



Life saving targeted lung health check programme relaunches 3

# members matters

The newsletter for all public and staff members of Liverpool Heart and Chest Hospital  
Issue 3  
2021



Mobile Spirometry Service arrives at LHCH 2



Celebrating 30 years of LHCH 6

Governor update and Member events calendar 9

LHCH Charity news



10



# Welcome

Welcome to the autumn edition of our newsletter for staff and public members of Liverpool Heart and Chest Hospital.

Following much consideration we wish to inform you that Neil will be retiring as Chair of Liverpool Heart and Chest Hospital in March 2022 next year. Having worked within the NHS for 50 years, including 12 years as Chair of this fantastic hospital, this has been a difficult decision for him. Whilst he would love to continue beyond next March, Neil feels the time is right to retire and to allow colleagues time to search for his successor and to manage the transition. The recruitment process has commenced and we have no doubt that the Trust will appoint a candidate of the highest calibre in the coming months.

We are delighted to welcome Margaret Carney to the Board of Directors, who was appointed as a Non Executive Director commencing 1st September. You can read a little more about Margaret within this newsletter.

As we welcome Margaret, it's important that we acknowledge the significant contribution made here at LHCH over the past few years by our outgoing Non Executive Director, Mark Jones. We all wish Mark every success as he takes up his new post as Chair at Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust.

Our colleagues continue to work exceptionally hard through the recovery phase to ensure our patients receive the care and treatment they require as soon

as possible. Infection prevention continues to be our highest priority and as we move through Autumn into Winter, our flu and covid booster vaccination programmes will be more important than ever before. Please do all you can to stay safe in the coming months and protect yourselves, your families and others.

Best wishes



**Neil Large, MBE**  
**Chair**

**Jane Tomkinson OBE,**  
**Chief Executive**

## Mobile Spirometry Service arrives at LHCH

The new Mobile Spirometry service will support the Respiratory Diagnostics team in providing more spirometry tests for our patients both onsite and out in the community.

**Spirometry is a basic breathing test which measures the amount of air that you can blow out and is an important way of assessing lung function.**

It is also the very important first line test in detecting lung disease. The new mobile unit provides an additional two examination rooms which are fitted to the highest standards and include special air filtration units designed to minimise the risk of exposing patients to airborne infections.

This expansion of our services will commence onsite here at LHCH initially and plans are in place to take the unit into a range of community locations in the future.

Dot Price, Respiratory Diagnostics Manager said: "The new mobile spirometry unit will support us greatly in delivering the key diagnostic tests our patients need as quickly as possible. A big thank you to the University of Liverpool and LHCH Charity who have made this possible and to Dunmore Health who have also been an

enormous help in ensuring this project got off the ground. It's an exciting time for our team and we look forward to

welcoming our first patients through the doors very soon."



## Life saving programme targeted lung health check relaunches

A ground-breaking health check programme which has saved lives across the city has re-started after being put on hold during the Covid-19 pandemic.



**Dr Martin Ledson,**  
**Clinical Lead for Respiratory Medicine**

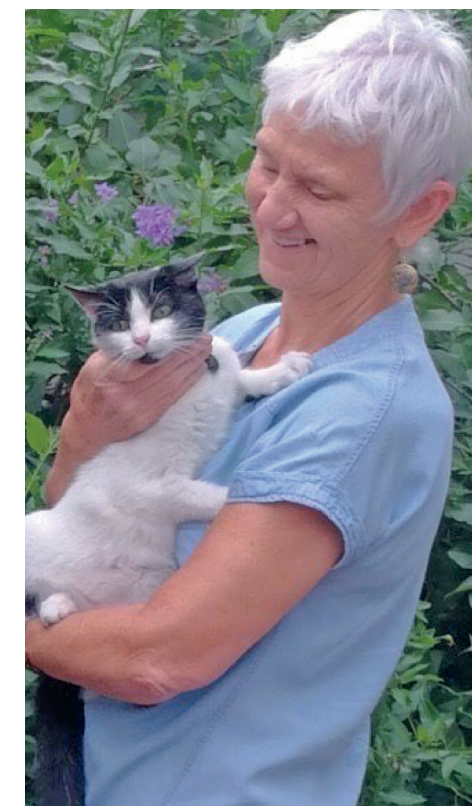
**The Liverpool Targeted Health Check ran successfully from 2016 until last year. In that time, it identified over 120 people who had lung cancer. Most of them were diagnosed with early-stage lung cancer and have since had curative-intent treatment.**

Lung cancer is notoriously difficult to detect early. Its symptoms are often vague and easy to ignore or dismiss, particularly in the current situation. In many cases, symptoms only become obvious when the cancer has already spread. As a result, around 75% of people in the UK found to have lung cancer are diagnosed with terminal disease. In Liverpool, the situation is even worse. There were 2,616 new diagnoses of lung cancer in the city in 2014-18, or 523 new cases per year. Lung cancer incidence in Liverpool was 82% higher than expected when compared to overall figures for England.

**"It doesn't matter who you are, no one is immune."**  
– Jo Shoba

Sadly, in most cases, the disease is incurable. However, when diagnosed at its earliest stage, almost 6 in 10 (57%) people with lung cancer will survive their disease for five years or more, compared with almost 5 in 100 (3%) people when the disease is diagnosed at the latest stage. Targeted lung health checks, however, has the power to change this, revolutionising long term lung cancer survival rates by detecting it at the earliest opportunity, even before symptoms appear, and could cut lung cancer deaths by almost a third.

Jo Shoba is one of over 100 people who have already been diagnosed



Jo Shoba

through the programme. She felt well and had no symptoms when she went for her initial appointment. She was shocked when she was diagnosed with lung cancer even though she had not smoked in over 40 years.

She said: "I was in complete shock! How could I possibly have cancer? It just seemed so unlikely because I was so well. But that's the thing with lung cancer, as I've since learnt. It doesn't matter who you are, no one is immune. The aim of the lung health check is to pick up cases like mine at the earliest possible opportunity before symptoms have even appeared. I count myself extremely lucky. Without this intervention my story would probably be very different. I would have known nothing about the cancer in my lung until the appearance of

symptoms, quite possibly at a stage when treatment would be much more difficult. The care I received – from the initial health check appointment to the subsequent scans, the surgery and the recovery – was amazing, and I am so grateful to the NHS."

Dr Martin Ledson, Clinical Lead for Respiratory Medicine at LHCH, said: "Over the years, we have seen significant improvement in the early detection of many other cancers but not with lung cancer. Targeted lung health checks offer a way to change this. Without this programme, people like Jo many have diagnosed at a much later stage and could have had a very different outcome.

The lung health check scheme has also diagnosed people with many other conditions, including chronic obstructive pulmonary disease (COPD) and asthma, and even other forms of cancer, allowing them to get the appropriate treatment and care. That is why we are delighted to have now recommenced the programme and we can start inviting people back for a lung health check. The facts speak for themselves; it will save lives and we hope it will take us a step closer to a national lung screening programme."

The Liverpool targeted Lung Health Check, which was formerly known as the Liverpool Healthy Lung Programme, is available to people aged 55-74 who currently smoke or have previously smoked. If you are eligible, you will receive a letter from the NHS inviting you to make an appointment. For more information, visit <https://www.lhch.nhs.uk/lung-health-check>





## Pride in the NHS Week

Team LHCH recently supported NHS Virtual Pride with our Pharmacy and HR colleagues celebrating with their own PRIDE parade.

Some of our Executive Team are pictured showing their support for PRIDE in the NHS Week.



## Return of Volunteers to LHCH

We are delighted to announce after 18 months of pausing our volunteer work due to the pandemic that they have now returned to their roles within LHCH.

Colleagues were delighted to

welcome back familiar faces across the Trust in their meet and greet roles, on our Acute Cardiac Unit, Cedar and Birch Wards to support the patients and the staff.

The Patient and Family Support Team will be recruiting new

volunteers over the next few months. If you are interested in joining our outstanding hospital please have a look at the advertisement on [www.jobs.nhs.uk](http://www.jobs.nhs.uk) and complete the application.



## Sir Ken Dodd Training and Education Centre

This year we have been pleased to develop a new dedicated education and training facility that will be used extensively by students and trainees, clinical staff and education partners.

Thanks to the provision of charitable funding, the new centre will be key to ensuring that colleagues develop their knowledge

and skills to remain as leaders in the field of cardiothoracic care for years to come.

The centre will provide:

- Dedicated training areas
- Enhanced facilities for our on-call staff, providing a place to rest and recharge
- Brand new library facilities where students and staff can study,



research and update their clinical knowledge.

We look forward to formally opening the centre later in 2021. Watch this space for details of this in the next edition of *Members Matters*.

## Learning life-saving skills on World Heart Day



Would you know how to save a life?

Natalie Hudson, Resuscitation Lead at LHCH, shared vital life-saving skills on World Heart Day in a virtual event for our members. If you missed it you can watch a recording of the event on the Membership section of [www.lhch.nhs.uk](http://www.lhch.nhs.uk)

Natalie said: "CPR is a life saving tool used following a sudden cardiac arrest. This can happen completely out of the blue so it is important we are all prepared and can help others if needed."



You can also watch a short and snappy two minute video provided by Natalie highlighting key resuscitation skills by following the QR Code.

For more detailed information please visit the Resuscitation Council website.

## LHCH is going Green

In July this year we celebrated the NHS 73rd birthday, and we were also delighted to have been able to provide 10 new EV charging points for LHCH staff use, demonstrating our commitment to tackling climate change.

Delivered by 'Pod Point', the charging stations, located outside the LHCH Research Unit, are accessed via the Pod Point App with an LHCH.NHS.UK email address.

October is Green Awareness Month here at LHCH and as such we will be organising a range of 'green' activities here for our colleagues to get involved in. We will share these with you in the next edition of this newsletter.



## New Non Executive Director appointed

Margaret Carney commenced her role as a new Non Executive Director for LHCH on 1st September 2021 and joins the Trust's Board of Directors.

Margaret brings with her a wealth of experience having worked in local government since 1979 in a number of roles including as the Director of Finance and Corporate Resources at Warrington Council, Executive Director of Corporate Resources, Strategic Partnerships and Health and Care at Rochdale Council and CEO at Sefton Council

for ten years. Margaret retired in 2019 and has since continued her work as a Non Executive Director with public, voluntary and private sector organisations, and is currently Vice Chair of a social care provider organisation.

On her appointment Margaret said: "I am delighted to have been appointed as Non Executive Director of LHCH which has an outstanding reputation both regionally and nationally. The NHS faces challenging times more than ever before due to the covid pandemic

and I look forward to supporting LHCH in achieving its vision to be the best of the best."







# Celebrating 30 years of LHCH

1st April 2021 marked 30 years to the day that LHCH, formerly known as The Cardiothoracic Centre (CTC), was one of 57 organisations in the first wave of NHS Trusts. We had a chat with Janice Dunne, Cystic Fibrosis Specialist Nurse who has worked here for an impressive 36 years.

## Jan tell us a bit about your career

I trained at the Royal Liverpool College of Nursing 1984-1987 and went on to qualify in September 1987. I then worked as a Staff Nurse for two years on the former E Ward which was where the LHCH Research Department is now located. Back then it was a Nightingale Ward with a six bedded area. I went on to become the Ward Manager for Ward A (now known as Birch Ward) for 17 years. I had the best staff on Ward A and I was nominated by the team as the Best Supporting Manager at the very first awards evening. I have been a CF Nurse Specialist for the past 11 years and work with a fantastic team.

## Tell us what you remember from back then which was different to how it is now?

- Patients on the orthopaedic wards were allowed to smoke in the ward!
- The nurse in charge would dish out the meals at breakfast, lunch time and teatime from a large trolley.
- I was a 3rd year student and left in charge on night duty on a busy surgical ward when short of staff.
- The nurse in charge of the ward would arrange the pacemaker list for

the week. We held a paper pad on the ward with referrals hand written from all District General Hospitals .

- Pacemakers would remain in bed 24 hours post procedure, cardiac catheter patients would remain lying flat for 12 hours then slowly sit up, myocardial infarctions (heart attack)



patients had three days bed rest and patients who had a cardiac arrest sadly often died.



Jan is pictured at her qualifying presentation day in September 1987.

## Flu campaign launched

This year's flu vaccination campaign is underway here at LHCH.

You can now have your flu jab to protect yourself, your family, friends

and colleagues. LHCH staff can find out more about the flu clinic and drop in times on our staff intranet. If you do not work at LHCH, you can read more about the flu vaccination and where you can obtain it via [www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine](http://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine)

PROTECTS  
YOU, YOUR FAMILY  
AND PATIENTS  
FROM THE FLU



Help to keep everyone safe this winter



## Surgery and sewing: from the Theatre to the Gallery

A new exhibition of portable antique sewing machines was recently opened in Penmaenmawr... by Mr Mo Zeinah, Consultant Cardiac Surgeon from LHCH.

**Displaying part of 76 year-old Frank Meldrum's classic collection, the 'So Handy' gallery has finally become a reality, thanks in part to the specialist care and treatment he received earlier this year from Mr Mo Zeinah, Consultant Cardiac Surgeon and all the team at LHCH.**

Frank said: "I've always had a passion for portable antique sewing machines, and I wanted to find a space where other people could enjoy them as well. But after spending eight

months converting a shop to put them on display, my plans were put on hold by a heart attack at the end of March.

"After being transferred to LHCH for specialist care, my wonderful surgeon, Mr Zeinah, told me that I needed major surgery – a triple heart bypass and an aortic heart valve replacement."

"Thankfully the surgery was a success and after a couple of weeks receiving care from the staff in intensive care and on the wards, I was able to return home to continue my recovery –

and to complete the work I'd started on the gallery."

Mr Zeinah said: "I was delighted and honoured to be invited by Frank to visit and also to formally open his gallery and it's wonderful to see him back on his feet and enjoying the things he loves most."

The gallery (6 Oxford Arcade, Pant-Yr-Afon, Penmaenmawr, LL34 6AE), which is also supporting the LHCH Charity was officially opened by Mr Zeinah on Thursday 1st July.

## Sisters climb to say thank you to LHCH!

**Young sisters Lauren and Isabelle, from St Helens recently climbed England's third highest peak, Helvellyn, to say thank you to LHCH for the care that their dad received earlier this year.**

Their dad, Simon, a fit and healthy 45 year old production supervisor, was rushed to LHCH back in May for emergency surgery to replace his aortic valve and aortic root after being diagnosed with infective endocarditis.

Lauren, aged 25, a health advisor for North West Ambulance Service, said: "We're so incredibly grateful for the amazing treatment and aftercare



that dad received from Professor Field and the whole LHCH team, and we're so thankful to have dad back at home making a steady recovery.

Supporting LHCH Charity was just our small way of saying thank you to the hospital for looking after dad so well."





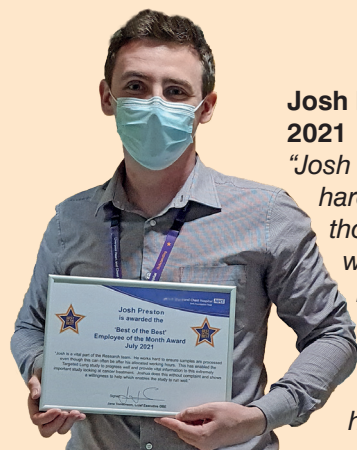
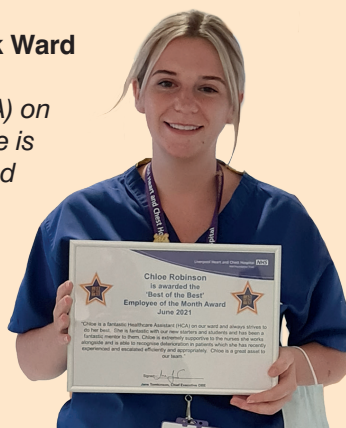
## Employee of the Month Awards



Our 'Best of the Best' Monthly Award Scheme has gone from strength to strength this year. Congratulations to our most recent winners of the 'Best of the Best' Employee of the Month Award:

### Chloe Robinson, Healthcare Assistant, Oak Ward – June 2021

*"Chloe is a fantastic Healthcare Assistant (HCA) on our ward and always strives to do her best. She is fantastic with our new starters and students and has been a fantastic mentor to them. Chloe is extremely supportive to the nurses she works alongside and is able to recognise deterioration in patients which she has recently experienced and escalated efficiently and appropriately. Chloe is a great asset to our team."*



### Josh Preston, Lab Scientist, Research – July 2021

*"Josh is a vital part of the Research team. He works hard to ensure samples are processed even though this can often be after his allocated working hours. This has enabled the Targeted Lung study to progress well and provide vital information to this extremely important study looking at cancer treatment. Joshua does this without complaint and shows a willingness to help which enables the study to run well."*

### Sue Craig, Administration Officer, Therapies – August 2021

*"Sue is the backbone of the Therapies team. In essence our department would not run without her and she goes above and beyond. She coordinates our diaries, orders our equipment and oversees every fine detail in the department. She does this always with the biggest smile. She continually goes out of her way to help anyone she can, without hesitation. She is our resident council and in essence our LHCH Mum. She embodies and personifies LHCH's values of kindness, compassion and exceptional care. Sue is a general ray of sunshine to be around, always available for her wisdom and advice. She makes sure we are all ok before leaving in the evenings and can always make you smile even on the longest, toughest days!"*



## Governor update



(L to R) Allan Pemberton, Joan Burgen and Lynne Addison

**Following our recent governor elections we are pleased to welcome back Allan Pemberton, Public Governor – Cheshire, Joan Burgen, Public Governor – North Wales and Lynne Addison, Public Governor – Rest of England & Wales who have all been re-elected for another three year term of office. We are also delighted to welcome Roy Page and Ray Davis as Public Governors for Cheshire and Linda Griffiths as**

**Public Governor for Merseyside. You can read some more about them here:**

#### Roy

"Following some investigation treatment regarding my heart at Whiston Hospital in December 2009, I attended LHCH in January 2010 to have my mitral valve replaced with a mechanical valve under the treatment of Mr Oo, then Consultant Cardiac Surgeon. The operation went well and I left the hospital 5 days after the operation. I have been in good health since this and take warfarin every day to manage my blood coagulation. I wanted to



become a Governor to give something back to LHCH for the fantastic treatment I received in January 2010."

#### Ray

"I was treated by staff at LHCH and was impressed at the time by the organisation as a whole and the staff in particular. I still attend the hospital and when I saw the opportunity to become a Governor I thought it was time to at least try to give something back to such a great institution if only my time. I hope that I can carry out the role in such a way as to benefit all who use and work at the Trust."



#### Linda

"I have worked for the NHS for many years, both as a healthcare assistant and as a secretary/administrator. I have also in the past worked for the (then) North Lancashire PCT as a commissioner, and been a Staff Governor at Preston Hospital. I understand what patients need and expect, and I also understand why it is not always possible to fulfil these needs and expectations without the Governors working with the Trust to bring them about. I believe I have much to offer and now I'm retired, I have the time and commitment to make a difference."



You can read more about the Council of Governors on the About LHCH section of our website.

## SAVE THE DATE

## Virtual events calendar – dates for your diary!



**Combined General Meeting of Council of Governors and Annual Members' Meeting.**

**Tuesday 12th October 2021 at 4pm via Zoom.**

Celebrate our successes of 2020-21, receive the annual report and accounts from the Board of Directors and hear a report from our Governors along with details of our future plans and service developments. This is also a perfect opportunity to share views and ask us any questions you may have regarding the services we provide.



**Cardio-Oncology Thursday 11th November 2021 at 6.30pm via Microsoft Teams.**

Join us for a virtual health talk with Dr Rebecca Dobson, Consultant Cardiologist - Imaging & Cardio-Oncology at LHCH. All are welcome to attend this free session and learn more about this fast developing Cardio-Oncology service. This service is a close collaboration between oncologists and cardiologists from two trusts to provide cardiac assessment and care for a wide range of patients



**COPD. Wednesday 17th November 2021 at 11am via Zoom.** Join Emma Rickards, Consultant Respiratory

Nurse on World COPD Day. Emma will provide a presentation on the background of Chronic Obstructive Pulmonary Disease (COPD), potential treatments, living with COPD and keeping your lungs active.



**Obstructive Sleep Apnoea. Friday 18th March 2022 at 2pm via Zoom.** Join

Jennifer Furlong, Advanced Clinical Physiologist, Sleep Service Lead & Deputy Manager, Respiratory Diagnostics will define Obstructive Sleep Apnoea, explain the symptoms, diagnosis, treatments and alternative treatments. Jenny will also discuss the subject of living with the condition and driving. The presentation will be followed by a question and answer session.



For more details on any of the events please visit [www.lhch.nhs.uk](http://www.lhch.nhs.uk).

You can also book your free place on any of our virtual events by emailing [membership.office@lhch.nhs.uk](mailto:membership.office@lhch.nhs.uk)

**Have your completed your members survey?**

**LHCH public members will have received a members' survey enclosed with your copy of Members Matters. Please spare a few moments to provide us with some feedback so we can improve our communications and programme of events. Have you been a patient of LHCH and do you have a story to share? We would love to hear from you!**





## Charity news update



### Therapies Team conquer Three Peaks

The last weekend of July was a particularly active one for 9 members of our Therapies Team who undertook to climb the 3 highest peaks in the UK in 23 hours and 32 minutes!

Initially the group wanted to undertake the challenge to push themselves and stay active after the past difficult year. As the training

progressed however, they felt that they also wanted to do something to benefit the hospital and so they set up a JustGiving Page and absolutely smashed their original target by raising £830 so far for LHCH Charity.

Aaron Thomas, one of those taking part said: "The whole weekend was a great success. The weather was lovely for the first two climbs not too warm

or too cold but it was really hot during the Ben Nevis climb so it was a real challenge. We were all quite proud of ourselves that we managed to push through and get to the top."

We can't thank Aaron, Hannah, Laura, Pat, Neil, Andy, Ben, Libby and Tony for all their hard work and effort in raising such an amazing amount for our work.



### Jack and Imogen's coast to coast adventure

A big congratulations to Jack and Imogen from our Respiratory Diagnostics team who have just completed a self-supported hike across the UK from coast to coast (Newcastle to Bowness on Solway).

The pair walked an impressive 13 hours a day on steep hills whilst carrying heavy equipment over four and a half days. Along the way they faced some difficult terrain and very hot weather conditions!

Jack said: "We felt an enormous

sense of achievement when we completed the walk but were also sad to have finished since we had such a great time! We felt overwhelmed with the amount of money that we raised for Lhch Charity from lovely friends, family, colleagues and people we met along the way."

An amazing £1,200 has been raised for our very own hospital charity. A big thank you to Jack and Imogen for supporting LHCH Charity.

### Christmas is coming...

Well, yes we do know it's only Autumn but this is the ideal time to get ahead with your Christmas shopping and avoid all those crowds.

LHCH Charity has some lovely cards and gifts this year that are sure to make your friends and family very happy.

You can view the full collection of cards and merchandise by visiting our website at [www.lhchcharity.org.uk/shop](http://www.lhchcharity.org.uk/shop).

Alternatively you can contact our LHCH Charity team by emailing [enquiries@lhchcharity.org.uk](mailto:enquiries@lhchcharity.org.uk) or by calling 0151 600 1409.



### Are you in?

To mark the Covid-19 pandemic and celebrate and support LHCH's outstanding staff – LHCH Charity has launched it's "In for a £1" Club.

It only costs £1 per week to be a part of it and you can either pay by regular gift of £4 per month or send a year's subscription of £52. Everyone that joins will receive some lovely goodies including the very sought after "In for a £1" badge, shopper and pen

and the funds raised will go towards supporting the life-saving work of Liverpool Heart and Chest Hospital.

If you would like to learn more get in touch with the LHCH Charity Office on 0151 600 1409 or visit our website [www.lhchcharity.org.uk](http://www.lhchcharity.org.uk)

As a very famous supermarket says: "Every little helps" and just imagine the difference we could make if everyone agreed to donate just £1 per week.



### Free will service launched!

If you are one of the 50% of people in the UK who have not yet made a will then we have a great offer for you!

Thanks to a partnership with Accord Will Services. They will provide you with a will, or review your existing will, absolutely for free. There is no request

to make a donation to LHCH Charity to access this service either.

So what are you waiting for? Making a will ensures that your wishes are carried out when you are no longer here and can save your loved ones from the stress of dealing with your estate.

You can get in touch with Accord by ringing 01744 807 048 or emailing them at [lhch@accordwills.co.uk](mailto:lhch@accordwills.co.uk) and, if you would like to learn more about how a bequest could help the hospital don't forget to visit our website at [www.lhchcharity.org.uk/make-your-mark-on-the-future](http://www.lhchcharity.org.uk/make-your-mark-on-the-future).



# Please support the work of LHCH Charity

Help us care for our patients, their families and our dedicated staff with your donation to LHCH Charity.

**£5** would help us to provide a bag of toiletries for an emergency patient

**£20** would help us provide hot meals for our staff during the pandemic

**£50** would help us purchase specialist equipment for rehabilitation

**£100** would support counselling for our staff with mental health specialists

☐ £10   ☐ £20   ☐ £50   ☐ £100   Other amount £.....

Name (PLEASE PRINT) .....

Address (PLEASE PRINT) .....

Postcode .....

☐ Yes please send me the LHCH Charity Christmas cards and merchandise brochure (my address is above).

Please return this form and your donation to:

Liverpool Heart and Chest Hospital Charity

FREEPOST RRL-LSHT-ZLKE

Thomas Drive, Liverpool L14 3PE

Registered Charity Number 1052813

*Please make all cheques payable to LHCH Charity. No stamp required on envelope.*

*Thank you so much  
for your support!*



## Privacy notice for our Members

**We collect and hold public and staff member information for the purposes of the Trust to meet the legal requirements set out in UK law, or exercise the official authority established for a Foundation Trust as a public body.**

Personal information will only be used to fulfil the requirements in relation to the individual's membership of Liverpool Heart and Chest Hospital NHS Foundation Trust and not shared elsewhere.

Staff and Public Members can opt out at any time by contacting the Membership Office on **0151 600 1410** or by emailing **membership.office@lhch.nhs.uk**

For more information please visit the LHCH Privacy Notice on our website **<http://www.lhch.nhs.uk/about-lhch/information-governance/data-protection-and-confidentiality/privacy-notice/>**

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