

INSIDE King's

WINTER ISSUE 2023/24



Meet the neonatal team

Caring for our smallest patients

Welcome



I hope you enjoy reading this, our fifth issue of Inside King's.

2023 was another busy year for King's and the wider NHS, and 2024 is likely to bring similar challenges – but as we start with a new year, we mustn't forget how much we have achieved over the past 12 months.

In October, we launched Epic, our new electronic patient record, and over the coming weeks and months, we will see the system deliver real benefits for both patients and staff. Hundreds of thousands of patients have already signed up to MyChart, our dedicated patient portal, which is really positive, and you can read more about Epic on page seven of this magazine.

Over the past year, our staff have also continued to innovate, and improve services for patients – and you can read one such example on page eight of this issue of Inside King's, as we share the work of our neonatal teams based at King's College Hospital and Princess Royal University Hospital (PRUH). In these busy units, our teams care for the sickest babies, giving them the best chance not only of survival, but of flourishing after birth.

Celebrating the work of our teams is so important, and in November we celebrated the work of our staff at the annual King's Stars awards. Over 10 individuals and teams received awards on the night, which were hosted by double Olympic champion Dame Kelly Holmes, who kindly agreed to support the event as a thank you for the care her late mum received on the Derek Mitchell Unit at King's College Hospital. Read more about the awards on page ten.

We continue to be grateful to King's College Hospital Charity for their support. On page 14 you can read about how the charity is helping to improve the physical spaces within which we provide care, so creating a more healing environment for patients and staff.

Thank you again for your support.

Clive Kay
Chief Executive

INSIDE King's

Meet the team

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Staying up to date

As well as reading Inside King's, you can stay up to date about what's happening at the Trust via social media, and our website.

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 www.kch.nhs.uk

If you have any comments or feedback on this magazine then please contact:

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Contents

- 04 QUICK READS**
The latest news and events from our hospitals
-
- 06 ENDOSCOPY BOOST**
Learn about the £20 million development at the PRUH
-
- 07 EPIC IS HERE**
Revolutionary technology to improve care has launched across our hospitals
-
- 08 CARING FOR OUR SMALLEST PATIENTS**
Learn about improvements to our neonatal service
-
- 10 KING'S STARS AWARDS**
We celebrated staff at our annual awards ceremony
-
- 12 THE GIFT OF LIFE**
A life-saving surgery as mum Emma donates part of her liver to son Teddy
-
- 14 GREEN SPACES IN URBAN PLACES**
A look at King's College Hospital Charity's work to improve visitor experience
-

King staff awarded the NHS Pastoral Care Quality Award

King's is a truly international organisation, so we were delighted to be awarded the NHS Pastoral Care Quality Award.

The award was given for the care and support we provide international staff who have come from around the world to work at our hospitals.

King's aims to recruit around 400 Internationally Educated Nurses (IEN) every year from Australia, Ghana, India, Nigeria, the Philippines and Kenya. Our IEN team is led by Matron Joan Cruz.



Above: The IEN team with the award

Joan said: "We feel extremely honoured to receive the NHS Pastoral Care Quality Award, as it reflects our commitment, dedication, and passion in ensuring all Internationally Educated Nurses at King's are supported and looked after.

"The IEN journey can be very challenging, so the wellbeing of colleagues who join us from overseas is so important."

For more King's news, visit:

 www.kch.nhs.uk

Patients move to the beat with King's music therapy project

Music therapists have been working with patients who have been critically unwell in our Intensive Care Unit (ICU) at King's College Hospital.

The scheme has been launched by the charity Nordoff and Robins, and King's College Hospital Charity, with support from our Chaplaincy team.

Sophie Hadfield, Deputy Director of Nursing, explained: "This is the first time King's has developed a music therapy programme specifically for former ICU patients. We know this type of therapy can help with communication, motivation, and concentration, and patients who have

taken part in our sessions have said it's also helped with their physical strength and emotional wellbeing."

Adrian Pilbeam, 59, a retired musician from Lewisham, spent more than 50 days in ICU with a perforated bowel before he was discharged to a general ward to recover.

He said: "After coming out of ICU, I had to re-learn everything. There's absolutely no doubt that King's saved my life, and now these music therapy sessions are helping me to rebuild it. Music has been part of my life since I was five years old, and I don't think I could face the road to recovery without it."



Above: Patient Adrian Pilbeam plays the piano

For more King's news, visit:

 www.kch.nhs.uk

Gaming gift will help brighten stay for King's patients

Three hand-held gaming consoles have been funded by the charity Gaming the Mind to keep younger patients entertained during their stay in hospital. King's staff applied for funding in memory of Jonathan Carroll, an avid gamer, life-long Dulwich resident and King's patient, who sadly passed away in April 2023 at the age of 41.

Paul McKie, specialist social worker (Liver Transplant) at King's College Hospital, explained: "Jonathan had Alagille syndrome, a genetic condition affecting the liver, and spent over 12 months at King's receiving care and

treatment. He found the use of a handheld console a distraction and help when he was pretty much confined to the ward.

"When Jonathan was with us, he enjoyed playing on gaming consoles as a way to break the boredom. There is clear evidence that gaming can help reduce patients' stress and anxiety during a hospital stay, and we felt that helping to keep other people entertained would be a wonderful tribute to Jonathan. Jonathan's gaming avatar has also been made into a sticker attached to each gaming console, in Jonathan's memory."

Congratulations to Dr Richard Towers

Congratulations to Dr Richard Towers, Nurse Consultant in Palliative Care at King's, on being awarded the Sue Pembrey Award for Person Centred Leadership.

Dr Sue Pembrey, who died in 2013, was one of the UK's outstanding nursing leaders, and a number of awards are given our every year in her memory.

The Sue Pembrey awards were set up by Sue's family and friends, and recognise excellence in nurse leadership.

Speaking on receiving the award, Richard said: "I am immensely proud to have won this award. The Palliative Care team is a great team to work in and I dedicate this award to them."

Angela Helleur appointed Site CEO of PRUH and South Sites



Above: Angela Helleur

Angela Helleur has been appointed as Site Chief Executive for PRUH and South Sites.

Angela held the role on an interim basis since September 2023, but was recently appointed to the position on a permanent basis.

Angela has over 40 years' experience in the NHS, having originally trained as a nurse in Exeter, before working as a midwife at King's College Hospital.

She has held a number of senior management roles during her career, including as Chief Nurse and Chief Operating Officer for Lewisham and Greenwich NHS Trust.

New endoscopy services at the Princess Royal University Hospital (PRUH)

Work is underway to expand endoscopy services at the Princess Royal University Hospital (PRUH), so enabling our teams to see up to 4,500 additional suspected cancer patients each year.

The new construction project – which started recently and will take one year to complete - involves the creation of a brand-new, £20 million standalone, two-storey endoscopy unit on the PRUH site.

An endoscopy involves specially trained healthcare professionals inserting a long, thin tube into a patient's body through a natural opening, such as their mouth.

The tube has a small camera inside, called an endoscope, which is used to look for signs of disease, including cancer. Endoscopies are usually performed in an endoscopy unit based at a hospital.

South East London has been identified as a priority area for increasing endoscopy provision, and the PRUH currently only has two rooms dedicated to endoscopy services, which is well-short of what is needed in the area, particularly given the high proportion of over 65s living in Bromley.



Above: Artist impression of the new endoscopy building at the PRUH

The creation of the new unit also supports national NHS efforts to increase the number of endoscopy rooms nationally, with a target of having 3.5 rooms per 100,000 population over 50 years of age by March 2025.

Professor Clive Kay, Chief Executive of the Trust, said: "We are committed

to improving hospital services for the people of Bromley, and expanding endoscopy services on the PRUH site will enable us to support early detection and treatment of more cancers. This is a positive move for staff at the PRUH who run our endoscopy service, as well as the many patients who will use this vital facility in the future."

A 'game-changing' new electronic patient record



Left: Epic floorwalkers Amber Graaf and Becky Johnston with Leigh Reyes, Nick Amoroso and Sam Ojo from the Vascular Access Team

of patients have already signed up to MyChart, a new app and online service that supports patients to securely and easily access their health record, giving them more control over their care.

We recently launched Epic, our new electronic patient record, and in doing so, we replaced hundreds of different IT systems and paper records previously in use across our hospitals.

The Epic system launched on 5 October, and is used in hospitals all over the world, including at King's, as well as Guy's and St Thomas' NHS Foundation Trust, who launched Epic at the same time as we did.

With Epic now in use at King's, staff only need to login to one system to find the information they need to care for patients, which will save valuable time once the system fully beds in.

New kit and technology is also helping to speed up diagnosis and treatment, and thousands

Cornely Tudiabioko, Junior Sister on Fisk and Cheere ward, spoke to us about her experiences using Epic as part of her role. *"We have been using Epic for a few weeks now, and I like the fact we can easily access patient information. Before Epic, we had to use a different system for our renal patients, which made our lives harder. Now with Epic we can get the information in one go – you have everything that you need to care for a patient."*



Above: Cornely Tudiabioko, Junior Sister

"We have been using Epic for a few weeks now, and I like the fact we can easily access patient information."

Cornely Tudiabioko

Find out more about Epic and MyChart on our website:

 www.kch.nhs.uk

Caring for our smallest and youngest patients

Premature babies need specialist care and support, and often spend many months in hospital - in this edition of Inside King's, we meet the staff who look after them.



Above: The neonatal team at King's College Hospital

An estimated 58,000 babies are born prematurely in the UK every year – and as a provider of specialist services, King's treats some of the sickest and smallest.

Indeed, the smallest survivor treated by the neonatal team at King's was born at just 22 weeks gestation, and weighed only 395 grams – the average weight of a baby born in the UK is 3,300 grams.

The service - including a Neonatal Intensive Care Unit at King's, and a Local Neonatal Unit at the PRUH – offers a vital service for babies who need pre-birth care, or additional support at the time of birth.

A dedicated team

The Trust's neonatal service is run by a multi-disciplinary team, all of whom play a vital role in supporting babies, and their parents, for whom

the neonatal journey can be an emotional and challenging one.

Dr Ravindra Bhat, Lead Consultant Neonatologist for NICU at King's College Hospital, said mothers-to-be are sometimes referred to the unit when problems are spotted during routine maternity scans.

"They will come to us if there needs to be a pre-birth intervention, or

if specialist support needs to be provided at the time of birth, or afterwards” he said.

“There are all sorts of reasons why patients would be referred to us; for example, there are situations when it is decided early in a woman’s pregnancy that her baby may need an operation shortly after being born. There are also emergency situations that occur during birth when our expertise is needed.”

The service currently consists of six intensive care nurseries where babies receive round the clock care and an isolation room for babies that are the most vulnerable. Additionally there are facilities to carry out emergency and laser eye surgery on very sick term and pre-term babies.

At the PRUH, we also have a Transitional Care Unit, which is a new service for those babies who require minimal neonatal support. This unit is helping reduce the need for some babies to be admitted to neonatal intensive care, and also means mothers are not separated from their babies.

Funding boost

The Trust’s neonatal service will soon be expanding, thanks to a £13 million investment into the service.

The funding will be used to increase the number of neonatal cots, so increasing the number of babies our teams can treat, with sick babies from across south east



Above: One of the intensive care nurseries at King’s

“They will come to us if there needs to be a pre-birth intervention, or if specialist support needs to be provided at the time of birth, or afterwards.”

Dr Ravindra Bhat

England regularly transferred to us for treatment, due to the specialist treatment we provide.

Rashmi Gandhi, Lead Consultant Neonatologist for LNU at PRUH, welcomed the additional funding:

“In line with the national pledge to halve pre-term deaths by 2025, this

expansion will help with delivery of high quality care across King’s, and will also enable us to put additional measures in place for babies that need follow-up with neuro-development specialists for two years,” she said.

The Local Neonatal Unit at the PRUH is also undergoing a refurbishment that will both increase capacity and enable the team to take on more complex cases.

Vivette Wallen-Mitchell, Lead Nurse for Neonatal at the PRUH, said: *“Given the population growth around the PRUH, it’s important to improve and expand the neonatal services that the hospital offers, which will also mean that babies facing more complex challenges can be delivered at PRUH.”*

Celebrating our staff at the King's Stars Annual Awards

In November, staff from across the Trust gathered to celebrate the King's Stars Annual Awards.

The awards, generously supported by King's College Hospital Charity, recognise just some of our outstanding staff who regularly go above and beyond in their roles.

This year, the awards were hosted by double Olympic Champion Dame Kelly Holmes. Kelly has a personal link to King's as her mum was cared for at King's, and she is also involved with the Lions International Blood Research Appeal (LIBRA) charity, which supports our haematology service.

Staff were able to put forward a colleague or team for an award and a judging panel then selected a short list of three and a final winner. Patients and members of the public were able to have their say and vote on the winner of the Lifesaver of the Year award.

The names and pictures of all our winners can be found on the page opposite. Congratulations to all our worthy winners!



Brilliant People award
Dr Kathryn Griffiths



Leaders in Research, Innovation and Education Award
Sophie Webster



Values Award (Kind)
Becky Clayton-Higgins



Chief Executive's Award
Claire Hodgson

BRILLIANT PEOPLE



Outstanding Care Award

Colorectal Clinical Nurse Specialists, PRUH



Values Award (Respectful)

George Nipah, Business Support Analyst, Finance, Denmark Hill



Diversity, Equality and Inclusion Award

The Havens Inclusivity and Accessibility Group, Cross-site



Lifesaver of the Year Award

Mr Bassel Zebian and the Neurosurgery Team, Denmark Hill



Chairman's Award

The Chaplaincy Team



Team of the Year Award

Outpatient Systems Team, Cross-site

Mum gifts young son with a life-saving liver transplant



Above: Parents Greg and Emma with Teddy and his brother Theo outside King's

One of the smallest ever children believed to have undergone a successful liver transplant from an adult donor is now back home with his family in time for Christmas, after undergoing a second life-saving transplant at King's College Hospital thanks to his mother's donation.

Surgeons at King's believe that at just ten weeks of age, in April 2022, Teddy Nicholls was one of the smallest children to have ever undergone a successful liver transplant from a deceased donor, made possible by the hospital team using a novel surgical technique.

Called as a 'Hitch-Vein Monosegment' liver transplant, the innovation means that a section of an adult donor liver – live or deceased – can be hyper-reduced to be used successfully to save the life of such small babies. The only alternative is to await a rare, deceased donor liver from another small baby which sadly can see babies run out of time.

The first transplant was life-saving, but it was later deemed necessary for



Left: Theo with his grandmother Melanie and mum Emma

Teddy, at the age of 21 months, to undergo a second liver transplant to increase the blood flow needed for him to survive in the long-term.

That was when his mum, Emma, stepped in to donate part of her own liver, having been unable to donate the first time so soon after giving birth.

Although rare for small babies, liver donation from living donors can be carried out by specialist NHS

transplant centres like King's, thanks to the liver's ability to regenerate.

Now, having been able to return home to Cambridgeshire just three weeks after his second life-saving innovative liver transplant, Teddy is thriving, with he and his mother reunited with Teddy's 5-year old brother Theo and father Greg just before Christmas last year.

Teddy's mum, Emma Nicholls said: "I am incredibly grateful to the whole

hospital team from the theatres to the wards where we stayed; they've been fantastic looking after Teddy and I every step of the way. Being home and reunited as a family in time for Christmas makes us feel so lucky and grateful to everyone at King's College Hospital.

"I knew I wanted to do everything possible to help my son, and as a family we were so thankful to the donor and their family who saved Teddy's life with his first organ transplant that I had no doubts about stepping in when needed."

Dr Hector Vilca Melendez, Consultant Transplant Surgeon at the Trust, explained: "I'm delighted to see Teddy and Emma doing so well, and thanks to his mother's donation Teddy has the opportunity to develop as would be normal for any child."

"I'm delighted to see Teddy and Emma doing so well, and thanks to his mother's donation Teddy has the opportunity to develop as would be normal for any child."

Dr Hector Vilca Melendez

"Seeing Teddy grow from first meeting soon after birth when he was seriously unwell, to now that he's a happy and vibrant 21 month-old, is a wonderful tribute to the importance of organ donation and the fantastic work of our team at King's."

Green spaces in urban places: bringing nature to King's

We have worked closely with King's College Hospital Charity to support a range of projects that bring the outside inside at King's College Hospital.

Access to green spaces within hospital environments offer various mental, physical and emotional benefits, contributing to the overall health and wellbeing of patients and staff.

From minimising stress levels to creating a relaxing place of community connection, green spaces provide a much-needed escape from the clinical atmosphere of the wards.

An indoor oasis in the Golden Jubilee Wing

An indoor oasis designed to inspire, calm and relax has bloomed in the Golden Jubilee Wing.

The tropical space provides staff, patients, visitors and volunteers with a place to stop and recharge in one of the busiest areas of the hospital.

Brightening up the children's wards with LED lighting

Another area getting a colourful boost is our Toni & Guy, Philip Isaacs and Rays of Sunshine children's wards, where smart lighting panels have been installed to create a vivid



Above: Plants added to an area in Golden Jubilee Wing



Above: Artificial skylights in Majors

scene with the sky, clouds, and, naturally, sunshine, for children who may be stuck indoors for long periods of time.

Being in nature, or even viewing scenes of nature, can completely change how patients feel in hospital, from minimising stress and anxiety to speeding up recovery.

As well as enhancing patient wellbeing and improving the overall ambience of the space, these energy-efficient lighting panels consume less electricity in comparison to traditional lighting.

Fresh air for staff in the Wellbeing Hub

As part of an initiative to support the physical and mental health of King's staff, King's College Hospital Charity teamed up with NHS Charities Together to create an

outdoor oasis in the wellbeing hub at King's, transforming an unused space into a sanctuary for staff.

Claire Melody, Facilities Manager, said: *"It's been amazing to see its transformation from a previously underused and unloved area."*

Soothing spaces for mothers returning from maternity leave

Art and nature play a crucial role in creating a therapeutic environment in the newly refurbished mothers expressing room for staff. The comfortable and private environment, with soothing scenes of nature and plush seating, offers the perfect space for new mothers to bond with their children. It also promotes healthy practices and reduces the risk of infections.

To bring this space to life the charity worked with our Women's Network, alongside the Wellbeing, Estates, Equality, Diversity and Inclusion, Same Day Emergency Care and Lactation teams in a brilliant collaborative effort.

Mothers returning to King's from maternity leave now have a calm and quiet room to continue expressing during work hours.

Bringing calm to the Emergency Department

Paintings reflecting scenes of natural beauty in south east London have been displayed in the Majors area of the Emergency Department at King's College Hospital, as part of a refurbishment project at King's. King's College Hospital Charity has contributed £52,000 towards the refurbishment.

The paintings will provide a much-needed sense of calm for patients who often arrive in the Emergency Department under stressful and distressing circumstances.

With natural landscapes proven to enhance patient well-being, leading to shorter hospital stays and better patient outcomes, these changes will make a huge difference to how patients at King's experience care.

To find out more about their work or support them, visit their website at

 www.supportkings.org.uk



King's College Hospital
NHS Foundation Trust

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AND YOUR PATIENTS AGAINST FLU
AND COVID-19**



KING'S



SCAN ME

Staff vaccinations will be advertised on Kingsweb. Use the QR code to find out where to get yours! For members of the public, please contact your GP to arrange getting your flu jab.