

# ESNEFTlife

Issue 9: Winter 2022 / 2023

## Your NHS One of a kind



Inspirational stories



NHS careers



Reaching great heights



Tree-mendous buildings



# We are ESNEFT

We've launched a new poster campaign to celebrate our ESNEFT values – Optimistic, Appreciative and Kind. Thanks to all colleagues who have taken part – here's

engineer Adrian Peake, practice educator Jemma Yarnton-Peacock and operating department practitioner Minhaz Miah.

## Easier to read letters for patients

Patients with a learning disability or visual impairment are being supported to receive hospital letters in a way that works best for them.

We are changing how we communicate with these patients to make sure we meet the accessible information standard requirement. This is a legal requirement to offer patient communications in different formats, including easy read, clear print, large font and on yellow paper.

The first phase of the project has been launched at Ipswich Hospital, before it's rolled out across other hospitals. The change gives patients the choice to receive their appointment letters in an accessible format, which are tailored to their communication needs.

Eye Clinic liaison officer Dawn Wright said:

**"If we put ourselves in the shoes of visually impaired people to imagine the frustration experienced when receiving letters in an unreadable format... it must be extremely upsetting."**

"One patient said that recognition of his visual impairment needs would mean he would be able to read his own personal information rather than having to ask his family."



To contact the team behind this magazine, please email [communications@esneft.nhs.uk](mailto:communications@esneft.nhs.uk)

[@EastSuffolkNorthEssexNHS](#) [@ESNEFT](#) [@esneft](#)

If you would like to read ESNEFT life in another language or format, please contact us on **01473 704770**.

# "If you're going to have a cardiac arrest, the best place to have it is a hospital!"

A grandfather who had a cardiac arrest while visiting Ipswich Hospital has thanked the "faultless" NHS staff who leapt into action to save his life.

John Ashbee had taken grandson Toby to a physio appointment in September when his heart stopped beating and he lost consciousness. Staff successfully resuscitated the 73-year-old before transferring him to the cardiology department, where he was immediately fitted with two stents to keep his arteries open.

Just hours later, John was sitting up in bed and asking when he could return home to Kesgrave. He says he now feels better than he has for some time – and will be forever grateful for the care he received at the hospital.



John, pictured above, is married to Penny and works part time in a pharmacy. He said:

**"Toby and I were chatting in the waiting room and he thought I'd fallen asleep as I suddenly went quiet. When he couldn't wake me, he called for help."**

"The hospital staff were just brilliant and acted fantastically. I couldn't have asked for better if I'd been paying thousands of pounds for my care.

"I feel like such a lucky guy – if you're going to have a cardiac arrest, the best place to have it is a hospital."

John spent just two days in hospital before he was well enough to be discharged. He is now attending rehab sessions and doing lots of walking.

Dr Peter Brown, consultant cardiologist and clinical lead for cardiology at Ipswich Hospital (pictured left), looked after John following his cardiac arrest. He said: "Staff from various departments responded quickly and worked together incredibly well to resuscitate John and help to save his life.

"We are really pleased that John is making a good recovery and wish him well."



# Long COVID patient helps develop research study

**Nicola Marsden has Long COVID. She became ill with COVID-19 in April 2020. Before masks, before the vaccine and before anyone knew the long-term impact of the virus.**

Her own experience with the condition has helped to shape a new research study here at ESNEFT to understand what it's like for people living with Long COVID.

Nicola said she was incredibly poorly for months, having to stop work. She said: "I couldn't even sit up for about six months. I couldn't walk, I lost my speech, I couldn't write my name. I was exceptionally unwell."



so I emailed them, shared my situation and asked if I could use my experience to help them and others through my experience."

Kate Harrall replied. Kate and colleague Rebecca Impson, both clinical academic research leads, set about pushing forward a research study.

With the input from Nicola, the team worked together to design a questionnaire that could be sent to other willing patients.

Kate said: "We're asking them [patients] to share the impact of the condition at regular intervals so we can see how their condition changes over time, and if there are any links or similarities."

**My 14-year-old daughter had to become my carer. She was cooking for me, cleaning and had to do home school herself."**

Nicola said no one knew at the time she'd developed what has now been labelled Long COVID – a long-term condition as a result of the virus.

Nicola had to take long periods of time out of her job as a patient liaison and complaints officer at ESNEFT, and has battled with the condition which has left her with extreme exhaustion, cognitive issues, a heart condition and other symptoms affecting her organs.

She added: "I've felt very desperate at times, and as I work for the Trust I knew there was a research department –

Rebecca said: "Initially we thought the study would go on for a little over a year, but we've already extended it to collect data for three years after initial COVID infection, as it became apparent after our first contact with patients that the impact on people's lives was continuing for much longer than it was initially predicted."

If you are living with Long COVID and would like to find out more about this research trial, email [R&D@esneft.nhs.uk](mailto:R&D@esneft.nhs.uk)



# Commendation winners revealed

**Our Commendation awards are a way of saying thank you to our staff. They are given to colleagues who go above and beyond to support patients or services.**



**Matthew Bullard**  
clinic receptionist

**Time and again our patients write to us to tell us about outstanding receptionist Matthew.**

He's found his calling working on the front desk of our Breast Care and Children's clinics at Ipswich Hospital. One patient said: "He's a credit to you - so friendly, welcoming and helpful to every single person." And another said: "He is a shining example of all that is good about the National Health Service."



**Clair Tatum**  
children's nurse

**We said thank you to NHS children's nurse Clair Tatum who helped a family when a young patient died in Colchester Hospital after a long-term illness.**

Clair came to work during the middle of the night when she wasn't on duty to be a familiar face for the family dealing with their loss. There's only ever one chance to get end of life care right and Clair did everything she could.



**Tracy McGuire**  
operating department practitioner (ODP)

**Tracy was part of the team who attended a cardiac arrest at Ipswich Hospital. The patient died and Tracy realised they were in a department not used to dealing with death.**

Tracy took the lead and called back-up from theatres – ODP Lisa Grover, nurse Nicola Treanor and theatre assistant Carly Bamling – and together they performed last offices. This means preparing the body for transfer to the mortuary while respecting cultural wishes of the patient. Tracy made sure the patient was cared for with respect and dignity.



**Shelley Anderton**  
epilepsy nurse specialist

**Epilepsy nurse Shelley was nominated after spotting that changing a patient's medication could significantly improve their life.**

The patient had a learning disability and Shelley's intervention meant they were seen by a specialist team who changed the medication prescription. This helped the patient's physical health, mental health and quality of life. Shelley has worked for the NHS for 37 years and is based at Colchester Hospital and in the Essex community. Her nomination for this award said she helped to change the patient's life "immeasurably".

# Colchester & Ipswich Hospitals Charity highlights



The £28,000 kit is based at Ipswich Hospital, but is also used for Colchester patients.

Dr Neil Mangrolia, consultant cardiologist and lead of ESNEFT's cardiac MRI service, said: "This allows us to offer even more specialist tests to our patients closer to home, without the need for them to travel to specialist centres in Cambridge or Basildon."

Pictured are Radiography colleagues Kellie Myers, Angie Lewis and Clare Bailie with the equipment.

## Cardiology

**Cardiologists are now able to carry out additional specialist heart tests following the introduction of new equipment funded by our charity.**

The Expression MR200 monitor allows clinicians to assess a patient's heart rate, blood pressure and oxygen levels while they are undergoing an MRI scan. It means doctors can check blood supply to the heart and potentially identify blocked arteries.

As the monitor has been specially designed for use alongside the MRI scanner, it can also be used to carry out 'stress' cardiac MRIs, where drugs which mimic the effect of exercise on the heart are given to the patient and the impact measured during the scan.

## Ward care

**Invention corner! Nurse Emma Thomson and engineer Steve Connew have designed a new product to tidy messy tubing and wires at the back of patients' beds.**



The Bedhead Tidy is now in use on our wards, including Colchester Hospital's Easthorpe Ward (sister Jane Kemp is pictured below with Steve).

It was brought to manufacture with the help of our Innovations team and funding from our charity.



## Breast care

**Fundraising from a weekend of abseiling at Ipswich Hospital's 130ft maternity block has raised a whopping £93,000 for our Blossom Appeal.**

220 local people took part in the abseil. It was organised by our charity as the Blossom Appeal is raising money for a new Breast Care Centre at the hospital.

The abseil also raised £2,000 for other departments at the hospital.

# Volunteer cheer for wheelchair mechanic Craig

**Craig Manning volunteers with our Wheelchair Services team at Clacton Hospital.**

He's a trained mechanic and uses his skills to customise wheelchairs and make bespoke parts, such as footrests for our patients.

The 38-year-old from Harwich was paralysed by a motocross accident.

He said: "The best thing is meeting other people in wheelchairs – hearing more about their stories blows my mind."

"It's nice to be able to use the skills I learnt as a mechanic and it's brilliant when you really help someone out and they are grateful for what you've done for them." Craig began volunteering as a way of saying thanks to the NHS for the care he'd received. He helps out twice a week.

Craig did us proud (even more so than usual) when he completed the London Marathon this year in 6 hours and 48 minutes, raising money for Wheelpower, a charity which helps disabled children and adults to take part in sport.



**The London Marathon has always been on the bucket list, so I wasn't going to let being in a wheelchair stop me from doing it."**

# New operating theatres thanks to £9.1million investment

**A successful bid for national funding means we've been awarded £9.1million to build a new surgical hub at Ipswich Hospital.**

The unit will include three state-of-the-art specialist laparoscopic operating theatres and a recovery area with a post-op care unit. Laparoscopic surgery is also known as keyhole surgery or minimally invasive surgery. Surgeons use a small instrument (laparoscope) and do not need to make large incisions in the skin. It means shorter hospital stays, faster recovery, less pain and reduced scarring for patients.

The new theatres will be directly above the new Emergency Department and Urgent Treatment Centre which are now being built at the south end of the hospital. The addition means surgery will be able to safely continue during any future COVID-19 outbreak or other similar pressure on the NHS.



**This is the latest announcement to the exciting big builds programme at ESNEFT where more than £150million is being invested over five years to change the face of our hospitals for the better.**

# Stories shared by our patients

## Living with diabetes thanks to tiny device

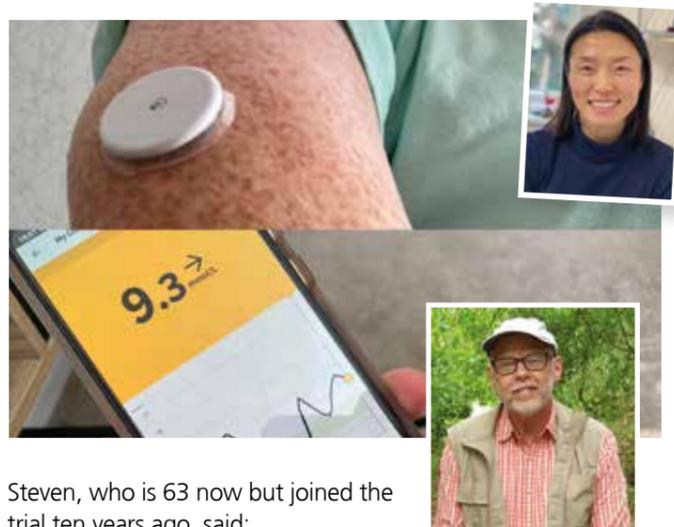
Diabetes can be life changing. For Steven Emmerson, the condition stopped him working and left him with nerve damage, poor mental health and significant sight loss.

But a research study at ESNEFT offering a device to monitor his condition helped him take back control.

Steven, who worked as a teacher and in social care, found monitoring his blood sugar for his type 1 diabetes a challenge. Finger prick tests throughout the day were difficult.

Steven, who lives in Hadleigh, said: "My blood sugars were up and down like a yo-yo...I know there were times when I wasn't behaving like myself, when my mood was so low and the constant need to make countless decisions about my diabetes resulted in my just wanting to give up." Steven felt he had no choice and gave up teaching.

But a positive change came when he was put in touch with the Diabetes Research team at Ipswich Hospital who were running a study into a device for people with type 1 diabetes called FreeStyle Libre. The device is attached to your upper arm and you use your mobile phone to scan it to check your glucose levels.



Steven, who is 63 now but joined the trial ten years ago, said:

**Being able to easily monitor what was happening with my sugar levels without having to keep finger pricking was fantastic. I felt I was gaining some control over my condition."**

The improvements meant Steven could return to work.

Senior diabetes research lead nurse Jane-Zhixin Jiao (pictured above, top right, inset) said: "The study continues to run and is gathering crucial information to validate the performance of device before they can be purchased or given out on the NHS. This has changed the lives of people who live with diabetes."

a second birthday and I thank the lady who donated my kidney from the bottom of my heart every single day."

Patrick and Kay were childhood sweethearts who married in 1973 and went onto have three children and six grandchildren.

Patrick added:

**I know it can be very difficult for people but I would encourage others to donate if they can. Kay made a huge difference to lots of people when she was alive, and is continuing to do so now she is no longer with us."**



## Have you considered organ donation?

**A former cabbie whose life was transformed by a kidney transplant has spoken of his "immense pride" in his late wife who gave the gift of life to three people by donating her organs following her death.**

Kay Bird, 73, died at Colchester Hospital in May last year after a sudden bleed on the brain. She had signed up to the organ donor register so she could help others after her death.

Kay's liver and kidneys were used to save the lives of three men in their 50s.

Husband Patrick said: "Kay did an amazing thing that money cannot buy. I know exactly how they feel from my own experiences of receiving a transplant – it's like having

## Recognise sepsis symptoms

A holiday-maker who nearly lost her life to sepsis has shared her story so other people experiencing similar symptoms can get fast medical help.

Naomi Aldous was in Lanzarote with husband John and two friends when she became very unwell with stomach pain, weakness and vomiting and diarrhoea.

Suspecting she had a bug, Naomi decided to try and sleep it off. Fortunately, her husband and friends realised just how unwell she had become and were able to get her the emergency medical help she needed.

Naomi, who lives in Martlesham, Ipswich, woke up 19 days later in a Spanish intensive care unit, where she had been receiving treatment for septic shock, multiple organ failure and pneumonia. She said:

**I was in intensive care for nearly four weeks and was so unwell that the medics considered switching off the machines at one point."**



Naomi was airlifted to Ipswich Hospital where doctors discovered she had been born with a blockage in her kidney which had become severely infected, in turn leading to sepsis.

**Sepsis symptoms to look out for**

- Slurred speech or confusion
- Extreme shivering or muscle pain
- Passing no urine (in a day)
- Severe breathlessness
- It feels like you're going to die
- Skin mottled or discoloured

### And in children

fast breathing, convulsions, looking mottled, bluish or pale, being very lethargic and having a rash which does not fade when pressed.



## 26 medications a day for inspirational Erin

**Erin, 8, is unlikely to reach her teenage years. Her life is peppered with regular medication, inpatient stays at Colchester Hospital and regular medical monitoring.**

Her mum Helen Sadler said: "Erin has 26 doses of medication a day. Seven in the morning, 10 in the afternoon and nine before bed."

Erin has illnesses including heart disease, liver disease and end-stage renal failure. She's received 118 blood transfusions and is a heart attack survivor.

Helen said: "But she's such a gift! She has a mobility vehicle covered in pink butterfly and fairy decals, with a diamanté steering wheel and we call it her party bus, we sing everywhere we go in it.

**She just wants to be like her peers and is a very traumatised little girl from what she's been through. She says she wants to be an astronaut when she grows up and sometimes she says to me 'am I ill?'"**

Medication is a big part of Helen and Erin's life and is vital to ensure she can live life to the full. Thanks to Helen and Erin for sharing their story to highlight the importance of medication safety.





## Being green: recycling sharps boxes

**Hospitals use hundreds of sharps boxes a year, but a scheme has been set up to recycle them.**

Sharps boxes (pictured here with deputy sister Liz Warren) are used to dispose of needles, syringes, empty vials, razors and finger-pricking devices. Disposing of them safely is vital, and the usual method is for the entire box and its contents to be incinerated. But an eco-friendly scheme means the contents are being safely removed and incinerated before the box is then cleaned, sanitised and returned to the hospital to be used again.

Scott Yearling, portering and waste manager at ESNEFT, said:

**“ This is a great initiative, with each sharps bin being able to be reused up to 600 times instead of just once.”**

**The scheme is currently running at Colchester Hospital with plans to roll it out at Ipswich Hospital.**

So far the scheme has

reused more than **70,000** containers from being incinerated which equates to

nearly **400,000kgs** of carbon

and more than **130,000kgs** of plastic being saved.

## New look children’s department

**The first phase of a multi-million pound redevelopment at Ipswich Hospital’s children’s department is complete and open to young patients.**

The project has seen the creation of 14 clinic rooms, a phlebotomy room, medical day case unit, accessible toilet, themed reception, waiting area and parents’ room.

The first patients and families were welcomed to the new-look department this winter. They included Dan Adams, Emma Law and then seven-month-old Octavia Law-Adams, pictured, from Hadleigh.

Ella (seven, pictured with hospital staff) has been



receiving treatment for epilepsy and other complications since she was a baby and helped shape the plans for the new-look department. She said:

**“ We are especially pleased that an accessible toilet and changing area has been added as it will make a real difference to families like ours.”**

The second stage of the project starts early next year. See more on the ESNEFT website.



# State-of-the-art robotic surgery

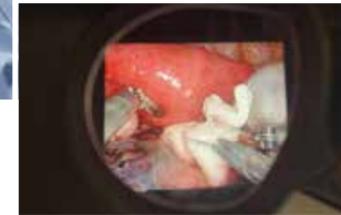
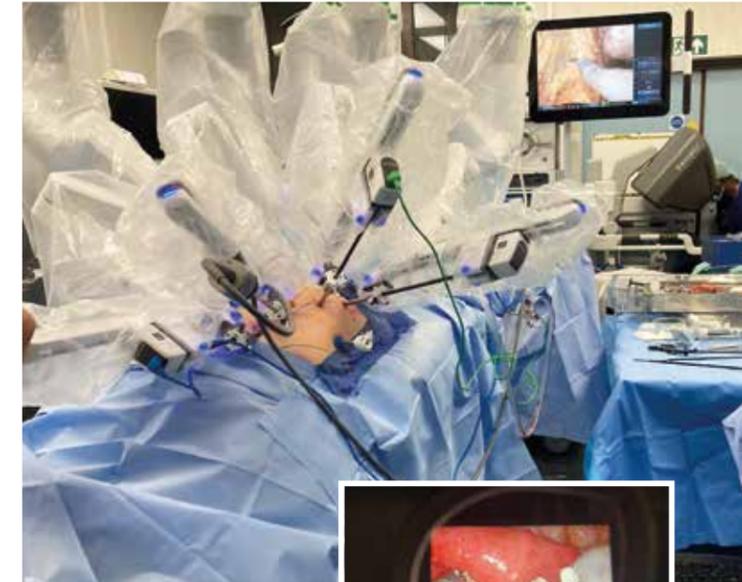
**Cancer patients at Ipswich Hospital will be recovering faster after surgery thanks to new state-of-the-art robotic technology.**

Ipswich now has its own £2.5m DaVinci Xi surgical robot, following in the success of Colchester Hospital where they started using a DaVinci two years ago.

The technology allows surgeons to complete complex cancer operations using minimally-invasive keyhole surgery. Patients experience very little post-op pain and are less likely to develop complications.

The Ipswich machine will initially be used for bowel cancer cases, but it will also be used to treat gynaecological cancers within the next few months after more surgeons have completed their training. Surgeon Arshad Malik said:

**“ The robot allows surgeons to carry out complex operations using a camera and small incisions which are each less than one centimetre long.**

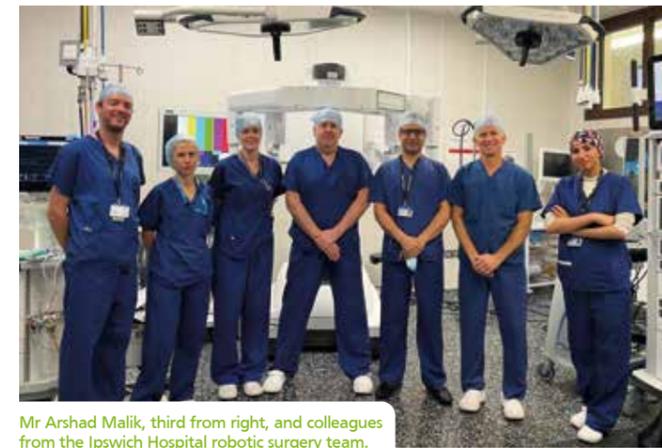


Top: Robot arms are inserted into the patient while the surgeon controls them from a viewing station (top right of photo)  
Inset: A surgeon’s view - down the barrel of the surgical robot

“As the robot is so precise, we are able to remove an additional layer of lymph nodes and tissues around the cancerous tissues, improving patient outcomes and survival rates.

“Robotic surgery is set to revolutionise surgical care within the next couple of decades, and it’s fantastic that we are at the forefront of those advances.”

To operate using the robot, the surgeon sits in the same room as the patient and will look through an eye piece while controlling the machine’s four arms from a console. This allows them to move tissue or make cuts remotely with incredible accuracy.



Mr Arshad Malik, third from right, and colleagues from the Ipswich Hospital robotic surgery team.



ESNEFT’s first Davinci Xi robot was introduced at Colchester Hospital in November last year. It has since been used to carry out hundreds of minimally invasive colon, rectal and gynaecological cancer operations, as well as procedures for endometriosis (a condition where tissue similar to the lining of the womb grows elsewhere, such as in the ovaries and fallopian tubes).

Early next year another robot will be in action at Colchester. It’s been installed and will soon be helping more surgery patients, including urology patients.

# Making ESNEFT a great place to train

## Inspired to get career back on track

**When mum-of-two Ginny Spencer withdrew from a degree when she was pregnant with her second baby, she thought 'that was it' and she may not have the NHS career she'd dreamed of.**

But despite starting out with a young family, the Ipswich Hospital based therapy assistant practitioner is well on her way to becoming an occupational therapist (OT) after starting an apprenticeship.

Ginny is now in on-the-job training, combining one day a week of study at university placements across Ipswich Hospital and in community settings too. She said:

"What OTs do is inspirational and the more I've worked with them I've just thought 'I need to do this'."



Ginny had her son Connor, now 16, when she was 17. When Connor was two Ginny started a nursing degree, which she withdrew from after falling pregnant with her daughter Elsie, now 13. However, that was enough to spark her interest and passion to work in health and social care.

**// Doors are open for progression if people want it. I have felt really supported.**

## Banking on a career in healthcare

**A trainee nurse who gave up a career in banking during the COVID-19 pandemic says she has no regrets.**

Sharleen King was inspired by NHS colleagues during the crisis and left her job as a bank manager.

Sharleen began her career at ESNEFT as a ward clerk on the children's ward at Colchester Hospital, before becoming an assistant practitioner in the north east Essex community. Sharleen said:



**// Going from banking to nursing – it was a whole different world. But it's such an amazing feeling and it is one of the best jobs I have ever had."**

Sharleen works with qualified nurses, under supervision, while studying for her nursing degree.

## Apprenticeship begins after 23 years

**Although Hannah Martin has years of experience working for the NHS, she knew her CV lacked qualifications to back up her knowledge.**



So when the opportunity to complete an NHS apprenticeship came up she decided to go for it and sign up.

Therapy practitioner Hannah works across physiotherapy and occupational therapy discharging patients when they leave Ipswich Hospital.

She's been an NHS employee for 23 years and is now embarking on a senior healthcare support worker apprenticeship, spending one day a week doing training – a mix of teaching, working, self-directed study and assessments. She said:

**// My line manager and the team are supporting me doing it and it should take just over a year to complete. Then I'll have a qualification to my name."**

## Getting experience through rotations

**A specialist physiotherapist who has worked in a variety of posts at ESNEFT has thanked the placements for helping him develop experience.**

Mitchell Perry joined Colchester Hospital in 2014 after getting a master's degree. He went on to complete 'rotations' in a variety of specialties – including critical care, outpatients, orthopaedics, respiratory and on surgical and medical wards – before becoming a specialist physiotherapist in medicine and oncology permanently. He said:

**// It has given me a wide breadth of experience in a variety of different specialties. You gain an insight into how each department runs and an understanding of holistic care.**

"Someone may come in with a broken bone but also have asthma, for example. If you've completed a variety of rotations you'll have experience of each of these areas so will know how to provide the most effective treatment for all of the issues the patient is facing. Rotations help people with their ongoing development."

Rotations at ESNEFT usually last six months to a year.



## Trailblazing training to careers

**We are supporting a career development scheme helping train and recruit staff into healthcare.**

The Pathways to Diagnostics Trailblazer project offers people in the Tendring area the opportunity of training, and a guaranteed job interview at ESNEFT and other organisations. More than 200 people have already signed up for the scheme and now it's been extended.

Dr Shane Gordon, Director of Strategy, Research and Innovation, said:  
**// We know Tendring is one of our communities with the highest levels of deprivation with many jobs only seasonal, but this scheme has offered permanent jobs with the chance to gain knowledge and skills too."**

Microbiology, Haematology, Cellular Pathology, Biochemistry, Cardiorespiratory, Endoscopy and X-Ray teams have supported the project, which is a collaboration with the Colchester Institute, the National Careers Service and the Learning Shop.

## Junior doctors get involved in research

**Thanks to this group of trainee anaesthetists who chipped in to make sure lots of patients got involved in a research study with us.**



SNAP-3 (the 3rd Sprint National Anaesthesia Project) is a research trial looking at links between frailty, multi-morbidity and delirium in older patients having surgery.

The study was carried out over one week and our role was to recruit patients from Ipswich and Colchester hospitals. Patients had to be assessed on how they were before and after their operation.

Teams at Ipswich and Colchester involved 118 patients in the trial.

# Celebrate...

Bitesize good news stories from across ESNEFT



**Kate Reed (pictured) is one of our Butterfly volunteers.**

Kate and the other volunteers support spend time with patients who are at the end of their lives.

Kate, based at Colchester Hospital, said: "Many people don't have any family nearby and it can be a scary and lonely time. I am there for patients and their families – just to spend time with them. We might chat quietly if they want to, sometimes I read poetry. If family members are there they can have a break or pop home knowing someone is with their relative."

**The Trinity Ward team at Harwich Hospital has won a community award for going above and beyond during the COVID-19 pandemic.**



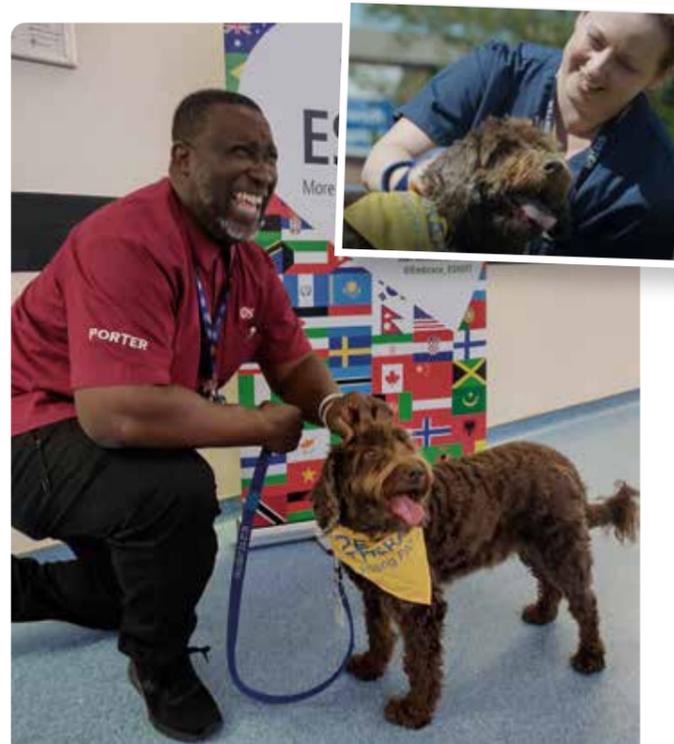
During the first wave of the pandemic the team cared for many dying patients who had COVID-19 and couldn't have visitors for safety reasons.

Their efforts were recognised at the Tendring Blue Ribbon Awards.

**Our much-loved pets as therapy (PAT) dogs are back.**

The dogs (and their owner chums) were unable to visit during the height of the COVID-19 pandemic but have now returned to our hospitals to spend time with patients and staff.

These pictures show Ipswich Hospital waggy friend Rolo.



**A service which gives patients potentially life-changing help to camouflage facial disfigurements, acne marks, scars, surgical wounds and other skin conditions has relaunched.**

The skin camouflage clinic is run by Allison Weston, maxillofacial and plastic surgery nurse specialist, and gives patients the chance to learn make-up techniques and colours to cover their scar or condition.

It was initially launched at Ipswich Hospital in 2018 but was temporarily suspended during COVID-19. Now it is back and available to all ESNEFT patients.

Allison said:

**// Skin camouflage can make a huge difference to people and is something they can learn to do themselves after just one appointment."**



**We created a short film to celebrate the work of our Estates and facilities colleagues.**



Porters walk millions of steps every year to get patients where they need to be, domestic staff remove seven tonnes of waste every week from our hospitals and 500,000 meals are served every year by catering teams.

**▶ Watch the film and find out more at [youtube.com/ESNEFT](https://youtube.com/ESNEFT)**

**Colchester Hospital's feathered friends have a safe and warm place to nest.**

Two wooden bird sanctuaries are now floating on the pond near the main hospital entrance.



**ESNEFT has welcomed new governors to its Council of Governors. The council includes local people, staff and representatives from local organisations who help make sure our organisation is well managed.**

You can search 'council of governors' on our website to find out more, or email [governors@esneft.nhs.uk](mailto:governors@esneft.nhs.uk)



**Thanks to all our staff who have had their winter vaccinations.**

**All ESNEFT colleagues have been offered the COVID-19 booster and flu jab to help keep themselves, their colleagues and patients safe this winter.**

**We've upgraded our Ipswich Hospital ophthalmology clinics for patients with eye conditions.**

The Outpatient Eye Clinic, visited by tens of thousands of patients every year, has been refurbished to create more treatment rooms

The Retinal Eye Suite (pictured below) has been relocated to next to the Ophthalmology Day Care Unit (ODCU), on the main hospital corridor. Having the eye suite next to the ODCU and close to the eye clinic makes it easier for injection patients to have their tests, examination and injection all in one area.

The upgrade also creates space for a new state-of-the-art laser machine for precision cataract surgery.





# Clacton Diagnostic Centre transformed for patients

People living in north Essex can now get fast access to health tests such as CT scans, x-rays and ultrasounds at a time convenient to them at Clacton's new Community Diagnostic Centre (CDC).

The centre has been created in space at Clacton Hospital, which has been given a £9.6 million facelift.

Patients are able to have their tests in state-of-the-art surroundings, but will also wait less time to be seen. As the CDC caters largely for outpatients and people referred by their GP, it is able to offer CT scans within just two weeks compared with six at Colchester Hospital, which means that patients will also get their results more quickly.

**/// The CDC offers fast, convenient access to a wide range of diagnostic tests without the need to wait. The CDC doesn't see any emergency patients, which means there's far less chance of your appointment being cancelled,"** ESNEFT programme director James Archard.

The refurbished centre includes new CT, blood testing and cardio-respiratory suites, where patients can have lung function tests, echocardiograms and ECGs.

Work is now taking place to add 30 additional spaces in the car park where patients can park for free.



The CDC is open seven days a week, from 8am to 8pm.



## What's next?

The next phase of the project sees a further £14.2m invested. A permanent MRI suite will be created to replace the mobile unit which is currently in the car park, along with additional ultrasound capacity, two more x-ray suites and space for future urology and endoscopy services.

