

# THE Pulse

Issue Number 78  
Summer 2016



## Our Vision

To provide every patient  
with the care we want  
for those we love the most

Norfolk and Norwich University Hospitals

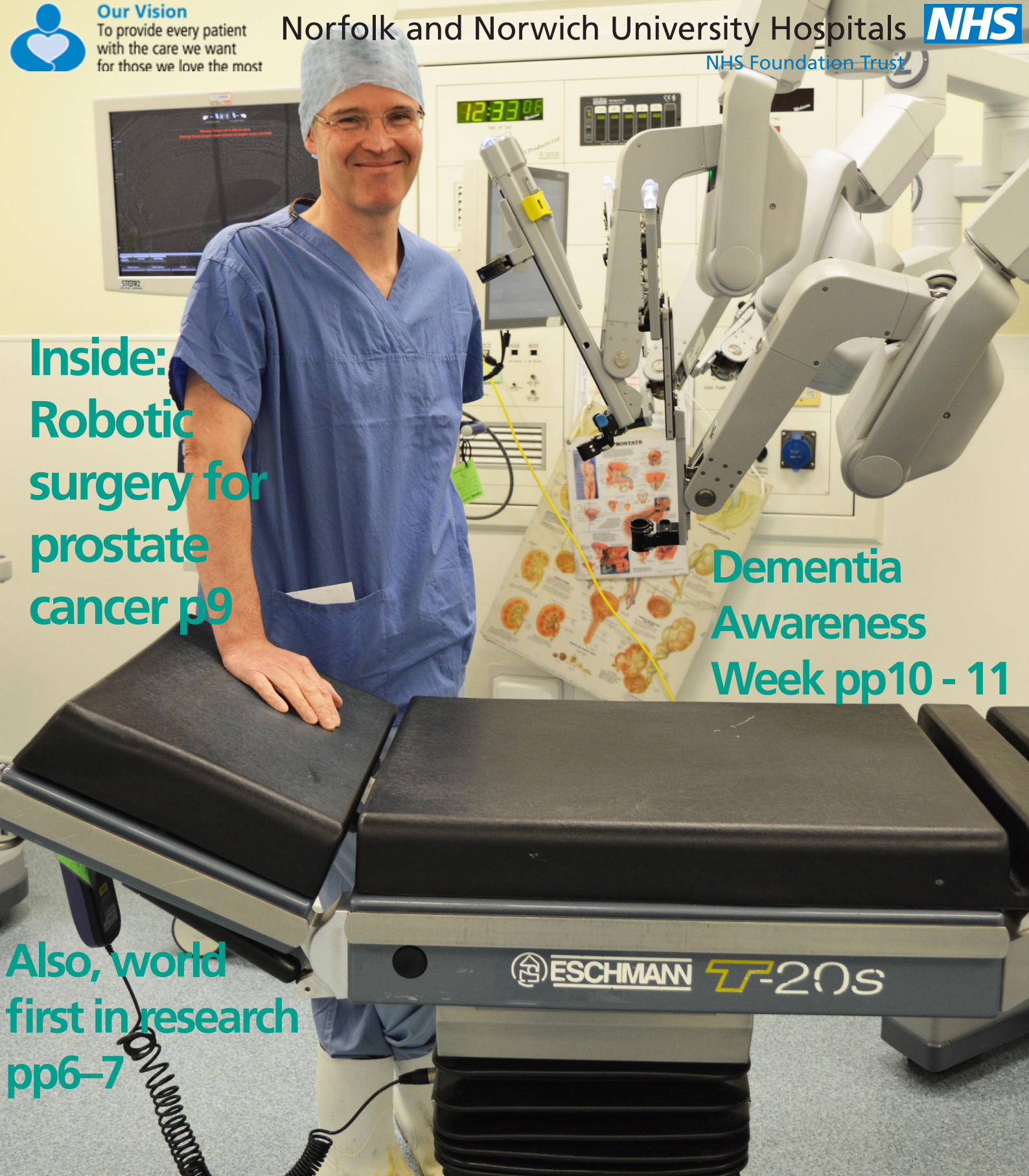


NHS Foundation Trust

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cancer p9

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Also, world  
first in research  
pp6-7





## NORFOLK AND NORWICH UNIVERSITY HOSPITAL

Colney Lane, Norwich, Norfolk NR4 7UY  
Tel: 01603 286286 [www.nnuh.nhs.uk](http://www.nnuh.nhs.uk)

### Main Restaurant West Atrium, level 1

open Daily from 8:00 to 1:00

### Café Bar Outpatients East. Mon- Fri

open from 7:30am to 16:30

### Little Costa Outpatients West Mon - Fri

open from 7:00 to 18:00

### POD: Plaza east open Mon - Fri from

7:00 - 20:00 Sat 9:00 - 18:00

### Cafe Pure (inside WH Smith, Plaza West)

open Mon-Fri 7:30-18:00, Sat 9:00 -

16:00 and Sun 10:00 -15:00

### WRVS shop East Atrium: open Mon-Fri

8.00- 20:00 and weekends 10:00 -

18:00

### WH Smith Plaza (West) – see Cafe Pure,

### The Stock Shop (ladies' fashions) open

Mon-Fri 9:00 -17:30 and Sat 12:00-

17:00

**Cash Machines** can be found in the East Atrium, Level 2, WH Smith and the Restaurant

### Lost property 01603 287468 or ext

3468

### Patient Advice and Liaison Service

(PALS) For confidential help and advice

call 01603 289036 / 289045

### Chapel Open to all. For details of

services or to contact the Chaplains, call

ext. 3470

Hospital radio on ext 800 on Hospedia

or call 01603 454585

## CROMER HOSPITAL

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

## OTHER HOSPITAL DEPARTMENTS

• **Cotman Centre**, Norwich Research Park:

• **Innovation Centre**, Norwich Research Park:

• **Norwich Community Hospital**,

Bowthorpe Road, Norwich NR2 3TU

• **20 Rouen Road**, Norwich, NR1 1QQ, ext. 5450

## THE PULSE

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# Letters

*To all staff,*

*I write in appreciation of the care and kindness that I received during my recent stay.*

*We were on holiday in Norfolk and this was my first ever hospital stay, and so, very traumatic for me. The cheerfulness and efficiency of all I met was touching and must have helped towards my recovery.*

*I cannot thank Mr Hallam and his team enough for patching me up ready for transfer to Huddersfield to await a replacement elbow.*

*Please pass on my thanks.*

*Dear Mr Davies*

*I am writing to express my praise and gratitude to the care given to my grandson during his 8 day stay on the Neonatal Intensive Care Unit.*

*The work of all the staff from doctors through to catering staff within this unit is to be highly applauded and commended for their professionalism, kindness, commitment and friendliness along with the high level of standards held within the department.*

*My heartfelt thanks to a wonderful team.*

*Yours sincerely*

Mrs M Claxton

Grandmother to baby Claxton



## Social media @NNUH



Outstanding nursing care received on AMU and Elsing ward @NNUH over the last week. Thank you to everyone concerned #proudofttheNHS

Gary Hunter (Twitter)

Doing some gardening a twig scratched my eye Cromer's nurse was so good that I soon say goodbye #diyday @NNUH #cromerhospital

Norfolk Truffle (Twitter)

Immensely grateful to lovely staff @NNUH who operated on my eye this morning. The #NHS is such a great organisation

Jill Segger (Twitter)

I have nothing but utter respect for the nursing staff @NNUH especially on Denton ward. Thank you for looking after me

Dean Futter (Twitter)

*Please send your contributions, comments and suggestions to [communications@nnuh.nhs.uk](mailto:communications@nnuh.nhs.uk) or to Communications, NNUH, Colney Lane, Norwich, NR4 7UY*

## Volunteers celebrated during Volunteers' Week



NNUH celebrated the valuable contribution made by its volunteers during 1st - 12th June as part of Volunteers' Week.

The volunteer service at NNUH has grown from 72 volunteers to 675 in the last ten years. Departments and teams across NNUH are supported by dedicated and hard working volunteers who help to improve the care and experience given to patients and relatives.

Sally Knights, Voluntary Services Manager at NNUH, said: "We are always extremely grateful to

our volunteers who support us so much, but Volunteers' Week is an annual occasion to celebrate and honour the invaluable contribution they make. It's also a great opportunity to show how anyone can volunteer."

Volunteer Rita Kofkin said: "I've been volunteering at the hospital for 13 years.

I've volunteered in a number of areas but at the moment I help to escort patients between A&E and the Urgent Care Centre. I volunteer because I have some spare time and enjoy meeting people. I like to make the patients' experience here better and I like to think I relieve any of their tension and worry."



*Pictured above: Volunteers Chris, Marion, Robert, Jean & Ellen*

## Tribute to Governor Pam Ford

Hospital governor and retired nurse Pam Ford, who served the NHS in both roles for 44 years, has sadly died.

Pam, 84, worked as a nurse for 38 years, with the last 25 years being spent at the Norfolk and Norwich University Hospital as a clinical teacher, A&E sister and nursing officer. First elected as a governor at NNUH in 2010, Pam was active in the role and supported the Trust in many activities and also volunteered in the mobile library service, taking books to patients on the wards.

John Fry, Chairman of NNUH, said: "Pam was highly respected by her colleagues at the NNUH, both as an experienced

and was very active in supporting our hospital up until the last few weeks of her illness."

Councillor Brian Watkins, who is also an appointed governor at NNUH representing Norfolk County Council, said: "Pam has made an immense contribution to the Norfolk and Norwich Hospital both as a nurse of many years standing, and more recently as a governor. Pam will be greatly missed by all who had the privilege to know her."

Pam passed peacefully away after a short illness at the Norfolk and Norwich University Hospital.



*Pictured above: Governor Pam Ford*

nurse and a governor. She gave her time freely

In this edition of the Pulse we take a look at fascinating innovations in treatments for patients and just some of the work of our amazing and dedicated staff here at Norfolk and Norwich University Hospitals.



On the cover and on page 9, you can read about our new robot which we have introduced for prostate cancer surgery. Robotic assisted prostatectomy, a type of keyhole surgery, means that our patients can now receive some of the most advanced treatment available for prostate cancer, locally and will not now need to travel further afield to Cambridge or London.

Our world-first in baby safety research on pages 6 and 7 gives insight into one of our NICU research projects with Dr Paul Clarke and includes an interview with a young Mum whose baby Theo took part in the project.

This year we marked both International Nurses Day and International Day of the Midwife with celebrations, to recognise and value the amazing caring work nurses and midwives do and the pride they take in their professions (page 5). We also recognise outstanding mentorship in the new "Clinical Educators Mentor Awards". Just as dedicated are our volunteers, a very special group of 675 people who are a magnificent help to both patients and staff who we also celebrated during national Volunteers' Week in June as you can see on this page.

Finally, also on this page, I would like to note the tribute to hospital governor and former nurse Pam Ford who recently passed away. Pam was a great supporter of the Trust and was valued and appreciated by all here at NNUH who knew her. Our thoughts are with her family and friends.

**John Fry**  
Chairman, Norfolk and Norwich University Hospitals NHS Foundation Trust

## Our thanks to...

### Open Garden Success



Philip and Chris Greenacre held the first of their two open garden weekends in June at Furze House (IP21 4RT), they have raised nearly

£5,000 for prostate cancer. Thank you to everyone who attended and family and friends of Philip and Chris for making this happen. The next weekend is 20-22 August, entrance is £3.00 and children are free.

### Brandbank Goes Wild In the Woods



Over 25 volunteers from corporate supporter Brandbank volunteered to help improve the Woodland

Walk. Thank you.

### Keeping Abreast Norwich

Keeping Abreast Norwich present Earsham Ward with funding for extra equipment for patients undergoing reconstructive surgery.



### Massive Thanks to ....

Louise Richmond; Charlotte Richardson; English Youth Ballet at Theatre Royal; Tom Mann, Tom Love, Ellen Hedge; Morrisons; Suzi Currier & Martin Denny; Nicholl Family (Team H); Mr & Mrs Brunton; Fred Hopkins and the Langley Shoot; Festival of Kings; Rotary Club Aylsham

**If you would like to support the hospital charity then please contact Louise Cook on 01603 287107 or email [fundraising@nnuh.nhs.uk](mailto:fundraising@nnuh.nhs.uk)**

## An Evening of Music at Somerleyton Hall

A unique evening of music at Somerleyton Hall is taking place on Thursday 1st September 2016 in support of prostate cancer treatment at the Norfolk and Norwich University Hospital (NNUH).

The evening has been organised by Andrew McCullough, a professional

clarinettist and former patient of the NNUH. Having received treatment for prostate cancer himself earlier this year he now wants to raise awareness and funds for the hospital charity. For further information about the event please email [fundraise@nnuh.nhs.uk](mailto:fundraise@nnuh.nhs.uk) or call 01603 287107.

### NNUH 'cuts loose'

The "Cutting Loose 2" Concert is on 13 August 2016 at 7pm.

The concert, organised by patient Mike Wallace in collaboration with a local professional musician Tommy Loose, will be held at the Benjamin Gooch Theatre at NNUH. Mike decided to support the Oesophagagastic Cancer Surgery Fund, part of the hospital charity,

because of the care and treatment he received at the hospital. The concert will be a musical journey of songs which have been written or inspired Mike as he has gone through his cancer treatment. Tickets cost £5.00 and are available from [www.cuttingloose.org.uk](http://www.cuttingloose.org.uk) or call 01945 420400. There is also free parking.

### NNUH Bike Ride 2016



We would like to welcome you to the second NNUH Tour Sportive taking place at NNUH on Sunday

11th September 2016. Cyclists on the charity bike ride will follow the southern section of the 2015 Tour of Britain stage through Norfolk.

The NNUH Tour Sportive is a non competitive and inclusive cycle sportive for all abilities and offers a choice of three circular routes (30 miles, 60 miles or 100 miles) starting and ending at NNUH. Up to £9\* per rider entry goes directly to NNUH charity. Additionally, if you would like to raise some sponsorship for NNUH you can help make a huge difference to the Hospital charity.

\*£9 for the 100 mile, £7 for the 60 mile and £5 for the 30 mile. <http://www.nnuhtoursportive.co.uk/>

### Taverham Lions

Taverham Lions has provided safe footwear as part of our slipper appeal. The footwear is for vulnerable patients arriving in hospital slipperless who are at risk from a fall.



*Pictured above: Taverham Lions*

### Success for B&B Ball



Special thanks to Julie Sapey and her mother Brenda Hird who kindly donated £2,000 to the Norfolk

and Norwich Lung Cancer and Mesothelioma Support Group, part of the hospital charity. Julie organised a charity ball which was held on 21st May 2016 and presented Lung Clinical Nurse Specialist Emma Smerdon and Lung Clinical Nurse Specialist Claire Yates with the donation.

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



## Clinical educators mentor awards

The Practice Development and Education team has launched a new set of awards to recognise the nurses and clinical areas going the 'extra mile'.

Director of Nursing, Emma McKay, presented the inaugural awards for best nurse support to Sister Cheryl Stone, for giving outstanding mentorship and guidance to students.

Student Nurse Louise, who nominated Cheryl, said "Cheryl is a nurse that I aspire to be, both in her manner and the excellent way in which she cares for her patients." Cheryl is a part of the team that makes up Kimberley ward, which also won

the initial "Best student placement award".

Student nurse Julie who nominated the ward said: "During my time on Kimberley I found all staff very welcoming, friendly, and knowledgeable and always willing to teach. What sets them apart is their ability to work together as an excellent team which results in exceptional multidisciplinary working and patient care."



*Pictured right: Kimberley ward with Director of Nursing Emma McKay*

## Roles of nurses and midwives celebrated

NNUH celebrated both International Day of the Midwife and International Nurses Day in May. The days aim to recognise the achievements of nurses and midwives and the importance of the work they do for patients.

On 5th May Midwives celebrated with cake on delivery suite and shared posts on social media explaining why they are proud to be an NNUH midwife.



International Nurses Day was held a week later on 12th May which is the anniversary of Florence Nightingale's birth. As part of the celebrations Christina Edwards CBE, trustee of the Edith Cavell Trust, gave a talk to NNUH nursing staff, sharing her thoughts on the opportunities and challenges

facing nursing based on her lifetime experiences of working in the health sector. This was followed by a talk given by NNUH Specialist Nurse Ruth Harcourt, about the difference

nursing makes to patients. As part of her role, Ruth works as a tattoo artist restoring the nipple areola complex for patients who have had a breast reconstruction.

Nurses also celebrated with tea and cake and browsed display stands about nursing revalidation, patient flow and career opportunities.

Nurses at Cromer Hospital viewed a display on nursing past and present with photographs of the old hospital.

## Dates for your diary

- 11th September NNUH Bike Ride
- 29th September Annual General Meeting 6pm- 7.30pm in the Benjamin Gooch Lecture Theatre
- 8th October Cromer Hospital Open Day
- 8th December Christmas Fayre

## Trust Board meetings

- 29th July 9am - 11am
- 30th September - 9am – 11am

## Council of Governors

- 28 July 10am-12pm
- 25 October – 10am to 12pm

All meetings above are held in the Boardroom at NNUH. Please contact the membership office if you wish to attend on 01603 287623 or email [communications@nnuh.nhs.uk](mailto:communications@nnuh.nhs.uk)

## Big C Centre 10 year anniversary

The Big C Cancer Support and Information Centre at the NNUH has recently celebrated its 10 year anniversary.

The Centre opened in 2006, it remains a joint initiative between the NNUH and the Big C Charity. To date the Centre has welcomed more than 104,000 visitors. The Centre has evolved according to visitors' needs. It is a drop-in Centre and has a comprehensive library with information for those affected by cancer. Manager Jill Chapman said: "We are grateful to our excellent volunteers and NNUH for their continued support, and to the Big C Charity for the ongoing funding. This means that we can continue to offer a variety of services for patients, carers and families. It is important that those with a diagnosis know what is available to them, so that they can tailor their support according to their needs." For further information [www.big-c.co.uk](http://www.big-c.co.uk)

# NNUH's world-first in

**Neonatologists at the Norfolk and Norwich University Hospital are the first in the world to publish research showing the thermal safety of scanning newborn babies with high powered 3T magnetic resonance imaging (MRI) scanners.**

This research was done when the NNUH took part in the national MARBLE study which investigated the benefits of using the more detailed 3T MRI scans for babies.

Newborn babies who have suffered from oxygen starvation at birth receive "cooling" treatment to minimise the risk of brain damage, followed by a standard MRI scan to check the brain health. But the MARBLE study needed to use high powered 3T scanners. The 3T scanners allow specialist scanning techniques that can measure brain chemistry and provide more detailed images of any areas of damage. However, they have magnetic fields twice as strong as those commonly used for babies and nowhere in the world had so far published data to show that it was safe to scan babies using the higher magnetic fields.

When taking part in the MARBLE study, the Norfolk and Norwich University Hospital team decided to do their own additional research and safety monitoring to be sure that using a stronger magnetic field did not lead to dangerous overheating in babies during scanning.

The NNUH team, which included an MRI physics expert from the UEA, therefore carried out thermal safety research to record the core body temperature of all babies undergoing a 3T MRI brain scan. To enable this monitoring, the team had to purchase specialist fibre optic equipment to record the core body temperature of babies continuously throughout the scans.

The results of the thermal safety research showed that no babies had any overheating during their scans. The team concluded that it is safe to use the more powerful 3T MRI scanners for brain scans in newborn babies. The findings have now been published in the **The Journal of Pediatrics**.

Dr Clarke, who led the research, said: "We are delighted that our research has provided the first data to be published internationally that show the thermal safety of 3T MRI scanner use in babies. Our findings will provide reassurance to other doctors across the world who may be looking to introduce 3T MR scanning for babies. We were only able to monitor the core temperature of babies taking part in this research thanks to the specialist equipment we purchased using clinical trials funds."

Dr Clarke added: "Taking part in research is crucial to ensure that the Norfolk and Norwich University Hospital and all the babies we care for benefit from the latest advances



*Pictured above; Rachel Cherry with son Theo*

“We are delighted that our research has provided the first data to be published internationally.”

**Dr Paul Clarke, Consultant Neonatologist**





# baby safety research



in neonatal care, technology and treatment. We are always extremely grateful for donations to our Neonatal Intensive Care Unit because all donations really do help to improve the care we provide for our babies and their families. We also hope that some organisations and individuals may be interested to support our unit's research at a local level. Therefore we invite those interested in furthering neonatal research to donate specifically to our unit's 'NICU Research fund'. Donations to this fund will help us to carry out further important research for babies which may help us make exciting discoveries that improve the outcomes of the babies we care for."

The NNUH is now taking part in the follow up phase of the MARBLE study. Data is being collected on the babies' development through special neurological assessments at one and two years of age.

Rachael Cherry's son, Theo, was born in August 2014 and took part in the MARBLE study. Rachael had a difficult labour resulting in an emergency caesarian section. Theo did not breathe for eight minutes so needed the cooling treatment straight after birth. Rachael said: "Theo was cooled and we were told about the MARBLE study the next day. We were happy for Theo to take part in the research because we knew it could help future babies. It was also reassuring for us because we wanted to know what was happening and if anything would be picked up by the more detailed MRI scan."

She added: "Theo spent around two weeks in NICU in total. I didn't really have any concerns about him taking part in the research. The staff were incredible; they were very understanding and explained everything to us so we could understand what was happening. Theo's just like any other toddler now. Our last review with Dr Clarke was very encouraging so we are really pleased. We are so grateful."

**"We were happy for Theo to take part in the research because we knew it could help future babies."**

**Rachel Cherry, Theo's Mum**

**To donate to the NICU Research please send all**

**donations to;**

**C/O Louise Cook**

**Fundraising Manager**

**6th Floor Rouen Road**

**Norwich**

**NR1 1QQ**

# New NNUH Role is Popular with First Students

**Physician Associates are an important new role in the NHS. They support both doctors and patients by providing diagnostic and therapeutic treatment, developing care management strategies, and working with patients' families.**

Jo Cartwright and Rowan Davies are two of 12 postgraduate students on the first Physician Associate training course who are on placement at NNUH.

Jo says she has found staff "very welcoming and very supportive. I am really glad I have done this and I am excited at the future timetable, it's going to get more and more interesting."

Rowan agrees with Jo: "The staff are really welcoming and friendly, they don't treat us like students we are treated as part of the team".

He has been working at NNUH on an Older Persons Medicine ward, which includes patients with

they will be staying in the same place.

At the end of a ward shift he said: "When I go home I am tired but I feel I have achieved something during the day. I have played a small part in making patients better as part of the team."

Professor Lesley K Bowker, Clinical Skills Director said: "I am delighted by the enthusiasm of our first PA cohort who are clearly enjoying their learning during their hospital



*Pictured above: First cohort of NNUH Physician Associates*

The course is 50% lectures and practical training and 50% gaining experience working within the hospital's clinical teams.

Thirty-one year old Jo originally studied Biomedicine at the University of East Anglia and then went on to do a Masters degree in Human Rights. "I focussed on health because I have always been interested in health," she said.

Jo said it was great to have patient contact during the first weeks of the course and to learn skills that were a confidence booster for her first days on the Acute Medical Unit (AMU). The first time she successfully took someone's blood "I left the hospital skipping as I had done something useful and succeeded."

dementia, and says he finds his practical training "exciting".

His degree is in forensic science and neuroscience and for a year after graduating he worked as a forensic lab technician.

He says the best thing was learning how to diagnose and how to communicate well.

"It was really daunting at first and now I feel very comfortable, I can talk to any patient and do procedures. They gave us the right skills to be helpful on the wards. It's very proactive which is one of the major attractions of the placement."

Rowan said that on the wards the biggest benefit of the PA role is about continuing care. The role means that when they graduate

placements. The fully integrated nature of the course means they are getting significant early exposure to clinical practice alongside their study at the University and in the Clinical Skills Centre of the new Bob Champion Research and Education building."

Jeremy Over, director of Workforce at the NNUH said: "It is wonderful to see the progress being made by our students at this early stage of their two-year programme. Around half of their course of study involves them spending time as part of our clinical teams, which will prepare them well for when the Physician Associate role is integrated into our future workforce here at NNUH from 2018 onwards."



# State of the art robotic surgery for patients with prostate cancer

**A new £1million robot is being used to carry out prostate cancer surgery at the Norfolk and Norwich University Hospital.**

Robotic assisted prostatectomy is a type of keyhole (laparoscopic) surgery which is used to remove the prostate. The robot has four arms which are controlled by a surgeon sitting at a console in the operating theatre. One arm holds a camera and the others hold surgical instruments, such as scissors or graspers. The surgeon can see the operating area through the console which gives a magnified 3D view.

Mr Robert Mills, Consultant Surgeon in Urology, said: "The real benefit of using a robot for this type of surgery is the dexterity and the improved vision it provides. The images I can see when using the robot are magnified 10 times. It also gives me a much greater range of movement when operating. Using the robot allows me to make very accurate movements at almost any angle in confined spaces. That makes it easier to be more precise with an incision or putting in a stitch, for example."



**"The real benefit of using a robot is the dexterity and the improved vision it provides"**

**Mr Robert Mills, Consultant surgeon in Urology**

Previously patients at the NNUH were offered laparoscopic radical prostatectomies or had to travel to London or Cambridge for robotic surgery. After a robotic assisted prostatectomy, patients are discharged on the following day or soon after and see their consultant after six weeks to check that the cancer has been removed.

Mark Davies, Chief Executive, added: "We have a clear strategy to invest in the latest technology to continue to develop our role as a major regional centre in the East of England. This is further proof that we have some of the most skilled staff using state of the art technology for the benefit of patients across Norfolk, Suffolk and Cambridgeshire."

Sixty-nine year old Michael Broom from Hethersett was the first patient to have a robotic assisted

prostatectomy at NNUH. He said: "When I had the option, robotic surgery was my choice rather than traditional surgery, having read up on it. I recovered from the operation much sooner than I thought possible and it really allayed any fears I had. I was only in hospital for a few days with very little pain following the operation and had fantastic care from all the staff in the departments concerned. I'm amazed at how well it went."

Michael has since received the all clear.

The robot is also due to be used to perform keyhole surgery for patients with kidney cancer later in the year.



*Pictured above and top right: The robot in use and Mr Robert Mills at the console*

# 'This is Me' booklet

NNUH marked Dementia Awareness Week with a campaign to raise awareness and understanding of the Alzheimers Society "This is me" booklet. The booklet is a simple and practical tool that people with dementia can use to tell staff about their needs, preferences, likes, dislikes and interests.

The booklet enables health and social care professionals to see the person as an individual and deliver person-centred care that is tailored specifically to the person's needs. It can therefore help to reduce any distress for the person with dementia and their carer and improve communication. Posters and a tweet pack featuring the This is Me booklets were designed and available to download from the website for use by patients, staff and visitors. Wards were encouraged to display the posters on their wards and support the campaign on social media.

Various activities were held to mark the week at the hospital including a talk hosted by Dr Martyn Patel, lead consultant for dementia at NNUH. Members of the public were invited to hear about NNUH's approach to dementia care with the use of the 'This is Me' booklets

**“Dementia is a subject which will touch many of our lives as carers, friends or family members.”**

**Dr Martyn Patel,  
lead consultant for  
dementia**

highlighting their importance in providing exemplar care. The talk was well attended by members of the public and was streamed live on Twitter for the first time using Periscope, a feature which enables live broadcast.

Martyn Patel, NNUH Lead Consultant for Dementia, says: "Norfolk has a higher than average older population and dementia is a subject which will touch many of our lives as carers, friends or family members. The talk was an opportunity to come along and find out more about how we care for patients with dementia in our hospitals, including how we work with partners and carers to improve patients' experience while they stay with us."

An information stand was also in place with information for carers on specialist services for people with dementia in NNUH, plus stands showcasing some of our excellent practice in the hospital to help person-centred care. This is in addition to the hospital's Dementia Support Team which visits patients, carers and families on the wards to provide emotional support, one to one activities for patients and signposting sources of help for families.

The Dementia Nutrition Group launched a new finger food menu designed especially for patients including those with dementia. The menu will allow patients to select smaller items of food which appeal to them. Research has shown that a finger food menu for patients with dementia

Norfolk and Norwich

**“This is Me  
booklets help  
us know what's  
important to you.”**

**Claudia Rumford  
Dementia Support  
Worker**



This is me booklets are available on all wards. Please ask your nurse for further details.

The posters can be downloaded from our website





# ets tells us about you

Norwich University Hospitals **NHS**  
NHS Foundation Trust

**Dementia Awareness  
Week 2016 #DAW16  
#NNUHDAW16**

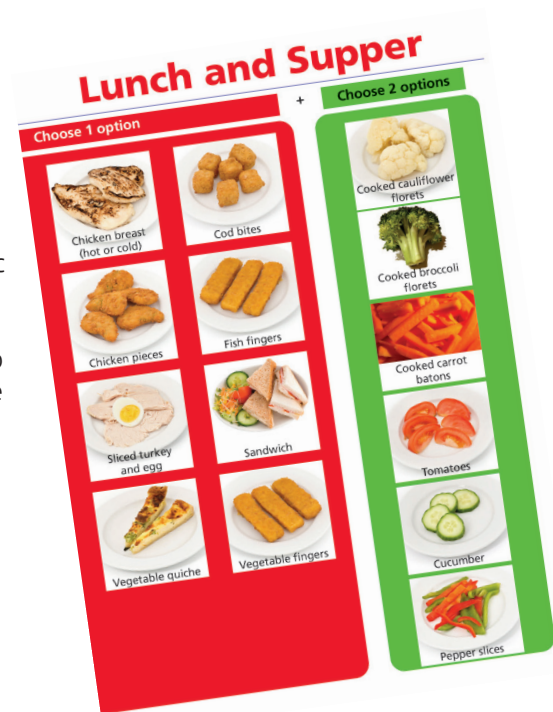


could help with enjoyment of food and drink, improve nutritional intake, help maintain independence and avoid co-ordination problems with cutlery.

Fran Howe, NNUH Deputy Dietetic Services Manager said: "Previously a small number of finger foods were available to order so the group wanted to develop a comprehensive and varied menu that met daily energy and protein requirements as directed by the hospital foods standards. The trial aimed to increase the choice available to patients who may find traditional hospital meal times difficult. The menu allows patients to eat foods that they may find easier to consume in a way which is similar to how they would eat at home. Originally the menu was designed for patients with dementia but it has been recognised that it could help all kinds of patients."



*Pictured above: Lynne Myson, OPM Clinical Educator with the new finger food menu*



Elizabeth Yaxley, NNUH Dementia Services Manager said: "We have a highly skilled and committed multi-disciplinary team who have the experience and expertise to care for this group of patients. There are a number of things we can do in Norfolk to help people with Dementia and the week demonstrated just a few of these."

Every ward and department across the N&N and Cromer has a 'dementia link' who promotes good practice and shares information with colleagues who are caring for patients with dementia, and during Dementia Awareness Week information on services the staff can access to help their patients with dementia was promoted through leaflets and posters.

## HOPE course helping patients in Cromer

Cromer Hospital is now able to provide a self-help course for Cancer patients. The HOPE (Help Overcoming Problems Effectively) course is for patients living with and beyond a cancer diagnosis. The six-week course aims to help people cope emotionally and practically by focusing on their existing strengths. It gives patients the knowledge, skills and confidence to cope with frustrations, fears and sense of isolation that living with cancer can bring. It is suitable for those who feel able to share their thoughts and feelings, as well as listen to others. It is an interactive, group based, self-management course.

The Cromer course is led by two healthcare professionals from within the hospital who are fully accredited by Macmillan Cancer Support to provide the course. Sessions last two and a half hours and run over six weeks. The course usually is run

with approximately 6-10 patients and covers:

- Goal setting and action planning
- Stress management
- Mindfulness and relaxation
- Character strengths
- Fatigue management
- Getting active and feeling good
- Communication skills
- Helps you to prioritize

Feedback from participants has been positive. Sara, said it was a "highly

The next course will begin at Cromer on Monday 12th September from 9.30 – 12.00. Places can be booked by contacting Anita Martins (Matron) on 01263 646234.

valuable course, I would definitely recommend it to anyone living with or following cancer."



*Pictured above: Participants of the first HOPE course at Cromer Hospital*

## Erica earns a rest at 80



Staff Nurse Erica Balls, aged 80, has just retired from the Dermatology Department after 60 years in nursing. Erica qualified in 1956 at the Northgate Hospital in Great Yarmouth which was a general hospital at that time. After moving to Costessey, she worked at the former N&N Hospital site from 1970 where she had two daughters and a son and often worked nights to fit in with her family. Erica rejoined the N&N's Dermatology Department and worked there until she retired in May 2016. Erica

will now have more time for her seven grandchildren and one great grandchild. Erica says: "I can't get my head around retiring and will miss my colleagues. Being a registered nurse has been a big part of my life."

Director of Nursing at NNUH Emma McKay, said: "Erica is a credit to the nursing profession and her commitment to the hospital is fantastic. On behalf of all her colleagues we would like to wish her all the very best in her retirement."

### WELCOME

...to the following who recently joined the Trust: **Tartiana Garcia** (Consultant); **Dr Nabil Hujairi** (Consultant); **Dr Paul Hutchings** (Consultant); **Mr Simranjeev Johal** (Consultant); **Dr Robert Major** (Speciality Doctor); **Dr Parvez Moondi** (Consultant); **Mr Adam Peryt** (Consultant); **Miss Francoise Sheppard** (Consultant); **Dr Nicholas Woodall** (Consultant) and **Dr Kimia Ziahosseini** (Consultant).

### FAREWELL

...to the following long-serving staff who have recently left the Trust: **Maria**

**Catchpole**, Physiotherapist (19 yrs); **Jonathan Valentine**, Consultant (19 yrs); **Christine Peter**, Healthcare Assistant (20 yrs); **Julie Kidd**, Staff Nurse (21 yrs); **Ian Hotchin**, Clinical Assistant (21 yrs); **Simon Donell**, Consultant (21 yrs); **Amratlal Patel**, Consultant (23 yrs); **Alison Curtis**, Staff Nurse (24 yrs); **Jennifer Tomes**, Radiographer - Therapeutic, Manager (25 yrs); **Caroline Mowbray**, Staff Nurse (25 yrs); **Clive Grattan**, Consultant (25 yrs); **Valerie Debbage**, Technician (25 yrs); **Judith Smith**, Officer (28 yrs); **Jayne Dickerson**, Healthcare Assistant (28 yrs); **Robert**

**Roffey**, Technician (29 yrs); **Maria James**, Technician (29 yrs); **Barry Stearman**, Healthcare Assistant (30 yrs); **Barbara Tutte**, Staff Nurse (31 yrs); **Stephen Cooper**, Staff Nurse (33 yrs); **Jane Watson** Staff Nurse (35yrs); **Sally Pond**, Healthcare Assistant (38 yrs); and **Susan Tuck**, Modern Matron after 39 year's service.