

patient

first



Maidstone and
Tunbridge Wells
NHS Trust

#patientfirst

summer 2017

Off-duty nurse
saved man's life - **p3**

Paediatric
Orthopaedic Team
offer specialist
service - **p11**

**"I have no doubt
that without them,
Athena might not
be here"**

Read about Rachel's experience in the Neonatal Unit on **pages 8-9**

Welcome to the summer edition of Patient First!

In this magazine, there are a number of patient stories so you can read some first-hand accounts of the care we have provided. You'll hear from Rachel Wilson about her and her husband's experience of having their baby daughter in the Neonatal Unit, and from James Haffenden and his mum, Ann, about their experience of our Paediatric Orthopaedic service. You can also read about Ivo Fossaluzza, whose life was saved by Tunbridge Wells Hospital ward manager, Angie Cooke, and members of the public, who came to his aid when he had a heart attack at the wheel of his car.

There are features about MTW consultant Johnathan Chan who runs a specialist early-onset Alzheimer's clinic, a stroke singing group that supports patients in their recovery, a rise in the number of births at our birth centres, as well as lots of news about what has been going on at both of our hospitals.

As always, you can test your general knowledge with our quiz, try the delicious recipe from our very own League of Friends' cook book, and find practical advice about local services available to you.

Don't forget, we would really like to hear from you – all your feedback and suggestions are gratefully received, so please contact us.

We hope you enjoy this edition of Patient First and we look forward to hearing from you.

Best wishes for a healthy, happy summer!
See you in autumn 2017!

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MTW has been awarded money to improve our A&E departments

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OFF-DUTY NURSE SAVED MAN'S LIFE

When Angie Cooke, Senior Nurse and Manager of Ward 31 at Tunbridge Wells Hospital, noticed the car in front of her was not moving forward at a green traffic light and had stopped at a slightly strange angle, she had a feeling something was wrong.

Angie got out of her car and quickly ran to the car in front to check on the driver, 58-year-old Ivo Fossaluzza. He was unresponsive, showing no signs of life. She pulled the driver's door open and immediately started CPR, shouting for someone to call an ambulance.

Other drivers in New Hythe Lane, Larkfield, ran to her aid, with two men helping her to lift Ivo out of his vehicle so she could continue CPR on the pavement.

Angie said: "A man who came over to help took it in turns with me to carry out CPR and we actually managed to revive Ivo. However, his heart stopped beating again so we carried on with basic life-saving skills until the paramedics came."

Ambulance paramedics took over from Angie, using a defibrillator to shock Ivo's heart while he lay on the pavement. Police took a statement from Angie, promising they would be in touch with an update as soon as possible.

"It was very strange," said Angie, "I had been making my way to the supermarket with my two-year-old son when I stopped to help Ivo. After everything that happened, I was suddenly on my way to Tesco again, like it was a normal day. But it was far from that. When I got to the car park, I burst into tears. I think the stress of what had just happened and the worry I had for Ivo caught up with me."

Ivo was brought to Maidstone Hospital A&E department and treated for a major cardiac arrest. He spent some time in Intensive Care, before being transferred to the Coronary Care Unit. An ICD (Implantable Cardioverter Defibrillator) was fitted before Ivo went home just over a week after he was admitted.



Ivo, who is from Rochester, said: "I have no recollection of what happened, so in many ways, it was much easier for me than it was for everyone else who was trying to help and dealing with the panic of the situation. The last thing I remember is finishing a job and starting to drive home. After that, I don't remember anything until a couple of days later when I was in hospital.

"I can honestly say I feel better now than I did before I had the cardiac arrest. I am eating healthily and doing plenty of exercise.

"There's no doubt that Angie is my guardian angel and saying thank you to her for what she did is never going to be enough."

Ivo's wife, Paula, said: "Ivo had phoned me to say he was on his way home when he had the cardiac arrest. I thought he had lost his mobile phone signal so I had no idea what had really happened until much later on.

"Angie didn't have to stop when she did, she could so easily have made the choice to drive on. We know that, if it hadn't been for Angie and the local community, Ivo wouldn't be here. You just can't put our gratitude into words."

NEWS FROM YOUR

Maidstone Hospital careers event attended by more than 200

A successful careers event, has been held at Maidstone Hospital Academic Centre, with more than 200 people in attendance, including 170 students.

The event was run in partnership with Health Education England's Kent, Surrey and Sussex team, Kent Education Business Partnership and Maidstone and Tunbridge Wells NHS Trust. The day aimed to provide an innovative and interactive programme for 16-19 year olds, and the wider public to increase understanding around the breadth of health and social care careers.

It was opened with an introductory speech from Maidstone and Tunbridge Wells NHS Trust's Executive Team members - Richard Hayden, Director of Workforce, and Steve Orpin, Director of Finance - who spoke about their own experiences, as well as some of the many options available to people considering a career in health.

Richard said: "The event was incredibly well-received and gave all those who

came along a good insight into the wide range of careers available within a health and social care setting. We hope that many of the students who attended might follow a career path with Maidstone and Tunbridge Wells NHS Trust, either through an apprenticeship, or through other recruitment opportunities."



More than 20 health, social care and educational employers had stands at the careers day, including Kent County Council, European School of Osteopathy, Kent Autism Trust and Mid Kent College.

During the event, students had the chance to split into small groups and speak to representatives from all the organisations in attendance. They also had the chance

to watch medical simulation presentations and try their hand at simulated laparoscopic exercises.

Ben Jones, from Health Education England, said: "It was fantastic to see so many students have the opportunity to meet with health and social care

professionals from across Kent, and gain an insight into the broad range of career and progression opportunities open to them across the sector. The combination of interactive sessions and meaningful employer engagement proved a really inspiring and effective mix."

One student, who attended the event, commented: "Today helped me realise that there are many more doors open to us than we realised."

A teacher added: "I just wanted to say a huge thank you to all the many staff involved with this event for a terrific day. I was especially impressed by the presence of the Trust HR and Finance Directors at the introductory session. This sent a powerful message about the importance of the day and showed a huge respect to future potential employees. Our students have certainly had their eyes opened to new potential career directions."

NHS England confirms £1.8m to modernise radiotherapy at MTW

NHS England has confirmed that Maidstone and Tunbridge Wells NHS Trust (MTW) will be given £1.8 million in funding to modernise radiotherapy care.

This follows their announcement in December 2016 that they would be making £130 million available to NHS Trusts across the country, over three years, to improve cancer services.



At MTW the money has funded the replacement of one linear accelerator (LINAC) and the planning for the pre-installation works for the new equipment is advancing well.

Jim Lusby, Deputy Chief Executive at MTW, said: "We are delighted by this funding announcement from NHS England which is a massive boost to our Kent Oncology Centre and will ensure we continue to provide optimum treatment, care and support to cancer patients."

David Fitzgerald, General Manager for Cancer and Haematology, MTW, commented: "This funding is a big step forward for Kent Oncology and will allow us to continue to deliver the most advanced radiotherapy treatments to the population of Kent, Medway and East Sussex."

The new LINAC will allow radiotherapy staff to target tumours which can vary in position during treatment, and will help to deliver treatment quickly and accurately while avoiding healthy tissues and organs.

Around 4 in 10 of all NHS cancer patients are treated with radiotherapy, which typically uses high-energy radiation from a LINAC. Radiotherapy is one of the three main cancer treatments, alongside cancer surgery and chemotherapy.

The Kent Oncology Centre provides an integrated and tailored service to over 300 new patients every month and cares for a population of 1.8 million people. It provides specialist treatment of all solid cancers and haematological malignancies by consultant-led teams.

HOSPITALS

Health and Wellbeing days to support patients after cancer treatment

Our next Health and Wellbeing days will take place on 18 July and 21 November 2017 at Ditton Community Centre in Aylesford.

The initiatives are organised and run by the team from Kent Oncology Centre, with Macmillan and other volunteer organisations, as part of the Survivorship programme.

They are for patients who have completed or are nearing completion of active cancer treatment, to help them feel supported in managing the transition from treatment (chemotherapy, radiotherapy, surgery) to 'normal' life. The events will include talks and sessions about diet, exercise, financial support, emotional wellbeing and health awareness.

Anyone wishing to book a place for either of the forthcoming Health and Wellbeing days should call Sue Wilkins on 01622 227051.

Malling Lions Club make donation to benefit oncology patients

Staff from Kent Oncology Centre at Maidstone Hospital have received a donation of specialist weighing scales from representatives of Malling Lions Club and the family of a former patient.

The equipment will be used in a new Ambulatory Day Unit in Kent Oncology Centre (KOC) for patients requiring venesections.



Lead Cancer Nurse for Maidstone and Tunbridge Wells NHS Trust (MTW), Gemma Craig, said: "Once set up, the new unit will ensure patients who require ongoing treatment regimens, supportive therapies or procedures such as venesections will be treated as day patients in a focused, friendly environment. These weighing scales will be a vital piece of equipment for the unit and we are extremely grateful to the Malling Lions Club for their generosity."

Chris Harker, who is the President of Malling Lions Club, and a Cancer Data Analyst at MTW, said: "The Lions Club raises money for local good causes and we wanted to donate the scales, in memory of our former member, Doug Francis, who passed away last year. Doug was also active within Maidstone Hospital's League of Friends, so it was important to us to leave a legacy from him that would benefit patients in the future."

New Chair of the Board starts at MTW

David Highton has started in his new role as Chair at the Trust. He succeeds Anthony Jones, who retired as Chairman on 28 February, after serving two full terms of office.

David was previously Ministerial Advisor on Private Sector Involvement and Public Private Partnership to the Minister of Public Health in Qatar. From 2011, he worked as Executive Director of Corporate Development at Hamad Medical Corporation, the main public hospital provider in Qatar.

Prior to moving to Qatar, David worked in the independent health sector, and was an NHS Chief Executive from 1991 to 2003, including at the Chelsea and Westminster Hospital NHS Trust and the Oxford Radcliffe Hospitals NHS Trust. Originally a Chartered Accountant, David worked in publishing, property services, the brewing industry, an industrial starches business, and in the City before joining the NHS as a Finance Director in 1990.

David said: "I feel proud and privileged to be appointed as the new Chair of the Trust. I look forward to working with colleagues across all our hospitals and sites, and building strong and productive relationships with all stakeholders and partners of the Trust."

David, who is married and has a grown up family, has strong links with Kent, having spent his childhood himself in Meopham and Sittingbourne, and currently lives in Whitstable.



Jeremy Hunt writes to congratulate MTW

MTW recently received a letter, from Secretary of State for Health, Jeremy Hunt, personally congratulating the Trust on the exceptional improvements we have made in improving our four-hour operating standard in A&E, which placed us as the most improved in the South of England for January to February this year.

We are delighted with this achievement which is testament to the hard work and dedication of staff at the Trust. We hope to improve this even further in the coming weeks and months.

Good experience?

Nominate a member of staff or team for a Staff Star Award!

Have you had an exceptional experience at our Trust? Did a member of staff go the extra mile for you? If the answer is yes, please keep watch on our website www.mtw.nhs.uk and on Facebook (search for Maidstone and Tunbridge Wells NHS Trust) for the opening of this year's Staff Stars Awards nominations.

The nominations will open in summer and winners will be announced at an award ceremony in November.

SINGING GROUP SET UP TO HELP STROKE PATIENTS

A singing group has been set up to support patients with communication, mobility and mood impairments on the Stroke Unit at Maidstone Hospital.

The group was set up by staff in Speech and Language Therapy, Physiotherapy and Clinical Psychology and is currently undergoing a pilot phase, with weekly sessions being run for around six patients at a time.

Danielle Hardie, Specialist Speech and Language Therapist, who runs the group, said: "The group has been running for about ten weeks and is going really well. Typically, this sort of group is run for patients with illnesses such as Parkinson's disease, to help with mobility and communication, but we realised that the same principles could be applied to stroke patients and wanted to see if it had a positive effect. The singing, and associated actions and movements, are particularly good for patients who are having trouble communicating and who are experiencing weakness in their upper limbs. It can also help from a respiratory

point of view because it can assist patients in co-ordinating respiration and voice, to gain vocal strength after a stroke."

Delia Cuthbert, from Tunbridge Wells, has been a patient on the stroke unit for around three weeks and has been attending the group. Following her stroke, Delia has aphasia and apraxia of speech – conditions that affect the brain and lead to problems with using language and speech correctly. She is enjoying the group and feels that it has helped her in her recovery, particularly with her accuracy of speech, and also in her physical activity.

Dannielle added: "The group is a good way for patients to interact and come together in the day room, away from their beds on the ward. We try to accommodate song requests and do different things for different people, to make sure everyone enjoys it and that it has a positive effect on how they feel. We know that music and singing is good for everyone's mood and state of mind so we are monitoring how the patients feel before and after their session.

"Some patients have been accompanied by their families and friends which has been great from a social point of view. A few patients have even gone on from their time here to join the Stroke Association choir."



SPECIALIST SERVICE FOR EARLY-ONSET ALZHEIMER'S DISEASE

Early-onset Alzheimer's is an uncommon form of dementia that strikes people under the age of 65. Of all the people who have Alzheimer's disease, about 5 percent develop symptoms before age 65.

At Maidstone and Tunbridge Wells NHS Trust (MTW), Dr Johnathan Chan, Consultant Neurologist, set up a service around two years ago for people with Young-onset Dementia including Early-onset Alzheimer's disease. He runs two clinics each month from Maidstone Hospital, in conjunction with the Alzheimer's Society, during which he sees patients referred from Memory and Neurological services within all of Kent. Patients who attend the clinic come from places as near as Dartford to places as far away as Dover or Margate.

Dr Chan said: "We provide a fairly unique service here at the Trust. Previously, patients would have had to travel to London to be seen at this type of clinic but now we run the service from Maidstone Hospital, it's much more accessible for people in the local community.

"Seeing patients who may have early-onset Alzheimer's is crucial in their care. Early diagnosis means we can start the most appropriate treatment as quickly as possible. We have state-of-the-art diagnostics, which we are developing all the time. Previously, people have been diagnosed through a series of MRI scans and psychology tests to build a picture of their condition. Now, we can carry out a lumbar puncture which tests specifically for Alzheimer's disease by looking for protein changes that reflect the underlying pathology of the disease within the brain and which greatly enhance diagnostic accuracy. We are also currently looking at new imaging techniques and potential genetic screening – things are moving forward all the time.

"Once a diagnosis is complete, whilst we can't slow or reverse the condition, we can prescribe medications that help improve cognitive function.

"The early intervention can help patients accept and cope with their condition better and gives them direct access to support networks, which provide advice and practical assistance and also prevent crisis admissions to hospitals.



"The clinics also give us a good opportunity to discuss clinical research trials with patients. At this time, we have two patients who are part of a study looking at medication that could potentially stop or reverse the symptoms of Alzheimer's. We'd like to start our own studies at MTW so we are looking into how we could go about that, with the help of colleagues from other Trusts and from the Joint Dementia Research Network.

"I hope that by running these clinics, not only are we offering the best possible service to patients but we are also creating opportunities to understand the condition even better and to develop medicines and treatment plans for the future."

For more information about Alzheimer's and dementia, you can visit: www.alzheimers.org.uk

For more information about Young Onset Dementia, you can visit: www.youngdementiauk.org

The Alzheimer's Society also run an age specific support group in the local area.

Dementia

The word 'dementia' describes a set of symptoms that may include memory loss and difficulties with thinking, problem-solving or language. These changes are often small to start with, but for someone with dementia they have become severe enough to affect daily life.

Dementia is caused when the brain is damaged by diseases, such as Alzheimer's disease or a series of strokes. Alzheimer's disease is the most common cause of dementia, but not the only one. The specific symptoms that someone with dementia experiences will depend on the parts of the brain that are damaged and the disease that is causing the dementia.

For more information, you can visit www.alzheimers.org.uk

Information above sourced from the Alzheimer's Society

Case Study

Our Neonatal Journey

Rachel and Andrew Wilson's twin daughters, Athena and Ophelia, were born on 31 August 2016, 13 weeks prematurely at Tunbridge Wells Hospital, after a high risk pregnancy. Sadly, Ophelia passed away shortly after she was born. Athena spent over 12 weeks in the Neonatal Unit before coming home on 25 November.



Here, Rachel talks to us about her and Andrew's experience, the highs and lows, and with Athena now thriving, how there is much to look forward to in the future.

Rachel said: "We were aware from very early on that my pregnancy was high risk and that the babies had twin to twin syndrome**. My waters broke 18 weeks into my pregnancy so I had to have observations done on a weekly basis. I went into spontaneous labour at 27 weeks and although attempts were made to delay it, they didn't work, and Athena and Ophelia were born just under seven hours later.

"Ophelia was very small, just 780 grams and we were told that she wasn't going to make it. We were able to say our goodbyes and she died nine hours after she was born."

Athena, who weighed one kilo and 20 grams, was stabilised and the next day, was transferred to Medway Hospital, where there is a specialist level three (intensive care) neonatal unit. On 16 September, she was transferred back to the Neonatal High Dependency Unit (HDU) at Tunbridge Wells Hospital. She was treated with Vapotherm, which is used to provide respiratory support to babies who need assistance breathing.

"With Athena, the biggest issue was always oxygen," said Rachel, "She was on Vapotherm for a long time, in fact, right up until about a week before we brought her home. Even when she came out of her incubator, she had to stay in the HDU to be given oxygen and monitored.

"She had been in the HDU for so long that it was quite strange when she was able to leave and go onto the Special Care Baby Unit (SCBU). It was after that when everything seemed to happen very quickly. Athena did brilliantly with breastfeeding, which was a relief, as we knew she needed to put on weight before she could be discharged.

"There were some concerns around her oxygen levels which were a little frustrating but fortunately, these were ironed out fairly quickly and we were told we could take her home.

"Although we were absolutely elated and excited at the news, it was also sad because of her sister, Ophelia. It felt as though we were leaving one behind."

On Friday 25 November, Rachel and Andrew took Athena home, after more than 12 weeks in hospital.

Rachel said: "At first, we had quite a lot of hospital appointments for Athena so she could be weighed and her blood could be tested. It was actually nice to go back to the hospital because the nurses and doctors could see she was thriving. I felt, and still feel, that without these people, Athena wouldn't be here so I want them to see her progress. The staff, especially the neonatal nurses, are like extended family to us. They put in so much time, not only with the babies on the unit, but with the parents too and they absolutely deserve to be part of her life.

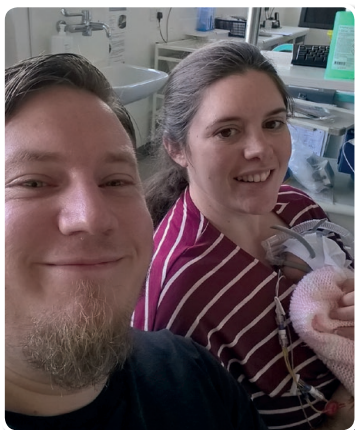
"Having Athena home for Christmas was amazing. We had missed out on so much while she was in hospital that it was fantastic to finally be able to take her out and have her with us. One of the best days was when we took her to Bluewater Christmas shopping. It was just so nice to finally feel like a family.



"For me, one of the hardest things about having a premature baby in the Neonatal Unit was having to leave Athena there. You see mums and babies everywhere, even just in the hospital coffee shop. Taking your baby home is the one thing everyone hangs on to and not being able to do that for a long period of time is really tough.

"After Christmas, there were fewer hospital appointments and things started to slow down so we have been able to get used to normal life. I keep in touch with several of the staff on the Neonatal Unit and have invited them to Athena's christening.

Unless you have experienced the Neonatal Unit first-hand, or through someone close to you, you just don't realise what it's like and how you form relationships with the staff. They deal with tiny babies and hugely emotional parents, they do so much and it's hard to explain the amazing support they give, on so many levels. I don't know where I would be without them. When we, and other parents, see them now, you can tell how genuinely happy they are to see the babies doing well. Before, when I had to leave Athena in the Neonatal Unit, I knew she was getting the best possible attention from staff who genuinely cared, and as a mum, that's all you can ask for in that situation."



Rachel is currently looking at the possibility of writing a book about her and her husband's experience in the Neonatal Unit, as well as setting up some sort of charitable fund in Ophelia's memory.

"I want Ophelia to have recognition," Rachel said, "so I am looking at the best way to do that. One idea I have had is to help raise money for the unit to buy

items that will help parents through their experience, such as photo paper to print out pictures of their babies, as well as larger items of equipment.

Something that is already funded by charitable donations is the memory boxes that the Neonatal Unit provide to parents. These sorts of things are so important as people are going through very difficult times and I would like to be able to help in some way. My memory box means the world to me and contains all sorts of things, from the tiny hats and vests Athena wore when she was just a week or two old, to a diary documenting her progress and remembering things that happened. You have so much on your mind in those first few, unpredictable weeks that I think you would forget such a lot if it wasn't for the staff taking the time to write things down and take photos for you."

Around 60,000 babies are born prematurely (before 37 weeks of pregnancy) each year in the UK and between 7,000 and 14,000 of those babies are born very prematurely (before 32 weeks of pregnancy).

At Tunbridge Wells Hospital, the Neonatal Unit provides care for up to 18 babies at one time. It is equipped with three intensive care cots, eight high dependency cots, seven special care nursery cots, and one isolation cot.

Rachel said: "When you have a baby in the Neonatal Unit,

you have to take one day at a time. There are days when you feel like you're banging your head against a brick wall and it's actually really important to allow yourself those down days. You have to ask questions and understand as much as you can. If there is a problem, or something you're worried about, raise it. Staff will always explain and help you.



"It's hard to feel like you're not in control when it's your baby but there comes a point when you can completely take over the care-giving.

"It's also important to remember that not all babies are taken onto the Neonatal Unit because they were premature or seriously ill, sometimes it can just be to monitor a baby, or to give them antibiotics. And whatever the reason, it's not something to fear. I can say, from experience, that the staff will do everything and anything they can to help and support you, your family, and of course your baby.

"I have no doubt that without them, Athena might not be here. As it is, we have the future to look forward to and we couldn't be more happy or excited."



Case Study

James Haffenden



15-year-old James Haffenden, from Sittingbourne, has been under the care of the Paediatric Orthopaedic Team since he was nine-years-old.

When James was 11-months-old he was diagnosed with meningococcal meningitis and septicaemia, which affected his growth and left him with a leg length discrepancy.

James's mum, Ann, said: "James's illness affected all his joints and growth plates so his limbs have not all grown in a normal way. Over the years, when James has had growth spurts, the problem has shown itself more, and he has had a lot of treatment to correct it."

Since he was ten years old, James has had around nine operations to correct his leg discrepancy, including wearing a spatial frame for six months.

Ann said: "James's treatment has worked well and without the intervention, the discrepancy would be much more obvious and he would be much more crooked."

"As well as the issue with his leg, one of his arms doesn't straighten completely, and is becoming more bent because one of the bones, his ulna, is not actually attached to his wrist. We have to accept that although his limbs

were saved when he had the disease as a baby, there will be long-term effects. He has needed, and will continue to need, a lot of intervention.



"We know that the aim is to do whatever necessary now so he can be as mobile and pain-free as possible when he's an adult."

"Fortunately, he is a very laid back person and logical in his approach – he knows the treatment is doing him good so he isn't overly sensitive about the challenges that face him."

James said: "Tunbridge Wells Hospital is like my second home now and I actually look forward to the marmite on toast that's given to me after I wake up from an operation. I feel fine and I try not to dwell on the treatment I have to have. I know it's all for good reasons."

James's interests include playing the guitar, fishing, riding his bike and generally getting out and about. Both he and his mum are of the same opinion that James's situation shouldn't be seen as a negative one.



"It's not about what he can't do," Ann said, "It's about what he can do. He has never been fazed by what's happened and he is very much a normal teenager."

"I am philosophical about the situation and because I know, medically, I can't help him, I have to leave it to the experts and put my trust in them. The service we have had over the years has been great and helped us maintain a positive frame of mind."

Paediatric Orthopaedic Team offer specialist service

At Maidstone and Tunbridge Wells NHS Trust, we have a team of three Paediatric Orthopaedic Consultants who offer a tertiary service for the whole of Kent and parts of Sussex.

Paediatric orthopaedics is a specialist service providing surgical and non-surgical treatment for orthopaedic conditions affecting children. These include (but are not limited to): broken bones, club feet, limb deformities, cerebral palsy, dislocated hips in babies and other congenital and developmental conditions.

Marcos Katchburian, Paediatric Orthopaedic Consultant, said: "We cover a very large area, all the way from Dartford to Hastings, in fact, around 40 per cent of our referrals are from outside the West Kent area. Last September, we took on an additional consultant as there is a lot of demand for the service. Around two thirds of our work is seeing children in outpatient clinics and one third involves performing operations on children. We see and treat children from birth to 18. We offer most paediatric orthopaedic services that are otherwise only available in London."

The Paediatric Orthopaedic team also run peripheral clinics in Dartford and Hastings and offer all paediatric orthopaedic services.



The three Paediatric Orthopaedic Consultants within the team are Marcos Katchburian, Jo Dartnell and Rantimi Ayodele.

Fellowship awarded to MTW midwife

MTW midwife, Áine Alam, has received a prestigious Fellowship from the Royal College of Midwives (RCM) for her contribution to midwifery. This is an honour given to just a handful of midwives each year.

Among many things, the Fellowship recognises Áine's contributions in many areas of midwifery including teaching and research. These include specialising in midwifery led care, multidisciplinary teamwork and teaching practices that are based on learning in the workplace.



She has garnered a number of educational qualifications in nursing, midwifery, advanced midwifery practice, clinical teaching and learning assessor awards. She also holds a Cert Ed, Masters in work based learning (WBL) and is currently completing PhD studies in WBL at Middlesex University Institute of Work Based Learning.

And her enthusiasm for midwifery is not just confined to the UK. Áine recently returned from a three year sabbatical teaching midwives at the School of Nursing and Midwifery at Aga Khan University in Karachi. She was part of a teaching team that brought the Bachelor of Midwifery degree for the first time to an Asian country.

Áine's many other achievements include an International Fellowship Award from the charity Wellbeing of Women and the RCM in 2014. She is also the author of a book titled *Teach Don't Tell: Effective strategies for training midwives*.

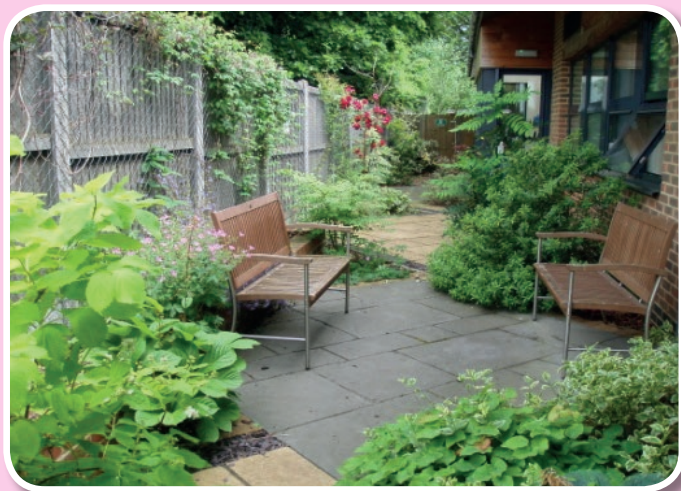
She received the Fellowship, this week, at the Royal College of Midwives Zepherina Veitch Memorial Lecture in Oxford.

The RCM Honorary Fellowship is for people who make an outstanding contribution, or give outstanding service, to midwifery, maternity services, services for women and their families or to the RCM.

More babies born at Maidstone Birth Centre than ever before

Maidstone Birth Centre saw the highest ever number of babies born during the 12 months between April 2016 to March 2017, with 490 deliveries - an increase of 81 compared to the year before.

The Centre, which opened in 2011, features two birthing rooms, four post-natal rooms, double beds to allow partners to stay and a kitchen/diner. There's also a garden room that opens out to a small garden with a seating area.



Sarah Gregson, Consultant Midwife for Maidstone and Tunbridge Wells NHS Trust (MTW), said: "We are delighted that the Birth Centre seems to be going from strength to strength. The twenty per cent increase we have seen in the last year shows that more women are choosing to have their babies at the centre, and we hope this will increase even further."



Jenny Cleary, Head of Midwifery at MTW, said: "Research has shown that for women with an uncomplicated pregnancy, Birth Centres are just as safe as hospitals.

Mothers are more likely to have a straightforward birth and three times less likely to need a caesarean. They are also more likely to feel happier about their birth experience."

One mum, Emma, said: "Everyone was so helpful and reassuring at the Birth Centre. It is a great environment and the staff made it the best experience I could have wished for. We are so grateful for the support and advice we received from everyone."



Weekly tours of Maidstone Birth Centre are available for pregnant women and their families keen to find out more. Please contact the Unit direct 01622 220160 for more information about the tours.

The Trust also manages a state-of-the-art, consultant-led Maternity Unit at Tunbridge Wells Hospital and Crowborough Birthing Centre in Sussex – if you would like to visit, please telephone 01892 654080.



The number of births increased by 10% at Crowborough Birth Centre in the last year, and since MTW took over management.

MTW's maternity services have been rated the best in the country following a review by NHS England.

Summer recipe

Try this mouth-watering recipe from our very own **Maidstone Hospital League of Friends Cook Book...**

Chocolate Bavarois



Ingredients:

- $\frac{3}{4}$ pint of milk
- 4oz granulated sugar
- 4oz plain chocolate
- 1oz cornflour
- 2 eggs
- $\frac{1}{2}$ oz gelatine
- 3 tbsp of warm water
- 1 tsp vanilla essence
- $\frac{1}{4}$ pint of double cream

Method:

- Mix the cornflour and 2oz of the sugar with a little of the cold milk and stir it until smooth. Add the rest of the milk and mix well and transfer to a saucepan.
- Add the chocolate (broken into pieces) and warm gently while stirring. Keep stirring as the chocolate melts – once the mixture has thickened, boil gently for 3 minutes.
- Separate the egg yolks from the whites and stir the yolks into the mixture. Cook without boiling for 3 minutes.
- Dissolve the gelatine in the hot water and add to the mixture with the vanilla essence and stir well.
- Add the rest of the sugar to the egg whites and whisk until stiff, then add this to the cooked mixture, folding in gently.
- Finally, stir in the cream, transferring the mixture to a glass dish or mould, and leave to cool and set.

The bavarois can be garnished with fruits, such as strawberries, raspberries or even tinned pears.

patientfirst SUMMER QUIZ

Geography:

1. Uluru National Park contains which famous rock?
2. Mount Etna, the tallest volcano in Europe, stands on which island?

History:

3. Which temple stands on the Acropolis in Athens?
4. In which area of France were the World War II D-Day landings?

Art and Literature:

5. Who painted 'The Scream'?
6. Which classic novel is 'Win Thuggish Tree' an anagram of?

Food and drink:

7. What kind of pastry is used to make Baclava?
8. Which vegetable is in fact the flower of a large thistle?

Entertainment:

9. Who directed the movies 'Pulp Fiction' and 'Reservoir Dogs'?
10. Which actor played Grant Mitchell in 'Eastenders' and, following his soap career, went on to film a number of cutting-edge documentaries?

Sport:

11. Which British female boxer was the first to win an Olympic boxing title?
12. Which country's football team has won the World Cup the most times?

(Answers on p14)

Executive Team *Update*

Glenn Douglas, Chief Executive



Money to improve A&E departments

We are delighted to tell you that MTW has been awarded £645,000 to improve patient flow through both our A&E departments, following a bid the Trust made for national funding.

We will now be moving forward to transform the A&Es on both sites to provide dedicated areas for GP-led care.

Over the coming months, we will be carrying out some building works at Tunbridge Wells Hospital – which includes an extension at the front of A&E - to help make

this happen. We will also be creating a dedicated area at Maidstone A&E to provide an improved GP-led service.

We will also be creating an assessment area for some of our older patients. This will enable more of our elderly and frail patients to be quickly streamed through A&E to see our elderly care physicians.

We hope these improvements will benefit many of our patients in the months and years to come.

Glenn

MAIDSTONE HOSPITAL RADIO INTRODUCES ON-AIR MEDITATION



Maidstone Hospital Radio has introduced a regular on-air meditation slot for patients.

Sam Hazeldine has been a practising Clinical Hypnotherapist for 18 years, having previously worked in Harley Street, London, and now in Kent.

Last year, Sam approached Maidstone Hospital Radio as she was keen to share her expertise with those who are in pain and going through a difficult stage in their life.

She said: "I passionately believe that Hypnotherapy and more specifically, meditation and relaxation, are an integral part of self-repair, emotionally and physically.

"Self-healing can help to speed up recovery time, by allowing your mind and body to work in harmony with a positive mind. Hospital Radio seems a very natural place

to provide sessions and so far, the feedback has been hugely positive."

It is believed Maidstone Hospital Radio is the first service of its kind in the UK to offer hypnotherapy and meditation in this way. The morning meditations take place at 8.40am and are available on both Choice and Energy stations. It aims to help anyone listening start their day by creating a clear, calm space in their mind and relax their body too.

The evening meditations take place on Choice at 10.10pm and Energy at 11.10pm. This helps mind and body relax and self-heal. It should also lead into a natural sleep.

Sam added: "Relaxation is an art and takes practice, so be patient. Whilst listening you may think of anything and everything - that's okay, just go with it and over time your mind will become familiar with my voice and your body will know it has permission to relax and heal."

IMMUNOTHERAPY INFORMATION EVENING

An Immunotherapy Information Evening was held recently for healthcare colleagues from MTW, East Kent, Medway and Dartford.

More than 70 people attended the event which included presentations, case study information and discussion by Dr Ciara O'Hanlon Brown, Dr Riyaz Shah, Dr Patryk Brulinski and nurse Sandra Wakelin. The aim of the session was to provide an update on immunotherapy in lung cancer, melanoma and urological cancers, and the management of toxicities.

Immunotherapy is a type of cancer treatment which is designed to boost the body's natural defences to fight the cancer.

This event was a great way to share knowledge and experience, and for organisations to work together to collectively provide the best possible care for patients.



SUMMER QUIZ Answers from p13

GEOGRAPHY: 1. Ayers Rock 2. Sicily
HISTORY: 3. Parthenon 4. Normandy
ART AND LITERATURE: 5. Edvard Munch 6. Wuthering Heights

FOOD: 7. Filo 8. Artichoke
ENTERTAINMENT: 9. Quentin Tarantino 10. Ross Kemp
SPORT: 11. Nicola Adams 12. Brazil

Choose Well...

Get the right NHS treatment. If you're not sure what's best, phone before you go.

Self-care

NHS 111

Medical advice 24/7

www.nhs.uk/111

Call 111

Emotional support

Mental Health Matters helpline

Confidential emotional support

0800 107 0160

Stop Smoking Service

For free NHS support to stop smoking contact the Stop Smoking Service on 0300 123 1968.

GP and dentist out of hours

Call 111

Pharmacy

Late night and Sunday pharmacies

Maidstone

[Link Pharmacy](#), 88a King Street, Maidstone - 01622 752990 (opening hours: Mon - Fri 6am - 11pm and Saturday 6am - 9pm)

[Morrisons Pharmacy](#), Sutton Road - 01622 661750

[Sainsbury's Pharmacy](#), Quarry Wood, Aylesford - 01622 790223

[Tesco Pharmacy](#), Lunsford Park, Larkfield - 01622 701449

Sevenoaks

[Sainsbury's](#), Otford Road - 01732 469198

Tonbridge and Tunbridge Wells

[Boots](#), Calverley Road - 01892 526486

[Sainsbury's](#), Linden Park Road - 01892 532569

[East Street Pharmacy](#), 47 East Street, Tonbridge

(opening times, Monday to Saturday 7am to 10pm and Sunday 10am to 8pm) - 01732 770055

Minor injuries units

Edenbridge Hospital

Mill Hill, Edenbridge, TN8 5DA

Tel: 01732 863164

Open 8.30am to 8pm, 365 days a year

X-ray available from Monday to Friday 9am to 2.30pm

Sevenoaks Hospital

Hospital Road, Sevenoaks, TN13 3PG

Tel: 01732 470200

Open 8am to 8pm, 365 days a year

X-ray available from Monday to Friday 9am to 5pm

Crowborough War Memorial Hospital

Southview Road, Crowborough, TN6 1HB

Tel: 01892 603602

Open 8am to 8pm, 365 days a year

Some GP practices also offer a minor injury service. To find out who, **visit www.nhs.uk**

Emergency Care Centres and Accident and Emergency

For critical or life threatening emergencies, call 999 or go to your nearest Accident and Emergency, open 24 hours a day.

Maidstone Hospital, Hermitage Lane, Maidstone, Kent ME16 9QQ

Tel: 01622 729000

Tunbridge Wells Hospital, Tonbridge Road, Pembury, Tunbridge Wells, Kent TN2 4QJ

Tel: 01892 823535

Summer's here – be prepared!

With good weather hopefully on the way, it's important to remember to look after yourself in the sun.

Here are some useful tips:

- Spend time in the shade during the hottest part of the day (usually between 11am and 3pm)
- Wear a T-shirt, hat and sunglasses when out in the sun
- Put on a high factor sun cream - use plenty of it and keep reapplying it!
- Remember to be especially careful that children are covered up and wearing sun protection
- Drink cold drinks regularly, such as water and fruit juice so you don't become dehydrated. Avoid tea, coffee and alcohol.
- In the event of a heatwave, listen to advice given out on the TV and radio.
- Shut windows and pull down the shades when it is hotter outside. If it's safe, open them for ventilation when it is cooler.
- Keep an eye on friends, relatives and neighbours, especially those who might need help to keep cool in a heatwave

For more information, you can visit:

<http://sunsmart.org.uk>

<http://www.nhs.uk/Livewell/Summerhealth/Pages/Heatwave.aspx>

Not sure if you need A&E?



And speak to a highly trained adviser,
supported by healthcare professionals.

They will assess your symptoms and
immediately direct you to the best
medical care for you.

For more information visit www.nhs.uk/111



The NHS
non-emergency
number