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December 2019

Governors' Newsletter

Issue 36

Help Us, Help You

In winter, pressures on Accident and Emergency departments increase substantially, particularly admissions for winter respiratory illnesses. Salisbury District Hospital has been busy taking steps to ensure it is fully prepared to deal with any surges in demand this winter.

The Trust is vaccinating frontline staff as part of its programme to protect patients and staff from the flu virus. Comprehensive staff vaccination can help reduce the risk of flu spreading across patient areas and affecting vulnerable patient groups. It can also impact on staff sickness within the Trust and on colleagues and be taken back to the family at home.

We are also encouraging some of the most vulnerable people in society – frail, older people and those with underlying health conditions – to take better care of their health as the colder months approach, by taking simple steps to look after themselves and helping their families, friends and neighbours to do the same and to 'stay well this winter'.

Cold weather can be seriously bad for your health. That's why it's important to look after yourself, especially during the winter. It is important to keep warm in winter – both inside and outdoors as it can help to prevent colds, flu and more serious health problems, such as heart attacks, strokes, pneumonia and depression. Heat your home to at least 18°C



(65°F), if you can – you might prefer your living room to be slightly warmer.

Older neighbours, relatives, friends and other elderly members of the community are more vulnerable in the winter months and may need a bit of extra help this winter, so make sure you keep in touch, check if they are feeling under the weather, help them stock up on food supplies and make sure they have the necessary medication before a spell of bad weather.

If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice from your pharmacist. The sooner you get advice the better – pharmacists are here to help you stay well.

Flu is very infectious and spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading flu, use tissues to trap germs when you cough or sneeze, wash your hands often with warm water and soap, and bin used tissues as quickly as possible. Catch it. Bin it. Kill it.

You are eligible for the free flu vaccine if you are pregnant, are aged 65 years or over, have a long-term health condition (check which conditions are eligible), or are a carer. Children aged 2 or 3 years are also eligible.

Ask your GP, pharmacist or midwife about the free flu vaccine.

Successful AGM

Around 70 members of the Trust and Governors came along to the Annual General Meeting (AGM) at the Salisbury Arts Centre in September to find out more about the hospital's performance over the last year and to hear a special presentation on the Compassion Rose project and our work with the military. It was also an opportunity for Chairman Nick Marsden to thank local people for their support and for lead Governor John Mangan to talk about the important work of the Governors throughout the year.

For those of you who weren't able to attend you can view our highlights video on our YouTube channel – Salisbury District Hospital. We've also created a bitesize digital summary of our annual report which can be found on our website www.salisbury.nhs.uk

By-Election of Governors in 2019

A By-election was held in 2019 for the following constituencies: West Wiltshire; Kennet; East Dorset and South Wiltshire Rural, to complete the current terms of office of the previous Governors who have resigned.

Only two constituencies had candidates that come forward to contest them. In East Dorset, Nicolas Sherman, and in South Wiltshire Rural, Dr James Robertson, won their seats.

In January 2020 we will restart the normal election process, please do consider standing for Governor in the constituencies that will be up for election in Salisbury City and South Wiltshire Rural.

Reducing the length of hospital stays

As part of a national initiative announced in August, called "Where best next?" Salisbury NHS Foundation Trust is looking at new ways to safely reduce patients' length of stay and improve transport arrangements.

Shorter stays are known to benefit patients. The condition of older people, particularly those who are frail and may have dementia, can deteriorate while in hospital. For people aged 80 years and over, a stay of more than 10 days leads to the equivalent of 10 years' muscle ageing.

Nearly 350,000 patients currently spend over three weeks in acute hospitals each year.

Chief Executive Officer of Salisbury District Hospital, Cara Charles-Barks, said:
"Our aim is to treat patients as quickly

as clinically possible, enabling people to get home and back to their normal lives. Making sure that patients don't stay here for any longer than is clinically necessary reduces the pressure on our wards and is better for everyone."

"The hospital will continue to work with our partners in the community to reduce delays in the transfer of care. The introduction of Wiltshire CCG's Red Bag scheme should help care home residents in Salisbury, who are admitted to hospital, receive improved care and return home sooner. Through the red bags, all the patient's information and personal belongings are together in one place, so that those providing care have access to the information they need, reducing the risk of misplacing a patient's belongings and help us to get people home more quickly."

"We are also looking at transport arrangements. When a patient has been discharged clinically, leaving the hospital should not be delayed unnecessarily because of transport arrangements."

Hospital Staff Win Regional Paediatric Awards

Two specialists from the hospital's children's ward (Sarum Ward) have been honoured with awards recognising their service to children's health at the Wessex Paediatric Awards for Training Achievements (PAFTA) 2019.

Staff Nurse, Andrea Rowe, was awarded Paediatric Nurse of the Year for her team leadership, commitment to quality and improvement and delivering high quality care in an emergency.



Jan Keah, Healthcare Assistant

Healthcare Assistant, Jan Keah, won the Special Persons in Paediatric Award for ensuring the smooth running of the ward, supporting other staff members and for creating a series of festive displays that the children under her care can interact with.

In addition to Andrea and Jan's wins, the entire Children's Unit was nominated for the Training Unit of the Year Award.

Dr Sebastian Gray, Paediatric Consultant at Salisbury NHS Foundation Trust, commented:

"The PAFTA's recognise the important work of training in paediatrics and are designed to boost morale and

Improvements to the Wessex Rehabilitation Centre

The Wessex Rehabilitation Centre now has a new therapy kitchen. This is an exciting development that adds to Wessex Rehabilitation Centre's already extensive facilities.

The Centre specialises in treating patients following hand surgery or injury, chronic spinal pain, multiple trauma, acute and chronic upper limb trauma, burns and Complex Regional Pain Syndrome.

Carrying out therapy activities in a purpose designed kitchen allows for vocational rehabilitation, returning to normal tasks, and gives patients the opportunity to participate in cooking and baking projects that improve grip strength, dexterity and endurance. This is just one of many improvements being made to the Centre and there will be more exciting announcements over the next few months.



spread positivity. It's fantastic to hear such lovely and well-deserved praise about our staff. I'm extremely proud to work with such inspirational people who provide outstanding care for our young patients."

The PAFTAs are a group of regional awards supported by the Royal College of Paediatrics and Child Health. They celebrate the achievements and hard work of healthcare staff that work with children and young people.

Salisbury NHS Unveils Cutting Edge Technology with a New Pharmacy Dispensing Robot

The 10m by 3m purpose-built Rowa Vmax robot automatically stores and locates over 25,000 medicines and can dispense up to three items within 12 seconds. Added benefits include an automatic loading platform, a ward stock dispensing system and 3D barcode readers.

By cutting down the amount of time pharmacy staff spend looking for medicines, this allows staff to spend more time on direct patient care and improve safety across the Trust.

Following a short internal competition, the Pharmacy Team have named the Robot 'Kryten' after the android from television sitcom Red Dwarf.

Steve Bleakley, Chief Pharmacist at Salisbury NHS Foundation Trust, said: "We are very proud and excited to welcome our new robot, Kryten, to the pharmacy team. This cutting edge technology incorporates the finest high-tech technology. It will increase medicines availability and



improve safety across the hospital. By automating the dispensing process staff time can be released to focus on front line clinical duties, for the benefit of all our patients."

Salisbury District Hospital welcomes innovative 'magic table' technology for dementia patients

In October Salisbury District Hospital launched a 'Friends Memory Lane Café', a reminiscence room for elderly patients, which includes award-winning technology, Tovertafel, otherwise known as 'magic tables'.

This room, located on the hospital's Spire Ward, has been fittingly renamed as the 'Friends Memory Lane Café', re-designed to provide a place of calm away from a clinical environment. The magic table projects interactive light displays, designed to motivate the mind and inspire elderly frail and stroke patients, including those with dementia, to be more active. The colourful images respond instantly to participants' reactions creating a highly engaging opportunity for individual or group play and encouraging patients to interact with one another. This is a simple and effective way of bringing

dementia patients together with others, including their families and carers.

This has been made possible thanks to a very generous donation from one of the hospital Charities, the League of Friends, who support the hospital by funding the small projects that make a big difference.

Commenting on the technology, Julia Burton, Dementia Support Education Co-ordinator said:

"With an ageing population, we are always looking for innovative ways to stimulate our patients and reduce social isolation. We are so grateful to the League of Friends for funding the adaptations to the reminiscence room and the table, which is making a huge difference to our patients well-being. It is so heart-warming to see the reactions from our patients, who can go from being quite uncommunicative and agitated, to becoming calmer, more relaxed, immersed and smiling".



David Stratton, Chairman of the League of Friends added:

"It's great to see the money raised by the charity being used to support an important initiative which is having such a positive impact on patients. The League of Friends fund around a dozen projects every year that make a difference to patients and visitors to the hospital. This is only possible thanks to the generous donations to our charity from the community."

If you would like to find out more about the League of Friends, and how to support them, visit their website www.leagueoffriends.salisbury.nhs.uk



Please support our Stars Appeal Christmas Raffle

Please support our Hospital charity, the Stars Appeal, by buying the enclosed Christmas Raffle tickets. The top prize is a brand new car worth over £8,000, second prize is £1,000, third prize is £500 and there are more cash prizes as well!



Money raised by the Stars Appeal Christmas Raffle will enable our charity to fund projects that help thousands of local people at Salisbury District Hospital to get better faster, return home sooner and have a more positive hospital experience. These projects include cancer support, help for older and dementia patients, a child-friendly children's ward and parents' accommodation, Hospital Chaplains, free Wi-Fi and advanced equipment in key areas such as cancer surgery, cardiac care and the Neonatal Unit

as well as enhancing the patient environment across the Hospital.

To help raise as much as possible from the raffle, tickets will also be sent out with other hospital newsletters. If you also receive these, perhaps you would be kind enough to pass the tickets on. If you can help sell tickets, please contact the Stars Appeal on 01722 429005. Readers of this newsletter helped raise a wonderful £32,500 from



last year's Christmas raffle. We hope to raise even more this year.

Mr Graham Branagan Consultant Surgeon and Lead Stars Appeal Ambassador said "Please support our Stars Appeal Raffle. As well as the chance of winning a big prize, you'll be helping thousands of local people in Hospital. Thank you all for your ongoing support and have a very Happy Christmas."

Avon and Tamar Ward reconfigured and opened as Longford Ward

On 4 November, the Duke of Cornwall Spinal Treatment Centre's two wards, Avon and Tamar, were reconfigured and officially opened as Longford Ward, by Lord Radnor of the Longford Estate.

The centre is embarking on a journey of progressive transformation to deliver a high standard of care in an environment which reflects the skills, care and expertise that is delivered within it.

Jane Temblett, business manager of the Duke of Cornwall Spinal Treatment Centre, said: "The Spinal Centre is one of 11 specialist rehabilitation centres in the UK and we are incredibly proud of the service we provide at Salisbury.

"It was a great honour to welcome Lord Radnor, to open the new facilities. We are delighted that he

has agreed to lend Longford estate's support to our patients in the form of naming our ward."

"The new Longford Ward will help us care for people from across the South West who have suffered life-changing spinal cord injury. The rehabilitation we provide enables people to fulfil their potential."

Alongside the ward reconfiguration a new patient lounge, the Silver Room, and a new mini gym have been opened, in response to patients' needs and feedback.



Radio Odstock Live online

Radio Odstock, the hospital radio which is run by volunteers, launched a 24 hour stream on their new website www.radioodstock.org.uk on 21 November. Tune in and listen live!

Getting in touch...

Get in touch with your Governor by going onto our website: www.salisbury.nhs.uk, click on the Foundation icon, and then Council of Governors. Once there, choose the Governor who represents your constituency, or contact us by post at the following address, Salisbury District Hospital, Trust Offices, Odstock Road, Salisbury, Wiltshire SP2 8BJ.

To help with our costs, where possible we would like to send this newsletter by email. If you are happy to receive it this way, please contact Isabel Cardoso at: Isabel.cardoso@nhs.net, or on tel: 01722 336262 ext 5479.

This document is available in large print, audio tape or another language on request.