Smokefree hospital will save lives

Welcome to the summer edition of Barnsley Hospital News. By the time you read this, Barnsley Hospital will have gone totally smokefree across our site.

We launched our ‘QUIT’ smokefree initiative on World No Tobacco Day when Barnsley Mayor Cllr Pauline Markham kindly joined us to support the event.

Patients, staff and visitors to the hospital are now asked not to smoke at all on or around the site and we have put up new signs to that effect.

All smokers who are admitted as patients will be told that the site is smokefree and as part of their hospital care and treatment they will be offered nicotine replacement therapy and referred to local stop smoking services.

We know that smoking is the single greatest cause of preventable death, disability and illness so the ‘QUIT’ initiative makes perfect sense – especially when it’s our business to reduce harm to health.

We hope the public will support us as the ‘QUIT’ programme goes along.

On page two, we continue in a public health theme where Dr Andy Snell reveals some interesting facts and figures about alcohol. Did you know that drinking too much alcohol increases the risk of getting more than 200 different diseases and injuries?

It’s been a busy time in the hospital since our last edition and we’ve had some great events celebrating our staff achievements. Our Nurses’ Day (see story below) was a big thank you to all our hard-working nurses and their teams and another thank you in this edition comes by way of the Heart Awards.

This is where our team and individual members of staff receive awards for outstanding work.

Please turn to pages four and five and take a few minutes to have a look at their sparkling stories!

On page seven, we have a fascinating article from one of our cancer survivors who tells us how a simple diary helped his recovery.

You can also see little Sophia Raginskaite – the 500th baby to get the tuberculosis (TB) vaccine at Barnsley Hospital – and read about the complex processes behind the hospital’s busy Pharmacy.

A day to thank our nurses

IN March we said a massive thank you to nurses during International Nurses’ Day at Barnsley hospital.

The hospital held early celebrations for the day to mark the huge contributions nurses make.

Barnsley Hospital public Governor, Tony Dobell said he heard many stories from patients and staff about nurses’ care and dedication as he went around the hospital.

"One nurse worked an hour over her shift to chat with an elderly patient near the end of her life. The patient had asked if she could be taken outside in her wheelchair to feel the sun on her face.

"It’s just one of many examples why it’s so important that all of us recognise and appreciate our caring nursing staff and how far they go above and beyond."

On Nurses’ Day, there was a ‘Twitter takeover’ from Barnsley nurses during which staff shared their photos of the day.

"Nurse leaders and directors also met up with different teams in the trust.

Heather McNair, the Trust’s Director of Nursing, said: "Nursing in 2019 is a modern and dynamic profession – the roles are so varied and the skills are so vast.

"We just want to say thank you to all our nurses in Barnsley for dedicating their careers to delivering outstanding patient care.

"We should all take a moment or two to think about our gratitude for a nurse who has helped us or one of our loved ones.

"Nurses are out there every day, in hospitals and in the community changing lives and looking after people who need care and support."

May 12 is the anniversary of the birth of perhaps the world’s most famous nurse, Florence Nightingale.

"The day has been celebrated since 1965 and traditionally sees big events in places including Australia, China, the USA, Ireland and Singapore.

Tracey Monteith, Lead Nurse, Critical Care, at Barnsley Hospital, said: “I am a Barnsley-born girl and have worked in Critical Care for 17 years.

"I left school not really knowing where my passion was.

"It was a friend that suggested I became a nurse and I immediately knew that’s what I wanted to be and I’ve never looked back.

"I still feel as passionate about nursing today."
Hello and welcome to the Summer edition of Barnsley Hospital News. I'm Trevor Lake, Chairman of Barnsley Hospital.

I am very pleased to share with you that the Trust has delivered an outstanding performance against our targets for the last financial year, coping with a substantial increase in demand across all our services. Despite all the challenges thrown at it, Barnsley Hospital remains one of the top performers in the country.

The brilliant work that the Trust has been doing over the previous year has really paid off and we are continuing to work at finding even more ways to improve the quality of life for the people of Barnsley, thereby hopefully preventing health problems before they arise and reducing the numbers of people needing to attend the hospital.

For example we have a number of projects already successfully working in the community such as our Community Respiratory Service and Community Diabeties Clinics. Our recently-formed multi-disciplinary frailty team is working hard to get people home even quicker.

We look forward to continuing to develop these and new services alongside our local partners.

All our colleagues across the Trust have worked incredibly hard to deliver these fantastic results and we celebrated our worthy award nominees and winners at our annual Heart Awards event (see pages four and five). We also celebrated International Nurses Day across the Trust in recognising our brilliant and dedicated nurses and teams and the difference that they make in patients’ lives every single day.

As always, the patient is at the centre of everything that we do and we were delighted to hear a patient story from David Mason, at one of our recent Board meetings, describing his first hand experience of how a patient diary can help critically ill patients (see page seven).

We hope that you enjoy the latest edition of Barnsley Hospital News.

If you have any feedback or comments on this publication please do not hesitate to contact us on: communications.barnsley@nhs.net

Kind regards, Trevor

Barnsley Hospital goes smokefree

The hospital held a smokefree launch event on the World Health Organisation’s (WHO) ‘World No Tobacco Day’ on May 31.

Barnsley Mayor Cllr Pauline Markham visited the hospital to support the launch and was shown new specially designed smokefree posters – featuring photos including a lung cancer patient and midwives. Information displays and new signage were also unveiled, with a focus in the maternity department on stopping smoking in pregnancy.

At the launch, Barnsley Hospital Chief Executive Dr Richard Jenkins thanked the Mayor for attending and all posters including those from Sainsbury’s who helped tidy up the hospital site from cigarette litter.

He said: “We know that about a quarter of people in hospital smoke and this campaign is about every single one of them being given help when they come into hospital with nicotine replacement and advice to stop smoking.

“We know from evidence from elsewhere in the world this really can help with health outcomes and reduce mortality, and the opportunity to think about your health when you’re in hospital is a really important time.”

He said that all hospitals in South Yorkshire were following in making their sites smokefree.

Pointing out new posters featuring staff and users of the hospital, Dr Jenkins added: “Our site has been a non-smoking site for some time but we know that not everybody sticks to that.

“Our new posters are focused on making people think differently, about how our staff and service users feel about smoking.

“We hope this campaign which we’ll be working on over the next year will help improve the health of people who use Barnsley Hospital and the wider community.

“We have a range of protocols for our clinical teams who will be implementing them to help people get nicotine replacement when they come into hospital and help to stop smoking.”

Reducing harm caused by alcohol

The last time I wrote here, I was talking about the big risk factors to our health – tobacco, alcohol, unhealthy diet, air pollution and doing too little physical activity.

Reducing these is what Chapter 1 of the NHS Long Term Plan is all about – the whole of the NHS needs to do more to prevent illness, not just treat it once it’s happened.

I focused on tobacco control, explaining that smoking is the single most preventable cause of illness and early death in Barnsley and globally. Barnsley Hospital is stepping up to do more to reduce the harm from tobacco.

Building on the progress made across Barnsley by the local authority, the QUIT campaign was launched at Barnsley Hospital on World No Tobacco Day – 31 May 2019.

We now all need to work together to make sure this becomes embedded in everyday care at the hospital.

This time I’d like to talk a little bit more about alcohol – the scale of harm alcohol causes, and what everyone in Barnsley Hospital could be doing more of to reduce this harm.

Alcohol is fundamentally different to tobacco in that it is not wholly harmful – unlike tobacco, we reason suggests there are levels (or quantities) of alcohol that we can consume without it damaging our health.

If we drink less than 14 units of alcohol a week (this is the same for men and women), it is unlikely to do harm – that’s a pint of beer or two small glasses of wine (125 ml) a day, with at least one day of no alcohol each week.

Regardless of this idea of ‘safe’ amounts of alcohol, we should remember two key things:

- Alcohol isn’t good for us, and so abstaining from it entirely is at least as good as reducing to below 14 units a week.
- The harm from alcohol is not only for people who binge drink or who are labelled ‘alcoholics’ – anyone drinking more than 14 units a week is at risk of harm.

This latter point is key, and means that the harm from alcohol is much more common than we might think and any of us who drinks is at risk from it. So what is the harm that alcohol causes?

Drinking too much alcohol increases the risk of getting more than 200 different diseases and injuries, and causes a massive amount of illness, disability and early death.

Liver disease and cancers of the digestive tract are some of the diseases most commonly associated with alcohol, but there are many others – including heart disease, mental health problems and early dementia.

Of course, this harm not only causes suffering to individuals and their friends and families. Alcohol and its effects reduce a person’s ability to work and engage in society, reduces how effective and efficiently a society can function, poses huge costs to the health and social care services, and causes huge amounts of social problems and crime.

The cost of alcohol harm to the whole of Barnsley’s population and society is around £34 million a year.

So what should we do more of to reduce harm from alcohol? With tobacco we already have a plan – the hospital QUIT campaign. As we ensure the QUIT campaign really gets embedded in everything we do when we care for people, we also need to begin to replicate this for alcohol:

- Everybody at BHNFT can reduce the risk to their health by drinking less than 14 units a week.
- Every healthcare professional at the hospital should know how much their patients drink and should advise them to drink less than 14 units a week.
- We should take time to talk to people about the risk factors to their health and how important it is to not drink too much alcohol.
- We should refer people who are drinking too much to the alcohol care team in the hospital or in the community.

People who do need support to drink less can access this at Barnsley Recovery Steps. You can refer yourself here, refer friends or family members and professionals can refer people here too: https://www.humankindcharity.org.uk/service/barnsley-recovery-steps

Kind regards, Trevor

June - September 2019 // www.barnsleyhospital.nhs.uk
This is my regular column in Barnsley Hospital News and, as usual, it’s great to see the work we are doing across the Trust which impacts on many local people.

The Council of Governors is made up of 17 public governors elected by members of the Trust, and five staff governors, elected by hospital staff. These are supported by representatives from seven partner organisations from across our community. Full details of all the governors can be found on the hospital’s website under ‘How We Are Run’, and you can read about one of them, Tony Dobell, in the column on this page.

Meanwhile, if you are interested in knowing more about the work we are doing, you can find out when the Council of Governors holds a general meeting.

GOVERNOR IN THE SPOTLIGHT:
Tony Dobell, Public Governor

Can you tell us about your background?
I was born in 1940 in Stoke-on-Trent. I studied Economics at Leeds University and went into further education to teach, then became head of economics at Watf-upon-Deearne Grammar School.

At the time, I thought leaving Yorkshire would be a temporary thing, but my children spent their early years there and were reluctant to leave.

After two years as vice-principal, I took over as principal aged just 34. I did that job for six years, then became principal at Barnsley.

How did you get into this role?
After Barnsley Sixth Form College I worked part-time at Sheffield University on a new distance learning course in educational management. Then Ofsted came online and I became a lead inspector and led inspections in about 150 primary schools nationwide.

I travelled a lot – in one week I was in Berwick-on-Tweed and then down in Barnsley. I was in my late 60s when I retired from Ofsted.

My wife and I were out patients at Barnsley hospital and they were talking about governor elections. I decided to get involved and put myself forward.

What are you proud of?
In March we were the only general hospital in South Yorkshire to achieve 95 per cent on the four-hour accident and emergency target, even when more people came in than ever before to A&E.

I’m also very proud of our nurses. One matron in A&E told me she finished a shift on a Saturday, went home, changed, poured a glass of wine, and then the phone rang. It was A&E saying they’d got 14 ambulances queuing outside. So she put the wine back, changed into her uniform and went in to do another shift. This is the side of nursing that few people see.

As Governors, we do ward visits and talk to patients. We ask them if they have any difficulties in the hospital.

They might complain about the cost of car parking but you never hear them complain about the staff. We keep up to speed on what is happening nationally in the NHS.

Two of us recently went to a national conference for governors where there was a discussion about retention of nurses.

One of the comments was that agency nurses can earn twice as much as a nurse in a hospital.

This obviously has an impact on the retention of nurses.

How could the Trust develop?
We want our nurses to know how much they are appreciated. It takes three years to train a nurse and now they have to pay their own training fees when this was not always the case.

We don’t have such a high turnover of nurses here in Barnsley as some places because a lot of them live locally. We should crow a bit more about our ‘good’ rating from the Care Quality Commission (CQC) and our successes.

How do you spend your spare time?
My wife and I have a group of friends and we are all very keen on classical music and opera. We’ve just been to Opera North’s Aida. We’re also Friends of Chatsworth and go to the horse trials. Our family keeps us busy in that we have four children between us and five grandchildren.

Why Wait? Here we explain the complex processes behind the hospital’s busy pharmacy

Barnsley Hospital’s busy inpatient pharmacy dispenses around 25,000 individual items of medication across our wards each month, while outpatients take home an additional 7,500 items per month. The pharmacy’s workload requires meticulous attention to detail and accuracy.

The hospital has 100 employees in its pharmacy department. As well as serving inpatients in a 350+ bed hospital and outpatients, it also has a unit which prepares items such as chemotherapy medication in a sterile environment.

In addition, there is an on-call pharmacist service for out of hours, pharmacy-led clinics in anticoagulants and inflammatory bowel disease and a home care service with nursing backup.

Deputy Chief Pharmacist Nisha Pounj-Taylor said: “Nurses and doctors can call on bank staff or locums when during busy periods. We can’t do that. We have a two-hour window to turn prescriptions around when they get to us. Every single item needs to be stringently checked before we can release drugs to our patients.”

Sometimes, some patients being discharged from hospital say there is a delay in getting their medication, and that they are waiting around before they can go home.

Nisha explained: “Medication has to be prescribed by a doctor.”

“Doctors undertake their ward rounds at varying times within the day and sometimes we may not receive a prescription until later in the day.”

“We will get the discharge prescription and then a pharmacist has to clinically check it. If there is any query we need to make further checks. Once the prescription has been checked, the medication needs to be dispensed.”

“At this stage, further checks are made to see that it has been dispensed correctly. Everything gets the accuracy check which is vital under our Standard Operating Procedures to make sure that our patients get the right medication for them.”

Our hospital pharmacy is getting busier as the population is ageing and more patients come to the hospital.

Yet pharmacy’s performance in turning medication around in the two-hour window is above 90%.

To support our continued focus on ensuring patients wait the least amount of time possible, Barnsley Hospital’s inpatient dispensary had been automated with significant investment in pharmacy robots as well as a newly expanded outpatient’s pharmacy to accommodate the demand.

Other new technologies include our new medication tracking system ProTrack, which manages the status of medicine prescriptions from order, fulfilment by pharmacy, to collection by ward staff.

Nisha said: “We understand it can sometimes be frustrating to have to wait but we’re working hard behind the scenes to make sure all safety checks and required protocols are in place.

We hope the investments in the pharmacy services will continue to support this.”
BRILLIANT Awards

This category recognised the brilliant staff who work at the hospital. The individual or team will have shown dedication, drive, determination and unparalleled levels of hard work.

Individual BRILLIANT Award Winner
Karen Dawn, Rheumatology Nurse Practitioner

Karen was nominated by a patient whom she has provided care to for 20 years. The patient described Karen as “friendly, professional and an outstanding caregiver.”

The patient said: “Living with rheumatoid arthritis can be quite tough at times, but with Karen on my case I am one lucky lady. Excellent work Karen!”

Runners-up
• Nichola Davies, Payroll Team Leader
• Sharon Daly, Phlebotomist

Individual Outstanding Achievement – Clinical

This award recognised a certain member of clinical staff who, through excellent leadership skills, has inspired a change in order to achieve higher standards or make significant improvements for patients.

Winner
Michael Paddock, Consultant Radiologist

Michael has been a Consultant for less than a year. However, in that time he has shown incredible leadership and dedication in improving the protocols, procedures, and policies relating to a large number of areas of paediatric radiology. He has written new guidelines that encompass national best practice, and has been heavily involved in driving up quality standards in this area, working closely with the paediatricians, safeguarding lead and radiographers to ensure diagnostic and forensic requirements are met. Michael has a passion for paediatric radiology and every day he goes above and beyond to make the service better. Excellent work Michael!

Runners-up
• Leanne Skidmore, Arthroplasty Clinical Nurse Specialist
• Lisa Rich, Bereavement Coordinator

Individual Outstanding Achievement – Non-Clinical

This award recognises a non-clinical member of staff who, through excellent leadership skills, has inspired a change in order to achieve higher standards or make significant improvements for patients.

Winner
Daniel Froste

Daniel has worked as library lead for 18 months and has been nominated for transforming the library service. Daniel won external funding which was used to refurbish the library. The new library was completed in May 2018. Daniel has received positive feedback from staff about the new library. He supports staff and students on a daily basis in a variety of ways, especially through literature search training. Due to the development of new services, the library is now rated at 98 per cent compliant with the Health Education England annual Library Quality Assurance Framework audit. Daniel has won additional funding to make the library accessible 24/7, a project he is currently working on. Fantastic work Daniel!

Runners-up
• Kieran Baker, Deputy Director of IT
• Val Waller, Medical Secretary

Innovation Award

This award celebrates innovation and creative ideas that have a clear benefit for patients, family members, members of staff or the hospital in general.

Winner
Nutritional Support Volunteers

Meeting the nutritional needs of patient is a vital part of recovery from illness and it is also a social event for patients. Ward 19 has implemented Nutritional Support Volunteers. The volunteers come to the ward at mealtimes and support patients with eating and drinking. It is a time when patients, many with dementia, can talk and the social interaction has a positive impact on the patient experience. The volunteers have been instrumental in improving the meal time experience and also support vulnerable patients to meet their nutritional needs by encouraging and supporting patients to eat and take fluids. The innovation has also resulted in freeing time for nurses to provide the nursing care whilst the volunteers support mealtimes. Keep it up team!

Runners-up
• Daniel Frost, Library Lead
• MatNeo Team

Team BRILLIANT Award Winner
DDH Ultrasound Screening Service

Developmental Dysplasia of the Hip (DDH) refers to a wide range of hip disorders including a dislocating, dislocated hip or abnormal acetabular development. DDH Screening is a national requirement for infants with high risk factors to enable early diagnosis and conservative treatment. Prior to June 2017, Barnsley Hospital was the only hospital in the region that did not offer this service and screening for Barnsley babies was provided by Sheffield Children’s Hospital. Following a successful business case submission, the new service started on June 5, 2017. As a result, waiting times for scans have reduced and babies no longer have to travel to Sheffield. Excellent work team!

Runners-up
• Father Peter, Declan McNiffe & Kerry Cooper • Frailty Team

Charity Award

This award celebrates those member of staff or volunteers who have supported Barnsley Hospital Charity, or raised funds for the benefit of our patients through fundraising, volunteering or more. This year, the charity has seen more staff than ever engaging with fundraising events!

Winner
Anaesthetic Secretaries

The anaesthetic secretary team consists of Sharon, anaesthetic services and rota manager, Tracey, Office Manager and Julie, Anaesthetic Services Clinical Officer.

The anaesthetic secretaries were nominated for their fantastic efforts in raising money for the Tiny Hearts Appeal. They organised a tombola and a bake sale and raised almost £1700. They have also fundraised for other hospital related charities in the past. Well done team!

Runners-up
• James Whitehead, Voluntary Services Coordinator
• Rachael Hill, Rheumatology Receptionist
On May 24, we held our annual Barnsley Hospital Charity Heart Awards, to recognise the hard work and dedication of our staff and volunteers here at the hospital. The event took place at Holiday Inn, Dodworth, Barnsley.

This was the tenth consecutive year we have celebrated the Heart Awards and once again it proved to be a fantastic night celebrating the successes of all teams and individuals across the Trust. We would like to take this opportunity to congratulate every single nominee; whether it be an individual or team, for taking on an active role in caring for our patients, staff and visitors every day. We are extremely grateful to all organisations that sponsored the awards. We sincerely appreciate your support, and without it the Heart Awards would not have been possible.

**Barnsley Facilities Services Award**

This award recognises stand-out individuals or teams working for Barnsley Facilities Services who have a proven record of going the extra mile, living the Trust values, and providing a first class service to BFS customers.

**Winners:**

- Andrew Lindley, Facilities Operative
- Vicki Parkin, Domestic Operative

**Runners-up:**

- Brian Campbell, Lead Pharmacist
- Emma Peel, Environment Co-ordinator

**Patient Safety Award**

Patient safety is the prevention of errors and adverse effects to patients associated with health care. The individual or team must have used their initiative to put the needs of patients first.

**Winner:**

**ICE Filing Project Team**

The ICE filing Project team were nominated for their dedicated approach in implementing a new digital process, replacing paper and winning the hearts and minds of clinicians across the Trust. The project team consists of a clinically-led project manager, clinical systems, clinical systems training team, IT leads from radiology and pathology and an information analyst from the information team. All of the team have worked collaboratively with a common goal of patient safety, to ensure patients of Barnsley receive quality and timely care that they all so deserve. Brilliant job!

**Runners-up:**

- Brian Campbell, Lead Pharmacist
- Emma Peel, Environment Co-ordinator

**Patient Choice Award**

This award gave patients the chance to nominate a member of staff who they felt had gone above and beyond their line of duty while caring for them at the hospital.

**Winner:**

**Neonatal Unit**

The Neonatal Unit were nominated by a family whose baby was born four weeks premature. The family said that the neonatal unit were fantastic and told them everything that was happening which made them feel at ease. The team will always be in their hearts and know that their baby will one day thank them for what they did. The team were described as very good and reliable. Great work team!

**Runners-up:**

- Chemotherapy Unit
- Suzanne Morgan, Advanced Women’s Health Physiotherapist

**Team Outstanding Achievement – Clinical**

This award focuses on the clinical team that have demonstrated their ability to deliver clear benefits to the Trust’s service provision and performance through working together effectively and efficiently.

**Winner:**

**Claire Marples & the Acute Response Team**

The Acute Response Team is responsible for looking after some of the sickest and most vulnerable patients in the hospital and are the bridge between the wards and critical care. Made up of a team of senior nurses led by Claire, they provide multiple essential functions, without which many hospital procedures such as hip and knee surgeries would not go ahead. With a mixture of team leadership and individual initiative, the team are able provide an excellent service to its users. Brilliant work team!

**Runners-up:**

- Emergency Department
- Ward 33

**Team Outstanding Achievement – Non-Clinical**

This award focused on the non-clinical team that had demonstrated their ability to deliver clear benefits to the trust’s service provision and performance through working together effectively and efficiently.

**Winner:**

**Emergency Department (ED) Clerical Officers**

Over the last 12 months there has been an increase in ED attendances. All the clerical officers have worked extremely hard to ensure the department works just as effective even with the higher demand. Each individual provides support and shows kindness to both patients and colleagues. Each receptionist goes above and beyond their job description. They each deal with difficult situations calmly and are a credit to our trust. The morale of all the team is always high because they are so supportive and caring to one another. Great work!

**Runners-up:**

- Clinical Coding
- Dermatology Administration Team

**Volunteer of the Year Award**

This award recognised dedicated volunteers who had selflessly contributed their time, energy and skills.

**Winner:**

**Anne Chambers, Audiology Volunteer**

Anne started volunteering at this hospital in 1993, meaning she has been working for the hospital as a volunteer for 26 years. She moved to Audiology four years ago as she wanted a slightly quieter pace and also because, as a hearing aid wearer herself, she wanted to be able to help other hearing aid patients. Anne’s husband has dementia so working here is her escape, her time to be around other people and she loves talking to all the staff and finding out about their lives. In October 2018 Anne underwent major heart surgery but was adamant that she wanted to get back to volunteering and came back in Jan 2019 as soon as she had the all clear from her consultant. Her colleagues say she always has a lovely, positive attitude to life; she loves a laugh and a joke and always looks amazing!

**Runners-up:**

- Jamie Preece, Service User Representative
- Jane Allen, Emergency Department Volunteer

**Governor’s Award**

The winner for this award is specially selected by members of our Council of Governors.

**Winner:**

**Emergency Department**

**Chief Executive’s Award**

The winner for this award is specially selected by our Chief Executive, Dr Richard Jenkins.

**Winner:**

**Clinical Coding**

**Chairman’s Award**

The winner for this award is specially selected by our Chairman Trevor Lake.

**Winner:**

**Frailty Team**

**Decontamination Services Award**

Decontamination Services work hard to deliver an efficient and effective service to clinics, wards, theatres and external contracts. The team were nominated because without them, many hospital procedures such as hip and knee surgeries would not go ahead. With a mixture of team leadership and individual initiative, the team are able provide an excellent service to its users. Brilliant work team!

**Winners:**

- Andrew Lindley, Facilities Operative
- Vicki Parkin, Domestic Operative

**Runners-up:**

- Brian Campbell, Lead Pharmacist
- Emma Peel, Environment Co-ordinator

**Team Outstanding Achievement – Clinical**

This award focuses on the clinical team that have demonstrated their ability to deliver clear benefits to the Trust’s service provision and performance through working together effectively and efficiently.

**Winner:**

**Claire Marples & the Acute Response Team**

The Acute Response Team is responsible for looking after some of the sickest and most vulnerable patients in the hospital and are the bridge between the wards and critical care. Made up of a team of senior nurses led by Claire, they provide multiple essential functions, without which the acute care provided by the hospital could not continue in its current form. They are also a great source of support to the nurses and junior doctors on the wards, helping with care, performing procedures, teaching staff and providing a shoulder to cry on. Claire is integral to the success of the team and frequently can be seen coming in on days off to carry out her role as well as doing night shifts to cover shortfalls in staffing and it is an excellent example of a true professional that always leads from the front and goes above and beyond the call of her duties. Keep up the good work!

**Runners-up:**

- Emergency Department
- Ward 33

**Volunteer of the Year Award**

This award recognised dedicated volunteers who had selflessly contributed their time, energy and skills.

**Winner:**

**Anne Chambers, Audiology Volunteer**

Anne started volunteering at this hospital in 1993, meaning she has been working for the hospital as a volunteer for 26 years. She moved to Audiology four years ago as she wanted a slightly quieter pace and also because, as a hearing aid wearer herself, she wanted to be able to help other hearing aid patients. Anne’s husband has dementia so working here is her escape, her time to be around other people and she loves talking to all the staff and finding out about their lives. In October 2018 Anne underwent major heart surgery but was adamant that she wanted to get back to volunteering and came back in Jan 2019 as soon as she had the all clear from her consultant. Her colleagues say she always has a lovely, positive attitude to life; she loves a laugh and a joke and always looks amazing!

**Runners-up:**

- Jamie Preece, Service User Representative
- Jane Allen, Emergency Department Volunteer

**Hospital’s Award 10 years**
We would like to say a very big thank you to all our fabulous fund-raisers and donors who help us to continue to go above and beyond for our patients. Here are just a few examples of the wonderful support we have recently received.

**In honour of Harry**
Dorothy and her family made a £400 donation in memory of their loved one Harry. “The care my husband received was amazing. I felt happy knowing he was safe and looked after when I wasn’t there.” Dorothy wanted to donate to the Tiny Hearts Appeal as a thank you and to give the little ones a helping hand.

**The gift of entertainment**
A big thank you to Tony and his family—sister-in-law Catherine and daughters Judith and Jayne—who in memory of their loved one Valerie Ann, donated three new televisions and a tea service for patients on Ward 20.

**An ace for Chase**
Chase was born at 27 weeks weighing 1lb 14oz. He was transferred to Barnsley Hospital at 32 weeks where he was cared for until going home at 12 weeks old. In appreciation of the care Chase received, his parents fundraised £160 for our Tiny Hearts Appeal.

**‘Nurses saved me’**
Fred and his son Gary donated £300 in memory of their loved one Doreen. Fred said: “The care from the nurses saved my life and I am very grateful.” Fred has furthered his fundraising efforts with the great support of Ray and Graham of Holgate Lodge and he added: “I hope that others will be inspired to give to this wonderful cause.” Thank you!

**Spring into action**
Students at Springwell Learning Community took to the treadmills and ran 32 miles to raise a wonderful £466.74 for our Tiny Hearts Appeal.

**The gift of entertainment**
A big thank you to Tony and his family—sister-in-law Catherine and daughters Judith and Jayne—who in memory of their loved one Valerie Ann, donated three new televisions and a tea service for patients on Ward 20.

**Charity of the year**
We are delighted to be announced as Sutcliffe Play Ltd’s Charity of the Year. A big thank you to all the staff for your Tiny Hearts Appeal fundraising of £257.26.

**A lovely tribute**
A big thank you to the family and friends of the late Pat Ripley, who donated an amazing £752.71 in loving memory of Pat to our Tiny Hearts Appeal. Pat’s great-granddaughter Perrie was born at 32 weeks, weighing 3lb, 6oz and spent six weeks being cared for by our Neonatal Team.

**Dickie does it again!**
Dickie Bird OBE has given an AMAZING £15,000 to our Tiny Hearts Appeal. Dickie's donations to the appeal have now topped £85,000, meaning he has donated more than ten per cent of our total raised. Dickie said: “When I saw the babies in hospital in Barnsley, I was in tears. They were so little and some had already had to have surgery. I was determined to help them and whatever money I have I will give so that these children have a chance at life.”

**A donation for dad**
Thank you to Maxine who donated a generous £191.74 in memory of her beloved dad, Mohammad (Mac), to the Tiny Hearts Appeal.

**Revved up!**
The bikers have rallied their fundraising efforts with weekly raffles raising a staggering £1,173 for our Tiny Hearts Appeal, with an overall total of £2,386.13 for our charity! They also donated Easter eggs for our children’s ward.

**Easter Egg-citement**
It was great to meet some of our supporters in the run-up to Easter. We had lots of visitors with some lovely Easter gifts for the children’s departments including colouring books and pens and of course lots of chocolate goodies.

Our fabulous staff and volunteers helped support the Charity with Rachael from Rheumatology Outpatients holding her own Easter Raffle and raising £520 for the Tiny Hearts Appeal. Our Barnsley Hospital Charity volunteers held a series of Easter tombolas at Sainsbury’s Redbrook and at the hospital, raising a wonderful £635.

**Mining for money**
Members of the Mapplewell & Staincross Village Hall Over 55s Club kindly donated £90 to Tony Conway, a Governor at Barnsley Hospital, who gave a talk to the group on mining history.

**Bullseye for children’s ward**
Recently, we flew across to Wombwell & District Monday Night Charity Darts League’s annual presentation. Throughout the year the league raises money doing what they love, playing darts.

This year, our children’s ward has benefited from their amazing fundraising efforts and has received £450.
The benefits of diaries for critical patients

WHEN a patient comes into critical care, they are so ill that they are in no condition to remember their stay or what happens to them in hospital. This is where an informal patient diary comes in.

The diary is started on day three of all patients admitted to critical care.

Entries in it are made daily, mainly by the nursing staff, and they give a patient a rundown of events on that day. This can later trigger memories or just give patients an idea of the sequence of events that happened to them while in critical care.

Joanne King, Critical Care Rehabilitation Sister, explained: “Patients commonly have inaccurate sometimes delusional beliefs, and the diary can help dispel these. The relatives’ entries are to keep patients up to date with what has happened outside of the hospital and who has come to visit them.

“The critical care rehabilitation team introduced patient diaries to aid patients’ psychological recovery after a critical care admission. The diaries are given to the patients when it is felt that they are ready to process the information.

“This varies from while patients are on the general ward, on discharge home or three-months post discharge at the follow-up clinic. This is assessed on an individual basis.

“There is lots of research to support the benefits of patient diaries.

“We also get positive feedback from patients who have had a patient diary stating how helpful it has been in their recovery.”

David Howson, 59, from Stairfoot, was diagnosed with bowel cancer in 2017 and later had a stay in critical care.

He said: “The simple innovation of this diary had a profound impact on my life as a cancer survivor. It helped in a slow ‘coming to terms’ with myself, after I had been induced into a coma for several days after major abdominal surgery.

“While I was sleeping, visitors to my bedside were asked if they would like to make entries into this diary. Nurses who were caring for me during this time were also making entries; nothing clinical or medical but simple ‘conversation’ much like you would have with someone who was fully conscious. The idea is simple yet profound and shows care, kindness and compassion.

“Having a record of other people’s experience of being with me during this time helps me share those moments with family, friends and my carers.”

Sophia 500th baby to get TB vaccine at Barnsley Hospital

LITTLE Sophia Raginskaite took it all in her stride when she became the 500th baby to get the BCG tuberculosis (TB) vaccine at Barnsley Hospital.

To mark the occasion, Sophia and her parents – who live in Barnsley – were presented with a teddy bear and gift voucher kindly donated by Barnsley Hospital Charity.

Initially, the BCG tuberculosis vaccine service was consultant-led but this was transformed about three years ago into a nurse-led service.

It offers vaccination to those babies who have an increased risk of coming into contact with tuberculosis such as those with parents and grandparents who travel regularly to countries where tuberculosis is more widespread.

Linda Schofield, Sister in the hospital’s Outpatient Department, said: “Since starting the service, staff have worked hard to improve the attendance rate and decrease the average presented waiting time.”

User-friendly digital boards

INFORMATION experts at Barnsley Hospital have developed a user-friendly ‘digital white board’ which they say could revolutionise local patient care.

The ‘ProWard’ system developed in-house by the hospital’s information team aims to provide a single point of access for patient care information.

It was created with staff on Wards 21 (Gastroenterology), Ward 30 (General Medicine) and 33 (Trauma and Orthopaedics).

Dr Kieran Baker, Deputy Director of ICT, Healthcare Information and Insight Services, said: “By displaying real-time information from multiple systems on one screen, ProWard will minimise duplication of manual data collection and speed up access to clinical information from existing systems.”

Hospital celebrates World Book Day

ANYONE who has been in hospital for a stay will appreciate how comforting it can be to have a few great books to read.

Barnsley Hospital celebrated World Book Day 2019 with a special event in the hospital library. Staff and students welcomed the hospital’s Consultant Rheumatologist Professor Ade Adebajo who has recently published the 5th edition of his textbook ‘The ABC of Rheumatology’.

Professor Adebajo talked about his career and specifically his successful writing career, which has involved writing various books and hundreds of journal articles.

Daniel Frost, the hospital’s Library Lead, said: “All staff were welcomed and the event was of particular interest to those wanting to publish their own work in books and journals.”

Region’s first nursing associates

THE first nursing associates to graduate in our region enjoyed a celebration at Barnsley Hospital.

The nursing associate role is designed to help bridge the gap between health and care assistants and registered nurses and also provides a route into graduate-level nursing.

The hospital’s event was for the Barnsley and Rotherham Partnership graduates, their families, educators, and other people who have been involved in making their training the success it has been.

Some of the new Nursing Associates will be joining the trust’s respiratory medicine team.
Birthday’ twice (around 20 seconds).

Washing your hands properly should be part of our daily routine and it's essential for promoting hand hygiene.

It ended with the last person cleansing their hands with alcohol gel and the whole event was filmed for the hospital’s social media.

One of the best parts of the job is working in such a close-knit team.

What do other people say about what you do?

We have got the job that everyone wants to do.

That’s all a lot of twaddle.

The characters on TV are not true representations of pathologists – they’re all stereotypes.

What different jobs do you do?

A big part of what we do is liaising with relatives and building a rapport.

One stereotype of pathologists is that we work on murder investigations and seem to bypass any lab work altogether.

The other stereotype is that we all have a morbid fascination with death and are an unfriendly lot.

In fact, we are a friendly team with a shared passion for our work.

What kinds of skills do you need?

People sitting in cars in traffic queues are exposed to road traffic emissions in the area.”

He said the particles that caused problems were fine particulate air pollutants, 200 times smaller than a grain of sand.

These can get into people’s lungs and have a significant impact on human health, including premature mortality, allergic reactions, and cardiovascular diseases.

We should wash our hands after using the toilet, after handling raw foods like chicken, meat and vegetables, and after having contact with animals including pets.

It’s a common misconception that we have something to do with end of life care but we don’t. Some people also mix us up with funeral directors or forensic scientists.

What is working in a mortuary like just like CSI? No. In this edition, the Mortuary Team at Barnsley Hospital sheds some light on its much misunderstood profession.

Who’s on the team and how does it work?

There are three of us – two technicians and a medical laboratorist.

They are Anatomical Pathology Technician Sophia Price, John Longmore who is the Mortuary Manager and Chief Anatomical Pathology Technician, and Mark Woodhouse, the Medical Laboratorist.

We work Monday to Friday 8am to 4pm in a 365-day a year-on-call service.

We split that between us.

What different jobs do you do?

We are a public and a hospital mortuary. Our job is to deal safely and appropriately with deceased patients from both the hospital and the community.

We liaise with the coroner, the coroner’s ward, the hospital ward, the ambulance service and relatives.

We are involved in arranging and conducting viewings, offering advice and gaining consent from the relatives for post-mortem examinations.

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What different jobs do you do?

A big part of what we do is liaising with relatives and building a rapport.

You have to be empathetic and it’s very important to all of us to ensure that the bereaved are treated with sympathy and respect.

One of the best parts of the job is working in such a close-knit team.

What do other people say about what you do?

We have got the job that everyone wants to talk about but it’s not the kind of thing you chat about in the pub. People think we spend our time off watching NCIS or CSI and that it’s incredibly ‘cool’ to want to work with dead people.

What kinds of skills do you need?

You have to have a meticulous attention to detail when under pressure - we have 1,600 patients a year - a third from the community and two thirds from the hospital. You need good verbal and written communication skills and a good understanding of anatomy and health and safety.

It’s especially important to make sure that hands are washed when you’re visiting someone in hospital or other healthcare settings, to help prevent the spread of infection.

It was National Hand Hygiene Awareness Day in May and the day kicked off a host of activities at Barnsley Hospital.

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Clean Air Day in Barnsley

Clean Air Day is on Thursday June 20 – but the Clean Air campaign is not just for one day of the year.

Barnsley Hospital started early, in May, with a clean air presentation from Barnsley Council’s health and wellbeing officer, Christus Ferneyhough.

Christus was talking to the hospital’s sustainability group about air pollution.

“Road traffic is the major source,” he said.

“Where air pollution exceeds health-based legal standards, the council has to declare Air Quality Management Areas.

“These can get into people’s lungs and have a significant impact on human health, including premature mortality, allergic reactions, and cardiovascular diseases.

People sitting in cars in traffic queues are especially vulnerable, which is why anti-idling is a key theme of Clean Air Day this year and why Barnsley Council is keen to promote Active Travel.

He praised the hospital for clean air initiatives it had already been working on such as electric vehicle charging points, congestion reduction and active travel.

Want to spread the clean air message? You could run an awareness-raising event – walk or cycle to work or school, for example.

Or help spread the word on social media? #CleanAirDay

Food waste recycling has also been introduced at Barnsley Hospital and crockery is being offered in the restaurant instead of disposable coffee cups for customers having hot drinks.

New recycling bins will be introduced in June as part of a trial. These bins have a dual function, one side is for general waste and the other side is for plastics, drinks cans, newspapers and magazines (not office paper)

Meet the team...

Mortuary

Washing your hands properly is one of the easiest ways to protect yourself and others from illnesses such as food poisoning, diarrhoea and flu.

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