

# the foundation times

issue 49 summer 2015

from our governors to our members

## Double heart operation first at The Essex Cardiothoracic Centre



L-R: Paul Kelly, consultant cardiologist, Cherie Bason and Inderpaul Birdi, consultant cardiac surgeon

**Two heart specialists at The Essex Cardiothoracic Centre (CTC) have successfully carried out a dual operation on a patient with two types of heart disease; the first of its kind in the country.**

The double operation took place in the state-of-the-art hybrid operating theatre in the CTC, which combines sophisticated imaging technology with the best surgical equipment, so that cardiology and surgical procedures can be carried out at the same time.

Tests showed Cherie Bason, 65, had two heart-related problems: coronary artery disease, which had caused a narrowing in one of the arteries that supply blood to the heart; and a leak in her mitral valve, which controls blood flow through the heart.

The usual way to treat this combination of problems would

be open heart surgery, involving cutting the breastbone in two, with a vein being taken from the leg.

Paul Kelly, consultant cardiologist and Inderpaul Birdi, consultant cardiac surgeon, established that it would be possible for Mrs Bason to have a combined operation; a coronary angioplasty to widen the blocked artery, followed immediately by a keyhole mitral valve repair.

Mrs Bason returned home four days after her operation. She said: "I was amazed that I was able to go home so soon. We are very fortunate to have the CTC in Essex, with doctors who are leaders in their field."

## Annual Members' Meeting

Our Annual Members Meeting (AMM) this year has a special focus on the excellent work that takes place in The Essex Cardiothoracic Centre (CTC), with a presentation by guest speaker Mr Inderpaul Birdi, Consultant Cardiac Surgeon.

During the eight years since it opened, the CTC has developed a reputation for providing high quality care for patients with heart and lung conditions, which is among the best in the country.

The AMM is being held on Thursday 24 September 2015, from 4pm, at Basildon University Hospital's education centre.

For further details, including how to book your place, please see page 7.

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# We've signed up to safety

A new campaign, supported by our Trust, aims to make the NHS the safest healthcare system in the world.

'Sign Up to Safety' aims to reduce avoidable harm by half in the NHS over the next three years.

The campaign, led by NHS England, supports all staff to improve the safety of patients. We have made five pledges which will be monitored over the next three years. They are:

- **Put safety first.** Commit to reduce avoidable harm and make public the goals and plans developed locally.
- **Continually learn.** Act on feedback from patients and constantly measure and monitor how safe our services are.
- **Be honest.** Ensure we are transparent about our progress to tackle patient safety issues and support staff to be candid with patients and their families if something goes wrong.
- **Collaborate.** Take a leading role in supporting local learning, so that improvements are made across all of the local services that patients use.
- **Support.** Help people understand why things go wrong and how to put them right. Give staff the time and support to improve.



Staff on Pasteur Ward take action to reduce the number of pressure ulcers

Giles Thorpe, deputy director of clinical governance said: "Keeping patients safe must be our number one priority. We will measure our performance in areas

such as hospital-acquired pressure ulcers and falls. We are determined to maintain high standards in quality of care and learn lessons if we make mistakes."

## Trust finances

The Trust closed the 2014/15 financial year with a deficit of £23.8million.

A short-term recovery plan and a review of financial governance have been agreed with regulator Monitor, and the Trust will be looking at how it can maintain finances over the coming years.

The growing financial pressure on the Trust is largely due to: a focus on improving the quality of services; an increasing demand for its services, especially A&E, without financial recognition; and the cost of employing agency staff

due to a national shortage of qualified doctors and nurses.

Clare Panniker, chief executive, said: "We recognise that we are facing a huge challenge, as are the vast majority of NHS hospitals. We have saved nearly £20million over the past two years by being more efficient and reducing waste, but this is not enough. The NHS and local government need to work more closely together to transform the services we deliver, ensuring they remain safe and deliver value for money."

## Success regime

Essex has been chosen as an area where health and care organisations will work more closely together as part of a new NHS 'Success Regime'.

The Success Regime will include all Essex hospitals, ambulance service, commissioners and councils, and aims to ensure the health and care system works as a whole.

Clare Panniker, chief executive said: "The precise detail of what this new regime means for us will become clearer over the coming weeks and months. It will undoubtedly be a challenging time; however it also provides an opportunity for us to play a pivotal role in improving services across Essex."

# New chairman

**Nigel Beverley (pictured right) has been appointed as the new Trust chairman.**

Nigel and his family have lived in Essex for more than 30 years. He has a long and successful career in health management, mainly in the NHS. He has held a number of chief executive positions in acute Hospitals in Essex and London,

and has extensive experience in commissioning at a regional level.

He said: "I am thrilled to be joining the Trust as the new chairman and looking forward to working with patient groups, staff, governors and the Board to support the delivery of top quality care for patients and the local community."



## Welcome to our new governors

The last round of elections saw five new governors elected onto the council and three governors re-elected to serve another term.



For Basildon, we welcome Pamela Binfield. Pamela worked at Basildon Hospital for 20 years as an auxiliary nurse and clerical assistant for microbiology. Alan McFadden was re-elected for a second term.

Representing Thurrock, we say hello to Julia Harding. Julia became a governor to give the people of Thurrock a voice. Russ Allen was re-elected for second term.

For more information about our new governors, visit the website [www.basildonandthurrock.nhs.uk/your-council-of-governors](http://www.basildonandthurrock.nhs.uk/your-council-of-governors)

In Brentwood, patient representative Amanda Burton was elected as governor and Paul Barrell was re-elected for second term.

Cathy Crouch, restaurant services manager and familiar face in the Trust, was elected as staff governor.

Representing the rest of England, we welcome Mercedes de Dunewic, who is an active charity worker.

## Farewell and thank you

As we welcome our new governors, the Trust would like to say thank you and farewell to those who are moving on.

Roy Rutter and Ken Wright, who both served nine years on the Council of Governors, plus Andy Hall, Ray Best and Dr Srivastava.

We would also like to wish the best to Malcolm Maddocks, councillor for Essex County Council and Richard Speight, councillor for Thurrock. Both stepped down as appointed governors for the Trust.

## Why I became a governor

Mercedes de Dunewic, public governor, rest of England



**Mercedes de Dunewic is a newly elected governor representing the rest of England. Here she explains why she decided to stand as a governor.**

"I have always believed that as an individual, you have to give back as much as you get in life because then everything has a chance of balancing itself out.

"In 2012, out of the blue, I was diagnosed with a rare nerve

tumour in my chest pressing on my windpipe and I was referred to The Essex Cardiothoracic Centre (CTC) for treatment. It was my only chance of survival.

"The night before surgery, I made a promise to whoever and whatever, to give me more time and I would give it back to those who need it.

"The talented staff in the CTC saved my life and although I knew I had a long and painful road to

recovery ahead, I had to keep my promise.

"It's not enough in life to do good. You have to go out and do even better, to inspire others to be the best they can be too.

"Being a governor is a wonderful opportunity to work with like-minded individuals to try to ensure patients get the best treatment possible and to support and appreciate hard-working staff."



# Governors get involved with PLACE

Danny Day, staff governor

Every year governors, staff and members of the patient panel join forces to carry out a PLACE (patient-led assessments of a care environment) audit at our hospitals.

Staff governor, Danny Day, explains: "PLACE assessments have patient views at the centre using information directly from patient assessors to report how well a hospital is performing.

"The audit looks at: privacy and dignity, cleanliness, food and general maintenance. It focuses entirely on the care environment and does not cover clinical care provision or staff behaviours.

"The teams of governors, staff and panel members, started the inspection outside the hospital, including car parks, and continued through to the wards. The results will help drive improvements."



Governors and patient panel members sample the food served to patients, as part of the PLACE audit

## Summer events

The governors have a busy summer of events, getting out and about meeting the people they represent.

We have already attended the St Luke's Hospice summer fete where staff governor Liz Carpenter checked local MP Stephen Metcalfe's blood pressure.



We will also be at:

- The Big Lunch, Grays Town Park, Park Road, Grays, Wednesday 29 July, 11am – 3pm.
- Brentwood Family Fun Day, King George's Playing Fields, Friday 14 August, 11am – 3pm.

## What happened when a governor met a hospital manager...?



Russ Allen, public governor, Thurrock

Russ Allen, public governor for Thurrock interviewed Pam Charlesworth, head of nursing and site manager for Orsett Hospital. They chatted about her career and vision for the future.



Russ said: "This is of special interest to me, firstly as a Thurrock governor and secondly because Pam, as a nurse, has cared for most of my family over the years.

"The first thing that strikes you about Pam is her passion for her work, the caring nature she has and how she wants to only do her best for the Trust overall.

"Pam came into the Trust in October 1986, at Basildon Hospital, in the intensive therapy unit (ITU) and other departments. She now finds herself at Orsett, looking after the site. Services at Orsett include pain management, renal services, orthopaedics, phlebotomy, pharmacy and numerous 'back-of-house' departments, including electronic medical records (EMR) and sterile services.

"The task ahead is not a small one, but Pam has already instigated a recycling drive, a site tidy day, a small re-vamp of the phlebotomy seating area and she has many other improvements planned.

"I found it a pleasure to listen to someone who sees the future of the hospital as something special."

# Offering new hope to knee op patients

**A ground-breaking operation to repair injured knees is being carried out by orthopaedic surgeons at Basildon University Hospital.**

Stem-cell bone marrow therapy aims to regenerate damaged cartilage – the substance that acts as a shock absorber in the knee, between the shinbone and the thighbone.

The procedure involves removing bone marrow from the pelvis, extracting the stem cells and mixing them with a special glue, which is then injected into the damaged area of the knee.

Around 10,000 people in Britain suffer cartilage damage, requiring treatment due to pain, reduced movement and ‘locking’ of the knee.

Basildon Hospital is the first hospital in the east of England to offer this operation.

Sean Symons, consultant orthopaedic surgeon, explains: “This ground-breaking procedure has passed the trial stage and is



now a recognised treatment with excellent results in Britain and Italy.

“We want to offer this new treatment to patients in Essex and the east of England who are experiencing pain and disablement due to knee injuries, and allow

them to get back to the activities they enjoy.”

To read about how the procedure has changed the lives of two young patients, visit our website:

[www.basildonandthurrock.nhs.uk/media-centre/1222-stem-cell-op](http://www.basildonandthurrock.nhs.uk/media-centre/1222-stem-cell-op)

## Treatment closer to home for cancer patients

**A new specialised chemotherapy service at Basildon University Hospital means that patients with certain types of cancer will not have to travel so far for treatment.**

The treatment, called intrathecal chemotherapy, involves injecting drugs into the spine. It is used to treat people with cancers called lymphoma or leukaemia, where cancer cells can pass into the cerebrospinal fluid (CSF) that surrounds the brain or the spine.

Until now patients had to travel further afield to hospitals in Essex and London.

Dr Jagadeesan Shankari, consultant haematologist, is the clinical lead for the intrathecal chemotherapy service. She explains: “Patients whose central nervous system is affected by lymphoma need to have intrathecal chemotherapy into the spine,

as well as regular intravenous chemotherapy. The treatment aims to get them into remission.

“Intrathecal chemotherapy is a very precise treatment and clinical staff must undergo special training every year to allow them to be registered to administer it.”



The intrathecal chemotherapy team with patient Peter Perry who was diagnosed with lymphoma in September last year, and was the first patient to use the new service

# Patients help research for new treatments

**A patient who assists with research into cancer treatment at Basildon University Hospital spoke to visitors about his role at an event to highlight the importance of clinical trials.**

The research and development (R&D) team at the hospital runs over 100 different studies every year, covering a range of specialties such as diabetes, stroke, cancer, renal, respiratory and dermatology.

Donald Cook, 71, volunteered to join a clinical trial after a diagnosis of kidney cancer.

He said: "My surgery was extremely successful and no further treatment was needed but the consultant explained about a clinical trial for a drug designed to shrink tumours, or prevent their reoccurrence, and I decided to take part."

If you wish to join a research study you should discuss your wishes to be involved with your doctor or clinical team. For a list of current research studies, see [www.basildonandthurrock.nhs.uk / About us / research and development](http://www.basildonandthurrock.nhs.uk / About us / research and development).



R&D Team with clinical trial volunteer Donald Cook

# Improving care for patients with dementia

**Basildon University Hospital has launched a carer's passport scheme so patients with dementia can be accompanied by a carer at all times.**

The passport allows carers to stay on the ward outside normal visiting hours, in the same way parents are welcomed to stay with their children.

The passport launch was the first in a programme of events and activities to mark Dementia Awareness Week in May, and was inspired by a national campaign, set up by author Nicci Gerrard, (pen-name Nicci French) and her friend Julia Jones.

Julia, whose 90-year-old mother has Alzheimer's and vascular dementia, was a guest at the launch of the carer's passport, which will initially be distributed on four wards.

Julia said: "Basildon Hospital is doing outstanding work and is really leading the field in Essex. This is an issue that concerns many families. Carers need to know they are welcome and that their contribution to the patient's wellbeing is so important."

Jane Gilby, lead nurse for the dementia project, said: "Each year we care for hundreds of patients with dementia. They will be in hospital for many medical reasons, but we also need to ensure that we meet any needs they have due to their dementia."



Senior nurses Jane Gilby and Karen Fashanu with Julia Jones

Since the Trust's dementia project launched at the end of 2014, Jane Gilby and her colleagues have:

- identified dementia champions on each ward, ensuring all patients with dementia get the best care
- trained more than 550 members of staff, including our Trust Board, to be dementia friends
- developed the use of the reminiscence room on Kingswood ward, enhancing the care we provide to our patients.



## Annual Members' Meeting

Paul Barrell, public governor, Brentwood

For your chance to hear more about the excellent work that takes place in The Essex Cardiothoracic Centre (CTC), Mr Inderpaul Birdi will be the guest speaker at the 11th Annual Members' Meeting (AMM).

Paul Barrell, Brentwood governor, will be at the AMM. He said: "I have received treatment in a number of departments, including our world class CTC, and I found the treatment to be first class.

"We have some of the world's best doctors and consultants, including Inderpaul Birdi, who will be speaking at the AMM about keyhole surgery and his role as consultant heart surgeon. I urge all members to attend."

The AMM is being held on Thursday 24 September, from 4pm, at Basildon University Hospital's education centre.

To find out more, reserve your place at the AMM. Please complete the tear-off slip and return to us, freepost. If you know somebody who would like to come along who is not a member, please provide us with their name and address on the reply slip.

We are planning some activities in the CTC before the AMM begins. Further details will be emailed nearer the event.

Any queries, please contact the membership office on 01268 598975 or email [foundation@btuh.nhs.uk](mailto:foundation@btuh.nhs.uk).



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Basildon and Thurrock University Hospitals   
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 Thursday 24 September at Basildon Hospital education centre.

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

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

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

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

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

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

Additional guests.

Please provide full name, address and date of birth:

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## 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: \_\_\_\_\_

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## Annual Members' Meeting Thursday 24 September 2015

## Dates for the diary

### Tuesday 4 August, 5pm

Council of Governors meeting, Room 4,  
The Essex Cardiothoracic Centre

### Wednesday 5 August, 2.30pm

Board of Directors meeting, Level G,  
Basildon University Hospital

### Thursday 24 September, 4pm

Annual Members Meeting, Education Centre,  
Basildon University Hospital

### Wednesday 7 October, 2.30pm

Board of Directors meeting, Level G,  
Basildon University Hospital

### Wednesday 18 November, 1.30pm

Council of Governors meeting, Education Centre,  
Basildon University Hospital

### Wednesday 2 December, 2.30pm

Board of Directors meeting, Education Centre,  
Basildon University Hospital

### Wednesday 3 February 2016, 2.30pm

Board of Directors meeting, Level G,  
Basildon University Hospital



## Would you prefer to receive your Foundation Times by email?

We are reducing the number of issues of the Foundation Times we produce each year.

We will now be printing the newsletter twice a year, in January and again in July. All of our members will continue to receive information about governor elections and the annual members meeting each year, alongside updates about the work of governors and the Trust.

You can help us save money and the environment by choosing to receive your Foundation Times by email, as a PDF document. More than 1,000 members have already opted to receive their issue of the Foundation Times in this way.

If you would prefer to receive the Foundation Times electronically, email your name, address (including your postcode) and your date of birth to [foundation@btuh.nhs.uk](mailto:foundation@btuh.nhs.uk) with the message 'send me the FT electronically please.'