

Health matters

Best of Health

by Dr Boleslaw Posmyk, chair of Hartlepool and Stockton-on-Tees Clinical Commissioning Group



Keep calm and be sure to look after yourself

EASTER is just around the corner and we're continuing with our 'Keep calm and look after yourself' campaign.

The aim is to encourage people to 'look after themselves' as best they can and by doing so, keeping valuable NHS resources for people who really need them.

You can help yourself by making sure you plan ahead and order any repeat prescriptions you may need over the Easter period.

You can also help tackle

some of the common ailments around at this time of the year by keeping a well stocked medicines cabinet at home.

Paracetamol and ibuprofen are effective at relieving most minor aches and pains such as headaches, period pain, inflammation in arthritis and sprains, while antacids can help with stomach ache, heartburn or trapped wind and are available in various forms including chewable tablets.

A handy first aid kit could contain bandages, plasters, a thermometer, antiseptic, eyewash solution, sterile dressings, medical tape and tweezers.

By doing your bit and looking after yourself, you're freeing up valuable NHS resources for those who really need them. Visit www.nhskeepcalm.org.uk for more information.

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NEW Same day Access to Your GP in Three Simple Steps

- 1 Call your surgery...**
Kendal Road 01429 230000
or Throston 01429 282200.
- 2 Confirm...**
name, date of birth and brief description with reception.
- 3 GP will call you back...**
to discuss your health problem and arrange an appointment for you.

Let's talk Flu

Adult Flu vaccinations now available. A childhood Flu vaccination is available for children from 2-3 years.

New Vaccinations For 2013.

Are you aged 70 or 79?

Then contact the surgery about vaccinations against shingles. Please contact the surgery for further information on any of the vaccinations.

Mckenzie House,
Kendal Road TS25 1QU
01429 230000
Throston Medical
Centre
01429 282200

Mckenzie Group Practice



SUCCESS: The first students on the mortuary course at the North Tees and Hartlepool NHS Foundation Trust

Setting the UK standard

BY CHRIS CORDNER
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A HEALTH trust has become the first national training centre for a new training qualification for mortuary staff.

The new Royal Society of Public Health level 3 diploma in Anatomical Pathology Technology is now available at the North Tees and Hartlepool NHS Foundation Trust.

And it is already a success. It attracted its first group of students from as far as Denmark.

Mortuary and bereavement service manager Michelle Lancaster said: "The UK is one of very few countries where it is essential to have qualified staff working in mortuaries so this dedicated training programme attracts international candidates who want to be qualified as a way of demonstrating their professionalism and commitment to care."

ment to care."

She said the first intake of 22 students will work towards a qualification which allows them to apply for further accreditations - from a level 4 diploma to a level 6 BSc Hons degree.

The new qualification has five theory modules and five practical modules which the students have to pass. They are scrutinised in areas such as skills in the post mortem room and the viewing room. The course is designed to ensure the students provide quality care to the deceased.

The course teaches students about:

- Helping the pathologist during post-mortem examination and ensuring the reconstruction of the deceased is to an extremely high standard. That way, relatives and friends can view the body of someone they love.

- Providing emotional and practical support to the bereaved when they visit their loved one.

- Ensuring the deceased are

provided dignity and care during the journey through the mortuary process.

- Ensuring some of the legal processes connected to a death go smoothly such as the death certification and cremation.

- Maintaining compliance and working with regulatory bodies such as the Human Tissue Authority.

Foundation trust chief executive Alan Foster said: "The team have done a lot over the years to improve the mortuary service.

"It is really important that we get all care at the end of life right for the families at what can be a traumatic and emotional time for them and their relatives, so they are able to go away with closure and good memories of their loved ones.

"I am really pleased that the trust is able to provide this programme. The work that mortuary teams do is vital for families of those who have sadly died and we need to ensure care is the best it possibly can be."

HealthWatch Hartlepool News

by MARGARET WRENN

chair of HealthWatch Hartlepool



healthwatch Hartlepool

LAST MONTH, we discussed the major review of the hospital discharge process experienced by patients in Hartlepool.

Since then, work has started in earnest and we have collected background information and documentation on all aspects of patient care, admission and discharge procedures.

North Tees and Hartlepool NHS Foundation Trust has given us information, statistics and survey outcomes on discharge services at North Tees and Hartlepool.

It is being analysed and will help to inform our future activities.

Healthwatch members have contributed to an ongoing review of Continuing Health Care processes, and also visited the Single Point of Access (SPA) which ensures information about patient discharge and their ongoing care and support needs is collated and passed to and from health professionals, in hospitals and in the community.

It is already clear that this is a very important area. Many of the issues around discharge happen in cases where the patient has quite complex care requirements, and needs a lot of ongoing support from agencies on their return home.

Our next steps will include Healthwatch members shadowing staff from the discharge liaison nursing team over two days, to get a better understanding of their role.

We will look at the important roles played by adult services staff from Hartlepool Borough Council in supporting discharge processes and post discharge care.

We want to hear from patients, their carers and family members about recent experiences of hospital discharge and community based care and support.

If you have any experiences, contact Stephen Thomas on (01429) 262641 or call into Healthwatch at 36 Victoria Road. Healthwatch Hartlepool holds regular monthly meetings which are open to the public.

They enable people to keep up to date with development such as the discharge project discussed above.

There are also guest speakers. In April, we heard from Pauline Townsend from the Trust who talked about work that is ongoing around dementia, and the roles and activities of the Dementia Collaborative and Community Dementia Liaison Service.

Jill Harrison, of Hartlepool Borough Council, talked about the work undertaken around planning, and developing the Better Care Fund submission.

Our next meeting will take place from 10am to 12pm, on Thursday, May 1, at the Croft Room in the Borough Hall on the Headland.



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