

connect



# Get your jab - protect your patients

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Get your flu jab and protect yourself, your family and your patients this winter.

September/October 2019



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## World Sepsis Day

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## Group clinical leads

Meet the ten group clinical directors who are leading our reconfiguration plans.



Welcome to the first edition of Connect, your new, bi-monthly group magazine.

Our MSE communications teams are working together to bring you the most important news, innovative developments and staff achievements from across all of our sites.

We have had exciting developments over the last few months, including the release of Maternity Direct, a chat app for mums-to-be, and have covered stories that see us at the forefront of technological improvements including our remote heart monitoring device.

As winter is almost upon us, our flu and sepsis campaigns are just around the corner, as is our staff survey. Please look out for more information on your intranets and around the hospitals. We invite everyone to offer their feedback about their working experiences. Thank you to everyone for all your hard work and please continue to share your stories with our communications teams.

I hope you enjoy reading issue one.

*Clare Pawker*

## A new Dawn for Finance



Dawn Scrafield, our new chief financial officer, has joined us from East Suffolk and North Essex Foundation Trust where she was director of finance.

Dawn is excited to be joining at an important and challenging time. She said: "From experience, a merger is a tough process. Change affects us all. We are only human so we need to support each other.

"I am looking forward to working with you to support the transition. It will be a rollercoaster adventure, but the opportunities are immense.

"I am passionate about being part of the public sector along with so many people who are committed to improving the lives of others.

"I really enjoy meeting with services to understand how they operate and to see how investments and decisions are affecting delivery. I see my role as supporting clinicians and front line services to make the 'magic' happen. My drive is to get the best out of public funding and I despise waste – if we accept waste, we constrain our ability to improve the lives of others. I believe collaboration is the key to making every NHS pound count."

## Former deputy chief medical officer for England is new CMO



Dr David Walker joins us as the hospital group's chief medical officer (CMO) in October. He is a specialist in public health medicine and prior to joining the group was Executive Medical Director at University Hospitals of Morecambe Bay NHS Foundation Trust.

David was previously deputy chief medical officer for England where he led a number of national functions on behalf of the Department of Health. He was also a senior member of the UK delegation to the World Health Assembly.

Dr Walker said: "I am very much looking forward to joining the organisation in October. I think there are exciting times ahead for Mid and South Essex and I am delighted to have the opportunity to be part of a health community that is rising to the challenges facing the NHS and delivering high quality health care for the local population."

## Cover story - Flu campaign

# Flu: Busting those jab myths

As autumn approaches so does the flu season which means reinforcing our message across the Trusts to encourage early uptake of the flu vaccination by all staff, putting the safety of our patients first.

Flu is a recurring pressure that we face across our hospitals every year and vaccination offers the best protection, keeping vulnerable groups of people - such as older people, the very young, pregnant women, those with chronic respiratory or cardiac disease - safe.

## It is a responsibility of all staff

It is our responsibility to make sure we all understand how to prevent new infections and this starts with vaccination.

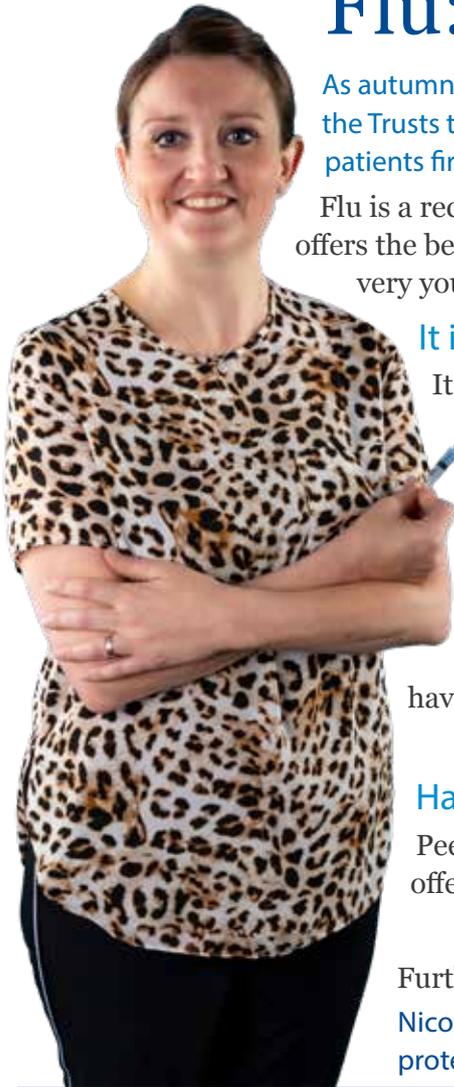
Although it is great that significant numbers of our staff have the flu jab year on year, some still choose not to. Many believe that the vaccine can give you flu. This is impossible as the adult vaccine doesn't contain live viruses. Similarly, as a healthcare worker you can carry the virus without experiencing any symptoms. This means there is a very high possibility that you will transfer it to someone vulnerable including patients and relatives. By having the vaccine we are protecting our patients.

## Have the vaccine to protect your patients

Peer vaccinators and roving nurses will be walking wards and departments offering vaccinations and advice, if you have any concerns about having the jab.

Further details will be posted to our intranets in due course.

Nicola Jones (pictured) and her occupational health teams are ready to ensure we're all protected this winter.



## IRP decision

# On track to providing better, safer care

The Secretary of State (SoS) has now accepted the Independent Reconfiguration Panel's recommendation to endorse mid and south Essex health plans. Since then, we have been pressing ahead with the reconfiguration of our hospital services.

The advice given by the SoS is an endorsement of the excellent work of our staff over the past years in designing and assuring new sustainable and high-quality clinical services for the people of mid and south Essex.

Once our plans are implemented,

we will improve care and outcomes for over 1.2 million people in the region.

## Deliverables for phase one

These include the consolidation of emergency vascular surgery at Basildon Hospital from both Broomfield and Southend Hospitals, while spinal surgery will be transferred from Basildon to Southend Hospital.

Patients at Basildon and Southend hospitals waiting for an urgent hip or knee operation will be offered the option to be treated at Braintree Community

Hospital so they can be seen more quickly and emergency out-of-hours interventional radiology services will be consolidated at a hub based at Basildon Hospital

## Excellent outcomes for patients and staff

Once these changes are made, we can begin to deliver the benefits to our patients and staff and, with the merger of our Trusts expected next year, we will soon be one of the biggest NHS organisations in the country, meaning more support for staff, a stronger financial position and excellent outcomes for patients.

## Bereavement

# “Baby loss is such a taboo topic, nobody really talks about it”

Baby Loss Awareness Week (9-15 October) commemorates the lives of babies who died during pregnancy, at birth and in infancy.

Last year’s event saw thousands of lit candles shared on social media in a wave of remembrance, and 180 buildings across the UK illuminated in blue and pink, including Broomfield Hospital.

Tabitha Stuthridge, bereavement midwife at Broomfield, told us why she is pleased the MSE hospitals are getting involved.

“Baby loss is such a taboo topic, nobody really talks about it,” said Tabitha. “When it happens, families can feel like they’re on their own. It can be a very lonely place. Having a week where the issue is on the news and on Facebook, lets those families know that they’re not forgotten and that their babies were important.

“People don’t realise how often it happens. In the UK, one in four pregnancies ends in miscarriage, and 15 babies are stillborn every day or die in the first four weeks after birth.”

Nicola White, a healthcare assistant in paediatric A&E, lost a baby at 13 weeks. Together with Tabitha, they have encouraged families to remember their babies with memory ribbons.



“Being able to turn my loss into something positive helped,” said Nicola. “Although horrendous, it’s not been in vain as I’m helping other people. We had people who hadn’t grieved before and all of a sudden it opens up all of these emotions. It made people think differently. It was heart-warming and touching to be able to comfort them.”

Tabitha added: “Just being able to acknowledge your baby existed and share that with people is so important. To see all of those babies together and all of the families supporting each other is really emotional.”

Follow our social media channels to get updates about events across the MSE group and use the #BLAW19 hashtag.

*Pictured (L-R): Tabitha Stuthridge and Nicola White*

## Infection control

# World Sepsis Day - September

Statistics show that sepsis kills over 40,000 people in the UK and costs the NHS over £2 billion a year. If it’s recognised early, and treatment is introduced within the first hour, a patient can fully recover.

Sepsis Six is a set of interventions designed to reduce mortality in patients with sepsis. The six steps are:

1. **Fluid Balance** – start and maintain strictly
2. **Oxygen** – give and review
3. **Give IV antibiotics** – within an hour of trigger
4. **Fluid challenge** – give intravenous fluid bolus within an hour of trigger
5. **ABG Lactate** – must be taken and reviewed
6. **Blood culture** – must be taken within an hour

Adopting these steps within the ‘golden hour’ will continue to help us save lives.

## Basildon Hospital is recruiting deteriorating patient champions!

Being a deteriorating patient champion involves:

- Becoming a point of contact for the ward team and cascading information
- Helping raise staff awareness on recognition and management of a deteriorating patient
- Identifying any additional training needs and acting as a resource for staff within your area

If you are a Basildon staff member, sign up on World Sepsis Day by speaking to Basildon’s deteriorating patient nurse, Michelle Hammond, on 01268 524900 ext 7315.

You said, we did

## Staff survey 2019

This year's annual staff survey kicks off very soon with everyone invited to give their feedback on their working experiences throughout our group.

This year there will be more paper copies available for staff, giving those working in areas where it is hard to access a computer the chance to complete the survey.

Everyone is invited to take part and your feedback is extremely important as it gives the board an idea of what needs to be prioritised and put in place to make your working life better.

Remember, the survey is totally anonymous and

your details will be kept completely separate from your feedback.

You told us we're not always good at sharing what we're doing to improve things, so based on your feedback we're sharing our progress from last year's survey on the You Said, We Did pages on your intranet. You can also look at the staff survey action plan to see the latest progress updates.

We always welcome feedback, so if you would like to learn more about our plans and/or give feedback on what you think we should be doing, email us at: [yousaidwedid@southend.nhs.uk](mailto:yousaidwedid@southend.nhs.uk)

Improvement

## Innovation Fellowship

Are you passionate about embracing innovation and becoming an early adopter of new technology - or health systems and practices that will help deliver better outcomes for patients?

If the answer is yes, then the Mid and South Essex Innovation Fellowship is for you. It aims to encourage and support the development, testing and adoption of new ideas and advance improvements in care for our patients, communities and staff.

Following a successful first year, applications are open to staff across Mid and South Essex STP and those on the NHS Clinical Entrepreneur programme who have ideas based around the themes of outpatients, digitally enabled care and self-care (patient activation).

For more information or to apply, please follow the link in your internal intranet pages.

Applications close on Wednesday 25 September 2019.



Equality and diversity

## Black history month celebrations

We will be celebrating Black History Month throughout October to commemorate the history, achievements and contributions of black people in the UK.

The theme for this year is 'Black Migrations' which saw, between 1916 and 1970, the movement of six million African Americans out of the rural Southern United States to the urban Northeast, Midwest, and West.

If you have ideas on how we can celebrate Black History Month, or wish to join our BAME (Black Asian Minority Ethnicity) network group, please contact Louise McIver, Equality, Diversity & Inclusion Manager, at [louise.mciver@southend.nhs.uk](mailto:louise.mciver@southend.nhs.uk).

Please look out for further details and celebrations that will be taking place throughout the year where we champion difference at Mid Essex, Southend and Basildon Hospitals.

*Pictured (L-R): Louise McIver, Gifty Okai, Yvonne Blücher, Giselle Carter-Sandy*

Reconfiguration leadership

# Focus on our clinical leadership

In this first issue we meet our ten group clinical directors.

Our group clinical directors work with existing clinical leadership teams to agree priorities for standardisation, design the clinical leadership structures for the merging Trusts and most importantly complement and engage with our existing divisional teams to improve care for our patients.

The clinical directors will be essential in driving our clinical reconfiguration plans. We are on track to deliver phase one of our plans this autumn.

Each director is based at one of our three trusts where our staff support them on a daily basis.

We spoke to them to find out more about what they will be doing.



Musculoskeletal

**Greg Packer**

Consultant at Southend for almost 25 years, now centred around wrist and hand surgery and responsible for orthopaedic surgery, rheumatology and chronic pain across Mid and South Essex University Hospitals Group.

Greg was the first person in the world to perform pioneering half wrist and whole wrist replacement surgery.



Plastics, burns and dermatology

**Manu Sood**

Manu is a consultant reconstructive, hand and cosmetic surgeon based at Broomfield Hospital's world-renowned St Andrew's Centre for Plastic and Reconstructive Surgery.

Special interests include facial reconstruction following skin cancer surgery, breast reconstruction surgery, complex hand and microsurgery, and cosmetic surgery procedures.



Specialist medicine

**Indi Gupta**

A consultant geriatrician and physician at Basildon Hospital since 2004, Indi has worked across both secondary and intermediate care settings and pioneered the community geriatrician service.

Divisional director for medicine for five years, he is now responsible for the specialties of medicine for older people, frailty, neurology, endocrinology and diabetes, gastroenterology and stroke medicine.



Emergency and urgent care

**Eddie Lamuren**

Dr Lamuren was appointed to the post of clinical director for ED and acute medicine at Basildon in the summer of 2016.

He was previously an experienced ED consultant/clinical director at North Middlesex Hospital where he led their emergency department for 14 years.

His special interest is in emergency trauma and diagnostic ultrasound.

# team



## Women's and children's medicine

**Mandeep Singh**  
Clinical director for Women's and Children's services at Southend University Hospital. Mr Singh was a King's College Hospital research fellow in fetal medicine under internationally renowned fetal medicine expert Professor Kypros Nicolaides and was instrumental in the creation of a new tertiary level fetal medicine centre for South Essex.



## Cancer

**Catherine O'Doherty**  
Catherine has been a consultant in palliative medicine since 2000, based clinically at Basildon Hospital but employed by Southend as part of the South Essex team. The lead cancer clinician at Basildon since 2015, Catherine provides clinical leadership for cancer services across Mid and South Essex University Hospitals Group.



## Cardiovascular

**Stuart Harris**  
A consultant cardiologist at the Essex Cardiothoracic Centre in Basildon since 2007, Stuart works across arrhythmia services and is now group clinical director for cardiovascular services. He is a Treasurer of the British Heart Rhythm Society and a Fellow of the Heart Rhythm Society (USA). In 2017, Dr Harris performed the first leadless pacemaker operation in the East of England.



## General surgery and anaesthetics

**Bryony Lovett**  
General and colorectal consultant surgeon at Basildon since 2001, appointed to develop laparoscopic surgery. As clinical and divisional director Bryony has been responsible for general surgery, vascular services, orthopaedics, urology, anaesthesia with critical care and clinical and financial governance, developing multidisciplinary teams to deliver patient care.



## Pathology

**Faisal Bin-Reza**  
Dr Bin-Reza has been a consultant microbiologist for 10 years and is now group director for pathology across the MSE group. His special interests include anti-microbial stewardship and he is also involved in delivering quality improvement training across the organisation for the Quality Service Improvement Redesign (QSIR) programme.



## Radiology

**Qaiser Malik**  
Dr Malik joined Basildon Hospital in 2000 as a Senior House Officer and became a consultant radiologist in 2010. An Hon. Senior Lecturer for UCL, and Trust lead medical appraiser, his subspeciality is MSK and cardiac CT imaging. Dr Malik lectures nationally and internationally and has a keen interest in AI and its medical impact. Recently appointed to the UKIO education committee and BIR AI working group.

## Phototherapy gift

# Family donates £5,000 for Basildon NICU



Parents Alex and Carli Headley donated funds for a new phototherapy unit for the Basildon Hospital Neonatal Intensive Care Unit (NICU), after receiving fantastic care when their twin boys were born in 2013. Harry and Jack were born seven weeks early and were in NICU for two weeks following their premature birth. NICU matron, Tracey Glester said: "It is so rewarding for the staff to receive such kind donations. "This is a new modern version of the unit; it allows the babies to go home and spend time with their families a lot quicker."

## Breast reconstruction fundraisers

# Carol and Louise raise thousands for BRA

St Andrew's Centre breast reconstruction patients Louise Quinn and Carol Palmer have raised over £6,000 for Mid Essex Hospitals Charity's Breast Reconstruction Awareness (BRA) fund after two epic bike rides. Carol and Louise were part of the team who pedalled an impressive 197 miles in two days from Broomfield Hospital to a national plastic surgery conference in Bournemouth.

Carol then completed an incredible 400-mile solo ride from Colchester to Chester and back before returning to hospital less than 48 hours later for her last reconstructive surgery. She said: "These rides have kept me going. It's such a horrible disease, I just wanted to say 'I'm better than that disease.'"

Surgeon Mat Griffiths added: "Louise and Carol are great examples of not just getting through complex treatment but getting to above average levels of functioning and fitness."



## Patient care

# An uplifting gift for fall patients

Patients who fall can now be helped back up more quickly and safely thanks to the Raizer Emergency Lifting Chair donated to Southend Hospital by life-long fundraisers Maureen Townley and Linda Ansell.

The £3,370 Raizer allows a single carer to transfer a patient to a sitting or standing position safely, with reduced risk of back injury.

Falls clinical nurse specialist  
Kayleigh Brown with  
Maureen Townley MBE.

Falls clinical nurse specialist Kayleigh Brown said: "A big thank you to Maureen and Linda for their continued fundraising efforts. Unfortunately not all falls are preventable, but the Raizer is a more comfortable and dignified way to help a patient back to their feet."

Over 30 years, Maureen and Linda have raised more than £260,000 to improve patient facilities at the hospital. Maureen said: "I decided to purchase the Raizer because I know from personal experience how useful this particular type of chair can be."



## Southend charity event

# The heat is on for charity challenge

It's Southend Hospital Charity's hottest challenge to date - a firewalk, which will see members of the public, alongside Radio Essex presenters Chris Brooks, Abbie Norbury and Jamie Boyd Ratcliff, (right) walk on hot coals!

The event takes place at Southend's Priory Park on Sunday 6 October between 5:30pm and 7:30pm and Southend Hospital Charity is inviting members of the public to take part in the sponsored firewalking challenge to raise money for a service or ward of their choice.

Abbie from Radio Essex, which is also sponsoring the event, said: "Southend Hospital is very close to

my heart, having spent a lot of time there when my mum was going through treatment for breast cancer. Firewalking is not something I've done before, but it's something that's always intrigued me, as I love challenging myself."

Walking over hot coals covering a distance of 15-20ft is the ultimate mind over matter challenge, helping make it a walk in the (Priory) Park is Firewalking, Guinness World Record Holder, Scott Bell, whose company UK Firewalk will manage the event, He'll also be giving expert tuition to those who register.

Call 01702 385337 or email

[fundraising@southend.nhs.uk](mailto:fundraising@southend.nhs.uk) for a registration pack.



## Cardiology

# 10 minute heart procedure saves lives

A diagnostic heart procedure which takes less than ten minutes is helping to prevent heart attacks and strokes and allowing consultants to treat more patients with complex conditions in Southend, Basildon and Broomfield Hospitals.

The fitting of a LinQ implantable loop recorder (ILR) is carried out by Physiologists at Southend Hospital's Cardiac Medical Day Stay Unit, a procedure which was previously done by consultant cardiologists in the Cardiology Catheterisation Laboratory (Cath Lab).

Physiologists have been fully trained by Dr Sajjad Mazhar to insert the implantable loop recorder just below the skin of



the chest in a quick and simple outpatient procedure under local anaesthetic.

If the device detects irregular rhythms or problems with the heart, it will send information remotely to the hospital and the patient will be invited for further checks.

It has so far saved Southend Hospital more than £150,000 which allows more consultant appointments to be made.

Nikki Baines, (pictured right)

principal physiologist and general manager – cardiology, respiratory and gastroenterology, said: "The implantable loop recorder is useful for monitoring whether the heart is going too fast or too slow.

"We have helped set up services across the country and have been supporting our physiologist colleagues at Mid Essex Hospital as they are in the process of starting a similar service."

Staff development

# Doctorate for multiple sclerosis nurse Helen



Dr Helen Willis, a clinical nurse specialist for multiple sclerosis, has completed her professional doctorate from Anglia Ruskin University.

Dr Helen conducted a study into the assessment of quality of life in patients with MS.

“I wanted to know if MS patients wanted their quality of life assessed. Does it make a difference to them?”

“Patients don’t necessarily choose to tell us everything when they come in for outpatient appointments. When they filled in the forms we found it gave far more of an insight into the holistic patient.

“It’s a very unpredictable condition and living with that unpredictability can be very difficult. Patients with MS face mobility issues, fatigue, and bladder problems – hidden symptoms that employers and relatives might not see. We look to give patients the best quality of life they can have.”

On achieving her doctorate, Dr Helen added: “It was hard work and a very long journey but it’s fantastic to have done it.”

Dementia care

# Memory murals for dementia patients



The dementia wards at Southend University Hospital have been decorated with murals depicting images from Southend’s past such as the pier and Kursaal. It is hoped the four murals on Windsor and Princess Anne wards will spark soothing memories for patients.

The murals were created by volunteer artist Richard Ashton, from Rayleigh, who dedicated 250 hours of his own time to complete them.

Richard is no stranger to Southend University Hospital having previously painted murals in paediatric outpatients department and a seaside mural in the entrance to the Day Assessment Unit.

Jane O’Connell, voluntary services manager, said:

“Richard has, once again, done an incredible job creating these new murals for our dementia patients to enjoy. Richard got his inspiration from old photos of Southend past and he dedicated so much of his free time during the quieter hours on the wards.”

Photo (l-r): Lucy Hollings (Windsor ward deputy manager), Richard Ashton, Lisa Thompson (ward manager).

Midwifery

# New maternity app is a world first

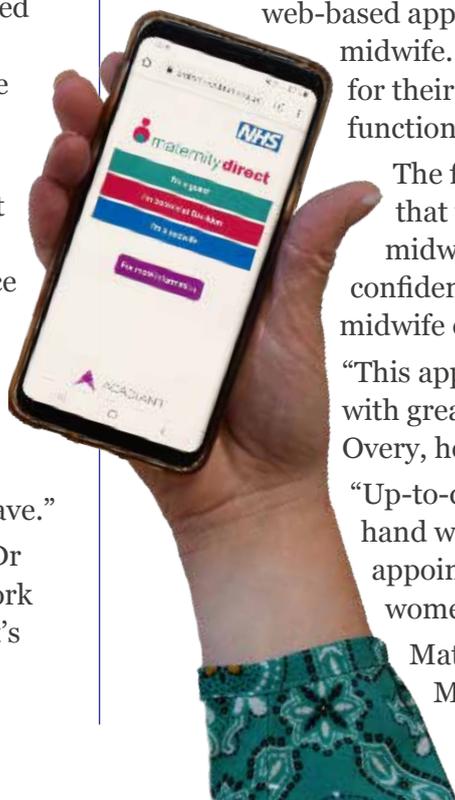
Basildon Hospital has launched Maternity Direct, the world’s first secure, web-based app connecting prospective mums with an NHS midwife. Now, mums who register with Basildon Hospital for their maternity care, can use the secure private chat function of the app to ask questions and store advice.

The free app was developed after the Trust found that women had questions between scheduled midwife appointments. Searching online did not instil confidence and others felt uncomfortable contacting a midwife or the maternity unit with non-urgent enquiries.

“This app is a fantastic step forward, providing women with greater confidence during pregnancy”, said Lesley Overy, head of midwifery, nursing and quality, BTUH.

“Up-to-date information from an NHS midwife is to hand whenever it is needed. We can reduce non-urgent appointments, saving time and freeing resources for women who require closer monitoring.”

Maternity Direct will be introduced to Southend and Mid Essex hospitals next year.



## Your health



## Do you want to stop smoking? Sign up for Stoptober

Now in its eighth year, the Public Health England-led initiative challenges smokers to pledge to give up for 28 days. Evidence shows that people who can quit for this length of time are five times more likely to stop permanently.

Stoptober aims to provide people who want to quit with the tools to succeed and we will be supporting the campaign across the MSE group. Smokers who sign up will get daily email support, their own personal quit plan, and be given advice about where they can access expert help online, on the phone and face-to-face.

Our health and wellbeing team will also be out in force to advise, listen and point the way to a healthier you.

Jennifer Canham, associate director of Human Resources, said: “We all know that smoking is harmful to your health and the health of people around you, not to mention your bank balance. Finding the will-power required to stop can be a challenge but, with the support of friends, family and colleagues, it is possible to succeed. We are here to support anyone who wants to make this positive change.”

## Kind words for great care

Our patients say the most wonderful things about what we do - and many of them share their thoughts on social media. Here are just a few of the heartfelt compliments we have recently received for our care and professionalism.

### Southend

A big thank you to the staff on Neptune children's ward. The nurses and doctors who looked after my little girl were absolutely fantastic especially Tori, Kerry, Rachel and Faye thank you girls so much for everything.

Jade Roper

### Mid Essex

After being sent to @broomfieldnhs via my gp with a poorly baby, I want to say thank you to the childrens ED staff. You were prompt, friendly and so knowledgeable explaining every little thing you done. #ThankYou #NHS

Car Col

### Basildon

My father got admitted after a heart attack and they saved his life and I could not thank them enough. The cardiothoracic centre are fabulous.

Michelle Williams

### Basildon

Dad has been in #Basildon #Hospital with a possible blood clot since last night. He's fine and very happy with all the support from @BasildonHosp - thanks so much everyone! Just waiting to take him home #oldman

Cllr James Halden

### Mid Essex

Thank you to everyone in A&E and the lovely nurses on Phoenix ward who looked after my son this week. The staff we came into contact with are an absolute credit to the hospital from the porters to consultants. You're doing a great job. Thank you.

Rachel Grey

### Southend

Just been for an appointment at Southend NHS Orthopaedic out-patients. Very impressed that staff were handing out cups of water to those in the waiting room! #heatwave

Zec's Life & Reviews

# Staff spotlight

## Henry Oluwasefunmi Savage

### Consultant cardiologist

Henry started working at Basildon two years ago as a consultant cardiologist.

He is the lead for heart failure in Basildon Hospital and The Essex Cardiothoracic Centre (CTC).

#### **Tell us about your background leading up to your career with BTUH:**

I started training in London as a cardiologist, and I got my first job as a cardiology registrar at the Royal Brompton Hospital.

I gained experience as a registrar across the country before moving to the East of England for my family.

During this period, I took some time out to complete my research and gained a Doctor of Research degree from Imperial College London.

For two and a half years, I studied patients with severe heart failure focusing on mechanisms that helps us predict when these patients' conditions may worsen.

For this I was awarded the Young Investigator for Clinical Research Award by the European Society of Cardiology.

I completed my registrar training at Papworth Hospital prior to returning to Essex and being appointed as a consultant at the CTC.

#### **What is your role at BTUH?**

I'm a consultant cardiologist and the lead for heart failure at Basildon Hospital as I have a special interest in heart failure. I

also implant cardiac devices.

My role involves ensuring we have an adequate, viable and fit for purpose heart failure service.

This ensures that patients living with these conditions get timely diagnosis, rapid initiation of treatment and provision of specialist interventions including device and advanced heart failure therapy if needed.

#### **Do you find aspects of your role challenging?**

It's a challenging role because heart failure is a big beast! In 2017/2018, we made a new diagnosis of heart failure in roughly 500 people.

It's a big challenge trying to identify those patients and put them into services that will help them feel better and live longer.

It's also exciting as it's a big opportunity for us as a Trust to get it right and this extends to the MSE. We are making good progress and heading in the right direction.

#### **What have you enjoyed most about your time working here?**

My role gives me the opportunity to meet people from different backgrounds.

I enjoy the variety that my job offers and the exciting opportunities that are available for us to do something different.

It's rewarding to see that, with a focused and structured approach, particularly with heart failure patients, we can make a significant change.



It makes my role worthwhile as I get to see patients who are poorly, getting better or getting the additional heart support they need.

#### **Tell us something people don't know about you.**

I've been a photographer for the last 12 years; I sometimes shoot weddings and do lots of portraiture.

Mainly it's an escape for me, as a hobby I enjoy doing, and I've carried this on while improving my skills.

#### **What advice would you give to your younger self?**

Don't worry too much about the things you don't have control over.

Be bold, because there's nothing worse than having an idea that you never pursued.

Pursue it, if it fails, try again!

This was the first rule I learnt while I was doing my research.