

# Our news

## Ultra-widefield retinal imaging

Sight loss is closely linked to ageing and Kingston and Richmond are two of the five boroughs with the highest life expectancy in the country, which is why the Royal Eye Unit is continuously seeking innovative ways to meet the needs of current and expected future patients with eye disease.

As well as plans to increase its outpatient clinic and treatment room capacity, the ophthalmology team had identified the importance of introducing ultra-widefield retinal imaging. This cutting-edge equipment allows for more comprehensive acquisition and review of images in one multimodal imaging system, increasing the efficiency and resilience of the medical retina service. It also provides a significantly better assessment of the retinal periphery when compared to conventional imaging of the rear of the eye.

Charitable funding has enabled the Royal Eye Unit to purchase an Optos Silverstone ultra-widefield retinal imaging system that started to benefit patients from this September. Kingston Hospital's ophthalmology service is the first in England to deploy the latest version of the Optos imaging system. Consultant ophthalmologist Vasuki Sivagnanavel explained:

**“We are very excited to have acquired this state-of-the-art equipment. As well as assisting our COVID-19 recovery plan, by clearing the backlog of routine retina activity that built up at the height of the pandemic in the spring, the more comprehensive evaluation of the retinal periphery it provides will lead to earlier diagnosis and improved patient outcomes. I’m delighted this ultra-widefield imaging equipment is now operational and benefitting our patients.”**



The Optos ultra-widefield retinal imaging system in action

# New endoscopy unit

Kingston Hospital's new state-of-the-art endoscopy suite opened to patients on Monday 21 September, relocating the endoscopy service from the Day Surgery Unit to Esher Wing. With separate changing pods all with en-suite WC facilities, it affords much greater privacy and dignity for those visiting the unit.



Michael Grimes with a patient

It also boasts the first nurse led dedicated transnasal endoscopy suite in London allowing for increased capacity, with Kingston Hospital Charity providing the funding for the unit's seven state-of-the-art Fuji 740 series transnasal scopes.

Transnasal endoscopy (TNE) has become more popular in the UK and Europe over the last few years due to the imaging and functional improvements of the transnasal scopes. TNE is known to be better tolerated than unsedated or sedated conventional endoscopy and offers a more comfortable and cost effective diagnostic procedure to patients using an ultra-thin endoscope. They are used to investigate the upper gastrointestinal tract including the oesophagus, stomach and duodenum. Access is via the nasal passage rather than the mouth, making the procedure much more tolerable and comfortable. Sedation is not needed, which means patients can be discharged home without needing post-procedure recovery.

TNE is particularly well suited for patients who are anxious or have found it difficult to tolerate traditional endoscopy, as well as for elderly patients and those with multiple comorbidities due to fewer adverse effects on the cardiovascular system.

TNE has been identified by NHS England as one of the means by which to support the recovery plan for endoscopy, caused by the build-up of waiting lists during the height of the pandemic in the spring, as it is safe, comfortable and cost-effective. Kingston Hospital's longstanding experience in TNE has been acknowledged throughout London and the South East region and is now seen as a beacon for TNE procedures, by establishing itself as a hands-on training hub for external clinicians who want to upskill in this modality.

Nurse Consultant Michael Grimes commented:

**“The generosity of Kingston Hospital Charity has massively contributed to the quality of service, while providing us with the capacity to expand. Most importantly the feedback from patients has been extremely positive to the new leading-edge scopes we are using.”**

# Three year research study underway



Osama with Dr Helen Matthews collecting a biopsy

PhD student Osama Shafiq started collecting biopsies of normal, benign and malignant upper gastrointestinal tissues from hospital patients on 13 October, as part of a three year research study investigating the role of Human Papillomavirus in the development of upper gastrointestinal (oesophageal and gastric) cancer.

The COVID-19 pandemic has meant new protocols had to be put in place before samples could begin being collected.

It is hoped this research, which is being supported by the Laurie Todd Foundation, will lead to future insights into the causes and treatment of these increasingly common cancers, via early screening and vaccination.

# Installation of smart white boards across adult inpatient wards

Kingston Hospital Charity has committed the funding needed to replace the white boards that are in place in the hospital's adult inpatient wards with smart whiteboards, which will support the use of the hospital's electronic patient tracking system.

This is a significant development that has been successfully trialled on Hardy Ward and has the potential to change the way ward staff work and how patient care is planned and implemented. The new smart boards will ensure information is accessible to staff, enabling the reduction of ward based delays, together with the monitoring and planning of discharge. Staff will be able to view and input information in real time, allowing them to better plan and track the care of patients.

In addition, the immediacy of information hospital wide will allow site managers to view a live bed board. This is expected to release matrons and senior managers from needing to gather discharge information in advance of each bed meeting, with the aim of being able to achieve earlier discharge from wards, meaning that patients are more likely to return 'home for lunch'. It will also allow for earlier identification of discharges and available beds, leading to improved flow and earlier transfers between the Emergency Department, Acute Assessment Unit and the inpatient wards.

The experience from Hardy Ward has shown that the whiteboards improve team working and staff morale because they are able to see the performance of their ward, while identifying areas of good practice as

well as those that require improvement. The fact that they are electronic, means that they can be 'closed' when not in use, supporting patient privacy and dignity by limiting the amount of information on display in the ward areas.

Rollout of the smart boards has been impacted by the pandemic but it's expected that installation will commence later in the autumn.

Louise Hogh, Consultant Geriatrician and Chief of Medicine for Unplanned Care commented:

**“We are very grateful to Kingston Hospital Charity for funding the purchase of this equipment to support the SAFER structure within the ward areas, aiming to make every day count, in addition to supporting a change in culture particularly around the leadership on the wards.”**



The new whiteboard in action on Hardy Ward

# Tilt table rehabilitation chair

Our thanks to all who kindly contributed to the purchase of a tilt table rehabilitation chair for patients recovering in our intensive care unit.

Due to their critical illness, these patients have very weak muscles which mean they lose the ability to sit, stand and walk. This specialist rehabilitation chair enables the patients to transfer out of bed in a flat position and then sit and then stand after their life threatening illness. Acquiring this piece of equipment to achieve standing will enhance a patient's recovery, promote muscle strength and facilitate getting home quicker.



The new tilt table rehabilitation chair

# A new home for Kingston Hospital Charity

The offices of Kingston Hospital Charity have been relocated to ensure the team is much more accessible to grateful patients or their family members, and staff who are interested in helping the hospital.

We are now located at the front of the hospital, between the Sir William Rous Unit and the main entrance. The office is open between 9am and 5pm Monday to Friday.



Our new office

# Supporting our staff during the pandemic

The generous support we received from our community during lockdown, together with funding provided by NHS Charities Together, has allowed us to upgrade rest areas with new furniture and equipment, as well as create two new ones, ensuring our staff have the space to take time away from the pressures of their daily roles.



External seating areas and the Garden of Reflection have also been upgraded, while additional showers have been installed.

Charitable funding has also allowed us to invest in our health and wellbeing resources, with a particular emphasis on mental health support, to signpost, triage and treat staff with psychological problems arising from the pandemic. We know that being at work helps our staff's mental wellbeing, while reducing gaps in the workforce, caused by stress related illnesses associated with COVID-19.

David Cornish joined the hospital in September as the new Assistant Staff Wellbeing Chaplain for an initial nine month period. His arrival has doubled the team's capacity, aiding the existing Staff Chaplain, Diana Steadman, to offer comprehensive pastoral, spiritual and wellbeing support to all our staff, including over 1,400 from black, Asian, and minority ethnic backgrounds (approximately 40% of the workforce). This has immediately expanded the team's 'Time to Talk', which offers a confidential one-to-one session that many staff members request on a self-referral basis.



Outdoor seating area



Dental team's upgraded rest area

These sessions provide an opportunity for staff to discuss and reflect on anything they feel is affecting their wellbeing; stress, anxiety, work-related issues, relationship difficulties, financial concerns and work and life balance.

Charitable support has also provided the funding needed to employ a clinical psychologist from June this year to April 2021. Dr Anila George manages some of the more complex psychological interventions and helps those staff suffering with stress and trauma related illnesses.

The hospital expects to be busy over the winter months, as is usual at this time of year. The ongoing pandemic creates additional pressures and we will be putting in place a number of measures to continue supporting staff in line with our commitment to physical and mental health and wellbeing. This will include having access to healthy food and rest breaks, while providing wellness gifts, as well as being able to access our comprehensive mental health support, as already outlined.

Some further breakout spaces are needed, because outdoor areas don't tend to be an option this time of year and social distancing will need to be maintained when having some downtime.

We were fortunate to receive such wonderful support from our local community during the national lockdown in the spring and we need to make sure we can offer as much as possible to colleagues, should this level of activity occur again during the winter months.

My thanks to everyone who has contributed in support of colleagues at Kingston Hospital and those that choose to do so over the winter.

### **Alison Smith**

Interim Assistant Director Health,  
Wellbeing & Equalities



David Cornish in conversation

# Flying high

Five staff took part in a skydive to help raise the £7,765 needed to purchase an AutoPulse for our Emergency Department.



Communications Officer, **Meg McDonald**, and Training and Development Manager, **Debbie Norton**, jumped in August, while three members from Resuscitation, **Gags Sekhon**, **Therese Sydney** and **Dan Simpson** completed their skydives in early September.

Therese has since reflected on her experience and explained:

**“To say I am scared of heights is a massive understatement, so when the day came for my skydive I was terrified!**

**However, once we were on the plane it was too late to panic, so I just had to keep telling myself that it would be an amazing thing to do for Kingston Hospital Charity and also to tell my children. They didn’t know I was doing it that day!**

**I can only describe the experience as both terrifying and amazing in equal measure! I am so pleased I’ve done it and proud of my colleagues who also made the jump to raise the funds for our much needed AutoPulse. Thank you to all who supported us.”**

This automated resuscitation device is used to treat patients in cardiac arrest for long periods of time. The machine offers safe and continuous chest compressions in any location and environment and can be provided while patients are being transported from one place to another.



# Thank you

We'd like to express our thanks to the many fundraisers who have been active over the summer and autumn in support of Kingston Hospital. We are extremely grateful to each and every one of you, regardless of whether we've been able to feature you here or not!



RSL Awards cheque presentation in July

- **Teddington-based RSL Awards**, a global awarding body and music education provider, for raising £3,000 after implementing video examinations during the height of lockdown, and donating £5 for each exam entered during this difficult period.
- **Jasmine Dunne** for completing a half marathon around Richmond Park on 20 June, raising £573.75 in memory of her father, in support of our intensive care unit. Last year, Jasmine took part in the 10km Chase the Sun, contributing to her family's efforts in raising nearly £3,000.
- **Josh and Frankie** of The Park Brewery who continue to encourage customers to donate to Kingston Hospital Charity when placing orders, raising over £700 to date.
- **The Victoria Foundation** for awarding a grant of £5,000 to purchase portable audio visual equipment for the hospital's Gathering Room, a multi-purpose space that supports the holistic wellbeing of staff, patients and/ or patients' families.

- **Dan Taylor** for undertaking his Joe Wicks Comedy Challenge after becoming a father in May, as a way of giving something back to the “superb midwifery team”, and raising nearly £900.



- Local photographer **Andy Sillett** who launched the doortraits4NHS project during the national lockdown to support frontline staff. In return for a free doorstep portrait, families are encouraged to make a discretionary donation. To date over £3,000 has been donated thanks to Andy's efforts.

- **The Lockdowners Arms**, who are a group of friends who met most evenings during lockdown using the Zoom app and who created Tent Together, a fundraiser which encouraged people to donate £10 and camp out on Saturday 30 May. People from South Africa, Ireland and other parts of the UK took part. Our thanks, in particular, to Keith and Niki Robertson, Greg and Julie Waugh, Paul Wilshaw, Julie Baker, Jessica Baker, Cliff Pike, Jeff and Janice Lee and Keith and Shelley Nugent for their help in raising £820.

- **Sennheiser UK Ltd** who raised more than £2,400 in memory of their friend and colleague Alan March who was looked after at Kingston Hospital before he passed away in May this year.

- **Mike Samson** and **Justin Holker** for raising £2,115 and £4,400 respectively after both spent very significant periods in our intensive care unit with COVID-19. After returning home, each set-up a fundraising page with their families to thank the “wonderful” staff who looked after them.







**Kingston**  
Hospital  
Charity

# Supporting us

I would like to make a donation to support the health and wellbeing of staff at Kingston Hospital.

£

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Title

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First name

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Surname

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Address

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Postcode

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I enclose my cheque/postal order made payable to Kingston Hospital Charity

Or please debit my credit/debit card

Card number

Expiry date   /

Name on card

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Credit/Debit card type  Visa  Master Card

Discover  American Express

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I'm interested in leaving a gift in my will, please send me further information.

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Please remember to complete the Gift Aid declaration overleaf if you are a UK taxpayer to boost your donation by 25%

# Staying in touch

We will keep you up-to-date about key developments at the hospital, our work and what you're helping us to achieve, including information about our fundraising activities by post.

Please tick if you are also happy to hear from us by:

Email     Phone

If you **don't** wish to receive news and updates by post, please tick here.

Supporters like you are vital to the work of Kingston Hospital Charity, so we treat your details with the utmost care. We won't sell or swap your details with other organisations and we promise to always respect how and when you want us to communicate with you. We may analyse the information we collect about you and add publicly available information so that we can understand more about your preferences and financial ability to support us. If at any time you would prefer us not to process your data in the above ways, or to let us know the ways you would like us to keep in touch, please email us at **khft.charity@nhs.net** or call us on 020 8973 5040. Please see our privacy policy for more information at **www.khc.org.uk**.

Please return this form to **Freepost KHCHARITY**  
This is the only information you need on the envelope.

We acknowledge all donations. If you would prefer **not** to receive a thank you letter or email, please tick here.

*giftaid it* **Boost your donation by 25p for every £1 you donate, at no additional cost to you.**

In order to Gift Aid your donation, you must tick the box below.

**I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years.** I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Please remember to let us know if your tax status, name or address changes or if you wish to cancel your Gift Aid declaration.

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