If you’ve ever had any questions about what medicines to use for particular patients, how or when to use them and which ones can be combined then help is close to hand.

The Medicines Information (MI) team, based in pharmacy, is there to support the safe, effective and efficient use of medicines, advise on their therapeutic uses and give access to information resources on the wards.

Clare Hardy is a senior pharmacist in MI, she said: “Our ward pharmacists are always there to deal with straightforward queries but we can help with anything beyond that and we typically answer between 200 and 250 such queries every month.

“For example we can help and advise about off-license use and if a combination of drugs is causing a side effect we can help find out which is the most likely cause. Perhaps a patient is allergic to a certain drug, we can help find an alternative and we can also advise on medication in pregnancy or breastfeeding, suitable doses in paediatrics and any number of other medicine-related queries.”

There has been an MI presence at the Royal for the last 20 years and it is a key part of the pharmacy service, especially in a constantly evolving medical world. There will always be more complicated questions that require deeper analysis and the MI team has a wealth of additional training to find these answers.

“We’ve got junior staff coming through who are supervised during their additional training,” explains Clare, “and they spend three to four months with us. More senior staff undergo advanced training in Medicines Information to further develop their skills. There is also a conference every year where we can improve our knowledge and skills that we can feed back to other staff members.

“We have access to a wide range of in-house specialist pharmaceutical information resources including reference texts, medical and pharmaceutical periodicals, in-house files and electronic databases. We can also access additional specialised information services outside of the Trust.

“Our resources are more Internet based now than they were ten years ago so it’s easier to keep up to date, the research function is better and open to a wider group. The department forms part of a national network of medicines information services.”

The staff Intranet has a large database that anybody can access for information in the Medicines Management section. Just click on the medicines management button and then on the ‘Electronic Formulary’ link under ‘Frequently Used Links’.

“We’re here for any type of query,” added Clare, “whether it’s your own treatment or a patient’s, queries from GPs or community nurses. We can be contacted on extension 2153 or by email on medicines.info@chesterfieldroyal.nhs.uk and we’re open from 9am – 5pm, Monday to Friday.”
Staff from all corners of the Royal united to show off their talents behind the camera.

It was the trust’s second photographic exhibition following the enormous success of the first event in 2011. This one featured more than 200 photographs from 25 different members of staff that filled every room in the Education Centre on Friday 30th March.

Dr Pervaiz Iqbal organised the event, he said: “The response to last year’s exhibition was phenomenal so it was an easy decision to organise a second one. Once again I was overwhelmed with the response from staff who submitted photos, some of whom were new and perhaps inspired by last year’s exhibition.

“We had a great many people through the doors and the exhibition was busy between 12 and 2pm with a very enthusiastic response to the displays. There was something very uplifting about the photographs and the different locations, including Australia, Africa and some areas much closer to home in the Peak District.

“We had submissions from members of staff with a passion for photography, we also had some impressive exhibits from the Chesterfield Photographic Society, Jane Crick brought her renowned ‘Flowers in Medicine’ set of paintings that uses images to explore the use of nature in modern and contemporary medicine.

“We were also lucky to have some submissions from local artist Gorgia Peskett who has exhibited all over the world including Barcelona in 2011 and San Francisco in 2010 so the standard of exhibits was superb.”
The Royal has signed up to Mencap’s ‘Getting it right’ charter.

Mencap launched the campaign in 2010 to call on healthcare professionals to commit to help ensure that people with a learning disability can understand the treatment they will receive and take part in the decision making process.

Alongside the charter Mencap will work with the Royal to develop practical guidance and spell out the adjustments they need to make sure they can support and ensure the best possible healthcare for people with a learning disability.

Claire Martin is the learning disability education matron for the Royal, she said: “It’s about treating our patients that have learning disabilities with respect and dignity to ensure equal health care. Just because someone has a learning disability doesn’t mean that we shouldn’t be able to explain what’s happening to them, go through their treatment or involve them in key decisions. Staff need to apply reasonable adjustments to support equal access to health care.

* Patients with learning disabilities respond to different stimuli, it can be visual rather than verbal but we need to relay information in a different way that’s tailored to the patient. That’s what we need to get across to our staff and that’s what we’re committed to provide.

The procession moves through Derby

A remarkable service at Derby Cathedral

The Royal
The trust is developing new ways to ensure that staff are supported to develop their awareness of how best to care for the complex needs of patients with dementia.

A number of staff from matrons to health care assistants have been training to cover various different aspects of dementia care.

Basil ward matron, Glyn Wildman, was one of the first to become a dementia facilitator, he said: “Three of us went on the two day course to train facilitators and we were so impressed we sent another five who could help deliver this information to other HCAs.

“It’s changed our whole approach and attitude in terms of seeing the person behind the condition and how we speak to them. We need to understand their history and recognise that they simply can’t remember or don’t know where they are or why they’re here. Add this to being surrounded by people you don’t know and it must be terrifying for them; we must understand that.”

June Burton is a HCA on Basil ward and wrote a reflective piece as part of the course, she said: “I used to ask myself why they wouldn’t do what I ask but this course has helped me to see things differently and change my perspective. I now know that a dementia patient isn’t wandering around but walking.”

Chief executive Gavin Boyle was also there to hear what was being done and he said: “We exist as a hospital for one purpose and that is to serve our patients. Every patient is an individual, someone’s mum or dad, sister or brother. Dementia complicates even basic care but by seeing past the condition and understanding the person we can make sure they get the care they need. I’ve been inspired by all of my colleagues who’ve participated in the training and shown a real commitment to improving our care for this important group of patients.”

An awards ceremony was held in the old lecture theatre to mark the achievements of those who have been involved in the course and to encourage the involvement of others.

There is more work to do on dementia care, including work around activities, patient environment and nutrition. If anybody would like to know more then they can contact Maxine Simmons on extension 3613.
Chemotherapy patients won’t have to wait as long for their treatment thanks to a Staveley charity fund.

A cheque for £41,631 was presented on behalf of the Stanton Charitable Trust, a non-profit making part of the Staveley works (Saint-Gobain Pam UK Ltd) that was set up in 1987.

Stewart Nicholas, Site Director for Saint-Gobain Pam UK, was Plant Manager for the Staveley site and Chair of the trust. He said “The trust was intended to benefit the local community and when the Staveley site closed in 2007 there was a lot of discussion with the workforce as to what to do with the money that was left.

“They decided overwhelmingly that the hospital would be their first choice as it served the whole community and ideally the money should go towards the treatment of cancer.”

Steven Swift is the head of cancer services at the Royal, he said: “We’ve used the money to buy a number of Hospira Pumps that will make a significant difference to both our patients and staff because it greatly reduces the amount of time it takes to administer the chemotherapy.”

“The pumps allow multiple infusions and are automatic which means the nurses that used to administer the chemotherapy manually don’t have to stand over the patient for the duration of the treatment.”

Mr Swift added: “Because of the multi-infusion element we can set up two treatments at once, an alarm will sound to alert the nurse as to when the treatment has finished and it’s faster. It also reduces the human error risk and prevents our nurses from getting repetitive strain injuries because constantly pushing down on the syringes is surprisingly demanding work.

“We’re very grateful to the charitable trust for allowing us the means to buy these pumps and we’re delighted to be able to unveil this plaque to show our appreciation.”
A Newbold man has shown that age is no barrier by rising to the challenge set by Chesterfield Royal Hospital’s cardiac rehab team.

Despite turning 100 years old earlier this year, Frank Stevenson underwent major heart surgery to unblock his coronary arteries and is now taking the Royal’s cardiac rehabilitation programme.

Frank said: “I was taken to the Sheffield Northern General where I was told I needed a primary angioplasty. They needed to put some small metal stents to keep the tubes open and I felt so much better, then the nurses here got in touch and told me that I had to make sure that I kept as active as I could.

“I’ve always been very mobile and self-sufficient. I packed up driving when I was 94 but still do my own shopping so I wanted to give myself the best chance to stay on my own two feet so decided to take up the challenge.”

Nurse practitioner Nicola Holmshaw said: “We arrange for patients to attend the cardiac rehab assessment clinic and perform an exercise assessment before commencing patients on a tailored six-week exercise programme. The exercises are designed to help the circulation and strengthen the heart.

“It’s important to our patients because results have shown that those who undergo a programme such as this are more likely to return to a normal life following heart problems and reduce the risk of further problems.

“Frank has been fantastic and he’s a real inspiration because he’s shown that you can come back from a heart attack or heart surgery and that belief in yourself and the right attitude is half of the battle.”

Frank added: “The cardiac team have been fantastic to me, it’s been a bit of a struggle but they have been so wonderful, bringing us all in gradually. I’m finding it much easier now than at the beginning and I’ve always worked hard and kept busy so this is nothing new to me.

“I think that if you stand still then you have problems because you have to stay active. There’s no point in me feeling sorry for myself, I just picked myself up and realised that if this keeps me mobile then I’ll give it whatever I’ve got.”
Two of the biggest projects undertaken since becoming a foundation trust were completed within 50 days of each other.

The main entrance opened on Tuesday May 8th as though it had never been closed and the £2 million Chesterfield Eye Centre opened its doors to patients on Monday 18th June.

Most of you will have seen the new entrance by now and experienced the new shop, seating areas and more spacious layout created by the re-design and the comments during the ‘sneak preview’ on Friday 4th May were overwhelmingly positive.

The general consensus? “Better than lime green!”

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The main entrance – what you said...

‘Very impressed, fantastic floor, better than before – 10/10’

‘Big improvement to the floor. Lovely bright space, thumbs up for the big salad bar!’

‘Uniformed, spacious and good news for the Royal. Pleased to know wheelchair access has been improved.’

‘Very bright and airy, this is how the previous version should have been. A lot bigger area for patients and staff.’

‘Much better than before – ceiling a vast improvement, as is the floor. Reception area is much clearer in terms of where to go with regards the counter numbers.

‘Very nice, modern, elegant and one of the best in the country. A shining example of the world class health service the NHS is made of.'
Meanwhile the much-anticipated Chesterfield Eye Centre has brought all of our ophthalmic outpatient services into one place on the site previously used for private care.

The clinics and testing rooms were based in five different areas both on site and off site at the Saltergate Health Centre.

The facilities were opened up to staff shortly before it opened on Friday 15th June and was then seen by more than 200 people who accepted an invitation for a membership day on Saturday July 7th.

You can find out more information about both developments on our YouTube channel and website videos but here are a selection of photographs of both completed developments.
STROKE REHAB TAKES A SOCIAL SETTING

The Royal’s stroke unit has set up a support group that involves patients, former patients and their relatives.

The monthly social evening is held at the unit’s Speedwell rehabilitation suite on the second Wednesday of every month and is led by activities coordinator Lindsay Millward and ward sister Emma Cowley-Booker.

Lindsay runs activity sessions three mornings per week and takes the general idea behind those sessions into the evening ones but in a more relaxed and laid back manner.

Lindsay said: “We take patients away from the ward setting and invite back discharged patients. We create a relaxed environment and provide some soft drinks and food. Relatives are welcome and we will ensure a different activity and theme each month.

“The sessions introduce a social element and communication that doesn’t feel like therapy. For those patients who have been discharged home, the group helps bridge the gap between being on a ward where there is constant support, to the challenges of being back at home where patients are reliant on themselves and relatives.

“The group offers some hope to those patients who may be struggling, both physically and mentally, with their rehab. By hearing first hand the stories from people who have gone through the same experience, we hope that it will give them inspiration.”

The evenings will include activities like cookery sessions, games, discussions and talks from former patients. Outside organisations, such as the smoking cessation and the Salvation Army have also been invited.

“It’s all about the patients and relatives,” added Lindsay, “and perhaps giving them a different perspective on recovery. There won’t be many clinical staff there so the focus and direction is guided by the group and what they want. The fact that patients are at different stages of their rehabilitation makes the group an interesting one for everybody.”

The evenings will normally take place on the second Wednesday of every month between 6.30pm and 8.30pm.
A nurse led team is supporting staff to ensure that patients with alcohol or drug related illnesses and injuries are given the highest quality of care.

The Hospital Alcohol and Drug Liaison Team (HADLT) consists of nurse specialist Richard Gratton and nurse practitioner Jayne Clay, who are available to help staff deal with alcohol related admissions in their care.

Richard says: “We’re here to help staff provide the right care to patients who have an underlying drug or alcohol problem. Hospital admission is one of the best times to talk to people and to provide advice aimed at prompting positive behaviour change. We need to use this valuable opportunity to support patients to make changes that will benefit them.

“According to recent figures more than a third of A&E attendances and one in sixteen hospital admissions are alcohol related. In Derbyshire we think that 131,500 people drink in excess of lower risk levels with 19,000 of those being alcohol dependant. We’re talking about large numbers of patients that are likely to benefit from advice from healthcare professionals and improvements in their care management.”

Around 80 – 85% of the team’s referrals are likely to be alcohol related with the rest mainly for people who inject drugs such as heroin, though there are increasing numbers of people using so called ‘legal highs’ which can cause a hospital admission.

“All patients suspected of being ‘dependant’ should be referred to us as early as possible,” adds Richard. “We can provide specialist advice for managing withdrawal symptoms without compromising their general health. Some patients may not want to talk about their problem but it is still important to give nurses the best advice so that patients are given the best possible treatment.”

The team are also looking towards the longer term with a programme of education to ensure that there is a consistency in the way that these patients are treated.

Jayne said: “There could be any number of factors behind a person’s substance use and we shouldn’t judge but instead treat the condition and do our best to understand the underlying problem and provide support to promote behaviour change.

“Around one in eight drinkers change their behaviour compared to one in 20 for smokers. The majority of our referrals will be seen within 48 hours and we will always aim to provide advice in cases where this is not possible. Services like ours can also help to reduce lengths of stay, incidents of aggression and readmission rates, ultimately benefitting patients and staff.”

You can contact the team on extension 6388 or bleep Richard on 886 or Jayne on 887.”
This issue we caught up with hospital Chaplain John Butterfield to put him ‘On the Spot…’ John can often be seen speaking with patients and offering his support to the bereaved in what is an incredibly difficult job. Here’s a little bit more about him…

What did you want to be when you were little?
A police officer or a priest in the Church of England. I used to be a beat officer in Harrogate town centre where I was stationed for a year. I’ve always liked working in people-oriented jobs which is why I perhaps ended up working as a chaplain.

What’s your earliest childhood memory?
Going to my Grandma’s house for tea knowing that there would be a plate of chips for me. She really did spoil me greatly. Apart from that I have memories of coming home from midnight mass; at such an early age it felt great being a part of something that involved so much of the community.

What was your first pet?
I’ve never known a time when we’ve not had a dog and the first one I remember as a family was Cindy, an English Springer Spaniel. My Grandma lived a couple of doors down and she had a dog called Bruce. We’ve got a terrier-cross called Susie at the moment that we adopted from the RSPCA in 2006.

What was your favourite subject at school?
Maths, I’ve always liked working with numbers and I was pretty good at it. I suppose it’s being able to work things out.

What was your first car?
I had a Vauxhall Victor and its sole function was to get me to and from my police training in Northallerton. It had one of those old column gear change systems on the side of the car. It only let me down once.

Where did you go for your holiday last year?
We go to the West Coast of Scotland, a place called Ardmunich, every year because we’re able to take dogs there. We take our chances with the weather but we also went to the island of Gozo near Malta where there’s much more sunshine.

Have you ever met anyone famous?
Only in church circles. In the 1970s I met Bishop Michael Ramsey who has been an Archbishop of York and Canterbury. I had a few of his books at the time and wanted him to sign them…he was a lovely and very friendly man.

Do you know any good jokes?
I’m one of those people who gets told a lot of jokes but forgets them straight away. Telling a joke is a difficult skill that I’m not sure I possess, when I tell them they seem to lose a lot of impact.

What CD have you got in your car at the moment?
Glen Campbell’s ‘Ghost on the Canvas’. I’ve always been a fan of his and this is rumoured to be his last album as he’s been diagnosed with Alzheimers. He wasn’t a bad actor as well, I remember him opposite John Wayne in the original ‘True Grit’.

Have you got a favourite song?
That would probably be Puccini’s ‘Nessun Dorma’, in particular the version made famous by Luciano Pavarotti.
Pavarotti. Not because of the 1990 world cup but because it always makes me feel very emotional. I also like ‘The Prayer’ by Andrea Bocelli and Celine Dion.

**What’s your favourite film?**

An American film called ‘Seabiscuit’ about an undersized race horse that was given no chance of achieving anything but became a legend of the sport. It’s a true story set in depression-era USA and very uplifting starring Jeff Bridges and Tobey Maquire.

**Have you got a favourite TV programme?**

I like some of the American dramas that are on at the moment, particularly NCIS. My wife and I watch it a lot on Channel 5. It’s to do with the navy and I like the way it works, the actors and the storylines. I used to watch CSI a lot but felt it got a bit repetitious.

**What book are you reading at the moment?**

‘Alan Turing: The Enigma’ about the famous code breaker who helped break German codes during the second world war. He led a very sad but brilliant life and it’s quite a read.

**If you had a superpower what would it be?**

I’d want to have the power to have every prayer that I ask be answered the way I want them to but that’s way beyond my control.

**Can you play a musical instrument?**

I learnt the guitar at school but would love to know how to play the piano.

What four people would you invite to a dinner party and why?

That’s easy, my wife, brother and two sisters. We rarely get together and always intend to make plans. Family life is key to me and a great tradition that we too often take for granted.

Can you tell us one thing about yourself that your colleagues won’t know?

When I was a youngster I chose to take up ballroom dancing. It’s become very popular again on TV but back then it wasn’t necessarily the thing for young boys to do. I won a few medals in my time and can still do it. We’re talking 50 years ago but I used to love it.

**What’s your proudest moment?**

It wasn’t so much a proud feeling as a sense of fulfillment when I was ordained at Sheffield Cathedral in July 1982.

Is there something you’ve always wanted to do but not got round to?

I’d love to go to the Galapagos Islands with my wife. There’s so much natural history and wildlife, it’ll be something to see.

**What’s your greatest achievement?**

That’s easy, my wife, brother and two sisters. We rarely get together and always intend to make plans. Family life is key to me and a great tradition that we too often take for granted.
CELEBRATE GOOD TIMES

THE TORCH

On 29th June the historic Olympic torch passed right outside the hospital.

A lot of work went into ensuring that patients were not inconvenienced, with free drinks for those who couldn’t leave the hospital after their appointment.

The trust worked with council officials and Derbyshire Police to ensure the event was a big success with the site closed for just 45 minutes with minimal impact on services and patients.

Some departments were able to take patients out to see the flame pass, others caught the moment on camera, some of which you can see here.

If you helped out at the Olympics or went to one of the events and want to tell us about it then email communications@chesterfieldroyal.nhs.uk

The flame and torchbearer storm past

Emergency Services keep a close eye on things

Nightingale ward celebrating the moment

Some of the children get a very close view

THE RETIREMENT

One of the trust’s longest servants has retired.

Linda Philpot has worked here for more than 45 years and retired from her position of Sister on EMU in June.

Her long and distinguished career was recognised at the highest level when she was one of only a handful of NHS workers chosen to go to a reception at 10 Downing Street with the then Prime Minister Gordon Brown for the NHS 60th celebrations.

She was also recognised by her colleagues here at the Royal with a STARS award in 2010 in the effective clinical services category.

Linda, everybody at the Royal wishes you a very long and happy retirement.

Linda with her colleagues

Downing Street with the then Prime Minister Gordon Brown for the NHS 60th celebrations

THE JUBILEE

It’s not everyday your monarch celebrates 65 years on the throne.

Nightingale ward got involved with a number of Royal-related activities as the children made crowns, put up bunting with a magician and face painting to liven things up.

Meanwhile the stroke unit laid on a special social evening (see page 10 for more details on the evenings) with an indoor street party.

We hope you had a good time!

Em the very young joined in the celebrations

Thumbs up from Nightingale ward

One of the trust’s longest servants has retired.
KEEP ON RUNNIN’…

A number of staff have taken part in the Holymoorside 10k run to raise money for the daughter of one of our staff nurses.

Chris Tann, Maxine Simmons, Mick Heaton, Jayne Preston and Claire Martin all got into their stride along with NHS colleague Tim Bradley, Mike Gibson from the Bocolo Apprenticehip Scheme and Danielle Wagstaffe.

Some of them were running to raise more than £900 for the 9 year old daughter of one of our staff nurses. The youngster underwent surgery to remove a tumour and a kidney, her only wish throughout the ordeal was to go to Disneyland in Florida. The money raised is to pay for the medical insurance. Anyone wishing to join the group of enthusiastic runners can do so by calling Mic on extension 2934.

WOMEN’S SERVICE UPGRADE

Work is well underway on the refurbishment of the Women’s Health Unit and Trinity ward.

The WHU has been completely knocked through and will become a purpose built facility for all women’s gynaecology outpatient clinics with improved privacy and dignity and more clearly defined areas.

Trinity ward is the subject of a major upgrade that bring facilities, decor and layout in line with the Chesterfield Birth Centre to ensure the continuity of care for maternity services is maintained. The £1.2 million development is expected to be up and running by late Autumn and we’ll bring you more details and pictures in the next issue.

In the meantime you can view the latest pictures on the ‘Capital Planning’ section of the ‘Performance Centre’ page on the trust’s website.

DARLEY BIRTH CENTRE CLOSES

The Darley Birth Centre closed its doors for the final time in June.

In a difficult and controversial decision involving NHS Derbyshire County the centre was closed due to the declining number of births resulting in the most straightforward births costing the most to deliver.

The centre had been the subject of a closure in 2007 and won a reprieve when it was refurbished, rebranded and reopened later the same year.

No firm plans have been confirmed for the centre that is currently operating as a temporary midwifery base.

THE ROYAL ROUNDUP

TOP POSITION FOR ROYAL MANAGER

Director of facilities Andrew Jones has been appointed president of the Association of Healthcare Cleaning Professionals (AHCP).

Responsible for managing and delivering cleaning and hygiene services in most NHS, state funded and independent hospitals, Andrew has been a patron of the AHCP for two years.

He said: “It’s a challenge I’m very much looking forward to; the cleaning and domestic workforce represents the second highest workforce body behind nursing so it’s no small task.

“I intend to focus on expanding the critical task of raising the profile of professional healthcare cleaning by strengthening AHCP’s existing relationships with infection control and the Royal College of Nursing on delivering the AHCP’s strategy and inspiring the membership.”

For Royal Manager: Andrew Jones

The women’s health unit is now a shell
Youngsters from Hasland Junior School were the brains and green fingers behind the transformation of the garden behind the new wards.

Nature reclaimed the land with weeds, dry grass and boggy mud rendering the patch unusable until the year six pupils turned it into a beautiful garden where patients, visitors and staff can relax and unwind.

Teacher and assistant head at the school Bron Rawlins took on the project and brought some of the pupils to meet head of estates Chris Tann and discuss what was possible.

Bron said: “Chris explained that they wanted something that was accessible to patients, visitors and staff, nice and colourful that conformed to health and safety measures. The children took photos and measurements and went back to school to hold an assembly to introduce the project to the rest of the school.

“They really got stuck in! There were loads of ideas from which the children picked the best and recurring themes. They researched plants, the local wildlife and habitats, seating and pathways and drew up a specific design.”

“I was very impressed,” Chris said, “the children’s ideas were excellent and different to what we might have come up with. With the exception of some plants that weren’t feasible we stuck to their plans and I must admit it looks fantastic. We’ve had some very positive feedback from staff who saw it in development. The area has been transformed into a peaceful and relaxing environment that can be used and enjoyed by everyone at the Royal.”

The school will continue to work on the garden after it has been handed over to the Royal and will include it as part of their lesson plans.

Bron said: “They’ve learnt some very advanced skills including photography, measuring, meetings, not to mention all of the research into wildlife and planning quite a big project.

“We’re going to remain involved in this garden and use it as an extra-curriculum resource and writing stimulus. We’re all very proud of what we’ve achieved and can’t wait to see it officially opened.”