



# Pulse magazine

April  
2024

RBFT signs NHS 'no smoking' pledge - see page 2

## Welcome!

Welcome to the April edition of Pulse, which, as always, is packed with news, information and staff stories. Spring is certainly in the air and this time of year usually brings news of the staff survey results, which for 2023 saw the trust performing extremely well.



The survey is aligned to the nine People Promise Themes set out in the NHS National People Plan. The trust was the top performing acute trust in the South East region for six of these themes, demonstrating a commitment to compassion and inclusivity, working as a team and staff having a voice that counts. I've seen plenty of evidence of that as I've met staff and it's evident in this edition of Pulse.

That's not to say that we should be complacent. There are areas for improvement, such as appraisals and equality, diversity and inclusion, and there are obvious challenges in keeping up morale when things are tough. We can learn from what other trusts are doing, but it's also important to keep listening, so we very much appreciate the fact that a record number of staff completed the survey and hope that there are lots of other opportunities for the Board to hear everyone's views.

One of the staff survey themes is reward and recognition, so it's timely that this week I received the shortlisted entries for the categories I'm judging in the Staff Care Awards 2024. I'm not exaggerating when I say that every nomination could have been a winner. Whether or not the nominee has been shortlisted, it's wonderful that someone has taken the time and trouble to express their appreciation for what their colleagues do and we look forward to celebrating our staff at the Staff Care Awards evening in May.

In the meantime, I hope you enjoy this edition of Pulse and thank you for your interest in the trust.

Parveen Yaqoob  
Non-Executive Director

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# World leading research for oral UTI vaccine

According to Royal Berkshire Foundation Trust research, recurrent urinary tract infections (UTIs) can be prevented for up to 9 years in more than half of people given an oral spray-based vaccine.

Initial results from the first long-term follow-up study of the safety and effectiveness of the vaccine for recurrent UTIs show that in both men and women with recurrent UTIs, 54% of study participants remained UTI-free for up to nine years after the vaccine and reported no notable side effects.

UTIs are a common bacterial infection and are often treated with antibiotics. They are experienced by half of all women and one in five men, and can be painful and uncomfortable. With antibiotic resistant UTIs now on the rise and drugs becoming less effective, new ways of preventing and treating these infections are needed.

A long-term follow-up carried out by clinicians at the Royal Berkshire Hospital looked at the safety and efficacy of the MV140 vaccine in 89 patients originally treated privately at The Urology Partnership Reading.

MV140 is a new vaccine for recurrent UTIs and is administered with two sprays under the tongue every day for three months. While researchers have previously studied its short-term safety and effectiveness, this is the first long-term follow-up study.

Dr Bob Yang, Consultant Urologist at the Royal Berkshire NHS Foundation Trust, who co-led the research, said "Before having the vaccine, all our participants suffered with recurrent UTIs, and for many women, these can be difficult to treat.



Nine years after first receiving this new UTI vaccine, around half of participants remained infection free. Overall, this vaccine is safe in the long term and our participants reported having fewer UTIs that were less severe. Many of those who did get a UTI told us that simply drinking plenty of water was enough to treat it."

"This is a very easy vaccine to administer and could be given by GPs as a 3-month course. Many of our participants told us that having the vaccine restored their quality of life. While we're yet to look at the effect of this vaccine in different patient groups, this follow-up data suggests it could be a game changer for UTI prevention if it's offered widely, reducing the need for antibiotic treatments."

Full results of the study are expected to be published by the end of 2024.

## More independence for home haemodialysis patients

Last month our Renal team introduced new, more efficient home dialysis machines which allow our home haemodialysis patients greater flexibility.

We've been offering home haemodialysis for the past 13 years and it's been a big improvement for patients rather than having the treatment in hospital. Patients who have hospital dialysis, typically have to come in three times a week and spend four hours each visit attached to a dialysis machine.

Our new home haemodialysis machines are even more of an improvement for our patients. They don't have to be plumbed into a water supply, so they're more portable and save water.

Plus the new machines are more efficient, meaning shorter treatment times, and they give patients more flexibility with their treatment regime. For example, patients can dialyse for 2-3 hours, four or five times a week if that suits them better, allowing them to carry on with their work and normal daily activities.

Back at the hospital, clinical staff can monitor patients' data from the information sent from the machine.

This initiative is still very new, but we hope to roll this out to more patients who are suitable for home dialysis, thereby freeing up clinic space and consultant appointments for patients who are unable to adopt home treatment.



## Top performing trust in the region for theatre usage

The Royal Berkshire Foundation Trust is currently the top performing trust in the South East for theatre utilisation.

Last autumn we began our Theatres Efficiency Review Business Opportunity (TERBO) to improve our theatre productivity, and in turn enhance outcomes and experiences for surgical patients.

At the start of the programme our theatre utilisation rate was 82 per cent. In the past seven months, our average theatre utilisation has been 88 per cent – above the national average of 85 per cent.

This improvement is testament to the strong collaborative working between clinical and non-clinical teams to optimise the use of available surgical resources and carry out more surgical procedures in a timely fashion.

# New family bays for expectant couples



Last month, our Maternity department launched their new family bays on the postnatal ward. This is a pilot scheme which welcomes supportive partners to stay, outside of visiting hours and overnight with their new baby and partner.

Maternity have worked closely with Royal Berkshire Maternity and Neonatal Voices to introduce the new family bays following feedback from service users.

You can find out more in their video: [New Maternity Family Bays](#)

## Trust signs NHS no smoking pledge

We marked the recent National No Smoking Day by joining 75 other trusts across England in signing the 'NHS Smokefree Pledge'. The pledge shows our commitment to helping people quit smoking and providing smokefree environments which support them to do that.

We know that quitting smoking is one of the best things you can do for your health, and we also know that as well as contributing to many thousands of deaths each year, it also puts huge pressure on the NHS. We're also aware that it's one of the hardest habits to break, which is why as part of our pledge we are putting new support in place for both patients staying with us and staff.



Katie Pritchard-Thomas, Chief Nurse, Graham Sims, Chair & Janet Lippett, Chief Medical Officer signing the pledge

Over the last few months Dr Sabrina Black, one of our Respiratory Consultants, has been working with colleagues in certain wards to make sure they're equipped to talk with patients who smoke about the support we can offer in hospital. This could include nicotine replacement therapy, a counsellor coming to see them, and the on-going help in the community when they leave hospital.

# Governor Article: Miranda Walcott, Partner Governor: Integrated Care Board SEND

Hi, my name is Miranda Walcott, I am a Partner Governor here at the Trust and it has been an honour to join the Council in September 2023. I am now finding my feet and feeling confident when discussing issues that matter for Children and Young People. My day job is Designated Clinical Officer (DCO) for Special Educational Needs and Disabilities (SEND) 0-25 years, for Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board (ICB), working within the Berkshire West area.

I qualified as a Children's Nurse in September 2003, going straight out to work as a staff nurse with health visitors in Windsor before transferring to Reading to complete my health visiting training in 2006. I worked in Berkshire Healthcare Foundation Trust in this time in various roles including Named Nurse for Safeguarding and as a School Nurse before moving to the ICB in 2021 as Clinical Advisor for Children and Young People. Throughout my career my aim has always been to put the child, young person, and family at the centre of any care.

My passion to try and get things "right" for all children, young people and their families continue, and from the meetings I have attended, Royal Berks are firmly committed to making the hospital experience for children, young people and their families right.

When I am not working I enjoying spending time with the family, baking, gardening and holidays.

I really encourage you to come along and attend one of the many public meetings for Council of Governors and for the Trust Board, and to get involved and have your say on the services that are received by you. More details of these meetings can be found later on or via the trust website.

Miranda Walcott

Partner Governor, Buckinghamshire, Oxfordshire & Berkshire West Integrated Care Board

## Meet your Council of Governors

Find a full list of your Council of Governors on the trust website:

[Council of Governors | Royal Berkshire NHS Foundation Trust.](#)

## Become a member

Sign up family and friends to become a member via our online form to receive our latest updates, shape how hospital services are delivered and be eligible to receive our NHS discounts.

Get in touch with the team: [Foundation.trust@royalberkshire.nhs.uk](mailto:Foundation.trust@royalberkshire.nhs.uk)

## Discounts? Did you know?

# healthservice discounts

As a member of the Royal Berkshire NHS Foundation Trust you are eligible to amazing Health Service Discounts to save money on holidays, electrical goods, meals, goods, meals, days out and more!

To register, follow this link [Register | NHS Discounts | Health Service Discounts](#) and select Foundation Trust Member.

Don't forget to let us know what amazing discounts you get so we can share them! Check out some of this month's exclusive discounts:

- [Charlotte Tilbury](#) – 20% off
- [Reebok](#) – 25% off
- [Oliver Bonas](#) – 15% off
- [Virgin Experience Days - Health Service Discounts](#) – 20% off
- [First home | Remortgage | Moving home | Buy-to-let from](#) – free expert advice
- [Admiral from Admiral](#) – 10% off
- [JD Sports from JD Sports](#) – 10% off
- [Pandora from Pandora](#) – up to 50% off + extra 10% NHS
- [Hotpoint Home Appliances](#) – up to 50% off
- [easyJet holidays from easyJet Holidays](#) - £25 e-gift card

## Get involved and have your say

### Open Meetings

Why not come along to one of our upcoming open meetings: find the details and agendas on our trust website page:

[Open meetings | Royal Berkshire NHS Foundation Trust](#)

Wednesday 27 May 2024, 9am: Board of Directors

Seminar Room, Trust Education Centre, Royal Berkshire Hospital

Tuesday 16 July 2024, 5.30pm: Membership Committee

Seminar Room, Trust Education Centre, Royal Berkshire Hospital

Or listen to the most recent [Board of Directors meeting held on 27 March 2024](#)

# Examining our values



## What Matters 2024 The conversation continues



### What Matters 2024



COMPASSIONATE



ASPIRATIONAL



RESOURCEFUL



EXCELLENT

Last month, we re-launched our 'What Matters' programme to examine our values by seeking the views of thousands of staff members. Through What Matters, we want to know what our values of Compassionate, Aspirational, Resourceful and Excellent mean to our staff and whether they're still relevant to us in 2024.

Our values are the result of conversations with staff during our first What Matters programme back in 2017, which we revisited again after the pandemic. The results have made a lasting difference to the way we deliver patient care and the priorities we focus on.

## Cost of living information

The local authorities in our area have published a number of resources that may support our you if you're experiencing cost of living difficulties, including access to free or low cost food, financial support and help with other living costs.

- [Money Matters: cost of living advice and support - Reading Borough Council](#)
- [Cost of Living: Help with food costs - West Berkshire Council](#)
- [Cost of living | Wokingham](#)



MasilMan, Getty Images

# Building Berkshire Together: new hospital update



Thank you to those that filled in the recent criteria survey for [Building Berkshire Together](#), the new hospital programme for the trust.

We are reviewing the results which asked staff, patients and the wider community what criteria would be important to them when we are looking at alternative locations to site the Royal Berkshire Hospital.

Over 2,300 people responded to the survey and we are currently reviewing potential sites.

This work leads us to the next round of engagement – an impact assessment to understand what moving the hospital would mean to staff and the community. This will begin in May and more details will be available in the next issue of Pulse.

If you have any questions or would like to be involved further please email [bbt@royalberkshire.nhs.uk](mailto:bbt@royalberkshire.nhs.uk)

## Targeted lung health checks

England's [Targeted Lung Health Check](#) programme aims to diagnose three out of four people with lung cancer at an early stage by 2028.

Eligible people aged between 55 and 74 years old who have smoked (current or ex-smokers) will be invited for a lung health check assessment.

Please do attend your lung health check assessment if you're invite.



Pulse Magazine is written and produced by the Royal Berkshire NHS Foundation Trust Communications Team. If you would like to have an article included or have any feedback just let us know at [Communications@royalberkshire.nhs.uk](mailto:Communications@royalberkshire.nhs.uk)