



**H**ave you spotted our "Choose" initiative? We hope so! Last month saw the launch of a very important programme aimed at getting across the clear message that South Tyneside NHS Foundation Trust is the place to "Choose" for your care and the place to "Choose" to work.

We want everyone to understand who we are, what we do and the standards we are aiming to achieve.

For our staff we are introducing a whole range of initiatives aimed at keeping them well informed, making

sure they have access to excellent training and ensuring they are treated fairly.

For our patients we are providing better information about what they can expect from our caring teams and also updating them on all the good things which are happening and things we could do better.

"Choose" is a very high priority for us. We depend on the people we serve choosing South Tyneside NHS Foundation Trust for their care and we hope to see the programme go from strength to strength in the coming months.

## Dates for your Diary

ALL MEMBERS ARE WELCOME TO ATTEND THESE EVENTS

### Annual General Meeting

Monday 24th September 2007 at 4.00 p.m.

Education Centre, South Tyneside District Hospital

### Hospital Sunday Service

Sunday 14th October at 3.00 p.m.

Alexander's Restaurant, South Tyneside District Hospital

### Board of Governors Meeting

Monday 15th October 2007 at 4.00 p.m.

Charles Palmer Conference Centre, Palmer Community Hospital, Jarrow

### Annual Members Meeting

Monday 10th December 2007 at 4.00 p.m. in Education Centre, South Tyneside District Hospital

### Blood Donor Session

Tuesday 11th December 2007 from 10.00 a.m. to 4.30 p.m.

Physiotherapy Gymnasium, Ingham Wing, South Tyneside District Hospital

### Trust Christmas Carol Service

Wednesday 19th December – 7.00 p.m.

Alexander's Restaurant, South Tyneside District Hospital

## Forthcoming elections

**W**e will be holding elections later this year for Public Governors in Hebburn, East Shields and Jarrow constituencies and Staff Governors in both the Clinical and Non-Clinical constituencies. Members in these constituencies will be eligible to vote – and even stand for election – and should receive their Notice of Election in October and polling papers towards the end of November 2007.

Remember – you have an opportunity to influence local health care, both as a member and through your Governor – PLEASE USE YOUR VOTE!

# Henry Garnett Medal

**J**immy Youll, Macmillan Clinical Nurse Specialist in Palliative Care has been awarded the prestigious 'Henry Garnett' medal by Macmillan Cancer Relief. The award is given in recognition of best practice and commitment to the speciality and is awarded to people who have demonstrated long, outstanding and innovative service within the field of cancer and palliative care.

Henry Garnett was Chief Executive of Macmillan Cancer Support for many years and it was during this time that Macmillan Nurses were introduced. The medal has only recently been introduced and Jimmy is the first person to receive it!

Last year Jimmy was honoured at our Reward and Recognition event when he won the Ward Hadaway



*Jimmy Youll with Nicola Richardson from Ward Hadaway*

Communications Award presented for the production of a leaflet entitled 'Pain Guidelines advice leaflet for Palliative Care - helping patient care by improving effective pain control.'

Well done Jimmy and Congratulations!

## Somewhere for quiet reflection

**W**e now have a Quiet Room at the District Hospital which can be used by many different faiths for prayer and quiet reflection. The Quiet Room, which is situated near the Delivery Suite, serves many needs and has proved to have an essential role in the hospital for staff, patients and visitors wishing to pause and reflect on specific issues or concerns during a difficult family time.

## We are the cleanest and nicest for mums and babies

**M**others having babies said that our rooms were very clean and that staff treated them with respect and kindness.

A nationwide survey of hospitals has shown that these are just some of the things we are better at when compared to other hospitals.

Our mums said they were also given more choices about where to have their baby.

Being able to see the same midwife on each visit is important. At our hospital, almost 9 out of 10 mums said that they saw the same midwife most of the time. In other hospitals less than 6 out of 10 women saw the same midwife most of the time.

In answer to almost every question, mums said that the hospital was as good as, if not better than other hospitals for having a baby.

# Improving services for patients

**T**he Site and Service Redesign project continues to progress plans that develop the best possible care for patients at all times.

Work is underway to implement plans that will improve patient experience across a number of services through this work. In particular, the project teams are working on the following:-

- improving emergency care services through the development of a facility that will ensure patients are seen by the most appropriate doctor as early as possible
- stroke services to bring together all aspects of in patient stroke care into a single area
- children's services to make our facilities even more child friendly.

If you would like more information on any of these projects please contact Helen Ray, Project Director on (0191) 2032969 or e-mail [helen.ray@stft.nhs.uk](mailto:helen.ray@stft.nhs.uk)

## Did you know

**A**t South Tyneside NHS Foundation Trust in 2006/2007

- 53532 people attended Accident & Emergency
- 1496 babies were born at the hospital
- 14069 people were admitted to hospital as emergencies
- 15154 people were admitted for planned care
- 120514 people attended outpatients appointments.

**O**ver the last year, the Trust has used

- 190,000 pints of milk
- 12,000 chicken fillets
- 25,000 loaves of bread
- 198,000 bread buns
- 520 boxes of cod
- 6700 kgs of minced steak
- 190,000 ice creams
- 50,000 cheese portions
- 94,000 kgs of onions
- 1000 boxes of fresh fruit

... and all as part of the provision of healthy, balanced but most of all tasty and nutritious food for our patients, staff and visitors.

## Medicine for Members Events

Our "Medicine for Members Events" are proving very popular – these presentations are made on a range of subjects which we think will be of interest to our members. The first two presentations were given by Lee Whitfield, Assistant Divisional Manager, on "**Emergency Planning for the Great North Run**" and by Dr. Alan Rodgers, Medical Director on "**Funny Bones – all you need to know about osteoporosis**". Members who attended found both of these presentations to be extremely interesting and informative.

**The next three presentations will be as follows:-**

**10.00 a.m. on Friday 28 September 2007 -**

Presentation by John Pattison, Macmillan Haematology Clinical Nurse Specialist on "**A Love Affair with Cancer**"

**2.30 p.m. on Wednesday 17th October 2007 -** Presentation by Dr. Jon Scott, Consultant Physician, on "**Strokes, Mini Strokes and How to Avoid Them**"

**2.15 p.m. on Tuesday 27th November 2007 -**

Presentation by Dr. Shaz Wahid, Consultant Physician, on "**SWEET DREAMS - The Future of Diabetes Care in South Tyneside**"

All sessions will take place in the Lecture Theatre, Education Centre, South Tyneside District Hospital. Tea, coffee and biscuits will be provided.

**PLEASE NOTE: These sessions are free to members but, because of seating capacity, places on Medicine for Members events must be booked in advance. To book your place or for further details, please call the Membership Line on (0191) 202 4121, leave your name and address and we will send you a ticket.**

**We would be delighted to meet you at one (or all) of these presentations**



Lee Whitfield and Debra Stephen

## The Heyman Scholarships 2007

Sir Horace Heyman and Lady Dorothy Heyman greatly admired the quality of healthcare in South Tyneside and endowed two travelling scholarships for nurses and allied professionals working at South Tyneside NHS Foundation Trust. The Scholarships are awarded annually by The Heyman Advisory Group and provide an opportunity to broaden the skills of the staff concerned whilst visiting other hospitals or universities abroad.

Two scholarships were awarded to Debra Stephen, Modern Matron and Lee Whitfield, Assistant Divisional Manager, Accident and Emergency. The two visited Flinders Medical Centre in Adelaide, Australia and also attended the Third Australian Redesigning Health Care Summit, in Sydney. The two day event brought together people from around the globe, who are concerned with making patient journeys work for patients and

staff alike. This process known as "Lean Thinking", will hopefully prove a valuable experience to both Debra and Lee who are currently part of a project at the Trust to redesign services and streamline planned and emergency care. The successful carrying out of this project will ensure the Trust can sustain and respond to the challenges of providing and reshaping acute care for the population of South Tyneside and beyond.

"Flinders Medical Centre has a Redesign Team," said Debra "who have provided our Scholarship visit with a programme of redesign activity to ensure our time there was well spent." Lee continued "These people are renowned international experts in the field of Lean Thinking and we gained a huge amount of knowledge and experience of health care redesign to support the Site and Service Redesign Project within South Tyneside NHS Foundation Trust"

## Can you help?

The League of Friends of South Tyneside District Hospital is one of the many voluntary organisations which both fundraises and provides some services in our hospitals. Recently the League welcomed to its fold Mrs Audrey Bolam as the new Chairman and Mr Ron Peters as Treasurer.

The League is looking to recruit some new members and, in particular, a Secretary to help with the administrative work of the League. Do you think you might be able to help and give some of your time? If so, please ring Betty Johnson (0191) 455 4054 for further details. If, on the other hand you feel you might like to help with the shop, tea-bar or ward trolley duties please contact the Sue Hodgson, Public Relations Officer on 08448 11 3030, Ext. 2385.



## Top 40 once again

**Y**et again the Trust has been named as one of the Top 40 performing hospitals in the country.

This was assessed by an independent company which compared our performance with that of a large number of other hospitals. We were one of only four North-East Trusts to be named in the Top 40.

Chief Executive, Lorraine

Lambert said, "We are delighted and proud that we are once again identified as a Top 40 hospital. It is a nice way to show the people of South Tyneside that we are delivering high-quality, efficient and effective services to our patients but we will never stop looking to improve services further. Everyone should applaud the hard work and dedication of all of our 2500 staff!"

## Membership update

**A**t the end of last year we had 3128 public members, an increase of 475 over the previous year. We are always keen to find new members and very much appreciate the efforts existing members make to help us recruit new people. Staff from the Trust, in a joint venture with the Health Promotion department from the local Primary Care Trust, attended Westoe Fayre on what must have been one of the wettest days of the Summer and still managed to recruit more than 60 new members! Letters have been issued to around 1000 recent patients, informing them of the benefits of NHS Foundation Trust membership. This has been successful in helping us to recruit

more new members. One of our Governors for the Hebburn area, Richard McIntosh, must hold the record for recruiting the largest number of new members – well done, Richard!

We are pleased to let you know that both Rt. Hon. David Miliband, MP for South Shields and Foreign Secretary, and Stephen Hepburn, MP for Jarrow, are now public members of the NHS Foundation Trust. Like you, they will be able to vote in elections for members of the Board of Governors and receive discounts in the staff restaurant on production of their membership cards!

If any of your family or friends would like to become a member, details of how to join are on the back page of this newsletter.

## Use of Mobile Telephones in hospital premises

**F**or a number of years we, together with many other hospitals in the country, have banned the use of mobile phones in our hospitals since they are known to interfere with the efficient working of medical equipment. You may have seen some reports in the press which suggest that this is no longer necessary. However it is important to note that some types of mobile phone do still interfere with modern medical equipment, for example life support and drug delivery systems.

In addition, the newest mobile phones have digital cameras, some of which can take video footage. It is very difficult to detect when they are actually being used to take pictures or videos. We believe that the need for patient privacy and dignity should take precedence over the use of mobile phones on hospital premises to ensure patient confidentiality. In addition, the use of mobiles can cause disturbance to other patients on the ward, many of whom need a quiet environment in which to recover.

Taking all of this into account, we have decided that the ban on the use of mobile phones in the hospital premises should continue. Of course, we also recognise the need for visitors, patients and their relatives and friends to communicate with each other. We are therefore currently looking at areas within the hospital buildings that can be designated as safe zones. When this has been decided, signs will be placed throughout our premises clearly indicating where mobile phones can and cannot be used. We are currently reviewing our entire telecommunications policy which will include a section on mobile phone use.

# PUBLIC GOVERNORS

If you would like to contact your Governors, please phone the Membership Line on (0191) 202 4121 (answering machine) and your message will be forwarded to them

## BOLDON, CLEADON & WHITBURN

### Jean Lawrence and Maisie Winship

Thank you for electing us for our second term of office. We have had a busy and enjoyable Governorship reflecting your interests as well as completing intense training. We have

- ◆ visited many wards and departments
- ◆ attended a workshop for reshaping emergency and elective care
- ◆ been members of the Women's and Child Health Project Steering Group
- ◆ commented on the Healthcare Commission Annual Health Check
- ◆ attended meetings of the Board of Governors
- ◆ undertaken membership recruitment at many events

This involvement has broadened our comprehension of South Tyneside NHS Foundation Trust which is the only Trust in the North East to receive an Excellent score for the use of resources. We are proud to be Governors of this excellent Trust.



Jean Lawrence



Maisie Winship

---

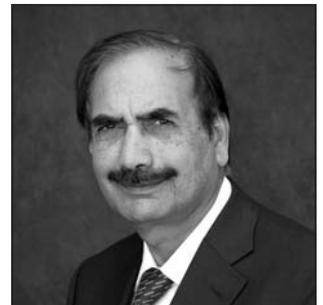
## EAST SHIELDS

### Dr. Bashir Malik

I have taken active part in the deliberations of the Board of Governors. I have also accompanied the Executive and Non-Executive Directors on visits to various hospital departments. These visits have been very educational and informative. As Chairman of the Communications Sub-Group I have along with other members worked continuously to increase the public membership of our Health Care NHS Trust.

Health issues affect all of us, hence it is essential that we take keen interest in the welfare of our hospital and support the Chairman, managers, clinicians and carers who provide such an invaluable service, by becoming members of our Foundation Trust.

I would like to thank members for electing me as Governor and hope they will support me later this year to represent them



Dr Bashir Malik

### Pat Anthony

My name is Pat Anthony and I have been the NHS Foundation Trust Governor at South Tyneside NHS Foundation Trust representing East Shields since 8th December 2006. Since my election, I have completed the excellent Governor training presented by the Trust. I have attended Board of Governor meetings; Board visits to different sectors of the hospital which have been extremely interesting and informative and attended all local Community Area Forum meetings for East Shields. I have tried to encourage those not already members to join so that they also can be involved in what is one of the top Foundation Trusts in the country.

I would like to thank all those who voted for me. I hope to maintain your confidence continuing to represent you, being your voice and furthering your interests.



Pat Anthony

# PUBLIC GOVERNORS

## WEST SHIELDS

### Carole Prince

I would like to thank everyone who voted for me leading to my election as a Public Governor for South Tyneside NHS Foundation Trust. I admit with much initial trepidation! However, this was very short lived as the Board of Directors and Governors at this Trust provide much support and an excellent Governor training package with opportunities to further develop your own skills.

As a governor I have attended meetings and been active in the Trust Board visiting programme, attending on site and off site departments. This has been informative and exciting as it gives an insight into services, needs and aspirations for the future.

I am proud to be a Public Governor of this exemplary NHS Foundation Trust and I would encourage anyone considering becoming a member or a governor to do so and become involved in your communities needs.

Thanks again for this opportunity to serve you and I trust I continue to represent you well.



Carole Prince

### Bill Brady

Thank you for electing me as a Governor for a second term. Since joining the Board of Governors in January 2005 I have been involved in visits to several areas of the Trust as part of the Board visiting programme. I have also attended sessions of the Governor Development Programme as well as training sessions on NHS Finance, Risk Management, etc.

I find the work of a Governor to be really interesting, enlightening and educational. I am proud to be a Governor of one of the best NHS Foundation Trusts in the country.

Thank you once more for the opportunity to represent your interests.



Bill Brady

---

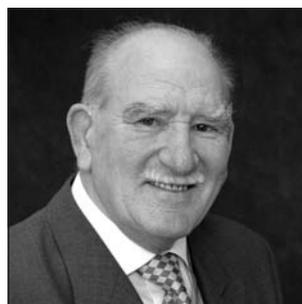
## HEBBURN

### Richard McIntosh and Helen McLoughlin

Since being elected, we have both been actively involved in a number of activities within the Trust including recruiting new members, accompanying Non Executive and Executive members of the Board of Directors during their visits to various departments within the hospital, and speaking to staff about the service they provide.

Also, we have been part of a number of working groups that are looking at the services the hospital provides and the future development of the way in which these

services will be provided to the people of South Tyneside. We would both like to convey our thanks to you for your support, and hope that you will support us again in our forthcoming elections later this year.



Richard McIntosh



Helen McLoughlin

# PUBLIC GOVERNORS

## JARROW

### George Waddle

May I introduce myself as the new public Governor for the Jarrow area following the retirement from this post by Barrie Scorer. I have almost completed my first year as your unopposed representative and during this time I have attended Governor training and other courses in the interests of the Jarrow Community. I previously served as a member of the Patient and Public Involvement in Health, South Shields and Jarrow Forum; however it was necessary to relinquish this valuable work when I became a Governor of The South Tyneside NHS Foundation Trust. My commitment to the residents that I represent is still my major concern and I would ask all that have not yet considered becoming members of the Trust to seriously consider doing so. As a member you are able to participate in the election of your Governor as well as standing for Governor if you so wish.



*George Waddle*

Good health and sincere regards to you all.

---

## RIVERSIDE

### Mary Carruthers and Mark Blacklock

Since being elected, we have been busy on members' behalf – attending Board meetings, visiting areas of work like the cancer services team, and joining the Communications Sub Group, which develops communications and membership.

We have been involved with a working party on the Trust's Annual Plan, which also examined a report on the Trust's performance for the Healthcare Commission, the health watchdog.



*Mary Carruthers*



*Mark Blacklock*

To help us do this we attended a governors' development programme which addressed questions of NHS structure, finance, and oversight.

Remember: members play an important part in advising on the future of the Trust's services, and our job is to put forward your views. We can do that only if you let us know what you are thinking on health issues, whether it concerns anything from parking charges or visiting hours, to hygiene or hospital food. You can get in touch with us through the Governor's Office at the Harton Wing in South Shields. We would like to thank all of those who voted for us.

## STAFF GOVERNORS – NON-CLINICAL

### Elaine Kilgannon and Lee Whitfield

Around the time of the last newsletter Lee Whitfield joined the Board of Governors and together with Elaine Kilgannon they represent the non-clinical staff in the Trust. Lee wishes to thank those who voted him onto the Board of Governors. Elaine's three year term comes to an end in December 2007. Since the beginning of the year they have both attended the formal Board meetings in February, May and August.

Lee is a governor representative on the Gastrointestinal (GI) group for the Site And Service Redesign Project. Elaine is a governor representative on the Elective Pathway Subgroup.

In May Elaine joined a small reference group of Governors to look closely at the Trust's Annual Plan. In addition this group prepared a statement to accompany the Trust's annual assessment for the Health Care Commission (HCC).

Both Lee and Elaine have been active in the Trust Board visiting programme. This year they have visited:

MRI Department

Estates Department

Elderly Care Specialist Nurse

Gardening Department

Restaurant / Catering

Remember you can contact Lee or Elaine in their governor role by all the usual means or stop us in the corridor for a chat.



*Elaine Kilgannon*



*Lee Whitfield*

## STAFF GOVERNORS – CLINICAL

### Dr. Jon Scott

I was elected to be one of the Staff Governors (Clinical Class) in 2004 and have been a regular and active contributor to Governors' Board Meetings. I am the Staff Governor representative on the Site and Service Redesign (SSR) Project Board and I also sit on the Human Resources SSR Subgroup. Other Governor roles have included being the Governor representative on interview panels for both non-executive directors (twice) and for the Trust chairman. Additionally I have been active in the board visit programme and I have contributed a Governor's viewpoint on the Trust's Annual Plan as part of a small reference group.

I have thoroughly enjoyed my role as a Foundation Trust Governor and I am very keen to improve communication with all members of staff in this role – as such I can be contacted by email, by bleep (241) or at anytime in the corridor or restaurant. I will certainly be seeking re-election in December of this year as I would like to develop the Governor role more fully.



*Dr Jon Scott*

### Dr. Rob Bolton

Thank you for electing me for my second term of office. I was elected as a Staff Governor for the Clinical constituency in January 2005 and was re-elected in December 2006.

I have attended meetings of the Board of Governors. I have also been a member of the Board visiting programme and have accompanied Executive and Non-Executive Directors and Public Governors on visits to wards and departments throughout the Trust. These visits have been very educational and informative since they allow me the opportunity to visit areas which I would not otherwise see in my daily work in the hospital. I have also attended the excellent Governors Development Programme.

I am very keen to improve communication with all members of staff in this role – as such I can be contacted by email.



*Dr Rob Bolton*

## Insuring against the future

**W**e, like any other business or home need to think carefully about the risks we face and put in place measures to reduce those risks to protect our staff, patients and our property. We also make sure that we cover our risks with insurance where possible and the NHS has a scheme called the "Clinical Negligence Scheme for Trusts" (CNST) which works in a similar way to most insurance. If action is taken to reduce risks then we are charged a lower premium, a bit like putting window locks in our home or installing a burglar alarm.

We must meet certain standards under the scheme and these are very demanding. To achieve them we need to have a large number of policies and systems in place about clinical care and about our support systems.

This year we have had a fabulous achievement because the maternity team have managed to achieve the higher level 2 CNST standard. This has resulted in a 20% reduction in our premium for the next 3 years saving us £164,000 per year!

This was no easy feat. To achieve this success, we had to score more than 75% in all of the 8 standards at Level 2. We actually scored 100% in 5 of the standards, 90% in one and 80% in two.

Well done to all concerned – what a fantastic team achievement!



## South Tyneside's Caring Team Travel to India

**E**arlier this year a team of our caring staff travelled a second time to a poor rural area in Derwan, India to work with the local health services there to provide help for the local people. Led by Mr Kamil Wynne, Consultant Surgeon, and Dr Sanjay Deshpande, Consultant Anaesthetist the group spent a week undertaking surgery and also teaching in a small charitable hospital.

The team wanted to experience work and life in a less developed area of the world and came back to pass on their experiences to others. "It was a gratifying and overwhelming trip to Derwan. It was 5 days of hard work, including 122 surgical procedures. The patients made a remarkable recovery and were very grateful to the team for an excellent performance," said Dr Sanjay Deshpande. "I personally think this is an example of a fabulous team effort and proved a most fulfilling exercise. I sincerely thank all in South Tyneside District Hospital and in the South Tyneside Community who contributed to the success of this trip."

## Simply the best

**I**n March 2007, South Tyneside NHS Foundation Trust was delighted to be named as one of the top 8 NHS Foundation Trusts in the country by MONITOR, the Independent Regulator of NHS Foundation Trusts.

MONITOR had announced that the 54 NHS Foundation Trusts delivered a surplus of £75 million in the first nine month period of 2006-07. The top 8 NHS Foundation Trusts are seen as achieving strong financial performance whilst continuing to meet healthcare targets and national core standards. South Tyneside is the only Trust in the North East of England featured in the top 8.

The Chief Executive of the Trust, Lorraine Lambert, said "It is very gratifying to be named amongst the top 8 NHS Foundation Trusts for this period. So much publicity is generated about how the NHS appears to be failing and it is good to demonstrate that healthcare targets can be met, whilst also delivering financial efficiency."

There are now 73 NHS Foundation Trusts in the country.

# Local hero does it again!

**S**yd Nicholson MBE aged 84, founder member and Secretary of local charity 'Heartcall' has done it again! On 3rd August, Syd and the team from the charity handed over £100,000 of equipment to the new Cardiology Unit at South Tyneside District Hospital. Syd and his colleagues from Heartcall have worked tirelessly over the years to support the local hospital. This donation brings the total raised since the charity was started to an incredible £500,000+

It was a heart attack in 1982 which led Syd to chat to Dr Lawrence Bryson, his Consultant, about raising funds for heart equipment. One thing led to another and Heartcall was formed in 1985 some 22 years ago.

Syd tells us: "Back then there was only a part time Consultant Cardiologist working from one room in the hospital but today we have a team of three fantastic Consultants, a full support team of cardiology staff and a brand new purpose built Cardiology unit filled with state of the art equipment – it's fantastic for the people of South Tyneside".

Chairman of the Trust Peter Davidson adds: "Syd and his charity colleagues are just the most wonderful group of people. They spend long hours tirelessly raising funds and I am really delighted to receive this latest



*Syd Nicholson, Peter Davidson (Chairman) and Dr Nasser (Consultant Cardiologist)*

incredible donation which will truly enhance local services even further".

Syd who last year was recognised for his voluntary contribution to local heart services with the award of an MBE, is not giving up yet. He and his fellow fundraisers are already planning their next campaign! Dr Lawrence Bryson who recently retired after 27 years of dedicated service to local people still continues to be a part of the Heartcall team.

As a cost of £1.1m the purpose built Cardiology unit provides a full range of local cardiology services for local people. It is a fantastic addition to local health services provided at South Tyneside District Hospital by South Tyneside NHS Foundation Trust.

## Crutch amnesty

**T**he Accident and Emergency Department at South Tyneside District Hospital is asking for help from its patients by offering a crutch amnesty. The failure to return crutches to the A&E department after injuring an ankle or knee may seem trivial to some, but each pair actually costs around £7 and last year the South Tyneside NHS Foundation Trust A&E Department issued around 800 pairs of crutches for these types of injuries. It is estimated that only a quarter of these crutches and other walking aids have been returned.

"In 2006 the A&E department spent over £3,000 on simply replacing walking aids for patients. This is a huge amount of money that could be used to benefit patients in other ways. If anybody has a pair of metal crutches, a walking frame or walking stick under the stairs at home or abandoned in the garage we would really appreciate their return to the A&E Department at South Tyneside District Hospital or the Nurse Lead Minor Injuries Unit at Palmer Community Hospital, Jarrow – No questions will be asked!" said Julie Russell, Nurse Manager in the Accident and Emergency Department.

# Smoke free hospitals

**A**ll premises and grounds belonging to South Tyneside NHS Foundation Trust have now been smoke-free since 1st January 2007. The policy also covers all patients, visitors and staff who come to this site.

We have a duty to both protect non-smokers from the harmful effects of passive smoking and to encourage people not to smoke. Over the past 5 years, a strategy of gradually reducing the number of designated smoking areas has resulted in the final move of completely banning smoking from all our sites.

Ian Frame, Chair of the Tobacco Control Working Group commented, "Smoking is the single greatest cause of illness and premature death in England. Reducing smoking levels is a key priority for improved health in South Tyneside. The No-Smoking Policy across Trust sites is a protective measure to the mutual benefit of staff, visitors and patients alike. It gives protection to non-smokers but also offers smoking cessation support to staff and patients who might require it."

Of course, since 1st July 2007, England has gone smoke free, and it is now illegal to smoke within the hospital and associated buildings.

# Control of infection

**D**id you know that in 2006/07 South Tyneside NHS Foundation Trust had the lowest number of MRSA bacteraemias (*a blood infection caused by a germ called Multi Resistant Staphylococcus Aureus*) for seven years? We achieved the target set for us a year early with only six such infections last year against a target of twelve – a really outstanding achievement.

Our target for the number of Clostridium difficile infections (*a germ in the bowel which can cause severe diarrhoea, often in the frail or elderly, usually after antibiotic treatment for other illnesses*) in the year was 125 and we had 120, another really good result.

National results for 2006/7 show that we have one of the lowest rates of MRSA bacteraemia in the country with a national ranking of 11th place. The only Trusts with levels lower than ours are specialist Trusts which have generally lower levels anyway. Of the District General Hospitals (small, medium, and large) and Teaching Hospitals, we are the best.

For C. difficile, we rank as 3rd place in the subcategory of small Trusts, with an overall placement of 27th of 168 Trusts nationally.

This could only have been accomplished with the hard work and dedication of all staff, clinical and non-clinical and our thanks go to them for their efforts.

Dr. Richard Ellis, our Consultant Microbiologist says:-

“We have a very strong commitment to keeping infection rates as low as possible. We have a very clean, award winning hospital and we also use novel approaches to preventing infection in patients undergoing major surgery. For example, we are the only centre in the North East to give an anti-bacterial cream to patients before they undergo major operations.”

“The less antibiotics that are used, the better a hospital’s infection control is. We have one of the lowest antibiotic costs in the North East. This does not mean that we under-treat infections. We just make sure that patients who are on antibiotics have them stopped appropriately and on time.”

“Every six months we tell all wards and Consultants what their own infection rates have been. This encourages awareness, and even in some cases, competitiveness amongst wards. Infection Control training is given to all staff who work in wards and clinics so that we all work together to ensure that when you are a patient or visitor in this hospital you can be reassured that it is one of the safest for infection in the whole country.”

DO YOU WANT TO HEAR MORE? Dr. Ellis has agreed to give a Medicine for Members presentation on this issue early in the New Year. More details will be given in the next edition of the newsletter.

## Hospital broadcasting week

**31** March – 9 April 2007 saw Hospital Radio, South Tyneside opening its Studio doors at Ingham Wing, South Tyneside District Hospital and inviting people previously involved with the radio station, as well as potential new members, to come along and see Hospital Radio in action to mark the beginning of Hospital Broadcasting Week.

Ron Cameron, Chairman of Hospital Radio added, “The main focus of Hospital Radio Week this year was to help increase our publicity within the Trust, and recruit some new members. We also took the opportunity to rattle tins to raise much needed funds to help keep us on the air. We would be delighted to hear from anyone who would like a studio tour so please contact us on 0870 2884805.”



Carolyn Davison

## A trip to Charleston

**C**arolyn Davison, Nurse Consultant in Gastroenterology, was recently invited to speak at the 12th Annual Advanced Endoscopy Update Meeting in South Carolina, USA attended by over 160 medical delegates.

Carolyn has worked hard over the last few years to bring specialist training to doctors and nurses in an exciting technique called video capsule endoscopy – this involves the use of a small disposable pill containing a miniature video camera which is swallowed by the patient and then transmits images of the stomach and small bowel to a computer screen. From these pictures the doctors and nurses can diagnose problems and begin treatment programmes where needed.

Carolyn who has been a member of the Department of Health Endoscopy Leadership Group and is Endoscopy Lead Nurse for the Northumberland, Tyne & Wear Strategic Health Authority commented “The meeting was held in May at Charleston in South Carolina and was a marvelous opportunity to promote excellence in endoscopic practice as well as an invaluable opportunity to share our experiences at South Tyneside with people from around the world.”

You can choose how much involvement you want to have as a member of the NHS Foundation Trust.

If you wish, all you need do is receive communication from the Trust, like this newsletter for example. You will also have the opportunity to vote for people to become members of the Board of Governors. If you would like to receive more information you can attend the Annual Members' Meeting which is held in December each year. You could even apply to become a Governor yourself.

However, we would like to stress that all you need to do is receive newsletters and other communication from the Trust. There is absolutely no obligation for you to do more than that unless you wish to do so.

## CONTACT DETAILS AND USEFUL NUMBERS

Membership Co-ordinator: Christine Morgan (based in Harton Wing)  
Membership Line: (0191) 202 4121 (answering machine)  
Hospital Switchboard: 08448 113030  
Hospital website: [www.stft.nhs.uk](http://www.stft.nhs.uk)  
E-mail: [nhsfoundationtrustinfo@stft.nhs.uk](mailto:nhsfoundationtrustinfo@stft.nhs.uk)

*COMING SOON – Watch out for the new Members' Page on the Trust's website!*

We are always very keen to increase our membership numbers. If you would like any further information about membership of the NHS Foundation Trust or if you would like someone to come out and speak to a group or association, please contact the Membership Line. Further details are available on the Trust's website.

***If there is more than one member at your address and you would prefer to receive only one copy of the newsletter in future, please let us know by contacting us, using the contact details above.***

***PLEASE LET US KNOW IF YOU CHANGE ADDRESS SO THAT WE CAN MAKE SURE YOU STILL RECEIVE YOUR COPY OF MEMBERS' NEWS***



We hope you have enjoyed reading this newsletter and would welcome your comments. In particular, please let us know if you have any suggestions for items which should be included in future newsletters or subjects for future Medicine for Members events.

Name: .....

Address: .....

.....

.....

.....

.....

.....