

the foundation times

issue 41 summer 2013

from our governors to our members

Improved facilities for critical care

A new Critical Care Unit (CCU) has opened at Basildon University Hospital. The CCU brings together the previous intensive care and high dependency units into one combined facility looking after our most unwell patients.

The modern and spacious unit has 14 beds – including three renal beds for patients to undergo haemodialysis. Two of the beds are in separate side rooms for when infection control is vital.

All patients needing intensive care have a dedicated nurse, and one nurse will care for every two high dependency patients.

Dr David Lowe, Consultant Anaesthetist, said one of the biggest benefits is the sheer size of the new unit. “We managed well in the previous units, but we now have much more space in which to work. The new unit is open, modern, light and airy. What’s more, with the two units now in one large space, we don’t physically have to move patients as their care needs change.”

Danny Day, Staff Governor for Basildon, works in the medical equipment maintenance service



Picture: The new Critical Care Unit

(MEMS), whose job it is to look after the medical equipment across the Trust.

Danny said: “The new Critical Care Unit is equipped with state-of-the-art patient monitoring and life support equipment. Each bed area has ceiling-mounted pendants which contain all the services needed at the bedside, including oxygen, air, suction and power. This has the benefit of keeping all the equipment off of the floor and conveniently at hand.



Danny Day - Staff Governor, Basildon

“The monitoring equipment at each bed area is also linked to a central station to enable remote monitoring.

“Along with the pendants, a ceiling mounted track hoist system has been installed enabling the safe movement of patients in any part of the ward.”

Annual Members' Meeting

This year's Annual Members' Meeting is being held on Wednesday 18 September 2013. For more details and to book your space see inside.

Trust receives UNICEF baby-friendly award

The Trust has been awarded the prestigious Baby Friendly Award from the United Nations Children's Fund (UNICEF) for its work to support and encourage mothers who want to breastfeed their babies.

The Baby Friendly Initiative, set up by UNICEF and the World Health Organisation, is a global programme. Baby Friendly provides a practical and effective way for health services to improve the care of mothers and babies.

The bid for the award was led by two specialist midwives in infant feeding, Geraldine Purver and Lisette Harris.

Geraldine said: "We joined forces with UNICEF's Baby Friendly Initiative to increase breastfeeding rates and to improve care.

"Breastfeeding protects babies against a range of serious illnesses, including gastroenteritis and respiratory infections in infancy, as well as allergies and diabetes in childhood."



Picture: Left to right, Fanny Monique with newborn Joel Assamy, Lisette Harris, Specialist Midwife Infant Feeding, Jim Patterson from UNICEF, and Geraldine Purver, Specialist Midwife Infant Feeding

Project is transforming hospital grounds

A patch of land that has been neglected at Basildon University Hospital is being transformed, thanks to the hard work and gardening skills of a group of local people with disabilities.

The project will turn the space outside the day unit at the hospital from the current patch of grass and weeds into an easy to maintain landscaped area. It was the idea of local group Disability Inclusion Society (DIS), who have taken on the challenge.

DIS work in the local community with people who have disabilities, providing them with opportunities to learn new skills and put them into practice through projects that really bring benefit to the local community.

Nick Clark-Irons, Estates Officer, said: "We were approached by DIS about exploring possibilities for them to work with us. They described their landscaping and gardening work and this seemed like something we could work together on. DIS are providing the skills and enthusiasm needed to take this project forward, and transform this area."

Richard Orchard Rowe, Partnership Development

Director at DIS, adds: "Our initial task is to rip up what is there and get the land down to its core so we know what framework we are dealing with. We will then be able to plan what we are going to do with the area. This long-term project is a great opportunity for us to teach our customers new skills and for them to be able to put these into practice."



Picture: Left to right: Terry Orchard, DIS CEO/Lead Artist, James, Phil, Mike, Martin, Robert Fillary Artistic Development Director, Ben, Sue Grindy, Instructor

Welcoming your new Governors

Following the recent elections, we are pleased to welcome the following newly elected Governors:



Public Basildon
Simon Hooker



Public Brentwood
Eric Watts



Public Basildon
Andrew Schrader



Public Brentwood
Paul Barrell



Public Thurrock
Alan Whittington



Public Rest of England
Andy Halls



Staff Governor Basildon
Penny Bryant



Staff Governor Basildon
Gary Cordery



Staff Governor Basildon
Fraser Cutting



Staff Governor Basildon
Danny Day

Re-elected Governors

Public Basildon: Ron Capes*, Marlene Moura, Brian Levett

Public Thurrock: Reg Sweeting

Staff Governor Basildon: Lisette Harris

* Also appointed Lead Governor for 2013

Goodbye and thank you

We would like to say thank you to the following for their contribution to the Council of Governors - Jacqueline Coleman (Basildon Public), Bill Beekoo (Brentwood Public), Wayne Whiskerd, Amanda Arnold and Neil Speight (Thurrock Public), and to appointed Governors Cllr John Schofield and Cllr Barbara Rice.

New Governor responsibilities

The Health and Social Care Act 2012 describes additional roles and responsibilities for foundation trust Governors.

Under the 2012 Act the Council of Governors' prime role is to hold the non-executive directors to account for the performance of the Board of Directors and to represent the interests of foundation trust members and the public - providing them with information on the Trust's performance and forward plan.

Other key statutory duties are to approve significant transactions; mergers, acquisitions, separations or dissolution, non-NHS work, and approve any constitutional changes with the board.

Our Governors are also involved in other areas not necessarily covered by the legislation and these are reported in this newsletter or at the Annual Members Meeting.

Thumbs up for Orsett

by Eric Watts, Public Governor, Brentwood

The 'Here 2 Hear' listening event at Orsett Hospital in June was an opportunity for our Governors to hear first-hand about the experience of patients and their relatives.

Two public Governors, Eric Watts (Brentwood) and Peter Glover (Thurrock) asked people in the waiting area if they would like to comment on their experiences of their visit to hospital – almost all of them began by saying that Orsett was an excellent hospital with kind, caring and friendly staff.

They had much praise for the clinicians as well as the clean and comfortable surroundings; however some commented that the signage could be improved.

Picture:
Public Governor Eric Watts with Orsett Hospital visitor Maggie Whitbread



Governor buddies

Joining any organisation in a new role can be a daunting experience, so we have a 'buddying' system for new Governors to support them into their new role.

Experienced Governors act as a 'buddy' for a newly elected Governor so they have someone to call on to discuss any governor-related issues.

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 Wednesday 18 September at Woodview Campus Thurrock, South Essex College.

Name: _____

Date of birth: _____

Address: _____

_____ **Postcode:** _____

Email address: _____

Daytime No: _____

Additional name.

Please provide full name, address and 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 provide us with your previous details (as shown on our records):

Name: _____

Postcode: _____

Please fill in your current details

Name: _____

Date of birth: _____

Address: _____

_____ **Postcode:** _____

Email address: _____

Home phone: _____

Work phone: _____

Mobile phone: _____

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

Annual Members' Meeting

The 9th Annual Members' Meeting (AMM) is being held on Wednesday 18 September, 4pm, at Woodview Campus Thurrock, South Essex College.

The AMM is a great way to find out more about the work of the Trust, and to meet your local Governors.

This year the evening will have a special focus on pain management services, with a presentation by guest speaker Dr Simon Thomson.

Dr Thomson, who is a consultant in pain management and neuromodulation (treatment using electrical stimulation), uses the latest and most advanced technology to help patients living with chronic pain.



Towards the end of 2012, a revolutionary new spinal cord stimulator (SCS) was surgically implanted into two patients by the pain management team at Orsett Hospital, led by Dr Thomson. This new device can relieve pain by electrically stimulating areas of the spine.

Dr Thomson, who has worked at the Trust for 20 years, said: "Our work is all about achieving better outcomes for patients, and this new device has many advantages for people who suffer with complex patterns of pain."

You can find out more about our pain management services at the AMM. Please reserve your space by completing the tear-off slip opposite and returning to us, freepost.

You don't have to be a Foundation Trust member to come along to the AMM – so if you know somebody else who would like to come along, please provide us with their name and address on the reply slip.

If you have any queries, please contact the membership office on 01268 598975 or email foundation@btuh.nhs.uk.

No stamp
required

Basildon and Thurrock University Hospitals NHS Foundation Trust
Foundation Trust Membership Office
Level G, Tower Block
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Basildon
Essex SS16 5ZX

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Annual Members' Meeting
Wednesday 18 September 2013

What do you know about clinical trials?



by Brian Levett, Public Governor, Basildon

Did you know that Basildon and Thurrock University Hospitals NHS Foundation Trust has a large clinical research department? I didn't.

Last year I was diagnosed with kidney cancer. Thanks to the skills of the surgeons I am here to tell the tale.

After surgery, I was told that I would need to have a course of medication. This prompted me to ask, "How do you know if the medication is the correct one?"

I was told that the hospital has a clinical trials unit which, together with Anglia Ruskin University and various private sector companies, carries out controlled tests on medicines for their effectiveness and safety.

I opted to take part in a clinical trial. I am watched over by a team of specialist research nurses and doctors and have regular tests, scans and visits to clinics.

So, if you are asked to take part in a clinical trial, please give it some thought. These trials are important both to you and to others that may be helped by you taking part.

Patient Panel

The Trust's Patient Panel offers our members the opportunity to give their thoughts and views on a range of issues - from patient information leaflets to larger projects, such as refurbishment of patient areas and hospital catering.

We had a terrific response to our article in the Spring edition of the Foundation Times seeking new Patient Panel members. We are delighted to have appointed seven new members. They will be welcomed by the existing Patient Panel members at the next meeting.

New members were appointed on a 'first come' basis, which unfortunately meant some people expressing an interest were unsuccessful this time. We would like to thank them for their interest and we will keep their details on file for when we are recruiting new members again.



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, address (including your postcode) and your date of birth to foundation@btuh.nhs.uk with the message 'send me the FT electronically please!'

Runners raise thousands



Picture: Left to right: London Marathon runners Lee Clary and Gary Ayres with BUPA London 10k runners Bradley Williams and Sam Bottomley

More than £6,000 has been raised for Basildon Hospital thanks to the dedication of a group of runners who pounded the streets in the London Marathon and Bupa London 10k during April and May.

Helen Mattock, from the Trust's fundraising team, said: "We really appreciate the efforts made by local people, and our own staff, to raise money for our hospitals. A huge thank you to them all."

Governors recruit new members at Strawberry Fair

by Paul Barrell, Public Governor, Brentwood

Trust Governors and the Membership Team recently joined with nurses and the fundraising team at the Strawberry Fair in Brentwood, to raise awareness of the Trust and foundation trust membership.



Picture: Left to right: David Bishop and Eleanor Woodhall have their blood pressure monitored by nurses Rachel Webster and Zoe Turoff

Three of the Governors who represent the residents of Brentwood - Paul Barrell, Neville A. Brown and Ken Wright - were on hand to speak with service users and residents of Brentwood.

Most people we spoke with had positive views of our hospitals and told us of their positive experiences. It was comforting to hear some heart-warming stories about our nurses going that extra mile for patients.

Our nurses, Rachel Webster and Zoe Turoff were kept busy taking blood pressure readings, on brand new digital blood pressure machines, and giving information on general health issues.

Dates

for the diary

July

Trust Board Meeting
Weds 24 July, 2.30pm
Education Centre
Basildon Hospital

September

Annual Members' Meeting
Weds 18 Sept, 4pm
Woodview Campus Thurrock
South Essex College

Trust Board Meeting
Weds 25 Sept, 2.30pm
Committee Rooms 1 & 2
Basildon Hospital

October

Trust Board Meeting
Weds 30 Oct, 2.30pm
Education Centre
Basildon Hospital

November

Council of Governors
Meeting
Tue 19 Nov, 1pm
Rooms 4 & 5
Education Suite
The Essex Cardiothoracic
Centre (Basildon Hospital
site)

Membership Office - Contact Details

Membership Office, Level G, Basildon University Hospital, Nethermayne, Basildon, Essex, SS16 5NL

Tel: 01268 598975 email: foundation@btuh.nhs.uk