



Kingston  
Hospital  
Charity



# Our news

Issue 14 Autumn 2024



Mr Enyi Ofo,  
Consultant ENT,  
Head & Neck,  
Robotic, Thyroid &  
Parathyroid Surgeon

Following its move to the new Aspen Building in 2023, the ear, nose and throat (ENT) team at Kingston Hospital has successfully introduced one-stop head and neck diagnostic clinics, led by Mr Enyi Ofo.

During these clinics, high-risk patients undergo same-day ultrasound guided fine needle biopsies and cytology, receiving their results within hours. If a cancer diagnosis is confirmed, they are supported by a Macmillan Cancer nurse specialist who offers emotional support and coordinates the booking of radiological imaging scans, surgeries, and other treatments while the patient is still in the clinic. However, the availability of only one ultrasound machine has limited access for many high-risk patients, preventing them from receiving this vital service.

Charitable support has been provided to purchase the additional ultrasound machines needed, so that all high-risk patients will be able to access the one-stop clinic, ensuring faster diagnosis and earlier treatment. An intraoperative nerve monitor has also been acquired to avoid the risk of facial nerve injury,

as this can have life-changing impacts, for patients that require removal of their parotid gland for biopsy. It also reduces the length of the procedure, so more patients can receive this biopsy sooner.

In addition, a stroboscopy system has been purchased for patients with suspected laryngeal cancer to ensure earlier diagnosis, by allowing functional examination of vocal cords during speaking and swallowing.

Mr Ofo said:

“Head and neck cancer accounts for approximately 4% of cancers in the UK. Sadly, due to delays in cancer diagnosis and treatment, five-year survival rates remain poor. Acquiring this equipment and introducing one-stop clinics for all high-risk patients referred under the urgent suspected cancer pathway, will ensure we can diagnose patients as early as possible and expedite cancer treatment at specialist cancer centres. My sincere thanks to Kingston Hospital Charity and supporter Dame Marit Mohn for enabling these innovations to be made possible.”

An ultrasound machine in action in the Aspen Building.



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# Meet Vicki Kimmitt

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“After receiving truly outstanding care and support when my own father died, I was inspired to help other people who had experienced the loss of a loved one and made a career change from supporting young children with autism. After working in funeral care in the years before and during the COVID-19 pandemic, I joined King’s College Hospital almost three years ago to set up a bereavement service.



Vicki Kimmitt,  
Bereavement Support  
Practitioner

“I am passionate about dispelling the myths and breaking down some of the taboos that surround death and dying and believe in encouraging everyone to talk more about the subject. Families frequently have no idea about the wishes of the people that they love and are fearful of raising the subject in conversation. There are many things that worry us if someone that we love has died and these worries can be quickly eliminated with a little information and reassurance.

“I am excited to have joined Kingston Hospital in a role which allows me the opportunity to put together a service offering support to

those who have experienced the loss of a loved one. Staff are already doing great things and it is a pleasure to meet with everyone and plan how we can work together to take away some of the worries that people have at this time of overwhelming grief. There will be someone to hold their hand throughout the journey offering support with everything from how to plan for a funeral, and ways that they can be assisted financially, to where they can find support and companionship from others.

“If I can take away a little worry that they have about the administrative processes that happen when someone dies, or if I can reassure them that their loved one is still being properly cared for within the hospital whilst resting in our mortuary, then it will have been worth leaving my house that morning. By taking away some of these anxieties it allows people to focus on their grief, spend more time with the people that they love and ease the journey into life without their loved one. I am very grateful to everyone who donated to help establish this bereavement service – thank you so much.”

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# Introducing Singing Medicine

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Ex Cathedra’s Singing Medicine has been visiting the hospital since September, improving patients’ wellbeing through singing. During the day they visit the hospital’s acute stroke unit, care of the elderly wards, paediatric ward and orthopaedic ward where they play live music and involve a group of patients in singing with action.

The sessions are run by talented singers and a pianist who support the patients’ rehabilitation post stroke by working on their communication, cognition and strength as well as boosting mood and wellbeing.



Eloise Frampton, Lead Physiotherapist for Acute Stroke, said:

“Singing medicine on the acute stroke unit has left both patients and staff with smiles on their faces. The sessions are run by talented singers and a pianist who support the patients’ rehabilitation post stroke by working on their communication, cognition and strength, as well as boosting mood and wellbeing. Patients and staff have really enjoyed and benefitted from the sessions and always ask when they are coming back! Our thanks to Kingston Hospital Charity for making these sessions possible.”

Nancy, a patient who has spent six weeks on Keats Ward, commented:

“I strongly believe these sessions are of the utmost benefit to patients’ recovery. Happy brain, happy body, plus happiness spreads and we get a sense of achievement.”

Before acquiring five additional dermatoscopes with charitable monies, the skin cancer nurse specialists had to share these with the rest of the dermatology clinicians in outpatients. This was problematic as they are continuously working with patients assessing their skin, to make a clinical judgment on their diagnosis and management. One of the skin cancer nurse specialists, Eby Sebastian, commented:

“Having our own dermatoscope in clinic is truly a game-changer. It not only improves our workflow but also enhances the quality of care we can offer, allowing for timely and accurate diagnosis.”

A dermatoscope is a handheld instrument that works like a magnifying glass. They are critical to the smooth running of busy skin cancer clinics at Kingston Hospital.



The Sir William Rous Unit, the hospital's adult cancer unit, underwent an upgrade and refurbishment over the summer and autumn. A grant from Kingston Hospital Charity enabled the Macmillan Information & Support Centre to be refurbished to allow workshops and health and wellbeing events to take place in a therapeutic and comfortable space. It also funded the creation of a new complementary therapy room, which incorporates cherry blossom light panels, as well as the purchase of new furniture and wall art on the ground and first floor to provide a more comfortable and welcoming environment.

## Think sepsis

Kingston Hospital's 'Could it be sepsis?' awareness campaign launched in early November has been funded from monies raised from the Allegis Group Golf Day. This latest awareness campaign will seek to remind hospital staff to *think sepsis*, to ensure better sepsis patient outcomes and to mitigate the risk of deterioration, as time is of the essence with sepsis care. Early recognition and early escalation saves lives.

One out of five deaths worldwide are associated with sepsis, which can be hard to diagnose due to the similarity of its symptoms with other illnesses.



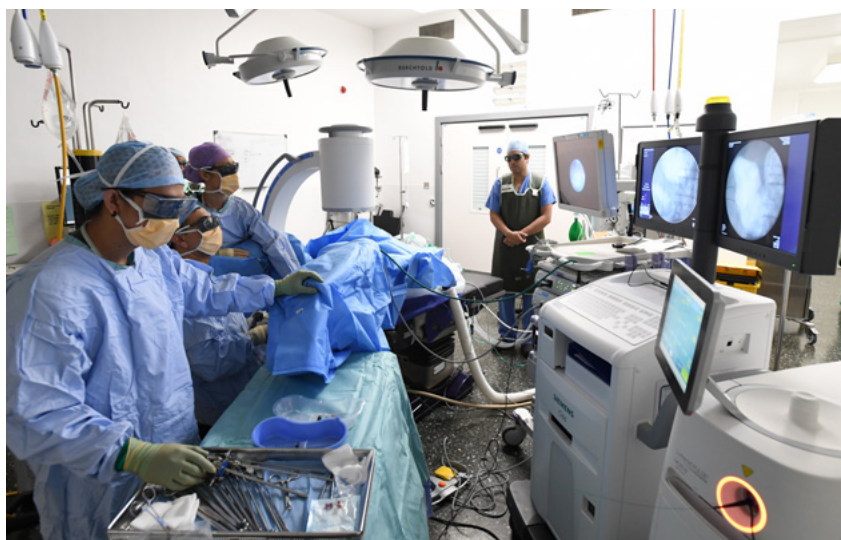
The golf day was organised by Tom Pawley, Sales Director at Allegis Group's TEK Systems, as a way of thanking Kingston Hospital staff who moved fast when his wife, Bex, was suspected of having sepsis.

Bex was being treated for a respiratory issue and staff who were looking after her were quick to spot the signs of sepsis and to provide her with the necessary treatment before she was transferred to St Thomas' Hospital.

Sepsis happens when a person's immune system overreacts to an infection and starts to damage the body's own tissues and organs. One out of five deaths worldwide are associated with sepsis, which can be hard to diagnose due to the similarity of its symptoms with other illnesses. Without rapid diagnosis and treatment, it can lead to tissue damage, organ failure and death, which is why Tom and Bex will be forever grateful to those staff who responded so quickly when sepsis was suspected.

## Our medical equipment fund

Funding the purchase of medical equipment to enhance diagnosis, improve treatment and deliver better care continues to be a key focus for Kingston Hospital Charity. There are a number of equipment items required in the coming months, including those featured here.



A Holmium laser and the kitting out of the 3D design & manufacturing unit are some recent examples of equipment funded by Kingston Hospital Charity.

## Faxitron machine

This equipment is required by the breast team to improve outcomes and efficiency, when operating on breast cancer patients. The Faxitron is a specialised imaging device that provides high-resolution images of excised tissue, enhancing the accuracy and efficiency of breast cancer surgeries. It enables real-time imaging, helping surgeons verify complete excision of cancerous tissues. With precise imaging patients are less likely to need additional surgeries, decreasing recovery times and improving quality of life. With the use of this interoperative imaging in theatres the total operating and anaesthetic time is also reduced.

## Toddler simulation mannequin

Practice and excellent team work is essential in effectively managing emergencies in sick and unwell children. In a large hospital with different staff groups, simulation plays a vital role in team training and upskilling professionals to deliver the best possible care. A realistic simulation mannequin allows staff to practice managing emergency care in a safe environment, so staff are confident and prepared when facing the real thing. The paediatric service's toddler

sized simulation mannequin is well loved and approaching its ninth birthday and does not have the full functionality of the newer models. There is a pressing need to replace him to continue their work, and to expand their simulation training – ultimately to deliver the highest quality care to the hospital's local children.

## Portable ultrasound machine

This is required by the hospital's respiratory team to enhance the quality of care for patients with diseases that affect the tissue that covers the outside of the lungs and lines the inside of the chest cavity (known as pleural diseases).

The respiratory service has established the routine use of ultrasound by doctors on the ward. It would like to acquire a new portable machine with advanced imaging capabilities that provides precise imaging resolution at the point of care. Developing new capabilities in diagnostic testing will lead to improved patient outcomes and patients starting treatments earlier.



Are you able to contribute to our medical equipment fund to support the purchase of cutting-edge equipment?

To donate, please call 020 8973 5040, visit [www.khc.org.uk/support-us/donate/](http://www.khc.org.uk/support-us/donate/) or complete the response form at the back of the newsletter and return it in the Freepost envelope enclosed.

Thank you very much – such gifts will help enhance diagnosis, improve treatment and deliver better care.

Gifts in wills have made possible numerous, meaningful improvements across Kingston Hospital. Some individuals who are thankful to the hospital, choose to express their appreciation by leaving a gift to Kingston Hospital Charity when making or updating their wills. People like Heidi and Irene.

## Heidi

“Three days before lockdown in 2020, I was diagnosed with Stage 3 bowel cancer. It came completely out of the blue as I had no symptoms – except perhaps some fatigue – and I wasn’t someone who was considered at risk of the disease. I was fortunate in that the tumour was discovered during an investigation for something else completely unrelated. I absolutely believe I wouldn’t be alive if it weren’t for the doctors, nurses and staff at Kingston Hospital. During a time when COVID-19 was killing so many people and putting unprecedented demands on the NHS, they not only kept me safe during treatment, surgeries and hospital stays, but every single person I encountered there was kind, compassionate and empathetic.

“It’s now been almost five years, I’m just about to be signed off and I’ve felt so supported through what has been a long recovery. I can hardly believe it sometimes, but I’m alive and healthy and whole. I’ve recently moved to the south coast and am happier than I’ve ever been. Kingston Hospital saved my life. And that’s why I’ve left a gift in my will, so I can give something back for all that’s been given to me.”



“Kingston Hospital saved my life. And that’s why I’ve left a gift in my will, so I can give something back for all that’s been given to me.”

## Irene

“Irene had age-related macular degeneration and made regular visits to Kingston Hospital’s Royal Eye Unit to monitor her condition and to receive her injections. She could not fault the care she received from the ophthalmology team over many years. I know Irene was keen to show her appreciation to the staff by leaving a gift in her will, so other patients with eye problems could benefit in the years to come. It was her way of saying ‘thank you’ for the care and support she had received.

“Irene would have approved of the new retina centre that opened in the enlarged Royal Eye Unit as a means of ensuring a more efficient service and a better care environment for people who attend clinic regularly. She would also be delighted to know that the gift she left in her will is being used to help purchase specialist imaging equipment that is needed by the retina team for the benefit of patients with age-related macular degeneration and other conditions that affect the back of the eye.”

*Merv, a friend and executor to Irene’s estate*



After taking care of family and friends, please consider leaving a gift to help make Kingston Hospital the best it can be for patients, families and staff in the years to come. Making or updating your will is easier than you think and we now offer a free will service.

For further information, visit [www.khc.org.uk](http://www.khc.org.uk) or contact Rob on 020 8973 5040 or by email at [r.aldous@nhs.net](mailto:r.aldous@nhs.net).

A massive thanks to the nearly 300 people who participated in this year's **Night to Remember** on the evening of Saturday 7 September, raising approximately £58,000.

"It feels very special to know this money will be used to help other families to try and cope when going through what I have experienced."

The focus of our fundraising at this year's memory walk was to ensure families who face the devastation of losing a child at Kingston Hospital are provided with specialist psychological support from an experienced bereavement psychologist. Research shows that bereaved families are at a higher risk of mental and physical poor health and that psychological support is very important in helping to improve this.

Among those taking part were Team GB's Lola Anderson, who won a gold medal in the women's rowing quadruple skulls at this year's Paris Olympics and Holly Dunford, who won a bronze in the women's eights. Lola, who was born at Kingston Hospital and is originally from Richmond, walked in memory of her Dad, who was treated for cancer at the hospital three years ago. Lola said:

"I'm proud to have had the privilege of walking alongside bereaved families, some of the strongest and bravest people, who despite their own grief, want to raise money so that other families get the best possible support if the worst happened to them.

"My Dad spent a lot of time receiving treatment from the wonderful staff at Kingston Hospital and so it is an honour to take part and celebrate them and the community within the hospital."



Also taking part was Ashlea who lost her daughter at Kingston Hospital after a sudden asthma attack last December. Ashlea said:

"Since Freya died we have received an outpouring of love and support from so many people. Freya's friends have acted with such grace, warmth and compassion and I am beyond proud to say that they are my daughter's friends. A number of them joined me on the walk to raise money for this most important and worthy of causes. It was so special to walk with them as we remembered Freya and I can't believe how generous people have been in helping Team Freya to raise nearly £12,000. It feels very special to know this money will be used to help other families to try and cope when going through what I have experienced since losing Freya."



**Night to Remember** will be taking place again in 2025, on the evening of Saturday 6 September. A shorter third route is to be included to ensure as many people who want to participate, can.

If you would like to register your interest in taking part, please email Rupert at [r.meredith-jones@nhs.net](mailto:r.meredith-jones@nhs.net).



The pocket sized, handheld scanner is easily accessible, portable, compact and lightweight.

A point of care ultrasound for the critical care outreach team has been purchased with charitable monies to improve assessment, diagnosis and treatment of critically unwell patients at their bedside, particularly when they are too unstable for inter-hospital transfers for further imaging to aid diagnosis.

The scan enables focused ultrasound imaging in shocked hypotensive patients, lung ultrasound in respiratory failure, and guided vascular access. The handheld scanner provides the critical care outreach team with rapid access imaging for adult patients.

# Thank you

We would like to thank all who have provided support over the last few months, helping to make Kingston Hospital a better place for patients, families and staff, including:

Neil Grunshaw who raised over £2,000 in September, after taking on the Kingston Wheelers John Bornhoft Memorial Hill Climb on his cargo bike with his children, Henry and Rosa, on board. He also rode the 25 kms to and from Leith Hill with his precious cargo.



Lead Orthopaedic Practitioner **Andrew Pedder** (right) who took on Race to the Stones, the UK's biggest ultramarathon, with friend **Kevin Faulkner** over two days in July, raising nearly £2,500.

The Warren House Hotel and Kingston Island (Ravens Ait) which together raised £7,500 from two events.

**Mollie Smith**, lead nurse for the hospital's paediatric outreach nursing team, who successfully completed the 2024 IRONMAN 70.3 Les Sables d'Olonne in France with her father, raising over £700.

Hampton Court Paddle Sports for raising £700 from its charity paddle and pizza event.



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Hospital  
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Kingston Hospital Charity  
Galsworthy Road  
Kingston upon Thames  
Surrey KT2 7QB

Telephone 020 8973 5040  
Email [khft.charity@nhs.net](mailto:khft.charity@nhs.net)

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