

# the foundation times

issue 36

from our governors to our members

## The Butterfly Appeal takes flight

Enhancing dementia care for our inpatients



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We've launched the Butterfly Appeal to raise money to enhance care for our patients with dementia.

A national and local priority, one in five of our older inpatients has some type of dementia diagnosis, ranging from mild confusion to end stage dementia. We want to raise £31,000 to enhance the services we have for such patients, including day rooms on our three elderly care wards and hiring an activity coordinator to enhance memory recall.

The Royal College of Nursing has praised the Trust for the measures we have already put in place to help patients with dementia return home sooner with the right support and this appeal will help us do more. Visit:

[http://www.rcn.org.uk/development/practice/dementia/best\\_practice\\_examples/diane\\_sarkar](http://www.rcn.org.uk/development/practice/dementia/best_practice_examples/diane_sarkar)



Diane Sarkar, Director of Nursing, with colleagues at the dementia launch in May

## Annual Members Meeting

### 'Enhanced recovery' = enhanced care

Patients having hip and knee replacement operations at Basildon University Hospital are recovering more quickly thanks to a new anaesthetic method for surgery. The exciting new procedure is the hot topic at this year's Annual Members Meeting (AMM) on 18 September.

Dr James Carrannante, Consultant Anaesthetist, will explain the procedure, called 'enhanced recovery'. It involves using a spinal anaesthetic with sedation to send the patient into a natural sleep, during which they do not feel any pain during the hip or knee replacement.

After surgery the patient has little or no discomfort, so they can be mobile and start physiotherapy sooner, which means they can go home sooner.

Dr Carrannante explains: "Enhanced recovery for hip and knee replacement surgery does two things. It improves the quality of care by helping patients get better sooner after their operation, in particular

reducing the post-operative pain the patient experiences.

"Secondly, it reduces the length of stay while maintaining the quality of care. Traditionally, hip and knee replacement surgery involves a hospital stay of around five days. Now patients can be home within 24 hours."

Not all patients are suitable for the operation. A number of patients who have benefitted from enhanced recovery will be at the AMM.

The AMM is your chance to meet your governors and hear about the Trust's achievements over the past year. If you want to attend please complete the tear off slip inside and return freepost. See overleaf for details.

James Carrannante,  
Consultant Anaesthetist



## Hospital plans to keep calm and carry on

Basildon and Orsett Hospitals are the first in the country to be awarded a kite mark from the British Standards Institution (BSI) for their Trust-wide plans for 'business as usual' during a crisis.

Continuing to provide patient care in all eventualities is an essential duty of any hospital. This might include disruption to staff levels and supplies during severe weather, a flu epidemic, flood, fire or a loss of power, telephone or IT systems. Delivering services for patients during a crisis relies on meticulous advance planning for what is termed 'business continuity.'

The accreditation awarded to Basildon and Thurrock University Hospitals NHS Foundation Trust is one of the most highly regarded symbols of quality and integrity.



BSI representative presents award to Directors Hannah Coffey and Jenny Galpin (right), with Emergency Planning Officer, Mandy Brokenshow (centre)

The Trust achieved this standard after a rigorous 18-month programme of auditing by the BSI, with spot checks and emergency exercises.

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The Dementia Intensive Support Team (DIST), funded by NHS South Essex, consists of specially trained nurses employed by South Essex Partnership Trust (SEPT). The team are working in A&E providing specialist mental health care. They may refer patients to the memory service and offer support to carers. It is one of the measures put in place as part of the Trust's dementia strategy, which also includes new

policies and care pathways.

Karen Fashanu, Lead Nurse for Medicine for Older People, said: "Coming into hospital is often a stressful and confusing time for most, let alone those patients with diagnosed or suspected dementia. Everything we have been doing is aimed at preventing admissions, or if someone is admitted ensuring their experience is as good it can be."



### Fundraising Events for the Butterfly Appeal

#### Saturday 14 July

7-a-side Charity Football Tournament, 9.30am  
Ford Sports & Social Club, Gardiners Close  
£50 team.

#### Saturday 13 October

Charity Ball, Stock Brook Manor, Billericay  
£65 pp inc. 3 course meal, wine, beer, soft drinks  
7.30pm - 1am.

For more information, to book tickets or if you want to organise your own fundraising event to support the Butterfly Appeal, contact Dee or Helen on 01268 524900 ext 3201 or 3202 or [charity@btuh.nhs.uk](mailto:charity@btuh.nhs.uk).

### Dates for the diary

#### Board of Directors

Wednesday 25 July and Wednesday 26 September, both at 2.30pm in the Education Centre, Basildon University Hospital.

#### Board of Governors

Tuesday 17 July, 2pm, Thurrock Campus, South Essex College.

Thursday 22 November, 9.30am, Education Centre, Basildon University Hospital.

#### Annual Members Meeting

Tuesday 18 September, from 4pm at the Education Centre, Basildon University Hospital.

### Faith or no faith

Chaplain, Reverend Michael Turnbull, explains to **Denise Fielding, Basildon Public Governor**, that he and his colleagues are there to offer support to all patients, relatives and carers.

He said: "It's not about religion. We listen to stories or requests in confidence and without judgement. Our role is about helping to bring a calm or peace. The whole person matters and when the emotional, mental and physical are as one, studies show it can speed up recovery."

Contact the chaplains on 01268 524900 ext 3503.

## 'Stop the pressure'

One in 20 people admitted to hospital with an acute illness develop a pressure ulcer, yet 95 per cent of these are avoidable. Now the Trust has launched a 'Stop the Pressure' campaign, as part of a zero tolerance strategy.

The reduction and prevention of pressure ulcers is one of the key national quality indicators. Nurses and ward staff have been trained in the new grading for pressure ulcers, and documentation and audit tools have been introduced. The campaign is being run in every hospital across the Midlands and East of England region and the aim is to eliminate avoidable pressure ulcers by December.

Diane Sarkar, Director of Nursing, said: "Pressure ulcers are extremely debilitating, painful and embarrassing, which is why we must involve our patients, their relatives and carers, to make sure the right processes are in place."

**Jacqueline Coleman, Public Governor for Basildon**, said: "I was in intensive care with meningitis 12 years ago and developed very deep pressure sores on both heels. They took many months to heal but I have permanent damage to my heels. They are still so sensitive to the touch and they break open at times and need dressing every few weeks. I welcome the 'Stop the Pressure' campaign, with its emphasis on vigilance and better medical care."



Diane Sarkar, Director of Nursing, with colleagues at the 'Stop the Pressure' launch



Alfie Boyce surrounded by TLC bears

## Thanks a million!

Over 20,000 teddies have brought smiles to the faces of children being cared for at the Trust, thanks to the TLC appeal. 'Teddies for Loving Care' was started by the Freemasons in 2001 and Basildon A&E was one of the first hospitals to benefit from the scheme.



## Is The Foundation Times green enough for you?

We send almost 10,000 issues of The Foundation Times to our members, quarterly.

If you would agree to receive yours electronically, we can save money and help the environment. Email your name and address (including postcode) to [foundation@btuh.nhs.uk](mailto:foundation@btuh.nhs.uk) and say "send me the FT electronically please!"

## Robot improves patient safety

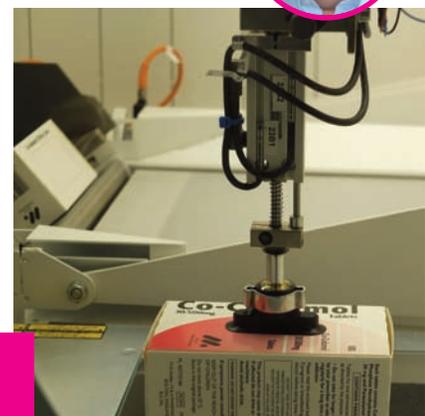
The pharmacy store at Basildon University Hospital is providing patients with a safer, faster and more efficient service, with the help of a new robot.

The latest technological advances are reducing the possible rate of error to less than one pack in every three million, and saving staff time.

The robot system uses barcodes to automatically load, store and retrieve medicines from the shelf and put them into boxes ready for delivery to the wards. Pharmacy staff also have new tablet PCs which transmit orders via wi-fi from the ward to the robot. This saves them having to return to the pharmacy store and manually input each order.

**Russ Allen, Public Governor Thurrock**, said: "It was very interesting and enlightening to see the new robotic arm in action, collecting boxes of medication and storing it automatically on the correct shelf.

"The introduction of the robotic system will ultimately save storage space and wastage of medications."



The new pharmacy robot in action

## Non-executive director 'sq-walks' miles as Polly

Instead of taking to the skies Polly will walk the Southend Colourthon to raise money for our Charitable Trust.

Trevor Parks, non-executive director and chairman of charity committee, volunteered to don the heavy outfit and complete the half marathon course.

He said: "As chairman of the charity committee, I thought it only fair that I did something myself. I walk 10k every day and have done for the past few years so completing the Colourthon will be a bit of a doddle for me. I thought I'd up the ante a bit and do the walk dressed as Polly."

Visibility is quite restricted in the suit, so a cohort of helpers have been recruited to escort Trevor around the 13.1 mile course.

The helpers include Alan Whittle, Chief Executive, Directors Diane Sarkar, Mark Magrath, and Jenny Galpin, and Peter Sheldrake, non-executive director.



Trevor Parks dressed and ready to walk as Polly

The Southend Colourthon takes place on Saturday 7 July. To sponsor Trevor and help raise money for the Polly Parrot Appeal, visit <http://www.justgiving.com/an-evening-walk-with-polly>.

## Art brightens hospital corridors

Art donations have helped brighten up the corridors of Basildon University Hospital for patients and visitors.

A Jackson Pollock inspired piece created by Debra Tibbs at the Ashleigh Concorde Resource Centre in Whitmore Way, Basildon, is taking pride of place in the main corridor. The pharmacy corridor is full of pieces on loan from the Eastgate Art Group, following a very successful exhibition in 2011 in the Eastgate Shopping Centre.

The displays were organised by the Art Group, which is made up of staff and governors.



Debra Tibbs

Basildon and Thurrock University Hospitals **NHS**  
NHS Foundation Trust

## Annual Members' Meeting

To help us plan seating and catering, please let us know if you want to attend the Annual Members' Meeting.

Yes, I/we will be attending the Annual Members' Meeting on Tuesday 18 September at 4pm, at Kevin Lafferty Theatre, Education Centre, Basildon University Hospital.

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Email address: \_\_\_\_\_

Daytime No: \_\_\_\_\_

Additional member(s) Please provide full name, address &

date of birth. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Update your details

Have any of your contact details changed? If so, please let us know by filling out the form below:

Please fill in your current details

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Email address: \_\_\_\_\_

Home phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Mobile Phone: \_\_\_\_\_

Please provide us with your old address.  
(as shown on our records)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Please detach form, fold, affix and send FREEPOST to the address overleaf

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## Member's Discount

**As a member of the NHS Foundation Trust, you are entitled to 10% off at your Choice Fashion and Home store**



**Simply take this coupon and show it at the till when purchasing at any Choice store. May be used more than once, keep it with you. Coupon must be shown to get discount.**

Choice Fashion and Home store is offering 10 per cent off to all members of Basildon and Thurrock NHS Foundation Trust.

Just cut out this coupon and visit your local store at:

**Basildon**, 6A, Mayflower Retail Park, Basildon, Essex, SS14 3HZ

**Wickford**, 10/11 Ladygate Centre, Wickford, SS12 9AJ

**Grays**, 14/16 High Street, Grays, RM17 6LU

**Hadleigh**, 14/20 Rectory Road, Hadleigh, SS7 2ND

## Loyal volunteers improve care for patients

### Hospital pays tribute to 'warm-hearted' fundraiser Brian

The Hospital Schoolroom paid tribute to Brian Jiggins' dedicated fundraising efforts, after he was diagnosed with terminal kidney cancer. For 20 years Brian has collected supermarket vouchers which have bought thousands of pounds worth of equipment for the schoolroom.

### League of Friends £35,000 donation

New equipment funded by the League includes a £30,000 portable scanner for gynaecology and a £4,400 electrocardiogram machine for Marjorie Warren Ward.

*To volunteer, contact Rita Keeler on 01268 793864 or ritakeeler@hotmail.com*

### Praise for efforts of the 'unsung WRVS heroes'

A WRVS donation of £30,000 bought four monitors to check blood pressure, oxygen levels and heart rhythm. The WRVS also funded software updates for a bone density scanner.

Volunteers were congratulated for long service milestones, including Josie Vincett and Joyce Wilson.

*To volunteer, contact Chris Hall on 01268 593392 or email chris.hall@btuh.nhs.uk.*

# Ushering in a new era

It is all change at the top, as the Trust announces a new chief executive and welcomes a new chairman.



Clare Panniker, new Chief Executive

Clare Panniker has been appointed as the new **Chief Executive**, having served in the role at North Middlesex Hospital NHS Trust for the past eight years. She will take up post on Monday 17 September.

**“I am delighted to be offered the opportunity to be Chief Executive of Basildon and Thurrock University Hospitals and I have already met a number of staff and Governors. I look forward to working with staff to deliver the best service possible to local people.”**



Ian Luder, Chairman

Ian Luder, a former Lord Mayor of London took up the post of Chairman on Sunday 1 July. He had been working as **Chairman Designate** since April.

**“It is about delivering the excellence which residents have a right to expect.”**

The Trust would like to say thank you and farewell to Sir Peter Dixon, Chairman and Alan Whittle, Chief Executive.

#### **We have four new Non-Executive Directors:**

Anne Marie Carrie is Chief Executive of the children’s charity, Barnardo’s, and has a strong public service career background in

local and central government. John Govett is Group Chief Executive of Ixion Holdings Ltd (part of Anglia Ruskin University) and Chairman of Paragon Concord Ltd. David Hulbert is a director of Ravensbeck, and was previously President of Walt Disney Television - International. Barbara Riddell has worked for London Fire Brigade, central government and the Metropolitan Police.

#### **There is a cohort of new Governors following the elections in April:**

We have two new Basildon Public Governors, Alan McFadden and Dr Srivastava. with Jackie Coleman re-elected. Bradley Lewis is the new Brentwood Public Governor, with David Anderson and Ken Wright re-elected. There are four new faces in Thurrock; Russ Allen, Peter Glover, Ian White and Neil Speight. Roy Rutter was re-elected as Public Governor for the rest of England.

**New Governor Peter Glover** said: “I was staff governor before I took retirement from South Essex College two years ago and hopefully I was able to give advice and comments on the advancement of the student body. Now I am a public governor for the Trust I can represent the views of the patients and the public.”

Since the election, Ken Wright has stepped down as Brentwood Public Governor to take up the post of Brentwood CVS Appointed Governor. Bill Beekoo, as the next highest candidate, is now Brentwood Public Governor. There are also two new Staff Governors, Steve Hartman for Basildon and Sally Sheen for Orsett.



Ron Capes

**Basildon Public Governor Ron Capes** was elected lead governor by fellow hospital governors in May, after Ian Clifton had completed his term. Ron, who first became a hospital governor in 2010, said he was delighted and thanked everyone who voted for him. He added: “I am proud to be associated with the hospital and hope to contribute to its continuing improvement. I hope all governors will help to develop the hospital further and make it the place of choice for patients in our area with an enviable reputation for excellence.”

To read the profiles of the governors, non-executive directors, chairman or chief executive, visit the Trust website [www.basildonandthurrock.nhs.uk](http://www.basildonandthurrock.nhs.uk)