

Weekly News

Happy New Year

Helping patients with respiratory conditions this winter

As part of our public messaging campaign this winter, we have been working with fellow trusts and the Lancashire and South Cumbria Integrated Care Board to ensure our local communities are receiving the most up-to-date and consistent advice.

Our latest toolkit features messaging around the importance of managing respiratory conditions for both adults and children.

Respiratory disease affects one in five people and is the third biggest cause of death in England after cancer and cardiovascular disease.

For many, the winter period can be a source of concern and worry. People with respiratory diseases, such as chronic obstructive pulmonary disease (COPD) or asthma, can be particularly susceptible to the effects of cold weather, finding themselves shorter of breath and coughing more than usual. In addition, the risk of catching COVID-19 and flu this winter remains significant.

Trusts across the region are advising patients with respiratory conditions to 'protect their lungs' this winter, to ensure the local community is aware of steps they can take to avoid GP visits or hospital admission. Professor Mohammed Munavvar, Consultant Chest Physician at Lancashire Teaching Hospitals NHS Foundation Trust, has given advice to the local population about what they can do to stay well, including keeping warm, staying active and planning ahead with medication.

Our messages have been shared with Primary Care and across the wider place featuring information on [our website](#) and social media platforms. Please feel free to share these important messages across your networks to help them stay well this winter. [This story reflects our aim of working in partnership which is one of our four areas of focus for 2023/2024.](#)



Provider Collaboration Colleague Briefing 8 December 2023

Thanks again to everyone who joined us at the latest Provider Collaboration Colleague Briefing on 8 December 2023.

We have now published answers to the questions that we were not able to respond to on the day on Engagement Hub. You can check out the Colleague Briefing questions and answers and watch the video in the [Colleague Briefing section of Engagement Hub](#).



If you are new to Engagement Hub, our colleague-only website for the five NHS trusts and Integrated Care Board in Lancashire and South Cumbria, it's easy to register – just go to <https://engage.lancashireandsouthcumbria.nhs.uk> and create an account using your NHS email address. The site includes the most up-to-date information about changes planned across central and clinical services. There are lots of different ways for you to engage with projects and with each other, making it much easier to connect, share best practice and let colleagues know what's going on.

Provider Collaborative Team

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



Relocation of mobile breast screening unit

Please be aware that the mobile breast screening unit will be moving from Minerva Health Centre in Preston to Lytham Primary Care Centre at the end of January 2024. If you have recently been invited and could not attend your appointment, please contact the Breast Screening unit directly on 01524 518699 (9am – 4pm, Monday - Friday) or email bsu.rli@mbht.nhs.uk to book.

Breast screening can save lives. It is vital that you attend your free breast screening appointment when invited. For more information about the service, please visit the UHMBT website: [Breast Screening - North Lancashire and South Cumbria Programme](#). *This story reflects our aim to deliver outstanding care and experience which is one of our four areas of focus for 2023/2024.*

Join the national NHS New Hospital Programme Engagement Car Parks Workshop

The national New Hospital Programme would like to invite you to a 90-minute virtual workshop about your experience of using hospital facilities.

The national New Hospital Programme team are running several patient and public workshops during 2023 and 2024 to hear about your experiences using hospital services to help improve the designs and layout of future hospitals. This is to ensure those who use our hospitals are at the heart of the decisions being made.

They are also working with hospital clinicians, estates teams, digital – information and technology – and workforce colleagues, health regulators, the Royal Colleges, and other professional bodies, as well as public and patient experience groups, to ensure the best designs and clinical standards for all our hospitals are created.



Who this workshop is for

You are invited to join the workshop if you have had recent experience of:

- Using hospital car parks.

About the workshop

At the workshop, there will be a summary and update on the national New Hospital Programme. You will also be invited to share your thoughts as a user of our health service. Your opinions will be taken forward for further discussion to impact the design of new hospitals.

This is a **virtual workshop** and will be held online using MS Teams on **Tuesday 30 January 2024**.

You can choose from two 90-minute sessions:

- **Afternoon workshop session: 1pm to 2.30pm**
- **Evening workshop session: 6pm to 7.30pm**

How to book your place

To book your place at this workshop session, please [register online for the national NHP workshop here \(opens in new window\)](#).

When you book you will be able to choose your preferred time (afternoon or evening). You will also be able to indicate if you have any accessibility or support needs. It would be appreciated too if you could complete the demographic questions to help ensure the national NHP team are able to consider equality, diversity and inclusivity requirements and make sure different groups of people are represented.

You will receive a confirmation of your booking seven days before the workshop, and the national NHP team will send you the Microsoft Teams link and any prior reading material where required.



Safe bathing

There is now no need to take bathing and showering water temperatures on wards (**Except Babies and Children** please see specific policy [Bathing and Showering of Babies and Children](#)).

You said: Colleagues on wards have been querying the need for this for some time as baths and showers are fitted with Thermostatic Temperature Valves (TMVs) which regulate the temperature of our water to below the specified limits and our Estates Department carry out 12 weekly checks to ensure they remain at or below that temperature.

We did: We have looked back at Estates temperature check records to determine any level of unacceptable risk and consulted with the Senior Nursing Team to agree that there is no need to manually take water temperatures with a thermometer and record the temperatures in the Safe Bathing Book.

Please retain your bathing and showering temperature records for three years. If they are of this type, please dispose in general waste. If they are mercury thermometers, please request their correct disposal under COSHH by the Porters.

Your most recent three months-worth of safe bathing water temperature records should be retained until Dec 2024 when they can then be disposed of, unless there is any ongoing case related to them.



Please contact the Health, Safety and Risk Team with any queries or for any advice. *This story reflects our aim to deliver outstanding care and experience which is one of our four areas of focus for 2023/2024.*

AMaT Clinical Audit Conference, 16 May 2024 - poster competition

Organisations are now entering posters for the 2024 **Clinical Audit Conference Poster Competition**, but the closing date is fast approaching!

Posters are a great way of sharing successes and interesting projects in your organisation. They create excellent talking points during break times and celebrate the hard work of your teams. As someone who has booked to attend the Clinical Audit Conference in Manchester on 16 May, you are able to either submit your own work or represent another person in your organisation, in any or all of the three categories. The closing date for entering an abstract is **31 January 2024** and you can begin the process here: <https://amat.co.uk/t/poster24>.

The three categories cover **clinical audit, quality improvement, and embedding change with AMaT**. We ask that delegates submit their abstracts by 31 January ahead of then being invited to submit poster designs before a final deadline of 31 March. Selected work will be displayed at the conference and the prize winners announced. We wish you the best of luck and look forward to showcasing the projects which demonstrate the difference the clinical audit community makes in improving patient safety.

Reminder: COVID XBB 1.5 vaccine clinic dates

Dates for drop-in clinics for colleagues who need the [Comirnaty BA 4.5 vaccine](#) can be found on the Intranet [here](#).



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

Why do we record food waste?

It's estimated that food waste costs the NHS £230 million per year. That's just under £4.5 million per week. This is estimated as it has not been tracked very well across the trusts.



That's 346 hip surgeries a week

That's 50 full Breast Cancer treatments per week



That's 750 Gallbladder operations per week



£3.25m Devizes, England. Spectacular Grade I Castle for Sale

Or just buy a castle every week.

Why is important to track food waste?

- The obvious reason is to save money.
- It also helps to pick up trends in our menus. For example, if we see a lot of waste every second Wednesday, it could be that the Chicken in Mustard and White Wine sauce is not very nice or not suitable for the local audience. With the waste date, we can spot these trends and look to change the menu. If something on the menu is not good it affects the patient's diet which in turn leads to longer recovery times and missed opportunities to get the required nutrients into the patient.
- Food waste affects our carbon footprint, think of the wasted fuel to cook or heat the meals, and then there is the fuel to dispose of the waste.

What is food waste?

- **Plate waste:** Food left on the plate uneaten after serving
- **Unserved waste:** Whole meals that are disposed of because the patient has been discharged or moved. The patient is not hungry/capable of eating when the food is served. Bulk-ordered meals are being prepared and then only partially used.



How you can help!

- Order the correct amount of meals required.
- When ordering make a note if a small portion is needed.
- You must record food waste on a daily basis
- Communicate with the clinical teams for any changes or dietary needs.



Clare Grootendorst, Waste Compliance Manager

This story reflects our aim to make the best use of our financial and physical resources which is one of our four areas of focus for 2023/2024.

The Well Communities Winter support project

The Well Communities, a service that primarily aims to help people recover from addiction, utilised the NHS Population Health Investment Funding to help over 200 residents in South Cumbria stay well last winter.

The funding was used to bring disadvantaged individuals and families together at both 'warm hubs' and pop-up community sessions. In addition to providing a warm and safe environment, the attendees were able to hear a variety of specialist health messages and also access practical help for paying gas and electric bills. More information can be found on the Intranet [here](#).



PEP+

Hospital trusts in Lancashire and South Cumbria will soon be rolling out PEP+ (Patient Engagement Portal Plus) to patients. PEP+ is an online platform that gives patients more control of their hospital care experience. It allows them to access relevant information at the touch of a button, schedule appointments when they need them and communicate with their clinical team if needed.

The national ambition is for all acute hospitals to provide a patient portal, a secure digital solution for patients to access personal health information, arrange appointments and other administrative functionalities that will be linked to the NHS app. Funding has been made available from the government to purchase and rollout the PEP solution across Lancashire and South Cumbria, ensuring we are fit for the future using modern technology.

PEP+ has seven key functions that patients can access:

1. View appointments: including location, date and appointment type.
2. A single point of contact with services currently overseeing a patient's care.
3. Local guidance to help prepare for upcoming appointments or procedures.
4. The ability to cancel or amend appointment bookings, at some trusts.
5. A portal for clinical letters and communications.
6. Support for patients e.g. questionnaires regarding their condition(s), general health and wellbeing surveys and the ability to review their experience.
7. Notifications to patients regarding their care or condition(s) from their care team. You can find out more about PEP+, watch video walk-throughs and read FAQs [here](#).

Lancaster District Street Aid

[Lancaster District Street Aid](#) raises money to help former rough sleepers access the sort of life essentials which could help them stay off the streets for good. The initiative was launched at the beginning of 2021 by Lancaster District CVS and Lancaster City Council, working in partnership with Lancaster BID and local homelessness support agencies. It provides the public with a cashless way of making a real difference and an alternative to offering money on the street. [This story reflects our aim of working in partnership which is one of our four areas of focus for 2023/2024.](#)

Place-based initiative

Winner – Priority wards – South Cumbria

Priority wards – South Cumbria is a multi-agency initiative in South Cumbria, which involves working with colleagues from the council, Barrow integrated care community, public health and voluntary, care, faith and social enterprise sector, to share their data, engage with residents and carry out a literature search, which identified six areas of focus. Focusing initially on two of those areas, community partners developed a detailed breakdown of the causal factors, and set out areas of opportunity.



Newsletters

- **South Cumbria Place Based Newsletter Christmas edition.** 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:**

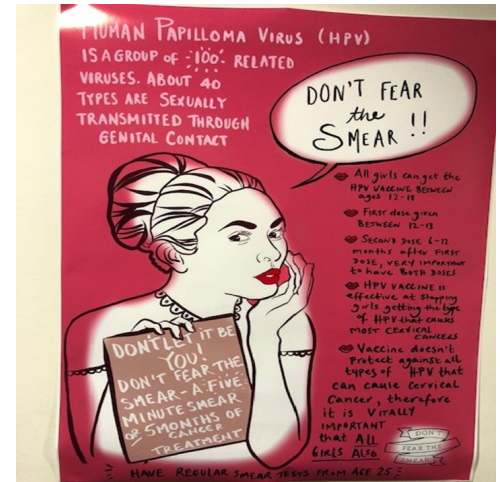
- January is Cervical Cancer Awareness Month**

During the month of January, we will be promoting Cervical Cancer Awareness throughout the Trust. Cervical Cancer is one of the most preventative and treatable forms of cancer if detected early and managed effectively.

Main signs and symptoms include: change in bladder or bowel habit, persistent tummy pain, swelling or bloating, Bleeding, discharge or itching down below.

Please speak to your GP if you are concerned about any symptoms. early detection and management can have curative treatment.

- Get informed** – Find out the facts about cervical cancer
- Get screened** – The screening programme starts from 25 years old
- Get vaccinated** – The first HPV vaccine can be given to girls between 11 and 14 years to help prevent HPV-related cervical cancer.



Click on the poster for a clearer image.

#cervicalcancerprevention #cervicalhealth #cervicalscreening #HPVVaccination
#preventcervicalcancer

- Stop Smoking Government Campaign launching.** Please read the following article [here](#) and watch the following video [here](#) to find out more.

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:**

- Inclusion Team Training Dates January-March 2024.** More information [here](#).
- HALS Lived Recovery Seminar, Friday 19 January 2024.** 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 29 December

7 2 1 6 9 3

Play the Bay Hospitals Charity Lottery online now!

Visit www.bayhospitalscharity.org/lottery/

and help make a lotto difference across
Morecambe Bay Hospitals.

