

the GIST

News from Guy's and St Thomas' Issue 6 | 2013

Evelina VIP

TINIE TEMPAAH MEETS
YOUNG PATIENTS

**THE FUTURE OF
CANCER CARE**
INVOLVING PATIENTS
AT EVERY STAGE

**Sexual health
with a difference**

INSIDE BURRELL STREET



Welcome

To 2013's first edition of *The GiST*. Read on to find out about our new state-of-the-art sexual health centre in Southwark, and how governors and members make a difference to services across the Trust.

Our main feature in this edition looks at cancer services, and our ambitious plans to provide world-leading cancer care together with our partners.

You will also be able to read about some of the impressive recent achievements of staff in a special awards round-up.

Look towards the end of the magazine for a health feature about diabetes, which has a huge impact on our local community. Read this article to find out about the different types of the disease, the symptoms, and top tips and advice.

We hope you enjoy reading this edition.


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'.

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

 Follow us on Twitter @GSTTnhs

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, or email press@gstt.nhs.uk

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



VIP visitor delights Evelina patients

The world-famous rapper, Tinie Tempah, gave patients at the Evelina Children's Hospital an early Christmas present by paying them a surprise visit in December.

Tinie spent time talking to patients and signing autographs.

Keith Ssewamala, 14, is pictured on the front cover with Tinie. Keith has had five open heart surgeries at the Evelina, and gave our very special guest a tour of the hospital.

"I've been having a tough time at school recently, and rap has really helped me cope with these problems as well as my health issues, by letting me tell people how I feel through music and by being a distraction," he said. "I recently recorded my first single. Tinie is my idol, so it was amazing to meet him. He even gave me tips on how to become as successful as him!"

Play specialist Sue Pruden said: "Tinie's visit put a huge smile on the patients' faces; they were so excited. It also brightened the day up for parents and staff."

You can download Keith's song, *My Life feat Leila K*, on iTunes now.

Excellent care closer to home

In future, health professionals including GPs, hospital consultants and community nurses will be working more closely together to provide services to help prevent elderly patients being admitted to hospital.

Two innovative community services have helped more than 1,000 local people avoid hospital admission and led to shorter hospital stays.

The Enhanced Rapid Response service provides short-term rehabilitation, such as physiotherapy, so that patients can live independently. The service treats people within two hours of referral for up to six weeks and is available seven-days-a-week.

Home ward provides intensive support to people with illnesses such as diabetes or heart disease, allowing them to continue treatment at home.

87 per cent of Home ward patients and 81 per cent of people using the Enhanced Rapid Response service described their care as excellent or very good.

71-year-old Dennis Richardson was admitted to St Thomas' because of a severe chest infection and difficulty moving around. "Instead of spending days in hospital when I really didn't need to, I was able to be cared for at home by the excellent community team," he said.

IN THE NEWS

A round-up of media activity over the past few months which has featured the Trust.

Getting it right for people with dementia

BBC Online published an excellent article about how our staff training and other initiatives, ensure that patients with dementia get the care they need. The webpage also features a video interview with Bridget Fordham, a clinical nurse specialist for dementia.

Lead poisoning in Nigerian children

Dr Paul Dargan spoke to Channel 4 News about the worst outbreak of lead poisoning in modern history. Dr Dargan has been advising several agencies including Médecins Sans Frontières, the World Health Organization, and the Nigerian Government on the treatment for children in Zamfara.



Sexual health

The *South London Press* covered the opening of Burrell Street, London's first seven-day-a-week sexual health centre. Burrell Street also offers HIV tests in under a minute, sexual health counselling and psychotherapy, a contraception clinic, and diagnosis and treatment of sexually transmitted infections (STIs).

Green steps to better healthcare

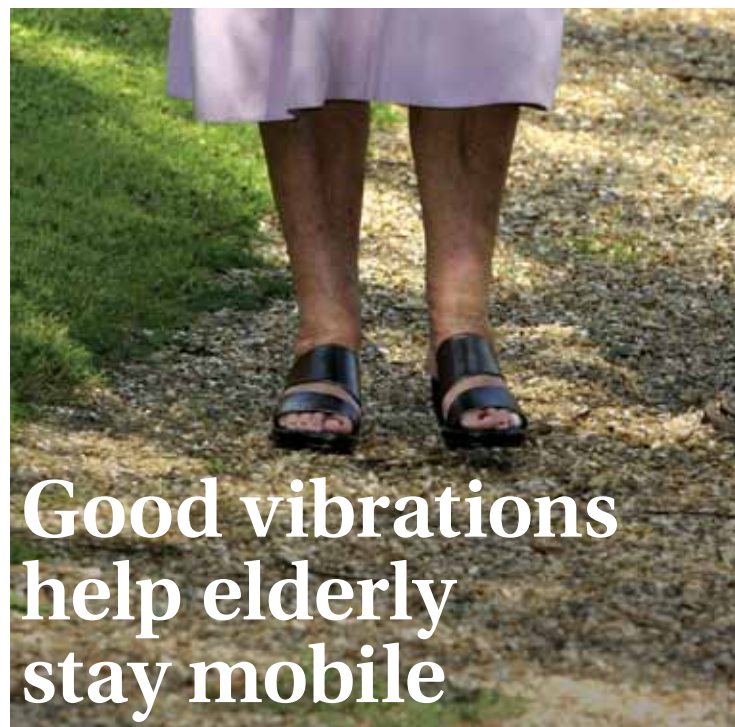
We are committed to reducing our impact on the environment and are proud to be a recognised leader in sustainability in the NHS.

We are currently working with the Carbon Trust to find more ways to save energy and cut carbon; and recently introduced PC power management software which powers down idle computers when not in use. As a result we expect to save more than £130,000 and 700 tonnes of carbon each year.

Our aim is to become a truly sustainable healthcare organisation and improvements this year include:

- further efforts to increase the energy efficiency of our buildings;
- reducing how much water we use;
- the Guy's Tower and East Wing re-cladding projects which will significantly improve each building's energy efficiency;
- purchasing more goods from suppliers in our local boroughs.

Saving Carbon, Saving Lives



Good vibrations help elderly stay mobile

Using vibrating platforms, like those found in gyms, may help to prevent falls in older people, according to new research from the Trust and King's College London.

Falls can seriously damage the health of elderly people and each year, around 30 per cent of people over 65, and 50 per cent of those over 80, will have a fall.

Older people who are frail may not be able to exercise for long enough to fully benefit from strength and balance training that exercise can provide, but vibration treatment may help to solve this problem.

After receiving vibration treatment alongside exercise for two months, older people in the study increased their walking speed, improved their balance and had fewer worries about falling.

Professor Finbarr Martin, consultant geriatrician, said: "It's great that vibrating platforms, which are so readily available, can make such a difference to mobility.

"What we need now is more research to confirm that these encouraging results really can reduce falls. Improving mobility will help older people stay confident and independent for longer."

First kidney app helps young patients

Kidney patients and hospital staff have created a mobile phone app for young kidney patients to help them take control and manage their condition.

The 'My Kidney Care' app has been produced by Guy's and St Thomas' Kidney Patients' Association, clinicians from the Evelina Children's Hospital, Guy's and St Thomas' adult kidney service, and Great Ormond Street Hospital.

The app is designed to be both a handheld kidney care record and a tool to help patients manage their condition, allowing young people to keep accurate information about their appointments and medication – all at the touch of a button.



Katie Gill, aged 17, who has been a patient at the Evelina since she was 14-years-old, said: "This app will be really handy. I'm busy job-hunting now and it will help me keep track of appointments and my medication conveniently."

Find out more

The app is available for all Android smartphones and is free to download from www.gsttkpa.org and [play.com](https://play.google.com/store/apps/details?id=com.gsttkpa) for android apps.



Awakening the senses of Evelina patients

Young patients with communication difficulties have a safe place to play and learn thanks to the newly improved multi sensory room in the Evelina Children's Hospital.

The room has exciting interactive features, including celebrity hand casts, an infinity mirror, seascape floors and walls with a submarine feature, and a replica of the London Eye which lights up



with visions of fireworks.

Evelina play specialist, Sue Pruden, said: "The children who use the multi-sensory room suffer from a variety of serious illnesses and disabilities and need a safe, interactive space where they can play and be stimulated. The room is also somewhere for older children to go for some time to relax.

"The new designs and features in the room are just perfect and will be enjoyed and appreciated by thousands of families over years to come."

The refurbishment was made possible with funding from Merlin's Magic Wand charity.

Mums graduate as breastfeeding counsellors

Five local mums have trained as breastfeeding peer counsellors – joining 47 women who already support new mothers to breastfeed after giving birth.

The La Leche League training programme is run by our community team and trains breastfeeding mothers – who work alongside health visitors and midwives – to support pregnant women and new mums to learn the basic techniques of breastfeeding.

There are many health benefits for women who breastfeed in the first six months after giving birth, including a reduced risk of



breast cancer, ovarian cancer and osteoporosis later in life.

Clarissa Georgestone, breastfeeding co-ordinator,

says: "While breastfeeding can happen very easily for some women, others may need a little more help to find the technique that works best for them.

Having the support of other new mums who can share their experiences – the ups and the downs – can be invaluable."

Find out more

Breastfeeding mums can visit five breastfeeding support cafés in Bermondsey, Rotherhithe, Dulwich and Peckham. Contact Clarissa Georgestone on **020 7138 7815** for more information.

A year of fundraising

Local paper *Southwark News* has launched a year of fundraising for Evelina Children's Hospital during 2013 to raise money for the hospital's school and intensive care unit.

Staff at the paper have signed up for a cross-Channel relay swim and they are urging their readers to take part in fundraising events such as street parties, charity runs, and marathons.

Each month you'll be able to read about the fundraising progress in the paper.

Find out more

To find out more visit www.togetherwecan.org.uk/evelina

TOP TWEETS

@Paul_Flaherty @GSTTnhs Big shout out to all the staff at the Day Surgery Unit, Lambeth wing. Thanks for looking after me so well yesterday. You're great!

@Jen_bryan Is wishing my little nephew Ashley a happy new year he's in the best care @EvelinaHospital @GSTTnhs. I cannot wait to hold you.

@BenMMorris @GSTTnhs Thank you very much for looking after me in A&E! Great team of nurses and docs. Thank you.

Follow @GSTTnhs for Trust news, events, service and patient information, and jobs.

Suspect a stroke? Act FAST, save lives



Three weeks after giving birth to her baby son, 41-year-old Lucie Velaise had a stroke. Thanks to the quick actions of the ambulance service who carried out a FAST test – which identifies obvious signs of stroke including drooping face and an inability to raise arms – Lucie was transferred to St Thomas' for successful treatment.

She says: "I thought only older people had strokes. I was healthy and I didn't smoke or drink. I didn't think it could happen to me."

High blood pressure

Lucie is not alone. Around 150,000 people have a stroke each year and a quarter will be under 65. Locally, Afro-Caribbean people are much more likely to be affected as are people with heart disease, diabetes, smokers and people who are overweight.

A common occurrence

Gill Cluckie, clinical lead for stroke, explains that high blood pressure is one of the

main reasons why people in Lambeth and Southwark go on to have strokes. "People with high blood pressure have no obvious symptoms so it's important that those over 40 ask their GP to do regular checks. It's an easy way to reduce the risk."

Specialist treatment

Recent changes in stroke services in London have helped to improve survival rates. People who have a stroke are taken to one of eight Hyper Acute Stroke Units where they receive specialist treatment for up to 72 hours.

Depending on where they live they are then transferred to our stroke team at St Thomas' for intensive rehabilitation. The team also work closely with our community teams to provide extra support and rehabilitation when patients return home.

Gill says: "We often see people at the worst time of their lives but by acting quickly and with our specialist help to recover, many can return to normal activities and adapt to life after their stroke."

Find out more

For more information about stroke see www.stroke.org.uk



Spotlight on staff success

2012 was a fantastic year of success at the Trust. The hard work, achievements and commitment of our staff were recognised at a number of awards ceremonies.

Trust awards

Many teams and individuals were honoured for the exceptional care that they provide to our patients at our Trust annual awards ceremony. The evening was also an opportunity to announce the winners of our 2012 Challenge – a staff challenge inspired by London 2012. Teams of staff across the Trust

raised a staggering £65,000 for charity, volunteered almost 6,000 hours for local charities or organisations, and completed an amazing range of sporting endeavours.

New Year's Honours

We are extremely proud that two of our staff were recognised in the New Year's Honours list.

Dr David Fenton, consultant dermatologist, was awarded an MBE for services to the treatment of skin and hair disorders.

Dr Keith Ison, Head of Medical Physics, was awarded an OBE for leadership and development in healthcare science, medical physics, engineering and technology.

Nursing excellence

Clinical nurse specialist in renal transplant nursing, Grainne Walsh, won the International Transplant Nurses Society's Nursing Excellence Award for her outstanding contribution to the profession and her dedicated support to children and their families.

Educational excellence

The eye department at St Thomas' won the Elisabeth Paice Award for 'Best secondary care department or unit'. Winners were recognised for educational excellence in their category and outstanding commitment and contribution to postgraduate medical education in London.



Celebrating loyalty and long service



The Site Nurse Practitioners won the Chief Executive's Award at the Trust Awards

Health and well-being

Our commitment to improving the health and well-being of our staff has been recognised as we are the only NHS trust in England to achieve both the Investors in People Gold Award and the Healthy Workplace Well-being Charter, supported by the Department of Health, the Mayor of London and the Greater London Authority. This was awarded following feedback from staff on working in the Trust.

Recruitment

Our recruitment teams won two awards at the national In-house Recruitment Awards 2012 – Best Recruitment Advertising Campaign for their efforts to recruit nurses to the Evelina London Children's Hospital and Best In-house Recruitment Manager, which was awarded to Hilary Anderson.

British Bangladeshi Power 100

Dr Rubaiyat Haque, a consultant allergist at Guy's and St Thomas', has been recognised in the British Bangladeshi Power 100. The list "pays tribute to those who are helping shape Britain for the better with their ideas, example, talent and success".

It described him as "a leading expert and is one of a very small number of consultants with specialist accreditation in allergy".

Long service

Last But Not Least, over a 1,000 years of loyal service at Guy's and St Thomas' were celebrated at the Trust's annual Long Service Awards ceremony. The awards recognise staff who have worked at the Trust for at least 20 years, and many of those recognised have provided 25 or more years' service.



Grainne Walsh

We ask **Peter Allanson**, Trust Secretary and Head of Corporate Affairs, about the people who make a difference behind the scenes.

Stand out from the crowd



Q Who are governors and members?

A As a Foundation Trust, we have the responsibility to account for our actions to Parliament, and governors and members help us to do this.

We have three types of members – local residents who live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster; people who have been patients at the Trust in the last five years; and members of staff and volunteers.

As well as receiving information and news about the Trust and invitations to attend regular health information seminars, members can become governors or more involved in other hospital or community activities.

Elections for governors take place every one or two years – we have elections coming up the Spring. You must be a member to stand or vote.

Q What do governors do?

A Governors are an important part of making sure the Trust is doing its job as well as it can. Governors know about the Trust from their perspective of being a local resident, a patient or employee. They are the eyes and ears of our hospitals and can tell us about how we are doing and where we should be making changes.

Governors have some formal tasks to carry out and under the new Health and Social Care Act, these will increase their importance and significance.

At the moment, in addition to choosing some Board members, they keep a watchful eye on our financial and operational performance and plans.

Q What difference have governors made recently?

A Governors have made a valuable contribution to the recent changes to outpatient services, including the move to a fantastic new outpatient centre at St Thomas'.

Some of our governors are 'mystery shoppers', others take part in our formal inspections or help to ensure our patient leaflets are easy to understand.

“Governors are an important part of making sure the Trust is doing its job as well as it can. Governors know about the Trust from their perspective of being a local resident, a patient or employee”

We value governors' views on the emerging proposals for the development of King's Health Partners, our Academic Health Sciences Centre which we are developing with King's College Hospital and South London and Maudsley NHS Foundation Trust, and King's College London.

Q What makes a good governor?

A Most importantly you need to be interested in Guy's and St Thomas' and in the NHS.

You need to be willing to give up some of your personal time. There are four Council meetings a year and we ask governors to join one of the working groups that look at membership, patient experience or service strategy.

Beyond that the extent to which you get involved is up to you – but there are lots of ways. You do not need any formal qualifications and our governors come from a huge variety of backgrounds – what binds them together is a passion for being the eyes and ears of our local communities, patients, staff and stakeholders in helping the Trust to provide the best and safest care it can.

Find out more

To become a member, and to find out more about our upcoming elections, visit our website www.gstt.nhs.uk or call Jo Sheperd on 020 7188 7346



Sharing knowledge in Vietnam

A team from the operating theatres at the Evelina Children's Hospital has built links with medical staff in Vietnam to share knowledge and expertise.

For the past six years, consultant anaesthetists, Dr Lance Tooke and Dr Neena Seth, together with theatre nurses, have volunteered to spend a week in hospitals in Vietnam with the charity 'Healing the Children'.

Previously the team from Evelina travelled to under-equipped hospitals, but for the past three years, they have spent time in Can Tho University Hospital – a well equipped hospital, but one that is not used to treating children.

“While in Vietnam we provide anaesthetic support and teach the hospital's anaesthetists and surgeons the best methods to put the children to sleep or numb the pain during operations, as well as providing pain relief afterwards,” says Dr Tooke.

During each visit, the team helps with around 40 operations on children with a range of conditions from hand deformities and cleft palates, to ear, nose or throat problems.

“Sharing knowledge with the medical team in Vietnam is a great experience,” adds Dr Tooke. “We want to leave a legacy in the country so the medical staff there can learn best practice when it comes to children's care.”

“Within the next five years, we hope to help set up a new children's unit at Can Tho University in the south of Vietnam as there isn't a dedicated centre for treating children in the south of the country. Currently children and their families have to travel to Ho Chi Minh City or Hanoi for complex operations.”

The team are due to return to Vietnam in 2013 with two surgeons from the Evelina.



London's first 7-day-a-week sexual health centre

Burrell Street
Sexual Health Centre

A state-of-the-art sexual health centre recently opened in Burrell Street, Southwark, replacing the Lydia Clinic at St Thomas' which has served the community for 38 years.

With its unique look and feel, the Burrell Street Sexual Health Centre aims to help improve the sexual health of Londoners by taking sexual health services and expert advice to a high street location in the heart of the community.

Latest figures show that Southwark and Lambeth have the third and fourth highest rates of sexually transmitted infections (STIs) in the UK and some of the highest rates of teenage pregnancy in Western

Europe. With its location in the heart of Southwark, Burrell Street will be well placed to address these important public health issues.

The Burrell Street centre is the first in London to open seven-days-a-week offering unrivalled specialist care including HIV tests in under a minute, sexual health counselling and psychotherapy, a contraception clinic as well as a range of services for the diagnosis and treatment of STIs.

"Burrell Street aims to be a centre fit for the 21st century and to be a leader in the field of sexual health. It allows us to bring our expertise directly to patients in a comfortable environment"

The centre provides a range of services all under one roof. Specially commissioned artwork funded by Guy's and St Thomas' Charity is designed to put patients at ease and includes engaging ceiling art unique to each clinical room.

Burrell Street patients are seen by the most appropriate doctor or nurse with most results being available the same day or the next day via a dial-in service. Patients can either walk in or book by phone, with online booking to follow later in 2013.

"Burrell Street aims to be a centre fit for the 21st century and to be a leader in the field of sexual health," says Dr Anatole Menon-Johansson, consultant and clinical lead for sexual health. "It allows us to bring our expertise directly to patients in a comfortable environment.

"Not only are we London's first seven-day-a-week service, but we hope our great new location will attract many new patients from across London as well as those who previously used the Lydia Clinic.

"We offer a confidential, high quality, professional service and are delighted to be bringing expertise right into the heart of the community."

More than 4,000 people in Lambeth and nearly 3,000 in Southwark have HIV, which means the boroughs have the highest and second highest rates in the country respectively. Burrell Street offers one-minute HIV tests and St Thomas' is a leading specialist centre providing ongoing support to patients with HIV.

Anatole adds: "We have a fantastic



team of experts at Burrell Street and some of the best facilities in Europe.

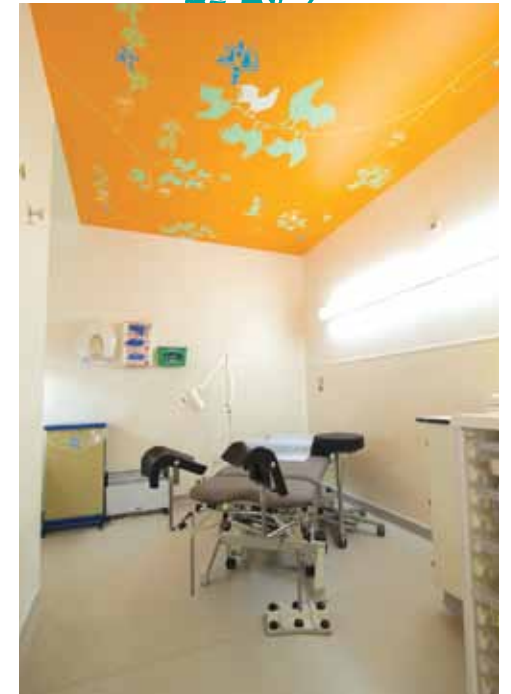
"There is a continuing stigma surrounding sexual health services and, by taking these out of hospital, we want people to view looking after their sexual health as being as routine as visiting the dentist or having their eyes tested."

Aside from offering great sexual health services, Burrell Street will host events aimed at both health professionals and community groups to share knowledge and expertise. The team is also committed to active outreach programmes targeted at schools, local community groups and the wider population.

Once open, a 110-seat auditorium in the centre for staff and students will help improve training and research in sexual health.

DID YOU KNOW?

- 4,000 people in Lambeth and nearly 3,000 in Southwark have HIV
- Southwark and Lambeth have some of the highest rates of STIs and teenage pregnancy in Western Europe.



We find out what makes our cancer care special, how we involve patients in every stage of their care, and about our plans for the future.

Shining a light on cancer care for the 21st Century

It is estimated that one in three people will be diagnosed with cancer at some point in their lives, and cancer is the leading cause of death in England and Wales.

“Our aim is to be one of the very best centres for the delivery of cancer care in the world; combining outstanding care with leading-edge research,” says Professor Arnie Purushotham, consultant surgeon at Guy’s and St Thomas’ and lead for cancer services and research in our Academic Health Sciences Centre, King’s Health Partners.

Our services

“At Guy’s and St Thomas’ we are a major provider of cancer care, offering a huge range of services for people with cancer across both our hospital sites.”

“We treat around 1,500 patients from our local boroughs of Lambeth and Southwark, and nearly 1,800 from across the rest of south east London each year.

“We are also a national centre for rare tumours – meaning that our clinicians also provide care for patients from all over the country.”

Our services include treatments such as surgery, radiotherapy, and chemotherapy, as well as aftercare in the community for our local patients in Lambeth and Southwark.

Involving patients

“Our overarching philosophy is that our patients’ quality of experience is as important as the treatment we provide, and we go to great lengths to ensure we deliver this to a high standard,” says Arnie.

“We want patients to have their say in every aspect of how their care is delivered: from being involved in decisions about their treatment, to helping us to design the facilities in which their treatment is provided”

Catherine Dale, programme manager for patient-centred care, says: “We want patients to have their say in every aspect of how their care is delivered; from being involved in decisions about their treatment, to helping us to design the facilities in which their treatment is provided.”

Patient involvement is fundamental to everything we do, so to support this philosophy, service user groups have

been set up for patients and carers who want to help improve cancer services.

One of these groups, the Chemotherapy Patient Working Group, was initially set up in 2009 to involve patients in planning for a new Cancer Day Unit based at Guy’s Hospital.

Chair of the group, patient Anna Torode, says: “The group provides us with a unique opportunity to have our say. Together we make a significant difference to the chemotherapy patient experience. We contributed to the design of the unit, and we suggest improvements to everyday processes. Staff are also members of the group and listen to our suggestions and make sure action is taken – which gives us the confidence that we are having a positive impact.” ▶





Jeremy Hunt visits the Cancer Day Unit



How the new Cancer Centre could look



“Together we aspire not only to be one of the leading comprehensive cancer centres in the UK, but one of the best in the world. We have ambitious plans to improve our services by working closely together”

► The Secretary of State for Health, Jeremy Hunt, recently visited the unit to speak with staff and patients about the care provided and patient involvement in its design.

Early diagnosis

One of the most important things for people with cancer is that they are given a diagnosis as early as possible to improve the success of their treatment – and this needs to start in the community.

“We want to diagnose cancer earlier,” says Arnie. “We have a deep responsibility to reach out to our local communities to encourage them to seek medical help earlier when they have symptoms.

“We are supporting local GPs to provide them with the tools necessary to identify symptoms earlier. We even run ‘speed dating sessions’ during which GPs get a number of five-minute sessions to talk to an expert from our hospitals. This gives local doctors the opportunity to learn about specific cancers and the early signs to look out for and the events have been hugely popular.”

“We are also improving access to our services, enabling GPs to contact our imaging department directly to arrange tests for their patients, without having to send their patients through the normal

referral route where they would see a hospital doctor first.”

Supportive care

Dimpleby Cancer Care is an invaluable support and information service for patients and their carers – drop-in centres are located on both our hospital sites.

“We can help patients with cancer understand their disease and the treatments they are offered,” says Barbara Van der Merwe, who manages the service. “We have a wide selection of information booklets, leaflets and videos. We also offer psychological support, complementary therapies such as aromatherapy and reflexology, benefits advice, stress management, and weight management – as this can be a problem for some patients due to their treatment.”

DID YOU KNOW?

- We treat 1,500 people from Lambeth and Southwark
- We are a national centre for rare tumors
- The new Cancer Treatment Centre at Guy’s is set to open in 2016.

Going home

Whether our patients are still receiving treatment, or they have recovered from cancer, they are not alone when they leave our hospitals.

“Our patients receiving ongoing care, are given contact details so they can contact a member of staff at any time if they have concerns,” says Mairead Griffin, lead cancer nurse.

“For our patients who have recovered and no longer need treatment, our ‘Surviving Cancer Living Life’ telephone support service aims to enhance the quality of life for patients who have recovered from breast and prostate cancer, their families and carers.

“We also run survivor support groups and health and well-being days as a way of continuing support.”

Research

One aspect of our cancer services that sets us apart from several other hospitals is the link with our academic partner, King’s College London. Clinical trials are a major part of this relationship and are helping us to develop cutting-edge treatments for our patients.

Clinical trials tell us what types of treatment work best. By collecting reliable evidence from patients, we can see how

safe and effective a new therapy is.

Patients with an existing condition may be given the option to take part in research, or healthy members of the public can take part in certain studies – you can read more on page 21.

International impact

“Our international work is expanding,” says Arnie. “The team at Guy’s and Thomas’, together with our academic colleagues, regularly meet with clinical teams at Tata Memorial Hospital in Mumbai – a specialist cancer treatment and research centre – and with the Tata Medical Centre in Kolkata. We share best practice and advice on teaching and training so that we can learn from each other.”

The future

The vision for cancer services across King’s Health Partners – a collaboration between Guy’s and St Thomas’, King’s College Hospital, South London and Maudsley NHS Foundation Trust, and King’s College London – is to provide the very best cancer services to our patients by combining first class clinical care with groundbreaking research.

“Together we aspire to be not only one of the leading comprehensive cancer

centres in the UK but also one of the best in the world,” says Arnie. “We have ambitious plans to improve our services by working closely together.”

An important step to help us realise this vision is the proposed King’s Health Partners’ Cancer Centre at Guy’s Hospital.

“We will start work on the new centre in March and this incredible new building will open in 2016, bringing together most of our hospital-based cancer services under one roof,” says Arnie.

“Cancer services are currently based across both our hospital sites, and our patients also receive treatment for many types of cancer at King’s College Hospital. We want as many of these services as possible to be provided in the same place, in a wonderful new centre that is designed around the needs of our patients and which uses as many of the ideas we have seen in some of the most modern and advanced cancer centres in the world.

“Research is a vital aspect of treatment for patients, so a research floor within the centre will bring clinicians and researchers together – enabling them to develop innovative treatments for our patients more quickly,” he adds.

Senior project manager for the new Cancer Centre, Deirdre Conn, says: “Throughout the planning, there has been

regular involvement of patients. Patient representatives sit on the project board and have been very active in gathering patient views to ensure their building meets their needs.

“The building will contain four unique ‘villages’ designed around patient journeys – for example, one village will include all the facilities for radiotherapy treatment, while another will be home to a one-stop outpatient area where a number of different tests can be carried out during a single hospital appointment.

“The aim of the centre is to ensure that we deliver the right treatment, at the right time and in the right environment”.

Find out more

For more information about getting involved in our future services contact Catherine Dale by email: Catherine.dale@gstt.nhs.uk or by calling: 020 7188 3863

Living well with diabetes

There are 2.9 million people diagnosed with diabetes in the UK and an estimated 850,000 people who have the condition, but do not know it.

Diabetes is a life-long condition which means the amount of glucose in the blood is too high because the body cannot use it properly as 'fuel'. There are two types of diabetes.

Type 1 diabetes

Develops within weeks, when the insulin-producing cells in the pancreas are destroyed, so the body cannot produce insulin to help glucose enter the body's cells.

There is nothing that you can do to prevent Type 1. It can develop at any age, but typically appears in childhood.

Type 1 accounts for five to 15 per cent of cases. It is treated by insulin, a healthy diet, and regular exercise.

Type 2 diabetes

Develops slowly over years. The body can still make some insulin, but not enough, or the insulin that is produced does not work properly.

Being overweight or having high blood pressure increases the chances of developing Type 2. It usually appears in people over the age of 40, though South Asian and black people are at greater risk and may develop the condition from the age of 25.

Type 2 accounts for 85 to 95 per cent of cases. It is treated with a healthy diet

and increased physical activity. Medication and/or insulin is often required.

The main symptoms of undiagnosed diabetes are: passing urine more often than usual, increased thirst, extreme tiredness, unexplained weight loss, slow healing, blurred vision, and genital itching or regular episodes of thrush.

Improving our service

The Diabetes Modernisation Initiative has been funded by Guy's and St Thomas' Charity for three years, and is focusing on four main areas.

1. Community clinics that are more convenient for patients than going to hospital. They are a 'one stop shop' providing access to specialist GPs, nurses, consultants, dietitians, diabetologists, and healthcare assistants.

"The community clinics offer patients access to more convenient care, closer to home, and at a time they want"

COMMUNITY CLINICS

- **Lambeth** – Gracefield Gardens, Springfield Medical Centre, Akerman Health Centre
- **Southwark** – Dulwich Hospital, Bermondsey Spa Health Centre.

"The community clinics offer patients access to more convenient care, closer to home, and at a time they want," says Dr Mark Chamley, the GP lead for the Lambeth Diabetes Intermediate Care Team.

"Since December 2011, there has been a significant reduction in the number of patients needing to be referred for a hospital outpatient appointment. This is excellent news as it shows that their condition is being better managed."

2. Better care for children through the Paediatric Diabetes Network that connects Guy's and St Thomas', King's College and Lewisham hospitals. This enables patients to have longer appointments, and offers courses that are tailored to different ages and cultures to help children and young people manage their diabetes better.



Long-term diabetes patient Joaquim Jose

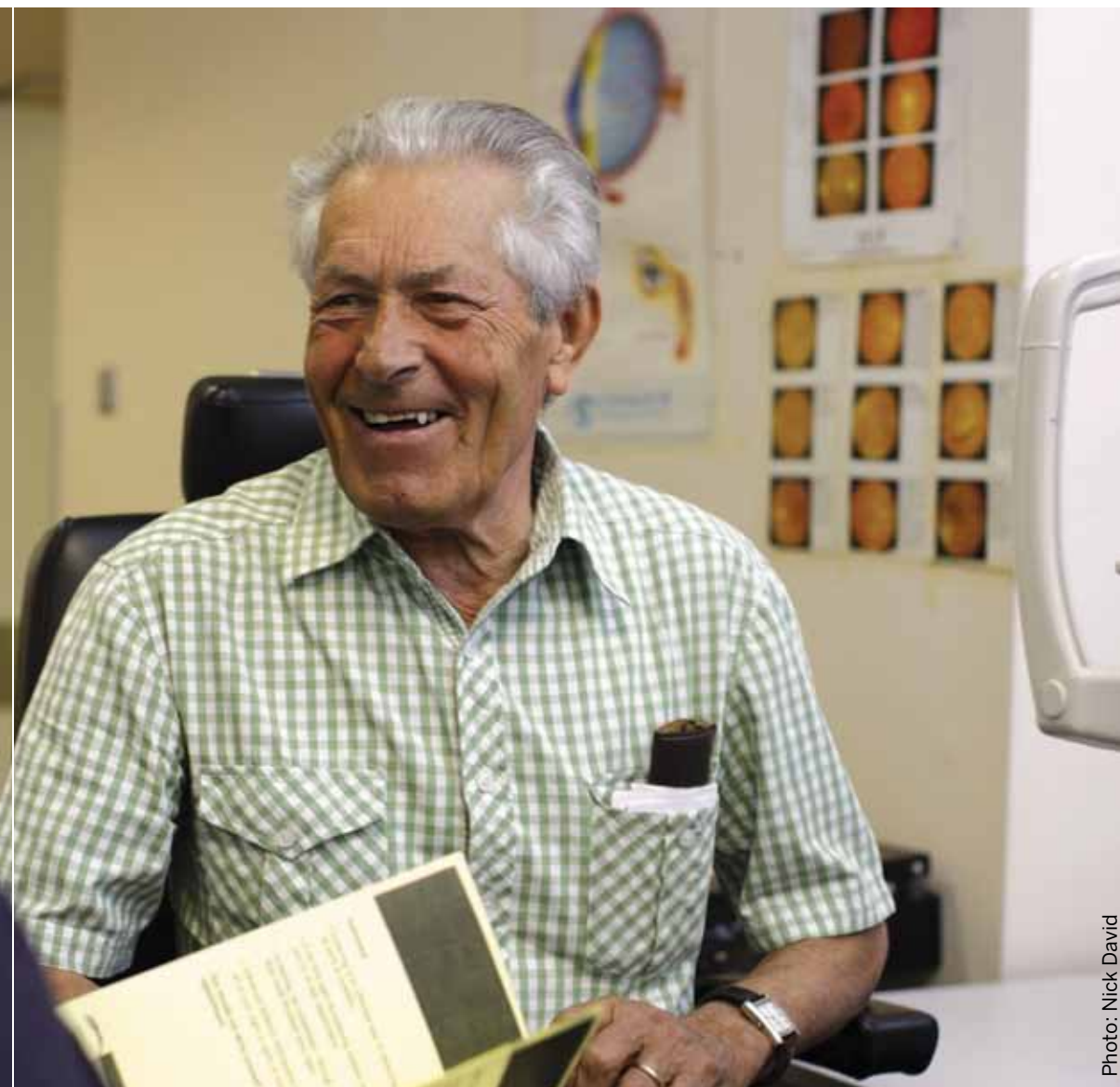


Photo: Nick David

FAST FACTS

IN LAMBETH AND SOUTHWARK:

26,000

people are diagnosed with diabetes

16,000

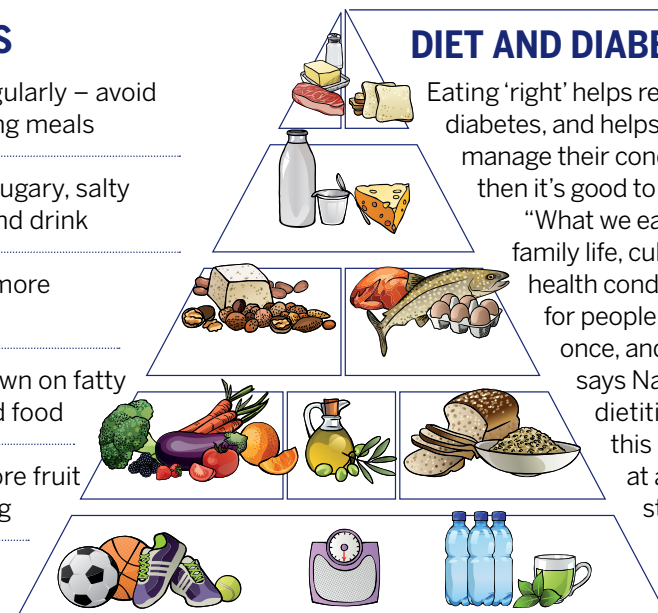
are estimated undiagnosed and people from an African or Caribbean background are **three times** more likely than the national average to develop diabetes; those with a South Asian background are **six times** more likely.

3. A Patient Forum brings adults with diabetes together, while a Family Support Group is run by families for families affected by Type 1 diabetes. Parents and carers can swap practical tips and support each other, whilst children get to meet others with the same condition.

4. Improved care planning is taking place to help patients and healthcare professionals get the most out of appointments by setting goals and arranging to follow these up.

TOP TIPS

- 1** Eat regularly – avoid skipping meals
- 2** Limit sugary, salty food and drink
- 3** Drink more water
- 4** Cut down on fatty or fried food
- 5** Eat more fruit and veg
- 6** Keep active



DIET AND DIABETES

Eating 'right' helps reduce the risk of developing diabetes, and helps those with diabetes to manage their condition. If you have diabetes then it's good to see a dietitian regularly.

"What we eat is affected by social and family life, culture, religion, and other health conditions. It can be challenging for people to change their diet all at once, and they get disheartened," says Nardos Yemane, a diabetes dietitian. "A good way to do this is to make one change at a time. Once people start seeing the benefits, it's easier to make more changes."

Research

We have a distinguished history of diabetes research, as the first successful insulin treatment was carried out at Guy's Hospital in 1925. In the 1980s, we developed the first insulin pumps and established the benefits of good glucose control.

Current research focuses on developing new technology, better insulin pumps and types of insulin; as well as earlier diagnosis and treatment of Type 1 and diabetic kidney disease.

Role reversal

Housekeeping assistant **Concha Sanchez** interviews Head of Hotel Services **Peter Bennett**.

Q What are hotel services?

A Hotel services is a department at Guy's and St Thomas' that looks after the cleaning, catering, and accommodation across our hospitals.

Q What's so important about cleaning?

A Cleaning, or housekeeping as we call it here, is a vital service. Having clean hospitals keeps patients safe and helps their recovery. It's not just the floors that are cleaned, every wall and surface has to be spotless – there are 300,000 square metres that need to be cleaned every day.

Q How do we compare to other hospitals?

A A recent assessment rated our cleaning standards as 'excellent', and our inpatient survey shows that 99% of patients think their surroundings are very clean. Considering that we see more than a million patients a year, this is very impressive.

We also have very low rates of infections such as MRSA, and the housekeeping staff have a large part to play in this.

Q Why do you think we do so well?

A We have a great team of housekeepers who are well respected and committed to their work. We train our staff constantly – making sure they are up-to-date with the latest techniques.

A team of auditors check the standards of work daily to highlight any areas for improvement – and I regularly make my own inspections.

Q I've heard the food is very good, how do you keep everyone happy?

A We make sure we have a wide range of options for patients, as good food is vital for our patients to give them the energy and nutrients to get better.

We serve a diverse range of patients, so we also have options for people with allergies, those who require halal meat, or who are vegetarian.

Our food was rated 'excellent' in a recent assessment. We serve 1.3 million meals every year, and on average, receive only around five formal complaints a year.

Q How do governors get involved?

A Some of the governors sit on the Trust's Nutrition Steering Group which provides suggestions on how we

can maintain our excellent standards, and continue to improve. Our governors recently sampled our patient menu and gave their feedback.

They also help carry out the annual Patient Environment Action Team (PEAT) assessments which monitor the cleanliness and quality of the food at our hospitals.

Q I absolutely love my job, do you enjoy your work?

A I think my job is great. The people who work in my department are fantastic, and we get lots of feedback to say we deliver great services.



“A recent assessment rated our cleaning standards as ‘excellent’, and our inpatient survey shows that 99% of patients think their surrounds are very clean. Considering that we see more than a million patients each year, this is very impressive”

FAST FACTS

Keep it clean

It takes **550** housekeeping staff **16,000** hours each month to keep our hospitals clean

There is a massive **300,000 square metres** to clean – that's equivalent to **50** football pitches

Well fed

We serve **1.3 million** meals every year.

WHY I VOLUNTEER?



Valerie Amos volunteers to support women with breast cancer suffering from hair loss.

At just 37-years-old and with two young children, Valerie Amos was diagnosed with breast cancer. Two years later she came across an advert from Breast Cancer Care calling for volunteers to support other women with breast cancer.

When the charity set up its hair loss advisory service, HeadStrong, at the Cancer Day Unit at Guy's in 2011, Valerie jumped at the chance to help. The service teaches women suffering from hair loss how to take care of their hair and scalp, and gives advice on wearing hats, hairpieces and other accessories.

“I advise on things patients can do to improve the way they look, but also I listen and reassure them that there will be a day when the first thing they think of when they wake up is not cancer.”

Find out more

For more information on volunteering for HeadStrong call **020 7188 6452**

Say what?

Amanda Pritchard,
Chief Operating Officer

Q When growing up, what did you want to be?

A A doctor, until I realised I was no good at science.

Q If you could learn one thing...?

A Rock climbing. I've only done it twice, but I loved it.

Q What do you enjoy doing in your spare time?

A I run a book club with friends. About half the time, it involves serious discussions, and the other half is spent drinking and gossiping!

Q What's your best advice?

A Take opportunities when they present – it's amazing how rarely you regret doing something rather than not doing it.

Q Who is your hero?

A Queen Elizabeth I, because she was a strong female leader in a male dominated world.

Q Where is your favourite place?

A Hampstead Heath on a cold, clear day with my husband and kids (Henry, five and Isobel, three).

Q If you could have a superpower, what would it be?

A Flying, imagine the freedom.

Q Tell us something about you we don't know

A I'm a former British debating champion, so pick your arguments carefully!



Tell us what you think

Would you recommend our Accident and Emergency Department or a particular ward to friends or family who needed similar treatment?

This is the question every inpatient and many A&E patients are asked before being discharged from our hospitals.

The Friends and Family Test is a new national initiative which intends to help patients decide where they want to be treated by letting them know how other people rate the care and

services offered by each NHS organisation.

At Guy's and St Thomas', inpatients are given a survey to complete before they leave the hospital. As well as being asked about the service they receive, patients are asked to complete the Friends and Family Test question.

Patients who come to A&E are given a postcard with the Friends and Family Test question on it. Responses can be dropped into feedback boxes at key exit points in the department.

Chief Nurse Eileen Sills said: "We already ask patients to let us know their views about the treatment and care that they receive.

"But the new Friends and Family Test is a very important indicator that will tell us whether patients are happy with the services and care that we provide.

"By continuing to improve the services we offer we want to make sure that the experiences of all our patients are positive ones.

"We want to hear from as



many patients as possible, so please complete and return the form as soon as you get it."

Drug trial success for cancer patient

Clinical trials help us to develop cutting-edge treatments for our patients.

Noel Smith was diagnosed with cancer four years ago when doctors found tumours on his kidneys these had started to spread to his lungs.

New hope

Noel was immediately referred to Guy's and St Thomas', where several cancer research studies were taking place.

"I joined the clinical trial because I felt like there was nothing to lose," says Noel. "I've lost a few friends to cancer and I didn't think twice about taking part in the research."

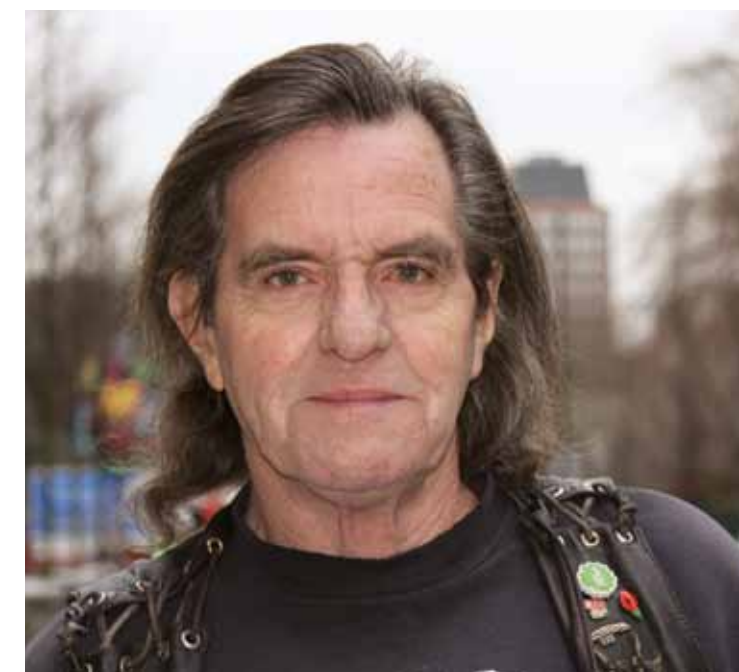
Two years ago, Noel started a clinical trial, which meant he had to take three tablets every morning.

"It's made such a difference. I'm getting stronger and I've even put on some weight, which is really good news for a cancer patient."

"The tumour on my kidney has shrunk by two-thirds, and the ones on my lungs have completely disappeared. I've had almost no side effects either – so I've been very lucky."

During the study, Noel came into hospital every month for a check up and a scan. "I get on well with all the doctors and nurses – they've all been very friendly to me," he says.

Noel is supportive of research studies as he knows the benefits they can bring. "I would recommend taking part in a clinical trial and I've



mentioned it to people I know who have cancer. My cancer was caught at an early stage so I was one of the lucky ones."

Looking ahead

Our hospitals will be home to several new clinical trials taking place in the next few months. One study aims to develop a new type of therapy for people with head and neck cancer.

Head and neck cancer can affect over 30 parts of the

body including the mouth, throat and eyes. Around 8,700 cases are diagnosed each year in the UK.

The new technique is known as immunotherapy, and it uses the body's own immune system to fight cancer. This trial will be the first time that genetically engineered immune cells, grown from the patients' blood, are injected directly into their tumour. It will focus on people with severe head

and neck cancer, where there is no suitable therapy and experimental treatment is the best option.

"We will take 130ml of blood, which is around a third of the amount taken during a routine blood donation," says Dr John Maher, the consultant immunologist leading the study. White blood cells, known as T-cells, will be extracted as these are key cells involved in the body's immune response.

"We will then add new genes to their DNA so that these cells will hopefully recognise, attack and kill the tumour cells," says John. "The T-cells will be grown in the lab over two weeks, producing millions of cells that may help to battle the tumour."

"Injecting the T-cells directly into the tumour should also mean that patients experience fewer side effects," says John. "We hope to show that this new therapy is safe and effective for patients."

The trial is set to begin in March, and if the research is successful, this approach could be used to treat many other types of cancer.

HISTORY CORNER Braxton Hicks



Guy's and St Thomas' has a rich history dating back to the eleventh century and has been home to numerous medical advances and discoveries.

John Braxton Hicks (1823-1897) entered Guy's medical school in 1841 and practised as a physician at both Guy's and St Mary's hospitals.

His name was given to a normal phenomenon of pregnancy that he first described in 1872 when painless 'false' contractions are experienced weeks before the baby is due.

From the frontline

Head of Sterile
Services, Anne
Marie Watts.

“The Trust would grind to a halt without the Sterile Services department busily decontaminating and sterilising a mountain of medical instruments every day.

“We have more than 25 years of experience and 106 highly skilled technicians who work hard behind-the-scenes to ensure that expensive medical instruments and equipment are clean, maintained and safe to be re-used.

“Each technician needs to be trained for two to five years and be familiar with up to



5,000 different instruments across all specialities.

“They deal with around eight million instruments each year. Without this process, the staff in our theatres wouldn’t be able to perform operations.

“The department also decontaminates bulky medical equipment like mattresses, commodes and wheelchairs – all vital to the

running of our hospitals.

“To build on our vision of creating a centre of excellence, we recently opened a new state-of-the art facility at Guy’s Hospital, and are refurbishing our facilities at St Thomas’ to the same standard. This will help us meet the increasing demand from departments around the Trust.

“The fantastic new facilities

will also provide us with the opportunity to offer our services to other hospitals – bringing in vital funds that we can reinvest into patient care.”

Find out more

To attend one of the department’s regular open days, contact 020 7188 6464/1679

Ask us: VTE explained

Consultant haematologist **Karen Breen** answers your questions.

What is VTE?

Venous thromboembolism (VTE) is a condition that includes both deep vein thrombosis (DVT) and pulmonary embolism (PE).

Venous relates to veins, and thrombosis is the blockage of a blood vessel by a blood clot.

A DVT is a blood clot which forms in a deep vein, usually in the leg, and blocks the blood flow. PE blocks the blood vessels in the lung and usually happens because of a DVT. Part of the clot in a deep vein travels through the circulatory system to the blood in the lung, and can be life threatening.

What are the symptoms?

Symptoms of DVT include pain or tenderness in the leg, leg swelling and skin discoloration. Up to 80 per cent of people with DVT don’t get symptoms.

Symptoms of PE include shortness of breath and chest pain, coughing up blood, feeling dizzy and clammy, and occasionally collapse.

Who is at risk?

People who are older than 40, smokers, overweight, pregnant, immobile, on the contraceptive pill or hormone replacement therapy (HRT) are all at risk. The biggest risk is among patients in hospital following surgery or because

of an illness. Long haul flights and car journeys are actually an uncommon cause.

How can we prevent it?

By giving up smoking, reducing your weight and doing exercise. During long journeys, walk around every few hours, wear flight socks, exercise your legs, and drink plenty of non-alcoholic fluids.

For patients admitted to hospital, gentle calf exercises and getting out of bed soon after an operation can reduce your risk of developing a DVT.

Patients are given special socks called anti-embolic stockings which squeeze the calves and help the flow

of blood, as well as blood thinning medications.

What is the treatment?

Go to your GP if you have concerns. A few patients need to be admitted to hospital for treatment, however many can be treated as outpatients.

Blood-thinning medicines called anticoagulants prevent further blood clots forming and stop any existing clots from getting bigger.

At Guy’s and St Thomas’ we have a walk-in clinic in the haemostasis and thrombosis centre, where outpatients with DVT are seen by a specialist nurse.



What’s on

1 – 28 February

National Heart Month

Call 0300 330 3322 or visit www.bhf.org.uk

28 February

The Friends of St Thomas’ Hospital mini market

11am-3pm, St Thomas’ ground floor, South Wing

1 – 31 March

Great Daffodil Appeal (Marie Curie Cancer Care)

Call 0800 716 146 or visit www.mariecurie.org.uk

Ovarian Cancer Awareness Month

Call 0300 456 4700 or visit www.ovarian.org.uk

Prostate Cancer Awareness Month

Call 0800 074 8383 or visit www.prostate-cancer.org.uk

13 March

No Smoking Day

Call 020 7554 0142 or visit www.nosmokingday.org.uk

2 April

World Autism Awareness Day

7 April

World Health Day

15 – 21 April

Parkinson’s Awareness Week

Call 0808 800 0303 or visit www.parkinsons.org.uk

24 April

Board of Directors and Council of Governors meeting

4-7.30pm, Governors’ Hall, St Thomas’

Every Monday:

Free lunchtime concert

1-2pm, Central Hall, St Thomas’

Every Wednesday:

Free lunchtime concert

1-2pm, Atrium 3, Guy’s

Raise money for your hospital
www.togetherwecan.org.uk

Competition



Sudoku

Fill in all the squares in the grid so that each row, each column, and each 3x3 square contains all the digits from 1 to 9.

6					1	7		2
7	9		8	5				
		1			3		9	4
		5					6	
		6		2		1	5	
	3			1		4		
	4			8	9	3		
	6				5		1	8
8			3					5

Fill in the Sudoku grid to be in with a chance to win four tickets to the London Eye, Waterloo. Send your answers by 29 March to Magazine Competition, Communications Department, 4th floor, Staircase C, South Wing, St Thomas’ or you can email: communications@gstt.nhs.uk



State-of-the- -art sexual health centre Now open

We've opened a brand new, spacious, modern centre on Burrell Street, replacing the Lydia Sexual Health Clinic at St Thomas' Hospital. Just 10 minutes' walk from Blackfriars, Southwark and Waterloo stations, it couldn't be more convenient, plus it's open seven-days-a-week.

guysandstthomas.nhs.uk

**Burrell
Street**
Sexual Health
Centre

