

LHCH matters

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



LHCH Grand Awards 2024 – pages 8 & 9

Leading the way in specialist heart and chest
diagnostic radiology – pages 4 & 5



Welcome

We are pleased to welcome you to the fourth edition of our LHCH newsletter this year for our patient, staff and communities.

Congratulations to all our shortlisted and winning teams and colleagues who were recognised at the LHCH Grand Awards 2024. It was a special night for us all.

We have been proud to hear of so many Team LHCH achievements. The Targeted Lung Health Check programme continues to go from

strength to strength; gold status achieved for cardio-oncology and excellent work in quality improvement projects. You can read about these and more within this newsletter.

If you have any feedback or suggestions for future publications please get in touch by emailing Communications@lhch.nhs.uk

We'd both like to take this opportunity to wish you all the very best for the festive season.



Val Davies
Chair

Liz Bishop
Chief Executive

Gold status for Cardio-Oncology service

The cardio-oncology service, established in 2019 by LHCH and The Clatterbridge Cancer Centre, has been awarded gold status as a Centre of Excellence from the International Cardio-Oncology Society.

Dr Rebecca Dobson, Consultant Cardiologist (Imaging & Cardio-Oncology) and Clinical Lead for Cancer at LHCH, said: "The LHCH Cardio-Oncology Service is only five years old so to receive international recognition with the highest accolade possible is incredibly gratifying. We are one of only three centres in the UK to obtain this accreditation and I am tremendously proud of the entire team who constantly go above and beyond for our patients, providing outstanding cardio-oncology care."



Chief Executive to retire and Chair to step down

LHCH recently announced that our Chief Executive and Chair would be leaving at the end of March 2025.

Liz Bishop, CEO, will retire after 42 years of service in the NHS, while after three years as Chair, Val Davies will leave at the end of her term of office.

Liz joined LHCH as Chief Executive in February 2024 – in a role she shared jointly with her leadership responsibilities at The Clatterbridge Cancer Centre.

A cancer nurse by background, Liz first joined the NHS in the early 1980s. After many years caring for patients, Liz moved in management roles

and held a number of senior roles at London teaching hospitals, driven by a desire to improve the experiences and outcomes of people with cancer.

Liz became Deputy Chief Executive of The Royal Marsden, before joining The Clatterbridge Cancer Centre as Chief Executive in 2018. Through this role, she actively supported strong relationships with clinical teams at LHCH, the development of dedicated cardio-oncology services, and the continued growth of lung cancer services.

Val said: "It's been a huge privilege to be part of this outstanding

organisation and to witness the extraordinary levels of care, compassion and dedication that are provided here.

"It would be easy to get complacent and think the level of care provided at LHCH is normal. However one of the things that has struck me, since starting as Chair, is that there is nothing ordinary about our work. That's because we have extraordinary teams, extraordinary staff and extraordinary leaders. People who care. People who care about people, and who do so efficiently, effectively, and professionally – all supported by a

great culture and teamwork.

"Until March, I will continue taking enormous pride in working with all of our brilliant staff, volunteers, governors and Board members, and I will be working to ensure the right leadership arrangements are put in place for the future."

A formal process will now be established by LHCH's Board of Directors, with support from the Liverpool Adult Acute & Specialist Providers Joint Committee, to commence the recruitment of a new Chair and the appointment of a new CEO.

Targeted Lung Health Check Programme's Major Impact

More than 10% of cancers found through the national NHS lung health check programme have been detected in Cheshire and Merseyside – after a successful rollout of the checks in our area over the past few years.

More than 5,000 people in England have been diagnosed with lung cancer earlier, thanks to the NHS initiative that originated in Liverpool, which uses mobile scanning trucks to visit local communities. In Cheshire and Merseyside, 533 lung cancers have been detected since 2019, with around 80% at an early stage when successful treatment is much more likely and potentially curable.

The NHS Targeted Lung Health Check Programme is the biggest initiative in NHS history aimed at improving early lung cancer diagnosis and is currently specifically targeted at areas of the country with the highest rates of lung cancer. The latest NHS data shows that 5,037 lung cancers have now been found through the programme since its launch five years ago. The programme is delivered in Merseyside and Cheshire by teams at LHCH.

NHS data also shows that more than a third of people diagnosed with lung cancer from the most deprived areas of England were diagnosed at an earlier stage since the checks began. People



diagnosed with lung cancer at the earliest stages are nearly 20 times more likely to survive for five years than those whose cancer is caught late.

Under the programme, current and past smokers aged between 55 and 74 are invited to speak with a healthcare

professional about their lung health and, if they have a higher chance of developing cancer, are offered a scan of their lungs on a mobile unit.

For more information, please see the news section of the LHCH website – www.lhch.nhs.uk

Changes planned for the NHS in Liverpool

The five adult acute and specialist NHS trusts in Liverpool, including LHCH, recently announced plans to become a city-wide hospital Group and to develop a long-term strategy for healthcare services in the city.

On 1st November 2024, Liverpool University Hospitals and Liverpool Women's Hospital were the first hospitals to come together in the new group, which is called NHS University Hospitals of Liverpool Group (UHLG).

The initial plan is for the remaining organisations to join as follows:

- 2025/26 – Liverpool Heart and Chest Hospital
- 2026/27 – The Walton Centre
- 2027/28 – Clatterbridge Cancer Centre

Representatives from each of the five Trusts will oversee this integration, whilst also developing a five-year

strategy to:

- improve pathways for patients
- improve patient safety and experience.
- move toward implementing a single electronic patient record and digital strategy.
- develop research and innovation
- increase effectiveness and efficiency
- make the best use of collective resources.

This joint decision by the five Trusts is in line with the direction of travel nationally, regionally, and locally. Providers across the country are being encouraged to work together more closely, where it makes sense to do so, to better meet the needs of patients.

You can read full details of these plans on our website – www.lhch.nhs.uk

Leading the way in specialist heart and chest diagnostic radiology

LHCH Matters met with Dr Ahmed Kharabish, Consultant Radiologist and Clinical Lead for Radiology and Lyndsey Hester, Business Manager, Clinical Services to find out more about the role of the Radiology service here at LHCH and the crucial work the team carries out for our patients every day.

LHCH's specialist cardiothoracic Radiology service.

The team work relentlessly behind the scenes, within the Clinical Services Division, to ensure essential and highly skilled thoracic (chest), aortic and cardiac (heart) scans are carried out to support each service within LHCH. The results of these scans are discussed with the relevant multi-disciplinary team to enable a suitable individualised treatment plan is put in place for each patient. The Radiology team attend several multi-disciplinary meetings for a range of different thoracic and cardiac conditions.

The team works closely with cardiology colleagues, situated within the department, on a range of cardiac conditions. For example, CT, MRI and X-rays are provided as part of the diagnosis and ongoing treatment of people with cardiomyopathy, pacemakers, adult congenital heart disease (ACHD) and aortic stenosis/transcatheter aortic valve implantation (TAVI) and other structural heart diseases. The team would also support with vascular ultrasounds and doppler ultrasounds as required.

The service provides support for the diagnosis and treatment of thoracic conditions such as emphysema and

lung cancer. The team receive referrals for highly specialised biopsies, which are high risk, and as such cannot be carried out at other hospitals. The service supports the fast oncology pathway and diagnosis of lung cancer by carrying out urgent scans within one week of referral.

Regional centre for cardiothoracic radiology training

Due to the highly specialist work of the team, along with an ongoing national shortage of radiologists in all areas, training and learning within the cardiothoracic radiology department is key.

LHCH currently provide a calendar of teaching sessions for trainees which provides Continuing Professional Development (CPD) points.

The department continuously has registrars from the Mersey Deanery training within the department and three fellowships undertaking their training in our highly specialised centre. After the fellowships are completed, it is hoped that fellows will step up to become consultant radiologists of the future at LHCH or within the region. We also support consultants from other hospitals to come over to us to undertake training in this specialism.

We have applied for a simulation lab to be created to enable us to provide workshops and hands on physical training. This will also support us with advanced training and supervision for trainees. We have also recently applied to host the North West Imaging Radiology Academy teaching sessions to provide teaching, training and curriculum suggestion for the region's cardiothoracic imaging cohort.

Role in the community

The LHCH Radiology service plays an important role in the targeted Lung Health Check Service which works with communities across Liverpool, Knowsley, Halton, St Helens, South Sefton and Wirral to diagnose cancer in its earliest stages, often before symptoms are noticed.

The Clinical Lead for Radiology for the service is a consultant radiologist from LHCH and this is also supported by a number of other consultants. The workload from the service has increased due to the expansion of the service. The team support the scanning in the community, reporting and the multi-disciplinary team discussion to identify next steps.

Most proud of?

We are particularly proud of how our teaching and training system has successfully progressed. The latest trainee General Medical Council survey overall satisfaction jumped to an astounding 98% in many areas.

Also, the progress in the cardio-oncology MRI and CT service has developed. Several patients come to us from Clatterbridge Cancer Centre for a heart scan to see if any side effects have occurred because of cancer treatment received. This programme is running successfully and making a difference to patient care. We have



Dr Ahmed Kharabish



MRI Scanner here at LHCH



The Consultant Radiologist Team

fixed slots allocated for these patients as scans are sometimes urgent.

The future of imaging

We have the latest software updates for our CT and MRI scanners and workstations. We now also have Artificial Intelligence buttons (AI) within these which enhance detection and reduce the reporting time required interpreting scans.

We are in the process of

implementing a programme called Annalise which provides artificial intelligence in supporting x-rays reporting. It will also improve patient care in terms of faster diagnosis and freeing up time for us to spend with additional patients.

We have recently obtained a license for BrainoMix which helps us detect strokes at very early stages to facilitate stroke pathways, enable swift treatment and transfer of patient to

Aintree or the Walton Centre within a very short time if required.

The team have written many abstracts, learning and research that have been shared at national and international conferences that have been published – please visit the Radiology and Imaging section of the LHCH website for more details. This helps us further improve and provide the best care possible for patients.



Colleagues celebrating the International Day of Radiology on 8th November



Targeted Lung Health Check Programme

AF Big Picture Project reaches recruitment milestone

The Atrial Fibrillation (AF) Big Picture project is celebrating the recruitment of 300 patients to the combined areas of the study.

The AF Big Picture project is a study looking at the processes in the body that cause atrial fibrillation (AF).

AF is a common irregular heart rhythm, where the top chambers of the heart (atria) do not beat in a regular pattern as they should do, but rather twitch or quiver. This causes the heart to beat randomly and means it cannot pump blood around the body as effectively as it should.

As blood is not moving through the heart like it should, blood clots can form and can lead to a stroke. A person with AF is five times more likely than someone without AF to have a stroke.

We are currently not sure what processes take place in the heart to cause AF and what causes AF to progress. Therefore, the study is focussed on four different areas to try and gain an understanding of these processes. These are:

1 Comparing a patient's blood markers with AF and hypertension (high

blood pressure) to see if there is a difference in patients with AF and other heart diseases.

2 Looking at a patient's blood markers before and after DCCV (a shock to

the heart to start it beating regularly again) to see what impact treatment has on these blood markers and how people with specific markers respond to treatment.

3 Investigating blood markers in the different chambers of the heart to see whether we can find out where changes might happen.

4 Investigating why some people get AF after surgery (post-operative atrial fibrillation) and whether we can see markers that might predict who gets AF after surgery.

Together these areas will help the team to see if they can observe any changes in people's blood, and in their heart, that are different to people who don't currently have AF.

Any changes that we can see will hopefully be able to inform care and the best treatment options for people in the future. The AF Big Picture team highlighted how incredibly grateful they are for all the staff, who are based in many wards and departments throughout the hospital, that are crucial in making the study a success.



Rebecca Moss, Clinical Research Practitioner and Nicola Tidbury, Senior Research Scientist who are part of the wider Atrial Fibrillation Big Picture team.



SCENIC

Our Research team launched the SCENIC Trial to compare different ways of dressing central lines.

This autumn, the trial recruited its first patients and the ambition is to reach over 400 patients in all. The research aims to optimise and to standardise our central line practices while learning if the addition of a haemostatic powder will help dressings remain clean, dry and intact for longer.

This is a collaborative research project which seeks to learn from the actions, observations and experiences of colleagues right across LHCH Anaesthetics and Critical Care. Dr Owen Chambers is the Chief Investigator for the study.

If you are interested in being involved in research at LHCH please contact research.lhch@lhch.nhs.uk

Welcome to LHCH Zalina!

Team LHCH are excited to have welcomed Zalina Rashid-Gardner to the role of Research Matron.

LHCH Matters met with Zalina to find out more about her previous experience and what brings her to LHCH.

Can you please tell us a little about your previous experience and what brings you to your new role?

I began my career in 1991 as a healthcare assistant at St Joseph's Hospice. During this time, I knew I wanted to pursue a career as a nurse and go to university. After I qualified, I worked at Liverpool University NHS Foundation Trust (LUHFT) as a staff nurse on a Geriatric ward which was both rewarding and challenging. I also worked as a staff nurse on an Osteoporosis & Bone Metabolic ward and during this time took an interest in research

and shadowed the research nurses.

This was when I began my career in research as a Deputy Ward Manager in 2009 at the Clinical Research Facility (CRF) at LUHFT. I was involved with the set-up of the unit as this was a brand-new facility, day to day running of the unit, management of staff and delivery of all research trials.

Later in 2010, I secured the role as the clinical manager. Over the years I have supported studies in Respiratory, Gastroenterology, Infectious Diseases, Cardiology, Oncology, Dermatology, Renal, Neurodegenerative Diseases, and Vaccine Trials. I have experience in phase 1 trials in patients, healthy volunteers, and special populations.

In December 2023, I was the lead research nurse for the Hepatobiliary (HPB) portfolio for the surgical team.

The knowledge, skills and experience I have gained from these different roles will support me in my new role at LHCH.

What are you most looking forward to in your new role here at LHCH?

I'm looking forward to the collaboration with a multidisciplinary team of clinicians, researchers, universities, and external organisations. This will help make a difference in healthcare by facilitation of cutting-edge research and improving practices within respiratory and cardiovascular care. I am enthusiastic to learn and promote a culture by embedding research into everyday clinical practice which is instrumental to deliver outstanding healthcare to our patients.



Research Open Day

Our Research Department opened their doors to colleagues for their Open Day.

Members of the wider team were invited to find out more about the various opportunities available to take part in and support research at LHCH.

LHCH Grand Awards 2024

We were pleased to hold our LHCH Grand Awards 2024 at the Crowne Plaza, Liverpool City Centre, on Friday 22nd November. 400 colleagues and event sponsors joined together to celebrate the fantastic achievements of our teams and individuals over the last year. Leanne Campbell Power, Radio DJ, hosted the awards ceremony.

Congratulations to all our shortlisted and winning teams who were announced on the evening and were as follows:

- 1 Compassion in Care Award**
Winner – **Learning Disability Awareness Team** for organising a brilliant open day for patients with learning disabilities.
Highly commended – **Adult Congenital Heart Disease Specialist Nurses.**
- 2 Quality Improvement Award**
Winner – **Stroke Multi Disciplinary Team** for developing a new stroke protocol leading to early recognition and improved outcomes for patients.
Highly commended – **Thoracic Physiotherapy Team.**

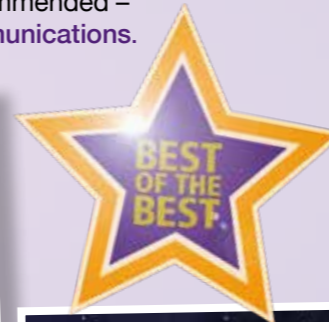
- 3 Outstanding Service Delivery Award** sponsored by **HLH Imaging Group Ltd.**
Winner – **Central Booking & Outpatients Reception Team** for successfully reducing the waiting times for new patient appointments.
Highly commended – **Speech and Language Therapy Team.**
- 4 Outstanding Contribution Award**
Winner – **Cardiac Diagnostics** for their implementation of the ZIO Ambulatory ECG Service which has increased detection rates of arrhythmias.
Highly commended – **Occupational Therapy Team.**

- 5 Significant Impact to Patient Safety Award** Winner – **REACT Cath Lab Resuscitation Team** for developing Cath Lab specific emergency complications and resuscitation training over the last year.
Highly commended – **Patient Safety Team.**
- 6 Non Clinical Team of the Year Award** sponsored by **HESIS**
Winner – **Learning & Development Team** for working with all to support and identify development opportunities whilst providing high level support to students.
Highly commended – **Human Resources.**

- 7 Unsung Heroes Award** sponsored by **City Build**
Winner – **Volunteers** for having an unwavering commitment to LHCH. The team help and support all areas of the hospital.
Highly commended – **Executive Assistants.**
- 8 IMPACT Award** sponsored by **CDW**
Winner – **Respiratory Diagnostics Team** for developing services to be inclusive of all patient' needs and providing an excellent CLE service.
Highly commended – **Telecommunications.**

- 9 Enhancing Patient Experience Award** sponsored by **Altera**
Winner – **Acute Pain Service** for working tirelessly to provide the best patient experience and being voted 4th in the country by patients.
Highly commended – **Familial Hypercholesterolaemia Service.**
- 10 Team of the Year Award** sponsored by **Bender**
Winner – **Aortic Team** which has marked 25 years of the service this year and has the largest service in the country of it's kind.
Highly commended – **Thoracic Surgery team.**
- 11 Employee of the Year Award** sponsored by **Intercity**
Winner – **Brenda Currie, Cherry Ward** for being 'Mum of the ward' and making a huge impact ensuring the smooth running of the ward whilst

- supporting patients and staff.
Highly commended – **Paul Jackson, Vicky Rouse, Brian Hall, Hannah Gronow, The late Pauline Schofield, Mr Mostafa Snosi, Mikey Miello, Rachael Nester, Mr Simon Xu, Janet Green, Laura Newman.**
- 12 Patient Choice Award** sponsored by **Avrenim**
Winner – **Kathryn Abernethy, Cardiology Nurse Consultant** for providing much needed advice and a 'lifeline' to a patient, their family and Cardiomyopathy UK Support Group since 2008.
Highly commended – **Amy Nelson, IV Iron Nurse.**
- 13 Lifetime Achievement Award** sponsored by **Hill Dickinson**
Winner – **Mr Richard Page, Consultant Thoracic Surgeon.**
Highly commended – **Dorothy Price, Respiratory Diagnostics Manager.**





LHCH standard of care for heart failure patients supported by new NICE recommendations

An embedded standard of care at LHCH using remote monitoring technology for patients with heart failure and cardiac implantable electronic devices (CIEDs) in situ, has been supported nationally, with the recent endorsement by the National Institute for Health and Care Excellence (NICE).

Two algorithm-based technologies, HeartLogic and TriageHF, monitor readings from patients' CIEDs, such as cardiac resynchronisation therapy defibrillators or implantable cardioverter defibrillators, so that clinicians can detect signs of potential heart failure deterioration earlier and intervene before decompensation occurs.

These technologies, which accurately detect the signs of worsening heart failure by monitoring, for example, an individual's general activity, heart rate variability and heart sounds, were last week recommended in diagnostic guidance by NICE.

LHCH has been using these technologies as its standard of care for appropriate heart failure patients for several years and will continue to do so. This is done in a multi-disciplinary way through its cardiac diagnostics, heart failure nursing teams at LHCH and in the community and heart failure consultants.

In England, there were around 90,000 hospitalisations for heart failure in 2019/20, which makes it one of the leading causes of avoidable hospitalisation and the most common cause of admission in people aged over 65 years.

Heart failure happens when the left side of the heart doesn't fill properly

with blood during the diastolic (filling) phase. This means the heart is unable to pump enough blood to meet the body's needs.

It is estimated 25,000 people in England have a cardiac device that is compatible with heart algorithm technology, a proportion under the care of the clinical teams at LHCH.

Dr Archana Rao, Consultant Cardiologist at LHCH, said: "We have been using these technologies at LHCH for a number of years. They have been embedded into our care pathway, allowing us to continue providing seamless and timely care for

a large cohort of heart failure patients across Merseyside, Cheshire and beyond.

"In the last few years, we have been following up these patients with cardiac devices remotely and more recently we have been using the newly endorsed algorithms for the management of heart failure.

"The recent NICE endorsement means that we can continue to provide this valuable service for our patients and improve the care of their heart failure in a seamless and timely manner."



LHCH nurse drives policy change for prescribing HRT in Acute Coronary Syndrome

Meet Jan Green. Jan is a Cardiology Advanced Nurse Practitioner who re-joined LHCH as a trainee in her current role in 2019.

In 2023, Jan observed that there were inconsistencies in practice for the prescribing and continuation of Hormone Replacement Therapy (HRT) in women undergoing treatment for Acute Coronary Syndromes (ACS).

This, coupled with Jan's personal experience, meant Jan was particularly passionate and driven to take on a quality improvement project to make a difference to the future and quality of life of this group of patients.

HRT is recommended for use in women who are perimenopausal or menopausal for symptom relief. Jan noticed that women, whilst in hospital, were often very anxious about the prospect of not being able to continue their HRT. The purpose of this project was to reach a consensus amongst clinicians to provide all patients with accurate, balanced and evidence-based information on the individualised risks and benefits of HRT after having an ACS. Through discussion with clinicians, it was agreed that HRT will not be routinely stopped in patients admitted with ACS. Women will be encouraged and enabled to participate in shared decision making and to make informed choices about their HRT in the context of their cardiovascular disease and their quality of life. This

change has become embedded in the ACS policy here at LHCH.

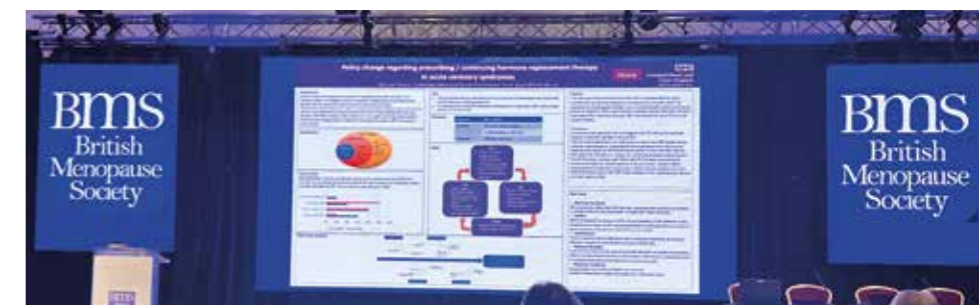
It doesn't stop here though for Jan who has already made an impressive impact on the patient experience at LHCH. Jan was selected to present a poster at the national British Menopause Society Annual Scientific Conference on 27th and 28th June this year. This was an opportunity for Jan to share what had been learnt and subsequently implemented here at LHCH on a national stage with other healthcare professionals. Following on from this Jan was invited to write an abstract for publication to the Post Reproductive Health Journal which was published in September 2024. These forums will enable this learning to be shared with other healthcare providers.

There are more projects in the pipeline too. Jan is currently undertaking formal training with the



British Menopause Society; has been invited to teach at Liverpool John Moores University for undergraduate pharmacists as part of their women's health topic and is working on improving information and resources available for our patients and colleagues.

Congratulations and thank you to Jan for this amazing work! Jan was awarded Employee of the Month earlier this year for her starring role in this fantastic project.



LHCH hosts European TAVI masterclass

The Cath Lab team at LHCH were pleased to host a two-day valve academy in September.

The event, sponsored by Boston Scientific, focused on sharing learning and best practice in Transcatheter Aortic Valve Implantation (TAVI). TAVI is a minimally invasive procedure used to improve the blood flow in the heart by replacing an aortic valve that doesn't open fully. LHCH was selected to host the training as it is a high-volume TAVI centre with

substantial experience implanting the Acurate Neo Valve System.

TAVI operators from across Europe attended the event at a hotel in Liverpool where they were met by members of the LHCH Cath Lab team who are clinical specialists in TAVI. Four live TAVI cases were livestreamed from the Cath Labs at LHCH directly to the event venue. Live cases were accompanied at the session by presentations and discussion. This covered how TAVI is routinely performed at LHCH,

approach, equipment used and standard strategies. The team also covered REACT and explained how this has informed the team's response to medical emergencies in the structural lab. REACT is Cath Lab specific resuscitation guidelines, adopted in 2022, that were implemented in the centre seeing huge improvements in how the team respond to in lab emergencies.

Pictured left: The teams that were livestreamed from Cath Labs for the event.

LHCH to roll out 'Gloves Aware' site-wide campaign

Earlier this year, Jane McMullen, Senior Sister and Service Improvement Lead on Critical Care, embarked on an improvement project destined to make a real difference.

Like many healthcare organisations, LHCH uses numerous items of Personal Protective Equipment (PPE) including protective gloves for delivery of patient care. The six-month project, focused on the Critical Care Unit only, highlighted that by becoming more 'Glove Aware' and wearing gloves just when recommended had brought huge benefits, promoted compassionate care and sustainability.

Glove use has a stark impact on the world we live in and fuels climate change. For example, a single glove used generated 26g of carbon dioxide and every box of 100 gloves is equivalent to driving 20 miles in a standard petrol car.* This project works to reduce this to an absolute minimum.

Jane McMullen who led the project said: "We can all play a role in being kinder to the environment and protecting the world for generations to come. We carried out a survey with staff within our Critical Care Unit, made observations and carried out training



and staff awareness sessions to make colleagues more 'Gloves Aware'.

"I've worked in the unit for 27 years and realised I wear gloves far more than is recommended and necessary. Gloves Aware is about breaking bad habits, making fresh ones and inevitably making a difference to the world we live in.

It's also important to remember that bare hands, hand washing and good hygiene in many situations is best. It's

a good campaign to take us all back to the basics of infection prevention and control. Washing my hands protects me, it protects you and it is the best, most compassionate way to care for our patients in many situations."

Due to the success of the 'Gloves Aware' pilot in Critical Care, the campaign will be rolled out site-wide in 2025.

**(Rizan et al, 2021; Zhang et al, 2021)*

Knowsley Cardiac Rehabilitation Service achieves accreditation

The Knowsley Cardiac Rehabilitation Service is delighted to have gained accreditation for their cardiac rehabilitation programme until 2025 – 2026.

This means the team's programme will appear on both the British Association for Cardiovascular Prevention and Rehabilitation and National Audit of Cardiac Rehabilitation websites and within the members' bulletins.

In order to achieve this, the team have had to validate and submit a huge amount of data around key performance indicators. It has been, and continues to be, an ongoing project for the cardiac rehab team, and they have done tremendously well to have all their hard work and fantastic programme recognised nationally.



TEAM LHCH Highlights

There's been lots happening for our colleagues since our last edition of *LHCH Matters*. Have a look at some of the highlights:

Employee of the Month Awards

Every month we are thrilled to be able to present one of our outstanding colleagues with this monthly award.



July

Laura Newman, Practice Educator in Critical Care. Laura was nominated by colleagues for working exceptionally hard to organise a special wellbeing event for the Critical Care team. Staff were treated in the day and night to food, music, massage and much more!

August

Brenda Currie, Ward Clerk, Cherry Ward. Brenda was described as 'Mum of the Ward' and colleagues said the impact she has on the ward cannot be underestimated. Brenda's positive attitude inspires her patients and colleagues.

September

Debbie Brady, Community Respiratory Practitioner. Debbie was nominated for demonstrating outstanding compassionate care at a recent home visit to see a patient. She went above and beyond and prevented emergency admission to hospital for this patient.

Awareness days

Our teams have celebrated awareness days to recognise colleagues in specific roles and to raise the profile of important health messages. Below are a few recent examples:



Top left: Allied Health Professions Day. Left: Falls Awareness Day. Above: World Sepsis Day.

Diwali celebration



Colleagues worked hard to organise a Diwali celebration here at LHCH. All staff were warmly invited to attend the event to learn more about the Festival of Lights and a great time was had by all.

Celebration of learning



Our LHCH learners were recognised for their education achievements, contributions and mentoring. Thank you to LHCH Charity Patron, Lady Dodd, for making the day extra special by presenting our awards and for her continuous support.

Meet the LHCH volunteers

At LHCH, we are lucky to have a team of outstanding individuals who support the work of the hospital in a voluntary role.

LHCH Matters met with Paul and Simon, the 'Thursday Dream Team', who both carry out and meet and greet roles in the shared reception area. The role involves helping patients and visitors as they arrive and support with wayfinding.

Why did you want to become a LHCH volunteer?

Simon

My wife had been a patient at Broadgreen and I am a patient of Dr Borbas at LHCH. I had Atrial Fibrillation and was treated here with cardioversion and ablation. I started here as a volunteer in March this year as I was very grateful for the care I received.

Paul

I was a patient back in 2018 when I had surgery on my aortic valve and root replacement. When I retired I wanted to give something back and my wife spotted this opportunity on NHS Jobs. I work closely with Simon

every Thursday on meet and greet.

What would you say to someone interested in becoming a volunteer?

Simon

It's a great opportunity to socialise and feel useful!

Paul

If you have a desire to help others and make a difference, then it's the role for you. I look forward to coming in and enjoy it. There is a nice atmosphere, patients and staff value the role we do and it's good to chat and meet new people.



LHCH Volunteers, Simon and Paul.



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

LHCH Charity Christmas campaign launched to help CF patients

LHCH Charity has launched its 2024 Christmas campaign to support the purchase of two dedicated Ultrasound machines for our Cystic Fibrosis patients.

Cystic Fibrosis (CF) is an inherited condition which occurs when a faulty gene affects the production of the slippery mucus that protects the lungs.

With CF the mucus produced is too sticky and builds up causing damage to the organs. CF Patients have to undergo a rigorous daily regime of taking drugs, undergoing physiotherapy morning and night as well as having to swallow dozens of enzyme pills to allow them to digest food. Despite all of this they remain very vulnerable to infections. Bugs which would be harmless to those without CF can cause serious chest infections leading to multiple and

long-lasting inpatient stays.

The fastest way to treat those with chest infections is with intravenous antibiotics but with each inpatient stay viable veins become harder and harder to find, delaying the treatment they so desperately need. Which is where we need your help!

One of the most effective ways of quickly identifying the best sites for IV insertion is with the use of an Ultrasound. These machines provide real-time guidance that can quickly identify the right vein and allow patients to get the care they need. In addition, they can also help with the identification of the most serious problems including collapsed lungs

and pneumonia.

We need to raise £40,000 to help purchase two dedicated Ultrasounds for our CF wards so will you help us? You can complete the donation form overleaf on page 16 of this newsletter, make a donation at www.lhchcharity.org.uk/christmas-campaign-2024 or just give the Charity Office a call on 0151 600 1409 to make your donation over the telephone.

Whichever way you choose to support please do make your donation and help us to provide a Christmas gift to our CF patients that will make such a difference to their lives. Thank You!

Behind the Scenes with Respiratory Diagnostics

The Respiratory Diagnostics Service at LHCH provides a range of investigations for patients both onsite and out in a community setting.

The team work closely with other disciplines at LHCH including Cardiac Diagnostics, Cystic Fibrosis and the Liverpool Lung Cancer Unit.

The team, who were recently awarded the IMPACT Award at the LHCH Grand Awards 2024, provide a wide range of diagnostic tests and have developed services to be inclusive of all patient needs. For example, the forced oscillometry service has been introduced which enables individuals with differing needs to access diagnostic lung

function tests. This has made a big difference as previously this group of patients would have been excluded from this type of test.

The Continuous Laryngoscopy during Exercise (CLE) service is run by the department, in collaboration with other Liverpool hospitals, and the team works with the Speech and Language Therapy service to provide patients with this service which is only available in a handful of hospitals in the country.

The team provide spirometry testing which is the crucial first test utilised in diagnosing lung disease. The team have also developed a spirometry course which has been delivered with individuals attending from around

the country. A full lung function test is also undertaken by the team to support diagnosis or a range of lung conditions.

The service has performed CPET via tracheostomy in conjunction with the medical lead and intensivist Dr James Greenwood, Consultant Respiratory Physician. This is something unique to our team and patients have been received from all over the North West.

A diagnostic sleep service is provided which helps to diagnose Obstructive Sleep Apnoea (OSA). This is one of over 80 sleep disorders and is characterized by a closing or narrowing of the airway during sleep (an apnoea). Symptoms of OSA include waking unrefreshed, excessive, daytime sleepiness, snore and witnessed apnoea by a bed partner.

In summary, the importance and key role of this team cannot be underestimated as they play a key role in the diagnosis of a range of respiratory conditions.

They support the medical team in making swift and appropriate diagnosis and treatment for our patients.



Find out why James, one of our CF patients, is supporting our campaign.

James is undergoing treatment.

Scan the QR code and learn more about his story.



Your support makes all the difference

LHCH Charity exists to support Liverpool Heart and Chest Hospital. Thanks to donations from our supporters, we help to keep the hospital the outstanding care giver that it is.

If you can make a donation you will be helping us to change the lives of thousands of people living with heart and lung disease each and every day.

How your donation makes a difference

£5 could provide special aids for staff working with patients with dementia

£10 could provide an aromatherapy session for someone living with cancer

£20 could provide equipment for someone undergoing rehabilitation

£50 could support our work in the community



I would like to make a donation of £5 £10 £20 £50 Other _____

Please make all cheques payable to Liverpool Heart and Chest Hospital Charity

Please return this form to: Liverpool Heart and Chest Hospital Charity, Freepost RRLL-KSHT-ZLKE, Thomas Drive, Liverpool L14 3PE

Your details (Please print)

Title	First name	Surname
Address		
Postcode	Email	

I give you permission to email me about this donation and to keep me up to date with the work of LHCH Charity.

Gift Aid it and make more of your donation!

I want to Gift Aid my donation of £____ and any donations I make in the future or have made in the past 4 years to the Liverpool Heart and Chest Hospital Charity.

PLEASE TICK ONE BOX ONLY

I am a UK tax payer and understand that if I pay less Income Tax or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference

I am NOT a UK taxpayer

Signed	Date
--------	------



LHCH Charity values your privacy and we never share your details with outside organisations. Your information will only be used to fulfill your request and keep you up to date with our activities. If you would prefer not to receive any further communications from LHCH Charity please tick this box For a complete statement of our Privacy Policy and how we use your data please visit www.lhchcharity.org.uk



Keep a copy for your records

The funds you have donated will be used for the purposes you have indicated. If for any unforeseen reason we are unable to complete your request or there are surplus funds, we will use the donations for the benefit of the Liverpool Heart and Chest Hospital.



Charity registration number 1052813

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/>