OUTPATIENTS SERVICE IS HIGH FLYING
PATIENTS RATE CARE IN TOP 20 PER CENT OF ALL TRUSTS

The standard of care in Poole Hospital’s outpatient clinics has been rated amongst the best in the country in a survey carried out by the Care Quality Commission. Patients placed the hospital in the top 20 per cent of trusts when asked to rate the overall care they received, and rated the hospital particularly highly in questions about their consultation with a doctor and their appointment overall.

The hospital was also one of the best performing on waiting times, ranking in the top 20 per cent in questions concerning how long patients were told they would have to wait, and how long they waited after the stated appointment time.

The latest outpatients department survey was carried out in 2011. More than 72,000 patients across 163 trusts answered questions on topics including waiting times, hospital environment, tests and treatment, and aspects of their appointment itself. More than 500 patients at Poole Hospital took part in the survey.

Poole Hospital ranked as one of the best performing trusts nationally in over half the questions reported in the survey.

Chris Bown, Chief Executive of Poole Hospital said: “We are delighted that our outpatient clinics have been rated so highly in the Care Quality Commission survey. Poole Hospital’s outpatients department became a Practice Development Unit in 2011, reflecting the high standard of care we give to our patients, and our staff have worked really hard to keep waiting times down and deliver the best possible patient experience.”
An emergency department consultant has been named as one of only 60 NHS national clinical leadership fellows. Dr Nick Jenkins was one of more than 1,500 healthcare professionals who applied to become leadership fellows. The scheme seeks to develop the next generation of leaders in a range of clinical settings in order to improve services for patients. Fellowships are open to any healthcare professional, including GPs, nurses, therapists, social workers, hospital doctors and dentists, who can demonstrate a desire to further their clinical management to benefit the organisations they represent. Fellows will also work towards a postgraduate certificate in leadership and service improvement, and will implement an improvement project in their workplace. Dr Jenkins will be trialling a project from next month to enhance patients’ access to senior clinicians in A&E, as part of his year-long association with the scheme, which ends in September this year.

“One of the areas I will be looking to influence through my membership of the clinical leadership fellowship is improving the experience our patients have in the emergency department,” said Dr Jenkins. “The trial will focus primarily on patients arriving by ambulance to A&E, with the goal being to improve the patient experience by providing senior, consultant-led assessment sooner and providing faster clinical decisions on whether patients need to be admitted or can be appropriately discharged home. “Being named a clinical leadership fellow is a tremendous honour, and I have already been able to network with colleagues from throughout the NHS and hear some great examples of good practice that I may not have been able to do otherwise. “I’m looking forward to my year as a fellow and hope to be able to make important contributions through the scheme that will produce real and tangible benefits for our emergency patients here in Poole.”

**FOOD FOR THOUGHT**

The National Patient Safety Agency (NPSA) and Patient Safety First’s awareness campaign on nutrition and hydration: ‘a taste of patient safety’ took place in January. At Poole Hospital, the dietetic and catering services joined forces to support the new awareness week to promote the message that keeping our patients ‘well fed and watered’ is fundamental to their recovery.

A range of information stands went on display in the restaurant, providing essential facts about patient nutrition and hydration. Poor nutrition and hydration leads to poor health, increased and prolonged hospital admissions, and increased costs to the NHS, research shows.

The consequences of poor nutrition and hydration include increased risk of infection, poor skin integrity and delayed wound healing, decreased muscle strength, depression and, sadly, premature death. Put simply, poor nutrition and hydration causes harm.

**DID YOU KNOW?**

Malnutrition costs the UK more than £7.3bn a year – more than twice the bill for obesity

Around 30 per cent of patients in hospital are clinically malnourished

Three million people are at risk of malnutrition in the UK

10 per cent of people over the age of 65 living in the community are malnourished.

Age UK has a seven step plan to improve nutrition and hydration in hospital patients - here are a few steps:

**STEP 4 Assess patients for malnourishment**

Many patients are malnourished on admission to hospital, and should be weighed and height measured. At Poole we use the Malnutrition Universal Screening Tool (MUST). Studies show more than half of patients in acute hospitals are not assessed because of difficulties in measuring weight and/or height. MUST for adults has been developed as a tool that can establish the risk of malnutrition in all adult patients, even in those who cannot be weighed and/or measured.

**STEP 6 Use a red tray system**

Those patients who need help with eating should be identified on admission and their meal placed on a red tray to signal the need for help. At Poole, we’ve rolled out a red knife and fork symbol as a quick visual aid to signpost patients who may need extra support at mealtimes. And red water jug lids will be coming soon as a visual prompt for those patients who need close attention to hydration.

**STEP 7 Use mealtime volunteers**

Where appropriate, hospitals should use trained volunteers to provide additional help and support at mealtimes. At Poole, we recently launched a volunteer mealtime companions scheme to provide training to people who wish to support our patients with eating and drinking (see page 8 for more).
GETTING TO THE HEART OF THE MATTER

POOLE HOSTS REGION’S BIGGEST CONFERENCE ON HEART FAILURE

The largest conference on heart failure in the south takes place in Poole later this month.

The South Coast Heart Failure Update attracts attendees ranging from consultant cardiologists and GPs to nurse specialists, with more than 90 health professionals from across the south coast expected this year.

It is the third year the conference, organised by Dr Christopher Boos, consultant cardiologist at Poole Hospital, has taken place, and is set to be the biggest ever.

Its aim is to share best practice and clinical expertise to improve the care patients with heart failure in Dorset and beyond receive. Each year, the condition affects around 900,000 people in the UK with the average age for diagnosis 76.

One of the key items on the agenda this year is the launch of a new heart failure diagnostic pathway, which for the first time will cover the whole of Dorset.

The new pathway will standardise the use of a simple blood test to help identify at-risk patients and improve the diagnosis of heart failure.

“It’s a highly popular event and one that attracts a lot of interest among health professionals with a keen interest in heart failure,” explains Dr Boos.

“In the three year’s it has been running we have seen increasing numbers attending, and more and more industry partners keen to take advantage of its size and scope.

“It’s about sharing best practice, experiences and new ways of diagnosing and treating heart failure, which affects almost a million people a year in the UK, predominantly the elderly.

“Last year’s event was heavily over-subscribed so I’m expecting a great attendance this year.”

The event takes place at The Haven Hotel, Sandbanks, on 17 April, and is co-chaired by Dr Paul Kalra, from Queen Alexandra Hospital, Portsmouth, and Dr Peter Cowburn, heart failure lead at Southampton Hospital.

PAIN RELIEF COMES TO POOLE

The Friends of Forest Holme recently funded a £25,000 state-of-the-art pain relief machine known as a radiofrequency lesion generator for the pain clinic at Poole Hospital.

Up until now, cancer patients in Dorset suffering from chronic pain have had to travel to a hospital in Portsmouth to benefit from such a machine. Many have been unable to make that journey because of the amount of suffering they are in.

The radiofrequency generator is used to generate a current to interrupt nerve conduction on a semi-permanent basis. The radiofrequency current heats the surrounding tissue around a nerve and this diminishes transmission of painful sensations. This procedure can achieve 60 to 90% pain relief in many patients for periods of more than a year.

Dr Stephen Kirkham, lead consultant at Forest Holme hospice, said: “Establishing this service will significantly improve the quality of patient care in chronic pain. We are also providing a vital service for cancer pain patients improving their quality of life in the terminal period.”

Dr Naeem Ahmed, Consultant in Anaesthesia & Pain Medicine at Poole Hospital says: “Most of the chronic pain patients have to come back three to four times every year for repeat injections to help with their symptoms.

With the new RF lesion generator we should be able to give patients longer pain relief lasting 12-18 months which will result in fewer procedures over the course of a year.”

SOMETHING FISHY GOING ON IN DAY THEATRES

Youngsters undergoing operations in day surgery theatres at Poole Hospital now have a tranquil and relaxing seascape mural to wake up to thanks to a talented group of theatre staff.

Louise Nock, acting recovery sister, and Vicky Pallett, children’s nurse, came up with the idea to brighten the children’s recovery area and chose an underwater scene, complete with fish, starfish, jellyfish and even a diver, to compliment the jungle mural in the reception area.

“We wanted to provide a welcoming and relaxing environment and the team thought a seaside theme would be perfect,” said Louise.

“It was a great team effort and all the staff got involved, even those who weren’t confident painting.

“We see a lot of children in the department, which has its own dedicated paediatric area, and thought some nice artwork on the wall would be a welcome distraction for them until they are ready to leave us.”

Children and their parents think it’s brilliant and we’re very pleased with the reaction.”

The paints were donated by Homebase, in Branksome, and the mural was completed in late February.

Find Grapevine online at: www.poole.nhs.uk/publications
Louella O’Herlihy, senior physiotherapist in the adult cystic fibrosis team at Poole Hospital, has been awarded joint second prize for a research poster at a national medical conference earlier this month.

Louella believes she is the only physiotherapist in the country practising therapeutic ultrasound for the treatment of sinusitis in patients with cystic fibrosis.

Sinusitis can cause pain, repeated infections and a deterioration in the quality of life for people with cystic fibrosis.

The ultrasound technique works by delivering sound waves to a specific area, increasing blood flow of the tissue at cellular level to promote healing and decrease swelling and oedema.

Louella’s research poster, developed from her case studies and pioneering treatment of patients with cystic fibrosis, was recognised at the Cystic Fibrosis Trust Medical Conference, in Birmingham.

Her entry beat off competition from specialist centres with strong research reputations.

“T'm particularly proud that my entry stood up to research being carried out at specialist centres,” she said.

“No one has carried out research into this particular treatment before and I am really hoping to develop it as a really useful tool therapists can have to improve the quality of life for patients with cystic fibrosis.

“This treatment is completely new – while it’s been used in patients with sinusitis before, it has never been used for patients with both sinusitis and cystic fibrosis.

“The research I’ve conducted so far shows it works and that it is a viable treatment option.”

Louella plans to use her prize money to join forces with an Australian researcher, Dr Mark Elkins, to produce the first ever large scale patient study of the use of ultrasound with cystic fibrosis patients.

Congratulations to a team from rheumatology who represented Poole Hospital in an international clinical research competition.

The team, comprising Dr Sarah Westlake, consultant rheumatologist, Julia Taylor, lead research nurse, Tricia Cornell, senior rheumatology practitioner and Ann Marie Baker, Dorset-wide musculoskeletal research nurse, were named third in their category in the Pharma Times Clinical Research Site of the Year awards.

Last November the team took part in the final, in Marlow, Buckinghamshire, along with six other teams from the UK, meeting a panel of judges from ABPI, NIHR and pharmaceutical industry representatives, and presenting on a challenge given to them on the day.

The team was up against entrants from as far afield as Eastern Europe and India, and fought off stiff competition from 42 other teams to make the final seven.

In February the team attended the awards dinner in central London, and were placed third in their category, eventually won by the National Institute for Social Care and Health Research.

Sarah said: “This is an excellent achievement by our very dedicated and rapidly growing research team. I hope our involvement in the competition will raise the profile of clinical research both in the Trust and across the region”

She added that entering the award has been an exciting challenge for the team, who are proud to represent Poole NHS Foundation Trust and its commitment to research.

The whole process has been a positive learning experience and next year the team shall be looking for new challenges and experiences.
YOUR VIEWS NEEDED ON PROPOSED MERGER

A joint public consultation is underway until 25 April on how a new merged organisation, with the Royal Bournemouth and Christchurch Hospitals, would be run and managed.

Your views are needed on areas such as membership constituencies and make up of the council of governors and board of directors. A range of staff briefings are taking place

COMBINING THE BEST TO BUILD ON OUR FIRST CLASS SERVICES

We can be proud of the excellent services we provide for patients in our hospitals. All have a strong history of high-quality clinical services. We need to ensure that we can continue to provide quality care and invest in services in the future. We also want to ensure that we are in the strongest position possible to meet the challenges facing the NHS.

This marks an exciting opportunity for the provision of healthcare in the local area. There are many benefits to staff and patients of bringing two strong organisations together which would be difficult to achieve as separate organisations.

The consultation is asking for your views on areas including:
- Membership boundaries and constituencies
- Size and composition of the council of governors
- Minimum ages for membership, voting and standing as a governor
- Size and composition of the board of directors
- Constitution
- Elections
- The name of the new organisation.

To find out more about the consultation and forthcoming public and staff meetings, and for a copy of the consultation document, click the ‘A healthy future’ link on our website, www.poole.nhs.uk

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TRUST LIFTED FROM ‘SIGNIFICANT BREACH’

Poole Hospital has been released from ‘significant breach’ of its foundation trust authorisation by the regulator, Monitor.

Monitor announced the step in recognition of ‘substantial improvements’ to the Trust’s governance and financial arrangements.

The Trust was placed in ‘significant breach’ in July 2010 following poor financial performance in 2009/10.

Since this time, new executive and non-executive directors, including chief executive and chairman, have been appointed. Progress has been made in a range of areas, with the Trust anticipating a small financial surplus this year.

The regulator reached its conclusion following a series of regular meetings with the Trust’s senior management over the past 18 months.

Chris Bown, chief executive of Poole Hospital NHS Foundation Trust, welcomed the announcement.

“I am extremely pleased that the enormous contribution that our staff have made in bringing the Trust back into financial health has been recognised,” he said.

“The position we find ourselves in today means we can move forward and meet the real challenges we, and the wider NHS, faces in a far stronger position.

“It is to the enormous credit of all staff that in meeting these challenges, the care our patients receive - and that Poole Hospital rightly enjoys an enviable reputation for - remained a key priority.”

Richard Guest, director at Monitor, said: “Recovering from a challenging financial position is always difficult for a trust and requires a real effort from its board and staff.

“Poole Hospital has significantly improved its finances and strengthened its board, and as a result, the Trust is now in a stronger position to focus on delivering quality services for patients.”

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Find Grapevine online at: www.poole.nhs.uk/publications
Staff, volunteers and fundraisers who go the extra mile have been recognised at this year’s Poole Hospital Awards.

More than 130 guests heard heartfelt, and at times moving, tributes from colleagues, patients and relatives who nominated in this year’s recognition scheme.

With a record number of nominations – including for the first time from patients and the public - received this year, the judging panel’s job was harder than ever.

Sandbanks Ward, which cares for patients with cancer, was named patient care team award winners. Their nomination, from a patient’s relative, described staff on the ward as ‘outstanding.’

“I am in awe of the team on Sandbanks ward - there is undoubtedly something special about this group of talented and caring individuals that needs to be recognised.”

Sister Jackie Spendlowe, from Sandbanks Ward, said receiving the award was a real honour.

“We are all extremely proud, and I am so proud of my team,” said Jackie.

“It is great to receive recognition for what we have achieved – everyone tries to go that extra mile, and involve not just the patients in their care, but their families too.”

The awards, held at The Haven Hotel, Sandbanks, were once again kindly sponsored by local firm Meggitt.
LONG SERVICE MARKED
Earlier this year the Trust also celebrated those staff who had reached milestones of service with the NHS. Congratulations to...

25 years service
Jane Armstrong
Pragna Bhatt
Susan Budden
Craig Dean
Jane Eddington
Janice Fowler
Paula Hurst
Allison Jones
Shelley Kirkham
Annie Lloyd

Maria Lodge
Susan Marshall
Judithe Mills
Christine Murphy
Helen Parker
Simon Plain
Samantha Pope
Joanne Rolls
Alison Thomas
Sue Whitney
Janet Williams

Shirley Hunt
Jane Lloyd
Val Horn
David Collier
Julie Barnett
Gary Trent
Mary Sherry
Bob Johnson
Jasmine Hattab
Dorothy Widnall
Sharon Gale

Val Farmer
Carol Fowell
Sue Redfearn

40 years service
Richard Finn
Brian Lewry
Glynis Silverman
Gerald Squibb
Alex Wood
Bob Dean

POOLE HOSPITAL AWARDS 2011/12
RESULTS IN FULL

EMPLOYEE OF THE YEAR
Winner: Fiona Davock, healthcare assistant, endoscopy
Runner-up: Maureen Collacott, consultant’s secretary
Highly commended: Mary Summerell, catering supervisor

SERVICE IMPROVEMENT (team)
Winner: Rapid Access Consultant Evaluation (RACE) unit
Runner-up: Medical Investigations Unit
Highly commended: Lisa Heasford, Steph Grigsby, Sara Fripp (Haven Birthing Suite)

SERVICE IMPROVEMENT (individual)
Winner: Sister Helen Cornish, lead, productive operating theatres
Runner-up: Katherine Law, pharmacist
Highly commended: Fiona Hillier, team leader, obstetric theatres

PATIENT CARE (team)
Winner: Sandbanks Ward
Runner-up: Forrest Holme Hospice
Highly commended: Cardiac Rehabilitation service

PATIENT CARE (individual)
Winner: Student nurse Rebecca Miln
Runner-up: Dr Mark Tighe, consultant paediatrician
Highly commended: Sister Jeanne Wadey

SAFER HOSPITALS
Winner: Matron Denise Richards, infection control lead
Runner-up: Anneka Babbington, pharmacist
Highly commended: Chris Sclater, cleaner

FUNDRAISER (individual)
Winner: Pauline Polley
Runner-up: Tanya Broome
Highly commended: Sandra Brown

FUNDRAISER (team)
Winner: Brown Dog Charity
Runner-up: BNY Mellon – community partnership
Highly commended: The Harbour Girls

MEGGITT BURSARY AWARDS
Lynne Clayton, respiratory nurse specialist
The brachytherapy team

CHAIRMAN’S AWARD
Gill Christian, divisional director for medicine
Can you spare a few minutes regularly to help support our patients at mealtimes?

If so, Debbie Reeves, the Trust’s nutrition nurse specialist, wants to hear from you. The volunteer mealtime companions scheme seeks to offer help to those patients who may require extra support at mealtimes. This could be helping to deliver a meal, removing lids, arranging cutlery, feeding a patient or simply providing friendly encouragement to eat or drink. You will not be expected to feed a patient with any swallowing problems.

“Take up from the public has been really good and we’re always keen to hear from more prospective volunteers,” said Debbie. “Our current volunteers have told me they find the role really rewarding.”

“I'd like to see more hospital staff from a range of areas - for example pharmacists, secretaries, microbiologists, outpatients staff, managers - become involved and offer their support to our patients at mealtimes. Anyone can volunteer and I would encourage interest from those who can make a regular commitment, from every week to just once a month, to contact me.”

The importance of nutrition in patient care has taken on new focus in recent years, and is the subject of reports from bodies including the Care Quality Commission, Age UK, and others. Research shows that receiving appropriate nutrition and hydration in hospital can lead to quicker recovery and a better patient experience. While ward staff already offer this support, volunteers will allow even more one-to-one support and encouragement to provide an enhanced experience in addition to that provided by our nursing teams.

Mealtime companions are trained and supported, and should make an ongoing commitment to the role, for as much or as little time as they want to, on a regular basis. Participants will benefit too - from a ‘feel good’ factor to improved self-esteem, pride and compassion – and can even make new friends.

For more information, search for ‘mealtime companions’ in the search box on the front page of our intranet. If you are interested in becoming a mealtime companion, contact Debbie on extension 2106, bleep 0151 or email debbie.reeves@poole.nhs.uk

Two senior medics from Wau Hospital in Southern Sudan are on a study visit based at Poole Hospital. Medical director Dr Majok Malek Ruom, and medical director for outpatients and emergency services, Dr Garang Dakjur Lueth, are spending six weeks finding out about the NHS and the care delivered at Poole Hospital.

The visit forms an important part of the work of the Poole Africa Link (PAL), which seeks to support, educate and advise staff at the hospital to improve the healthcare delivered there and the outcomes for their patients. PAL is funded by donations and fundraising.

Around one in 10 children die before the age of five in Southern Sudan, while 70 per cent of pregnant women attending Wau Hospital need emergency caesarean sections. The hospital, which serves an area approximately the size of England, employs just four qualified nurses for the 300-bed hospital and resources are stretched to the limit. The doctors have been impressed with the technology in use at Poole Hospital, and the importance placed on good communications between clinical staff.

They’ll be taking back to Wau Hospital two vital pieces of equipment – an oxygen concentrator, as the hospital has no oxygen source, and a portable ultrasound machine, to assist in diagnosing patients.

“It’s important to find out how healthcare works here and take that learning back with us,” said Dr Ruom.

“Communication between doctors and nurses is very important here, and people work extremely hard. The technology here is very good – in Wau we do not have this and instead do thorough medical examinations from the head to the toe to assist our diagnoses.”

And Dr Lueth added: “There are a lot of differences we can see, in particular the good communication between colleagues here.

“Ultrasound is new to us, and we’ve learned here how to diagnose patients using it. The portable ultrasound machine we’ll be taking back is going to be extremely helpful. We’ll use it in outpatients and in obstetrics and gynaecology, but as it’s portable we can take it where it’s needed.”

He described the donation of the oxygen concentrator as ‘great news for our hospital and our patients.’

Looking ahead, Dr Ruom believes the situation in Southern Sudan, which has seen two bloody civil wars in recent years, will improve. “We lost many things in the wars,” he said. “There were no facilities, but now it is changing – there are schools and the standard of education is very encouraging, and support from links like PAL make me optimistic for the future.”

The latest team from Poole Hospital is heading to Wau Hospital in April. Catch up with their latest news on their blog at http://www.poole.nhs.uk
Improvement works to St Mary’s maternity unit have just been completed following a near-£1m investment by Poole Hospital in facilities there.

Out have gone dated green wall tiles, and in have come modern, light and airy obstetric theatres. The funding has also provided a number of completely refurbished bathrooms, new flooring in the central delivery suite, theatre equipment and two oxygen, ECG, blood pressure and carbon dioxide monitors in the post-anesthetic recovery area.

The unit sees some 4,600 births a year and the fabric of the building has not materially changed since it opened more than 50 years ago. Modernisation of the facilities at St Mary’s has been a Trust priority for several years to improve both the experience for women using maternity services and the working environment for staff.

The refurbishment forms part of a programme of work which began in November 2010 and will continue over the next 12 months to upgrade the fabric of the facilities at St Mary’s.

“The theatres are more efficiently laid out than before,” said Fiona Hillier, clinical team leader in theatres at St Mary’s.

“We’ve also been able to increase staff to provide 24/7 theatre team cover, and our women tell us it is a far nicer place to be and looks modern.

“They love how airy the new environment is, and those who have delivered at St Mary’s before can’t believe the difference, while staff say it’s a far better working environment too.”

“This brings our theatre facilities up to first class 21st century standard that our patients and staff deserve,” said Mr Tyrone Carpenter, consultant obstetrician and gynaecologist and clinical director for maternity services.

“It demonstrates the determination of the clinical and management team’s determination to continue to improve maternity facilities here at Poole.”

Find Grapevine online at: www.poole.nhs.uk/publications

VIEW FROM THE CHAIR

I am pleased to have the opportunity presented by Grapevine to update you on some of the issues with which I have been involved recently.

The staff awards event was a marvellous celebration of the fantastic qualities of all those who work in Poole Hospital. It was a very happy occasion when we learned about the achievements of awards recipients and heard the citations from their colleagues and patients who had nominated them. They all epitomised the Poole Approach of being caring and professional. We also recognised with great appreciation the contributions of volunteers and fundraisers. We are very grateful to our sponsor Meggitt, who make the event possible and provides for two study bursaries.

We have also recently made awards to those colleagues who have reached the milestones of working in the NHS for 25 and 40 years. Many of them had worked for all this time in Poole Hospital and reminisced about the many changes and people who had been here over the years.

In January we received the excellent news that Poole Hospital has been released by Monitor from significant breach of our authorisation. This is the result of a whole-hospital team effort to demonstrate that we are efficient, deliver excellent quality and are well managed and led. A very big thank you from the board to everyone.

The process for working towards a merger with the Royal Bournemouth and Christchurch NHS Foundation Trust is now well underway. There are a number of workstreams which are working under the oversight of the Joint Programme Board which is comprised of 4 members of each board.

We are currently part way through the public consultation on the governance arrangements for the new organisation. This includes the number of governors and their constituencies, the composition of the board of directors, the minimum age for membership and the name of the new organisation. If you have not yet seen the consultation document you can access it via the front page of our intranet and make your comments. The consultation period ends on 25 April.

I realise that a major change of this nature can be very unsettling and we wish to maintain very close communications with staff to ensure that you are up to date with the current situation. The boards of the two Trusts are clear that this merger is the best way of securing a very positive and robust future for health services in East Dorset.

Finally, the board is in the process of finalising the plan for 2012/13. Included in this are some important capital developments and we have recently approved business cases for:

- Upgrading one of our linear accelerators (LINAC) and installation of a new bunker to house a further LINAC in 2013/14
- Further investment in improving facilities in St Mary’s, including the neonatal unit
- Development of new inpatient facilities for private patients

Angela Schofield
Chairman

MATERNITY REVAMP AFTER NEAR £1M INVESTMENT

Sandra Chitty, head of midwifery, and Fiona in one of the new theatres at St Mary’s.
MATRON’S TOUGHEST CHALLENGE

EOIN TO RUN 151 MILES ACROSS SAHARA FOR GOOD CAUSES

Eoin Scott, matron for the intensive care unit at Poole Hospital, will be putting himself through one of the world’s most gruelling physical challenges next month in aid of two causes close to his heart.

The Marathon des Sables sees participants’ run 151 miles in the scorching heat of the Sahara desert in just six days. They must take all the food they need for the run with them in backpacks, and even avoid being overtaken by two camels that act as backmarkers or risk disqualification.

Eoin is no stranger to endurance feats: he completed the London Marathon in 2007 for the brain injuries charity Headway, undertook an Olympic triathlon - a 1.2km swim, 25 mile bike ride and 10km run – later that same year, followed by the first of four ironman events - a 2.4 mile sea swim, 112 mile bike ride followed by a full 26.2 mile marathon – including one in Brazil, the London to Paris cycle ride, the Escape from Alcatraz Challenge in which participants throw themselves from a ferry near the notorious prison island and swim ashore in treacherous currents and freezing water, and finally, at the end of 2011, his first ultra-marathon - 46 miles up and down the mountains of the Brecon Beacons.

Now he has his sights set on the infamous Marathon des Sables, which takes place between 8-13 April. Every day, competitors will run between 15 and 60 miles, contending with sandstorms and blistering 40c heat, and fuelled only by the rations they can carry on their back.

Sponsorship money will be divided equally between the intensive care unit at Poole Hospital, and the Chairs for Champions charity, set up by Ben Clark, from Poole, who was cared for in the unit after suffering a diving accident in 2010 which left him with one shattered and two fractured vertebrae.

Find links on how to sponsor Eoin, a blog detailing his preparations, details of other fundraising events planned, and even his actual race position in real time during the race via GPS technology, by visiting his blog at www.eoinscottMDS.blogspot.co.uk

For more on Chairs for Champions, visit www.chairsforchampions.co.uk

CLAIRE PUTS BEST FOOT FORWARD

Senior podiatrist Claire Best left the Trust recently after 24 years to move into management in community mental health.

She has great experience and expertise in her subject, and will be greatly missed by patients and staff alike, says Dr Brenda Howarth, associate specialist in cardiology and diabetes.

“Claire has been a really valued member of staff and we wish her all the best in her new role,” she added.

‘AUNTY’ LYNNE RETIRES

Auxiliary nurse Lynne Stones, affectionately known as ‘aunty’ Lynne, retired from the Trust in late March after 28 years.

Lynne worked on various wards, including Rockley, Lulworth and the stroke unit. She plans to stay in touch with former colleagues, who she says she will sorely miss.

“It’s been a really happy time for me,” she said. “The teams I’ve worked in have been one big family.

“Caring for the elderly can be a challenge sometimes, and we all pulled together to do our best for our patients.

“I particularly enjoyed working with stroke patients and was there when the unit opened – I remember how it was such a marked improvement for patients from before.

“I will miss all my colleagues but I will keep in touch.”

ANNIE’S LUNCHTIME SEND OFF

Therapy technician Annie Williamson retired after 29 years service in January, marked by a leaving lunch for her in the therapy department. Her colleagues wish her all the best in retirement.
Find Grapevine online at: www.poole.nhs.uk/publications

Poole Hospital Charity

FESTIVAL OF RUNNING

For the third year running, Poole Hospital Charity has been named as the main beneficiary of the Festival of Running.

This year’s event takes place on 27 May in Poole Park, and entries are invited before the deadline of 11 May. Former Olympic marathon runner Liz Yelling, a patron of Poole Hospital Charity, and actress Debra Stevenson, are both lending their support to the event in a bid to raise as much money as possible.

The charity will use the proceeds for St Mary’s maternity unit to fund equipment and other items.

The event has generated an impressive £16,000 for the charity since 2010.

The Festival of Running is open to all ages and abilities – there’s a 10km race, 5km “born to run” fun run, a mile and 1.5 mile races for youngsters and an under 8s fun run – there’s something for everyone.

Entering is easy – just visit www.poolerunners.com or drop into the fundraising office at Poole Hospital to pick up a form.

MY PERFECT...

GRAPEVINE TALKS TO ANITA BONHAM, BUSINESS MANAGER, COMPANY SECRETARY FUNCTION, ABOUT A FEW OF HER FAVOURITE THINGS.

...HOLIDAY

My perfect holiday would be a combination of a safari for a week in Kenya and then some chill out time on the beach at Mombasa. I love Africa, especially the great expanse of plains of the Masai Mara – I still have lots to explore in the future!

...WEEKEND

Away from the renovation and housework to London for shopping, sightseeing and a show, or Cornwall for long walks and to relax.

...JOB

To be a holiday cottage owner in Cornwall, with a side-line of cake baking.

...MUSIC

I like lots of different music from pop, rock to Motown. A couple of my favourites at the moment are The Script and Maroon 5. I also like musicals, my favourite is Les Misérables.

...FILM

I like lots of different films some of my favourites include, Lord of the Rings, The Colour Purple, Out of Africa and One Flew Over the Cuckoo’s Nest.

...EVENING

I like to stay in and watch TV on the sofa if it has been a busy day – I am looking forward to the new series of Dexter to start. Otherwise I enjoy going to The Lighthouse and seeing a show or a comedian. Last year I saw Dara O’Briain and Rhod Gilbert and I am hoping to catch the Reduced Shakespeare Company in June.

DRAGON BOATS RETURN TO POOLE

Last year’s inaugural Poole Hospital Charity Dragon Boat Race in Poole Park was a huge success, raising £8,000. This year’s event is on Sunday, 15 July, and promises to be even better. We are looking for 30 teams to race against each other across the lake in Poole Park.

The event is great fun, not just a challenge for each team, but also for individuals as it tests your physical and mental abilities to the full.

Not only will you get a huge buzz from taking part in this event and the achievement of completing your challenge – you will also know that your support is going twice as far. All proceeds will be shared equally between Diverse Abilities Plus charity and Poole Hospital Charity.

Diverse Abilities Plus is a local charity which provides assistance, support and education to children and adults with profound physical and learning disabilities; as well as supporting their families. The charity strives to be a lifetime partner to each beneficiary and is the only charity in Dorset working with disabled individuals and their families throughout every stage of their lives.

Dr Anthony Cronin, part of the medical paediatric team at the Child Development Centre at Poole and which provides medical cover for Langside School, one of the seven services provided by Diverse Abilities Plus charity.

“It has been a pleasure to be part of the wider team at Langside School providing integrated education and health care to the delightful children with special needs that attend the school,” he said.

“The staff, pupils and families that work at and attend Langside School are a joy to work with. The integrated children, community and hospital paediatric service and other agencies work together to provide a seamless service at Langside School.”
HONoured for Services to soldiers

Consultant cardiologist Dr Christopher Boos has been recognised by the army for his contribution in reducing illness.

Dividing his time between Poole Hospital and the army, where he has the rank of Lt Colonel and is their only serving cardiologist, Dr Boos was presented with the Parkes Memorial Prize at a recent ceremony at Sandhurst.

The medal has been awarded annually since 1880 to officers in the Royal Army Medical Corps who are judged to have helped prevent disease and illness most effectively.

Dr Boos received the award for his work in preventing cardiac disease, based on recent research he conducted on the use of dietary supplements on operations in Iraq.

“It is a great honour and I am very proud to have been chosen from among all the strong candidates for the prize,” said Dr Boos.

He received his medal, from Maj Gen M Von-Bertele OBE, the head of the Royal Army Medical Corps.

CoupLe Ask for hospital donations, not gifts

A grateful patient has donated £215 towards new laparoscopic equipment for Poole Hospital.

Brenda Balmer, who recently underwent laparoscopic surgery, and her husband asked for donations in lieu of presents when they marked their golden wedding anniversary.

Their donation will go towards a fund seeking to buy a dedicated colonoscope for theatre 8.

Mr Tas Qureshi, consultant laparoscopic surgeon, said the department is very grateful for the gesture.

“This was a really thoughtful and much appreciated gift,” he said.

Nurse to run London to Brighton for charity

Jane Reader, staff nurse in main theatres’ recovery area will be running an impressive 100km – around 62 miles – to raise funds for the Alzheimer’s Society.

Jane took up running nine years ago and has completed no fewer than 10 marathons in this time. On 12 May she will be running from Richmond, in London, to Brighton racecourse.

She chose the Alzheimer’s Society as she cares for her mother, who has the condition.

“Running is a great way to release stress and keep fit,” says Jane. “The Alzheimer’s Society is a cause very close to my heart, and I’d like to raise for them as much money as possible.”

To sponsor Jane or to make a donation visit www.justgiving.com/jane-reader

Gym staff’s brush with neuro-gym

Well done to volunteers from Fitness First who recently completed a makeover of the neuro-physiotherapy gym as part of a community project.

Pictured on the left is Kirsty Burr, from Fitness First and who coordinated their involvement, with therapies staff.

Poole Hospital

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