

Weekly News

Nominations now open for UHMBT Staff Governor elections

Are you interested in representing the views of UHMBT's Member's? Then put yourself forward to become a Staff Governor! We are looking for three Staff Governors who will play a vital role as part of the Council of Governors. The elections formally began on 20 October 2022 and there are vacancies in the following areas:

- Nursing and Midwifery (2 vacancies)
- Estates and Facilities (1 vacancy)



No specific qualifications are required for the roles, other than a genuine enthusiasm to make a difference. You should care about patients, staff and the services the Trust provides, and you should wish to bring the knowledge and experience of members and staff into discussions and decisions about the direction of the Trust.

The level of commitment required will greatly depend on how involved you choose to be. We envisage that it will take a maximum of two days per month to fulfil this role effectively. Being a Governor is not a paid role, but it is extremely rewarding and you will be reimbursed for reasonable expenses incurred.

Governors will be chosen through an independently run nomination and election process. If you would like to represent public and staff member views for your local community, the deadline for the receipt of your nomination forms is 5pm on Monday 7 November 2022. To find out more and access the online nomination form [University Hospitals Morecambe Bay NHS FT \(ukevote.uk\)](https://ukevote.uk)

Voting will close on 15 December 2022 with results announced on 16 December 2022

Tea and Talk sessions to relaunch

Tea and Talk sessions with Aaron Cummins, CEO are re-launching from the beginning of December.

There will be sessions at different times each month which are a mixture of face to face in the restaurant at each of our three main hospitals and virtual via Microsoft Teams. These sessions are completely informal with no agenda. If you have something on your mind, want to ask Aaron a question or simply just have a chat about something, please drop-in when you can on the upcoming dates below.

RLI (Ashton Restaurant)	FGH (Lonsdale Restaurant)	WGH (Westmorland Bite)	Virtual (via Microsoft Teams)
2 December 2022 8am - 9am	1 December 2022 5.30pm - 6.30pm	10 January 2023 5.30pm - 6.30pm	12 December 2022 2.30pm - 3.30pm
18 January 2023 5.30pm - 6.30pm	23 January 2023 8am - 9am		



Find out more about Trust Finance



Here is our first edition of '[Five Things on Finance](#)'; a new leaflet from Finance which will be released monthly, aimed at supporting and informing colleagues across the Trust in Finance related topics.

NHS Staff Survey - Background Information



In the NHS Staff Survey there is a section that is based around your background information and asks questions about you (e.g. disability, sexual orientation, ethnicity, parent and/or carer status). We understand that there are reasons why people may choose not to declare this information about themselves however, there are some important reasons why you may wish to consider answering those questions and sharing these details with us.

There is power in numbers, but only if the Trust is aware of those numbers. It is much easier to request tailored or specific support and resources for a larger number of colleagues. The NHS Staff Survey is an opportunity to share your status anonymously and for the Trust to have accurate information about how many colleagues have that thing in common. If we have accurate information, the Trust can plan, allocate resources and provide the right support. If we don't have those numbers it's much harder to justify spend, and to divert resources from other more readily visible needs.

We also use this information as part of the Workforce Race, Disability, and Sexual Orientation Equality Standards which means that it can help us to understand the colleague experience for these groups and to take meaningful, targeted action where it is most needed. You can [view these reports on our website](#) and see what actions have been taken as a result of having this data available to us.

Did you know the NHS Staff Survey...

is used to better understand the experiences of our NHS people and to **see where more change is needed.**

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.

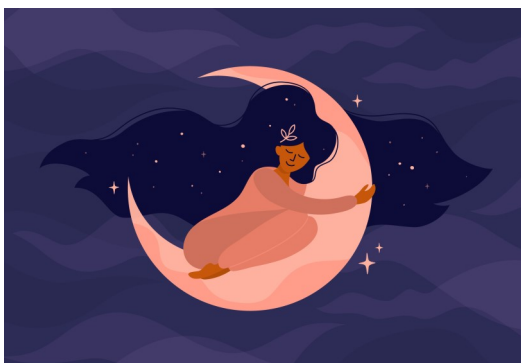
NHS
**We are
always
learning**

BHBY—Looking at sleep and rest



Most of us need around 8 hours of good quality sleep a night to function properly, some need more and some less.

What matters is that you find out how much sleep you need and then try to achieve it. Good quality sleep is more important than the amount of sleep that you get and it helps to keep you feeling healthy.



If you are interested in learning more about how to get a good nights sleep or understanding sleep problems, why not book an appointment with our Better Health Better You (BHBY) Nurse at Occupational Health and Wellbeing.

[Register here](#) and our Administration Team will contact you to arrange your appointment. There is also a Occupational Health Better Sleep Course available to book now through TMS.



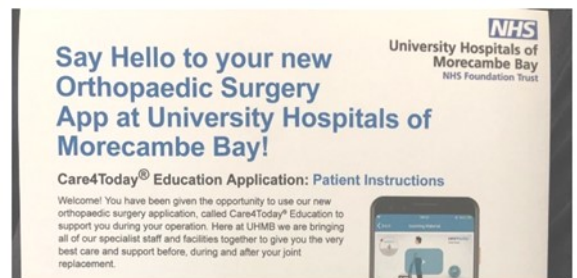
Digital solutions goes live



We are delighted to announce that 12 months after concept and in collaboration with Johnson & Johnson Medical, UHMBT will be delivering world class education to patients for Hip & Knee surgery.

This is one of the many initiatives to help empower and educate our patients. The new App includes a step-to-step guide detailing the process of the patient pathway alongside videos designed by the team at UHMBT. This will enable our patients to optimise themselves pre-surgery and improve their recovery and reduce the length of stay in the hospital.

The App is now live at the Trust, one patient said "This is a fantastic tool that has made me understand my surgery and what I am required to do. Particularly enjoyed the videos. I wish I had this when my husband had his knee replacement."



Christmas decorations in clinical areas

As it is coming up to our Christmas festive season, to ensure we are keeping our patients, visitors and staff safe during the pandemic, whilst enjoying the holidays please ensure the following in clinical areas:

- Decorations must **NOT** be put up before Tuesday 20 December and must be taken down by Wednesday 28 December.
- All decorations used must be new and disposed of after they have been taken down.
- Real trees are not appropriate, decorations should be limited and where possible wipeable such as transfers for windows or walls.
- Christmas displays in display cases (covered notice boards) are favourable, if displays are not protected by a case then they can only be on display for the 7 days as detailed above.
- Decorations should not in the care areas, where direct patient care is provided eg: bed bays/single rooms and treatment rooms, they should be restricted to communal areas such as the reception areas or staff rooms.
- Decorations must be compliant with fire regulations
- Wards in outbreak cannot have decorations



New timetable to reduce travel for colleagues

A new x-ray theatre timetable will go live on Monday 7 November. This includes more all-day sessions, which will reduce the need for clinical colleagues to travel between sites.

Work continues on the renovations to our theatre estate both at RLI and WGH, but this has no impact on the new timetable. We will keep you posted on progress. The team said "we would like to take this opportunity to thank all our clinical and non-clinical support services for their input to this project. Without them, it would not have happened."



When is it appropriate to use gloves?

Reducing inappropriate use with the 'Gloves Off' campaign

Colleagues at UHMBT are being asked to re-commit to a campaign to enhance patient care, support the environment, protect their hands and help to save hundreds of thousands of pounds for the NHS by using gloves and other PPE more appropriately.

The RCN national 'Gloves Off' campaign was initially launched at UHMBT in 2019 but unfortunately quickly became overshadowed by the Covid 19 pandemic. As we move forward with 'living with Covid' strategies and return to our usual ways of working, this feels like the perfect opportunity to remind colleagues about the campaign.



The Gloves Off Campaign is encouraging all colleagues at UHMBT to help reduce the current annual usage of more than **eighteen million** gloves by only using them when they are needed.

Read in full on the Intranet [here](#)

'Fair and Inclusive Recruitment' stream



One of the key streams of cultural transformation work currently underway, and on the back of significant Moving Forward feedback is the 'Fair and Inclusive Recruitment' stream.

This is an ambitious programme of work which is addressing serious concerns raised. The action plan builds on the foundation of change and improvement already in place as a result of the Race Equality Transformation Programme.

This [visual](#) provides an update on the main changes that have been made through 2022, which are set to address both those serious concerns raised and the wide disparities for underrepresented groups.

Fair and Inclusive Recruitment
You Said We Did

Join the New Hospitals Programme webinars in October and November

You are warmly invited to find out more about the latest New Hospitals Programme developments at one of the upcoming webinars with Jane Kenny, Lead Nurse, and Claire Granato, Lead AHP. Join us to hear more from the team and ask questions, the online sessions will be held on MS Teams and are open to all staff working in the NHS in Lancashire and South Cumbria. Please click on your preferred date below for the MS Teams link for the meeting and make a note in your calendar:

- [Join the NHP webinar on Wednesday 2 November, 4.30 to 5.30pm](#)
- [Join the NHP webinar on Friday 4 November, 8.30 to 9.30am](#)
- [Join the NHP webinar on Tuesday 8 November, 8.30 to 9.30am](#)

Lancashire & South Cumbria
New Hospitals
Programme



Trust colleague showcases work at annual congress

Prateek Agarwal, Consultant Ophthalmologist presented at the United Kingdom and Ireland Society of Cataract and Refractive Surgery Annual Congress on 21 October which showcases high quality content on latest in Cataract and Refractive Surgeries, complex cases and their management.

The team also won best Surgical Video in the video award session which is judged by the esteemed faculty members for its content, quality, complexity and take home message.

Prateek said "I am very pleased to share that our video on complex case management of Subluxated IOL and Bag Complex with Lasso Technique won the best video award.



"In this video we highlighted a Novel technique of scleral fixation of the whole subluxated Bag complex with Prolene sutures which were buried under a sclera flap.

"The need of referring to Vitreo Retina with removal of Intraocular lens and another surgery with anterior implantation lens coupled with biometry surprise was Circumvented. Post operatively the patient enjoyed 6/9 vision.

"This is indeed a proud moment for the department. Thank you to my colleagues and to my team for being so supportive."

Foundation Year Trainees Seeking Quality Improvements



In July 2022 RLI and FGH welcomed 43 first year doctors (Foundation Year 1/FY1) to the Trust, they have been on their first placement since August and are due to move into their second placement in December – **have you met any of them yet?**

Part of the 2-year postgraduate medical training programme involves a wide-ranging educational programme co-ordinated by our Education Departments. Quality Improvement training is part of this as there is a requirement for all FY doctors to be involved and lead quality improvement projects.

All Foundation Year doctors are learning about Quality Improvement and how to manage a Quality



Improvement Project using the UHMBT 6 Improvement Steps. They have been tasked to work together in small groups to identify a quality issue they can apply their learning to during their first year. This can be an area identified by a national or locally mandated clinical audit, by their clinical supervisor, by the staff working in an FY placement department or supporting part of an existing improvement. **Do you know an area in need of improvement an FY may be able to support?**

[Continue reading on this link](#)



Happy retirement Gill!

Gill Horner, admin support to the Diabetes and Endocrinology team at the RLI is retiring following over 24 years of NHS service.

Gill started working with Dr Dillon and partners at the Morecambe Health Centre in May 1998 and came to join us at the RLI in February 2013, where she has worked within the Diabetes and Endocrinology Team providing support to many other admin, nursing and medical colleagues.

Gill has seen many changes in the last nine-to-ten years which have included providing the support required to the opening and then reallocation of our new diabetes and endocrinology centre.

Her team said "Thank you Gill on behalf of the whole team for your dedicated hard work and support you have given to all staff and patients. You will be sorely missed. We wish you a long, happy and healthy retirement."



People have more confidence to manage their musculoskeletal conditions thanks to exercise programme

Bay Health &
Care Partners
delivering



Twelve people from across Morecambe Bay have been attending an exercise programme at Kendal Leisure Centre to help them to cope with osteoarthritis (chronic joint pain) of the knee and hip and initial feedback has been positive.

The Enabling Self-management and Coping with Arthritic Pain using Exercise (ESCAPE-pain) programme is aimed at people over 45 years old.

People attend 12 one-hour sessions, twice a week, over a six-week period. The sessions involved a 15-minute talk which includes educational self-management and coping strategies, followed by a 45-minute exercise programme individualised for each person. The sessions are led by Healthwise Facilitators at Kendal Leisure Centre and are supported by the Integrated Musculoskeletal (iMSK) Service. You can read the full story at the BHCP website [here](#).



Implanted devices—message from the Pacing Team

To help direct queries regarding implanted devices to the correct team and speed up the response time, we ask you to email queries through to the below:

- Implantable Loop Recorders: For all queries and requests for ILRs, please contact us on CIU.LinqAdmin@mbht.nhs.uk
- Pacemakers and ICDs: For all queries and requests regarding pacemakers and ICDs, please contact us on CIU.PacingAdmin@mbht.nhs.uk

In order to assist us, please provide patient name, hospital number, device manufacturer and model, and where relevant, reason for request.



What is Project SEARCH?

Project SEARCH is a transition to work programme committed to transforming the lives of young people with learning disabilities and autism find great jobs. The end goal is paid employment.

- Opportunity for young people with learning disabilities and autism to learn new skills in a work setting.
- Interns who complete Project SEARCH are significantly prepared for working increasing their success to secure fulltime paid employment

To Employment



From Internships

We have interns in:

- Porter department
- Catering department
- Estates & Facilities
- RVS Shop
- RVS Coffee Bar
- Pharmacy department
- Same Day Emergency Care
- Crosslands

NHS Learning Disability Employment Programme

- Increasing the number of people with a learning disability and/or autism employed in the NHS
- The NHS provides better care when the people employed in its services reflect the diversity of the communities it serves.

INSPIRA
Inspiring you



NHS
University Hospitals of
Morecambe Bay
NHS Foundation Trust



Project | SEARCH®

FURNESS
COLLEGE
Incorporating Barrow Sixth Form College

right
2work
part of the Oaklea Group

Cumbria
County Council

CARE

Anti-Bullying Week 2022

Anti-Bullying Week 2022 will take place from 14 to 18 November. We have a number of training sessions and workshops planned before and during Anti-Bullying Week to help you learn more about the issue and what you can do to prevent workplace bullying. All sessions can be booked via TMS. Search 'bullying' in TMS to find the training on offer.

Stand Up to Bullying training

- Monday 7 November, 9am to 11am, Westmorland General Hospital
- Wednesday 9 November 9.30am to 11.30am, Furness General Hospital
- Wednesday 16 November, 9am to 11am, Royal Lancaster Infirmary

Introduction to LGBTQ+ Inclusion

- Tuesday 15 November, 2pm to 4pm, Furness General Hospital

Supporting Trans and Non-Binary Colleagues and Patients

- Wednesday 16 November, 2.30pm to 4.30pm, Furness General Hospital

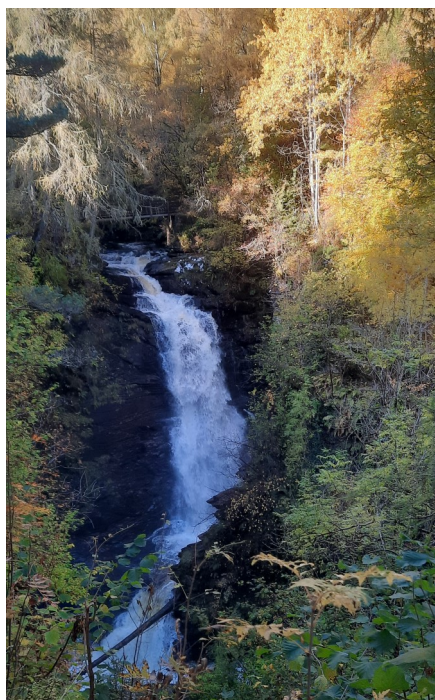


Photo of the Week

This weeks Photo of the Week is from Ian Dewar:

"This is a picture from the Birks of Aberfeldie. Taken by me whilst on a reading break in Perthshire.

"The picture is part of the Falls of Moness that inspired a poem by Robbie Burns called the Birks of Aberfeldy"

You can read the poem on Wikipedia [here](#).

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.

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. [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 28th October

4 3 5 3 6 7

Play the Bay Hospitals Charity Lottery online now!

Visit www.bayhospitalscharity.org/lottery/

and help make a lotto difference across
Morecambe Bay Hospitals.

