

the GIST

News from Guy's and St Thomas' Issue 20 | 2016

Patient power

Diana's mission
to change
cancer care





Welcome

The opening of our new Cancer Centre at Guy's is a huge cause for celebration, marking the culmination of 10 years of design, development and hard work. Our aim was to work with patients to create a 'hospital that doesn't feel like a hospital' and there is no doubt that this has been achieved.

The first patients were welcomed on Monday 26 September and I was delighted to be there to see them arrive. You can read more about what makes the Cancer Centre special on page 8.

For seven years Diana Crawshaw, pictured on the cover, has given her time and expertise to the development of the Cancer Centre. I am sure that the input from Diana and other members of the Patient Reference Group is part of what makes the building such a welcoming and special place. Diana is interviewed on page 14.

On page 10 you can find out about two inspiring initiatives that are helping local people to overcome barriers to employment.

George Byford took part in work placements at the Trust three years ago as part of the Autism Project. Now a porter at St Thomas', George explains how his job has helped him to find his confidence.

We also hear from Clive Macrory, who was homeless for 20 years. He talks about his hopes for the future now that he is enrolled on the Work Ready programme with a mentor from our community services team.

I hope you enjoy this edition of *the GiST*.

Amanda Pritchard

Amanda Pritchard, Chief Executive
Guy's and St Thomas' NHS Foundation Trust



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Words and photos by Matt Akid, Nicki Bickford, Ann Brown, Sarah Clark, Cleo Downs, Maxine Hoeksma, Simon Larson, Jessica Law, Cara Lee, Vicky Milnes, Hamza Omaar, Eloise Parfitt, Ruth Shepherd and Shanique Wahrmann. Cover photo by David Tett.

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Diana Crawshaw, Chair of the Patient Reference Group for the new Cancer Centre at Guy's Hospital.

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



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@EvelinaLondon



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Keyhole kidney transplant is UK first

Patients at Guy's Hospital have undergone the UK's first robot-assisted kidney transplants using keyhole surgery.

The operation is normally performed using open surgery, a technique unchanged since the 1950s, which leaves patients facing weeks of recovery.

But a team led by transplant surgeon Professor Nizam Mamode successfully completed robot-assisted laparoscopic transplants on Siobhan Morris, 42, and Andrew Brooks, 58.

Professor Mamode explains: "Using a robot to help us perform keyhole surgery significantly reduces pain and recovery time – it completely changes the landscape of transplant surgery.

"To transplant a kidney, the surgeon needs to be able to stitch the new organ in place and quickly connect the blood vessels. The robot mimics the



Professor Pranjal Modi, Professor Nizam Mamode and Mr Nicos Kessararis

surgeon's hand movements and enables us to do that job much more quickly."

Siobhan Morris had open surgery for a kidney transplant several years ago when her mother donated a kidney, so was able to compare her previous operation with the keyhole surgery she had this time.

"If the agony I felt after my first kidney transplant can be described as a 10, the pain I

experienced after this latest transplant was about a two," she says.

Andrew Brooks adds: "My operation started at around noon on Saturday and I came round later that evening. I was up on my feet the following day, which was incredible. Recovery from open surgery can take weeks, so being able to go home just a few days afterwards is wonderful."

HIV testing in A&E diagnoses 78

In July 2015, the Emergency Department (A&E) at St Thomas' Hospital became the first in the UK to routinely test A&E patients for HIV. During the first year, 78 people who were unaware of their HIV status tested positive, and a further 12 had not sought follow-up treatment since their diagnosis.

The prevalence of HIV in the area of south London served by Guy's and St Thomas' is the highest in the UK. In Lambeth, 15 per 1,000 people have HIV and in Southwark this figure is 13 per 1,000. Nationally, only 1.9 people per 1,000 have the virus.

Dr Nick Larbalestier, consultant physician and clinical lead for HIV at Guy's and St Thomas', says: "People with HIV can live long and healthy lives, but this depends on them being diagnosed promptly

and receiving the specialist treatment they need.

This is why it's so

important to normalise the testing process and increase detection rates.

"Since introducing this new approach to testing, we have also seen a 15% decrease in the number of people with HIV being admitted to our hospital because people are getting the treatment they need before they become seriously unwell."

Dr Michael Brady, Medical Director at the Terrence Higgins Trust, says: "This proactive approach to HIV testing by Guy's and St Thomas' has been a fantastic success in terms of diagnosing people living with HIV who may not otherwise have known their status."



IN THE NEWS

A round-up of media coverage featuring Guy's and St Thomas'.

Evening Standard, BBC London, ITV London

The opening of the Cancer Centre at Guy's was covered widely. Reports explained how the new building will transform patients' experience of care.



ITV

A documentary about Mary Seacole, whose statue stands at St Thomas', was broadcast in October on ITV. It was narrated by David Harewood, star of *Homeland* and *The Night Manager*, who travelled across Britain, Jamaica and Crimea to find out more about his heroine.

Daily Mail

Surgeons at Guy's and St Thomas' are using a new technique to repair bulges in the wall of the body's main artery (aortic aneurysms) using a tailor-made stent to prevent the wall of the blood vessel from tearing. The *Daily Mail* reported that the procedure can treat up to 95% of complex patients and a patient explained how he had benefited from the operation.

1 million reasons to say 'thank you'

More than 3,000 generous patients, families, supporters and staff have together raised more than £1 million to help make the new Cancer Centre at Guy's a reality.

Fundraisers have run, cycled, climbed, abseiled, danced, held bake sales and organised numerous other events to help raise £1.1 million for the Guy's Cancer Centre Appeal.

In addition to this community fundraising, philanthropists have already donated £6 million to the new Cancer Centre. Discussions with other potential major donors continue, to help ensure we can provide the best possible facilities for patients.

Mairead Griffin, Director of Nursing for Guy's Cancer, says: "We are incredibly grateful to everyone who donated time, money and bags of energy to support the Guy's Cancer Centre Appeal. We're delighted to be treating patients in this amazing new building – thank you to everyone who helped make this happen."



Radiotherapists take on Guy's Urban Challenge to raise money for the Cancer Centre at Guy's

If you would like to get involved in fundraising for Guy's and St Thomas' please visit www.supportgstt.org.uk to find out more.



School nursing for the Smartphone generation

A new service launched by Evelina London means that young people studying and living in Lambeth and Southwark can text their school nurse for health advice.

ChatHealth is an easy way for children and young people aged 11-19 to ask for confidential help about a range of issues including bullying, emotional health, sexual health and other illnesses, or make an appointment to see their school nurse.

Janet Powell, Director of Nursing at Evelina London, says: "*ChatHealth* is an inclusive and innovative way to reach out to our patients. By tailoring our health services to make use of technology that the Smartphone generation is familiar with, we hope to engage

young people.

"We want to encourage youngsters living in Southwark and Lambeth to discuss their health issues, and receive the support and advice they need."

The service is available Monday to Friday 9am – 4pm (excluding Bank Holidays) on 07507 332150. Anyone who texts the service outside these hours will receive an automated message with advice on where to get help if their question is urgent.

In areas of the country already using *ChatHealth*, school pupils have said they like using the messaging service because it's 'less embarrassing, anonymous, and non-judgemental'.

Brave Myzat wins WellChild Award

Evelina London patient Myzat Mugomba received a prestigious WellChild Award from Prince Harry.

She was nominated in the Inspirational Child Category by her continuing care nurse, Laura Duffell.

The WellChild Awards celebrate the courage of children coping with serious illnesses or complex conditions. Myzat, aged five, has Spinal Muscular Atrophy type 2. She has spent months at a time in hospital and uses a wheelchair as she has little muscle tone. She needs to be ventilated 24 hours a day to help her to breathe.

Myzat attends a mainstream school and adores playing fashion games with her three older sisters, Mistura, Fathia and Faridah.

Laura Duffell says: "Every single health professional who comes into contact with Myzat is struck by her strength of character



Prince Harry presents a WellChild Award to Myzat Mugomba

and positive attitude. I am so proud to know her and to witness how she takes on each challenge that comes her way. I hope winning a WellChild Award will help her to understand how very proud we all are of her and her achievements."

Speaking at the awards ceremony, Prince Harry said: "Watching these children and young people face challenges with such determination, positivity and good humour, never fails to take my breath away."

Supporting our staff to work safely

Guy's and St Thomas' has launched a new campaign, backed by the Metropolitan Police, to reduce violent and abusive behaviour towards staff from patients and visitors.

As part of the *Keep our staff safe* campaign, security staff are being given body cameras in a six-month trial. Footage from the cameras can be used in court to help secure a criminal conviction.

Chief Nurse Dame Eileen Sills says: "I absolutely understand that coming to hospital can be a very stressful experience and we want to ensure all our patients receive the right care delivered safely and with kindness. At times staff have felt threatened and intimidated, so we want to send a clear message that our staff are here to help patients

and should be able to do their jobs safely."

Superintendent Roy Smith from the Metropolitan Police adds: "We take assaults on NHS staff very seriously. The introduction of body cameras will help prevent incidents occurring in the first place

because they act as an excellent deterrent and provide really good evidence for us to bring offenders to justice.

"If the pilot here is successful I would hope it is something that other NHS trusts would look to roll out across London."



The launch of the *Keep our staff safe* campaign

Five more years of leading research

An award of £64.4 million from the National Institute for Health Research (NIHR) will mean five more years of leading research in the Biomedical Research Centre at Guy's and St Thomas' and King's College London.

Professor Graham Lord, Director of the Biomedical Research Centre, says: "We are extremely pleased with this award which recognises our achievements over the last 10 years. The Centre at Guy's and St Thomas' and King's College London is well placed to play an enhanced role in ensuring that the UK is recognised as the best place in the world to conduct clinical research for the benefit of patients."

Amanda Pritchard, Chief Executive of Guy's and St Thomas', adds: "I am delighted that the outstanding work of our Biomedical Research Centre has been recognised. This supports our vision to embed research at the heart of the Trust so that it becomes 'business as usual' and helps us to improve care for patients now and in the future."

From April 2015 to April 2016 nearly 28,000 patients took part in clinical studies at Guy's and St Thomas', more than at any other NHS trust in England.



TOP TWEETS



@KhaulaQamar

First day at the new #GuysCancer centre. Prepare to give the best possible care and outcomes to our patients @GSTTnhs @GSTTnhs



@JaneBar56243280

Massive thanks to paramedics/A&E and all staff @GSTTnhs for the terrific care given to my daughter last night. You are ALL amazing!



@seaniegriff

@GSTTnhs totally outstanding service today in your dermatology dept: great people you have (and a harpist soothing us while waiting!)



@GSTTnhs

If the steel reinforcements in the floors of #GuysCancer were laid out end to end, they would reach from Bermondsey to Barcelona



@maxinthebox

Thank you @GSTTnhs for the new Cancer Centre at Guys. Nice open layout and all that wifey requires in the same building. A triumph.



@JJSuraya

The nurses and doctors @GSTTnhs are amazing and looked after a loved one brilliantly, thank you #LoveOurNHS



@mgr3co

Received the most courteous appointment reminder call of my life from @GSTTnhs just now. Strange to tweet about, but it was THAT good! #NHS



@JadeCpfc

@GSTTnhs I just want to say a MASSIVE thank you to ALL of your staff in A&E especially Staff Nurse Emily, a credit to you

For nine years, Beryl Romain had to explain to everyone she met that she was not pregnant, she had fibroids. She now uses her experience to help other women as **Nicki Bickford** found out.

Pregnant for nine years?



When Beryl was 32, she noticed that her stomach was protruding and felt hard to the touch. Her GP sent her to a gynaecologist and after she had a scan, Beryl was diagnosed with multiple fibroids. The doctor told her there was no choice but to have a hysterectomy (removal of the womb). This was devastating news to Beryl as she was young, studying for a degree, engaged to be married, and planning to have children.

Although Beryl's partner was supportive, he came from a culture where children were expected to be part of a family and, sadly, over time their relationship broke down and they agreed to go their separate ways.

Disappointed with the lack of information available, Beryl threw her energy into finding out more about her condition. She says: "I just wasn't ready. I wanted to be in control. It's my body and at the time I wasn't given enough information to make the right decision."

Over the next 14 years Beryl travelled to Ghana, Nigeria and the USA to explore alternative treatments and meet other women with fibroids. Ultimately, Beryl decided to return to the UK for surgery, and in 2015 she had a hysterectomy at St Thomas' Hospital.

She has not looked back since, and when Beryl was contacted in April 2015 by Guy's and St Thomas' to share her experiences of having fibroids, she jumped at the chance to tell her story and help other women.

Focus groups were run as part of the Transforming Outcomes and Health Economics Through Imaging (TOHETI) initiative. This programme aims to improve patients' care through imaging technology such as X-ray or MRI scanning. By bringing together women who had experienced fibroids the staff were able to identify the need for earlier access to better and more consistent information. Patients worked with staff to develop new information, including a video.

Beryl is now in very good health and feels like she has got her life back. She has returned to university, completing the degree that she started many years ago. And after opening an orphanage in Ghana, she is caring for the children she always wanted.

Beryl concludes: "My life was derailed on my journey to marriage and children, but that has made me a better person and helped me look at life differently. I can still be a mother to 100 orphaned children, which has changed my life."

About TOHETI

The Transforming Outcomes and Health Economics Through Imaging (TOHETI) programme is funded by Guy's and St Thomas' Charity.

It is improving services for patients with conditions such as uterine fibroids, chronic headaches, acute chest pain, wrist fractures, and lung, breast and colon cancer.

www.toheti.org

What are fibroids?

Growths made up of muscle and fibrous tissue that develop in or around the womb causing pain and heavy periods.

Who is affected?

More than 40% of women develop uterine fibroids at some point. They are most common in women aged between 30 and 50.

What can I do if I think I have fibroids?

Visit your GP for advice. There are several treatment options available.

Twins Thomas and Alice Melville-Ross were born early, at 24 weeks, and spent the first nine months of their lives on the Neonatal Unit at Evelina London. Their dad, **James Melville-Ross**, was invited to open an extension to the unit. He remembers his family's time on the unit.



Alice, Georgie, James and Thomas Melville-Ross [credit: Francesco Guidicini]

Living life to the full

James' story

During those first few days in the Neonatal Intensive Care Unit (NICU) everything that could go wrong for Thomas and Alice did go wrong.

It's fair to say that it was not the start to parenthood that either of us was expecting. We felt completely powerless. One of the consultants said to us we must talk to them and love them – they grow stronger knowing you are there supporting them.

And they did. After nine months at Evelina London they came home to a huge celebration. But the story doesn't end there.

The effect of those early setbacks was that the twins have a condition called quadriplegic cerebral palsy. They are largely incapable of independent movement and are reliant on adult support for every element of daily living – washing, dressing and feeding. Thomas is also profoundly deaf. But they understand

everything and are the smiliest children you could hope to meet.

We took a while to get used to this setback – after everything that the twins had survived, it seemed so unfair.

Then I remembered the whispered promises I had made to the twins through their incubator doors while they had been in NICU. I had promised them that, if they made it, I would give them the best possible life.

We needed to give the twins some great experiences, which I'm proud to say we have done. We've taken on a 10 kilometre race together and we've been skiing, horse riding and even rock-climbing.

I'll never forget the feeling of Alice saying "I love you" to me for the first time, or Thomas lifting his head when he heard me say his name when his hearing aid was first switched on.

But these experiences would never have happened if it hadn't been for the dedication of the NICU team at Evelina

London.

Without them, our story would have only been one page, instead of chapters full to the brim with new experiences and laughter every single day. We will never, ever forget what they have given us, the joy that we have as a family.

In November, I was invited back to Evelina London to open an extension to the Neonatal Unit. The extension means that there are now 22 intensive care cots and 12 high dependency cots in the Neonatal Unit. This is a 50% increase in critical care cots.

The extension is important because we're aware that, sometimes, there just aren't enough beds to go round.

We were the lucky ones – sometimes the most vulnerable, tiniest babies don't get the urgent care that Thomas and Alice did. That's why the increase in critical care and intensive care cots is so important. So that everyone gets to have the experience that parenthood brings.

By 2020, one in two of us will be diagnosed with cancer during our lifetime but advances in treatment mean that survival rates have improved dramatically.

The new Cancer Centre at Guy's Hospital, which opened in September, is a very special place where cancer patients and survivors have the best possible care and support. As **Matt Akid** explains, it has many unique elements to support people while they are being treated for cancer and as they take the first steps on the journey of living as cancer survivors.



Dimbleby Cancer Care offers a welcoming and tranquil environment

Supporting patients on their cancer journey

Dimbleby Cancer Care

When the broadcaster Richard Dimbleby talked publicly about his cancer diagnosis in the 1960s, he was tackling what at the time was a taboo subject.

He built public consciousness of the disease which meant more resources were invested in finding a cure – new and improved treatments for cancer can be traced back directly to his brave decision.

Following his death at St Thomas' Hospital in 1965, a charity was set up in his memory which continues to provide care and support to those living with cancer.

Dimbleby Cancer Care provided £2 million of funding for the new Cancer Centre at Guy's and supports patients and their families with services including information, benefits advice, psychological support and complementary therapies.

Their centre in the Welcome Village of the Cancer Centre at Guy's has a drop-in information area and consulting, therapy, and group activity rooms.

Jonathan Dimbleby, Chairman of Dimbleby Cancer Care, says: "Our goal was to create a very special space inside the new Cancer Centre for patients and their families. It was to be a welcoming and tranquil environment where those



Jonathan Dimbleby

– who herself has personal experience of supporting a friend through cancer – we chose the balm of gentle colours and soft textures.

"Much of the building is flooded with natural light but Dimbleby Cancer Care, being on the ground floor at the back of the building, has no outside views.

"This created many challenges which we have sought to meet with a sensitive use of lighting and imagery to create rooms that feel safe and protected.

"Overall we hope our Centre will be an oasis of calm where patients can focus on their recovery and well-being in what may be difficult days for them. 50 years ago when my father was treated at St Thomas' for his cancer, no such resource existed. Thanks to the generosity of our supporters we have

seeking help, advice, care and support during and after their cancer treatment would feel comfortable and at home.

"Working with local artist and designer Sue King

established what he would have wished us to do in his name. I hope you will share my view that there could be no more fitting legacy."



Cancer survivor Rola Gordon



Christine Webb uses the services in The Fitting Room

The Gordon Survivorship Centre

Breast cancer survivor Rola Gordon is a committed advocate for people like her who are living with, and beyond, their cancer diagnosis.

She explains: "Thankfully, more and more people are surviving or living with cancer but this doesn't mean it's behind them - the physical and emotional effects linger on.

"As a cancer survivor, there's this middle place where you're not the patient but you're not back to your normal life. So where do you go to get the tools to be a confident survivor, in charge of your life?"

Part of the answer to Rola's question is The Gordon Survivorship Centre in the Cancer Centre at Guy's, made possible by a generous donation from Rola and her husband, Lloyd.

The Gordon Survivorship Centre

provides information, advice and support from the point of diagnosis, through treatment and beyond. This support is tailored to each individual's personal and unique needs to help with the physical, mental, emotional and social impact of cancer.

Rola says: "As a cancer survivor, the disease shouldn't define how you live, it should just be there in the background - preferably very far in the background.

"My hope is that the new Cancer Centre at Guy's will make a cancer diagnosis less scary and that patients and their carers will realise they can still live a full life alongside cancer."

The Fitting Room

Christine Webb (pictured above) was one of the first patients to experience a completely unique aspect of the new

Cancer Centre at Guy's when it opened on 26 September.

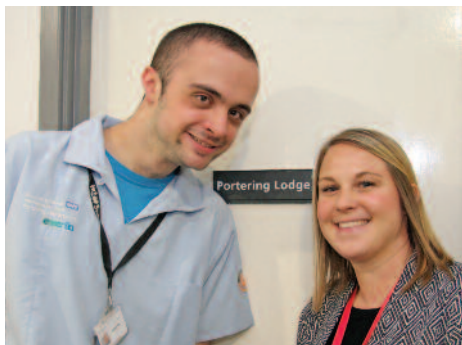
She was sampling the services of The Fitting Room where patients can discuss, try on and be fitted for wigs, hairpieces, headwear and mastectomy products including prostheses, lingerie and swimwear. They can also get make-up and skin care advice.



The Fitting Room

As one of the largest employers in London, Guy's and St Thomas' is committed to initiatives to widening access to employment for local people. **Sarah Clark** investigates two projects that help people overcome barriers to employment.

Getting into work



George Byford with Autism Project Co-ordinator Jemma Dear

The Autism Project

George has a huge grin on his face as he talks about his role as a porter at St Thomas' Hospital. He says: "This job has brought the confidence out in me. I can speak out a lot more. The atmosphere can be hectic at times but it's one of the best atmospheres you can work in."

George was diagnosed with an autistic spectrum condition at the age of five. He was uncertain which path he should follow after school, but when he heard about the Autism Project at a careers fair he knew it was a great opportunity.

The Autism Protect is a joint initiative between Guy's and St Thomas' and CareTrade, a charity helping young people

with autism to prepare for work. It is a full-time, 36-week course with 75% of the learning done in the workplace.

George completed placements with the portering and stores teams. Although he fitted in well with both teams, it was as a porter that George shone. Three years later, he works as a full-time permanent member of staff.

Jemma Dear, George's co-ordinator from CareTrade, is extremely positive about his experience both during and after his course. She says: "George is one of our real success stories. With the support of the portering team his confidence has increased amazingly and he's found a job he really enjoys."

George talks very highly about the support he receives from his colleagues: "If you're a bit quiet, they'll try and help your unconfidence. The supervisors are great at organising me – if I get a little stressed they really calm me down."

Portering team leader John Stonier says: "George is a great addition to the team. He makes everyone around him feel good about themselves and puts a smile on patients' faces."

- Every year there are 800 school leavers in London who have an autistic spectrum condition
- Less than 25% go on to further education
- Only 15% of all adults with autism work and just 4% live independently.



Julie Vázquez and Clive Macrory

The Work Ready Programme

Clive Macrory's story makes tough reading. His childhood was spent in and out of care, being shunted between his abusive father and a series of foster carers. When his excessive drinking prevented him from being accepted into the army at age 18 he moved to London where things became even harder.



Participants and staff on the Work Ready Programme

Clive spent 20 years living on the streets and in homeless hostels, making numerous visits to A&E as he battled his addiction.

"I had no strength and no purpose," says Clive, "but I've now overcome all that. I have my own flat and I'm focusing on getting a job."

Clive recently took part in a week-long Work Ready Programme where 45 members of Guy's and St Thomas' staff offered their time, skills and support to help people who have been affected by homelessness to prepare themselves for work.

The programme was developed by Thames Reach, a leading London

homelessness charity, alongside management consultancy McKinsey & Company.

"We serve one of the most diverse populations in the country. To continue to deliver excellent patient care, we need to harness the talents of a diverse workforce through programmes such as Work Ready and the Autism Project."

Staynton Brown, Associate Director
Equality and Human Rights

Julie Vázquez, a project manager for Adult Local Services, volunteered on the programme and is Clive's mentor. She says: "It's a fantastic programme that really focuses on developing the individual's abilities and helps them work towards their goals. It's so rewarding to be part

of and to help Clive in his inspiring journey."

The programme included a residential weekend offering a range of confidence-building activities. Participants completed a CV writing class, IT and budgeting

tutorials, as well as practical courses such as health and safety training.

They also got the opportunity to undertake visits to Guy's Hospital and the McKinsey offices. The week was rounded off by a job fair and an emotional graduation ceremony.

Clive says: "I've enjoyed every minute of the programme. I learned so much about what is expected when you have a responsible job."

All participants will be offered a work experience placement in the Trust, as well as a mentor for the next 12 months.

- A quarter of England's homeless people live in the boroughs of Westminster, Lambeth and Southwark.

www.care-trade.org
www.thamesreach.org.uk

Known as the 'silent thief of sight', glaucoma needs to be caught early to prevent blindness. **Vicky Milnes** finds out more.

Saving sight



Carolyn Ford, Abiodun Babalola and Mr Goyal

Glaucoma is the world's second most common cause of blindness, but most people will not realise they have it until it is too late to save their sight.

Abiodun Babalola, 48, had treatment for glaucoma at St Thomas' Hospital. He explains: "In 2010 I started to have problems with my sight and the optician referred me to hospital. I was nearly blind in my right eye. I was so scared."

There are several types of glaucoma but in all of them the nerve that carries signals from the eye to the brain is damaged. Often this is caused by a build-up of fluid in the eye, which causes pressure in the eye to increase.

Abiodun has open angle glaucoma, a common type of glaucoma that can develop slowly over many years. Angle closure glaucoma is less common but

more likely to cause blindness, and symptoms can sometimes come on suddenly.

Abiodun was treated with eye drops, laser treatment, then glaucoma surgery and an operation for cataracts. Cataracts (when changes to the lens of the eye make vision cloudy) affect many patients with glaucoma and the two conditions may be treated in the same operation.

Mr Saurabh Goyal, consultant ophthalmic surgeon at Guy's and St Thomas', says: "We've been able to save the sight Abiodun has left – if it wasn't for the treatment, he would have been completely blind within a year of being diagnosed."

About a million people in England have glaucoma, but half don't know it. This is because the condition has no symptoms

at first, and won't be picked up unless someone has an eye test.

Glaucoma cannot be cured and any damage to the eyesight cannot be reversed. Instead, the aim of treatment is to stop somebody's eyesight from getting worse.

Carolyn Ford, lead glaucoma nurse specialist, says: "People associate eye tests with vision, not eye health, and only go to the opticians if they have sight problems. But glaucoma often doesn't have any symptoms, so it's really important to check that your eyes are healthy."

"Have an eye test every two years if you're over 40 and every year if you're over 60. Those at a high risk of glaucoma should get tested before 40."

Mr Goyal is part of a team at St Thomas' who are researching new glaucoma treatments that are less invasive than



traditional surgery and quicker to recover from. For the 7,000 patients with glaucoma seen at the hospital every year, this could be very good news.

Am I at risk of glaucoma?

- People from an Afro-Caribbean background have a higher risk of open angle glaucoma and may get it at a younger age, often in their 30s or 40s
- Having diabetes, being very short-sighted, or having a close relative with glaucoma can increase your risk
- The risk of glaucoma also grows with age – 10% of people over 75 have open angle glaucoma
- Speak to your optician to find out if you are eligible for a free eye test.

Yilmaz's story

Yilmaz Bayraktar, 57, has angle closure glaucoma. He went for his first eye test 10 years ago when he started to have trouble reading.

"The optician told me I needed to go to hospital," says Yilmaz. "I was shocked. My mum, aunt and grandmother had glaucoma but I never thought I had it because I had no symptoms."

Yilmaz was prescribed drops and tablets to control the high pressure in his eyes. When his eye pressure remained very high he was referred to Guy's and St Thomas'.

He's since had a new operation to treat his cataracts and glaucoma at the same time. Removing the cataracts and replacing the lens in his eyes during keyhole surgery has helped to improve his vision. A laser was applied to his eye to reduce pressure related to glaucoma.

Yilmaz says: "The treatment was fantastic. I consider myself very lucky."

Mr Goyal adds: "Removing and replacing the lens in the eye is a new treatment for angle closure glaucoma and it's very effective, even for patients without cataracts. We took part in an international research trial to help develop this treatment, and it has now completely revolutionised how we treat this type of glaucoma."



Mr Goyal and Yilmaz Bayraktar

Breast cancer survivor Diana Crawshaw was the Chair of the Patient Reference Group for the new Cancer Centre at Guy's.

Diana talks to **Ruth Shepherd** about her role.

A patient's touch

Q How did you get involved in the Cancer Centre?

A I was a patient at Guy's and had my radiotherapy, chemotherapy and physiotherapy there. Saskia, my physiotherapist, asked me if I was interested in being involved so, in 2010, I started meeting with a patient group. Our first job was to help choose the architect (Rogers Stirk Harbour + Partners), and I began chairing the Patient Reference Group in 2013.

Saskia is now running The Gordon Survivorship Centre in the new Cancer Centre at Guy's. We saw each other just last week, and she said: "Wow, you took on the job didn't you?" – I told her it was all her fault!

Q Which aspects of the Cancer Centre are designed with patients in mind?

A Everything. The radiotherapy treatment area is above ground instead of in the basement. This was suggested by a patient, taken on board by the architects, and is now a reality. It means there are incredibly thick walls and doors in the Radiotherapy Village, making the building extremely heavy. We also have The Fitting Room in the Welcome Village where patients can buy wigs, scarves and other items.

We even helped to choose the artists whose work is on display in the Centre and makes a big difference, improving the environment for patients.

Q What did your role involve?

A I kept everyone together and made sure our voices were heard. Our group included cancer patients with many different experiences and views.

It was very much a 24/7 job – or at least that's what I made it. I chaired our meetings, and there was always a lot to discuss. I raised the profile of patients, and represented the 27 patients in the group at important meetings.

Q What has been your favourite part of being involved?

A I would say it's been working towards the same vision with the other members of the group. It was a privilege to represent patients at events like the 'topping out' ceremony, which marked the completion of the building.

I also visited the Sidney Kimmel Cancer Center in Baltimore. I learned about how cancer care was provided there and met patients and staff. It was my first trip to America and something I'll never forget. We arrived on Cancer Survivors' Day, and we were so impressed we decided to hold our

own Survivors' Day at Guy's in June 2015. That was the first such event in the UK.

Another highlight was winning a Quality in Care Award for patient involvement. I remember almost falling off my chair when they announced that we had won.

Q Now that the Cancer Centre is open, what's next for you?

A My role is not quite over. Our group has been asked to assess how the centre is running now it's open.

I volunteer in the Cancer Centre a few times a week. I started the first week it was open, and it really is lovely. I guide people around the building, help them use the self check-in kiosks, and support people who are distressed. As a volunteer, you've got to be there for whatever arises.

I'm also an organist and I play at lots of events, I'm a trustee of a pre-school, and I run music therapy sessions for children with special needs.

Q What are you proudest of?

A We had a mission to put patients at the heart of the Cancer Centre and we succeeded. We were given this responsibility and we executed it well. I never envisaged how great it would be when I first got involved, but I am incredibly glad I did.

www.guysandstthomas.nhs.uk/guyscancer



When Eben Berry was three and a half he was diagnosed with autism. A clinical trial changed the way his parents communicated with him and has been shown to have long-term benefits for other children with symptoms of autism, as **Cara Lee** found out.

Autism trial benefits children like Eben



Eben and Naomi Berry

Autism spectrum disorder affects about one in 100 people and causes problems with social communication and interaction. For the first time, a study has shown the long-term effect of early intervention for autism.

"Eben was finding it very hard to communicate, especially when he was anxious," explains Naomi Berry, Eben's mum. "He would scream, cry and roll around on the floor because he couldn't express what the problem was.

"Eben found it hard to link words together, had poor eye contact, and wouldn't interact with me or my husband Mike when he played."

As part of the Pre-school Autism Communication Trial (PACT), Naomi was filmed interacting with Eben by a therapist. She played the footage back to Naomi and explained how methods such as talking less, following Eben's lead while playing and correcting speech mistakes in a more positive way could benefit his communication.

Naomi says: "The therapist made me think about my approach and advised me to hold back more. In the first film of my interaction with Eben, I realised I was talking the whole time and encouraging him to play with me. The next time she said I shouldn't talk at all and wait for him

to initiate play first.

"Over time his eye contact started to improve, he was more comfortable looking at me and being close to me and passed me his toys. It was a valuable tool to learn and gradually his speech and communication improved.

"The method helped Mike and me to understand Eben more as a person and how his mind worked. The skills we learned are now part of our everyday life so it's been invaluable for us and changed the way we approach helping our children.

"Now aged 14, Eben is doing well and is in mainstream school. He still finds

social situations hard but we are 100% sure that he would be struggling a lot more with his communication had he not been in the PACT study. We can't praise it enough."

Naomi and Mike's other son Jacob, 12, is also autistic and they believe the methods they learned on the study have benefited both children.

The research concluded that children who received the intervention had less severe overall symptoms six years later compared with those receiving usual treatment, with improved social communication and reduced repetitive behaviours.

Dr Vicky Slonims, senior consultant speech and language therapist at Evelina London, was one of the principal investigators of the study.

She says: "The research is the first to show an improvement in autism symptoms over many years, following treatment.

"These symptoms were previously thought to be very resistant to change. It indicates that a focus on the very earliest stages of social communication is very beneficial for children with autism."

"The skills we learned are now part of our everyday life so it's been invaluable for us and changed the way we approach helping our children."

Get involved in research

Clinical research relies on volunteers. If you are a patient at Guy's and St Thomas', you may be invited to take part in a study, or you can ask your nurse or doctor whether there is a suitable trial that you can take part in.



Professor Nick Hart
in the Lane Fox
Respiratory Unit

New hope for patients with severe lung disease

Patients suffering from severe lung disease could see their lives transformed thanks to a 'game-changing' clinical trial led by the team from the Lane Fox Respiratory Unit at St Thomas'.

An estimated 1.2 million people in the UK live with Chronic Obstructive Pulmonary Disease (COPD), a condition where the airways become inflamed and narrow, making it hard to breathe in and out.

The trial revealed that providing home ventilation, in addition to oxygen treatment, has reduced the number of people with COPD who are readmitted to hospital.

Professor Nick Hart, Clinical Director of the Lane Fox Respiratory Unit, explains: "The only treatment we have been able to give these patients previously has been oxygen therapy, but now we can give them oxygen as well as a ventilator in their home. We have managed to reduce the likelihood of readmission to hospital by almost 50%.

"The mask ventilator machine works by blowing in air and oxygen to keep levels of oxygen high and levels of carbon dioxide, the waste gas, low." The trial was carried out thanks to funding and equipment from manufacturers Philips Respironics and ResMed, as well as Guy's and St Thomas' Charity.

Ronnie Ward, 74, from Brighton, has suffered from COPD for five years and uses his home ventilator every night to support his breathing. Since being recruited for the trial, he and his wife Julie, 55, have had to make far fewer trips to hospital.

"Ronnie was in and out of hospital, sometimes spending weeks and months on the wards. Coming back and forth and spending so much time in hospital was stressful and very demoralising," says Julie.

"We were finding that just weeks after he'd been discharged from hospital, Ronnie would need to be readmitted because he was struggling to breathe again. Using the breathing machine every night has taken a lot of pressure off us."

Professor Hart says: "This is very important because not only does it maintain a patient's quality of life but also it significantly reduces pressures on NHS budgets. At Guy's and St Thomas' around 1,000 patients are admitted each year with COPD. If we can keep them comfortable at home for longer, this will have a big impact."

Jennifer Sharpe, advanced nurse practitioner for diabetes, supports patients with diabetes in Southwark. She tells **Maxine Hoeksma** about her work life.

Work life

8:30am – I start my day from either Dulwich Community Hospital or Artesian Health Centre in Bermondsey where we run clinics on Wednesdays and Fridays. I'm part of a team that includes a consultant, a dietitian and a GP. I work closely with Catherine Crossley, diabetes specialist nurse. As a team we ensure that patients get specialist advice and support close to where they live without having to travel into hospital.

9:00am – Most patients are referred to us by their GP or the Trust's outpatient department. Our team checks the patient's weight, blood pressure, urine and glucose. The results help us decide, with the patient, on the best treatment for them. Finding out early that you have diabetes and then having regular check-ups and changing your lifestyle will help to reduce the risk of complications.

10:00am – Throughout the day we run a telephone clinic. Today I'm 'Nurse of the Day' which means I'll be answering queries that come in via email or telephone from patients or other healthcare professionals. We also make follow-up calls to patients to make sure they are on the right amount of insulin for them. Everyone is different.



12noon – Part of my role is to work with the acute diabetes service at Guy's Hospital. I prepare for my day over at Guy's tomorrow where I'll spend part of the day helping patients improve their diabetes before weight-loss (bariatric) surgery.

2:00pm – I have cycled to a nearby surgery where I'm consulting with the GP on the best way to care for individual patients with diabetes. One of our priorities is to join up care provided by different healthcare professionals so patients get the best possible treatment. Many people have their diabetes managed at the GP surgery so we provide advice, guidance and training for GPs, practice nurses and district nurses.

4:30pm – Back in the office, I answer any final queries, write letters and work with Catherine to prepare for the free diabetic awareness courses, that she'll be running tomorrow.

Taking insulin can be daunting so we run support groups so people can learn how to manage their diabetes safely. Patients learn from each other as well as the healthcare professionals managing their care.

Catherine Crossley and I run the diabetic awareness course, DESMOND (Diabetes Education and Self Management for Ongoing and Newly Diagnosed) and Living with Diabetes. Both courses help patients to take control of their diabetes by helping them to set targets for their blood glucose levels and to become more aware of the importance of healthy



eating, regular exercise and keeping on top of their weight.

People with diabetes can book a place on DESMOND by calling 020 3049 8863 or by contacting their GP or practice nurse.

- Around 30,000 people live with diabetes locally and thousands more are completely unaware that they have the condition
- Diabetes is a condition where the body doesn't produce enough insulin or the insulin isn't working properly, meaning that a person's blood sugar levels become too high
- One of the first signs of diabetes is getting up in the night to go to the toilet more often and feeling thirsty and tired.



Why I fundraise

Brothers Jules and Olly Benkert rounded up a group of dedicated family and friends to raise more than £250,000 towards research at Guy's and St Thomas'. The money they have raised is helping to find a cure for Wegener's granulomatosis, a rare disease that causes the walls of the blood vessels to become severely inflamed and swollen.

Jules and Olly's sister, Alice, sadly passed away from Wegener's in 2010. A year later a team of 23 cycled from Surrey to Swansea in her memory.

Now the group have done it again, but this time the challenge was even tougher.

Jules explains: "Last May, 25 of us cycled across the Pyrenees from Barcelona to the Costa Brava – Alice's favourite holiday location.

"The first challenge was a doddle compared to this. We took on more than 200 kilometres – including three kilometres of vertical climbing – all within just two days.

"Research has already provided sufferers with amazing advances in treatment. Every penny we've raised will make a meaningful difference to those suffering from Wegener's and will hopefully mean that one day a cure will be found."

For more information about supporting your hospitals go to
www.supportgstt.org.uk,
 email info@supportgstt.org.uk or
 call 020 7848 4701.

Ask us: Do I need a flu jab?

Matron **Beverley Ganpot** is part of the occupational health team that provides staff with the flu vaccine. She explains why flu vaccinations matter.

Why is the flu vaccine important?

If you're fit and healthy, flu can be very unpleasant but you will be back to normal in a couple of weeks. However, for some people, including a lot of our patients, it can be much more serious. Flu is very contagious so having the vaccine reduces the risk of spreading it.

What is the vaccine?

The vaccine contains an inactivated version of the flu virus. It is very safe and it can't give you the flu. The viruses that cause flu change every year, which means that the vaccine changes too, and that is

why the vaccine needs to be given each year.

How else can I protect myself?

Vaccination is the best way to reduce your chances of getting the flu – but also make sure you wash your hands regularly, exercise and eat healthily.

Where can I get vaccinated?

The NHS offers free vaccines to people aged over 65, pregnant women, and people with certain medical conditions. See the full list of who can get the free vaccination on www.nhs.uk.



Zog lands at Evelina London

The UK's number one children's book duo, author Julia Donaldson and illustrator Axel Scheffler, have unveiled a unique new mural at Evelina London Children's Hospital.

To celebrate the launch of their latest picture book, *Zog and the Flying Doctors*, Axel Scheffler presented a stunning 12-metre mural from Scholastic Children's Books featuring artwork from the new book. He crowned the piece with a bespoke painting of Zog the dragon acting as an air ambulance to doctors Princess Pearl and Gadabout the Great.

The painting was completed at the hospital in a newly opened room for diagnostic investigations and minor surgery. Stretching down a corridor to the children's operating theatres, the mural serves as a welcome distraction to anxious children and parents. It's already proved a hit with children and staff as going to theatre has become 'Come and see Zog'.

Perhaps best known for *The Gruffalo*, Axel Scheffler is one of the most recognised artists in the UK – he illustrated an incredible 12 of the top 20 picture books in 2015.



Axel Scheffler and Julia Donaldson in front of the mural

The story of Guy's Boat

A boat buried 4.8 metres below the Cancer Centre at Guy's is one of the few Roman vessels to have been found in the UK. **Ann Brown** found out more about where it came from.



Bruce Watson, senior archaeologist from Museum of London Archaeology

The Romans established London (Londinium) nearly 2,000 years ago on the north bank of the Thames. Over 400 years, the town grew to become one of the country's most important cities with a bustling port and important trade routes.

Southwark started to be developed by the Romans after they built a bridge near where London Bridge currently stands. At the time, the area was a series of

gravel islands with creeks and waterways. One of these creeks, now known as Guy's Channel, ran along Great Maze Pond and through the area where Guy's Hospital currently stands.

The small rivers provided sheltered moorings for the Romans' boats where they could safely unload their cargo before selling it on to the city's merchants and residents.

Between 190-225AD, a large 16 metre (52 foot) barge was abandoned in the channel. The boat had been in use for some time, and its owners had patched it up in places.

The boat remained undisturbed in the place where it had been abandoned, well-preserved in the damp conditions of the creek, until 1958 when part of it was unearthed during building work at Guy's. It remains under the Cancer Centre where it is protected as a scheduled ancient monument.

Derek Seeley, Senior Project Manager at the Museum of London Archaeology, oversaw the excavation of the boat when the new Cancer Centre was built.

He said: "No signs of any cargo have been found on Guy's Boat so it's hard to say what it was used for. It's possible that it carried cargo or passengers up and down the Thames, and maybe even further afield.

"Shipping was very important in Roman London so this discovery helps us to understand more about how they built and used their boats."

What happened to Guy's Channel?

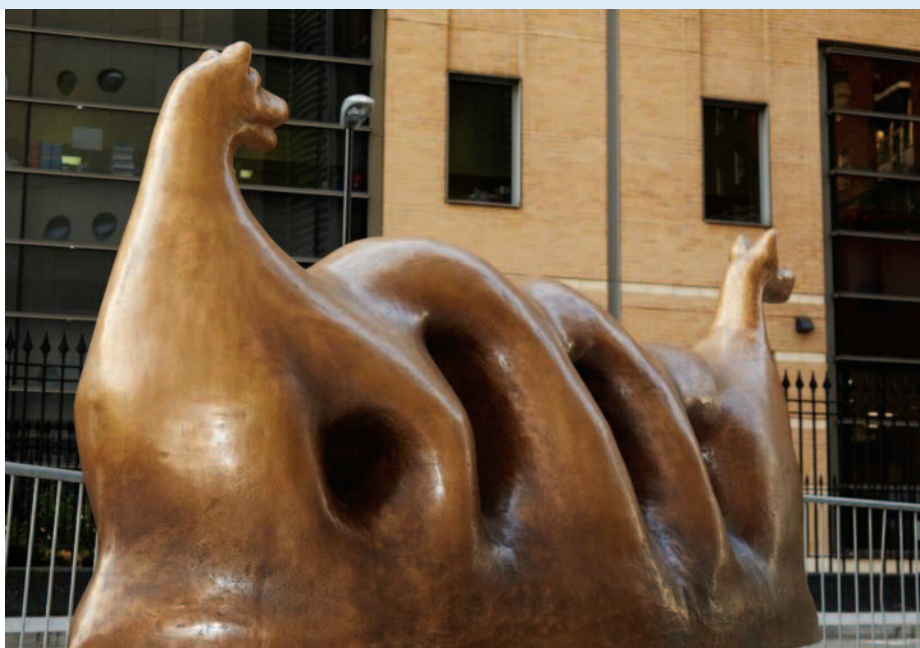
Guy's Channel originally flowed into the Thames, but over time it became cut off from the river and filled with rubbish and sediment. The low-lying area was still prone to flooding during the Tudor period, but by 1746 the channel was just a series of land-locked ponds.

A map from 1799 shows that the ponds had disappeared and by 1875 warehouses which supplied Bermondsey's breweries with hops had been constructed along Great Maze Pond. They were damaged during the Blitz and replaced by part of Guy's Hospital. These buildings were demolished in 2013 to make way for the new Cancer Centre.

'Boat' 2016

Artist Daniel Silver took the Roman boat as the inspiration and starting point for his bronze and concrete sculpture at the entrance to the Cancer Centre. The work is part of an arts programme funded by Guy's and St Thomas' Charity.

Roy Stephenson, Head of Archaeological Collections at the Museum of London, says: "Sometimes the archaeologist is regarded as the absolute voice of authority but someone like Daniel Silver, an artist, can actually create an alternative story – a different vision, a different view of what happened, but at the same time grounded in the evidence."



'Boat' by Daniel Silver [credit Ron Bambridge, courtesy Futurecity]

Say what?

Bill 'Elvis' Simmons, Porter

Q What is the role of a porter?

A We're here to put patients first, and make their time in our hospitals as comfortable as possible. Primarily, this involves helping to transport patients who are unable to move freely themselves. But we also lend an ear and provide a welcoming face for patients who can be going through very difficult health issues.

Q What do you remember from your first day?

A I remember being nervous, but my manager Steve was very supportive and welcoming, and helped me fit into the team straight away. I've now been working here for 17 years, so I guess I did OK!

Q What are the best things about your role as a porter?

A I really enjoy the fact that I am not in an office all day, and that it's a very active role. I also really appreciate the flexibility of the role, as it allows for a really good work/life balance.

I live nearby, so it's great that I can help other people in the community through my work as a porter.

Q What do you like to do in your spare time?

A I am a keen bowls player, and have been for over 30 years. I am a member of the Ladywell Bowling Club in Lewisham, and I recently won a regional competition for players from across London and the South East – I was awarded the 'Champion of Champions' trophy.

I'm also a big fan of Elvis Presley, and colleagues call me Elvis.



Q What advice can you share with anyone starting a new job here?

A I would say to any new starters that they should expect to work hard, but that they will be working in a friendly and welcoming atmosphere, with many really talented and supportive colleagues.

From the frontline

Susan Ofori Food Service Assistant,
Becket Ward, St Thomas'



I used to work in a hotel as a housekeeper so for me this job was completely new. When I went home after my first day I told my friend I didn't think I could do it. But she encouraged me not to worry and week by week I loved it more and more.

I was recommended to this role by someone who worked in the hospital. Initially, I was sent by a staffing agency to St Thomas', then a few years later I became permanent in Becket Ward and I've now been here for six years. I can't help but appreciate how special this opportunity was.

I love my job for many reasons, but mostly I enjoy speaking to patients. In the middle of my tea round, I ask patients what they would like for lunch, to which some reply: "I'd love a gin and tonic, dear."

Despite the challenges, we all have a lot of fun and it's uplifting when I can help

make patients feel comfortable. It's moments like these where I'm reminded of the importance of being able to laugh about things – we get through it together.

My favourite time of the year is Christmas. We prepare a table for our patients with turkey and all the trimmings. It's not a lot, but we want them to feel happy if they have to be in hospital over Christmas.

We try to meet every patient's needs in the food we provide and it's a great pleasure to work for a Trust that values quality nutritional care.

When I was voted team leader of the month it was such a reward and really motivating. Not only do I really enjoy my role, but I put my heart and mind into what I do. I love my job, so I simply allow my work to speak for itself.

What's On

Now until 30 April 2017

**The Age of the Beard:
Putting on a brave face in
Victorian Britain**

Florence Nightingale Museum
10am – 5pm
Call 020 7620 0374 or visit
www.florence-nightingale.co.uk

1 December
World AIDS Day

1 December
Blessing of the cribs
12.15pm
St Thomas' Hospital Chapel

2 December
Evelina London Zip
1pm onwards
St Thomas' Hospital to
Victoria Tower Gardens
www.evelinazip.org.uk

7 December
Community Carols
7 – 8pm
Southwark Cathedral
Call 020 7848 4701 to book
£8 donation

7 December
**Friends of Guy's and Friends
of St Thomas' Christmas
Market**
11am – 3pm
Central Hall, St Thomas'

14 December
Evelina London Carol Service
2pm
Evelina London Atrium

14 December
Board of Directors meeting
1-2pm
Governors' Hall, St Thomas'

20 December
Candlelight Carol Service
3pm
St Thomas' Hospital Chapel

1 – 31 January
Dry January

1 February
Dignity Action Day
www.dignityincare.org.uk

4 February
World Cancer Day

28 February
Rare Disease Day
www.rarediseaseday.org.uk

Free film screenings:

Medicinema (gsttmedicinema@medicinema.org.uk) shows the latest releases for patients and staff

Guy's Tuesdays, 1.30pm and Thursdays, 7pm

St Thomas' Saturdays, 7pm and Tuesdays, 7.30pm

Evelina London screenings on Wednesdays, 6pm

Free lunchtime concerts:

Mondays 1 – 2pm, Central Hall, St Thomas'

Wednesdays 1 – 2pm, Atrium 1, Guy's

Raise money for your hospitals and community services

For all the latest news about our amazing fundraisers and how you can support Guy's, St Thomas' and Evelina London,

follow  [@SupportGSTT](https://twitter.com/SupportGSTT)
and like  facebook.com/SupportGSTT
and  facebook.com/SupportEvelina

Competition



We have two pairs of tickets to the London Eye up for grabs. To be in with a chance of winning one pair, simply complete the wordsearch below.

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

Bobsleigh	Icehockey	Skiing	Sledge
Curling	Luge	Skijump	Snowboard
Dogsled	Mogul	Slalom	Snowman
Downhill	Skating	Sledding	Toboggan

Name

Address

Email

Send your entry by **6 January** to *the GiST* competition, Communications Department, 4th floor, Staircase C, South Wing, St Thomas' Hospital, Westminster Bridge Road, SE1 7EH; or you can email communications@gstt.nhs.uk.

The winners 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 winners. The prize is non-transferable.



Not all illnesses and injuries need hospital care

Get the advice
you need



Download free app or visit
www.healthhelpnow.nhs.uk

