

# LHCH matters

The newsletter for our patients,  
staff and communities of Liverpool  
Heart and Chest Hospital



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# Welcome

We are delighted to welcome you to the third edition of our LHCH newsletter this year for our patients, staff and communities.

You will see from within this newsletter that there has been lots happening lately for our teams to be proud of.

Special congratulations to Dr Helen Bonwick who has been awarded an OBE in the King's Birthday Honours for her services to palliative care.

We were both pleased to attend the International Aortic Symposium which was hosted and organised by our specialist team in June. It was impressive to see so many experts in this field join together to share experience for the benefit of patients. Our team are also marking twenty five years of aortic services in Liverpool. Congratulations all of you.

The LHCH Cath Lab team were honoured to be selected to co-host British Cardiovascular Intervention Society AHP Annual Meeting in July. Colleagues showcased learning and best practice with peers from across the country on this national stage.

These are only a few examples of recent achievements. We hope you enjoy reading all about these, exciting service news, and much more, within this edition. If you have any feedback or suggestions for future publications please get in touch by emailing [Communications@lhch.nhs.uk](mailto:Communications@lhch.nhs.uk)



Val Davies  
Chair

Liz Bishop  
Chief Executive



## LHCH Consultant recognised in King's Birthday Honours

*LHCH Matters* is delighted to share the wonderful news that Dr Helen Bonwick, Specialist Palliative Care Consultant and Medical Examiner here at LHCH, has been awarded an OBE in the King's Birthday Honours for her services to palliative care.

**As well as her role here at LHCH, Dr Bonwick is Chair for the Association for Palliative Medicine of Great Britain and Ireland, and also works across Marie Curie Hospice Liverpool and supports the University of Liverpool's fourth-year medicine palliative placements by contributing to learning sessions, assessments and examinations.**

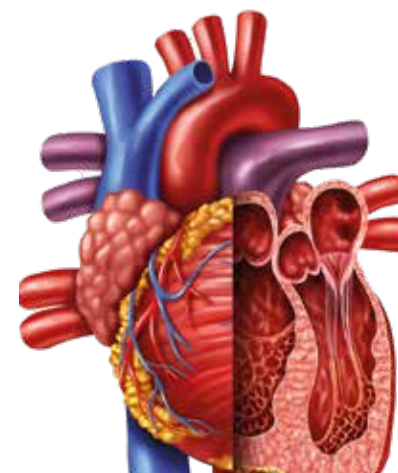
Liz Bishop, Chief Executive spoke of this tremendous achievement:

"On behalf of every colleague here at LHCH, I would like to congratulate

Helen for such a prestigious honour. Those who know and work with her most closely, will agree that Helen is an inspiration to so many colleagues, a staunch support of palliative care and a passionate advocate for providing the very best to patients and families at the most important time in their lives.

The care Helen provides on a daily basis, makes us all very proud that she is part of our outstanding team here at LHCH."

Congratulations Helen on your well-deserved recognition.



**Mavacamten, a NICE (National Institute for Health and Clinical Excellence) approved drug for NHS use, has recently been made available at LHCH to patients with a condition known as obstructive Hypertrophic Cardiomyopathy (HCM).**

HCM affects 1 in 500 people and causes thickening of the heart muscles, affecting the heart's ability to pump blood properly and causing irregular heart rhythms, palpitations, chest pain, difficulty breathing, fainting, and even sudden death.

Mavacamten has been shown to be effective in relieving obstruction, improving blood flow, controlling symptoms and improving quality of life for people with obstructive HCM. In some cases, use of this drug has

## Mavacamten service at LHCH improving care for patients with cardiomyopathy

LHCH is one of the first trusts in the country to provide a new life-changing treatment to heart patients.



Dr Rob Cooper

removed the need for more invasive treatment.

Dr Rob Cooper, Inherited Cardiac Conditions Consultant at LHCH, said:

"We know the devastating impact that cardiomyopathy can have on a patient's physical and mental health and wellbeing. We also know the symptoms they contend with on a daily basis which make life challenging.

"Therefore, it's really pleasing for LHCH to be one of a small number of trusts in the UK, able to offer this innovative drug to patients with obstructive hypertrophic cardiomyopathy.

One of the first nine patients in the UK to be prescribed Mavacamten, was Chris Jones, from Stockport, who was referred to Dr Cooper at LHCH in late 2023.

He said: "When I met Dr Cooper, he gave me a number of treatment options for my HOCM, including alcohol ablation or open heart surgery. However when he explained the possibility of taking Mavacamten, it wasn't a difficult decision for me to make.

"After initially starting on a lower dose, I quickly saw a 50% increase in my heart function, and started to feel so much better. I had more confidence. I felt so much better. I was able to exercise without any symptoms. So when I started on the full dose, and following my routine check ups, it was incredible to be told I've now had 100% heart function improvement.

"For me, Mavacamten and the care and treatment I've received at LHCH has really been life changing. My hope is that further advances in future will mean that all cardiomyopathy can be treated with medication, and improve thousands of lives."

Dr Cooper added: "Our experience here at LHCH, with patients such as Chris, is supported by other published clinical evidence. It shows that Mavacamten is effective in relieving symptoms for people with obstructive HCM and our hope is that this transformative medicine will not be the last, but leads to the development of other effective treatments for all forms of cardiomyopathy."

For more information about Mavacamten and Chris's story, visit [www.lhch.nhs.uk/patient-stories](http://www.lhch.nhs.uk/patient-stories)

## Adult acute and specialist Trusts / providers in Liverpool

**We want to keep you updated with important developments in the collaboration between the five adult acute and specialist Trusts in Liverpool over the coming months.**

As you may know, the Liverpool Clinical Services Review, published in January 2023, set out a number of opportunities to deliver improved health outcomes, quality and experience of care, and financial and clinical service sustainability, requiring a different way of working in Liverpool.

Since the publication of the report, progress has been made towards more collaborative working across the system. As the next step in this work, NHS Cheshire and Merseyside have asked the five adult acute and specialist Trusts in Liverpool to establish a joint committee with the purpose of creating sustainable healthcare systems for the future with

a clear focus on improving patient care and outcomes.

Recognising the widely acknowledged capacity and demand, workforce and financial challenges that are impacting on the quality, timeliness and effectiveness of patient care, our plans will make it easier to work together for the benefit of patients and our colleagues.

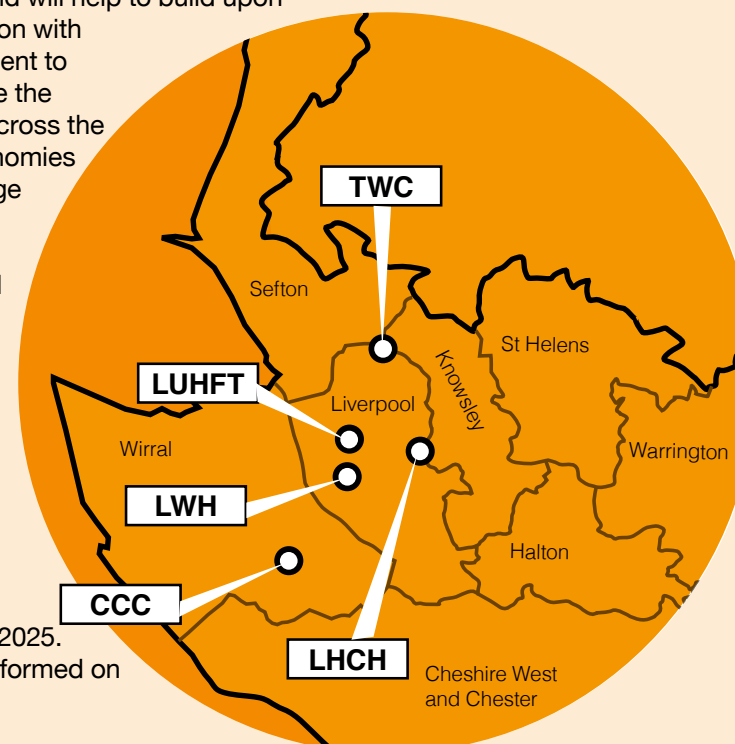
The Chairs and Chief Executives of the five Trusts, outlined below, will sit on the joint committee.

- Liverpool Heart and Chest Hospital NHS Foundation Trust (LHCH)
- Liverpool University Hospitals NHS Foundation Trust (LUHFT)
- Liverpool Women's NHS Foundation Trust (LWH)
- The Clatterbridge Cancer Centre NHS Foundation Trust (CCC), and
- The Walton Centre NHS Foundation Trust (TWC)

This will enable more streamlined

decision making and will help to build upon existing collaboration with a specific requirement to collectively manage the financial position across the Trusts, deliver economies of scale and manage vacancy controls.

The focus of the joint committee will be to establish the new governance arrangements, meeting in shadow form (i.e no formal authority) in September 2024 and be in place formally (i.e. with authority to make decisions) by April 2025. We will keep you informed on developments.





# 25 years of Aortic Surgery in Liverpool

This year, our amazing Aortic Team are celebrating 25 years of excellent aortic care at LHCH. During this time the team have completed more than 3,200 major complex aortic operations. This includes operations on the root and ascending aorta, thoracoabdominal aorta and emergency Type A aortic dissections.

**On 20th-21st June, LHCH hosted the tenth biennial International Aortic Surgery Symposium. This was an ideal opportunity to celebrate 25 years of aortic surgery here in Liverpool with international colleagues.**

LHCH Matters met with Miss Deborah Harrington, Consultant Aortic Surgeon and Aortic Lead to find out more about the International Aortic Symposium, the history of the Aortic Service here at LHCH and her thoughts for the future of the service.

**What can you tell us about the two-day biennial International Aortic Symposium?**

We are delighted to have been able to welcome like-minded professionals, experts in the field, from across the world for this year's symposium. Really eminent speakers joined us from the USA, Europe, China, UK and elsewhere to share key learning and developments on all aspects of

aortic disease. The first international symposium took place in the city in 2008. There have been significant advancements, improvements, and innovations for the benefit of patients and their families since then. It was fantastic to share these and mark this milestone.

*Holly Suite.*

**This year we are celebrating 25 years of aortic surgery in Liverpool. How has the service changed?**

In 2007, the Aortic team was formally separated from the general cardiac surgery rota. This meant that general Cardiac Surgeons no longer performed aortic surgery and the specialist Aortic Surgeon role was introduced.

Since then, the cases have got more and more complex. People are generally living longer and as we become more experienced, technically more adept, and highly skilled we can offer surgery for patients that may not have been previously considered. We have developed more complex

technology such as endovascular and hybrid procedures, some of which are minimally invasive, and are able to tackle cases that we never could have before.

The team have developed robust protocols and procedures for all the different components of the service. The thoracoabdominal aortic service which includes the most extensive and complex surgery offered here, is one of the largest in the country. The aortic team consists of dedicated surgeons, anaesthetists, perfusionists, advanced nurse practitioners, motor evoked potential (mep) team technicians, surgical care practitioners, specialist nurses and theatre teams to name but a few.

Valve sparing aortic root surgery and the aortic valve repair programme have developed exponentially over the past few years. More and more patients can have their valve repaired instead of replaced, especially important for younger patients.



*International Aortic Symposium.*



*Miss Deborah Harrington.*

In 2021, the Ross Programme was introduced for some young patients with aortic stenosis. This involves implanting the pulmonary valve into the aortic position and offers several benefits for eligible patients.

Over the last few years we are proud to have developed the Liverpool Cardiovascular Service with the vascular team at Liverpool University Hospital to perform combined open and endovascular cases. The vascular surgeons have their own regular lists here at LHCH meaning that we are able to perform all aspects of surgery on the aorta here at LHCH.

**What impact has it made?**

There has been a dramatic improvement in patient outcomes since the service became more formally organised by the specialisation of surgeons. In particular, the survival rate is now much higher for acute aortic dissection operations.

The aortic valve repair and thoracoabdominal programmes have gone from strength to strength too. LHCH sees patients from the whole of the north from the UK and sometimes



*Delegates attended the symposium from LHCH and further afield.*

further afield for our highly skilled, specialist aortic services.

We are proud to have two aortic fellowships which are industry sponsored and accredited by both the Royal College of Surgeons of Edinburgh and the Society for Cardiothoracic Surgery. It is a huge accolade for LHCH and thanks to the hard work of the whole team over the last decade. They are highly competitive and always receive a high number of applications.

**Can you tell us a little about other roles you have had outside of LHCH?**

I run annual Aortic masterclasses, funded by Heart Research UK, which provide aortic surgeons from across the UK with a unique opportunity to gain hands on experience of aortic surgery with one-to-one supervision from an expert faculty.

I'm also the current Education Secretary for the Society of Cardiothoracic Surgery responsible for the SCTS Education portfolio of

courses and Fellowships. I am on the Women in Cardiothoracic Surgery Committee which aims to support equality and diversity in our specialty. A more diverse workforce is known to improve outcomes, behaviours and team working.

**Future of the service?**

The future of the service is extremely bright. We have expanded the team and now have seven dedicated aortic surgeons. There is increasing complexity in the conditions we deal with, but we are highly skilled and still able to deliver excellent outcomes. Our aim is to continue to expand and become established as the premier centre for Aortic Surgery in the North of the UK.

**Thank you to Miss Harrington and the rest of the LHCH Aortic team for their impressive contribution to patient care over the years.**

**Undoubtedly, the team have made a huge difference, saved many lives and impacted many more as a result.**



*Speakers at dinner from the two-day event included (left) Frank Rothwell, LHCH patient, successful businessman, football club chairman and Guinness World Record Holder and Manoj Kuduvali, Medical Director and Consultant Aortic Surgeon.*





## LHCH co-hosts British Cardiovascular Intervention Society AHP Annual Meeting

**LHCH colleagues, from our outstanding Cath Lab team, were selected to co-host the British Cardiovascular Intervention Society (BCIS) Allied Healthcare Professionals Annual Meeting on 4th and 5th July.**

The team showcased learning and best practice with peers from across the country at the annual meeting in Bath.

LHCH speakers focused on a range of topics including TAVI, CTO PCI, REACT protocol for in-lab resuscitation and mandatory e-learning plan for radiation safety.

There was also a session led by our Cath Lab recovery team on its role in maintaining patient care, safety and efficiency of our Cath Labs and the hybrid role of the Nurse/Operating Department Practitioner.

Kenny Christian, Cardiac Catheterisation Lab Charge Nurse, who led on the application and the programme said: "We were excited to co-host this conference and the opportunity to bring the work of the team,

and the city of Liverpool, to a national stage.

We had an amazingly positive response to our talks. I am thankful to all the team in making this such a success."

Dr John Hung, Consultant Cardiologist at LHCH, said: "We

LHCH Cath Lab team involved in the management and organisation of the LHCH presentations and showcase.

are enormously proud to have showcased the work of LHCH at the BCIS Annual AHP Meeting. This is a significant achievement for the hospital and a huge credit to the team involved in making this possible."



Cath Lab colleagues at the BCIS AHP Annual Meeting.

## Celebrating first in North West Sinus Venosus ASD/PAPVD stenting

**The Adult Congenital Heart Disease Service Team (pictured) were delighted to carry out their first SV-ASD/PAPVD stent implants at LHCH.**

Two patients experiencing significant symptoms due to their Sinus Venosus ASD with partial Anomalous Pulmonary venous drainage, but who were unable to undergo heart surgery, were thrilled to be eligible for the custom-made stents.

As the second largest ACHD centre in the country, and one of only three centres in the UK able to provide this procedure, it was a significant achievement for the whole clinical team.

Dr Petra Jenkins, Consultant Cardiologist in Adult Congenital Heart Disease at LHCH, said: "The ACHD service in Liverpool has been established now for about 5 years and in that time we have become the second largest centre in the UK. We are taking on increasingly complex and state-of-the-art cases, adopting new

innovations in congenital heart disease to improve overall patient care.

"As a collaborative multi-disciplinary team, we are definitely advancing innovation on a national basis and it gives us a huge sense of pride to be able to provide care and treatment to patients who previously were not considered eligible for surgery, due to increased risk or where post-operative recovery would prove to be challenging.

"The innovative procedure carried out, with custom-made stents due to the patients' congenital heart issues, has been made possible thanks to the support and collaborative work undertaken with device manufacturers such as NuMed for Children. The result is that patients have a quick hospital stay and are able to go home the following day, without staying in ICU and a quick recovery."

The clinical team was led by Dr Salim Jivanji, Consultant in Congenital Interventional Cardiology at Alder Hey and LHCH; Dr Arul Narayanan, Consultant in Congenital Interventional Cardiology at Alder Hey; Dr Suneil Aggarwal, Consultant Cardiologist in Adult Congenital Heart Disease at LHCH; and was supported on the day by Professor Eric Rosenthal, CHD Interventionist and Dr Saleha Kabir, lead echocardiographer from Evelina London Children's Hospital, and Dr Petra Jenkins, ACHD Cardiologist, LHCH.



## LHCH is one of the country's TOP trusts

LHCH is delighted to have once again been named one of the BEST hospitals in the country, according to the this year's national NHS Adult Inpatient Survey 2023.

**The survey showed LHCH was TOP in the country for the 'confidence and trust that patients had in the doctors treating them', and was also one of the TOP FOUR trusts in the country overall.**

LHCH was **SECOND** in the country for the 'Hospital and Ward' section, and also for the following two questions:

- Were you able to get hospital food outside of set meal times?
- Thinking about your care and treatment, were you told something by a member of staff that was different to what you had been told by another member of staff?

LHCH was one of the **TOP THREE** trusts in the country for two sections - Your care and treatment, and Kindness and compassion, and was also in the top three trusts for 7 questions:

- Were you ever prevented from sleeping at night by any of the following?
  - Noise from other patients.
- Were you ever prevented from sleeping at night by any of the following?
  - I was not prevented from sleeping.
- Did the hospital staff explain the reasons for changing wards during the night in a way you could understand?
- During your time in hospital, did you get enough to drink?
- In your opinion, were there enough nurses on duty to care for you in hospital?
- Did the hospital staff take into account your existing individual needs?
- Overall, did you feel you were treated with kindness and compassion while you were in the hospital?

Liz Bishop, Chief Executive said:

"On behalf of the whole Trust, I would like to pass on my thanks to all those patients who took the time to share their experience with us. Whilst we're hugely grateful for the positive feedback, it's also really important to listen to our patients to understand if there are areas where we

can further improve their care and experience – and we will do that. However, for this year's survey to recognise such exceptional levels of care once again, is very pleasing and should make us all proud. Thank you to all staff for everything you do for our patients and families every day."



Mr Michael Shackcloth and Mr Julius Asante-Siaw are pictured with theatre colleagues and JNJ representatives.

## LHCH first to use new surgical innovative technology

**LHCH thoracic surgeons, Mr Michael Shackcloth and Mr Julius Asante-Siaw, were the first in the UK to use the new Echelon 3000 devices recently.**

With every surgery being different, because all patients are unique, the Echelon 3000 device allowed the surgeons to have greater access and more control, with excellent rotation and ease of adjustment – which will hopefully lead to further improved outcomes for thoracic surgery patients in future.

As a result of our reputation as a pioneering hospital and leading the way with surgical innovation and utilising new technologies, JNJ wanted to partner with LHCH to use these devices before anyone else in the country.

## World's smallest leadless pacemaker implanted at LHCH

**LHCH is delighted to have implanted the world's smallest leadless pacemaker.**

Consultant Cardiologists Dr Ashrafi and Dr Rao, with the support of their clinical teams and colleagues from Medtronic, successfully performed their first Micra AV2 implant recently. This next generation leadless pacemaker has improved battery longevity and streamlined programming to maintain AV synchrony for the patient, improving therapy efficacy.

Congratulations to all involved in the procedure!



Colleagues involved in the first implant here at LHCH.



# LHCH leads the way in Chronic Obstructive Pulmonary Disease (COPD) trial

**The LHCH Research team are proud to have been recognised as the joint first patient recruiter and the lead recruiter across the UK in the OPACE trial. OPACE is a respiratory based trial which is focused on optimising azithromycin prevention treatment in COPD to reduce exacerbations.**

There are currently 1.2 million people sadly living with COPD in the UK. People with COPD are disproportionately affected by health inequalities including frailty and multimorbidity. Furthermore, exacerbations are a leading cause of hospital admissions, morbidity, and mortality. Significant increases in hospital admissions and bed pressures are seen from this alone every winter in the UK.

Many people with severe COPD

are prescribed long-term antibiotics such as azithromycin to try and reduce the chance of infection or hospitalisation. Long-term antibiotics can have side effects and lead to antibiotic resistance. The OPACE study is trying to find out whether stopping azithromycin, or using it intermittently is a safe and potentially better treatment option in people with COPD.

The LHCH Research team have provided this opportunity and improved access to this National Institute for Health Research (NIHR) study to our Knowsley Community Respiratory Service patients. This is particularly significant and important, for this barrier to be lifted, with Knowsley having the highest rates of COPD hospital admissions in the country.

Participants benefit from being seen by their healthcare team at local



*Claire Lee is the Senior Clinical Research Nurse working on OPACE.*

community sites rather than having to visit the hospital site. Trial medication is delivered to them via a convenient home courier service, trial follow ups are conducted by telephone and extra support is provided alongside standard of care to patients.

**LHCH is  
a Research  
Active Trust**

## Dr Freddy Frost appointed

**LHCH Matters is delighted to share that Dr Freddy Frost has been appointed a Senior Lecturer at the University of Liverpool and Honorary Consultant Respiratory Physician, here at LHCH.**

Freddy is a clinical academic with an interest in chronic infectious lung diseases and was a National Institute for Health and Care Research (NIHR) Academic Clinical Lecturer carrying out clinical work at LHCH, and research investigating the long-term health outcomes of people living with chronic lung infection. Prior to this he completed post-graduate clinical training to complete a research medical doctorate (MD) investigating the utility of inhaled antibiotics in the treatment of acute exacerbation of cystic fibrosis.

Freddy's research interests focus on aspects of complex lung infection, including cardiometabolic comorbidities, the epidemiology



*Dr Freddy Frost.*

of lung infection and the effects of antibiotics on the lung microbiome. His long-term goals are to improve clinical outcomes for people living with chronic lung infection by advancing understanding, improving early-identification and optimising treatments for the major causes of morbidity including anti-microbial resistance and cardiovascular disease.

If you are interested in being involved in research at LHCH please contact [research@lhch.nhs.uk](mailto:research@lhch.nhs.uk)

## Welcome Shirley!

Team LHCH are excited to welcome Shirley Pringle as the new Director of Research Operations. We caught up with Shirley to find out more about her and her aspirations for research at LHCH.



### Can you tell us a little about yourself?

I began my career 30 years ago as a healthcare assistant at Liverpool University Hospital NHS Foundation Trust (LUHFT), where I gained invaluable experience in both ward and theatre settings. This early exposure to patient care ignited a passion for nursing, leading me to pursue nurse training at university.

After qualifying, I worked as a staff nurse in the endoscopy unit, where my interest in improving patient care and research began to take shape. It was during this time I became involved with the Liverpool Lung Project, which piqued my interest in research. In 2007, I secured a secondment as a Senior Research Nurse.

Later in 2007, I was tasked with establishing a research service within the field of head and neck cancer - an area locally lacking in research opportunities despite the high incidence of the disease in our catchment area. I am proud to say

that this initiative has grown into the Liverpool Head and Neck Centre, now the largest postgraduate centre for the treatment of head and neck cancer in Europe. The centre now truly embeds research into the patient's clinical care pathway. My most recent position was that of Research Matron where I led the research delivery at this centre and surgical research.

I am currently completing the final module of my masters in business administration (MBA). The knowledge and skills gained through this, and previous experience will support me in my new role at LHCH.

### What are you most looking forward to about your new role at LHCH?

I'm most looking forward to making a tangible impact on patient outcomes through cutting-edge research. The chance to collaborate with a multidisciplinary team of clinicians, researchers, and healthcare professionals, universities, and other

care providers to identify and address key areas of need within cardiovascular and respiratory care is particularly exciting.

I'm also eager to foster a culture of research excellence, where innovation and evidence-based practices are deeply embedded in clinical care pathways. This includes expanding research opportunities for both patients and staff, ensuring that the latest advancements in medicine are accessible and that our findings contribute to the global medical community.

I am enthusiastic about engaging with patients and the wider community, ensuring that their voices and experiences guide our research priorities. By delivering a robust and inclusive research strategy, I aim to help position LHCH as a leader in cardiovascular and respiratory research, driving improvements in care that will benefit patients both locally and beyond.

## Atrial Fibrillation Big Picture

**One of the clinical trials currently underway at LHCH is Atrial Fibrillation Big Picture (AFBP).**

One area of investigation is what causes Atrial Fibrillation (AF) after cardiac surgery. This affects around 40% of patients. AF is one of the most common abnormal heart rhythms and can lead to adverse health outcomes such as strokes and is both mentally and physically exhausting for the patient, particularly after cardiac surgery. On top of this, post-operative AF (POAF) can lead to increased time in hospital.

There have been many advances in surgical care and medical innovation, yet some complications such as post-operative AF continue to persist. Despite this the risk factors and mechanisms of POAF are still poorly understood. AF Big Picture utilises blood tests before, during and after surgery to identify any AF related risk factors, with the aim of giving us a better understanding of what causes AF to occur after surgery with the potential to improve its treatment.

The team have been very busy recruiting patients and in June they celebrated recruiting their 100th patient to the surgical part of the study.



*Pictured left to right: Mr Ahmed Othman (Consultant Aortic Surgeon), Mr Haytham Sabry (Consultant Cardiac Surgeon), Ethan Haynes (Clinical Research Practitioner) and Mr Bilal Kirmani (Consultant Cardiac Surgeon). Just a handful of the amazing surgical team that have assisted with AFBP.*





## Behind the Scenes with the Knowsley Community Respiratory Service (KCRS)

The KCRS supports the diagnosis, care and treatment of patients in the community with respiratory conditions. The service was one of the first pilot sites of its kind across the country.

**Due to its success, similar models of care have been subsequently introduced across Cheshire and Merseyside.**

**There is a wide range of service elements which make a big difference to our patients in the Knowsley community. These include:**

### ‘SWISS’ Nurse

The key aim is to avoid the need to admit a patient to hospital. Our LHCH nurses are based in the local general hospitals to help facilitate this. The introduction of the ‘SWISS nurse’ pilot in December 2018 had a significant impact on the number of patients being discharged early and with additional funding, this has been continued each Winter since. Due to its continued success this service was adopted permanently as an extension to the existing early supported discharge service provided by the team.

### Rapid Response

This admission avoidance element of the service operates 24 hours per day, 7 days per week, 365 days of the year offering advice, support and domiciliary visits to patients who need urgent respiratory care with the aim of keeping them safely at home.

### Home Oxygen Service

The team provide initial assessments, as well as ongoing oxygen management either at home or in one of the community venues, for both Liverpool and Knowsley residents.

### Community Respiratory Clinics

These consultant-led clinics are delivered both virtually and face to face. There are clinics in various locations throughout Knowsley offering support from the full multidisciplinary team. At least 30% of clinics will remain virtual. The community clinics are now supported fully by EMIS which is an electronic patient record system.

### Physician Associates

This element of the team supports primary care in the long-term management and optimisation of COPD patients.

### Pulmonary Rehabilitation Team & Community Physiotherapy

The service provides pulmonary rehabilitation and community respiratory physiotherapy. Pulmonary rehabilitation has embraced the digital support platforms and supported many patients with their rehabilitation needs. The team are currently undergoing the national pulmonary rehabilitation accreditation programme.

### Diagnostic and Annual Spirometry, Diagnostic Sleep and Asthma Feno Testing

Clinics are delivered by the Respiratory Diagnostics team in community venues, as well as onsite here at LHCH.

### Symptom Control and Management (Palliative Care)

Providing specialist respiratory palliative care is essential in the long-term management of chronic respiratory disease. The service is led by a Respiratory Physiotherapist.

### Virtual Wards

In January 2021, 600 bed days were saved with the introduction of the Covid Virtual Ward for patients discharged from Whiston Hospital. This supported delivery of care during the COVID-19 pandemic. Following subsequent expansion of the VW to include acute respiratory illness (ARI), the team reviewed 4666 patients between April 2023 and March 2024, preventing admissions for 254 of them, as well as supporting a further 529 patients with an early supported discharge from Whiston Hospital. The ARI virtual ward also accepts referral from primary, community and paramedic sources, and has managed 713 referrals (from the Whiston and West Lancashire virtual wards) in total.

There's been lots happening for Team LHCH since our last edition of *LHCH Matters*. Here's some of the highlights:

## Health Service Journal Awards success

Congratulations to our Pharmacy and Digital teams who are finalists in the HSJ Awards 2024! The team has been shortlisted in the Patient Safety category with Closed Loop Medications which has been implemented here at LHCH.



Above: Our Pharmacy team and (right) our Learning Disability & Support Team.

Further congratulations to our Learning Disability & Autism Support Team who have been shortlisted in the HSJ Patient Safety Awards category for Learning Disabilities Initiative of the Year.



## Recognising our colleagues



Above: Volunteers lunch

We held a celebration event for our wonderful LHCH Volunteers. It was a day full of appreciation and an opportunity to say thank you for all their hard work and commitment.

Our Dietetics team (pictured left) marked 33 years of Dietetics at LHCH and an impressive 100 years of Dietitian Departments in the UK.



Surgery day

The surgery leadership team organised a celebration day to thank surgical colleagues for the outstanding work they do for our patients and families. We have eleven teams over the Surgery Division which includes our surgical consultants, wards, theatres, advanced clinical practitioners, thoracic support team, diabetes specialist nurses, operational and admin teams.



## Wellbeing

We welcomed the Medtronic ‘Your Health Matters’ bus to LHCH where health checks were offered to both public and staff consisting of blood pressure measurements, ECG, BMI and blood tests.



Our popular ‘Live Well, Work Well’ events were held to support colleagues in their own health and wellbeing. Our Critical Care team organised a dedicated event for their staff too to make it more accessible for staff working within the unit.





# Meet the LHCH volunteers

At LHCH, we are lucky to have close to eighty volunteers in various roles across the hospital. LHCH Matters chatted with Joan who volunteers within our busy Critical Care Unit.

## Why did you want to become a LHCH volunteer?

I semi-retired last year and I wanted to remain busy. Throughout my career I'd worked in a hospital, so I'm used to this type of setting. I still work part time at Whiston Hospital and I have always enjoyed volunteering and charity work. It is a rewarding way of helping and supporting others.

## Can you describe your role?

I'm on the reception desk and meet families who are visiting their loved ones within Coronary Care and Critical Care. This really helps staff because it means they can concentrate on providing care for patients. They don't need to respond to the buzzer all the time, during visiting hours, because I am there.

I'm also able to help people with directions and show people to their required location onsite. I am here to provide advice such as where to get food and drink! I'm also here to support relatives who may be waiting for their family member to come out from Theatre.

## Best thing about volunteering here?

Everyone is appreciative. It's reassuring for the staff that your there and can help them.

The Patient and Family Support Team keep us informed, engaged and are brilliant.

I love it here and I would like to stay here as long as I can!



LHCH regularly recruits new volunteers.

To find out more please visit [www.lhch.nhs.uk/volunteering-at-lhch/](http://www.lhch.nhs.uk/volunteering-at-lhch/) or email [volunteers@lhch.nhs.uk](mailto:volunteers@lhch.nhs.uk)



## OVER TO YOU...

LHCH Matters recently chatted with Michael, LHCH patient who shared his inspirational story with us.

**Meet Michael, 72. In 2000, Michael had a very successful coronary angioplasty procedure at LHCH which was life changing. This is a technique for treating narrowing of the coronary arteries.**

"Fitness has always played a huge part of my life and I've always kept myself extremely fit and healthy. There was a history of heart disease in my immediate family, so I decided to get checked out but initially no issues were identified on my electrocardiogram (ECG).

"I was a coach at the time for Liverpool Harriers Athletic Club and I felt a pain down my arms one day. Following this, I had a coronary angiogram in the Cath Labs by the clinical team at LHCH and they found that my coronary artery was blocked. A week later I was admitted for angioplasty and had a stent implanted

by a brilliant Consultant Cardiologist called Dr Ramsdale.

"I was 58 years old at the time and the procedure gave me a new lease of life. I've undertaken a number of challenges since then from half marathons, coast to coast cycle rides and even one from London to Brighton. I even undertook a challenge in Brazil. In doing these things I've been able to raise thousands of pounds for charities to give something back for the first-class treatment I've received.

"Now I'm 71 years old, a school governor, and I remain a keen cyclist riding up to four times a week and up

to 100 miles a month! I also do a lot of walking. I feel very lucky to have been given this opportunity to enjoy what I have since this treatment. I cannot thank the team at LHCH enough. I have enjoyed spending time with my wife, children and grandchildren.

"Keeping fit is essential to me. If you keep healthy then you are stronger for whatever life throws at you."

If you are keen to get more active, improve your fitness and get moving please visit [www.nhs.uk](http://www.nhs.uk) You can also track your walks, runs or cycles, and motivate yourself to build up the distance gradually, by using apps like [www.strava.com](http://www.strava.com)

# LHCH Grand Awards 2024

We are excited for our LHCH Grand Awards 2024 which will be held on 22nd November this year. We can't wait to celebrate the excellent work and achievements of our LHCH colleagues!

**We have twelve awards categories this year including our Patient Choice Award.**

Have you been a patient, family member or visitor in the last twelve months (since 1st September 2023)? Would you like to nominate an individual or team who made a big difference to the care received? If so, please nominate by **5pm on 23rd September 2024**.

Please use an example as to why this individual or team deserves this award.



Nominate by scanning the QR code or by visiting the news section of [www.lhch.nhs.uk](http://www.lhch.nhs.uk)



With thanks to our sponsors for the event who include: Altera, Avrenim, CDW, City Build, Heart and Lung Health.Com, HESIS, Hill Dickinson, Intercity, and Weightmans.

# Invitation to attend our Annual Members' Meeting 2024

**SAVE THE DATE:  
TUESDAY 17 SEPTEMBER  
4.00PM**

We'd love you to join us virtually to celebrate our LHCH successes of 2023-24, 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.

The meeting will take place in person in the LHCH Conference Room, Research Unit and on Microsoft teams.

To register your attendance and to request the meeting link to join please email [membership.office@lhch.nhs.uk](mailto:membership.office@lhch.nhs.uk) or call **0151 600 1410**.

Please indicate if you are a Public or Staff Member on registration to support us with record keeping of the meeting.

We hope to see you there!





# Employee of the Month Awards

Every month we are thrilled to be able to present one of our outstanding colleagues with the Employee of the Month Award. These awards recognise staff that consistently go the extra mile for our patients, families and staff. Well done to all our recent winners on their much deserved recognition.



## APRIL

### Rachael Nester, Apprentice Clinical Education Trainer

*"Rachael has been an absolute superstar, showing continued support to the Learning and Development team and to other colleagues within the Trust. Nothing is ever too much trouble to Rachael. She has taken on extra responsibilities due to some challenges with staffing levels in the department. Rachael is a fabulous team player and always puts a smile on your face."*



## MAY

### Mr Simon Xu, Cardiothoracic Registrar

*"Simon goes above and beyond every day to help all grades of staff and to deliver top class patient care. Simon is very proactive with education and loves to teach others. Nothing is too much trouble for Simon. He is extremely helpful, knowledgeable and has a great sense of humour. If he is the registrar on call your day, then you know, your day is going to be better."*



## JUNE



### Jan Greene, Cardiology Advanced Nurse Practitioner

*"Jan always goes above and beyond to ensure patients, families and staff have a positive experience at LHCH. Jan has worked hard in raising awareness of menopause and HRT within cardiovascular care and has shared this work nationally. Jan works closely with consultants to further improve clinical practice and provide outstanding care for our patients."*

**TIME TO NOMINATE YOUR**

# UNSUNG HERO

Scan the QR code to nominate a deserving LHCH staff member as your 'Best of the Best' Employee of the Month or visit [www.lhch.nhs.uk](http://www.lhch.nhs.uk)



Caring for people with heart and lung disease

To find out more about LHCH Charity give them a ring on **0151 600 1409** or email [enquiries@lhchcharity.org.uk](mailto:enquiries@lhchcharity.org.uk)

## Muddy marvellous!

Sunday 14th July saw 12 hardy, and some would say daring, participants take part in the Manchester Tough Mudder to raise funds for LHCH Charity.

Covering 10 kilometres and over 20 obstacles including the Cage Crawl; a 4ft pit of water, the Mudderhorn (a forty foot climb up and down) and the Augustus Gloop where they climbed an enclosed tube while being blasted by a fire hose!

The LHCH Charity team included members of our LHCH Estates Department and sisters Lucy and Alice who took part to thank LHCH for saving their brother Jack's life. They raised an amazing £4,210 and we can't thank them enough for their perseverance and determination in taking part.



## Just tap and go!

This Summer, LHCH Charity introduced the opportunity to make a gift without the need to be carrying cash or calling into the Charity Office.

There are now various giving points situated around the hospital in some of our busiest areas and it means that you can support LHCH Charity with just a tap of your card, or for the really modern amongst us, your mobile!

So why not give it a try next time you are here and see how easy it is to use.



## The difference your donations make

**Our ACHD Team cares for young people who have grown up with a congenital heart condition.**

Many of these patients also have learning difficulties and for some the frequent monitoring and testing for their heart condition can be especially distressing. This distress can often lead to either failed tests or the need to repeat due to movement which exacerbates the situation even more – as well as slowing down the service for other users.

An ACHD Consultant approached LHCH Charity with the novel idea of purchasing Virtual Reality Goggles for patients who are particularly anxious or upset. In this way they are removed from the frightening environment they feel they are in, and they can watch films or cartoons instead – calming them down, removing the need for re-testing and ensuring a more efficient service.

Thank you for your kind donations – they really mean the world to us!

## The winner is...

Earlier this year we were delighted when Jet2 gifted us two return tickets for flights to Europe to help us raise funds.

Our delighted winner was **Mr A Clarke** who has promised his wife a lovely holiday following her treatment at LHCH.

Thanks to everyone who took part and helped us raise £1,500 with the draw.

## Oh, what's that in the box?

Well, that would be telling. But if you visit [www.lhchcharity.org.uk](http://www.lhchcharity.org.uk) in the very near future and have a look at the 'Shop with Us' section you might well find out!







**LHCH Charity exists to support the work of Liverpool Heart and Chest Hospital and helps to change the lives of thousands of people for the better each and every day.**

To find out more about us,  
call **0151 600 1409**, pop us an  
email at  
**[enquiries@lhchcharity.org.uk](mailto:enquiries@lhchcharity.org.uk)**  
or visit our website at  
**[www.lhchcharity.org.uk](http://www.lhchcharity.org.uk)**



Charity Registration Number 1052813