

membersmatters



Further steps 'to be the best'

Keeping LHCH Safe

Pages 2-3

**ALSO
IN
THIS
ISSUE**

**BBC Hospital
series
features
LHCH
Page 4**



**LHCH Governor
elections
Page 6**



**LHCH Charity news
Page 7**

Welcome

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

In recent months LHCH and the NHS as a whole has faced the most unprecedented challenge during the worldwide Coronavirus (Covid 19) pandemic. It's been a difficult time for our staff and we are exceptionally proud of the professionalism, commitment, expertise and compassion they show to every patient, every day.

LHCH continued to play a key role within the regional healthcare system during the height of the pandemic as the designated emergency heart centre for the North West. In addition to this our Critical Care Unit supported the regional Critical Care Network to treat a number of patients with Covid 19. Whilst also maintaining the provision of cancer services and supporting the health system by providing Upper Gastrointestinal surgery.

The hospital is now moving forward safely with a slow increase of patients coming into hospital for heart and chest care. Please see the

adjacent article which explains more about the many measures we have in place to keep our patients safe in hospital.

You can read all the very latest information about the hospital's response to Coronavirus (Covid 19) on our website www.lhch.nhs.uk.

If you would like any further information about the news in *Members Matters* please do not hesitate to contact the Membership Office on **0151 600 1410** or email membership.office@lhch.nhs.uk



Neil Large MBE,
Chair

Jane Tomkinson OBE,
Chief Executive

Thank you for your support

Since the beginning of Coronavirus (Covid 19) pandemic we have been overwhelmed by the kindness and generosity of everyone.

From businesses to schools and individuals we cannot thank you all enough for your donations – they have meant so much to our staff during such a challenging period. Just a few examples of those donations are pictured here.



How we are making LHCH safe for you

LHCH is well prepared to deal with the impact of Coronavirus (Covid 19) and we are working closely with all our local and national partners to ensure our patients, public and staff remain safe.

We realise this is a worrying time for our patients and families. We are here to provide the care and treatment that our patients need and we have put lots of measure in place to ensure they receive the safest care possible.

Speaking about Coronavirus (Covid 19), Dr Raphael Perry, Medical Director/ Deputy Chief Executive shared the following message:

"The Coronavirus (Covid 19) pandemic has led to a delay in treatment for many patients with heart and chest disease. As Coronavirus is subsiding and we are getting back to normal practice it is important that we get our patients into hospital as appropriate. Please ensure if you have heart and chest disease that you still attend your GP or your local Accident and Emergency as appropriate depending on your symptoms. If you need to attend LHCH as an Outpatient, please be assured we have strengthened infection prevention measures and social distancing rules to ensure a safe environment. If you require inpatient treatment it is important that you report any change in symptoms. There is a strong process in place to make sure all patients and staff are tested to ensure Coronavirus does not affect your stay."

Here's some of the measures that we have put in place recently.

Social Distancing



To stop the spread of Coronavirus (Covid 19), we ask staff and patients to observe social distancing on site wherever possible and at all times.

This means that in some clinical areas, such as our Outpatient Department, we are limiting the number of people who can attend at any one time, and we have also removed some seating to make it easier for social distancing.

Staff PPE

When you come into hospital you may notice that all of our staff are wearing face masks. All visitors to LHCH must wear

a face mask too as part of measures to combat coronavirus. This is to ensure the hospital is as safe a place as possible for you and them.

Extensive staff testing

In April we launched an extensive testing programme for all staff at LHCH who were not showing any symptoms of Covid 19. A small number of staff who tested positive for Covid 19, were immediately informed and self-isolated in accordance with national guidelines from Public Health England.

A robust programme of daily testing for staff without symptoms continues here at LHCH.

In addition, we have also been carrying out extensive on site testing for any member of staff, as well as immediate family members, who are concerned about Covid 19 symptoms. These staff have also followed national guidance on self-isolation

Strict isolation for staff with symptoms

Any members of staff who have been concerned about Covid 19 symptoms or who have tested positive for Covid 19, have followed the clear national guidance regarding self-isolation.

No visitors

We recognise that friends and family members are vital to the support of patients, but due to coronavirus across the UK, we have been trying to reduce the number of people coming into the hospital.

Until further notice visiting is ONLY permitted for patients who are receiving end-of-life care OR carers of patients who need to be accompanied.

If you have any concerns please contact our nurse helpline on **0151 600 1770** or **0151 600 1777**.

National guidance followed

Following the latest and best national guidance is very

important to us in every area of the hospital.

Segregated wards

Where necessary and in the event that we have a Covid 19 positive patient at LHCH, we are able to ensure they are immediately cared for in a separate and appropriate ward area. This helps to ensure that all our patients and staff are kept as safe as possible and also helps to ensure that we can provide the most appropriate clinical care at all times.



Increased spacing between beds

To make it easier for staff and patients to follow social distancing guidelines, we are also ensuring that there is increased spacing between beds on our ward areas.



Routine patient testing

All inpatients, including planned and emergency patients, coming to LHCH are routinely tested for Covid 19.

All outpatients also have their temperature taken.

Patients are kept fully informed at all times and are cared in the safest and most appropriate way until test results are received.

Virtual clinics

Some patients receiving care from LHCH do not need to attend the hospital site for an appointment. Therefore we have been successfully holding a number of virtual online clinics.

Robust infection control measures

Infection prevention is everyone's responsibility and here at LHCH we have robust plans and measures in place to keep our hospital as safe as possible.

We ensure we follow the 'bare below

the elbows' national guidance in all clinical areas, maintain the highest standards of cleaning across the hospital, and do all we can to reduce the risks of contamination and cross-infection to a minimum.

Enhanced cleaning

As part of measures to keep patients and staff as safe as possible during Covid 19, we have carried out a programme of enhanced deep cleaning across the hospital.



Regular patient and family support

If you have a loved one in hospital at the moment we understand this is a very difficult time.

Here at LHCH we encourage families to try to stay in touch with their loved one through their own electronic devices.

Our team are here to provide whatever support we can to patients and families and you can keep in touch with each other by emailing a letter to: **tcc-tr.lhchfamilyandfriends@nhs.net** or alternatively we also have iPads available for families to set up a video call.



Good hand hygiene

Washing your hands is one of the easiest ways to protect yourself and others.

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses such as food poisoning, flu or diarrhoea.

It can help stop people picking up infections and spreading them to others.

It can also help stop spreading infections when you're visiting someone in hospital or another healthcare setting.

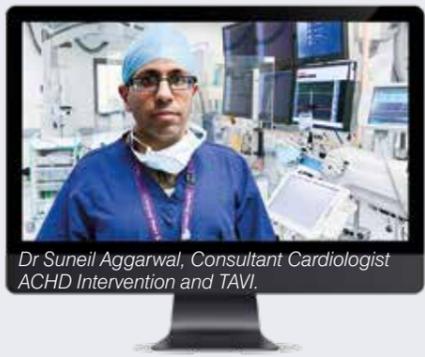
At LHCH, you will notice that hand sanitisers are available extensively outside wards, clinical areas and offices, whilst bathrooms with water and soap are also clearly signposted across the site.



Dr Rebecca Dobson, Consultant Cardiologist with Special Interest in Imaging & Cardio-Oncology.



Mr Julius Asante Siaw, Clinical Lead-Thoracic Surgery/Thoracic Surgeon.



Dr Suneil Aggarwal, Consultant Cardiologist ACHD Intervention and TAVI.



Sandra Wilson, Ward Manager.



David Mayhew, Consultant Anaesthetist.

BBC Two Hospital series features LHCH

Earlier this year, we were pleased to feature in series five of the Label 1 Television and the BBC award-winning documentary series Hospital.

Filming took place across several Trusts in Liverpool and captured many of our outstanding colleagues here at LHCH (pictured). Episode two featured Mr Julius Asante Siaw, Clinical Lead-Thoracic Surgery and his

team treating a patient rushed in for emergency surgery.

Episode three focused solely on the emotional stories of three LHCH patients awaiting highly complex procedures (Percutaneous Pulmonary Valve Implantation, Percutaneous ASD Closure and VSD closure).

Episode seven showed Dr Rebecca Dobson, Consultant Cardiologist and LHCH colleagues and highlighted the

Cardio-Oncology Service we offer in conjunction with Clatterbridge Cancer Centre. This service was launched in autumn 2019 to provide cardiac assessment and care for a wide-range of patients before, during and after their cancer treatment.

We were immensely proud of the professionalism, skill and compassion shown by Team LHCH in these episodes.

Covid 19 Research at LHCH

We are pleased that LHCH is at the forefront of a number of research projects to look into the effects of Covid 19 on cardiovascular health and to look at specific treatment and management options both acutely and long term. This includes research into the following:

- Looking at treatments for Covid 19 patients in Intensive Therapy Units (ITU)

- Ensuring that patients transferred to LHCH and participating in this stem cell study can continue to receive their trial treatment
- Looking for genetic markers in Covid 19 patients linked to disease progression
- The treatment and disease progression of Covid 19. LHCH has also signed up for several service evaluations looking at patients with Covid 19 who have

undergone Cardiac or Thoracic surgery, and a big international registry of cardiac disease and Covid 19, comparing numbers for last year to this current year. There is some evidence that patients with Covid 19 also develop cardiac problems; as part of the wider picture, we will be working across the system to further develop this aspect of research.



#hello my name is... Dan Evans

Dan is an Exercise Physiologist working within the Therapies Department at LHCH. There are six Exercise Physiologists at the hospital who work closely within the wider Therapies team of Physiotherapists and Occupational Therapists.

How long have you worked here and why LHCH?

I have worked here since November 2017. I'd heard positive feedback about the Therapies Department at LHCH. The Exercise Physiologist role is quite unique – not all hospitals use the role. We have four working across Cardiac and Pulmonary Rehabilitation and two for Cystic Fibrosis. As a specialist hospital LHCH believes in the role and the long term benefits it brings to our patients.

Tell us a little more about your role

Typically I play a key role in cardiac and pulmonary rehabilitation of our patients both in hospital and out in the community. I assess patients to measure their fitness level and then prescribe a personalised exercise programme for eight weeks. Then we would see them again to see if there has been an improvement. I would also provide and offer education sessions to support our patients with this.

During the Coronavirus (Covid 19) pandemic my role has changed to provide support to the Physiotherapy team. I have carried out the role of an Assistant Physiotherapist and visited patients on the wards on a daily basis. This is a different care environment to what I am used to and has been a good development for me personally. I have been well supported by the Physiotherapists and seeing the improvement patients have made in their own journeys to recovery makes this very rewarding.

Over recent weeks I have visited patients on a wide range of wards including Critical Care. I have assisted patients with their mobility e.g. up

and about walking from their chair, breathing exercises and helped to roll patients (prone positioning to improve oxygenation). On a red zone, I would be required to follow Personal Protective Equipment (PPE) guidance and wear appropriate PPE. This experience has been eye opening but it is something you get used to.

Describe a typical day

On a typical day we would have a multi-disciplinary team meeting with our Occupational Therapists and Physiotherapists where we go through the patients we have to see on that day. That might mean I see the same patients on the wards two or three times a day or I might see completely different patients all day. We have a lunchtime huddle at 12 noon so we again look at the patients and make changes to the plans if needed. The ultimate aim is that we see our patients grow in confidence and fitness during their rehabilitation and fit to be discharged home.

What makes you most proud?

The patient feedback we receive makes me very proud to be part of the team that helps deliver this outstanding care. Seeing a patient who has made a recovery and been discharged home to their family when I have played a part makes me exceptionally proud.

What are your top tips for people at home to stay active during lockdown?

- Get out in garden and do some gardening. You will be surprised the difference this can make to your



daily activity and fitness.

- Housework and cleaning again can make a real difference.
- Have a walk round the block and get some fresh air –it will boost your mood as well as your activity levels.
- Access online classes e.g. Joe Wicks provides free exercise videos on You Tube.

There are also lots of ideas and supporting information on the British Heart Foundation and British Lung Foundation websites.

Become a Governor at LHCH

This summer LHCH will be running an election to fill the following Governor seats:

Public Constituency
 Merseyside – 5 seats
 Cheshire – 2 seats
 North Wales – 2 seats
Staff Constituency
 Non Clinical – 2 seats

Allied Health Professionals, Technical and Scientific – 1 seat
 Registered & Non Registered Nurses – 1 seat

By becoming a Governor you could support us achieve our ambition to 'be the best – leading and delivering outstanding heart and chest care and research'. Governors help shape the future of our outstanding hospital and have a voice by representing the views of our members and the public.

To stand for election as a Governor you will need to:

- Be able to spare a minimum of three hours every three months to attend Council of Governors meetings* (ideally more so you can participate in working groups and community events to support membership recruitment and engagement)
- Have interpersonal skills including enthusiasm and a willingness to contribute
- Have basic IT skills and access to email
- Have some business skills including the ability to read and scrutinise performance reports and experience

of human resources, finance or chairing meetings would be beneficial but are not essential. However, support and training will be given as required.

Interested?

You can obtain more information about the role and process by visiting www.cesvotes.com/lhch2020. Nomination forms will be available following Notice of Election on 2nd July 2020 by

visiting this site and should be completed online by 30th July 2020.

For more information please contact Civica Election Services by calling 020 8889 9203 or by emailing ftnominationenquiries@CESvotes.com. Alternatively you can contact the Membership Office by emailing membership.office@lhch.nhs.uk. Full details of the forthcoming elections are also published on our website www.lhch.nhs.uk

Council of Governors Meetings*

Please note Council of Governors meetings are normally held at the Trust. However, in order to reduce the risks relating to Coronavirus (Covid 19), we will be holding our meetings remotely, via videoconferencing for the present time. It is therefore important that all prospective governors have access to a device that will enable them to participate. The Trust remains committed to conducting our meetings in an open and transparent way but in such unusual times, the public will not be able to attend in person. Council of Governors papers will be available on the Trust website in the usual way. We are looking at digital options for enabling public access to Council of Governor meetings, until such a time that it is safe for face to face meetings to resume.

'Best of the Best' Employee of the Month Award

Congratulations to the following winners of the 'Best of the Best' Employee of the Month Award for 2020 so far. The scheme has been paused at the current time. Further updates will be provided in the next edition of *Members Matters*.

January 2020

Mr Julius Asante Siaw

Clinical Lead – Thoracic Surgery and Consultant Thoracic Surgeon

"Julius is a dedicated and caring consultant who always puts patients first. He recently operated on a young patient who had a serious injury and was rushed to LHCH for life saving lung surgery. He was not on call that evening but came in to do the surgery. The patient is recovering well."

February 2020

Mr Mohamed Zeinah Consultant Cardiac Surgeon

"Here's a very kind man who operates all day. For many he is the super hero who takes their chest pain away. For us on the ward he's an absolute pleasure. His compassion and care go beyond measure."

March 2020

Aidan Brislen Estates Officer

"This afternoon I witnessed Aidan assisting a lady who was in some distress. Aidan took control of the situation, reassured her and chaperoned her to the shared entrance. Once there, he sat her down and listened to her needs. He then organised a taxi to take the lady home safely. It was clear that Aidan acted with compassion and extreme care when assisting this lady."



Charity news update



Remembering Ken

It is hard to believe that it has been over two years since we lost the Squire of Knotty Ash, Sir Ken Dodd OBE.

As a neighbour of LHCH Ken was always very supportive so we wanted to make our own commemoration by adding one of Ken's much loved Diddy Men to Orchard Way. Lady Anne Dodd visited the hospital recently to view the new figure of 'Dicky Mint' who is actually based on Ken himself. The two foot image has been placed amongst the trees, animals and flowers of Orchard Way as a celebration of the life of Sir Ken.

An accompanying plaque reads: 'Sir Ken Dodd, OBE – He loved life. He loved Liverpool. He loved to make people laugh'

You can find out more about Orchard Way on our LHCH Charity website.



This isn't just any support – it's M&S support

Thank you to the staff at the Church Street branch of Marks and Spencer in Liverpool for selecting LHCH Charity as their Charity of the Year.

They have worked so hard over the past few months and the great news is that they have already raised nearly £12,000. We still have a few months to go when lockdown lifts so if you are shopping in M&S please do offer your support.



NHS CHARITIES TOGETHER

We owe a huge debt of gratitude to everyone who has been supporting the NHS Charities Together campaign including, of course, the amazing Captain Sir Tom Moore.

At the time of going to press Liverpool Heart and Chest Hospital Charity had received grants of £49,000 from the campaign. This has helped us to provide additional facilities for our staff and volunteers to support them through the difficult times.

Please contribute to our Covid 19 Appeal

From caring for our patients, their families and our dedicated staff to sharing our expertise with researchers to find a vaccine, our Covid 19 Appeal will make such a difference to so many lives.

£10 £20 £50 £100 Other amount £.....

Name (PLEASE PRINT)

Address (PLEASE PRINT)

..... Postcode

Please return this form and your donation to:
Liverpool Heart and Chest Hospital Charity
FREEPOST RRLK-KSHT-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!*

SAVE THE DATE



Combined General Meeting of the Council of Governors and Annual Members' Meeting 2020

Tuesday 22nd September 2020 at 4.30pm
For full details please visit our website www.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**

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.



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