

2020 - Issue 2

Buzzword

The Royal Bournemouth and Christchurch Hospitals Staff Magazine



Bye bye Buzzword!

The farewell issue

Welcome to *Buzzword*...

Welcome to your summer edition of *Buzzword*, packed full of news and stories from across the Trust. This edition is particularly poignant, as it's the last ever *Buzzword*. Yes that's right, over 10 years and countless editions, we're saying bye to the magazine ahead of our merger with Poole Hospital next month.

We'll be taking a trip down memory lane with some of the magazine's highlights over the years, as well as looking forward to a brighter future for the Royal Bournemouth and Christchurch hospitals, as together with Poole Hospital, we will become University Hospitals Dorset NHS

Foundation Trust on 1 October.

A huge thank you to everyone who has contributed to this magazine; it's always been by staff, for staff, to share the many achievements, news, views and stories worth celebrating that have epitomised our Trust values.

Please keep an eye on our social media channels and intranet for all the latest updates across our hospitals, and for news of a fresh joint publication in the coming months. We hope you've enjoyed the journey so far. Here's to new beginnings!

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Supporting students

As we come to the end of the paid placement model for supporting students within our Trust, it is time to reflect and look back at our achievements over the last few months.

Between April and August we were joined by 95 nursing students, seven operating department practitioner students, 10 physiotherapy students, and one occupational therapy students as part of our clinical support workforce. We were also supported by three training nurse associates and 32 registered nurse degree apprentices.

Their support during the Covid-19 pandemic has been invaluable. They have all stepped up to the challenge and have worked extremely hard within our teams across the organisation.

To support their ongoing learning during the last three months, our Student Support Team from Education and Training has worked tirelessly behind the scenes to ensure that they continue to meet their learning goals.

Our Sim Ward has been an enormous success, with 162 students attending 16 sessions. True-to-life simulations were played out on Ward 14 thanks to huge and overwhelming support from staff across the Trust that enabled students to develop leadership and

management skills, including care planning, decision-making and risk assessing. We are delighted to announce that simulation teaching has since been recognised by the NMC for pre-registration students, and we will be continuing this teaching model in the new academic year.

As we return to the traditional model of student placements over the coming months, they will once again become supernumerary and placed in suitable environments based on their individual Covid-19 risk assessments.

Across the region we are facing challenges with hundreds of thousands of missed placement hours across all professional groups. This is particularly true of those students who were unable to work with us during the height of the pandemic for various reasons, and now face the prospect of returning to a clinical environment very different to the one they once knew, with skills and hours to make up.

To provide both students and clinicians with as much support as possible during this next transition, the Student Support Team will maintain a highly visible presence in clinical areas, and will be offering enhanced pastoral support for all our students.



If you have any questions or concerns, please pick up the phone and call us on ext. 6501 or drop us an email at: students@rbch.nhs.uk and we will be there in a flash!

Finally, a huge thank you to each and every one of you who has supported our students during the last three months, we couldn't have done it without you! You are all amazing!



Thanks to *Buzzword*...

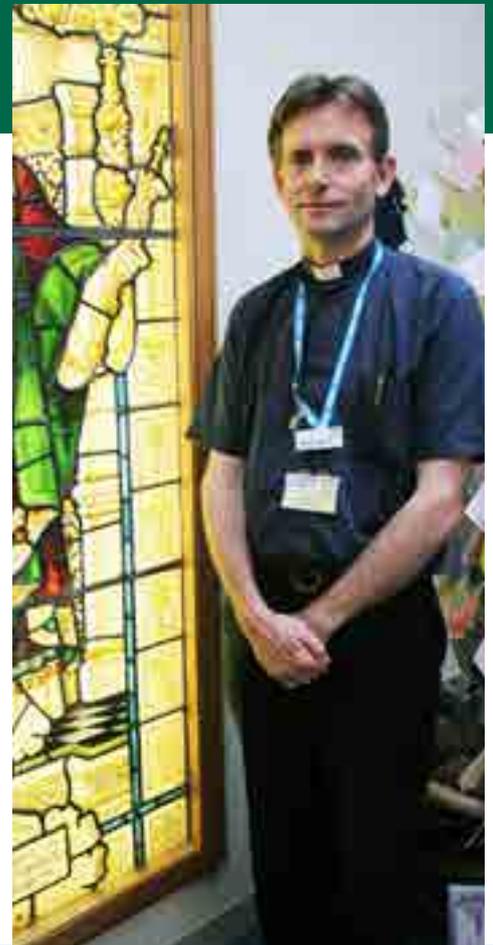
I have always been grateful for the way **Buzzword** has highlighted the spiritual care of our Trust. One particular example would be the Sunday in October so often called 'Hospital Sunday'. We have traditionally held a service on this Sunday followed by a lavish tea generously laid on by the League of Friends.

The emphasis of the service evolved over the years to include thanksgiving for the Trust and its care for the community, as well as thanksgiving for the work of the charities. When the League of Friends sadly came to an end we celebrated their work

with governors and directors in attendance. Then most recently we commemorated the Volunteers Team and gave opportunity to re commit their work to the Trust and to God. We appreciate the way this important time has been reported on. I am sad to say there won't be a service this year or a tea...all being well there will be next year.

Thank you to the team for keeping the spiritual care of staff, volunteers and patients a crucial part of your work and I am sure it will remain in the new format.

Rev'd Duncan Ridgeon



Our NHS at 72

On 2 July our NHS celebrated its 72nd birthday. It was a day for us to reflect on the most challenging year in NHS history, to pay respects to lives lost, celebrate the achievements of our colleagues, and say thanks to those who've

risked so much to keep us safe. It was also an opportunity to take part in one last national clap, and say #ThankYouTogether to healthcare colleagues and key workers across the country for their response to Covid-19.





An award-winning team...

The RBH Dietetics Team has been recognized by the University of Plymouth for their 'outstanding contribution to the school of practice-based learning.'

For the fifth year running, the university asked students to nominate placement educators / teams who they feel have made a significant difference to their learning experience for a placement award and we're thrilled to reveal that our very own Dietetics Department scooped the prize.

Dietetics Manager Grainne Ford said:

"I'm delighted that our department has been nominated and chosen as programme winner on behalf of the BSc Dietetics programme at the University of Plymouth. Thank you all so much for your hard work year after year in student training. It's not always easy to balance daily clinical commitments with supporting our students. However the feedback I hear from many is that despite the challenges it's always rewarding, and colleagues always keep in mind what it was like being a student themselves."

Julie Charman is a senior dietician and training lead. She said:

"As we have shared through our discussions together, our department has a history of providing a very supportive, nurturing and learning environment. I cannot imagine being involved in a provision that was any other way, so to be recognised for supporting and being centred on our individual students needs is the greatest compliment. Sometimes when I am at the (now virtual) student meetings with many attendees I feel inclined to quietly listen to some of the innovations, exciting new ways of working etc. maybe thinking should I have come up with something like that? When would I find the opportunity etc? It turns out that what is truly, truly needed and appreciated is what we are already quietly doing: supporting each student in a way that suits them. I am super proud of all of us!"



Celebrating biomedical science through Covid-19

What a year this has been so far! Our lives were turned upside down, like never before, and health services became a pillar of strength and hope, trying to take us all away from the darkest fears of the pandemic outcomes and to prevent loss of life.

And more than ever before, scientists and researchers became the arrow, targeting the heart of the pandemic, trying to figure out faster than ever where and how to act, how to protect all of us from the effects of Covid-19.

At the same time, we were being affected ourselves by the pandemic, with the associated fears and losses like everyone else, while still providing the diagnostic and monitoring services for all the other health issues that did not go away, all while integrating a service in the entire county as One Dorset Pathology.

The biomedical scientists kept the arrow on target. They continued to look for, and validate, new and more useful

methods of diagnosis and monitoring of the disease. They developed new approaches that combined the science with clinical context, in order to provide the scientific data to support front line staff. This science in turn, impacts directly on our patients' care, 24/7, every day.

Biomedical science staff members mostly work in healthcare laboratories, diagnosing diseases and evaluating the effectiveness of treatment by analysing fluids and tissue samples from patients. They provide the 'engine room' of modern medicine; a staggering 70% of diagnoses in the NHS are based on pathology results provided by laboratory services.

11 June was a date for a national celebration of all the biomedical and clinical scientists, and with support from the RBCH Communications Team, we produced some video clips in Pathology, to try and open a little window of knowledge about what we

do, as our actions are mostly performed behind the closed doors, unknown to so many. The link to watch these videos is www.rbch.nhs.uk/index.php?id=2830.

Biomedical scientists across Pathology at Poole Hospital and Royal Bournemouth Hospital are soon to become one Trust; University Hospitals Dorset NHS Foundation Trust, and will not only strive to provide our existing high-quality biomedical science, but also research and grow the information database, and learn quickly while developing continuously. In order to deliver the best support and best patient care possible at any time, we will do so as one team with our colleagues working in both hospitals, some on the front line, some maybe not so visible to the public, but always there, because we care.

Luminita Georgescu



Microbiology RBH



Biochemistry team at Poole



Immunology lab



Haematology and Molecular RBH

Our staff networks are adding value every day...

The staff networks at RBCH and Poole Hospital are making a really big difference.

They offer support to employees, patients and visitors; and provide challenge and change. Their passion, commitment and courage is making work better and their expertise is adding value every day.

BAME (Black Asian and Minority Ethnic)

The BAME staff network has been instrumental at breaking down barriers since they began. At RBCH they are taking part in reverse mentoring, where a senior manager or leader is mentored by someone more junior than themselves in order to encourage greater understanding and diversity.

They have also helped overseas nurses settle into the Trust, created a buddy system, and have also helped bring food and support to those who are having to isolate because of covid.



Pro Ability network

Pro Ability... this network, which is for people with physical disabilities, long-term health conditions, special needs and mental health challenges, has achieved a huge amount since they launched on 31 October 2019.



They have met with staff to listen to their issues and signpost them to the right support and they have already begun to advocate on behalf of some issues to senior leaders.

LGBTQ+

LGBTQ+... the networks at RBCH and Poole merged this year, and more than 400 members have already signed up to the group, which aims to provide a safe place where LGBTQ+ staff members and patients feel accepted and able to access support if needed.

One of their most significant successes has been the roll out of the rainbow lanyard. More than 3,000 rainbow lanyards and rainbow NHS badges have handed out, with the same number of pledges made to be an inclusive colleague and LGBTQ+ ally.



EU Network

The EU staff network has been instrumental in supporting EU nationals, especially post the EU referendum.

They have helped arrange support for staff who would like to apply for the EU Settlement Scheme. They have also helped arrange dedicated workshops aimed at providing support.

The network has also supported the career development of EU nationals, by promoting the NHS Leadership Academy Stepping Up development programme and RBCH's reverse mentoring programme.

The network regularly helps promote the good work of EU nationals.





Farewell to Team DOSH

In early September we celebrated our fantastic Department of Sexual Health with a farewell lunch by the lake.

The department is leaving RBH at the end of the month to join Dorset Healthcare, where they will be known as **Sexual Health Dorset @ Bournemouth**.

DOSH has seen hundreds of thousands of patients since the department opened in the early nineties, and will continue to offer existing services for our patients at their new location in Boscombe.

More recently, in response to Covid, HCAs from the department were redeployed across the hospital to provide a wide range of support other departments. Huge thanks to all our amazing colleagues for undertaking these roles with such pride and enthusiasm.

And a big thank you to everyone in the department for being such a wonderful part of Team RBCH; we wish you all the very best for the future!



Congratulations!

are in order...

for Advanced Vascular Nurse Practitioner Claire Thomson whose article '*Nursing reflections in the ITU pandemic*' was recently published in the Vascular Nurses Newsletter September edition.



Covid - six months on...

The last edition of *Buzzword* was published in March, and it's staggering to think how much life has changed for us all in such a short amount of time. Covid has impacted on every aspect of our lives, both at work and at home, and it has been one of the greatest challenges our NHS has ever encountered.

Stay home, stay alert, protect the NHS, control the virus, clap for our carers, wear a mask, paint a rainbow, wash hands, make space...just a few of the messages and gestures that have become indelibly fixed in our minds for the best part of a year now.

And though we're not out of the woods with this virus by any means, it is a comfort to know that among the sombre statistics and news stories which have dominated mainstream media, we've been able to shed a glimmer of hope with positive reports and good news.

In April an ITV News crew visited RBH to gain first-hand experience of life on the front line, show the realities of Covid-19, and just how debilitating the virus can be. But it was also an opportunity to highlight just how incredible our colleagues have been in responding to the pandemic, working together to provide the very best care during such challenging times. It was also a chance to showcase heart-warming moments such as a patient being from ITU to a Covid recovery ward.

Thank you so much to everyone involved with the filming; as always it was much appreciated by our Communications Team.



Another area of the pandemic where RBCH has been featured in a positive light is that of research, and we're so proud of our Research and Innovation Team for their involvement and contribution to two national and significant studies.

The first, in June, was a huge moment for Covid-19 research nationally. The drug dexamethasone was proven to significantly reduce deaths among seriously ill patients, and our very own research team contributed to this groundbreaking trial.

Our researchers at RBH started the RECOVERY (Randomised Evaluation of COvid-19 ThERapY) trial back in April, with over 100 patients participating; a significant proportion of the hospital's Covid-19 positive patients.

For Laura Purandare, Head of Research and Innovation, it was a groundbreaking moment: *"This is what research is all about, but quite new for us to have results this quickly. We are all so pleased - this has only been possible down to excellent teamwork and communication across the whole hospital, particularly our clinicians, research team and pharmacy."*

The second project has involved our wonderful research nurses. They've been working on a covid study, part of a partnership between the GenOMICC Study Consortium (led by the University of Edinburgh) and Genomics England, to better understand the effects of the virus, and their patient recruitment figures have been some of the highest in the country.

For critical care nurse Sally Pitt, *"every research patient is always more than just a number to us, and their willingness to participate is greatly appreciated."*

Huge thanks to all our fantastic research nurses and the Research and Innovation Team for their incredible response to Covid. We are so proud of you all.



300K STEP CHALLENGE

Take on the 300k Step Challenge to help us raise £365,000 to buy a fantastic Walkerbot to help patients relearn to walk.

Your challenge is to walk 10,000 steps every day for 30 days. Why not use a smart phone or watch to easily track your daily progress.

Whether that involves taking the dog for a walk, doing the cleaning around the house or walking to the shops - every step counts!

It's free to take part, but we would love for all our challengers to fundraise a minimum of £30 each and please stick to social distancing whilst taking part.

Over 720 people are admitted to our hospital each year with stroke

75% of these have lower limb weakness

The brain can adapt and people can relearn to walk through repetition and practice

OTHER WAYS TO SUPPORT

You can make a donation on our website, over the phone or in our Charity Office.

Why not make us your company's Charity of the Year or encourage your local community group, such as your golf club or rotary club, to fundraise for us in your own way.

Donate and sign up at

BHCharity.org/walkerbot



**WALKERBOT
APPEAL**



Supporting our NHS Heroes

During these unusual times, you've been going above and beyond to deliver quality care to our patients. To say thank you for all your hard work and to do our bit to support you, we set up our NHS Heroes appeal to help fund the little and big extras you might need. Thanks to the kind generosity of your local community, some of the things that have been funded include:

- Extra psychological support for staff
- 546 reusable whiteboards to help our staff communicate with patients whilst wearing PPE
- Thousands of wellbeing packs which have also been sent to staff isolating away from home who wanted to protect their loved ones
- Three months of yoga and relaxation classes

- Food and drink provided in wellbeing areas and staff rooms

More spend is planned in the coming months - stay tuned for more info!

Thank you for your continued hard work and dedication!



Freya one of the onsite mental health nurses



Wellbeing packs



Housekeeping team receiving care packages

A look back at *Buzzword*...



So after more than a decade of *Buzzword* in circulation, it's time to say goodbye. Along with all the latest news, staff accolades and Trust events, regular features of the magazine have included: the results of the infamous Staff Excellence Awards (always a highlight in the Trust calendar!), 'The Secret Life of'...where we'd shine a spotlight on the hidden talents and achievements of our colleagues, and of course, continual support for Bournemouth Hospital Charity's campaigns including the Jigsaw appeal, Twilight Walk for Women, March for Men and various other events throughout the year.

Here's just a selection of issues created over the years - can you spot yourself, your colleagues/teams and department on the cover?



Thank you...

We've been overwhelmed by public support over the last few months. You only have to take a look at the comments on any of our social media posts from members of the public to feel such pride at what we do. This poem was sent to us by someone who wanted to pay a special tribute to our NHS heroes. It seems a fitting way to end this edition, with a thank you to everyone, for all that you do...

The tributes that we pay
Leave so much left unsaid
So many words we need to say
In these times of dear and dread

Your commitment is so far above
Anything we've ever known
So much tenderness and love
To all in need you've shown

No-one wants to leave this place
Without a loved-one's touch
But your love and amazing grace
Can mean so very much

In our darkest hour - laid low
We'll have you at our side
That is so comforting to know
You should be so full of pride

For all the things you do each day
We are all so proud of you
Grateful for the souls you've saved
Please God you keep safe too

No-one will forget these days
Of that you can be sure
Etched into our souls always
Will be our thanks for evermore.



This edition of *Buzzword* is dedicated to **Becky Jordan**, former editor of *Buzzword*, colleague, friend and proud Welsh woman who once said our purpose in comms was to “**shine a spotlight on the amazing work of our NHS people.**”

Bydd eich ysbryd hardd yn cael ei gofio a'i drysori, bob amser.
Your beautiful spirit will be remembered and cherished always.

