

building
a caring
future

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Northumbria Healthcare
NHS Foundation Trust



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PROVIDER TRUST
OF THE YEAR
FOR HEALTHCARE LEADERS
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AWARDS



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Services in Hexham General Hospital

● Ambulatory care

Blood pressure and heart monitoring
Blood/drug transfusions
Cellulitis
Deep vein thrombosis

● Emergency care (24 hours)

Minor injuries/illnesses and emergency admissions

● Endoscopy

● Inpatient Care (Wards)

Elderly medicine
Specialist rehabilitation
Specialist stroke care
Care following surgery

● Maternity

● Oncology

● Outpatients

Abdominal aortic aneurysm (AAA) screening
Bariatric surgery
Bowel screening
Breast services
Cardiology including healthy hearts
Dermatology
Diabetes
Dietetics
Ear, nose and throat
Elderly medicine
Endocrinology
Erectile dysfunction
Family planning
Gastroenterology
Gastrointestinal surgery
General surgery
Genito-urinary medicine
Gynaecology including colposcopy
Haematology
Neurosurgery
Occupational health
Ophthalmology
Orthopaedics
Paediatrics
Pain management
Parkinson's disease
Plastic surgery
Podiatry and biomechanics
Psychiatry
Psychology
Rheumatology
Sleep clinic
Spinal
Stroke review
Urodynamics
Urology

● Radiology

CT scans
MRI scans
Ultrasound
X-ray

● Surgery and theatres

Day case and inpatient procedures and operations

● Services in the community

District nursing
Health promotion
Health visiting
Oral health
Podiatry
School nursing
Sexual health
Social care
Therapies including physiotherapy, occupational and speech and language

A guide to your local healthcare services

WELCOME to this supplement all about services delivered at Hexham General Hospital and at our brand new Haltwhistle War Memorial Hospital, for people living in Tynedale and beyond.

Whether you need treatment in an emergency, are attending for an outpatient appointment or diagnostic test, have chosen us for your planned care or are staying with us for rehabilitation and support, our staff are here 24 hours a day, seven days a week to cater for all your health and care needs.

Regardless of the reason for your visit to hospital, you can be rest assured that you, and your loved ones, will receive the same high

quality care from our dedicated teams.

It's been a busy year so far at Hexham hospital with more people choosing to have their elective surgery with us including increased numbers of hip and knee replacements and day surgery, more outpatient clinics on offer and excellent results for patient experience.

We have also invested more than £500,000 with the installation of a new CT scanner at Hexham which is one of the most advanced pieces of diagnostic equipment available anywhere in the NHS.

In June this year we opened our fantastic new healthcare facility at Haltwhistle War Memorial Hospital –

this innovative £4.6m development has been delivered in partnership with Northumberland County Council and is the first of its kind in England to provide integrated health and social care under the same roof.

Outside of our hospitals, our dedicated community teams also continue to be busy providing vital support for people in the community and in their own homes as they recover from a stay in hospital.

We have thousands of staff such as district nurses, health visitors, school nurses and social care staff who work alongside hospital colleagues to ensure joined-up care for our patients when they get home and this means we can give real continuity.

We are very proud to continue to

invest in developing services at both Hexham General Hospital and our newly-opened facility in Haltwhistle and look forward to many more developments as we work towards the opening of the new Northumbria Specialist Emergency Care Hospital next year.

We would like to remind people about our free daily car service to enable relatives to visit patients who have been transferred from Hexham hospital to Wansbeck or North Tyneside general hospitals for further treatment. The service leaves Hexham hospital at 1pm however places must be booked in advance – contact our switchboard on 0344 811 8111, extension 5388 for further details.

More improvements on the way

WITH the opening of the Northumbria Specialist Emergency Care Hospital next year, preparations are well underway to expand services at Hexham General Hospital to ensure that patients in Tynedale receive as much care locally as possible.

When the new hospital opens in Cramlington in June 2015, it will become the first purpose-built hospital of its kind in England to have A&E consultants working on site 24 hours a day, as well as specialist consultant cover, seven days a week.

It will care for the most seriously ill or injured patients from across Northumberland and North Tyneside, enabling them to be seen by the right specialist for their condition quickly which is widely proven to improve clinical outcomes.

This innovative new model of emergency care, which has been hailed nationally by NHS leaders, will allow us to separate emergency care from planned care which currently happens across all of our hospitals every single day. We know this will bring many benefits for our patients and an even better patient experience.

Whilst our general hospitals will continue to provide local walk-in A&E services for less serious and non life-threatening conditions, they will also become centres of excellence for planned operations, diagnostic tests and ongoing inpatient care.

Over the last year, ambulatory care services have been introduced at Hexham hospital enabling patients with



Staff at Hexham General Hospital involved in the Point of Care Testing (POCT) pilot. Left to right, Sean Miller (POCT support worker), Mark Redpath (consultant clinical biochemist & POCT lead), Gemma Gowland (POCT co-ordinator) with Ruth Beattie (sister) and Jackie Thirlwell (staff nurse) from Ward 2.

certain conditions to receive care without the need to be admitted to hospital at all.

Patients requiring treatment for cellulitis or deep vein thrombosis, or need a blood or drug transfusion, are able to come into the ambulatory care department, have their treatment as a day case and go home that day.

Currently this service runs one day a week and there are plans to develop and expand it to include more treatments, for example for anaemia.

This model of care has worked extremely well at Wansbeck and North Tyneside general hospitals, helping to ease pressure on busy A&E departments and improve patients' experiences.

Louise Fitzgibbon, modern matron in emergency care at Hexham hospital, said: "The

ambulatory care service we've been running at Hexham is working very well and patients really benefit from being able to come into the department for their treatment and go home the same day.

"Nobody wants to stay overnight in hospital if they don't need to and these services are designed in order to best suit our patients' needs and provide more care locally.

"Ambulatory care has been a great success at our other hospitals and we've had some excellent feedback from our patients here in Hexham."

Improvements are also taking place in clinical support services such as in pathology which involves analysing patients' blood tests.

Staff at Hexham hospital have been leading a pilot scheme to enable ward teams

to carry out blood tests near to the patient. Using 'Point of Care Testing' devices, kidney and liver function can be assessed on patient blood samples within minutes. This is quicker than if a sample was sent to a lab for analysis, allowing doctors to act promptly.

Following a successful pilot, this model will start at Hexham in December and be used for all urgent tests outside normal working hours.

Ruth Beattie, sister on Ward 2 at Hexham hospital, was involved in the pilot.

She said: "It has been excellent to be part of a new initiative for the trust and being involved in the pilot has meant that we have been able to shape the service and suggest improvements for it going forward.

OVER a year Hexham hospital:

- Sees almost 45,000 patients in over 200 outpatient clinics
- Carries out more than 41,000 tests including x-rays, MRI, CT and ultrasound scans
- Treats more than 17,000 patients in emergency care
- Cares for more than 6,000 day-case patients
- Performs almost 5,500 operations
- Looks after almost 4,000 inpatients
- Cares for almost 2,000 patients on the wards who do not stay overnight.

OUR care at Hexham ensures:

- More than 99 per cent of our patients are seen within 4 hours of attending A&E
- 98 per cent of outpatients felt they are treated with dignity and respect
- 99 per cent of inpatients would recommend us.

"It is a change for ward staff to carry out these tests however with the necessary training it isn't an issue as the pilot has shown that it can be done on the ward safely and effectively. It is all part of expanding our skills and keeping abreast with advances in medicine.

"The major benefit of Point of Care Testing is it enables tests to be carried out near to the patient and produces results that can be acted on straight away without the need to send a sample to the lab which can delay the process."

New Haltwhistle hospital opens its doors

PEOPLE in Haltwhistle are benefiting from having hospital services back in their own community. Since the brand new Haltwhistle War Memorial Hospital opened its doors to patients in June, people have been able to receive care closer to home in a new state-of-the-art modern healthcare facility.

The purpose-built hospital delivers expert care for people, predominantly the elderly, from Haltwhistle and surrounding communities who require inpatient support following illness, injury or a spell in another hospital.

It is part of the town's pioneering £4.6m integrated health and social care scheme which is one of the first facilities of its kind in the country to provide hospital and social care support under one roof.

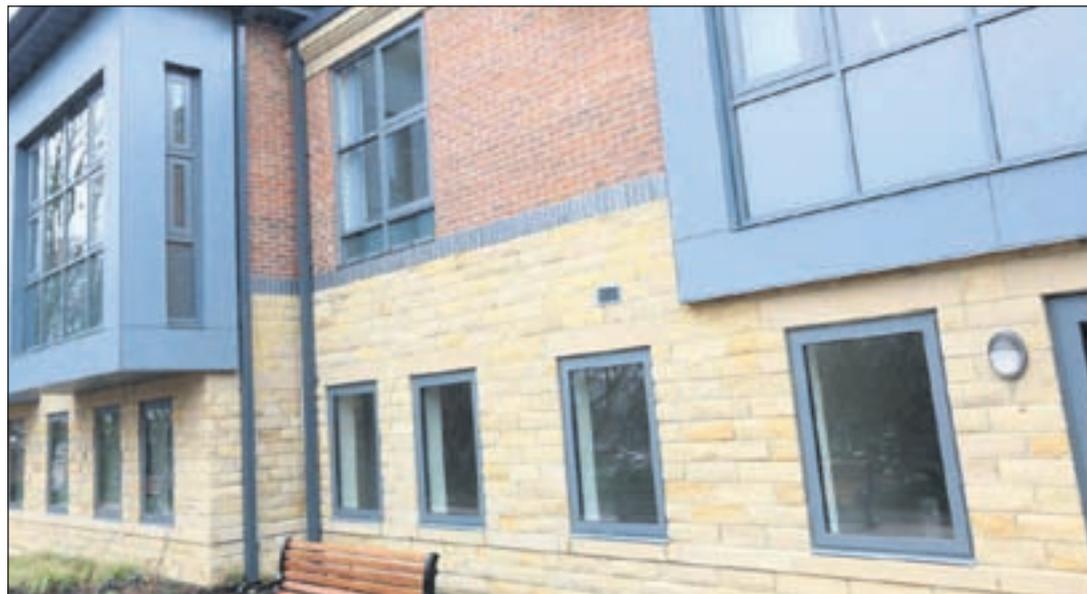
The hospital is on the first floor of the development and has 15 beds. These are arranged in two four-bed bays and seven single en-suite rooms offering the utmost privacy and dignity, with one room specially adapted for bariatric patients.

The multi-disciplinary hospital team provides specialist support and rehabilitation including occupational therapy and physiotherapy for patients who need extra help to prepare them for going home.

Members of the expert team work with colleagues in the community to make sure everything is in place when patients are ready to leave hospital, ensuring seamless care for patients.

They also provide palliative care for those approaching the end of life and a minor injuries service which is open every day.

Val Reynolds is the hospital's



The integrated health and social care scheme at Haltwhistle. Right, Nicky Hunter, occupational therapy assistant, helps patient Mary Schollick with her rehabilitation.

ward manager who heads the team of nurses and healthcare assistants which is supported by physiotherapists and occupational therapists with social services input.

They work closely with Dr Paul Edmonds, who is based at Hexham hospital, and GPs from Haltwhistle Medical Centre who visit the ward on a regular basis ensuring that patients benefit from having medical input into their care.

Val said: "All the team love being back in Haltwhistle and being able to provide care in the heart of the town."

"The new hospital is fantastic and enables us to improve the way we look after our patients and ensure

we deliver care closer to people's homes.

"It's so important for people to be able to receive their ongoing care and rehabilitation in their own communities when they often have family and friends close by.

"Patients and relatives have been blown away by the new facilities and the vast improvement they represent from the old hospital and we've received much positive feedback.

"They've been impressed by how light, airy and spacious the building is, the views there are from the bays and the day room where they can meet and socialise with fellow patients.

"We look forward to building on our initial success and providing a first-class service for the community for years to come."

Noreen Hudspith was one of the first patients to be cared for at Haltwhistle hospital following a fall.



Ward manager Val Reynolds (seated) with members of the team at Haltwhistle War Memorial Hospital.

In partnership

NORTHUMBRIA Healthcare has worked in partnership with Northumberland County Council to develop the integrated health and social care facility at Haltwhistle.

The scheme has 12 purpose-designed extra-care flats on the ground floor called Greenholme Court which have been funded and developed by the council, managed by Homes for Northumberland on its behalf.

These offer the opportunity for couples and friends to stay together and receive individually-tailored levels of on-site care.

For more than 10 years, the trust and the council have developed joined-up ways of working to ensure seamless health and social care for people in the county.



overall so much better.

"The staff have been wonderful and are so caring."

Fellow Haltwhistle patient Mary Schollick has benefited from being able to receive her ongoing rehabilitation following a stroke closer to home.

Mary had previously been treated in Hexham General Hospital.

"It's excellent that I can continue the rehabilitation I have been doing at Hexham here at Haltwhistle," she said.

"I have nothing but praise for the care I received in Hexham however I'd much rather be here in my own community and it's much easier for family to visit.

"This new Haltwhistle hospital is fantastic."

Noreen, from Haltwhistle, said: "It's absolutely lovely and such a big difference from the old hospital. It's more spacious, more cheery and

Your services at Haltwhistle War Memorial Hospital

- Inpatient care**
- Elderly medicine
 - Palliative care
 - Specialist rehabilitation

- Minor injuries**
- Open seven days a week, 9am to 5pm (last book in 4.30pm)
- minor sprains and strains
 - wound infections
 - minor cuts, burns and scalds
 - minor head injuries
 - insect and animal bites



Dr Sarah Davies, a GP at Haltwhistle Medical Centre, with patient Noreen Hudspith.

Kim celebrated for inspiring others

AN 'inspirational' senior nurse who has spent her whole career caring for patients in Hexham General Hospital has been celebrated.

Kim Minnis was named inspirational role model in Northumbria Healthcare's 2014 Building a Caring Future staff awards which rewarded the dedication and commitment of its employees.

In a double success, ward manager Kim received the award in the same week she found out she would become one of the trust's modern matrons.

The award also tops off a remarkable few months for the ward Kim manages which cares for patients who have undergone orthopaedic and general surgery. Ward 3 has scored its fifth 'perfect 10' for patient experience, the first ward in the trust to do so (see below).

"It certainly was an amazing week," said Kim.

"I was so pleased, although shocked, to win such an important award. It means the world that my team nominated me for this because



Ward manager Kim Minnis, who has celebrated success at Northumbria Healthcare's staff awards, with the team on Ward 3 which has scored a 'perfect 10' for patient experience for a record fifth time.

they're the ones I work alongside day-in day-out.

"Throughout my 25 years of being a nurse at Hexham all I've ever done is put my patients first and support the team. To be rewarded for doing my job is truly great, and somewhat humbling.

"I am passionate about Hexham hospital and ensuring our patients have the best possible experience while they're in our care so to secure a modern matron position is fantastic."

Kim was described as 'motivated, inspiring, committed and very

supportive of her team and colleagues' in her award nomination.

Judges said her qualities as a manager and leader are 'second to none' and praised the fact that she continues with her own professional development. They also paid tribute

to her work which has contributed to the ward's excellent patient experience results.

Kim began her nurse training at the age of 17 and after qualifying has carried out a number of roles at Hexham hospital. She has been in her current role for the last 12 years.

She was a key figure in the reconfiguration from the old Hexham hospital to the new.

As one of the trust's modern matrons, Kim will ensure that patients receive the highest quality of care and provide clinical leadership to the nursing teams.

Kim said: "I'm really proud to work here and be part of a trust which is truly doing phenomenal things for patients such as improving their experiences, reducing their length of stay and really supporting their staff to do the best that they can.

"I'm really looking forward to my new role and using the experience I've gained over the last quarter of a century to further improve patients' experiences."

Top marks for patient experience

HEXHAM General Hospital consistently performs amongst the best in the NHS when it comes to high quality patient experience. Whether attending A&E, an outpatient appointment or staying overnight on one of our wards, our patients consistently give the hospital top marks.

Across Northumbria Healthcare, we're passionate about listening to our patients and acting on their feedback so we can continuously improve.

Our patient experience programme is widely recognised as one of the best in the NHS.

In Hexham, we collect real-time feedback by talking to patients while they are staying on the wards which allows us to feed back immediately to the clinical teams and implement any necessary improvements.

Ward 3 at Hexham General Hospital is the first ward to achieve a 'perfect 10' for a record fifth time. The score measures areas such as dignity and respect, kindness and compassion, cleanliness, involvement and pain control.

Annie Laverty, director of patient experience at Northumbria Healthcare, said: "Huge congratulations to the team on Ward 3. It is all credit to the hard work and dedication of the staff who do a fantastic job delivering high quality, personalised care to our patients every day and I would like to thank them all for their commitment."

Ellen Wilcox was cared for on Ward 3 after a gynaecological operation. Ellen, from Penrith, chose Hexham because she'd heard glowing reports



Sister Christine Robson with patient Ellen Wilcox who is full of praise for the staff on Ward 3.

from friends.

She said: "The staff couldn't do enough for me and everyone, from the cleaners, the nurses, the surgeon and the people who made the lovely food, has been brilliant.

"What has really impressed me is the way that the staff tell you what's

happening and explain everything which has really reassured me and put me at ease. My experience right from being referred by my GP to the operation itself has been excellent."

As well as talking to patients staying in hospital, we survey those using emergency care at Hexham and

latest figures show that 94 per cent of patients would be likely to recommend the hospital to friends and family.

Results for outpatient services show that 98 per cent felt that they were treated with dignity and respect and 100 per cent of patients would recommend our maternity care.

Can't improve this place. Marvellous. The staff are great, they can't do enough for you.

It has been smashing. Absolutely super and so professional. It is a lovely hospital.

Mr Prasad (surgeon) is perfect. I have so much respect for him and this hospital. I have recommended this place so many times. Everything I have said to them they have take on board and listened

They have been really good. They have explained everything to me in detail. They have been excellent. It is spotless. The food is really good.

Patients choose surgery in Hexham

HEXHAM'S orthopaedics department continues to go from strength to strength as more and more people choose the hospital for their planned operation and ask their GP for a referral.

In the last year, almost 900 patients have opted to have their hip or knee replacement at Hexham because of the high quality care provided, excellent results for patient experience and single en-suite rooms which offer the best privacy, dignity and respect.

Around half of these are patients from across the Cumbrian border who have chosen to have their operations in Hexham.

From the moment you ask your GP to refer you, our whole team will take very good care of you throughout your journey, making sure we get you in for your operation as soon as possible, and back to the comfort of your home quickly with the right support

in place.

From pre-assessment and preparation, the operation itself, the aftercare on the ward, physiotherapy to get you up on your feet and care at home after you leave hospital, all the team is geared towards providing you with the best care and helping you get home as soon as we can.

When you're back at home, we offer a dedicated orthopaedic helpline which is available 24 hours a day to answer any queries about your wound or rehabilitation.

Hexham's state-of-art theatres have recently been improved even further to include the latest light technology providing an improved environment for patients and ease of use for staff.

Angela Hanking, from Prudhoe, chose Hexham hospital for her hip replacement and has been impressed with the service. She was up on her feet within hours

of the operation.

"Everything has been great and I've been looked after really well," said Angela, 61.

"The staff are really attentive and nothing is too much trouble – they even brought me a cup of tea at two o'clock this morning."

Due to advances in technology, an increasing amount of surgery at Hexham hospital is now being carried out as day procedures, meaning patients are able to leave hospital the same day. In the last year, more than 6,000 people have had day-case procedures including hernia repairs, removal of gall bladders and corrective foot surgery.

● Ask your GP about having your orthopaedic operation with us at Hexham General Hospital.

Staff nurse Denise Armstrong and patient Angela Hanking who chose Hexham hospital for her hip replacement.



State-of-the-art scanner brings more services



The team with the new CT scanner at Hexham hospital which is one of the most advanced pieces of diagnostic equipment available in the NHS.

FOLLOWING the installation of the new CT scanner at Hexham General Hospital, more people are being able to receive diagnostic tests closer to home.

Earlier this year Northumbria Healthcare unveiled a new state-of-the-art scanner which is one of the most advanced pieces of diagnostic equipment available.

Its fast resolution imaging not only means that more patients are able to be scanned in a given timeframe, it enables more types of scans on different parts of the body to be performed.

The machine can carry out scans of patients' abdomens meaning that people attending emergency care in severe pain can have a test straight away, speeding up diagnosis and treatment for conditions such as kidney stones.

The scanner's high quality images mean that smaller bones can be scanned saving people from travelling out of the area for a test.

Given the capabilities of the scanner,

there are plans to further expand the services in Hexham hospital to enable more people to have their tests locally.

Dr Rahul Dharmadhikari, consultant radiologist and trust-wide clinical lead, said: "It is fantastic for people in Tynedale that Hexham hospital has one of the best available scanners.

"Its high quality images have meant that we have been able to benefit more people and expand the service we provide from Hexham.

"With this state-of-the-art scanner the world is our oyster and we look forward to working with the teams to build on its success so far and introduce more services."

The investment forms a key part of the trust's commitment to develop services at its general hospital sites which will become centres of excellence for diagnostics, outpatients and planned procedures when the Northumbria Specialist Emergency Care Hospital opens in 2015.

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Northumbria Healthcare **NHS**
NHS Foundation Trust

Fancy a starring role in theatre?

We're recruiting theatre nurses, operating department practitioners and surgeons' assistants to join our expanding surgical teams across Northumberland and North Tyneside.

We're looking for people who are highly-skilled, want to join a forward-thinking, innovative organisation and feel passionate about working as part of our surgical teams to deliver safe and effective patient care. If this sounds like you, then now is a very exciting time to join us with the opening of our Northumbria Specialist Emergency Care Hospital next year.

For further information visit:
www.northumbria.nhs.uk/theatrenurses
or contact Mr Scott Muller – clinical lead for theatre services
scott.muller@northumbria.nhs.uk or Dorothy Dickinson
– theatres manager dorothy.dickinson@northumbria.nhs.uk

people
RECRUITMENT

PROVIDER TRUST
OF THE YEAR
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AWARDS

www.northumbria.nhs.uk/theatrenurses

Seamless care from hospital to home

A COMMUNITY-based service is providing seamless support and care to people in Tynedale as they return home from hospital or when they fall ill to help them to remain independent in their own homes.

The 'short term support service' (STSS) was launched in 2011 and works closely with colleagues at Hexham General Hospital to make sure there is a smooth transition for elderly people when they are discharged from hospital back to their own homes.

A joint initiative provided in partnership by Northumbria Healthcare NHS Foundation Trust and Northumberland County Council, the STSS consists of 48 community staff which includes occupational therapists, physiotherapists, rehabilitation workers, team supervisors as well as carers who work seven days a week providing care and rehabilitation support to older people.

The service provides up to six weeks of support which can consist of care and therapy services and it aims to support people who have a disability, or have had an illness to regain independence.

Shirley Proctor, team manager of the STSS in Tynedale, said: "We know that elderly patients are some of our most vulnerable and our focus is on helping people to regain their confidence after a stay in hospital so that they can live independently and safely."

"Our community-based teams work very closely with hospital colleagues, care managers and district nurses to make sure care is as streamlined as possible and that every elderly person gets timely help and support to aid with their recovery."



Members of the short term support service in Hexham.

Depending on the needs of a patient, the STSS can provide:

- a rehabilitation programme led by a physiotherapist or occupational therapist. This could be after a fall, surgery or a stroke, or for those with long-term neurological conditions;

- care support at home to help with tasks such as washing, dressing or meal preparation to support independence in

these tasks;

- equipment or minor adaptations to the home to help patients live safely and independently.

The STSS in Tynedale takes referrals from any health or social care professional, such as GPs, nurses or care managers.

Patients can also refer themselves, by telephoning 01670 536400 and a full assessment will then take place.

Could you be a carer?

PEOPLE of Tynedale are being asked if they would like to share their lives, acting in a carer role to support adults with specific needs.

Shared Lives Northumberland provides support in a family home for adults who are unable to live alone because of their age or disability. The initiative provides skilled, trained and committed individuals who have been chosen to share their homes and their lives with others. Carers are given training and paid an allowance to provide accommodation and support for a few days a week, a couple of weeks or longer.

The project is delivered in partnership by Northumbria Healthcare NHS Foundation Trust which manages the service on behalf of Northumberland County Council.

Shared Lives is particularly interested in hearing from adults who would like to care for people with specific care needs around mobility, mental health and young adults who have turned 18 and are coming out of foster care.

Lorraine Turner, Shared Lives co-ordinator said: "Becoming a Shared Lives carer aims to transform someone's life by giving vulnerable adults the chance to learn new skills and live a more independent life."

"We are actively seeking carers in Tynedale for both our long-term and short breaks services to care for people who have specific needs around mobility and mental health or who are younger and coming out of foster care."

"We really hope that we can get more people involved as Shared Lives carers."

The county-wide service was set up in 2000 and there are now over 40 local people who are Shared Lives carers in Northumberland.

Anyone wanting further information about Shared Lives Northumberland can call 01670 536400 or www.northumberland.gov.uk/sharedlives

AS a foundation trust, we have elected public governors who work closely with the trust to plan local services and respond to the needs and wishes of local communities.

In the Hexham area, six people are elected as the trust's public governors and give their views to help develop priorities and influence any proposals for change.

They have vital input in how services are developed and run in the future and ultimately help hold the trust board to account.

You can contact your public governors via 0191 203 1296 or e-mail foundation@northumbria.nhs.uk

If you'd like to become a member of the trust, visit www.northumbria.nhs.uk/members and complete the online application form or call the Foundation Membership Team on 0191 203 1296.

Governors represent the community



Derek Bramley

Derek has 51 years' involvement with the NHS including 37 years as an employee up to senior management level. He is currently self-employed on a part-time basis. This is his third term as a trust public governor.



Ian Fell

Ian is visually impaired from birth. Before moving into teaching physiology and data analysis in higher education, Ian qualified as a physiotherapist and worked in the NHS for a number of years. He later became director of British Blind Sports.



Isobel Johnson

Isobel is a retired nurse with 40 years' experience in the NHS. For the last 12 years she has volunteered in a number of roles including at Hexham hospital 'meeting and greeting' visitors and working in the shop and at Tynedale Hospice at Home.



Stephen Prandle

Stephen is a retired headteacher and continues to work part-time for the National College for School Leadership and universities. Having worked in the public sector, he wishes to continue to serve the community however in a voluntary capacity.



Graham Ridley

Graham is a retired Haltwhistle GP, a former chair of the Northumberland Local Medical Committee and member of other health groups. He is a member of Haltwhistle Town Council.



Sheila Robson

Sheila was an officer with Tynedale Council for 27 years. She works in the community supporting older people and is chair of Prudhoe Older People's Forum. She has been teaching fitness for the over 50s for more than 30 years.



Synexus research centre opens at Hexham hospital

THE Synexus and Northumbria Healthcare NHS Foundation Trust partnership has taken a major step forward with the opening of the Synexus North East Research Centre at the end of July.

The partnership is the first of its kind between a private company and the NHS and potentially showcases a new way of supporting clinical research in the UK.

Synexus runs clinical trials throughout the world and the idea behind this new approach is to increase the number of potentially complex studies being undertaken by Synexus, with the support and experience of NHS clinical staff and services provided at Hexham hospital.

The new Synexus North East Research Centre has been renovated to the highest standards and has five consulting rooms and a spacious waiting area. A number of patients have already attended the Synexus North East Research Centre and found it to be 'very impressive', 'welcoming' and 'excellent'.

Synexus conducts trials across a range of conditions with particular emphasis on cardiovascular, metabolic (diabetes and obesity),



A nurse and patient in the new Synexus North East Research Centre at Hexham General Hospital.

musculo skeletal, respiratory and central nervous system (dementia and pain) trials. These clinical areas echo the areas in which Northumbria Healthcare carries

out a number of research studies and it is hoped that by working in partnership even more studies will be able to be offered to interested parties across the North East.



Prof. Richard Walker, clinical director for research and development at Northumbria Healthcare, and Sarah Beeby, Synexus UK managing director.

Clinical trials help to develop new treatments

NORTHUMBRIA Healthcare has been carrying out clinical research for over 15 years. Dr Chris Price, medical consultant and clinical senior lecturer at Northumbria Healthcare, explains more.

"Clinical research is a very normal part of day-to-day life in the NHS. We use research, and more specifically clinical trials, to help develop new treatments and make best use of existing ones.

"Many people take part and last year more than 600,000 patients helped with research across the country. The National Institute for Health Research report that over three million NHS patients in England have taken part in research over the last six years.

"The reasons patients help varies from person to person however the NHS believes that every patient should be given the opportunity to participate in appropriate research and at Northumbria Healthcare we too believe strongly in this.



Dr Chris Price is part of the clinical research team at Northumbria Healthcare.

"We work hard year-on-year to increase the number of high quality clinical trials available for local people. We know this is appreciated as, according to a national poll carried out in 2011, 72 per cent of people would like to be offered

opportunities to be involved in trials of new treatments, if they suffered from a health condition that affected their day-to-day life.

"Clinical trials are carried out in order to advance medical understanding and develop more effective treatments. The trials taking place in our trust often focus on comparing new treatments with the best currently available treatment or a replacement. Most NHS research takes place in GP surgeries, clinics and hospital wards under the supervision of the same staff who provide patient care.

"Patients and families can be reassured that all clinical trials are examined in detail by an independent ethics committee, which, amongst other things, consider patient safety.

"But not all research is about trying new medicines. For example, we are currently leading on a study using a rehabilitation robot which may help people recover from arm weakness following a stroke.



Northumbria Healthcare is leading a study using a rehabilitation robot which may help people recover from arm weakness following a stroke.

"We will continue to work with other experienced partners to deliver research, including other

NHS organisations, universities, businesses and more recently clinical trials provider, Synexus."

help us to help you

Clinical trials happen every day. They help develop new treatments and make best use of existing ones.

We support clinical trials seeking better treatments for a range of conditions which often affect people's lives such as arthritis, diabetes, heart disease, stroke, Parkinson's disease and dementia.

If you would like to find out more please contact:

- Synexus by telephone on **01434 550 9951**
- Northumbria Healthcare research nurses on **0191 293 4087**

Not everyone experiences personal benefit but all those taking part contribute to shaping the medicine of the future.

Northumbria Healthcare NHS Foundation Trust runs clinical trials from their general hospitals in Hexham, North Tyneside and Wansbeck. Synexus runs trials from their centres worldwide and eight UK centres – Hexham, Manchester, Merseyside, Midlands, Cardiff, Thames Valley, Lancashire and Glasgow.