

Foundation

Feedback

Keeping Members up-to-date

Kidney themed issue



An update from your Chairman

It is time for a further report on the 'health' of the Trust as we are now well into the financial year 2006/7.

As members are aware the Trust had to set a deficit budget of £2.6million following anticipated reductions in activity at the Countess arising from the difficult financial position of local PCT's and their need for a Financial Recovery Plan.

Additionally a stringent cost reduction programme was introduced together with other measures and a difficult year was anticipated.

So far the year has gone well and our deficit has not accrued in the manner which we expected. We have also delivered the cost improvement programme with the result that our anticipated deficit will be very significantly reduced from the original figure.

Additionally service development arising from the work done earlier in the year with the OPM (Office of Public Management) team has laid out a programme of work which is hoped will assist in protecting income flows for the Trust in coming years.

There is now an intense competitive environment arising from a number of developments. The right of patients to Choose and Book, the role of the private sector and for care to be delivered away from the Hospital all mean that acute Trusts will have to work hard to protect their level of activity or even hopefully increase it. The OPM work together with other initiatives are essential for equipping the Countess to deal with these new challenges.

2006/7 has been a difficult year so far but the signs are there that we are well able to manage the Trust in such a way so as to overcome these changes and add to our already excellent reputation.



Sir James Sharples - Chairman

To: Ellesmere Port and Neston Members

From: Pat Clare, Elected Governor

It has been another busy year as a Governor (the new name for the Council Members) representing the members in Ellesmere Port and Neston. The Council has become known as the Board of Governors as we feel the name change better reflects our role and the relationship with the Board of Directors.

2006 has seen my involvement increase as I took part in the hospital review of its services and the opportunities for future expansion. Chairing the newly merged Communication and Membership Committees should give me even more challenges in the coming year.

As we welcome the new Governors to the Board, we will be planning different ways to meet and involve our members. The hospital is keen to work with the members to understand what we all want from our local hospital and this should help to ensure that we make the Countess of Chester our first choice if we should need treatment. Competition in the health market is a government policy so the hospital has to respond accordingly. Part of my role is to ensure that the direction taken by the Board of Directors meets the needs of the local community. We need a local hospital which gives us rapid access to good quality care. Best wishes for 2007, my third year as a member and Governor.

To: Chester and Rural Cheshire members

From: George Potter, Elected Governor

I take this opportunity to introduce myself to members as a newly elected governor of the Foundation Trust representing members of Chester and Rural area. So far, my input has been minimal but my induction training has been completed without inducing too much personal trauma. The first Governor's meeting of 5th December was quite taxing and revealed to me the very complex nature of the Foundation Trust. This will take some time to absorb. I have attended also a meeting of the Communications and Membership sub-committee as an observer and intend to do likewise with other sub-committees as the opportunities arise.

May I thank you for electing me. I shall try and justify your confidence during the next three years. It is my

Messages from your Elected Governors



hope that a useful contribution can be made to Trust affairs as I become better acquainted with the system.

To: Ellesmere Port and Neston Members

From: Keith Higham, Elected Governor

I have been a Governor for 12 months. In my first week I was asked to represent the Board of Governors at a series of conferences held in London and Birmingham, to set up a National Governors Forum. Representatives from forty five trusts across the country attended and being able to exchange views with people from hospitals from Cornwall to Newcastle gave an idea of the future purpose of this forum.

I joined the Board of Governors Strategy Committee. This is where we decide what issues are to be dealt with. As an example, take the recent emotive issue of 'Bed Closures'. Before this was announced in the Press, we met the Hospital Management and had a very robust discussion, during which we asked all the questions we know the public would ask. We were given assurances that this was a constructive decision and would not affect patient care. We are constantly monitoring the situation and to date there have been no problems with this decision.

I am always conscious of the fact that I am representing the interests of the people of Ellesmere Port and Neston.

To: Flintshire Members

From: Gordon Donaldson, Elected Governor

This is my second report to constituents through "Foundation Feedback". I have served on the Governors' Strategy Committee since its inception. It meets fortnightly to keep abreast of the ever-changing NHS scene, liaising regularly with the Chairman. The Committee does not have decision-making powers but the Governors have recognised the importance of a committee monitoring the Trust between the quarterly full Governors Meetings.

I successfully moved that this year's Governors' elections use the single transferable vote method rather than first-past-the-post. I hope you agree that where there are more than two candidates for one seat, members should have more influence on the choice of successful candidate, by expressing their order of preference. Nine Flintshire members attended the Annual Members Meeting. Does that indicate apathy or satisfaction? Please consider attending the Annual Members Meeting next year, and perhaps support the Sunday morning Car Boot Sale.

To: Chester and Rural Cheshire members

From: Ann Thomason, Elected Governor

I have been a member of the Board of Governors (formerly the Council of Members) since its inception and am enjoying the experience of serving on the Strategy Committee and various sub committees.

I have welcomed the experience of becoming involved in the Countess of Chester Hospital and am very keen to promote the hospital now that patients are given a choice when it comes to treatment.

I would like to encourage any members in the Chester/Rural area to contact me if they have any queries or matters to discuss – it is very important that members have the facility to bring any matters of concern to the attention of the appropriate department or person and that any problems are resolved efficiently to the satisfaction of all concerned.

I would also like to remind members that they are welcome to attend meetings of the Board of Governors, (these meetings will be advertised in the local press), and it is vital to the success of the Foundation Trust that members make full use of the opportunities available to them.



Organ Transplant

Approximately 15 patients who have kidney dialysis on the new dialysis unit at the Countess of Chester are in need of a kidney or a kidney and pancreas transplant and are on the National Transplant waiting list. The nearest Transplant centre for these patients and for this particular type of transplant surgery is at the Royal Liverpool Hospital. The transplant unit at the Royal Liverpool hospital performs 60-80 of these transplants every year for patients living in Merseyside, Cheshire, North Wales and even the Isle of Man. However the group of patients waiting for a transplant from the Chester dialysis unit join a much bigger group of patients waiting for a transplant in the UK, as the number of patients waiting for this type of transplant alone is a staggering 5,918! Last year a mere 1,800 of these patients waiting were lucky enough to receive a transplant.

Sadly there remains a desperate shortage of organs available for transplant and the supply cannot meet the demand. This is a worldwide issue and does not just affect the UK, there have been several efforts made to address the shortage of organs for transplant including more funding for education and greater awareness amongst the public. There have also been increased efforts to raise the number of transplants performed from live donors, whilst this is proving successful the numbers involved are still relatively low. More recently the law has changed in the UK to place greater emphasis on the wishes of the deceased in the event of their death. Since September of

2006 the Human Tissue Act, passed in 2004, has been enforced which makes it legal to remove someone's organs for transplant following their death if they have expressed a wish to do this in their lifetime, either in writing, verbally or by carrying an organ donor card and registering their wishes on the organ donor register. However if someone's wishes are unknown on their death then their family will be approached for their decision regarding the donation of the deceased's organs for transplant. A family's refusal regarding organ donation would never be ignored even if the deceased had clearly expressed a wish to donate in their lifetime so the deceased wishes could in theory be overruled despite the change in the law. In reality most families would however honour the wishes of their loved one on their death. It is hoped that the changes in the law will make the wishes of the deceased on this issue paramount. If the deceased wishes are unknown and their family are unsure what their loved one would have wanted to do in the event of their death then almost half of the families approached about organ donation refuse and this drops the number of organs available for

transplant even further. This is why it is so important to make your wishes about organ donation known during your lifetime.

Anyone who wants to find out more about organ donation or would like to register their wish to donate their organs for transplant in the event of their death can do so by contacting the organ Donor Information Line on 0845 60 60 400 or going online to www.uktransplant.org.uk

Tracy Rhodes, Transplant Coordinator, Royal Liverpool & Broadgreen University Hospital, Liverpool.



Beef and Mushroom Stroganoff

Traditional stroganoff usually contains tomatoes but this version uses mustard instead to reduce the potassium content while still providing plenty of flavour. We have also used tinned mushrooms instead of fresh ones as they are much lower in potassium.

1. Heat the oil in a pan and fry the onions until they are clear and softened. Add in the steak strips and fry for a further 5 mins.
3. Next add the wine and the mushrooms, cover the pan and let the mixture simmer for about 15 minutes.
4. Meanwhile, boil the rice in unsalted water.
5. When the steak is evenly cooked, add the mustard and creme fraiche and warm through before serving with the boiled rice.

500g stewing steak (cut into small strips)
 1 small tin (drained) sliced mushrooms
 4 heaped tps wholegrain mustard
 1 tub (200ml) creme fraiche
 1 small thinly sliced onion
 10ml rapeseed or sunflower oil
 150ml white wine
 220g white rice

Serves: 4 people
 Preparation time: 30 minutes
 (inc cooking time)

Spotlight on...



Renal Dialysis Unit

Sue Elphick from the Board of Governors went to investigate...

The Renal Dialysis Unit, situated in the Care Building at the Countess of Chester Hospital, was opened in January 2006. This provides a local service for patients who would otherwise travel to Arrowe Park and bringing them together with those who had been using the service at the Steam Mill in Chester. The 17 bed unit is still classed as a satellite of Wirral Hospitals Trust.

In-patient beds for adults with renal problems are at Arrowe Park and younger patients (under 18) are treated at Alder Hey Hospital in Liverpool. Dr Alex Crowe, Consultant Nephrologist (pictured right), has clinics in Chester and Wirral.

15 of the 17 beds are in continuous use with patients attending on Monday, Wednesday and Friday or Tuesday, Thursday and Saturday, either morning or afternoon, for an average of 4 hours. When patients arrive at the unit

for their sessions they weigh themselves and calculate how much weight they have gained since their last session. Blood pressure and temperature are monitored.

Once dialysis has commenced refreshments and newspapers are provided. Morning patients, who arrive at 7.30pm, will have breakfast. Free TV is available

for 13 of the bed stations and all patients have radio and can receive incoming phone calls. The unit is spacious and attractive with an elevated nurses station for continuous observation.

At the end of the session needles are removed and patients are assessed again. Post-weight, temperature and pulse are

recorded. The process of dialysis is not painful. After each session the stations are cleaned and the ward re-stocked ready for the next session.

An expert and specially trained team of staff under Moira Savage, Unit Manager, include her Deputy Manager, Jane Joseph, 12 Staff Nurses and 5 Health Care Assistants. The Ward Clerk has a close relationship with the Ambulance Service who provide transport for patients.





From a patient's perspective

"The service in the Renal Dialysis Unit is excellent. The staff are wonderful and extremely attentive. The atmosphere in the Unit is good and most patients retain a great sense of humour which is good for morale.

Having the Unit located in the Countess of Chester Hospital has been a good move for most of us."

Photographs

Opposite page:

Dr Crowe with a dialysis machine

This page:

Left - Waiting room for dialysis patients.

Above - Dialysis unit

Quality Assurance meetings are held twice monthly. These are attended by the ward staff, the Anaemia Management Nurse, the Renal Pharmacist, the Renal Social Worker and the Vascular Access Specialist Nurse.

All patient data is monitored and is sent every month to the Renal Registry from the unit. In the future it is hoped that the unit will be able to open an evening session.

Sue Elphick
Governor
Countess of Chester Hospital NHS Foundation Trust

New Faces

Following the recent elections, the following Governors were elected with effect from the Annual Members Meeting in October 2006.



Helen Clifton
(Chester & Rural Cheshire)

George Potter
(Chester & Rural Cheshire)

Stan France
(Ellesmere Port & Neston)



Liz Kevan
(Flintshire)

Eric Huntington
(Out of Area)

Cllr Sue Kettle
(Ellesmere Port & Neston)

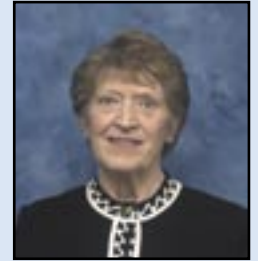
Dates for your Diary

Please check the local press and the web site for further details nearer the time. We'd love to see you at one of these meetings. As a Foundation Trust the Governors and hospital are keen to keep in touch with the local community and would welcome your views and any suggestions you may have. Please address these to the Secretary to the Board and post to the hospital address on the back page.

Board of Directors Public Meeting	6th February 2007
Board of Governors Meeting	27th February 2007
Board of Governors Meeting	15th May 2007
Board of Directors Public Meeting	12th June 2007
Board of Governors Meeting	10th July 2007
Board of Directors Public Meeting	4th September 2007
Board of Governors Meeting	25th September 2007
Annual Members Meeting	9th October 2007
Board of Directors Public Meeting	6th November 2007
Board of Governors Meeting	4th December 2007

Goodbye...

We would like to say a farewell to the following and thank them for their tremendous hard work and contribution to the Foundation Trust during their term of office.



Eleanor Hornsby
Governor - Ellesmere Port & Neston



Melissa Blissett
Governor - Chester & Rural Cheshire



Maureen Crudge
Governor - Ellesmere Port & Neston



Lee Evans
Governor - Flintshire

We would also like to thank Kate Diggory, Foundation Trust Secretary for her support to the Trust and its Governors. Kate left the Trust in November 2006 to take up a new challenge and we would all like to wish her well for the future.

Annual Performance Ratings 2005/2006

Summary of results for the Countess of Chester Hospital NHS Foundation Trust

The Healthcare Commission's annual health check scores organisations in the NHS on many aspects of their performance, including how well they manage their finances (use of resources) and the quality of the services they provide (quality of services). These scores are based on a range of information gathered throughout the year. This includes information about whether organisations in

the NHS are meeting the targets and standards set by the Government.

More detailed information about the results for Countess Of Chester Hospital NHS Foundation Trust is available on the Healthcare Commission's website at:

www.healthcarecommission.org.uk

Overall rating

In 2005/2006, the trust was rated:

- Fair for use of resources
- Good for quality of services

This means that there was evidence that the organisation provided good quality services. It also demonstrated an acceptable level of financial performance and presents a medium level of financial risk.

Use of resources

The score for use of resources is based on how well an organisation in the NHS manages its finances. This could include how it plans and reports on its financial performance, how it monitors the money it spends, and how it makes sure that the services it offers to patients represent good value for money.

The Countess of Chester Hospital NHS Foundation Trust was scored fair for use of resources.

This score was based on information received from Monitor. Further information on the financial risk rating given to this organisation can be found on the Healthcare Commission's website at:

www.healthcarecommission.org.uk

and on Monitor's website at:

www.monitor-nhsft.gov.uk

Quality of services

The score for quality of services covers a range of areas within a healthcare organisation that can affect the care and

treatment a patient receives, including access to services, safety and the way an organisation is run. In particular, it reflects whether an organisation provides the basic standard of care required by the Government and whether it strives to improve the care and treatment it provides for patients.

The Countess of Chester Hospital NHS Foundation Trust scored good for quality of services. This score was based on the results it received in the following areas.

Component results

Getting the basics right

Assessment of compliance with core standards	Almost Met
Existing national targets	Almost Met

Making and sustaining progress

New national targets	Good
Review of services for children in hospital	Good
Review of admissions management	Fair
Review of diagnostic services	Good
Review of medicines management	Fair

The Inca Trail Nailed!

Well I made it, and it was a fantastic experience. I always knew it would be difficult and on the first day as I struggled to breathe and talk to a member of the group at the same time, I found myself wishing that I had visited the gym a bit more frequently before I had left!

I had done a fair amount of training but realised it would have been better had I started earlier in the year rather than trying to cram it all in during the 2 months before I left! I won the staff lottery in October so used the £150 to buy 10 personal training sessions with Dan at the Mollington Health and Leisure Club - and he certainly got me fitter than I would have been if I had not been under his guidance.

I lost over a stone in weight but it really should have been 2, so consequently I was carrying my rucksack plus the equivalent of 3 bags of potatoes up and down the Andes for 4 days!

Day 2 was by far the most strenuous, and I felt a real sense of achievement when I finally reached the top of Dead Woman's Pass - almost 14,000 ft! I was really worried about how my legs would be on Day 3, because a month earlier as part of my training I had walked up Snowdon one Sunday afternoon, and the following week had hardly been able to walk - my legs just felt like 2 pieces of wood. Thanks to a couple of IWL sports massages at the hospital, Denise managed to get me moving again and she gave me an "emergency" bottle of massage oil to use whilst I was away. She

also suggested new insoles for my boots which saved damage to my knees - so thanks Denise - your advice was invaluable - and amazingly my legs were fine on Day 3! The scenery was spectacular, the Peruvian guides delightful and the group I was with were just fantastic - everybody encouraged each other and there was a real sense of camaraderie.

Reaching the Sun Gate on Day 4 (after climbing the aptly named "Oh My God" steps) and looking down on Machu Picchu was just amazing and made all the aches, pains, moans and groans worthwhile! It really was quite emotional. I was well impressed with the organisation of the Trek, arranged by Saltney based Global Adventures and if anybody is interested in doing something amazing in 2007 or 2008 - they have a wide range of challenges now available. We have brochures and information in the fundraising office. I paid for the trip myself and have raised almost £2000 for B POSITIVE.

You can decide to go down the total sponsorship route and get your trip for free if you prefer.

For more information and to see what Challenge might suit you best, call in and see us, or phone on 01244 36 6397.

Janet Ratcliffe
Fundraising Manager



Now you can contact your Elected Governors by email, letter or fax:

Email

Public

Chester & Rural Cheshire
susan.elphick@coch.nhs.uk
penny.pallett@coch.nhs.uk
shelia.dunbar@coch.nhs.uk
stanley.skyrme@coch.nhs.uk
helen.clifton@coch.nhs.uk
maureen.brady@coch.nhs.uk
william.buxton@coch.nhs.uk
george.potter@coch.nhs.uk
ann.thomason@coch.nhs.uk

Out of Area

eric.huntington@coch.nhs.uk

Ellesmere Port & Neston

pat.clare@coch.nhs.uk
david.britt@coch.nhs.uk
keith.higham@coch.nhs.uk
stan.france@coch.nhs.uk
sue.kettler@coch.nhs.uk

Flintshire

gordon.donaldson@coch.nhs.uk
joyce.speed@coch.nhs.uk
peter.york@coch.nhs.uk
liz.kevan@coch.nhs.uk

Staff

Nurses/Midwives Qualified
lesley.freeman@coch.nhs.uk

Nurses/Midwives Unqualified
Vacant

Doctors
iain.keeping@coch.nhs.uk

Unqualified
Vacant

All Other Staff Groups
millie.bradshaw@coch.nhs.uk

Allied Health Professionals/Technical/Scientific
heather.shilliday@coch.nhs.uk

Letter

Please address your letter to:

The Foundation Trust Secretary, Countess of Chester Hospital NHS Foundation Trust
Countess of Chester Health Park, Liverpool Road, Chester. CH2 1UL

Fax

Please address your fax to:

The Foundation Trust Secretary
01244 365292