1. Nurses, midwives and ODPs celebrate awareness days

There was an audible buzz around BSUH earlier this week as staff shared support and gratitude for one another and patients took to social media to commemorate International Nurses Day #IND2019 and Operating Department Practitioner (ODP) Day.

International Nurses Day is celebrated every year all around the world on 12th May to commemorate the birthday of Florence Nightingale and to mark nurses’ contributions towards people’s health. Parties were held at PRH and RSCH for nurses and midwives to come together and celebrate their profession and of course eat cake!

ODP Day was on 14th May. It celebrates the ODP profession and aims to inform colleagues and the public more about the vital role ODP’s play in our theatres and in patient care.
The days were also an opportunity for patients to share their thanks for the care given to them by our staff. We received lovely feedback via Facebook and Twitter.

To all the intelligent, imaginative, creative, caring, darkily hilarious, crazy and frankly kickass nurses (not forgetting all the midwives) that I have worked with @BSUH_NHS, happy InternationalNursesDay2019 #NursesDay2019

Emidio Beaverhausen @emidiod
4 days ago

Proud and happy to be a nurse and work at #RACH @BSUH_NHS #IND2019 #vegan

Rob Galloway @DrRobgalloway
5 days ago

The nurses we have in the nhs and @BSUH_NHS in particular are amazing. I'm incredibly lucky to work with such an amazing team. Happy international nurses day.

Ps rule number 1 to every Dr - always listen to your nurses. If they disagree with a management plan - stop and think.

Vivienne Ch The nurses at the TMU are forever in my heart.

Lorna Braddon Couldn't fault my care whilst I was unexpectedly taken ill whilst in Brighton for the weekend!! From A&E admission thru to discharge including catering staff!! Amazing people!!

Monica Magnetiika Yes. Very young Midwife Emma at Royal Sussex Hospital in Brighton who did an amazing job during my labour - she stayed by my side all of her shift and she was truly excellent! I have now a 10 months precious healthy baby and never got to tell her how grateful I and always will be 😊

Like · Reply · Message 1d

Victoria Standing I'm thankful to the support I received on Clayton ward at PRH Hayward's Heath by Claire one of the nursing sisters. She built up an amazing trust with me from day one and it gave me the courage to open up about some mental health struggles I'd been having. It's been a crazy journey and I'm still going with it but if it wasn't for her I don't know how long I would have kept it to myself for nurses are amazing x

Like · Reply · Message 4d

Paula Dickson I IIU and Pyaccombe ward at the PRH saved me 12 years ago. In a coma for 3 months and had to be resuscitated 3 times. Thank you for the extra years!

Like · Reply · Message 4d

Karen Grave The team on the vascular unit at Brighton, and in particular Ash. Staff nurse was amazing with my children's Dad 😊

Like · Reply · Message 4d

Trevor Turner Thank you all on cardiac wards for all the kind and caring treatment you gave me without you all I would not be here now 💖💖💖

2. BSUH team involved in influential study on HIV

BSUH has been involved in a major new study which shows taking effective anti-HIV drugs prevents gay and bisexual men passing on the virus to their partners, something already known for heterosexuals.

Dr Amanda (Mindy) Clarke, BSUH Consultant in HIV/GUM and Clinical Trials, and co-author of the paper published in the Lancet, said: “I hope this will not only decrease the stigma for people living with HIV but also reduce the barriers to testing and starting treatment, so that we can potentially see an end to the HIV epidemic in our lifetimes.”

The study, which was conducted over 75 sites in 14 European countries and followed 972 gay male couples, found zero cases of transmission within couples. It confirmed that if someone is on HIV treatment and their virus is undetectable they cannot pass on HIV, and supports the U=U (undetectable equals untransmittable) campaign message.

Mindy said: “Although I’m a co-author on this paper, it was the Elton John Centre nursing team that co-ordinated the study in Brighton. They’re an absolutely brilliant team and I’d like to thank them for their amazing hard work.

“This is an extremely important study. I think the big message from this is that everyone needs to know their HIV status, so should get tested, and if they test positive they can start treatment. It’s better for them
and it’s better for the people around them, and this, alongside PrEP (pre exposure prophylaxis), could bring an end to new HIV transmissions.”

Read the Lancet article here.

3. It’s #LearningAtWorkWeek 13 –19 May 2019!

Learning at Work Week is a week-long celebration dedicated to the importance and benefits of learning and development in the workplace.

You can develop your skills while you work, using the learning opportunities offered by your Library and Knowledge Service.

Join us in learning brand new skills or refreshing your existing ones…from finding quality health information and critically appraising the findings, to getting the most out of social media and using technologies in your own teaching.

Sessions take place in our libraries on all sites – book your place at www.bsuh.nhs.uk/library/information-skills/

Shape your future and try an online learning course: e-Learning for Healthcare – free e-Learning for NHS staff to educate and train the health and social care workforce at www.e-lfh.org.uk/

Information at your fingertips: Register for an NHS OpenAthens password to benefit from the online information tools we provide, ranging from point of care decision support, medicines information, health journals and statistics to clinical images, exam preparation and information to give to your patients.

Keep informed on new developments: Save yourself time and ensure you are up-to-date on the latest developments in health care by signing up to KnowledgeShare at www.knowledgeshare.nhs.uk/

Explore the full range of services on the Library website at: www.bsuh.nhs.uk/library/.

4. Be supportive, not questioning

There are several ways you can be a supportive peer or co-worker to someone who is trans-identified or transitioning.

First off, treat people with respect, care and dignity. Then you should listen, actively, to understand their needs, while at the same time showing them compassion and empathy.

To become more informed about the issues around transitioning, there are lots of resources available both online and through community centres. Remember also to use the name and pronouns they prefer.

Importantly, however, if you have a question about someone’s body or identity - stop and think. Why are you asking that question? The chances are if it’s about their body or surgery, it’s a question you don’t need to ask.

It’s not hard to be supportive. It just takes some practice.

All this week NHS Employers has been supporting Equality, Diversity and Human Rights Week (13-17 May) - a national platform for organisations to highlight their work to create a fairer, more inclusive NHS for patients and staff. See more information on www.nhsemployers.org
5. Support for NHS staff in retirement

What have a research doctor, a group of nurses and some medical secretaries got in common? They’re all members of the NHS Retirement Fellowship’s Brighton and Hove City Branch.

At its latest meeting, members heard about the new 3Ts development from BSUH chairman Alan McCarthy and Medical Director Dr Rob Haigh.

The NHS Retirement Fellowship was started in 1978 by a nursing officer who wanted to ensure that staff retiring from the health service had somewhere to go for friendship and support. The fellowship has since grown to around 150 groups across the country.

The Brighton and Hove City Branch meets on the 2nd Thursday in the month, at St George’s Church, Kemp Town. Contact barneycalls@gmail.com.

The Mid Sussex Branch, which has spaces for new members, meets on the 1st Tuesday in the month at Franklands Village Hall, Haywards Heath. Contact margaretstevens01@btinternet.com.

The groups have interesting speakers at Branch meetings and arrange social activities including walks and a lunch club. www.nhsrf.org.uk

BSUH Charity - BREAKING NEWS

We are very excited to share the news that BSUH Charity has been selected as a local charity partner for the Brighton Marathon Weekend 2020.

We will be looking to build a team of runners and cyclists to take part in the events across Brighton Marathon Weekend, which next year is on April 17-19.

You can find more information about all the events at www.brightonmarathonweekend.co.uk

Calling all runners and cyclists

If you’re interested in a place running the Brighton Marathon, or the BM 10k run or BM 50k bike ride and fundraising for BSUH Charity then we would love to hear from you!!

Please email us ASAP if you’re interested in getting involved: bsuh.charity@nhs.net

Did you miss?

Clear actions make a big difference! (IDAHOBIT) 17 May
Patient First & Improvement Journey – IHI Chapter 16 May
Learning and Development Seminars - LGBTQ+: 16 May
National Smile Month: 16 May
Dermatitis: Reminder for Line Managers: 15 May
In-patient Diabetes Specialist Nurse - Thurs 16th May: 15 May
BSUH Parking Permits Expiring May: 14 May
League of Friends - Grant Applications: 14 May
Disabled Staff Network: 13 May
Scrubs: help us to help you!: 10 May

Events and training next week

Please see nww.bsuh.nhs.uk/news/events-calendar/ for further details of each event. All training events are on http://iris.bsuh.nhs.uk

Mandatory Training - Clinical Annual Update: 16 May
Non Clinical Mandatory Training day: 21 May
Patient first & Improvement Journey: 23 May
IHI: Patient first & Improvement Journey: 23 May 2019
Pride Planning Meeting: 23 May 2019

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Your next Buzz will be published on Friday 31 May 2019.