

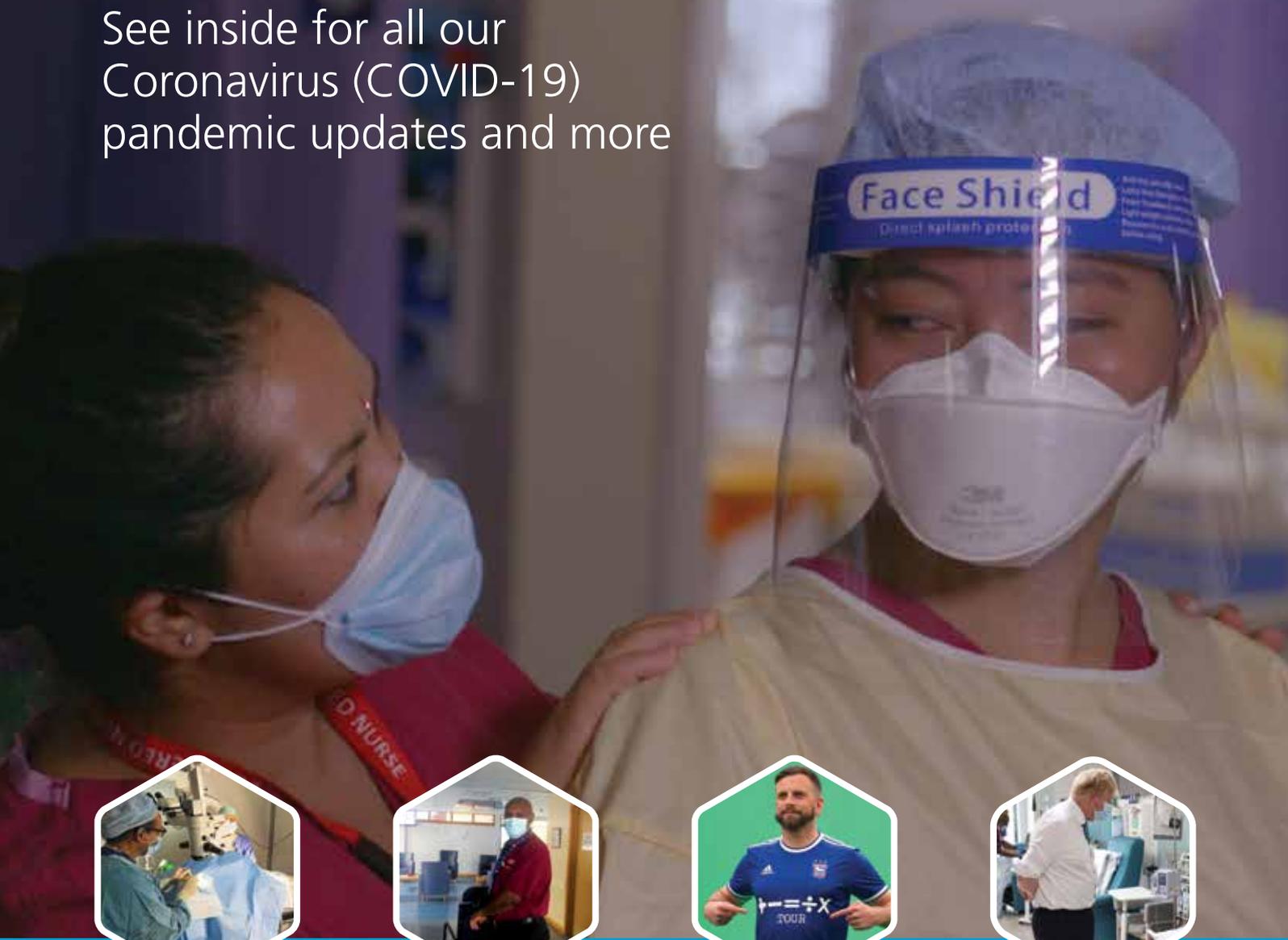
ESNEFT life

Issue 7: Autumn 2021

The East Suffolk and North Essex NHS Foundation Trust (ESNEFT) Magazine

Take a look

See inside for all our
Coronavirus (COVID-19)
pandemic updates and more



Eyes on innovation



From wards to awards



Here we go



Prime Minister visit

Outside hospital...

A lot is changing:

- No limits on how many people can meet indoors and outdoors (including mass events, weddings, funerals and communal worship)
- Social distancing rules dropped, except in some places, like hospitals
- Face coverings no longer required by law (but still recommended in crowded, public settings)
- Nightclubs can open
- Pubs and restaurants no longer table service only

Inside hospital...

No changes:
We want to keep our patients, visitors and staff safe



HANDS

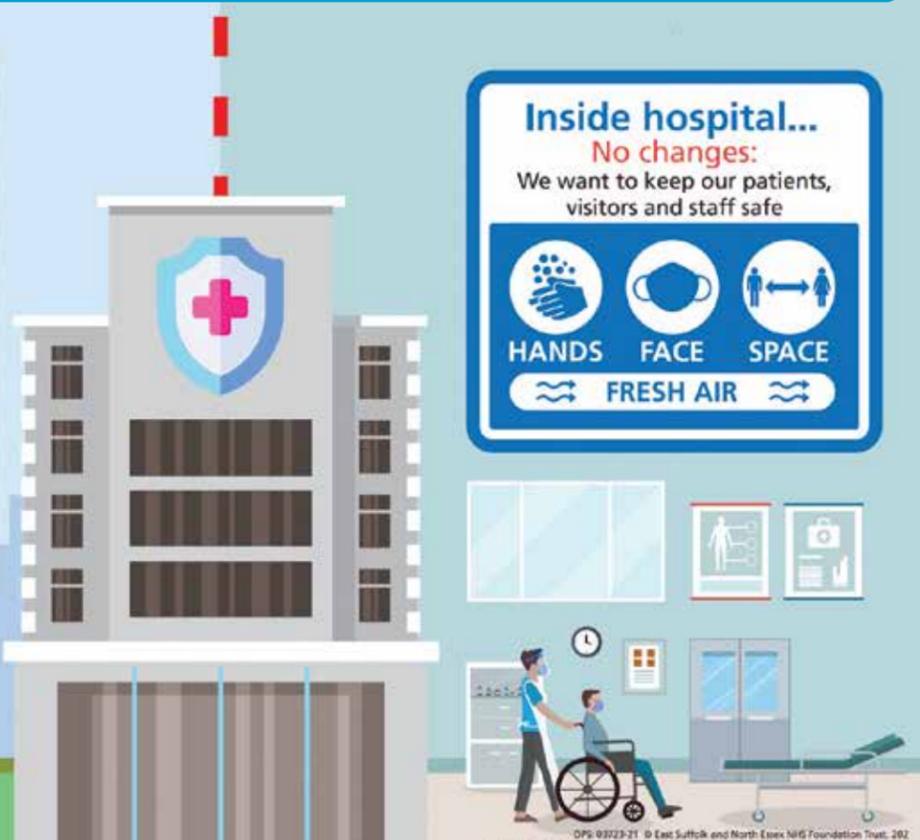


FACE



SPACE

FRESH AIR



Keeping our hospitals safe during Coronavirus (COVID-19)

Take a quick test before coming to our hospitals

We are strongly recommending visitors and outpatients have a quick test for Coronavirus (COVID-19) before coming to our hospitals.

We not only run Ipswich and Colchester hospitals, but also services at Aldeburgh, Clacton, Halstead, Harwich and Felixstowe hospitals, Bluebird Lodge in Ipswich and the Primary Care Centre in Colchester.

The UK Government says everyone in England should now take regular lateral flow tests to check for Coronavirus (COVID-19).

And our teams are strongly recommending visitors and outpatients help to keep everyone safe by taking the quick and simple tests at home. You can find out more and order testing kits on the gov.uk website.

Please test yourself for Coronavirus (COVID-19) the day before you're due to come to our hospitals (either to visit a patient or for an appointment) and stay at home if the result is positive. If you have a booked appointment, call the number on your appointment letter to rearrange it.

Our Chief Executive Nick Hulme said: "Having a test before going to hospital is the responsible thing to do. However we recognise that it is a personal choice and it is not easy or possible for everyone.

"Remember, one in three people with Coronavirus (COVID-19) do not have symptoms, but can still infect others and getting tested is the only way to know if you have the virus or not." Our staff and volunteers already have access to regular lateral flow testing. Patients admitted before planned surgery have a Coronavirus (COVID-19) test before coming in, and emergency patients are tested too.

Visiting restrictions remain in place at our hospitals to keep everyone safe. Details at esneft.nhs.uk

Vaccines work winter jabs are on their way

We are ready for a winter vaccination campaign to keep patients, local communities and each other safe this winter.

Our vaccination teams – who have already delivered tens of thousands of Coronavirus (COVID-19) vaccine doses to NHS staff and local people – are now geared up to deliver more jabs.

We will offer every colleague at ESNEFT both a COVID-19 booster and the annual flu jab in the coming weeks.

Illnesses spread quickly in winter when we are crowded together inside and vaccines are the most effective way to boost immunity and shield from viruses. As we continue to face the pandemic, protecting vulnerable people this winter is even more important.



Did you know that...

81% of people in south and north east Essex are fully vaccinated against Coronavirus (COVID-19).

91% have had at least one dose. Figures as of September 2021

All our staff information about this winter's vaccines will be on the intranet

New theatre to tackle waiting lists for operations

Another operating theatre is open at Ipswich Hospital to help reduce patient waiting lists for people across Suffolk and north east Essex.



The Suffolk and North East Essex Integrated Care System (which includes ESNEFT) has been awarded £10million to bring faster treatment to patients following a growth of waiting lists caused by the COVID-19 pandemic. It is part of a national programme to recover NHS waiting lists known as the national accelerator programme.

It means a specialist theatre, clinical rooms and a recovery ward (together known as a vanguard theatre unit) has arrived at Ipswich.

The vanguard theatre will be housed at Ipswich Hospital for a year. It will be used by both ESNEFT teams and West Suffolk Hospital teams (also part of the local integrated care system).



A visit from the Prime Minister

Prime Minister Boris Johnson MP visited teams leading the restart of routine NHS care at Colchester Hospital.

He learnt about our plans to treat more people, who have been waiting for treatment during the Coronavirus (COVID-19) pandemic, more quickly.

Meeting patients and staff along the way, the Prime Minister also visited the hospital's dedicated chemotherapy and haematology suite, The Collingwood Centre, as well as Mersea surgical ward.

Mersea Ward patient Lewis Clarke, 67, had no symptoms but was diagnosed with bowel cancer following routine screening, having surgery six weeks later. He said:

It's incredible really, just fantastic. I can't thank the NHS and staff here enough."



Virology expert joins our team



Dr Mubby Husain (pictured) has become the first consultant virologist at ESNEFT.



He's joined the infection and microbiology team during Coronavirus (COVID-19) to help tackle the virus, as well as treat patients with other infections such as hepatitis, HIV and infections brought from overseas.

Dr Husain said: "To an extent everyone feels they've become a bit of a virologist themselves during the last year, having heard so much about viruses and how they mutate."

But virology is a highly specialist standalone area. The role of a clinical virologist means working as part of an infection team focusing primarily on the diagnosis, management, and prevention of viral infections.

Innovations in surgery

Did you know we have a specialist medical education and innovation centre at ESNEFT?

The ICENI Centre, at our Colchester Hospital site, brings trailblazing advances in technology and techniques to our patients. Here are some of the latest good news stories.

Robotic boost for knee replacements

A handheld robotic device is helping our surgeons map the inside of patients' knees and plan surgery before a single cut is made on the joint.



The NAVIO robotic-assisted surgical device is hoped to improve outcomes – including faster recoveries – for patients having partial knee replacements.

In place at Colchester Hospital, the system allows surgeons to use computer software to accurately understand the patient's limb alignment and calculate the exact size and orientation of the implant needed before the main part of the operation begins. A simulation can also be performed.

The surgeon can then use the handheld device to remove exactly the right amount of cartilage and bone to prepare an implant.

Laser technology for eye patients

Cataract, corneal and eye correction surgery is now being carried out by a new state-of-the art laser.

The technology offers a more precise and comfortable treatment for patients without the need to cut the eye.



We've invested £750,000 into the new cataract refractive laser suite at the Primary Care Centre in Colchester, next to Colchester Hospital.

Perfecting surgeons' skills with virtual reality kit

Trainee doctors are perfecting their endoscopy skills without touching a patient with a new state-of-the-art virtual reality simulator.

The equipment allows students to practice almost any endoscopy procedure in a classroom environment – learning how to use a scope to master a variety of different skills before going into an operating theatre.

We are one of just a handful of NHS organisations across the country to invest in the equipment, funded by Colchester & Ipswich Hospitals Charity.

Consultant Greg Wynn, lead clinical director of the ICENI Centre and a general and colorectal surgeon, said:

The simulator allows us to take a complete novice and give them the skills they need to start working safely on patients."



Dr Achyut Mukherjee, consultant ophthalmologist for cornea refractive and glaucoma, (pictured) said:

A human can never make these cuts with the same precision – a laser is always perfect."

Big builds to improve

We are investing millions of pounds to create state-of-the-art new buildings and departments where colleagues can deliver the best possible care. ESNEFT life looks at what's happening...

£52 million investment
on its way at Ipswich Hospital



Main entrance and retail area

Opens this year



Urgent Treatment Centre and Emergency Department

Opens 2023



Surgical Assessment Unit

Opens this year

£23.1m



£6.9m
Children's department

Opens 2023



£5.3m
Breast care centre

Opens next year



£5.3m
Pathology molecular lab

Open now



£3.2m
Additional MRI and CT scanners



£6m
Small schemes

£1.6m
Maintenance

£1.2m
Ward upgrades

our hospitals

The development programme across our hospital sites totals £100million over five years

Testing lab now open

Our Pathology Molecular lab at Ipswich Hospital is now open. The lab is a key part of our response to Coronavirus (COVID-19) but also gives us a modern toolkit for tests ranging from flu and MRSA to cancer for years to come.



Main entrance, Emergency Department and new Urgent Treatment Centre

Work is underway to improve the main entrance at Ipswich Hospital, creating a spacious and welcoming reception and retail area close to most of our wards.

The project will pave the way for the development of a new Emergency Department and, for the first time at Ipswich Hospital, an Urgent Treatment Centre.

Thanks to support from our charity and all its fundraisers towards these projects.



Colchester & Ipswich Hospitals Charity is running major fundraising campaigns for The Children's Appeal (children's department) and The Blossom Appeal (breast care centre) – details on their website colchesteripswichcharity.org.uk

The charity is also funding the new CT scanner (£750,000) which will be installed in the Urgent Treatment Centre (UTC) and Emergency Department build at Ipswich Hospital, and supporting (£360,000) a dedicated paediatric area in the UTC.

Please bear with us while we make these changes. It will be worth the disruption to improve our hospitals.

There's lots going on at Colchester Hospital too

Elective Orthopaedic Centre

We are creating a £44million state-of-the-art Elective Orthopaedic Centre for all our patients who need planned orthopaedic surgery such as hip and knee replacements.

At Colchester Hospital, the centre will mean fewer cancelled operations and shorter waiting times. It is due to open 2024/25.

Meanwhile...

Alongside these works are works to move the hospital's day surgery unit and endoscopy unit into refurbished spaces.

Interventional Radiology and Cardiac Angiography

We're building a £7million state-of-the-art specialist centre for diagnostic cardiac and radiology procedures at Colchester Hospital. Work is due to finish later this year.

Urgent and emergency care work

We are also transforming the design of our emergency and urgent care areas at Colchester Hospital to help cope with rising numbers of people attending the Emergency Department (ED) and Urgent Treatment Centre.

For example, the resuscitation area is being expanded and our children's ED will be bigger and improved. Our frailty and acute medical same day emergency care teams will be co-located to work more closely together and we are creating a new surgical assessment unit with extra beds.

Award winners revealed at ESNEFT

We've said thank you to colleagues with a series of ESNEFT commendation awards. These staff awards are given to ordinary colleagues who do extraordinary things.



Clinical skills technician Colin Gray

He's the eyes behind 'The Eyes Behind the Mask'.

Hospital clinical skills technician Colin put his NHS colleagues under the spotlight when he captured a series of iconic photographs on the first Ipswich Hospital Coronavirus (COVID-19) ward.

We turned the camera on Colin and surprised him with a staff commendation award.

It's not only his photography skills that are worthy of the accolade. His colleagues say he 'works tirelessly' and 'his dedication to the team is outstanding'.



Pathology team

Coronavirus (COVID-19) has put pathology teams across the world under a microscope. And we can confirm the results from our labs... our pathology team is top class!

We surprised scientists, lab staff, swabbers, phlebotomists, mortuary colleagues, virus specialists and all the many other staff in the department with an ESNEFT commendation award.

When the pandemic began we couldn't test a single Coronavirus (COVID-19) swab, but the service has expanded so quickly we are now one of the top six NHS centres in the country, carrying out 3,000 tests a day. The success is so great we have built a £5.3million specialist new lab to help us manage COVID-19 and a variety of other specialist tests in the future (see page 7).

But the testing is just one part of a bigger pathology team pulling out all the stops for patients, night and day, every day of the year.



Community matron Kelly Ward

Millions of pieces of personal protective equipment (PPE) have been protecting the nation's NHS workers during the Coronavirus (COVID-19) pandemic.

But just how does it get to the people who need it most? At ESNEFT, we have a secret weapon in our east Suffolk community team... matron Kelly.

We gave a staff commendation award to Kelly for going the extra mile – literally in her car – to get PPE across our county to the staff who needed it.

When PPE deliveries arrived at central stores it was Kelly who took stock, sorted supplies, drove from base-to-base and organised colleagues to help with drop-offs.

Kelly is well-loved by her team for the support she gives them. During the pandemic, she also set up a wellbeing room at the Sandy Hill Lane NHS base in Ipswich for staff to take time out.



Porter Rob Haynes

To know porter Rob is to like porter Rob. He's a favourite with patients and staff.

And we've shared share an act of kindness which makes us proud to have him at Ipswich Hospital.

Rob works in the Radiotherapy team helping patients to and from their cancer treatment. Many patients have treatment day after day, for several weeks, so they get to know the staff very well.

Rob had built a great rapport with a patient who was having daily trips to the department from her ward bed in the hospital. And when her final treatment was booked, he was due to be on a day off.

But the loyal porter was determined only he would wheel the patient to her final and landmark appointment, so he popped on his uniform on his day off and came in for one special final portering service.

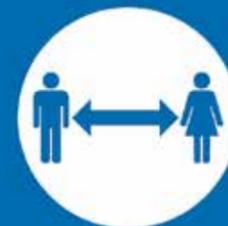
The patient was able to thank him for helping her from the start to finish of her cancer treatment and his team describe him as 'caring and devoted'.



HANDS



FACE



SPACE



FRESH AIR



We are...

East Suffolk and North Essex NHS Foundation Trust

We provide healthcare to a population of almost a **million** people in



But we don't work alone. We work alongside a multitude of teams in health, social care, voluntary services and other organisations to make care work well for local people whether they are at home or in hospital.

Time matters



Our philosophy is that time matters. Dealing with health issues can be stressful, both for the patient and for those who care for them. There is the necessary stress of the health need and the emotional effort of caring.

However, too often the complexity of the health and care system adds unnecessary stress. At the heart of this is time. Time is important to everyone whether as patients, as family or carers, or as staff delivering care.

We will improve services to make every moment count.

There's no place like home



1 in 5 of our staff work out and about in the community

And our NHS teams are supporting local people to stay in control of their health at home

When people need care in hospital we are committed to getting them home again as soon as possible

We can join the dots between care at home and hospitals



Size matters



We are the largest NHS organisation in East Anglia employing more than 11,000 staff and several of our clinical services are among the largest in England:

- Acute children's services
- Oncology
- Trauma and orthopaedics
- General surgery
- Urology
- Ophthalmology

Volunteers making a difference

They're the backbone of the NHS and, to celebrate their hard work, we're shining a spotlight on four of our volunteers.



Robin

Robin volunteers with the pharmacy team at Colchester Hospital every week.

He also volunteered in the Coronavirus (COVID-19) vaccination hub at Colchester Hospital and on the staff helpline during the pandemic.

The 61-year-old grandfather said volunteering makes him feel he's still contributing and anchors his week.

He said: "After I retired from my job as a product manager in the consumer electronics industry, I decided to look for a role volunteering to help me keep active and feel I was still contributing.

"I provide support for the team in the main pharmacy unit: labelling drugs, restocking the stores, picking orders for the wards and making deliveries around the hospital. The pharmacy includes a manufacturing facility, so delivering medication up to the clinics as soon as they are ready for patients is a priority."

Michael and Brian



Teenagers Michael Wu and Brian Chan volunteered in the Coronavirus (COVID-19) vaccination hub at Colchester Hospital ahead of applying to study medicine at university.

Michael said: "I thought volunteering would be a great opportunity to gain some experience, especially to witness a once-in-a-lifetime vaccination programme. I'm certain I want a career in medicine now."

Brian said: "We cleaned chairs, prepared information leaflets, sanitised pens – did the simple stuff so staff could focus on vaccinating people. I absolutely loved it."

Melissa



Melissa Goodrich worked full-time at an insurance company and volunteered at the Ipswich Hospital staff helpline through the intense months of the Coronavirus (COVID-19) pandemic.

She cycled to Ipswich Hospital at 5.30am to volunteer for a few hours before starting her day job at 9am – and she says she did it because she felt she needed to do something to help.

The 41-year-old said: "Everyone was doing something to help and I wanted to do my bit.

"My role was talking through with staff what they needed to do if they had a cough or a temperature and what the process for self-isolation was.

"I then volunteered in the vaccination hub. I met amazing people and all the nurses made me feel like I was part of the team."

Our values are: **optimistic, appreciative and kind**



Cheering the Blues and the NHS

There were a few familiar faces in the line-up when Ipswich Town Football Club launched their new season kit.

Advanced clinical practitioner Kev Breitsprecher, head of IT service delivery James Ling, specialist treatment radiographer Dale Fowler, specialist nurse Katie Mowle and healthcare assistant Sandra Hack – all huge Ipswich Town fans and ESNEFT workers – featured in the football club's campaign.

Each football fan who buys one of the new shirts, sponsored by singing superstar Ed Sheeran, has the chance to add a 'thank you NHS' message for 2021/22 to the shirt, with proceeds going to the Colchester & Ipswich Hospitals Charity. The same support last season raised almost £8,000 for our charity.



Images: ITFC

Getting diagnostics to the community in north east Essex

Along with partners in north east Essex, we are expanding a range of diagnostic services at Clacton Hospital over the coming year. It will mean faster diagnoses for patients in the Tendring area.

This Community Diagnostic Hub will offer services including X-rays, ultrasound scans and blood tests.

It will improve patient experience and reduce waiting times as well as creating jobs and career opportunities for people in the area.

Changing work places

Colleagues across our NHS have stepped forward during Coronavirus (COVID-19) and volunteered to work away from their usual department. Here are a few of our latest staff stories on moving work places.

James Law

James was working as a healthcare assistant (HCA) at Clacton Hospital when he caught the virus last year.

He had been redeployed from the Outpatients Department to the stroke rehabilitation ward.

He said:

Working on the stroke ward was quite a change as I didn't know anyone, which was probably the biggest thing about being redeployed. A ward operates in a very different way to the Outpatients Department, and then I was still struggling with recovering from COVID-19, so it was pretty tough."



Alex O'Shaughnessy

Meet Alex – a student nurse who volunteered to opt into a scheme to enable students to be part of the paid workforce to help care for hospital patients during the pandemic.

Working with the acute medical team at Colchester Hospital he was straight in at the deep end, caring for a patient with respiratory failure and treating complex wounds.

Alex was one of 111 healthcare students deployed into paid placements at our organisation to help support the NHS.

The 20-year-old was studying adult nursing and was paid for the shifts he covered, while still under the supervision of a qualified nurse.

Healthcare assistant Eleanor Reid and nurse Janise Dimatulac

A dedicated transfer team was set up at Colchester Hospital during the first wave of the pandemic.

The team helped transfer patients to treatment, scans or wards, while minimising the risk of the virus spreading by limiting the number of staff going from department to department.

Two of the team were Eleanor and Janise. Both were looking after outpatients before they were redeployed. Eleanor, who also went on to work in the drive-through COVID-19 testing station, said:

It was a crisis situation and everyone had to pull together to do what they needed to."

Janise said:

"Transferring patients - especially those who were COVID-19 positive - required three of us at least. We had to monitor their oxygen levels, ensure we'd changed PPE clothing when necessary and keep all risks of transferring the virus to a minimum."



Celebrate...

Bite-size good news stories from around our Trust



Trainee orthopaedic surgeons say two of our hospitals are in their top three places to train in the region.

Colchester Hospital has been named Orthopaedic Training Hospital of the Year for the east of England and Ipswich Hospital has climbed the ranks to third place in the results of the annual training survey.



We flew rainbow flags at Ipswich and Colchester hospitals for Pride Month in June and captured these photos against clear blue skies.



Specialist exercise classes are helping breast cancer patients overcome problems associated with treatment thanks to the help of charitable funding.

The sessions are offered to everyone who receives treatment at Ipswich Hospital and help tackle common problems such as stiffness, lack of strength and restricted movement in the shoulders, neck and back.

The classes are entirely funded by donations, and have recently been boosted by grants from Colchester & Ipswich Hospitals Charity and local charity Art for Cure.



Our Acute Medical Same Day Emergency Care (AMSDEC) service at Clacton Hospital's Urgent Treatment Centre has been extended for a year.

The service aims to assess and treat patients quickly and without the need for a hospital stay and teams are safely discharging patients within an average of just two hours. It is commonly helping patients with conditions such as chest pain, infections or asthma.

Our teams also run AMSDEC services at Ipswich and Colchester hospitals.

Treating broken bones virtually may seem like a strange idea, but that's exactly how more than 700 patients a month are now being assessed.

X-rays, notes and a patient's history are being viewed by an orthopaedic consultant at Colchester Hospital to help determine whether a face-to-face follow up appointment is then needed.

The virtual fracture clinic is helping free up appointment times for those who need additional treatment, such as surgery, a plaster cast or physiotherapy.



We been improving break spaces and facilities for our staff with the help of donations from Colchester & Ipswich Hospitals Charity.

The Coronavirus (COVID-19) pandemic led to a wave of donations from local people via the charity. It means we've been able to upgrade spaces across our hospitals, both inside areas and garden spaces.

These pictures show part of the new staff oasis space for colleagues at Ipswich Hospital (a similar area will be created at Colchester Hospital), plus new furnishings in the doctors' mess at Colchester and an outside seating space at Ipswich.



One is an original photograph and one is a painting. Both show our very own Ipswich Hospital physiotherapist Jemima Roberts.

Artists across the world have been painting key workers during the Coronavirus (COVID-19) pandemic as part of a global art project 'Portraits for NHS Heroes'. Jemima's painting is by Suffolk artist Charlotte Johnstone.

Patients are being settled back into life at home when they leave hospital thanks to a new escorted home service.



Patients with limited mobility are settled back home safely by a member of Colchester Hospital's therapies team, who checks they have everything they need. Our teams are providing the service in collaboration with voluntary organisation Community360, which provides the patient transport and transport for large equipment such as commodes.



We celebrated International Day of the Midwife by asking our midwives why they love their job. And we were overwhelmed by the number of parents who got in touch to thank midwives for the job they do – thank you.

Meanwhile, thirty new international midwives are joining our labour wards and community teams over the coming months.

The midwives are being recruited from Italy and Portugal, and will work at Ipswich, Colchester and Clacton hospitals, as well as across the community midwifery teams in east Suffolk and north east Essex.

All the overseas midwives are already registered with the National Midwifery Council, so after an initial period of induction will be ready to work to support families. ESNEFT has a successful track record of recruiting and supporting international nurses.



A new type of nurse at ESNEFT

A new kind of nurse specialist has joined our ranks in the form of a nurse endoscopist.

Michele Boffardi and Gabriel Gora are two of our new nurse endoscopists, specially trained to carry out colonoscopies and gastroscopies to detect for issues in the bowel or stomach.

Already working as nurses, when a new training programme was developed to specialise in the procedures, they both took the opportunity to develop their skills, so alongside doctors they could help diagnose patients who may have bowel or stomach conditions.

Michele, based at Colchester Hospital, said:

“ We are able to release time for the doctors as we’re able to see a lot of patients.”

Gabriel, based at Ipswich Hospital, said:

“ I really wanted a new challenge, and as I’d already been working in endoscopy and liked it, I jumped at the opportunity to improve my skills.”

A colonoscopy is a check to investigate what is happening in your bowel, often performed with a tube carrying a camera. A gastroscopy is a similar procedure investigating the stomach and small intestine. There are many reasons patients may need them - blood in poo, vomiting blood, abdominal pain, reflux, consistent diarrhoea or losing weight.

Anyone experiencing any of the following symptoms should speak to their GP: blood in your poo or vomiting blood, having persistent abdominal pain or diarrhoea, reflux, losing weight unexpectedly, having a change to your bowel habits, feeling particularly bloated, struggling with swallowing, feeling a lump in your tummy or feeling unusually tired or lacking in energy.



Above: Gabriel Gora
Left: Michele Boffardi

NHS

**East Suffolk and
North Essex**
NHS Foundation Trust

To contact the team behind this magazine, please email communications@esneft.nhs.uk or call **01473 704372**.

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