Royal opening for Chase Farm Hospital
Hello and welcome to the June edition of our monthly staff, members and governors’ magazine.

It was a real honour to welcome HRH the Duke of York to open CFH at the end of last month. Completing this fabulous new hospital on time and on budget was a huge achievement and it was wonderful that those involved could celebrate with the RFL’s royal patron. You can read more on pages 4 and 5.

You may have heard about the amazing discovery under the old CFH building – a time capsule dating back to 1884. On page 3 you can find out what was inside.

It’s hugely exciting to be opening the nominations for the Oscars – my first time doing so as chief executive. We want to celebrate the work of staff who’ve made a real difference to patients. Find out how to nominate your colleagues on page 7.

During our busy working lives, it’s important to pause and reflect on what makes coming to work a positive experience. This month we asked our staff ‘what matters to you?’ as part of a national campaign to help us all look after patients and one another better. You can read more on page 10.

Caroline Clarke
Group chief executive

Key to abbreviations:
Barnet Hospital: BH
Chase Farm Hospital: CFH
Royal Free Hospital: RFH
Royal Free London: RFL

Follow our Twitter account @RoyalFreeNHS to see what our patients and staff are saying about us.

Front page image: HRH the Duke of York opens CFH
A time capsule dating back 135 years has been discovered during the demolition of the old CFH – providing a unique insight into the late Victorian era.

The time capsule was discovered in the hollowed-out cavity of the foundation stone of the original building – the Chase Farm Hospital School. The stone dates back to 1884 and the capsule contained a plethora of interesting documents including newspapers and an official record of the board of the Edmonton Guardians.

It also contained six coins from 1883 and 1884, four Victorian newspapers and a statement of accounts from 1883 for the Edmonton Union.

Natalie Forrest, CFH chief executive, said: “It is fascinating to think these items have been sitting in the hospital’s foundation stone for 135 years.”

The contents of the time capsule are now being preserved, photographed and documented. Copies of the photos have been placed in a new time capsule buried in the grounds of the new CFH by the Duke of York – see pages 4 and 5 for more details.

Historian Professor Kate Williams and archaeological conservators from AOC Archaeology were on hand to offer their advice and expertise on the contents of the time capsule when it was opened.

Professor Williams said: “It is amazing to have found this time capsule and it takes us back to 1884 when it was buried and when the building was founded as a school before it became a hospital.

“We know that the Victorians loved time capsules but we have not found many of them so far. This gives us a really fascinating behind-the-scenes look at what was happening at the time. We know that workhouses were brutal places, Oliver Twist really is representative of how miserable they were.

“But we can see that by the late 1800s the Victorians were moving much more into providing humane places for poor and orphaned children where they would be happy. They were also obsessed with people becoming useful members of society.”
The Duke of York officially opened CFH last month – congratulating staff on the move to the new building.

At the new £200 million hospital, which opened to patients last year, HRH helped staff bury a time capsule to be discovered by future generations.

The Duke of York has been RFL patron since 1998.

During the visit, HRH was shown around the surgical facilities at the hospital, including the open plan ‘barn’ theatres, which have a specialised air canopy over each station.

He said: “It is a huge pleasure to be here today, particularly as I am Patron of the Royal Free London, and I am amazed at the speed at which this new hospital has been built.

“Hospitals are about increasing the likelihood of better patient outcomes and patient healthcare, and today I have been around this new hospital, met some of your staff, and it is clear that intent is being delivered.

“I would like to say congratulations on what you have achieved in the short time this hospital has been open. But more importantly, the work that NHS staff do on a daily basis can go unsung and I just want to pay my thanks to everyone here.”

RFL chairman Dominic Dodd welcomed the Duke and other guests including local MPs to CFH. He said: “The redevelopment of Chase Farm Hospital was achieved at an unprecedented speed for a project of its size. It has taken only four years from inception and drawing board to completion. We were thrilled to welcome our first patients through our new doors last September.

“I would like to pay tribute to the Herculean efforts of our staff in running two hospitals alongside each other during the transition to the new hospital and in retaining the culture of care, compassion, teamwork and community that so marked out the old Chase Farm.”

Natalie Forrest, the chief executive of CFH, added: “I would like to pay tribute today to our staff, many of whom I can see here today, who made sure that an excellent service continued to be provided here during four years of building works.”
Staff celebrate the opening of CFH with HRH the Duke of York
CFH given technology gold star

A global body has recognised CFH as one of the most digitally advanced hospitals in the UK.

The £200 million hospital has joined an elite group of UK healthcare organisations after it was given a brand-new rating by the Healthcare Information and Management Systems Society (HIMSS) for the quality of the technology it employs.

CFH passed the stage 6 criteria for the HIMSS’s electronic medical records adoption model. No other NHS hospitals have so far achieved stage 7, which is the highest possible rating.

According to HIMSS criteria, stage 6 means the trust has established clear goals for improving safety, minimising errors, and recognising the importance of healthcare IT. It also means CFH is on course to achieve stage 7 in the near future.

Dr Chris Streather, RFL group chief medical officer, said: “We are delighted that Chase Farm is one of the few NHS hospitals to have achieved a stage 6 rating - especially as we have been validated against the tougher criteria that has recently been introduced.

“This is testament to the incredible vision and dedication of our staff who have embraced a new way of working, enabling us to deliver outstanding care to our patients.”

Funding green light for pioneering projects

Two teams have been awarded funding to develop innovative ways of improving patient safety.

The money, which comes from UCLPartners, has been awarded to the neonatal ward at BH and the maternity unit at the RFH.

At BH, £10,000 will go to the neonatal unit to implement a programme to help parents be primary care-givers for their newborns, supported by the clinical team.

Saira Mukadan, mum of six-week-old Zak, is one of the parents the neonatal team has helped to be a primary care giver.

Zak, who was born premature at 29 weeks, weighed only 2.8lbs at birth. With help from the neonatal team, Mrs Mukadan was able to provide care, including feeding and washing, for Zak, who now weighs nearly 4lbs and is ready to go home.

At the RFH, the anaesthetics team has been awarded £4,500 to reduce harm for women who bleed during or after giving birth – known as post-partum haemorrhage.

The project has been led by Sally Harrison, consultant anaesthetist, and Charlotte Kingsley, speciality registrar anaesthetist, who were keen to learn from an initiative in Cardiff aimed at reducing dangerous bleeds.

The money will be used to train midwives and doctors to precisely measure the volume of blood loss suffered by patients, rather than estimating it visually, which means patients will be given more appropriate treatment.
The nominations for this year’s annual staff awards – the Oscars – are now open!

This is your opportunity to highlight the fantastic work you and your colleagues deliver each and every day.

Last year more than 400 staff were nominated for an Oscar and this time we would like to receive even more nominations. If you think any of your colleagues deserve special recognition – and a glamorous night out – for the exceptional care they provide then we want to hear about it.

The Oscars is one of the highlights of the year – a fabulous evening which gives us the opportunity to celebrate staff and volunteers who make an outstanding contribution.

Once again, we are grateful to the Royal Free Charity for their on-going support for the event which will be held on 11 September at the amazing 8 Northumberland Avenue.

There are a number of different categories for nominations, including clinician of the year, chairman’s leadership award and volunteer of the year.

Nominations close on 28 June and nominees will then be shortlisted by our judging panel.

There is information on Freenet about all the categories and how to nominate your colleagues.
Patients and staff unlock their imag during dementia awareness week

Staff and patients demonstrated their creative side as part of a range of events marking dementia awareness week 2019.

Activities across the trust explored how the creative arts can improve care for people with dementia and their experience of being in hospital. These included a virtual reality tour at BH, haircuts for patients, musical artists at bedsides, arts and crafts sessions which saw Zimmer frames at BH given a much-needed facelift and for the first time ever, a petting zoo at the RFH.

Danielle Wilde, trust dementia lead and Chito Gabutin, ward manager, spoke about the importance of the arts in dementia care.

Danielle said: “We have the NHS’s first theatre space which is incredible, and I think that’s taught us that using the arts makes a difference.”

Chito added: “It’s the little things we can do for our patients with dementia that make a big difference in how they experience life at the moment. Having their hair done, watching movies and listening to music bring back fond memories.”

The week also saw the painting of dementia pledge trees on two wards, inspired by a recent visitor to the trust, Tommy Whitelaw. When his mother was diagnosed with dementia Tommy cared for her and he recently spoke about that experience to staff at the RFH.

The trees, which were painted by art therapist Jacquie Kottler, act as a visual representation of commitments made regarding dementia care. Staff and patients are invited to write pledges on leaves and apples and add them to the tree as a reminder of what matters to them.
Patients and staff unlock their imaginations during dementia awareness week.

The petting zoo and dementia pledge tree at RFH.

Staff at BH take the virtual reality dementia tour.
Staff ask: ‘What matters to you?’

The RFL was trending on twitter earlier this month when staff across the trust posted pictures and messages during the ‘what matters to you’ campaign.

As part of a drive to ensure staff can better understand the needs of patients and colleagues, everyone at the trust was challenged to have a ‘what matters to you’ conversation.

This international campaign aims to shift the focus of the conversation from ‘what’s the matter with you?’ to ‘what matters to you?’ and to encourage and support more conversations between people who provide health and social care and the individuals, families and carers who receive that care.

At BH staff at a number of wards created conversation trees, which allowed them to write ‘what matters to you’ messages, while the RFH therapy team had a ‘what matters to you’ afternoon tea and volunteer Matt Smith wrote a ‘what matters to you’ song.

Karen Turner, clinical lead for physiotherapy at the RFH, said she was blown away by how many staff got involved.

“I thought it was a really good day of engagement,” she said. “It was great to see staff all doing their own thing in their own areas – every department made it their own and we got great engagement on Twitter. We were trending at one point during the day.

“We had 100 conversations in therapies, alone. I know that staff and patients felt really listened to. From the conversations I had, it was often little things that could make a difference to patients, they weren’t asking for anything extraordinary. It would be things like taking a patient outside, giving them a glass of milk.

“Even when therapists think they know patients really well, you can find out something new about a patient by asking them this simple question. We know that the patients were really happy to be asked, we were taking a real interest in their lives.”
New technology brings organs to ‘life’

A new machine which mimics the human body and allows doctors to store donor livers for an additional 24 hours could help more patients receive a life-saving organ transplant.

The RFH is the first hospital in London to use the device and several successful transplants aided by the machine have already been carried out.

Rather than keeping livers on ice as is traditional, doctors at the RFH can now use the OrganOx metra, a device which mimics the human body by keeping donor livers at body temperature and pumping oxygenated blood, medications and nutrients into them, to preserve the donated organ.

The metra allows doctors to assess how well the donated liver functions, which means they have a better understanding of whether it is suitable for transplantation.

It means that patients such as former NHS chef Trevor Williams are more likely to have a successful transplant.

Trevor, from Waterlooville, Hampshire, was the first NHS patient to receive a liver transplant using the metra at the RFH.

The 69-year-old was diagnosed with inoperable liver cancer in November 2018 and the only treatment option was a liver transplant.

Trevor first came in for the procedure in March but it was cancelled at the last minute after the liver was deemed unsuitable.

A week later he was matched with a new donor liver, which was first assessed on the OrganOx device and this time the transplant went ahead and was a success.

Satheesh Iype, the consultant surgeon who carried out Trevor’s transplant, said: “In trials, the OrganOx device showed superior results to the regular method of storage. It is appropriate to use in cases where donor liver quality might be difficult to assess because it simulates the conditions in the body so you can assess its functionality before making a decision whether or not to transplant.

“This means that we can potentially accept more donor livers that before might not have been judged to be suitable and that means we are likely to perform many more transplants. As in all cases of organ donation we are so grateful to the donors and their families for giving their consent.”

Mr Williams added: “I didn’t hesitate to say yes when I was told about the possibility of harnessing this new technology for my transplant and it is incredible to think about it. The expertise and care I have received have been outstanding – I can only say thank you to all the staff. They and my donor have given me a new lease of life.”
Can you introduce yourself and tell us a bit about your background?
Essentially I’m with the patient, who is being treated for kidney cancer, from the beginning to the end of their journey with us. I meet them in pre-op, assist in surgery and I also see them in clinic post-op to follow-up. I’m in theatre four times a week and my role is highly specialised as I work with the surgical robot. I’ve been with the trust for 10 years and I was a scrub nurse in theatres for seven of those.

Tell us about your role
A new role was created to ensure there was a dedicated clinician who can support the surgeon in theatre – it needed to be someone skilled in robotic surgery. Junior doctors are on rotation and there isn’t time to continuously train different people so this nursing role was created instead. This way we can still have junior doctors involved with the surgery but I am able to provide a consistent level of support. I was the first person to get this role in the trust and that’s a responsibility but also an achievement.

Who’s influenced your career the most?
My dad is a nurse in Portugal so I think that had a big impact on me when it came to deciding what career to choose but I also feel like most people I’ve come across in my professional life have guided my way.

What’s the best thing about your job?
Having the human side is a huge plus for me. Let’s face it, when you are in theatre your patient is normally asleep and it’s all very technical. In this job I get to follow patients on their journey, right from when they are first diagnosed and then when they reach the other side. That’s a huge privilege.

What’s the best piece of advice you’ve been given?
Learn to put yourself in other people’s shoes. Empathy is vital.

Tell us something about yourself that very few people know …
I have a masters degree in philosophy.

If you could time travel where would you go?
I don’t have any regrets but if I could go back eight or nine years ago when I had less responsibility and was just travelling all the time with friends that would be fun but if I’ve got a time machine then maybe I should be more adventurous … I’d go to Athens and find Plato, Socrates and Aristotle for a chat.

60 seconds with…
Pedro Silva, clinical nurse specialist and surgical care practitioner for kidney cancer, RFH

Dates for your diary

Chief executives’ briefings
This is your opportunity to hear the latest news from around the trust and ask any questions you may have.
Please see Freenet for the dates of upcoming chief executives’ briefings.

RFL rounds
18 July 1-2pm Peter Samuel Hall, RFH.
Lunch and refreshments will be available from 12.30pm. For more information please contact rf.medicaleducation@nhs.net

Annual members’ meeting
24 July 6pm, atrium, RFH.

All members of the trust, including staff, are invited to attend the RFL annual members’ meeting next month.

This is your chance to hear about the trust’s achievements over the last year, some of the latest developments and our plans for the year ahead. You will also have the opportunity to put your questions to the council of governors and the trust board.

There will also be representatives on hand from our charity volunteers and our membership team. The doors will open at 5pm when you will be able to view a range of display stands showcasing our achievements and plans for the future. Light refreshments will also be available.

To book your place, please email: rf.membership@nhs.net