The Trust welcomes new Interim Chief Executive

Friends & Family test now in the Maternity Unit

The Rotherham NHS Foundation Trust

STAFF PROUD AWARDS 2013

winners!

Rotherham Hospital CHARITY unveils second Purple Butterfly suite

National Director of Health and Wellbeing visits Rotherham Weight Management Services

Your health, your life, your choice, our passion
The Rotherham NHS Foundation Trust’s new Interim Chief Executive

The Rotherham NHS Foundation Trust (TRFT) recently announced the appointment of a new Interim Chief Executive. Louise Barnett, a professional HR Director with 20 year’s experience, joined the Trust in mid-November.

Having both senior Board level commercial and NHS sector experience, Louise was the Director of Workforce & Organisational Development at Peterborough and Stamford Hospitals NHS Foundation Trust. She then took up the role of Interim Chief Executive at the same Trust from May 2011 until March 2012.

Christopher Langley, Interim Chairman at the Trust said: “I am delighted to announce Louise’s appointment and welcome her to the role. Her experience and expertise will be pivotal in continuing to shape the Trust’s future and ensuring patients continue to receive the best care and treatment. Michael Morgan has been instrumental in leading the Trust’s Recovery Plan and a seamless handover will take place.”

Louise Barnett, Interim Chief Executive said: “I am delighted to have been appointed as Interim CEO for The Rotherham NHS Foundation Trust and to lead the Trust forward as we develop a clear vision and strategy. I look forward to meeting as many staff as possible in my first few weeks, and above all ensuring the continued delivery of high quality services for the local population.”

Jan Bergman joins the Trust

A Director of Transformation/Deputy Chief Executive Officer has been appointed to help lead The Rotherham NHS Foundation Trust’s transformation agenda. Jan Bergman, who has over 25 years’ experience of driving improvement across UK NHS organisations, joined the Trust in November.

A strong focus on patient experience has led to Jan’s proven track record of improving and enhancing NHS services across a range of health care environments. Jan, who is originally from the Newcastle upon Tyne, comments: “I am looking forward to meeting the staff and patients and communities the Trust serves. My background and passion for positive transformation and change management will help me steer the organisation towards a secure and progressive future, whilst keeping patient care at the top of the Trust’s agenda.”

The Trust’s new Non-Executive Directors

The Trust has recently welcomed three new Non-Executive Directors to its Board of Directors. Candidates with an interest in the role had the opportunity to attend an open day at the Trust and, following a competitive selection and interview process, Barry Mellor, Lynn Hagger and Joe Barnes are the Trust’s new Non-Executive Directors. Christopher Langley, the Trust’s Interim Chairman, said: “The trio bring a wealth of knowledge and experience from other regional Foundation Trust’s, local government and the private sector and will further guide and advise the Board in order to complement the skills already in situ to help the Trust achieve its recovery plan.”

Full biographies can be found on the Trust’s website.
The introduction of the Friends and Family test to the Trust’s maternity settings will be an invaluable addition to the collection of patient feedback. It will allow us to identify both excellent work and suggested improvements from antenatal to postnatal care which we provide for the women in and around Rotherham. We value patient feedback at TRFT and continue to be committed to ensuring that feedback is collected from patients and that the methods available to do so are suitable and effective.

Anne Crompton
Deputy Chief Nurse at TRFT

The Rotherham NHS Foundation Trust (TRFT) uses the national ‘friends & Family Test’ in our adult inpatient wards, in our Emergency department and now also in the Trust’s Maternity setting. This user friendly and valuable statutory mechanism of collecting patient feedback complements the patient experience mechanisms that the Trust already employs.

The most recent introduction of this test was in the Maternity Setting where women across all four stages of the Maternity pathway will be surveyed; specifically the Antenatal Ward, Labour Ward, Postnatal Ward and Postnatal community and each will receive a score. Essentially the ‘Friends & Family test’ asks ‘Would you recommend the Trust to friends and family?’

To answer a question, women are asked to choose from one of six options, ranging from ‘extremely likely’ to ‘extremely unlikely’ and are encouraged to provide a response within 48 hours at discharge or within 48 hours of them leaving the Trust, so we are able to make sure that the care we offer is as good as it should be and enable the Trust to make positive changes as required, to further improve patient care and experience.

We will be using various ways to collect Friends & Family responses including website feedback at www.therotherhamft.nhs.uk/telluswhatyouthink, tokens, tablet devices on the Ward, SMS/text message, postcard questionnaires to be either completed on site or mailed back and smart phone apps.

Helen Bussell from Rotherham has recently been cared for on the Maternity Unit in Rotherham Hospital for the birth of her little boy and said: “I was very happy to complete a Friends & Family feedback form and think it is great that the Maternity Unit are proactive in collecting feedback on the care they provide. Staff have been really friendly and I have been treated very well. Even when the unit is at its busiest, the care and treatment has been very good and felt very personal. All the staff have been great. I am extremely likely to recommend the Labour Ward service to my friends and family, it has been excellent; I cannot fault it”.

For more information on the Friends and Family test or for information on the Trust’s test scores, please visit the Trust website at the above link.
Mrs Susan Douglas
ENT Consultant

Mrs Susan Douglas joined The Rotherham NHS Foundation Trust in September 2013. Having previously worked in Bristol as an ENT consultant for five years, Mrs Douglas moved to Rotherham to be closer to her family. She commented: “Patients and staff in Rotherham have been very friendly and the hospital has a very clean and bright atmosphere.”

Mrs Douglas completed her medical training, with honours, at the University of the West Indies in Jamaica in 1995. She came to the UK to complete a one-year Commonwealth Scholarship before joining the Nottingham rotation. Before beginning her role as an ENT Consultant at Bristol in 2008, Mrs Douglas also completed a year in Australia with a nine month Fellowship on ear surgery, mastoid surgery, cochlear implants, and hearing research.

Mrs Douglas’s specialises in Otology; hearing disorders, ear discharge and balance problems and her role is divided between day surgery in the hospital and inpatients in Doncaster; comprising of both clinics and surgery. She added: “I am very much enjoying the mix of seeing both day case patients and inpatients. Everyone has been friendly and willing to try new things. I am looking forward to working with GPs to continue to improve patient management and receiving their referrals.

“We are currently looking at ways to start a new balance service and in line with my continuing interest in ear diseases, I have also worked with the BMJ Point of Care to write monographs for GP training on dizziness and Cholesteatoma.”

Outside of work Mrs Douglas enjoys open water scuba-diving, baking and spending time with her children.

Dr Rim Elias
Consultant Radiologist

Dr Rim Elias joined The Trust on 1st September 2013. She moved to Rotherham following the completion of her five year training in the Netherlands.

She told GP Choice: “I decided to move to England to join my partner and to gain more knowledge and experience in the wide spectrum of diagnostic imaging practice within the NHS. The Yorkshire district was my first choice. I saw this vacancy for the Trust and was very keen to apply; during my visit to the department I was impressed with the wide range of imaging modalities.”

Dr Elias successfully completed her medical degree in 2006 at the University Medical Centre of Utrecht in the Netherlands. She then worked for a year at the Neurology department at St. Antonius Hospital in Nieuwegein. In 2008, Dr Elias started her training in the Radiology department at The Erasmus Medical Centre in Rotterdam and having recently completed her training, she has now started her first job with the NHS as a Consultant. She moved to Rotherham two months ago after accepting the post as Consultant Radiologist. In addition to the general practice within the Clinical Radiology department, Dr Elias subspecialises in Musculoskeletal and Abdominal Radiology.

She said: “I am very excited about working with colleagues throughout the Trust. They are all friendly, open to discussions and willing to share experiences. It is a great environment to work within and during the short period of time which I have been here, I have been impressed by the volume and variety of the pathology that I have seen. My colleagues are continuously working hard to develop the department and I am looking forward to taking part in those activities to maintain high quality care for patients.”
Charity Update:
The second Purple Butterfly Suite unveiled in Rotherham Hospital

The Purple Butterfly Appeal (part of the Rotherham Hospital Charity) has unveiled a second Purple Butterfly Suite at Rotherham Hospital, where patients who are unable to spend their last few days at home can be cared for with the support of their relatives, carers and friends.

The new suite is located between the hospital’s Stroke Unit and Fitzwilliam Ward and is a home from home facility, providing patients and their families with a private and calming environment. The suite is equipped with specialised lighting, comfortable seating and essential facilities such as a kettle, microwave, private bathroom and sleeping facilities for families to stay overnight if required.

The Purple Butterfly Appeal was established to raise funds to enhance the care which can be provided at the end of life. The appeal raised over £60,000 for this new suite, which was generously supported by The Comfort Fund, the Special Events Committee, local businesses such as The Holiday Inn, Rotherham and the Rotherham Titans as well as donations from staff, patients and the public.

The official opening of the new suite was attended by the Mayor and Mayoress of Rotherham and many of the generous supporters of the Purple Butterfly Appeal. Tracy Williams, Charity Development Officer said: “The Purple Butterfly Appeal is going from strength to strength and I am extremely proud that we have been able to open a second Purple Butterfly Suite. The support for the appeal has been amazing, so much so that we are already raising funds for a third suite.”

Jacky Fairfax, Matron for Integrated Medicine said: “We are really pleased with the new Purple Butterfly Suite and are extremely grateful to the charity and its supporters for the donations and hard work which has contributed to its opening. It will provide invaluable benefits to patients and their families, with comfortable surroundings and facilities that mean our patients can remain in the company of their loved ones for as long as they can.”

For more information on the Purple Butterfly Appeal, the Rotherham Hospital Charity or information on how to donate, please contact Tracy Williams, Charity Development Officer on 01709 427589 or email tracy.williams@rothgen.nhs.uk
Reorganisation of Clinical Directorates

The Rotherham NHS Foundation Trust (TRFT) recently reorganised the entire clinical directorates. The Trust announced the appointment of four Clinical Directors from locally experienced and respected consultants across the following Directorates; Planned Care and Surgery, Emergency Care and Medicine, Family Health and Diagnostics and Support. These roles are key in developing and taking forward the strategy for the Trust over the coming years and we look forward to them helping to shape the future of TRFT.

Financial Recovery

Over the past few months, the Trust has made significant improvements and achieved key milestones. Currently the Trust is in a good position and at month six was £1.2 million ahead of its Recovery Plan. The Trust has safely reduced £5 million in corporate spend. Staff have continued to work hard to ensure the delivery of the ‘Right Care, Right Time’ portfolio work so our patients are treated and cared for in the most appropriate setting.

Nursing Recruitment

A large and on-going nurse recruitment effort has helped increase nurse to patient ratios and the Trust will be increasing efforts to recruit into District Nursing posts now and over the next six months. The Trust has also recently exhibited at a prestigious national event, where we showcased a range of nursing careers at the Trust and the excellent nursing care that we provide. The Trust is committed to investment in its frontline clinical care and also providing the opportunity for jobs for the local community.

The Trust also hosted a Nursing Recruitment Open Day in November where registered nurses from Rotherham and further afield were invited to attend. The Open Day showcased the work and achievements of the Trust and the employment opportunities for potential candidates. Tours of relevant departments also took place on the day and potential candidates had the opportunity to officially register their interest for a nursing post at the Trust.

Friends and Family Test

The national ‘Friends & Family Test’ was introduced in April and we have seen an increasing number of patients completing the test due to a number of other mechanisms we’ve introduced in order to gain as much feedback as possible, one of these being the token booths in our Emergency department. We have also introduced the ‘Friends & Family Test’ in our Maternity services. The comments we have received to date will enable the Trust to make positive changes to further improve patient care and experience. Thanks to all those who have contributed to this important initiative.
PROUD Awards 2013

The winners of the Trust’s annual PROUD Awards 2013 were recently announced at an awards ceremony. The PROUD Awards enables the Trust to give special recognition to those who have gone above and beyond in their dedication and passion for their role, and the difference this makes to patients, families and staff.

The winners of the awards were as follows:

- **Our Top Leader:**
  Karen Charlesworth, Gynaecology Department

- **The Most Accomplished Learner:**
  Diane Harrison, Workplace Health & Wellbeing

- **Volunteer of the Year:**
  Peter Coxon who volunteers on the Trust’s welcome desk and clinics

- **Unsung Hero:**
  The Gardening team, Estates and Facilities

- **Patient’s Shining Star:**
  Ward B2

- **Board Team of the Year:**
  Sexual Assault Referral Centre

- **Lifetime Achievement:**
  Yvonne Weakley from the Children & Young People’s Services

- **Chairman’s Award:**
  The Gardening team
Rotherham Intermediate Care Rehabilitation Services

By working in partnership, The Rotherham NHS Foundation Trust (TRFT) and Rotherham Metropolitan Borough Council (RMBC) are transforming the Intermediate Care Rehabilitation Services and through integrated working, the service is preventing avoidable admissions to hospital; reducing length of stay, improving rehabilitation outcomes, increasing independence and promoting good health and wellbeing.

Rotherham’s Intermediate Care Services provide rehabilitation services in a number of settings including:

- Residential beds at Lord Hardy Court, Davies Court and Netherfield Court
- Day rehabilitation services at the Rotherham Intermediate Care Centre
- Community rehabilitation for patients in their own homes in conjunction with the Home Re-enablement service

The service also provides therapy input into a Fast Response service and the Community Hospital unit.

Over the past four years, the service has demonstrated continuous improvement in its performance against targets and has developed new innovative ways of working, such as the development of the community stroke pathway, the re-enablement service and the development of specialist rehabilitation service for orthopaedic and stroke patients and people with high dependency needs.

The two organisations have achieved this transformational change by engaging with clinicians and managers across primary and secondary health & social care to develop an integrated service where a wide range of health & social care professionals work together within multi-agency teams.

With an NHS challenge to deliver £20 billion in savings, the service is continuously looking at different ways of working to meet the needs of older people and people with chronic long term conditions including further development of their Day Rehabilitation & Falls service to include Community Integration, Communication Partners and Community Buddies programmes.

Lynn Keirs, Strategic Therapy Lead and Locality Manager Adult Services at TRFT said: “We have already witnessed success through our integrated working, for example the service is rated in the top quartile of a national key performance indicator for achieving independence for older people through rehabilitation/intermediate care. Locally, we are preventing avoidable admissions and readmissions to hospital, maximising rehabilitation prospects and achieving better outcomes for older people and people with chronic long term conditions living within Rotherham Health and Social Care Community.”

For more information on the Intermediate Care Rehabilitation Service please contact the Clinical Therapy Leads for the service, Jane.Duxbury@rothgen.nhs.uk, Julia.Forrest@rothgen.nhs.uk or Social Care Intermediate Care Team Manager Ian.Lindsey@rotherham.gov.uk

The TRFT and RMBC team at the Rotherham Intermediate Care Centre
Cancer patients at the Trust receive some of the best care and support in England

A recent National survey shows that cancer patients at the Trust are receiving some of the best support and care in England. Rotherham came fourth in a league table measuring patient experience across England, according to new analysis by Macmillan Cancer Support, based on research commissioned by NHS England.

The league table compares the performance of hospitals across England based on measures of patients’ experiences while being treated in hospital such as: whether their diagnosis and treatment options were explained clearly to them; whether they felt supported in their care and whether they felt they were treated with respect. Macmillan believes patient experience is as vital as treatment to a cancer patient’s quality of life.

Fay Scullion, General Manager for Macmillan Cancer Support in Northern England says: “We congratulate The Rotherham NHS Foundation Trust for achieving some of the best results in the recent patient experience survey. We know that the support and care people receive is as important as their actual treatment, and can make all the difference between coping with cancer and finding it a real struggle. For example, being told about financial help that is available, or being provided with high quality information about their cancer and its treatment.”

Professor John A Lee, Director of Cancer Services at The Rotherham NHS Foundation Trust, said: “These results are a credit to the hard work and dedication of all the cancer teams and staff working with cancer patients at the Trust. I am delighted to see the high quality of this work recognised at National level.”

The Macmillan Cancer Support Service, located within Health Information in the Trust’s main entrance, has also recently been awarded the Macmillan Quality Environment Mark (MQEM) for its welcoming and accessible environment which is respectful of people’s privacy and dignity. The aim of the MQEM is to ensure that the space is sensitive in design, with space to chat in confidence, whilst making a real difference in helping people cope with their diagnosis.

For more information on the Macmillan Cancer Information and Support Service, please contact a member of the team on 01709 427655.

Health Information
The Health Information service in the hospital’s main entrance provides patients, carers and the public with good quality consumer health information in a variety of formats including health information leaflets, books and web based information. This includes information about:
- Getting and staying healthy
- Diet and exercise
- Illness and medical conditions
- Information prescriptions

In addition to this, if patients have a question about their health our friendly staff can help them to find the information they need and are also able to signpost to other information services if they cannot provide support or information themselves. For example if patients are suffering ill health and require welfare and benefits advice, the service will steer them on the right path.

The Health Information service also offers display space for health related organisations to promote their campaigns and interact with our patients, visitors and staff. Hospital departments and clinics are also invited to promote their health & wellbeing information during national awareness weeks. Patients and visitors can call in, telephone or e-mail Health Information with their query at 01709 427190 or health.info@rothgen.nhs.uk.

For more information on the Macmillan Cancer Information and Support Service, please contact a member of the team on 01709 427655.
Professor Kevin Fenton, National Director of Health and Wellbeing for Public Health England (PHE), recently visited Rotherham to learn more of the Weight Management services commissioned by the Rotherham Public Health team, part of the Rotherham Metropolitan Borough Council, and Rotherham’s journey to achieving award winning and nationally recognised services.

Rotherham’s Weight Management Services work in partnership to provide a tiered Healthy Weight Framework model and are available to those categorised as overweight and obese and who are registered with a Rotherham GP. The programmes that make up the service model are:

- Reshape Rotherham at The Rotherham NHS Foundation Trust - a free weight management service available to all local residents registered to a Rotherham GP, with a BMI of 25 - 40. The programme is delivered in community venues around the Rotherham borough and consists of 10 weekly, hour long sessions.

- Rotherham Institute for Obesity (RIO) at Clifton Lane Medical Centre - a specialist centre for the management of obesity, providing a multidisciplinary approach to weight loss, the MDT is available for both adults and children.

- MoreLife Clubs - a 12-week weight management programme for overweight and obese children aged eight to 17 and their families, to help them become fitter, healthier and happier.

- MoreLife Camp - a residential summer camp for eight to 17 year olds providing support to reduce weight through dietary and physical activity programmes. Children accessing this service are screened by RIO’s MDT.

Nationally, the Rotherham Obesity Strategy has achieved a high profile in professional networks and the media, and having already heard of the services in Rotherham, Professor Fenton and his colleagues from Public Health England visited the Rotherham Institute of Obesity to attend a meeting and tour hosted by Joanna Saunders, Head of Health Improvement at Rotherham Public Health. Also in attendance at the meeting were service providers MoreLife Clubs and MoreLife Residential Camps, Reshape Rotherham and the Rotherham Institute for Obesity.
Professor Kevin Fenton, National Director of Health and Wellbeing PHE said: “Rotherham’s Obesity services have a reputation nationally for innovation and impact and it was useful to share ideas and challenges with one another. Although we are aware of the obesity services in Rotherham, it made such a difference to see the facilities and talk to colleagues face to face. We were very impressed to see such a wonderful service and are already using lessons learnt from the meeting to help drive forward our work. We were extremely grateful for the visit, it is a compelling story and it is good to see how services are working in partnership to provide a truly integrated obesity service for the benefit of patients in Rotherham.”

For more information on any of Rotherham’s Weight Management Services including contact numbers and information on how to refer; please visit http://www.rotherham.nhs.uk/health/Your-weight.htm
Focus on...

Infection Prevention & Control at TRFT

The Rotherham NHS Foundation Trust (TRFT), is committed to Infection Prevention and Control (IP&C) and works hard with staff, patients and visitors to keep infections at bay.

At TRFT, we have a dedicated Infection and Prevention and Control team comprising of Medical Microbiologists and Nurses who provide cover across the hospital and community settings. The IP&C nurses, in conjunction with the Consultant Medical Microbiologist, Associate Specialist in Microbiology and the Clinical Scientist, provide advice on clinical management and the necessary precautions for patients with infections, the appropriateness of specimen collection and where necessary, notification to external bodies such as Public Health England (PHE), TB Specialist Nurses or Neighbourhood Services.

Key members of staff within the IP&C Team include;
- Professor Walid Al-Wali - Consultant Medical Microbiologist/Director of IP&C
- Dr Maria Asensio - Associate Specialist in Microbiology
- Mr Chris Hughes - Clinical Scientist in Microbiology
- Ann Kerrane - Lead Nurse/Assistant Director of IP&C
- Helen Levers - Senior IP&C nurse (community)
- Jenny Hilton - Senior IP&C nurse (hospital)
- Michelle King - IP&C nurse (hospital)

In addition to our highly skilled IP&C team, Trust staff support infection prevention by ensuring they have good hand hygiene, are bare below the elbows in clinical areas, maintain a clean and safe environment and correctly dispose of waste, linen and sharps.

We also encourage patients and visitors to support us by carrying out simple tasks, such as keeping their hands clean and using the alcohol gel provided.

Ann Kerrane, Associate Director for Infection Prevention & Control, says: “The Trust is committed to infection prevention and control and works hard to keep infection rates low. However, we are always trying to do more and encourage staff, patients and visitors to help us with infection prevention across the Trust.”

An update on Flu

As the winter approaches, Trust staff have been helping to protect patients, families and themselves by having the flu vaccination which is available free to all staff. As of 18th November, 64% of clinical staff had been vaccinated against flu, with a staff total of 51% vaccinated.

The Trust is also reminding visitors and the general public of how to help us prevent the spread of the virus by reminding anyone with signs or symptoms of flu not to visit patients in hospital or visit the Emergency department, but to choose their care provider more effectively.

The Trust continues to use a range of methods to remind patients how to ‘Choose Well’ including via TRFT’s social media mechanisms such as our Twitter page at https://twitter.com/RotherhamNHS_FT

For further information on Infection Prevention & Control at the Trust please contract a member of the team on 01709 424721 or 01709 427577.
The Stop Smoking Service is supporting and encouraging the local community to stop smoking for the New Year with a special offer on Nicotine Replacement Therapy. A coupon will be posted to local members of the public which will entitle the recipient to up to six weeks’ worth of FREE Nicotine Patches or other products (worth approximately £90) when they register with the Rotherham NHS Stop Smoking Service between January and March 2014 (coupons can be taken to the Stop Smoking Advisors at any of the venues listed below and appointments may be necessary).

How can GPs get involved?

“Very Brief Advice” to stop smoking from a clinician is literally a life-saving intervention and is considered the gold standard of preventative interventions. No other activity produces such significant results from such a small investment of time. To find out how you can quickly and successfully help your patients stop smoking, visit: http://www.ncsct.co.uk/publication_very-brief-advice.php

For further information or if a patient would like to quit smoking today, please call Rotherham NHS Stop Smoking Service on 01709 422444.

No appointment necessary
Quit Stop
16 Bridgegate, Rotherham
S60 1PQ

The Health Information Centre
Main Entrance, Rotherham Hospital, Moorgate Road, S60 2UD

Appointment necessary
Rawmarsh Health Centre
Barbers Avenue, S62 6AE

Wickersley Health Centre
Wickersley, S66 2JQ

Aston Customer Service Centre
Worksop Road, S26 4WD

Market Surgery
Warehouse Lane
Wath-Upon-Dearne, S63 7RA

Kimberworth Park Medical Centre
Langdon Road, S61 3QH

Maltby Joint Service Centre
Braithwell Road, S66 8JE

A proactive telephone support service is also available Monday to Thursday, including evenings, on 01709 422444.
An update on Hepatitis Services at The Rotherham NHS Foundation Trust

Since establishing treatment for CHC, over 170 patients have been treated and approximately two thirds of those completing treatment managed to clear the virus (excluding those still on treatment, awaiting the final result and those few who felt they could not continue with the treatment). The success of treatment depends on a range of factors including the severity of the liver disease and the viral load and subtype (genotype) of the virus.

Dr Hoeroldt said: “Since establishing this service at TRFT, it has been demonstrated that by providing treatment locally, patients are more likely to access treatment and attend appointments, which can be an issue specifically for first appointments. Being a small, local service, patients on treatment who suffer significant side effects can also be accommodated and seen outside of the clinic; and at short notice if necessary. This is mainly due to the support of TRFT’s Specialist Nurse.”

Patients referred to clinic are provided with an overview of Hepatitis C as well as the implications of lifestyle choices (such as excessive alcohol consumption), treatment options, the side effects of treatment and the individual’s likelihood of clearing the virus through the current treatment available. Discussion also helps to establish whether the patient feels ready for treatment, what support they have in place and what needs to be done prior to commencing treatment.

“Since establishing this service at TRFT, it has been demonstrated that by providing treatment locally, patients are more likely to access treatment and attend appointments, which can be an issue specifically for first appointments.”

Dr Hoeroldt explained: “Being on Methadone is not a contraindication for treatment, but the use of intravenous drugs and excessive alcohol consumption are. In some cases, patients elect not to receive treatment and it can take a year or longer to prepare others (e.g. reducing alcohol intake to safe limits). However, some patients are well prepared and can start at the second visit (usually within two months).

“Patients completing treatment have to wait approximately six months for the effectiveness of their treatment to be confirmed and the service supports patients through this process and beyond. If the virus remains undetected in the six months following treatment, the patient has achieved SVR (Sustained Virological Response) and they are cured. The antibody is retained but the virus is absent, PCR negative - the antibody does not confer immunity.

“The main treatment of CHC has historically comprised of two medications; PEG-Interferon and Ribavirin. Treatment typically lasts between six and twelve months and has a range of side-effects including; severe fatigue, anaemia, flu-like illness, sleeplessness, weight loss and anorexia, headaches, rashes, abdominal pain, depression and reduced immunity, to name just some of the more severe or more common effects.

“Unfortunately, not all patients are able to continue the full length of treatment, which is closely monitored to ensure patients remain safe and that side effects are managed proactively. Many patients require input and support from the mental health teams and the primary care team, but the better patients adhere to taking the medications, the higher the chance of achieving SVR.”

The Trust established a local treatment service for Chronic Viral Hepatitis C (CHC) back in 2007. Provided by Dr Barbara Hoeroldt, Consultant Gastroenterologist and Kirsty Roe, Specialist Nurse, the service also provides treatment for patients with Chronic Hepatitis B.

If you have any questions about Hepatitis B or C and would like further information on the services available at TRFT, please contact the service via email on; Barbara.hoeroldt@rothgen.nhs.uk or Kirsty.Roe@rothgen.nhs.uk, or by telephone 01709 427346.
In the last year, two new medications have become available; Telaprevir and Boceprevir. These are used together with PEG-Interferon and Ribavirin and are the first of the new class of Direct Acting Antivirals (DAAs) for Hepatitis C; working only for Genotype 1. We have been able to access these for our patients - and they have helped several patients to beat Hepatitis C. However, these additional medications do come with further side-effects and even closer monitoring and cooperation is needed to make the treatment a success. They also enable more patients to have a shorter treatment duration.

“It is very likely that further drugs will become available in the next two years, offering the chance to cure even more patients from HCV. This will also include treatment options no longer relying on PEG-Interferon or Ribavirin. This will ensure a greater range of treatment options to patients who may have failed PEG-Interferon, had a contraindication to the treatment or could not tolerate it. We continue to strive to make these drugs available to our patients.”

Dr Hoeroldt
Consultant Gastroenterologist
The Trust is seeking feedback from carers and patients and recently hosted an event in the main entrance at Rotherham Hospital to raise awareness of the Carers survey and the Alzheimer's Society’s ‘This is Me’ initiative; encouraging carers and patients to provide feedback on how we can best support them.

Trust staff, including Anne Crompton, Deputy Chief Nurse, hosted the event to highlight the carer’s survey and the importance of carers providing feedback. By carers sparing just a moment of their time to complete the survey, they can help to provide us with a better understanding of their needs as a carer and how we can support them.

The Alzheimer Society’s ‘This is Me’ initiative was also being promoted which gives people with dementia a simple way to tell carers and health professionals about their needs and wants, likes and dislikes. Staff at the event were providing more information on how to start using this tool with a friend or family member to help ensure they receive the best possible care and treatment. For more information on the ‘This is me’ initiative please visit http://alzheimers.org.uk/thisisme

Anne Crompton, Deputy Chief Nurse said: “We are actively encouraging carers to engage with us and provide feedback on how they have been included in the care of friends or relatives. We believe that carers are very important in helping us to plan the right care needed for patients during their hospital stay and their feedback will help shape how we support patients and their carers in future.”

### Waiting Times

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