

Your chance to shape the future

STAFF throughout the Trust are to be given a voice with the launch of new directorate/department groups. The groups will be set up and run by staff with the aim of implementing changes to improve the working lives of everyone.

How each group is run will be largely up to each individual group, although Human Resources Manager Mike Green will be supporting the staff representatives who have been appointed to establish the groups.

The reps are Val Galpin - Planned and Surgical Services, Lisa Clarke - Medical and Emergency Services, Glynis Legg - Family Services, Louise Platt - Diagnostic Services, Susie Palmer - Trust HQ and Finance/IT, Anita Thomas - Operational/Estates and Design, Paula Warren - Pharmacy and James Bruce - Therapy Services.

The reps will sit on a Shaping the Future Steering Group which will listen to suggestions from all the groups and act on them accordingly. The other Steering Group members are Chief Executive Nick Cox, Beth Burnley and Tracey

Payne from the Staff Side, Director of Nursing Alison Tong, Director of Human Resources Robert Pascall and Human Resources Manager Mike Green.

The Steering Group members have attended a training session run by ACAS (The Advisory, Conciliation and Arbitration Service) to discuss the best way of setting up the groups and ensuring they are effective. The reps will be arranging meetings and opportunities to find out more soon. See Headlines, Upfront, the intranet and noticeboards for updates. In the meantime, if you are interested in joining one of the groups please contact your rep.

Director of Human Resources Robert Pascall said: "The groups will be able to focus on issues that are important to staff in their directorates/departments, but key issues that all groups are likely to address include communication, flexible working, dealing with stress, recruitment and retention and career development. The Trust is serious about making these groups work for the benefit of all staff. They really will make a difference."



DENIM DAY: Staff from Dorset County Hospital's Respiratory Department were among many Trust staff who took part in this year's Jeans for Genes appeal, a national fund-raiser where people across the UK are invited to throw out the usual rules, jump into their jeans and 'denimstrate' they care in exchange for £1 or more. The event raises money for research into serious and often life-threatening genetic disorders affecting thousands of children. Funds also help to provide laboratory equipment and valuable advice and support for families.

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Exploring advances in wound care

THE Wound Care Conference took place within the Education Centre from September 6 to 9. Tracey Stevenson was the course organiser, however all the staff within the Education Centre did their bit to support the smooth running of this event.

The enquiries for tissue viability support on the wards by the Education Centre staff were the springboard, which launched the idea of providing this educational event. The first day gave staff the core information regarding wound management. Ann Horrocks, Tissue Viability Nurse Specialist from Somerset Primary Care Trust, explained aspects of wound management and dressing selection, while Wendy Cuthbert, Dietitian, provided information on why nutrition plays such a vital role to wound healing. Gill Payne, Infection Control Nurse Specialist, described how infection can adversely affect the wound healing process. Day two gave staff information on leg ulcer management - Debbie O'Haran, who is employed by Smith and Nephew as an educator, provided this.

The third day of the event concentrated on acute wounds with Mandy Rumley, Nurse Consultant Minor Injuries from North Dorset Primary Care Trust, explaining best practice for dealing with burns and pre-tibial lacerations, Mike Seddon from Astra Medical talking about developments in wound drainage and Steve Pickstop from KCI teaching staff how to use the VAC system.

The conference was rounded up by Andy Carthew from the Biomedical Research Unit discussing larva therapy.



Linda Parker, Diabetic Nurse Specialist, and Dr Helen Lamparelli described the problems facing patients with diabetic foot complications.

The feedback from the staff following the event was very positive. Comments included: 'I have gained latest knowledge and evidence', 'knowledge to take back to the workplace', 'Brilliant day, excellent speaker, easy to learn from someone who has superb knowledge', 'I never knew leg ulcers could be so interesting!'

Tracey Stevenson
Practice Development Nurse



Physiotherapy for Trust staff

As part of the Trust's response to improving facilities for staff, funding is now available in physiotherapy to provide staff with direct and rapid access to assessment, advice and treatment if required.

If you require this service for any conditions which you feel might be helped by physiotherapy please visit the physiotherapy outpatients department at Dorset County Hospital or Weymouth Community Hospital and you will be given an appointment for assessment.

THE School Nursing Service is now managed by the two local Primary Care Trusts - North and South West Dorset, led by the two Team Leaders Carolyn Bowyer (North) and Julia Shutlar (South West). The School Nurses (pictured above) are actively involved with the school-age population, advising and teaching schools about issues such as severe allergy and rectal diazepam. They routinely offer immunisations, particularly BCG, and vaccinate when there are national campaigns (eg measles and meningitis C). They test and measure children when they start school, and measure older children whose weight/height may be of concern. They also run nurse-led enuresis and audio clinics. They are actively involved in the planning of and the teaching of PHSE, including contraception, HIV and sexually transmitted

infections, healthy eating and hygiene issues. They offer drop-ins to parents in many schools with younger children and drop-ins for teenagers in the secondary schools. They offer pregnancy testing and work with young people with mental health problems, including anxiety, anger and self harm. They are actively involved with Child Protection and attend multi-disciplinary case conferences. The School Nursing Service is a skill mix team, consisting of nursery nurses, staff nurses and school nurses (registered nurses with additional specialist qualification). To contact the School Nursing Teams please phone Carolyn Bowyer on 01258 452949 or Julia Shutlar on 01305 752395.

Julia Shutlar
School Nursing Service Team Leader

Stroke Response Unit officially opened



STAFF, patients and guests gathered at Dorset County Hospital to celebrate the launch of the Acute Stroke Response Unit.

Based on Hardy Ward, the unit has been up and running for a year but Sir Ian Carruthers, Chief Executive of the Strategic Health Authority, was invited to perform the official opening ceremony. The six-bedded unit provides rapid specialist assessment, diagnosis and early treatment for patients suspected of having a stroke. Sir Ian praised the staff involved in setting up and running the unit, saying it was a fine example of how multi-disciplinary teams should work. He applauded the teamwork of everyone involved and the leadership of consultant Dr Rob Williams. Dorchester Mayor and Mayoress, Tim Harries and his wife Anita, have adopted the Stroke Unit as one of their chosen charities for the year and have been helping to raise the profile of the condition.



CAPTURED ON CAMERA: Sir Ian Carruthers officially opens the Stroke Response Unit (top), a plaque is unveiled to mark the occasion, staff and guests gather in the Hardy Ward day room to celebrate, Dorchester Mayor and Mayoress Tim and Anita Harries with hospital chaplain Nigel Tooth.

Hats off to fund-raisers



STAFF at Dorset County Hospital wore some weird and wonderful hats for a day to raise money for charity.

Wear a Hat to Work Day was organised in aid of the Sudan Emergency Appeal. Everyone who took part donated at least a pound and collected money from other staff, patients and visitors. Around £130 was raised by the hospital on the day itself.

Diagnostic Imaging and Rehabilitation did particularly well raising over £50 each and staff and patients on Purbeck Ward collected over £20.

The fund-raising day was held jointly with the local Primary Care Trusts. The idea came from Clinical Governance Co-ordinator at South West Dorset Primary Care Trust Paulette Bartlett.

Taking care of information

What you should know about Information Governance ...

What is Information Governance?

You have probably heard of Clinical Governance, which is a way for organisations and individuals to continuously improve the quality of healthcare and safeguard high standards of care.

Information Governance sits alongside Clinical Governance and is to do with the way the NHS handles information about patients/clients and employees, in particular personal and sensitive information.

Information Governance allows organisations and individuals to ensure that personal information is dealt with legally, securely,

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efficiently and effectively, in order to deliver the best possible care. All information should be managed according to the HORUS model, that is, information is:

- Held securely and confidentially;
- Obtained fairly and efficiently;
- Recorded accurately and reliably;
- Used effectively and ethically;
- Shared appropriately and lawfully.

What can you do to make Information Governance a success?

There are several general things you can do to assist the Trust:

- Keep personal information secure - ensure confidential information is not unlawfully or inappropriately accessed;
- Keep personal information confidential - only disclose personal information to those who legitimately

need to know to carry out their role;

- Ensure that the information you use is obtained fairly - inform patients of the reason their information is being collected;
- Make sure the information you use is accurate - check personal information with the patient;
- Only use information for the purpose for which it was given - use the information in an ethical way;
- Share personal information appropriately and lawfully - obtain patient consent before sharing their information with others;
- Comply with the law - ignorance of the law is not usually a defence for a breach.

For more details visit the Information Services intranet site.

Alan Betts
Information Development Manager

A first for pharmacy



PHARMACY Technician Briony Roughton has become the first in the Trust to complete a new double qualification. All technicians are now required to complete an NVQ Level 3 in Pharmacy Services as well as a BTEC in Pharmacy Services. Briony studied on a day-release basis at Weymouth College for two years to gain her BTEC and was assessed at work for the NVQ.

She joined Dorset County Hospital's pharmacy department three years ago as an assistant as she had always wanted to work in a hospital environment. She found she really liked pharmacy work so was pleased when the opportunity arose to become a student and further her career.

"I really enjoy working in a hospital pharmacy because the work is so varied," said Briony. "It's a lot different to working in a community pharmacy.

"The BTEC involved a lot of assignments and I had to study chemistry and biology as well as pharmacy law and practice. For the NVQ I was assessed in the workplace.

"It's been really good and I got a lot of support from my

colleagues to complete it." As a qualified technician Briony has now secured a post at Bournemouth Hospital.

"I'm going to miss people here but I'm looking forward to the challenges of my new job," she said.

A team of assessors guide the students in the pharmacy department – they are Sarah Adams, Sue Davis, Michelle Cockram and Brigid Stairns. Sarah said the qualification was unique to pharmacy and could only be obtained by working in a pharmacy. "Registration for pharmacy technicians will begin soon and the register will remain open for a two-year period, after which all newly qualified technicians will have to have obtained an NVQ Level 3 in Pharmacy Services," she said. "Briony is our first student to have completed this qualification. We also have Katie McNee who has just finished her first year and Debbie Tuck who is just about to start the course and college. Unfortunately there was not a vacancy in our hospital for Briony now that she is qualified but we wish her well at Bournemouth and hope to see her in the future."

Brian bids farewell to hospital

MECHANICAL Craftsman Fitter Brian Faramus has retired after 23 years with the Trust.

His colleagues presented him with a watch and a set of suitcases when they gathered to wish him well in his retirement.

Estates Manager Keith Butler said Brian was universally liked and everyone within the Trust spoke very highly of him. "We are all very fond of Brian," said Keith.

"He got on with his work in a quiet and efficient

manner and was always pleasant to everyone he dealt with. He provided the Trust with the very best service and it's been an absolute pleasure to work with him. We all wish him a long, happy and healthy retirement."

Brian said he had been lucky throughout his working life to work with some very decent people and he thanked his colleagues for their gifts and kind wishes. Trust Chairman Robin Sequeira thanked Brian for his many years of dedication on behalf of the Trust.



Team Focus - Audiology



MEET SOME OF THE TEAM: Pictured, left to right, Audiology Manager Tracy Sheppard, Trainee Clinical Scientist Clarissa Ryder, Educational Audiologist Robin Barrett, Trainee Clinical Scientist Rachel Beeby, Audiologist/Hearing Therapist Sue Fry, Volunteer Irene Calcutt and Chief Audiological Scientist/Head of Department Jeremy Tweed.

AUDIOLOGY Manager Tracy Sheppard gives us an insight into the Audiology Department.

Who are we?

We are part of the Planned and Surgical Services Directorate. The department was commissioned four years ago and has just relocated to South Wing Level 0. Money has been received from the 'Action On' programme to sound-proof rooms in community hospitals and purchase equipment and vehicles. Staff cover the following community hospitals: Weymouth, Bridport, Blandford, Yeatman, Portland. Also GP Surgeries in: Lyme Regis, Maiden Newton, Sturminster Newton, Stalbridge, Sherborne.

Staffing

Head of Department: Jeremy Tweed;
Dept Manager: Tracy Sheppard;
4 Audiologists;
2 Hearing Therapists/Audiologists;
1 Locum Audiologist;
1 Senior Technical Hearing Officer;

2 Clinical Scientists (including Jeremy);
2 Trainee Scientists;
1 Trainee Audiologist;
2 Clerical Officers;
Volunteer staff who help out on reception desks during walk-in clinics.

Services

New patients aged over 50 can be referred directly to the service by their GPs for hearing aid assessment. Each new patient has a minimum of 3 appointments including first assessment (1 hour), fitting of hearing aid(s) (45 minutes) and a follow-up appointment to fine tune hearing aids and deal with any initial problems (30 minutes). Existing patients who have analogue aids can self refer for an upgrade to digital hearing aids. Again they receive a minimum of 3 appointments. Existing hearing aid patients can also attend walk-in clinics at Dorchester and all the community sites if they are having problems with their hearing aids, require new batteries, etc. Patients who have difficulty attending hospital can send their hearing aid by post for

repair. Hearing therapy clinics are undertaken by our Hearing Therapists to provide counselling and support to patients with tinnitus and hearing loss. Children's Clinic services include performing hearing tests on newborn babies and education clinics with a visiting Educational Audiologist, as well as hearing tests on children who have been identified as having a hearing problem. Other services include balance tests and other audio-diagnostic tests for patients referred by ENT consultants. We support the ENT clinics by providing patients with a one-stop clinic where they can have a hearing test and then be seen by an ENT surgeon on the same day.

Challenges

Recruitment – there is national shortage of qualified audiologists. Waiting Times – digital aids have become available on the NHS only fairly recently. Waiting lists of patients who want to be upgraded from analogue to digital have grown considerably because of this and there

are projects taking place nationally, which we are involved in, to help us tackle this.

Technological development – as hearing aid technology is developing so rapidly it is a challenge to ensure that patients are provided with effective and up to date hearing aid technology. We will be working closely with the PCT commissioners on this.

Future Plans

- To reduce waiting times for all new and existing patients requiring digital hearing aids. We are forging links with the private sector through a scheme supported by the Royal National Institute for the Deaf (RNID).
- As Universal Neonatal Hearing Screening is introduced, we will be looking at ways to expand the service to support babies identified with hearing loss.
- To provide paediatric hearing assessment clinics at the Community Hospitals, i.e. closer to the patient's home.
- To set up Ear Care Clinics for hearing aid users.

Kingfisher welcomes Olympians



CHILDREN and staff on Kingfisher Ward were given the rare opportunity to hold Olympic medals in their hands thanks to an impromptu visit by local sporting heroes Sarah Ayton and Nick Dempsey. The Weymouth couple dropped in on the children's ward after visiting a friend's mum on Ilchester Ward. They chatted to the children and staff about their experiences at the Olympics, where Sarah won gold in the yngling sailing and Nick won bronze in the windsurfing.



Partnership Forum Contacts

John Marshall, Full-time Officer,
UNISON: 01929 555900

Pat Darvill, Full-time Officer, Royal
College of Midwives: 0207 3123535

Bev Robertson, RCM: 01305
254252

Richard Griffiths, Full-time Officer,
BMA: 01962 856760

Melanie Glover, Full-time Officer,
Royal College of Nursing: 01392
217397

John Pestle, Full-time Officer,
Chartered Society of
Physiotherapists: 0171 2421941

Jenny Price, Steward, Royal College
of Nursing (Chair): 265616

Liz Constable, Steward, Chartered
Society of Physiotherapy: 255314

Judy Venton, Steward, Society of
Radiographers: 254131

Tracey Payne, Steward,
UNISON: 255836

Carol Hoar, Steward, British Dietetic
Association (Staff Side Secretary):
255377

Beth Burnley, Steward, British
Association of Occupational
Therapists: 255241

Sue Hyett, Steward, Royal College
of Nursing: 779224/762710

Dorothy Fogg, Amicus Full-time
Officer: 01454 275040

Nick Cox, Trust Chief Executive:
254642

Sally Pinnock, Assistant Director of
Nursing: 254709

Hilary Jury, Deputy Director of
Human Resources: 254629

Mike Green, Human Resources
Manager: 254638

Emma Moyse, Human Resources
Manager: 255176

Staff side representatives meet on a regular basis with management at Partnership Forum to consult and negotiate on employment related policies.

These Trust policies are reviewed as part of a rolling programme, details of which will be provided in Upfront and Headlines.

Should you have any issues you wish to be raised please contact your union representative or a member of the Partnership Forum.

Partnership Forum meetings are being held on:

29 October 2004

2 December 2004

1pm to 2pm - Staff Side Pre Meet

2pm to 4pm - Main Meeting

First patient for new cardiac unit

DORSET County Hospital's new Cardiac Catheter Suite is up and running and making a big difference to local patients. The first patient to experience the unit was former Dorchester Mayor Wally Gundry, pictured here with staff.

Mr Gundry said: "It's excellent to see such a hi-tech facility here in Dorchester. The staff here are exceptionally good at what they do and are very pleasant and caring. It's a very nice environment too." Patients in West Dorset previously had to travel to Bournemouth or Southampton for heart tests and treatments such as cardiac catheterisation and pacemaker implants. The £2 million project was part-funded by the New Opportunities Fund. The Trust successfully bid for £735,000 so the suite could be equipped with the very latest technology.



Lung Cancer Awareness Month

NOVEMBER is Lung Cancer Awareness Month and on November 17 Alex Hillcox-Smith, the Lung Cancer Nurse Specialist, and Margaret Cosh from the Respiratory Dept, will be manning an information stand in Damers Restaurant at Dorset County Hospital. Lung cancer is the most common cancer in the world. The Roy Castle Lung Cancer Foundation in partnership with Macmillan Cancer Relief pioneered Lung Cancer Awareness Month and it is now in its fourth year. Its aims are to: raise public awareness of lung cancer, help those at risk to identify the symptoms, encourage those with symptoms to seek help at an early stage and campaign for access for all to the best in treatment and services. Alex is also promoting a new 'newsletter' for patients with lung cancer on November 17, initiated by herself and her colleagues at Poole and Bournemouth Hospitals. It is going to be available quarterly and aims to provide information about lung cancer and advice from members of the Multi Disciplinary Team, as well as allow patients/carers a chance to exchange ideas. It is hoped that patients will contribute to the newsletter and it will evolve to meet their needs. There will also be a raffle to raise funds to finance support days for patients with lung cancer, and their carers, which are to be initiated in the New Year.

Alex Hillcox-Smith
Lung Cancer Nurse Specialist

Domestic Abuse Policy published by Trust

THE Trust recognises that the issue of domestic abuse is a serious one, and when it occurs it greatly affects the lives of those being abused, together with their families. The effects of abuse can be wide-ranging. The Trust is committed to recognising and dealing sensitively with domestic abuse by creating an opportunity to disclose and empowering staff to respond effectively to those who may be experiencing it.

The Domestic Abuse Policy applies to all people affected by domestic violence - employees and service users. Domestic abuse is defined as "the emotional, physical sexual, psychological or financial abuse of a person by their partner, family member or someone with whom there is, or has been, a relationship." Domestic abuse affects the health and safety of those who are subjected to it. It can take place regardless of gender, social group, class, age, race, disability, sexuality or lifestyle. The abuse can begin at any time and can take a number of forms where

8 behaviour is generally unacceptable. The term

domestic abuse is often used to describe a situation where there is threatening, abusive or damaging behaviour towards another. The abuse will often be physical or sexual, with a range of effects, from bruising to physical injury. It can also be emotional, mental, verbal or financial. Equally damaging effects, but less visible, can include fear, reduced self-esteem and depression. Domestic abuse may be a 'one-off' event, or, more commonly, repeated episodes, increasing in frequency and severity. As the pattern of domestic abuse is one of escalation, there is no level of abuse which should be viewed as acceptable or insignificant, as detection and intervention at an early stage have the potential to prevent the abuse intensifying.

For more information about how to recognise the signs that a colleague or patient may be suffering domestic abuse and what to do about it see the full, comprehensive Domestic Abuse Policy on the Human Resources intranet site or call HR for a copy on ext 4622.

Improvement Partnership Programme

Better care without delay

THIS programme has become the umbrella programme for the many service improvement projects being undertaken within the Trust in partnership with our Primary Care partners. Many of the current projects are focusing on balancing the agendas of emergency and elective patient admissions.

The overarching aim of delivering *better care without delay* remains at the heart of all the work.

The work of the team and the Emergency Services Collaborative has continued to drive forward improvements in emergency access and Tess Drabble (Project Manager) is delighted to report that the team not only met and exceeded the national access target but also made significant and real improvements in the patient and carer experience.

For elective patients, work is progressing in several areas. A Surgical Admission Lounge has been established (managed by Coral Morris) with very positive feedback from both patients and staff. The opportunity to expand this unit further is dependent on developing more standardised and comprehensive pre-assessment.

To that end work is progressing towards setting up a Centralised Pre-Operative Assessment Service.

Work is continuing around reducing patient length of stay. The 7 Day Real Time PAS Challenge has given us some really accurate information about the timing of admissions and discharges and reasons for delays which will help to inform future work. Small projects are already under way looking at Nurse/PAMs directed discharge, giving patients estimated dates for discharge within 24 hours of admission and increasing morning discharges.

An Outpatient Strategy Group has been formed and small sub-groups are currently looking at areas which would smooth the patient journey and therefore improve the patient experience.

There are many other projects in progress and by far the majority of these are being developed and driven by staff who just want to make a difference both for patients and their own working lives.

We will give you more insight into these projects in future issues of Upfront.

Rosie Samways
Service Improvement Lead

7 Day Challenge results

THANK you to everyone who took part in the 7 Day Challenge and made it such a success, especially the ward clerks and volunteers who trod the wards.

The aim of the Challenge was to obtain an accurate view of patient flow through the hospital by updating PAS (Patient Administration System) in real-time as admissions, discharges and transfers happen. This would enable us to identify and explore any reasons for delays in discharge and consider the implications and resources required to move the Trust to a 'live bed state'.

Information was entered onto PAS in real-time from 7.30am to 10pm for seven days. Positive immediate results included a significant reduction in the number of phone calls and misdirected calls from people trying to track down patients. Information about where patients were in the hospital was far more accurate, which doctors greatly appreciated as they often have difficulty locating their patients due to out-of-date details on PAS.

There were a few network problems and bed states were still found to be inaccurate by one or two despite hourly ward rounds, but overall it was a very positive exercise and most staff commented that they would like to see real-time PAS continue.

Nationally, the majority of discharges take place in the afternoon. But the Challenge has shown that Dorset County Hospital has already made excellent progress in moving many discharges to the morning to free beds for planned and emergency admissions - 23.3% of all discharges now take place in the morning. The positive impact of the Surgical Admission Lounge can be clearly demonstrated.

Plans are now being put together with the aim of achieving

the implementation of real-time PAS throughout the Trust in the New Year. The resources necessary to achieve this are currently being looked at, such as sufficient admin cover. A real-time bed management module for PAS, which makes it much easier and quicker to enter information about where patients are, will be introduced. PAS Application and Development Manager Caroline Halls said: "We flooded the hospital with resources for the Challenge, but now we have to look at what we need to do to enable real-time PAS to be implemented on a permanent basis. We now have evidence of the positive impact it has for both staff and patients and we are committed to making it work."

Ideas to improve the flow of patients which came from the Challenge include:

- Consider a priority order for 'precepts';
- Explore sequence of ward rounds;
- Commence estimated date of discharge so patients and relatives are more prepared;
- Ensure doctors write TTOs (To Take Out) and discharge summaries (district spells) prior to discharge;
- Improve use of Discharge Lounge;
- Arrange for staff from all wards to spend time in A&E and EMU and with Site Management Team so they can better understand the pressures they face;
- No patient to outlay without treatment/discharge plan;
- Consider relocating transport bookings to Discharge Lounge.

See future editions of Upfront and Headlines for updates on how the implementation of real-time PAS is going.

Fight the flu this winter



YOU WON'T FEEL A THING! Chief Executive Nick Cox gets his flu jab from Occupational Health Nurse Specialist Carol Wray-Cook after the latest Trust Board meeting when 10 of the members received their jabs.

IT'S that time of year again! Flu vaccinations are being offered to all Trust staff and 500 people have already taken up the offer.

The vaccination is recommended as it reduces the severity of any symptoms you may get if you get flu. It may prevent you from getting the flu altogether. If you are pregnant or have allergies, such as to egg or the antibiotic gentamicin, you may not be able to have the vaccine. Phone Occupational Health on ext 4171 to enquire. It can be given if you have a cold or sore throat but not if you have a fever at the time. The jab can give you a bit of a sore arm and a few people feel mildly unwell. But don't be put off because some people report that they get the flu very soon after the jab - that is because they were already incubating the virus and would have had the flu anyway. It is necessary to 'top up' every year as the virus changes and you need a slightly different vaccine each year to offer protection for the current flu. Vaccination clinics are being held every Thursday until the end of November from 9.15am to 2.15pm. Other days are available on request. Phone to book as soon as possible as supplies are running low.

**Carol Wray-Cook
Occupational Health Nurse Specialist**

UNICEF praises midwives

DORSET County Hospital has been awarded a Certificate of Commitment in its first step towards gaining international recognition from UNICEF (United Nations Children's Fund).

The Baby Friendly Initiative, set up by UNICEF and the World Health Organisation, is a global programme which provides a practical and effective way for health services to improve the care provided for all mothers and babies. In the UK the initiative works with health professionals to ensure that mothers and babies receive high quality support to enable successful breastfeeding.

The Certificate of Commitment recognises that a healthcare facility is dedicated to implementing recognised best practice standards.

Senior Midwife Linda Walters said: "We decided to join forces with UNICEF UK's Baby Friendly Initiative to increase breastfeeding rates and to improve care for all mothers at Dorset County Hospital.

"Breastfeeding protects babies against a wide range of serious illnesses, including gastroenteritis and respiratory infections in infancy as well as allergies and diabetes in childhood. We also know that breastfeeding reduces the mother's risk of some cancers – although mums might be more interested in hearing that it's easier, cheaper and simply less hassle than bottle feeding." Baby Friendly Initiative Programme Director Andrew Radford said: "We are delighted that Dorset County Hospital has received this award.

"Surveys show us that most mothers want to breastfeed but don't always get the support they need. Mothers at Dorset County Hospital have the satisfaction of knowing that their midwives are aiming to provide the highest standard of care."



AWARD WINNERS: Midwives, from left, Elizabeth Carter, Kathy Carden, Gerry Graham, Linda Walters and Rosy Limbach with Mum Samantha Read with her baby boy Bailey

Emergency teams train together

STAFF from Dorset Police, Dorset Ambulance Service and Dorset Fire and Rescue Service joined their colleagues from Dorset County Hospital and other hospitals (about 60 in total) at the first Dorset Combined Services Trauma Care Symposium.

The aim of the day was to improve understanding between all of the services involved in the care of the victim of trauma in our county, and enhance working relationships between them.

Following initial introductions, the day commenced with an overview of the kinematics of injury, where the relationship between driving with excessive speed and the sustaining of life threatening injuries was reinforced.

This was followed by presentations from an Immediate Care Doctor (British Association of Immediate Care), Dorset Ambulance Service, Dorset Fire and Rescue Service and Dorset Police on their specific roles. Lunch followed a number of clinical presentations.

After lunch, all attendees were taken to Dorchester Fire Station, where they watched a simulated casualty with suspected spinal injuries being extricated from a wrecked car (supplied by local car breaker GP Metals) by Fire and Rescue personnel, using the latest rescue equipment supplied and demonstrated by sponsors for the day Glenn Bull (Fire and Rescue Equipment), Paul Stoner (Mediwrap) and Grant Davison (Timesco Medical Equipment).

This was then followed by further clinical presentations in the Thomas Sydenham Education Centre in Dorset County Hospital.



The day was hailed as a great success by all staff and agencies in attendance – who travelled from as far away as London, Southampton and Bridgewater.

It is hoped that further combined training and exercises will follow the day to strengthen the already close working relationships between all of the agencies involved in the care of the trauma patient - the overall aim being to reduce the number of deaths and serious injuries on our roads, and to improve patient outcome.

Members of the public have a vital part to play in reducing the number of accidents on our roads by accident prevention. Observing speed limits (excessive speed is cited as a causative factor in a great number of accidents), avoiding alcohol consumption when driving, and driving in a manner suitable for the road and weather conditions - particularly as winter and the festive

season approaches. In the event of an accident occurring, members of the public play a key role in alerting the emergency services, and giving a clear description of the type of incident and vehicles involved.

The motoring public must also never hinder an emergency service vehicle of any description travelling under blue lights or green lights (Immediate Care Doctors) and sirens, as allowing an emergency vehicle to pass in a safe manner will save vital seconds, and may ultimately save a person's life. This is especially important on the more rural roads in the county.

Anyone who wishes to play a more active role may consider joining the Fire and Rescue Service to develop a part-time career as a retained Fire Fighter, joining a community responder scheme, or simply helping with fund-raising for the Dorset and Somerset Air Ambulance which is a vital asset in our county.

Research workshops on offer at DCH

Any staff who are, or want to be, involved in research will be interested in the workshops to be held in the Education Centre in Dorset County Hospital, run by the Research Development Support Unit.

What is Evidence? 24 & 31 January 2005 9.30am to 1.00pm

Introduction to Statistics 5 & 6 April 2005 9.30am to 1.00pm

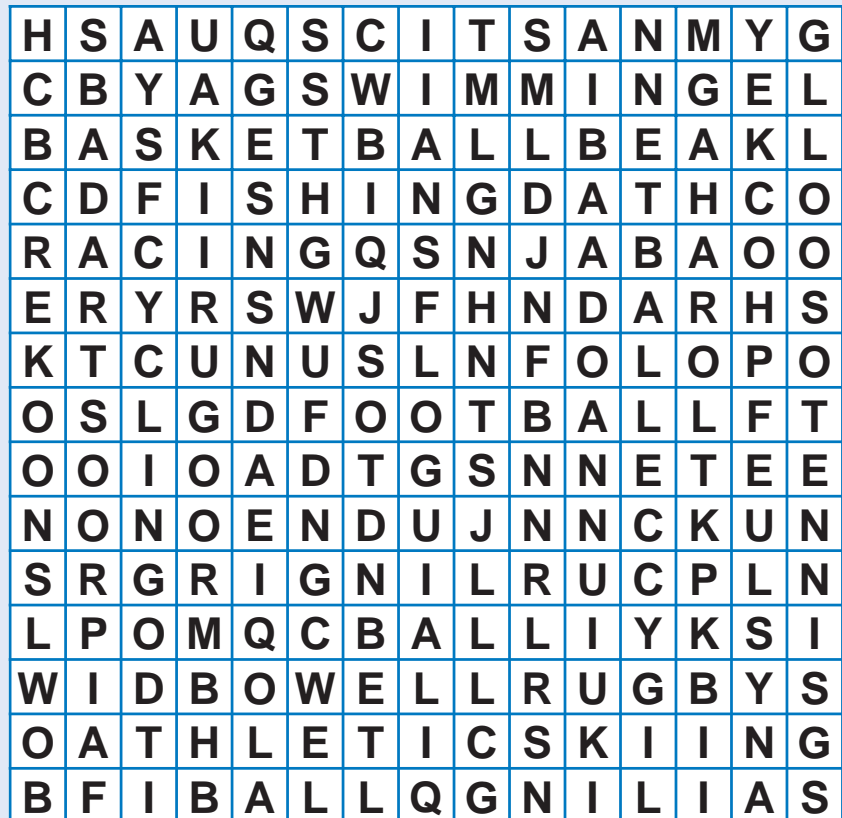
Both courses are run over two days and attendance at both days is essential. If you would like to attend, please contact Lacey Heathwood in the R&D Office, Education Centre on ext 5298 (01305 255298) or e-mail: lacey.heathwood@wdgh.nhs.uk. Places are limited and will be allocated on a first come, first served basis.

Take a break ...

Sporting life ...

No prizes this time - it's just for fun!

ATHLETICS	HOCKEY
BADMINTON	JUDO
BASKETBALL	NETBALL
BOWLS	POLO
CRICKET	RACING
CYCLING	RUGBY
CURLING	SAILING
DARTS	SKIING
FISHING	SNOOKER
FOOTBALL	SQUASH
GOLF	SWIMMING
GYMNASTICS	TENNIS



CONGRATULATIONS to Debbie Simmons from the Children's Centre who was the lucky winner of last issue's Wordsearch Competition. Chief Executive Nick Cox drew the winning entry out of a hat and presented Debbie with her prize - a £20 gift voucher kindly donated by Boots the Chemist in Dorchester. Thank you to everyone who took the time to enter the competition. We received over 50 entries and plan to run more prize competitions in Upfront in the future. If you have any ideas for quizzes or puzzles for Upfront or you would like to contribute to the next Take a Break page please contact Susie Palmer on ext 4683 or susie.palmer@wdgh.nhs.uk. Any good jokes you'd like to share with your colleagues would be appreciated too, clean ones only please!

Staff keep fit sessions at Dorset County Hospital

If you want to keep fit but don't have time, or feel too tired after work, the Trust runs its own lunchtime keep fit session every week! For just £1, qualified fitness instructor Julie Ching gives an hour of expert aerobic instruction in a relaxed and friendly environment. So come along and burn off those calories – the fun way!

The keep fit class runs every Tuesday from 12.30pm to 1.30pm in the Rehab Gym, South Wing Level 1. For more details, please contact Annaliese Wykes on ext 4644 (01305 254644).

Upfront is published quarterly - backcopies are available on the Trust intranet. If you have some news you'd like to share with your colleagues or you have an idea for a feature please contact Susie Palmer, Communications Manager, on ext 4683 (01305 254683) or susie.palmer@wdgh.nhs.uk

The deadline for contributions for the Winter issue is December 17