

# members matters



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HEART  
DAY**

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# Welcome

Welcome to the autumn edition of **Members Matters** – the newsletter for public and staff members of LHCH.

At the time of writing we are now in the midst of a second wave of Coronavirus (Covid 19). As always, we are exceptionally proud of the way our team has planned and responded to this pressure. The biggest challenge for the hospital now is in managing the continued care for our heart and chest patients whilst also supporting the wider healthcare system throughout the winter. The team has worked tirelessly to ensure that we have been able to provide care and treatment for those needing urgent and emergency surgery as well as planned procedures. The team work in achieving this has been phenomenal and we are both delighted with the progress and the difference this has made to each individual patient and their families.

It's as important as ever that we all continue to adhere to national guidance by following the principles of Hands, Face and Space. We have introduced many additional safety measures for our patients and staff during their visit or stay here at the hospital. You can read more about these on our website [www.lhch.nhs.uk](http://www.lhch.nhs.uk)

We would like to close our welcome with a plea to our patients, staff and the wider public to protect themselves and their families by receiving their flu jab this winter via their GP or Pharmacy. More information relating to flu jabs for staff are circulated internally and on the staff intranet.



Neil Large MBE,  
Chair

Jane  
Tomkinson OBE,  
Chief Executive

## Flu campaign

**The annual staff flu vaccination campaign has now started at LHCH.**

Jane Tomkinson, CEO is pictured consenting to her flu jab and said:

"With Coronavirus/Covid 19 circulating this year it is more important than ever that we protect ourselves, our patients, families, friends and colleagues by receiving our flu vaccination.

Don't delay and get yours booked today."



## Nursing Times Awards



**We are so pleased that three of our teams at LHCH have been shortlisted for Nursing Times Awards in the following categories:**

- Respiratory Nursing
- Patient Safety Improvement
- Nursing in the Community

Congratulations and good luck to all three teams. The winners will be announced at a virtual awards ceremony on 18th November 2020.

**Nursing  
Times  
Awards  
2020**



## LHCH nurse lit up in lights

**Leanne Ratcliffe, Staff Nurse from Maple Suite at LHCH has her face up in lights as part of this year's Blackpool Illuminations.**

Leanne was nominated by friends and colleagues from LHCH and then successfully chosen to feature in a special 'Corona Heroes' display along Blackpool promenade's Golden Mile.

Leanne returned to work at the start of lockdown following six months maternity

leave and was asked to support the team in the hospital's intensive care unit. As well as supporting colleagues and caring for patients through the peak of the pandemic, Leanne went out of her way to make up and provide toiletry bags for patients who at the time were not able to receive visitors.

Friends, colleagues and everyone at LHCH are proud that Leanne will deservedly be shining down to thousands of visitors to Blackpool this autumn – she's a star.



**NHS**

bayo  
Staff Nurse

**I've had my flu jab**

**PROTECTS  
YOU, YOUR FAMILY  
AND PATIENTS  
FROM THE FLU**

You can give flu to your family and patients without having symptoms. Protect those close to you.

**Get your free flu vaccination**

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# Celebrating 30 years of LHCH

You may or may not be aware, but next year will mark the Trust's 30th anniversary.

It has been 30 years since LHCH, formerly known as The Cardiothoracic Centre (affectionately known as CTC), was one of 57 organisations in the first wave of NHS trusts established on 1st April 1991. As a way of marking the milestone we plan to share some brief stories and experiences of long-serving staff members, with over 30 years of service.

**Gina Aldous, Cystic Fibrosis Nurse Specialist here at the hospital has kindly offered to share some of her memories from an impressive 36 years here at LHCH.**

## How has your specific role changed over 30 years?

I have worked in a number of roles during my time here. I have worked in the surgical wards, intensive care, clinical quality, hospital coordinators and I've been a Ward Manager and a Cystic Fibrosis Nurse Specialist. The adjacent photos illustrate three of these roles.



## Why do you think you've stayed here so long?

It's like a little village, everyone knows everyone and are really friendly. I think that's because it started out as a small local hospital. Also, this hospital really cares about its patients and there are so many examples of where staff have gone above and beyond for patients here.

## What's been the biggest changes you've seen or experienced at the hospital during your 30+ years?

I remember:

- Soap and water enemas with green soap preoperatively, seeing the jugs

of soapy water above the curtains! And always after evening visiting.

- Patients being allowed to smoke in bed, and staff smoking in the kitchen!
- The great big trolleys with the morning porridge and the Charge Nurse dishing out the bowls.
- The panic caused by the introduction of Electronic Patient Records (EPR), and then the panic when it didn't work!
- The Aberdeen Pharmacy Kardex. This was great big folder that we used to use for medications on the drugs trolley to do paper prescriptions.
- When we still had an Accident and Emergency.
- When a group of firefighters were brought in after a big fire, and staff rushed down to see if they could 'help'.

## Do you have a favourite highlight from your 30+ years at the hospital?

Getting involved in the detail of the design of Cherry Ward, really focusing on what patients want and need to deliver excellent, compassionate and safe care. Cherry Ward is a dedicated Cystic Fibrosis Ward and opened to its first patient on 26th August 2015.



Cherry Ward opening 2015



Cherry Ward today...



# Research at LHCH

An update with **Vicky Wilkinson**, Head of Research

**2020 has been a challenging time for everyone and that includes our Research Team here at LHCH. Members Matters spoke to Vicky Wilkinson, Head of Research about the impact Covid 19 has had on research and what the future plans are.**

## What impact has Covid 19 had on research at LHCH?

The past months have been challenging for everyone and people are having to adapt to a new way of going about their daily lives. When Covid-19 arrived, like everyone else, the Research team had to adapt and quickly; research as we knew it changed overnight- the majority of research projects had to be paused, some staff had to shield and work from home, meetings were moved to be online, many research nurses were called upon to help out with clinical services and others were diverted from their usual research projects to support Urgent Public Health (UPH) research projects.

## What are the plans for future research at LHCH?

Over the last few months we have been working with our clinicians

and study teams to work out which studies can safely be restarted whilst striking a balance between supporting ongoing Urgent Public Health studies (which include health care worker studies and vaccine research) across Liverpool. At the time of writing approximately 50% of non-Covid related studies have been reopened since the Summer allowing our patients the opportunity to become involved in them. Alongside the usual research the Research team continue to support covid related research projects.

LHCH is a member organisation of Liverpool Health Partners (LHP) and has been working closely with all of the other partners and the Clinical Research Network North West Coast to facilitate Covid related research projects in the region. The research studies may involve patients or some are designed to involve health care workers as their participants. For example, LHCH staff have been involved with supporting the Oxford Vaccine Trial and have been able to set up a follow up clinic on site to make it easier for volunteers to become involved.

As you know, Covid cases are rising significantly in the region and again we feel that the Research team will need to keep adapting over



the coming months. If cases rise the call to support the Urgent Public Health research will increase, as the need to develop a vaccine and to understand this virus more continues. Some usual projects may need to be paused again due to changes in patient pathways or reductions in staffing as the UPH need increases but we feel that it's important for the studies that can continue to be open do so, and our patients are offered the opportunity to take part. We will continue to work with all of our investigators, study teams, colleagues, partners, patients and collaborators and continue to look forward.



**LHCH is a Research Active Trust**



Tuesday 29th September marked World Heart Day and we celebrated the occasion here at LHCH to help raise awareness of the importance of maintaining good heart health.

We shared baskets of fruit with our staff, joined other local landmarks by lighting up our main entrance in red and we were excited to be treated to an exclusive themed live performance by a quartet from Maghull Wind Orchestra. Due to social distancing restrictions we shared the live performance on social media to enable more people to join the occasion and attend virtually.



# World Heart Day



## Trevor <❤>

For 17 years since his first pacemaker, our much-loved Senior Governor, Trevor, has been looked after by the cardiology and pacing teams at LHCH. He says his care has always been exemplary and so much so that even now at 73 years of age, he can still jog three times a week, go the gym, power walk and maintain his physical fitness. Trevor – you're an inspiration!



## Ceri <❤>



Ceri, from Rhuddlan in Denbighshire, was stunned to find out she needed a double bypass at LHCH last year. But since her surgery, she said that she's a changed woman – and has lost 4 stone in weight, goes the gym regularly and now walks, walks, walks. Ceri says she's forever grateful to all the team at LHCH, including Mr Modi, Dr Mills, Julie Tyrer and so many other teams and individuals. What an inspiring story!

## Rob <❤>



After a heart attack on Christmas Eve 2018, Rob from Birkenhead underwent a successful heart bypass at Liverpool Heart and Chest Hospital. He said it was thanks to our outstanding team that he was able to recover and return to playing golf, walking, cycling and also back to work. His motto in life is 'never give up' and he wanted to reassure others that they're in safe hands. Best wishes from everyone at LHCH on World Heart Day.

In addition to this we shared a number of heart-warming patient stories across our social media platforms to celebrate the care provided here at Liverpool Heart and Chest Hospital. You can read some of these stories and photographs across these pages. You can read more about World Heart Day on the World Heart Federation website.

## Sarah <❤>

Sarah, a former member of staff, wanted to pass on her thanks for the care and treatment her husband received at LHCH two years ago. Noel had an emergency triple bypass, but Sarah said the care they received from the team 'was second to none'. She added, "Thank you LHCH for giving Noel his life and his health back. You really are simply the best". Very best wishes to you both from everyone at LHCH.



# World Mental Health Day

It was World Mental Health Day on Saturday 10th October. We recognise that our staff are providing and delivering outstanding care during this challenging time of a national pandemic and a range of support continues to be offered for our staff welfare. To mark the occasion of World Mental Health Day we ran mindfulness and meditation sessions virtually for our staff.



**Members Matters spoke to some of our specialist team here at LHCH to offer some top tips to maintain good mental health and wellbeing during the Coronavirus/Covid 19 pandemic.**



**Dr Thomas Clarke, Senior Clinical Psychologist for the Cystic Fibrosis Centre at LHCH (pictured) shared his top tips for helping to improve sleep. Good quality sleep is integral to maintain robust mental health.**

- It is recommended that adults need between 6-9 hours of sleep per night. This is slightly different for everyone; some needing closer to 9 hours, others requiring less.
- Be mindful of your caffeine intake, especially during the evening. Try not to have any caffeinated food or drink after 5pm as this will interrupt your natural sleep rhythms.
- Try and make your bedroom as dark as possible, this will help your body and mind prepare for rest. Consider blackout curtains if there are lights from outside, e.g. streets lamps etc.
- Make sure you are warm when preparing for sleep. Our body temperature drops slightly when

we sleep, and if already in a cold environment this can be enough to wake us.

- Limit your screen time; this applies for computer screens, laptops, tablets, smart phones and TV screens. The light that these devices give off mimic day light and can cause our brain to think it is earlier in the day.
- Aim to reduce your screen use up to an hour before going to bed.
- Have a 'sleep routine'; a ritual you do before going to bed that is soothing and relaxing. This will not only relax your body and mind in preparation for sleep, but act as a cue to let your body know you expect it to rest soon. Make sure these activities are not overly stimulating, e.g. exercise, watching TV, playing video games.



**Sejal Pandya, Specialist Cystic Fibrosis Dietitian provided us with the following top tips for eating well. Sejal said although there is no quick**

**fix to boost your immune system, a healthy balanced diet does promote good immune function and mood.**

## A Healthy Diet

- A healthy balanced diet includes 5 portions (handfuls) of fruit and vegetables a day and good sources of protein, iron and calcium.
- Carbohydrates (bread, pasta, rice, cereal), are also part of a healthy balanced diet.
- If you are not exercising as much then take care of portion sizes this would be useful to maintain your weight.
- Making sure you drink plenty of fluid ; Aim for 1.5-2 Litres a day.
- Minding your alcohol consumption is also good for body and mind.

## Top Tips to Stay on Plan

- Menu plan – plan out your meals for the week, and help see an overview of the balance of your diet.
- 5-a-day – plan in to your week how you can achieve 5 portions of fruit and vegetables a day. Fruit and vegetables, could be fresh, tinned, frozen or dried – it all counts.
- Shopping list – using your menu plan to help you write a list. This will help you to make sure you get all the ingredients you need to cook the meals you plan to.
- Snacking – there are lots of options for healthy snacks. Stock up on these and include them in your meal plan. Snacking on foods high in fat and sugar can affect your mood, and weight.
- Take care of your body and mind at this difficult time. Eat well and stay safe.

## Introducing your new Governors

Following this summer's governor elections we are pleased to have successfully filled all vacancies on our Council of Governors. We were overwhelmed by the interest shown in the roles this time. Thank you to all our members who expressed an interest in the role or stood for election. The following public members have been re-elected/elected for a three year term:



Peter Humphrey



Megan Cromby



Princey Santosh



Rachael McDonald

## Merseyside

Dorothy Burgess, Public Governor  
Terence Comerford, Public Governor  
Elaine Holme, Public Governor  
Trevor Wooding, Public Governor and Senior Governor  
Peter Humphrey, Public Governor.

## Cheshire

Mark Allen, Public Governor.  
Peter Brandon, Public Governor

## North Wales

Dusty Rhodes, Public Governor  
Peter Wareham, Public Governor

**The following staff members to be elected as Staff Governors are as follows:**

Megan Cromby, Staff Governor – Non Clinical  
Rachael McDonald, Staff Governor - Non Clinical

Princey Santhosh, Staff Governor – Registered and Non Registered Nurses

**For a full list of all our governors please visit [www.lhch.nhs.uk](http://www.lhch.nhs.uk). A very warm welcome to our four brand new governors (all pictured above) and we look forward to working with you in the coming months.**

## Healthy Lungs event

In conjunction with West Lancashire, Southport and North Sefton Breathe Easy Group, we are excited to hold our first ever virtual health awareness event!

**SAVE THE DATE**

**Monday 16th  
November 2020,  
11am – 12.30pm**



## Our Respiratory Diagnostics team will host a presentation on 'Diagnosing Respiratory Disorders and Conditions'.

The talk will particularly focus on diagnosis of Chronic Obstructive Pulmonary Disease (COPD) and Asthma.

There will be opportunity for those attending to ask questions at the end of the presentation. To book your place please email [membership.office@lhch.nhs.uk](mailto:membership.office@lhch.nhs.uk).

A link to join the meeting will be circulated one week prior to the event to those who have registered to attend.





# Introducing the LHCH Staff Hub

It was a pleasure to be able to launch our brand new LHCH Staff Hub on 20th August, which had been generously supported by LHCH Charity.

The exciting new facility is open 24 hours a day, 7 days a week to accommodate staff for rest and dining with the overall aim of offering an appropriate space to enable staff to refresh and recharge at break times. This includes a quiet zone which is available to offer staff a moment of quiet time when needed. The facility is also utilised to host a range of health and wellbeing sessions such as yoga, meditation or financial wellbeing sessions.



## 'Best of the Best' Employee of the Month Awards

We have been delighted to announce the return of the Employee of the Month Scheme this autumn to coincide with the launch of our brand new Staff Hub Facility.

**Congratulations to Joseph Donohue, Specialist Palliative Physiotherapist who was awarded the 'Best of the Best' Employee of the Month for September 2020.**

**His nomination said:**

*"Joe has been working in the community throughout the pandemic facing many challenging scenarios. This included caring for patients at the end of their life who are having extreme difficulty getting hold of end of life medications as well as support from other services including GP/Community Matron home visits. Joe has gone above and beyond ensuring that patients have had a dignified death even when this has proven very difficult at times."*



## Charity news update



## What a bloomin' great idea!

**LHCH Charity has received the very great honour of having a 'Heartfelt Thanks' rose named after it.**

It was developed by international rose specialists C & K Jones after Keith Jones received treatment at LHCH earlier this year.

This beautiful floribunda pink rose flowers from June to November, has excellent disease resistance and has a height of 100 cm with a spread of 45 – 60 cm.

For every rose order made LHCH Charity receives a £5 donation. You can find out more by visiting the Latest News section on the LHCH Charity website.

Thank you to Keith for this kind and very unique donation.



## Supporters extraordinaire

**LHCH Members weren't the only ones showing their support during the pandemic and it was really touching to see how many people responded and the ways that they supported us.**

From 5 year old Jessica who ran a marathon "to help the poorly people where Mummy works" to 11 year old Lois who created over 1,000 rainbow wrist bracelets to sell to raise funds. Thank you to everyone that has played their part and supported us.



Bob Burgoyne, Non Executive Director and Chair of the Charitable Funds Committee at LHCH is pictured with his very own 'Heartfelt Thanks Rose'

## Covid-19 Appeal success

**In the last edition of Members Matters we included a request for support for our Covid-19 Appeal.**

We have been delighted with the amazing response which has raised over £3,000 towards our work so we wanted to say a big THANK YOU to everyone that responded.



Jessica



Lois

# Christmas is coming

**While you are visiting the website, take a moment to check out our lovely Christmas Cards and merchandise.**

You are sure to find the perfect card and ideal stocking filler there. Just select Shop with Us.

If you would like to support LHCH Charity and its work you can make your donation via our website [www.lhchcharity.org.uk](http://www.lhchcharity.org.uk)



## What's your story?

### Have you been a patient at LHCH?

We'd love to hear from patients or family members who've got a story or experience to share about their care and treatment at Liverpool Heart and Chest Hospital.

We'd love to hear from you if...

- there's a team or individual you'd like to thank for your planned or emergency treatment
- there's a team who've supported you since your surgery, procedure or care
- your rehabilitation and recovery has helped you change your lifestyle
- you can now do things you didn't think possible!

Why not get in touch and share your photos, videos or messages to show others what's possible... whether it's playing with the grandchildren, gardening, or perhaps running, dancing, riding a bike or something else!

Let us know your stories and ideas by emailing: [communications@lhch.nhs.uk](mailto:communications@lhch.nhs.uk)

## 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](mailto: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/>

**Get social** We always welcome comments and feedback on our social media pages

