairs for patients to relax in whilst they are receiving treatment.

Friends of Good Hope Hospital presented Chief Staff Nurse Mark Chambers with a cheque for £16,000.

"This donation will really make a difference to how we can look after our patients," said Mark. "Our patients can have treatment for up to four hours at a time, so being able to sit in comfortable padded seats that recline means that our patients' cancer journey is made just that little bit more comfortable."

Friends of Good Hope Hospital Chairman, Tony Cannon, was delighted the charity could help.

"Friends of Good Hope Hospital exists to support patients, relatives and visitors at Good Hope Hospital. Mark asked us for support and demonstrated the difference the donation could make and we were very happy to help out.

"We are a group of volunteers who want to



Friends of Good Hope presented senior staff nurse Mark Chambers with a huge cheque

help the hospital and have fun in raising money. We are always on the lookout for more people to join us – perhaps to help at a bucket collection at one of the local shops, or to help out on a stall at

one of our charity fundraising events."

#### For more information

🌐 [www.friendsofgoodhope.org](http://www.friendsofgoodhope.org)



# New team launched for older patients

More than 40 people attended an awareness day about the Trust's new OPAL service and the work of Solihull Community Services.

Older Person's Assessment and Liaison (OPAL) is the new name for the Frailty Advice and Support Team (FAST).

The innovative service, based at Solihull Hospital, is now being relaunched and expanded. More staff have been recruited as part of OPAL's work to offer better care to older people while ensuring only necessary admissions to hospital.

OPAL provides a timely, multidisciplinary, patient-centred, comprehensive assessment to those who have an urgent need. The team provides patients with early access to expert advice, regardless of whether they are referred by a GP, community services or arrive at the hospital front door.

Patients are seen in the Medical Day Hospital where the environment is calmer, plus they also have access to same day tests and results. Patients also receive OPAL assessments within the Acute Medical Unit.

They also benefit from the provision of holistic wraparound services which means after receiving a highly skilled assessment, patients are discharged home with support tailored to their needs from community teams including rapid response community nursing, district nursing, occupational therapy, respiratory, falls service and Macmillan.

The idea of the learning day, organised by OPAL in June, was for the new staff to find out about the many Trust community services and also to meet their colleagues in these teams.

OPAL works very closely with our community teams, referring patients who need their services, and to different teams who offer care in a wide variety of areas such as wound management and speech and language therapy.

The name change was instituted in order to align names of all the frailty services across the Sustainability and Transformation Partnership. The idea was to go for an internationally recognised term for front door older people's services. The 14 strong OPAL team will operate a seven days a week service from August.



Members of the OPAL team. L-R: Sarah Flynn, Dr Teresa Quigley, Dr Katrina Davies, Julie Gough, Rachael Hannon, Josie Braga, Marie Ashford, Cheryl Mason, Samantha Fawcett and Angela Edward

Consultant Teresa Quigley said the day had been a great success: "Having initially started out as a small event for new team members, it quickly became clear that this event would be extremely useful for a wide range of staff from across the Trust. We were delighted that we had attendees from both primary care and other trust sites wishing to know more about Solihull Community Services. In addition to the comprehensive amounts of information shared, this event enabled teams to forge links and develop relationships, building strong foundations for future integration and collaboration across acute and community services trust wide."

Held in the Education Centre Lecture Theatre at Solihull Hospital, the learning day featured presentations from 17 community team services, and information stands were available providing information on, Marie Curie Hospice West Midlands, Solihull adult neuro-rehabilitation team and the nutrition support service.

The event proved so popular that it was broadened so that others across the Trust and the wider NHS could attend. First to present was

Katie Leahy who gave an overview of the speech and language service, before Lisa Alexander spoke about nutrition support.

Sue Barclay, lead respiratory nurse for the Solihull community respiratory team, spoke about what her team provides and how to refer into the service.

Jessica Burton and Stephanie Roe, from the continence service, outlined their work helping "maintain dignity and promote independence".

Kate Harms, of the rapid response community team, spoke about her team and how it works with OPAL and the wider community teams.

Paula Bennett, a tissue viability nurse gave a brief overview of what the nurses offer patients. Other presenters from the following areas also gave talks about their work: community IV, the consultant elderly medicine community service, diabetes service, supported integrated discharge (SID) and Solihull adult neuro team, falls and intermediate care, palliative care, community matrons and support to care homes.

The event proved to be so popular that it is has been proposed that a similar event is held again.

## Revamped help for new midwives



The Trust midwifery preceptorship programme and midwifery development pathway (MDP) have both recently been revamped to improve the experience for our newly qualified midwives.

The duration of their preceptorship programme has been extended to two years. The new midwives are given the first six months in role to consolidate their learning and adapt to the work environment as registered practitioners before beginning their 18 month long MDP. The MDP is an evidence based workbook for the midwives to complete, enabling them to develop new skills, improving continuity and prioritisation of care.

Completion of the MDP facilitates a smooth transition for a newly qualified midwife to a confident Band 6 midwife. The extended preceptorship period reduces the pressure to achieve this goal and promotes a more positive learning environment. It also offers opportunities for three to six month rotations in a variety of clinical settings, including antenatal, delivery suite, postnatal, community and the midwifery lead unit.

In addition to a preceptor in each clinical area, the new midwives are allocated a 'Band 5 buddy' as an extra source of support.

Wendy Taylor and Alice Tindall are the midwifery preceptorship programme leads, providing clinical and pastoral support for the new midwives. They also organise and facilitate the midwifery induction programme when newly qualified midwives first join the Trust and hold regular forums for them.

To contact Wendy or Alice,  
 MidwiferyPreceptorship@heartofengland.nhs.uk

## Tributes paid to Emergency Department consultant Mitam

The Emergency Department is mourning the loss of Dr Mitam Barooah, who died unexpectedly when working in India.

Fifty-year-old Mitam had worked in the Emergency Department at Heartlands as a consultant since 2003, but also carried out some of his training at the Trust before he became a consultant.

Mitam was born and educated in India, gaining his medical degree before coming to the UK in the 1990s where he continued his postgraduate education.

He was passionate about medical education and was keen to share his knowledge in the country he was born in, spending the last 10 years travelling there when he could to help

train other doctors in emergency medicine. He also persuaded many of his colleagues to help him do this, including Ola Erinfoami, Emergency Department consultant and clinical director for emergency care.

Ola said: "Mitam leaves behind a huge legacy. He was heavily involved in the work of the Royal



Mitam, has left a hole in the team and he will be sorely missed."

Ola Erinfoami  
 Emergency Department consultant

College of Emergency Medicine (RCEM) and he almost single handedly established the emergency medicine nurse practitioners role within the Trust. His work training doctors in India in emergency medicine to a level that meant they could practise in the UK and this remains a source of pride for his family.

"Mitam, with his kind, considerate and calm personality, has left a huge hole in the team and he will be sorely missed."

Mitam leaves behind his wife Rupali. Dr Taj Hassan, of the RCEM, said: "He was an outstanding emergency physician of his generation - a man who transcended continents and cultures with a passion to share his expertise and enthusiasm for teaching emergency medicine."





## Our team triumph in national NHS awards

A group of staff from the Emergency Department at Heartlands Hospital have been honoured in parliament as part of a special, one-off competition to mark the NHS's 70th birthday.

The NHS70 Parliamentary Awards, sponsored by IBM and Teva, were launched in February to recognise the massive contribution made by the individuals who work in and alongside the NHS.

MPs in England were asked to nominate individuals and teams serving their constituents across 10 categories. Regional champions were selected in May, with the national winners chosen by a panel of senior leaders representing staff and patients.

Having been nominated by Jess Phillips MP in the Urgent and Emergency Care category for improving outcomes for older patients who sustain traumatic injuries, the HECTOR (Heartlands Elderly Care, Trauma and Ongoing Recovery) Project was named Regional Champion in May, and then took home the national award at a ceremony in Parliament in early July.

Judge Dr Jeeves Wijesuriya, chair of the Junior Doctors Committee at the BMA, gave the team their award. He said: "The team behind the HECTOR project have taken an issue increasingly affecting every Emergency Department across the country, and responded with a service which both displays compassion and understanding of the needs of elderly and frail patients, and frees up colleagues and resources to focus on other patients needing emergency help.

"This award is an important recognition of their success, and I was delighted to be able to present it to them."

Dr David Raven said: "We are incredibly proud to have won this award, especially when there are so many other strong contenders in the Emergency and Urgent Care category.

"HECTOR has always been about patient-centred care and changing our perspectives of what constitutes major trauma in an ageing population, so to be recognised nationally for this, is an amazing achievement for the whole team."

The HECTOR team have changed the way



Dr Raven (third left) and the HECTOR Team

Emergency Department staff are trained, and shown that the care delivered on wards has had a positive impact on individual patient outcomes, helping to get people back to their own homes safely.

Dame Julie Moore, Chief Executive of University Hospitals Birmingham NHS Foundation Trust, said: "Congratulations to the HECTOR team on winning the Urgent and Emergency Care NHS70 Parliamentary Award.

"Their work is invaluable and we hope that their excellent practice will continue to be shared elsewhere for the benefit of older patients in all emergency departments."

Dr Sally Payne and Dr Gemma Hawthorne were also nominated NHS70 Awards. Gemma was nominated for a Care and Compassion Award by a patient for her support and dedication to his care.

Sally, a paediatric occupational therapist, was nominated for a Person-Centred Care Champion Award, for her dedication to children, young people and families, especially those with dyspraxia. Gemma and Sally were presented with their awards by Jess Phillips MP.

HECTOR were among the 10 winners – selected from more than 750 nominations submitted by over 250 MPs – to receive their awards at a ceremony on the Palace of Westminster's Terrace Pavilion, hosted by Dr Sara Kayat, NHS GP and TV Doctor. Health Select Committee Chair Dr Sarah Wollaston MP, Health Secretary Jeremy Hunt MP, and the panel of judges collectively representing millions of NHS staff and patients were also on hand to pay tribute to the winners and all those shortlisted.

## BBC live broadcast at heart of celebration

More than 600,000 viewers tuned in to watch a live broadcast from the Queen Elizabeth Hospital Birmingham to celebrate the 70th anniversary of the NHS.

The 90-minute programme, shown on BBC2 on June 26, took weeks to plan, with crews from the BBC working with Trust staff to plan logistics and build a stage for the big night.

Within hours of the show finishing at 21.30, the set, satellite trucks, generators and rigging had all been removed from the hospital to allow 'business as usual'.

The programme was hosted by Nick Robinson and Anita Rani, with the audience made up of UHB staff, patients and other VIP guests.

A review in the Mirror newspaper said: "In a lively debate in NHS At 70 on BBC2 on Tuesday, Anita Rani and Nick Robinson quizzed staff and patients at Birmingham's Queen Elizabeth Hospital about the challenges it faces.

"They wrangled over some interesting questions. Can the NHS cope with an ageing population? Is it ready for new technology? Is the NHS any good?"

When questioned, guest and CEO of NHS England, Simon Stevens, conceded: "It has been under huge pressure."

The programme also included a live link to the Birmingham Women's Hospital – via a cable between the two hospital – where presenter Helen Skelton chatted to midwives and new mums.



Host Nick Robinson prepares for broadcast



## Westminster Abbey trip for research staff

Carol Rawlings and Laura Chapman represented University Hospitals Birmingham NHS Foundation Trust (UHB) at Westminster Abbey to celebrate the NHS's 70th birthday on Thursday 5 July.

Carol was delighted to receive her invitation from NHS England and was keen to celebrate "a wonderful career and a fantastic organisation." She was asked to invite a colleague along too and chose Laura Chapman, Patient and Public Involvement (PPI) and Engagement Manager for the NIHR Biomedical Research Centre based in the Heritage Building at Queen Elizabeth Hospital.

While now officially retired after a 37 year NHS career that started in nursing, Carol still volunteers several days a week, including sitting on the national executive committee of the National Association of Volunteer Service Managers and supporting the Liver and GI PPI research group at UHB.

Carol retired four years ago today, after finishing 27 years at the Trust in the position of Associate Director of Patients Affairs. Part of her major contribution to the Trust was to establish the thriving volunteer service at Queen Elizabeth Hospital Birmingham.

"I am passionate about the NHS, it gave me

a brilliant career and is something we must be very proud of and always protect," said Carol.

Laura, who was delighted to accompany Carol to London, added: "I really enjoyed the event and being invited to join Carol at Westminster Abbey.

"From the perspective of the role that I have as both employee and a patient, the work that Carol and I are able to do together is a wonderful example of public and patient involvement within the NHS."

Carol and Laura joined around 2,000 other NHS employees, retirees and volunteers at the Westminster Abbey service of celebration.



Laura Chapman and Carol Rawlings



# cast is bration



## NHS Five go to Digbeth!

When Tim Milward, the owner of Backface, a 3D modelling company on Fazeley Street, Digbeth, heard that the NHS was celebrating its 70th birthday on 5 July he had to get involved.

Tim explained: "I'd recently had an excellent service from NHS111. I felt unwell, I rang them, they made me an appointment for that evening, and now I'm on the road to recovery! So, I wanted to thank the NHS in my own way."

"Working with NHS England we thought about how we could mark the occasion. We've actually got some of the most inspirational, passionate and dedicated staff in the NHS based right here in the West Midlands. So we decided it would be great to immortalise them as 3D figures."

So, one hot day in June, five members of NHS staff from the West Midlands including two from Heartlands Hospital made their way to the Backface studio.

"Little did they know they'd be standing in a giant circular rig that has over 90 cameras. One click and the cameras all take a photograph at exactly the same moment."

The images then get translated into a code which are sent to a 3D printer. The printer uses a fine powder to 'print' the person as a six inch figure, in full colour, which is then dipped in resin to 'set' it. The models are as fine as porcelain.

First in the studio was Dr David Raven and Sister Clare O'Carroll from the Heartlands Elderly Care, Trauma and Ongoing Recovery Project (HECTOR) team at Heartlands Hospital.

This team has a string of awards including the Central Research Network Award in 2017 for Quality Improvement Project of the Year and 2018 BMJ Award for and in early July the



team were national winners in the NHS70 Parliamentary Awards held at Westminster. (See story on page 6)

Dr Raven, the clinical lead said: "Most people think trauma work is road traffic accidents. It's not."

"One of our biggest challenges in hospitals is the care of frail elderly patients. When I trained at med school we did one week of geriatrics and that was it."

"I've always been interested in trauma so when I joined Heartlands I set up the trauma network up there, and combining that with older people is a real challenge."

"They are fun people to work with and can be very cheeky but they have complex health needs."

"So, it's really important for us to understand how they have come to be injured so we can try and stop it happening again."

"When they're with us we'll look at whether they're drinking enough and eating well;

whether they're able to use the toilet on their own; if they're at risk of developing a blood clot; what their level of confusion is – could be from dementia or a water infection – and if they can be rehabilitated. One of the biggest risks is repeat falling."

According to Age UK up to one in three over 65s fall each year, costing the NHS an estimated £4.6 million a day. Once a person has fallen once they're more likely to fall again.

Sister Clare O'Carroll, also part of the HECTOR team, said: "I moved into this role as a trainee, so in some respects it's like starting again but I'm really enjoying learning more about care of the elderly."

"I always think if it's my parents I'd like them to be looked after properly. I'm passionate about training too."

"We are in demand because other trusts look at the work we're doing and want us to talk to them about how they can set-up a similar service."

### Street party at Hub



The Learning Hub team welcomed over 100 staff and visitors to their 1940s themed indoor street party to celebrate the 70th birthday of the NHS.

Staff donned their 1940s outfits, complete with victory rolls and vintage tea dresses, to sell cakes and refreshments, run a tombola (with over 60 prizes) and a raffle.

There was a 'guess the baby' game, where visitors to the street party had to guess which member of staff was which baby, and there was even some street games, including hula hoop and skipping.

Jacqui Smith, Trust Chair, visited the event during the day, enjoying a slice of cake and posing for pictures with staff.

They raised over £550 with that total set to rise with further raffle ticket sales.

Kim Brown, Learning Hub tutor, said: "It was a really successful day and we are delighted that so many people were able to come and join us in celebrating the NHS's 70th birthday."

## Catering team's taste of the past

The NHS has served millions of meals to millions of patients in the 70 years since it was created after World War II and to celebrate the NHS at 70, QEHB's catering team cooked up a treat.

QEHB's skilled team of chefs invited staff and visitors to the hospital to sample four freshly-prepared and traditionally cooked dishes using the post-war rations the nation survived on in 1948 – the year the NHS was founded.

Samples on offer were naturally low in fat and sugar due to rationing allowances of the day but featured the tasty delights of Woolton Pie, Curried Carrots, Spam Hash and Fruit Charlotte.

Demand saw all the samples gone within an hour and a half with lots of hungry mouths tasting the delicious recipes made using fresh ingredients.

For those that weren't able to get their jaws around one of the samples, the war-time classic Woolton Pie was Meal of the Day in all retail outlets on the QEHB site and sold out very quickly.



(L-R) Tasmin Hussein, Laura Clarke, Sabrina Burke, Sarah Wagstaff



## BHBN PROGRAMME SCHEDULE

BHBN Hospital Radio broadcasts patient requests, music, news, live sport and a range of speciality programmes to NHS hospitals across Birmingham. The station, founded in 1952, is based in new studios in the Heritage Building (original Queen Elizabeth Hospital), they are on air 24 hours a day. They can also be heard via their website [www.bhbn.net](http://www.bhbn.net) and the TuneInRadio app.

### MONDAY

4pm	Music from Stage and Screen - Miranda Burns
5pm	Good Vibrations – Donna Joseph **
7pm	Hospital Request – Imogen Danworth-Warby
8pm	The Evening Show – Dale Hobson

### TUESDAY

4pm	Playing it Cool – Pete Bayliss **
6pm	Easy Listening – Kelly Howell
7pm	Solihull Hospital Requests – Andy Wharby
8pm	The Evening Show – Paul Millington

### WEDNESDAY

5pm	BHBN Country – Dave Horton**
6pm	Words & Music – Brian Henderson
7pm	Good Hope Hospital Requests Paul Stanley
8pm	The Evening Show – Penny-Jane Bourne

### THURSDAY

5pm	Thursday Tea Time Show – Bill & Jo **
7pm	Queen Elizabeth Hospital Request Sally Hurlston
8pm	The Evening Show – Chris Friday

### FRIDAY

6pm	BHBN Country – David Elliott
8pm	The Evening Show CBSO Concerts when broadcast are on Fridays from 7pm

### SATURDAY

7am	Weekend Breakfast – Dave Horton
9am	BHBN Gold – Colin Monnaf**
11am	The Frock Show – Sarah Morris
1pm	Queen Elizabeth Hospital Requests – Anita Shah, Michelle Woodhouse (Military Ward) (Alternate Weeks)
2pm	Living Up the Weekend - Phillip Stoneman
6pm	Saturday Disco – Marky B
8pm	Soul Train – Peter Bayliss
9pm	The Reggae Selection

### SUNDAY

8am	Laid Back Sunday – Bill Waldron
10am	Kitch & Kool – Brendan Delaney
Noon	Words & Music Extra - Philpa Clarkin
1pm	Sunday Shuffle – Bill Waldron & Jo Connop or Sounds Like Sunday – Pete Bayliss Changes every four weeks
4pm	Hospital Requests and Duets From The Decades – Shaz Hill
6pm	Asian Mix – Raveeta Banger
8pm	The Evening Show – Doug Jackson
10pm	BHBN Classical Collection

### PROGRAMMES MARKED \*\* SPONSORED BY AURIGA SERVICES

ALL OTHER TIMES – THE BHBN MUSIC SELECTION – including the light lunch at 1pm, the elevator zone at 3pm weekdays and three hours of late night love songs from 11pm. Available on channel 9 on the premier bedside units and in all parts of the hospital by logging onto the QEHB Charity guest wifi and following the listen live links on [bhbn.net](http://bhbn.net).

[bhbn.net](http://bhbn.net)

to donate:



# Champion role for diabetes consultant

One of Heartlands Hospital's diabetes consultants has been appointed as a Diabetes UK Clinical Champion.

Following a rigorous recruitment process, Dr Ateeq Syed has been appointed as a Diabetes UK Clinical Champion and is one of 20 being appointed across the UK. Clinical Champions are healthcare professionals with the clinical expertise, leadership skills and passion to improve care locally for people living with diabetes and are supported by Diabetes UK to become catalysts for change, helping to improve diabetes care across local health systems.

Each Champion has been selected on the basis that they demonstrated the personal skills, clinical expertise, passion and integrity to help deliver tangible improvements in care for people with diabetes.

Their appointment is for two years, during which time they will receive considerable support from Diabetes UK, as well as a leadership development programme delivered by Ashridge Executive Education, an internationally renowned business school.

Diabetes affects more than 4.6 million people in the UK and the National Diabetes Audit 2016-17 for England and Wales shows that in the worst performing areas, only 13 per cent of people with Type 1 diabetes received all eight care processes

(the annual diabetes health checks), whereas in the top performing locations, 60 per cent received them. For people with Type 2 diabetes this ranges from 18 to 88 per cent, showing huge variation in care.

The Clinical Champions programme was designed to address this variation in care by identifying clinicians with the passion, skills and position to make a real difference to diabetes care and to give them a package of support to turn their improvement ideas into reality.

Dr Syed will be supported to access best-practice examples from across the UK and be a resource to the local health service. During their two-year appointment, the Clinical Champions will receive support from Diabetes UK, as well as a leadership development programme, during which time they develop the skills to deliver a project to transform local diabetes care.

The programme includes formal leadership training at the world-leading Ashridge Business School, ongoing mentoring and support from Diabetes UK, and facilitated Action Learning Sets where Champions can share knowledge and best practice.

Dr Syed said: "I am pleased to be appointed Diabetes UK Clinical Champion. It will help me to further enhance the diabetes care of the local population. Areas surrounding our Trust have



Dr Ateeq Syed

double the prevalence of diabetes compared to nationally. In my role as a Diabetes Champion, I would like to raise awareness across different ethnicities, improve the care of the diabetes patients and reduce variability across the primary/secondary interface."

## Raising awareness of diabetes

As a part of diabetes safety awareness week this year, ward managers were given the chance to enter into a diabetes awareness board competition to see which ward could create the best display.

Led by the diabetes inpatient team, the competition aimed to raise awareness of low blood sugar and safety information around insulin, with the themes for the challenge of the best educational display being 'hypoglycaemia' and 'preventing insulin errors'.

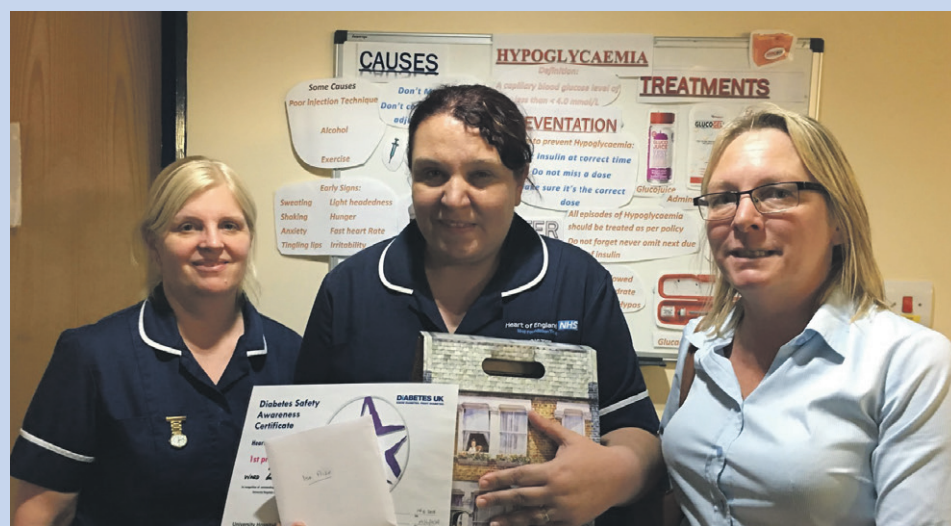
Joined by QEHB, this year was the second year the annual event has been held and saw an increase in participating wards vying for first, second and third place.

Prizes, such as fruit baskets, coffee, tea hampers and vouchers, were donated by Diabetes UK and diabetes reps and handed out to the winner and runners up.

The judging panel for Heartlands was: Dr Sri Bellary, consultant for diabetes, Cathy Holmes, inpatient diabetes sister and Joanne Edwards, diabetes dietician.

Solihull: Adeeba Ahmed, Consultant diabetes inpatient lead, Gareth Shaw, matron for diabetes, Jackie Webb, lead diabetes nurse and Margaret Garbett, director of nursing.

Good Hope: Adeeba Ahmed, Consultant diabetes inpatient lead, Gareth Shaw, matron for diabetes, Theresa Smyth, consultant



### Winners from Heartlands Hospital's Ward 29 collect their prize

diabetes nurse at QEHB and Alison Phillips, diabetes nurse at QEHB.

The winners were:

#### Good Hope

First prize: Ward 7  
Second prize: Ward 12  
Third prize: AMU-SS

#### Solihull

First prize: Ward 17  
Second prize: Ward 15  
Third prize: AMU-SS

#### Heartlands

First prize: Ward 29  
Second prize: Ward 7  
Third prize: Ward 6



## CROSS CODE

13	15	16	4	3	15	6	9		23		16	
	7		3		10		15	14	26	7	15	26
2	5	12	12		6	15	23		19		14	
	21		3		15		15	1	12	14	16	26
19	22	12	12	11	21	14	1		22		12	
16	12	15	19	12	9		12	10	10	8	6	2
15		2		12				21		17		21
6	12	19	3	22	2		25	6	12	12	20	12
	18		14		12	18	15	23	21	14	12	9
23	8	3	22	9	19		9		2		25	
	2		21		2	3	1		5	12	6	19
2	21	16	24	22	12		12		12		15	
	16		12		9	21	19	2	6	12	19	19

ABCDEFGHIJKLMN OPQRSTUVWXYZ

1	2	3	U	4	5	6	7	8	9	10	11	12	13	
14	15	16	C	17	18	19	S	20	21	22	23	24	25	26

EACH number in our Cross Code grid represents a different letter of the alphabet. You have three letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares.

As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the alphabetical list of letters as you identify them.

## MAGIC SQUARE

### PHOTO FINISHES TOP

USING all 16 letters of the phrase above, form four words each of four letters which will fit in the grid to form a magic square in which the words can be read both horizontally and vertically.


# Quiz Challenge

- In which 1960s children's TV series was the title character's real name Paul Metcalfe?
- In the English nobility which title ranks between an earl and a baron?
- Pram, as in baby carriage, is a contraction of which word?
- What is the singular form of the word bacteria?
- Which cartoon character has a friend called Woodstock?
- What name is given to the soft furry skin that covers deer antlers until being shed in the autumn?
- What name is given to the residence of a Church of Scotland minister?
- French chemist Georges Claude invented which form of illumination?
- Actress and singer Vanessa Hudgens rose to fame playing Gabriella in which teen film series?
- Wind-sucking is a harmful habit of which type of animal?

## NONAGRAM

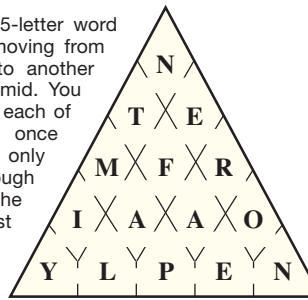
E	R	E
B	U	T
D	E	N

HOW many words of four letters or more can you make from this Nonagram? Each word must use the central letter, and each letter may be used only once. At least one word using all nine letters can be found.

**Guidelines:**  
25 Good; 29 Very Good; 34 Excellent.  
Any word found in the Concise Oxford Dictionary (Tenth Edition) is eligible with the following exceptions: proper nouns; plural nouns, pronouns and possessives; third person singular verbs; hyphenated words; contractions and abbreviations; vulgar slang words; variant spellings of the same word (where another variant is also eligible).

## WORD PYRAMID

SPELL out a 15-letter word or phrase by moving from one chamber to another within the pyramid. You may only enter each of the chambers once and may only proceed through openings in the walls. The first letter may appear in any chamber.



## FIVE ALIVE

PW	EI	LI	GO	HT
AR		GA		EO
LI	US	SL	UL	SE
ST		OE		TE
ZM	OA	RO	IS	HD

HERE are two miniature five-square crosswords using the same grid - but the letters have been mixed up. You have to work out which letters belong to which crossword.

## SUDOKU

**Easy** EACH row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box. **Hard**

4			3			1	9	5
					4		8	
							2	6
			8			1		
					7	6		4
		1	9	4	5			
	7					2		
6	9	4		3		5		8
8	2		6		9	3		

5								2
	7		4					3
	6			8	7			
		9				3		
	4						6	9
3	5		9			1		
				1		5		6
			5		4			
				2				8

## EQUALISER

7	3
8 ○ 6 ○ 2	
3 5	
8 ○ 3 ○ 6	
1 2	

PLACE the four signs (add, subtract, multiply, divide) one in each circle so that the total of each across and down line is the same. Perform the first calculation in each line first and ignore the mathematical law which says you should always perform division and multiplication before addition and subtraction.

All puzzles on this page are supplied by Sirius Media Services. To try more of our puzzles interactively online go to [www.puzzledrome.com](http://www.puzzledrome.com)

## CRYPTIC CROSSWORD

1	2	3	4		5	6	7
8						9	
					10		
11				12	13		
	14	15					
16							17
18				19		20	
21				22	23		
24				25			

- |  |   |
|--|---|
| <b>ACROSS</b>  | <b>DOWN</b>   |
| 1. Uncontrolled shooting goes like this - very fast (8)          | 1. We dash out to be cleaned (6)                          |
| 5. Open a jam container (4)                                      | 2. Left river insect (5)                                  |
| 8. Multiplying by itself - that's fitting (8)                    | 3. Word of warning on land in a conspicuous position (10) |
| 9. Friends in France with writer (4)                             | 4. Managed to have taken part in race (3)                 |
| 11. Expedition leader lost identity but appeared (7)             | 6. Preserve one held by an accountant on the island (7)   |
| 13. I struggled, clad in evergreen (5)                           | 7. Colour of choppy Red Sea? (6)                          |
| 14. What Bobby has up his sleeve? (3,2,3,3)                      | 10. I am in permanent camouflage to find the animal (4,6) |
| 18. Giant has the item in brown (5)                              | 12. Fruit becomes old-fashioned (5)                       |
| 19. Boxes hesitantly and comparatively more thinly scattered (7) | 15. Holds back progress, troubling traders (7)            |
| 21. Instrument used in early rehearsals (4)                      | 16. The way nail was mangled by an old leader (6)         |
| 22. Fitting topless Liz in cot, having christened! (8)           | 17. Inclined to be arranged (6)                           |
| 24. Piano section featured organ (4)                             | 20. Measured and glued (5)                                |
| 25. Didn't IRA organise in the West Indies? (8)                  | 23. Parade tune (3)                                       |

## QUICK CROSSWORD

1	2	3	4	5	6	7	
9				10			
					11		
12	13	14					
15				16	17	18	19
20	21	22	23	24	25	26	
				27			
28							
				29		30	
31							
				32			

- |                               |                             |
|-------------------------------|-----------------------------|
| <b>ACROSS</b>                 | <b>DOWN</b>                 |
| 1. Type of winch (8)          | 2. In the same place (6)    |
| 8. London's river (6)         | 3. Be indecisive (6)        |
| 9. Crowd disturbance (4)      | 4. Entreaty (6)             |
| 10. Standard (3)              | 5. Watercourse (6)          |
| 11. Hostility (6)             | 6. Food fish (6)            |
| 12. Type of sugar (8)         | 7. Courage (6)              |
| 15. Lacking principles (6)    | 12. Smear (4)               |
| 16. Shelf above fireplace (6) | 13. The majority (4)        |
| 20. Pancake mixture (6)       | 14. Talk deliriously (4)    |
| 24. Royal residence (6)       | 17. Seaweed preparation (4) |
|                               | 18. Nipple (4)              |
|                               | 19. False statements (4)    |
|                               | 21. Windcheater (6)         |
|                               | 22. Confused mass (6)       |
|                               | 23. Holiday destination (6) |
|                               | 24. Jam setting agent (6)   |
|                               | 25. Acidity indicator (6)   |
|                               | 26. Junior cleric (6)       |

## PREVIOUS SOLUTIONS

**QUIZ CHALLENGE:** 1 Sixty; 2 OFSTED; 3 Port Stanley; 4 The Old Bailey; 5 Ox-bow lake; 6 Professor Henry Higgins; 7 To hear urgent charges of military offences in action; 8 Indiana Jones and the Kingdom of the Crystal Skull; 9 Tunisia; 10 The TV and radio service Raidio Teilifis Eireann.

**CROSS CODE**

1	C	D	Y	N	5	W	6	R	V	L	P	E	K	Q	S	
14	M	H	F	J	18	X	19	Z	T	G	A	23	I	B	U	O

**EASY SUDOKU**

2	5	3	9	1	8	4	7	6
7	6	9	2	4	3	5	8	1
1	4	8	5	7	6	2	3	9
5	2	1	6	9	7	8	4	3
6	3	4	8	2	1	7	9	5
8	9	7	4	3	5	6	1	2
4	1	5	3	8	2	9	6	7
3	8	2	7	6	9	1	5	4
9	7	6	1	5	4	3	2	8

**HARD SUDOKU**

3	9	2	1	6	7	8	4	5
8	4	1	3	5	9	2	7	6
6	5	7	4	8	2	3	9	1
1	8	4	2	9	5	6	3	7
2	3	9	7	1	6	5	8	4
7	6	5	8	3	4	9	1	2
5	1	8	6	4	3	7	2	9
4	7	6	9	2	8	1	5	3
9	2	3	5	7	1	4	6	8

**MAGIC SQUARE:** trim; race; ices; mesh.  
**WORD PYRAMID:** Nuclear-free zone.  
**EQUALISER:** Clockwise from top left - add; subtract; multiply; divide. Total: 9.

**FIVE ALIVE:**  
(1) **Across** - Mouse; Orbit; Sunny. **Down** - Moods; Urban; Entry.  
(2) **Across** - Slant; Italy; Great. **Down** - Swing; Aware; Tryst.

**NONAGRAM:**  
afresh; ahem; ashore; erhu; FARMHOUSE; fash; fresh; haem; hare; harm; harm; hear; herm; hero; hoar; hoarse; hoer; home; homer; hora; horse; hose; hour; house; marsh; mash; masher; mesh; mosh; mush; musher; rash; rhea; rheum; rush; sham; shame; share; shea; sheaf; shear; shmo; shoe; shofar; shore; shura; surah; umrah; usher.

**QUICK CROSSWORD:**  
**Across** - 1 Basilica; 5 Harp; 9 Farrier; 10 Crone; 11 Eve; 12 Reggae; 15 Aries; 17 Brag; 19 Rental; 22 Nether; 24 Pest; 26 Chump; 27 Pestle; 30 Ago; 32 Peril; 33 Nirvana; 34 Tang; 35 Teetotal.  
**Down** - 1 Buff; 2 Scree; 3 Lying; 4 Career; 6 Abolish; 7 Pleasure; 8 Ice age; 13 Gut; 14 Able; 16 Crackpot; 18 Ante; 20 Neutron; 21 Appals; 23 Tut; 25 Sponge; 28 Strut; 29 Leapt; 31 Pail.







## RESEARCH NEWS



# Worldwide interest in research trials

One of the Trust's most high profile researchers arrived in Birmingham via Milan, Tokyo, Rome, London, Cambridge, Germany and Canada.

Professor Marietta Iacucci, pictured, is an Honorary Consultant Gastroenterologist at UHB, as well as an Academic Lead in Gastroenterology and a Reader in Gastroenterology at the University of Birmingham.

After receiving her medical degree and gastroenterology training from the University of Rome 'La Sapienza' School of Medicine, Prof Iacucci completed her PhD at the University of Tor Vergata in Rome and Imperial College, London. Following time as a gastroenterology consultant in Rome, she spent two years in London, Cambridge, Germany, Italy and Japan before a move to Canada's Clinical Associate Professor of Gastroenterology at the University of Calgary. Here she established an advanced endoscopic platform for inflammatory bowel disease (IBD) and cancer and then, in 2016, she joined the University of Birmingham as a Reader in gastroenterology and as an Honorary Consultant, before starting her research work at UHB.

The research is focused on advanced endoscopic imaging, such as the use of dyes, enabling tissues to be seen more clearly and differentiated, virtual electronic chromo endoscopy and confocal laser endomicroscopy in the early diagnosis of gastrointestinal disease,

inflammatory bowel disease, cancer, better management of advanced polypectomy (the removal of polyps) in the colon and inflammatory bowel disease.

Prof Iacucci said: "Birmingham is now a very strong centre for advanced endoscopy technology. The use of the best and latest endoscopic technology simply means we can produce clearer and brighter pictures, showing more detail in the intestinal tract.

"We now have magnification like we have never seen before and overall better resolution too. For patients, this can mean earlier identification and treatment of cancer and even earlier sighting of lesions, which can be a prediction of cancer."

She added: "With the technology we have available to us now, it is not just a case of predicting histology – but it is seeing histology."

Prof Iacucci is backed by funding from the National Institute for Health Research (NIHR) Birmingham Biomedical Research Centre (BRC), which has allowed her to recruit three research Fellows. Currently UHB is only the second place in the world to trial a new endocytoscope, which was launched and built in Japan last November. Prof Iacucci is using the endocytoscope for research into inflammatory bowel disease and colon cancer. With the help of the Patient and Public Involvement (PPI) teams, 40 patients are being recruited locally to take part in a new



multi-centre, international study.

She said: "It is the case now that clinicians are moving towards managing specific and more tailored treatment of inflammatory bowel disease and cancer, which can in the long run prevent complications.

With the new scopes we can more easily assess inflammation in the bowel to see if the expensive drugs patients are being prescribed are actually working. This helps us to see if a patient is in control of their disease and if drugs can be stopped or reduced. Ultimately this reduces the use of unnecessary drugs and can save money for the NHS too.

"We have a fantastic endoscopy suite here in the NIHR Clinical Research Facility (CRF) and at the Queen Elizabeth Hospital which provide a wonderful opportunity to develop even more advanced research and deliver the best care for our patients."

## Joined-up thinking



Birmingham Health Partners (BHP) hosted the second annual Midlands and East of England 'Celebrating Multidisciplinary Research in the NHS' event.

The event, which coincided with the BHP Research Showcase, welcomed nearly 100 clinical staff from across the regions who found out about the patient benefits of research and how they can get involved.

The event was funded by Health Education England, and featured a number of high profile national figures including Derek Stewart OBE, NIHR Clinical Research Network's Associate Director for Involvement & Engagement, who inspired the audience to consider opportunities for patient and public involvement and engagement in research. Professor David Jones, Dean for NIHR Faculty Trainees, Professor of Liver Immunology and Honorary Consultant Hepatologist, also provided an update on clinical academic careers and the 'Vision from the Department of Health and Social Care'.

Other presentations included how to build and maintain a career in research, how to make clinical academic careers more inclusive, and how to embed clinical academic careers within the NHS.

Over 30 posters describing multidisciplinary research taking place across the region were also displayed, and workshops for aspiring researchers were also provided, offering development opportunities for staff and NHS managers, to develop research amongst clinical staff.

Feedback throughout the day was positive, with the workshops described as "very interactive and thought-provoking."

The event was organised by the Integrated Clinical Academic Office team at University Hospitals Birmingham NHS Foundation Trust, who are based in the Institute of Translational Medicine. The team offers advice and support to staff wanting to undertake research or combine a career in research and clinical practice to improve patient outcomes.

BHP is a strategic alliance between the University of Birmingham, University Hospitals Birmingham NHS Foundation Trust and Birmingham Women's and Children's NHS Foundation Trust, focused on maximising the combined research strength of academic and NHS partners to provide patient benefits.

**You can find out more about clinical academic careers at UHB by**  
✉ emailing [clinicalacademics@uhb.nhs.uk](mailto:clinicalacademics@uhb.nhs.uk) or follow the team on Twitter:  
🐦 @BHPclinAc

## Diabetes patients benefit from new approach

An innovative way to treat diabetes which has been launched in Solihull is going from strength to strength.

Diabetes is one of the biggest issues facing the health service today as it puts a huge strain on resources. About 3.8million people have diabetes in the UK and the NHS spends nearly 10% of its resources managing it.

There is a high prevalence of diabetes in Birmingham and Solihull (about nine per cent) compared to six per cent in other parts of the country.

The Solihull Integrated Diabetes project (SOLID) is a new collaborative approach to managing diabetes, pulling together professionals from different parts of the NHS to work as one multi-disciplinary team (MDT).

The success of the approach means that the principles of the SOLID model are now set to become the basis of diabetes care across the wider Birmingham area.

SOLID involves staff from our Trust going into GP surgeries and working with primary care teams to improve patient diabetes care. Patient care is discussed through virtual clinics held every

few weeks by a team of professionals. The team is comprised of a GP, a practice nurse, diabetes consultant, diabetes specialist nurse, diabetes specialist dietitian and pharmacist specialising in diabetes. The format of the clinics allows for a greater number of patients to be reviewed than in routine clinics.

The team discuss patient care in a holistic way with a shared goal of delivering better diabetes care. They look at all aspects of an individual's care, including reviews of blood sugar, blood pressure, cholesterol, diet and lifestyle. After the virtual clinic, a member of the team, often a nurse, who is likely to know the patient best, will then have a conversation with them about the way forward.

The SOLID project was launched a year ago after a successful trial by the Trust's diabetes directorate and Solihull CCG.

Some of the benefits shown by the model include:

- Improved outcomes for patients
- Better access for 'hard to reach' patients
- Giving care closer to patients' homes
- Education – upskilling GPs and practice

nurses but also patients

- Managing demand and reducing referrals into secondary care such as outpatient clinics
- Minimising the need for acute setting treatment due to diabetes
- Improvement in risk factors with over a third of patients showing better blood sugar levels

The Trust's group manager for diabetes Baljit Atwal said: "The result of the SOLID project is that primary care service staff are being upskilled to manage diabetic patients closer to home. Diabetes control for patients is now much better, giving better health outcomes for local people and improving their quality of life.

"It's a local success for HSG community diabetes team, for patients and GPs in Solihull and is also it's become the model of choice for managing diabetes as a whole. HGS is the leading beacon for diabetes care in the region now."

Ruth Cook, who leads community diabetes team, said: "Practices are upskilling and patients are now getting diabetes care closer to home. We are all part of one team working together."



Department	Level	Department	Level
Acute Medical Unit	G	Orthopaedic Clinic	G
Urgent and Booked	G	Outpatients	G
Primary Care	G	Paediatrics	G
Bereavement Services	G	PALS	G
Birthing Unit	G	Pharmacy	G
Café (Main Entrance)	G	Phlebotomy	G
Cardiology	G	Physiotherapy	1
CPU	G	Pre Operation Assessment	1
Dermatology	1	Radiology	G
Dental Unit	G	Renal Unit	1
Education Centre	1	Seasons Restaurant	1
Estates	G	Ward 8	G
Facilities	G	Ward 9	G
Fracture Clinic	G	Ward 10	G
Goods In/Out	G	Ward 12	1
Haematology and	G	Ward 14	1
Oncology Day Unit	G	Ward 15	1
Linen Services	G	Ward 16	1
Main Entrance	G	Ward 17	1
Medical Engineers	G	Ward 18	1
Medical Records	G	Ward 19	1
Minor Injuries Unit	G	Ward 20a	1
Occupational Health	G	Ward 20b	1
Ophthalmic Theatre	G	Ward 21	1
Ophthalmology	G		



**Key to symbols**

- Bus Stop
- Travel information screen
- Information/Reception
- Car park
- Disabled car park
- Car park info hut
- Car park pay machine
- Cycle shelter
- Coffee shop/Restaurant



**Community Sites/clinics**

- Balsall Common**, 1 Ashley Drive, CV7 7RW, 01676 536850
- Bishop Wilson**, Chelmsley Wood, B37 7TR, 0121 770 3228
- Chelmsley Wood Primary Care Centre**, Crabtree Drive, B37 5BU, 0121 329 0100
- Freshfields**, Downing Close, B93 0QA, 01564 732841
- Friars Gate**, 1011 Stratford Road, Shirley, B90 4BN, 0121 745 9108 (Staff base only)
- Grove Road**, 51 Grove Road, B91 2AQ, 0121 705 3814

- Hurst Lane**, Hurst Lane North, B36 0EY, 0121 747 2977
- Kingshurst**, Marston Drive, B37 6BD, 0121 329 1920
- Land Lane**, Marston Green, B37 7DQ, 0121 779 3833
- Meadow Centre**, 36 Faulkner Road, Solihull, B92 8SY, 0121 722 8010
- Northbrook**, 93 Northbrook Road, B90 3LX, 0121 745 8366
- Shirley**, 276 Stratford Road, B90 3AD, 0121 744 2516
- You Plus shop**, 1 Coppice Way, Chelmsley Wood Shopping Centre, B37 5TX, 0800 015 3265