

May 2014

members matters

Newsletter for members of Liverpool Heart and Chest Hospital

Our innovative day case facility Holly Suite opens

Page 2

Welcome to
Holly Suite

**LHCH No.1 in
the country for
'Overall Patient
Care' and winner
of two national
awards**

Liverpool
Heart and Chest
Hospital Appeal
a matter of life and breath

Students back our LHCH Appeal
See our appeal special pages 5-8

**Your chance to
become a Governor**
Find out how with full
election details on page 2

Our innovative new Holly Suite opens to patients

The move from Day Ward to the brand new, innovative, lounge based Holly Suite has now taken place, with our first patients admitted to Holly Suite on Monday 17th February.

This facility puts the Trust at the forefront of delivering daycase care and is the result of considerable investment and the determination, collaboration and dedication of the project team.

The facility is built, based upon the success of the lounge area in the Day Ward, where patients have enjoyed the relaxed environment that this brings since 2009. Holly Suite broadens the scope of 'The Lounge' philosophy and expands this model of care to all cardiac and thoracic patients who come to LHCH for a day case procedure.



Holly Suite is a much bigger area with discrete, separate zones. Comfortable recliners provide an opportunity for patients to put their feet up, whilst massage chairs and soft lighting have been used to create a relaxation zone. There is also a private area away from the lounge which enables patients to rest post procedure if required.

Governor Elections

The Council of Governors is an important link between LHCH and members within the communities we serve, staff members and our partner organisations. The Trust has 25 seats on the Council of Governors – 14 of those are Governors representing the Public Constituency, 6 are Staff Governors and 5 Nominated Governors for our partner organisations.

This May we will be running an election to fill the following Governor positions:

- 3 Governor Seats in the Merseyside area
- 2 Governor Seats in the Cheshire area
- 1 Governor Seat in the North Wales area
- 1 Staff Governor Seat – Non Clinical Staff
- 1 Staff Governor Seat – Registered and Non Registered Nurses

The successfully elected candidates will commence the role following the Annual Members Meeting on Monday 22nd September.

Are you passionate about the future of LHCH and interested in getting involved and making a difference? By standing for election as a Governor you can help shape the future of our hospital and have a voice by representing the views of our members and the community we serve.

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

- Be a member in the relevant constituency of Liverpool Heart and Chest Hospital to the Governor Seat e.g. reside in the relevant geographical area or work in the staff group relevant to the seat.
- Be able to spare a minimum of 3 hours every 3 months to attend the formal Council of Governors

meetings (ideally more so you can attend informal meetings including Chair's Lunch with Governors, undertake training and attend working groups).

- Have basic IT skills and access to e-mail.
- Have interpersonal skills including an enthusiasm and willingness to contribute.
- The ability to read and scrutinise performance reports would be beneficial. However, support and training will be given as required.

Being a Governor can be a good development opportunity for individuals to broaden experience, knowledge and build confidence. It will also provide you with an opportunity to personally contribute to shaping the future of the hospital and improve the experience for our patients, families and staff.

Nomination Forms and information packs for interested candidates will be available from our electoral administrators, electoral Reform Services (ERS) from Monday 19th May 2014 by calling **020 8889 9203** or emailing **John.Box@electoralreform.co.uk**. Alternatively these will be available to download through the staff intranet or by contacting the Trust's Membership Office on **0151 600 1410** or by emailing **Gillian.Donnelly@lhch.nhs.uk**

Don't forget to vote!

As a member you are entitled to vote for who you would like to fill the Governor seats within your relevant constituency. Please ensure you take the time to complete your ballot paper should the election be contested. If elections are contested you should receive your voting papers at the end of June 2014. Thank you!



Best in the country for overall patient care

The quality of care that patients receive at Liverpool Heart and Chest Hospital (LHCH) NHS Foundation Trust is the best in the country.

For the seventh time in eight years, the Trust has been rated top in the country for overall patient care in the Care Quality Commission (CQC) National Inpatient Survey 2013.

The eleventh annual survey of adult inpatients looked at the experiences of more than 62,000 people who were admitted to NHS hospitals across the country. The results of the survey are used by trusts to help improve their performance

Findings for LHCH showed that:

- it performed 'better than most other trusts' in all nine of the applicable survey sections
- it performed 'better than most other trusts' in 56 out of the 70 questions
- 68% of its patients responded to the survey against 49% nationally.

Jane Tomkinson, Chief Executive at LHCH, said: "These survey results demonstrate once again that patients coming to Liverpool Heart and Chest Hospital recognise that they receive excellent care. We are enormously proud of this 'No 1 overall score', which is testament to the professionalism and dedication of our staff who devote all their energies into providing outstanding levels of care for our patients and their families."

...and recognised with national awards

Earlier this year the Trust also received two prestigious national awards in recognition of its outstanding dedication to improve patient experience. The Patient Experience Network National Awards (PENNA), which took place in Birmingham on Wednesday 5th February, is the UK's leading patient experience awards, showcasing patient centric work in the NHS as well as the private health sector.

The Trust was named winner in the 'Support for Caregivers' category for its 'Development of a Nursing Model of Care for Patient and Family Centred Care', before being announced as the overall PENNA winner for 2013.

Judges and delegates commended the Trust highly for introducing patient and family champions, care partners as well as providing patient and family shadowing opportunities for staff.

Important new findings for heart attack treatment

A major study claims that routine use of heparin rather than bivalirudin could improve outcomes for heart attack patients, while at the same time reducing costs for healthcare organisations amounting to billions of dollars globally.

Researchers at LHCH conducted what they believe to be the largest single-centre trial ever undertaken in cardiovascular medicine.

The study was also exceptional in that it recruited all patients presenting with a heart attack event, to create a population that reflects everyday clinical reality. Of the 1829 participants the oldest was 102 and the youngest 21; patients had home addresses on four continents.

The optimum treatment of a heart attack event is an emergency angioplasty and stent procedure, to re-open a blocked heart artery. This 22 month research trial compared the performance of two drugs, heparin and bivalirudin used as anticlotting agents in this setting.

The research findings were presented on March 31st 2014 at the American College of Cardiology 63rd Annual Scientific Session & Expo in Washington DC.

The results suggest that, when compared to bivalirudin:

- use of heparin was associated with a substantial reduction in the incidence of early recurrent heart attack
- use of heparin was also associated with marginally fewer deaths and strokes
- use of heparin would prevent three serious adverse events for every hundred patients treated.

Dr Rod Stables, Consultant Cardiologist and Research Lead for Interventional Cardiology at LHCH, said: "These results are truly remarkable and could have important implications."

"In the UK bivalirudin is approximately 400 times more expensive than heparin. Bivalirudin is in

widespread use around the world."

"Putting to one side the potential savings from better patient outcomes, we estimate that, by application of our findings, LHCH could make significant savings in drug costs alone. The potential for global cost saving is substantial."

Unlike other medical trials, the study's unique design involved the full range of patients experiencing the medical condition under evaluation and ensured that the results represent a 'real world' experience.

Dr Stables added: "For a variety of reasons, very sick patients, the elderly and frail, females, those from lower socio-economic groups and ethnic minorities, are often under-represented in clinical trials."

"Therefore one of the distinguishing features of our trial was our fastidious dedication to include 'every patient, every time'. This means that our results may better guide medical teams in making the right choices for the types of patients that they treat every day."

Membership News

This feature aims to give you a true insight into the role of the Council of Governors. Members Matters asked a few of our Governors to provide examples of what they would be doing on a typical day in their role. Here's what they said...

Tony Roberts, Public Governor – Rest of England and Wales

"On Monday 3rd March all Governors met for our main quarterly meeting. At 2pm we met in small 'interest groups', together with Directors to consider issues and ideas covering Patient and Family Experience, Quality, and Finance. At 2.30pm we had time to discuss topics with Non-Executive Directors concerning their regular scrutiny of LHCH activities. At 3pm the quarterly full Governors' Meeting commenced (open to members of the public as observers). The meeting included a briefing on a current medical topic, and a patient experience story, followed by reports from the Chief Executive and other Directors on LHCH progress against financial, quality, clinical, patient and family, and estates targets. The Chairman also identified and led discussion on key issues currently facing LHCH, or likely to arise in the future. In addition the meeting received reports from various Governors' Committees and Task and Finish Groups which had met in between the main Governor meetings. At around 5.30 pm the final meeting of the day commenced, where Governors were consulted on the few items of a confidential nature that needed to be discussed in the private section of the meeting.

Yes, it's a lot to consider and to take in! But it's all valuable and worthwhile, so Governors can make a valid contribution in ensuring LHCH continues to be the UK's best NHS Foundation Trust."



A day in the life of a Governor...

Michelle Laing, Nominated Governor – Liverpool John Moores University

"I became a Governor in September 2013 and my journey commenced with a training programme. This was where I was able to meet newly appointed and established governors, along with sharing experiences with some Governors from the Liverpool Women's NHS Foundation Trust. The training really brought home the statutory responsibilities of the Governor role including holding the board to account, engagement and strategic planning. From then on the learning curve has been fast and steep with real opportunities at board level for debate, critical reflection and strategy development. All the members of the Board of Directors are very open and welcoming of critical analysis in a very challenging period of NHS funding.

In my day job I am an academic in the nursing department at LJMU. Some of our amazing student nurses came with me recently to support a Members Open Day. They were doing blood pressure screening on members and their families, it was a fantastic day and the students loved it. We even picked up a couple of people who had high blood pressure who we were able to advise and signpost with support from the specialist staff at the event. The members day was a great opportunity to get involved and speak to people who really want to work with Liverpool Heart and Chest Hospital to make improvements. The work of the Governors is valued by the Board of the Directors and there is a real sense of working together to make things better for future patient care. I feel proud to be a Governor of such a world class hospital."



Denis Bennett, Public Governor – North Wales

"As a participant in the Patient Experience Group I have been involved in a project that has resulted in a Patient Folder being made available to all new in-patients which explains things that may have been confused in the past, from staff uniforms to food choices. Hopefully this will further improve the experience of patients and their families using LHCH. This project involved Members from North Wales being given an opportunity to contribute, at draft stage, through a forum held in Llandudno by the Trust and is an example of how Executives, Staff, Governors and Members work together to continually try to improve the Patient Experience at LHCH."



Celebrating 10 years of our Red Dress Campaign

This year we were delighted that Holby City Actress Louise Delamere (pictured) backed our campaign and following an interview with BBC Radio Merseyside told us the reason for her support.



Actress Louise Delamere

"My mum just had open heart surgery at Liverpool Heart and Chest Hospital. My family are so grateful for the care, kindness and professionalism they showed my mum – it really does provide excellent care. The Red Dress Campaign is a great cause as heart disease is the biggest killer of women in the UK. Women spend their lives looking after everyone else, we need to get women to look after themselves and help the hospital work towards reducing this shocking statistic, so this is why I'm backing the campaign."

The Red Dress Campaign was launched at the Liverpool Echo building in 2004 and highlighted the fact that heart disease was the biggest killer of women in the U.K. 10 years on, there have been significant improvements in women's heart health but still 1 in 8 women will die from heart disease. Liverpool Heart and Chest Hospital continues to be committed to reducing this statistic through our Red Dress Campaign and by going 'Red in Feb'.

If you would like to know more about Red Dress please call the Appeal Office on 0151 600 1409 or go to our website www.lhch.nhs.uk



Thank you to all our supporters, we're humbled by your continued kindness.

Alan Birchall,
Voluntary Chairman LHCH Appeal
Chris Bell,
Head of Corporate Campaigns LHCH Appeal



Red Dress Cabaret Dinner at Willington Hall Hotel raises £5,000 for our Appeal

The Red Dress Cabaret Dinner was organised by Diana Begbie owner of the beautiful Willington Hall Hotel in Cheshire. Diana is also a heart patient of Liverpool Heart and Chest Hospital and a keen supporter of our Appeal.

120 people attended the black tie dinner, which was held on Friday 7th March 2014. The evening got off to a sparkling start with a champagne reception and the excellent atmosphere continued throughout the whole evening as guests enjoyed a delicious 4 course meal held in the Hamilton Suite of Willington Hall.

The Guest Speaker for the evening was Professor Lawrence Cotter, Non-Executive Director of Liverpool Heart and Chest Hospital, who entertained the audience with an extremely humorous account of his experiences working as a Consultant Cardiologist in the U.K. prior to his retirement.



The Toastmaster for the evening was Mr Chris Caroe. During dinner, background music was performed by singer Matt Roberts and the after dinner comedian was Mel Blake. Cheshire Life has covered this event to raise awareness of our Appeal and its Red Dress Campaign and our thanks to them for allowing us to publish photographs from the evening.

Huge thanks to everyone involved in this event for their generosity and of course special thanks to Diana and Stuart Begbie for their overwhelming kindness and willingness to support our hospital and its Appeal.

Medal winner

Gary Cumming is truly deserving of his medal after completing the Liverpool Half Marathon in a race that he said "nearly killed me!"

Gary only started running again in November 2013 and signed up to do the Half Marathon to raise funds for our Appeal after his father's heart surgery at LHCH. Regular morning runs at 5.00 a.m. saw him tackle our winter weather with gusto as his training developed. His efforts have paid off because Gary completed the Half Marathon in record time and raised £500 in sponsorship for our Appeal. Well done Gary and thank you on behalf of everyone at LHCH.



Great Orme charity walk

Last year 35 year old Jessica Elsdon from Llandudno, North Wales, underwent treatment at LHCH for a rare heart condition as her heart was beating almost four times faster than normal.

Following her successful treatment and, against all odds, Jess has just completed a 5 mile charity walk around Llandudno's famous Great Orme for our Hospital's Appeal.

Jess said "After reading the Appeal pages in Members Matters I contacted the Appeal Office to let them know I was thinking of organising a charity walk wearing a 'onesie' to thank staff at LHCH for the wonderful treatment I received".

From then on Jess started raising funds in earnest collecting raffle prizes and receiving donations and sponsorship from family, friends and the community in and around Llandudno who had read Jess' article in the North



Wales Daily Post highlighting the charity walk and Jess' efforts given her rare heart condition.

The walk took place on Saturday 29th March 2014. It was a very cold and windy morning when the walk started at 10.00 a.m. but despite the weather everyone was keen to get going. Alan Birchall our voluntary Appeal Chairman cut the ribbon marking the start of the walk. Altogether 20 participants completed the walk and afterwards held a charity lunch in the Lilly Bar and Restaurant in Llandudno where they continued to raise funds for our Appeal.

Jess is not sure how much she has managed to raise as funds are still coming in but she is hoping that it will be in the region of £2,000.

Running the marathon for love

Nikki Power is running her first ever full Marathon in May 2014 to thank Liverpool Heart and Chest Hospital for saving her Dad's life.

"I am running it to raise money for an Appeal which saves lives and sustains hope. I am running it because I want to say thank you for the support both me and my family received. But, perhaps most importantly, I am running it for love.

So I am asking you to please sponsor me through my JustGiving page as I am running the Liverpool Rock n Roll Marathon in support of the patients, families and staff at LHCH who are all amazing in their own special ways www.justgiving.com/Nikki-Power1 Thank you."



In between her training Nikki has also managed to raise £1,018.30 from a Valentine's Charity Ball which she organised for our Appeal. The event was held on Saturday 15th February at the Hard Day's Night Hotel in Liverpool.

We understand from Nikki that the night was fantastic from the word go. Everyone had a fabulous time and it seemed that the theme for the evening was happiness. Nikki's Dad Edmund thanked all the guests saying "Because of my little 'blip' over the summer it's wonderful that we've all come together this evening to raise money for such a fantastic charity."

Putting the 'fun' into fundraising

St Mary's Club in Billinge, Wigan, have been putting the 'fun' into fundraising over the years and have now raised over £8,000 for our Appeal.

Every summer, heart bypass patient Harold Greenall starts his fundraising efforts along with the support of Tom Ollerton and members of St. Mary's to support his two favourite charities, LHCH Appeal and Willowbrook Hospice.

Funds raised are divided and then given to each charity at their annual Christmas Party where the members welcome us with open arms. Harold told Members Matters that he had received terrific treatment when he had his surgery and couldn't speak highly enough of all the staff that cared for him and in particular his surgeon Mr Abbas Rashid.



L-r Harold Greenall, Chris Bell and Tom Ollerton

Toni's epic challenge raises £3,200 for our Appeal

Toni Harris works in Saudi Arabia but it was during a trip to Jordan in April 2013 that she received the news that her beloved Grandad, Michael Duff, had passed away.

Toni said "I was devastated that I never got to say goodbye and even now, nearly a year later, that's the one thing I'd love to change. Although my Grandad had been in ill-health for many years, having the first of his four heart attacks back in the early 90s, developing COPD and requiring oxygen pretty much 24 hours a day, his passing still came as a massive shock.

My Grandad had always done a lot for charity and so our family decided to organise a charity night on 4th October 2013 to mark his 75th birthday. The event was a great success but I wanted to do more. I decided to climb Mount Kilimanjaro in Africa in memory of my Grandad.

So, on the 5th February 2014, I started the 6 day climb to the roof of Africa



which is 5,895 meters 19,341 feet high.

The first day was enjoyable, the weather was beautiful. Halfway through the second day the weather took a turn for the worse and as we started to get higher up into the clouds we had torrential downpours. Everything was wet and the higher we got the colder it got -12C was the lowest temperature. Apparently it was the worst weather the mountain had seen in the last couple of years but it did not deter me. My love for Grandad spurred me on.

So far we have managed to raise £3,200.00 from the charity night and mountain climb and would like to thank everyone for their kind donations and sponsorship. We know that the money we have raised in memory of my Grandad will benefit patients at Liverpool Heart and Chest Hospital and I know that my Grandad would be very proud that we have helped the hospital that cared for him".

On behalf of everyone at Liverpool Heart and Chest Hospital we'd like to congratulate Toni on her magnificent achievement and thank her for braving the elements to raise funds for our Appeal. Well done.



Remembering Bill



Family and friends of popular Formby resident Bill Stone are coming to terms with his sad loss by fundraising for our hospital's Appeal. His passing was a devastating shock to everyone, especially his daughter Lisa, as it was so unexpected but Lisa has vowed to raise as much money as she can for our Hospital's Appeal in her father's memory so that our patients can gain from their tragic loss.

Lisa's friend, Nicola Mays, pictured, has decided to join in and go that extra mile for Bill by competing in a Triathlon. The Triathlon, which will take place on Sunday 11th May in Stratford upon Avon, will involve a 400 metre swim, then out of the pool and straight onto her bike for a 23k cycle ride followed by a 5k run to the finish line.

Lisa told Members Matters "Over the years Dad received treatment for his heart condition at Liverpool Heart and Chest Hospital and he had nothing but praise for the Hospital and the exceptional care given by both doctors and nurses alike. My Dad would be over the moon that this is happening and that others will be helped through monies raised in his memory."

If you would like to sponsor Nikki's efforts in the Triathlon please go to her JustGiving page on www.justgiving.com/Nicola-Mays2 or call the Appeal Office on 0151 600 1409. Funds raised will be spent on developing our service for minimally invasive surgery.



Huge thanks to the students at Glyndwr University in Wrexham for choosing LHCH Appeal to be one of their chosen charities for their 2014 Rag Week which was held at the end of March.

Penny Anderson, Guild Vice President, visited LHCH at the start of the Rag Week bringing along their University Mascot 'Glyn' to meet patients and staff.

She told Members Matters "At Glyndwr we believe it is incredibly important to support local charities and this year we have chosen 4 to primarily support: Hope for Justice, Nightingale House, Wales Air Ambulance and Liverpool Heart and Chest Hospital Appeal.

Our students organised a number of events including a cake stall, Dodge Ball and a fancy dress party where the students could only wear an item of clothing that started with the letter R A or G. As you can imagine we had plenty of Ghosts at the party!"



Can you please help our appeal?

We are not sure what kind of a fundraiser you are – maybe you are sporting, glitzy, dare devil, workplace or prefer to run an event from your own home. What we do know is that whatever support you can provide will greatly benefit our patients.

Help and support is always available from our Appeal Office. Please call 0151 600 1409 or email christine.bell@lhch.nhs.uk



Membership News

Forthcoming Events 2014

'What is Cardiovascular Disease?'

With Sharon Faulkner, Cardiac Rehabilitation Facilitator from the Knowsley Community CVD Service on Wednesday 4th June 2014, 7pm at Bridge Suite, Select Security Stadium Halton, Lowerhouse Lane, Widnes, Cheshire, WA8 7DZ

Sharon Faulkner and colleagues from the Knowsley Community Cardiovascular Service will discuss the subject of Cardiovascular Disease and explain in simple, jargon free terms:

- Basic anatomy of the heart
- Risk factors (contributing factors)
- What can go wrong (signs and symptoms)
- Treatments
- Advice on prevention and reducing the risk of heart disease



Sharon Faulkner

- Overview of the Trust's Knowsley Community CVD Service

'Dementia and Patient and Family Centred Care at LHCH'

With Joanne Shaw, Assistant Director of Nursing – Patient and Family Experience

Wednesday 23rd July, 7pm at the Premier Lounge, Langtree Park Stadium, McManus Drive, St Helens, WA9 3AL

People with dementia sometimes need a helping hand to go about their daily lives and feel included in their local community. Dementia Friends is giving people an understanding of dementia and the small things they can do that can make a difference to people living with dementia - from helping someone find the right bus to spreading the word about dementia.

As a Trust we are strongly committed to developing a dementia friendly community and would like our members to join us in raising awareness of this subject, which many may find a difficult one to discuss.

This session offers you with the opportunity to find out more about Dementia, become a 'Dementia Friend' along with finding out more about:

- Patient and Family Centred Care (PFCC) – what this is and what we have achieved at LHCH so far
- Patient and Family Shadowing
- Our plans and ideas for PFCC for the future

Places for all membership events are completely free of charge and open to all members and members of the public. To book please contact the Membership Office by calling 0151 600 1410 or by emailing membership.office@lhch.nhs.uk

Annual Members Health Event



Members joined us for our second Annual Members Health Event on Saturday 15th February. The day, held in our Outpatients Department, was a great success and provided members with the opportunity to take part in the following:

- Behind the scenes tours in our Radiology and Theatre Departments
- Body Composition Assessment health checks (Body MOTs) and Blood Pressure Testing
- Therapies including head and shoulder massage, indian head massage, reflexology and reiki
- Opportunity to meet with our Smoking Cessation Advisor and Dietitians to receive lifestyle and dietary advice
- Spirometry testing along with demonstrations of our Sleep Apnoea and Blood Gas equipment
- A chance to meet with our Knowsley Community Heart Failure team

The event also enabled our members the chance to meet with Governors of their relevant constituencies.

International recognition for radiology at LHCH

We are delighted that Liverpool Heart and Chest Hospital has been successfully accepted by the European Society of Radiology (ESR) as a training centre for cardiothoracic imaging.

The recognition means that visiting fellows have an opportunity to spend up to three months within our radiology department, experiencing another training environment and developing their interest in a radiology sub-specialty.

The qualified trainees will be given a structured introduction to cardiothoracic imaging and will be supervised by our consultant radiologists. Dr Hilary Fewins



has kindly accepted to coordinate and organise the structured training program for our future cardiothoracic fellows and Dr Sukumaran Binukrishnan will be leading the training in cardiothoracic imaging.

Dr Klaus Irion, our Lead Consultant Radiologist, said: "This is an important step for our department as well as for the Trust now being identified as a highly esteemed international reference

centre. Thank you to Dr Fewins for her hard work in developing this new partnership with the ESR."

One of the aims of the ESR is to raise standards in the field of scientific radiology, extend and coordinate radiology teaching resources worldwide, and to help young radiologists to achieve the knowledge and skills to fulfil tomorrow's requirements.

LHCH cardiologists and cardiac physiologists helped raise awareness of heart health by holding a cardiac screening event, in conjunction with the Vital Sounds Foundation (VSF) and Liverpool Football Club Foundation.

The event, aimed at 15-35 year olds was held on Saturday 15th February 2014 and took place at Liverpool John Moores University, who also supported the event.

VSF was formed in 2010 by Steve Haw, following the tragic and sudden death of his son Chris. It seeks to raise awareness of sudden cardiac arrest and the importance of screening young people for undiagnosed heart conditions.

Cardiac screening event in Liverpool

"Chris was a much loved son, brother, grandson and friend to many people throughout his local community," said Steve.

"He was a fit and healthy 25 year old young man who presented no previous heart conditions, and yet he died from sudden cardiac arrest."

Every week, between 5 and 10 young people die from sudden cardiac arrest.

Steve added: "If we're able to identify just one person through this screening event, it makes it all worthwhile."

Dr Derick Todd, Consultant Cardiologist at LHCH, said, "Following

a number of high profile incidents in recent years, there is an increasing awareness of the fact that heart conditions can trigger serious problems in young people, especially during sport.

"It is incredibly difficult to predict who could be affected when individuals have no symptoms and exercise regularly, but cardiac screening is so important because it can help identify an abnormality that has previously gone undetected."

On the day, 130 young men and women including a group of Liverpool FC Foundation's military personnel, from its Military Veterans Programme, were screened.

Following an initial assessment of fitness, previous medical issues and family history, those who attended then had an electrocardiogram (ECG) and, where appropriate, an echocardiogram of the heart.

The next cardiac screening event will take place this month.



Helping to create a dementia friendly community at Liverpool Heart and Chest Hospital

Dementia Friends is an Alzheimer's Society led initiative, funded by the Department of Health and Cabinet Office. It aims to increase dementia awareness and change the way the nation thinks, talks and acts about dementia and is part of the Prime Minister's Challenge on Dementia.

A Dementia Friend is someone who has attended a one hour information session and has committed to an action that will make the lives of people living with dementia a little bit better. Anyone of any age can be a Dementia Friend and every action counts - from helping someone to find the right bus to spreading the word about dementia on social media.

The Trust has two Dementia Friends Champions who are trained volunteers who encourage their colleagues, friends and the local community to understand a little bit more about dementia, what it's like to live with dementia and then



turn that understanding into action.

Liverpool Heart and Chest Hospital are inviting friends & family in our local community to attend a 1 hour session to become a dementia friend; you will receive a badge at the end of the session. The sessions will be held in the Conference Room in our Research Centre on the hospital site. Places are limited and will be offered on a first come first served basis.

Please book on the sessions by calling **Joanne Harrison** on **0151 600 1857** or **Shirley Cummings** on **0151 600 1494** or by emailing **shirley.cummings@lhch.nhs.uk**



Joanne Shaw and Shirley Cummings are LHCH's Dementia Friend Champions

**Saturday
7th June
between
10.30 - 11.30am**

**Wednesday
25th June
between
7 - 8pm**

**Thursday
19th June
between
2 - 3pm**

**Tuesday
8th July
between
7 - 8pm**

iPhone diagnoses serious heart problem

Mike Ward will always be an iPhone fan, after his heart problem was diagnosed using his own device.

After being referred to LHCH, Dr Derick Todd, Consultant Cardiologist, had concerns about Mike's heart that led him to carry out the ECG - using his own iPhone.

He said: "I'd recently discovered the AliveCor Heart Monitor, which is an iPhone case that can record an ECG directly to your phone. I gave Mike my own case, downloaded the app to his phone and told him to perform an ECG the next time he experienced the symptoms and to email the trace to me."

Two days later, Mike recorded his heart racing and sent the traces to Dr Todd. He was admitted to hospital for further tests. An urgent ablation procedure was carried out successfully and he was discharged home the same day.

Mike said: "I couldn't fault the hospital or staff - they were superb."



Kate's Nabarro Medal

Grateful patients and families often say to Kate Leivesley, Diabetes Specialist Nurse “you deserve a medal” but this time this reality came true.

Kate has dedicated her career to helping patients, families and carers live a full life by managing their Diabetes. Diabetes is a common life-long health condition, where the amount of glucose in your blood is too high because the body cannot use it properly.

Kate's motivation to kick start this career started when she was diagnosed with Type 1 Diabetes, when she was just 5 years old, and her own experiences spurred her on to help others who also suffer with the condition.

Kate spoke of this:

“I was diagnosed in 1964 but I've never let diabetes stop me living a normal life. As a patient I became

disillusioned at times with the care provided for diabetes sufferers and that's why I decided to pursue a career to help improve the lives and outcomes for those with the condition.”

50 years on and Kate has been awarded with a Nabarro medal by Diabetes UK, which celebrates 50 years of being on insulin to treat the condition. The Nabarro medal is named after Alan Nabarro, who dedicated his life to working with Diabetes UK (formerly British Diabetes Association).

Kate continued:

“I'm really proud of this achievement as back when I was diagnosed the outlook felt particularly bleak. I hope my story will reassure other people with diabetes that this is a treatable condition and there is no reason why you cannot lead a very normal life – just like me.”



Kate Leivesley

Useful information about Diabetes can be found on **www.diabetes.org.uk**



YES, I want to HELP

Giftaid it

Gift aid is a scheme from HM Revenue & Customs that allows us to reclaim an extra 25% on your donations made during the past 4 years, as well as on all future donations, without costing you a penny. This means that for every £1 you donate to the LHCH, the charity gets an extra 25p.

I confirm that I am a UK tax payer and that all donations I have made in the last four years and any future donations, until I notify you otherwise, should be treated as a Gift Aid donation. I understand that I must have paid Income Tax and/or Capital Gains Tax that the charity claims during a tax year, currently 25p for each £1.00 given. If your circumstances change and you no longer pay enough Income Tax and/or Capital Gains Tax you can contact the charity to cancel your declaration.

Signature

Data Protection Your personal data is protected in the UK by the Data Protection Act. This provides, amongst other things that the data we hold about you should be processed lawfully and fairly. It should be accurate, relevant and not excessive. The information should, where necessary, be kept up to date and not retained for longer than is needed. It should be kept securely to prevent unauthorised access by other people.

Here's my gift to LHCH Appeal

☐ Cheque £ Please make payable to Liverpool Heart and Chest Hospital Appeal

☐ My payment: £ Mastercard / Visa / Maestro / CAF

Card No:

Start Date / / Expiry Date: / / CVV No:

Title

First Name (in full) Surname

Address

Post Code:

Telephone No:

Email:

Please return completed form to:

Liverpool Heart and Chest Hospital Appeal, FREEPOST RRLL-KSHT-ZLKE
Liverpool Heart and Chest Hospital NHS Foundation Trust, Thomas Drive, Liverpool L14 3PE

Appeal Office (0151) 600 1409 Email: christine.bell@lhch.nhs.uk Visit our website www.lhch.nhs.uk Charity No. 1052813