



## Tracey Brigstock Chief Nursing Officer Bulletin

**December 2023**

### A message from Tracey

Welcome to the last edition of the CNO Bulletin for 2023, this month's edition is full of incredible stories as we head towards Christmas and the New Year to celebrate the difference staff at UHCW have made to their colleagues and patients in the winter months

I am over the moon to be recognising Theatres Administration Manager, Tanya Bevan's Christmas presents for the lonely initiative – a project that has made a huge difference to our patients since it began in 2015.

We have recently celebrated Healthcare Support Worker Day, as well our fabulous Research and Development team hosting their Research in your area showcase event – both of which I am thrilled to share stories and galleries from.

I hope everyone has a fabulous Christmas and a happy New Year – a special shout out to those of you that are continuing to deliver outstanding patient care across the festive period.

### Christmas presents for the lonely - Tanya Bevan

It was an eye opener for me in 2015 when my mum was in hospital for some time and I saw some elderly patients with no one to bring them treats and love. At Christmas time, this made me think that it could be my mum or dad in this position.

I started this initiative in 2015 for the lonely elderly people over 65 in hospital at Christmas, but it soon became very apparent that there are also a lot of younger people in hospital at Christmas who are also lonely, so it has grown from when it first started.

We fill Christmas bags with a Christmas cracker, some sweets and a small gift, a colleague's mother makes little stockings big enough for a little chocolate bar, which are really cute.

We visit all the wards on Christmas Eve and seek out any other patients that need a bit of love or someone to talk to and unfortunately, there are always a few.



Any leftover gift bags and cards are taken to the Emergency Department for any patients who came in over the Christmas period who are lonely and a few are taken to a homeless shelter.

We had some lovely feedback, so we have continued to do this, this will be our 8th Year.

In 2019 I received an Outstanding Service and Care Award (OSCA) for this which was very humbling and due to the publicity managed to make up over 100 bags that year, when in previous years it was around 60-80, which was absolutely amazing.

This year, the Research and Development department has joined the sponsors in supporting this project. If you are interest in joining this initiative by Tanya, please reach out to her at [tanya.bevan@uhcw.nhs.uk](mailto:tanya.bevan@uhcw.nhs.uk)

## Celebrations for Healthcare Support Worker Day

Across both of our sites, we said a massive thank you to all of our Healthcare Support Workers (HCSWs) as we celebrated Healthcare Support Worker Day 2023.

[Click here](#) to view the full story and a photo gallery from the day.

## Research in your area showcase event

The Research in Your Area Showcase Event hosted by the Research and Development (R&D) Department in November was a highly successful and impactful occasion. It brought together the Clinical Delivery Research Teams and researchers from various fields, including the Clinical Evidence Based Information Service (CEBIS) and Innovation Team. It was a great opportunity to share the ongoing research studies and innovation projects at UHCW, and to support engagement with research for enhanced patient care.

The event attracted a diverse audience, including the R&D Patient and Public Involvement and Engagement Team, UHCW Research Champions, Chief Nursing Officer, Tracey Brigstock, Chief Strategy and Transformation Officer, Justine Richards, People Support Manager - Equality Diversity and Inclusion, Suki Rai and students.

The event served as a platform to disseminate knowledge about research and how staff and volunteers can participate in various research teams within the Trust, fostering new research collaborations.

A notable highlight of the event was the wide range of research showcased from different clinical areas. Attendees had the opportunity to explore research in fields such as Urology, Vascular, Radiotherapy, Ophthalmology, the Clinical Research Facility, Renal, Critical Care, Cardiology, and Nuclear Medicine, providing valuable insights into different specialties. There were also representatives from the R&D Core Team.

The stall presentations were detailed and informative, offering attendees a wealth of knowledge. The event facilitated in-depth discussions about the latest research trends and created opportunities for interdisciplinary collaborations. Clinical delivery research teams and researchers shared their recent studies through posters, presentations, and interactive exhibitions, allowing for direct engagement and real-time feedback on how staff can actively participate in research.

The feedback from the event was overwhelmingly positive, with a significant turnout. Attendees were highly engaged and expressed their enthusiasm for the "passion, energy, inspirational, innovation, creativity, and enticing opportunities for involvement in research" after interacting with the teams.

Vicky Sturgess, Research Radiographer said "It was great to be involved in the Research Showcase Event. We were able to highlight some of the radiotherapy research studies currently open and showcase the changes that previous studies have made to clinical practice. It is such a privilege to be part of the research team and share our practice and experience at events such as this one".

The Research in Your Area Showcase Event will take place every six months, aiming to further engage with UHCW staff with research initiatives.

If you are interested in participating or attending in the next Research Showcase event, please contact [Researchcouncil@uhcw.nhs.uk](mailto:Researchcouncil@uhcw.nhs.uk) to register your interest.

A special thank you goes out to all the attendees, participants, supporters, and sponsors for making this event a resounding success once again.

Check out our gallery from the event: <https://photos.app.goo.gl/r5wUV1jnLLRGALqQ8>



Nina Jaspal, KPO Specialist

As a Cardiac Nurse by background, I saw the health disparities in patients presenting through A&E with cardiac arrests secondary to cardiovascular disease. Tackling health inequalities and bridging the gap between the NHS and the South Asian community has been the mission of British Sikh Nurses (BSN) since 2016. I collaborated with BSN in July 2022 and launched the #RestartAHeart Campaign, working with the resuscitation council to promote education and awareness around CPR and early calls for help in the South Asian community.

Team BSN comprises thirteen health professionals, doctors and nurses from different specialities with a shared purpose to promote health awareness amongst our community. SEWA (selfless service) is a

fundamental tenet of the Sikh religion, and British Sikh Nurses is an organisation that wants to give back to their communities to enable others to feel empowered to act during medical emergencies. This act aligns with UHCW's philosophy of more than just a hospital with more and more services accessible to the communities that need them the most.



As an organisation, we needed to deliver the training that met the community needs, so we developed workshops based in Midland, providing free CPR training and cardiovascular health checks. Through this initiative, we have trained over 300 people in CPR and, since the inception of BSN, have health screened over 4,000 people, with approximately 60% of people being appropriately referred to their GP for undiagnosed hypertension.

A year into our project, the #ReStartAHeart Campaign has been shortlisted as a finalist for the Royal College of Nursing Awards and the Nursing Times Awards 2023.

As ever, our work is ongoing, and if anyone would like to support any upcoming events, please do email [info@sikhnurses.co.uk](mailto:info@sikhnurses.co.uk) , and you can register to volunteer at [www.sikhnurses.co.uk](http://www.sikhnurses.co.uk)

## Two Tobacco Cessation Advisors seconded within Maternity

As part of the NHS Long Term Plan, the Trust were given funding for a Band 4 Tobacco Cessation Advisor secondment to improve and develop the maternity antenatal pathway for smokers.

The post was advertised externally; the successful applicants with the highest score were 2 internal candidates who were very interested in the role and the development of their career; therefore, they were offered the role on a job share basis. Nichola Poulter and Laura Simpkins, the 2 successful applicants had been very proactive in seeking out what was required for the role and even doing online training to give them further skills for the post if they were successful.

The role has incorporated online and in-house training to help them develop the skills needed for the post; it has proved a huge asset that we are able to upskill and keep our own valued staff.

We are also very hopeful this secondment will lead to a permanent post as it has already been extended to a 2-year post ending in March 2025.

Having 2 new members of staff working within our Public Health Team has enabled us to improve our statistics.

We ensure now we have 100% of referrals to our Stop Smoking in Pregnancy Service, we now see 80-90 % of women coming through Antenatal Clinic and offer them Nicotine Replacement Therapy (NRT) and also see any pregnant or post-natal women who smoke on the wards, again offering NRT.

Most impressively within the last 3 years of Public Health work on smoking in pregnancy our smoking rates have fallen significantly from 10-11% to now between 6-7% - we are making a huge difference seeing our women antenatally, sensitively discussing the risks of smoking to their babies and giving them the products and support to help them quit, enabling them to have a smoke-free pregnancy.

It is therefore important to not be put off applying for new roles even if these are outside your banding – check the required credentials and speak with the line manager to identify and prepare for any skills/training you could do to develop yourself prior to interview. There is often training allocated as part of a new job role. It is a huge asset to the trust to keep valued employees to upskill who already know and work in the relevant areas.



### Reflecting on Research - Faith Omoregie

Currently, I work as a Stroke Research Nurse involved in the recruitment of stroke patient for a range of large trials. My passion and pursuit for clinical academic career began in my undergraduate nurse training, where I discovered the impact of research on my personal development and quality improvement of care for patients. This led me to apply for an MSc in Advanced Nursing Studies at the University of Bedfordshire where I conducted a systematic review on frailty screening tools for use in primary care in Europe, utilising the quantitative study method in addressing the research question of what the most appropriate frailty screening tool is used in primary care with shorter duration. Findings from this formed the basis of on-going research in the department and informed my choice to pursue my career as a Stroke Nurse both in clinical and research settings.

I worked as a Stroke Nurse at King's College NHS Trust for four years, where I was responsible for the management of stroke patients on the hyperacute and acute ward. Many of these stroke patients were elderly population who presented with frailty on admission, such presentation made rehabilitation and discharge process complex resulting in longer hospitalisation and other poorer outcomes. The unanswered question was to understand the prevalence of frailty in stroke patient and how the predicted outcomes could inform personalised care for rehabilitation and discharge. However, my role as a stroke nurse was unsuited to meet this clinical academic career pathway, this led me to apply for my current post as a stroke research nurse.

Two years within my research role has opened opportunities to develop my pursuit for clinical academic, one of such opportunities was a successful application for the West Midlands internship

programme with the support of Dr Emma Murphy and Gail Evans. Through this internship programme I was able to develop skills in the design and delivery of clinical research and building network.

I am committed to achieving the integration of research through clinical practice, and I aspire to be a clinical academic champion for stroke nurses to design and deliver translational research findings into clinical practice resulting in improved person-centred outcomes.

## Latest DAISY Award Honourees

The care we provide can mean so much, and two of our Labour ward team touched relatives of one patient so much that they penned poems in their honour.

Midwife Claudia Anghel and Healthcare Assistant Ciara Thompson received special DAISY commendation awards for the support they provided to the family of a mother rushed to theatre after giving birth.

The husband was so grateful, he wrote poems for both [Claudia](#) and [Ciara](#) as a token of gratitude for the positive impact they had on a traumatic day.

To read the full story, [please click here](#).

## Tweets of the Month

[Subie Wurie – Research in your area event](#)

[Donna Griffiths – Oliver McGowan mandatory training](#)

[UHCW React – festive games and music](#)

[UHCW Pharmacy - STAR Programme](#)

[UHCW KPO – Refreshed Essential Value and Waster Training](#)