

RU Having your say?
RU Hearing what's happening?
RU Happy to be involved?



Royal United Hospitals Bath
NHS Foundation Trust

Meet your RUH Governors

Helen Rogers & Nick Houlton
Public Governors



Today's Meeting



Time	Subject	Presenter
17:00	Welcome and Introductions Your Governors and You	Helen Rogers & Nick Houlton, Public Governors
17:10	Update from the RUH Board of Directors	Fiona Bird, Head of Business Development
17:35	Audience participation: Questions and answers	All
18:00	Healthy Mind & Healthy Lifestyle	Prof. Julian Hughes, RICE Professor of Old Age Psychiatry
18:25	Audience participation: Questions and answers	All
18:45	Feedback	All
19:00	Close	

Introductions



**Helen Rogers,
Public Governor
North East
Somerset**



**Nick Houlton,
Public Governor
North East
Somerset**



**Fiona Bird,
Head of Business
Development**

Update from the RUH

North East Somerset
Constituency meeting
15th May 2018

Spring at the RUH



Spring at the RUH

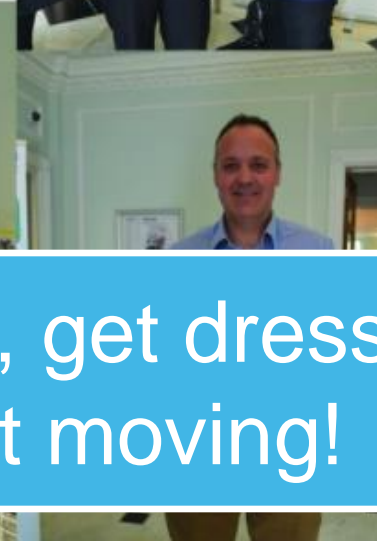


Frailty Flying Squad

Spring at the RUH



NHS 70th Birthday



Get up, get dressed, get moving!

Spring at the RUH



Therapies and
RNRHD

The background features a collection of overlapping squares in various shades of blue, yellow, green, orange, and purple, scattered across the page. A large, rounded blue shape is positioned in the center-left, containing the main title and subtitle.

Improving Together

RUH Strategy
2018 - 2021

15 May 2018

2012

RUH 80th
Birthday

Ward Comfort
Rounds

2013

£3 million extra
for nursing

New Emergency
Surgery Ambulatory
Clinic

2014

Maternity services
back with RUH

Foundation
Trust agreed

2015

Pioneering Flow
Coaching introduced

Pharmacy
building begins

Acquisition of
RNHRD

2016

Dementia-friendly
activities increase

Pilot site for
Nursing Associates

£1.2 million PET-CT
scanner opened

2017

New Trust
values launched

CQC Inspection:
Requires Improvement

New Pharmacy &
Car Park

Home First: helping
people return home

RUH a founding
partner in Wiltshire
Health and Care

RUH Strategic Plan 2018 - 2021

Review last five years at RUH and recent performance

Look at external environment, learn from best practice

Engage with members, volunteers, partners, staff

Draft vision, goals, key priorities

Ask members, volunteers, partners, staff for feedback

Agree three year strategy, communicate widely

RUH Strategic Plan 2018 - 2021

Review last five years at RUH and recent performance

Look external environment learn best practice

Thank you!

Ask members, volunteers, partners, staff feedback

Agree three year strategy, communicate widely

RUH Strategic Plan 2018 - 2021

- 300 members of staff
- 140 public members and volunteers
- 30 representatives from partner organisations

Review last five years at RUH and recent performance

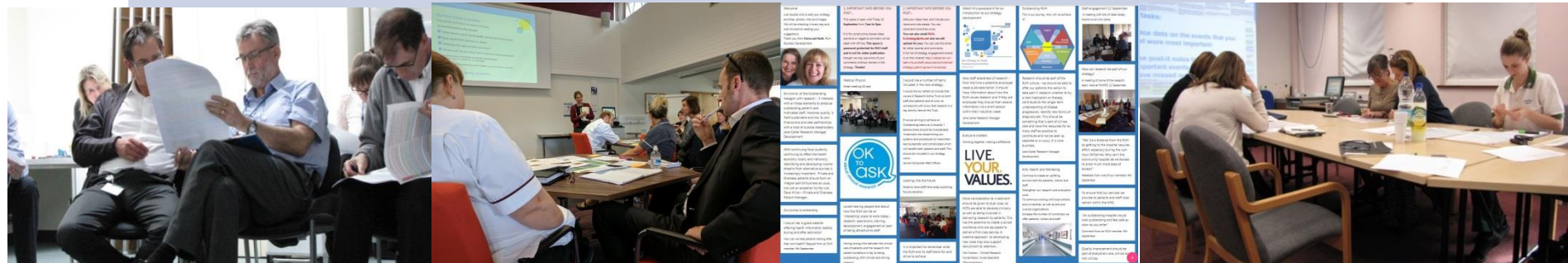
Look at external environment, learn from best practice

Engage with members, volunteers, partners, staff

Draft vision, goals, key priorities

Ask members, volunteers, partners, staff for feedback

Agree three year strategy, communicate widely



RUH Strategic Plan 2018 - 2021

- Over 200 respondents, including staff, members and partners

Review last five years at RUH and recent performance

Look at external environment, learn from best practice

Engage with members, volunteers, partners, staff

Draft vision, goals, key priorities

Ask members, volunteers, partners, staff for feedback

Agree three year strategy, communicate widely


What we heard – from staff

It feels like we are trying too hard/doing too much and have been for a long time

This should not just be target driven...trust and empowerment are important

I'm not sure that this proposed vision can be delivered, given the on-going and increasing pressure on all types of resources within the NHS

Well managed, meaningful projects involving staff at all levels. All staff know that they can lead, improve.



Focus on communication ... so that the employees understand what is going on...and vice versa, so that the management and employers understand the employees.

What we heard – from patients and partners

Quality targets should be shared with patients so they and their families and carers have a clear understanding about what the Trust is striving to achieve and what part they can play in realising those goals.

Shared ownership and responsibility to make things better.

An outstanding hospital would feel safe as soon as you enter

Enough clinical staff to meet patient needs promptly, safely and with dignity

Healthcare is not a constant, and no single day is perfect.

I know the limitations of my body best

It seems to me that this is all highly desirable... I wish you well in achieving the end result.

Our vision

To provide the highest quality of care;
delivered by an outstanding team who all live by our values.

Our goals

Recognised as a listening organisation; **patient** centred and compassionate.

Be an outstanding place to work where **staff** can flourish

Quality improvement and innovation each and every day.

Work together with our **partners** to strengthen our community

Be a **sustainable** organisation that is fit for the future

Our values

Working
Together

Everyone
Matters

Making a
Difference



What does this mean for the Trust?



Our vision

**To provide the highest quality of care;
delivered by an outstanding team who all live by our values.**

Our goals

Recognised as a listening organisation; **patient** centred and compassionate.

Be an outstanding place to work where **staff** can flourish

Quality improvement and innovation each and every day.

Work together with our **partners** to strengthen our community

Be a **sustainable** organisation that is fit for the future

What does this mean for the Trust?



Quality Account priorities

Transitional care,
Inpatient diagnostics,
Hip fractures care,
Patient feedback

Our vision

Be the highest quality of care
Provided by a leading team who all live

Savings plan

Our goals

Recognised as a listening organisation; **patient** centred and compassionate.

Be an outstanding place to work where **staff** can flourish

Quality improvement and innovation each and every day.

Work together with our **partners** to strengthen our community

Be a **sustainable** organisation that is fit for the future

What does this mean for the Trust?



Our vision

To provide the highest quality care
delivered by an outstanding team
aligned with our values.

Improving Patient Flow

Our values

Recognised as a listening organisation; **patient** centred and compassionate.

Be an outstanding place to work where **staff** can flourish

Quality improvement and innovation each and every day.

Work together with our **partners** to strengthen our community

Be a **sustainable** organisation that is fit for the future

What does this mean for the Trust?



Our vision

Medicines Safety &
Deteriorating
Patients

to provide the highest quality of care;
an outstanding team who all live by our values.

Our goals

Recognised as a
listening
organisation;
patient centred
and
compassionate.

Be an outstanding
place to work
where **staff** can
flourish

Quality
improvement and
innovation each
and every day.

Work together
with our **partners**
to strengthen our
community

Be a **sustainable**
organisation that
is fit for the future

What does this mean for the Trust?



Our vision

deliver

Our people –
supporting our
workforce

Best quality of care;
Team who all live by our values.

Goals

Recognised as a listening organisation; **patient** centred and compassionate.

Be an outstanding place to work where **staff** can flourish

Quality improvement and innovation each and every day.

Work together with our **partners** to strengthen our community

Be a **sustainable** organisation that is fit for the future



Thank you

Any questions?

The Mind and Mindfulness in Connection with Health

Mind and Body

René Descartes (1596-1650):

'I think, therefore I am' (*Cogito ergo sum*).

Physical stuff and mental stuff

How do they interact?





What about ...?

Soul – the form of the body

Spirit – the non-physical realm

Spirituality – ‘the human need to construct a sense of meaning in life’ [Payne & McFadden, 1994]

‘**Spirituality** refers to the suprasensible ‘something there’ in human existence, which deals with an awareness of being part of something bigger than the individual self or even the entire material order’ [Sapp 2010]

‘...**religion** tends towards the ‘institutionalization’ or ‘regularization’ of the spiritual, that is, what is commonly associated with church, synagogue, or mosque’ [Sapp 2010]

Links between the mind and the brain



Dementia – loss of brain tissue and loss of neurotransmitters; plaques and tangles in the brain

Depression – decreased levels of neurotransmitters in the brain, e.g. serotonin

Schizophrenia – low levels of dopamine in the brain

Stroke – bleeds causing physical and mental symptoms

Head injuries – changes in personality etc.

The Lancet Commissions

Dementia prevention, intervention, and care



Gill Livingston, Andrew Sommerlad, Vasiliki Orgeta, Sergi G Costafreda, Jonathan Huntley, David Ames, Clive Ballard, Sube Banerjee, Alistair Burns, Jiska Cohen-Mansfield, Claudia Cooper, Nick Fox, Laura N Gitlin, Robert Howard, Helen C Kales, Eric B Larson, Karen Ritchie, Kenneth Rockwood, Elizabeth L Sampson, Quincy Samus, Lon S Schneider, Geir Selbæk, Linda Teri, Naaheed Mukadam

www.thelancet.com Published online July 20, 2017 [http://dx.doi.org/10.1016/S0140-6736\(17\)31363-6](http://dx.doi.org/10.1016/S0140-6736(17)31363-6)

Key message:

2 Be ambitious about prevention

We recommend active treatment of hypertension in middle aged (45–65 years) and older people (aged older than 65 years) without dementia to reduce dementia incidence. Interventions for other risk factors including more childhood education, exercise, maintaining social engagement, reducing smoking, and management of hearing loss, depression, diabetes, and obesity might have the potential to delay or prevent a third of dementia cases.

Psychoneuroimmunology

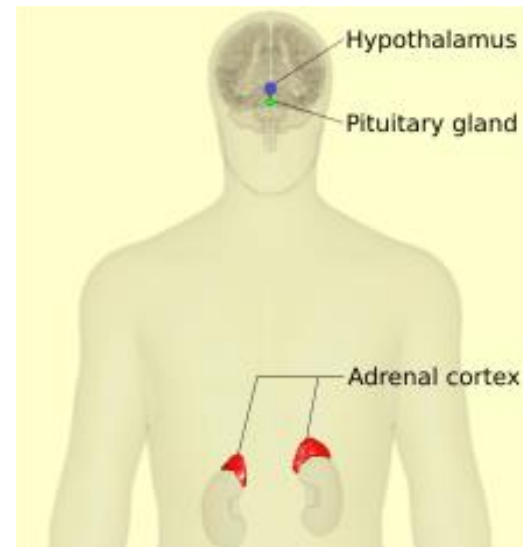
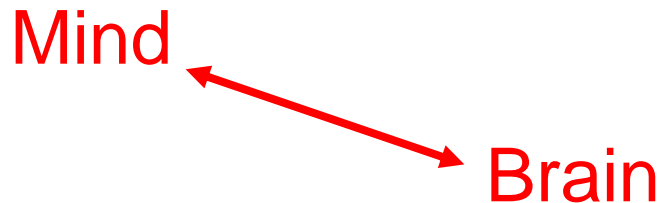
Immune function (e.g. cytokines, interferon, hormones, the adrenal glands) impaired by 'stress', e.g. bereavement, examinations, surgical operations

Adrenal glands controlled by the hypothalamus:

hypothalamic–pituitary–adrenal axis

But affected by social factors,

e.g. good social support



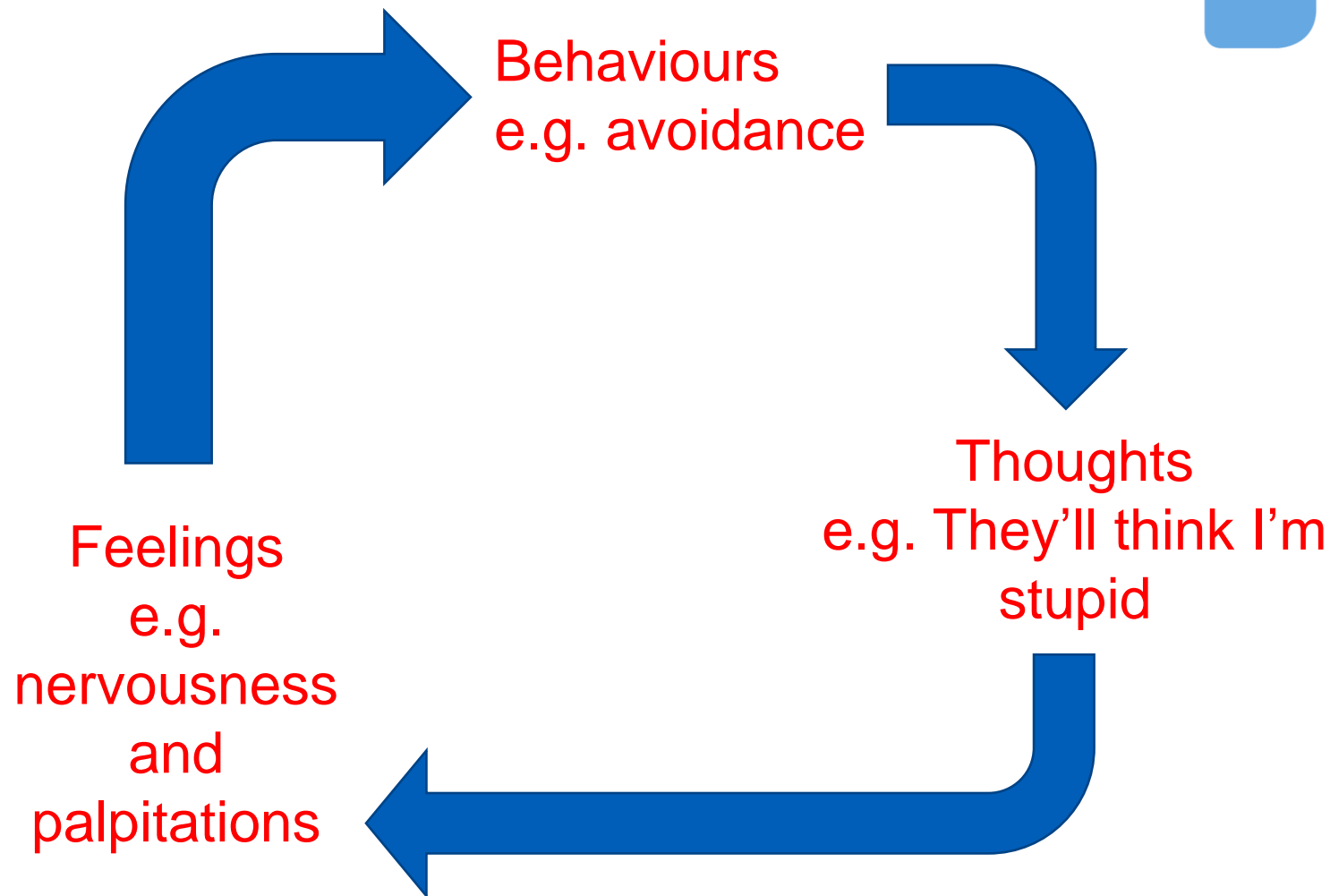
Psychological variables and cancer



- Type 'C' personality
- Hopelessness
- Depression
- Life event stresses
- Social support
- Attitude to disease ('fighting spirit', 'active coping' versus 'helplessness-hopelessness', 'passive coping')

[Jennifer Barraclough, 2000]

Cognitive-behaviour therapy



Family Practice, 2015, Vol. 32, No. 1, 3–15
doi:10.1093/fampra/cmu060
Advance Access publication 22 September 2014



Effectiveness of cognitive behavioural therapy for anxiety and depression in primary care: a meta-analysis

Conal Twomey^{a,b}, Gary O'Reilly^a and Michael Byrne^c

^aSchool of Psychology, University College Dublin, Dublin, Ireland, ^bSchool of Psychology, University of Southampton, Southampton, UK, ^cPsychology Department, Health Service Executive Dublin Mid-Leinster, Offaly, Ireland

*Correspondence to Michael Byrne, Principal Psychologist Manager, Health Service Executive Dublin Mid-Leinster, Health Centre, Arden Road, Tullamore, County Offaly, Ireland; E-mail: michaelj.byrne@hse.ie

Received April 19 2014; revised July 1 2014; Accepted August 17 2014.

CBT is effective for anxiety and depression in primary care

www.thelancet.com Vol 386 July 4, 2015

Articles

Effectiveness and cost-effectiveness of mindfulness-based cognitive therapy compared with maintenance antidepressant treatment in the prevention of depressive relapse or recurrence (PREVENT): a randomised controlled trial



Willem Kuyken, Rachel Hayes, Barbara Barrett, Richard Byng, Tim Dalgleish, David Kessler, Glyn Lewis, Edward Watkins, Claire Breycha, Jessica Cardy, Aaron Causley, Suzanne Cowderoy, Allison Evans, Felix Gradinger, Surinder Kaur, Paul Lanham, Nicola Morant, Jonathan Richards, Pooja Shah, Harry Sutton, Rachael Vicary, Alice Weaver, Jenny Wilks, Matthew Williams, Rod Taylor, Sarah Byford



Interpretation We found no evidence that MBCT-TS is superior to maintenance antidepressant treatment for the prevention of depressive relapse in individuals at risk for depressive relapse or recurrence. Both treatments were associated with enduring positive outcomes in terms of relapse or recurrence, residual depressive symptoms, and quality of life.

Mindfulness



‘Being mindful is not passive; it is a dynamic way of being ...that requires firstly an awareness of self, and then requires an awareness of awareness of self, within each unfolding moment.

Christopher Johns (2004) Being Mindful, Easing Suffering; p. 20

Bert Leguit

‘Postscript: Reflections from a Buddhist perspective’

In: Christopher Johns (2004) *Being Mindful, Easing Suffering*; pp. 251-252

‘Being aware of every moment, it means living in the here-and-now; the present. When one is aware of this moment only, there is no thinking about the past or the future. ...

The only thing that is real, is this moment. Only this. Living and working in the here-and-now gives a lot of pleasure. There are no sorrows for the past, there are no considerations about the future; there is only this one, clear, brilliant moment.’





University of
BRISTOL



Thank you

Julian C. Hughes
RICE Professor of Old Age Psychiatry
University of Bristol,
Honorary Consultant and Stakeholder Governor
Royal United Hospitals Bath NHS Foundation Trust

julian.hughes@bristol.ac.uk

