Spring 2014

Your community magazine from CUH NHS Foundation Trust

FREE please take a copy

Hospital Life

FEATURE STORY

Teenage Cancer Trust celebrates two years at CUH

INSIDE:

Breakthrough in peanut allergy for children

Kidz Corner

The Ouch House

Meet the world leading transplant team
## News in brief

**Smoking update**

12th March marked national ‘No Smoking Day’ and also marked two months of the Trust’s campus-wide smoking ban. Trust Security Advisor Peter Lester said: “It’s still early days but the results so far are encouraging. Relatively few people have broken the ban and those who have are mostly visitors. This shows that staff and patients are aware of the policy and are working with us, I’d like to say a big thank you to them and also urge staff to keep challenging anyone they see smoking on site. Visitors are also happy to comply once they understand the rules, so I’m sure in time the message will get out into the wider community and we’ll have fewer people unintentionally breaking the ban.”

In March, the Cancer Assessment Unit at CUH was officially opened by the CEO and Chair of the Trust. The unit, which offers specialist care to acute cancer patients, has been running successfully for six months. Acute Oncology Clinical Nurse Specialist, Lisa Pitt said: “We do as much as we can to allow the patient to maintain as normal a life as possible while receiving treatment. They can come to us directly for unplanned treatment if they become unwell due to their cancer or side effects of their treatment. They can receive treatment in the Cancer Assessment Unit and go home the same day if well enough.”

In February, 11-year-old Leo Bamford from Luton told his story as part of the ‘No Smoking Day’ Breast unit results hotline. Some women with a common type of benign breast tumour can now receive their results by telephone, greatly improving the experience they have for us. Bening, or non-cancerous lumps, known as fibroadenomas, form in the breast when tissue around the milk-producing glands grows excessively. Lead Breast Unit Nurse Jo Rowley said: “Up to 16 per cent of our biopsies are benign, so we wanted to put something in place to improve the experience for these patients. Working closely with the telephone clinic also improves waiting times for those who need to be seen in the hospital.”

**AWARD WINNING IDEAS**

Doctors at Cambridge University Hospitals have won national recognition for an idea which diagnoses osteoporosis during routine CT scans.

The project, called ‘CORTEX: Catching Osteoporosis on Routine computed Tomography as an added Extra’, beat off competition from over 600 applications to receive 2014 NHS Innovation funding. The award will allow the team to diagnose and treat osteoporosis in the routine NHS imaging service while still conducting their basic research programme.

Welcome to the new look magazine, our quarterly update for patients, staff and the local community.

It has been an eventful few months for us here at the Trust. In January we were the focus of worldwide media coverage for our work on peanut allergy research. This involved the largest single trial of its kind worldwide, and resulted in over 80 per cent of the children treated with this new form of immunotherapy being able to eat at least five peanuts a day.

More recently, new figures have shown that when it comes to small bowel transplants our team here at CUH are the best in the world. Over the past ten years, the transplant team has achieved a 100 per cent five year survival rate for all patients undergoing the procedure. This is in stark contrast to statistics from the Intestinal Transplant Registry in Canada which show the world average to be 57 per cent.

Lastly, by the time you read this, CUH will have hosted a day of events for the annual Cambridge Science Festival. The focus was ‘from bench to bedside’ and will have given visitors a closer look at the ground-breaking research that is constantly being carried out across the Trust, through a series of practical demonstrations and hands on exhibits. This was a first for us and something we hope we can repeat in the future.

CUH Chair Jane Ramsey gives her perspective on recent news and events.

There aren't many Trusts that can boast three VIP visits in just a few months, but CUH is proud to be able to do just that.

In November I invited Chair of NHS England, Professor Sir Malcolm Grant, to see first-hand the excellent work carried out at CUH. Sir Malcolm told me he was ‘impressed as always by the dedication and efficiency of your clinical teams’.

Then in February, I hosted a visit by the Permanent Secretary to the Department of Health, Una O’Brien. She was keen to learn about the Trust’s actions to manage pressure on the emergency department (ED) and how we are managing patients who cannot be moved to partner services (delayed transfers of care or DTOCs).

Finally, just a couple of weeks ago in March, the Health Secretary Dr Dan Poulter came for a tour of the ED. The Rosie Hospital and our renal neuroscience department. He met staff and asked them directly how their jobs could be made easier.

All in all, a very successful start to the New Year!
Do you want to be a part of something special and help make a difference for patients at Addenbrooke’s and the Rosie?

Ongoing regular fundraising is essential to help Addenbrooke’s Charitable Trust (ACT) help patients in greatest need.

Becoming a Friend is easy. You just need to donate a regular gift of £5 or more per month (£60 a year), or fundraise over £250 a year for at least two consecutive years.

If you are interested in joining ACT as a Friend of Addenbrooke’s, just visit www.act4addenbrookes.org.uk/friends to find out more, or contact Alice Macek on 01223 217331 or alice.macek@addenbrookes.nhs.uk

What your money can buy
£5 a month could fund additional specialist equipment to help heal open wounds.
£10 monthly could fund a games console to distract worried young patients.
£20 a month could buy a wheelchair for a patient on the stroke unit.
£250 a year could support life-changing research.

As well as doing something amazing to help, when you join the Friends, you will receive:

- A welcome pack and regular updates to keep you in the know.
- Invitations to our summer party and Annual Lecture and Reception.
- The twice-yearly ACT newsletter plus regular e-newsletters.
- Name recognition on our website, should you so wish.

What your money can buy

Peanuts back on the menu

Ground-breaking research into a treatment for peanut allergy carried out at Addenbrooke’s hit the headlines in January this year.

The research results, which were published in the Lancet, described the work led by Dr Pamela Ewan and Dr Andrew Clark from the Cambridge allergy research team.

They successfully treated children with peanut allergy, aged between seven and 16, with oral immunotherapy. Starting with a tiny dose of peanut protein and slowly building up over four to six months, they trained their bodies to tolerate the equivalent of five whole peanuts. Almost all the children achieved this, 85 per cent in the first trial and 91 per cent in the second trial.

The research was carried out over five years in the NIHR/Wellcome Trust Clinical Research Facility (CRF).

Over 100 children and their families took part in the study. The trial has changed the lives of the children taking part.

Eleven-year-old Lena Barden from Histon took part in the trial. She said: “I’ve really enjoyed the experience. It’s helped me overcome my allergy to peanuts but also helped me to build up my confidence towards my fear of peanuts. I would recommend the treatment to anyone with a peanut allergy.”

For further information about the development of peanut immunotherapy and when it will become available in clinics, please register your interest on www.cambridgeallergytherapy.com.

‘Get ‘Active’ at Addenbrooke’s

‘Active’ is a group of children and young people aged 8 to 18, who work on projects aimed at enhancing the lives of youngsters at the hospital. Their biggest project recently has been the ‘Fun for All’ project.

‘Fun for All’ intends to make children and young people feel happier while they’re waiting for an appointment in clinic.

The idea came from Active member, Mara Wray. She says: “I did a survey on a group of sixty 14-15 year olds and sixty 9–10 year olds to find out what would make them feel better. Most of the older ones wanted magazines and most of the younger ones wanted books.”

She applied for funds and bought all the materials. Active then presented some of the books and magazines to the Audiology department where they are used in the waiting area of Clinic 10.

Over the next few months, the Active project aims to improve many more areas across the hospital with the rest of the books, magazines and easy scramblers. It’s hoped this will mean children and young people have more to do wherever they are waiting for appointments.

If you’d like to get involved in Active or just want to find out more, please contact: active@addenbrookes.nhs.uk

For more information about CUH for children and young people please visit: Childrenataddenbrookes.org.uk

If you would recommend the treatment to anyone with a peanut allergy.

Lena Barden

‘I would recommend the treatment to anyone with a peanut allergy.’

Lena Barden
Mr Bubbleloon is our special mascot – if you can find his very small little sister on one of the other pages, let us know and we’ll print your name in the next edition! Email: connect@addenbrookes.nhs.uk

What are your hobbies?
The Big Bang Theory.

What is your favourite TV programme?
Marina and the Diamonds. I've seen her in concert, she was really good.

What does he leave on?
Answer: Friday – his horse is called Friday.

A man is travelling on his horse somewhere, and you get to meet new people, play games and watch films.

I've been in hospital before and everyone is really nice, and you get to meet new people, play games and watch films.

What is it like being in hospital?
I came in last night, so I haven't been here for that long.

Can you tell us a joke?
What would you like to be when you grow up?

What is your favourite TV programme?

Do you live in Addenbrooke's?
I'm sure you've heard of it.

What would you like to be when you grow up?

Where would you go if you could go anywhere in the world where would you go?

Age:
13 years

Name:
Martina Cohen

G M W M N B S L H V N A V
H T U P Q D L B V M X L E
G L M S D G U V Z N S C V
U V N B T N A K J F R E O
A U P H Z K A D H C A G O
F O D E C K R S H O P I
C W S N B R Q A D B I F T
F A A W M I M N X P H W Z
G I L D G U Z S D E Y T
Y W B T W H O S P I T A L
H T U P Q D L B V M X L E
J Y L H J Z S F H P H E
K E A F Y T E S T Q E J S
U V N B T N A K J F R E O
T C O N F E R N T N T E
K F E M Y S Y T R N D G Y
D H S P U R G B I B W M E
Q D Z O N L E C L P Y F G L
Y C W T K H I P E O D P U
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L D L A E M P A G N U D L
J S J M D I T L T K D K Q
H A N A F D O C O R D R
P N F S B G B X S A L B C F
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C U Z F F
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Q I F T M D D M I j B N

Hi, I'm Christine and I'm the therapeutic play manager for children here at Addenbrooke’s. It's a fantastic job and means I get to do everything making arts and crafts with younger patients, to organising visits from pantomime performers!

Big Story:
The world leading transplant team from Cambridge

If you need a small bowel transplant, you're more likely to survive if it's carried out at Addenbrooke's than anywhere else in the world.

Doctors at the Cambridge-based hospital have achieved 100 per cent five year survival rate for all small bowel patients operated on in the past ten years – that's better than any other hospital across the globe. Statistics from the Intestinal Transplant Registry in Canada show the world average to be 57 per cent.

Consultant Gastroenterologist and Departmental Lead Physician Dr Stephen Middleton, said: “We’re really encouraged by these results. I think our success is down to the very dedicated group of specialists – surgeons, physicians, nurses and others – who work in a fully integrated way to achieve this excellent record. A key element in this success is excellent communication and close attention to detail in every aspect of patient care.”

Intestinal transplantation was still in its experimental stages at the turn of the century. In 1991, surgeons at Addenbrooke’s performed the world’s third such transplant. Since then 57 such operations have been carried out by the Cambridge team.

Andrew Butler is the Lead Transplant Surgeon of the department. He said: “Where we might differ from other teams is that we are obsessive in our checks on the patient at all stages of the process, from assessment, operation, post-operative care and follow up. If one element in this chain is weak then the outcome is poor. We’re successful because we’ve managed to sustain high standards across the process.”

One patient who fully appreciates the skills of the team is 40-year-old Alex Geiger from London. He suffered from Crohn’s disease for most of his childhood and his condition became so severe that he finally had to be fed by intravenous drip. He was being treated at St Mark’s Hospital in London when he was transferred to Addenbrooke’s in Cambridge to undergo a combined small bowel, liver, stomach and pancreas transplant.

Alex was exhausted from his previous treatment and initially was reluctant to go forward. But the team at Addenbrooke’s put him at ease. “When they realised I was getting better about it, they put me in touch with a counselling service which really helped. They let me go at my own pace, so although I was reluctant at first, by the time the operation came round, I was all for it,” he said. The operation went well and Alex took just six weeks to recover, which is very unusual. The recovery process usually takes much longer for most patients, more like six months, so Alex felt particularly lucky. “I woke up feeling amazing with the wonderful nurses telling me how well everything was going. I had this overwhelming sense that I felt better – even though I had someone else’s organs in me. To this day it is one of those things I can’t explain, or even get my head around, but I can with no doubt in my mind state it was literally life-changing and for the better.”

Six years later, Alex has gone from London to America for a holiday, and for the better.

The team at Addenbrooke’s were fantastic. They were nothing but supportive and encouraging all the way through. The work that they do is amazing.”

Alex now works for the Multiple Organ Transplant Society, giving help and support to others facing this difficult surgery.

For more information see www.mots2012.org.uk
**Time tunnel**

Our regular look back at Addenbrooke’s through the ages with our Archivist, Hilary Ritchie.

Reports show that during the first four months of the project, 54 patients were accepted for the service and this gave an average saving of 10.6 hospital beds. Most of the patients were from surgical wards. The report says that the Home Help Service was ‘invaluable to these patients’. The patients and their relatives seemed to have liked the service, with The Almoner making visits to their homes. The general opinion was that the patients ‘preferred to be nursed at home rather than spending a longer period in hospital’.

In 1948 the then Regius Professor of Physic, Sir Lionel Whitby, wrote a paper on the need to establish a Home Care Nursing Service to help reduce waiting lists. The Board of Governors agreed and the service started in August 1949.

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**Staying well**

**Hayfever**

Is spring a bit too strong in the air? Fed up with Summer-time sniffles?

**Trust the windows.** Don’t sleep or drive with the windows open.

**Damp dust regularly.** Dust with a wet cloth, rather than a dry one.

**Wash your hair.** Pollen is sticky and may be in your hair. It can transfer to your pillow when you go to bed.

**Vacuum.** Pollen can live in carpet for up to three months.

**Medications.** Talk to your GP or pharmacist about any treatment you’re taking for hay fever as it might be worth trying a new treatment. Most people wait until the allergy symptoms start before they take treatment, but you should start at least two weeks before, so that the antihistamine is already in your system when pollen triggers your hay-fever.

**Don’t ignore hay-fever.** Hay fever can make everyday life uncomfortable and tiring, with sneezing, watery eyes, runny nose and an itchy throat. However, there are hay fever treatments available and symptoms can get better. Hay fever can increase your risk of asthma. So if you get hay-fever, you’re more likely to get asthma so it’s important to take hay fever seriously and try to treat the symptoms.

At Addenbrooke’s we’re aiming to open a new Peanut Allergy Therapy centre within the next 12 months. For more information go to www.cambridgeallergytherapy.com or learn more about allergies at Allergy UK: www.allergyuk.org

Dr Pamela Ewan
Allergy Consultant at Addenbrooke’s and President of the British Society for Allergy and Clinical Immunology

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**Teenage Cancer Trust turns two with the X Factor seal of approval**

A specialist state-of-the-art Teenage Cancer Trust unit held a unique birthday party in February to mark two years of supporting young people with cancer from East Anglia.

The X Factor TV presenter and charity ambassador, Caroline Flack, joined current and former patients and donors at Addenbrooke’s Hospital, to cut the second year birthday cake and officially start the superhero themed party.

Since the £3.6 million unit on Ward C9 opened in February 2012, over 130 young people aged 14 to 24 from Cambridgeshire, Norfolk, Suffolk, Hertfordshire, Essex, Bedfordshire and Northamptonshire have received treatment there. Lily Anderson, 16, from Suffolk, was 14 when she was diagnosed with Hodgkin’s lymphoma and spent a few months on the Teenage Cancer Trust C9 ward last year. Lily said: “Before I got transferred to the Teenage Cancer Trust unit I was angry and alone but as soon as I arrived on the unit that changed.”

I met lots of people my age and they all knew what I was going through and tried to help in whatever way they could. There was always something to do to pass the time, like play computer games and pool, watch films, go on the internet and do arts and crafts organised by the youth support coordinator.”

The 11-bed unit has not only supported young people through gruelling treatment but has also seen a wedding on the ward and enabled patients to keep up with their studies by taking their GCSE, AS and A2 exams. There are also opportunities for young people to meet and socialise together and off the unit through activities organised by the charity-funded youth support coordinator.

Caroline Flack, Teenage Cancer Trust Regional Fundraising Manager for East Anglia, said: “In two years our unit has achieved so much, helping to support young people through the toughest times of their lives. There is, however, still much more for us to do. We rely solely on donations to maintain the unit, fund our specialist staff and support the work of our free cancer awareness sessions in schools, colleges and universities across East Anglia. That’s why we need the local community to continue supporting us, so we can help many more young people with cancer.”

To lend your support email fundraising@teenagecancertrust.org or call 0207 612 0370.

For further information visit www.teenagecancertrust.org
The Cambridge ‘Medical’ Science Festival

The Cambridge Science Festival is internationally renowned as a celebration of all that’s fascinating about the world of science.

Running for 20 years, it has consistently attracted a global audience through its ability to make science accessible, engaging and fun. This year, 250 events for all ages were staged around the theme of structures and patterns during the Science Festival fortnight.

In 2014 for the first time, Festival organisers decided to invite Cambridge University Hospitals to partner with them for the final day. It’s a massive honour for the Trust and a great opportunity to showcase what’s best about modern healthcare.

Jo Timson, who helped organise the event, said: “The day is unique because although CUH is a publicly accessible site, people don’t always get the chance to speak to clinicians first-hand about their research. So for them, the day is a great chance for local people to see the amazing medical innovations going on, right on their doorstep for the first time. We tried to cover as wide a range of subject areas as possible – everything from genetics and robotics to neuroscience. We wanted to give it a really hands-on feel, with visitors, families and journalists welcome to take part in demonstrations and to learn how the clinicians’ work is changing lives.”

Dr Lucinda Spokes is the Festivals and Training Coordinator at the University of Cambridge and helped bring about the partnership with CUH. “We thought it would be good for the University to partner with CUH because both are at the forefront of some of the most exciting developments in medical science. Their discoveries impact our lives now and shape our future. By working in partnership with Cambridge University Hospitals NHS Foundation Trust, Cambridge Science Festival gives everyone the chance to see this journey from ‘bench to bedside’ right where it happens. We want to inspire, enthuse and encourage our visitors, families and journalists to embrace our discoveries, impact our world and shape our future.”

You can catch up on all the events and read up the reviews on the website at: www.cam.ac.uk/science-festival

Medic of the month

Name: Dr Meredith Robertson
Title: Locum Consultant Paediatrician
Age: 35
Years as a doctor: 11
Years at Addenbrooke’s: On and off for 11 years. I’ve done many placements elsewhere but always come back to Addenbrooke’s.
Interest: Needlework, in particular embroidery and crochet. I also collect historical embroidery and am very proud of a 15th Century ecclesiastical piece I brought on eBay. I’ve framed it.
Most memorable Addenbrooke’s moment: Looking at the sand labyrinth outside the Frank Lee Centre at Addenbrooke’s which was lit with beautiful tea lights. It was part of a project to encourage mindfulness and was a very calming experience.

Govenors’ clean up

Handwashing audit

Last year, the Council of Governors ran a series of hand hygiene audits at Cambridge University Hospitals to find out just how clean our wards really are…

In December, a team of governors undertook a series of hand hygiene audits over a one week period. Two wards were visited each day to monitor compliance with hand hygiene at ward entrances. While many people were washing their hands each time, the audit found that too many were still forgetting.

Plans are now in place to install more hand washing sinks at ward entrances and to standardise a Trust wide hand hygiene sign for ward entrances. As a result of the findings, the governors’ key message to staff and visitors is: “Wash your hands with soap and water every time you enter and leave a ward or clinic!”

Our staff governors have also started to hold monthly staff engagement surgeries to listen to concerns. The Governors represent anyone who uses the hospital. If you would like to share your views about the future of our services you can contact them via their website: www.cuh.org.uk/contact-governors

What are you most proud of in your professional or personal life?

Dr Tim Saxon
At age 12, I was the youngest female black belt in Shotokan Karate in the UK.

The day is unique because

Dr Lucinda Spokes
Handwashing audit

Handwashing guide

Handwashing guide

Frank Lee Centre at Addenbrooke’s Hospital

The is to continue to grow and evolve, learning from the past but looking to the future of science.”

The Institute of Science and Technology

The Cambridge Life Spring 2014

Future of science

The day is unique because

Dr Lucinda Spokes
Handwashing audit

Handwashing guide

Handwashing guide

Frank Lee Centre at Addenbrooke’s Hospital

The is to continue to grow and evolve, learning from the past but looking to the future of science.”

The Institute of Science and Technology
PALS
Patient Advice and Liaison Service

PALS is the service dedicated to the hospital’s patients and their relatives and carers. PALS is there to provide help, advice, support and information and to listen to your concerns and suggestions about any aspect of care or hospital services.

Drop in and see us…
The PALS office is located in the Information Centre close to the hospital’s main reception.

We are open:
09:00 – 17:00 hrs
Monday to Friday;
13:00 – 16:00 hrs
Saturday and Sunday

Write to us at:
Patient Advice and Liaison Service, Box 53,
Addenbrooke’s Hospital,
Hills Road, Cambridge
CB2 0QQ

Call us on: 01223 216 756
Email us at:
pals@addenbrookes.nhs.uk
www.cuh.org.uk/pals