

Patientfocus

Royal Brompton & Harefield **NHS**
NHS Foundation Trust

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A lifetime of specialist care

Experts to help
elite athletes
beat respiratory
illness
page 2

How Darwin
is changing
the way we do
things
page 4

The NHS at 70
page 5

Meet our new
governors
page 7



Experts to help elite athletes beat respiratory illness

DOCTORS AND RESEARCHERS AT THE TRUST will be helping some of Great Britain's elite athletes achieve their potential for the 2020 Summer Olympics in Tokyo.

In the first collaboration of its kind, Trust experts are joining forces with the English Institute of Sport (EIS), the Institute of Sport Exercise & Health (ISEH), and Imperial College London on a project to boost respiratory health in elite athletes.

Despite having high levels of fitness, athletes can still be susceptible to respiratory illnesses, which can result in a significant

impact on training and competition performance.

Dr James Hull, consultant respiratory physician at Royal Brompton Hospital, honorary clinical senior lecturer at Imperial College, and an expert in athlete respiratory health, said: "Respiratory illness is the most prevalent health issue in athletes. This project offers a great opportunity for us to really understand this area properly.

"We plan to work with EIS to apply the world-leading clinical and research expertise at the Trust and the National Heart and Lung Institute to inform best care for athletes, by identifying



Professor Andrew Menzies-Gow (left) and Dr James Hull (right)

and supporting the application of state-of-the-art assessment and treatments."

The project will evaluate and support improved care in the prevention, detection and diagnosis of respiratory illness in more than 100 athletes identified as being particularly susceptible, from

a cross-section of Olympic and Paralympic sports.

Alongside the World Class Programme (WCP), UK Sport's National Lottery-funded initiative, the project team will ensure the athletes get best practice advice on how to prevent and manage respiratory illness.



Researchers discover new link between alcohol and heart failure

RESEARCHERS AT THE TRUST have discovered a new link between alcohol, genes and cardiac health, which may lead to better treatment and monitoring for those at risk of heart failure.

Along with scientists from Imperial College London and MRC London Institute of Medical Sciences, the team investigated faulty versions of a gene called 'titin' which are carried by one in 100 people – or 600,000 people in the UK.

Titin is crucial for maintaining the elasticity of heart muscle,

and faulty versions are linked to a type of heart failure called dilated cardiomyopathy.

The research, which was published in the Journal of the American College of Cardiology, indicates the faulty gene may interact with alcohol to accelerate heart failure in some patients with the gene – even if they only drink moderate amounts.

Study author Dr James Ware, honorary consultant cardiologist at Royal Brompton and clinical senior lecturer in genomic medicine

at Imperial College, said: "Our research strongly suggests alcohol and genetics are interacting – and genetic predisposition and alcohol consumption can act together to lead to heart failure.

"At the moment this condition is assumed to be simply due to too much alcohol. But this research suggests these patients should also be checked for a genetic cause – by asking about a family history and considering testing for a faulty titin gene, as well as other genes linked to heart failure."

SPRinT team celebrates 10 years of teaching

Our specialist SPRinT team celebrated 10 years of providing their expert training to clinical teams by holding a day of lectures, demonstrations and panel discussions for Trust staff and external partners.

SPRinT – which stands for Simulated interPRofessional Team Training – uses state of the art models and highly-immersive situations to prepare teams for a variety of clinical emergency scenarios.

Addressing guests, programme director Dr Margarita Burmester explained how SPRinT, which started with a simple doll to help people learn team working skills, now offers modern SPRinT courses, that include fully interactive mannequins and video evaluations of participants.

Dr Burmester said: “We work in an environment which is highly intense and involves fast decision making. Patient care is never done in isolation, it involves teams of people, so we wanted to improve team working skills to drive a culture of safety.

“It has been a long process, with a lot of learning along the way, but today we are conducting research that we are publishing and presenting internationally. We have trained more than 1,500 participants to date, and people from other institutions are wanting to come on our courses.”

Trust chief executive Bob Bell, who attended the event, told the audience: “When you are dealing with people’s safety – patient safety – simulation is a really important tool for teaching the correct processes.

“It gives me great comfort and pleasure to know that by using simulation training we are developing complete teams with the knowledge and capability to deal with unexpected events in critical care. I congratulate the SPRinT team on this successful endeavour.”



Dr Iryna Atamanyuk (right), specialist registrar in surgery presents simulation techniques using a mannequin

Trust achievements celebrated at AGM

IMPRESSIVE TECHNICAL advances and robust financial management were among the achievements celebrated at the 2018 Trust members’ annual general meeting (AGM) held in Harefield’s Concert Hall.

After a welcome from Trust chair Baroness Morgan, chief executive Bob Bell discussed the Trust’s performance and progress. In response, Kenneth Appel, a long-standing member and former governor commented: “To achieve a surplus given the standard of care provided here is unbeatable – you should be congratulated.”

In his first AGM address, lead governor George Doughty then took the opportunity to thank those members who played a role in helping to save the Trust’s paediatric congenital heart disease (CHD) service from threatened decommissioning last year.

The highlight of the meeting for many was a presentation by consultant cardiologist and intensivist, Dr Susanna Price.

Dr Price recounted several case histories about patients whose lives have been saved by ECMO (extracorporeal membrane oxygenation), a treatment that uses specialised equipment to take over the work of the lungs and heart to give them time to rest and heal. Dr Price also outlined some of the advances in future cardiac care, such as organ regeneration, and the use of tiny robots inside the body.

How Darwin is changing the way we do things



The Darwin programme is the Trust's transformation programme, designed to future-proof and protect our world-leading services and research. The programme is taking a comprehensive look at how we provide care across the Trust, with a view to identifying our best practice and making it standard practice, driving innovation, and reducing any inefficiencies.

New day of surgery unit scores well with patients

HAREFIELD HOSPITAL'S new day of surgery unit is proving popular with patients – with 100 per cent positive feedback in its latest patient survey.

Most patients said they were 'very satisfied' with their overall experience on the unit – the highest possible feedback score.

The new unit, launched under the Darwin programme, offers surgical pre-assessment – where patients' fitness for surgery is checked no more than two weeks before the operation date, meaning they do not

need to arrive the night before.

This frees up beds and has reduced the number of cancelled operations, as teams can identify early on if a person is not going to be fit for surgery.

Sam Derland, senior sister for Maple Ward and day of surgery, said: "We first started thinking about the benefits of day of surgery admissions about a year ago, but Darwin has given us the perfect opportunity to make it happen.

"The benefits to patients are clear – they're not waiting around for their operation and instead get to spend the night in their own bed with their family around them."



Staff nurse Kena Simpson talks to asthma patient Christine Davis about her treatment

Lind Ward transformed by Darwin

ROYAL BROMPTON HOSPITAL'S Lind Ward has transformed into a day case-only ward, thanks to a variety of Darwin initiatives.

The introduction of new 'one-stop shops' for interstitial lung disease (ILD) and asthma has dramatically reduced the number of patients needing to stay in hospital overnight.

Patients attend the ward and are seen by a multidisciplinary team, undergoing a carefully planned series of tests and investigations before being seen by a consultant and going home with a diagnosis and treatment plan later that same day.

So few of these patients are now admitted as inpatients, that the Lind Ward team has been able to remove all inpatient beds and change the opening hours to daytime only.

Not only will this save the entire annual cost of running a ward overnight, it is already improving patients' experiences, with 99 per cent satisfaction reported in the Friends and Family Test since launch.

Florence Parafina, senior sister on Lind Ward, said: "This ward now represents an almost perfect model for patient care – we are using this space to its maximum potential, supporting a variety of teams from across the division, from ILD and asthma to rare lung diseases and unexplained breathlessness."



The new day of surgery admission area

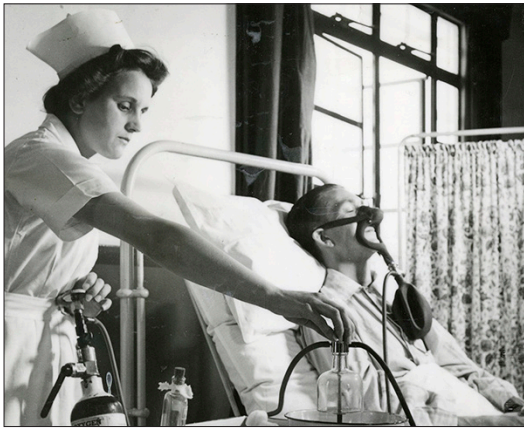
The NHS at 70

WHEN THE NATIONAL HEALTH SERVICE celebrated its 70th birthday this summer, NHS organisations across the country took the opportunity to honour one of the nation’s most loved institutions.

At Royal Brompton and Harefield, staff, patients and visitors were invited to take part in cross-site tea party, attend special lectures and site tours, and view specially-commissioned artworks.

See a selection of photos and social media messages below. Most of the images are from the second and third decades of the NHS.

The equipment, techniques and uniforms may have changed over the last 70 years, but as these photos show, the care and commitment of NHS staff remains the same.



Nurse administers oxygen, c.1950s

“A HUGE thank you to all the staff at Royal Brompton Hospital for looking after me since birth, the specialist CF team are amazing. I’m 26, thriving and being induced next week with my first baby, I never thought I’d see the day
#thankyouNHS #NHS70”
– @kitgray



Princess Alexandra visits Royal Brompton children’s ward, c.1960s

“@RBandH still providing expert care in #cardiac and #respiratory disease. Am proud to lead the #pain service working with specialist HCPs and #nurses @ #HarefieldHospital #NHS70”
– @FeliciaJCox

70
YEARS
OF THE NHS
1948 - 2018

“@NHS70 #HappyBirthdayNHS especially #HarefieldHospital @ RBandH who looked after me so well after heart surgery in May. Thank you all for your help and support.”
– @garyfarnboro



Mealtime for children at Harefield, c.1960s

“The good people at Royal Brompton Hospital have saved my life twice – and probably will again. Without them and the NHS, I wouldn’t be here writing this. Happy Birthday NHS! #NHS70 and Thank You! @ RBandH”
– @DeanConradUK



Laboratory medicine, c.1980s

Our governors and their constituencies

Our governors are always keen to hear from their members. Below is a list of the Trust's governors and their constituencies. If you have a question for your governor, please email to governors@rbht.nhs.uk and it will be forwarded onto the appropriate governor.

Public governors

- **George Doughty** *North West London*
- **Anthony Archer** *Bedfordshire and Hertfordshire*
- **Robert Parker** *South of England*
- **Jennifer Sano** *Rest of England and Wales*

Patient and carer governors

- **Brenda Davies** *Bedfordshire and Hertfordshire*
- **Paul Murray** *South of England*
- **Ejikeme Uzoalor** *Elsewhere*
- **Sean O'Reilly** *Bedfordshire and Hertfordshire*
- **Jeremy Stern** *North West London*
- **Helena Bridgeman** *Elsewhere*
- **Caroline Karlsen** *Carer*

Staff governors

- **Elizabeth Henderson**
- **Steve Palmer**
- **Claire Hogg**
- **Steve Caddick**
- **Maxine Ovens**

AREAS WITHIN THE CONSTITUENCIES

EACH AREA IS ORGANISED according to the defined electoral areas which are used in local authority elections:

- **North West London:** Residents of the following eight London Boroughs: Harrow, Hillingdon, Brent, Ealing, Hounslow, Westminster, Kensington and Chelsea, and Hammersmith and Fulham.
- **Bedfordshire and Hertfordshire:** Residents of the counties of Bedfordshire and Hertfordshire.
- **South of England:** Residents of the following 12 London Boroughs: Croydon, Kingston, Merton, Richmond, Sutton, Wandsworth, Bexley, Bromley, Greenwich, Lambeth, Lewisham, Southwark; and of the counties of Berkshire, Surrey, Sussex, Kent, Buckinghamshire, Oxfordshire, Hampshire and the Isle of Wight.
- **Rest of England and Wales (public members):** Comprising all other electoral wards and boroughs not included above in North West London, Bedfordshire and Hertfordshire, and South of England.
- **Patient Elsewhere (patient members):** Comprising all other electoral wards and boroughs not included above in North West London, Bedfordshire and Hertfordshire, and South of England.



Charity events

Vitality Half

Sunday 10 March,
starting at Tower Bridge

Join the Charity's #PurpleHeartArmy and set yourself a half marathon challenge. You'll be running half the world-famous London Marathon route in reverse, starting at Tower Bridge and finishing at the iconic clipper ship, Cutty Sark!

rbhcharity.org/vitalityhalf

Brighton Marathon

Sunday 14 April, Brighton

Internationally known for its fantastic atmosphere and roaring crowd, the marathon course winds through the beautiful streets of one of the UK's most famous cities, before finishing at the spectacular Brighton seafront. And with over 17,000 runners, you'll be in great company!

rbhcharity.org/brighton-marathon

Abseil

Sunday 12 May, Queen Elizabeth Olympic Park

Take on an exhilarating challenge next spring and freefall from the top of the UK's largest sculpture, the ArcelorMittal Orbit. Enjoy panoramic views and an adrenaline rush like no other, while raising funds for patients at Royal Brompton and Harefield Hospitals.

rbhcharity.org/abseil-2019

Meet our new governors

Five new governors were appointed following our recent elections.

PAUL MURRAY

*Patient governor –
South of England*

Paul has been a congenital heart patient for almost 50 years at both Royal Brompton and Harefield hospitals. After graduating with a degree in maths from Oxford University, he worked as a medical research statistician before qualifying as an actuary. Paul has since gained excellent business experience to share as a governor.

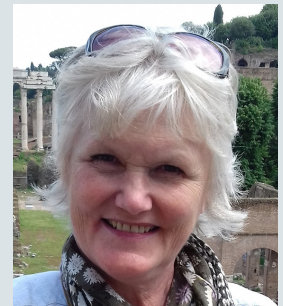


advisor, based at Royal Brompton. He is passionate about ensuring that staff opinions and concerns are heard and addressed, and is well informed about how key decisions and changes affect staff in the day-to-day running of the Trust.

HELENA BRIDGMAN

*Patient governor –
Elsewhere*

In 2014, Helena was admitted to her local hospital with pneumonia but when she developed sepsis, the ECMO retrieval team from Royal Brompton had her transferred for more specialist care. ECMO (extracorporeal membrane oxygenation) is a treatment that uses specialised equipment to take over the work of the lungs and heart to give them time to rest and heal. For Helena, it was the coordination of care and communication from her referral through to her rehabilitation that undoubtedly saved her life.



STEVE PALMER

Staff governor

Steve is manager of clinical engineering and capital medical equipment at Harefield Hospital, and has worked in clinical engineering at the Trust for a decade. He

is well known throughout the organisation and is committed to using this role as a vehicle in raising issues that concern staff. He has a broad knowledge of the Trust's services, with a special interest in medical equipment and infrastructure.

STEVE CADDICK

Staff governor

Steve has been a staff member for over 12 years, and during this time has been able to shape the Trust as a UNISON representative and as a staff side co-chair. He is currently a nurse recruitment



MAXINE OVENS

Staff governor

Maxine has been a member of Royal Brompton's paediatrics team for more than 13 years. She started as a healthcare play specialist and now oversees the service as play service manager.

Through her work, she is in direct contact with patients and their families on a daily basis, and has taken the play team from two play specialists to a team of eight. During that time, she has become well versed in reviewing services and making improvements.

Diary dates for members

SINGING FOR BREATHING



Phoene Cave running a Singing for Breathing session

Aimed at those with respiratory conditions or breathlessness associated with cardiac conditions, sessions are relaxed, informative and fun. They aim to teach basic singing techniques, which can help with breath management and release stress. Workshops below are open to outpatients and local people who identify as living with breathlessness.

ROYAL BROMPTON HOSPITAL

Every Tuesday, 11am–12pm

The Quiet Room, Victoria Ward,
2nd floor, Fulham Wing,
Royal Brompton Hospital

HAREFIELD HOSPITAL

Every Monday (apart from Bank Holidays), 11.30am–12.30pm

Harefield Library, Park Lane,
Harefield, Middlesex, UB9 6BJ

Every Monday (apart from Bank Holidays), 2pm–3pm

Christ Church, Uxbridge, Redford Way,
Belmont Road, Uxbridge UB8 1SZ

Please get in touch with the Arts Team before your first visit. *Conni* or *Karen* would be happy to tell you more.

arts@rbht.nhs.uk
020 7352 8121 ext. 4087
www.rbht.nhs.uk/arts

To buy a Singing for Breathing CD please see: www.rbhcharity.org/shop/singing-for-breathing-audio-cd

TRUST BOARD MEETINGS

Members of the public are welcome to attend Trust Board meetings.

20 FEBRUARY 2019

2pm–4pm

Boardroom, Royal Brompton Hospital

27 MARCH 2019

10.30am–12.30pm

Concert Hall, Harefield Hospital

24 APRIL 2019

2pm–4pm

Boardroom, Royal Brompton Hospital

22 MAY 2019

10.30am–1pm

Concert Hall, Harefield Hospital

24 JULY 2019

2pm–4pm

Boardroom, Royal Brompton Hospital

25 SEPTEMBER 2019

10.30am–1pm

Concert Hall, Harefield Hospital

COMBINED COUNCIL OF GOVERNORS AGM AND MEMBERS ANNUAL MEETING

17 JULY 2019

11am–1.30pm

Venue to be confirmed

COUNCIL OF GOVERNORS MEETINGS

30 JANUARY 2019

11am–1pm

Concert Hall, Harefield Hospital

15 MAY 2019

11am–1pm

Boardroom, Royal Brompton Hospital

16 OCTOBER 2019

11am–1pm

Concert Hall, Harefield Hospital

Are your details up to date and correct?

AS A TRUST MEMBER, we want to ensure that the details we have are up to date and correct. We also want to make sure that you are receiving communications from us in a format that works best for you. Providing your email address will help reduce our postage costs. You can still opt to receive some communication by post. Please follow this link to add your details www.rbht.nhs.uk/membership-contact

