

THE Pulse

Issue Number 94
October 2019



Device to combat dizziness trialled
Saving lives through organ donation
Meet our new Patient Panel
Your chance to win a brand new car

Norfolk and Norwich University Hospital
Colney Lane, Norwich, Norfolk NR4 7UY
Tel: 01603 286286 www.nnuh.nhs.uk

Hospital Radio Norwich

To request a song or a bedside visit, call 01603 454585 or from your Hospedia bedside unit dial *800

Main Restaurant - West Atrium Level 1

Open daily from 8am - 1am

Café Bar - Outpatients East

Open Monday to Friday from 7.30am - 4.30pm

Coffee House - Plaza (West)

Open Monday to Friday from 7am - 6.30pm,
Saturday 9am - 4.30pm, Sunday 9am - 3.30pm

Little Costa - Outpatients West

Open Monday to Friday from 7am - 6pm

POD - Plaza East

Open Monday to Friday from 7am - 8pm, Saturday 9am - 6pm

WRVS shop - East Atrium

Monday to Friday 8am - 8pm and weekends 10am - 6pm

WH Smith, M&S Food - Plaza (West)

Open Monday to Friday 7am - 7pm,
Saturday 9am - 5pm and Sunday 9am - 4pm

The Stock Shop - West Atrium Level 2

Open Monday to Friday 9am - 5pm,
Saturday 10.30am - 4pm

Cash Machines

East Atrium, Level 2, WH Smith and the Restaurant

Lost property

Call 01603 286803 or ext 2803

Patient Advice and Liaison Service (PALS)

For confidential help and advice call 01603 289036

Chapel

Open to all. For details of services or to contact the Chaplains call ext. 3470

Cromer Hospital

Mill Road, Cromer, NR27 0BQ, Tel: 01603 646200

Other Hospital Departments

• Cotman Centre, Norwich Research Park: Cellular Pathology, Radiology Academy

• Innovation Centre, Norwich Research Park: Microbiology

• Francis Centre, Bowthorpe Industrial Estate, Norwich NR5 9JA, ext. 4652: Health Records

• Norwich Community Hospital, Bowthorpe Road, Norwich NR2 3TU

• 20 Rouen Road, Norwich, NR1 1QQ, Tel: 01603 289450 (ext. 5450).

THE PULSE

Editorial:

Media and Communications Team (ext. 5944).

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Letters



I am writing to express my appreciation for the treatment I have received and for the loving care that your staff have shown me.

I am diabetic and have lesions on my feet which have taken time to heal. This meant that I have been coming to the diabetic clinic for care every three weeks until I was discharged this month.

I did not need a great deal of treatment beyond inspecting my feet and replacing dressings but nothing was too much trouble. I was impressed by the way the team worked, bringing in supervisors and on occasions when they needed a further opinion, Dr Dhatariya was called in.

When I was finally discharged, it was a sad and emotional day - not perhaps the usual reaction. I have

had other experiences of the N&N as I was hospitalised about five years ago and again a year ago following a fall - I am 93 so falls are to be expected. On each occasion, I could have written a similar letter. We are fortunate in Norwich to have such a wonderful hospital with such a dedicated team.

Yours sincerely,
Brian Read

Social media @NNUH



One of the really positive perks of moving to @NNUH are the @nnuh-volunteers - really important for our older patients without visitors in hospital.

Rebecca

Thank you to @nnuh volunteers for giving me a special visit from Lily the therapy PAT dog, made my day #hospital #patdog #sausagedog #dogtherapy #volunteers #recovery

Amy

Couldn't wish for better care, no matter how busy you all are you still smile. After a long battle with stage 3 breast cancer I'm still here and very grateful for the care I received from the breast clinic, Oncology, Chemo, Radiotherapy and Mulbarton ward. Thank you.

Marie

Thank you so much for the wonderful attention I received from all the Nurses and Consultant yesterday on Gunthorpe Ward. They couldn't have been lovelier or done any more to look after me.

Liz

Just a thanks for all the staff on Buxton ward and caring for my daughter today as she went for an operation. She's only 4 and was made to feel very welcome and comfortable throughout. Please pass on my best wishes to all on the ward and supporting the operations from today.

Robb

Dr Biswasall radiation staff ...and the nurses on Mulbarton ward.... well everyone really....you are all wonderful. At the worst of times you are the best! Thank you.

Penny

Parkrun marks 165th anniversary of Jenny Lind Children's Hospital



Congratulations to the team from Jenny Lind who ran a total of 165 kilometers as part of a dedicated park

run to mark the hospital's anniversary - Almost £1,000 was raised in aid of the hospital charity.

Former soldiers meet again at NNUH

NNUH hosted the chance reunion of two former soldiers who met when they joined the Norwich Britannia Barracks in 1952 but later lost contact.

Jack Olby, 85, from Norwich (pictured left), and Glyn Catchpole, 86, from Brockdish near Diss (pictured right), recognised each other when both were on Loddon Ward in August after losing the ability to walk.

"We did six weeks' training in Norwich, then a fortnight's leave, then Bury St Edmunds for six weeks, then another fortnight's leave," said Glyn. "We then travelled by boat to Hong Kong on the Empire Prize and were sleeping in hammocks in rooms of about 40 on a ship that held around

1,600 people. This took 28 days - would you believe that these days?

"Jack was later moved onto the Duke of Wellington and I went on to the Durham Light Infantry."

Their NNUH reunion gave them the chance to reminisce about their time in the army, including training in different parts of the world such as Malta and Australia.

They recognised each other when a nurse called Glyn's name and Jack asked what his surname was as he'd thought he was familiar.

Both are now home again. "The staff, they're excellent," said Glyn. "They couldn't have done more for you if they wanted to."



NNUH is a strong research-active Trust with more than 400 research studies ongoing with 4,600 people involved in research - an increase of more than 30% from the previous year. This really shows the deep commitment and passion for research across the Trust.



You can see stories on pages 6 and 7 regarding two fascinating research studies. One of the trials is investigating the relationship between ingestion of the bioactive compounds from broccoli and garlic, and prostate cancer and the other study concerns the Continuous Ambulatory Vestibular Assessment (CAVA) device which aims to speed up the diagnosis of the most common causes of dizziness.

The CAVA device research, featured on the cover of this issue of the Pulse, has just been published and will now progress to the next phase. Two important projects aimed at improving our patients' lives.

I would like to finish my column this month with a focus on the feature on pages 10 and 11 where Mum Jen and Dad Matt tell the story of their inspirational journey and how Dad Matt, became a living organ donor to help their son Callan. Utterly amazing and incredibly heart-warming.

David White
Chairman
Norfolk and Norwich
University Hospitals NHS
Foundation Trust



Teams tackle water challenge for Boudicca Breast Cancer Appeal

Brave competitors descended on Whitlingham Adventure to take part in a special It's A Knockout contest, raising money for the Norfolk and Norwich Hospitals Charity Boudicca Breast Cancer Appeal.

The event was organised by Norfolk Snowsports Club – one of a number of events the club is running as part of its pledge to support the appeal this year.

The weather was perfect for the teams to work together and tackle the water relay while competitors and spectators were also able to enjoy a BBQ.

Among those taking part were two teams from the hospital's breast imaging unit and teams from the Snowsports Club itself.

The Boudicca Appeal which was launched at the end of last year, and has already raised more than £210,000 towards a dedicated breast cancer unit at the hospital which will offer a same-day diagnosis service to all patients.

Equipment has already been purchased with the funds already raised.

Club Secretary Rebecca Matthews said: "Norfolk Snowsports Club is very proud to be helping to raise funds for the Boudicca appeal.

"It is great for us to be able to contribute to the purchase of improved diagnostic equipment."

Thank you

Dr Arne Juette, Director of the NNUH Breast Imaging Unit, said: "A heartfelt thank you to all who have helped organise this event and who have come in support of our Boudicca Breast Unit! We want to do right by our patients and could not do it without your support."

Lynn Crombie, from N&N Hospitals Charity, said: "We'd like to thank Norfolk Snowsports Club and Rebecca Matthews for organising this fantastic event as well as all those who took part."



Photos: BigPhatPhotos

We're sorry not to be able to mention everyone who has helped the hospital charity but we are truly grateful for all your support.

Fundraising events

Celebrate Christmas Jumper Day on Friday 13 December

Why not donate £1 and wear a festive jumper, socks or tights for Christmas Jumper Day and raise money for the N&N Hospitals Charity.

Send A Smile with Santa 2019

We're running our campaign to make sure every patient in our hospital has a gift on Christmas Day, please send your donations to us by Friday 8 December.

Thank you to...

- Julian Johnson for raising £615 to the Colney Centre
- Raising Smiles for gifts from our Amazon Wish List (pictured below)
- The Reepham Lions for supporting two areas of the hospital with their kind donation of over £2,000 – helping breast imaging and prostate surgical teams
- Colleagues of Claire Webber for supporting her cake sale raising £108.42 for NICU for their care when her daughter was born



If you would like to support the hospital charity, please contact Louise Cook, Head of Fundraising, on **01603 287107** or email **fundraising@nnuh.nhs.uk**



Your chance to win a Suzuki Swift SZ3

A brand new car is being raffled in aid of the Boudicca Breast Cancer Appeal.

The N&N Hospitals Charity has partnered with five Rotary Clubs from Norwich, the Desira Group in association with Suzuki and East Bilney Coachworks to raffle a Suzuki Swift SZ3.

The raffle, organised by the Norwich Rotary Clubs will run until 6 December 2019 and the winning ticket will be drawn the day after the NNUH Christmas Fair.

Raffle tickets cost just £5 and all the funds raised will go towards the Appeal to help it reach its fundraising target of £800,000.

Mark Davies, former NNUH Chief Executive, says: "Breast cancer affects many families across Norfolk and Waveney and we are determined to provide the very best care we can to our patients. It is gratifying to see the whole community coming together to support our mission and we are especially grateful to the Desira Group and East Bilney Coachworks for donating this amazing prize."

Louise Cook, Head of Fundraising, said: "We hope that people will be inspired to take part in the draw and help us raise £20,000 towards our Boudicca Breast Cancer Appeal. With every ticket you buy, not only do you have a great chance of winning, but

you are also supporting the appeal in a fun way."

Stuart Stone, Managing Director, Desira said: "We are very proud to be supporting The Boudicca Breast Cancer Appeal. This charity works tirelessly for a cause to which everyone can relate. If our help and assistance is able to play just a small part in raising money then it is well worth it."

"In choosing the prize, we have picked out a car that we think will have wide appeal and we hope everyone will love this great supermini which is practical, fun and economical to drive."

Vince Pearson from Norwich Centenary Rotary Club said: "Having been invited to the launch of the appeal last October, we wanted to get involved and we are very proud of the fact that all five Norwich Clubs are supporting the appeal and are currently busy selling raffle tickets at various events. The hospital plays an important role in the lives of local people and this is our way of repaying that support."

Tickets are on sale in the hospital and will be drawn on Friday 6 December in the NNUH East Atrium and the winner will be notified on the day. For more information, email **fundraising@nnuh.nhs.uk**

NNUH diary dates

Trust Board meetings

- 9.20am-11 am on Friday 29 November

If you wish to attend, please email **communications@nnuh.nhs.uk**

Christmas Fair and Christmas Light Switch-on

Join us for our annual Christmas Fair on Thursday 5 December. Crafts, food and cake stalls, visit Santa's Grotto, see the Pets As Therapy dogs and meet Darth Vader.

World Cancer Day

Tuesday 4 February 2020

Experts will give a range of talks for the public in the Benjamin Gooch Lecture Theatre, to mark World Cancer Day. For more information, visit www.nnuh.nhs.uk

Governor elections

If you would like to stand for election as a governor, nominations open on Monday 30 September and close on Wednesday 30 October. A number of governors have reached the end of their three year term and we are seeking seven new hospital governors: Three public governors for Norwich, one for Broadland, and one to represent patients living in the rest of England. The election includes two staff governors: one for Nursing and Midwifery and one for Contractors and Volunteers. Members should return their ballot papers, or vote online, by Monday 9 December.

For more information, contact the Membership Office on **01603 287634**.

New study tests the benefits of broccoli and garlic for prostate health

A new study is testing whether broccoli and garlic can help improve prostate health.

The Norfolk Accumulation of Dietary Bioactives and Prostate Cancer (ADaPt) study has been launched by researchers at Quadram Institute Bioscience (QIB) and NNUH.

The study, which is taking place at the NNUH-run Clinical Research Facility at the Quadram Institute, will involve 40 patients due to receive a biopsy for suspected or previously diagnosed prostate cancer.

The new trial is investigating the relationship between ingestion of the bioactive compounds from broccoli and garlic and prostate cancer.

Prostate cancer is the most common cancer in men in the UK. The NNUH receives more than 800 referrals a year to investigate and treat potential prostate cancers. However, it usually



develops slowly and the majority of cancers will not require treatment in a man's lifetime.

Tracey Livingstone, Urology Fellow at the NNUH and Principal Investigator of the Norfolk ADaPt trial, said: "Diet appears to have an important role in

prostate cancer's development and progression. The dietary bioactive components from foods such as broccoli and garlic have long been associated with a reduction in the risk, or progression, of prostate cancer. However, there have been few trials which shed light on the potential mechanisms in which the prostate gland becomes exposed to these compounds."

"The 'Norfolk ADaPt' trial aims to assess whether the consumption of dietary supplements containing the active compounds from broccoli and garlic results in an accumulation within the prostate gland and urine in comparison to a normal diet. We also aim to assess whether these compounds alter the prostatic microbiome, and the expression of the genes associated with prostate cancer development and progression."



Robert Mills, Antonietta Melchini and Tracey Livingstone from the Norfolk ADaPt study.

Successful first trial for ground-breaking dizziness monitoring device

A ground-breaking device to help patients with dizziness problems has moved a step forward following a successful research study.

Researchers from NNUH and the University of East Anglia (UEA) have published the results of the biggest collection of continuous eye movement data after testing the effectiveness of a wearable diagnostic headset.

The Continuous Ambulatory Vestibular Assessment (CAVA) aims to speed up the diagnosis of the most common causes of dizziness.

A study into the device's accuracy, reliability and safety has been published in the Scientific Reports journal, which found the technology to be 99% accurate at detecting eye flicker (nystagmus).

In the trial, the CAVA device was worn by 17 participants, who did not have dizziness problems, for up to 30 days and captured 9,000 hours of eye and head movement data, totalling 405 days of data.

The CAVA device is lightweight, durable and can be worn day and night to monitor head and eye movements to help evaluate dizziness attacks. Prof Stephen Cox and Dr Jacob Newman, of the School of Computing Sciences at UEA, developed algorithms to identify seconds of nystagmus from weeks of data recorded by the device.

Principal Investigator John Phillips, Consultant Ear, Nose and Throat Surgeon at NNUH, said the first phase of trialling the device had involved inducing eye flicker on healthy patients.

"Following years of development, I'm delighted that this project was successful in identifying short periods of visually induced nystagmus with a high degree of accuracy.

"These results have provided a good foundation from which to conduct a

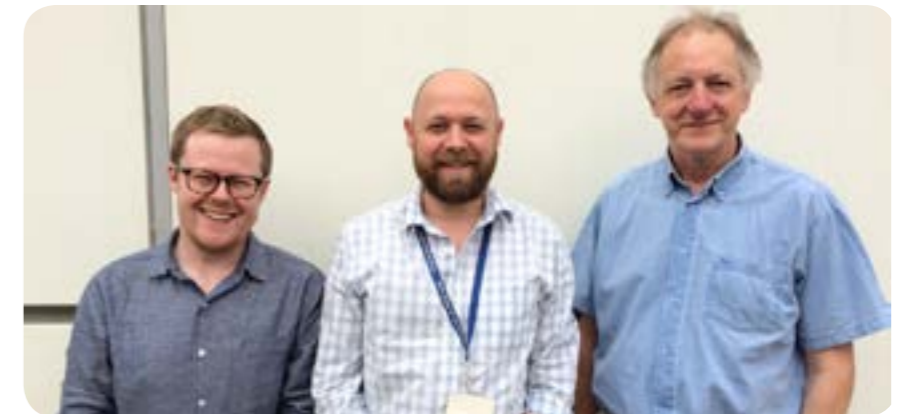


John Phillips wearing the CAVA device, our cover image and one of the winners in the Norwich Research Park Engaging Images photographic competition 2019.

further study evaluating the system's diagnostic accuracy among patients with dizziness problems."

Dr Jacob Newman, from UEA's School of Computing Sciences, said: "We are very pleased that our

algorithms have been able to detect such small incidences of nystagmus within such a large dataset, this bodes well for future work that considers nystagmus in individuals experiencing dizziness."



Jacob Newman John Phillips and Stephen Cox from the CAVA project.



Buzzy Bees take the sting out of blood tests for our young patients

Bubbles and Buzzy Bees are just two of the ways the team at NNUH helps visiting the hospital to have blood taken a better experience for children.

Staff on Buxton Ward have been working with the Phlebotomy Department to ensure that the 175 children who visit for blood tests each week are as reassured and relaxed as possible.

"We noticed that more and more children were being referred to the hospital for blood tests, so we started working with our colleagues in the Phlebotomy team to make the experience as pleasant as possible

for them," said Alice Cook, Buxton Practice Development Nurse, pictured above.

"We've made the waiting room more child-friendly and offer carers the link to a video they can play for their children while they're waiting to reassure them about the process."

The Phlebotomy team discusses any special needs or fears the child might have with their carer, offering a local anaesthetic and asking which way they would prefer to be held.

"Even simple changes such as using a normal chair rather than the style we use for adults can make a huge

difference, as it means they can sit on their carer's lap," said Alice.

The hospital's play specialists are also available to help distract younger children during the procedure if needed. "We ask them to blow bubbles, which automatically puts them in a comforting breathing rhythm, and have Buzzy Bees, which vibrate on their arm to disguise the sensation of the needle," said Play Specialist Steve Nicholls.

The practicalities of taking blood from a child are different from carrying out the same procedure on an adult, so the Phlebotomy team has to complete specific training and be involved in many procedures before gaining competence in taking blood from children.

"We focus on each child and make sure we understand any anxieties they might have and, in partnership with their carers, do everything we can to help them feel in control," said Sally Bailey, Phlebotomy Manager. "We want each child to leave feeling proud and that the experience was much more positive than they'd feared, so if they need to have it done again, they won't be worried."



Buzzy Bees disguise the sensation of the needle.

Patient Panel focuses on patient experience

Our new Patient Panel has met for the first time, marking a major development in the way we focus on our patients' experience at NNUH.

The initial eight members are drawn from a wide variety of backgrounds, all sharing a passion for ensuring that patients are always at the forefront of everything we do.

"It's very exciting that the Panel, led by Rosemary Moore, is now up and running and involved in activities throughout the hospital," said Sarah

Higson, Lead, Patient Experience and Engagement.

Improvement projects

"For example, they will undertake our annual Patient Led Assessment of the Care Environment, a survey designed to ensure that our facilities meet the needs of all patient groups; they're joining patient-focused committees such as the End of Life Committee and the Carers' Forum,

and they will contribute to quality improvement projects."

Each member will have their own portfolio, and the team will come together monthly, inviting staff members to their meetings for feedback on their projects from a patients' perspective.

Ultimately, the Panel will expand to 20 members, so if you're interested in joining or would like more information, email:

Patient.Panel@nnuh.nhs.uk



The newly appointed NNUH Patient Panel is involved in activities throughout the hospital.

We're expanding our PALS service

We understand that caring for patients means more than meeting their clinical needs alone – it's also about ensuring there's someone they or their loved ones can easily turn to should they have queries or concerns.

While staff in the relevant ward or department are usually the first port of call and can often sort things out immediately, PALS, the hospital-run Patient Advice and Liaison Service, is there to provide confidential help and support for in- and outpatients and their families should they want it – and now our service is being improved.

"PALS demonstrates our commitment to ensuring that our patients and their families receive the support they need, whether that's a query about an appointment, a complaint or to leave a compliment,"

said Clare Wall, Patient Experience Manager, pictured right.

"Now our service will be even more accessible as we're making it easier for people to pop in to our office in West Outpatients reception "

The team has been strengthened by the appointment of Sarah Lynham,

who joined as PALS Manager, pictured left, and a new PALS & Patient Experience Assistant.

"It means we can provide an improved face-to-face service in addition to responding to queries over the phone or via email," said Clare.



NNUH highlights the ways organ donation is helping others



Chief Nurse Professor Nancy Fontaine cuts a cake to mark Organ Donation Week alongside Joy, a heart transplant recipient and NNUH Cardiology patient.



Natalie Ashley, Debbie Walford and David Melhado who are specialist nurses for organ donation at NNUH.

Organ donation law in England is changing

From spring 2020, the law around organ and tissue donation in England is changing.

All adults in England will be considered as having agreed to donate their own organs when they die unless they record a decision not to donate or are in one of the excluded groups.

Adults covered by the change will still have a choice whether they want to be an organ donor and their families will still be involved before organ donation goes ahead.

Whatever your decision, make your choice clear to your family and closest friends to ensure your choice is honoured.

Experts in organ donation and transplantation, clinicians, patients and families were brought together for an inaugural study day at NNUH on 30 July to gain a great understanding of the organ donation process.

Around 100 staff who work in the Emergency Department, Critical Care and Theatres at NNUH, James Paget University Hospital and Queen Elizabeth Hospital attended.

The event involved talks from leading figures in organ donation and transplantation, including Prof Chris Watson, from Addenbrooke's Hospital, and Simon Messer, of Papworth Hospital. It was also an opportunity for patients who had benefit from a donated organ and for donor families to share their stories.

Natalie Ashley, who is a Specialist Nurse in Organ Donation, said the day was aimed at showing staff how important everyone's role is in the organ donation process and received fantastic feedback.

She said: "Many staff only get to experience a small part of the process and never have the opportunity to hear from a donor family and their side of the story, and about how it has helped them in following their loss to know that someone has benefited from their loved one's donation. Many do not have the opportunity to hear from patients who have successfully received an organ transplant from a deceased donor.

"By inviting our clinical leads in organ donation to present and talk about the care of the donors in ITU as well as leading transplant surgeons to share with us all the exciting developments in organ donation and transplantation we really were able to provide those who attended with a fantastic overview of the process."

From spring 2020, the law around organ and tissue donation in England is changing. All adults in England will be considered as having agreed to donate their own organs when they

die unless they record a decision not to donate or are in one of the excluded groups. Even after the law has changed, families will continue to be approached before organ donation goes ahead.

Keith Shuttleworth, from Beccles, whose wife Carol died in November 2017, said it was important that people talked about their wishes with their loved ones.

"We openly talked about death and what we wanted at our funerals and we made it light hearted so that when the time came we would know exactly what we wanted. It was Carol's wish that her organs be donated to save others. It brings a lot of comfort to know that Carol has helped others.

We had a rubbish Christmas 2017, but there were four families that had a fantastic Christmas. We thought about those families and that she was out there somewhere helping others and we found that really helpful for our grieving," he said.

"I think about the donor and their family every day"



Sam Mosedale, who works as a nurse for the integrated discharge team, thinks daily about the organ donor who transformed her life after receiving a kidney transplant two years ago.

The 44-year-old, from Norwich, became seriously unwell at work

in January 2017 and was diagnosed with glomerulonephritis, a condition that caused her kidneys to fail.

Nine months later, she received a life-changing transplant on 9 September 2017 from a man in his 50s who was on the organ donor register.

Sam had been receiving dialysis three times a week following her diagnosis and received a new kidney three weeks after going on the waiting list.

"I think about the donor and their family every day. It is not just my life he has changed, but several others. It is such an amazing gift to give and gives someone a second chance. It has improved my quality of life so much and I am not limited to drinking 500ml of fluid a day anymore.

"I still get fatigued sometimes, but it is nothing like it used to be and I was able to take my daughter to Disneyland Paris last year, which I would never have been able to do on dialysis."

"The staff at NNUH and Addenbrooke's have been brilliant and the care has been second to none. My team has been brilliant and they were really great on Langley ward and the staff on the Jack Pryor Unit were fantastic."

How a father saved his newborn son's life by becoming a live donor

Parents Matt and Jen Price have been through the most stressful 16 months of their lives after their baby son Callan was born without a vital enzyme in his liver, leaving him needing a liver transplant when he was just a few months old. Matt came to his son's aid, becoming a living donor after a get fit campaign to get his body ready for surgery.

The family, who live in Mulbarton near Norwich, were expecting a straightforward birth with their third son, due to arrive by planned caesarean in April 2018.

Jen, 36, said: "We had received extra scans because of gestational diabetes, and the new baby has two healthy older brothers so we were not expecting anything out of the ordinary."

"Within 40 minutes of baby Callan's birth, his breathing didn't seem right and he was making a grunting noise. The Maternity team called in the Neonatologist to see him and the doctor told us that they suspected fluid on Callan's lungs which would normally clear up in 24 hours.

"When he came back onto the ward he was feeding well, but wouldn't settle and he returned to the Neonatal Intensive Care Unit for further observation but still believed to have fluid on his lungs. A few days later we were sat with him in NICU and then suddenly the grunting stopped and he turned bright red before the coloured drained from him. We called a nurse who rushed over and he was immediately seen by doctors and moved to NICU High Dependency.

NNUH Consultant Neonatologist Dr Priya Muthukumar said: "Callan's clinical presentation was non-specific, very similar to a baby with a possible respiratory infection, which is the most common problem in the neonatal period. With Callan deteriorating very rapidly and in view of some features unusual of an infection we suspected a possible metabolic condition which was subsequently confirmed to be the

case. His condition is very rare and meant Callan lacked an enzyme necessary to break down protein, so it continued to circulate in his blood, making him ill."

Transfer to the Evelina

He continued to be very unwell in the Neonatal Intensive Care Unit and doctors spent the night stabilising his vital signs and obtaining access via IV lines so that medication could be given during the journey. A rapid transfer was arranged to the Evelina, part of St Thomas' Hospital in central London.

Within two hours the family were on the way to London leaving behind their two young sons Ronnie and Tom who were being well looked after by close family.

Matt, 39, said: "As soon as we arrived at the Evelina, I knew we were in the right place for Callan with a team of 10 people waiting to take care of him, it was truly overwhelming. He was wired up to many machines which monitored him and administered medication alongside a blood dialysis machine and cleansed his blood of the

Ammonia that had built up because of the liver problem as a by-product of not being able to break down protein. They were also making special meals for him in the lab and balancing all his medications based on results from six hourly blood tests. The technology and care were amazing."

After being stabilised and on an intense regime of medication and very strict diet, Callan was transferred back to the NNUH for a few days to allow the family to be reunited before being transferred to King's College Hospital London for a Liver Transplant Assessment prior to being placed on the transplant list in September last year. As at this point it was strongly suspected a transplant was the only option for Callan as without his life expectancy was as short as 6-30 months.

Genetic testing

Matt said: "After receiving the results of Callan's genetic testing which confirmed a transplant was the only viable option I enquired about becoming a living donor as a backup in case Callan deteriorated further



Consultant Neonatologist Priya Muthukumar with baby Callan and parents Matt and Jen.



The Price family outside the Jenny Lind Childrens Hospital at NNUH.

before a more suitably sized donor could be found."

"Our plan changed as Callan was still waiting for an organ when I was nearing completion of the assessment so following a talk with the professor at King's we happily accepted the offer of undergoing living donation as if Callan destabilised he would not be in a position to undergo the surgery.

The surgery

"We booked the first available slot on February 22nd this year as this type of complex surgery only takes place once every three weeks."

Jen said: "By December last year Callan was becoming repeatedly unwell and had several admissions to Buxton Children's ward. Blood tests revealed Callan was experiencing high ammonia levels again due to him starting to destabilise. In light of this the Evelina admitted Callan for review where he remained until the transplant.

Matt said: "My operation lasted six hours I spent two days in intensive care followed by four further days in hospital before going home.

"I was told the liver has several lobes which would regenerate after the transplant and they took about 20 per cent of the liver for Callan. I was back to full fitness very quickly."

Meanwhile, baby Callan's surgery took 10 hours to complete and his abdomen was left open and covered to enable the liver to naturally shrink to fit his small body. After two weeks his abdomen was closed and Callan returned home later the following week after only three weeks in hospital.

Amazing care

Jen said: "We were so pleased that Callan made rapid progress after the surgery and family life has started to become more normal. There will always be a greater risk of infection as Callan has medication to prevent rejection of the new organ. We have also been taking him for weekly blood tests at the N&N and bi-monthly appointments in London. Those appointments are becoming less frequent as Callan is stable and doing well. He was slightly behind on his development because of his time in hospital but his development

is back on track and he is catching up to his older brothers

The couple said: "We are so humbled by the amazing care we have received across the three NHS hospitals and ultimately with the transplant. We were the lucky ones, ones with the option of a living donor.

Jen said: "No one wants to think about their own death let alone that of a child but I would urge everyone to please consider organ donation and believe that if you would accept an organ for you or your child then you should be prepared to offer them too. It really can change so many lives for the good. Having faced the very real possibility of having to say 'goodbye' to our little boy and having been given the chance to consider offering his organs for donation we can fully appreciate the enormity of this decision and how emotions and grief can cloud your thoughts.

"But having had time to consider we came to the realisation that organ donation truly is the only positive to come from the death of a loved one."

Matt adds: "Living donation is a very real possibility and if we don't explore that possibility we will never know if we have the potential to save a life"

How you can stay healthy this winter

Winter is already on its way and, while many of us look forward to cosy evenings in front of the fire and long, frosty walks, the change in weather also means we need to pay attention to our health.

"It's important that we all undertake some simple measures to protect ourselves and others to prevent the

impact of the colder weather," said Hilary Winch, Head of Workplace Health and Wellbeing. "This can be as simple as wrapping up warmly to enjoy some fresh air, which is also good for our physical and mental wellbeing, as well as going to the GP for an annual flu vaccination if we meet the criteria indicated by NHS

England. NNUH invests in providing flu vaccinations for all staff to protect themselves and prevent them from transmitting the virus to our patients.

"It's also really important to look out for other people – so, if you have an elderly relative or neighbour, call in regularly to check that they're well and if they need any help."

Common winter health problems

Flu

Flu can be a major killer of vulnerable people – those aged 65 or over, pregnant women or people with conditions such as diabetes and chronic obstructive pulmonary disease (COPD). The NHS provides a flu vaccination to people who are at risk which lasts a year. Find out more from your GP surgery. People aged over 65 or with a long-term health condition are also eligible for the pneumococcal vaccine, which protects against pneumonia.

Norovirus

Norovirus is also known as the winter vomiting virus – although it can strike all year round – and is an extremely infectious stomach bug that's common in places like hospitals and schools. Young children and the elderly are particularly at risk. It's usually over in a few days and sufferers should drink plenty of water.

Heart attacks and strokes

Heart attacks are more common in winter, which could be because cold weather increases blood pressure, putting greater strain on the heart, and the heart also has to work harder to maintain body heat. Keep warm in your home (heat it to at least 18C) and wrap up well outdoors.



Colds

Help prevent colds by washing your hands regularly to stop spreading germs and, if someone in your home is unwell, keep items like cutlery and towels extra clean. Disposable tissues will also help prevent the spread of infection.

Sore throat

Sore throats are usually caused by viral infections and evidence suggests that changes in temperature can affect them. Gargling with warm, salty water can help as it has anti-inflammatory properties.

Painful joints

Many arthritis sufferers say their joints are more painful and stiff in the winter, although there's no evidence that changes in the weather have a negative effect. Daily exercise, especially activities like swimming, can help.

Cold hands and feet

Raynaud's phenomenon is a common condition affecting fingers and toes in cold weather, making them painful and turn white, blue and red as the small blood vessels go into spasm, temporarily reducing blood flow. Wear warm gloves and socks – and smoking and caffeine can make the symptoms worse.

Mental wellbeing

Long, dark days can create low mood, so try to stick to your normal routine, however tempting it may be to shut yourself away indoors. Keep in touch with people and do something you enjoy every day, whether that's reading a book or taking up a hobby. Exercise can also help. If you continue to feel down, consult your GP.

Simple tips to help you stay healthy

Heat your home

Heat your home to at least 18C if you're 65 or over, have a health condition like heart or lung disease, or you're not very mobile. Use a hot water bottle or electric blanket at night.

Layer your clothes

Several thinner layers will keep you warm more effectively than one thick one. Wrap up well when you're outside.

Seek advice if you feel unwell

Don't wait until things get more serious, ask your pharmacist for advice.

Stay active

Even moderate exercise can help you keep warm. Stay inside in really cold weather if you have a heart or respiratory condition but try not to sit still for more than an hour – even standing up and walking around for a while is helpful, or try some chair-based exercises. If you're more active, try an exercise class.

Eat and drink well

Eat at least one hot meal a day, have regular hot drinks – and don't forget to have your five a day (which can include frozen vegetables).

A Day in the Life of... Midwife Anna Chapman

Around 5,500 babies enter the world in NNUH each year – that's an average of 15 births a day. Delivery Suite Co-ordinator Anna Chapman's role is to ensure that every mother and baby receives the best support possible. This is a typical day in her life:

"I live close to the hospital so it doesn't take long to get in for my 7am start," said Anna.

"My first job is to take a report from the night Co-ordinator, which involves handing over the details of every woman on the Delivery Suite and allocating the workload to the midwives coming on shift, which takes around 30 minutes. There's also a handover from the night to the day team of doctors, which I also attend, after which I meet the matron to talk about any staffing or safety issues.

"At around 8am, I do a ward round with the day team of doctors, when we see every woman to check how their labour is progressing and make a plan for the day.

"Ladies having an elective caesarean are under the care of midwives in our Iceni team, who look after them throughout their pregnancy and birth, and we work closely with them on the ward.

"Throughout the day, I continue to liaise closely with the doctors, as good communication is essential, and focus on ensuring that our mothers are all safe.



Anna and Consultant Obstetrician Charles Bircher work closely together to ensure all mothers-to-be receive the right care.

"Many women have 'birth preferences' written in their notes that have been discussed antenatally with their community midwives. We try our best to help them have the birth they wish for, but our main priority is for both mother and baby to be safe. For those women who feel the need to debrief after the birth, we offer a Birth Reflections service which women and their families report is very valuable.

Lunch

"I've no set time for lunch, once I've made sure everyone has had theirs, I'll have mine.

"My priority is to be there to support the team and ensure they get a break. It can be very intense as we give

all mothers 1:1 care throughout their labour and you build a close relationship during that time.

"Part of my role as Co-ordinator is to provide support and guidance to my team, which involves being present at deliveries, which I really enjoy. Even after 14 years, the thrill of delivering a baby never goes away. Each birth is unique and it's always an honour introducing the newborn to his or her parents. It's a real privilege to be there and part of such a fantastic team at such a special time.

"Every mother can have two birth supporters with them, and sometimes we need to give them a little care and encouragement too as it can be quite daunting witnessing the birth process. Occasionally that involves picking fathers up from the floor...!

End of the day

At 7pm I finish my shift. I thank the team and make sure everyone is OK, offering a debrief if they need one, and do the handover to the new team. Then, at 7.30pm, it's home to have dinner and relax on the sofa and reflect on another busy day – and maybe do some pilates to help me stay in shape. Then I'm ready to do it all again!"



Delivery Suite Midwife Torie Popay reviews a mother-to-be's notes with Anna.

Cancer centre planning decision imminent

A decision on planning permission is expected soon on plans for a proposed £4.15million cancer care and support centre at Cromer and District Hospital.

Macmillan Cancer Support has been working with NNUH on proposals for the unit, which will be called the North Norfolk Macmillan Centre.

The plans, involving the refurbishment and extension of a disused ward, will now be considered by North Norfolk District Council. If permission is granted, building work is expected to take around a year.

The proposed centre will enable patients, many of whom currently travel to Norwich, to have their

treatment and access support services closer to home.

The majority of funding for the centre will come from Macmillan Cancer Support, which is providing up to £2.2 million, and Norfolk and Norwich Hospitals Charity, which is contributing £1.5million. The remaining £450,000 is coming out of NNUH Trust funds.

The number of people living with cancer is growing and predicted to rise from 2.5million today to four million by 2030.

In Norfolk, around 6,000 people are diagnosed with cancer each year. There are approximately 35,300 people living with cancer in the county.

The new centre will provide:

- 14,382** new and follow up outpatient appointments
- 5,184** diagnostic or therapeutic procedures
- 4,160** infusion treatments

Tributes to NNUH Governor Nick Brighthouse

Nick Brighthouse OBE has sadly died at the age of 84, after serving as a governor at NNUH for more than 10 years. Married to Kim, who volunteers with the Chaplaincy team at the hospital, Nick is father to four adult children and stepdaughter Ellie. Nick was a retired Practising Chartered Accountant and former Vice Chairman of the Board of Directors, James Paget University Hospital. He was also a former Chairman and Leader, Waveney District Council and a former Member of Suffolk County Council. He is a former President of the Rotary Club of Norwich and helped to establish, jointly with his wife, The Stephen Kirby Skin Bank in Roehampton. The Skin Bank opened in 1996 and saved the lives of countless burns patients over the years. The Skin Bank finally closed following a reorganisation of Queen Mary's Hospital, and its services were transferred to the

NHS Blood and Transplant Service. Following discussion with the Charity Commission the remaining funds from the Skin Bank were moved back to Norfolk where much of the money had been raised. Nick and Kim decided to donate the funds to the hospital charity to fund a Chapel



Nick Brighthouse.

Garden in 2013, giving a peaceful space in the hospital to benefit both patients and staff..

Mark Davies, former NNUH Chief Executive, said: "Nick dedicated his life to public service and was highly respected by his fellow governors and the hospital teams. He was very active in supporting our hospitals and came to a meeting just a week before his final illness. We will remember him fondly and he will be greatly missed by all who had the privilege to know him."

Jane Scarfe, NNUH Lead Governor, said: "Nick has been a wonderful and much-loved colleague and friend whose dedication to NNUH over many years has been second to none. His dogged determination to champion improved on-site parking at the N&N was legendary and progress is being made. Patients and visitors may rest assured that we governors will relentlessly pursue that campaign in Nick's memory!"