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Calderdale and Huddersfield **NHS**

NHS Foundation Trust

GP Update

LATEST NEWS FROM THE TRUST

WINTER 2014 Number 27

Life-saving procedure

The lives of more and more patients across Huddersfield and Calderdale are being saved thanks to the Implantable Cardioverter Defibrillators (ICD) procedure which started at Calderdale Royal Hospital six years ago.

The cardiology device team has implanted approximately 150 mini "jumpstarters" whereas previously patients had to travel to Leeds for the procedure. ICDs sit under the skin, close to the heart, and when they detect a fast irregular life-threatening heartbeat they emit a small electric shock which returns the heartbeat to a normal one.

Footballer Lee Orton, 30, from Huddersfield, who collapsed on the pitch and was saved by cardiac massage received an ICD in an hour-long operation and has now started the Goals 4 Hearts Appeal to have life-saving defibrillators at sports complexes and grounds across the area.

Lee is now receiving cardiac rehab care with the Trust's nurses. He said:



"The hospital staff were absolutely amazing and I vowed I would do something to help others if I came out the other side. So with defibrillators available at every game, it means if anything happens to any player there is a better chance of them surviving. In every family there is a son, a daughter, a brother, a cousin, a Dad playing football and there is so much support for this campaign."

Left: Lee at his cardiac rehab session at The Zone, in Huddersfield, with the Trust's cardiac rehab sister Angela Dysart, left, and cardiac rehab physio Kerri Jones. Below: the ICD team



Cardiology deputy manager James Battye said: "It is an excellent campaign. To have automated defibrillators and access to basic life support training at all local football clubs could ultimately save a person's life."



The healthcare of the future event in Huddersfield

Cash boost will improve patient care

A £2.74m cash boost has been received by our Trust to improve IT provision.

The money has come from a Safer Ward, Safer Hospitals Technology Fund and will help to improve the use of technology and IT.

Clinical Director for Modernisation, Dr Alistair Morris, said: "New technology will, without a doubt, continue to improve the quality of patient care. We have several projects under way and are working towards becoming a leading UK Trust for IM&T by installing an all encompassing Electronic Patient Record giving staff, GPs, patients and their families an instant overview of a patient's condition and treatment."

A lengthy bid was submitted to the Safer Ward, Safer Hospitals Technology Fund October which had a total of £240m to offer Trusts across the country.

● The news of the successful bid came as staff attended a two day hi-tech healthcare of the future display, pictured above, at Huddersfield Royal Infirmary.

Heather is Trust's first Nightingale scholar

Our consultant emergency care nurse Heather McClelland, who has recently returned from helping typhoon survivors in the Philippines, has been awarded the country's most prestigious award in nursing – a Florence Nightingale scholarship.

She is just one of 17 nurses across the country – and the first at our Trust – to receive the award given in memory of Florence Nightingale to advance the study of nursing and to

promote excellence in practice.

Heather said: "I am thrilled and honoured to get this award and also very excited. Nursing is all about improving the lives of our patients and this scholarship means I have the opportunity to do that for patients right across the country."

Her study project is aimed at examining current

nursing practice to improve the way a deteriorating condition is detected and managed to produce a better outcome.

● Heather's award is even more impressive as she had to be interviewed by the judging panel via Skype as, at the time, she was being deployed to the Philippines.



Heather McClelland, left.

Right, on the Philippines mission with Heather, third left



INSIDE

NEWS ROUND-UP 2 ACRE MILLS – OVER TO US 2
FOCUS ON... ONCOPLASTIC BREAST SURGERY 3
LEG CLUB UPDATE 3 WAITING TIMES 4

Your Care
Our Concern



News Round-up

Successor appointed as Helen retires

The Trust has appointed a nursing director to succeed Helen Thomson, who retires from the Trust in March after 25 years with us.

Julie Dawes joins the Trust in April from Portsmouth Hospitals NHS Trust to head up the Trust's 2,000 nurses in our hospitals and in the community in Calderdale.

Helen, from Lindley, joined the former Huddersfield NHS Trust as head of midwifery in 1989. She is a registered nurse and registered midwife and midwifery teacher, and has been director of nursing since the merger of the Calderdale and Huddersfield Trusts in 2001. She has also been deputy chief executive since 2006 and in 2012 was appointed Deputy Lieutenant of West Yorkshire.

Julie, originally from Hebden Bridge, has worked in hospitals in Leeds, Southampton and Portsmouth.

Retiring from Trust:
Helen Thomson



My Life: enhancing dementia care

The Trust is improving its care for dementia patients by offering a new software programme called 'My Life' as part of a regional dementia project.

Patients can use the software to build a photographic timeline of their lives as well as listen to music from a range of decades and play interactive games such as bingo. The aim is to improve symptoms of dementia and delirium by stimulating the long term memory.

Volunteers have been using the software to work with patients



Staff together with Chief Executive Owen Williams, third from right, at the My Life launch

and their families facilitating life story work, reminiscence, reorientation and social engagement.

Nurse Consultant for Older People, Barbara

Schofield said: "We are already seeing excellent results in regard to improving mood, memory and patient and carer experience."

Acre Mills – now it's over to us...

The first phase – the external work – at the Trust's brand new health centre, Acre Mills, across from Huddersfield Royal Infirmary in Lindley, is now complete.

Work is already underway on the internal design and layout for the clinical areas and office accommodation and staff workshops have been held about the move into the premises

across the road from the main hospital building. Building work on the interior will start shortly.

Acting project manager Jennifer Lewis, said: "This has been a tremendous team effort with our partners to complete the first stage of work and we very much look forward to pressing ahead with the final stages and welcoming our first patients in the future."



Jennifer Lewis in front of Acre Mills

Princess Royal update

In November 2013, the Trust's proposals to move out of Princess Royal Community Health Centre were taken to Kirklees Overview and Scrutiny Committee.

The vast majority of services, such as podiatry, sexual health and genito-urinary medicine and paediatric audiology will be relocated to a Huddersfield town centre site next to council services at the Civic Centre campus.

Paediatric therapy services will be relocated to Huddersfield Royal Infirmary. Our preferred option is to centralise the Child Development Services at Calderdale Royal Hospital, to create one centre of excellence for families, to increase their access to expertise and also to increase the networking opportunities for families dealing with similar issues.

This is a significant service change so a formal consultation will be held on this proposal.

New group of patients takes advantage of exercise programme

A new exercise programme for colorectal cancer survivors is now up and running in Halifax.

The six-week course is aimed at providing information on healthy lifestyle and rehabilitation.

It informs patients of what to expect following bowel cancer and also gives them help in their long-term recovery.

It is a practical programme designed to

educate, motivate and facilitate exercise after cancer. Patients get the chance to meet and support each other. In Halifax they are being held at the North Bridge Leisure Centre and similar courses for the Huddersfield area are held at the Learning Centre at HRI.

Colorectal specialist nurse, Paula Pickersgill, said: "After cancer it is important patients feel



confident about the future and these courses are all designed to give them that. We give them easy-to-understand

information and advice on healthy lifestyles and early feedback suggests they are getting a lot out of it and really feeling the

benefit, both physically and psychologically."

For more information about the service email Paula.Pickersgill@cht.nhs.uk

Pictured, from left: Paula Pickersgill together with patients, from left, Jane Robertshaw, Roy Sharp, Peter Charlesworth, Bob Bradley, Gavin Haigh and Julie Stott from Calderdale Council Leisure Services.

FOCUS ON... Oncoplastic breast surgery



Surgeons at the Trust are performing increasing numbers of one-step mastectomy and reconstruction operations for women with breast cancer.

In the past year 27% of mastectomy operations involved breast reconstruction at the same time – well up on 9% the year before – and we hope to continue to increase this still further.

Our Trust is now a designated "Oncoplastic Breast Unit" offering a full range of breast reconstruction techniques.

Alison Waterworth, our specialist Consultant Oncoplastic Breast Surgeon, says the rising number is partly due to patient awareness that the one-step operation is available. Reconstruction should now be discussed with all patients requiring a mastectomy.



The team: from left, Dr Rajesh Menon, Allison Burrell, Alison Waterworth, Adam Suthers, Linda Hackney, Mr Suhail Akhtar

Surgical techniques have improved significantly and increasing numbers of women are living longer after breast cancer – overall 85% of women are now surviving more than 10 years after the treatment of surgery, chemotherapy and radiotherapy.

Alison recently presented to the Oncology Reconstructive Breast Surgery Conference in Nottingham, about the work of the Trust and the improvement

for patients we have introduced into the service.

iPads

These include the use of iPads to present a photogallery of reconstruction pictures to reassure patients, more talk about reconstruction ahead of their mastectomies and an implant loss rate of virtually 0%.

The numbers of women undergoing double mastectomies after genetic

testing is also increasing – highlighted in the media recently by movie star Angelina Jolie's decision to undergo the operation. Eight preventative mastectomy operations were performed on women with a family history and considered to be at high risk in the last year. These women were younger, from their 20s up.

The Trust runs two clinics – a reconstruction clinic at CRH on Thursday mornings and a clinic at

HRI on Friday mornings.

Alison, who joined the Trust two years ago, said: "Reconstruction has come on hugely in the past five to 10 years. Once it was a step at a time with the mastectomy performed then the reconstruction considered at a later date. But now it can be done at the same time in appropriate patients without any delays to the next treatment required such as chemotherapy or radiotherapy.

Feedback

"Implants are very good and surgical techniques to reduce visible scarring are also hugely improved."

Feedback from patients is already very positive and the team is hoping to start a PROMs (Patient Reported Outcome Measures) survey asking patients to tell us how satisfied they are with the surgery and about their physical, emotional and sexual well-being.

In the future we hope to recruit more surgeons to continue this rapidly-expanding area of surgery.

For more information email alison.waterworth@cht.nhs.uk

Leg club steps forward

Our community leg club in Sowerby Bridge offers advice and treatment for minor leg problems and venous leg ulcers, and is also proving a popular social event for patients. It is hosted by the Trust's district nurses and numbers attending have risen to around 20.

The club runs from 2pm to 4pm each week and offers leg checks, advice and wound care with no appointment necessary. Referrals are made onto relevant health care professionals if they are needed and Doppler examinations

are also available by appointment.

● For more info please contact District Nurse Judith Bennett on 01422 307338

Below: District Nurse Judith Bennett, left, and Community Staff Nurse Helen Knowles at the Leg Club in Sowerby Bridge



Best year so far for organ donation

Copies of our first newsletter about organ donation have been sent out to GPs and healthcentres across the area. The newsletter – called DonationNews – has been produced to mark the success of 2013 when more people have received organs and the number of people on the organ donor register has reached its highest level ever.

The newsletter is also available from the Trust website at www.cht.nhs.uk. There is also a form to download and fill in to make it easy to join the register.

The Trust specialist nurse



The Trust's organ donation committee with the first edition of DonationNews

in organ donation Jayne Greenhalgh, said: "More and more people's lives are being saved or enhanced after receiving donor organs however people are still dying waiting for

them so we need more people to sign up and also to tell their families about their wishes.

To register easily go to www.cht.nhs.uk and click on the organ donation icon.

Consultant Starters

Chetan Ruprai, Consultant in Obstetrics and Gynaecology WSI Benign Obstetrics and Gynaecology and Training, 02/01/2014

Benjamin Brooke, Consultant in Trauma & Orthopaedics With a Special interest in Lower Limb Surgery, 17/03/2014

Simon Fogerty, Consultant in Trauma & Orthopaedics With a Special Interest in Upper Limb Surgery, 01/07/2014

Waiting times update

Waiting Times Snapshot as at 31 December 2014

SPECIALTY	FIRST O/P	DAY CASE	ELECTIVE I/P
General Surgery	13	10	9
Urology	12	12	9
Trauma and Orthopaedics	11	11	10
Ear, nose and throat	10	10	11
Ophthalmology	12	8	8
Oral Surgery	12	9	0
Plastic Surgery	7	10	N/A
Pain Management	15	10	N/A
Gen.Med (Diab)	7	6	
Respiratory Med	8	Bronch's – 9	
Gastroenterology	9	9	
Haematology	5		
Cardiology	8	Angiography – 6 Pacemaker – 6	
Dermatology	12		
Nephrology	9		
Medical Oncology	1		
Neurology	9		
Rheumatology	7		
Elderly Medicine	5		
Paediatrics	9		
Gynaecology	5	10	9

Key contacts

Children, Women and Families

Divisional director
Mr Martin DeBono
01422 223946
Assistant divisional director Kristina Arnold
01422 223523

Surgery and Anaesthetics

Divisional director
Peter Holdsworth
01484 347037
Assistant divisional director Julie Barlow
01484 347159

Medical Division

Divisional director
Dr Ashwin Verma
01422 223121
Assistant divisional director Sajid Azeb
01422 222945

Diagnostic and Therapeutic Services

Divisional director Dr David Birkenhead
01484 347115
Assistant divisional director Emma Livesley
01484 355059

Radiology waiting times

as at 31 December 2014

Modality	Waiting Time	
	HRI	CRH
MRI	3 - 4 WEEKS	5 - 6 WEEKS
CT	6 WEEKS	6 WEEKS
US MSK VASCULAR	2 - 3 WEEKS 2 - 3 WEEKS 2 - 3 WEEKS	2 - 3 WEEKS 2 - 3 WEEKS 2 - 3 WEEKS
FLUOROSCOPY		
UPPER GI ENEMAS	3 WEEKS 3 WEEKS	3 WEEKS 3 - 4 WEEKS
NUCLEAR MEDICINE		
BONES CARDIAC OTHERS	3 WEEKS 6 WEEKS 6 WEEKS	
Mammography	NO WAITING TIME	NO WAITING TIME
DEXA SCANS		5 WEEKS

Key to main waiting times update

FIRST OP = GP Referred (routine) First Outpatient Attendance. Times shown are Maximum wait times (in weeks) as at 31 December 2014.

DAY CASE AND ELECTIVE INPATIENT

Times shown are average Wait Times (in weeks) from Referral to Treatment (i.e. they include the outpatient wait time within them) for December 2014 admissions.