

GP Link is designed to keep you up-to-date with news and details of service improvements at Mid Cheshire Hospitals NHS Foundation Trust
www.mcht.nhs.uk/gps

Maternity Unit Achieves Further Top Rating

The Maternity service based at Leighton Hospital in Crewe has added another significant accreditation to its increasing number of accolades, after being awarded a top rating by UNICEF and the World Health Organisation.

Following a thorough two-day assessment of the Maternity Unit, alongside Neonatal and Paediatric services, Leighton Hospital has been officially named as a UNICEF UK Baby Friendly Hospital for the first time in its history.

The Baby Friendly Initiative is a programme designed to support breastfeeding and parent-infant relationships by working with public services to improve standards of care. It aims to ensure that all parents can make informed decisions about feeding their babies and that they are supported in their chosen feeding method.

The programme provides a framework for the implementation of best practice and is divided into three stages, with organisations required to complete audits and assessments at each stage. Mid Cheshire Hospitals NHS Foundation Trust (MCHFT), which runs Leighton Hospital, achieved Stage One in 2010 and Stage Two in 2013. The Trust was assessed for Stage Three in May 2015 and is now fully Baby Friendly accredited.

Pam Cornwall, Lead Nurse and Head of Midwifery at MCHFT, said: "It gives me enormous pleasure that we have received this accreditation. We scored 100% in 10 out of the 14 criteria that we were assessed on, with our lowest score being 91%. This is a phenomenal achievement and I would like to thank everyone within our Maternity,



Neonatal and Paediatric teams for their commitment to continually improving our services.

"It has been a fantastic few months for the Maternity Unit, having already been named as Midwifery Service of the Year by the Royal College of Midwives in March. When these achievements are considered alongside us being named as one of the safest units in the country by the Clinical Negligence Scheme for Trusts (CNST) programme, we have now received the three top ratings that any Maternity service can be awarded.

"There aren't many organisations in the UK who have achieved what we have, which means that local pregnant women and their families really do have a top class service available on their doorstep."

The Maternity Unit at Leighton Hospital has been fully refurbished in recent years and can provide care for all women, from low-risk births in the purpose-built Midwifery-Led Unit, which offers birthing pools, ambient mood lighting, en-suite facilities and private courtyards, through to those who may require more attention in the traditional Labour Ward. A new high-dependency area is available for women who may require more intensive specialised care during labour, further increasing the safety of their care, whilst home births are also offered, all supported by a team of dedicated and highly qualified

in this issue

- P2** • Cervical Samples
• Varicose Veins
- P3** • Audiology Update
• Prescribing Number
• X-Ray Requests
- P4** • Acute Oncology
• Walking Group



feedback

If you have any feedback on this newsletter, or any suggestions for future articles, please tell us by emailing gp.link@mcht.nhs.uk.

Midwives. Further information about the range of maternity options available from the service is available at www.mcht.nhs.uk/maternity.



Endometrial Cells in Cervical Samples

The Trust is continuing to receive large numbers of enquiries from GPs about how to manage cases where endometrial cells are reported on a cervical smear. As result, the Gynaecology service would like to share the following guidance, previously published in June 2013.

Since the introduction of liquid based cytology (LBC), there has been a higher prevalence of benign endometrial cells in cervical samples. These are not of any significance in women under the age of 40 and are therefore not reported in these women.

If a cervical sample shows 'atypical cells of endometrial origin,' about one third of women have uterine lesions such as endometrial polyps, hyperplasia or carcinoma. The woman should therefore have an urgent (within two weeks) referral to a Gynaecology clinic.

If 'normal endometrial cells,' the significance of these in women over the age of 40 varies according to various factors, including the phase of the menstrual cycle, the use of some hormones and the patient's clinical history. It is therefore extremely important that all relevant clinical information is correctly recorded

on the Cytology Request Form.

No action is required in the following cases, provided there are no clinical symptoms suggesting endometrial disease (e.g. intermenstrual or post-coital bleeding):

- the presence of normal endometrial cells during the first 14 days of the menstrual cycle;
- the presence of endometrial cells in a woman who is receiving oral contraceptives, hormone replacement therapy or tamoxifen;
- the presence of endometrial cells in a woman who is fitted with an IUCD.

If a woman does not fall into these categories or she has symptoms suggesting endometrial disease, she should be referred to the Gynaecology clinic for review. Otherwise she can be reassured that the endometrial cells are a normal finding and do not require investigation.

Detailed advice regarding cervical cytology results and actions required can be found at www.cancerscreening.nhs.uk/cervical/publications/nhscsp20.pdf

New Varicose Vein Procedure

In April 2015, MCHFT had the first day surgery list for minimally invasive endovenous surgery for varicose veins called Radiofrequency Ablation (RFA) under vascular surgeon, Mr Sriram Rajagopalan.

This is a proven treatment for patients suffering from varicose veins. The procedure can be performed under local anaesthetic under the remit of a vascular surgeon on a 'walk in-walk out' basis (as a day case).

Research has shown that patient outcomes are significantly improved when compared with conventional open surgery, with patients experiencing less pain, bruising and fewer complications. Recovery and return to work times are also significantly improved using the new procedure.

The technology has been endorsed by National Institute of Clinical excellence (NICE), and there is a strong body of evidence which shows that the use of this technology can facilitate improved outcomes for patients.

The most recent guidelines from NICE in 2013 have recommended Endovenous Ablation as the first line

treatment for all symptomatic varicose veins. (www.nice.org.uk/nicemedia/live/14226/64566/64566.pdf).

Endovenous ablation enables a vascular surgeon to provide, under local anaesthetic, a minimally-invasive alternative to traditional ligation and vein stripping. The procedure, administered through a fine catheter and guided via ultrasound, operates via a radio-frequency heating process which ablates the vein in its entire length. The procedure negates the need to remove the vein as, over time, the treated vein is absorbed by the body and within six-to-twelve months is virtually invisible on ultrasound.

Currently Leighton Hospital offers all forms of treatment for varicose veins: Endovenous Radiofrequency ablation, Ultrasound guided foam sclerotherapy, open surgery and compression therapy as clinically appropriate in line with the NICE guidelines.

For further details of the procedure at MCHFT, please contact Miss Lorraine Corfield or Mr Sriram Rajagopalan, Consultant Vascular Surgeons who provide the service.

Audiology Update

New Technology

MCHFT's Audiology Services are now able to provide the latest in hearing aid technology from Oticon. The 'Synergy' hearing aid will make the department's NHS service comparable to the technology available in the private sector. The Synergy hearing aid provides a wider fitting range for more discreet aids, provides improved feedback technology and an extended bandwidth of up to 8kHz providing access to high frequency speech sounds and vertical localisation cues.

With the introduction of this new technology, the service is aiming to provide more 'assess and fit' appointments, reducing waiting times and travel for clients, making the pathway more streamlined.

Feedback from those already fitted with the new Synergy hearing aids has been very encouraging.

New Unilateral Tinnitus Pathway

The department has recently developed a new Audiology Unilateral Hearing / Tinnitus Pathway of more than three months duration for those over 16s, as an alternate route to being seen by the Ear, Nose and Throat (ENT) department. This new pathway allows the Audiologist to request an MRI scan as required, should the patient meet a specified criteria, with the results then reported back to the referrer. The pathway will be available on EMIS shortly.

Patient Satisfaction

Of the 210 clients surveyed between June 2014 and February 2015, 100% are satisfied or very satisfied

with the service provided by the Trust.

The service at MCHFT offers a great range of accessible services to both new and existing clients, which is demonstrated in the positive feedback received. Staff in the department are friendly and approachable, and build good relationships with many of their clients. All feedback received from clients is used to further improve the service.



Waiting Times

The following are the latest average waiting times for the Trust's Audiology service:

- Referral to assessment: 10 days
- Assessment to fitting: 7 days
- Fitting to follow up: 43 days

Contact Details

For further information about the above topics, or for details about the full service range, please contact the department on:

- Telephone 01270 612197
- Fax 01270 273409
- Email audiology@mcht.nhs.uk
- Website www.mcht.nhs.uk/audiology

Prescribing Number

In order to ensure that accurate records are maintained for patients, the Trust is asking for the assistance of local practices to ensure that their GP Prescribing Number is updated with the Health and Social Care Information Centre when any changes occur within the practice, including the appointment of new GPs.

The Health and Social Care Information Centre provides the Trust with an update of changes each quarter. This helps to form an important communication structure, because if records are not maintained accurately, the Trust is unfortunately unable to send electronic reports directly to the referring GP.

X-Ray Requests

When requesting plain x-rays, please could GPs ensure that the correct request card is used. This ensures that the patient is seen as quickly as possible. The Trust has recently seen an increase in the number of plain x-rays being requested through Pathology request forms.



Acute Oncology Team

The Trust is pleased to announce that Katie Mulroy has joined the Acute Oncology team based in the Macmillan Unit at Leighton Hospital as a Macmillan-supported professional.

Katie will be a link between the community and hospital setting, and will provide expert advice and support to patients and community healthcare professionals in the management of acute onset complications of cancer or its treatment.

Katie will liaise with a patient's site specific nurse, oncologist and/or palliative care team, community healthcare professionals and hospital teams to ensure a co-ordinated approach to patient care. Katie will also act as a keyworker for individuals with a malignancy of unknown origin / cancer of unknown primary.

The full Acute Oncology team comprises an Acute Oncology Consultant, two hospital-facing Acute Oncology Clinical Nurse Specialists, one community-facing Macmillan Acute Oncology Clinical Nurse Specialist, and an Acute Oncology PA.

The Acute Oncology service operates Monday to Friday 9am – 5pm.

Referrals can be made by the following methods:

- Direct to Acute Oncology Service – 01270 273606
- Direct to Acute Oncology PA – 01270 273602
- Contact the Hospital Acute Oncology Nurse on bleep 3607 / 3054 (via 01270 255141)
- Contact the Community Acute Oncology Nurse on bleep 3923 (via 01270 255141)
- Electronically completed referral - emailed to acuteoncology@mcht.nhs.uk
- Fax referral form to 01270 273428.

For Out of Hours advise please contact:

- The Christie Hotline - 0161 446 3658
- University Hospitals of North Midlands NHS Trust (Oncology) - 01782 672646
- University Hospitals of North Midlands NHS Trust (Haematology) - 01782 672227

Acute Oncology Contacts:

Name	Title	Contact
Dr Laura Horsley	Consultant Oncologist	01270 273606 / 273602
Sophie Lloyd	Clinical Nurse Specialist	01270 273606 / 273602 Bleep 3607 / 3054
Sarah Latham	Clinical Nurse Specialist	01270 273606 / 273602 Bleep 3607 / 3054
Katie Mulroy	Macmillan Clinical Nurse Specialist	01270 273606 / 273602
Virginia Atterbury	PA to Acute Oncology / MDT Co-ordinator	01270 273602 / 273606



Pictured above: the Macmillan Unit's waiting room

Walking Group for Long Term Conditions

Macmillan Cancer Support and Age UK have joined forces to offer a series of "Walking For Health" events as part of a programme of support for patients with long-term health conditions or those having or recovering from cancer treatment.

These gentle-paced strolls, of approximately one or two miles in the Cheshire area, take place on a level gradient every first Tuesday and third Wednesday of the month. With a volunteer planning and leading every walk, it's a friendly and unpressurised way of meeting people while enjoying the great outdoors.

Andrew Adams, himself a cancer patient, has designed one of these local walks and said: "I am really keen to give

people who are feeling poorly or depressed the chance to experience the benefits of a short walk. Please do come along and join us."

As part of a wider programme to support local cancer patients, Macmillan Cancer Support is also running a series of Health and Wellbeing Events. These drop-in events offer informal advice and support on anything from fatigue to active living to relaxation and much more, and take place every third Tuesday of the month at The Olive Grove in Nantwich.

For more information on either of these events, please contact Julie Pieczarka, Macmillan Information and Support Manager, on 01270 273603.