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DATES FOR YOUR DIARY

- **Saturday 24th June, Musical Picnic in the Park:** Bringing harmony to mental health, free entry, Kenton Recreation Ground, 2pm – 6pm
- **Saturday 8th July, London North West Healthcare NHS Trust Open Day:** At Ealing Hospital, 11am – 2.30pm
- **Wednesday 19th July, Herts Partnership AGM:** At The Colonnades, Beaconsfield Road, Hatfield, AL198YE, 5pm – 8pm

NATIONAL NEWS

Cyber attack on 12th May: Global systems were attacked by a computer virus (WannaCry) and many NHS organisations were seriously disrupted, but some, such as The Hillingdon Hospital Trust, had protected their systems by applying a 'patch' for the vulnerability, released by Microsoft in March 2017, so their services were not unduly affected.

LONDON REGIONAL NEWS

Royal Brompton & Harefield NHS FT:

Congenital heart disease service: This cares for around 12,500 patients, the largest CHD service in the country with 14,000 outpatient appointments and 1,300 surgical procedures a year. It records among the best outcomes in the country.

In July 2016 the Trust was informed that as it did not meet a number of new standards its CHD service was at risk of being dismantled and later that NHS England planned to "safely transfer CHD surgical and interventional cardiology services at Royal Brompton to appropriate alternative hospitals". Subsequently NHS England identified just one standard that the Trust did not meet - a standard relating to co-location of children's facilities, requiring paediatric gastroenterology and general surgery to be on the same site as CHD services.

To ensure all children's services are readily available, the Trust works closely with neighbouring Chelsea and Westminster Hospital NHS FT. It has never had any material problems or adverse incidents attributed to not having all children's services on one site. Both commissioners and regulators acknowledge that there are no concerns about the quality of Royal Brompton's congenital heart disease services, and the authors of the CHD review acknowledge that the idea that all paediatric services need to be based on the same site has been opposed by a number of doctors and has no basis in evidence.

Public consultation on the proposal to remove Royal Brompton's CHD services ends on July 17th. Proposals and a slanted survey can be seen at www.engage.england.nhs.uk Write your views to NHS England at Skipton House, 80 London Road, SE1 6LH

London Ambulance Service

Attendance time targets: In March LAS again failed to achieve its target time for reaching its most seriously ill patients, but it came very close to success which was encouraging. In the first month of 2017/18 it reached its targets and in the second month far exceeded them!

HARROW NEWS

London North-West Healthcare NHS Trust

1. **Accreditation of the Endoscopy Unit at Central Middlesex Hospital:** Accreditation shows that the unit has provided an excellent service for at least a year.

2. **Finance:** At the end of March 2017, there was a deficit of £62.2m, £0.7m behind plan, resulting from an increase in pension provision.
3. **Use of land at Northwick Park Hospital:** In collaboration with Brent Council, the University of Westminster and Network Homes, the Trust has agreed to explore options for the land around Northwick Park, to better utilise the public estate, save taxpayers' money and create more jobs. The agreement is part of the UK wide "One Public Estate" programme which is funded by the Cabinet Office.
4. **Reducing time patients wait in hospital unnecessarily:** This Trust project has been highly commended by the Health Service Journal Value in Healthcare Awards. The project has developed new ways of working to ensure patients admitted to hospital are reviewed daily and that any diagnostic waits or treatments are completed swiftly to enable staff to plan a realistic discharge date based on the patient's condition and any social care issues. The process is captured on the clinical whiteboard system and is identified as a red flag if a patient is waiting for something to happen. This process has led to a reduction in the length of stay of patients.
5. **Congratulations to four staff members:**
 - **Consultant Pharmacist Nina Barnett:** At the Clinical Pharmacy Congress Awards 2017, Nina (in collaboration with Consultant Pharmacist Lelly Oboh from Guy's and St Thomas' NHS FT) was presented with an award for Excellence in Clinical Leadership, for developing resources for pharmacy staff to better understand older people's clinical issues and to improve communication with this patient group.
 - **Adult Safeguarding Lead Nurse Florence Acquah:** Florence produced a film about female genital mutilation shortlisted for an international award. This was produced as part of the Department of Health's Summer 2016 FGM prevention programme.
 - **Grace Young, Ischemia UK Study Coordinator and Ikraam Hassan, Cardiac Research Nurse:** They jetted off to Sweden in May to attend the Euro Heart Care 2017 Congress, where they presented their poster about cardiac rehabilitation.

HILLINGDON NEWS

The Hillingdon Hospitals NHS FT

1. **New Skin Centre at Mount Vernon:** This achieved planning consent last month. It will provide a specialist unit for the majority of common skin treatments. Last year the Trust provided 22,200 outpatient skin appointments and 1,430 day case surgical appointments, an increase of 75% and 418% respectively since 2010. The Trust received around 200 signatures and letters in support of the proposal from patients and the general public, including the Community Voice.
2. **Finance:** The Trust submitted a planned deficit of £15.3m for the current financial year assuming a baseline figure of £9.6m Quality Innovation Productivity and Prevention savings delivery but it has now put forward a plan to NHS Improvement for a £8.8m deficit based on additional funding and revising QIPP savings to £12.5m. Although ahead of plan the Month 1 position shows overspend in key areas due to agency and medical locum usage.
3. **Staff vacancy and turnover:** The April vacancy rate increased to 14.78% from just over 10% in March following budget setting for 2017/18 rather than a drop in staff numbers. A nurse recruitment day is planned for the summer targeting Band 5 nurses. And the Trust continues to progress both nursing and medical international recruitment. Trust sickness in April dropped below the target of 3% for the first time in over a year.
4. **Temporary staffing:** In April the percentage of shifts filled by bank increased and the percentage filled by agency decreased, by 4.3% to 20.25% but there were 248 breaches of the price cap for locum medical staff, up from 248 in March. Temporary staff spend fell by almost £500k in month. Implementation of a new model for agency medical staff is expected to reduce costs from June 2017.

Hillingdon Clinical Commissioning Group

- 1. Hillingdon Primary Care Confederation (HPCC):** General practices in Hillingdon are joining together formally as the HPCC to support commissioning and delivery of new models of primary care across the borough.
- 2. Hillingdon Health and Care Partners:** This is an alliance of Hillingdon Hospitals FT, Central & North West London FT, the Hillingdon GP Confederation, and Hillingdon for All which held a launch event for staff on 25th May to set out its vision for the partnership. From 1st June HHCP will begin to deliver the new integrated model of care for people over 65 years. They have drafted a legal document called the Alliance Agreement to formalise their commitment to test over 2017/18 and 2018/19 the proposed new collaborative working arrangements including contracting, finance and capitation, outcomes and reporting, as well as models of care. They are also known as the Hillingdon Accountable Care Partnership (ACP).
- 3. H4All Wellbeing Service Pilot:** This pilot is in its second year. It has established a single point of access and referral to the extensive range of preventative services from third sector Hillingdon organisations, with a dedicated 'phone line. After 10 months, 1,099 patients had been referred to the service. Use of the Patient Activation Measures (PAM) had been implemented with 413 people having received a first PAM assessment, 153 had received a second PAM assessment and 10 had received a third PAM assessment. A PAM score below 60 suggested the patient would benefit from support and action planning – so the service targets people with the greatest needs and lowest level of self management. The services provides information and advice, home visits, befriending and mentoring input into care plans and care planning. It makes good use of volunteers to support the elderly patients referred by 44 of the 46 GP practices in the Borough. There is scope in 2017/18 to extend the service to adults with type 2 diabetes, many of whom do not receive self help treatment to manage their diabetes.

SOUTH WEST HERTFORDSHIRE

West Herts Hospitals NHS Trust

- 1. A&E at Watford General Hospital:** Currently 14th out of 138 hospital trusts with shorter waiting times in A&E, the Trust has been awarded an extra £1 million for its emergency department as part of the Government's winter funding for hospitals.
- 2. Decision to rebuild Watford Hospital on its current site:** Online the Chief Executive, Katie Fisher, explained, "The decision to pursue funds to transform the Watford site was not taken lightly. External experts assessed the likely costs and timescales of a range of options and their findings suggest that the greenfield option is £125m more expensive and that planning constraints on green belt land would further delay the construction."
- 3. Annual Staff Awards, May 2017:** Two people received the 40 year award and one lady, Barbara De La Salle received the 45 year award! The nominees were judged in three categories – commitment, care and quality, reflecting the Trust's values. The annual award is an opportunity to publicly acknowledge and celebrate individuals and teams who have made an outstanding contribution to the hospitals' care for patients.
- 4. Remembering babies who died:** Watford Hospital's annual Service of Remembrance for babies and children who died before, during or after birth took place at St Andrew's Church, Watford, on Sunday 21st May.
- 5. Nursing associate trainee programme:** This Hertfordshire and West Essex programme has opened up new career opportunities for fifteen of the Trust's healthcare support workers. This group joined trainees from other trusts to register for the two-year programme at the University of Hertfordshire. The programme is designed to enable support staff to become regulated nurses by being a bridge between healthcare assistants and degree qualified registered nurses.

Herts. Health Walks

Trained volunteers lead the walks, which are free and graded as follows:

- **1st steps:** 20 to 30 minutes, flat and even ground, no stiles, gentle pace, some stops
- **1:** 30 minutes about 1.5 miles, gentle hills, no stiles
- **2:** 45 minutes, about 2 miles, moderate hills, no stiles
- **3:** 1 hour about 3 miles moderate hills, faster pace, possible stiles
- **4:** up to 90 minutes possible steep inclines and stiles
- **4+:** over 90 minutes

Walks start from a number of places including:

- **Abbots Langley:** Car park off High Street behind shops, opposite Methodist Church, every Thursday 10am; level 2, 3, 4+
- **Abbots Langley:** Car park off High Street behind shops, opposite Methodist Church, every Thursday 11.15am; level 1st steps
- **Cassiobury Park, Watford:** The Cha Café nr Shepherds Road, every Wed. 10.30am; level 3 fast pace walk
- **Cassiobury Park Watford:** The Cha Café nr Shepherds Road, every Wednesday 11am; 1st steps, 1-2, buggy friendly, one hour
- **Croxley Green:** Artichoke pub on The Green, 10am Fridays; June 30, July 14, 28, August 11, 25; level 2, 3
- **Croxley Green:** Harvester, (The Two Bridges) Baldwins Lane, 10am Fridays, June 23, July 7, 21, August 4, 18; level 4
- **Mill End:** William Penn Leisure Centre, Shepherds Lane, Sundays 2.30pm, June 18, July 2, 16, 30 August 13, 27; level 2-3
- **Rickmansworth:** Café in the Park, Rickmansworth Aquadrome, every Tuesday 2pm; level 1st steps, 1-2, buggy friendly
- **Rickmansworth:** M&S car park, High Street, Wednesdays, 7pm, June 28 July 5, 19 August 2, 16, 30; level 3-4
- **South Oxhey:** The Centre, Gosforth Lane, every Monday, 10am (Not Bank Holidays); level 1st steps, 2-3
- **South Oxhey:** The Precinct / Bridlington Road, every Wednesday 10.30am; level 3, 4

GENERAL HEALTH NEWS

Statins May Boost Heart Health *(The Week 10 June 2017)*

Statins not only reduce cholesterol levels, they also seem to improve heart health, a new study has found. Researchers at Queen Mary University of London used magnetic resonance imaging (MRI) to scan the hearts of 4,622 people without cardiovascular disease. The 785 who were taking statins had been judged to be at greater risk of heart disease; they had higher BMIs and blood pressure, and were more likely to be older - yet their hearts seemed to be in better shape. "People using statins were less likely to have thickened heart muscle and less likely to have a large heart chamber," said study leader Dr Nay Aung. "Having a thick, large heart is a strong predictor of future heart attack, heart failure or stroke, and taking statins appears to reverse the negative changes in the heart".

A Balloon to Combat Obesity *(The Week 3 June 2017)*

A balloon that inflates in the stomach could be a cheap and effective alternative to gastric bypass surgery for obese patients, scientists say. The device is first of its kind that requires no surgery or anaesthetic. The balloon is simply swallowed – deflated – in capsule form, while connected to a plastic tube. Once in the stomach, the tube is used to fill it with water, before the tube is detached from the balloon by tugging it. The balloon remains in the stomach for four months, making the patient feel full, and then bursts, and is naturally excreted. In a study of 42 patients – presented to the European Congress on Obesity – severely obese patients lost an average of 2st 6lbs (15.2kg) using the Elipse Balloon. More than 6,400 people have weight-loss surgery in the UK each year; whereas gastric bands and bypasses typically cost £8,000 the balloon costs around £3,000