

Newsletter

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Big thanks to the Friends of Queen Mary's, health checks and the Huts revisited with a plea for help at the end. Enjoy.

Thanks to Friends of QM

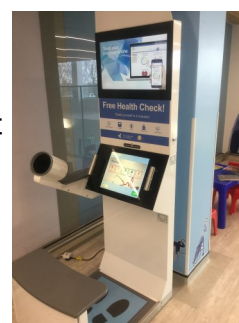
Surgical pre-assessment would like to thank the Friends of Queen Mary's for providing them with a weighing machine which also enables them to calculate height and BMI (Body Mass Index). These are essential measurements for the patient pre-operatively. It will also enable them to provide lifestyle and health promotion information to empower the patients to optimise their health and well-being prior to admission for surgery and going forward.

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

~ Carl Bard

Health checks for all

At the end of December a SiSU Health Station was brought to Queen Mary's. The machine is situated in Outpatients on the first floor of the Main Building. The Health Station enables staff, patients and visitors to have free health checks and will check blood pressure, pulse, height, weight, BMI, fat percentage and heart age. It takes approximately 5 minutes to carry out the tests and takes you through each stage of the programme. The results are then e-mailed to you. Give it a go!



Queen Mary's - access to Estates Help Desk

The Estates Help Desk moved offices in October 2017 from D Block which had the facilities to accept visitors for car park permit renewals, new permits and various other help desk requests. The move to the new offices does not have the same facility to cater for visitors on a regular basis.

We have therefore introduced a new system to report jobs and apply or renew car park permits. In future, it is asked that you do not visit the new Estates Help Desk office but please email all requests to

oxl-tr.qmh-estateshelpdesk@nhs.net or telephone 02039 107381

New heart monitor thanks

The Cardiology Department wish to thank the Friends of Queen Mary's very much for the recent purchase of five brand new Lifecards. These are patient heart monitors, which patients can wear for 24, 48 or 72hrs or a full 7 days.

This new investment has helped Cardiology immensely as they had a big shortage of these monitors, and were unable to offer patients the chance to wear one for 7 days – as they needed to take one off and put it straight on someone else! Not an ideal scenario at all.

Now they are able to see patients within a short

time, and offer them the chance to wear the monitor for as long as the Doctor has requested.

They are able to pick up various abnormalities, (which would not necessarily be picked up on an ECG, which only takes a few minutes). These monitors continually record the heart rhythm the whole time they are being worn. This is then downloaded on to an analyser and a physiologist will then run through the whole tracing. Various arrhythmias, some potentially life threatening, may be detected which will then enable the patient to receive the prompt treatment which they require.

The Huts revisited -

All the articles I have written about this old hospital took place more than 50 years ago so it is not surprising that I remember a few other things of those times. Let's then start with ward 9 which surprisingly was a private ward which possibly was left over from the time before the NHS was formed in 1948. This short ward consisted, I believe, of four rather claustrophobic box style rooms and at the end of this ward was a larger room with two beds facing one another. This was known as an auxiliary private room, possibly because it was cheaper to be admitted here. This ward was very efficiently run by Sister Chatton who later took over responsibility of the recovery area in the then new hospital, and had a mixture of patients requiring both medical and surgical treatments. Next door was ward 10 which was mainly kept empty so that you could have an overflow of patients should the hospital become very busy. This ward was also used for surgical patients that just walked up the corridor ahead of it to have minor treatments in the theatres. Strangely enough at the 100th anniversary celebrations I met up with the sister

who ran this ward so many years ago.

The celebration back in September was a very enjoyable occasion, on a lovely sunny day, and I was able to meet one or two nursing staff and a retired surgeon from the old days.

Now I would like some help from anybody reading this who perhaps worked at this hospital back in the 60s. One thing I find hard to remember was that there was a fire I believe that started in the kitchens and spread into the casualty unit as they were both next door to one another. What I can remember is that all staff had to walk over to Froggnal House to have their meals and I am not sure how long it took to repair the damage and for things to return to normal – if that ever happened – as the old hospital was coming near to its end.

*Memoirs of Gerry Hosking
QMH Employee 1964-1978*

If you can help Gerry with any information please contact Denise Webb via the email or phone number below. Thank you.

Staff development drop-in for KCH staff

Find out more about the training and developmental opportunities available for King's staff based at Queen Mary's by visiting Seminar Room 1 (Hockenden Ward) between 12 noon and 2pm on Friday 16 March. Members of the Learning & Organisational Development Team will be on hand to provide more information about:

- King's Academy Leadership and Development Pathway
- Apprenticeship opportunities and qualifications for all staff
- Making the most of LEAP, including eLearning and booking onto courses
- New King's Appraisal process
- Library support including access to eJournals and eBooks

Coffee with the Cops

This continues to be a success and we are delighted to announce that the hospital now has its very own liaison officer dedicated to Queen Mary's. The Longlands Police will be at the Snack Box café each month to provide safety information to staff, visitors and service users on personal safety / vehicle safety and information on what's happening in the local area.

Please come along and join them for a 'cuppa'! Details will be advertised each month around the hospital.

Your news and questions

If you have any interesting news from Queen Mary's new or old you would like to share, views about anything within this newsletter, or any questions you would like to ask about what is happening around Queen Mary's, do get in touch. If you would like this newsletter emailed to you please do let us know.

Contact details are: denise.webb@nhs.net or you can telephone on **02039 107391**