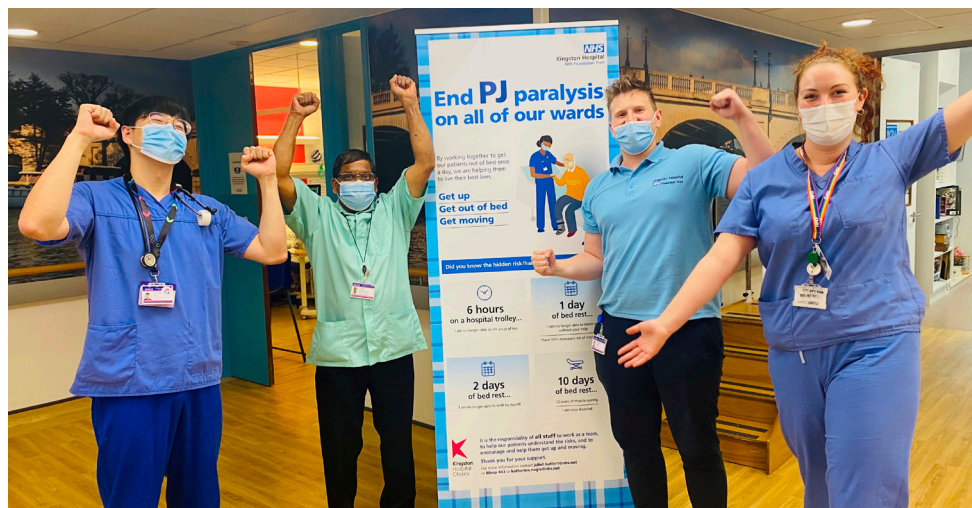


Our news

End PJ Paralysis

The End PJ Paralysis campaign, which has been successfully introduced on our care of the elderly wards, was expanded to include all our adult inpatient wards in May 2021, as part of a national campaign to ensure patients do not spend any longer than is clinically necessary in hospital.



Getting It Right First Time (GIRFT), a national programme designed to improve and benchmark medical care within the NHS by reducing unwarranted variations, reports that hospital-acquired deconditioning occurs among a third of all

elderly patients and results in serious harm. This harm can cause an increased risk of morbidity and mortality. Frail elderly patients can lose 2% of their strength daily due to bed rest and 10 days bed rest can result in 10 years ageing in terms of muscle loss.



Sitting medically-fit patients out of bed every day not only prevents deconditioning but also results in better functional outcomes, improved quality of life, reduced incidents of falls and pressure ulcers, reduced risk of becoming incontinent, reduced risk of hospital acquired infections and a reduction in nursing home placements. Most importantly, it ensures patients get home sooner, living their best lives.

GIRFT has acknowledged that one of the reasons patients are not able to sit out of bed in hospital is due to a lack of appropriate chairs. At Kingston Hospital, because of the 40 specialist recliner chairs already acquired with Kingston Hospital Charity's support,

over 90% of patients are now sitting out of bed every day on our care of the elderly, surgical and medical wards. To help ensure nearer 100% is achieved, a further ten chairs are being purchased with charitable monies for the acute assessment unit, medical wards and clinical decisions unit.

Physiotherapist Juliet Butler explained:

“Professor Brian Dolan, creator of End PJ Paralysis, has described Kingston Hospital’s efforts as ‘inspirational’ and GIRFT has described it as ‘excellent practice’. Kingston Hospital Charity has been crucial to the success of this initiative and to the quality of care afforded to our patients by providing the riser recliners, as well as communication support in the form of posters, banners and End PJ Paralysis lanyards. We are very grateful to all who continue to support our charity.”

Introducing ERCP

Two specialist scopes have been purchased with charitable support to enable our endoscopy service to start providing Endoscopic Retrograde Cholangiopancreatography (ERCP) to our patients.

ERCP and bile duct stenting is the treatment of choice for patients with obstructive jaundice, which is usually caused by a cancer obstructing the bile duct, or a gallstone impacting the bile duct.

Currently patients requiring this procedure are transferred to St George's Hospital and then back to Kingston Hospital for post-procedural care.

Our new endoscopy unit, which opened in September last year, was designed to deliver ERCP and it is hoped this new service will be available to patients during the first half of next year. By doing so, we can ensure patients, who are often very unwell, receive this procedure without delay, while avoiding the need to transfer them between hospitals.

The Roy Dominy Ophthalmology Acute Referral Centre opening

The refurbishment and expansion of the Royal Eye Unit's acute referral centre, which sees patients requiring urgent eye care, was completed in September this year. It was made possible thanks to a generous bequest left to Kingston Hospital Charity by the late Roy Dominy, a resident of Hampton for 80 years.

A formal opening of the new unit took place on 12 September, ahead of National Eye Health Week, which was attended by Sian Bates, Chairman of Kingston Hospital, Ian and Kate Cole, neighbours of Mr Dominy, and Ian and Fiona Hughes, long-standing friends of Mr Dominy.

Incorporating a resuscitation area and six clinic bays to help meet the growing demands on this service, the layout is designed to support more efficient and better care. Patients can be seen more quickly now, while improving their privacy and dignity.

Ian Hughes said:

"It was a privilege and a pleasure to have been invited to formally open the Roy Dominy Ophthalmology Acute Referral Centre, to mark Roy's bequest to Kingston Hospital Charity.

On more than one occasion Roy said to me that it was important that I have my eyesight regularly checked. It is therefore fitting that his bequest has been used to help fund a busy department within Kingston Hospital's Royal Eye Unit that is serving a community that Roy was part of for all his life."

We are very grateful to Roy and all who choose to leave a gift in their will for the benefit of patient care at Kingston Hospital now and in the future.

Remembering Kingston Hospital Charity when making or updating a will is not difficult to arrange and we would be happy to provide you with any information or support you may need.

For more information, please call **020 8973 5040** or email **r.aldous@nhs.net**.



Ian Hughes at the opening

Taking on the London Marathon

Garett and his wife Alison seemed like any other couple excitedly arriving at Kingston Hospital for their 20-week scan in July last year but, instead of the joyous occasion they were expecting, it turned out to be their worst nightmare.

They both credit the maternity staff's extraordinary care, which helped them to get through the unbearable pain and loss of their first child. In memory of Finn, Garrett successfully took on the challenge of running the Virgin London Marathon on 3 October this year.

Garett explained:

“The staff were absolutely superb and carried us through what was an unbelievably tough few days and beyond, supporting us for months afterwards with counselling and more. Taking on the London Marathon was our way of giving back and we are delighted to have raised over £7,500 in support of the hospital’s maternity service.”



Garett



Jasmine

After her father, Chris, passed away at Kingston Hospital in June 2019, Jasmine has taken on a running challenge every year in his memory, in support of our intensive care unit.

In 2019, it was the 10km Chase the Sun. In June last year, Jasmine took on a half marathon and this year she was persuaded to sign-up to the Virtual London Marathon, which she successfully ran around Richmond Park on the day of the actual event, despite a heavy cold. Her determination to take on a bigger challenge each year has been matched by her fundraising efforts, which have raised nearly £3,000.

After her marathon effort, Jasmine said:

“Running has been a brilliant way to clear my mind and process my loss over the past couple of years. I absolutely love raising money for Kingston Hospital, who helped my dad so much when he was ill. My friends and family

have been a great support in all my running and I can’t thank them enough for all their generous donations.”

If you are interested in running the London Marathon 2022, in aid of Kingston Hospital Charity, please email khft.charity@nhs.net or call **020 8973 5041**.

Acquiring Mediscan at Kingston

A grant from Kingston Hospital Charity has enabled the colposcopy and cervical screening service to acquire Mediscan, a digital solution that will enhance the quality of care for patients and enable administrative efficiencies.

Early identification and treatment of precancerous lesions of the cervix saves countless lives each year. Since its introduction, the screening programme has helped to halve the number of cervical cancer cases and is estimated to save approximately 4,500 lives each year across England.

Mediscan offers an important diagnostic tool for cervical cancer screening, as it improves accuracy, while making the examination process easier for both patients and clinicians. It combines video and image recording, image annotation, patient case management, pathological report management, data summarisation and analysis, and information sharing into a single system. As it’s paperless, the requirement for patient notes in clinic is removed.

Reporting and image storage can be saved in one central place and because Mediscan interfaces with our patient administration system, records can be viewed by clinicians across the hospital.

Its acquisition is timely as demand for cervical screening is likely to increase by up to 30% within the next year due to the implementation of primary human papillomavirus (HPV) screening pathways. Introducing this digital solution will help the service maximise efficiencies, creating more clinical capacity by reducing the current administrative burden on colposcopists. This will be essential for keeping waiting times low and, in line with cancer waiting time national standards, ensuring that all women have access to timely diagnostics and treatment.

Service Manager Sarah Quinnen commented:

“The Mediscan project will significantly enhance the way the clinical and administration teams work and how we are able to care for the women referred to the service. We are very grateful to our charity for making this exciting project possible. Now in the testing phase, we are looking to go live mid-January 2022.”

Staff away days



Staff enjoying African drumming

With funding provided by NHS Charities Together under its Recovery Grants programme, a series of 'away days' were offered to staff during September and October this year.

Many staff have been left exhausted after managing the pandemic over many months. As well as some staff on wards and areas such as intensive care working punishing schedules, doctors were redeployed into emergency rotas and a range of different staff were also required to work outside of their substantive roles into redeployed positions.

Providing an opportunity for these teams to come back together again and have some time and space to reflect, whilst also having some fun with colleagues, was felt to be a key priority to help address staff

resilience as we go into the traditionally busy winter period. Staff that were able to attend have really appreciated the opportunity, as one manager explained:

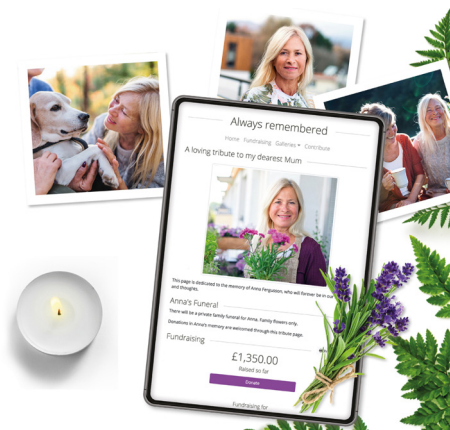
"Colleagues who attended were still on a high the next day! What a difference it made to staff morale at this busy time. I don't know why I am so surprised (I know the difference team building and time for reflection makes) but there was something about the away days happening DESPITE the wards being so busy. Something that is hard to describe but by that very gesture, acknowledged that when staff are tired and need a boost - it is OK to take some time to stop and think when at work...".

Early analysis has shown that staff attending an away day left feeling significantly better than when they arrived, to the point that they are still talking about them, days and weeks later.

Ways to remember

A great deal of support for Kingston Hospital Charity comes from donations that are in memory of a loved one. We are delighted to offer our families the opportunity to create a tribute page, which is a very special way of honouring the life of someone special.

It allows family and friends, near or far, the chance to share special memories and leave a gift in memory. You can add photos, favourite music, videos and even light a virtual candle in memory of your loved one – like an online memory box.



To create your own tribute, please visit **www.khc.org.uk/support-us/giving-in-memory**.

Christmas Jumper Fun



This Christmas, we are asking schools, community groups and clubs to help us to bring a smile to the face of a child who may not be so fortunate, by joining our Christmas Jumper Fun campaign and raising funds for our paediatric service.

Whether it's creating a special challenge, and asking friends and family for sponsorship, or simply asking colleagues to wear their festive jumper for a day in return for making a donation, we're hoping our local community will want to get involved. For further information and to sign-up, please visit **www.khc.org.uk/christmasjumperfun/** or email us at **khft.charity@nhs.net**.

Thank you

As always, we would like to thank the many supporters who have been active over the summer and autumn in support of Kingston Hospital Charity. We are very grateful to each and every one of you, regardless of whether we've been able to make reference to you here or not.

- **TeamKingstonHospitalCharity's**

fourteen runners who were among the 14,500 who took part in the London Landmarks Half Marathon (LLHM) in central London on Sunday 1 August and helped to raise nearly £9,000. This closed roads event takes runners past many of the iconic London landmarks. If you would like to run in next year's LLHM on Sunday 3 April please email **khft.charity@nhs.net** or call **020 8973 5041**.



- **Surbiton High School's Gifted & Talented Art Club** for producing a beautiful, large-scale ceramic tile mural for our Garden of Reflection, which serves as a permanent reminder to our staff that their community is eternally grateful for all their efforts and achievements through these challenging times. Each tile has been made and hand-painted by over 30 students aged 11-15 years.



- **Colleagues Taylor Cox, Gill Bernal, Roya Amirian and Sarah Levy** who took on the challenge of a parachute jump during the summer and autumn to raise monies to help enhance care.
- **Anstee Bridge and Bounce Theatre** for creating a new children's story book, entitled *Hope*, which encourages children to talk about their anxieties. Launched at John Lewis in Kingston on 1 October, the book is being distributed free of charge, while recipients are being encouraged to make a donation in support of our staff's welfare, in recognition that everyone is vulnerable.



- **Mrs Sun Hwa Griffiths**, helped by her colleagues Od Kwon, Hyung Soo Yim and Byung-Yun Yo, for arranging a wonderful programme of traditional Korean song and dance at Kingston's Rose Theatre in aid of Kingston Hospital on Sunday 3 October.



Photo: Grace Ro – Malden Camera Club

- **Timothy James & Partners** for sponsoring *Van Gogh Alive*, 'the world's most immersive multi-sensory experience', and nominating Kingston Hospital Charity as one of three benefitting charities. This prestige London exhibition in Kensington Gardens proved very popular with the public during its four month run over the summer.



Our Christmas appeal

With your help we would like to improve the quality of experience for patients who benefit from being cared for in one of the side rooms on our surgical or care of the elderly wards. These are often patients who have advanced dementia or who are dying.



The aim is to use the senses of sight, smell and sound to create a calming natural sanctuary, which is far removed from the busy clinical environment, to improve the quality of experience for patients and their loved ones.

Each room is to incorporate softer lighting and a skylight above each bed. They will also include artwork to create a more homely feel, along with a notice board so that patients or family members can place pictures and cards on the wall which are special to them.

These rooms would also incorporate more comfortable furniture and an aroma diffuser, as well as a Bluetooth speaker, so that patients and family members can listen to something that is special to them. The cost of incorporating these features into each room equates to approximately £3,000 and our aim is convert ten rooms initially.

If you would like to make a donation to create more tranquil spaces on our surgical and care of the elderly wards, please use the tear-off response form provided. Alternatively, you can donate online at **www.khc.org.uk** or by calling **020 8973 5040**.



Ceramic mural created by Surbiton High School's Gifted & Talented Art Club



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