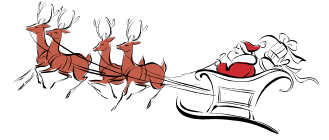




Inform



The Staff Newsletter for Shropshire Community Health NHS Trust

*Merry
Christmas*

*and thank you from
the Trust board*

So 2012 is nearly over – the year of the Olympics and the Diamond Jubilee – and for the Trust, our first full year as a new organisation, and with some notable achievements by our teams too.

To quote just a few examples, the Minor Injuries Unit moved into the new Oswestry Health Centre, the new Ludlow health facility got the final go ahead and a new pressure ulcer prevention team was created and other new services for patients started.

Meanwhile, our podiatry team, supported by Governance and Strategy, Finance and others, rose to the challenge of the new NHS world by qualifying under the new 'Any Qualified Provider' initiative by commissioners.

We developed a new quality strategy, launched a new Trust web site, held our first Annual General Meeting and staff awards for

education and long service. There will be lots of other examples in your own teams – well done and a huge thank you.

There have been difficult times, too, with restructures that have sometimes been unsettling and challenging, but which mean the Trust is now better equipped for the challenges of the year ahead.

Against a difficult economic background for public services and the NHS, then transforming services to be as productive as possible, so the available funds go as far as possible, will be more important than ever.

On page 2 you will see just some of the Trust's achievements over the past year and we hope they will inspire you all to carry on the good work.

Message from the chief executive



I'm very pleased to be back at work after a severe chest infection that took me out of action for a few weeks and want to say a huge thank you to

everyone in the Trust for all your hard work and achievements in 2012, as we approach the end of the year.

It has been a challenging year for the Trust, as it has for the whole of the NHS, but we've had some real achievements.

Those are down to you - your drive and enthusiasm to succeed and provide the best for patients and in supporting services.

See Page 2 for more.

Having just experienced a bad bout of respiratory illness myself, I'm especially aware of how important it is that we are making real progress on community alternatives to acute care.

That's our big contribution to help the NHS locally to cope with the extra patient demand in the winter period.

See the article on page 3.

As part of that, the work we are doing to support our commissioners' strategy on unscheduled care i.e. urgent, unplanned care, is vital.

Thank you to everyone involved in getting going with the pilot on the frail and complex service – this is a joint project with SaTH and both local councils' social care teams – forming a single integrated team that helps make

sure that frail and complex patients get timely care in the best location for them, using alternatives to acute care wherever possible.

This helps to give patients the right care in the right place, and keep other resources free for those that need them most urgently.

We have all worked exceptionally hard in our first full year, and I hope everyone gets some rest and has an enjoyable time over the festive period.

Thank you if you are working on the holiday days, and I would like to wish each and every one of you a very Happy Christmas and New Year.

**Jo Chambers
Chief executive**

Reasons for our Trust to celebrate 2012

January

As New Year resolutions went, Mal Vale from Dawley



took some beating. He was supported by the Trust's Why Weight service and lost seven and a half stones in weight.

February

Two Trust staff members raised the profile of the Trust. Yvonne Rimmer, lead for physiotherapy, led a study day on Anterior Knee Pain which led to a working party being set up. Trish Smith, school nurse co-ordinator, had an article published in the Chief Nursing Officer Bulletin highlighting what Shropshire school nurses do.

March

Healthy Lifestyles Hub launched in Telford, offering single point of access for all health improvement services.

Chief Executive held series of roadshows around Trust sites. New online training launched for all staff making it easier for everyone to access learning and mandatory training.

April



Leighmarie Denley, from the health improvement team, finds out she will be carrying the Olympic Torch. Joy Tickle, tissue viability nurse, appears on Channel 4 show Embarrassing Bodies. Enuresis lead, Angela Scull, gave a talk at the Journal of Family Health Care Live event.

May

Staff conference held with inspirational guest speaker Derek Redmond, a former Olympic athlete. Why Weight team won West Midlands Excellence in Public Health award. New Ludlow Health Facility won final approval for go-ahead.



June

Trust's community hospitals achieved five star ratings for food hygiene. Trust supported two major campaigns: Stop the Pressure with aim of reducing number of avoidable pressure ulcers and Making Every Contact. School nurse Trish Smith attends Downing Street reception.

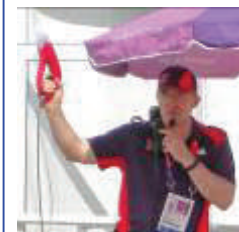


July

Karen George, clinical nurse advisor, has a training programme "Can you feel it?" awarded Royal College of Nursing accreditation. The training on how to take a pulse to see if patients have atrial fibrillation (AF) was rolled out across county care homes. Trust backed national Prevent strategy with training sessions.

August

Trust marked first birthday. Trust staff joined in fun of Olympics. Alan Ferguson met star sprinter Usain Bolt and physiotherapist Claire Mowbray worked at the sailing centre in Weymouth.



September

Trust school nurse Angela Scull became a Queen's Nurse. Respiratory team set up group of health professionals to improve care of patients, working in partnership with SaTH. New treatment suite opened at HMP Shrewsbury. Whitchurch Hospital made part of town's heritage trail.

October

New team launched to reduce number of pressure ulcers. Executive team leads by example and has flu jabs. Carol Metcalfe, paediatric diabetes specialist nurse, gains Inspire Award for work as volunteer.



November

New-look website launched. Oswestry Minor Injuries Unit opens at Oswestry Health Centre. Dr Alastair Neale, Trust Medical Director, dons a moustache for the Movember campaign and charity donates wheelchairs to two of our community hospitals.



Update on FT and Director Changes

Following a recent informal meeting, the Trust Board has reaffirmed its absolute commitment to ensuring the quality and safety of patient services into the future, and continuing to pursue the path to Foundation Trust status.

This is based on ensuring that community services can make their unique contribution to improving patients' experience and supporting the local health system, working closely with commissioners and colleague providers including The Shrewsbury and Telford Hospital NHS Trust.

The Board ratified the decision to start national recruitment immediately in the new year for a new substantive Director of Operations to take over from Ted Wilson, and a new Director of Finance to replace Stuart Rees, both of whom are moving to new posts. Arrangements are being put in place now for interim cover for both posts while the permanent roles are recruited to.



Ted Wilson

Ted Wilson is leaving the Trust to take up a new post as Group Director Designate at Wiltshire Clinical Commissioning Group. His leaving date is still to be finalized but is likely to be in March, and arrangements to find replacement cover for the post are already in hand. Ted said: "I'm taking up this role to pursue my career back in a commissioning capacity in a role centred around clinical leadership and patient care. I also want to take the opportunity of working closer to my family home so I can improve my work life balance. I will miss staff from the Trust who I have enjoyed working with closely, and colleagues from other local organisations. I wish the Trust and its staff every success in the future."

Chief Executive Jo Chambers said: "I'd like to thank Ted for all his work while he has been with the Trust, including leading our operations team to achieve the integration of services in our early months, and dealing with the operational challenges of our first year. Ted has worked in both commissioning and provider posts in the past, and we wish him well as he returns to a commissioning role."

Stuart Rees is leaving to take up the post of Chief Finance Officer for Nene NHS Clinical Commissioning group based in Northampton. Trust Chairman Mike Ridley commented: "Stuart has done an excellent job as our Director of Finance, and I'd like to thank him on the Board's behalf for all his hard work, including getting our finance and performance systems set up and providing a firm financial baseline for our new Trust with the help of his dedicated team. We are very sorry to lose him back to commissioning, but wish him every success and happiness in his new job."



Stuart Rees

Jo Chambers added: "Our priority is to recruit quickly to these roles, and the interim arrangements we are making now will enable us to continue managing services effectively. We have recently had a very positive external validation of our systems for ensuring the quality of patient care, and will be building on both that and our sound financial position to provide the best possible care closer to home for patients, working closely with partners".

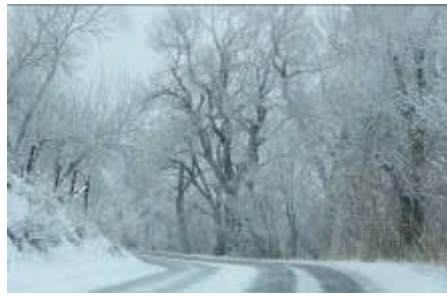
How care close to home helps with winter pressures

Winter is a busy period for the NHS as many services come under increasing pressure because long-term health conditions worsen, and accidents increase, when the weather gets colder.

As a Trust, we have made robust plans for the winter period so we can work with Sath and other providers, and local authorities in the county and ensure we maintain business as usual over the busy winter period.

Community hospitals will have a major role to play when there are peaks of extra demand. Extra beds will be made available at Whitchurch and Ludlow to cope with any increases in demand. When pressure on acute hospital beds is highest, community alternatives can and do make a real difference in helping take the strain and keep the local NHS safer.

During times of escalation, there will be daily conference calls to manage health economy demand, and identified patients needing social care will be



transferred to private care providers (with commissioner funding) and managed with the help of community therapy teams.

A supported discharge scheme has also been developed with the councils and Voluntary Sector. This can work with hospital discharge teams to identify patients fit for discharge and facilitate their safe and timely return to the community, for on-going care from community teams to reduce the likelihood of them being re-admitted into hospital.

Community Trust community nurses also play an invaluable role in

'inreaching' to acute hospitals to identify patients there who can in fact be discharged and cared for at home, freeing up acute beds.

A big thank you to everyone who is playing a vital role in our response to winter pressures.

To address issues of flooding and snow, the Trust provides regular weather updates to staff during the winter to help staff manage critical and priority patients. There is also a "Cold Weather Alert" section on both the public-facing website and staff zone where staff can find the most up-to-date forecasts and advice.

Staff can also ensure they are fit for the winter period by ensuring they have their flu jab and making sure their medicine cabinet is well stocked with over-the-counter remedies for common illnesses. And remember, falls can easily occur when conditions are icy or snow has fallen so please take care.

Don't forget to get your Trust ID badge

If your ID badge has expired or if you still haven't replaced your old PCT badge there is now a quick and easy way to request a new one.

The Staff Zone on the Trust website includes a new form for ordering replacement badges and can also be accessed [here](#).

You will be asked to complete some brief details, and if you need a replace-

ment photograph, your manager will be asked to supply this to the recruitment team with confirmation of your identity. Your new badge will be delivered to your manager within two weeks.

The recruitment team would also like to remind you that you will need to raise a Datix report if you believe that your badge has been lost or stolen. For further information please call the recruitment team on 01743 277539 or 277652.



Trust looking to transform delivery of our services

The Trust is starting some work to look in detail at how we can improve some of the systems and processes we use in delivering services every day.

The aim of this service transformation is to make people's working life easier, by allowing them to have more patient-facing time, while also making us more

productive and efficient as a Trust.

Becoming more efficient is what our commissioners need us to be, and this work can also help us to identify cost improvements that we, like all Trusts, have to deliver.

The work will consist of a series of

projects overseen by divisional managers Sara Vale, Andy Matthews and Karen Taylor, with project management help from the Organisational Development Team.


There will be more details in 'Inform' as the service transformation work develops.

Don't forget to encrypt emails containing personal data

All staff are being reminded that they must use encryption to send emails that contain Personal Identifiable Data (PID), sensitive or confidential information. This information can relate to staff, patients or the organisation itself.

It is also very important that you never include any confidential information, such as PID, within the subject line of the email as this is not encrypted. Always make sure you have the correct recipient

email address and consider sending a test message to check.

You can encrypt Emails using either NHSmail (@nhs.net) or the Trust Email system (e.g. @shropcom.nhs.uk) using the  **Encrypt Message** button.

“Encrypt Message” now replaces “Send Secure” for the Trust Email system.

Unfortunately, NHSmail is not

compatible with the Trust Email system so you cannot use “Encrypt Message” to send to an NHSmail recipient.

Need more help and advice?

If you experiencing any difficulties with the “Encrypt Message” function within Microsoft Outlook or need an NHSmail account creating then please contact the IT Service Desk on 0800 181 4050 or it.servicedesk@shropcom.nhs.uk

Occupational health wins contract with Midlands newspaper publisher

The Trust's Occupational Health Service has recently secured a contract with the Shropshire Star's publisher, Midlands News Association.

The contract has been achieved as part of the service's income generation activities, when the service visits different employers and offers to provide them with an occupational health service. An article announcing the contract was recently published in the Shropshire Star.

These employers range from small to large companies based in and around Shropshire to large

infrastructure companies across the UK. The service will be carrying out health and well being sessions for MNA's entire workforce across the West Midlands.

Clare Guerreiro, business manager for the service, said: “We also use opportunities such as these to identify conditions such as high cholesterol, diabetes and high blood pressure, so they are treated as soon as possible.

“This benefits the employee, the employer and the NHS, if conditions can be treated rather than result in time off work,” she added.



MNA Managing Director, Phil Inman (right) welcomes Steve Wear, Specialist Practitioner in Occupational Health and Clare Guerreiro, Business Manager for the Occupational Health Service to the MNA offices in Queen Street, Wolverhampton.

Trust staff supporting Prevent agenda

Trust staff are being thanked for their support of the Prevent agenda.

By November this year, some 337 staff have attended Prevent training which aims to highlight when radicalisation might be taking place and the signs to look out for.

As healthcare professionals, Trust staff come into contact with many different

patients and this training provides useful information and also what to do if you fear someone is in danger of committing an act of terrorism.

Attendance at the Prevent training has grown nationally by 70% every quarter, with over 8,975 healthcare workers having attended a session and, out of these, more than 3,500 work across NHS Midlands and East.

Martine Tune, Prevent lead for the Trust, said: “I am delighted so many staff have already completed the training course but would urge everyone else to ensure they complete it as well. It is part of everyone's mandatory training, reflecting its importance in keeping the public safe,” she added.

Click here for the latest NHS Midlands and East Prevent newsletter.

Continence conference puts stress on early intervention

Andrea Davies, the Trust's continence team leader and Sarah Roper, health care assistant, attended the Royal College of Nursing Continence Conference.

The conference was supported by an Euron evening event with Dr Pixie McKenna from the Channel 4 television programme *Embarrassing Bodies*.

Andrea said: "The conference was very informative, prompting good continence care and management, discussing the research that was being worked on across the county.

"Dr Pixie complimented all staff who are working with people with bladder and bowel dysfunctions, recognising the importance of early intervention and the impact this has on people's lives," she added.

Urinary incontinence affects one in three people living in residential homes.



Andrea Davies and Sarah Roper with Dr Pixie McKenna at the conference.

Martine's team are leading by example

Martine Tune, Deputy Director of Nursing and Quality, has led by example in encouraging staff to take part in Making Every Contact Count (MECC).

Every one of the staff line managed by Martine has now completed the e-learning module and received their certificates for completion.

Simon Savage, who works in the clinical audit office, said: "I would encourage everyone to take this informative course which really helps signpost people to useful information about how we can all help to improve people's health and well being."

Martine said: "As the MECC lead for the Trust, I would like to encourage all staff to take this course through e-learning as we really all can play an important role in raising awareness about health issues and how people can improve their own lives."



Non-executive director Rolf Levesley with, from left, Martine Tune, Alan Ferguson, Dee Radford, Brian Daley, Michelle Bramble, Soma Moulik, Simon Savage and Mark Crisp, with their certificates.

Health visitors mark 150 years

Three health visitors from the Shrewsbury and Atcham health visiting team celebrated the 150th year anniversary of Public Health Nursing within the United Kingdom by attending the CPHVA conference in Brighton.

This year's theme was best practice both in the home, our schools and in the community across the UK and beyond.

The conference allowed the Trust's Jayne Watkin, Jo Bettison and Diana Robinson to consider and reflect what impact the various government strategies are having on them as health

visitors and the huge opportunities that are available to innovative and dynamic practitioners.

Jo Bettison, health visitor lead for teenage parents in Shrewsbury and Atcham presented her poster entitled 'Changing Careers Supporting parents in teen years'.

Jo emphasised how presenting at the conference enabled other teams across the UK to see how forward thinking and innovative Shropshire was when delivering high quality, child centered early intervention to vulnerable families.



Jo Bettison with her poster at the conference

Nurses and midwives urged to have a say on cutting red tape

The Department of Health has launched a project "Tell Us How" aimed at cutting the amount of red tape that affects the work of midwives and nurses.

Tell Us How: Nursing and Midwifery is a platform for frontline carers to have their say on the bureaucracy that affects patient care, and say what can be done to fix it.

The project was recently highlighted in the Chief Nursing Officers Bulletin on the Department of Health website; <http://cno.dh.gov.uk/2012/11/20/too-much-red-tape>

Tell Us How is a great opportunity for Nurses and Midwives across the NHS to comment on ways to reduce bureaucracy, and have those ideas seen by people who can influence change.

The website requires registration and creates a safe place in which you can



share your ideas with other health care colleagues. You can sign up and submit your ideas using the links below:

Registration:
<https://cabinet.ideastreet.spigit.com/User/Register>

Login:
<https://cabinet.ideastreet.spigit.com>

If you wish to remain anonymous, you

can, by simply ticking a box when submitting an idea. While nobody visiting the site will be able to see your name, you may be contacted to further develop your ideas.

As well as being able to put forward your ideas on the site, you can also vote and comment on ideas put forward by colleagues.

Responses will be read by the Department of Health, and healthcare personnel within the NHS and Independent Sector, with a view to implementing the best solutions. The website is now open for submissions until March 1, 2013.

In addition to the website, there are a number of Tell Us How workshops being run. To register your interest in the workshops or for any other enquiries please email tellushow@dh.gsi.gov.uk

New freephone number aims to improve service



A new telephone service is being launched across the country for patients needing urgent NHS support and advice.

The freephone 111 number is for patients who need advice but do not feel they need to call 999 for an ambulance.

The service is expected to go live in the West Midlands, including Shropshire, from March 2013 and, to prepare for this, a dedicated project board has been set up locally.

Led by Dr Peter Clowes, clinical lead for Shropshire, and Dr Andy Inglis, clinical lead for Telford and Wrekin, the board's role is to ensure the county is ready for 111.

NHS Direct will be managing the 111 service in the West Midlands and when people phone the number they will be directed to the nearest and most appropriate service that can meet their need.



Call handlers for the 111 number will be using the NHS Pathways to work out which service is best placed to meet the caller's needs. This system is linked to a Directory of Services (DoS) which contains every health service in the area.

Trained health advisers, supported by experienced clinicians, will assess callers' needs and determine the most appropriate course of action. This could include dispatching an ambulance, referring to an NHS service or giving advice on self care.

The 111 number will also continue to refer patients to Shropdoc if they need a GP out of hours and the project board is working closely with

them to ensure call handling services are handed over safely.

One of the advantages of 111 is that it will be a free phone number for landline and mobile phones, making the patient journey easier. People on pay as you go phones must have a minimum of 1p on their phone credit to phone 111.

Another advantage is that the 111 service will gather comprehensive information on people's needs and the services available, including gaps in provision.

Regular briefings about 111 will be issued to Trust staff before the number is officially launched in March 2013.

Staff can also help the development of 111 in Shropshire by sending their comments or questions to 111comments@telfordpct.nhs.uk, a special email address that has been set up for the project across both Shropshire and Telford and Wrekin.

PUPs launch new SSKIN bundle

A new SSKIN Bundle to support the Trust's work in preventing avoidable grade 2, 3 and 4 pressure ulcers has just been launched by the Pressure Ulcer Prevention (PUP) team.

The Pressure Ulcer Prevention documentation has been piloted and agreed in a variety of healthcare settings including community hospitals, community nursing, domiciliary care agency and a residential home.

This new documentation is for use on every patient currently new to or held on an active caseload. Best practice also indicates skin inspection should take place on every patient contact.

It should be completed by all healthcare and allied healthcare professionals as well as carers, relatives and patients themselves.

Joy Tickle, tissue viability clinical nurse specialist, said: "The new Pressure Ulcer Prevention team has created this documentation for use throughout the county and are available to support its implementation and future use."

If any team needs support, contact the team through the Pressure Ulcer Prevention hotline on 07794053768 go to the [website](#), email pressureulcerprevention@nhs.net or contact Joy Tickle on 01952 607710.



Charitable funds support training

Staff are being reminded that the Trust has several charitable funds which can be used to support staff training costs.

The Trust is fully committed to supporting staff development needs but realises this may prove more difficult under the current challenging economic climate.

However, if a training need is identified at an appraisal but there are no funds in the individual service area's budget to pay for this, then an application can be made to the general charitable fund.

This fund is managed by chief executive Jo Chambers and applications for funds need to be



made through line managers who will need to complete a charitable funds request form.

For more information about training available to you, speak to the learning and development team.



Health visitors join campaign to promote sleep

The Institute of Health Visiting has launched its first Sleep Well campaign.

It is aimed at raising awareness of the importance of addressing sleep deprivation in young families.

Nicki Ballard, clinical services manager, said: "Sleeping is a major public health issue because if babies and children don't sleep their parents or carers don't sleep either.

"Lack of sleep can affect families by increasing the risk of post-natal depression, domestic violence and harm to children, separation and divorce rates, road traffic accidents and also affect work performance.

"Through this campaign, our health visitors will be working with every family with pre-school children to ensure they can avoid and manage sleep difficulties," she added.

Health visitors will be surveyed by the Institute of Health Visiting and suitable resources and training will be developed to meet their needs.

Shropshire Community Health 
NHS Trust

Heart and Lung Assessment Master class

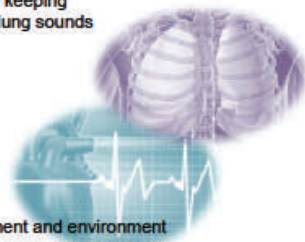
Thursday 4th and Friday 5th April 2013, 09.30 – 16.30
K2, William Farr House, Shrewsbury

Aims and Outcomes:

Advanced understanding of cardio-respiratory anatomy and physiology
Accurate cardiac assessment and record keeping
Develop a good understanding of heart and lung sounds

Content:

- Applied cardio-respiratory anatomy and physiology
- Conduction system, cardiac cycle
- Auscultatory technique:
- Using the stethoscope; the five auscultatory areas; enhancement and environment
- Heart sound dynamics:
- Basic heart sounds, their origins, electrocardiogram relationship to the sounds, depolarisation and repolarisation
- Normal heart sounds:
- First and second sounds; third and fourth sounds
- Abnormal heart sounds
- Opening snaps; systolic ejection sounds; Murmurs – systolic and diastolic, continuous
- Arterial Blood Gases interpretation workshop
- Chest X-ray interpretation workshop
- Auscultatory areas
- Thoracic structures and landmarks;
- Anterior, lateral and posterior chest wall surfaces
- Auscultatory technique:
- Normal breath sounds, Abnormal and diminished breath sounds, crackles, wheezes
- Accurately recording your findings
- Legal and professional considerations



You will need to be available for both days and
Will need to bring a Stethoscope for the practical elements of the training

To Book, please access the online booking form via shropscommunityhealth.nhs.uk

For further information regarding the training, please contact Lucy Jones on 01743 276688

Hospital sensory garden fund hits £8,000 mark

Whitchurch mayor, Councillor Peggy Mullock, has now raised more than £8,000 towards building a new therapeutic garden at the town's hospital.

The sum was recently boosted by a ball held at the town's Civic Centre which was attended by Paul Fell, operations manager at the hospital, and staff nurse Deborah Bowland.

More fund-raising events are being planned for 2013 and will be advertised in due course.

Paul Fell said: "The mayor has

chosen the hospital garden as her charity for the year and I am delighted we have already raised this wonderful sum.

"If anyone wishes to donate to the fund, which will see a garden created to benefit patients by providing paths suitable for wheelchairs and the less able as well as fragrant plants to stimulate the senses, they can do so at the town's Civic Centre.

"People can also find out more about the sensory garden scheme through a display at the hospital," he added.



Whitchurch town mayor, Councillor Peggy Mullock, with Paul Fell and Deborah Bowland, at the ball in the Civic Centre.

Staff win praise for high standards in preventing infections at hospital

We all know the importance of maintaining high standards in infection prevention and control practices.

And top marks must go to staff at Whitchurch Hospital who recently scored 100 per cent in two audits carried out there.

Jenny Bate, Infection Prevention & Control Nurse, was called to the hospital for a review of several patients, including one with suspected Clostridium difficile and carried out a CDI and isolation practices audit.

She said: "Both audits scored 100%. Please praise all the staff for their continued hard work in maintaining high standards in Infection Prevention and Control practices which is crucial to ensuring our patients get better as soon as possible and are able to go home."



Karen Meal (back left), ward manager at Whitchurch Hospital, with some of the team who gained top marks in the audits.

Karen takes over as new ward manager

Karen Meal, 49, from Wrexham, is the new ward manager at Whitchurch Community Hospital.

She takes over from Sue Campbell who retired earlier this year after serving more than 25 years with the NHS. Karen has worked at the hospital for 11

years and is delighted to be in her new position.

She said: "I am keen to carry on the excellent work here and am also looking forward to the developments being planned such as new wet rooms and reception as well as a sensory garden."

Physical Assessment Skills in Primary Care

Designed to instil confidence in taking detailed clinical history from clients and to develop an understanding of the correct examination techniques of each of the systems covered.

This is a four day course and is suitable for Community Matrons, Nurses, ECPs, Paramedics and Allied Health Professionals.

Day 1 and 2:

**Monday 18th and Tuesday 19th February 2013, 09.30 – 16.30,
Louise House, Roman Road Shrewsbury**

Day 3 and 4:

**Wednesday 13th and Thursday 14th March 2013, 09.30 – 16.30,
Louise House, Roman Road, Shrewsbury**

It is essential that you are available to attend all four days of this course.

Course Content:

- Documentation and record Keeping
- Taking a history, demonstration and practice
- Questioning technique, Past medical history; Social history
- General observations: Mental state; hands; head and neck
- Examination of Eyes; Mouth; Sinuses; Ears; Throat and Neck
- Demonstration and Practice

Cardiovascular and Respiratory

Cardiac Examination – Demonstration and practice

Chest Pain: Heart sounds, changes associated with ageing, common cardiovascular conditions

Respiratory examination – demonstration and practice

History; respiratory sounds, percussion and auscultation, common lung abnormalities.

Gastro-intestinal

Abdominal examination demonstration and practice

Abdominal pain, history, palpation, percussion, auscultation; Abdominal conditions – an overview

Nervous and Locomotor system

Neurological examination: demonstration and practice

The limbs and trunk: tone and power; sensation and coordination; reflexes

Locomotor system: examination: demonstration and practice

Joint Dysfunction; Muscle dysfunction

Theory and revision of the: Genito-urinary tract (male and female); Endocrine System

Common presentations

Chest pain – assessment and management

Shortness of breath – assessment and management

Client presenting with a headache

ENT assessment and common conditions

Assessment of common skin complaints



To Book, please access the online booking form via shropscommunityhealth.nhs.uk

For further information regarding the training, please contact Lucy Jones on 01743 276688

Inspiring: nationwide challenge to raise dementia awareness

Trust staff are being urged to support a new Dementia Friends scheme, launched by Prime Minister David Cameron.



programme is funded by the Social Fund and the Department of Health. The scheme has been launched in England today and the Alzheimer's Society is hoping to extend it to the rest of the UK soon.

This is the country's biggest ever project to change the way people think about dementia.

The Alzheimer's Society wants the Dementia Friends to have the know-how to make people with dementia feel understood and included in their community.

Each Dementia Friend will be awarded a forget-me-not badge, to show that they know about dementia.

Under the scheme, which is led by the [Alzheimer's Society](#), people will be given free awareness sessions to help them understand dementia better and become Dementia Friends.

People can register their interest in becoming a Dementia Friend on the [Dementia Friends website](#) or by texting Friend to 88080.

Martine Tune, the Trust's lead for adult safeguarding, said: "We all know dementia is an increasing problem, especially as people live for longer, and I would urge all staff to find out more about this scheme.

The scheme aims to make everyday life better for people with dementia by changing the way people think, talk and

act. By 2015, one million people will become Dementia Friends. The £2.4 million

"Many people are still reluctant to talk about dementia but this campaign aims to change this," she added.

All staff urged to look after their Smartcards

Would you be happy to share personal information about your sickness record and salary details with your colleagues? Thought not!



Remember if you allow a colleague to share your Smartcard they may be able to see more than you

bargained for by accessing your personal details on Electronic Staff Record!

- ✓ Keep it safe and secure
- ✓ Never tell anyone your Passcode
- ✓ Never allow anyone else to use it
- ✓ Never leave it unattended
- ✓ Immediately report its loss, theft or damage to the Registration Authority



Contact: 01743 871967 / 871953
Ra.admin@shropcom.nhs.uk



Physiotherapist retires after 25 years

Chris Webb, senior ward physiotherapist at Whitchurch Hospital is retiring this month after working for 29 years in the NHS and 13 years at the hospital.

Clare Strickland, team lead physiotherapist, at the hospital said: "Chris is a fantastic physiotherapist who has helped many patients, staff and students over the years. She will be greatly missed by all at the hospital and we wish her a wonderful relaxing retirement."

She plans to travel to Canada to visit some friends.

Fond farewell: Chris Webb

Inform is produced by the Communications Team.

If you have any ideas for features or you would like to promote you and your team's success—then simply email: mathew.james@shropcom.nhs.uk with any ideas that you may have.

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