

Weekly News

Outstanding UHMBT nurse honoured at The King's Birthday Reception

A caring and compassionate nurse from UHMBT was among several nurses and midwives trained abroad and working across the North West to have been recognised by The King for their contributions to the NHS at a royal reception at Buckingham Palace this week.

Maria Gasmin, Lead Infection Prevention Nurse for UHMBT, was among a group of 25 internationally educated nurses and midwives working at NHS trusts across the region who attended The King's Birthday Reception on Tuesday 14 November to highlight the invaluable role our international workforce plays in the NHS. Maria was recognised for supporting and bringing together international nurses at our Trust as well as for her role in surgery improvement projects to improve length of stays in hospital.



Maria said: "I consider meeting His Majesty King Charles on his birthday a huge honour and privilege, and to be one of the nurses who've made a difference in the NHS is a true 'pinch me' moment. Thank you to the Trust for nominating me for this opportunity. I represented all internationally educated colleagues - you were all with me on this special day!" 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.

[A media release about The King's birthday reception was issued at a local and regional level.](#) Maria was featured in the national and local media including:

[Cumbria nurse meets King Charles III for her contributions to the NHS](#)

[Outstanding Morecambe Bay nurse honoured at The King's Birthday Reception at Buckingham Palace](#)

Three posts were shared on social media across Twitter, Facebook and Instagram which received 11,695 impressions, 126 likes and 18 shares. The full story is [on the intranet on this link.](#)

New CQC approach to assessment

Over the coming months, the CQC will gradually roll out its new single assessment framework to all providers in England. It launched last week in the South of the country and is likely to start in our region in early 2024.

The quality ratings and five key questions will stay central to the new approach, but the existing key lines of enquiry (KLOEs) and prompts will be replaced with new 'quality statements'. For each quality statement, it will be clear which evidence will need to be collected and looked at - which will vary depending on the type of service and the level at which the organisation is being assessed at.

To make judgements more structured and consistent, the CQC has also developed six categories for the evidence they collect:

- People's experiences
- Feedback from staff and leaders
- Observations of care
- Feedback from partners
- Processes
- Outcomes of care

Relevant colleagues are currently reviewing the recently published guidance on the new assessment framework and will share more information about what it means for our teams over the coming weeks and months. **This story reflects all of our four areas of focus for 2023/2024.**

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





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Our areas of focus 2023/2024

Over the next few weeks, we will be sharing updates on the progress made against our areas of focus for 2023/2024 for quarter 2. In this edition we will focus on our area of focus: 'Create the culture and conditions for our colleagues to be the very best they can be' with some examples of our improvement work.

We said... we will:

1. Empower our leaders at a local level to lead their services and teams.

In quarter 2 we have...

Recommended delivery of Focus 2 of the Leadership Development Plan (LDP) and began design of Focus 3. Focus 3 will underpin fundamental cultural change in respect of inclusion and civility.

This has meant...

Leaders have experienced an improved LDP which is more meaningful to their role and impactful to their team.

We said... we will:

2. Embed our values and expected behaviours.

In quarter 2 we have...

Started to develop our engagement approach to developing the new People Strategy, working with external partners to provide safe spaces for staff to speak up about their lived experiences.

This has meant...

Compassionate leadership and restorative, just and learning principles are beginning to become embedded.

We said... we will:

3. Enhance our use of technology to improve the experience of our colleagues.

In quarter 2 we have...

Launched a triage app through the Patient Engagement Portal (PEP)

This has meant...

As a result of clinical triage through the PEP, triage has been simplified with the potential for the proportion of service users receiving the correct first appointment maximised.

We said... we will:

4. Create a culture of wellbeing in all services.

In quarter 2 we have...

Agreed a new policy in relation to carers leave which has been approved by the Culture and Inclusion Programme Board. This will significantly improve the support for our colleagues who have caring responsibilities.

This has meant...

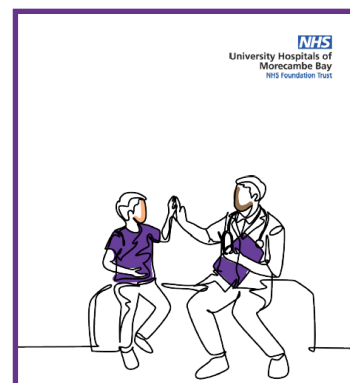
We continue to identify and implement changes to support positive health and wellbeing for colleagues.

More information on our quarter 2 improvements can be found in the 1 November 2023 Board Paper [here](#). (agenda item 129).

I look forward to sharing more updates with you over the coming weeks.

Suzanne Hargreaves

Associate Director of Strategy and Transformation





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Raising awareness of Sustainability at a national, regional and local level

Estates sustainability did you know...

Did you know our LED lighting scheme saves 2,066,033 KWH of electricity per year? That's a saving of 427,821 kg of CO₂e. You could help to improve this by turning lights off in rooms that are not in use.

Did you know we now fit heat recovery devices to our ventilation systems which recover up to 80% of the heating or cooling? You could help improve this by keeping Estates up to date with occupancy hours.

Did you know that reporting Estates issues in a timely manner can make a big difference to our Energy use and sustainability?

Did you know the Trust procures Green Electricity from the Grid, which is generated by Solar, inland and offshore wind farms?

Did you know that you can see how the UK electricity supply is being generated and when it is cleanest through an App? [The National Grid ESO App – Apps on Google Play](#) [The National Grid ESO App on the App Store \(apple.com\)](#)



Importance of following up on eyesight tests when requesting a voucher

Colleagues who have been provided with an eye test voucher from the Occupational Health and Wellbeing Department for a sight test are strongly encouraged to book a test and use the voucher before its expiry date. Colleagues who use DSE daily, for continuous periods of an hour or more, can request an eye test voucher for Specsavers Opticians as part of their DSE Self-Assessment via TMS.

The Trust saw nearly 400 vouchers issued between June 2023-October 2023 and only 49 of these were redeemed. When vouchers are not used this has a significant financial impact on the Trust. In addition, [eyesight tests](#) are extremely important and not only do tests identify if people need glasses, but they also help to detect any signs of eye disease. By not taking the opportunity to book a test and use the voucher provided, colleagues risk developing a negative impact on their health and wellbeing.

Those colleagues who have requested a voucher and no longer need to use it can contact the Occupational Health and Wellbeing Department on occhealth.referrals@mbht.nhs.uk.

Baby memorial service

Our baby memorial services are held every year to give families the opportunity to take time out of a busy world, light a candle, and think about their baby or child. The Lancaster service was held at St Thomas' Church on 26 November. Everyone is welcome to attend the next service on Wednesday 6 December 2023 from 7pm at the Furness General Hospital chapel. **This story reflects our aim to deliver outstanding care and experience which is one of our four areas of focus for 2023/2024.**



Remember to upload Lateral Flow Test results

Colleagues are reminded to please upload any Lateral Flow Test results onto Lorenzo. This ensures that our Infection Prevention team are kept informed about levels of infection across our services, and can support Site Managers with patient flow. For any further questions or guidance, please contact ip.team@mbht.nhs.uk or via switch.



Barrow Care Homes embrace Default to Decaf

Default to Decaf is a campaign which launched at Furness General Hospital earlier this year aiming to reduce caffeine intake and improve health outcomes for our patients. The primary aim is to encourage patients and staff to switch to decaffeinated tea and coffee and is supported by the Bladder and Bowel Team, Women's Health Physiotherapy Team, Urology and Infection Prevention.

This campaign has now rolled out into the community with Risedale Care Group taking a particular interest. The care group now orders predominantly decaffeinated tea and coffee across all locations, in the Barrow-In-Furness area. Adam and India at Risedale St Georges Barrow; and Phil Mather and Keiron Hart at Risedale St Lukes Nursing Homes Barrow.



Some of the benefits of reducing caffeine intake are:

- Caffeine reduces the effectiveness of medication absorption.
- Caffeine can cause incidences of rushing to the toilet in a hurry which can increase falls.
- Caffeine can reduce hydration and increase the risk of UTI.
- Caffeine reduces the absorption of essential vitamins and minerals. *This story reflects our aim to deliver outstanding care and experience which is one of our four areas of focus for 2023/2024.*

The importance of preventing a fall and avoiding serious injury

Around 14,000 people die every year in the UK as a direct result of falls or injuries sustained, with around a third of people aged 65 and over falling at least once a year. As people get older it's not unusual that they become unsteady on their feet and even though falling is quite common it can lead to serious injury and affect confidence. There are a lot of things that can be done to tackle this, including simple at-home exercises and making home adaptations. NHS Lancashire and South Cumbria Integrated Care Board (ICB) are sharing tips on falls prevention. [Read the full story here.](#)

Support the translation of community messages

We are looking for support with translating messages for our communities across Lancashire and South Cumbria. If you are a speaker of a community language (including British Sign Language) other than English then we are appealing for your help to make messages about access to care, support and advice as accessible as possible for people whose first language is not English or who do not speak or understand English very well.

We know we have a diverse workforce across Lancashire and South Cumbria and would like to appeal for support from those who would be willing to help translate key messages or record messages in different languages. Translation could be via an audio recording, video recording or written translation. Current financial challenges mean we have no money to outsource this to external agencies. We believe that providing accessible information will help us to improve access to the most appropriate service, help people to stay healthy and well at home, and reduce the pressure across our system. If you would be prepared to help please email our engagement team at: Lscicb.ice@nhs.net.

Reminder: Provider Collaborative Briefing

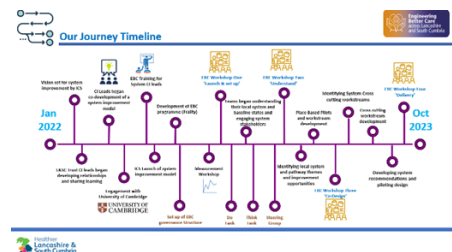
Colleagues are invited to attend a colleague briefing which will provide an update on the work we are doing together to improve health and care across Lancashire and South Cumbria. The event, led by Chief Executives from across the system, will take place on Friday 8 December between 11.30am-12.30pm on Microsoft Teams Live [here](#) or via your calendar invitation. More information on the intranet [here](#). An agenda can be found [here](#). *This story reflects our aim of working in partnership which is one of our four areas of focus for 2023/2024.*



ICS Wide Action on Improving Frailty

Over the last 18 months Quality Improvement (QI) leads across the Integrated Care System (ICS) and colleagues from each Place have been testing an approach to system level change called Engineering Better Care (EBC) developed by Cambridge University. Our improvement focus is people living with frailty over 65, aiming to create a seamless journey to support people to age well across Lancashire and South Cumbria, leading to better outcomes and improved experience. Collectively working to improve:

- Identification and assessment of frailty
- Proactive digital care planning
- Co-production
- System-wide accessible data



Click on the image for a better quality version.

Greater information, recommendations and learning is shared within this [recent presentation](#). Next steps for this ICS wide action on frailty is progressing the recommendations with tests already taking place:

- Using the clinical frailty score at East Lancashire place, a digital group has formed to start delivering on digital proactive care plans.
- North Lancashire and South Cumbria developed a template using Strata to allow social prescribing referrals across all partners. Initially the trial will be focussed on Age UK in North Lancashire scheduled for January 2024.

Progressing work on proactive care planning at Place and ICS level and working closely with the East Lancashire Hospital Trust (ELHT) team on Clinical Frailty Scores, will now have oversight and governance through UHMBT Whole System Flow improvement workstream. We continue to work with Cambridge University to develop the EBC model across the ICS. The EBC Model and this local work case study is shared [Chris Ham's report Improving Health and Care at Scale](#).

Special cold cot donation will help bereaved families

A specialist cold cot that allows parents to spend precious time with their baby who has sadly died during pregnancy or following birth has been donated to the Royal Lancaster Infirmary.

The vital piece of equipment was donated by Nikki Ellis Powell and Nathan Powell, who fundraised over £2,800 to buy the cot for the hospital after their son Terry Powell Junior ('TJ') was born sleeping in March 2023. Nikki and Nathan presented the cot, which also features a gold engraved plaque in memory of TJ, to Midwife Fiona Ducksbury and Bereavement Midwife Celia Sykes at the end of November.



Christmas Presents for Patients

It's that time of year again when the Medical Unit 2 Charity Champion gathers gifts for some Elderly and Stroke Patients who are due to be in Hospital on Christmas Day. If anyone would like to contribute anything to this effort, items could be dropped off in the mornings, by **Friday 15 December 2023**, in Room 106 (just past the Seminar Room) on the First Floor of Medical Unit 2.

Another way to contribute to this great cause all year around would be to put any loose change you may have in the Bay Hospitals Charity Tubs, which are on the bars in the following Morecambe pubs: The York, Morecambe, The Strawberry Gardens, Heysham, The George, Torrisholme, The Masons, Morecambe and the Dog and Patridge, Bare. All money raised throughout the year in these charity tubs goes towards purchasing Christmas gifts for patients who are Inpatients in the Royal Lancaster Infirmary on Christmas Day. Thank you for any support regarding this.





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Lancashire and South Cumbria Diagnostics Collaborative goes social

The Lancashire and South Cumbria Diagnostics Collaborative now has its own social media channels to share good news stories about the great work taking place by the teams across LSC. The channels are:

LinkedIn - <https://www.linkedin.com/company/lancashire-and-south-cumbria-diagnostics-collaborative/>

Facebook - www.facebook.com/LSCDiagnosticsCollaborative

Newsletters

- **South Cumbria Place Based Newsletter Edition 5.** More information [here](#).

Events

- **Salsa XS** - Beginners, Intermediate, Social Dance, every Tuesday, 7.30pm, Rowley Court, LA14SB, £8 class, £5 students, £5 social. Contact johnseddon@yahoo.co.uk or 07795077301.
- **November Team Talk** recording now available. More information [here](#).
- **Christmas Hampers** - raffle fundraiser, drawing on 20 December, Tickets cost £2 and are available on Ward 6 FGH, Level 6. All proceeds will be used for stroke equipment. Exciting prizes to be won.
- **International Food Day** will be held on 12 December Ward 6 FGH. All staff invited. Contact Dena Mason on 44497 for more information.
- **Annual Christmas Quiz with Dr Marwan Bukhari (13 December).** More information [here](#).

Awareness days

For upcoming national Awareness Days please visit the NHS Employers website [here](#) and the Health Awareness Days website [here](#). **Awareness days featured this week:**

- **Disability History Month** - Supporting disabled colleagues better in work. More information [here](#).
- **International Volunteers Day** (5 December 2023). More information [here](#).

Latest training opportunities

For the Trust's latest training opportunities and courses available, please visit [TMS](#). For further wider training visit the Learning and Organisational Development Team's Intranet page [here](#). **Training opportunities featured this week:**

- **Makaton training available for nurses (NHS Learning Hub)** - More information [here](#).
- **Step into Midwifery Leadership** workshops - More information [here](#).
- **Webinar: NHS England statement on health inequalities legal duties** - More information [here](#).

Find your dream career in the NHS here at UHMBT

We want all of our colleagues to feel inspired and be supported into their dream career working in the NHS and Care sector - whatever their skills, qualifications or interests. We currently have a number of job vacancies available here at UHMBT. You can find out more information and apply [here](#).

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 1 December

5 6 4 9 5 4

Play the Bay Hospitals Charity Lottery online now!

Visit www.bayhospitalscharity.org/lottery/

and help make a lotto difference across
Morecambe Bay Hospitals.

