

BARTS CHARITY SUPPORTER MAGAZINE
SUMMER 20

EXTRA



**I named my
puppy after my
lifesaving care**

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Neonatal Unit**
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Kevin**
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**BARTS
CHARITY** 
supporting your hospital

Hello!

And welcome to the latest issue of Barts Charity's supporter magazine.

I heard about Barts Charity when a flyer popped through my door at Christmas and I knew I wanted to support them straightaway. Just a month before, I'd had life-saving care in three of the Barts Health NHS Hospitals after I suffered a massive pulmonary embolism. Without the phenomenal care of those amazing doctors, I wouldn't be here today, so it's important for me to give something back.

You can read more about me and my dog Bart (who I named after the Trust) on **page 8**. I'm sure you'll also enjoy reading about other donors, fundraisers and the amazing projects they're helping to support.

Please get in touch with the charity with any questions or feedback.

Thanks for your support,

Beth
(and Bart!)



Barts Charity supporters

A little bit about Barts Charity...



We're the dedicated charity for the Barts Health NHS Hospitals: Mile End, Newham, St Bartholomew's, The Royal London and Whipps Cross.



Last year we gave £31 million to fund research, equipment and other initiatives which give extraordinary care to patients in our hospitals.



Our funding helps hospital staff to go above and beyond what the NHS can provide.

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What could your donations do?

Want to keep supporting extraordinary healthcare?

Follow us on social media



Sign up to our fortnightly e-newsletter



Support your hospital with a monthly donation



Get in touch!

Visit us at bartscharity.org.uk, call us on 020 7618 1720 or email us at hello@bartscharity.org.uk

Thank you!

We're so grateful for every penny you donate. Here are just a few of the projects you're helping to fund...

Saving babies and children in intensive care

Across the Trust, talented staff spend hours tirelessly treating the most vulnerable babies and children. Within the Paediatric Critical Care Unit alone, they treat over 400 children a year. Here's how your donations are helping to look after these young patients:

Monitoring tiny brains

Your donations have paid for equipment to diagnose and treat brain injuries in young children and babies. The ward now has a 'Brainz' EEG for babies on hand at all times to monitor brain activity. They have also purchased a 'pupillometer' to help staff make quick and accurate decisions about the impact a head injury has had on brain function.

Ventilators for MRI scans

Many premature or ill babies need a ventilator to help them breathe. However, if a baby needs an MRI scan to check their health, the ventilator can cause problems with the machine. Donations have funded a new MRI-compatible ventilator, so that babies can have scans taken safely and without delay.

We need your support to fund
To donate please visit [bartsch](#)

Miracles behind the door to 8D

Monty & Brooke's story

"Our baby boy was born at 33 weeks by emergency caesarean at The Royal London Hospital. He was a tiny 3lbs 8oz but he was perfect, and I knew my baby was a fighter.

Then it all began, a world of doctors, nurses, machines, wires, beeping. It's so strange, I'd walked past the door to 8D before, not paying any attention. It was only now I realised that miracles happen behind it.

The nurses become your family, they are droplets of heaven on earth. If it wasn't for these people working tirelessly these babies wouldn't have a chance of surviving.

Even though I'm petrified of heights, I'm doing my first skydive for Barts Charity this year. Not all babies make it, some sadly gain their wings, and so I'm doing this for those angel babies, the surviving babies, and the angels that come disguised in scrubs."



Smart glasses for neonatal surgery

Neonatal surgeons perform delicate, life-saving operations in newborns who are often premature and surrounded by ventilators, warmers and intravenous fluids lines. This means only the operating surgeon has a good view of the operation. New 'smart glasses' will record the operation and can even stream it in real time.

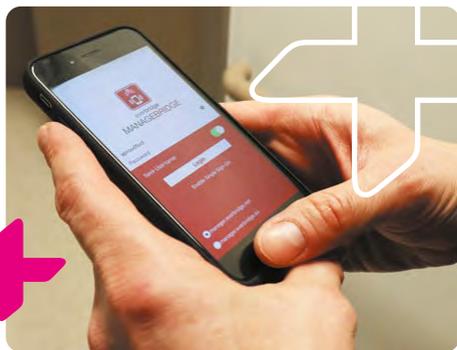
This means that a multi-disciplinary team of specialists can watch the surgery from the surgeon's point of view and will be able to give support throughout the surgery. It also means that trainee surgeons get a better understanding of how the surgery is done, creating skilled surgeons for the next generation of babies.

projects like this.
arity.org.uk/donate or call 020 7618 1720.

Don't miss a beat

Cardiogenic shock is when your heart fails to pump effectively, leaving your blood supply unable to meet the demands of your body. With your heart not working properly, your other organs – like your kidneys, liver and brain – also start to fail. You become very sick very quickly and can die within hours if your heart failure is not reversed.

Since immediate diagnosis and treatment is key to survival, we have funded the creation of a new app that brings together a team to consult on the case – any time, day or night. The team will include surgeons, intensive care doctors and cardiology specialists.



“You need to make decisions rapidly, in real time. The SHOCK app allows us to bring collective expertise to the patient bedside. It has revolutionised the way we deliver care. It’s novel in the UK, no other heart centres are using this.”

Dr Proudfoot

A picture paints a thousand words

Art therapy at St Bartholomew’s Hospital aims to help patients come to terms with their illness. Our funding is allowing the therapists to extend their programme and engage with young male patients with cancer – often brain tumours or testicular cancer – who have historically been harder to reach. During sessions, patients use art materials like paints, charcoal and even iPads to express their feelings, which can be more effective than traditional talking methods in this patient group.



“We see patients who would never have used art materials or said that they were struggling. When we get them the support they need and watch them psychologically improve through art therapy – even if their health is deteriorating – you feel as though you’re really making a difference.”

Poppy Stevens, Cancer Psychological Services

Quickening the queue

For patients with potential breast cancer, a quick diagnosis is crucial to early treatment – not to mention the patient’s mental wellbeing. Our funding has brought a new technique to St Bartholomew’s Hospital.

The new technique is more advanced and accurate than traditional mammography, and far faster to perform than an MRI. Waiting for an MRI appointment can take several weeks – weeks of patients dwelling on their illness without knowing what will come next. This test can be performed in just ten minutes and can be done within the Breast Clinic, with the clinicians patients know and are comfortable with.

“This technique will shorten the patient pathway to treatment and will improve our patients’ experience. It is an easier, quicker and more comfortable method than MRIs.”

Liz Mazura, Radiographer



Reducing violence on our streets

Knife and gun crime is a growing concern in our East London community. That’s why we are proud to support Violence Reduction Nurse Michael Carver. Working in The Royal London Hospital’s trauma department, Michael sees first-hand the devastating effect that violent crime can have.

He is working on a number of charity-funded initiatives to prevent future crime and ensure that his patients are not readmitted. One of these is Your Stance, which reaches out to units for excluded school children and teaches basic life support, haemorrhage control, and awareness of the risks of knife carrying.

Why we support Barts Charity:

Beth's story



Beth, Pete and Bart

31-year-old Beth was treated at three hospitals across Barts Health NHS Trust following a pulmonary embolism which left her close to death. She's now looking for ways to give back to the hospitals, and raise awareness of the condition.

“I was training for the Florence marathon when I realised that something wasn't right. As a keen runner I was used to taking on long distances but I started tiring easily. I got about half a mile in and was struggling to breathe.

Two weeks later, I was home alone when I began to feel lightheaded. I texted my fiancé Pete who called an ambulance. My first response was ‘Pete, don't be ridiculous,’ but as the ambulance took me to Whipps Cross, my local hospital, the paramedics found that my oxygen levels had dropped to 40%. You would usually be unconscious if they were below 80-90%.

I lost consciousness on the way to Whipps and don't remember anything until four days later when I woke up from a medically-induced coma. I was told I'd had

a massive pulmonary embolism and doctors had told Pete to phone my parents who were holidaying in France, as they weren't sure if I would make it.

Memorable care across three hospitals

My family told me that I'd been transferred to The Royal London Hospital for emergency surgery on the clots. My life was saved there



and my family couldn't speak highly enough of the team.

Because my organs began failing during surgery, putting strain on my heart, I was transferred to Barts Heart Centre for specialist care. When I woke up in intensive care several days later, the staff at St Bartholomew's Hospital were beyond phenomenal, I can't describe how good the care was.

Everyone knows how amazing the medical treatment is. What blew us away was the level of care and compassion. A really difficult time was made so much easier. Things like having a catheter and having to remove my clothes for the ECG were challenging, but the staff kept my dignity intact with their level of compassion. Pete really appreciates how the staff cared not only for me, but my family too.



Beth's recovery pal, Bart

A furry recovery pal

Two days after leaving hospital, I got a dog and named him Bart in honour of Barts Health NHS Trust. He's been very good as a recovery pal, I couldn't just lay in bed all day. There's never a dull moment with Bart, he's been amazing.

Giving back via Barts Charity

I'm now planning a fundraising run for Barts Charity. The doctor was very clear that the only reason I survived was because I'd been so fit and my heart had been so healthy. So it makes sense for me to run as a way of giving back.

As soon as I was discharged I knew I needed to thank the Trust in some way for the care I received. **Without those amazing doctors, I wouldn't be here today.**"

Pulmonary embolisms: know the signs

"I'd never heard of a pulmonary embolism and I had no idea what would cause it or what it would feel like. I want to speak out so that other people can spot the signs and get help early. For me, the **breathlessness** combined with **pain in my calf** were warning signs."

Beth's consultant, Cardiologist Dr Simon Woldman adds: "Pulmonary embolism is a fairly common condition, even in young people - some very high-profile sportspeople have suffered from it. Patients usually present with breathlessness or chest pain. Any patient who is concerned should see their GP or if feeling very unwell go straight to A&E."

SUPER SUPPORTERS



Thank you to our wonderful supporters, who help to save lives and improve hospital visits for patients in the Barts Health hospitals. We're so grateful for all of your fundraising efforts! Here are just a few recent heroes...



A HEARTFELT HALF MARATHON



Emma took on the Big Half marathon this spring in memory of her partner Luke, who sadly died in November following a battle with lung cancer. Emma ran the same race last year, with Luke waiting for her with a glass of prosecco at the end. This year she vowed to enjoy the playlist inspired by him and raised **over £1000** so that St Bartholomew's Hospital can continue to give amazing care to cancer patients.

A GOLDEN OPPORTUNITY TO FUNDRAISE



George and Julia recently celebrated their golden wedding anniversary and used the occasion to fundraise for St Bartholomew's Hospital following George's successful triple heart bypass graft there. The couple threw a party for their friends and family to celebrate their 50 years of marriage and displayed collection boxes at the event. Party guests raised a brilliant **£500** and the couple's niece Angela doubled this amount thanks to the matched funding scheme at her workplace.



SYRINGA'S SANTA SPRINT



This Christmas saw a Barts Charity record of 64 runners in the London Santa Run. Our biggest team came from Whipps Cross Hospital's Syringa Ward, where patients and staff teamed up to raise **nearly £3,000** in memory of a previous patient Mofizur.

Mofizur's son, Bobby, says, "Sadly, my dad passed away after 28 days in the ward but the care we received from the entire team was exceptional. We could not have got through this tough time without them all."



WHEEL-Y GREAT FUNDRAISING!



The Tower Hamlets Community Neuro team set up a static bike in the middle of Mile End Hospital's restaurant, trading turns to keep cycling continuously for seven hours. Let's hope they didn't get too tired! Their fantastic fundraising raised **over £500** for Mile End Hospital.



Feeling inspired?

Visit bartscharity.org.uk/get-involved or email hello@bartscharity.org.uk to get started.

Life as a Critical Care Charge Nurse



Kevin is a Charge Nurse at St Bartholomew's Adult Critical Care Unit. His ward has a particular focus on patients who have had a heart attack or who are recovering from cardiac surgery.

My first day working at the Trust was when the Barts Heart Centre opened for the first time. It was 2015 and three small hospitals had merged to create Europe's largest cardiac centre. I was a Junior Charge Nurse then and meeting a lot of new people in a brand new Critical Care Unit was daunting – but I quickly found my feet. I had my hands full helping colleagues, finding equipment in this large unit, preparing life-saving medications and keeping infection control standards high, but soon made plenty of deep friendships at the new Barts Heart Centre.

Everyday has something new in store as a Charge Nurse at Barts Health. One day, I am caring for a patient. The next, I will be supporting the staff. And then there are days where I am in charge of the ACCU.

I come into work 30 minutes before my shift starts to prepare everything, allocate nurses to patients, and go on ward rounds with the consultant and multi-disciplinary team to assess all our patients. We take a lot of cardiac surgery patients after their operations. This is a stressful time for families, so supporting their mental wellbeing is important too. I make sure that we have good levels of staffing and talk to families about the care they have seen. Usually, they tell us it is excellent – something I'm always thrilled to hear.

The most challenging thing about my job is that you never know what kind of patients you will receive, or what kind of emergencies you will face. Particularly during the daytime shifts, which is our busy period. It's important to keep a positive mindset and remind myself of all the good things on the ward. I love being able to bring great care for my patients and support their family members. Plus, the staff in ACCU are good people. I like supporting and working with them, always with a little humour. A smile goes a long way.

We need your support in keeping the momentum going. The Adult Critical Care Unit is evolving rapidly, and we are doing a large number of cardiac procedures in our Trust. For example, we are using advanced equipment called ECMO and VAD to oxygenate hearts and lungs. Barts Charity is even extending life for critically ill patients by funding long-term care using VAD devices. With your support, we can further the care, research and education of our staff until patients in our hospital are receiving the best cardiac care anywhere in the world.



Funding on the Critical Care Unit



On Kevin's ward, donations have provided...

Bereavement kits

Sadly, some patients will spend their final days in the Critical Care Unit. The team have used our funding to find small ways to help the families through this difficult time. They include handprint and hairlock kits so that families have a memento of their loved one, and bereavement books for children that guide younger people through the grieving process.



Worry Monsters for children of critically ill patients

Seeing a loved one in critical care can be very scary for young children, so the team have bought cute Worry Monsters that gobble up the children's anxieties while they sleep. Children write their worry on a piece of paper, put it in the Worry Monster's mouth and zip it up. A parent or guardian takes it out overnight and when the child wakes up, their worry is gone.



Welcoming ward waiting rooms

The ward has brightened up their waiting rooms to make them more relaxing, comforting places for patients and relatives during a stressful time. Tea and coffee, new furnishings, children's toys, and pretty flowers add a spot of colour and life to the rooms.



Tilt in space chairs for patients with a long rehabilitation period

These chairs can move and tilt in multiple directions and are specially designed to prevent pressure on patients staying in the chair for a long time. They will enhance recovery, prevent pressure sores and provide a much more comfortable stay for patients.



Could you help?

Just £9.80 could buy a Worry Monster to bring some peace of mind to a young child. To donate please visit bartscharity.org.uk/donate or call 020 7618 1720.

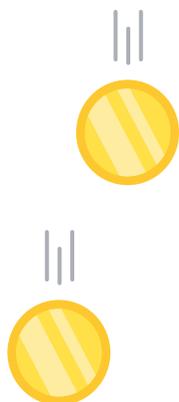
How your donation



£5

could buy a child a bereavement book.

These books are tailored to the child's age and help them through the grieving process in a way they can understand. See other ways we support end-of-life care on [page 13](#).



£26

could buy art materials for patients with dementia.

Patients are encouraged to keep active and engaged throughout their time on the ward, with art being a calming and therapeutic activity.

£45

could pay for a yoga session for cancer patients.

Yoga can bring peace of mind to patients during a scary time. Find out how else we are helping patients with cancer on [page 6](#).

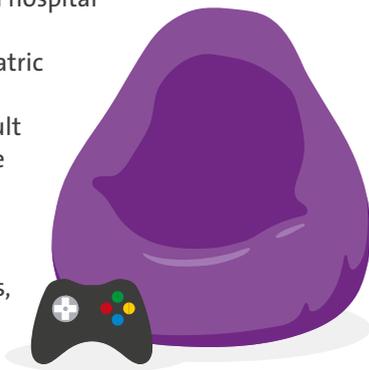


could help...

£135

could equip a room to make teenage patients feel at home.

Adolescents can find hospital challenging; they've outgrown the paediatric department, yet feel too young for an adult unit. Donations have helped furnish a room specifically for teenage patients, with games consoles, a TV and bean bag chairs to relax in.



£600

could pay for a training session for hospital staff.

Clinicians often have to deal with difficult subjects, like the emotional weight of losing a patient. Our funding is training members of staff to run sessions for their colleagues where they can work through these issues and receive psychological support.

Contact us

Would you like to make a donation or let us know about your own fundraising achievements? We would love to hear from you!

Call us on:

020 7618 1720

Email us at:

hello@bartscharity.org.uk

Visit our website:

bartscharity.org.uk



Mark your calendars

Royal Parks Half Marathon

11th October

London Santa Run

6th December

London Landmarks Half Marathon

March 2021

London Marathon

April 2021

Hackney Half Marathon

May 2021



Find out more about fundraising opportunities
at bartscharity.org.uk/get-involved

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