Help Us, Help You

In winter, pressures on Accident and Emergency departments increase substantially, particularly admissions for winter respiratory illnesses. Salisbury District Hospital has been busy taking steps to ensure it is fully prepared to deal with any surges in demand this winter.

The Trust is vaccinating frontline staff as part of its programme to protect patients and staff from the flu virus. Comprehensive staff vaccination can help reduce the risk of flu spreading across patient areas and affecting vulnerable patient groups. It can also impact on staff sickness within the Trust and on colleagues and be taken back to the family at home.

We are also encouraging some of the most vulnerable people in society – frail, older people and those with underlying health conditions – to take better care of their health as the colder months approach, by taking simple steps to look after themselves and helping their families, friends and neighbours to do the same and to 'stay well this winter'.

Cold weather can be seriously bad for your health. That's why it's important to look after yourself, especially during the winter. It is important to keep warm in winter – both inside and outdoors as it can help to prevent colds, flu and more serious health problems, such as heart attacks, strokes, pneumonia and depression. Heat your home to at least 18°C (65°F), if you can – you might prefer your living room to be slightly warmer.

Older neighbours, relatives, friends and other elderly members of the community are more vulnerable in the winter months and may need a bit of extra help this winter, so make sure you keep in touch, check if they are feeling under the weather, help them stock up on food supplies and make sure they have the necessary medication before a spell of bad weather.

If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice from your pharmacist. The sooner you get advice the better – pharmacists are here to help you stay well.

Flu is very infectious and spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading flu, use tissues to trap germs when you cough or sneeze, wash your hands often with warm water and soap, and bin used tissues as quickly as possible. Catch it. Bin it. Kill it.

You are eligible for the free flu vaccine if you are pregnant, are aged 65 years or over, have a long-term health condition (check which conditions are eligible), or are a carer. Children aged 2 or 3 years are also eligible.

Ask your GP, pharmacist or midwife about the free flu vaccine.

By-Election of Governors in 2019

A By-election was held in 2019 for the following constituencies: West Wiltshire; Kennet; East Dorset and South Wiltshire Rural, to complete the current terms of office of the previous Governors who have resigned.

Only two constituencies had candidates that come forward to contest them. In East Dorset, Nicolas Sherman, and in South Wiltshire Rural, Dr James Robertson, won their seats.

In January 2020 we will restart the normal election process, please do consider standing for Governor in the constituencies that will be up for election in Salisbury City and South Wiltshire Rural.

The 10m by 3m purpose-built Rowa Vmax robot automatically stores and locates over 25,000 medicines and can dispense up to three items within 12 seconds. Added benefits include an automatic loading platform, a ward stock dispensing system and 3D barcode readers.

By cutting down the amount of time pharmacy staff spend looking for medicines, this allows staff to spend more time on direct patient care and improve safety across the Trust.

Following a short internal competition, the Pharmacy Team have named the Robot 'Kryten' after the android from television sitcom Red Dwarf.

Steve Bleakley, Chief Pharmacist at Salisbury NHS Foundation Trust, said: "We are very proud and excited to welcome our new robot, Kryten, to the pharmacy team. This cutting edge technology incorporates the finest high-tech technology. It will increase medicines availability and improve safety across the hospital. By automating the dispensing process staff time can be released to focus on front line clinical duties, for the benefit of all our patients."

This room, located on the hospital's Spire Ward, has been fittingly renamed as the 'Friends Memory Lane Café', re-designed to provide a place of calm away from a clinical environment. The magic table projects interactive light displays, designed to motivate the mind and inspire elderly frail and stroke patients, including those with dementia, to be more active. The colourful images respond instantly to participants' reactions creating a highly engaging opportunity for individual or group play and encouraging patients to interact with one another. This is a simple and effective way of bringing dementia patients together with others, including their families and carers.

This has been made possible thanks to a very generous donation from one of the hospital Charities, the League of Friends, who support the hospital by funding the small projects that make a big difference.

Commenting on the technology, Julia Burton, Dementia Support Education Co-ordinator said:

"With an ageing population, we are always looking for innovative ways to stimulate our patients and reduce social isolation. We are so grateful to the League of Friends for funding the adaptions to the reminiscence room and the table, which is making a huge difference to our patients well-being. It is so heart-warming to see the reactions from our patients, who can go from being quite uncommunicative and agitated, to becoming calmer, more relaxed, immersed and smiling".

David Stratton, Chairman of the League of Friends added:

"It's great to see the money raised by the charity being used to support an important initiative which is having such a positive impact on patients.

Please support our Hospital charity, the Stars Appeal, by buying the enclosed Christmas Raffle tickets. The top prize is a brand new car worth over £8,000, second prize is £1,000, third prize is £500 and there are more cash prizes as well!

Get in touch with your Governor by going onto our website: **www.salisbury.nhs.uk**, click on the Foundation icon, and then Council of Governors. Once there, choose the Governor who represents your constituency, or contact us by post at the following address, **Salisbury District Hospital, Trust Offices, Odstock Road, Salisbury, Wiltshire SP2 8BJ.**

To help with our costs, where possible we would like to send this newsletter by email. If you are happy to receive it this way, please contact Isabel Cardoso at: Isabel.cardoso@nhs.net, or on tel: 01722 336262 ext 5479.