

Heart implant saves life three times

Dorset County Hospital 
NHS Foundation Trust

The life of an 85-year-old patient has been saved three times by the latest cardiac device implanted at Dorset County Hospital.

Lionel Jones from Weymouth received the heart failure defibrillator to improve heart function and protect against cardiac arrest.

The device Mr Jones has been fitted with can shock the heart within seconds if cardiac arrest is imminent and is implanted in patients at most risk. Mr Jones was the first patient at Dorset County Hospital to receive the heart failure device, successfully implanted by Consultant Cardiologist Dr Tim Edwards.

The implant is produced by Medtronic, the cardiac implant specialist which provides a range of pacemaker devices now available at Dorset County Hospital for our patients.

The latest more complex devices improve heart function, regulate dangerous rhythm disturbances and allow remote monitoring and technical tests to be conducted direct from the patient's home. Dr Edwards has achieved another first in the Cardiology Unit at Dorset County Hospital, as he was the first UK Consultant to implant one of the newer generation



pacemaker defibrillators in a West Dorset cardiac patient. Dr Edwards said: "Providing a 'best practice' service means using the latest technology. These devices allow us to treat breathlessness and fatigue in our heart failure patients as well as prevent cardiac arrest in high-risk patients. Remote monitoring is a major advance - patients benefit greatly and the unit's resources are used to maximum efficiency."

Mr Jones understands how important the procedure has been. "Thanks to this astonishing device fitted by the highly skilled cardiology team at Dorset County Hospital I'm here to tell the tale. My overall quality of life has improved, my condition is regularly monitored and if problems occur

the device takes over, allowing me to look forward to another birthday."

Since April 2007, Dorset County Hospital's cardiac services have been dramatically transformed. Before this the Cardiology Unit assessed and treated 2,500 patients per annum and the only invasive procedures offered were diagnostic angiography and permanent pacemakers. Responding to the needs of the local population the team now provides a comprehensive percutaneous coronary intervention service and an implantable cardioverter defibrillator (ICD) implant and follow-up service. Current ICD implant rates are among the best in the UK.

Chairman's Message

By Trust Chairman Robin SeQueira, CBE



This edition of Foundation Focus will give readers a snapshot of a few of the many new and innovative

services that the Trust is providing. It also focuses on how the NHS is continually expanding and searching for better ways to care for patients.

The NHS itself has attracted a great deal of publicity in recent weeks because of the swine flu pandemic. It is reassuring to us all that the NHS provides a comprehensive service, available to all without discrimination, and based on clinical need - not ability to pay.

There are still many countries in the world where access and quality of healthcare is still determined by one's ability to pay for it, even within the United States. We, in Britain, are very fortunate indeed.

The Department of Health issued in January 2009 the NHS Constitution for England. This document which is available to everyone reaffirms the NHS principles and values and brings together the Rights (as protected by the law), the Pledges (which the NHS is committed to achieve) and the Responsibilities of both patients and staff. You can obtain this document free of charge from the DoH website www.dh.gov.uk or write to Department of Health Publications, PO Box 777, London SE1 6XH.

It is timely perhaps for us to question whether we take our NHS for granted and whether we, as individual citizens, do enough to treat it with the respect it deserves. At a time when the country is facing huge economic pressures every penny spent on

the NHS is precious and cannot be wasted. It is the responsibility of everyone to honour their agreed appointments, whether these are in the hospital, or at GP/dental surgeries, unless an emergency arises. Failure to attend not only wastes valuable NHS financial and human resources but it also delays another patient from receiving treatment.

Thankfully at DCH the levels of missed appointments are nothing like some of the levels elsewhere in the country, but nevertheless we have them. A single missed outpatient follow-up appointment costs the hospital, and ultimately the taxpayer, approximately £50. An initial appointment, which takes much longer than a follow-up can cost £150. The cost of missed appointments to DCH annually is just under £300,000 which could pay for an additional 40 or so hip replacement operations! In addition, ignoring medical advice given to promote and enhance a patient's individual health or recuperation also renders the original clinical treatment less effective. True that only a minority of people indulge in this behaviour, but it nevertheless has a dramatic impact on the efficiency of the NHS.

Britain has one of the highest rates of obesity in the world and alcohol abuse is on the increase (tragically now also affecting younger people). These are only two examples of lifestyles that most of us can change and control, yet the trend is in the opposite direction. Paradoxically, there is reluctance on the part of our politicians to emphasize the

DCHFT Annual Members' Meeting

We are pleased to invite registered members to the second Annual Members' Meeting on 22 September 2009. The meeting, which incorporates the Trust's Annual General Meeting, will start at 6pm in the Dorford Centre, Top O' Town, Dorchester, DT1 2RR. A presentation about our Accident and Emergency services will be given by Dr Rob Török, Consultant and Clinical Director for Emergency Medicine. Doors open at 5.30pm. We are planning to have presentation stands with staff and governors available to answer questions. The meeting is free and tea and coffee will be served. If you would like a copy of our annual report before the meeting please contact John Yeoman on 01305 254114 or email foundation@dchft.nhs.uk. You can also find the annual report on our website: www.dchft.nhs.uk/about

responsibilities we carry as individuals and to remind us of what we need to do to ensure that the NHS is focused on the things that really matter. Whilst in Australia and New Zealand, I noticed that at peak TV viewing times, politicians supported strong, direct and thought provoking public service television broadcasts about living healthy life styles, and public responsibility to support the countries health services.

Our NHS ranks amongst our country's great achievements. We should all work towards sustaining it, particularly at a time when demand is increasing and its funding is under such pressure. We value very much the support of our members and we hope that you will encourage others to register with us, supporting the principles and values of your NHS. This Foundation Trust in turn will ensure that your Rights under the NHS Constitution are provided and the Pledges are achieved.

Hospital expands osteoporosis clinics



Dorset County Hospital is running more bone density scanning clinics for people at risk of osteoporosis (brittle bone disease).

The hospital is the only one in the area offering one-stop clinics, where patients have their scan and get their results along with individual advice about treatment all on the same day.

“Within a half hour appointment we perform the scan, carry out a fracture risk assessment, advise on treatment and address any lifestyle risk factors,” explains Jane Raleigh, Clinical Specialist in Rheumatology.

“Dorset has a high proportion of elderly people and the service is much needed.”

Extra sessions have been made possible by a grant from the National Osteoporosis Society, which gave funds for an osteoporosis practitioner to provide the service for more days of the week. Janice Risley started in the new role in December. As a qualified physiotherapist, she brings a wealth of knowledge and experience to the job.

“I have worked with people suffering the consequences of osteoporotic fractures and now relish the opportunity to facilitate the early diagnosis and treatment of this debilitating condition,” says Janice.

The hospital currently operates the scanner two days a week and plans to increase that to four days by the summer. Osteoporosis is a silent but treatable condition. Individuals with osteoporosis are at significantly greater risk of fracture following a minor fall. Typical sites of osteoporotic fracture are the wrist, spine and hip. Fifty per cent of older people who suffer a hip fracture lose the ability to live independently yet, with treatment, risk of fracture can be reduced by up to half,” Jane advises.

Working alongside Osteoporosis Dorset, the Dorset County Hospital team have been instrumental in setting up the West Dorset Bone Health Group. Quarterly meetings take place in Poundbury, Dorchester offering support, education and advice for people with osteoporosis. Osteoporosis Dorset is a local charity, established in 1992. Its aim is to reduce the number of fractures associated with osteoporosis in Dorset. For further information contact Osteoporosis Dorset on 01202 443064 or visit www.osteodorset.org.uk.

Barbara Eagleton from Southdown Avenue, Preston in Weymouth, is pictured ready for her bone density scan with Osteoporosis Practitioner Janice Risley (standing) and Jane Raleigh, Clinical Specialist in Rheumatology.

‘I have asthma and, because I take steroids, I may be at risk of brittle bones,’ explains Mrs Eagleton. ‘It’s really good to find out what my future risk of fractures is and how my GP and I can manage it.’

Updating contact details

Could you please let us know if you have changed any of your contact details so we can keep in touch with you as a member.

If you have an email address please let us know because it helps us to contact you directly and also saves us money on postage which can be used for clinical services.

Any changes can either be e-mailed to foundation@dchft.nhs.uk or please complete a Change of Circumstances form at the back of this newsletter.

You can also telephone your correct details to John Yeoman, Trust Corporate Business Manager on 01305 254114.

Help us increase membership

Membership is gradually growing - by June 2009 we had 6,707 members (staff 3,440 and public 3,267).

We have set ourselves a modest target of 7,000 members by the end of this financial year and we would like all of our members to encourage as many of their family and friends who are over 16 years of age to register as a member.

A large membership base is important to us because it reflects the community and provides us with an opportunity to seek a more representative view.

Membership costs nothing and members receive half yearly newsletters about the Trust's progress. There are also plans to hold 'roadshows' in your local area giving you a chance meet staff and be briefed on the facilities at the hospital.

An application form is included in this newsletter and can be returned free of charge. If you need more forms for your family and friends please ring 01305 254114. Alternatively you can register on our website at

www.dchft.nhs.uk/foundation. Thank you for your support.

Your Council of Governors

The Council of Governors represents your views and interests within the Foundation Trust.

To contact your local governor please call 01305 254114, leave your contact details and your representative will call you back as soon as possible. Alternatively you can e-mail any governor on foundation@dchft.nhs.uk

Seven new Public Governors were elected in May 2009 for the Dorset County Hospital NHS Foundation Trust. These local people, responsible for guiding strategic policy at the Foundation Trust, join four re-elected Governors, who were all voted for by registered members of the public across Dorset.

Their primary focus is the Trust's strategic planning, ensuring accountability and objectivity.

The seven new Governors are: Jo Bowkett and Dr Francis Biley for West Dorset; Michel Hooper-Immins, Bill Mitchell and Andy Hutchings for Weymouth and Portland and Colin Dann and James Walsh for North Dorset. Paul Nelson, Vicky Iveson, David Reason and Derek Julian were re-elected. The

new governors join the 11 other public governors, four staff governors and 10 appointed governors who make up the 32-member Council of Governors.

Unfortunately Purbeck constituency still has a vacancy which hopefully will be filled with after a bi-election is held.

The Council of Governors work closely with and monitor the Trust Board to ensure the Trust meets its authorisation requirements and maintains best practice patient care.

Jan Bergman, Chief Executive of Dorset County Hospital, said: "The results of these elections with a 50% ballot return from members, show the community in action. Our commitment to providing the best level of patient care is strengthened by involving elected members of the community at the highest levels of the Foundation Trust. We've set a target of increasing our membership by an additional 500 members in 2009/10 and, gradually, growing the membership to 25,000 - we're on track to achieving this with support from the community."

Public Governors:



Colin Dann
North Dorset



James Walsh
North Dorset



Paul Nelson
North Dorset



Peter Camm
West Dorset



Francis Biley
West Dorset



Jo Bowkett
West Dorset



Vicky Iveson
West Dorset



Patrick Jeffery
West Dorset



David Reason
West Dorset



Derek Julian
Weymouth & Portland



Michel Hooper-Immins
Weymouth & Portland



Andy Hutchings
Weymouth & Portland



Bill Mitchell
Weymouth & Portland



Sue Bruce-Payne
Weymouth & Portland



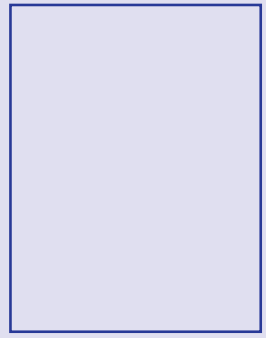
Peter Coghlan
East Dorset,
Christchurch,
Bournemouth and Poole



David Hall
South Somerset



Russell Wilson
Purbeck



Vacancy
Purbeck

Staff Governors:



Duncan Farquhar-Thomson



Mary Martin



Will McConnell



Sue Worth

Appointed Stakeholder Governors:

Fran Leaper - Weldmar Hospicecare

Mike Lovell - Dorset County Council

John Weir - Age Concern Dorchester

Mick Barnes - South Western Ambulance Service

Amanda Gallaher - NHS Dorset

Ross Kay - Weymouth College

Nigel Pennington - Dorchester League of Friends

Voluntary & Charitable Organisation - Vacancy

Dorset Kidney Fund - Vacancy

University - Vacancy

Martin opens new chemotherapy unit



Much-loved actor Martin Clunes officially opened Dorset County Hospital's new £650,000 chemotherapy unit.

The Fortuneswell Unit delivers chemotherapy on a daily basis to patients in Dorset and further improves patient care at the hospital. It also provides haematology and oncology outpatient clinics.

Linda Baldrey, Lead Cancer Nurse at the unit (pictured with Martin and DCH Chief Executive Jan Bergman), said: "We were delighted Martin Clunes chose to open the new unit. It was a chance to say thank you to the many people across Dorset who've helped raise money for the new unit. Individuals and groups held sponsored events and gave generous

donations - we're grateful to them all. Dorset County Hospital paid for half the cost, and the other main funders were the Fortuneswell Trust, The Dorset Health Trust, The Wessex Cancer Trust and the Hospital League of Friends."

The old doctors' quarters have been refurbished with a new extension added, providing better facilities for patients and more space for medical staff. There are five consulting rooms, two treatment rooms, a small kitchen and sluice, a nurses' office, a much larger reception and waiting area, and most importantly, a quiet room for sensitive meetings. "It's made such a difference to us all," added Linda. "We want to provide the best care for patients and these improvements really help us to reach that goal."

Focusing on hospital hand hygiene

The Trust Board has agreed to remove alcohol gel from the hospital's main entrances in light of clinical evidence which shows that good hand hygiene in patient areas is the most effective way of preventing infection.

The decision was made following wide debate, including a meeting of the Council of Governors. The governors voted in favour of removing the gel dispensers from main entrances to focus attention on gelling or washing hands at the bedside and ward entrances.

Surveys of hospital visitors have shown that people believe that if they have gelled their hands at a main entrance they don't need to gel their hands again on the wards. We want to do everything we can to emphasise how crucial it is to gel or wash hands in

patient areas because this is where there is the highest likelihood of transmission of infection. Our priority is to protect patients, who are vulnerable to infection because their natural defences are lowered through illness or surgery.

Many hospitals around the country have already removed gel from main entrances in line with guidance from the National Patient Safety Agency (NPSA).

Alcohol gel and/or wash basins can be found at the entrances to every ward and outpatient department in the hospital. Gel dispensers can also be found at the end of every bed.

We will be launching a public information campaign to explain the reasons behind this move and the importance of hand hygiene in patient areas.

Discounts now available for members

All members registered with NHS Foundation Trusts can now register with the NHS Discounts employee benefits scheme and save money when you shop online.

At NHS discounts you can save money when you shop, buy a home, or take a holiday.

You can even save on home and motor insurance, donate or enjoy cash back when you use a range of banking products and get free advice from dedicated help lines.

What's more, you can get a new car cheaper than you will from any car dealer - just ask!

You can register at www.nhsdiscounts.com

Why not encourage other members of your family and friends, over the age of 16, who live in Dorset or South Somerset to register as a member and benefit from the NHS Discount scheme.

A Membership Application form can be found at the back of this newsletter or you can register on line at www.dchft.nhs.uk/foundation within the Membership section.

Nurse pioneers new approach for A&E admissions



A nursing sister at Dorset County Hospital NHS Foundation Trust has created a new procedure for assessing patients with mental health problems when they are admitted to hospital.

Leah Hughes shares her time between the Dorchester hospital's accident and emergency department and working for the Dorset Primary Care Trust with people with mental illness. As a trained mental health nurse she wanted to improve the understanding and support of people coming into A&E in emotional distress, particularly if they had suffered self-harm. "Patients were being admitted to medical wards to wait for assessment, or waiting some time in

A&E for a mental health professional," she said. "Many patients were in a distressed state, feeling embarrassed and wanting to go home. Some felt they didn't want to wait for assessment and treatment and were self-discharging without seeing anyone."

Leah realised it would really help A&E staff if they could make an initial assessment of such patients and proceed to treatment more quickly. So she worked with colleagues in A&E and the psychiatric team to devise an assessment form.

The form she created is the first of its kind and has been attracting interest from across the NHS. It adopts the 2004 NICE guidelines for deliberate self-harm to produce a psychosocial assessment enabling medical staff to make informed choices about appropriate treatment. The form helps them discriminate between patients at higher and lower risk and decide whether they should be referred to more specialist mental health services.

Since being introduced in 2004 it has reduced the number of patients discharging themselves from 13% to 3%.

"I'm most proud of the demonstrable improvement in care for patients, but there are also related benefits for staff. Nurses have a better attitude to patients with mental illness and are more confident in assessing and treating them," says Leah.

Leah wrote up her project with Nick Kosky, Consultant Psychiatrist and Clinical Director of Dorset Primary Care Trust at Dorset County Hospital, and the article was published by the Psychiatric Bulletin. It drew attention from medical staff in other hospitals and has been entered for an NHS award.

New equipment saves patients' blood

Patients undergoing major hip surgery and vascular surgery at Dorset County Hospital NHS Foundation Trust in Dorchester are less likely to need blood transfusions, thanks to new equipment.

Blood lost during operations can be washed, filtered and given back to patients while they are still asleep. Mr Kedric Reason, aged 65 from Beaminster in West Dorset, recently underwent extensive surgery using this new method, called autologous cell salvage. All the blood lost following surgery was given back to Mr Reason, which meant a rapid and safe recovery without needing a blood transfusion.

Patients having this kind of surgery at Dorset County Hospital now have amongst the shortest patient stays in the country.

Mr Reason said: "I was really pleased that this machine was used during my operation. I only had to stay four days in hospital, which would normally have

been more like seven full days. The hospital was brilliant."

The new cell salvage machine has been used for over 100 hip operations. Hip surgeon, Mr Peter Ward, now insists all re-do hip operations have the machine available. On average, the equivalent of nearly two pints of blood are given back to each patient while they are still asleep.

Furthermore, with new postoperative drain systems recently introduced at Dorset County Hospital, any blood loss after major hip surgery is filtered and given back within 12 hours of surgery. The need to use donated blood for these patients has been halved. Risks of infection are reduced and a more rapid recovery seen.

Mr Ward said: 'The need for blood donors remains but using this cell saver machine and new drains allows precious donated blood to be saved for those needing emergency transfusions.'

Fundraising for your local hospital

One of the most important things in life is access to excellent healthcare, yet it's something we rarely think about until we need it.

In an effort to meet the continuing needs of our hospital and the growing communities it serves, Dorset County Hospital Charity will be raising its profile over the coming months. The hospital supports the needs of hundreds of thousands of people living in Dorset and South Somerset. Dorset County Hospital Charity raises funds to provide for patients and staff over and above what the NHS can. Gifts will be used to fund medical care, technology, equipment, facilities, and education to provide ...healthcare that is priceless! There are literally hundreds of ways you can support the Hospital Charity. We will be looking for volunteers in the near future to help us with fundraising. Do any of the following interest you?

Event Volunteers - Would you like to run an event for us - small or large? We have many event ideas that may be just your cup of tea!

Street/Community Collection Coordinators and Teams - We will be looking for volunteers to join us on one of our community collection days or as a coordinator of a team - we would REALLY value you!

Raffle Promoter - We need volunteers to hold raffles for the Hospital amongst your customers or work colleagues.

Static Collection Box Coordinators - We need help placing donation boxes in shops, pubs, clubs or businesses and also help to collect them when they are full.

Research and Writing - Are you a skilled writer who could help us research, write and submit funding applications?

Hospital Charity Ambassadors - Would you like to give talks and presentations on the work of Dorset County Hospital? We will be needing people who love our Hospital to help promote our charity and the work we are doing.

If you would like to become involved or to simply discover more about any of the roles above please call the Fundraising Office on 01305 255419. If you have other ideas about how to raise funds to help we would love to hear from you. Of course, if you would simply like to make a donation, cheques can be made payable to "Dorset County Hospital Charitable Fund" and posted to: Fundraising Office, Dorset County Hospital, Trust HQ, Williams Avenue, Dorchester, Dorset, DT1 2JY.

Membership Application and Change of Circumstances Form

You must complete sections marked with * Other sections are optional

Title: *
First name: *
Last name: *

Date of birth: DD MM YYYY
Gender: Male Female

Ethnicity:

White British	<input type="checkbox"/>	White Irish	<input type="checkbox"/>	White Other	<input type="checkbox"/>
Black Caribbean	<input type="checkbox"/>	Black African	<input type="checkbox"/>	Black Other	<input type="checkbox"/>
Asian Indian	<input type="checkbox"/>	Asian Bangladeshi	<input type="checkbox"/>	Asian Pakistani	<input type="checkbox"/>
Asian Other	<input type="checkbox"/>	Other Chinese	<input type="checkbox"/>	Other Not Stated	<input type="checkbox"/>
Mixed White & Black Caribbean	<input type="checkbox"/>	Mixed White & Asian	<input type="checkbox"/>	Mixed White & Black African	<input type="checkbox"/>
Mixed Other	<input type="checkbox"/>	Unknown	<input type="checkbox"/>		

Address *
Postcode *
Telephone
E-mail Signed

* I am over 18 years of age and would be interested in standing for election to the Council of Governors

* I give consent to DCHFT to process my information for membership registration

Please tick this box if you would like to receive details of our charitable fundraising news and initiatives

The data you supply will be used only to contact you about the Trust, membership or other related issues and will be stored in accordance with the Data Protection Act. Full details available on request.

Please return this form by Freepost (No Stamp Required) to:

Freepost RRAY-BKJZ-KBTY, Trust HQ, Dorset County Hospital, Williams Avenue, Dorchester, DT1 2JY