



Best of BSUH

2015/16







Celebrating the best of BSUH

I am delighted to introduce this edition of the “Best of Brighton and Sussex University Hospitals” (BSUH) as my first action as your Chief Executive. There are amazing things happening in our hospitals every hour of every day, which make a real difference to our patients and their families.

In this publication we have highlighted just a few examples of the “Best of BSUH” from the last twelve months to demonstrate the life-changing and sometimes live-saving difference we are making for our patients. We have also looked at some of the important changes we have made to our buildings and the way we deliver services to continually improve what we do.

I do hope that you find these stories inspiring and uplifting. It is so important that we celebrate our successes and that we are proud of the best of BSUH.

I look forward to seeing and hearing for myself more about what makes you proud as I am out and about spending time in our services in the coming months.



Dr Gillian Fairfield
Chief Executive

Spring

World first heart procedure saves patient



Cardiologists performed a 'world first' heart procedure to save the life of a patient. Michael Amos, 67, became the first person on the planet to have a new extra-large stent inserted into his heart at the Royal Sussex County Hospital after he suffered a cardiac arrest. Stents used for heart procedures usually expand to 4mm but the new one used for Mr Amos expands to 5.5mm, giving patients with blocked larger arteries a better chance of survival. Mr Amos only had a 20% chance of survival before the operation and said: "I would be dead now without it and I am extremely grateful to the doctors."

New sensory garden benefits young patients

A new sensory garden opened at the Royal Alexandra Children's Hospital to benefit young patients. The garden provides a relaxing and learning environment and offers young patients who spend extended periods in the hospital with the opportunity to receive treatment and therapy away from clinical areas.

The garden was designed by the play team at the hospital and Kate Woodhams, a Play Team Specialist, said: "It will be a valuable resource, enabling us to get the children out of the wards and distract them from their medical condition or treatment."





Maternity one of the best for breastfeeding

BSUH was named in the top ten maternity services in the country for encouraging and supporting women to breastfeed their babies following birth. Figures released by NHS England showed the Trust had a breastfeeding initiation rate of 91%, which was the tenth best nationally and best in the Kent, Surrey and Sussex area.

Emma Luhr, Head of Midwifery, said: "We have very motivated staff and, as a Trust, promoting and supporting breastfeeding is part of our culture."

“Cancer does not
stop you living and
creating life”



Lizzy's little miracle

Lizzy Van Tromp's world was turned upside down after being diagnosed with breast cancer when she was four weeks pregnant. Eight months later she beat all the odds to give birth to her second child at the Royal Sussex County Hospital.

“It's impossible to describe my feelings when I was told I had cancer - terror, devastation, fear for my unborn baby. What would I tell my precious toddler Leo? Would I see him grow up? I didn't want to die! All I knew was I would not end the pregnancy and so three days later I went into hospital for a mastectomy and lymph node clearance.

A week later my oncologist confirmed they'd removed a tumour that was stage three, aggressive and fast growing. They wanted to start chemo right away and so began the long wait to get to 15 weeks gestation and safely into the second trimester so I could start the next stage of treatment.

I had an ultrasound scan every two weeks to track the baby's growth and we were overjoyed at 18 weeks to learn we were having another boy and we could begin the countdown to Henry's arrival.



I had the last of six cycles of chemo and just a month later our little warrior entered the world, delivered by planned caesarean section at 34 weeks gestation. He spent two weeks receiving special care, needing support with breathing and feeding, but then he was allowed home and the four of us were reunited in our new family home, which we'd moved into a week before Henry's birth.

The road ahead is long but I feel so incredibly blessed to be a mummy to my beautiful sons and a wife to my amazing husband who has been my rock throughout treatment.

Cancer is my burden, not a death sentence and most importantly it does not stop you living and creating life as I have done with Henry.”



Summer

New scanner gives life-saving treatment



A new scanner was used for the first time to treat patients with potentially life threatening brain conditions.

The neurointerventional bi-plane system produces highly detailed three-dimensional views of blood vessels within the brain to help the diagnosis and treatment of patients with stroke, blood clots, brain and neck tumours, and other neurological conditions. The machine offers a way of treating some abnormalities of the blood vessels in the brain that is less invasive than surgery.

Eye hospital gets £3m renovation

The Sussex Eye Hospital underwent a £3 million renovation to improve the facilities for patients and staff. New consultation and treatment rooms were created, as well as a separate waiting area for young patients.

The hospital has two dedicated operating theatres and the work created an additional minor operations room. The building, which was built in the 1930s, also had its windows replaced with new triple glazed units and its roof repaired.



A photograph of surgeons in an operating room, wearing blue scrubs and masks, focused on a procedure. The scene is illuminated by bright surgical lights, creating a clinical and professional atmosphere. The surgeons are wearing blue bouffant caps and masks, and are using various surgical instruments and equipment.

Successful move of neurosurgery

Emergency brain and neurosurgery services were successfully transferred from Hurstwood Park in Haywards Heath to the Royal Sussex County Hospital in Brighton.

After months of detailed planning, the physical move took place over one weekend with staff working around the clock to ensure it went as smoothly as possible.

The move allows patients suffering trauma accidents that include brain injuries to be treated as part of the Major Trauma Centre in Brighton instead of being transferred to London.

At the same time, inpatient urology services moved from Brighton to the Princess Royal Hospital and a dedicated service for hip fractures also began at Haywards Heath.

“ I feel so much more confident now. I can do things such as go on holiday without worrying ”



Ann gets stroke protection

Half a million Britons have atrial fibrillation, a faulty heartbeat which increases the risk of stroke. Ann Read, 72, a retired carer from Littlehampton, is one of them and she is benefitting from a new implant that reduces the stroke risk.

I was at a restaurant with my four children on Mother's Day when I had a frightening collapse. Getting up from my chair, black spots suddenly appeared before my eyes and I lost consciousness. I came to moments later and soon felt better but later that night I collapsed again, this time face-down on my bathroom floor.

I remember waking up and seeing my daughter and the next thing I knew I was being taken by ambulance to hospital. The doctors told me I'd had a stroke, caused by bleeding on the brain. I was shocked, as there had been no warning sign. However, it may have been linked to the fact that I was taking warfarin to thin my blood. Ten years earlier I had been diagnosed with atrial fibrillation, a type of irregular heartbeat which can cause clots to form in your heart. If these travel to the brain, they can cause a stroke, so I was prescribed warfarin. I took it for years with no apparent side-effects but after my stroke I came off it immediately as it seems to have led to a different type of stroke, a haemorrhage in my brain.

Immediately after the stroke I couldn't move the right side of my body, but following several months of physiotherapy my arm became fully mobile again. But without warfarin I was no longer protected from blood clots, so I was terrified I might have another stroke and gave up driving. I did have another stroke, this time caused by a blood clot in the brain, but luckily there were no lasting effects.



My doctor referred me to the Sussex Cardiac Centre to discuss other options and they explained they were trialling a new device to stop blood clots forming without the need for warfarin. Apparently, there is a pocket in the heart which can trap blood, so clots often form there. The doctors at the Cardiac Centre were using a mesh device that could be placed over this pocket to stop clots travelling round the body. The operation would be minimally invasive and they would just thread the device up through a vein in my leg. I had the hour-long procedure two weeks later under general anaesthetic and I went home the next day feeling fine. I know the device is protecting me against having a stroke and I feel so much more confident now. I can do things such as go on holiday without worrying.

Autumn

Homebirth rates one of the best in country



The Trust achieved homebirth rates that were one of the best in the country. Over the last year, the number of women giving birth at home in the Trust's catchment area was almost three times the national rate.

The Community Midwifery Team have worked hard to give women the opportunity to give birth in the privacy and comfort of their own homes with their chosen loved ones. Last year they assisted with 232 homebirths.

Hospital redevelopment given green light

The official green light was given for the £484 million publicly-funded redevelopment of the Royal Sussex County Hospital, allowing building work to start in earnest. Her Majesty's Treasury gave final approval for the Full Business Case which will see the oldest parts of the hospital replaced with state-of-the-art facilities. Stage one of the programme, which will include a new main reception (pictured), is due to be completed by 2019 with the whole project expected to be finished in 2024.





Hospital stars shine bright on awards night

Staff from across the Trust had their hard work recognised and celebrated at the annual hospital star awards. Over 700 nominations for 11 different categories were received from colleagues, patients and their families to acknowledge the efforts

of clinical, non-clinical and behind-the-scenes staff. The winners and runners-up were chosen by a panel of independent judges, and the Chief Executive also presented his own special award.

“ I’ve got my life
back and I’m
getting stronger
all the time ”



Marc's a double life-saver

When the kidneys of Julie McGrath started to fail, her husband Marc offered to donate one of his to help. Unfortunately, he was not a match but the story didn't end there. The couple tried a different approach called paired living donation, which not only helped Julie but a complete stranger as well.

The paired living donation scheme involves a willing donor and a potential recipient, who are not compatible, to be matched with another pair of people in the same situation and for the kidneys to be exchanged. It allowed Julie to get the kidney she needed quicker than the alternative route of waiting for a donation from a donor who had died, which could have potentially taken years.

Marc, 50, from Burgess Hill, said: "At first Julie was not sure about it because she didn't want me to go through an operation and lose a kidney but I was absolutely determined and she eventually agreed. I had always been determined to help her and the way I looked at it was that I could live without a kidney but she couldn't live without any."

Marc and Julie had to go through months of tests, screenings and checks before being approved for the scheme and the couple's details were placed on a national database and checked every three months to see if a match could be found. While they waited to be matched, Julie started dialysis under the care of the specialist kidney team at the Royal Sussex County Hospital.

She said: "The staff at the hospital were brilliant and gave me all the support I needed. I started off having dialysis at home during the day which meant five sessions a day. Later I progressed to having dialysis overnight."



"It was very difficult because I couldn't sleep while having the dialysis but I was still doing things during the day. I ended up feeling very tired."

Marc and Julie had to spend a few days in hospital following the procedure but have been recovering well ever since. Julie said: "It is amazing. I have got my life back and I am getting stronger all the time."

Marc added: "I have nothing but praise for the NHS and the help they have given us, particularly my surgeon and the pre-transplant co-ordinators at the Royal Sussex. My first priority was that I wanted to help Julie but in the end two people have been helped. Everyone deserves to live a life and be happy. I can't live my life with two kidneys knowing I could have helped someone."

Winter

New children's trauma room opens

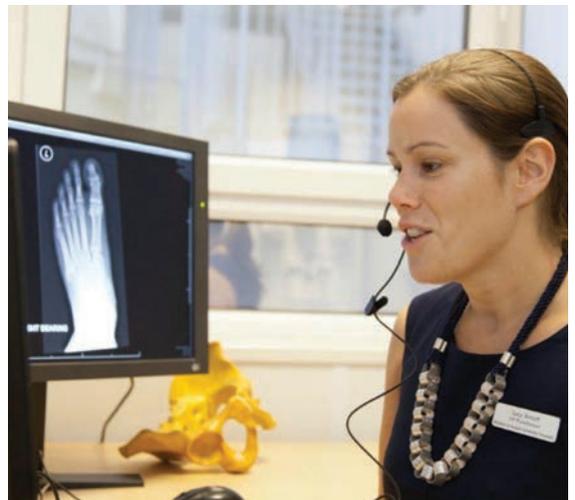


A new specialist trauma room was created in the A&E department at the Royal Alexandra Children's Hospital.

The room allows A&E staff to use a new pain relief system to treat serious injuries that do not require surgery. The experience is far less distressing to young patients and their families and also means that a child does not require an overnight stay. The new unit also relieves the strain on theatres by drastically reducing the number of procedures, making it one of the first of its kind in the UK.

National prize for virtual fracture clinic

The Trust's virtual fracture clinic won a NHS Innovation Challenge Prize award from NHS England for reducing the number of times injured patients come into hospital. The clinic involves specialist physiotherapists assessing x-rays online and giving patients instructions and advice over the phone. It has meant patients who were treated in A&E with a broken bone no longer have to come into hospital for face-to-face assessment. The clinic's prize included access to a network of clinical experts and a visit to the USA to meet research and development teams.





Awards for improvement initiatives

Two initiatives won Kent Surrey and Sussex Academic Health Science Network awards for improvements to patient care. The enhanced recovery programme won the enhancing quality and recovery team of the year award for helping patients recover from surgery quicker and reducing the time they spend in hospital.

The '10 minute meeting' initiative won the safety award for improvements in the treatment of patients requiring emergency care. The initiative involves a daily meeting of staff on call for cardiac arrests and medical emergencies so they can be clear on roles and responsibilities.

**“ I am so glad I
am in the care of
Mr Stott; he has
changed my life ”**



Karen's walking tall again

After 40 operations in eight years, Karen Welfare could be forgiven for thinking she would never overcome the chronic hip problems that have blighted her for so long. But she has now been given a new lease of life thanks to an innovative new implant being used at BSUH.

Karen suffers from serious bone loss in her hip and was restricted to using a wheelchair and walking sticks to move around after all previous conventional methods to help had failed. She is now benefitting from a custom-made titanium implant, specially designed by Trust Orthopaedic Consultant Mr Philip Stott and can walk without any mobility aids.

Karen, who lives in Brighton, said: "Over the last eight years I've had about 40 different operations and surgical procedures. I've had multiple hip replacements that kept failing and hip dislocations. I was admitted to hospital where I was referred to Mr Stott and he looked at my case and designed the bone implant for me. The operation was done last January and I have a long rehabilitation ahead but I already feel better."

BSUH started treating patients with the special implants last year and is one of only a few Trusts in the country to use them. The implants are only used in very specific circumstances when the patient has substantial bone loss and has undergone multiple hip surgery.

Dr Philip Stott works closely with a team of engineers to build a prototype of the implant and once the design is finalised it is sent to Italy where it is recreated by a company that also produces components for formula one racing cars.



The implants provide scaffolding support in the body and are porous which allows bone to attach and grow through and around them.

Karen said: "The company that made my implant also made me a little souvenir mini implant key ring, which was really nice. Mr Stott is an incredible consultant, he went above and beyond the call of duty to make sure I got the best possible help and I am so glad I am in his care. He has changed my life."

Mr Stott said: "The implant has changed the lives of patients. Two of my patients who were admitted to hospital with limited mobility were both confined to using wheelchairs outside and Zimmer frames inside, but on discharge they were able to walk again using a stick."

