Celebrating our NHS Heroes

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New Campaign for Smoke free Sites

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Chairman’s Introduction

Dear Foundation Trust Member,

In September, the Trust held its Annual General Meeting (AGM) at the Dolphin Centre in Darlington. I was delighted to welcome so many Trust Governors and members of the public to the meeting. I extend my thanks to those of you who attended for taking such a degree of interest in the Trust. Meetings such as this are an important way for the Trust Board to hear your views.

The formal purpose of the AGM is for the Trust Board to submit our Annual Report for the year (2011/12) to the Council of Governors. We are required to produce a summary report of our performance each year, including financial reports, and this document is now widely available to the public on our website (www.cddft.nhs.uk).

During the meeting, I felt it only appropriate to pay tribute to the work of Mrs Kathryn Larkin-Bramley. Mrs Larkin-Bramley was attending the meeting for the last time in her role as non executive director. She is standing down after serving as a non executive director of the Trust and its predecessor NHS Trust, for a period of nine years, which is the maximum term permitted under current guidance. She has made a valuable contribution to the organisation during this term. On pages 6 & 7, you can read an interview with Kathryn and her successor Ms Lynne Snowball.

I could not let the meeting pass without also extending my thanks to the Council of Governors for their hard work throughout the year. It is my genuine belief that the Trust itself and the community as a whole would be very much poorer without the work of the Governors and their contribution to the organisation. Praise must also be given to all Trust staff for their sterling efforts in striving always to deliver the highest quality of health care.

As an organisation we are also very grateful to the Trust’s volunteers, who provide assistance across the Trust in many ways. In particular, it was a pleasure to meet Mr Jack Besford, who carries out a considerable amount of work for the organisation, and who was attending the AGM to assist at the Cardiac Rehabilitation stall and share his experience of carrying the Olympic Torch in the summer.

We have already started the planning for next year’s meeting which will again be held in September. Further details will be published on the website in due course and I hope to be welcoming you there again.

Tony Waites

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Our plans for the future

The Trust continues to develop its plans for the future of services.

Following a 2 day event on “unscheduled care” in May (including emergency and urgent care), the Trust held a one day event on children’s services, to be followed by an event looking at women’s services on 9 November.

You can find out more on our website www.cddft.nhs.uk/about-us, including our strategic direction document “with you, all the way” and e-newsletter updates.
In July, to mark the 64th birthday of the NHS, an exciting recognition scheme was launched nationally.

‘NHS Heroes’ was designed to give everyone in England the chance to acknowledge NHS staff. For the first time, patients, their friends and families, work colleagues and professional peers could nominate their personal NHS Heroes.

The Trust was delighted to be part of the scheme and give recognition to individuals and teams, celebrate the extraordinary work identified by their patients and colleagues, and for going ‘the extra mile’ over and above their everyday duties.

Chris Lisle, the Trust’s Director of HR & Organisation Development, said: “As an employer we see the dedication of our NHS staff day in and day out. Every year we hold a staff awards ceremony to recognise and celebrate these achievements locally. However, the NHS Heroes initiative is a great way to complement our existing recognition scheme and bring national attention to the local healthcare heroes who mean so much to the people they serve.”

Please turn over to see more presentations so far...

To date, we have received NHS Hero nominations for all of the following:

- Angela Landells, Nurse Practitioner in Urgent Care
- Elaine Clarkson, midwife at UHND
- Sue Hogg, midwife at DMH
- Vicki Burrows, staff nurse ITU DMH
- Sharon Dawson, support worker ITU
- Steve Coad, health trainer, Willington Health Centre
- Jill Holmes staff nurse DMH
- Ward staff on Ward 2 at Shotley Bridge
- Wendy Voyzey-Smith nurse, DMH
- Urgent care team, Shotley Bridge Hospital
- Patient safety team, Trust-wide
- Charlotte Mays, staff nurse, Ward 32 DMH
- Lisa Bevan, health visitor, Barnard Castle
- Stephanie Dickenson, midwife, DMH
- Gillian Hemmings, staff nurse Pain Clinic BAH
- Graham Holland, charge nurse, A&E UHND
- Maxine Duffy, health visitor, Chester-le-Street
- Sepsis steering group, Trust-wide
- Dr David Laird, pain management UHND
- ITU team, DMH

Stephanie Dickinson, a midwife at Darlington was nominated by patient Melanie Laing.

To date, we have received NHS Hero nominations for all of the following:

- Stephanie Dickinson, a midwife at Darlington was nominated by patient Melanie Laing.

Melanie Laing said: “Stephanie is a fantastic midwife, she was a great help to us when our baby died at 4 days old. Then when we discovered we were expecting again, Stephanie was very supportive throughout the pregnancy. Now, baby number three is on the way and Stephanie is here for us again to talk through our worries and concerns, giving us reassurance when it’s needed and offering support. Without her support our pregnancies would have been a lot scarier.”
Meet our **NHS HEROES**

**The nursing staff on ward 2, Shotley Bridge Community Hospital**

The team was nominated by John McArdle, who said: “They are a dedicated band of true professionals who go that extra mile. The care that they provide is of a very high standard and they are what the nursing profession is all about. I am proud to say they are angels in disguise and I think they deserve this praise and any reward which comes their way. They are my heroes. A gold medal to them all as they deserve it.”

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**The CT team at Bishop Auckland Hospital**

The team was nominated by Karen Capenhurst, who said: “The staff that work in this department are amazing. They do a phenomenal amount of work but always manage to make patients feel welcome and important at a frightening time for them. They go the extra mile, always trying to accommodate urgent scans, and never complain. As a lung cancer specialist nurse, my job is made much easier by their commitment to patients and their dedication to trying to facilitate rapid diagnosis, never once making us feel that we are imposing on their good nature, which I’m sure we do. They are my heroes!!”

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Nursing staff offered amazing care & love and made our time in hospital as comfortable as possible and we felt in safe hands. – Treetops, UHND. June 2012
New Director of Nursing

Mike Wright, New Director of Nursing, will take up his role from 5th November.

Mike joins the Trust from Hull and East Yorkshire Hospitals NHS Trust where he has been Chief Nurse for the last seven years.

He said: “I’ve been a nurse for 31 years now. Originally training in Yorkshire, I then spend 16 years at St Guy’s and St Thomas’ in London before moving to Bromley Trust and then returning to Hull and East Yorkshire Hospitals NHS Trust. I wasn’t looking for a new role but I was attracted to County Durham and Darlington because of the integrated care system being delivered. The Trust provides care across both acute and community settings, which is a model I believe in, and which I knew would stretch my experience and challenge my thinking. I was also taken by the passion and ambition of Sue Jacques, Trust Chief Executive, for the organisation and its future.

“I join the organisation with energy and enthusiasm and am very excited about being part of this next stage of development for the Trust.

“I am passionate about safe, high quality patient care, that’s what gets me up in the morning, and drives me to improve. I am also the most ardent supporter of staff when care is being delivered well but committed to identifying where things are not going so well and putting in place the mechanisms to make improvements.”

Steve Coad, Health Trainer

Steve was nominated by a former patient who he had helped to lose a lot of weight and gain confidence. She said: “Steve Coad is very good at his job and is a very good listener, he has helped me to lose weight and get fit.”

Midwifery Team, University Hospital of North Durham

Sarah Lambert works for the Trust, but it was her experience as a patient which led her to make an NHS Heroes nomination. She nominated Elaine Clarkson, midwife, after her experience on the labour ward at UHND.

Sarah said: “She cared for us personally all day, bathing my son, sorting meals and also providing personal support. Elaine is an unsung hero and I will never forget what she did for me.”
On Wednesday 12 September 2012, the Trust held its Annual General Meeting, which is an open meeting for all to attend and find out more about the Trust’s performance over the last financial year as well as its plans for the future.

Trust Chairman Tony Waites, opened the meeting.

He thanked the Council of Governors, the Trust’s volunteers, and all staff for their dedication and effort throughout the year.

Chief Executive, Sue Jacques, and Acting Finance Director, Tom Hunt, gave presentations on the Trust’s performance and financial position for 2011/12. Acting Director of Nursing, Diane Murphy, spoke about the improvements that were being made to quality of care. A copy of the Trust’s Quality Accounts can be found online – www.cddft.nhs.uk

As in previous years, an open question time was held, where members of the public could put questions directly to be answered by the Trust Board. This year, a number of health related ‘stalls’ were also available as part of the meeting.

Next year’s AGM is scheduled for September 2013 and further details will be announced in due course.

The Annual Report is now available online – www.cddft.nhs.uk

Centralised Stroke Unit Improving Care

Recent figures are showing that the Trust’s centralised service is improving care for people in the hours after a stroke.

Stroke is a major cause of death and disability in County Durham and Darlington, where there are around 1,100 cases each year.

The “hyper-acute” stroke service, which provides care immediately following a stroke, is based at University Hospital of North Durham, serving the whole of County Durham and Darlington.

Figures released for July show that:

- 91% of stroke patients are now spending most of their stay on a specialist stroke unit, against a target of 80%
- 84% of stroke patients are having a CT scan within 24 hours against a target of 70%
- 97.8% of stroke patients are being admitted to a stroke unit within four hours of arrival in hospital against a target of 90%

Figures also show that patients whose stroke will respond to “clot busting” drugs are also benefitting. Time from arrival in hospital to treatment is down from 113 minutes in 2011 to 52 minutes in 2012. Access to speech/language, occupational and physiotherapies has also improved.

Stroke consultant Dr Bernard Esisi says: “These figures show that, since centralising our hyper acute stroke service, we are seeing a sustained and improving performance, which means better care for patients. And judging by the feedback we are getting, patients are getting a better experience while in hospital.”

Hospital based rehabilitation stroke care continues to be offered at Bishop Auckland, and the team are now turning their attention to improving rehabilitation for patients after leaving hospital.

Councillor Newall, Chair of Darlington Borough Council Health & Partnership Scrutiny Committee, which recently visited the unit, said: “We are delighted that the centralisation has proved successful and will continue to monitor patient outcomes.”

I have enjoyed my 10 weeks at Hunders rehab. Our teacher was very good and explained what work the exercise was doing. – Sept 2012
CQC Report – Bishop Auckland

The Trust is pleased to report that Bishop Auckland is meeting all essential standards set out by the Care Quality Commission. The CQC recently carried out an unannounced visit at the hospital and has now published its report.

It confirms that the hospital met the essential standards being reviewed. These included:

- People should get safe and appropriate care that meets their needs and supports their rights
- Food and drink should meet people’s individual dietary needs
- There should be enough members of staff to keep people safe and meet their health and welfare needs.

In their report, the CQC say: “All the people we spoke with told us they were happy with the care they had received. Everyone praised the staff and the care they gave them.”

A full copy of the report is available on the CQC website – www.cqc.org.uk

All three main sites have been reported compliant following their most recent visits.

Council of Governors Elections

The Governing Council annual elections will be running shortly (final dates to be announced). Elected Governors will take up their duties from 1st February 2013. This year, the following seats are up for election:

PUBLIC CONSTITUENCY SEATS (3yr term unless otherwise stated)

- 2 x Chester-le-Street
- 1 x Darlington
- 1 x Derwentside
- 1 x Durham City
- 1 x Sedgefield
- 1 x Easington

STAFF CONSTITUENCY SEATS (3yr term unless otherwise stated)

- 2 x Nursing & Midwifery (1 x 3yr, 1 x 1yr term)
- 1 x Administrative, Clerical and Managers
- 1 x Medical
- 1 x AHPs, Professional and Technical & Pharmacists
- 1 x Ancillary

Members will be contacted shortly with information regarding these elections. If you are interested in becoming a Governor please visit our website www.cddft.nhs.uk or contact the FT Office to find out more.

Donation to Neonatal Unit

Busy Bees and Busy Bears Childrens Day Nursery took part in a toddler walk on 18th July 2012. Staff, children and parents from both settings attended dressed up as super heroes.

The total sum raised from this event was £5,183.30 and was donated to the neonatal unit at UHND.

This is an annual event and last year the donation was given to Treetops at UHND. Sue Graham, director of the nursery, said:

"It was decided this year to donate the money raised to the neonatal unit because it was recommended by one of the parents whose child attends the nursery."

Heather Byrne, a sister on the neonatal unit, collected the cheque on behalf of the unit at the local nursery, which is situated in Framwellgate Moor. She said:

"All the staff feel very honoured that Busy Bees and Busy Bears have decided to donate their sponsor money to the neonatal unit this year. We have had close links with the nurseries over the years with staff members having used the nursery for their babies."

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with you all the way

07
Healthy snacks at leisure centres

A healthy eating project is encouraging visitors to snack healthily by installing a new range of vending machines. The project is a joint initiative between the Health Improvement Service at the Trust, Durham County Council and Northumbria Water.

Michelle Speed, health improvement specialist explains: “Our role is to improve the health and wellbeing of the public. We have been working with a range of partners to make healthy eating choices easier for everyone from antenatal mums to older people.

* Our leisure centre project is based around the ‘Change 4 Life’ programme and encourages people to swap unhealthy snacks for healthier alternatives. We know that parents can sometimes come under pressure from their children and we are trying to make it easier for parents to make healthier choices while out with their children.

“*The* vending machines will stock a new range of snacks including nuts and seeds, healthier biscuits and baked crisps instead of fried. We worked with local schools in the area to gather ideas from children and young people on what they would like to see and by having the vending machines within leisure centres families will be able to combine healthy eating with being active.”

The project is initially going to be launched in two leisure centres within County Durham and it is hoped the project will then be rolled out across all leisure centres within the County.

Charity cycle ride

Early in September a group of seven charity riders donned their lycra and hit the road, covering an amazing 240 miles across Cumbria and the North East, navigating eleven cancer treatment hospitals in the northern region.

The group started in Whitehaven and finished at the Queen Elizabeth Hospital in Gateshead the following evening. Our Trust was visited twice by the team of cyclists including Professor Richard Edmondson, Professor of Gynaecological Oncology at the Northern Institute of Cancer Research in Newcastle and Ken Gyles, father of Emma who died in 2008 aged just 24 of ovarian cancer. The cycle ride was in aid of a Bursary which was set up in Emma’s memory to help fund research into ovarian cancer and its aim is to raise £10,000 a year to fund a full-time medical student to work on the research alongside Professor Edmondson and his team.

The team was met at Darlington late on a Thursday afternoon by Gynaecology Matron, Carol Fletcher, and two volunteers from the Macmillan Information and Support Centre, Jean Waiter and Kath Wall.

At Durham, Jan Butcher (Macmillan Gynaecology Oncology Nurse) Mr Partha Sengupta (Gynaecology Lead Clinician for Cancer) Anne-Louise Grant (Macmillan Information Service Improvement Manager) Jayne McClelland (Trust Lead Cancer Nurse) and Gemma Russell, Cancer Pathway Coordinator welcomed the cyclists.

HSJ catering award

Representatives from the Trust’s Catering & Housekeeping teams recently travelled to London for the prestigious National Health Service Journal’s Efficiency Awards.

They had been short-listed, along with seven other trusts, in the “Efficiency in Estate Management” category for the introduction of an À La Carte Menu for patient meals.

The initiative improved the offering to our patients whilst, at the same time, reducing waste and saving around £75,000 per year.

We are delighted to announce that they won the Award on the night and brought home another trophy for their already bulging cabinet.

Congratulations to everyone involved.

Thanks to everyone on ward 14 for the outstandingly professional and understanding care I received. – DMH. March 2012
June Brown is 73 and lives in the town of Cockfield, Bishop Auckland. She is a patient at Woodview Medical Practice. In June 2012 she was diagnosed with Diabetes.

June explains: “I had no idea I had diabetes, the diagnosis came as quite a surprise. I knew I wasn’t feeling well. I was very tired, I’d lost my appetite and thinking back on it, I was drinking a lot of water but I didn’t put everything together at the time. I came to see the practice nurse at the surgery and she ran some tests which showed I was diabetic.”

Woodview Practice is one of 12 GP surgeries across the Durham Dales area working with the Trust’s specialist diabetes team on the new community project (see last edition).

The project sees the Trust’s diabetes specialist nurses and consultant Dr Paul Peter travelling to the surgeries to hold clinics out in the community alongside colleagues in primary care.

This meant that after June’s diagnosis she was able to receive most of her treatment in her local practice.

June continues: “Since my diagnosis, I’ve been attending a clinic at my practice once a month. I’ve been seeing a specialist diabetes nurse who has checked my feet and eyes and who has helped support me with a new eating plan.

“Being able to see the specialist nurse at my own GP practice means a lot - I don’t drive so I rely on my husband to drive me to places so it would have been the time and organising transport if I’d had to go to hospital for my appointments. Knowing the practice and the staff also really helped put my mind at rest when I was coming for appointments.

“I’ve really learnt a lot from my appointments with the specialist nurse. I feel that I understand a lot more about the condition now. Especially around the importance of what I’m eating and how to manage my diet. I’m learning to manage my levels through my diet and I’m feeling a lot better. The nurse has explained that if I can manage my levels and control my condition I might not have to take insulin long term."

June is one of over 100 patients who have diabetes at Woodview Medical Practice.

Amanda Smart, Practice Nurse at Woodview Surgery is supportive of the new way of delivering diabetes care with the Trust. She said: “It’s nice to have that backing from a specialist and from a knowledge point of view it has really helped with our learning. It’s been a very positive experience.”

Dr Peter and his team are now working with other practices across the county to see if the project can be rolled out in different areas.
Your Trust meets Kathryn Larkin Bramley, stepping down from the Trust Board after nine years as a non executive director.

Like any other family, when Kathryn Larkin Bramley’s six year old son Thomas was diagnosed with leukaemia in 2002, it changed their lives.

Kathryn, an accountant and fellow of the Institute of Chartered Accountants of England and Wales, had enjoyed a 20 year career at worldwide finance firm KPMG, working in the US and UK with international clients including household names like L'Oreal.

Following Thomas’s diagnosis, she left the world of high finance to teach at New College Durham, which overlooked her son’s school. This meant she could reach him in minutes in an emergency.

It was a difficult time, but Kathryn, her husband and family rose to the challenge: “We wanted to be involved in Thomas’s care. We had to learn how to give him his chemotherapy. There were 50 different steps and - an issue very much on the agenda still today – avoiding infection meant lots of handwashing.”

Impressed and humbled by the care her son was receiving, Kathryn wanted to give something back. Responding to an advert in the local newspaper, Kathryn applied to become a non executive director on the Board of the then County Durham and Darlington Acute Hospitals Trust.

Non executive directors are appointed to bring external focus and expertise to bear on the running of an organisation. A board includes a chief executive and executive directors, responsible for managing the running of the organisation day to day. A chairman and non-executive directors hold senior management to account, assuring the right systems and controls are in place, that resources are used effectively and, with the executive team, making strategic decisions about the future.

“When I started, I had the generic business and finance skills to be a board member, but I needed to develop my knowledge of health,” says Kathryn.

“Most businesses exist to create a profit. The purpose of an NHS trust is far more important than that. In 20 years, the Trust was definitely the most complicated organisation I’d ever worked with.”

Kathryn is the Trust’s longest serving non executive director. After nine years, governance best practice means that she has served her maximum term of office. During this time, she has chaired the audit committee and served as deputy chairman.

“In the four years when Thomas was poorly, working with the Trust helped me deal with his illness. It was therapeutic, rewarding and a privilege.”

Fortunately, Thomas is now well and doing his A levels: “He’s our youngest son, and our tallest, and very physically active.

“I’ve never forgotten why I got involved – to use my skills to help the organisation improve the services it provides, and offer the best experience and outcomes to patients.

“I take my hat off to our staff, who are dedicated and skilled, and seeking to offer their best. Every interaction is important, and we need to get it right. The most difficult thing, for me, has...
Governor Roy Beckwith with the new Foundation Trust membership boards.

Look out for our new Foundation Trust membership boards which are now in place across our hospital sites. You’ll find details on how you can become a member and latest news bulletins on display.

Foundation Trust (FT) Office contact details
The FT Office is on hand, to deal with membership enquiries or queries regarding Governing Council matters.

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Hollyhurst Road
Darlington
DL3 6HX

STOP PRESS:
Since being interviewed by Your Trust, Kathryn has been appointed a non executive of Gateshead Foundation Trust. We wish her well for the future.

New Membership Boards

Welcoming Lynne Snowball

Lynne Snowball joins the Trust Board as our new non executive director as Kathryn stands down. She is a qualified accountant and brings extensive experience at a senior management level in the public sector. She held a senior management role with the Audit Commission and, as District Auditor in the North East, worked with a number of public sector organisations. Ms Snowball also currently serves in a non executive role with the Office of the Children’s Commissioner.

"When I joined the Board, I was appointed on behalf of the Secretary of State. Our non executives and chairman are now appointed by our governors, on behalf of the membership. The governors are great ambassadors for the Trust, and a foothold in the community.

"And of course, for the last 18 months we have been an integrated acute hospital and community services provider, which means we have a much wider remit, and much greater opportunities to improve care. It’s all very exciting.

So is she sad to have to “leave the party” at such a busy time? “This has been an enjoyable place to work, and, as a Durham resident, I’ll miss being involved, but will keep in touch, and enjoy reading about the great work being done here in the press and in the member magazine.

"I’m so grateful to have had the opportunity to serve."

Halfway through her time on the Board, we became a foundation trust. Has that made a difference? “As an FT, we have more independence about our decision making. We also have our members and elected governors who are the eyes and ears of our communities.

"Patients’ stories keep me focused on what needs to be done, and the huge responsibility we all have in caring for our communities."

So how does she feel the Trust has changed over the last nine years? “We are much more forward looking now, and I think we are leading the way in the public sector. Over the years, we’ve had to make difficult decisions about how and where services can be provided. But we are a stable organisation, in a strong financial position – which has meant we’ve been able to invest. For instance, we’ve invested in our facilities, upgrading the infrastructure in Darlington, and in our staff, by investing in our sisters and nursing team leaders.

"I believe the Trust is in a good position to continue to invest in its future services."

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Managing your own medication while in hospital

The Trust has launched a pilot scheme to identify and support patients in managing their own medications while in hospital.

Initially trialled on ward 41 at Darlington Memorial Hospital, nursing staff have worked with managers and colleagues in pharmacy to develop a process and system for introducing appropriate patients to the idea of administering and managing their own medications while in hospital.

The pilot has three different tiers to take into account the patient’s needs and what kind of support they might need.

Patients are given a key to a bedside locker where their medicines are held and are shown how to keep a record on their drugs chart.

Ward sister Claire Williams, says the scheme has been received positively: “The first 30 days have gone well. We talk through the scheme with patients when they are admitted and assess which tier we think might be appropriate for them. We discuss with them what medicines they have, if they have their own system at home for taking them and whether they have support. We’ve found patients benefit from being more aware of any changes in their medications. They are able to follow their normal routines and we’ve also found it speeds up the discharge process. It’s also reassuring from a patient safety point of view – if they are able to manage their medication in hospital, we can be more confident they will be able continue doing so at home.”

Sixty-three year old Jackie Hamilton from Darlington was able to manage her own tablets while in hospital recently. Jackie takes medication for high blood pressure every morning at home with her breakfast. She said: “At first I was worried it was going to be a bit complicated having to fill in the chart myself. But once the nurse explained it all to me it was quite simple and seemed like a good idea. It really helped being able to keep the same routine I have at home, and when I go home it will be the same without any disruption. I was given a bedside locker key and was able just to access my tablets when I needed to.

The staff were always on hand if I did have any questions but it worked very well for me.”

The scheme is now being rolled out to ward 18 at Bishop Auckland Hospital and the maternity ward at Darlington.

If you are coming into hospital, please remember to bring with you a supply of all the tablets and medications you are currently taking in the correctly labelled packaging.

I was treated superbly well by a totally professional team of people who are all a credit to the NHS. – Day Surgery, BAH. March 2012
SmokeFree Sites: Fresher, Cleaner, Healthier, Greener

We’re taking a pioneering approach to making our hospital sites smoke free.

To mark the sixth anniversary of our Smokefree policy, we have launched our Fresher, Cleaner, Healthier, Greener campaign at Darlington Memorial Hospital, University Hospital North Durham, Bishop Auckland Hospital and Chester-Le-Street Community Hospital.

Darcy Brown, the Trust’s Health Improvement Lead Tobacco, explained: “Since all NHS buildings became smokefree in 2006, most patients and visitors are happy not to smoke.

“However, our smokefree policy has been difficult to enforce outdoors, and we still get a hardcore who continue to light up, particularly around our entrances. Patients, visitors and staff all pass through the smoke which can gather in these areas. We know that eight out of 10 North Easterners support smokefree law, so we’re moving up a gear to encourage people not to smoke on our sites."

Fresher, Cleaner, Healthier, Greener signage is displayed on lamp-posts, walls, floors and windows across each hospital site.

The move has been supported by Fresh, the region’s tobacco office.

Ailsa Rutter, Director of Fresh, said: “Visiting hospital can be very stressful, but hospital grounds project a negative image of our hospitals as a place to get well. Smoking can also delay the recovery time of patients after operations, while people going outside to smoke regularly increase their risk of infections.

“Smoking is still our biggest avoidable killer and County Durham and Darlington Trust is the first in the region to take such a co-ordinated approach to trying to achieve a smokefree site.”

Dr Neil Munro, respiratory consultant is backing the campaign. He said: “Many patients in our hospitals have illnesses caused by smoking cigarettes, including emphysema, lung cancer, heart attacks, strokes, and circulation problems. It is distressing for patients, their relatives and carers, and for the staff who look after them, to have to walk through the smoke of those who continue with a habit that will ultimately damage health.

“More than that, every day the litter that cigarette smoking on our premises produces has to be cleaned up by members of our staff. It would be far better if that resource could be used to contribute to patient care.

“It has become socially unacceptable to smoke at work, in bars and shops. “Wouldn’t it be great if we could say the same of hospital premises and all contribute to make them smoke free?”

It has also been welcomed by the public. Alex Woodmass, a former patient, took up smoking at 14 but quit in July. He said; “I don’t think you should be allowed to smoke near hospitals. It’s not fair for people who choose not to smoke to be affected by it, especially not when they’re ill.”

Staff, patients and visitors can contact the free stop smoking service by calling 0800 011 3405 or emailing cdda-tr.stopsmoking@nhs.net

Our campaign will make hospitals fresher, cleaner and healthier by:

• Cutting fumes from cigarette smoke which contain over 4,000 air polluting, health harming chemicals.

• Removing unsightly cigarette butts. Cleaning up cigarette butts costs taxpayers £4.7m a year in County Durham and Darlington alone.

• Improving health. Treating smoking-related diseases costs County Durham and Darlington NHS Foundation Trust around £11.8 million per year.

• Helping to aid patient recovery.

www.cddft.nhs.uk with you all the way
Gill Scott, one of our Macmillan Nurses has won two prestigious awards to celebrate individuals who demonstrate outstanding work.

It is the inaugural year of Macmillan’s Professionals Excellence awards. The awards have been created to celebrate the work of Macmillan Professionals in all disciplines. The awards highlight individuals for exceptional leadership in four categories:

- Service improvement
- Innovation
- Partnership
- Team working

The project that Gill has been working on is called ‘Improving the standards of Cancer, Palliative and End of Life Care in the Prison Service’ and it has just entered its third year. It is funded by North East Offender Health Commissioning Unit in partnership with Macmillan Cancer Support and the Trust.

Over this time, Gill has worked alongside prison nursing and discipline staff across the regional cluster of prisons. The project has raised both local and national awareness of the delivery of palliative care within the prison setting.

Gill received the award for Partnership Excellence. The judging panel were very impressed by the work Gill has done with stakeholders to address the inequality in the service for offenders and their families with cancer, palliative and end of life care needs in the North East of England.

Gill has also been awarded one of only two 2012 Macmillan Fellowships. These are awarded to exceptional professionals who demonstrate leadership in their field, are active in networks and who are an exemplar of Macmillan values and are inspirational in their chosen field.

Gill said: “I am very surprised but also honoured winning the Macmillan partnership and fellowship awards. Partnership vision and commitment of everyone involved is the essence of its success to date.”
Outstanding Health Visitor

Health Visitors across the North East have been recognised for their outstanding contribution to the lives of local families in an awards ceremony held at Ramside Hall, Durham.

Look North’s Carol Malia presented the winners with their awards at the event, and congratulated them on their success. “This ceremony was a wonderful celebration of the work our region’s Health Visitors deliver in our communities. It is essential we recognise their commitment to this important profession. I have been at the receiving end of this service and the treatment I received was excellent.”

The Trust was delighted to see Finulua Deehan, a Health Visitor in Darlington, scoop the ‘Outstanding Individual Award’.

The judges said: Finulua has been awarded the Outstanding Individual Contribution Award because of her exceptional and effective work with the Darlington Travelling Community. The increased uptake in immunisations and the use of dental health services by the travelling community is a testament to her success and to the trust and respect she has developed with this vulnerable group. Finulua’s colleagues emphasised her outstanding knowledge about the travelling community, her determination to ensure the voice of the travellers is heard when services are being developed and her unerring loyalty to the travellers over many years which has been so beneficial in facilitating their access to health care.

Health Visitors aim to improve the health of families and children in the crucial first few years of life. Working in the community, they prevent illness and promote health and wellbeing.

Hearing Awareness Day

In September, Audiology Staff put on a Hearing Awareness day at the United Reformed Church in Darlington. The purpose of this day was to promote the Trust’s Audiology service and raise awareness of all aspects of hearing and hearing loss.

45 members of the public visited the session and were we offered drop-in hearing checks and video images of their ear drum which proved very popular! Ear care advice was provided and information on tinnitus, balance and environmental aids.

“The day received very positive feedback from the visitors and as a result the department is looking to hold more of these awareness sessions throughout Durham and Darlington,” said Audiology Manager Joanne Close.
Influenza is dangerous, highly contagious and largely preventable. You can carry and pass the virus on to others without having any symptoms yourself, so even if you consider yourself healthy, you might be risking the lives of others.

We’re all flu fighters...
ARE YOU?

Protect your patients, your family and yourself - be a flu fighter, get your flu jab.