

# Northern Neonatal Network Newsletter



Hello and welcome to the last Network Newsletter of 2015 - as always the main aim and hope of this remains to try and provide a useful resource to keep everybody working across the Network up to date with what is happening and of any forthcoming events, study days and news/other items of interest.

The financial year-end is pretty much upon us so we will soon be focussing our energies as a Network on both planning for the year ahead and starting to reflect on the one we are just finishing. As always this will see us publishing our Annual Report and also agreeing our Work Plan for 2016-17. We will endeavour to keep people as up to date on developments as they happen. It promises to be an interesting year as one of the recommendations of the recent national Maternity Review was to have a neonatal review (see inside for more details)

In the meantime, please do keep an eye on your Unit notice boards for upcoming study days and conferences plus the Network website and - if you haven't already, sign up to follow us on Twitter as these remain the easiest ways to ensure you are fully in the loop for all things Network related.

Best wishes  
Martyn,

March 2016

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## Network News



### **2<sup>nd</sup> Sam Richmond Nursing Scholarship – our winner!**



The Network's second Sam Richmond Nursing Scholarship Award has been awarded to Emily Cameron, sister on the NICU at Sunderland Royal Hospital. Emily's proposal was titled "Debriefing following Neonatal Death" and aims to set up a structured approach to facilitating team debriefing following neonatal deaths. This is an area which can often be overlooked following what can be a very sad and challenging time for the staff involved and, the project will provide improved and much valued support to staff. Speaking after receiving her award, Emily said "I'm really honoured to have been awarded this scholarship. Neonatal death touches everyone that comes across it in some way. I hope that by developing a structure for debriefing we will be able to ensure staff are thoroughly supported emotionally and ultimately, patient and family-centred end of life care will be improved."

As well as the specially commissioned trophy from the National Glass Centre in Sunderland, Emily receives £1000 to help fund her project.



Emily receiving her trophy from (L-R) Lynne Paterson (Network Nurse Lead, Liz Richmond, Ken Bremner (Network CEO Host Sponsor), Dr Majd Abu-Harb (Consultant Neonatologist, Sunderland) & Martyn Boyd (Network Manager)

On behalf of the panel of judges, Martyn commented “The quality of the proposals for this year’s Scholarship Award was very high indeed and the judging panel had a difficult task in selecting the winning entry, but we all felt Emily had done an excellent job with her very innovative idea. It is an area that is rarely covered and we are very hopeful that her work will benefit not only the Neonatal Unit here in Sunderland, but others across the Network and even beyond. We congratulate Emily on the winning proposal and look forward to seeing her develop it in the future.”

Introduced in 2014, the Northern Neonatal Network set up the annual Sam Richmond Scholarship in honour and memory of the late Dr Sam Richmond. The Scholarship is designed to foster and encourage a spirit of innovation amongst the nursing staff across the baby units within the Network. Sam was a consultant neonatologist who worked at Sunderland Royal Hospital for many years and somebody who was very passionate about nursing education research and was a key and well-known figure in the delivery of Newborn Life Support courses across the world.

If Emily’s successful application has inspired you, why not submit your own innovative idea for next year’s Scholarship? Towards the end of this year, we will again be inviting proposals outlining a suggested improvement in nursing practice/care. Keep an eye out for flyers and future Newsletters for more details!

### **Strategic issues – another brief update from Dr Sundeep Harigopal & Martyn Boyd**

As highlighted in the last Network Newsletter, we are seeking to keep all staff up to date with the latest developments on our strategic issues. By way of the latest news, we can report that following recent meetings between the Network, NHS England and the two current transport provider Trusts (Newcastle and South Tees), funding has been agreed for a new Network neonatal transport service, to be hosted by and based at the RVI. We are delighted with this development, as it will allow us to move to a funded, 24/7 supernumerary service based on an ANNP-led model which we believe to be the best and most sustainable way to meet our needs and the various national standards and specifications which we currently fail on and have demanded the action taken and worked with the commissioners to address. We are very hopeful that recruitment opportunities for the new service will be forthcoming over the next couple of months to allow trainee transport ANNPs and nurses to be recruited as well as a neonatal transport consultant and other support staff. This will ultimately lead to two teams providing urgent and non-urgent/repatriation transfers 24/7. We will continue to provide updates on this as more developments occur, but it is appropriate to acknowledge that in the meantime, the current transport teams are doing an excellent job under very difficult and challenging conditions.

On the reconfiguration of NICU services, more meetings have taken place between the four Trusts and their senior staff, with Network support and we continue to make some progress. On the Tees, the reconfiguration and the public consultation it needs to include has been aligned with the “Better Health” programme, which was previously known as “SeQIHS” (Securing Quality in Health Services). This is a substantial strategic plan for the future of all CCG-commissioned clinical services across the Tees Valley and the 3 Trusts providing them, as well as associated specialist services like neonatal care. To ensure that appropriate action is taken in the meantime, discussions about the babies that need to be cared for on the site recommended to be the one NICU on the Tees (as per RCPC and Better Health as well as the local Joint Oversight Scrutiny Committee agreement) are now being undertaken to agree the appropriate action in the short term to minimise clinical risk to the most vulnerable babies.

## The latest member of the Network Team!

We are delighted to confirm the appointment of Dr Richard Hearn as the Network's new Educational Lead. This follows Dr Osama Hamud stepping down at the end of January and we do want to place on record our thanks to Osama for his work and support during his time both in the role and other times at various Network conferences, teaching days and workshops and wish him all the very best in the future.



Many of you will already know Richard from his past involvement leading on several key education and training initiatives, particularly the well-established Stabilisation Training days that we have been running for many years now. This is a particular area of interest to Richard and one we are keen to further develop. Most recently he helped facilitate our 5<sup>th</sup> annual Respiratory Workshop. We are now looking to develop our new Education & Training strategy and Richard welcomes any suggestions for areas to cover, as well as ideas for potential study days that the Network might be able to

host/support. He can be contacted by email at [Richard.Hearn@nuth.nhs.uk](mailto:Richard.Hearn@nuth.nhs.uk)

## Network Twitter Feed



Remember – the Network has its own Twitter feed so if you use this, please find and follow us! We have created this to enable Twitter users to keep with the very latest news and announcements from the Network, as well as relevant items from across the world of neonatology. It will be used to highlight study days, conferences and educational opportunities too, so please follow us by searching for @NorNetUK

## Parent App – a reminder!!!

It is now almost a year since the Network's very own App for parents has been live and available as a free download. We originally based it on the same template as the one originally pioneered and developed by South West Midlands Maternity & Neonatal Network and is available on both the iTunes and Android/Google Play stores. Simply go to each and search for NNN and you will find the App to download freely.



By now every Unit should have received and displayed the publicity posters in parents rooms and on notice boards etc, If this has not happened please let us know as we want to use them to signpost parents. There should also have been a supply of contact cards made available to be given to parents so they have the download information readily available and can be encouraged to download and use. The App also has a parent feedback function, so we will be able to give Units this on a regular basis to help further improve family-centred care.

## News from the RVI...

### **Nursing Standard Innovations awards**

Claire Ellerby nominated for her work developing the miniboom. Improving the neonatal experience for babies and their parents is paramount to the care we offer as neonatal nurses. The stress of the hospital environment and the added separation anxiety caused by having a baby in NICU is something we are always looking to improve for families. The Miniboo Initiative was started to help encourage and support parent infant bonding during a difficult time of separation. They have proven to be a beneficial asset to care provided. They not only play an important role in establishing bonds within the family, they have also inadvertently shown to be a successful aid to breastfeeding establishment and support. As part of Cuskis evolving developmental care package for neonates, Claire's Nest was created. Nests are an important part of developmental care on any neonatal unit. They offer secure boundaries and the supportive positioning and physiological stability lost when a baby is born preterm.

### **Nursing Times Award**

Claire Campbell (Band 6 sister) has been successful in getting through to the Nursing Times Finalist awards for nurse of the year. This award has been attributed to the work she has undertaken with the parental support group and satisfaction surveys.

### **Baby Friendly Initiative (BFI)**

The Neonatal unit achieved Stage 1 for BFI. The work is on-going to promote breast feeding within the neonatal unit and achieve stage 2 & 3 in spring 2016. Helen Smith and Maria Douglass will be leading the team and promoting family centred care as this is key to ensuring that we meet the needs of the family and sustain breast feeding rates. All staff will undertake breast feeding training yearly and as part of their clinical skills training undertake developmental care training to prepare in readiness for BFI assessment.

### **Training and Education**

This year the unit has supported 16 staff to attend the Neonatal Toolkit. This was paid for by the Regional Network. The two day course has prepared the team to deliver training to all nurses and allied health professionals working in the neonatal unit to ensure correct positioning of infants in their cot or incubator, facilitate the development of comfort scores and give staff the skills to support and prepare parents to develop and utilise similar skills to promote health and development whilst their baby is in hospital and after discharge. A further 8 nurses will be attending the course in 2016. Each nurse has been allocated a project to embark on and implement in practice. The projects are as follows:

- Environmental noise
- Environmental light
- Preventing device related skin damage
- Discharge train
- Side-lying nappy change
- Comfort holding/4-handed care
- Delivery suite experience and implementing developmental care from birth

### **New Initiative**

The neonatal unit has embarked on a new adventure and incorporated the use of volunteers into the team. The team of volunteers were hand-picked at interview from the general public. There are currently 8 in total working on the unit. The team are invaluable in promoting and delivering personalised care to parents. They

are ensuring that the family rooms are clean, tidy and have hot water to make drinks. They are instrumental in ensuring parents are given a food from the snack fridge whilst they visit their baby. This role will no doubt evolve in time.

*Yve Collingwood, Matron (March 2016).*

### **National Maternity Review**

A team led by Baroness Cumberlege recently completed and published their extensive National Maternity Review “Better Births - Improving outcomes of maternity services in England: A Five Year Forward View for maternity care”. This included a section on Neonatal Care (S. 4.45, page 64) which suggested that “A dedicated review should be taken forward, in light of the findings of this review and its consequences for neonatal services”. We await the outcome of this recommendation, but acknowledge the key role that our own Dr Alan Fenton played on the Review team to represent the neonatology position. A full copy of the report is available at;

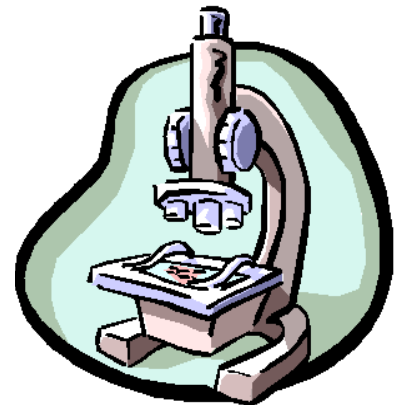
<https://www.england.nhs.uk/wp-content/uploads/2016/02/national-maternity-review-report.pdf>

### **BLISS – new 3 year Strategy published**

BLISS have recently published a new Strategy document, aiming to cover the next 3 years and what their main priorities will be moving forward. This is summarised in four main areas - Supporting parents, supporting professionals, placing premature and sick babies' voices at the heart of decision-making and supporting research. More details of this and a link to download the document can be found at <http://www.bliss.org.uk/our-strategy>

### **Research and Audit News**

We are able to report one very positive piece of news however, focussing on a paper recently published in NEJM, which is a joint publication of the BOOST2 UK and Australia two year primary outcomes. Prof. Win Tin from JCUH felt it was appropriate to highlight and emphasise that more than 25% of recruitment for this pivotal study came from the Northern Network, and the follow up rate is also the best from our group. A full version of the study is available via the Network website (go to the “Research and Audit” page) and can be found here;



<http://www.nornet.org.uk:80/resources/Documents/Outcomes%20of%20Two%20Trials%20of%20Oxygen-Saturation%20Targets%20in%20Preterm%20Infants%20NEJM.pdf>

A summary abstract outlining the main findings of the study can be found here;

<http://www.nejm.org/doi/full/10.1056/NEJMoa1514212>

The Network is also hoping to repeat the “Research day” we ran in July 2014 and which was felt to be a very successful initiative. We are currently discussing potential dates and a venue for this and hope to have details in the next Newsletter, but in the meantime, please keep an eye on your notice boards and our Website as well as on our Twitter feed for the details!