

the GIST

News from Guy's and St Thomas' Issue 1 | 2011

Glittering awards

STARS HELP CELEBRATE
STAFF ACHIEVEMENTS

**Caring at
Christmas**

Miracle babies

GENETIC SCREENING
BENEFITS MORE
THAN 300 FAMILIES





Welcome

to *The Gist*, our new magazine for patients and our local communities, our staff who work either in our hospitals or the local community, and our many supporters. You range from the governors and members of our Foundation Trust, to veterans and alumni, volunteers, patient groups, fundraisers, and other individuals and organisations.

As local services as well as centres of national and international excellence, it is vital that we are firmly rooted in the communities we serve. This ensures that you will benefit from the exceptional care and expertise of our 12,500 staff and research colleagues in our university partner, King's College London. Our interview with Robert Lechler on page 10 tells you more about this.

I do hope that you enjoy this new magazine and will feed back any comments or suggestions. We want to reflect your views and to celebrate the successes of our dedicated staff and teams who are here to serve you 24/7.

Ron Kerr

Chief Executive
Guy's and St Thomas' NHS Foundation Trust



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Meet the team

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Pick up your copy: *The Gist* magazine is for our patients, local people, staff, members and supporters of Guy's and St Thomas'.

TELL US WHAT YOU THINK

If you have any comments about the magazine or suggestions for future articles, please contact the communications department, St Thomas' Hospital, Westminster Bridge Road, London SE1 7EH.

Visit us online at:
www.guysandstthomas.nhs.uk



The Gist is published by Guy's and St Thomas' NHS Foundation Trust.



Seven billionth baby arrives

At just three hours old, beautiful baby Peter Bashir was introduced by proud parents Yasmin Karim and Amara Yansaneh to the world – as well as to Baroness Jenny Tong and Geoffrey Clinton Brown MP, members of the All Party Parliamentary Group on Population, Development and Reproductive Health – at St Thomas' Hospital on 31 October.

Peter Bashir was born at 6.58am and named after his two grandfathers in a family tradition. He was one of the many babies born around the world on this day and has a claim to the title seven billionth baby.

The visit was designed to highlight the need for all women, across the world, to have access to the sort of maternity care that Yasmin

and her family received at St Thomas', and to demand that all women are able to take control of their reproductive health, including how many babies they have, through access to family planning.

Yasmin commented: "The care that we received has been wonderful and now that we have our son, our family is complete."

Students support links in Zambia

Guy's and St Thomas' has strong links with the Ndola Central Hospital and the Arthur Davison Children's Hospital in Zambia. Our staff regularly visit the hospitals to provide advice and support.

Recently, we secured some funding to send five students from King's College London to Zambia. The students spent three months working on

projects in women's health, infection control practice and medical equipment.

As a result of the students' findings, Guy's and St Thomas' made recommendations for improvements which were supported by the boards of both hospitals.

Krupa Patel, a nutrition student, helping at the orphanage while in Ndola



CELEBRATING 2012



The London 2012 Olympic Games are approaching fast. They are a chance for us to celebrate the Trust and the important role it plays in south east London, and build a legacy for staff and the community that will stand for years to come.

Staff have come up with great ideas on how we can do this best and have already set the wheels in motion:

- staff across the Trust have volunteered as 'workplace activators' to encourage colleagues to become more physically active
- seven inspiring staff have been short listed to carry the Olympic Flame in the Olympic Torch Relay, following nominations from their colleagues. A judging panel will select the world's most inspiring nominations soon

- non-clinical staff will have the chance to pick up new skills by volunteering to help core services during the busy games periods. Staff can volunteer in food services, portering or housekeeping.

Find out more

For more information, email olympics@gstt.nhs.uk

Spotlight on visual aids

Nearly two million people in the UK are affected by low vision. Patients with poor vision discovered ways to maximise their eyesight by trying out a range of visual aids and gadgets at the Trust's annual Low Vision Day, which was recently held at St Thomas' Hospital and once again supported by radio and TV presenter, John Suchet.

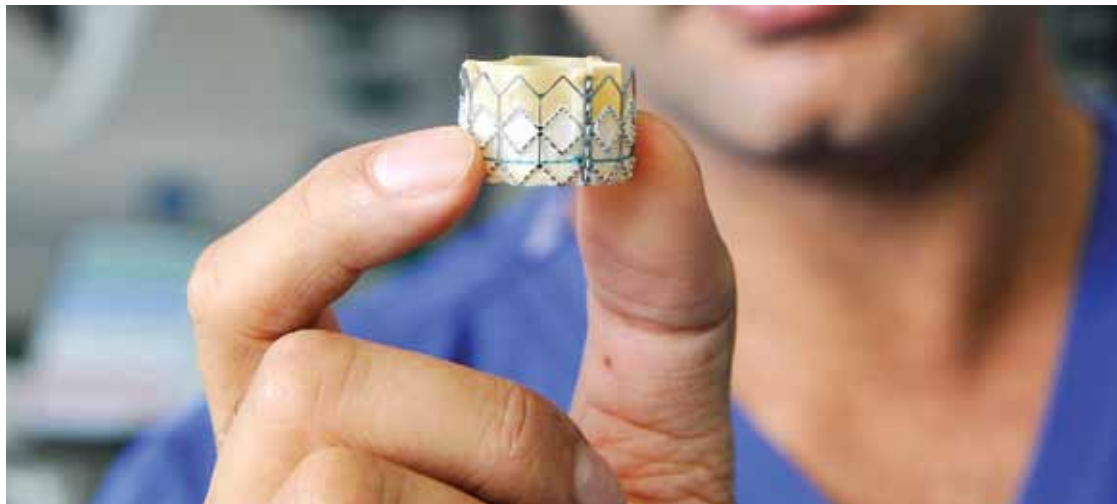
Among the equipment on display were scanners which can read material to you in one of a number of different voices and magnifiers which can be passed over a page of text and viewed on your television screen.

Ophthalmologist Dr Sarah Janikoun said: "This is a unique event in the NHS. Our patients were able to test out the gadgets and could see how amazing recent advances in technology, electronics and computers are when it comes to improving the lives of those with poor vision."

APP A DAY

The Guy's and St Thomas' iPhone app is now available to download from the iTunes store.

The *My Visit* app provides outpatients with a range of tools to manage all aspects of appointments and hospital visits – from where to catch the bus, to what they need to bring with them.



In October, Andrew Hubuck's heart operation was broadcast from St Thomas' Hospital to PCR London Valves, the world's largest international cardiovascular valve conference. Over a thousand international cardiovascular experts attended the seminar hosted by our Academic Health Sciences Centre, King's Health Partners.

Andrew was an interesting case. Ten years ago he had open heart surgery to replace a heart valve. The operation was complicated due to an infection which left him

Heart experts learn from St Thomas'

with 'soft tissue' and made it difficult to stitch him back together.

Unfortunately a recent trip to A&E revealed that he needed surgery again. Rather than have the same procedure, Andrew "jumped at the chance" when he was offered a new operation called TAVI (transcatheter aortic valve implantation) because it is key hole surgery, which was

better for his soft tissue, and has quicker recovery times. Andrew's first operation ten years ago took 19 hours – the new one only took three.

"I'm pleased my operation was shown because it will help other doctors learn about the procedure," says Andrew. "The doctors and nurses were good at explaining what it was for and what was involved."

Inspiring science and technology

Rachel Dixon, chief technician in our pharmacy department, is a finalist for the new Inspirational Technician Award, launched by STEMNET (Science, Technology, Engineering and Mathematics Network) and The Gatsby Charitable Foundation.

This award recognises the work of a technician who has inspired young people to follow technician career routes, which are vital to the UK's economy.

Rachel's daily job involves supervising the preparation

of medicines requested by doctors for patients, and helping to train staff to do this.

In her spare time, she volunteers to inspire young people in science, technology, engineering, and maths.

She was nominated for the award for her enthusiasm and commitment in supporting local schools, including running hands-on biology workshops and taking part in careers talks.

Rachel will join three other finalists at the awards ceremony at the House of Lords this month to learn



who will win the award and an all-expenses paid trip to the European Organisation for Nuclear Research in Switzerland.

Scientific powerhouse for London

Guy's and St Thomas', as part of our Academic Health Sciences Centre, King's Health Partners, recently – along with Imperial College – joined the project to create the Francis Crick Institute at King's Cross. This will create a world leading medical research institute in the heart of London, founded by the Medical Research Council, Cancer Research UK, the Wellcome Trust, and University College London. Named after one of the

UK's greatest scientists who, with James Watson and others, led the work to discover DNA, the £650 million institute will open in 2015. It will bring together the medical and scientific researchers in London's three Academic Health Sciences Centres.

"We hope that by joining different disciplines and some of London's most talented basic and applied scientists, along with exceptional clinical teams, we will speed up the

'translation' of medical breakthroughs from the laboratory and into the clinic where they will lead to better treatments for patients," explains Trust Medical Director Ian Abbs.

"Great science depends on collaboration and bringing researchers and clinical teams together – this is one of the key aims of our own Biomedical Research Centre which has recently secured £58.7 million further funding for the next five years."

New release for cancer services

David Dimpleby introduces newly diagnosed cancer patients to our cancer services through a new DVD.

The 'Welcome to our cancer services' DVD was an idea thought up by our patients who said that they needed a source of reliable, good quality information about what to expect. The film

has been created with input from patients and explains everything you would need to know, from information about clinic appointments to taking part in research trials.

David introduces the film by saying: "Undergoing the diagnosis and the treatment of cancer can be a difficult and a worrying time, so this

short film is designed to give patients, families and carers information about cancer services and in particular to help you as a patient prepare for your hospital appointment and treatment."

Angela, 41, was diagnosed with lung cancer in 2009 and helped to plan what was included on the film. When interviewed about her experiences, she said: "When I was first diagnosed I was not told enough information about cancer, as the doctors did not want to overwhelm me.

"I think this DVD will be a real benefit to patients, carers and families because it gives an insight into what to expect. Doctors and nurses give an overview of different treatments and patients talk about their experiences. You can watch it at your own pace and review the information."

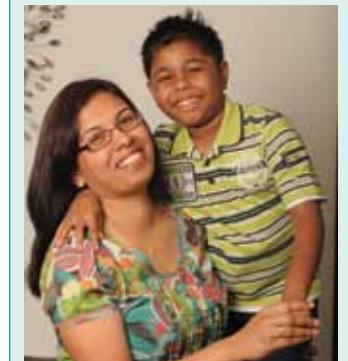
Find out more

Read more or watch the film at www.guysandstthomas.nhs.uk



IN THE NEWS

A round-up of where the Trust has been featured in the past few months.



The Mail on Sunday

A nine-year-old patient, Nabeel Nanuck, was featured in an article about being the first child to benefit from a pioneering transplant procedure. This allowed him to receive a kidney transplant from his mother although she has an incompatible blood type. The procedure was previously only ever carried out on adults.

Daily Telegraph

Featured a patient who is taking part in a targeted gene therapy trial at Guy's Hospital to help treat lung cancer. Consultant Rohit Lal explained that the patient had 'misbehaving genes' that were driving her cancer.

New Scientist, Daily Mail

New research from the Assisted Conception Unit has found that a modest increase in weight – not necessarily being obese – increases the risk of miscarriage by 24 per cent and reduces the chance of a live birth by 9 per cent per IVF cycle.

Quality matters, but what does it really mean?

As stories about standards of care and Care Quality Commission inspection reports continue to hit the headlines, we ask ward sister Karen Jackson what high quality care means to her and how she and the team strive to deliver this on one of St Thomas' busy medical wards, William Gull.

We call in to meet Karen on a hectic Tuesday afternoon. She and the team care for patients with medical conditions such as chronic obstructive pulmonary airway disease (COPD), asthma and lung complaints, as well patients with neurological conditions.



“Quality is that feeling when you leave the ward at the end of a shift knowing every aspect of care has been fully addressed”

Karen explains: “Many of our patients have complex needs and some return to us on a regular basis, typically staying around 10-14 days, so we get to know them well.”

Across Guy's and St Thomas', there is a strong focus on both nutrition and meeting the basic needs of patients. Like other wards, William Gull operates a red tray system to highlight patients who are at risk of not eating properly and Karen nominates a team member to be the nutritional co-ordinator each day.

“Their role is to keep an eye on the most vulnerable patients, working closely with Lily, our food service handler, who keeps a close eye on what each patient likes and dislikes,” adds Karen.

There are basic food stuffs on the ward, so simple hot or cold snacks can be provided at other times, for example if a patient has missed a meal or is hungry, and each patient is weighed weekly.

To promote dignity, we now use coloured pegs when curtains are drawn around a patient's bedside to let other staff know whether or not they may enter. Red means don't come in, and white signals that other clinical activities or conversations are taking place, so staff should think before entering.

Karen explains: “We particularly use dignity pegs at shift handovers and I always have some handy to give to the team to remind them of the importance of this.

“Another initiative we have recently introduced, and which is being promoted across the Trust, is a two hourly ward round that allows us to make an individual check on each patient. It can be easy to forget that two hours have passed when you are busy with other tasks, so our domestic support worker Angela rings a bell to remind us it is time for the ward round.

“This means that we each go to see the patients we are caring for, asking them whether they need anything, maybe to go to the toilet or some more water, and we can also do other things like make sure their call bell is within easy reach.

“Patients seem to really appreciate this regular check, and it is reducing falls and making us more aware of other things we might not notice, such as a patient who drinks a lot, but might not ask for more water.”

Other small, but important, things include effective team work so that health care assistants and nursing staff work closely together to make sure patients are washed,



WHO WAS WILLIAM GULL?

An eminent 19th century physician and a governor of Guy's Hospital, he was first to name the condition anorexia nervosa. Keen to encourage women into the medical profession, Gull was also known for his generous attitude to his patients, advocating the modern view that the object of medical attention is the patient, not the disease housed in the patient.

shaved, teeth brushed, and generally comfortable and well cared for.

To find out what our patients think of our care, we have introduced an electronic feedback system that means patients can complete a questionnaire while they are on the ward. Karen says: “These ‘tablets’ have proved much more popular than expected – initially we thought some patients might struggle with the technology, but this isn't the case.”

Patients also enjoy the ward newsletter that deputy ward sister Debbie Pocock has introduced. As well as information about what to expect during their stay, patients are invited to nominate their staff member of the month, and there are crosswords and puzzles to help entertain them.

Asking Karen to sum up what quality care means to her, she pauses, then says: “It's that feeling when you leave the ward at the end of a shift knowing every aspect of care has been fully addressed, and everything has worked really well.

“The most significant thing I have noticed since becoming sister here is how well everyone works together – the occupational therapists, physios, speech and language

therapists, medical staff and palliative care experts, as well as our exceptional team of regular support staff, particularly Angela and Lily.

“We also share ideas with other teams which helps us to learn from the things that work well.”

Above and beyond

Our staff often go that extra mile for patients, none more so than staff nurse Paul McCabe (below) who works on Anne Ward caring for older people. Many people have been moved by Paul's story.



Recently, during a night shift, Paul was caring for an elderly patient who was clearly upset. On asking why, he discovered this was because tomorrow was the anniversary of his wife's death and he would usually mark this by visiting her grave, but would be unable to do so as he was in hospital. ►

► Paul's commitment and empathy meant that in the morning, before his next shift, he asked the doctors whether it would be possible for the patient to leave the ward for a few hours if he escorted him to ensure that he was safe and cared for. As soon as he had the green light, Paul helped the patient to get dressed and arranged a taxi so that they could go to the cemetery together to visit his wife.

After completing the trip, Paul made sure his patient was safely returned to the ward and settled, before going home to catch a few hours sleep so that he could return to work for the night shift. Paul was recently honoured in the Trust awards – see opposite.



Time for the ward round: Angela rings the bell

Find out more

The Trust recently launched a new quality strategy – see our website for details. www.guysandstthomas.nhs.uk

Honouring exceptional service



Community nurses praised for their work during the summer disturbances



Thomas Guy award for excellence in support services – the security team

Guy's and St Thomas' staff came together with celebrities of stage and screen, **Barbara Windsor** and **Paul Bradley**, to celebrate the glittering third annual Trust awards night at Old Billingsgate.

Chief Nurse Eileen Sills and Head of Enterprise Development Mel Rankine hosted the evening, and introduced the awards with an entertaining round-up of achievements and milestones from the last year.

Staff from all levels of the organisation were praised for their hard work and commitment.

Volunteers also made an impression. William 'Mac' McKelvey who volunteers in the St Thomas' fracture clinic was named Volunteer of the Year. Mac, as he is known, has been a volunteer for six years since his wife died in St Thomas' because as he says, he wants to 'pay something back'. And despite being told not to come in during bad weather, at the age of 90, he always insists on honouring his commitment.

The efforts of staff outside our hospitals didn't go unnoticed either, with staff from the Guy's and St Thomas' Territorial Army reservists receiving the coveted Chief Executive's award. They were commended for supporting regular forces staff in the Balkans, Iraq and Afghanistan.

While our community nurses were recognised for their exceptional commitment and bravery in ensuring that patients continued to receive home visits during the summer riots.

And the winners are...

Thomas Guy award for excellence in support services (non clinical)
Security team

Award for innovation
The AMBER care bundle team – Adrian Hopper, Irene Carey, Michelle Morris, Carol Robinson and Linda Briant

Florence Nightingale Dignity Challenge award
Paul McCabe, staff nurse on Anne Ward

Peter des Roches Sustainability award
Waste team

Clinician of the Year
Myra Colendres, EGU nurse practitioner, in the Emergency Gynaecology Unit

Community Services award
Community nurses working during the summer disturbances

Volunteer of the Year
William 'Mac' McKelvey

People's award
Michael Killick, nursing assistant, Samaritan Ward



Sukhvinder Kaur-Stubbs with William 'Mac' McKelvey – Volunteer of the Year award

Patricia Moberly Care awards
Individual
Saffron Blake, receptionist, Harrison Wing (now a medical secretary in Dermatopathology)
Team
Grainne Walsh, paediatric transplant sister and Cathy Gill, senior play specialist

Chief Executive's choice
Guy's and St Thomas' Territorial Army reservists



Chief Executive's award – Guy's and St Thomas' Territorial Army reservists

We ask Executive Director of King's Health Partners Professor **Robert Lechler** to tell us what the Academic Health Sciences Centre means for local people.

Bench to bedside

Q So what is King's Health Partners?

A It is one of five Academic Health Sciences Centres in the UK, and brings together three NHS Foundation Trusts – Guy's and St Thomas', King's College Hospital and South London and Maudsley – with a shared university partner, King's College London.

Q What does this mean for patients?

A For patients, it means that we are able to speed up advances in treatment, because of closer collaboration between doctors, other health professionals, and the research staff in the university.

Our focus is on 'translational research', which turns discoveries made in the laboratory into new treatments and better care for patients as quickly as possible. This is what people mean by from 'bench to bedside'.

Q And how does it benefit local people?

A For local people, it is just as exciting because our ambition is to be one of the best organisations in the world at providing exceptional health care and developing better treatments.

We are unique in having world famous



mental health services and researchers in our partnership, and this is why one of our key aims is to bring together our understanding and treatment of physical and mental health – a focus on the whole person.

We want to be in the top ten organisations in the world for the treatment of heart disease and for transplantation, and understanding the associated medical processes of immunity and inflammation. Also to grow our expertise in childhood diseases, and the understanding and treatment of diabetes, obesity and cancer – all significant health problems locally.

Q What is really exciting about this?

A The talent that we are attracting means that we will have some of the very best clinical teams and researchers in the UK working in our local hospitals and university. For example, Professor Fiona Watt is coming from Cambridge

to set up a new stem cell and regenerative medicine centre and a top team of neonatal researchers, led by Professor David Edwards, is about to come on board – making us the leading centre in Europe for the study of how babies' brains develop, both during pregnancy and after they are born.

Q What are the wider benefits?

A King's Health Partners benefits from the broad expertise in the university, which has diverse departments such as health and social policy, ethics, and war studies. This allows us to bring health and biomedical science together with other disciplines.

For example, former NHS Chief Executive Lord Crisp will chair a new Advisory Board to support our centre for Global Health, which aims to bring together and strengthen our many initiatives to improve health in some

of the world's poorest countries, including Somaliland, Zambia, Zimbabwe, Sierra Leone, and Tanzania.

Q Your King's Health Partners highlight so far?

A We are building many important partnerships, for example with the University of San Francisco and with major drug companies. The most recent high point is that Imperial College and ourselves have joined the partnership behind the Francis Crick Institute being built at King's Cross. This development will really put the whole of London on the map for biomedical science, benefiting the scientific community, economic growth, and ultimately patients.

Find out more

For more information visit www.kingshealthpartners.org

Young people get helping hand into employment

Local community gain work experience at Guy's and St Thomas'.

"There are so many talented young people out there who haven't been given the right advice or opportunities to help them into work," says Staynton Brown, the Director of Equality and Diversity at Guy's and St Thomas'.

"More than a million young people are unemployed in the UK. We feel we have a lot to offer with a broad range of jobs in our hospitals, and excellent careers advice on hand, so we wanted to be the first hospital trust in London to take part in this exciting Prince's Trust-funded scheme. Eleven people aged between 16 and 25 have been given placements across our hospitals in the security, finance and human resources departments, the language support team, and the diabetic retinopathy service."

Young people can face barriers which make it difficult to get employment. This includes a lack of work experience, single mothers who have childcare responsibilities, or not being able to afford the commute. The money provided by the Prince's Trust covers travel and childcare costs. "By offering good work experience and

eliminating these barriers, it provides young people with the skills they need to gain long term employment," Staynton adds.

Each person spends three weeks working in our hospitals. The first few days are spent learning more about CV writing and interview skills before gaining on-the-job experience.

Twenty-year-old John Waugh from Peckham has been offered a job at the end of his placement in finance. "I'm ecstatic, totally lost for words," he says. "I wanted to get on the scheme because it was a good opportunity to get experience, and the staff have been fantastic."

Nimo, aged 25 from south east London wants to become a nurse. She spent time in the diabetic retinopathy service – the service that screens diabetic patients for eye problems. Nimo "loved absolutely everything" about her time here.

"We hope to run another scheme like this in the future," says Staynton. "It's just one example of how we care for our communities as well as our patients."



Nimo with Catherine Nathan – diabetic eye specialist nurse

Clinical genetics Professor **Francis Flinter** tells us more about the amazing work of the Assisted Conception Unit.

Miracle babies free from genetic disorders

People who know that they carry a serious genetic condition have a variety of options when it comes to having children. We discuss all the choices available when people attend the genetics clinic. The genetics department works with the Assisted Conception Unit (ACU) to provide pre-implantation genetic diagnosis (PGD), a specialised treatment chosen by some people who want to maximise their chance of having a healthy baby.

World-leading

Our ACU, which provides several different kinds of fertility treatment, has one of the best success rates for IVF treatment in the UK. We are also strong in more specialised fertility treatments.

The genetics department and the ACU have a world wide reputation for caring for people with genetic conditions, and for providing fertility treatment and PGD (see page 15 for Grace's story). We are known for our research and development – techniques developed at here at Guy's Hospital are now being used across the world to help people have healthy children.

Inherited conditions

When a new baby is born the first thing that people do – after asking 'boy or girl?' – is look to see if the baby has Grandma's

nose or Dad's red hair. We inherit our genetic make-up from our parents, half from Mum and half from Dad, but it is a lottery which particular genes we receive. This means we are all unique; only identical twins have exactly the same genes as another person.

“We understand that coming to terms with a genetic diagnosis and thinking about fertility treatment of any kind can be stressful. Our team is here to help in any way they can”

Our genes determine our characteristics such as height and eye colour, but for most people they have less influence over our health. Lifestyle choices such as smoking, drinking, exercise, and diet are important for influencing how fit and healthy most people are.

However, for a small number of people their genetic make-up does have a big impact on their health. Queen Victoria is

a famous example. She was a carrier of a bleeding condition called haemophilia, a rare genetic disorder that is 'carried' by a small number of women, but which only affects sons who inherit it. Several of Queen Victoria's sons and grandsons died young due to uncontrolled bleeding as there was no treatment available at the time.

People with a genetic condition, or who think their family members may have one, sometimes worry that they might pass it on to their children. This is where clinical geneticists like me can help.

What's involved?

If there is something in your family history that concerns you, try to find out more about it. You can then call our telephone helpline (020 7188 1364), or speak to your GP who may refer you to the local genetics department.

When you visit the genetics department, it is helpful if you know as much as possible about your condition, and also any relatives who have been affected. Things such as their name, date of birth, their diagnosis, and where they were treated all help.

As clinical geneticists, we ask lots of questions to get as much information as possible and then draw a detailed family tree. We ask about you, your partner and ►



► parents, any children, brothers and sisters, as well as more distant relatives such as aunts and uncles, nephews and nieces, and grandparents. It's not a problem if you don't know all the answers.

We will discuss with you whether genetic tests might provide more information. Sometimes we need to do a genetic test on one of your relatives first, to find out the specific change in their DNA, before we can check whether you have inherited the same thing.

Things to consider

We discuss the advantages and disadvantages of genetic testing before you decide whether you want to go ahead with any tests or treatment. Genetic tests can give us useful information, for example they might reassure us that although you have a brother with cystic fibrosis, you are not a carrier and so there is no risk of your children being affected. However, we also need to think about how the test results might affect your job, your family relationships, life insurance policies, mortgages, and what it might mean for your children.

It is our job to help identify potential problems, and help find ways of addressing them. Often people have concerns about genetic testing that we can solve very easily; for example insurance companies have recently agreed not to use genetic test results for another three years. This means that they are not allowed to ask for the results of genetic tests except in very rare circumstances. We can give you more information about this.

If other members of your family are keen to find out if they have the same condition we can see them too, or help them to be seen in their local hospital.

In some communities, people traditionally marry within the family, and this may increase the chance of having a child with a genetic condition. We are happy to talk to couples about these risks and consider what they can do to maximise their chance of having a healthy child. It is best to have this sort of discussion before a pregnancy is planned, but we also see people who are already pregnant as quickly as possible, because we know that pregnancy can be a stressful time for all sorts of reasons.



Jimmy and Caroline
with daughter Grace

What can we test for?

We see hundreds of individuals and families each year, with many different genetic conditions. Some are quite common, such as sickle cell disease and cystic fibrosis. Others are so rare that we may only see one case in our professional lifetime. It may take a while to make a diagnosis. If there is no relevant genetic test available in the UK we may need to send your DNA abroad to a laboratory specialising in that condition – perhaps because it is more common in another country than it is here.

What happens next?

If you do carry a genetic condition we have several genetic counsellors who can help you understand what this means, the effect it may have on your life, and what support is available. In some cases we run clinics for people who have the same condition.

The counsellors can also discuss the options available if you want to try for a baby. A possible treatment for some people carrying a genetic condition is pre-implantation genetic diagnosis (see Grace's story).

Don't worry

We understand that coming to terms with a genetic diagnosis and thinking about fertility treatment of any kind can be stressful. Our team of consultants, doctors, embryologists, nurses, counsellors, and administrative staff are all here to help in any way they can.

Find out more

Visit our website for more
information about PGD
www.guysandstthomas.nhs.uk

Grace's story

PGD is a treatment for people who know they have, or carry, a genetic condition that they do not want to pass on to their children. Their embryos are screened to ensure they are unaffected by the condition.

Jimmy has cystic fibrosis (CF), which clogs the lungs and digestive system with thick sticky mucus. This makes it hard for him to breathe and digest food.

"I'd always wanted children but did not want them to go through what I went through – and am still going through," he says. So after discussing it with his partner Caroline, they decided she would have a genetic test.

A genetic test showed that his partner, Caroline, was a CF carrier – like one in 25 people in the UK. This meant the chance of their child having CF was one in two, unless they had PGD.

They had heard of Guy's PGD clinic, so chose to come here.

"Guy's was great – the main thing that struck me was that it was so human. I was expecting it to be cold and scientific but everybody – from our consultant to the people who bring round sandwiches – were so warm and normal. I've had a lot of experience with hospitals and things have definitely changed. When I was a kid, doctors seemed standoffish. Now they are much more approachable," says Jimmy.

"The staff made us feel at home, and were informative and good at explaining what could be done. We were incredibly lucky getting pregnant on our first cycle of IVF. I still can't believe it.

"Having Grace is keeping me fit! Going up and down the stairs and running after her is a good workout for my lungs. She's absolutely perfect; we couldn't have hoped for better."

FAST FACTS

PGD AT GUY'S HOSPITAL



Our programme is bigger than all the other UK programmes put together:

- we have carried out PGD for 254 different genetic conditions
- had more than 300 babies born free of an inherited genetic condition
- a pregnancy rate of one in two if the couple have a healthy embryo
- our programme is the largest in the UK – bigger than all the other UK programmes put together.

Families come to us from all over the UK for treatment. We are world leading – our team invented a revolutionary technique called 'preimplantation genetic haplotyping', which is more reliable, allows us to test for more genetic conditions, and identifies more embryos that are suitable for implantation. This technique is being taken up by other clinics in the UK and around the world.

From doctor to donor

Guy's Hospital consultant kidney physician **Dr John Scoble** put himself in the shoes of his patients by donating a kidney to his cousin. He tells us about his experience.

Called up for service

My cousin Derek has a chronic kidney condition called nephrotic syndrome, so I knew he would eventually benefit from a kidney transplant. As someone who's blood group O, I'm a universal donor, and some time ago I'd said I was happy to be a donor, safe in the knowledge that Derek's wife was fit and had also offered to donate. It was an offer made in principle, but I never expected to be called upon. Just before the transplant was due to happen, I had a call from my cousin to say that that his wife was not a suitable donor and was I happy to become involved? At this stage it seemed a very different obligation.

The journey

I knew that if I was to donate a kidney, then it would definitely be in 'my' unit



Source: Independent Newspaper

at Guy's Hospital. Although I was well placed to know exactly what would happen, I was still nervous, so I spoke to a friend who had donated an organ and they were able to reassure me that my fears were normal.

"It is a huge decision to donate a kidney, but very special to be able to give someone the gift of a normal life"

Following many tests, we went ahead with the operation. The first 24 hours were tough as Derek suffered some complications. It was difficult to think that there was a chance that my kidney would be removed if his body rejected it.

It was a huge relief when Derek finally left hospital six weeks later with a functioning kidney and the prospect of a transformed life full of the things we all take for granted – being active and independent.

Reflections

It is a huge decision to donate a kidney, but very special to be able to give someone the gift of a normal life.

Find out more

For more information and to join the NHS organ register, call **0300 123 23 23** or visit www.organdonation.nhs.uk



Christmas is a special time for kids and today our staff work very hard to make sure most of our young patients can be at home with their family. For those who can't, there is a long tradition of getting into the festive spirit at our hospitals. These children celebrate Christmas on Miriam Ward in the original Evelina Children's Hospital during the 1900s.

Bringing that festive touch

Christmas is a time when many of us will be with family and friends, enjoying a festive meal, settling down to watch yet another repeat on the telly or finding time to relax.

So spare a thought for the many hundreds of staff who will be working hard to make sure our patients receive not only all the care that they need, but also a chance to appreciate a special day.

No one wants to be in hospital or ill at Christmas, but the thoughtfulness and ingenuity of our staff can make a big difference to both patients and colleagues. We find out what they get up to.

Chef **Louise Baptista** who has worked at our hospitals for an incredible 41 years, says: "It wouldn't be Christmas without a festive lunch and we make sure there is a special menu – turkey with all the trimmings and Christmas pud, as well as something special for vegetarian patients or anyone with other dietary needs.

"We will prepare around 1,500 meals and my job is to prepare the Christmas dinners for children in the Evelina Children's Hospital, complete with a little toy and chocolates."

Patience Udo, a senior district nurse based at Mawbey Brough Health Centre in Vauxhall, is one in a million to many of her patients and always determined to bring some festive company on Christmas Day.

She explains: "For some of my clients who live alone, are housebound or don't have family or friends nearby, this may be the most important visit of the day because I am the only visitor they will have, so I always make that bit of extra time to sit down with them and have a cup of tea and a chat."

"We will prepare around 1,500 meals and my job is to prepare the Christmas dinners for children in the Evelina Children's Hospital, complete with a little toy and chocolates"

Senior staff nurse in A&E **Lizzie Redpath** is a favourite with her colleagues and often works a busy shift on Christmas Day. But that isn't enough, Lizzie also gets up at 4am to cook a huge turkey which she brings in to work, having already organised colleagues to bring in everything from roast potatoes to vegetables and Christmas pudding.

She says: "Christmas is a great time for sharing and it's great to make sure everyone gets a decent meal during their shift as Christmas Day can be as busy as any other for us."

Porter **Chris Craig** has been at St Thomas' for nine years now and has worked every Christmas Day. "It can be surprisingly busy especially in A&E," he says.

"There is a good atmosphere with lots of the nurses dressing up in Santa hats or relatives bringing in chocolates and treats. It is very sad being in hospital over Christmas, so it is good to be able to crack a joke and make patients laugh – it makes a difference to them, and makes me feel good too."

Housekeeping assistant **Coonta Gunesh** has worked every Christmas in the birth centre since it opened in 2002, but this year will be extra special as she retires on 30 December. "I just love working on Christmas Day and I always make sure I do the early shift," Coonta says.

"There's a lovely atmosphere on the unit, but most of all it's wonderful to see the mums and dads with their new arrival. The birth of a baby is the best gift in the world, especially at Christmas."

Role reversal

Lucy Powell, 13, is a patient at Evelina Children's Hospital, as she has a neurological condition and has had surgery on her spine. For *The Gist*, Lucy chose to interview her favourite doctor, **Martin Gough**, an orthopaedic surgeon.



Q What do you do in a typical day?

A I have different days. Some days I see patients in clinic, one day each week I do surgery, and another day each week I work in the Gait Laboratory to help people walk better. In the Gait Lab, we use the same equipment as animators do for films like Tintin and for Gollum in Lord of the Rings. We put sticky dots on the person's feet, knees, hips and torso and use a special camera to follow how their joints move. This lets us see if there are problems with their walking, and helps us recommend exercises, a splint or an operation.

Afterwards, we bring the patient back to see if the treatment has improved how they walk.

Q What's the longest operation you've done?

A Seven or eight hours – I make sure I have a big breakfast and then have a lie down afterwards!

Q Do you continue to look after the patient after you've operated – and if so, why?

A I do, because I'm the person who's done the operation and it's part of my job to make sure that it's worked

and to monitor their recovery. It also helps me to learn and make sure I do the surgery better every time.

Q Why did you decide to become an orthopaedic surgeon, particularly with children?

A Being a physician (general doctor) is too complicated because you have to know about all areas of medicine and that's a lot to remember. I liked bones and anatomy, so I thought: 'I can be a surgeon'. I like working with children because they're more fun than adults.

Q Who or what inspires you?

A Lots of people; mainly people who get on and do things. People like you, who keep going, inspire me.

Q How would you rate Evelina Children's Hospital with other hospitals?

A Evelina is the best – of course. It's an attractive building with great facilities, but more importantly it's full of nice people who work together as a big team to do the best possible job for the children we see.

Q What do you do to relax?

A I spend time with my family and play with my children. I like listening to music – something classical like Bach, I'm not a fan of shouting music!

Evelina's Pride

Lucy is a member of Evelina's Pride, a group of teenage patients who get together once a month for fun and discussion. Contact 020 7188 4640

BETTER FOR PATIENTS



King's College medical student, **Ben Williamson**, tells us why he enjoys being a volunteer reader.

"I have to read a lot of textbooks as part of my studies, but I find reviewing patient information leaflets relaxing and rewarding. My mother is a proofreader and I have helped her out in the past, so using these skills to help the patient publications team seemed a good way of getting involved.

"I also get to learn something too. By reading the leaflets I have been able to dip my toes into all sorts of medical areas – from orthopaedic surgery to new treatments for blindness.

"Being able to communicate well with patients is a vital skill for doctors. Coming to hospital can be stressful and it can be hard to take in all the information you are given. Having information to take home with you to remind you of what has been discussed can make a big difference."

Find out more

For more information about volunteering, call 020 7188 1658

Say what?

Group Director of Operations Amanda Millard gets quizzed

Q Who would you most like to be stuck in a lift with?

A A lift engineer, or Stephen Fry

Q What's your best advice?

A Never worry about things you can't control

Q Tell us something about you we don't know

A I used to be a croupier and still play a mean hand of poker

Q Who would play you in a film?

A Obviously either Angelia Jolie or Keira Knightly, but if they were busy I think maybe Dawn French

Q What's your favourite place in the world?

A Tresco on the Scilly Isles

Q If you could change one thing in the world?

A This should be something deep and meaningful but honestly for me it would be to have the ability to keep my mouth shut at certain times



Q What's your guiltiest pleasure(s)?

A I've got loads of them! Robbie Williams, horse racing, the Angry Birds game, single malt whiskey, meringues filled with fresh cream,

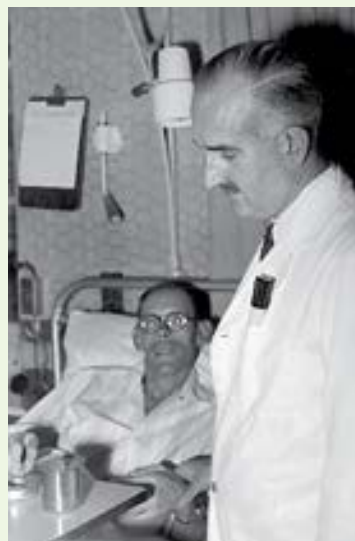
Great British Bake Off, TKMaxx, and auction houses

Q Who are your heroes?

A My sisters

HISTORY CORNER

Guy's and St Thomas' has a rich history dating back to the eleventh century and has been home to numerous medical and technical advances. We compare the old with the new.



Doctor and patient at St Thomas' in 1956. The receiver is visible in the doctor's pocket

Then:

In 1953, Peter Styles, a doctor at St Thomas', invented and developed the first ever bleep system. Previously, a complicated system of coloured lights and bells was used around the hospital to call doctors in an emergency. For the first time ever, the new bleep system made it possible to locate doctors instantly, wherever they were in the hospital.

Now:

New technologies and innovation in telecommunications are still used to support clinical care.

The Trust has pioneered a number of popular medical iPhone apps, to provide portable and immediate access for doctors to up-to-date clinical information.

One of these apps developed by doctors in the Evelina Children's Hospital, with advice from one of their teenage sons, is now saving the lives of children across the world. The Paediatric Drug Calculator app enables medical and nursing staff to work out complicated drug calculations quickly during emergencies to ensure young patients receive the correct drug doses for their age and weight.

Kilimanjaro trek raises thousands

Forty two staff from the Evelina Children's Hospital have raised an amazing

£611,000

following a brave trek to the summit of Mount Kilimanjaro. The money raised will go towards vital equipment in the paediatric intensive care unit.

Find out more

To find out how you can raise money for our hospitals, visit www.gsttcharity.org.uk

High praise indeed

We find out who has been successful in winning the latest Care awards.

Staff on the **Hedley Atkins Ward** have exceeded patients' expectations. They were winners of the 'group award' in the latest Care awards, nominated by a grateful woman for the way they treated her husband for complications following a bone marrow transplant. She wrote: "As doctors ourselves, we had higher expectations than most patients, but these were constantly met or even exceeded. We were very impressed with the excellent standard of nursing care, and the way in which the

staff supported us and each other. The excellent care my husband received made a real difference to his quality of life right up to the very end and I am profoundly grateful for it."

Minnie Kidd House, a nurse led continuing care unit which is part of Guy's and St Thomas', was nominated for providing 'outstanding' care. Colleagues explained how the team delivers responsive and high quality care with dignity and respect for patient's individual and cultural needs very high on their agenda.

Several colleagues nominated **Christine Beer**, a receptionist in Lloyd clinic, for the individual Care award: "Christine is one of the most outstanding receptionists I have ever worked with. Her rapport with patients is incredible, she remains

calm in a crisis and I have had so many comments from patients about how wonderful she is."

Andrea Svinciakova, a healthcare assistant in the Lydia clinic, earned high praise from colleagues who spoke of her hard work and willingness to go beyond the expectations of her role.

showing
we care

The monthly Care awards are open to both volunteers and staff working at the Trust. Nominations can be made by colleagues, patients, visitors and the public using paper or online forms. Visit our website for more information.



MY INSPIRATION

Consultant obstetrician Dr Sonji Clarke.

"My ultimate inspiration has to be my mother, Louise Malcolm. A woman who came to England from Jamaica in 1958 and worked her way up from being a London transport canteen worker, in Camberwell, to being a senior manager in Lambeth social services by the time she retired, having also trained as a nurse at Guy's Hospital.

"My mother brought up five children to be high achievers despite losing one in a road traffic accident, experiencing domestic violence and going through a divorce which left her fending for her children by herself.

"Observing her remain cheerful, encouraging and strong helped me realise I can do anything and gave me the confidence to achieve my dream to be a doctor."



From the frontline

Nine months after Lambeth and Southwark community services became part of Guy's and St Thomas', we speak to Yinglen Butt, deputy chief nurse for community services, about how things are going.

"For me the glass is always half full. I throw myself into new situations and it is this positive attitude that has helped me meet the challenges which come with being part of a much larger organisation. I am sure working together will benefit us all and improve patients' experiences, regardless of whether they are cared for in a hospital or community setting.

"We are making great strides towards working as one team.

"Working together brings many advantages including the sharing of best practice, for example, we have adopted the Clinical Fridays initiative where senior staff go 'back to the floor' to support front line staff and get a better understanding of the issues they face.

"Guy's and St Thomas' has a strong track record of promoting dignity and respect, with a team of dignity champions making sure this is embedded in everything that staff do. We have embraced this approach by identifying our own dignity champions for health centres across Lambeth and Southwark. We are also taking part in the hospitals' infection prevention campaign."



Ask us: Starve a fever, feed a cold?

We speak to Alex Wilkins, GP lead in the emergency department at St Thomas' Hospital, to discover the facts about cold and flu, and abolish the myths.

Q I have bad cold symptoms, does that mean I have flu?

A No. Often people think they have a flu when it's actually a cold. Colds and flu both start with nasal congestion, headache or a sore

throat. However flu sufferers will rapidly feel worse with a high fever and generalised body aches. They usually feel too unwell to get out of bed and some can also suffer an upset stomach. It's the speed and severity of flu symptoms that makes people feel they have been knocked off their feet.

Q What do I need to do if I have flu symptoms?

A There is no need to come to hospital, or to see your GP if you are normally fit and healthy and don't have serious underlying health conditions. Instead, you can check your symptoms at home by visiting the NHS Direct website.

Q Should I starve a fever and feed a cold?

A You definitely do not need to follow the advice from this old wives' tale!

Q So how can I treat my flu?

A The best treatment is rest. You should also drink lots of fluids and regularly take paracetamol and/or ibuprofen. You can take over the counter remedies, but antibiotics are not recommended for flu because they don't help. They only work against bacteria and flu is a virus.

You should also reduce the risk of infection to others

by regularly washing your hands, and speak to your pharmacist for advice.

Q How can I treat my cold?

A The best thing to do is to drink plenty of fluids. Colds should be treated at home with over the counter remedies – a pharmacist will be able to suggest the right products. Colds will affect each person differently, with some finding a sore throat the worst symptom, while others find a blocked nose most uncomfortable. See www.nhsdirect.nhs.uk for more information.



What's on

December 14

Board of Directors meeting
1pm, Grand Committee Room, St Thomas'

December 24

Christmas Eve

December 25

Christmas Day

December 31

New Year's Eve

January 4

World Braille Day

January 6 – 15

London International Boat Show

ExCel Exhibition Centre, Royal Victoria Dock, London

January 22 – 28

Cervical Cancer Prevention Week

Call 0808 802 8000 or visit www.jostrust.org.uk

January 23

Chinese New Year

January 23 – 29

Food Allergy and Food Intolerance Week

Call 01322 619898 or visit www.allergyuk.org

January 25

Board of Directors meeting
1pm, Burfoot Court Room, Guy's



Chinese New Year celebrations

Every Monday:

Free lunchtime concert

1-2pm, Central Hall, St Thomas'

Every Wednesday:

Free lunchtime concert

12.30-1.30pm, Atrium 2, Guy's

Competition

To be in with a chance to win a meal for two at Southwark Rooms simply complete the crossword, re-arrange the letters in pink squares and find the country.

	1			2		3		4
5								
6								
			7					
	8				9			
10								

Across

- 5. Country which has kangaroos (9)
- 6. Drivers carry one in case of a puncture (5,4)
- 8. Lisbon is this country's capital city (8)
- 10. Army officers (8)

Down

- 1. Young dog (5)
- 2. Colour of grass (5)
- 3. Having fun (7)
- 4. Sport played with bats in the USA (8)
- 7. Not false (4)
- 8. Pastry (3)
- 9. Barack Obama is this country's President (3)

Send your answer by **31 January** to *The Gist* Competition, Communications Department, 4th floor, Staircase C, South Wing, St Thomas'; or you can also email communications@gstt.nhs.uk

Become a member of Guy's and St Thomas' and help shape our future

For more information on becoming a member, tel: 0845 143 4017, email: members@gstt.nhs.uk or visit our website at www.guysandstthomas.nhs.uk

Take on a challenge in 2012

You could have the experience of a lifetime
as well as raise funds for Guy's and St Thomas'
by taking on a challenge in 2012.

Reading Half Marathon: 1 April
Brighton Marathon: 15 April
London to Paris Cycle: 6-10 June
Nightrider, a 100K cycle around London at night: 9 June
Tandem Skydive: 16 June (or whenever suits)
British 10K London Run: 8 July
Kilimanjaro Trek: 11-22 July
Royal Parks Half Marathon: 7 October

Contact our **EVENTS TEAM** on 020 7848 4332
or email gsttcfundraising@kcl.ac.uk for more information.
www.gsttcharity.org.uk



The Evelina Children's Hospital would like to thank the forty two brave members of staff who trekked to the top of mount Kilimanjaro, the highest mountain in Africa, to raise over £610,000. Their amazing achievements will help purchase specialist bedside equipment to ensure we are able provide the very highest standard of care for sick children in our hospital.

Charity Registration No. 251983