

## Health Matters at UHSM

Each month, clinical experts from UHSM provides a talk on their specialist field. The talks are open to all members, supporters, patients, carers and staff are invited to come along.

**Wednesday, 18th May**  
How dynamic ultrasound can help diagnosis

**Wednesday, 15th June**  
Mouth cancer

**Wednesday, 20th July**  
TIA's and Mini Strokes

**Wednesday, 21st September**  
Pharmacy - Getting your Medication right

**Wednesday, 19th October**  
Breast Cancer

The talks are open to everyone and take place in the Education and Research Centre at Wythenshawe Hospital.

For more information, contact  
0161 291 3575  
or email  
foundationtrustoffice@uhsm.nhs.uk

## Ticker Club Volunteer Patient Visitors Seminar – Thursday June 2<sup>nd</sup> 2011

The Ticker Club has organised the annual Visitors Seminar for Thursday June 2<sup>nd</sup> in the Education and Research Centre – Seminar Room 8, starting at 11.00 am until 2.00 pm with a short break for lunch. This is the opportunity for our dedicated team of Cardiac Ward and Outpatient Clinic visitors to meet with UHSM Hospital staff, to update us on hospital procedures including any changes in how Cardiac treatment is provided. We also have a number of new volunteers who will be joining or have recently commenced visiting and the meeting gives them the chance to meet everybody for the first time.

Vice Chairman, John Phillips has become fully involved in assisting Cliff Clinkard in co-ordinating the Visitors team and especially in recruiting new members, which will provide support in the future to the existing visitor teams. Cardiac Ward visits are carried out on Monday, Wednesday, Thursday and Friday mornings when patients who have undergone their treatment are spoken to in Wards F2, F5, F6 and the Jim Quick unit. We also carry out Pre op visits on Monday, Tuesday, Wednesday, Thursday and Sunday afternoons, speaking to Cardiac patients and their families the day before they are due to have surgery.

The Cardiac Outpatient clinic at Wythenshawe Hospital is a very busy unit and we now attend on Tuesday, Wednesday and Thursday mornings. At the clinic we are meeting patients who are at various stages of requiring Cardiac treatment and our visitors have to be very careful in how they approach and what they say to the patients and their families as some have only just been referred

for tests etc. But speaking with them is a good opportunity for us to introduce them to the Ticker Club, explaining that we are there to help them with the benefit of our experience of our own Cardiac treatment and recovery.

Speaking at this year's Seminar will be Judy Coombes, Cardiothoracic Directorate Manager, who is well known to the Ticker Club as she is Co-opted onto our Executive Committee. Other staff attending will be Cardiac Matron Nancy Hurst, a Cardiac Specialist nurse, a Cardiac Ward nurse, a Cardiac Rehabilitation nurse, and it is hoped that a Cardiac Surgeon will be available to update us on future developments. This will be a very busy meeting but it will allow the Visitor team to ask questions of our Hospital staff colleagues.

The service the Ticker Club visitors provide is not available in many other areas of the country and the fact that we have been carrying out this work for over 20 years is something we are especially proud of. There are many other Cardiac support groups but not many actually visit patients in Hospital which can be a tremendous comfort and reassurance to them and their families.

We are always looking to recruit more visitors so why not give us a call to discuss if it might be for you. Please leave a message on the Ticker Club office answer phone 0161 291 2873 or email us:

[tickerclub@uhsm.nhs.uk](mailto:tickerclub@uhsm.nhs.uk)

*Cliff Clinkard and John Phillips*  
Visitors co-ordinators

## MEMBERS LEARN MORE ABOUT VASCULAR REVIEW & HEART DISEASE

At a Greater Manchester & Cheshire Cardiac Network event, 'Cardiology 2011 & Beyond' in March three patient representatives from the Club joined clinicians and managers at the Manchester Airport Hilton to review the Network's ongoing activities and development of its guidelines.

Under the current NHS review much was in the melting pot, said Network director Janet Ratcliffe, with PCT clusters being formed and GP consortia being brought together to replace them.

Assistant director of commissioning Andrea Dayson drew attention to the trend reducing numbers of bypass, angioplasty and other revascularisation procedures, as well as the capacity to perform them. UHSM cardiologist Saqib Chowdhary confirmed this was the case at Wythenshawe with a steady decline in angio procedures and a levelling out of PCIs (angioplasty), though UHSM still carried out a total of over 1,200 procedures a year.

But cost reared its head again with a discussion of TAVI (keyhole heart valve replacements), a new but expensive procedure being pioneered at Wythenshawe. Numbers were down from 2 procedures in 2008 and 25 in 2009 to only 7 in 2010, these 7 all being funded at £20,000 a time by private healthcare.

Also discussed were such topics as the for's and against's of transferring cardiac patients between specialist units and their own local hospitals; the cost-effectiveness of expensive new drugs with limited results as compared with more spending on procedures and staff; and, in lipid control, the need for closer monitoring of the effects of high-dose statins.

At a Triple PG (Patient & Professional Partnership Group) event in early February at the Hallmark Hotel, Handforth, along with heart

support groups from across the Greater Manchester area, a group of nine Ticker Club members heard about the current review of vascular issues as it affects heart and stroke patients.

This North West review was introduced to delegates by clinical effectiveness specialist Claire O'Donnell from the NW commissioning team. Its purpose, she said, was to look at how well the programme was serving local people with best practice and up-to-date treatments, and to review the availability of treatments – were they accessible at the right times and with the right experts in place?

A practical survey of vascular services came from perhaps the most inspirational speaker of the day, Manchester Royal Infirmary surgeon Vince Smyth. Taking us rapidly through a history of vascular surgery from the ancient Egyptians to the first coronary bypass graft in 1961 via the first aortic operation in 1919 and Einstein's aneurism, Mr Smyth brought us up-to-date with his work today. This divided into three areas: preventing strokes through operations on arteries in the neck (now with a 97% success rate), dealing with varicose veins, and preventing aneurisms rupturing where timing for least risk to the patient is the key issue. It can be even quicker after an artery is expanded by the insertion of stents via the groin, as Mr Smyth illustrated by introducing a patient who spoke to us about his procedure only 2 days earlier!

At both meetings, those of us representing the Club felt that the day had broadened our understanding of the wide range of issues affecting the cardiac patients we support.

*John Miller.*

Charity No. 519754



Founded 1987

# THE TICKER CLUB NEWSLETTER

[www.uhsm.nhs.uk/patients/tickerclub](http://www.uhsm.nhs.uk/patients/tickerclub)

Spring 2011

Affiliated to the British Heart Foundation

## Ticker team

Committee members for the Club year 2010-11 are



Chair :  
JIM SHILLITO

Vice Chair :

JOHN  
PHILLIPS



Secretary :  
CLIFF  
CLINKARD

Treasurer :  
VAL SHILLITO



Committee members :

EILEEN BATE  
ROGER CLEGG  
SUE CLINKARD  
DAVID COOPER  
MARTIN MERRIMAN

Co-opted members :

JOHN BIRKS  
JUDY COOMBES  
ALAN IMRIE

Ward visitors coordinators

CLIFF CLINKARD  
JOHN PHILLIPS

Newsletter & Membership :

JOHN BIRKS

## Contact Us

We would also like to hear from you, the members. If you have anything that would be of interest to us please contact John Birks, email address: [john.birks@ssesurf.co.uk](mailto:john.birks@ssesurf.co.uk) for items to be published in the Newsletter please keep to approx 150 words for reports and max 400 words for main articles.  
Or [tickerclub@uhsm.nhs.uk](mailto:tickerclub@uhsm.nhs.uk) - tel. 0161 291 2873 for general interest items.

## Felicity Goodey at Ticker Club Meeting

The Ticker Club March Members Meeting was held at our regular venue, The Railway Inn at Hale on Thursday 10th March.

Twenty five members attended to hear guest speaker Felicity Goodey, Chairman of UHSM, who was introduced by our own Chairman, Jim Shillito.

Felicity began by thanking the Club for its continued support for Cardiac services at Wythenshawe Hospital. She outlined the revised Management structure within the Trust highlighting that they had "streamlined" from 23 to 9 divisions each being managed by a Doctor, Nurse and Manager all of whom were being given training in Management & Business to make them more effective.

The Trust has 5,500 staff and were being encouraged to participate in the progress and development "THE SOUTH MANCHESTER WAY". The ward AI is called "The Productive Ward" and the Team there are being engaged in redesigning how it works. The Trust is committed to Patient Care, first class Research & Training & Education. There is a UHSM Academy which has been praised by Lord Darzi as a Model of Best Practice.

On The Financial side, The Trust is striving to reduce costs by redesigning the way care is delivered and is on target to save 12 million pounds over the last 12 months. They do not have a "slash & burn" policy but aim to redeploy staff rather than making them redundant.

Felicity said that they were dedicated to Research and when asked by a member if funding was available from Government she explained that there was £750 million available for transitional research, that is to find new treatments which immediately benefit patients rather than the lengthy introduction of new drugs. A good example of this was Mr Yonan's development of a technique to replace heart valves with non-invasive keyhole surgery.

UHSM is 1 of the 4 specialist centre for ECMO (extracorporeal membrane oxygenation) in the country which is a treatment for very poorly patients with Swine Flu. This experience has cost the Trust financially and has resulted in a reduction of Cardiac Surgery due to lack of access to the CTCCU beds in January and February this year. The Hospital is hopeful that they will receive additional funding for this extra work done from the Strategic Health Authority. Felicity praised the efforts of the staff carrying out the ECMO as they had worked many extra shifts to ensure all extremely poorly patients were treated.

Some of our members who live in the Trafford area were keen to know of the UHSM's future with Trafford General Hospital. Felicity explained that Trafford Healthcare recognises that it will not be able to secure Foundation Trust status and is seeking another local Trust to take over the running of the hospital. UHSM already see many Trafford patients and have good links with their GP's. Along with Central Manchester & Salford Trusts they are awaiting a Prospectus from Trafford with detailed clinical & financial information about that Trust. This will help the Board to make decisions on how they can continue to work with Trafford.

Another member asked Felicity how she felt the relocating of funding from the Primary Care Trusts (PCT's) to GP consortia would

## Ticker Club Lottery

The most important function of The Ticker Club is patient support which was featured in the last issue of The Club Newsletter.

Another very important function is fundraising to enable us to purchase equipment for the heart unit at Wythenshawe Hospital.

One way we have of achieving this is the monthly Lottery Draw. Members who already are participants are allocated numbers which are drawn out at the monthly members meetings at The Railway Inn.

The first to be drawn wins 30% of the months total fund, the second 20% and the third 10%, the balance going into our funds. This not only helps The Club, it also gives you the chance of winning one of the above cash prizes.

The winners are published in the Newsletter (see page 3). The more members that join, the higher the prizes will be.

The numbers cost one pound each with a minimum of two numbers per month giving a total of £24 per year.

If you are not yet a player and would like to take part please contact The Ticker Club office for a bankers order form. Your help in fund raising in this way would be very much appreciated.

## Photographic Competition

In the Winter issue of The Newsletter, we announced that we would be running a photographic completion in order to produce a calendar for next year. It has been decided by the Committee that a closing date of the first of June should be set for this.

If you have any pictures for this competition, will you please send them to The Ticker Club office for this date.





### ◆ Donations

Thanks for all your donations, large and small, whether from individual members, from non-members, or supportive organisations.

Donations received from 31st Dec to 28th Feb.

*Special thanks to these donors of £100 plus :*

Sam Holland - £450  
Dr G Lacey - £100  
B & J Darbyshire - £105  
Total Donations for Jan & Feb

£1065

*Smaller donations are all individually recorded and very much appreciated.*

### ◆ Gift Aid

Do you pay tax and have not completed a gift aid form? If so please contact The Ticker Club office for one. You will pay exactly the same amount of tax so nothing changes for you, but The Club can claim this tax back and therefore boost our income. The monies raised go towards supplying equipment for the heart unit.

### ◆ Val's recipe

#### Orange Flan

- 1 pastry case baked blind
- 175ml orange juice
- Grated zest of 4 oranges
- 150ml double cream
- 150grms caster sugar
- 6 eggs

#### Method

Beat eggs & sugar together and mix in zests. Add juice and cream. Cook in oven 160 deg for 30 minutes. Take out to cool (not in fridge). Sprinkle top with icing sugar and decorate with mini eggs.

*Continued from page 1*

explained that very much work had been done to enable this change. There were ten PCT's in the Northwest and Specialist Commissioners who allocate funding to such services as Heart Surgery (these will remain in place). From 1st April the ten PCT's will transfer funding to One GP Consortium. This generated lively discussion from members on the ability of GP's to cope and how they will be monitored.

Felicity said the NHS was unaffordable due to advances in treatments and serious decisions will have to be made eg do we pay for the Premature baby care or provide IVF funding.

Felicity highlighted that attendance at Wythenshawe A&E department has increased by 11% and the Trust had been unable to identify the cause. Members did of course have "ideas" on this which Felicity kindly listened to. The Trust have already moved Drop in Centres back into the hospital and when asked why she said that it was because there was no medical presence outside. There is a new Minor Injuries Unit and a dedicated GP unit in A&E at Wythenshawe.

Felicity spent a generous hour with us before Jim thanked her for attending and being so open with us. She is obviously very proud of UHSM and all it is striving to achieve.

The Ticker Club wishes her well with her re-appointment to serve as Chairman of UHSM Foundation Trust for a further three years.



Felicity talking to The Ticker Club

### Chairman's Chat

*Jim Shillito writes :*

*My how time flies. I find it very hard to believe that a year has passed since I returned as your chairman.*

*As I have said previously I have been lucky to have working with me a committee who I honestly believe to be the best since I joined the T/C 12years ago. I only hope that after the AGM that there will not be too many changes and the committee mainly stays as it is.*

*At last years awards ceremony the T/C did very well. Bill Sullivan and Mike George jointly winning the volunteer of the year prize and our patient support visitors getting a special mention.*

*The newsletter after a slow start is now in full swing and we are planning features in our future issues where we hope to have puzzles and such things so that our readers can become involved.*

*The two golf days that are organised by Alan Imrie and Cliff Clinkard again have been well supported with players and volunteers all having a very enjoyable day.*

*The two raffles (Easter and Christmas) and Christmas card sales as usual were well supported for which I thank you all.*

*The Garden Fêtes were well attended with Dave Cooper and Roger Clegg both again giving us sterling efforts.*

*May I also take this opportunity to thank Malcolm Blessitt for all the hard work he has done for us over many years in checking our year end accounts as our independent examiner. Malcolm I do personally thank you and I know that you will be sadly missed as you reduce your involvement.*

*During the year the Ticker Club has purchased the following equipment for the hospital the following costing approx £37,000 :-*

- 3D software for MRI scanner
- TV for critical care visitors room
- Syringe pumps
- Revised edition 'A New Beginning' heart surgery books
- Relaxation CD's
- The refurbishments of the day rooms on F5 and F6
- We have now given the go ahead for the hospital to purchase The Vein Harvester at a cost to us of £29000.

*As you can see the Ticker Club again has had a very good year and let us hope that next year will be even better.*

### Dates for your diary

#### Members' get-togethers

on 2nd Thursday of every month at

**The Railway Inn, Ashley Road, Hale WA14 2UN**

at 7.30 for 8.00 pm

**Enjoy a drink, a chat & all the news**

**FREE well-lit station car park opposite**

**Light refreshments**

#### FUTURE EVENTS

#### Members Meeting

12th May

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**Alsager Golf Wednesday**

11th May

**See page 3**

### A Members Tale by John Birks

Just over four years I had my bypass surgery in 2006. Looking back over this period I did my Rehabilitation in the Warrington Wolves stadium and at that time I was taking things very steadily.

This is just not me, however, and I had to become more active, so despite well intended protests, I climbed the fir trees growing at the back of our property, which at the time were about 40 foot high and reduced the height to half this size! I felt more confident so I started doing more. I have now built my brick garage which was started before my heart attack and as I am not a bricklayer it can be described as rustic, but I am rather proud of it and I have subsequently built two carports.

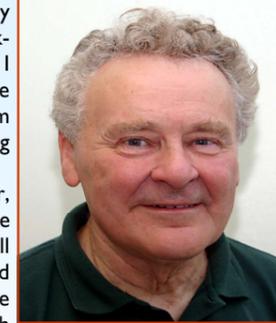
I started going to a gym three years ago, exercising for about an hour and a half at a heart rate of 115bpm (the theoretical maximum for my age, 70, is 151bpm). I go church bell ringing and two years ago rang a sponsored peal, three hours long, raising £1000 for the Ticker Club.

I work on a Tuesday morning in the Heart Centre, as a volunteer. I do my work as Membership Secretary and other office work for the Ticker Club in the afternoon. At the last AGM I took the Newsletter on and have helped to update 'A New Beginning', the book given to every patient going in for open heart surgery.

All in all I live a very full life, very much as I did before. There are however two things that have boosted the confidence I have gained over the last four years.

The first is an MRI scan that I had in the heart unit The final result was that I was as good as I could be after four years and my consultant confirmed and was very pleased with this.

The second thing that confirmed my confidence was in the gym. I was working at 115bpm on a tread mill when an instructor came over to talk to me. I stopped the



machine and the instructor watching my heart rate said that my heart is strong as it had recovered in less than one minute!

All this is due to the treatment and care given to me by the doctors and staff at Wythenshawe Hospital – they have my everlasting gratitude.....

As the MRI scanner was featured in the Winter 2010 Newsletter and as it is now recommended that all patients to have a scan after four years following bypass surgery, it would be appropriate to give my experience as a patient on this scanner.

Dr Schmitt arranged for me to have a Stress Perfusion Scan and I received the letter confirming this soon after.

On arrival, the staff were very courteous and explained fully exactly what was going to happen. I was fitted with ear defenders in which there are ear phones through which I received my breathing instructions and to check that I was alright.

It is advisable to tell the staff if you suffer with claustrophobia so that they can give you something to help to relax you. The tube is open at the far end so this reduces the effect of being closed in.

The scan lasted for forty-five minutes and although I do not recall any background noise I did hear noises which I assumed to be the radio frequencies of the individual scans, but with the use of the ear defenders this was not excessive. With the stress test, a drug is injected and this cause me to tense up a little, however the test only lasts as long as you can hold your breath and the effect of the drug is gone immediately.

When I saw the results I was very surprised how little my heart rate and blood pressure changed during the test and as I said earlier, the results were very good.

John Birks

### Alsager Golf Day – Last Call for Entries

My previous article alerted members to our very popular Charity Golf Day and gave a general idea of what is on offer, viz. Teams of four (mixed or same gender), 18 holes Stableford, Alsager Golf & Country Club, **Wednesday 11 May**, £100 per team, no green fee, coffee and bacon bap on arrival and 2 course meal after, numerous prizes etc.

Entries are going very well and at the date of publication, there are only a few

left. This is therefore your LAST chance to gain entry for you and your golfing friends! Application Forms available from me by, leaving a message for me on 0161/291/2873, ringing me at home on 01477/535963 or sending me an email on [alanimrie@hotmail.com](mailto:alanimrie@hotmail.com)

**HURRY, HURRY – there really are only a few slots left.....**

Alan Imrie

### LOTTERY PRIZE DRAW

#### January winners :

- 1st : **B Chambers** £39.90 (30% of month's total fund)
- 2nd : **F Smith** £19.95 (15% of month's total fund)
- 3rd : **J Shillito** £13.30 (10% of month's total fund)

#### February winners:

- 1st : **James McGrath** £39.90
- 2nd : **F Merriman** £19.95
- 3rd : **F A Thomlin** £13.30

#### March winners :

- 1st : **D Cooper** £39.90
- 2nd : **J Fallows** £19.95
- 3rd : **R Hinett** £13.30

### ◆ Subscriptions

**Club subscriptions are £10.00 per annum per member (patient & partner £20.00)**

**Full membership** is open to all diagnosed as having a heart problem, to their families, and to all who support the Club's aims.

**New members** joining in the first 6 months of the calendar year are granted membership to 30th June of the following year.

#### Welcome to :

- Mrs A Bowman
- Jane Sopala
- Mrs S K Sewak
- Mr Patric Daniels
- Eunice Holdcroft
- Brian & Joyce Darbyshire
- Gordon Howell
- Michell Osbourne
- Peter Hughes
- Karen Lowe
- Irene Pike
- Nicholl Johnston
- Mrs M Kirk
- Mr & Mrs Carlyle
- Alan Hickin
- Joan Dickinson
- Ann E Smith
- Julian Sharp
- Roy M Foster

John Birks