

In Translation

Inside this issue

Family says thank you to
D7 ward

P3

CPG 6 pairs for success

P5

Lifetime achievement
award for Rosy Weston

P8

Number 10 welcomes
haematology team

P10

Issue three, November 2011



Wilkiviews

By Martin Wilkins, CPG 6 director

Welcome again to In Translation, the CPG6 newsletter. As I step back and review its contents and reflect on the past few months, I am again struck by the many success stories we have to tell. We continue to make improvements and maintain the excellent quality of service we give to patients, which is down to the ongoing dedication, creativity and teamwork of our staff.

For example, pathology at Charing Cross Hospital has worked together with external support to introduce lean methodologies into their working areas. The work of teams in chemistry and microbiology has led to dramatic improvements in processes. An independent review of imaging has highlighted the many strengths of our department.

Pharmacy and therapies continue to win plaudits from other areas in the Trust and from patients. I know all this has been achieved at a time when we have had to introduce new payment frameworks for on call and out of hours working. This has been an extremely difficult time for many staff, but the efforts you have put in have not gone unnoticed.

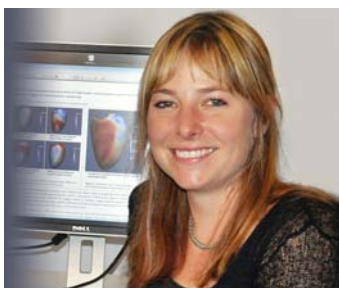


Looking further into the future, I know that we will continue to make improvements, and we look forward to the opening of a new £6M clinical research facility at Hammersmith Hospital in January 2012.

And we remain a research powerhouse. With the successful renewal of the Biomedical Research Centre funding (£122M), we can continue to develop new treatments and diagnostics.

None of us are under any illusions about just how challenging these times are, and I know that this is being felt across our CPG. However I hope that as you read this newsletter you will draw the same conclusion I have; if any team can do it, we can.

The heart in 3D



Broadcaster Dr Alice Roberts launched the genSCAN project

Researchers at the Trust, in partnership with Imperial College London, have developed a state of the art scan which creates moving 3D pictures of the heart to determine how genes predispose patients to a variety of common heart diseases.

Consultant in cardiac and renal medicine Professor Stuart Cook who is leading the genSCAN project said: "This is the first study of its kind in

the heart and promises to unlock the secrets of the heart's shape and pumping function."

Consultant radiologist Dr Declan O'Regan, who has developed the cardiac imaging, said: "Combining imaging and genetics research offers enormous potential for pinpointing which genes put patients and their families at risk of developing heart disease."

Improving communications for better patient care

John Lee, head of operations for CPG 6



Last time I wrote to you through In Translation, I was discussing the significant achievements made at the end of our financial year. Now as we all start looking forward to the end of the calendar year, we face both familiar issues and new challenges.

As you will be aware, the Trust has been working closely with other hospitals, in particular West Middlesex, and commissioners in North West London to review how best care can be provided both now and further into the future. This is an exciting time and highlights how working together better with other organisations gives us the opportunity to genuinely improve care while going some way to meet our financial challenges.

importance of good communications and information exchange between organisations. And while the review has noted its importance at a strategic level, it is something which we are also trying to improve within the CPG. The RIS PACs project in imaging, the LIMs deployment in pathology, and the Qlikview project across the CPG are all aiming at getting us better information, more quickly, with reduced risk; meaning that we can make the right decisions, be they clinical or managerial.

All are important because better information and communication makes for better patient care. And the same principles apply in all of our everyday working lives. We know that courtesy is a given when working with patients, colleagues and other departments. But recently I have been reflecting on the patient experience surveys and what more we can all do in our interactions which can make the difference between a positive experience and a stressful encounter. Personal interactions and communication with patients

and with colleagues make all the difference; I hope I, and we all, remember this as we enter busy and challenging times.

So, it was with particular pleasure that I read the contents of this newsletter and saw again the achievements from so many of our teams and the impact this has had on patients. I'd like to take this opportunity to again congratulate and thank all staff for their enormous efforts this year to ensure that patients of our Trust and further afield receive the highest quality of care – I hope you can all take inspiration from this as we move into the annual pressurised period with a continued passion for excellence.



This work has already shown the

Double recognition for Caroline King

Specialist paediatric dietitian Caroline King has been recognised for her 'many years of support on so many projects' by Bliss, the Charity for 'babies born too soon, too small, too sick'. The charity has invited Caroline to become an honorary life friend, which is the highest honour they can offer.

Caroline has also been included in the British Dietetic Association's roll of honour for 2011. This is an award created to honour those members of the association who have personally contributed significant time and effort to the leadership of a defined piece of work. Caroline's work has focussed specifically on the nutrition of premature babies.



Caroline King receives her award from Bliss

Successful recruitment aids early end to PRISM trial

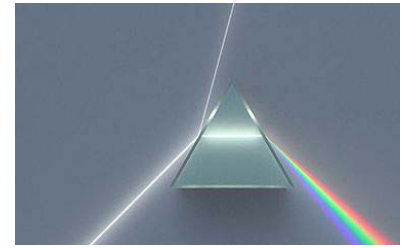
Our Trust's PRISM trial, led by Dr Fiona Regan and Dr Megan Rowley is a national trial to assess the safety of a new filter to reduce the risk of transmission by blood transfusion causing variant Creutzfeldt-Jakob Disease (vCJD) using prion-filtered vs standard red cells in surgical and multi-transfused patients.

The UK Advisory Committee on the Safety of Blood, Tissue and Organs (SaBTO) has recommended the use of this filter for paediatric patients,

pending a satisfactory outcome of PRISM.

Principal investigator, Dr Regan said "By completing this study we will be able to assess in practice if there is any risk of antibody problems in patients who receive prion-filtered blood".

Research nurse, Sandra Zimba added "Nationally, patient recruitment improved remarkably when the Trust joined the trial in February 2010 and the outcome goes to show how supportive staff are of research studies



being carried out even in busy clinical environments".

Special thanks go to colleagues in blood transfusion, CICU, HDU, Ward A9, and pre-assessment clinics.

PRISM is funded by the National Blood and Transplant Service and the MRC clinical studies unit.

Family says thank you to D7 ward



June Fox's family present their cheque to staff of D7 ward

The family of a patient treated on ward D7 has donated over £1,000 to the ward, to help improve the experience of other patients.

The family of the patient, June Fox, raised the funds by organising a special sponsored walk around Gunnersbury Park. Over 70 family members took part in the event.

June's daughter Maggie Sherry said: "Staff at Hammersmith Hospital helped my mum for so long and never gave up. We wanted to say thank you in a different way.

"We chose D7 to receive the

money we raised because we thought it would be most useful here."

Olav Brokka, senior charge nurse on D7 said: "We are very grateful to Maggie Sherry and her family for their hard work in fundraising for us. This donation means a great deal to us, and will enable us to buy new facilities for the ward, which will help improve the experience of our patients."

Celebrating one year of the centralised microbiology laboratory

Manfred Almeida, microbiology laboratory manager, outlines the benefits one year on

Our Trust's medical microbiologists celebrated the first anniversary of their move to the new laboratory at Charing Cross Hospital, which followed the merging of the Hammersmith, St. Mary's and the Chelsea and Westminster microbiology laboratories, which took place last summer.

During the course of the year, staff have coped with new rotas, new laboratory operating procedures, and two separate IT systems. In addition, the laboratory passed an inspection by Clinical Pathology

Accreditation, the external regulator of laboratory standards, which the laboratory passed with flying colours.

We have already introduced a novel system for the rapid identification of bacterial cultures, which will speed up the reporting of results and improve the quality of the reports to clinicians, as well as reducing costs. In addition, we have introduced a new molecular typing assay that will help infection control colleagues to identify whether there is cross-transmission of *C. difficile* strains

between patients on hospital wards and will help with the mapping of *C. difficile* activity in the community.



Out of hours changes update

Out of hours arrangements are changing. Make sure you're up to date

All Trusts across the country are currently reviewing their arrangements for the payment of work done on call and out of hours to ensure staff receive equal pay for work of equal value. In the Spring the Trust Joint Negotiating and Consultative Partnership (JNCP) agreed [a new framework](#), which has already been implemented in a number of areas of the Trust.

Across Clinical and Investigative Sciences, management, staff side representatives and staff have been working together to review our existing working arrangements and make sure that they meet the needs of patients, are working time directive compliant and provide positive arrangements for staff.

Over the summer formal consultations were run in a number of directorates including imaging, pathology, pharmacy sections of the therapies teams. Hundreds of staff took the opportunity to contribute through



these consultations and through implementation teams and partnership working groups. Following the close of consultations, new working arrangements came into effect in the following areas:

- **1 October:** imaging, pharmacy, pathology IT, andrology, microbiology
- **1 November:** haematology and chemistry

If you are unclear about how any changes will affect you, please contact your line manager or union representative as soon as possible. Further information about the new arrangements is available on the Source under [CPG6 – On call/out of hours](#).

Award for Stephanie Wakefield



Stephanie Wakefield

Congratulations to Stephanie Wakefield, specialist upper GI dietitian, for surgery and cancer, who has been named enteral nutrition professional of the year by Complete Nutrition, a publication aimed at nutrition and

dietetic health professionals.

Stephanie's nomination was a result of the work she had done with the North West London Cancer Network developing an allied health professional care pathway for upper GI patients.

Her work within this patient group inspired the idea for her recent masters research project: 'The prevalence of micronutrient deficiencies in upper gastrointestinal cancer patients after treatment with surgery and chemotherapy'. The award winners were decided by votes from Complete Nutrition readers.

Prescribing gets smart and wins UKCPA award

An innovative smartphone application to help treat infections has been launched by our Trust, and has helped scoop the United Kingdom Clinical Pharmacy Association (UKCPA) 2011 Antimicrobial Management Award.

The app's unique password protected features include a decision support system to help prescribers choose the right anti-infective treatment for patients, and a clinical calculator to help with accurate and safe prescribing of medicines.

The app was developed by the Trust's antibiotic review group and the national Centre for Infection Prevention and Management (CIPM). CIPM is a collaboration between the Trust, Imperial College London and the Health Protection Agency (HPA).

The app is compatible with iPhones and Android phones and means staff can access a digital version of our Trust's antibiotic treatment of infection policy.

Professor Alison Holmes, Trust director of infection prevention and control, said: "This is the first app to be used within the Trust for policy or guidelines and it will reinforce and help support best practice in antibiotic prescribing."

Chair of the Institute of Global Health Innovation at Imperial College London, Professor the Lord Darzi said: "This new prescribing app – developed by clinicians for clinicians – brings recommended guidelines to the prescribers' pockets making it more likely that they will be followed."

"Most health professionals now carry smartphones and I strongly believe that clinicians will increasingly use them to support more evidence-based clinical decision making."

CPG 6 pairs for success

By Caroline Weller

Colleagues from clinical and investigative sciences have been taking part in a leadership programme which pairs up managers and doctors so they can learn from each other's experiences.



Smriti and Zaliwe

Throughout the programme, seventeen specialist registrars have been paired up with band seven and eight managers.

The paired learning programme includes regular, informal pair meetings; work shadowing of each others' role; leadership workshops; and a joint quality and service improvement project.

Here Zaliwe Chabala and Smriti Pathak, and Naser Turabi and Kerry Robinson, two of the pairs of managers and clinicians who took part this year, tell us more about their experience of the programme.

Zaliwe Chabala, service delivery manager, clinical haematology

"This initiative has given me a better understanding of how doctors approach the workplace and has inspired me to work more collaboratively. I've realised how important it is to consult clinical staff on decisions – they need to be on board and buy into changes.

"The skills I've developed have allowed me to influence processes in my team. For example, I've looked at pathways in outpatients to explore why

there were some delays and bottlenecks and change has definitely come as a result of this.

"My relationship with Smriti is very supportive. It's made me realise that we need to spend more time talking to doctors."

Smriti Pathak, infectious disease registrar

"I used to think managers spent their time in meetings and on strategies but Zaliwe showed me how multi-faceted management roles can be.

"It's now clearer to me that clinical and administrative staff are on the same team and share the same goals."

"The paired learning initiative has given me the confidence to work with multiple role players in our organisation – not only doctors and nurses.

"Ultimately I no longer see management as alien territory."

Naser Turabi, group business manager, Hammersmith Hospital

"Thanks to this initiative I've developed a relationship with Kerry and other colleagues in our organisation, which I'll take forward throughout my career at Imperial.

"This experience has helped some way in breaking down the barriers between clinical and non-clinical staff that usually exist.

"Some people say 'I only ever speak to consultants'; what I've learnt is that we need to use the resource of experienced doctors.

"These doctors will one day become consultants so developing strong relationships with them and an understanding of their role is key.

"Generally I spend a lot of time crafting messages to clinicians. As a registrar, Kerry is a great sounding board and way of accessing a risk-free clinical opinion."

Kerry Robinson, paediatric registrar, St Mary's Hospital

"When we attended the workshops it was really interesting to see how Naser's perspective was different to mine. He saw things in broader, more strategic terms and it was great having the scope to discuss this.

"Our project was on clinical coding, which had an immediate impact on the way I work. I make sure I now write notes that earn an income and I understand the importance of discharge summaries, and allocating the correct amount of time to junior doctors so that they can complete them.

"I think this experience is the beginning of a long-term collaboration between Naser and me."



Kerry and Naser

Read more on our paired learning website at:
<http://www.imperial.nhs.uk/paired>

Microbiology team gets into the flow

By Emily Kessler, project manager, clinical and investigative sciences

A recent project involving microbiology staff has achieved considerable success in improving the process for preparing MRSA samples. The team achieved a 30 per cent reduction in the time from sample delivery to incubation, whilst significantly reducing variation. We talk to specialist scientist Sweenie Gooneskera about the project.



Sweenie Gooneskera

A 30 per cent reduction in time from sample delivery to incubation is quite significant. How did you manage that?

The project followed “D5”, a structured improvement methodology – an internationally recognised methodology used to improve processes. We gathered together a team of staff from microbiology, who were supported by external experts. The team conducted detailed studies in the laboratory and engaged with staff to understand the problems with the current process.

Staff came up with some brilliant suggestions to help eliminate waste and improve the flow of samples, such as visual management to make demand visible and implementing first in, first out queuing.

What difference will this make to the service?

Improving our turnaround times and reducing our variation makes a real difference to patients and to clinicians. The project has also sparked a number of ideas for how other

steps in the process can be improved; such as the preparation of urine samples. Improving efficiency of the processes also means our staff spend their time doing the interesting tasks that actually make a difference to patients.

Sounds like hard work?

It was! The team were incredibly dedicated, but we also got a lot out of it ourselves. Our skills have improved enormously, but also our confidence. Lots of team members are now looking out for new projects and ways they can improve how we work. I’d definitely advise other staff members to get involved in any improvement projects in their areas.

“Improving efficiency of processes means our staff spend their time doing the interesting tasks that actually make a difference to patients”

What others have to say about the project

Shirley Khan, senior biomedical scientist, said “My main involvement is looking at one of our high demand samples:MRSA. The training was really good; the process was broken down into sensible steps and it was good to give us the time in between to gather our thoughts, collect data and put some trials in place. I really enjoyed the training, but also seeing staff get so enthusiastic about new ideas,

and to actually see the positive improvements has been great. The big lesson for me has been the importance of making sure staff are involved and know what is going on. We haven’t finished yet though - it’s continually evolving, you don’t just do it for a few weeks!”

John Lee, Head of Operations, said “I am enormously proud of the work done by the microbiology project team. Not only have they made genuine improvements to how their laboratory works, but they have also demonstrated how innovative, enthusiastic and dedicated Imperial staff are. I wish them all the success in the future, and look forward to supporting more projects like this that make a real difference to patients and the rest of the Trust”

The microbiology project team are: Suzie Ali, Shirley Khan, Kui Hau, Kathy Pike, Michaela Fox, Jeremy Merritt and Sweenie Gooneskera, plus David and Joe from 2020 delivery.

For further information please contact Sweenie Goonesekera on Trust email.



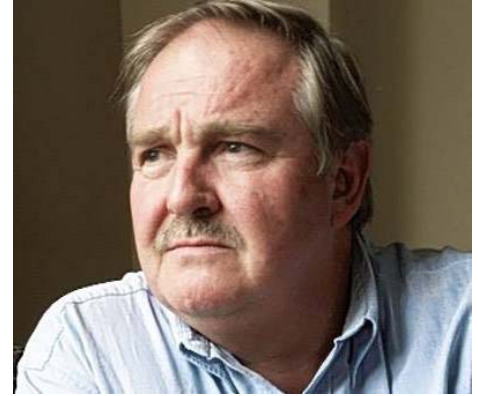
Stopping the demise of psychopharmacology

An article by Professor David Nutt of Imperial College London's Centre for Pharmacology and Therapeutics and Gerard Dawson of contract research organisation P1VITAL, focusing on the withdrawal by pharmaceutical companies from drug development in psychiatry was published in research fortnight this summer.

The article focuses on the reasons for pharmaceutical companies reprioritising their

efforts away from psychiatry, and the implications of this.

Speaking about the article, Professor Nutt said: "psychiatric treatments are under threat from a lack of innovation occasioned by the pull out of big pharma from the field. We need to arrest this decline and come up with innovative solutions to ensure that in the longer term patient care continues to improve not decline"



Professor David Nutt

State of the art infection and immunity laboratory opens

Our Trust's infection and immunity team has completed the last phase of a complex and ambitious laboratory consolidation project that saw all immunology and virology services previously based at St. Mary's and Chelsea & Westminster hospitals moved to the 9th floor of Charing Cross Hospital.

The new laboratory promises to

deliver a more efficient and resilient service by integrating the expanded pool of scientists and analytical platforms. The move was completed on-time and achieved service continuity through the hard work and planning of staff and lab managers.

Commenting on the move, John Lee, head of operations for

CPG6, said: "I would like to congratulate the team for their hard work and resolve in making this move a success.

"Their enthusiasm for improving the laboratory is testimony to their dedication to providing better quality care to patients and a better service to the Trust," he added.

Handgrip strength in renal disease

The renal diatetic team, led by Tina Dalloway, recently completed a pilot study exploring the use of handgrip strength to identify malnutrition in renal patients. The study was presented at the British Renal Society/Renal Association (BRS/RA) Conference this summer. Here Tina explains the significance of the study.

Our presentation incorporated data on 200 haemodialysis patients and handgrip strength measurements were correlated to other markers of nutritional status. The analysis found that age, gender and ethnicity significantly influenced handgrip strength and therefore, how the normative values were presented.

This pilot study is unique; there are currently only data available for handgrip strength for the healthy population. This study provides the basis for the

development of a full set of normative data specifically for the renal haemodialysis population. The next phase of the research is to extend our data collection to enable us to produce these norms.

This is a really important development, since assessing malnutrition in renal patients is complicated by their ever fluctuating weight, due to large changes in body fluid. It is not possible to look at the usual signs of weight loss and body mass index, since these are unreliable in this patient group.



Lifetime achievement award for Rosy



Rosy Weston

Rosy Weston, senior lead pharmacist for HIV and sexual health, has been presented with a lifetime achievement award by the HIV Pharmacy Association. The award recognises Rosy's excellence in practice, her dedication and her hard work in providing HIV pharmacy services.

On receiving the award, Rosy said:

"I am honoured that the HIVPA have chosen me for this award. I have been very fortunate to receive support from my pharmacy and medical colleagues which has allowed me to develop my specialist HIV pharmacy role over 20 years. Receiving the award has been a wonderful excuse to catch up and celebrate with some of the many pharmacy staff who have worked alongside me".

On course for collaborative working

Staff from our Trust worked through an innovative collaboration with the School of Professional Development at Imperial College London recently to run a course in advanced laryngectomy rehabilitation and surgical voice restoration.

Yvonne Edels, Macmillan consultant speech and language therapist and Margaret Coffey, NIHR clinical doctoral fellow and research speech and language therapist worked with colleagues at the College to set up the course, which exposed delegates to the advanced skills required to assess, diagnose, treat, manage and support patients who have undergone laryngectomy.

Laryngectomy patients are those who have had their voice box removed usually because of cancer. This surgery means that the ability to speak, swallow and breathe is significantly altered.

The aim of the course was to enable delegates to:

- Develop their knowledge of cancer of the larynx - including its presentation, assessment diagnosis, treatment options and management

Delegates on the course



- Develop the knowledge and advanced clinical skills involved in managing swallowing and voice rehabilitation after total laryngectomy
- Explore the current evidence base for SVR and encourage future study in this field
- Network with other professionals in the field.

Speaking after the course, Margaret Coffey said: "The course was extremely successful. Thirty delegates attended, not only from the UK and Ireland, but also from as far afield as Oman and Australia. Feedback about the course content was incredibly positive. We are especially grateful to Betty Yue and Ulrika Wernmark at Imperial College London for their support with this course."

Senior scientist takes international e-medicine role

An Imperial College Healthcare senior scientist has been invited to become the lead tutor in haematology, for all English-speaking countries, as part of an international panel of educators covering various specialties in e-medicine.

Dan Pelling, pathology workforce development manager, joined the panel, which consists of around

40 world experts and tutors, earlier this year. The group works as part of the European Commission's Lifelong Learning Programme's "Leonardo da Vinci" vocational training scheme, which was initially implemented in order to create a 'Europe of Knowledge' but has subsequently expanded beyond the European Union to work on a global scale.

Speaking after his appointment, Dan said: "I am thrilled, a little anxious, but certainly honoured, to be able to take on this new role as lead tutor. It is exciting to be part of a small, international team, dedicated to advancing and leading in the relatively young field of e-medicine."

Number 10 welcomes haematology team



Professor Jane Apperley, Beth Bautista and Evelyn Dannie pose outside 10 Downing Street

Colleagues from our Trust's haematology team attended a high profile reception at 10 Downing street this summer.

Senior charge nurse Beth Bautista, senior sister Evelyn Dannie and Professor Jane Apperley were guests of Hannah Lewis; a friend of Samantha Cameron and committee member for charity Leuka. The special Who's Cooking Dinner? event, which featured top chefs including Peter Gordon and

Chris Corbin, focused on the charity's major fundraisers.

Who's cooking dinner is a series of food-focused events in which famous chefs cook bespoke menus for guests to raise money for the haematology unit at the Catherine Lewis Centre, one of the world's leading research centres, located at Hammersmith hospital. Since the first event of its kind in 1999, Who's Cooking Dinner has raised over £3 million for the unit.

Speaking after the event, Beth Bautista said: "It was a lovely evening. It's an honor to be invited and represent the clinical haematology unit of Hammersmith Hospital and extend my personal appreciation and gratitude to the people who supported our research programme. I also had a chance to meet Samantha Cameron and Hannah Lewis; who were both sweet and welcoming. "

Widening participation with an introduction to research

A team from therapy services successfully ran a new course focussing on research skills this summer. The course, led by Dr Mary Hickson, therapy research lead, was organised in collaboration with Imperial College London's School of Professional Development. The course team also included Margaret Coffey, Donna Kennedy, and Liesl Wandrag.

The course, which is usually open only to internal candidates, attracted thirteen students from across the UK, including physiotherapists, dietitians, pharmacists, nurses, doctors, radiologists and pathologists.

Topics covered over the three days included understanding statistics, critical appraisal, searching the literature, using questionnaires, choosing robust outcome measures, and disseminating research. The course was complemented by a pre-course e-learning module on "critical appraisal" which participants found very useful.

The course received positive feedback from participants, and was also approved by the Royal College of Physicians for 18 CPD points. The team plans to refine the course further and offer it on a regular basis to all healthcare professionals.

Improving nutrition on wards

Our Trust's nutrition improvement project launched in July this year.

The project aims to improve the nutritional status of all inpatients at the trust, by focusing on the nutrition care provided on the wards, including screening, nutrition care planning, protected mealtimes, mealtime assistance and discharge information.

Designed and developed by Dr Mary Hickson and Professor Christine Norton, and project managed by Bella Mazibuko, the first stage of the project assessed current nutrition practices on wards, starting with an initial sample of 20 wards, across all three main sites. The team then went on to collect baseline data on all remaining wards. Full results from the assessment are expected shortly and will be reported to CPGs.

Speaking about the research, Bella said: "The results for the initial 20 wards showed that many wards had significant problems with various aspects of nutritional care, but we did identify a few outstanding wards, which shows it can be done! The next step is to start to work with each ward to find ways to improve practice in the specific areas that are currently problematic.

"Each of our 20 initial wards has elected a nutrition champion nurse to work along side us in tackling nutrition issues in the wards. We will work together to find innovative and locally acceptable improvements," she added.

The final phase of the project will be to roll out the innovations tried and tested on the first 20 wards to the rest of the Trust wards, working locally to find the most appropriate solution.



Patient swims for speech and language service

A former patient has raised almost £2,000 for the speech and language service in the stroke unit at Charing Cross Hospital

Congratulations to Marney Williams and her daughter Charlotte who took part in the British Gas Great London swim, a mile-long splash along the Thames near Royal Victoria Dock on July 2. Donations will be gifted to the service through Imperial College Healthcare Charity.

Marney, 51, decided to raise funds after recovering from a stroke in 2009.

She explained: "I was very fortunate. My daughter Louise was with me when I had my stroke and she recognised the symptoms and called for an ambulance. I got to Charing Cross in time to receive thrombolysis."

This emergency 'clot-busting' treatment helps restore circulation in the brain, reducing the risk of death or permanent disability. However, the immediate impact of the stroke was to leave Marney with aphasia, which is difficulty with language skills including understanding speech, speaking and reading. She was able to regain some language skills before returning home. Now, two years later she chats happily about her experience and her plans for working with the speech and language team to spend the funds she has raised.

"It did take time to recover. It was very hard leaving hospital and the support and care you get there, and I think it would have been good to have been able to talk to someone who had been through what I was going through. This time last year, I don't think I would have had the confidence to do this swim but I



Marney Williams and her daughter Charlotte

completed the course in 39 minutes which was a very good time for my age group."

Marney works as a volunteer at Charing Cross and is keen to set up a befriending group for stroke patients with aphasia. She also plans to continue fundraising for hospital services.

"Every morning when I wake up, I'm grateful that everything worked out alright. Sometimes I'm incredulous that it did," she adds.

Clinical lead speech & language therapist for stroke and acute/rehabilitation team, Karima Collins, said: "Marney is a passionate advocate for patients with communication difficulties and has also offered her time and skills to us as a volunteer. Together we have developed the idea of offering an innovative communication therapy group to inpatients. We hope to start running groups in the autumn, in order to provide a supportive environment in which to practice communication skills and begin adjusting to the changes a stroke often brings."

Read Marney's race report on her Justgiving page at <http://www.justgiving.com/MarneyWilliams>

Continued OSC&Rs success

Throughout this year, a number of colleagues from across the CPG have been recognised as winners or runners up or have been commended in the Trust's OSC&Rs awards.

Most recently, the Weston ward team was listed as commended by the judging panel for the quarterly awards for July to September.

This follows the earlier success of Dacie ward, who were crowned winners of the team prize for May to June. The team was nominated by a number of patients, including one who said: "Without their time, patience, smiling faces and support, I would never have got through my treatment so well."

Julie Garneau, senior staff nurse on Dacie ward was also named as runner up for February to April.

The OSC&Rs awards are kindly supported by Imperial College Healthcare Charity.

More details about the OSC&Rs, including the nomination form and information about winners is available on the Source.

Debbie helps the heroes

Colleagues across CPG 6 are also doing their bit to raise money for a good cause. Debbie Molyneux, senior sister in imaging, has raised over £500 for charity Help for Heroes. Her fundraising efforts contributed to a total of over £26,000 which was raised by Thomas Jackson, the son of consultant radiologist James Jackson. Thomas, accompanied by James, cycled from John O'Groats to Lands End this summer, and also arranged a charity concert at St Paul's Cathedral.

To learn more about their trip and fund-raising efforts visit their website at www.wentthedaywell.co.uk