

the G1ST

News from Guy's and St Thomas' Issue 34 | 2020



Standing together

The inside story of responding to a pandemic

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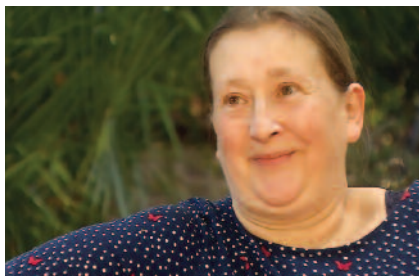


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Welcome

2020 has been an unprecedented year and undoubtedly one of the greatest challenges in the 72 year history of the NHS. How we have responded has made me so proud to be part of Guy's and St Thomas'.

Firstly I would like to send my personal condolences to the families and loved ones of the staff and patients who very sadly died during the pandemic.

During these difficult circumstances, the teamwork from our staff and their commitment to ensuring we can provide the best possible care to our patients and each other has quite simply been inspiring.

I would like to thank everyone who has helped keep us going. The support for the NHS during the COVID-19 pandemic, both nationally and in our local community, has been fantastic.

In this issue of the GiST, you can read about how the Trust has continued to care for patients in our hospitals and in all the places our patients call home.

You can find out how we have supported our own staff through the pressures of the pandemic (page 14) and how we are using research to learn more about how COVID-19 works, and to develop new treatments and vaccines (page 18).

You can also read about inspirational Tony Hudgell, a five-year-old boy who has raised a staggering £1.5 million for Evelina London Children's Hospital (page 16).

I hope you enjoy this extraordinary issue of the GiST.

Ian Abbs

Dr Ian Abbs, Chief Executive
Guy's and St Thomas' NHS Foundation Trust

Editor's note

Photos within the magazine were taken at different stages of the COVID-19 response when guidance for personal protective equipment and social distancing varied.

Meet the team

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Front cover: Alvin Cortuna, senior staff nurse from the adult critical care team

We are delighted that **the GiST** scooped the award for 'Best Corporate Publication – External' at the CorpComms Awards 2019, and a bronze award for 'Best Branded Content Publication' at the Corporate Content Awards 2020.



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

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Asthma patients take vital treatment at home

Hundreds of severe asthma patients were able to take their life-changing drugs throughout the COVID-19 crisis thanks to quick-thinking hospital staff.

The severe asthma team at Guy's and St Thomas' worked rapidly so that patients on biological treatments, usually injected by staff in hospital, could administer the medicines themselves at home.

These patients were among the many groups told to shield by the Government, so would have had to stop their treatment or go against official guidance if they had to come into hospital.

Justin Ikpeamagheze, 36, has taken one of the therapies for around two years.

He said: "I was worried about getting my injections during lockdown. The clinic sorted it for me and arranged for my



Justin Ikpeamagheze

injections to be delivered on a two-monthly basis.

"It was very reassuring to know I could still take them. The clinic followed up and made sure everything was ok. They made what could have been a more stressful time a lot easier."

Gráinne d'Ancona, consultant pharmacist, said: "In two weeks we arranged for injections to be delivered to more than 400 patients' homes and made sure they knew how to administer them.

"This would usually take more than six months to organise, so it was a fantastic team effort."

Evelina London leads the way

Experts at Evelina London Children's Hospital identified a rare inflammatory condition in children linked to COVID-19.

In a paper published in The Lancet they highlighted a cluster of six children who had displayed hyper-inflammatory symptoms similar to Kawasaki Disease in early April.

The hospital saw more than 70 children presenting with similar symptoms, in what has become known as Paediatric Multi-system Inflammatory Syndrome (PIMS-TS).

PIMS-TS is a rare, new syndrome which emerged in a small number of children during the COVID-19 pandemic.

It causes severe inflammation in blood



Dr Sara Hanna, Medical Director

vessels and can lead to heart damage, but with early identification and treatment, most children recover well.

The condition appears to adversely affect children with a Black, Asian and minority ethnic background, which was the case with 70-80 percent of the cases seen at Evelina London.

Dr Sara Hanna, Medical Director at Evelina London, said: "Research is underway to try to understand the

reasons for this distribution of cases and the impact of other factors such as increased BMI and low vitamin D levels, particularly given the diverse population served by Evelina London in south east London."

IN THE NEWS

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

ITV News

ITV News broadcast the story of chef Louisa Batista (pictured below) who has worked at Guy's and St Thomas' for 50 years and has never taken a day off sick. She came to the UK from Portugal aged 18 and initially joined the Trust as a housekeeper. Louisa says she has no plans to retire and added: "I enjoy it, every minute, since the day I started."



Evening Standard

A woman who was diagnosed with a kidney tumour the size of a grapefruit when she was pregnant says her baby saved her life. The Evening Standard told how Rachel Bailey had robotic keyhole surgery at Guy's and St Thomas' to remove the tumour and part of her kidney two weeks after Phoenix's birth.

BBC's Songs of Praise

The BBC's Songs of Praise featured interviews with the Trust's head of spiritual health care, Reverend Mia Hilborn, and senior nurses Fiona Hibberts and Joyce Kalaka in a special episode celebrating the anniversary of the NHS. The Archbishop of Canterbury, Justin Welby, spoke about the care he witnessed as a volunteer chaplain at St Thomas' Hospital.



Homelessness nurses

Helping homeless people during COVID-19

Nurses from Guy's and St Thomas' Health Inclusion Team have been providing essential health checks and treatment to hundreds of street homeless people living temporarily in the Capital's hotels during the COVID-19 outbreak.

The nurses have cared for more than 300 people at hotels in Waterloo, Clapham and Camberwell.

They look after vulnerable people housed in local hostels as well as rough sleepers accommodated under the 'Everyone In' scheme, set up by the Mayor of London in March, to provide safe, temporary accommodation to people sleeping rough during the pandemic.

Homelessness nurses advise people sleeping rough how to look after long-term conditions like Hepatitis C and kidney disease, care for wounds, screen for diseases like HIV and give medication.

They also ensure that patients register with a GP, so they can continue to receive healthcare once they move on from hotel and emergency accommodation.

Kendra Schneller, a homelessness nurse with the Health Inclusion Team, said: "People who sleep on our streets are entitled to receive healthcare, as is everyone. With COVID-19 we are having to adapt how we run our services and to think on our feet more. But we are still here for our patients."



In April, Early Hours London created a beautiful floral display outside St Thomas' Hospital to thank staff for working so hard during the pandemic. Co-founder Lizzie Powell has a close connection to Evelina London Children's Hospital as her son, Arthur, had an eye operation last year.

Patients get vital tests closer to home

Cancer patients are getting essential tests closer to where they live, before life-saving chemotherapy, thanks to a new initiative from Guy's and St Thomas' and St John Ambulance.

The move is part of efforts to minimise potential exposure to COVID-19 for patients who may have a compromised immune system following treatment.

Nurses and phlebotomists (people trained to take blood from patients) from the Cancer Centre at Guy's have been carrying out essential blood tests, and other procedures that need to be done 48 hours before chemotherapy, from one of three mobile cancer centres.

The service takes place in a St John Ambulance treatment centre, in car parks outside easily accessible locations such as supermarkets and pharmacies.

Christine Harley, 76, from Beckenham, was diagnosed with ovarian cancer in February and has had three rounds of



Georgia Hornsby, acting sister, chemotherapy

chemotherapy at the Cancer Centre at Guy's.

Christine, a former radiographer, said: "It was very quick and just the same as going to the Cancer Centre, except it's more convenient. It is a really good, positive idea, especially when you have weeks and months on this treatment. You are not bumping into different people or waiting around. I'd rather stay local than go up to London."

The project, which is supported by Guy's and St Thomas' Charity, has been developed by Guy's Cancer with the South East London Cancer Alliance.

It is available from the Cancer Centre at Guy's, the Cancer Centre at Sidcup and Queen Elizabeth Hospital site, part of Lewisham and Greenwich NHS Trust.



Jann Tipping and Annalan Navaratnam with Revd Mia Hilborn

A nurse and doctor who cancelled their wedding due to the coronavirus outbreak have got married at St Thomas' Hospital, where they both work.

Jann Tipping, an ambulatory emergency nurse, and Annalan Navaratnam, an acute medical registrar, tied the knot in the

Doctor and nurse marry in hospital

hospital's Grade 2 listed chapel in April.

The couple had planned to marry in August in London, but cancelled due to fears over their families being able to travel safely from Northern Ireland and Sri Lanka.

Rather than postpone, the pair wanted to get married as soon as possible with their guests being able to watch remotely.

They asked the hospital's spiritual care team if it was possible to have a private wedding ceremony in the chapel, which has features dating back to when St Thomas' opened on its current site in 1870.

The service was held by Revd Mia Hilborn, head of spiritual healthcare at the Trust, with only two witnesses present.

Jann said: "It was a lovely wedding and the chapel is beautiful, although it did feel surreal getting married where we work, and in a hospital. St Thomas' is such a special place to us both. Now there is an extra reason why it's so important to us."

Revd Hilborn said: "I was delighted to be able to get special permission to marry Jann and Annalan. It was a lovely service and I was thrilled to be part of it."

Evelina London unveils ambitious development plans



Evelina London Children's Hospital

Ambitious plans to provide life-changing care for more children and young people at Evelina London Children's Hospital have been announced.

The move will create state-of-the-art facilities as Evelina London develops as a comprehensive children's hospital, able to treat more of the sickest and most complex patients.

Over the past 10 years, demand for Evelina London's expert services and family friendly care has grown rapidly.

A series of new developments are now planned to meet existing and future demand, improving facilities for patients, their families and staff.

The development plans include: a new dedicated children's day surgery centre to increase capacity for planned diagnostic and surgical procedures; a major extension to the existing children's hospital, providing extra capacity with operating theatres, advanced diagnostics and inpatient floors; and relocation of children's outpatients to a new building on the neighbouring Royal Street site to maximise inpatient capacity within the main hospital buildings.

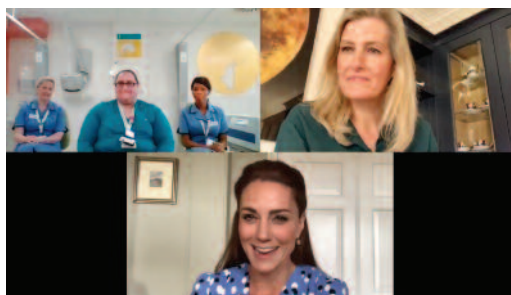
Duchess of Cambridge dials in

Evelina London Patron HRH The Duchess of Cambridge, along with HRH The Countess of Wessex, video called three Evelina London nurses in celebration of International Nurses' Day.

The call was hosted by Nursing Now, a global campaign aiming to raise the profile of nursing.

Many members of the Royal Family joined calls to mark the occasion and give thanks to nurses across the Commonwealth for their incredible work.

Adele McKnight, children's intensive care nurse, Betty Williams, deputy clinical nurse specialist, and Christina Feasey, community nurse, talked about how Evelina London nurses came together to provide care to children and adults while tackling the COVID-19 pandemic.



The Duchess of Cambridge and The Countess of Wessex join a Zoom call

Christina said: "It was a privilege to chat to The Duchess and The Countess, they were really interested in how our roles have changed during COVID-19.

"I explained that what I love most about my job is providing clinical care in the home so that children don't have to come into hospital."

Michael Carden describes how the Trust has been responding to coronavirus since day one.

The story so far



Nurses from the adult critical care team

Guy's and St Thomas' has been at the forefront of the nation's response to the COVID-19 pandemic since the very beginning, caring for patients in its hospitals and local communities.

As a High Consequence Infectious Disease Centre, the Trust saw some of the earliest cases of coronavirus in the UK, receiving its first patient on 6 February.

Nearly a month later, on 3 March, the first person was admitted into critical care, with the Trust going on to treat among the highest numbers of critical care patients in the country, including the Prime Minister.

At the time of writing, the Trust had admitted more than 1,600 patients who have been diagnosed with COVID-19, and of these just over 330 needed to be treated in critical care.

To do so required making significant changes to the way the Trust ran its

services, but one thing remained the same throughout – the focus on providing patients with safe and compassionate care at all times.

To ensure the Trust had enough capacity to meet the increased demand for its services, staff were redeployed to new roles and many clinical areas were converted into additional critical care units or dedicated COVID-19 wards.

This included the extraordinary feat of relocating, within just two weeks, the paediatric intensive care unit to the sixth floor of Evelina London Children's Hospital to free up space on the second floor for adult critical care.

The Trust was able to ensure that there was a continuous supply of personal protective equipment (PPE) and other vital equipment for its staff, and to support other organisations in London when

needed.

Throughout its response, the Trust has continued to provide care to those who needed it most and to work with local partners to care for people in all the places they call home, including supporting them with their longer term recovery and rehabilitation.

While many hospital and community appointments were postponed or cancelled, some services were delivered virtually, and working with private hospitals allowed urgent surgery to continue.

The Trust's response has involved every single part of the organisation. Frontline clinical staff have been supported by colleagues from corporate services, as well as a wide range of teams from estates and facilities including housekeeping, waste management, sterile services, catering, security and many more who have played



The housekeeping team keeping everything clean and patients safe

an invaluable role.

Engineering teams also installed additional oxygen supplies, vital to treat patients on ventilators in critical care.

Since the Trust began to re-start its services, staff have worked hard to make

sure patients are confident the hospitals and community sites are safe places for them to come through a highly visible 'Stay safe, keep apart' campaign.

Dr Ian Abbs, Chief Executive said:

"The Trust has responded with extraordinary courage and determination to this unprecedented challenge and I would like to thank all of our staff for everything that they have done and continue to do to keep our services running and our patients safe.

"Everyone, whether in a clinical or non-clinical role, providing frontline or support services, working in our hospitals, community or remotely, caring for adults or children, has played an absolutely vital role in our response.

"Everything we have achieved has been made possible by the incredible teamwork, professionalism, dedication and flexibility of everyone at Guy's and St Thomas."

Father thanks 'angels' at Guy's and St Thomas'



Chris Kuzelewski with his family

A father-of-two who spent a month in a coma after contracting coronavirus has thanked staff at Guy's and St Thomas' for saving his life.

Chris Kuzelewski was admitted to his local hospital in April after developing a high temperature and difficulty breathing.

He was transferred to St Thomas' Hospital a week later for specialist treatment in the intensive care unit.

The 41-year-old spent four weeks in a coma and 19 days on an ECMO (Extracorporeal Membrane Oxygenation) machine, which continuously takes blood from the body, adds oxygen, removes carbon dioxide and then returns it to the body.

The treatment temporarily replaces the work of the lungs or heart in patients with severe lung or heart failure, similar to dialysis for kidney failure, allowing their organs to heal.

Chris, from Thamesmead in south east London, said: "There are no words to describe what everyone did for me. They have saved my life and given me a second chance.

"They are national heroes and when my life was on the edge they were the angels who kept me alive – I cannot thank them enough.

"The care I received was outstanding and I saw so much hard work and team work – it's something I'll never forget."

After 52 days in hospital, Chris was able to go home and is continuing to recover with his family by his side.

Our community teams continue to play a vital role caring for local residents in the many places they call home. **Maxine Hoeksma** finds out more.



Genevieve Irono

On the home front

When the coronavirus pandemic struck, Genevieve Irono, a district nurse with the neighbourhood nursing team and 19 years of nursing experience, did not hesitate to put her patients first.

Genevieve said: “Suddenly I began hearing at work and on the radio about the death rate. It was shocking to me. The whole team was scared, as nothing like this had happened to us before.

“But I thought to myself: ‘We are nurses, I cannot stop going to work. Who will be there for these patients?’ Some of them are on their own and need injections of insulin twice a day, their wounds treated or are coming to the end of their life. We are always here for our patients – the people who need us the most.”

Genevieve is one of a small army of nurses, therapists, rehabilitation support

workers and other health and social care professionals working across different community, hospital and voluntary organisations to support patients in their homes, care homes and other community settings.

During the pandemic there has been a focus on helping all patients, COVID-19 related or not, to be discharged home rapidly once medically fit, and to recover and rehabilitate at home.

There is also increased demand to support patients, who may now be sicker because of delayed treatments as a result of the outbreak, or to help patients to be more involved in managing their own health.

Suzanne Roberts, Head of Integrated Rehabilitation Services, said: “While the hospital teams saw a surge in demand early on, the surge for our community teams peaked in June and July”.

District nursing teams went from 249 referrals a week in early April to 400 referrals a week at the end of June.

And it’s a similar story for the @home, Intermediate Care and

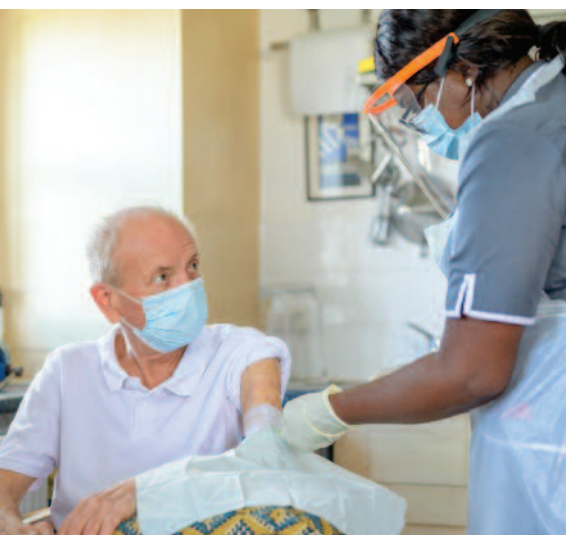
community neuro rehabilitation teams, with referrals up from 84 a week to 208 a week.

Suzanne adds: “To meet the demand for a rapid response we had to reconfigure our community teams, review rotas, and for some staff provide rapid

“We are always here for our patients – the people who need us the most.”



Therapist supports a patient with his rehabilitation



Genevieve Irono cares for a patient at home

retraining. Sometimes it felt like, 'We can't do this'. But we've supported each other through it and we're proud of the contribution community services have made to the COVID-19 response."



Members of the WhatsApp group

Supporting our care homes with WhatsApp

Dr Tania Kalsi, an elderly care consultant from Guy's and St Thomas', has received praise for setting up a WhatsApp group of health and care professionals.

It acts as an early warning system providing advice, guidance and support to 19 care homes across Lambeth and Southwark during the outbreak.

The group includes care home managers, GPs, hospital consultants from Guy's and St Thomas' and King's College Hospital, mental health services, pharmacists and hospice staff.

Jonathan Espiritu, deputy home manager at the Tower Bridge Care Home in Southwark, which cares for up to 128 residents, said: "Dr Kalsi pioneered the WhatsApp group and it is here for us day and night. We get instant advice, whether to isolate a patient, call the @home team or send a resident to hospital.

"The GPs give us daily updates and we can speak to the hospitals' specialists. Southwark Council has played a huge role in making sure we have all the personal protective equipment (PPE) we need throughout this crisis. Things are now stable in the care home and we are not afraid, if a second wave should happen. We know they are there to support us."

Dr Kalsi said: "Now we work more flexibly, without the usual division of roles. If a GP isn't able to go to a care home at a specific time, they can message the WhatsApp group and a doctor from the hospital team will go instead. We're all part of the same team."

Joe Parry meets members of staff who were redeployed to join the Trust's response to the pandemic.

Rising to the challenge

Staff across all areas of the Trust have gone above and beyond to care for patients.

Many volunteered to be redeployed to areas where their skills were needed, while others took on new jobs in addition to their current roles as a way of helping out.

The dental department at Guy's Hospital was forced to postpone all appointments except emergency dental work, leaving a team of eager dental nurses wanting to put their skills to good use.

Sharanpreet Bumbra has been a dental nurse at the Trust for almost five years and volunteered to be redeployed to the renal department. In late March, she began caring for patients with coronavirus.

Sharanpreet said: "Although I was nervous to begin with, I was excited to learn whilst helping to care for those in need.

"The first six or seven weeks were so busy and very demanding, but I really loved it."

Sharanpreet underwent rigorous training and shadowing before taking on her own workload as a nursing assistant.

Working in a busy ward with very sick patients had its challenges, but the 14 weeks Sharanpreet spent working as a renal nursing assistant is something she will never forget.

She said: "I'm really proud of myself.

I'm now back in the dental department and more confident than I've ever been before."

Dental nurses were redeployed to a number of areas throughout the Trust, including intensive care, blood testing and the Cancer Centre at Guy's.

Samantha Salaver, head of dental nursing, said: "The feedback from around the Trust has been phenomenal.

"More than 140 dental nurses were redeployed – that's around three quarters of all dental nurses. I'm so proud of the way my team has gone above and beyond to help wherever they were needed in such a challenging time."

It wasn't just clinical staff who found themselves helping out in new areas.

There were 26 members of the finance department who helped take on the vital task of delivering scrubs to frontline colleagues

across the Trust.

To limit the spread of coronavirus, more staff than ever before have been required to wear scrubs.

An additional 20,000 sets were required each week, so the finance team collected them at the end of shifts and

delivered new ones to the wards.

Though it sounds like a simple job, for Simon Lane, Associate Director of Finance, it highlighted the complexities

involved in keeping services running under pressure.

Simon said: "It was a really good thing to do and we were all happy to give up our time. We don't normally get to see staff on the frontline, so it was brilliant to see the inner workings of the hospital

while gaining a better understanding of how the supply chain works."

The 56-year-old added: "I was amazed by the welcome we received when we visited the ward and the positivity of the staff. Even though they were covered in personal protective equipment (PPE) and were facing new challenges each day, they always made sure to thank us for the work we were doing. It made us feel like we were making a difference in our own small way."

Julie Screaton, Chief People Officer, said: "I am so thankful to all staff who have gone above and beyond.

"Those who have worked in other areas have demonstrated their willingness to help wherever they are needed and have been absolutely vital in our response.

"I have been so proud to see our staff pull together to give the best possible care for our patients."

"I'm really proud of myself. I'm now back in the dental department and more confident than I've ever been before."

"I was amazed by the welcome we received when we visited the ward and the positivity of the staff."



Dental nurse Sharanpreet Bumbra



Malve Patel, senior finance manager, getting ready to deliver scrubs



Paul Glynn, finance manager, visiting wards to collect scrubs



Sharanpreet Bumbra on a renal ward wearing personal protective equipment

Nzinga Cotton

finds out how Guy's and St Thomas' celebrated the International Year of the Nurse and the Midwife despite COVID-19.



Celebrating in exceptional times

During the International Year of the Nurse and the Midwife, the COVID-19 pandemic has shone a huge spotlight on their important roles.

There are 6,500 nurses and midwives at Guy's and St Thomas' caring for patients in hospital and the local community.

More than 800 nurses were redeployed and 441 were trained to work in critical care to care for patients with coronavirus.

Of those redeployed, 44 went to work for the NHS Nightingale London, which was set up at the ExCeL conference centre to support all NHS London hospitals during the pandemic.

Toni Lynch, Interim Chief Nurse at Guy's and St Thomas', said: "Every single one of our hospital and community nurses and midwives have played a crucial role and I'm extremely thankful and proud of them all.

"Their tireless professionalism, dedication and selfless service has enabled the Trust to protect our staff and patients and respond well to the pandemic."

Zoe McKee was redeployed from her

job working as a rheumatology nurse to a ward for suspected coronavirus patients.

She said: "It was very daunting at first going to a completely different area to where I normally work. I hadn't worked in a ward environment since my training and I wasn't sure what to expect but the team I worked with were very supportive.

"Despite the challenges, everyone pulled together and there was a great team spirit. I was on the ward for two months from April during the peak of the pandemic, and I'm really glad I was there on the frontline supporting my colleagues and our patients."

The World Health Organisation designated 2020 the International Year of the Nurse and the Midwife in recognition of the bicentenary of pioneering nurse Florence Nightingale, but due to the pandemic many of the Trust's plans were cancelled.

Instead of marking the event throughout the year as originally planned,

Guy's and St Thomas' celebrated on International Nurses' Day – the day of Florence Nightingale's birth on 12 May.

In partnership with the Florence Nightingale Museum, the Trust kicked off its celebrations with a projection of the

famous nurse onto Guy's Hospital and St Thomas' Hospital, followed by a projection onto the Houses of Parliament.

Fiona Hibberts, who heads up the Nightingale Academy at Guy's and St Thomas', said: "It was a very fitting tribute as her first

nursing school was set up at St Thomas' Hospital in 1860, establishing Guy's and St Thomas' as the home of modern nursing.

"Florence Nightingale's teachings are more important than ever before. Her emphasis on good hygiene, compassionate care and gathering data are still the principles of modern nursing and indeed a key part of the global efforts

"Florence Nightingale's teachings are more important than ever before."

Florence Nightingale's image projected onto the Houses of Parliament



Born during lockdown

to tackle coronavirus.”

Chief Nursing Officer for England Ruth May, along with senior figures from the nursing community, visited the Trust on International Nurses' Day to thank staff for their huge contribution during the pandemic.

There was also a special service to commemorate Florence Nightingale's bicentenary, led by the Archbishop of Canterbury Justin Welby in St Thomas' Hospital chapel.

As part of the service, the Archbishop blessed new artwork and a stole, an altar frontal and a lectern frontal celebrating Florence's life donated by The Nightingale Fellowship, a body representing nurses who trained at St Thomas'.

The artwork will be permanently displayed in St Thomas' Hospital.

During the pandemic, the Trust's midwives and health visitors have been busy caring for new babies and their parents.

More than 2,000 babies were born between late March and July and the team have introduced new measures to keep them safe, including testing all patients for COVID-19 and limiting the use of the birth centre.

Naomi Ladenburg delivered her son Zackery Rafe by caesarean at St Thomas' Hospital in June.

The 40-year-old said: “My husband was only allowed to stay for six hours after my operation but in some ways this made things easier. Due to the lack of visitors, the ward was very quiet and calm and I was able to get a lot of support from the midwives with breastfeeding and pain management.

“There were lots of hand sanitiser stations nearby and I also had a COVID-19 test before the surgery, which was negative. I felt safe and reassured by the changes the maternity team made and I'm extremely thankful to everyone involved in my son's birth.”

Maxine Spencer, Director of Midwifery and



Naomi Ladenburg with son Zackery Rafe

Head of Gynaecology Nursing, said: “We had to adapt very quickly to deal with the challenges of COVID-19. We made a number of changes to the way our services are run to make them as safe as possible for our staff and patients, including offering video consultations and Skype antenatal workshops.

“Our staff worked tirelessly to ensure our services remained fully operational and our patients were still able to give birth at St Thomas'. We also continued to provide our home birthing service so that patients had the option of having their baby at home. Our midwives have gone above and beyond to continue to provide exceptional care to our patients and I am extremely thankful and proud of every one of them.”

Kelly Cook finds out how Guy's and St Thomas' Charity has been helping the Trust provide extra care for staff.

Caring for our carers



Staff from the emergency department

This year has been far from ordinary for staff at Guy's and St Thomas'.

Everyone at the Trust has worked tirelessly during these difficult times to provide the very best care to patients.

That's why – now more than ever – their physical and mental wellbeing is so important.

Thanks to donations from the public and a contribution from Guy's and St Thomas' Charity, the Trust was able to use more than £2million to quickly develop support for its staff. From pop-up shops providing free emergency essentials, to wellbeing zones and vital training.

Colin Kinloch, Trust Funding Director at Guy's and St Thomas' Charity, said: "When the pandemic began, we knew that investing in the welfare of staff was key to delivering the best care for the Trust's patients. By extending our on-going support, we have been able to help vital wellbeing projects quickly come to life.

"We are now looking at ways we can support the initiatives long-term, including building a permanent home for the wellbeing zones."



Khadija Mansoorali, resident pharmacist, in the Wellbeing Zone

Take a break

In the first few weeks of the pandemic, the Trust received a lot of generous donations from kind well-wishers so a dedicated wellbeing team was set up.

After speaking to staff about how they were feeling and what they needed, the team created Wellbeing Zones on both hospital sites.

The drop-in spaces provide a comfortable area for staff to relax and recharge, and are available 24 hours a day, seven days a week.

Each zone includes a massage chair, exercise bike, aromatherapy oils, magazines, refreshments and access to psychological support.

Valerie Boso is one of the 200 specially trained wellbeing advisors who signposts staff to support they may find useful.

Valerie said: "Staff are blown away when they see the zone for the first time. I've noticed the relief and sheer gratitude that people feel as they're able to leave all the challenges of work behind the door."



The emergency supply store provided essential groceries

Feeding our NHS family

Early on in the outbreak many supermarket shelves were empty with online delivery slots almost impossible to get.

Thanks to generous donations to Guy's and St Thomas' Charity, pop up emergency supply stores were set up to provide essential household items and fresh food to staff for free.

Food 'grab bags' were also designed by the Trust's dietitians for staff working at community and satellite sites.

Between March and May, the stores were used more than 17,000 times and over 100,000 items were given out.

Team Rubicon UK, a charity that mobilises veterans and volunteers, helped support the running of the service.

Georgina Charlton, operational lead for the stores, said: "The 20 volunteers used their military expertise to support us to expand the service across our hospital and community sites so that all of our staff could benefit."



Staff train with help from a simulator

Tech for training

COVID-19 has had a huge impact on the way staff are able to care for patients.

New, stricter processes for many routine procedures and tasks have been introduced to avoid the risk of infection.

To help staff adapt to these new ways of working, Guy's and St Thomas' Charity supported the Simulation and Interactive Learning Centre to buy a state-of-the-art patient simulator so that training could be adapted and delivered virtually in many cases.

New recording equipment has allowed the Centre to create e-learning resources and live-stream teaching sessions, meaning they reach a wider audience whilst socially distanced.

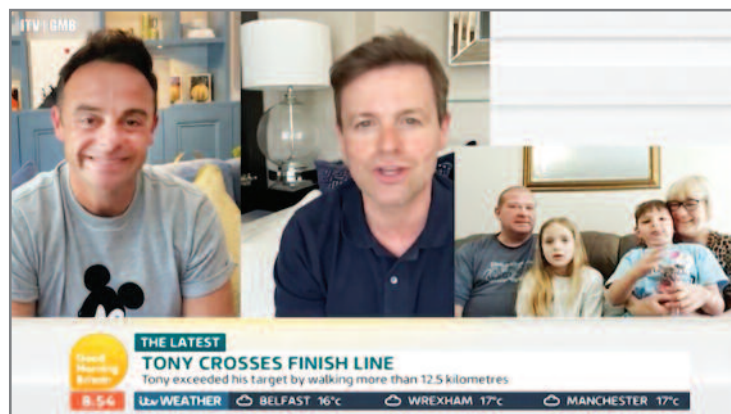
Around 3,500 training sessions have been delivered face-to-face and online.

Gareth Power, senior simulation engineer, said: "Without the generosity of donors, we would not have been able to support the huge number of clinical staff who are doing a fantastic job in one of the most testing environments they have ever experienced."

Fast facts

- **120 companies** kindly donated a range of goods and services including luxury items such as hand cream
- **1,746 donations** were made to Guy's and St Thomas' coronavirus appeal raising an incredible **£1,195,718**
- More than **750 sleep packs**, which include an eye mask and ear plugs, have been handed out to staff
- **20 sleep pods** have been installed across the Trust for staff to take a break

Joe Parry follows the incredible fundraising journey of Tony Hudgell.



Ant and Dec meet Tony on Good Morning Britain

Go Tony Go!

An inspirational five-year-old boy raised a staggering amount of money for Evelina London Children's Hospital whilst capturing the hearts of people across the world.

Tony Hudgell, from West Malling in Kent, received his first pair of prosthetic legs earlier this year and challenged himself to walk 10 kilometres throughout June to raise money for Evelina London – the hospital that saved his life.

After setting an initial target of £500, Tony's appeal has now exceeded £1.5 million, with donations received from all over the globe.

Proud parents Paula and Mark Hudgell, who adopted Tony when he was a baby, know how special he is, but couldn't have predicted he would raise so much money.

Paula, 52, said: "We had the idea to do the challenge to improve Tony's walking and raise a little bit of money for Evelina London along the way. We had no idea it would take off like it did."

She added: "We are just so proud of Tony for doing so well with his walking, while helping to make a difference to the lives of other children with needs like his. It feels wonderful to give back to a place that is so special to us. Evelina London is

like a second home for Tony and the staff are like family to us."

Tony has been a patient of Evelina London since he was a few weeks old and had to have both legs amputated in 2017 due to injuries he sustained as a baby.

He found inspiration

from fellow fundraiser Captain Sir Tom Moore, who raised more than £32m for the NHS and was overjoyed to receive a video message from Captain Tom himself, congratulating him on

his incredible achievement.

Tony also received royal support from HRH The Duke of Cambridge and Evelina London's Patron, HRH The Duchess of Cambridge, who said they were "so proud of the incredible courage and determination shown by Tony" on their Twitter and Instagram accounts.

Other high profile well-wishers included Ant and Dec, David Walliams, David Cameron, Alesha Dixon, Warwick Davis, Susanna Reid and Chelsea FC

"Evelina London is like a second home for Tony and the staff are like family to us."



Tony with his mum Paula and sister Lacey

captain César Azpilicueta.

On the final day of Tony's fundraising, Paula and Mark were joined by Evelina London staff and hundreds of supporters in his community, who came to see Tony cross the finish line at his local park.

Caroline Gormley, Associate Director of Fundraising at Evelina London, said: "We'd like to wish Tony and his family a huge congratulations on this incredible achievement. Tony is a true inspiration."

"The money raised will help us to support children with complex needs, like Tony, across the region to ensure that all children in our care can live their best lives, today and tomorrow."

"We really can't thank Tony, as well as everyone who has supported him, enough."

Fast facts

- Tony is the **single biggest Evelina London fundraiser**
- More than **57,000 people donated** from **47 different countries**
- Tony is the **second child ever** to raise over £1million on JustGiving
- His appeal is the **22nd most successful** in JustGiving's 20 year history, as well as the **second most successful walking challenge** ever after his hero Captain Tom
- **Media coverage across the world** included Germany, France, United States, China, Japan and Australia



Tony Hudgell

Anna Perman speaks to the first patient who received an experimental blood plasma treatment for COVID-19 as part of a landmark trial.

Finding new treatments

COVID-19 is a new disease, so research is crucial to find out more about how it works, and to develop new treatments and vaccines.

Guy's and St Thomas' is playing a key part in the COVID-19 research effort, including a landmark trial looking at the use of blood plasma to treat the disease.

Ann Kitchen, from Lambeth, was the first person in the UK to receive the treatment as part of the trial.

The 63-year-old was admitted to St Thomas' Hospital at the end of April with coronavirus symptoms, and following a test was diagnosed with COVID-19.

Despite the best efforts of clinical teams, Ann's condition got significantly worse and she was admitted to the intensive care unit.

While receiving care in the unit, Ann was approached to participate in a trial of a new treatment, known as convalescent plasma.

The convalescent plasma treatment uses plasma donations from patients who have recovered from COVID-19.

Their blood plasma contains antibodies against the disease. This plasma is transfused into COVID-19 patients whose

bodies are not producing enough of their own antibodies against the virus, in an attempt to support patients fighting the disease.

"We are incredibly grateful to Ann and all the patients who are taking part in our COVID-19 trials and to their families."

Ann, who has seven children, said: "When I was approached to take part in this research I was a little apprehensive, but someone has to be the first to take part in trialling new ways of helping people to recover from this disease, so I thought 'why not me'?"

"The research team was very supportive and answered all my questions."

Ann was discharged from hospital in May, and is recovering well at home with her family.

She added: "It is great to know that this hospital, which is so close to my heart, is testing new ways to treat patients and I am glad that I was able to be a small part of that."

The trial is supported by the National Institute for Health Research and is co-led by Dr Manu Shankar-Hari, a consultant in intensive care medicine at Guy's and St Thomas', who also leads a research group within the King's College London



Ann Kitchen, the first patient to receive convalescent plasma



Dr Manu Shankar-Hari

School of Immunology and Microbial Sciences.

He runs the trial along with experts from the University of Cambridge and NHS Blood and Transplant.

Dr Shankar-Hari said: "Convalescent plasma is a promising treatment that could help patients whose bodies aren't producing enough antibodies to curb the disease. This trial will help us understand whether the treatment should be used more widely to treat COVID-19."

"We are incredibly grateful to Ann and all the patients who are taking part in our COVID-19 trials and to their families. At a difficult time for them, our patients are taking part in studies that will help us to understand more about how to treat the condition."

Linda Gomm, cell therapy research nurse,
with convalescent plasma

Fast facts

Guy's and St Thomas' is at the heart of the national effort to develop diagnostics and treatments for COVID-19.

As of July 2020:

- **5,460** participants have taken part in COVID-19 research at Guy's and St Thomas'
- **99** papers about COVID-19 have been published by Trust researchers in peer-reviewed journals
- **48** new clinical research studies about COVID-19 have been set up at Guy's and St Thomas'

What is convalescent plasma?

Blood plasma is a gold coloured liquid that makes up about half your blood volume. When someone recovers from a virus their plasma contains a specific protein, called an antibody, produced to fight the infection. Convalescent plasma is the antibody-rich plasma of someone who has recovered from a virus, in this case COVID-19.

Kelly Cook meets the teams behind some of the innovative projects that have benefited patients and staff during the pandemic.

A bright spark

Staff at Guy's and St Thomas' have faced many challenges during the COVID-19 outbreak, but it hasn't stopped them turning their bright and creative ideas into reality.

Teams have pushed the boundaries to quickly develop new ways of working so they can continue to provide the best possible care to patients.

From providing a lifeline to families who are unable to visit loved ones, to making sure staff have enough protective equipment.



Dr Joel Meyer and Professor Louise Rose with the tablets that have helped families keep in touch

Keeping families connected

When Diane's husband fell ill with coronavirus and ended up in intensive care at St Thomas' Hospital, she was understandably very worried.

Restrictions on visitors to reduce the spread of infection meant she couldn't sit by his bedside.

But then the medical team gave her the chance to see and speak to him virtually thanks to a specially developed tablet app.

Diane said: "The first time he was able to talk was when he'd been off the ventilator for three days, and his first words to me were: 'I love you'."

The Life Lines project was set up by Dr Joel Meyer, a critical care consultant at Guy's and St Thomas', Professor Louise Rose, professor of critical care nursing at King's College London, and app developers Aetonix.

They worked with a team of clinical, academic, charitable and industry partners to turn their idea into reality within six weeks.

Between March and August, more than 1,100 tablets were provided to over 170 hospitals across the UK, and more than 35,000 calls were made between families and their loved ones.

Dr Meyer said: "The Life Lines technology has shown us that regular video connection with family can transform our patients' rehabilitation and recovery as well as sustain the morale of clinical teams."

A helping hand

Keeping your hands clean is one of the simplest things you can do to stop the spread of coronavirus.

Early on in the pandemic there was a national shortage of hand sanitiser, so the Pharmacy Manufacturing Unit at Guy's Hospital stepped in to keep patients and staff safe.

The unit usually makes a range of medicines for patients under a 'specials' licence granted by the Medicines and Healthcare Products Regulatory Agency.

Between March and July, the team made 29,020 bottles of hand sanitiser.

The 3,463 litres of hand sanitiser were used across the Trust's wards and community sites, as well as in dispensers at the hospital entrances.

Paul Tunstell, Associate Chief Pharmacist for Technical Services at Guy's and St Thomas', said: "We'd never made this product before so it was all hands on deck to make it happen. We were up and running within a couple of weeks – one of the quickest turnarounds we've seen thanks to a huge team effort."

The unit also made a number of other items for the Trust, as well as hospitals

across the country, including 34,000 pre-filled syringes for intensive care units and 1,626 units of sensitivity solutions which are used to test that certain types of protective facemasks fit properly.



Production operator makes hand sanitiser



Doctor wearing 3D printed face shield

3D printing

At the start of the pandemic, personal protective equipment (PPE) was in high demand so the Trust came up with a plan – to make some themselves.

Guy's and St Thomas', in collaboration with 3D printing companies, set up a 3D printing farm at its supply chain hub in Dartford, Kent.

More than 200 printers worked 24 hours a day to make face shields for frontline medical staff treating patients with coronavirus.

Between April and July, around 20,000 face shields were made.

The face shields were paired with a visor, assembled by a team of volunteers made up of 3D printing enthusiasts, as well as students and staff from King's College London and Brunel University.

David Lawson, Chief Procurement Officer at Guy's and St Thomas', said: "It was incredible to see so many different partners collaborating to get the 3D printing farm up and running.

"The team of volunteers, organised by our commercial services colleagues, meant that we could rapidly produce our own face shields and other items to support our frontline staff at the Trust."

3D printing specialist iMakr provided many of the printers used at the farm, while Pi Supply, who are experts in the field, helped to find volunteers in the 3D printing community.

Your voice

The support shown for NHS staff during the pandemic has made a huge difference – from clapping on a Thursday to fundraising and sending kind messages – it's all helped to keep staff going.

We love to hear from our patients, colleagues and supporters so join the conversation by following us on Facebook, Twitter, LinkedIn and YouTube.



@BorisJohnson (from Twitter)

This evening I was honoured to host those who looked after me at St Thomas' Hospital at Downing Street, as we celebrate 72 years of our incredible NHS.

@carriesymonds (from Twitter)

I cannot thank our magnificent NHS enough. The staff at St Thomas' Hospital have been incredible. I will never, ever be able to repay you and I will never stop thanking you.

@Lisa26634916 (from Twitter)

@GSTTnhs just wanted to say a huge THANK YOU to all @GSTTnhs, you looked after my dad and my brother on Richard Bright Ward for a living donor transplant, and we wanted you to know we're thinking of you and wishing you well during this time. Stay safe.



@Hopscotch22qDS (from Twitter) @EvelinaLondon this is our thank you to you #KeepGoing #EvelinaLondon

@eyesurgeonLond (from Twitter)

I just had my baby at St Thomas' Hospital @GSTTnhs I want to say thank you for the excellent care received. It was great to see staff using protective equipment properly to keep us and them safe. Amidst this crisis, we felt safe and in excellent hands. Thank you! #NHSThankYou

@Paul_Murton (from Twitter)

Just had to go to Guy's (part of @GSTTnhs) for blood tests. Very impressed with what they've done there to manage social distancing as best they can. Well-signposted one-way system, hand sanitiser everywhere, helpful staff. Top marks.

@samantharokosz1 (from Twitter)

Thank you to @GSTTnhs. Very impressed with the control and flow through the hospital, access to PPE, hand sanitiser, signage on floor and in lifts (most needed when your appt is on floor 26!) and to the friendly, helpful security staff on arrival. Thank you for keeping us safe.

@rachelparris (from Twitter)

The NHS is amazing. I know we know, but sometimes you get reminded in a big way. Hugely grateful to @GSTTnhs this week. Thankyou Pooja, Rachel, Pamela, Selina, Rekha and many others, whose kindness I won't forget.

Heidi Maria (from Facebook)

The hospital and staff are amazing. Thank you for continuing to do the outstanding care you provide in these difficult times x.

Sally Solomon (from Twitter)

St Thomas' critical care unit saved my brother's life. The nurses looked after me as well as him. They are awesome. And awesome too are the nurses who have joined them to help care for the patients that so desperately need them now.

Michaela Blaylock (from Facebook)

Such an amazing hospital thank you to all the intensive care nurses and doctors at St Thomas who helped save my life without them I wouldn't be here now I owe them soo much keep up the good work you are truly all angels.

Get involved and make a difference

Are you interested in helping to shape the future of Guy's and St Thomas'?

We are delivering a number of programmes to review and transform the way we provide care across our hospitals and community services, for both adults and children. To help support these, we are planning a range of events and activities from October 2020 to January 2021 and would like to invite you to take part.

We are currently looking for patients, carers and Foundation Trust members who are interested in:

- Digital technology
- Evelina London (children's services)
- Outpatient services
- Surgery

If you want to get involved in any other Trust services or programmes, we would like to hear from you, too. Get in touch and let us know what you are interested in.

Do I need to come to the hospital or community sites to take part?

To help keep everyone safe, all events and activities will be held remotely using a variety of communication tools, such as videoconferencing platforms, telephone calls, and the post. Wherever we can, we will adapt activities and provide support so that you, or someone you care for, can take part.

How do I register interest, or find out more?

To receive updates on upcoming events, register your interest by completing an online form at

<https://bit.ly/GSTTInvolve>

If you have any questions about getting involved, email getinvolved@gstt.nhs.uk or call **Philippa Yeeles on 07548 152883**

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



This issue we have a Roberts Radio Bluetune T2 – Portable DAB+ Bluetooth Radio up for grabs. To be in with a chance of winning, simply complete the wordsearch below.

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

Archery

Athletics

Badminton

Boccia

Canoeing

Cricket

Curling

Darts

Football

Golf

Rowing

Rugby

Swimming

Taekwondo

Volleyball

Name

Address

Telephone

Email

Send your entry by **13 November 2020** 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.

Your name and details will be collected solely for the purposes of this competition and in order to be able to contact the winner and send them the prize. By entering this competition, you give your consent for us to use the data you provide in this way.



Do Your Own

Fundraising

From sporting challenges to virtual quiz nights, there are many ways you can support us by doing something you love

#DoYourOwnFundraising

Tell us about your challenge & our fundraising team can help you reach your goal:

supportevelina.org.uk/do-your-own-fundraising

supportgstt.org.uk/do-your-own-fundraising

