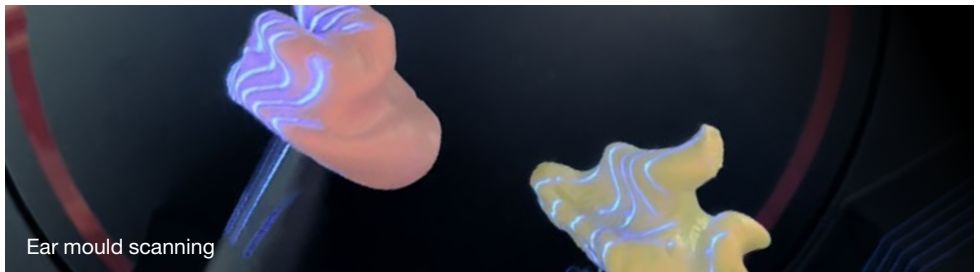


Our news

The 3D Unit to commence operations in late May

Under the leadership of Dr Chris Donaldson, the new three-dimensional digital design & manufacturing facility, to be known as 'The 3D Unit', in Princess Alexandra Wing was completed in early May.



In its initial few months after opening, the unit will start to benefit patients attending audiology and orthodontic outpatient clinics by producing 3D designed and printed orthodontic appliances and custom-fit hearing aids. The principal benefits that these patients can expect is reduced waiting times for devices to be made and a reduced need to attend appointments, which in turn will help reduce waiting lists.

The Unit will then go on to provide a 3D virtual surgical planning service for maxillo-facial surgery patients undergoing jaw surgery. Virtual surgical planning uses the

patients CT scan data, fused with light-based surface scanning data to create a virtual patient in 3D. The surgery is then precisely planned virtually by the surgeon before the patient attends the operation, producing 3D printed surgical cutting guides and surgical splints to precisely and reliably reposition the jaw bones in theatre.

In approximately 12 months The 3D Unit is expected to be providing services to a broad range of specialities including audiology, orthodontics, maxillo-facial surgery, oral surgery, ear, nose and throat surgery and orthopaedic surgery.

Dr Chris Donaldson said:

“By using The 3D Unit’s technologies to their full, we are looking to not just improve patient care at Kingston Hospital but to transform it. This new facility has the capabilities and potential to enhance patient communication, reduce operating time, reduce procedure recovery time, reduce waiting lists, reduce time to treat and reduce surgical complications.

“As the new service needs specialist technical skills for it to become

operational, two new digital clinical technologist roles were created and advertised - the first of their kind in the NHS. We have already recruited an excellent, highly skilled technician to one of the two posts who will start in mid-June. Recruitment for the second post is underway.

“The development of this new high-tech facility would not have been possible without Kingston Hospital Charity’s support and I am very excited by its potential for our patients in the months and years to come.”

The Opal Suite



Thanks to the fundraising efforts of Sam and Rob Moore, together with the Weybridge WI, the quiet room on the maternity unit’s antenatal clinic has been extended and refurbished to provide a comfortable and more homely space for the families who may need it. New flooring, ceiling and lighting was included as part of the upgrade, as was an air conditioning unit. An LED illuminated wall panel was also added, given the room had no windows, and new furniture purchased.

Balvinder Reehal, Screening & Bereavement Lead explained:

“This room is where women and couples are seen to discuss ‘bad news’ regarding their much-wanted baby.

“It is thanks to the foresight of Sam and Rob Moore who were able to highlight that the ‘doom room’ we had before was not acceptable. Their determined fundraising efforts have enabled a transformation from a hospital clinical room to a more spacious, homely and comfortable space.

“Based on the feedback we have received, couples really appreciate having an appropriate space to contemplate their options and to think of a way forward, without feeling rushed.”

Holmium Laser – doubling capacity

“Surgery is normally required for men with enlarged prostate glands who have not responded satisfactorily to medicine or have more severe problems. Charitable monies allowed us to acquire a Holmium Laser so we can now provide the gold standard treatment, as this state-of-the-art equipment has several advantages over transurethral resection of the prostate (TURP), which is the most common surgical intervention currently.

“The Holmium Laser allows the blockage caused by the enlarged prostate to be removed, with minimal damage to nearby structures. After surgery, patients typically stay in overnight and are discharged the following day, passing urine freely. For those treated with TURP, patients can stay in hospital for several days.

“The success rate is 99%+ for laser surgery compared with 70% for TURP and prevents any patient having to live with a catheter. In addition, the need for further surgery because of regrowth of the prostate is almost zero, whereas for TURP it is approximately 15%. There are also no size limitations with the laser surgery, while TURP is only suitable for patients with prostates of less than 75gm, meaning open surgery would be the only option.

“After introducing holmium laser enucleation of surgery (HOLEP) at

Kington Hospital, we found our capacity was limited to three patients per theatre session, because of the need to sterilise the laser scope between each patient. We are very excited that with Kingston Hospital Charity's support, we are doubling capacity per theatre session this spring, after acquiring an additional three laser scopes and a morcelator, which is required to remove prostate tissue.

“Our hospital's ability to access this technology is testament to the impact philanthropy is having in an NHS setting, ensuring we are at the forefront of providing the best possible surgical interventions for treating a range of conditions, including enlarged prostate glands but also bladder cancer and kidney stones. My colleagues and I are extremely grateful to all who support our charity, enhancing the treatment we can provide to patients now and in the years to come.”

Mr Sarb Sandhu,
Chief of Surgery & Consultant Urologist



Sarb Sandhu

Supporting falls prevention & reducing deconditioning

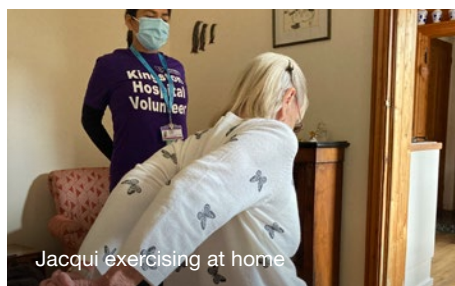
Kingston Hospital's Falls Prevention Community Exercise Programme utilises volunteers who provide one-to-one support to our elderly patients, after being discharged from hospital. Those over 80 years of age have a 50% chance of falling in any one year and up to 40% of older patients fall within six months of being discharged from hospital, with half of these incidents resulting in injury and a potential readmission.

Under this programme, each patient is visited by a volunteer at home who helps them undertake a physiotherapy prescribed exercise programme that runs for up to eight weeks. Jacqui, one of our patients, who has taken part in this pilot programme said:

"I can hardly explain the difference. It gives me somebody to laugh and talk with and it gives me somebody to encourage me with the exercises, so that I want to do more and want to keep going."

The initial results of this pilot, which is supported by Kingston Hospital Charity and Healthwatch, have seen a 100% improvement in functional fitness tests. Patients have also seen a fear of falls reduce by as much as 50%, while their confidence to cope at home has increased by 50%.

Kingston Hospital Charity is now providing support to extend this programme into nursing homes and GP surgeries locally, as well pre-operative assessment patients in their homes.



Physiotherapist Juliet Butler explained:

"It is vital that together we make proactive efforts to help this population to remain active and independent, to push back frailty, to ensure quality of life and to reduce health and social services costs. By involving volunteers closely in our work, we can provide the right help in the community to ensure our elderly patients remain active, reducing deconditioning and the risk of falling."

If you are interested in volunteering in support of this programme, please contact Bianca Larch, Volunteer Services Manager (Community & Outreach) by email at b.larch@nhs.net or by calling **0208 934 3053**.

Some examples of other recent projects supported

Charitable donations have funded the purchase of:

A **portable ultrasound** to ensure the rheumatology department can diagnose inflammatory arthritis within two weeks of a new patient appointment and treat it during the same visit. Research shows that outcomes are better for patients the sooner the diagnosis is made. This portable ultrasound machine is to be shared with the physiotherapy team working in intensive care and A&E. It will enable them to make quick, effective assessments of the patient's lung, so treatment can be more targeted, aiding their recovery.

An **ultrasound guided access** for our paediatric service. Most children admitted to hospital require intravenous cannulation. This is a procedure which can be difficult in children and often takes multiple attempts. Acquiring this ultrasound machine ensures our paediatric service can provide an enhanced, high-quality service to its patients by reducing pain and distress from multiple cannulation attempts and providing cannulas which last longer.



Ultrasound guided access

A **colposcopy couch** and **ultrasound machine** for our gynaecology service following its move to the Willow Building last autumn. Acquiring this specialist couch has enabled the service to increase provision of cervical cancer treatments and run dual treatment lists. The acquisition of a second ultrasound machine ensures all patients have access to one-stop clinics for patients referred with suspected gynaecological cancer. This means patients won't need to make multiple visits for imaging and follow-up appointments and reduces the time between diagnosis and starting treatment.

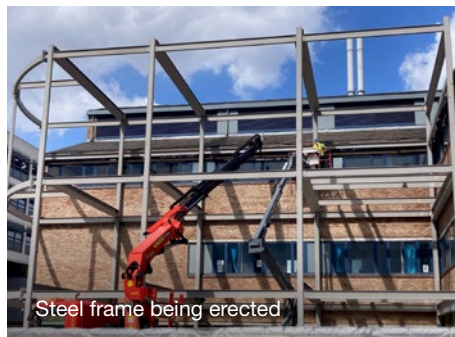
A **second autorefractor** for the Royal Eye Unit's outpatient clinics to assess their pre-operative and post-operative patients undergoing cataract or vitrectomy surgery. This will improve patient flow and enhance the experience of patients. The autorefractor calculates the prescription for the lens needed to correct the patient's eyesight. Post-operatively, the autorefractor is used to measure whether the patient's vision has been improved or corrected.

An **extracorporeal shock wave therapy machine** to enable specialists to provide a non-surgical treatment for a wide range of tendon and soft tissue problems, such as Achilles and quadriceps tendon issues, golfer's elbow and plantar fasciitis (also known as Policeman's Heel). This treatment was not available to patients attending Kingston Hospital before acquiring this machine.

Steel frame erected

After work commenced on extending the Royal Eye Unit and the paediatric service's Sunshine Ward last October, asbestos was discovered during the initial ground works excavation. This meant external works had to be paused while this was investigated. Removal of the asbestos was undertaken by an approved specialist contractor during December last year. Since then, the foundations were poured in early March, the erection of the steel frame took place during April and the upper floor metal desk installation and slab pouring got underway in early May. Brickwork and insulation are due to begin in mid-June.

Scheduled for completion in the autumn, this development will greatly enhance the care environments for the children undergoing chemotherapy and the growing number of patients with age-related macular degeneration and other diseases that affect the back of the eye, while ensuring more efficient services.



Upgrade of the Visitors' and Quiet rooms on intensive care

Thanks to the generosity of one of our supporters, the intensive care unit's Visitors' and Quiet rooms have been refurbished to provide a more comfortable and welcoming space for friends and family. The upgrade included a new kitchen with integrated fridge and microwave.

Matron, Tinah Palma said:

“Both of these rooms have been neglected for far too long and this was made worse during the COVID-19 pandemic when they were needed for storage and staff changing. It was so thoughtful and kind of one individual to donate the monies needed to improve

these rooms in loving memory of her sister and father who were cared for on the unit in 2019. With other donations we have received, we were then able to purchase sofas, chairs and stools for each room.

“The Visitors' Room is so important for family and friends to have somewhere to make a coffee and relax away from the bedside at what can be such a worrying and stressful time. We also need the Quiet Room so colleagues can have confidential discussions with family about their loved ones in a comfortable and private setting.”

A sponsored walk for family, friends and colleagues

Don't miss our special memory walk, **Night to Remember**, which this year takes place on Saturday 9 September at the earlier start time of 7pm.



Justine Sweet, General Manager (Specialist Surgery, Specialist Outpatients & Cancer Services) & Head of Audiology at Kingston Hospital, was one of those who took part in the inaugural event last year, explained:

“I walked with a group of my colleagues in memory of Aslam Mussa. His unexpected passing was such a shock to all who knew and loved him. As we walked through the night, we reflected on our memories with both laughter and tears, whilst raising over £1,470 in his name. What a fabulous event.”

With the choice of a scenic five mile or 13-mile walk, you can light up your memories as you walk through the evening. You'll be provided with a Night to Remember T-shirt to wear on the walk and a medal when you finish, along with a round of applause!

As the NHS celebrates its 75th birthday in 2023, we hope you will join us, so together we can make this a very special

and memorable evening for all involved, while raising vital funds to enhance our bereavement services.

Dr Laura Nightingale, Consultant and Clinical Lead Specialist Palliative Care said:

“Excellent end of life care doesn't stop when a patient dies. Grief and bereavement can feel overwhelming and isolating; we want the families of our patients to know that they're not alone and for them to feel supported on their journey, maximising the chance of a healthy and happy future.”

To book your place, please visit <https://www.khc.org.uk/events/nighttoremember/>. If you have any questions or require further information, please contact Tracey by email at tracey.shaw17@nhs.net or by calling **0208 973 5041**.

#75 Challenge

Kingston Hospital Charity

Our NHS always go the extra mile

Join us and celebrate this milestone birthday by organising your own fundraising event
www.khc.org.uk

Registered charity no 1056610

#rowfor75
#ridefor75
#walkfor75
#bakefor75
#jumpfor75
#swimfor75

NHS 75
Kingston Hospital
NHS Foundation Trust

1948-2023

As 2023 marks the 75th birthday of the NHS, we have been encouraging individuals and organisations across our community to take on a fundraising challenge to celebrate this significant milestone. Our thanks to all who have contributed so far.

Led by **Kingston Wheelers**, **#ridefor75** kicked off in February when individuals took on a 75-mile cycle challenge. Members from **Waldy Wheelers**, **Epsom Cycling Challenge** and **Kingston Juniors Cycling Club** also joined in, helping to

raise £9,000 to date towards the cost of developing a second secure bike storage unit for staff working at the hospital who wish to cycle to work.



Richard Carrington from the Waldy Wheelers took on his own **#ridefor75** event. Wanting to represent commuters in the area, Richard cycled a 75-mile route around a number of London hospitals on his Brompton bike in a bid to say thank you to the NHS for saving his life. He is now training for RideLondon-Essex100 on



The Blister Sisters –
Cindy and Jenny

28 May and is one of several individuals, including Kingston Hospital CEO, **Jo Farrar**, who is taking on this 100-mile closed road sportive in support of Kingston Hospital Charity.

#ridefor75 continues in September with places still available for the scenic London to Brighton bike ride. For more information and to sign-up please visit <https://www.khc.org.uk/events/london-to-brighton-cycle-ride/>.

#runfor75 got underway with **Laurence Harrison, Imelda Haynes, Sophie Helyer** and **Charles O'Donovan** successfully completing the London Landmarks Half Marathon on Sunday 2 April, raising nearly £2,500. Our thanks to them and to **Jasmine Dunn, Lucy Curtis** and **Alexandra Norman** who completed the London Marathon on Sunday 23 April, raising nearly £,4,500.

The Blister Sisters, **Cindy** and **Jenny**, raised over £4,000 in support of our maternity service and the Air Ambulance

Kent, Surrey Sussex, after taking on the Isle of Wight Challenge on 29 April, walking 106km around the perimeter of the island in 24 hours - **#walkfor75**.

A number of our local schools are also getting involved and planning their own challenges during 2023. Led by **Kingston Grammar School**, other schools taking part include **Coombe Boys' School, Surbiton High School, Tiffin Boys, Radnor House** and **The Kingston Academy**.

Everybody has their own reason for saying thank you to the NHS so, if a sporting event is not for you, why not get together for an NHS Big Tea in July with family, friends or work colleagues? **#bakefor75**. For more information, please visit <https://www.khc.org.uk/events/nhsbigtea/>

If you are interested in joining an event or want help organising your own, please contact Tracey by email at tracey.shaw17@nhs.net or by calling **0208 973 5041**.

Meeting the needs of children and young people



Sarah Shade

“Plans to relocate and redesign the paediatric emergency department this summer provide an opportunity to ensure we cater for the particular needs of children and young people with mental health concerns and those with special educational needs and disabilities.

“We are seeing increasing numbers of children and young people presenting to the paediatric emergency department in mental health crisis, with deliberate self-harm and attempted suicide being the most commonly presenting condition. These children can spend long periods of time either waiting for a child and adolescent mental health assessment or for a child and adolescent mental health bed, if required. We want to ensure that within our paediatric emergency department we provide a dedicated safe and secure space for them, that provides comfort and reassurance. With charitable support, our hope is this space will incorporate two chairs that can fold out into beds, as well as a weighted stool and table. We also want to provide a sense of being in contact with the outside world by incorporating

a light box in the ceiling, so those looking up will see the top of trees and the sky, as well as a wall length mural of nature. For continuity of care, we also want to create a similar space in the paediatric unit for those admitted in mental health crisis.

“For some children and young people with special educational needs and disabilities, unfamiliar, busy, noisy environments can be both overwhelming and distressing. The cubicles in the new paediatric emergency department are to incorporate a décor that is calming with muted colours and which includes suitable lighting that can be dimmed. Play and distraction will also be important, so we hope that with charitable monies we can provide a variety of sensory equipment and toys that will reduce stress and anxiety.

“As Deputy Chief Nurse and previously the matron for children and young people I am passionate in wanting to ensure that the environment within the paediatric emergency department meets the needs of all those who visit it, so I hope you may feel able to donate. You can do so online at www.khc.org.uk, by calling 020 8973 5040 or by completing the **response form** at the back of the newsletter and returning it in the Freepost envelope provided. Thank you so much.”

Sarah Shade
Deputy Chief Nurse





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