



the **GIST**

News from Guy's and St Thomas' Issue 3 | 2012

Top care for young patients

EVELINA CHILDREN'S
HOSPITAL IN THE SPOTLIGHT

Saving lives with organ transplants

**JUBILEE
CELEBRATIONS**
MARKING 60 YEARS
OF HISTORY



Welcome

...to the third issue of *The GiST*.

As the summer approaches, we have many events to look forward to. Read on to discover how you can leave a lasting legacy following the London 2012 Games, and find out about how we will be celebrating the Queen's Diamond Jubilee.

Also in this issue, you'll be able to read about services at the Evelina Children's Hospital. We speak to staff and patients across the hospital to find out how we provide a world class service for our younger patients.

Our interview with neurodisability consultant, Dr Hilary Cass, reveals her goals as the newly elected President of The Royal College of Surgeons and Paediatric Health.

Towards the end of the magazine, you'll be able to find out how our transplant unit is saving lives.

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



06



12



18

Contents

06 Celebrating the Jubilee
Read about iron lungs and the Queen's visits to the Trust in this historical feature

10 A brighter future
Community staff change the lives of vulnerable people

12 Evelina uncovered
We speak to staff and young patients of the Evelina to find out more about the work of this leading children's hospital

16 Transplant hope
The transplant unit at Guy's Hospital offers life changing surgery, but more organs are needed

18 Role reversal
Patient Andrew Samuel interviews our deputy director of infection, prevention and control

20 Say what?
Non-executive director David Dean reveals his secrets

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'.



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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



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Passport to health

A new 'hospital passport' has been introduced to help people with learning disabilities communicate with staff.

Imagine being taken to hospital and finding that you are unable to explain how you are feeling or what's wrong. This is often the problem facing people with learning disabilities who may have difficulty communicating their

symptoms to clinical staff. To help, a new 'hospital passport' card has been introduced at Guy's and St Thomas' and will also be used in GP surgeries locally.

The new scheme aims to help the 2,000 Lambeth, Southwark and Lewisham residents with learning disabilities. The card will be completed by patients with the support of carers

and family members. It explains conditions such as diabetes, epilepsy or mental health problems as well as more personal information such as food preferences, behaviour or habits.

Alison Keens, head of nursing and therapies for adult learning disabilities said: "The passport could be the difference between a patient accepting treatment or walking away feeling that healthcare professionals do not understand."

Cooking for allergies

A dietitian has written a cookery book for people with food allergies.

Tanya Wright is a dietitian at St Thomas' and she put the recipe book together to help her patients and anyone else who suffers from a food allergy. All the recipes are free from ingredients that typically cause allergies including dairy, lactose,

egg, soya, wheat and gluten.

"I'm allergic to just egg and milk so know what it's like to feel you are always missing out on tasty food," said Tanya. "This book will help remind people that they don't have to miss out on nice food."

Guy's and St Thomas' has one of the leading allergy centres in the UK and is defined by the Department



of Health as a Centre of Excellence. It treats both children and adults for a range of allergies such as skin reactions, allergic asthma, hayfever, and reactions to insect stings.

IN THE NEWS

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

Me, my dad & his kidney, BBC1, BBC2, CBBC

When nine-year-old football fan Raphael developed a one in a million condition it destroyed his kidneys and left him fighting to survive. His 'superdad' Duane volunteered to donate one of his kidneys. This documentary follows their transplant operation, which begins at Guy's Hospital.



The 1952 Show, BBC1

Dr Geoffrey Spencer, formerly Director of the Lane Fox Unit at St Thomas' Hospital, was interviewed for an episode of The 1952 Show; a series celebrating the Queen's Jubilee by examining different aspects of life in the year that she ascended the throne. Dr Spencer, now 83 years old, recalled what it was like to be a doctor during the polio epidemic before there was a vaccine, and when many people relied on iron lungs.

The Sun

Featured a patient from Evelina Children's Hospital who set up a heart foundation to ensure that other children with heart problems get the same level of care as he received.

RELAUNCHED WEBSITE

Based on feedback from members of the public, staff and partners, we have updated our public website. Improvements include a more welcoming and modern design, changes to the structure and search function to make it easier to find information and updated content for patients and referrers.



You can visit the website to find out:

- how to contact us, for example to change an appointment or if you have a query
- where our services are located and how to get there
- about the care you can expect from us
- about our departments, services and staff.

We hope you like the changes we have made, but the work doesn't stop here. As the website receives over 1.5 million visits each year, it is important that it is as useful to you as possible. If you have any suggestions or comments, please let us know. You can either email web@gstt.nhs.uk or use our online feedback form: www.gstt.nhs.uk/feedback

Extending life

A new procedure for cancer patients can extend life by five years.

King's Health Partners is a centre of excellence for mesothelioma treatment, a type of cancer caused by asbestos. Mr Loic Lang-Lazdunski, a consultant thoracic surgeon and his team have trialed a new procedure which can extend the life of patients with this type of cancer by up to five years.

The UK has the highest incidence of mesothelioma in the world, and every year there are about 2,000 to 2,300 deaths in the UK caused by mesothelioma. It is expected that illness caused by

asbestos will peak by 2020.

The standard operation to treat mesothelioma is to remove the lung, the whole diaphragm and the lining of the lung. This type of operation is called extrapleural pneumonectomy (EPP), and the average survival rate following this procedure is just 12 months.

The new procedure trialed by the team at Guy's avoids removing the lung but instead washes the cavity with warm water and a povidone-iodine mix. The patient also receives radiotherapy and chemotherapy.

The findings of the trial were published in the Journal



of Thoracic Oncology on 1 April. The team hopes that the study will change the way that patients with mesothelioma will be treated across the world and calls for abandoning the traditional EPP interventions.

Top care for fractures and falls

Minister of State for Care Services Paul Burstow visited our fracture clinic recently to highlight the national need for better care for older people to prevent and treat fractures, something our fracture clinic is excellent at doing.

Almost 90,000 hospital admissions a year are caused by falls and fractures – mostly in older people – and the situation will only get worse if the NHS doesn't change.

"Vital to our success in preventing patients having more fractures is a specialist nurse," said Finbarr Martin, consultant geriatrician.

"The specialist nurse carries out an assessment to check how at risk a patient is of falling and getting a fracture. The nurse also makes sure patients get the right treatment – if they are initially seen in one place, such as our emergency department, the nurse ensures



that the patient is also seen by services they need in other parts of the hospital or community."

Guy's and St Thomas' offers an osteoporosis and

falls screening clinic which runs in conjunction with the daily fracture clinics. This reduces the number of clinic appointments our patients have to attend.

Are you ready for the 2012 Games?

Take the 2012 Challenge

The 2012 Games are nearly upon us and staff have suggested some fantastic ways to help Guy's and St Thomas' leave a lasting legacy. One of these suggestions – an inter-staff challenge – has recently been launched.

During May staff will have the opportunity to sign up for our 2012 Challenge, joining together with colleagues in their department or directorate to form a team. In the spirit of the five Olympic themes, each team will find fun ways to get active, volunteer, fundraise, change the way they work, and create positive memories of London 2012.

A panel of judges will award gold, silver and bronze medals at the annual Trust awards in November.

Plan your journey

Huge numbers of people, demand on public transport, and the closure of some main road lanes during the London 2012 Olympic and Paralympic Games means staff and patients will need to plan their journeys carefully.

The impact on travel and transport will be a particular challenge for our hospitals, as the whole South Bank, from Waterloo to London Bridge is expected to be a traffic 'hotspot'.



BE PREPARED

- Plan for your journey to take an extra 60 minutes
- 80-90% of ticket holders will travel to events using public transport
- there will be many road closures in central London
- peak congestion times will be 7am-7pm
- walking and cycling will save you time
- more river transport will be provided
- buses will provide complimentary day and night time services.

Find out more

Be prepared by visiting www.getaheadofthegames.org

Boost for community services

Guy's and St Thomas' Charity has awarded £10.6 million to support The Lambeth and Southwark Integrated Care Programme. This unique initiative will join up care across local hospitals, general practice, social care, community and mental health to work as one system across the boroughs.

The aim of the programme

is to ensure patients get the best care possible in the community, preventing them from becoming unwell and needing hospital care.

The programme will begin by looking at ways to provide better care in the community for older people, and for those with long term conditions such as diabetes, serious mental illness and

cardiovascular disease.

Local GP Dr Osonuga said: "The current balance of care is not as preventative as it could be and results in people using hospital care. We are proposing a new model of care and partnership, with an emphasis on reacting much earlier to patients' needs."

£5.6 million for health research

Guy's and St Thomas' has received funding of more than £5.6 million for its Clinical Research Facility at Guy's, St Thomas', and Evelina Children's Hospitals.

This will support early-stage research for people with diseases such as cancer, cardiovascular disease, infection, transplant rejection, respiratory disease, and allergies.

"It's fantastic to have this support so we can develop new imaging techniques and expand our research. This will help move discoveries made in the laboratory into new treatments that benefit our patients," says Professor Phil Chowienzyk, Director of the facility. "The world-class health research we do is relevant to everyone, not just our patients and local community."

The Clinical Research Facility is part of our NIHR Biomedical Research Centre, which was recently awarded a further five years of funding, a total of £58.7 million, from the National Institute for Health Research.



Diamond memories

This year marks 60 years of Her Majesty the Queen’s reign. Find out about her visits to our hospitals, and what we have planned to celebrate the Diamond Jubilee.



Guy’s and St Thomas’ has been honoured to host several visits from the Queen over the past 60 years.

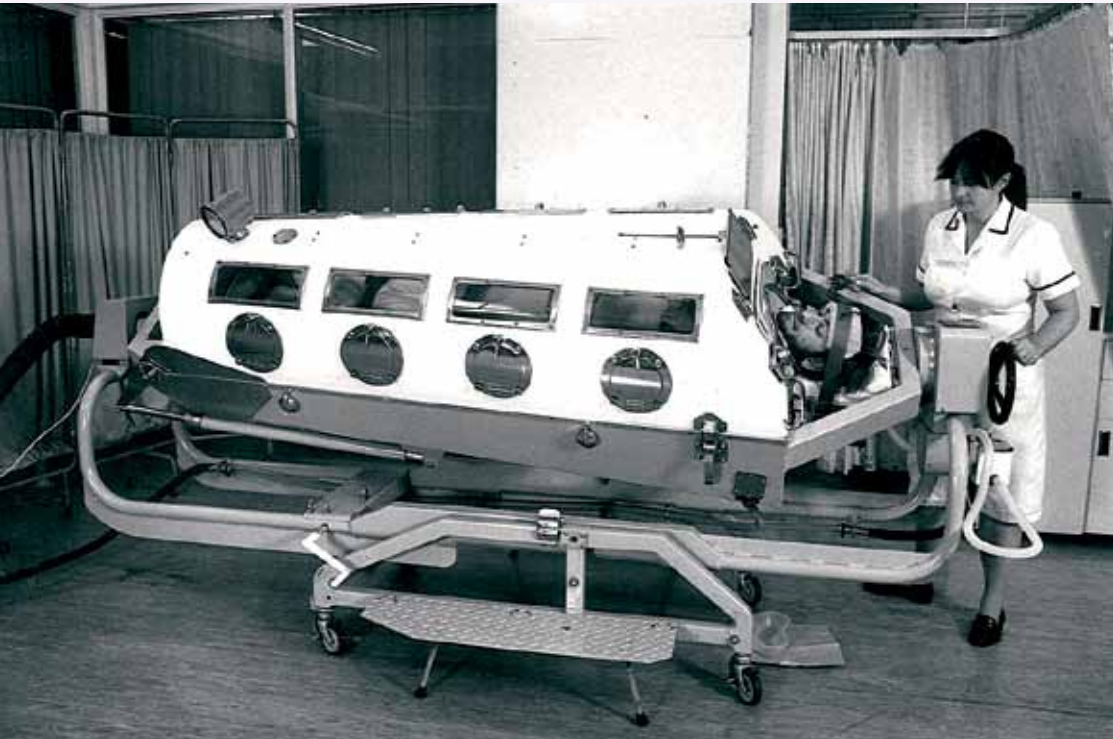
- 1968 –**
Her Majesty opened the Richard Dimbleby Cancer Centre at St Thomas’ Hospital.
- 1976 –**
She joined staff in celebrating the 250th anniversary of Guy’s Hospital and officially opened the 30-storey Guy’s Tower (above), which remains the tallest hospital building in the world.
- 1976 –**
She opened North Wing at St Thomas’ (opposite), which housed wards previously located in Lambeth Hospital – originally part of Guy’s and St Thomas’. The new wing was home to the school of midwifery, maternity services and medical and surgical wards, replacing parts of the hospital destroyed by bombing in World War II.
- 1998 –**
Her Majesty opened Thomas Guy House, now renamed as Southwark Wing and Bermondsey Wing at Guy’s Hospital.

Times have changed

During the first years of the Queen’s reign, outbreaks of poliomyelitis – or polio – were at their highest level since records began and caused death or paralysis of many children and adults every year. For some, the paralysis affected the breathing muscles, causing respiratory failure. The first effective way of treating this was the iron lung (see photo right), a few of which are still to be found at St Thomas’ Hospital. The patient lay inside the iron lung which mimicked the action of breathing by using pumps to decrease and increase the air pressure on the chest causing air to flow in and out of the lungs. Dr Geoffrey Spencer was a consultant anaesthetist between 1966 and 1995. In 1968 he established the Phipps Unit in the South Western Hospital for the long-term management of polio patients and others who needed machines to help them to breathe; in 1989 this became the Lane Fox Unit at St Thomas’. Although polio is now virtually eradicated in the west, many people who contracted it in their youth are still alive and are still suffering the effects – a condition known as ‘post polio syndrome’. Additionally they are suffering the added effects of ageing. The Lane Fox unit remains one of the only centres in the country still treating these patients.

Celebrations

We are taking advantage of the fabulous location of both our hospitals, and lots of



Above: The iron lung at St Thomas; left and right: Her Majesty’s visit to Guy’s Hospital

exciting events are being planned to enable patients and staff to celebrate the Diamond Jubilee. The Jubilee River Pageant will travel down the Thames on Sunday 3 June and patients will be given a royal pageant lunch menu, a celebratory tea and supper, and there will be music from bands and the hospital choir. There will also be viewing points for staff and patients – but due to strict security measures we have to limit numbers of people along the river, so you will need a ticket to enter some of these areas.



We ask paediatric neurodisability consultant **Hilary Cass** about her work at the Evelina and new role as President of the Royal College of Paediatrics and Child Health.

In good hands



Q What does your job at the Evelina involve?

A I'm a neurodisability consultant which means I look after children with a number of long term neurological conditions. I've been working at the Evelina Children's Hospital, part of Guy's and St Thomas', for two and a half years.

Q What are your goals at the Evelina?

A One of my aims is to improve palliative care for children. Palliative care is not just about the last few days of life. We look after a lot of children with longer-term life limiting conditions. With advances in technology, children who would have died shortly after birth are surviving much longer; they are often dependent on drugs and specialist equipment, and many need more support to keep them at home, and allows them to enjoy the best possible quality of life.

In 2009, the Department of Health awarded the Evelina £100,000 to help us to develop our palliative care service. This has allowed us to work more closely with local hospices and community services in Southwark, Lambeth and Lewisham as part of a project to improve services for children and their families. We are delighted that the Guy's and St Thomas' Charity provided additional funding to employ a team to continue this work.

The other big project I'm working on aims to move more of our children's services into clinics in the community so GPs, nurses, specialist children's doctors, therapists and other staff can work and train together. We want to make families feel more confident about care in the community, so they only need to use hospital services in an emergency.

Q What do you enjoy most about your job?

A I love working in the really close-knit team at the Evelina, with people who are completely committed to improving the way we care for children. It's got a great family feel.

Q What does your new role involve?

A I was elected by my peers from across the country to be the President of the Royal College of Paediatrics and Child Health – the organisation responsible for training and examining paediatricians (specialist children's doctors) in the UK. The College is also responsible for advising on how to maintain safe services for children and that means major changes to the way we work. Most importantly, we can't carry on providing inpatient care in all 218 hospitals across the country because we simply don't have enough doctors. So we will have to think very differently about how children's services will be provided in future.

When I take up post in May I will be the 'face' of the College and that brings big challenges. I feel very honoured but it is a massive responsibility to live up to everyone's expectations.

Q What are your aims at the College?

A I definitely want to see more care being provided in the community. This will need a lot of support from the public. I want to get children's doctors, nurses, GPs and third sector organisations, such as charities and fundraising organisations, all talking with one voice about what is right for children's health.

That means I've got a lot to get done over the next three years, and most importantly, I have to take people with me as we drive towards a new vision of care.

Find out more

Find out more about the Evelina at www.guysandstthomas.nhs.uk

Saved by the robot, twice

Local man is cancer-free thanks to robot.

A 54-year-old man from Greenwich is the first in the UK to have been operated on by robots twice, for two unrelated cancers.

Surgeons at Guy's and St Thomas' carried out the robotic operations on Matthew Burrow in January 2011 for a kidney tumour, and again in May 2011 for prostate cancer.

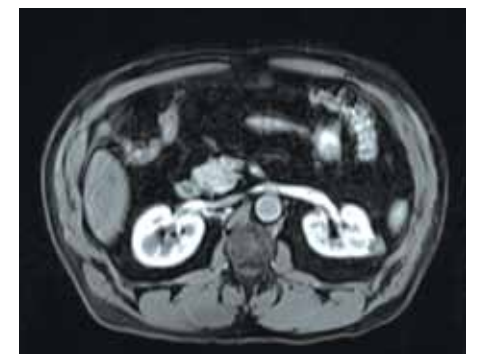
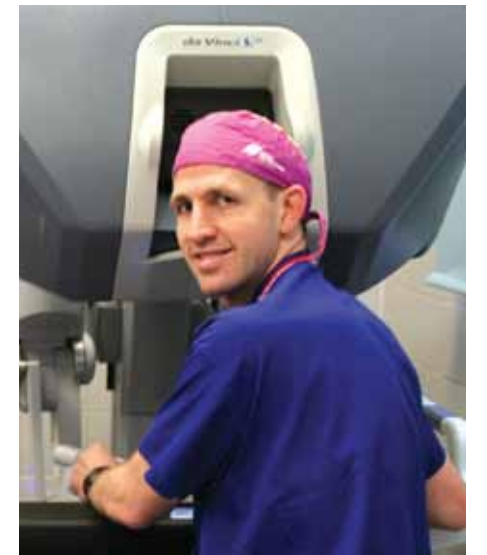
"It's extremely unusual for someone in their early 50s to have two unrelated cancers at the same time," said Mr Ben Challacombe, consultant urological surgeon who controlled the robot during Matthew's operation. "The urology team used the robot – one of only two in the UK – to accurately remove all the cancers from Matthew's body, and have effectively saved his life, twice."

Mr Challacombe adds: "Robotic procedures offer many more benefits than standard open surgery including reduced pain, a shorter hospital stay and a quicker recovery time. Matthew has been cured of both cancers with follow up tests and scans showing the all clear."

Matthew says: "The whole recovery process was very fast and the wounds healed very quickly and easily; I was back at work within a few weeks."

Surgeons used the state-of-the-art da Vinci Si HD dual console robot which is changing the lives of over 300 patients with urological cancer each year.

This new robotic operating system creates a 'three-handed surgeon'. It has four arms: one with a camera which acts as the surgeons' 'eyes', a right arm



Top: Mr Challacombe operates the robot, bottom: a scan showing Matthew's kidney tumour

and a left arm, and an additional fourth arm to replace the use of a theatre assistant. Surgeons are able to carry out the operation by controlling the robot's instruments while sitting at a special console away from the patient's side. They can view precise details of the operation at a high magnification and resolution because of the unique high definition 3D vision system.

Matthew adds: "The urology team at Guy's and St Thomas' are a credit to the NHS – they were exceptionally professional, efficient and caring. From the first time I entered the unit the staff were friendly, helpful and put me at ease."

"Robotic procedures offer many more benefits than standard open surgery including reduced pain, a shorter hospital stay and a quicker recovery time"

A brighter future

We take a closer look at a community based project that has helped transform the lives of more than 60,000 vulnerable people since 1998.

Tracey Chumley, Samantha Dorney-Smith – from the Three Boroughs team, and Raphil Kabango



Tracey Chumley became homeless in 2008. Suffering from post-natal depression after the birth of her second child, she turned to alcohol which led to the breakdown of her relationship and she eventually lost her home. After a year of sleeping rough on the streets and an admission to St Thomas' Hospital in need of urgent medical care, Tracey was discharged to a hostel linked to the Three Boroughs Primary Health Care team in February 2011.

“We have helped thousands of people by providing advice and support, and helping them to access clinical services that can dramatically improve their health; and ultimately save lives”

The Three Boroughs project – a pioneering and award winning service – helps vulnerable people access health services.

“When I came to the hostel I was in a very bad way and extremely under weight,” Tracy says. “They dealt with everything for me – regularly monitoring my health, arranging for prescriptions and build up drinks to be sent to me at the hostel and making referrals until I felt stronger and able to deal with things myself.”

“I felt supported by the whole team. My community nurse and alcohol support worker were marvellous and are still here to help and support me even now that I am back on track and have a home of my own again.”

Twenty years of transforming lives

The team, which celebrates its twentieth anniversary this year, was initially set up by Lambeth Healthcare NHS Trust to help homeless people register with a GP and access health services to get diagnosis and treatment for minor illnesses and injuries.

Unlike other services, the team sees homeless people and refugees in hostels and day centres, with experts on hand to provide direct clinical care, help and advice. Three Boroughs expanded in 1998 to provide support for refugees, asylum seekers, drug and alcohol users as well as people with tuberculosis (TB), HIV, sickle cell disease and Thalassaemia.

The team has received numerous awards and recognition for its work including being named London winner in the Health and Social Care awards ‘Improving and reducing inequalities’ category in 2009. The team now helps over 4,000 new clients each year and has a team of 60 people.

“When we started 20 years ago, our

aim was simple – to help those who are vulnerable and socially excluded to access the most basic healthcare,” says service manager Carmen Rojas.

“These people are often forgotten by society and can sometimes fall through the safety net, not knowing who to turn to.

“We have helped thousands of people by providing advice and support, and helping them to access clinical services that can dramatically improve their health; and ultimately save lives.

“Although it’s a time to celebrate our achievements so far, there is still more to do and we have exciting plans over the next couple of years to make our services even better.”

Making life easier

27-year-old Raphil Kabango came to the UK in March 2011 from the Congo and now has refugee status. He attends a further education college to improve his English.

“When I came here I was very depressed about what happened to me in my country,” he says. “I had many health problems and found it hard to share this with people.”

“The team helped me set up appointments to help with my medical condition and I now have someone to talk to about my experiences so that I can move forward with my life.”

On average each year, the team sees about 1,400 refugees, 1,300 homeless people, 900 drug and alcohol users with blood borne viruses, 350 HIV patients, 470 people with sickle cell, 360 people with TB, and 540 vulnerable pregnant women and family members.

All the services are run by specialist nurses, supported by case and advocacy workers. The team aims to avoid unnecessary admissions to hospital by providing specialist healthcare closer to service users.

In April 2010, community services in Lambeth and Southwark became part of Guy’s and St Thomas’ NHS Foundation Trust and this is providing exciting opportunities to improve services for patients.

A ‘perometer’ is used to measure the volume of fluid in patient Danure Damkanskiene’s arm



Living with lymphoedema

Cancer, or its treatment can affect your lymphatic system; which helps to drain fluid from your body and fights infection. Whenever there is a blockage, fluid cannot drain – causing swelling in certain parts of your body – known as lymphoedema.

Mainly associated with breast cancer, lymphoedema is a side effect of all types of cancer, and affects both male and female patients; including children. It causes swelling to visible parts of the body such as legs and arms. It can also be caused by cancer treatment such as the removal of lymph nodes or radiotherapy.

“Learning how to manage the condition is a major part of the treatment,” explains Sian Thomason, clinical nurse specialist who is part of the lymphoedema nurse-led team based at Guy’s. The team have about 800 patients who have all or part of their cancer treatment at Guy’s and St Thomas’.

Swelling can be substantial, making day-to-day living difficult. As it is often visible, it acts as a permanent reminder of patients’ cancer. As Sian explains: “How would you find clothes to fit if you have large swelling? Imagine how tired you would be

carrying extra weight around with you, and the difficulties it would cause to your mobility. Patients also tell us they are stared at, so lymphoedema is physical and emotional.”

Treatment includes caring for your skin, covering limbs with bandages, as well as exercise and massage aims to reduce swelling, relieve discomfort and prevent more fluid build-up.

Unlike cancer, once you have lymphoedema, you have it for life. Realistic goals are set, so patients can live as independently as possible. Some will be able to ‘self-care’ managing the condition themselves, with support. But not everyone will be able to manage this and we continue to offer advice and support” says Eunice Jeffs, nurse specialist.

“Lymphoedema can affect anyone at any time”, adds Martine Huit, nurse specialist “and as it can develop months or even years after cancer it’s important it’s diagnosed early.”

Find out more

Visit the Trust’s website, or
www.lymphoedema.org and
www.macmillan.org.uk

Created for children, by children, the Evelina was the first new children's hospital to be built for over 100 years when it opened in 2005.

A special place with families at its heart

Over 70,000 patients are seen every year, and although the building may still be relatively new, the Evelina Children's Hospital has a 140-year history.

Light, open planned with its own helter skelter, you are greeted by smiling faces and an assortment of games around every corner. This is not your typical children's hospital.

"We are like a family here" explains Debbie Komaromy, matron. "To those who, for whatever reason, have to spend a lot of time here, we have been told that we're their family away from home."

Transition

The £60 million, seven floor building has a unique look and feel. Grenville Fox neonatologist (a specialist doctor who cares for newborn or premature babies with illnesses) and the clinical director for the Evelina explains that children were involved in the building's design. "They told us that it shouldn't feel like a hospital."

Each floor is named after areas of the natural world. You first arrive on Ocean, with the hustle and bustle of the busy outpatient clinics, and clinic names such as Whale and Octopus.

The Evelina serves the local community from Lambeth and Southwark and those who travel from farther afield for specialist help. Many of our staff spend time in

hospitals along the south coast to provide care closer to patients' homes. It is also unique as it offers a transitional service; where patients are helped to transfer over to adult services if their condition requires it.

"To those who have to spend a lot of time here, we have been told that we're their family away from home"

"If a patient has a condition which they are born with such as a chronic kidney or heart condition, they are likely to be seen before they are born until their teens at the Evelina. When they can no longer be cared for by us, they move smoothly into one of the adult clinics," adds Grenville. "As all our services are part of the same hospital, the transition will be straightforward."

Individual services hold 'transition days' during the year to prepare their patients for adult services. "We don't just pass patients over to the adult services, it is done in phases. Naturally, some patients will need more support than others," adds Debbie Komaromy matron in the cardiology, neurology and metabolic service.

The patients

Five-year-old Jack Hubbard (front cover and on page 14) had a kidney transplant at the Evelina when he was three, and has been a regular patient ever since. "The Evelina has been our lifeline to health and happiness," says his mother Hayley. "The transplant team go beyond the call of duty – I've never known a hospital like it."

Lana, pictured opposite with her parents, is 18-months-old and suffers from Noonan syndrome. She has hypertrophic cardiomyopathy which means her heart muscles are much larger than they should be.

Her parents Christina and Julian Schmitt from Crawley have stayed with her since she was admitted on October 2011.

Christina said: "Her symptoms have improved, but her only chance of survival is to have a heart transplant. The team here has been brilliant; they have been like an extended family to us."

"She's our angel and she is the first girl to be born in my family for 150 years", adds her father, Julian.

When Christina and Julian arrived they didn't know the area, so they didn't know where to buy nappies, for example. They are helping to put together a booklet as "we know what it's like being new, and hopefully it will help other families," says Christina.

Jade Driscoll, 16, from south east ►



► London has ongoing neurological conditions which affect her brain and nervous system and she recently suffered a stroke. She has been at the Evelina a few times, and is known to ward staff. “I wouldn’t take her anywhere else, they really look after Jade,” adds her Mum.

One of the nurses involved in Jade’s care is Emma Hornback, who has worked at the Evelina for six years.

“We see a range of conditions and the challenge is, where possible, for the condition to be stabilised, so that the patient can manage their condition and be involved in their treatment.

“As we sometimes see patients and families several times it’s important that we build up a good rapport,” adds Emma.

The school

Not only is the Evelina a hospital, it has had its own school since 1949. It provides education for children between two to 19 addressing each child’s individual needs.

They offer classrooms in the atrium, a ward school and a school for patients on dialysis.

“Doing something creative can take a child’s mind off worries or discomfort associated with their hospital admission. Sometimes the school can provide the setting to share worries and find ways of coping with them,” adds Manuela Beste, head teacher.

One of the pupils is Catherine Allerton, 19, who recently had spinal surgery at the Evelina, which included time intensive



Catherine Allerton with her support worker

care. She attends the school as a pupil which she “really enjoys”.

Her Mum Bridget says the hospital and school have been “fantastic”. “There is so much team work here, and everyone has compassion and care in abundance,” she adds.

“Outstanding is a word often over used, but it is definitely applicable in this case.”

Services

There is a range of services ‘under one roof’ including: allergy, HIV, diabetes,

dermatology, sickle cell, neurology, orthopaedics and cardiology.

The cardiac service was recently rated best in the country, and there is a fetal cardiology unit where unborn babies with heart problems are diagnosed.

The unit uses equipment including a paediatric catheter lab – equipment where a tube is inserted into an artery to help find out the heart problem. “With cardiac patients, it is not just about the treatment we provide, we also provide ongoing support,” adds Debbie Komaromy.

The PICU (paediatric intensive care unit) has 20 beds for vulnerable patients, some of whom come in after surgery or have another condition. It operates 24/7, 365 days a year and provides one to one care. It takes in patients who need extra support for their heart and lungs, known as ECMO, and is also part of the South Thames Retrieval Service taking in patients from other hospitals if they need specialist care by sending teams of specialist doctors and nurses out to collect them.

Senior staff nurse Claire Stenning said: “Although we often see patients with complex or life threatening conditions, we have a good survival rate.”



Play specialist Cathy Gill takes some Evelina patients to the park



Ocean outpatients has plenty to do while you wait for your appointment

“There is so much team work here, and everyone has compassion and care in abundance. Outstanding is a word often over used, but it is definitely applicable in this case”



technology, we can sometimes help to diagnose a condition there and then, which has obvious benefits.”

The future

“We have some very exciting plans for growth over the next few years. First and foremost, we want to continue to provide the best quality of care to our patients and to discharge patients back to their local hospital as soon as it is safe,” says Grenville Fox.

“Technology in future will also help as we expand our services allowing us to provide more services in our community. There are also plans to open a second Evelina building.”

Support the Evelina

If you would like to support the Evelina Children’s hospital, please visit www.togetherwecan.org.uk/

FAST FACTS

- The Evelina Children’s Hospital was founded by Baron Ferdinand de Rothschild and opened in June 1869. It was opened in memory of his wife Evelina, who died giving birth to their son, who also died
- There are over 140 beds, in addition to 20 intensive care beds
- The Evelina covers 16,500 square metres
- The hospital has approximately 6,500 square metres of glass (enough to cover a football pitch)
- Children helped to design everything from the building to the menus.

The children’s diabetes service sees around 100 patients a year. The team is made up of different roles to provide medical advice, and also run different clinics each week including diet and psychological support. The condition is becoming more common in children.

Consultant paediatric endocrinologist Tony Hulse, said: “We see children of all ages with diabetes; our youngest patient is just one year old. As diabetes has an enormous impact on the lives of children, we help them to control it so that it doesn’t take over their life.”

Barbara Widner, diabetes paediatric nurse specialist says: “We also work with GPs, schools and youth clubs so that they have all the information, knowledge and support that they need.”

Supporting all services is a comprehensive imaging service covering x-ray, MRI and fluroscopy; a 3D x-ray machine to see moving parts of the body such as the intestines. The team work closely with the clinics, A&E and PICU to help with diagnosis and provide a unique child-friendly environment that has reduced the need for children to have an anaesthetic.

Charlotte Ansell, superintendant radiographer, said: “Using the latest

The ultimate donation

Everyone donates something during their life, perhaps time, food, clothes, or toys. But what if you could donate the ultimate gift – the gift of life?

Every day three people will die waiting for an organ transplant. More lives could be saved if more people joined the organ donation register. Most people know that organs like the liver, heart, lungs, and kidneys can be donated but tissues like corneas, heart valves, and veins could also be used to save lives or improve the quality of lives.

Helping others

Organ donation is possible while you are alive (living donation) and after death (deceased donation). Over 17 million people have joined the register, but over 10,000 people are still waiting for a transplant. Every donation helps someone on the waiting list like George Brown, who has dialysis three times a week at our unit in New Cross.

He suffered renal (kidney) failure two years ago and has dialysis to get rid of the body's unwanted waste and water; a job usually done by the kidneys.

"Dialysis lasts for about six hours and is a part of my life. It restricts my movements as I need to stay within a few hours travelling time from a hospital in case they find me a donor."

"Having a kidney transplant will change my life 100 per cent. I can't wait until I have my freedom," adds George.

One of the transplant recipients is 25-year-old Henry Kimbell from south west London. He suffered with Dent's disease, an extremely rare genetic kidney condition causing both his kidneys to fail when he was 17.

"I started to notice that I became really tired and would sleep more than usual," explains Henry.

After being on dialysis for seven months, his father donated one of his kidneys. However this only lasted for four years due to complications coming from Henry's native kidneys. At the beginning of last year however he was able to undergo a second transplant thanks to a friend and the paired donations scheme where – donors and recipients with incompatible blood groups find suitable matches with other people – he had the transplant



A patient on dialysis at the New Cross unit

at Guy's and St Thomas'.

"It's made such a big difference to my life," explains Henry who now works as a Fundraising Manager for Kidney Research UK.

Living or 'altruistic' donors

account for a large number of donations. Usually giving advice to patients, Guy's and St Thomas' own kidney physician John Scoble became a living donor. He donated one of his kidneys to his cousin Derek when Derek's wife was found to be unsuitable.

"He had a chronic kidney condition, and I knew he would benefit from a transplant," said John.

The surgery was performed at Guy's and St Thomas', and although Derek initially suffered some complications, he left the hospital after six weeks and is living a normal life over two years after surgery.

DONATION FACTS:

- Every major religion supports organ donation
- You can choose which organs and tissues you want to donate
- Last year over 3,700 transplants were carried out thanks to over 2,000 donations. A further 3,500 had their sight restored by a cornea transplant.



"Families like to know that their donation has helped someone, and enjoy hearing about the patient's progress"



The focus remains saving the patient's life until there is no longer anything they can do."

"However if death is inevitable, it is also our duty to find out whether someone's death can save somebody else's life and we discuss this with the families," adds Marlies.

Jeremy Brown is an organ donation specialist nurse working for NHS Blood and Transplant but based at St Thomas'. The team provides after life care and advice to families, which includes asking families about donation. He also educates staff by making sure they know the process and the law.

"When a death occurs it's an absolute tragedy for any family, but the team supports them through the difficult process.

"We approach families about organ donation. There is no 'right time' but it's about when and how to ask. We are there to provide information or answer their questions, but ultimately it must be the families' decision.

"Most of them understand why we're asking," declares

Jeremy. "Some people may have objections, whether moral, cultural, or religious and we try to answer their questions so they can make a decision."

Another member of the team is Jamie Borg who is also a specialist nurse in organ donation based at St Thomas'. He says that some families are incredibly supportive of donation, and like to see their loved one 'live on' in another person.

"Some families take comfort in knowing that they have helped someone to live. We pass on letters and cards from the recipient of the organ to the donor families. Families like to know that their donation has helped someone, and enjoy hearing about the patient's progress," explains Jamie.

"It was a big decision for me, but it's an amazing feeling to help someone to live a normal life."

End-of-life care

Guy's and St Thomas' supports and encourages organ donation, and has a dedicated team to help families' through the difficult 'end-of-life' process.

Marlies Ostermann is a consultant in nephrology (the branch of medicine associated with the kidneys) and intensive care and is the clinical lead for organ donation.

"Our aim is always to help patients and to save their lives. But occasionally, this is not

possible and when there is no chance of recovery, we focus on end-of-life care.

"Part of this is making sure the patients' final wishes are fulfilled, including donating their organs and tissues after death. It is really important to have conversations about organ donation so that relatives know the wishes of their loved ones," explains Marlies, who has worked at Guy's and St Thomas' for 10 years.

"It is very important to stress that being on the organ donor register and having a conversation about donation does not influence the doctors treating a critically ill patient.

Find out more

Join the NHS organ donation register:
www.organdonation.nhs.uk/ukt/ or call
0300 123 23 23

Role reversal

Renal patient **Andrew Samuel**, interviews **David Tucker**, deputy director of Infection Prevention and Control.

Q How do you prevent and control infections on wards such as norovirus?

A We work hard to promote awareness among our patients and visitors of the risk of infections.

When cases of norovirus are high in the community we display information in public areas such as A&E and on key wards to warn people that they should not enter the hospital if they have symptoms. If a case of norovirus is identified we isolate the patient in a side room then group the other patients together and quarantine them for 48 hours. We also increase the level of hygiene and disinfect the area.

Q What training do you give your staff to help prevent infections?

A We have a range of training materials and in April we started to use a new online learning NHS programme tailored to our Trust. All staff know what is expected of them and the care they should provide for patients. We also have infection prevention and control link nurses whose role is to ensure high standards are maintained across the wards. They have regular briefings and updates so it isn't just annual training.

We also rely on good communication with our staff so they refer patients to us in time, to help us review cases.

Q As hand hygiene is so important for preventing the spread of infection, do you carry out screening to find out if people are cleaning their hands, particularly patients and visitors?

A Our link nurses regularly screen staff to check if they are washing their hands correctly and they identify which staff are not, so they can provide further training.

We try to encourage visitors to wash their hands by displaying posters and signs to get people's attention. We have recently installed new hand wash stations in public areas – previously these were only available when entering a clinical area. Although the risk of visitors causing an outbreak is relatively low if they are just visiting one patient it is still important that they make an effort to wash their hands.

For staff, it is particularly important that they wash their hands before and after seeing patients as they can spread infections from one patient to another. Thankfully, our staff are very good at washing their hands properly.



FACT BOX

How you can help prevent infection?

- If you are a patient ask visitors not to come if they are unwell
- If you notice a ward or area that is not clean please tell a member of staff
- Wash your hands before eating and encourage visitors to wash their hands
- Follow our hand hygiene guidance.

Find out more

For more information visit www.guysandstthomas.nhs.uk/infectioncontrol



Q Has there been a dangerous increase in superbugs in recent years or this just media hype?

A MRSA has always been resistant to some antibiotics but the media have started to feature MRSA more in recent years because the government has set targets.

We manage our antibiotic prescribing much better than years ago. All admitted patients are now screened for MRSA. Screening is also much better managed, which means that we have far fewer cases. In 2003 we had 163 cases and last year we had eight. Of course, we need to ensure that we have no cases at all in future.

For C. difficile we have a new test which picks up 95 per cent of cases and we are improving all the time. We are always looking for ways to improve which makes me proud to work here.

WHY I VOLUNTEER?



Alison Milford volunteers as secretary for the Chemotherapy Patient Working Group.

Alison has been a breast cancer patient at Guy's Hospital for seven years. The group includes staff and patients and was set up three years ago, to get patients and carers involved in helping to improve our cancer services.

"Like most people who volunteer, I do it because I wanted to give something back to the hospital for the care that I've been given. I've also been able to meet some amazing, inspiring people.

"As part of the group, I helped give advice about the design for the cancer day unit and visit other hospitals to get ideas. We are currently commenting on the plans for the Cancer Centre at Guy's and a new patient leaflet.

"I know I'm extremely lucky to be a patient at Guy's. If it were not for their exceptional care I truly feel I probably wouldn't be alive today."

Find out more

For more information about volunteering, call: 020 7188 1658

Say what?

David Dean,
non-executive director.

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

A Author Will Self. He's always interesting and provocative like a Brian Clough of literature.

Q What's your best advice?

A Don't be afraid to ask 'stupid' questions. Occasionally they are stupid. Often they're not.



Q Who would play you in a film?

A Someone very masculine like Daniel Craig or Charles Hawtrey.

Q What's your favourite place in the world?

A Emmerdale in the Lake District. Hilary

Clinton can't have liked it much, she turned down Bill's marriage proposal there.

Q What's your guiltiest pleasure?

A A very expensive piano. It's the reason I shop at Lidl.

Q Who are your heroes?

A Winston Churchill, Desmond Tutu and George Smiley. All old men, which gives me hope I still have time to do something big.

Q Tell us something about you we don't know

A I've been a concert pianist, a treeplanter in Canada, a working men's club organist, a roving market researcher in south Australia, an amusement arcade attendant and a Kiwifruit feeler (don't ask!) in New Zealand. I like to think all these positions have provided me with skills crucial to my role at Guy's and St Thomas'. Oh, and I used to have a perm.

Where the magic happens

When the lights go down and the film starts cinema-goers are transported to another time, place or world. For patients visiting the MediCinema at St Thomas' things are no different.

This state-of-the-art cinema is designed to take six wheelchairs or hospital beds and seats 100 people, allowing patients, their visitors and staff to see the latest blockbuster. Screenings are on Wednesdays and Saturdays at 7.30pm, and 1.30pm on Saturdays for a children's matinee performance. Admission is free.

Eight hospital volunteers help to wheel patients in beds or walk those in need of extra support to the cinema. Some will be accompanied by a nurse or carer.

Stephen Moore, Chief



A special guest attends the Star Wars film screening

Executive of the MediCinema, said: "Our cinema brings a genuine movie-going experience to patients and their families. Some may be very ill or spend long periods in hospital so it's wonderful to see how a visit to the MediCinema can really enrich their lives."

Find out more

MediCinema is a charity that receives support from the film industry and individual donations. For film listings and more information contact: info@medicinema.org.uk

MAKE YOUR VOTE COUNT

On Friday 18 May Foundation Trust members will receive a ballot paper to vote in the Council of Governor elections.

Elections are to be held for five patient members, five public members and four staff members (three clinical and one non clinical).

Governors represent your views and help improve our services, so they need your vote to make a difference on your behalf. Voting closes on 14 June.

For more information, visit www.guysandstthomas.nhs.uk/membership/elections

Staff show exceptional care

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

Cissy Obinna (pictured), has been a part of the community customer services team for two years and works across two locations, Myatts Field and Railton Road, both of which provide a range of services to people in Lambeth and Southwark, including foot health clinics. The judging panel felt that Cissy was a

very deserving winner and awarded her the individual Care Award for February.

Cissy was nominated by several colleagues for always going the extra mile. "If all staff members were like Cissy the Trust would have 100 per cent customer satisfaction," said a colleague.

Another said: "Cissy ensures that clients and her team members are treated with dignity and respect. She always makes sure clients are happy with the level of service provided and if they ever complain she listens and makes sure that they are dealt with promptly and tries

to resolve the issue in such a way that it never becomes a difficult situation."

It was a very tough month for the high calibre of nominations received and the panel took the decision to also award 'highly commended' to speech and language therapist **Laura Marshall**. Laura works in the elderly care unit at St Thomas' and is a key member of the team that helps patients with communication or swallowing difficulties as a result of their illness.

"Laura volunteers her free time to help patients with their food, and also works constantly to improve services for older patients," said a colleague. "Her recent work has included a training drive to improve oral care for patients and a recent audit that she has undertaken means that new clinical guidance has been developed as a result. The elderly care unit and the speech and language therapy department are lucky to have Laura as a colleague and we feel that she strongly deserves recognition for her work."

Congratulations to both Cissy and Laura.



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



Comfort Momoh MBE, 'female genital mutilation' specialist midwife.

"As a specialist midwife I'm privileged to bring new life into the world. I never take what I have for granted.

"I've been lucky to have inspiring people around me, especially my late grandmother who encouraged me and gave me all the necessary tools to face whatever challenges come my way – I'm so grateful for this.

"I always remind myself I don't work alone. Without the commitment and effort of so many inspiring people who work in partnership with courageous victims of violence against women and children, real progress would be impossible."

Guy's and St Thomas' provides a specialist service, led by Comfort, for women who have had or are at risk of having FGM.

From the frontline

Janet Morter, clink clerk in orthopaedics.

“The orthopaedics department sees a huge number of patients, up to 200 a day, so it’s always busy. I supervise a team of eight reception and clerical staff and we’re here to make sure the clinics run smoothly.

“It can be very demanding at times as we have to keep a close eye on waiting lists to make sure that patients are seen and treated within 18 weeks.

“My team arranges follow up appointments after a patient’s initial assessment, MRI scans, dates for surgery and aftercare for patients following treatment.

“There are 18 consultants and four nurses running several clinics a day. Everyone in the team plays an important role to make sure that the department functions well. I’m very lucky to have

such good people around me who are tremendously supportive.

“I’ve been at the Trust for 12 years and have seen the department double in size, with more patients, clinics and consultants to look after. But what hasn’t changed is the buzz I get from seeing a patient who couldn’t even take a few steps leave the hospital being able to walk. It makes the job very worthwhile.”

“The buzz I get from seeing a patient who couldn’t take a few steps leave the hospital being able to walk. It makes the job very worthwhile”



Support your hospital a penny at a time

Every penny donated to Guy’s and St Thomas’ goes directly towards improving care for patients, and enhancing the health and well-being of local people.

We fund projects that improve every aspect of health, projects that help to prevent people from becoming ill, and those that improve diagnosis, treatment and care across a range of conditions.

As part of King’s Health Partners, with King’s College Hospital, South London and

Maudsley NHS Foundation Trust, and our university partner King’s College London, we are strengthening our fundraising potential.

Our fundraising teams now work more closely together to share expertise and have unveiled a new

brand, together we can..., and website where you can find out more.

You can support us by organising your own fundraising event, sponsoring someone who is fundraising for us, becoming a volunteer, giving a donation or leaving a legacy.

Find out more

If you have any questions or would like to find out more, please get in touch with the fundraising team on 020 7848 7401 or email info@togetherwecan.org.uk



What’s on

May 6 – 12
M.E. awareness week
Call 0845 123 2314 or visit www.actionforme.org.uk

May 7 – 13
Deaf awareness week
Call 01206 274075 or text 01206 274076 or visit www.deafcouncil.org.uk/daw

10 May
Joy of living concert
7pm, Chapel at Guy’s Hospital
In aid of St Thomas’ Lupus Trust

May 18
Fruity Friday (cancer awareness campaign)
Call 020 7343 4205 or visit www.fruityfriday.org.uk

May 20 – 26
Dementia awareness week
Call 0845 300 0336 or visit www.alzheimers.org.uk

3 June
Thames Jubilee River Pageant
Celebrate the Queen’s Diamond Jubilee

June 10 – 16
Diabetes week
Call 0845 120 2960 or visit www.diabetes.org.uk

June 27
Allergy seminar
Guy’s Hospital, Robens suite
Open to everyone – you must register to attend, call 0800 731 0319 (free from landlines)

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

Find the missing word to be in with a chance to win a set of family tickets (4) to the London Eye. Send your answer by **15 June** to Magazine Competition, Communications Department, 4th Floor, Block C, South Wing, St Thomas’ Hospital, Westminster Bridge Road, London, SE1 7EH; or email communications@gstt.nhs.uk



D	A	F	F	O	D	I	L	A	F
K	B	O	W	M	K	R	A	B	L
M	L	U	L	I	C	E	M	I	O
N	O	Q	T	E	J	W	B	C	W
X	S	E	D	T	O	H	A	L	E
I	S	J	U	B	E	I	R	W	R
F	O	D	N	P	G	R	A	S	S
T	M	I	V	C	I	H	F	M	T
K	A	N	T	A	D	P	O	L	E
R	E	S	P	R	I	N	G	U	Y

Tadpole	Rainbow	Flowers
Lamb	Grass	Kite
Spring	Daffodil	Butterfly

The winner will be selected at random and notified within seven days of the draw. The result will be final and we will not enter into any correspondence regarding the competition or the winner. The prize is non-transferable.

Show you care, become a member and support us

For more information on becoming a member, tel: 0800 731 0319, email: members@gstt.nhs.uk or visit our website at www.guysandstthomas.nhs.uk

Our new website has everything you need...

Make, change or cancel an appointment

Find a service

Plan your journey

Apply for a job



www.guysandstthomas.nhs.uk