

# Weekly News

## Stoptober - When you stop smoking, good things start to happen

Stoptober is back and health experts are calling on smokers in North Lancashire and South Cumbria to join the 2.5 million others in England who have made a quit attempt with the campaign since it first launched.

University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) is backing this year's Stoptober campaign and is sharing helpful information and advice on how to set a date and stop smoking this October. Stoptober is as important as it has ever been, with stopping smoking remaining one of the best things a smoker can do to improve their health.



Dr Christopher Chiswell, Public Health Consultant for UHMBT, said: "Our aim is to support our patients and people in the communities we serve to be as healthy and happy as possible. More than five million adults in England still smoke and it remains the biggest behavioural cause of preventable illness and death, with 64,000 deaths a year.

Stoptober yellow food graphic 2023.jpg "When you stop smoking good things start to happen. Quitting will enable you to start moving better, breathe more easily and give you more money to spend. Stopping smoking not only improves your physical health but can also boost your mental health and wellbeing and save you money.

"There are so many other health and wellbeing benefits of quitting, and it's never too late to stop. Smokers in England can save £38 a week by quitting smoking. That's £167 per month and £2,000 per year from quitting smoking.

"There is a huge amount of support to quit available to people in North Lancashire and South Cumbria, and you can choose the way to quit that works for you."

New research from a Censuswide survey of ex-smokers found that nearly 95 per cent of participants saw positive changes in their life soon after quitting. Of those who noticed improvements, nearly one in three rated feeling healthier as the single best thing to happen to them since stopping smoking.

Dr Chiswell added: "If you make it to 28 days smoke-free, you are five times more likely to quit for good.

"Once you stop smoking, some of the benefits are immediate and some are longer term. After 20 minutes your pulse rate starts to return to normal and after 48 hours the body has flushed out all carbon monoxide, your lungs start to clear out mucus and your ability to taste and smell is improved. After one year your risk of having a heart attack is halved compared to a smoker, and after 10 years the risk of death from lung cancer falls to half that of a smoker.

"It's much easier to stop smoking when you get the right support and there are lots of options to choose from."

Stoptober offers a range of free quitting tools including the NHS Quit Smoking app, Facebook messenger bot, Stoptober Facebook online communities, daily emails and SMS, and an online Personal Quit Plan tool. It provides Stoptober information and advice on proven quitting methods, including the range of stop smoking aids, vaping and expert support from local Stop Smoking Services. Just search 'Stoptober'. GPs and pharmacists can also give advice and tips to help smokers quit.

For more information on local stop smoking services and Stoptober, visit the [Better Health Quit Smoking Website on this link](#).



[Click here to find out more about our areas of focus 23/24](#)





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## New COVID-19 vaccine released to target new variant of the virus

Colleagues now have the opportunity to have the new COVID XBB 1.5 Vaccine which has been developed to tackle the new COVID-19 variant.

The COVID XBB 1.5 vaccine was released on Monday 2 October 2023, and from **Wednesday 4 October**, colleagues can have the vaccine at the COVID-19 vaccination drop-in clinics which are being run by our Occupational Health and Wellbeing Department.

**We understand that this may be disappointing for colleagues who have already had the Comirnaty BA 4.5 vaccine but those colleagues will be eligible for the COVID XBB 1.5 vaccine in the next three months at our drop-in clinics at the end of December.**

The Trust has followed guidance from the ICB and national protocol on its COVID-19 vaccine delivery. Both the COVID XBB 1.5 Vaccine and the Comirnaty BA 4.5 vaccine have been approved by the Medicines and Healthcare products Regulatory Agency (MHRA) and Joint Committee on Vaccination and Immunisation (JCVI) and the UK Health Security Agency (UKHSA) has stated that both give good background protection against the COVID-19 virus and efficiency in tackling the latest strain of the virus.

The COVID-19 vaccination drop-in clinics will be held at our Occupational Health and Wellbeing Department's across our three main hospitals. The Community Team is also working on plans for further COVID-19 vaccination drop-in clinics at our community sites and as soon as these have been confirmed, we will share the details in future communications.

**Colleagues will need their NHS number and their assignment number to access any of the drop-in clinics.**

You can find your **NHS number** if you are registered on the NHS App or any letter from the NHS including a prescription or appointment letter. More information can be found on the NHS website [here](#). Colleagues can find their **assignment number** on ESR.

Vaccinations only take a few minutes, and we encourage colleagues to get your vaccinations as soon as you are able, to help prevent the spread of viruses such as COVID-19 to our patients, fellow colleagues and your families.

**The drop-in clinics will be held on the following dates and times:**

### Westmorland General Hospital (WGH) drop-in clinics

- Wednesday 11 October, 10am-1pm then 1.30pm-3pm, WGH Occupational Health and Wellbeing Department

### Royal Lancaster Infirmary (RLI) drop-in clinics

- Monday 16 October, 10am-1pm then 1.30pm-3pm, RLI Occupational Health & Wellbeing Department

### Furness General Hospital (FGH) drop-in clinics

- Friday 13 October, 10am-1pm then 1.30pm-3pm, FGH Occupational Health and Wellbeing Department
- Friday 20 October, 10am-1pm then 1.30pm-3pm, FGH Occupational Health and Wellbeing Department

**Following feedback on waiting times, the Occupational Health and Wellbeing Team has scheduled additional colleagues to support the clinics. Please note that the drop-in clinics do get busy and there may be a wait due to demand, however, we do have plenty of clinics running with the opportunity for colleagues to come back.**

If you have any queries, please contact our Occupational Health and Wellbeing Team on [occhealth.referrals@mbht.nhs.uk](mailto:occhealth.referrals@mbht.nhs.uk). More information about the COVID-19 vaccine can be found at the NHS website [here](#).



## Reminder: Flu vaccination walk-around clinic dates available

Our Occupational Health and Wellbeing Department will be leading walk-around clinics to give colleagues the chance to have their flu vaccination as part of this year's Influenza vaccination campaign. A full list of walk-around clinic dates can be found on the Intranet [here](#).

## Five myths about the flu vaccine

It is essential that we do all we can to protect ourselves, each other, and the people we care for from flu and Covid this year. Frontline health and social care workers are more likely to be exposed to both viruses. As part of this year's campaign, we will be sharing a myth about the flu vaccine each week in the Weekly News.

**Myth 3:** The flu vaccine can cause severe side effects

**Fact:** Flu vaccines are very safe. All adult flu vaccines are given by injection into the muscle of the upper arm. Most side effects are mild and only last for a day or so, such as:

- a slightly raised temperature
- muscle aches
- sore arm where the needle went in

Try these tips to help reduce the discomfort:

- continue to move your arm regularly
- take a painkiller, such as [paracetamol](#) or [ibuprofen](#) – some people, including those who are pregnant, should not take ibuprofen unless a doctor recommends it

It's very rare for anyone to have a [serious allergic reaction \(anaphylaxis\)](#) to the flu vaccine. If this does happen, it usually happens within minutes.

The person who vaccinates you will be trained to deal with allergic reactions and treat them immediately. Anyone can report a suspected side effect of a vaccine through the [Yellow Card Scheme](#).

## Reminder: COVID-19 vaccination drop-in clinics

COVID-19 vaccination drop-in clinics will be held at our Occupational Health and Wellbeing Department's across our three main hospital sites. More information and drop-in clinic dates can be found on the Intranet [here](#).

## Recording: Pathology Service Colleague Briefing

Lancashire and South Cumbria Pathology Service held its first Pathology Service Colleague Briefing on Friday 22 September. The briefing gave colleagues the opportunity to listen to an update on topical issues across the network. Thank you to all colleagues who joined the briefing. If you did not have the opportunity to join the briefing you can watch the recording [here](#). This story reflects our aim of working in partnership which is one of our four areas of focus for 2023/2024.



## We each have a voice that counts

That is one of the seven themes that make up the NHS People Promise.

The themes and words that make up the People Promise come from those who work in the NHS and detail what matters most to them, and what would make the greatest difference in improving their experience in the workplace.

The NHS Staff Survey aligns with that promise and helps us to ensure:

*We all feel safe and confident to speak up. And we take the time to really listen, to understand the hopes and fears that lie behind the words.*

By taking part, you can help us to understand what it's really like to work here, improve the experience of working in the NHS for everyone, and ultimately help to improve patient care.

We understand it can be difficult with working pressures to find the time to fill in the survey, this is why we encourage managers and leads to ensure all colleagues are **given a break within work hours** to share their thoughts in the survey.

Thank you to the **1,080** (14.39%) colleagues who have already filled in this year's survey. If you haven't filled yours in yet, you still have time. Please check your inbox for your survey link. All responses are confidential.

Below is a breakdown of Care Group response rates:

| Care Group                | Respondents                      | Response rate |
|---------------------------|----------------------------------|---------------|
| Core Clinical Services    | 305<br>(out of 1,190 colleagues) | 25.6%         |
| Corporate Services        | 220<br>(out of 889 colleagues)   | 24.7%         |
| Community Services        | 124<br>(out of 838 colleagues )  | 14.8%         |
| Estates and Facilities    | 89<br>(out of 664 colleagues)    | 13.4%         |
| Surgery and Critical Care | 150<br>(out of 1,515 colleagues) | 9.9%          |
| Women and Children's      | 64<br>(out of 676 colleagues)    | 9.5%          |
| Medicine                  | 128<br>(out of 1,734 colleagues) | 7.4%          |

### Did you know the NHS Staff Survey...

is aligned to the **People Promise**. This sets out, in the words of our NHS people, the things that would most improve our working experience.



#### People Promise

This is a promise we must all make to each other – to work together to improve the experience of working in the NHS for everyone.

We are  
**compassionate**  
and  
**inclusive**





## Christine Dickenson

26/6/1950 - 7/9/2023

Christine was one of the Clinical Investigations Unit's longest-serving staff members.

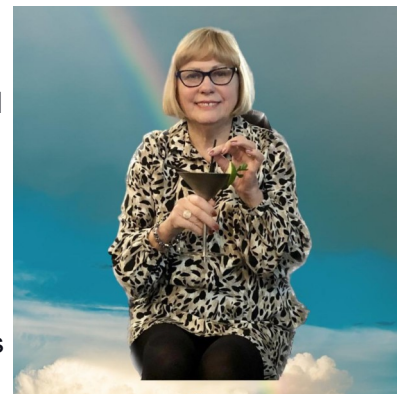
When Christine started working for the NHS it was at North Lonsdale Hospital in 1972. The department was comprised of two cardiographers, who were Christine and another of our long-serving staff members Carole Rigg. The department was led by Dr Sykes.

They provided ECGs and exercise testing. In 1984, the department moved to the new Furness General Hospital (FGH). After the move, the department merged with respiratory led by Dr Edge and they were then known as the Clinical Investigation's Unit (CIU). Christine then acquired the necessary skills to provide the diagnostic tests CIU provided. Christine was a very popular and well-loved member of the staff in CIU until she retired. After retiring she decided to come back on the bank doing ECGs - doing the job she started doing all those years earlier.

When COVID hit, the department didn't require her services anymore but she still stayed a close member of the team. Christine then moved on to spend the last two years of her working life working with the COVID swabbing team which she really enjoyed and made lots of very good friends. It was during this time she was diagnosed with Motor Neurone Disease. It was a massive shock and devastating news for all her friends and colleagues at FGH. She remained a very strong and determined lady and made sure she enjoyed every moment she had left. She will be greatly missed at FGH.

### R.I.P Christine.

In Christine's memory, Clinical Investigations will be raising money for Motor Neurone Disease with a bake stall in the department on Thursday 2 November. We would welcome cakes from budding bakers for the day. We would also welcome everyone on the day to come to CIU (Level 3, Furness General) to come down for a cake or two and donate to a good cause.



## Manual Handling Passport Completion

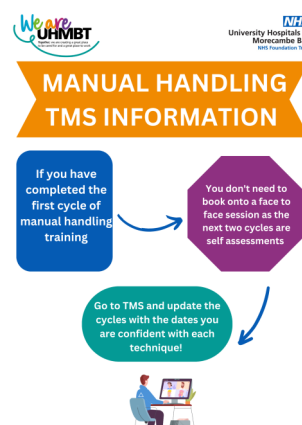
In order to help improve compliance for the Manual Handling Passport, we would like to offer help in completing these courses in case there is any confusion on how to complete them.

If you have never done manual handling before, then you would need to book onto the Corporate Induction Manual Handling Competency session. This can be added to your TMS by using the Add Course button. You can book onto these sessions through TMS and will be signed off for cycle 1 of the Competency Passport upon completing a session.

If you have previously done manual handling training and have cycle 1 on your TMS account, you will need to contact your department's Manual Handling Key Trainer to check your competency in the patient handling techniques. They will then be able to sign you off for cycle 1 upon successful demonstration.

If you have either cycle 2 or 3 on your TMS, then you can complete these courses without having to do a session. These are both self-assessments so all you have to do is launch the course on your TMS, put in dates for when you feel confident with each technique and then click Sign and Submit at the bottom of the page. This should then sign you off for the cycle.

If you have any queries about completing your Manual Handling Competency Passport, or if you do not think it is required for your role, please contact [learninganddevelopment@mbht.nhs.uk](mailto:learninganddevelopment@mbht.nhs.uk). You can view the manual handling poster [here](#).





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## Volunteers needed!



Lancaster University  
Medical School



National Institute for  
Health and Care Research

Mapping underdoctored areas. The Impact of medical training pathways on NHS workforce distribution and health inequalities.

We are looking for doctors\* currently working in North Lancashire, South Cumbria or Blackpool to take part in an interview about their career path.

Any career stage after medical school, for more information, please email [mapping.doctors@lancaster.ac.uk](mailto:mapping.doctors@lancaster.ac.uk). More information can be found on the intranet [here](#).

\*Primary or secondary care, any stage of training from Foundation Year to Consultant or GP, including those currently working as LED or SAS doctors and not on a formal training pathway! *This story reflects our aim to create the culture and conditions for our colleagues to be the very best they can be which is one of our four areas of focus for 2023/2024.*



## Medical Education Awards 2023

We are delighted to announce that preparation for our annual Educator Development Day is well underway and we will be presenting our Medical Educator Awards at this event to recognise those that have made contributions in:

- Providing outstanding supervision and going the extra mile
- Delivering exceptional teaching/training to medical learners

Awards will be given in the following categories;

- Undergraduate Educator Award
- Postgraduate Educator Award

If you would like to nominate a colleague, please submit your nomination by Wednesday 1 November 2023. The nomination form is available [here](#).

Awards are to be announced at our Educator Development Day at Castle Green Hotel on Monday 20 November 2023.



## New referral pathway for All Age Continuing Care and Individual Patient Activity

From 1 October 2023, there will be changes to how NHS Trusts across Lancashire and South Cumbria refer patients into the All Age Continuing Care (AACC) and Individual Patient Activity (IPA) services. This update will be most relevant for teams involved in discharge, community, district nursing, mental health, learning disabilities and autism and intermediate care (Sue Ryder etc). Please do share this update across your teams to ensure all staff are aware of the changes to the referral pathway.

The change is due to commissioning changes within Lancashire and South Cumbria whereby from 1 October 2023 the service will no longer be delivered by the Midlands and Lancashire Commissioning Support Unit (MLCSU) on behalf of the NHS Lancashire and South Cumbria Integrated Care Board (ICB), and will be delivered in-house by the ICB, with specific place-based teams for some elements of the service. More information can be found on the Intranet [here](#).

## South Cumbria Place-Based Newsletter

The latest edition of the South Cumbria Place-Based Newsletter is out now. You can read edition 3 [here](#).





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## Student Midwife Laura set to run the London Marathon

"Hi my name is Laura Corkill, I'm a student midwife and a member of the Team Lullaby London Marathon 2024 runners!

The Lullaby Trust is a charity that saves babies' lives and supports bereaved families. Around three babies a week die from sudden infant death syndrome (SIDS), and The Lullaby Trust is committed to bringing that number down to zero.

I will be raising awareness and funds to help families who have lost a baby to receive specialist support, funding research to prevent more babies from dying suddenly and unexpectedly and allowing more parents to receive advice on safer baby sleep.

Your kind and generous support is crucial to creating a future where no baby dies suddenly and unexpectedly. The Lullaby Trust is reliant on voluntary donations so your generosity helps save lives."

You can donate via [Laura's JustGiving page](#).



## Book now for People Promise in action week (9-13 October)

The Long Term Workforce Plan sets out how we must make the NHS People Promise a reality for all staff to retain and attract the workforce we need across the NHS.

Join us for a week-long series of events, including 20 sessions over five days to hear from those who have been implementing the People Promise and the tangible impacts and practical actions and tools you can take forward as part of delivering the Long Term Workforce Plan:

<https://www.events.england.nhs.uk/events/people-promise-in-action-65043948b3183>

## Two-day Core Skills Health Coaching Course: New dates added

The NHS Population Health Team are continuing to roll out health coaching training, to upskill health and care professionals to have better conversations and support people to reach their self-identified goals. This (free) course is currently running as a two-day in-person workshop delivered at various locations across Lancashire and South Cumbria.

The two-day face-to-face programme is designed to support practitioners from all health, care, community and voluntary sectors to learn how to use health coaching effectively and support people to make behaviour changes that will encourage improved health and well-being. It will provide a range of tools and techniques that will help structure conversations to help individuals set and work towards goals that are important to them, whether this is about lifestyle changes that will promote better health and well-being or being better able to manage long-term conditions.

Workshop details for October and November can be found [here](#) and your place by completing the application form [here](#) (stating your chosen cohort dates) and send to [workforcetraining@activelancashire.org.uk](mailto:workforcetraining@activelancashire.org.uk). Once all places have been filled on a course, a follow-up email will be sent to you. This will provide you with further course details/materials in preparation for your course.

**Additional two-day Health Coaching Core Skills Courses for December 2023 will be cascaded over the next few weeks.** Please fill out an application form, highlighting the dates you wish to attend and send it to [workforcetraining@activelancashire.org.uk](mailto:workforcetraining@activelancashire.org.uk).



## Inclusion Training for October 2023- January 2024

The inclusion team would like to invite you to book on to one of the following training sessions via TMS2. If you have any questions, please email [inclusion@mbht.nhs.uk](mailto:inclusion@mbht.nhs.uk).

### October 2023

|                             |                       |          |
|-----------------------------|-----------------------|----------|
| Civility At Work            | 19/10/23 - 2pm-3.30pm | FGH      |
| Intro to LGBTQ+ Awareness   | 23/10/23 - 3pm-4.30pm | MS Teams |
| Equality Impact Assessments | 27/10/23 - 3pm-4.30pm | MS Teams |

### November 2023

|   |                            |           |
|---|----------------------------|-----------|
| Equality Impact Assessment                              | 15/11/23 - 3pm-4.30pm      | MS Teams  |
| Supporting Trans and Non-Binary Colleagues and Patients | 20/11/23 - 2pm-3.30pm      | MS Teams  |
| Equality Impact Assessment                              | 24/11/23 - 3pm-3.30pm      | MS Teams  |
| Stand Up to Racism, Bullying and Harassment             | 28/11/23 - 9.30am -11.30am | FGH       |
| Civility At Work  | 30/11/23 - 2pm -3.30pm     | Lancaster |

### December 2023

|                  |                      |           |
|------------------|----------------------|-----------|
| Civility At Work | 7/12/23 - 2pm-3.30pm | Lancaster |
|------------------|----------------------|-----------|

### January 2024

|   |                          |           |
|---|--------------------------|-----------|
| Intro to LGBTQ+ Awareness                   | 8/1/24 - 2pm -3.30pm     | MS Teams  |
| Stand Up to Racism, Bullying and Harassment | 9/1/24 - 9.30am -11.30am | Lancaster |
| Civility at Work                            | 22/1/24 - 2pm - 3.30pm   | Lancaster |
| Equality Impact Assessment                  | 24/1/24 - 2pm -3.30pm    | MS Teams  |

## October Theatre Club offers

October's UHMBT Theatre Club offers can be found [here](#).







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## Speak Up Month 2023

### Breaking Boundaries: The Transformative Journey of International Voices in UHMBT

Navigating the National Health Service (NHS) as an internationally-educated recruit presents a series of challenges. Picture this: we give up the life that we have always known, leaving our home countries to start anew, to join University Hospitals of Morecambe Bay Trust (UHMBT). It's like entering an entirely different world. Our cultural background meets an unfamiliar work environment, creating a reluctance to express our thoughts and ideas.



There is also the major consideration of language and accents. Sure, we speak English and have been made to pass stringent English language qualifications to be able to practice as a healthcare professional in the United Kingdom, but the fear of not getting our point across or sounding off can provide an additional layer of stress. Imagine being in a busy Emergency Room or Operating Theatre, and every word you say feels like it's under a magnifying glass – that's the common reality for a large number of new overseas recruits.

Within the NHS structure, it's like navigating a complex maze. Hierarchy rules and raising concerns would sometimes feel like challenging our colleagues, superiors, or even the organisational culture and practices itself. Fear of causing trouble, the danger of harming our careers, and the thought of being possibly sent home as we are on temporary work visas, can stop us from raising concerns or even attempting to suggest possible improvements. It might feel like we are stuck in a game where the rules are unclear and we are not sure if we can even play.

Personal struggles in building a life in the UK can further intensify these challenges. Feeling like outsiders or believing our opinions hold no weight can breed anxiety, impacting our confidence. It's no different from performing on a stage unsure if our lines will be heard.

To turn this plot around, the UHMBT system is in the process of a rewrite, where embracing diversity becomes the hero. We have training programs, like the Language Cafe, that extend beyond workplace intricacies, that seek to embrace different cultures and address language barriers. Mentorship acts as a guide, supporting overseas-educated staff in this new healthcare world.

Our organisation is currently undergoing a transformation, with the traditional NHS hierarchy easing to make room for everyone's voice. Clear ways to report issues are now starting to become as obvious as street signs, guiding international recruits through the NHS labyrinth. Leaders, managers and senior members of staff continue to strive to fulfil their commitment to create inclusive and supportive environments.

As internationally-trained recruits like me start to gain confidence, the narrative shifts. Journeys that were once filled with struggle becomes a tale of strength. Barriers to speaking up get dismantled, paving the way for a healthcare system that thrives on diversity, and valuing every voice. Making our shared vision, to create a great place to be cared for and a great place to work, inching closer to becoming a tangible reality

**Kara Mallonga, Freedom to Speak Up Guardian**

## Frailty Icon PowerPoint and video

Colleagues can find out more about the new Frailty Icon by watching the following PowerPoint and video which explains how this can be added. Watch [here](#).





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## Baby Loss Awareness Week (9-15 October 2023)

Living with loss is a daily reality for so many families around the world. Baby Loss Awareness Week is an opportunity for families to openly commemorate their baby and remember a life that should be being lived. It also provides an opportunity for those outside of the baby loss community to educate themselves and help families remember that their baby did exist.

[Get more information about the support available following the loss of a baby on the intranet.](#)

We are supporting  
Baby Loss  
Awareness Week



#BLAW

See how you can get involved at: <https://babyloss-awareness.org/> or search #BLAW2023 on social media.

You can also join the global Wave of Light on Sunday 15 October at 7pm, where everyone is invited to light a candle and take a moment to remember all the much-loved and much-missed babies. *This story reflects our aim to deliver outstanding care and experience which is one of our four areas of focus for 2023/2024.*

## Focus 2 Leadership Programme - Me As a Leader

The revamped course has been going well for the last few weeks and we have received excellent feedback. For example, one colleague said: "Loved it! Thoroughly enjoyed the time and space to think and reflect on leadership behaviour." Another colleague stated "(There were) great discussions and time to reflect. I enjoyed the session this morning, particularly the section on psychological safety. It felt psychologically safe; thought-provoking, and I learnt more (through it) being interactive." The course now aligns with recent feedback from CQC around the importance of a continued focus on psychological safety through compassionate leadership. The programme now focuses on developing the skills and attitudes necessary for psychological safety and creating a culture where colleagues are more able to raise concerns and make suggestions. The course still looks at the importance of wellbeing across the Trust. Call to action - Book your place today. The course has dates available but some are already fully booked. In order to get a date of your choice, book your place today.

## Digital Drop-In

The I3 team are looking at ways to increase and improve our support services to wards and departments. Our next digital drop-in will be held at FGH on Wednesday 18 October. We will be situated:

- Level 5 Lift area 10am-11am
- Level 6 Lift area 11am-12pm
- Level 4 Lift area, near the Chapel 2pm-3.30pm

Just come along and see us and we can help with:

- Logging tickets with Service Desk, using Self Service Portal
- Accessing systems
- Troubleshooting
- General Electronic Patient Record (EPR) hints and tips
- Answering any queries
- Improving digital awareness



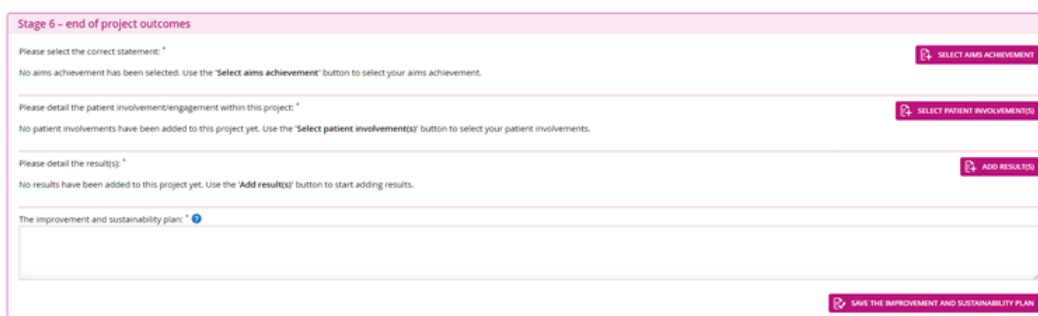
Even if you don't have a query or concern, come and see us and we can update you on future plans and improvements. We are also ready to listen to your ideas for innovation and improvement to help you fulfil your roles effectively. Looking forward to seeing you.



## Quantifying the Impact of the Trust's Quality Improvements

The Quality Improvement Project (QIP) module within AMaT (Audit Management and Tracking System) has been recently updated with some new developments. This QIP repository is open to all in the Trust to view and use. Pre-approved QIPs are registered on the system and the projects participants can update their progress in each of the six steps of an improvement journey.

In the 6th Step (Sustain) previously users were asked to outline the impact of their improvement and their sustainability plan within a free text box. New developments within this step now means we will be able to quantify how many QIPs achieve their aim, the level of patient involvement has taken place and the resulting improvement in addition to the free text description.



Stage 6 – end of project outcomes

Please select the correct statement: \*

No aims achievement has been selected. Use the 'Select aims achievement' button to select your aims achievement.

[SELECT AIMS ACHIEVEMENT]

Please detail the patient involvement/engagement within this project: \*

No patient involvements have been added to this project yet. Use the 'Select patient involvement(s)' button to select your patient involvements.

[SELECT PATIENT INVOLVEMENT(S)]

Please detail the results: \*

No results have been added to this project yet. Use the 'Add results' button to start adding results.

[ADD RESULTS]

The improvement and sustainability plan: \*

[SAVE THE IMPROVEMENT AND SUSTAINABILITY PLAN]

The Improvement team have been encouraging the use of AMaT's QIP module to document improvements undertaken by those they've supported e.g., QSIR V participants, Foundation Year Doctors, wards involved in improving falls and pressure ulcers, nursing development programme participants, and for anyone who would like to document their Improvement Project. If you have already registered your QIP please update your progress to ensure it is reflective of your journey so far.

If you are involved in or wanting to make quality improvements in your area, please document your Quality Improvement Project on the AMaT system, there are lots of benefits to you as individuals, for your department and the Trust. Being able to demonstrate what we have improved at all levels is great evidence to be shared and celebrated with our patients, communities, and colleagues, for our own professional development, to our professional bodies, and to our commissioners/regulators.

Those undertaking QIPs will find the [QIP intranet page](#) a useful starting point, or if you are new to improvement and want to find out more visit [The Improvement Centre's](#) opening page and/or sign up to attend a one hour virtual session Introduction to Improvement via booking a date to attend in TMS.

If you are a department looking to capture the quality improvements you have made/wish to make and/or would like to integrate AMaT into your QIP approval process in your own department, please reach out for support from the Improvement Team using the [support request form](#).

## We are accepting funding requests for lower value items

Friends of the Royal Lancaster Infirmary is a small charity run by volunteers who raise funds in support of the Royal Lancaster Infirmary. Funding requests can be made by staff to: [Charity@mbht.nhs.uk](mailto:Charity@mbht.nhs.uk) (please quote Friends).

The Friends will consider requests in support of both patients and staff. A poster can be found on the Intranet [here](#).





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## October is Breast Cancer Awareness Month

We hope you will join us in fundraising. Wear it pink day is on 20 October but you can choose to wear pink any day this month and make a donation in support of Breast Cancer Services [UHMBT](#) supporting local people.

Your donation will really make a difference for the women and men accessing our services.

We hope you will use this campaign as a reminder to check your breasts.

Touching, looking and feeling your breasts. Common signs of breast cancer include a lump or swelling, changes to the skin such as dimpling or puckering, a change in colour if your breast is inflamed or red, a change to the nipple if it has become inverted, crusting or a rash around the nipple, unusual liquid or changes to the size or shape.

If you do find any changes, please contact your GP.



## Donations agreed

Bay Hospitals Charity has agreed funding for a wide range of items including a fridge and microwaves for finance staff and memorial benches for garden areas at Furness General Hospital.

The agreed funding also includes two patient reclining chairs for the Day Treatment Unit and Dunmail at Westmorland General Hospital, wildflower seeds and signs for the grounds of the Royal Lancaster Infirmary, a Lucas CPR Drive for our Emergency Department, at the RLI, and a Hoist for Ulverston.

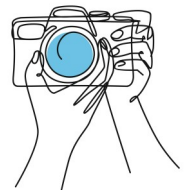
The charity also agreed to fund a Specular Microscope for the Macular Unit, WGH, Reception Desk and Office for Oncology at FGH, Blackout Window Blinds for Ophthalmology, WGH and last but certainly not least two ECG machines for Heysham and Ashton Care Community Centre.

More information will follow on these items and the benefits they will bring to patients, staff and the wider community.

## Photo of the Week

If you'd like to be featured, send a photo that made you smile, your name and a short description to [Weekly.news@mbht.nhs.uk](mailto:Weekly.news@mbht.nhs.uk).

Please note: Weekly News is shared with the public via the Trust website and on notice boards across the sites.



## Trust Procedural Document Library

Please see the link below for procedural documents updated in the last 30 days. If you have any queries contact [policy.coordinator@mbht.nhs.uk](mailto:policy.coordinator@mbht.nhs.uk). [Trust Procedural Document Library - Documents Updated in the Last 30 Days](#)

## Have you won the Bay Hospitals Charity Lottery this week?

This week's winning numbers are:

Draw date: Friday 6 October

2 8 5 3 4 9

Play the Bay Hospitals Charity Lottery online now!

Visit [www.bayhospitalscharity.org/lottery/](http://www.bayhospitalscharity.org/lottery/)

and help make a lotto difference across  
Morecambe Bay Hospitals.

