Help for patients to breathe more easily

Michael Crabtree felt like he’d been given a new lease of life after getting help from respiratory nurses at Airedale Hospital.

The retired auctioneer from Gargrave was diagnosed with chronic obstructive pulmonary disease (COPD) seven years ago which has caused him problems, particularly in the last three years. Michael was recently diagnosed with bronchiectasis, another respiratory condition.

He was on a continual spiral of antibiotics and steroids for recurrent flares of his COPD and his last family holiday was a disaster due to his ill-health. His wife Pamela was worried about him as he was depressed.

Michael, aged 69, was referred by his Skipton GP to the specialist respiratory team, who work in the community, and within just a few months he was much healthier and happier.

Colette Scully, specialist nurse at Airedale Hospital, said Michael’s condition had steadily declined. He was on the brink of giving up work and not wanting to go out much socially.

She said: “However, with a few changes he was back to work within a short space of time, it amazing to see such a positive difference in someone.”

Collette changed his inhaler as the device he was using was no longer suitable due to a deterioration in his ability to take a breath in. She showed him some breathing techniques and ways to clear his chest, discussed giving up smoking and together they drew up a plan to help him manage his own condition better and reduce deterioration of the lungs.

Michael was also referred for pulmonary rehabilitation – an eight week programme run by a respiratory physiotherapist held at Castleberg Hospital, Broughton Road Community Centre, in Skipton, Leisure Centre in Keighley and the Bradford area.

For the past six months Michael has been free from steroids and antibiotics. He said: “I didn’t think I could ever feel as good as I do now – I’m more relaxed now I know there are nurses at the end of the telephone who will help me if I have any problems again.”

Team works in hospitals and the community to support stroke victims

A new service has been launched to support people who have had hospital treatment for a stroke when they are discharged.

It is led by a multi-disciplinary team, who work both in the community and hospitals, to give stroke patients in the Bradford, Airedale, Wharfedale and Craven the rehabilitation they need to help them make a better recovery.

The team includes a physiotherapist, an occupational therapist, a speech and language therapist, a psychologist and three trainee assistant practitioners who work across all therapies.

Airedale, Wharfedale and Craven Clinical Commissioning Group has commissioned the service to help stroke patients continue with therapy programmes when they leave hospital and improve their quality of life.

One of the team leaders for the community stroke team, Carol Blackwell, from Airedale NHS Foundation Trust, said: “Our aim is to help people who have had a stroke to make the best possible recovery so that they can take part in everyday activities at home.

“We educate them about how to avoid having another stroke. Many people that we see have hidden disabilities such as cognitive or memory problems and we can offer extra support.”
Welcome to this edition

Our local plan is the Bradford and Craven STP which takes the West Yorkshire ambitions and priorities below and describes how we are tackling them locally. www.airedaletrust.nhs.uk/sustainability-and-transformation-plan-stp

At the heart of the West Yorkshire STP are three ambitions: 1. healthy places – focusing on preventing illness, self-care and joining up community services; 2. high quality and efficient services – focusing on hospitals working more closely together, a single commissioning arrangement between clinical commissioning groups (CCGs) and councils and sharing staff and buildings where it makes sense; 3. a health and care service that works for everyone, including our staff – focusing on engaging with people when designing and planning care and support and making the region a great place to work.

To achieve these ambitions we are focusing on nine priorities:

- prevention
- primary and community services
- Mental health
- stroke
- cancer
- urgent and emergency care
- specialised services
- hospitals working together
- standardisation of commissioning policies.

There will be consultation opportunities on the emerging plan. For more information contact the West Yorkshire and Harrogate STP programme office by email: westyorkshire.stp@nhs.net or tel: 01924 317659.

Cardiology research project

A new research project is being carried out by cardiology consultant Basel Hanbali, supported by research nurse Brigid Hairsin, at Airedale Hospital. CoMFFort-Q will investigate the impact of baseline quality of life, co-morbidities, frailty and functional status on the incidence of CIED (cardiac implantable devices such as pacemakers and defibrillators) related infection requiring re-intervention. If you have patients who would like to be involved in research – they don’t have to have a medical condition as some studies require healthy volunteers or those who have certain illness in the family – visit www.airedale-trust.nhs.uk/services/ research/road-to-research/
Plans for new facility to improve urgent assessment of patients

Bradford council planners have given the go ahead for a new £7m Acute Assessment Unit at Airedale Hospital which will provide better short stay facilities and reduce the number of patients admitted unnecessarily. Airedale’s construction partner, Integrated Health Projects (IHP), will start work in the New Year and finish by Spring 2018.

The unit will be next to the trust’s Emergency Department allowing staff to work together more efficiently across several disciplines and ease workforce pressures.

Golden end of life care

Wards six and nine have recently been awarded Gold Standards Framework (GSF) accreditation, recognising their good practice in end of life care. To achieve this hallmark accreditation from the British Geriatrics Society, the wards demonstrated early recognition of patients in their last year of life, improved communications with these patients and fellow professionals therefore creating more compassionate care.

Fiona Widdowson, end of life care facilitator, is part of the team of staff who worked hard to achieve this accreditation. She has recently taken on a further role working in the community as end of life care facilitator. This involves supporting GP practices and district nurses with Gold Standard Framework, including ‘Going For Gold’ accreditation, EPaCCS training and use of the new community ‘Comfort and Dignity Care Plan’. She said: “I look forward to visiting the GP practices and district nursing teams in the coming months.”

The palliative care team was also short listed for a Kate Granger Award for Compassionate Care. This award ceremony is in its third year, giving recognition to teams and individuals who demonstrate outstanding care for their patients. They were one of nine finalists, selected from the record number of 130 entrants, invited to a ceremony at the Health and Care Innovation Expo held in Manchester.

Campaign to support carers is piloted in Airedale

John’s Campaign, which supports carers to visit their loved ones who have a dementia or cognitive impairment outside normal visiting hours, is being piloted on four wards at Airedale and at Castleberg Community Hospital. This is really beneficial to people living with dementia, who are used to having that person around them, especially in an unfamiliar hospital environment. Flexible visiting arrangements will be offered to carers so they can help their loved one at mealtimes, to settle their relative during evenings or just to be with them when they are feeling stressed, anxious, upset or lonely.

Resources have been developed for both staff and visitors about the scheme using Age UK guidance.

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Offering help to people to manage their stammering

More people throughout the country are to be offered help with managing their stammer using video link by Airedale Hospital’s speech and language therapists in a unique service funded by the Health Foundation.

Airedale NHS Foundation Trust has teamed up with the British Stammering Association (BSA) – the UK’s national charity for adults and children who stammer – to secure a successful bid for £73,000 to deliver this on-screen service.

Their innovative project has been selected by the Health Foundation as one of 22 national pilots. There is a national shortage of specialist speech and language services to help people who stammer and this first large-scale pilot of its kind will offer help to adults who are unable to access therapy locally.

Initially participants will be identified through the BSA’s helpline to take part in the project which will run for a year from April 2017 and be evaluated by researchers in the Speech and Language Sciences Department at Leeds Beckett University. If successful, the service could be adapted to other health services, social care and paediatrics.

Stephanie Burgess, senior speech and language therapist at Airedale Hospital, who has experience of using telemedicine as part of her service, said: “I’m so excited by this project as it will benefit many more people who are struggling to get the help they need, which is vital to reduce the impact that stammering can have on many aspects of their lives. The video service will help adults who stammer at a place convenient to them which could be in their home, their office or other location using a PC, tablet, smart phone or smart TV.”

Bethany Watson had wanted to be a nurse since she was six years old but thought it wouldn’t be possible because of her stammer. Now she is a registered nurse on ward 13 at Airedale Hospital due to her determination – and help from the trust’s speech and language therapy team. For more information, visit http://www.airedale-trust.nhs.uk/blog/18th-october-2016-airedale-nurse-doesnt-let-her-stammering-get-in-the-way-of-her-dream-job/

Breast surgeon Claire Murphey’s blog for breast cancer awareness month

Breast surgeon Claire Murphey reflects on the complex decisions facing her patients at a difficult time in her blog for breast cancer awareness month…

I recently told a 30-year-old woman she probably has breast cancer. I say woman, but she looked like a young girl to me. Even as I approach 50, I feel young and that there is a long future ahead. This wasn’t the first time I’ve had to give devastating news to a patient, and it won’t be the last. A breast cancer diagnosis, any cancer diagnosis, is never good; but in the young, especially when they have small children, it seems particularly unjust and all the clinical team is affected by it. Read more: http://www.airedale-trust.nhs.uk/blog/a-breast-surgeon-reflects-on-the-complex-decisions-facing-her-patients-at-a-difficult-time/ also featured on website of Royal College of Surgeons

Newly qualified nurse Bethany Watson with Stephanie Burgess, senior speech and language therapist

Bradford and Airedale pathology joint venture

A new partnership between Airedale and Bradford Teaching Hospitals will begin on 1 January 2017, offering a fully integrated pathology service for patients across the district.

The aim is to provide the best, responsive service possible to patients, clinicians and staff.

This joint venture will include changes to both organisations.

The initial phase of the project has been focusing on the Bradford Royal Infirmary site, to ensure that there is a smooth transition to the new service by January 2017. The second phase will see the complete integration of the two pathology departments, to include all elements of the service.

Associate medical director for strategy integration for Bradford’s diagnostic and therapeutic division Jonathan Barber, said: “Our new collaboration aims to establish a jointly-owned and operated, high-quality, robust and sustainable pathology service. “Importantly, for the first time, this will put our clinicians in the driving seat, and allow them to have direct influence in the operation and development of our pathology service. “This is a collaborative venture with both organisations having an equal stake in the planning and delivery of the new service model. As the clinical strategy of the combined pathology service develops, there will be many opportunities for service enhancement and redesign.”
Kelly Hayes-Head received highly commended for ‘Best Care provided by a rheumatology nurse’, in the Patients’ Choice Awards from the National Ankylosing Spondylitis Society (NASS).

The awards were voted for online by patients who nominated health care professionals who have gone above and beyond the call of duty to help people with ankylosing spondylitis (AS). They also marked the society’s 40th anniversary by recognising good practice around the UK.

Kelly had no idea that she had been nominated for the award and said: “I was amazed, very proud and emotional. We have a great small team looking after around 2,000 patients and our service is developing all the time. We are always keen to try new ideas and ways of working which will make it a better experience for our patients.”

AS is a form of inflammatory arthritis which mainly affects the spine. It is a painful, progressive, long term condition which can have a major impact on the lives of those who have it and those around them. There is no cure for AS, instead anti inflammatory medication, combined with regular physiotherapy and exercise, are the cornerstones of treatment. Around 200,000 people in the UK have AS, with symptoms tending to first appear during late teens or early twenties.

Bereavement support group is launched

A new bereavement support group for families who have lost babies through stillbirth, miscarriage or neonatal death, has been launched.

The Sunbeam Support Group has been set up by Airedale midwife Bev Beaumont and family support worker Jacqui Hainsworth, following their concerns that there was limited support for local families and feedback from bereaved families that they didn’t know where to find help.

“We are offering this support group to anyone in the Airedale and Wharfedale area who has experienced the death of a child, stillbirth or miscarriage,” explains Bev.

“We offer a bereavement service on the labour ward at the hospital, but there was little long-term support locally. This service seeks to bridge that gap, providing support for local families in the community. We’ve worked with bereaved parents to set up the group so that there is a place to go where people understand what you’re going through.”

The group meets at Strong Close Nursery School, Airedale Road, Keighley on the last Thursday of every month, 6.30 – 8.30pm. For details contact Jacqui on tel: 01535 605272 or 07484 056363. A Facebook group has also been set up to support parents going through this tragic experience. Visit https://www.facebook.com/sunbeamsupportkeighley/
Airedale Hospital’s Youth Forum has been set up to provide a young person’s perspective on how the hospital provides care and help them to get involved in making decisions about services.

Lynsey Nicholson, patient experience officer at Airedale Hospital; Sayma Mirza, patient services manager for women and children; Jo Newman, matron for children’s services; Nicole Crabtree, senior healthcare support worker and Malcolm Smith, patient and carer panel member volunteer have helped set up the Youth Forum and will provide a steer and support to the group.

During the first session the group visited the Radiology and Emergency Departments, followed by a discussion to explore how the forum might develop for the future.

Lynsey Nicholson said: “The group were keen to give their views and ideas. We hope to involve them in meaningful engagements from both operational and strategic perspectives enabling the young people to have a real input into patient care.

“There is already a list of potential projects they could get involved in, including developments in the children’s ward and outpatients.”

Other highlights were:
- Consultant paediatrician Dr Kate Ward presented ‘The First 1001 days’ – the most important days for the infant brain to achieve optimum development and the best start in life.
- A talk about cybercrime by Detective Inspector Vanessa Smith, from West Yorkshire Police, who explained how anyone who has a desktop computer, laptop, tablet or mobile phone could be at risk of being a victim.
- Debra Burgess, specialist safeguarding nurse at Airedale Hospital, organised the event. She said: “It’s important to raise awareness of the safeguarding issues within our district, and how to recognise and respond to children and vulnerable adults who are being abused and neglected. People are being targeted by ever more sophisticated methods, so it’s increasingly important to be extra vigilant.”

This year’s sixth safeguarding conference kicked off with a hard-hitting play performed at Airedale Hospital by young people about cyberbullying.

The drama students from Guiseley School, researched and wrote the play themselves, working hard to convey the complex messages surrounding this subject as part of a wider week of events across the Bradford district planned for Safeguarding Week.

Welcome to consultant microbiologist Dr Emma Williamson who has joined the trust. Her role involves advising on the diagnosis and treatment of infections, both in the hospital and in the community, and working in the microbiology laboratory advising on the selection and interpretation of lab tests alongside the senior technical staff.

Dr Williamson is also the infection control doctor for Airedale, working closely with the trust’s infection control nurses and those at Bradford District Care Foundation Trust.

Emma said: “This job allows me to deliver a clinical service with a lot of interactions with both hospital and community users. I also enjoy the unique challenges it presents as we are in the process of merging our lab service with Bradford.”

Welcome to new consultant, Nick Frew who has joined Airedale’s orthopaedic team which has increased their lower limb arthroplasty capacity. The team is also working on plans to develop upper limb capacity.

Originally from South Buckinghamshire, Nick trained in Leeds and has worked as a registrar in Airedale. He also spent a year as Cavendish Hip Fellow at Sheffield Teaching Hospitals training in complex lower limb arthroplasty (hip and knee) surgery.

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Giving young people a voice

Students from Guiseley School performing their hard-hitting play

Students kick off safeguarding week with a focus on cyberbullying

Patient experience forum plans

A patient experience forum is being set up to discuss recommendations of Healthwatch Bradford following a three day visit to Airedale’s Emergency Department. They received responses from 142 people and put together this report http://www.healthwatchbradford.co.uk/ae-airedale-nhs-foundation-trust

An initial meeting was held in December for members of the public to air their views and discuss what works well and what could be improved before setting priorities for the new forum.

For more information email: lynsey.nicholson@anhst.nhs.uk or tel 01535 294027.

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Joining forces to make sure patients use inhalers correctly

Pharmacy and nurse specialists have joined forces to help staff on wards check that patients are using the correct technique for their inhaler.

This joint venture is being piloted at Airedale Hospital but if it proves a success could be rolled out to help primary care professionals.

Over the last few years there has been dramatic increase in the types of inhalers available with the introduction of new devices.

Evidence shows that 90 percent of patients don’t use their inhaler correctly and many healthcare professionals are not teaching the correct technique.

Kevin Frost, senior pharmacist at Airedale Hospital, has produced an educational tool to give teams clear and visible guidance on which device to prescribe and the most effective technique.

Sophie Carrow, specialist respiratory nurse, said: “Using an inhaler isn’t as simple as taking a tablet as its effectiveness depends on how and when you take it. If a person’s inhaler technique is incorrect they are more likely to have symptoms and experience flare ups of their condition.”

“This tool can be used to show the patient what the device will look like and the best way to use it.”

GPs in the Craven can refer patients to the specialist nurse respiratory service for an in-depth assessment of their inhaler technique and inspiratory flow if they have uncontrolled symptoms and frequent exacerbations. The team will attend any professional learning time sessions for GPs in Airedale and Wharfedale to talk about all the devices and the importance of inspiratory flow measurement. Contact tel: 01535 294556.

Parking changes at Airedale

As a result of patient and visitor feedback, significant changes are being planned to improve parking at Airedale Hospital.

The changes, which include a clear separation of staff and visitor parking, barrier controls and a pay on exit scheme, are designed to make parking easier and charges fairer, particularly for people who only visit the hospital for a short time.

The plan is to make all the spaces outside Outpatients ‘disabled parking’, to make it easier for disabled visitors and patients to find accessible spaces.

To improve public transport to the site, estates managers are working with Transdev to set up a bus service that runs every 10 minutes between Skipton and Keighley.

This service will have an additional bus stop outside the Outpatients entrance.

A contractor has now been appointed and work will start after Christmas.
How did you get involved with the service?
I’ve been involved at various stages of its development over two years including working groups for a wide range of health, social care and voluntary sector stakeholders and service design. Working with highly skilled professionals from many different backgrounds has been enjoyable and given me a broader perspective.

What are the benefits of this service from a GP perspective?
A GP’s role these days includes having a general overview of patients’ multiple health needs, a holistic appreciation of their psychological wellbeing and social situation, as well as providing coordination of care. However, 10 minute consultations and increasing administrative pressures place limitations on what I can achieve for my patients with the most complex health needs.

How is it a better way to provide care?
What excites me about the complex care service is that it is provided by a multi-agency team with broad range of expertise. This allows sufficient time and resource to address the physical, psychological and social aspects of an individuals’ complex, multiple needs. There is better coordination within the health and social care system for patients which adds synergy to interventions and fills in the gaps.

Will this work reduce the number of GP visits a patient makes?
Hmm – an interesting question! A key aim of the service is to bring care closer to home and prevent avoidable admissions to hospital rather than reduce GP attendance. Nevertheless, we expect that individuals may require less GP appointments due to the work of team through person-centred goal setting, motivational interviewing techniques, helping people to improve the management of their long-term conditions through self-care, more detailed care plans which include a psychological aspect.

This work may actually result in patients seeking GP appointments more often but at an earlier stage, for example in an COPD exacerbation, which will reduce the risk of hospital admission.

Tell us about a patient who has benefited from the service.
Terry is 72 years old with multiple long term conditions including stroke, COPD, heart failure, chronic kidney disease, osteoarthritis, recurrent falls, depression and anxiety. His quality of life was diminished by his health problems and multiple visits to hospital, often linked to anxiety. His personal support navigator identified his interests and personal goals which included rugby and attending groups for army veterans. They supported his partner and gave advice about claiming the benefits he was entitled to.

The complex care advanced nurse practitioner educated Terry about his medications, the physiotherapist motivated him to become more active, improving his walking balance with exercises and mobility aids and reducing risks by installing another stair rail in his house. This was a huge boost to his wellbeing and Terry stopped attending hospital with anxiety, worried less about death and reported huge improvements to his quality of life.

Any final comments?
Often in general practice we feel under so much pressure that it’s hard to take a step back and appreciate that the whole health and social care system is under stress.

It’s been a privilege to work closely with highly skilled professionals from many different parts of the system and see how they frequently go the extra mile to deliver excellent care.