

Our news

Introducing ERCP

From early July this year, specially trained clinicians have begun providing Endoscopic Retrograde Cholangiopancreatography (ERCP) – a highly complex procedure which is used to treat patients with jaundice, either due to pancreatic cancer or a stone obstructing the bile duct.

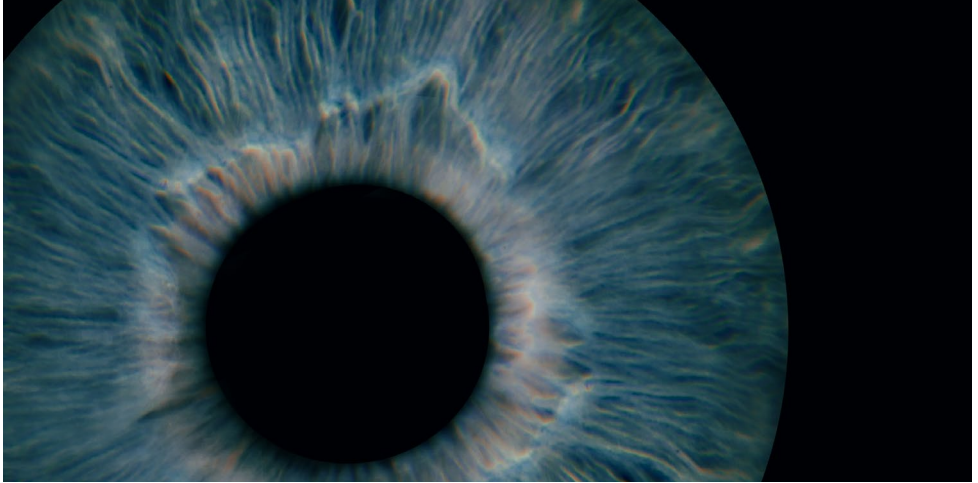


ERCP scope in action with Endoscopy Lead, Dr Ralph Greaves

Two specialist scopes were acquired with charitable funds, enabling the endoscopist either to insert a stent in the bile duct, or to widen the bile duct to release the impacted stone. This can be a lifesaving procedure for patients with impacted gallstones who can get very unwell, very fast.

Previously, inpatients requiring an ERCP procedure would need to be transferred to St George's Hospital by ambulance, accompanied by a nurse. Now with the new equipment in place, inpatients at Kingston Hospital can be treated on-site, without delay, ensuring a more comfortable patient experience and shorter length of stay in hospital.

Nadhmi Auchi Retina Centre opens



“The new retina centre represents a significant step forward in our commitment to both eye care excellence and our mission to preserve and improve the precious gift of sight.

“The human eye is an extraordinary organ, and the retina is at the heart of this remarkable structure. It is the delicate, light-sensitive tissue lining the back of the eye made up of millions of nerves. It captures and processes visual information, enabling us to see and appreciate the world.

“The retina is essential for vision, and when it is compromised, it can lead to vision impairment and even blindness. We recognise the importance of providing specialised care for conditions that affect the retina, such as age-related macular degeneration,

diabetic retinopathy, retinal detachments, and other disorders.

“Our team of skilled and compassionate ophthalmologists, nurses and technicians are united in their goal to provide comprehensive, patient-centred care. They have received specialised training and have access to state-of-the-art equipment and technology to diagnose and treat a wide range of retinal conditions. This new unit enables us to better meet the needs of our patients, while serving as a hub for innovation and collaboration, as we continue to explore and provide new treatments as they become available.

“As we open the doors to this new retina centre, we are not just inaugurating a building but a symbol of our commitment to the community we serve.



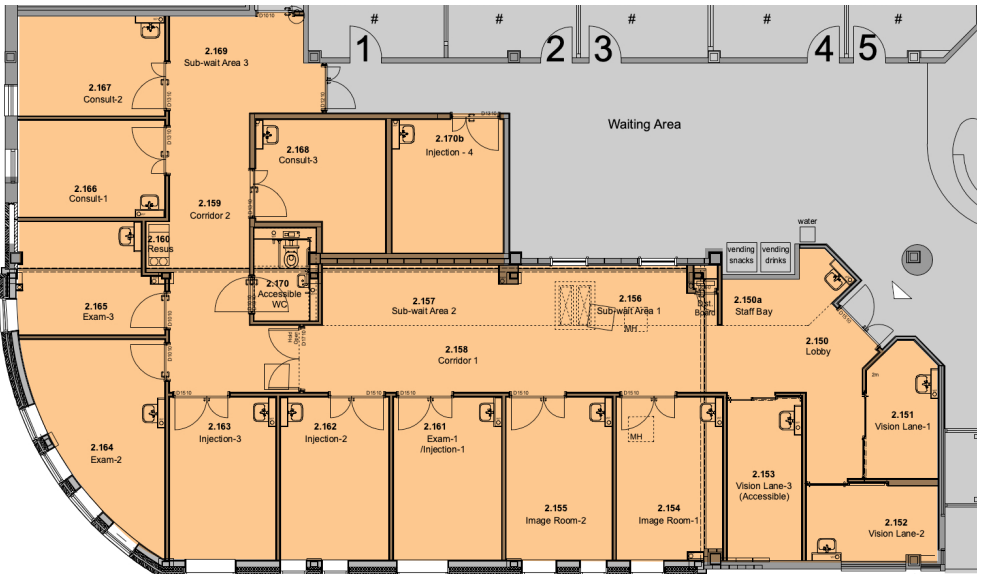
Cutting-edge technology – ultra-widefield retinal imaging

“We are dedicated to making a meaningful impact on the lives of our patients and their families, delivering care in the best possible clinical environment and as efficiently as we can.

contributed to making this new centre a reality. We look forward to a future where we continue to make a difference, one patient at a time, and where our new centre stands as a symbol of excellence in eye care.”

“We would like to express our heartfelt gratitude to all who have generously

Mr Wisam Muen
Clinical Lead & Consultant Ophthalmic Surgeon, Royal Eye Unit



Retina centre floorplan

Specialist physiotherapist to tackle deconditioning and reduce falls

Specialist deconditioning physiotherapist, Brooke Holden has started a new role funded by Kingston Hospital Charity to help prevent the deconditioning of patients across Richmond and Kingston and bring down the number of patients being admitted into hospital or visiting their GP due to a fall.

Working with two GP surgeries, a nursing home and a residential home across Richmond and Kingston, Brooke will target patients who have been identified by their GP or care home as being at risk of deconditioning and who would benefit from exercises to maintain their movement and mobility.

She will deliver weekly exercise classes at the two care homes and support a team of Community Rehabilitation Volunteers to deliver courses of eight, weekly one to one exercise sessions to patients in their own homes.

Brooke will screen patients at a community hub near the GP surgery and attend their first home visit with each dedicated volunteer. Unlike Kingston Hospital and Hounslow and Richmond Community Healthcare's (HRCH) community exercise volunteer programme (featured in the spring edition of Our news) which focuses on discharged hospital patients who are 65 years or older, this service will be open to anyone who is deemed as being of need by their GP or care home.



Brooke with a patient

To understand how the project is benefitting patients, Brooke will be measuring patient mood, feelings of isolation and how confident care home staff feel when helping residents to move around the nursing homes. She'll also be looking at improvements in patient mobility, balance and endurance.

Patient deconditioning is a joint quality priority for Kingston Hospital and HRCH. Based on previous success in community deconditioning prevention projects, it is hoped the data collected from this year long project will support the continuation and expansion of the programme.

Meet Nick Hogarth



Nick Hogarth

“I was diagnosed with a condition called M.D.S in January 2023. This is a form of bone marrow cancer and requires lengthy stays in hospital in isolation receiving chemotherapy. When I heard that I would be in hospital for months, I decided to take a small music keyboard and laptop with me, so that I could compose music in the long hours alone.

“The idea to compose a song for Kingston Hospital Charity just came to me one day having received such great care from the hospital staff, as I suffered some horrible side effects from the chemotherapies. Also, one of the doctors noticed I was a musician and said I should play at the hospital Christmas party!

“The bedroom and ensuite bathroom I spent my isolation in for six months had recently been upgraded and modernised with charitable monies. This definitely helped make it easier to live each day, while being cared for by a team who were always helpful and supportive.

“I remembered a song I had written with a co-writer many years ago which had never been released entitled ‘This Heart Beats Only For You’. Those words resounded in my mind! What an absolutely fitting title for the care the NHS show towards us! So, I found the song in my files and worked on it remotely with a nurse who was caring for me and who is a singer. We had actually met years ago in a music venue in Surbiton. An apt coincidence!

“I decided to change the original song to a more upbeat and modern style! My wife then came up with an idea for the design of the actual title for the CD. It has been an amazing positive outcome from the time spent in the wonderful care of the staff at Kingston Hospital. Thank you!”

Nick’s CD and download is being released in early December with all proceeds raised being donated to Kingston Hospital Charity.

Our autumn appeal – enhancing bereavement support



“Whilst the core role of our hospital is to make people better, sadly this is not always possible and in the 2022-23 financial year there were 952 deaths.

“The pandemic highlighted the need to improve services for bereaved people. National guidance states that good end of life care must encompass pre-bereavement and bereavement care. A report by Health Watch Kingston in 2022 identified a need for better co-ordination of bereavement support and services, as well as higher quality information, facilities and ways of helping people in their time of grief and loss.

“Our staff deliver comprehensive and high-quality end of life care to patients and their families up until death and in the immediate post-death period. However, we do not support families and carers further in their bereavement journey and this is what we would like to address now.

“We are seeking your help to improve the way that our services at Kingston Hospital provide compassionate advice and support to families and carers after someone has died.

“We know how challenging end of life situations can be for families and carers, even when a death is expected. We’d like to appoint a Bereavement Practitioner who will help our bereaved families and carers navigate this emotional and challenging time. This role would:

- co-ordinate a team of end of life companion volunteers who will support dying patients and their families before and for a period after the death of their loved one;**
- provide families with information about what to do when a loved dies in hospital;**
- connect them with local services which can provide longer-term support with their grief.**

“Creating this role will enable us to reach more people across our services, affected by the death of a loved one and deliver education and training to ensure that our staff have a unified compassionate approach to communicating with the bereaved

“Ultimately, we want to make the unbearable bearable, by putting the right support in place to provide a holistic package of care for patients and their families. I do hope you feel able to support our appeal.”

Dr Laura Nightingale
Consultant and Clinical Lead Specialist
Palliative Care

Are you able to help us improve the compassionate advice and support we can provide to families and carers after someone has died? By donating £29 you could provide an hour's Bereavement Practitioner support. To make a donation, please call **020 8973 5040**, visit www.khc.org.uk/support-us/donate/ or complete the response form at the back of this newsletter and return it in the Freepost envelope enclosed. Thank you.

What a Night to Remember



At the start in Market Place, Kingston

Our thanks to all who took part in our second memory walk, Night to Remember, on the evening of Saturday 9 September. With their

amazing support, we have raised nearly £25,000 towards our goal of £60,000 to help fund the Bereavement Practitioner role for an initial eighteen-month pilot. If successful we will continue and expand this programme of bereavement support.

Despite it being a sultry September evening for those taking on the five-or-thirteen-mile route, there was a great atmosphere. We are very grateful to all who took part and helped ensure it was another successful and memorable evening. Our thanks also to our volunteers who helped out again during the evening; to the Korean Culture & Arts Centre who gave a spectacular demonstration of drumming just before the event got underway; and to the Korean Restaurants & Supermarkets Association and Russell Cooke Solicitors for their contributions.

Andrew Winrow Oncology Unit to open in early 2024

“Undergoing treatment for cancer in childhood is one of the most traumatic events that can happen to a young person and their extended family. The Kingston Hospital Paediatric Oncology Shared Care Unit (POSCU) has been treating children with cancer for 25 years, alongside the major London oncology primary treatment centres.

“Treatment involves multiple planned and emergency attendances to hospital over an extended period of time. For about half our children, approximately three years from diagnosis; with outpatient follow up for many years after their treatment has finished.

“Until now, these children have needed to undergo their treatment in the children’s day care unit. Feedback from past and current families highlights their concern about exposure to infections when their immunity is low from chemotherapy, delays to planned treatment due to lack of space and subsequent disruption to schooling and everyday life. These anxieties can make an already life changing diagnosis quite overwhelming.

“The new unit adjoins the current children’s unit but will be solely for the use of children undergoing cancer treatment and their families. The children will be treated in a calm, peaceful and well-equipped area, making the experience as easy and stress free as possible.



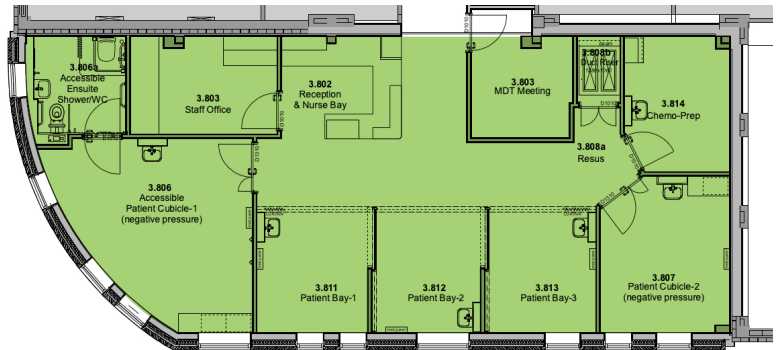
A patient being treated in the day care unit

“Alongside improving the current quality of services, the new POSCU will enable our service to expand to meet the growing number of children requiring cancer treatment in south west London. This will allow us to deliver better training for medical and nursing staff and a greater ability to take part in future research into improved methods of treating cancer in children.

“The POSCU team and wider paediatric team are eternally grateful to all who have contributed to making this new build happen and we look forward to the improved experience we can give to the children and families under our care.”

Dr Joanna Morris
Consultant Paediatrician & Lead for
Paediatric Shared Care Oncology

Children's oncology unit floorplan



Thank you for helping us to meet the needs of children and young people

“You may remember that in our spring newsletter, we were seeking your help to ensure we met the particular needs of children and young people with mental health concerns and those with special educational needs and disabilities.

“Thanks to the amazing response from people like you across our community, we have been able to incorporate safe spaces for children and young people presenting to our paediatric emergency department and for those admitted on Sunshine Ward. Works on the relocated and redesigned children’s emergency department were completed in mid-November and will shortly accommodate sensory equipment and toys that will reduce stress and anxiety for those children with special educational needs and disabilities.



Sarah Shade

“I would like to express my sincere thanks to all who responded so positively during the spring. In total, including the contributions from the Lifetimes-Chances Charity and The Victoria Foundation, approximately £27,000 was raised to help those children who visit our hospital with mental health issues or special educational needs. It’s so important we provide the right environment for them. Thank you so much.”

Sarah Shade, Deputy chief Nurse

Thank you

We would like to thank all our supporters who have been active over the summer and into the autumn including:

Rachel Jones who organised a musical event in her garden for 100 people and raised £1,300 towards an interactive projection system to be enjoyed by the children who visit our hospital.

Timothy Mead from Webster's Fish Stall in Kingston Market and all his loyal customers who raised £550 for our cancer services.

Simon Campbell, Ryan Cleanthi and the rest of the Collins Construction team for taking on the London to Brighton cycle ride in September. This is Simon's second year leading the team who together have raised approximately £10,000 for the paediatric service.



Members of the Collins Construction team

Quicksilver Running who raised £1,000 from this year's Royal Borough Kingston Half Marathon thanks to the generous donations made by a number of participants.

Members of the London Softball League for their kind gift of £2,000 in support of the Daisy Room, which was given in memory of Paige Wright Johnstone.



Members of the London Softball League

Eleanor Beecraft for successfully completing the London Duathlon, raising over £3,400 for the Daisy Room.



Eleanor Beecraft at the London Duathlon

Every Child Every Day Academy Trust (comprising Grey Court, Hollyfield and Chessington schools), **Coombe Hill Manor Residential Care Home** and **Kingston, Surbiton** and **New Malden Rotary Clubs** for supporting the creation of five tranquil spaces on our orthopaedic ward.



Brooke with a patient



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Hospital
Charity

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