

The Brief

May 2022



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Your University Hospitals Dorset

An update from acting chief executive, Paula Shobbrook

Welcome to your May edition of *The Brief*, and what an eventful month it's shaping up to be! It's also a very important month for me as we celebrate Nurses' Week, and mark International Nurses Day on 12 May to coincide with Florence Nightingale's birthday. I don't need to tell you how fantastic our nursing teams are - the core value of 'caring' really does shine from them like the beacon of light we all associate with the lady of the lamp. And indeed you will see a lamp being transported around our hospitals throughout this week, completing its journey in our Poole chapel tomorrow (Thursday) where there will be a special Nurses' Week blessing. It's fantastic to see our hospitals united in this way, and I'd like to thank everyone involved in the week. You can meet more of our nurses on page 10.

The spotlight also shone on our midwives in May as we celebrated International Day of the Midwife last week. It's a profession which we have all experienced in one way or another during our lives and this year is especially poignant as the theme of the day focused on 100 years of progress. Our midwifery teams have faced extraordinary circumstances during the pandemic and I know how much they do for parents across Dorset. So thank you for all you do and for always striving to do more. Find out more on page 17.

While our midwives welcome new life in our hospitals every day, so many of you are also

involved in caring for those at the end of their lives. Over the past few years, the numbers of patients dying has impacted us all. However Dying Matters Week, also in May, presents an opportunity to showcase the range of teams involved in a patient's care when they're at the end of their lives, and the wonderful work they do to provide compassion when it is perhaps valued the most. You can read more about the week on page 16.

May also saw us mark Deaf Awareness Week, a brilliant opportunity to bring to focus the need for us to be inclusive to all our patients and colleagues. Our Proability Network did a great job raising awareness throughout the week, and all our networks are working tirelessly to support you, our staff.

Your wellbeing remains a key focus for us as an executive team, and I was thrilled to meet HRH The Prince of Wales on Friday when he came to see our new Lavender Garden, an area for you to remember, reflect rest and recharge. I cannot thank the teams involved in this project enough for their focus on our staff as individuals. We simply cannot care for our patients effectively without caring for ourselves.

Indeed all of these examples and events tie in with one of our key trust priorities - supporting our workforce and making our work sustainable. As well as better managing flow and improving productivity in our

hospitals so we can treat as many of our patients as possible, we have a programme of work to recruit, train, deploy and nourish our c10,000 staff to make UHD a great place to work. Please do take a look at our priorities - together with our values they give us a framework for why we are here every day.

So as we spring into the summer months, I hope you'll join me in welcoming our new chief executive Siobhan Harrington who joins us in just a couple of weeks, and our newly appointed chair Rob Whiteman who I know will bring a wealth of experience to the trust. I'm confident they will see just how driven and dedicated you all are and will be as excited as I am for the future of our trust. So thank you, #TeamUHD.

Paula



Reminder on latest Covid-19 guidance

Covid-19 has not gone away, and while all legal restrictions may have been lifted, there are still measures we all need to take to ensure we are protecting ourselves, our patients and our colleagues. The latest national guidance is regularly shared through the Staff Bulletin, intranet and screensavers to help you stay up-to-date - here's a summary.

For household contacts: if you live in the same house as someone who has Covid-19, or are a close contact of a friend or relative, you can now continue to work as normal if you do not have symptoms and feel well.

If you've had Covid-19: you do not need to have a PCR test in order to return to work and a formal risk assessment is no longer required.

However managers should consider the area in which you are returning and ensure a risk-based approach to reduce contact with people who, in spite of vaccination, are at higher risk of serious illness from Covid-19.

If you do not have symptoms: continue to do twice-weekly lateral flow tests, and report results through the gov.uk portal - see the IPC section of the intranet for this link. Tests should be ordered through the national ordering system - the link can be found in the same section on the intranet.

If you have symptoms: take a lateral flow test. If positive, self-isolate and repeat your LFT on days five and six if you are well, before returning to work if the tests are negative and you are feeling better.

Appraisal time

Appraisal season is upon us and we hope you are looking forward to some good conversations.

Your appraisal is an opportunity for you to reflect on the last year with your appraiser and review and recognise achievements and progress. The meeting provides an opportunity to:

- discuss how things are going
- receive feedback
- establish future goals and objectives
- talk about future aspirations
- identify areas for development
- document your plans for training and development and for your career

Appraisers - ensure you are 'appraisal ready' by allocating time, communicating with your appraisees, booking rooms and reviewing team objectives for the coming year.

Further details about the appraisal process, including the forms, can be found on the intranet under 'Appraisals'.

Royal Assent - Dorset ICS on track for go live

On Thursday 28 April, the Health and Care Act 2022 completed the Parliamentary process and received Royal Assent. This is an important step on the journey towards establishing our Integrated Care Partnership and NHS Dorset, the public name for NHS Dorset Integrated Care Board (ICB).

This final stage will put Integrated Care Systems across the country on a statutory footing on 1 July 2022, enabling more collaborative ways of working across health and social care. [Click here](#) for further details.

Get involved! As staff and members of the ICS, we'd like your help to create a new identity for our Integrated Care System and Partnership - one that people can recognise and connect with.

This [really short survey](#) gives you the chance to share your ideas and help create a description of the way we'd like our health and care system to be.

HRH visits the Royal Bournemouth Hospital

His Royal Highness The Prince of Wales visited the Royal Bournemouth Hospital on Friday to recognise all that NHS staff and patients have been through during the past two years.

During his visit, The Prince met staff from RBH, Poole and Christchurch, and visited the new Derwent operating theatre that will help with the backlog of patients requiring elective operations since the pandemic.

He then officially opened our new Lavender Garden on the east wing, dedicated to the memory of colleagues who have died and a special area for staff to rest, reflect and recharge. The garden was funded by generous donations to our University Hospitals Dorset NHS Charity, and the Prince of Wales met donors and family members of those who have died.

The garden is open to all staff - please do visit if you can.

Professor Paula Shobbrook said: "It was an honour to welcome HRH The Prince of Wales and have the opportunity for him to meet some of the dedicated people who go above and beyond every day to care for our patients. It has been a very challenging few years for all of us, and our teams have demonstrated remarkable resilience and compassion during difficult times. I am very proud of all you do, and I'm also grateful to our University Hospitals Dorset NHS Charity for enabling us to place a special focus on staff wellbeing with our new Lavender Garden."





Think it, say it! Introducing our UHD Thank You postcards

If one of your colleagues has demonstrated one of our Values particularly well, or done something to help you, you can use one of our new 'Thank You' postcards to share your appreciation.

Earlier this year, we shared the findings of our Culture Champions who had been speaking to you and listening to understand your views on what makes you feel valued and appreciated.

One of the recommendations to our Board was to implement a new UHD online thank you system for staff to thank each other. Work is well underway on our new system, and information will be shared with you in the coming months. In the interim, we are introducing the UHD Thank You postcards which you can use to thank each other until our electronic system is ready.

We are #TeamUHD



These postcards are printed on sustainable card and are available now. If you would like some for your ward/department, please email Organisational.Development@uhd.nhs.uk.



We are **caring** **one team** **listening to understand** **open and honest** **always improving** **inclusive**

Network news We are

#TeamUHD

Hello, can you hear me?

To mark Deaf Awareness Week, our ProAbility Network and deaf awareness advocates shared their lived experiences of working at UHD with hearing loss. Toni Bailey, sister of day surgery, and Elayne Goulding, IT project support officer, gave their advice to our colleagues on how to support the deaf community.



Three questions you can ask yourself are: If I call a patient's name in the waiting room, will they hear me? Can my colleagues lip read if my camera is switched off on Teams? If a patient can't fully hear the options I am giving them, can they consent?

To support our deaf community, please complete your deaf awareness training, which is available here <https://wesupportdeafawareness.teachable.com> using the code UHDNHSFT. You can find out more about our [ProAbility network here](#).



Supporting our LGBT+ community

Have you completed your Rainbow Badge survey? We want to hear about your views and experiences working at this trust so we can create a better and more inclusive healthcare setting for all LGBT+ colleagues and patients.

Whether or not you are a member of the LGBT+ community, [please fill out this anonymous 5-minute survey](#) by clicking on the link or scanning the QR code to share your experiences. This will help us to understand the lived experience of staff and patients in our organisation, and where improvements are needed to continue to deliver on our value of inclusion.

[Click here to view the full programme details.](#)



LGBTQ+

Meet our new recruit!

Meet Rob Hornby, our new armed forces advocate. Rob left the army after 32 years in March, and is now joining #TeamUHD to support our staff, veterans, and members of the armed forces community. You can contact Rob via veterans@uhd.nhs.uk and find out more about joining the Armed Forces Support Group monthly meeting.

Rob said: *"For the last 11 years of my service I was employed as a personnel recovery officer, responsible for looking after up to 20 sick and wounded soldiers in their homes. It was a rewarding role which I enjoyed immensely.*

"At UHD I want to make people aware of the assistance I can offer, or if I can signpost them to the right charity or the local authority. I want to ensure fair and equitable treatment for veterans and the armed forces community, making sure the principles of the Armed Forces Covenant (AFC) are met.

"I will also be building relationships within the Dorset ICS to help improve patient outcomes as well as leading the Armed Forces Support Group within UHD and maintaining the trust's Veteran Aware Accreditation.

"I am looking forward to meeting and helping people and hopefully making a positive difference."



We are **caring** **one team** **listening to understand** **open and honest** **always improving** **inclusive**

'Understanding Little Ears'

Our next virtual Understanding Health talk - 'Understanding Little Ears' - is scheduled for Monday 23 May at 2.30pm. Mr Steven Frampton, consultant ENT surgeon, will talk about a range of conditions, including glue ear and recurring ear infections.

He explained: *"These are extremely common problems in toddlers and small children and can be really distressing. I'll explain why these problems occur, how to recognise them, what can be done at home, and when to seek medical help. I'll also discuss potential treatments that may be offered."*

If you have any questions you would like to ask about this topic, please email melanie.croydon@uhd.nhs.uk before 18 May. The free event will run via Microsoft Teams and is open to everyone. Get the link at www.uhd.nhs.uk/news/events.

Virtual Understanding Health
Understanding Little Ears:
 Glue ear and recurring ear infections in children

Monday 23 May 2.30pm

No booking required. The event will be recorded and available on the hospital website after the event.

Mr Steven Frampton,
 consultant ENT surgeon

Please visit www.uhd.nhs.uk/news for further information and the link to the Teams event.

Join the Pandemonium!

Our UHD Revue crew are in the last few weeks of rehearsals for our production of 'Pandemonium'. The show is by our staff, for our staff, and will be an evening of sketches, songs and laughter.

You can watch the show on 25 and 26 May at Talbot Heath School in the STEAM hub auditorium. Doors will open at 7pm, with the show starting at 7.30pm. Tickets cost £10 (plus booking fee) and include an interval drink during the show. [You can buy tickets here.](#)

Ask Aly

Join us at 1pm on 26 May for Ask Aly, hosted by our chief medical officer, Dr Alyson O'Donnell. It's a great opportunity to ask questions, raise concerns or share your views. You can join the meeting [here](#) and if you'd like to send any questions in advance, pop them through to communications@uhd.nhs.uk and we can ask on your behalf.

Join our app community:

8402
 users to date

326 of you
 downloaded the
 app in April!

The UHD Revue Crew presents an evening of sketches, songs and laughter!

All profits to University Hospitals Dorset NHS Charity. Kindly sponsored by UHD Consultants' Medical Staff Committee and IHP.

PANDEMONIUM

UHD STAFF SHOW

Wed 25th & Thu 26th May 2022
 Doors 7pm, curtain-up 7:30pm
 STEAM Hub Auditorium
 Talbot Heath School, BH4 9N

Tickets £10 each (plus online booking fee) including interval drink
 ← Scan here or visit tinyurl.com/UHDRevue2022

SCAN ME

Let's get social

Our social media channels have been as busy as ever with plenty of news updates, health information and of course, celebrations of the amazing work of #TeamUHD.

Our Twitter posts were viewed over 135,700 times, while over on Facebook our posts were read over 210,130 times. Some 860 people interacted with our content on Instagram and our YouTube videos received 25,097 views



YouTube More than 320 people watched our most recent YouTube videos in March, with 213 people tuning in to watch our report on Sky News. Leanne Aggas, head of nursing and professions, and James Glen, charge nurse in AMU, discussed violence against hospital staff and why it can't be tolerated.

f On Facebook our news that patients self-attending to the RBH emergency department should now use out UTC reached more than 18,900 people. The post explained that this change will allow skilled nurses to guide patients to the right place to receive the right care.

University Hospitals Dorset
Published by Annabel Platt · April 26 at 1:00 PM

To help us improve care for those patients who need emergency and life-saving care in our emergency department (ED) at Royal Bournemouth, all self-attending patients – those who have made their own way to ED – should now use the urgent treatment centre (UTC) entrance and drop-off point.

A skilled nurse will then guide you to the right place to receive the right care for you. The ED entrance is for ambulances only.

University Hospitals Dorset NHS Foundation Trust
@UHD_NHS

Progress at our Royal Bournemouth Hospital site from above puts into perspective the scale of changes taking place! Thank you to our ambulance service colleagues for sharing this picture with - find out more about how we're investing in our hospitals here uhd.nhs.uk/about-us/futur...

2:45 PM · Apr 27, 2022 · Twitter Web App

t One of our top tweets received 195 engagements and was picked up by the Bournemouth Daily Echo. It shows a brilliant birds' eye view of RBH, shot and sent into us by one of our colleagues in the air ambulance service.

ig Over 1,200 people saw our Instagram post sharing the news that our same day emergency care (SDEC) and acute medical unit (AMU) are now co-located at RBH. 56 people liked the post, explaining the benefits this change will make to our patients.

uhd_nhs

We've got some very exciting news. Our same day emergency care (SDEC) and acute medical unit (AMU) are now co-located at RBH and a new patient pathway is in place with the hope of reducing hospital admission.

The pathway involves patients being 'SDEC patients' until proven otherwise when they first come into AMU. They will undergo a rapid assessment by a senior member of the acute medical team in the new assessment area and then either be admitted into AMU or through to SDEC. It is anticipated that should result in more patients being treated in SDEC with an ethos of 'admission is the exception'.

The departments themselves are linked through a bay on AMU into the SDEC area, and the new trolley/chair assessment area - for up to five patients - allows greater flexibility in the management of the acute medical patients.

The new pathway will result in less pressure and requirement of inpatient beds, and will mean patients are assessed earlier in their journey, allowing them to be treated/cared for in the most appropriate environment.

Earlier assessment also means initial diagnostics can be planned/ordered earlier which will contribute to a reduced length of stay, helping with bed flow. Waits in ED and wait times for GP patients (currently waiting an hour in a waiting room without assessment) will also be reduced.

Mei Ivory, matron for the acute and ambulatory directorate, said:

View Insights

Liked by rhdorsetcg and 56 others

Have some good news you would like to share? Get in touch with the communications team on **communications@uhd.nhs.uk**

nurse

noun: (the title given to) a person whose job is to care for people who are ill or injured, especially in a hospital

verb: to spend a lot of time taking care of something as it grows or develops

To mark Nurses' Week, *The Brief* caught up with three of our fantastic Team UHD nurses to talk more about the 'great privilege' of being a nurse, why they chose nursing as a career and what they consider to be the #BestofNursing...

Jenny House is something of an institution at UHD. A nurse for more than 50 years, you are likely to have seen her in one of her many nursing roles in the trust, or been jabbed by her during our flu and Covid vaccination campaigns. She also likes to get out and about around the hospital to ensure the very basics of 'friendliness, understanding, and guidance' are felt by all who work with her.

“The camaraderie of the nursing team is so important...”

“I was in hospital from the age of two until I was seven, and it was always in the back of my head to be a nurse. I went to the RAF recruitment office and they said I should be a plumber! But I wanted to be a nurse so started training in 1965. I've been a staff nurse, sister, matron and am now the adult safeguarding lead, until I retire at the end of the month.

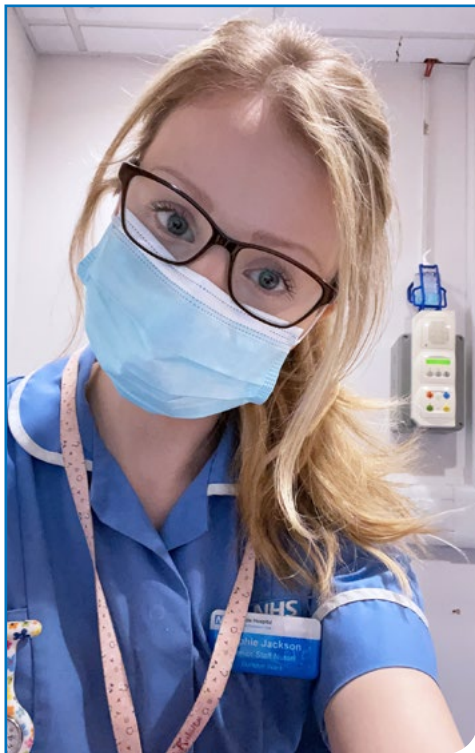
“I am absolutely passionate about good care but I do understand the pressures that are on staff these days. We must recognise the pressures, but people have to also be able to talk to you. That's the part of the job I love the most.

“It really is a community here. It's the people that get stuff done. It always comes back to the person.

“If you're thinking about nursing as a career - think about it seriously. You need compassion and to be strong enough to challenge when you see things go wrong. You have to like people, we are a big team, but the prime thing is that patient in that bed.

“The best of nursing? For me, it's being patient focused but it's also the camaraderie of the nursing team. It's so important.”





Sophie Jackson, 26 is a senior staff nurse on our Poole haematology ward. She was diagnosed with cancer in 2021.

“Patients receiving the best care is so important to me...”

years old, progressing from staff to senior nurse. Then in September last year, I found a lump in my breast and saw my GP. I then almost cancelled my hospital appointment as I felt like I was wasting time.

“In October I was seen in the breast clinic at Poole and after ultrasounds, mammograms and biopsies, I was diagnosed with cancer. I had a lumpectomy and sentinel node biopsy which luckily removed all the cancer and showed no spread. I then commenced six cycles of chemotherapy and am now undergoing two weeks of radiotherapy. I am aiming to be back to work in July once I’ve recovered.

“I have had to transition from senior nurse to patient and be cared for by my own colleagues. Being a cancer nurse has made my experience different, in some ways better - chemo doesn’t scare me, I know a lot about cancer and I know the staff looking after me.

“Being a nurse to me feels natural, I enjoy caring for others and helping where I can. Building a good rapport with patients and working with them to ensure they receive the best care is so important to me - nursing is not textbook and requires a special type of person to adapt and implement where they are needed.”

“The term ‘best of nursing’ to me demonstrates how holistic nursing is. There is no single part of nursing that makes it whole.

“I qualified as a nurse from Bournemouth University at 21

Chris Pole is a specialist community palliative care nurse based in our Macmillan Unit at Christchurch. She ‘popped’ into nursing some 43 years ago.

“Nursing to me is a great privilege...”

“In my late teens I worked as a care assistant in a care home and thought I’d go on to become a social worker. However being just 20, I didn’t think I had enough experience of life so thought I’d “pop” into nursing as an alternative. Here I am 43 years later!

“I have the best of everything in my job in palliative care. It covers everything that is important to me.

“Nursing to me means having the greatest privilege of being alongside a patient on their

journey into the unknown. Being able to guide someone through the emotional and physical challenges they face is a huge responsibility. I have always liked a challenge and every day throws up something to make me really focus on what is important to that individual.

“For those considering nursing as a career, I’d say if you are determined you will succeed. Be prepared to be challenged at every level. Learn self-care in order to survive. Despite the pandemic and all that it has



thrown at us, it is still possible to get job satisfaction.

“For someone starting out the advantage of NOT being able to look back and to only be able to look forward is very important - you create your unique view of nursing for yourself in this time. Just do it!”



Transformation update

Extra beds, services and catering facilities planned for the RBH site

The approved planning permission granted by BCP Council in 2020 included the major new building at the front of the RBH site (the BEACH Building), some refurbishments and other improvements including for transport.

Updated standards in healthcare, including lessons learnt from the pandemic, mean greater space requirements. Additional government funding has also become available. This gives an exciting opportunity for a higher amount of new build on site, rather than just previous plans that were mainly refurbishments of existing areas.

As a result the masterplan for the site has been updated. The levels of staff and patients treated remain the same as previous plans, but the facilities proposed are bigger and better. This requires a new planning application and approval. At the heart of these plans is the provision of an additional building delivering:

- three new wards, with 84 extra beds, 70% of which are single en-suite rooms
- enhanced operating capacity, with the creation of three new theatres for complex/cancer surgery
- improved catering facilities, providing greater food choice for patients, visitors and staff

The proposed building will have a connection to the hospital main street at both ground and first floor. The site currently houses RBH's catering facilities which services patients, staff and visitors. The buildings do not create any more traffic but do

mean patients will benefit from better facilities.

Commenting on the plans, Richard Renaut, chief strategy and transformation officer, said: *"This is a hugely exciting opportunity. The proposed building will use the latest in construction technology, meaning we have brand new wards, operating theatres and support services such as catering. This will allow us to offer better facilities than the refurbishments we'd planned pre-pandemic. It will also mean the buildings are fully electric and more energy efficient,*

supporting our plans to get to net zero carbon."

The planning application will be presented to BCP Council in June 2022. Site preparations in spring 2023 and installation of the first modules are planned by the end of the year. The expectation is that the building will be in place to coincide with the opening of the new BEACH building in September 2024.

Plans for this new facility, together with the latest on wider UHD estates developments, can be found in latest UHD Masterplan [here](#).



Transformation update

Time to 'BRAG'

Welcome to the latest update from our Benefits Realisation Assurance Group (BRAG), where we review achievements since merger.



You book through U book

Since April, colleagues have been increasingly using Ubook, a web-based system, to book offices, desks and meeting rooms, including at our new facility at Yeomans House. Feedback has been extremely positive - 'really nice working experience', 'I loved being able to book my parking space', 'knowing that I can guarantee that my desk will be there when I arrive is reassuring and saves me time trying to find where I can sit'. If you would benefit from using UBook to organise and facilitate office/room/desk bookings, please email katie.pritchett@uhd.nhs.uk or juliet.jephson@uhd.nhs.uk.

Helping to keep us safe

Both RBH and Poole now share one security provider, Allied Security, providing out of hours and weekends support under one combined contract ensuring consistent, effective support for patients and staff.

Departure lounge trialling at Poole

Universal IT systems and processes mean UHD staff are able to support patient flow and discharge through the development of our new departure lounge (with staff moving between sites to ensure that resources are in the right place).

Site divert system helping with resilience

When one of our emergency departments is under pressure, we can now divert patients more quickly ensuring better care and a safer ED for everyone.

OH and wellbeing

As well as arranging vaccination clinics for all our staff, the OH team has now set up a rehabilitation programme for staff with long Covid in conjunction with the respiratory physio service. They have also extended the staff physiotherapy service to Poole Hospital staff and recruited more OH nurses to provide a more responsive service for our teams.



System-wide approach helping wellbeing

We are working collaboratively with the ICS wellbeing service to develop support for staff who are absent from work due to stress/mental health.

Digital support for life support

Our education department has reviewed and revised the basic life support training to reduce the amount of face-to-face training required by combining this with an e-learning module.

If there is something you want to 'BRAG' about in our next update, please get in touch. Send your suggestion to Helen Rushforth, head of productivity and efficiency at helen.rushforth@uhd.nhs.uk





Alyson's Blog

Alyson O'Donnell, chief medical officer

I hope you have all managed to get a bit of down time with your friends and family over the series of recent bank holidays. We have been doubly blessed by the fact that we haven't had typical bank holiday miserable weather. Sorry to all of those who have been working but thanks for being here.

It is amazing what happens when you suddenly find yourself with a few moments to think and contemplate. I witnessed something recently which made me really think about how important it is for us to bring our real selves to our everyday lives. It took me back to a strap line that was used in a mental health campaign for teenagers a few years back - 'Be yourself - everyone else is taken'. How true is that? I do realise, however, that it is not always easy for people to 'just be' in the work place - we have to modify those bits of us that we think others might not approve of or find difficult. That is why our staff networks are so important. In small but tangible ways giving people a voice and saying loud and clear 'you are part of us just as you are'.

You might ask what lead me to these musings. Well some of you who follow Twitter may have seen a photograph I posted of me as a teenager in the early 80's with a hair full

of mousse, wearing a dress borrowed from my big sister and on my way to some posh function. It had been sent to me by a friend and I hadn't seen it for over 30 years. First of all, I look about 30 and like a reject from Bananarama (ask your mum) - thanks 80's fashion. It might be hard to believe in my conservative middle age with smart dresses and sensible shoes that underneath all of that lies a bit of a quirky rebel. In trying to place the photograph I was being guided by the haircut - not too off the wall but blowed dried into a vertical inch of its life. So I reckon I had probably entered my clinical years at university. I did have a preceding punk life and a big last hurrah with crazy colour (bright pink) and looking like a tabby cat in the lead up to third year! I'm not aware of any remaining photographic evidence so don't ask.

So, I am going to ask myself where is that quirky individual a bit more regularly and I am going to remember to have fun. What is something that people might not know about your authentic external life? And before you ask I am not going back to pink - that's Bunny at RBH's job - and I've realised it wasn't a good colour on me.

Alyson

Welcome to our new Chair

Rob Whiteman, CBE has been appointed our new Chair of UHD. He will start in the role on 1 July and replaces David Moss who retired from the NHS earlier this year.

Rob has been Chief Executive of the Chartered Institute of Public Finance and Accountancy for the last eight years and has held many other executive and non-executive roles including Chief Executive of the London Borough of Barking and Dagenham and Chief Executive of the UK Border Agency. Rob also has significant experience of working with the NHS.

Paula Shobbrook, acting CEO, said: *"We are very lucky to have someone of Rob's calibre and experience join us at UHD. This is an exciting time for our trust with the establishment of Dorset's Integrated Care System (ICS) and Rob's extensive experience in the NHS, nationally and in local government makes him perfectly suited for this role."*

Rob added: *"I am really looking forward to joining UHD. I know the trust very well as I live in Dorset and am aware of the good reputation the hospitals have locally. This is a fantastic opportunity to join as Chair as the hospitals continue the £250m transformation programme. I look forward to supporting the new chief executive and helping to ensure UHD plays an important role within the NHS Dorset ICS."*



Introducing Ecoearn:

The sustainability and wellbeing app that rewards your positive actions

“By working to reduce our environmental impact together, we will save lives and improve health, now and for future generations.”

Did you know the NHS has committed to reaching net zero carbon emissions by 2045?

That's why UHD, along with other local trusts, has launched a new combined online platform and app to reward you for taking action to reduce your carbon emissions, cut down on waste and look after your wellbeing.

'Ecoearn' is open to all of us and will give you all the resources you need to help us fight climate change.

The website features over 20 different carbon saving, health and wellbeing actions. Take steps like travelling sustainably to work, following a low carbon diet and even get rewarded for

logging your exercise. By taking part in these activities, you'll earn 'Green Points' for yourself and your team, competing to top our trust leader board. You'll also be able to see how much carbon you have saved through your actions as an individual, across your team and across the five participating NHS trusts.

Each month the sustainable champions with the most points will win one of five £20 vouchers, from a choice of sustainable businesses. We'll also be awarding six £10 vouchers in a raffle each month and all you need to do to enter is log a single action.

Will you help us build a more sustainable trust and reduce your environmental impact?

Sign up now at: ecoearn.co.uk or download the app on iOS and Android. You can find out more about the programme [here](#).



Who needs spray anyway?

Last year we met with the theatres team at RBH as they celebrated handing in their report to the beneficial changes network at NHS England, detailing how they had replaced ethyl chloride spray in anaesthesia with cold sticks to reduce waste in their department and their carbon footprint.

From February, after a share from an anaesthetist on Twitter from the north of England, the project has snowballed. Staff nurse and sustainability resource

nurse, Helen Spencer Jones, estimates at least 30 trusts around the country have been in touch to find out more or how to adopt the process themselves.

The cold sticks are produced by a local company and NHS England has also shared the case study nationally [here](#).

The team is also working with other trusts to trial the cold sticks in other departments such as a labour wards.

Helen said: *"The next few years are going to be very challenging with the goals we are setting for the NHS to be carbon neutral. It can seem quite overwhelming, but you don't need lots of money or experience to make a large change. If you find something that can be improved, all you need is drive and we can all make a difference. Thank you to our team for all your support."*



SPOTLIGHT ON: Awareness weeks

Dying Matters Week

Last week was Dying Matters Week and Team UHD was tasked to think about what it means for patients to be #inagoodplace when they die.

Our specialist palliative care teams set up tables in the dome at Poole and atrium at RBH to speak to staff and patients.

Vanessa, end of life care nurse specialist at Poole, said: *“Dying Matters Week is really important - we only get one chance to get it right for our patients. As a team we want to engage with people to talk about death and dying, to answer questions, give reassurances and make sure our patients are in a ‘good place to die’.”*

Jenny Hyde, the newest member of the palliative care team, added: *“I love getting to know patients and families and finding out what is important to them. Every patient is so different and normalising conversations is really important to help fulfil the patient’s wishes.”*



Insulin Safety Week

During Insulin Safety Week we were encouraged to #thinkinsulin. Insulin is an incredibly important medication for so many of our patients, and our teams have been raising awareness of just how important it is to administer the right dose, at the right time and in the right way. The week is also

important in a bid to reduce insulin errors among healthcare professionals as it was revealed 40% of patients can have at least one insulin error during their stay in hospital.



Nikki Stacey, diabetes specialist nurse, said: *“Working with people with diabetes is such a privilege. We get to know our patients well and get to support them through the ups and downs of their lives. I enjoy supporting vulnerable people living with diabetes for example those living with eating disorders and being able to offer them support in a time that is really challenging.”*



Dementia Action Week 16-20 May

This year we will be celebrating dementia action week with content and events from across our trust. Join the dementia team down in the marquee at RBH for a week of skill sharing, fun and dementia positivity. Highlights of the week will include Q and A sessions, quizzes and raffles, ending with a dementia fete on the Friday.



Celebrating our midwives

On Thursday 5 May we celebrated International Day of The Midwife at UHD. This year the day celebrated 100 years of midwifery, and our midwives were thanked for all of their incredible work supporting Dorset's families with their new arrivals and for the care they give to our patients every day.

In April we welcomed Kerry Taylor to UHD as our new head of midwifery. Kerry has been working as a midwife for 22 years and joins us from Royal Berkshire Hospital in Reading.

"My favourite part of being a midwife is spending time with the team on the floor, this always reminds me why I chose to be a midwife and enables me to fully understand the challenges the maternity team face. I'm really looking forward to getting to know the whole maternity team, building our relationships and working together," she said.



Promoting the power of breastmilk

Our neonatal nursing and maternity team are celebrating the launch of a quality improvement (QI) project to increase the number of babies who receive early breastmilk after being born at less than 34 weeks.

The aim of the project is for mums to express milk within two hours of giving birth, so their preterm babies can have breastmilk within six hours of being born. For vulnerable preterm infants the multitude of vitamins and minerals in breastmilk reduces the risk of serious infections, supporting their growth and development.

Colleagues in the neonatal unit and maternity will be prepared with a video on the project and a Q card covering the essentials that should be discussed with parents who are in, or at risk of pre-term labour. The aim is for a conversation and a practical demonstration of hand expressing breastmilk to take place with the parents before the baby is born and they will also be given a colostrum bag containing everything that they will need to help complete the first few expressions.

Marie Lindsay-Sutherland, senior advanced neonatal nurse practitioner, said: "The first few hours around a preterm birth are very busy, but we really want to focus on meeting these targets now, to give the most benefit to mum and baby.

"We will be sharing the data from this project within our trust, our local maternity network and nationally and hope that by setting a good initial foundation, babies will continue to receive breastmilk for the long term, not just at UHD, but across the NHS."



Celebrating the Walkerbot

Our Walkerbot appeal began in 2020 and thanks to 1,179 generous donations from incredible individuals, local businesses and community supporters, the robotic device was funded in just 20 months. Since its installation on the stroke unit at RBH, the robotic gait trainer has revolutionised walking rehabilitation through truly intensive, specific and tailored therapy, and improved the recovery of stroke patients, some of whom attended a special event in April to meet with donors and fundraisers.

Guests were taken to view the 'Walkerbot' in action, while patient Ian demonstrated how it helps him take the thousands of steps needed every day to relearn to walk.

Well done to all the team involved in making this a reality.



Save the date: Walk for Wards

Saturday 17 September 2022,
Walk for Wards returns with a
brand new venue... Upton House
and Gardens.

Challenge spotlight: The Big Half

The Big Half is a brand new
challenge for UHD charity in
2022 which promises to bring an
unmissable festival atmosphere
to the streets of London. Taking
place on Sunday 4 September,
participants will start by Tower
Bridge in central London and
finish at the famous Cutty Sark
in Greenwich.

Sign up online at
[https://uhdcharity.org/index.
php/events/the-big-half](https://uhdcharity.org/index.php/events/the-big-half)



Twilight Walk participants sparkle to support women's health

A big thanks to all who took
park in our Twilight Walk on
Friday. It was an incredible
evening and your support is
hugely appreciated. See more
from the night on our social
media.



If you are interested in finding out more about how you can support the charity:

Follow @UHDCharity on  Facebook  Instagram and  Twitter Visit UHDcharity.org,
or contact the office on 0300 019 4060/8449

Staff fundraiser spotlight: The acquired brain injury fundraiser

Our acquired brain injury (ABI) team is raising money for the ABI unit by challenging themselves to complete the virtual challenge of running, cycling, walking, swimming, and MotoMeding the incredible distance of 1,743 km in four months!

They'll be virtually travelling the length of the UK from Land's End to John O'Groats with the help of patients who are completing their distances by walking or cycling on the MotoMed in therapy sessions.

The ABI unit provides specialist rehabilitation for ABI patients from across the region. They rely heavily on donations to enhance each patient's stay on the ward through trips out, music therapy, art supplies and ingredients for cooking. These

extra activities enhance their experience, quality of life and family's experience, furthering their rehabilitation alongside therapy sessions.



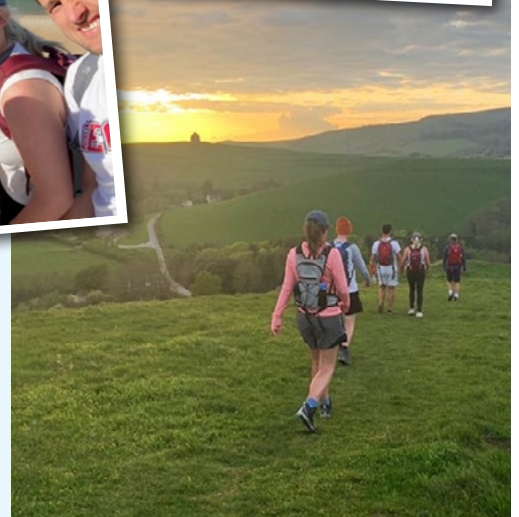
You can show your support for the ABI team here
www.justgiving.com/fundraising/abi-fundraiser.




Daughter inspires Dorset coastal walk

Dr Mike Hargreaves, consultant anaesthetist at UHD, Anne Hargreaves, occupational health nurse, and their family, Tim, Simon, Leegan, Alice and Mike, walked 100 miles across the Dorset coast in April, raising over £7,000 for the Jigsaw Unit and haematology department at RBH.

Their daughter Lucy was diagnosed with non-Hodgkins lymphoma last year. Her post treatment scan in February 2022 revealed she has had an excellent response to her treatment.

Alice, Lucy's sister, said: *"Lucy has shown the most amazing strength throughout this difficult journey and we couldn't be more proud of her. It was a really tough challenge walking for so long each day on the many ups and downs of the coastline, but it was all worth it when we saw that we had surpassed our fundraising target. Thank you so much to everyone who donated."*



If you are interested in finding out more about how you can support the charity:
Follow @UHDCharity on  Facebook  Instagram and  Twitter Visit UHDcharity.org,
or contact the office on 0300 019 4060/8449



Let's talk about IT

Getting closer to the Edge



Get ready for Microsoft Edge, a faster, more secure, and more modern browsing experience than Internet Explorer.

On 15 June 2022, we will be retiring the Internet Explorer browser at UHD. Whether Internet Explorer is your primary browser or you only use it for specific

tasks, you'll no longer be able to access Internet Explorer on your device after this period.

Please ensure that any specific web based apps that are used by your specialty work in MS Edge prior to 15 June. For any queries, contact matthew.curley@uhd.nhs.uk

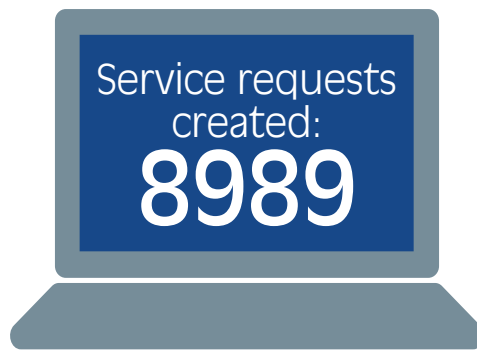
Find the form for you

Rather than submit a generic form on the Self-Service Portal, see if there is one dedicated to your request so we can help you more quickly. Dedicated forms ask specific additional questions depending on what you input to help assess and automatically assign to the correct IT team to action.

The following forms can help with a large amount of the generic forms we receive:

- **Printing - Reporting a Problem**
- **Share Folder Access / Permissions**
- **IT Specialist Nurse (Request Help)**

IT service desk: Scores on the doors January to March 2022



Update required to Windows 10

To ensure our Windows PCs and laptops are kept up to date, most Windows 10 devices need a large update installed. This update will take approximately 30 minutes and your device will need a restart.

You can manually start the update via the software centre/update section located on your desktop or via the start menu. Just click the 'update' tab on the left hand side, click 'install all', then wait without turning off your machine.

Please contact the IT Service Desk if you have any problems or require further information.

New IT training SharePoint site

IT training now have a SharePoint site to share their guides, videos, elearning and timetables. New this month are the single PAS user guides. Click [here](#) to find help and support with UHD IT Systems.