

## Reflexions, the RNOH patient magazine - latest issue out now

10 May 2019



The new issue of Reflexions, the RNOH patient magazine, is now available to read. Reflexions is written for patients and much of the content is patient generated. We publish the magazine twice a year and hard copies are available in the hospital at our Stanmore and Bolsover Street sites.

In this issue you can read about the latest news on the Duke of York and Princess Eugenie's visit to the new inpatient redevelopment, The Stanmore Building, about our wonderful volunteering service, read up on the fundraising activities of the RNOH Charity, discover the RNOH's Old Orchards and Share Your Story: where our patients retell their RNOH journeys for you.

## RNOH sign contract to develop open source data platform

05 April 2019



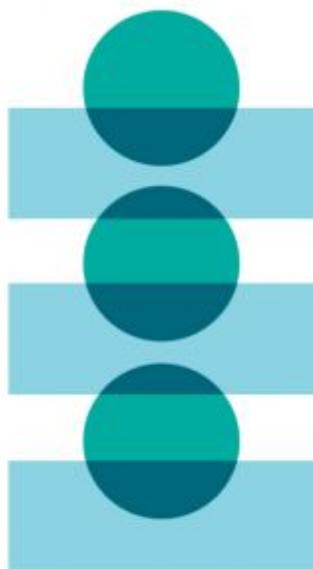
The RNOH and Interneuron CIC have signed a contract to develop, deliver and support an open source, open standards compliant clinical data platform. The project will see RNOH replace their legacy technology with a world-class clinical data platform that will transform the way in which data is integrated, collected, stored and used by end-users.

The platform approach will permit RNOH to embark on an innovation led strategy where new applications can be developed on top of the clinical data platform. Initial applications will support electronic bed boards and nursing observations, improving patient safety and clinical efficiency.

In addition, RNOH and Interneuron will be making this new technology and applications available to the whole of the NHS. Other trusts will not only be able to freely download, test and implement the software developed, they will also be able to get support from Interneuron by using this framework contract.

## **The RNOH Charity unveils its new look brand**

02 April 2019



The RNOH Charity, which strengthens the vital work we do, has unveiled a new brand identity which will become central to all its charitable and fundraising activities.

The Charity - which just last week announced HRH Princess Eugenie as its Patron - makes a significant difference to the hospital's patients and their families by funding services and creating an uplifting environment that are beyond the scope of the hospital's NHS funding.

Created by London design studio Here Design, the new branding reflects the RNOH Charity's role as the backbone of the RNOH. The core icon is a graphic representation of the spine, made up of flexible shapes that will be used for a wide range of applications, from digital apps to RNOH Charity merchandise.

## **Duke of York and Princess Eugenie visit RNOH**

22 March 2019



The Duke of York and Princess Eugenie officially opened the magnificent new Stanmore Building at the RNOH.

The £50 million building, which fuses the latest architectural design and health technology with contemporary art to produce a stunning and unique environment for patients and staff, was partly financed by the RNOH Charity's Redevelopment Appeal. The official Patron of the Appeal is Her Royal Highness Princess Eugenie, who in 2002 underwent corrective surgery at the hospital for scoliosis (curvature of the spine).

His Royal Highness The Duke of York has been Patron of the RNOH since 2003, and was accompanied on the visit by Princess Eugenie.

## **Chief Inspector of Hospitals finds significant improvement**

22 March 2019



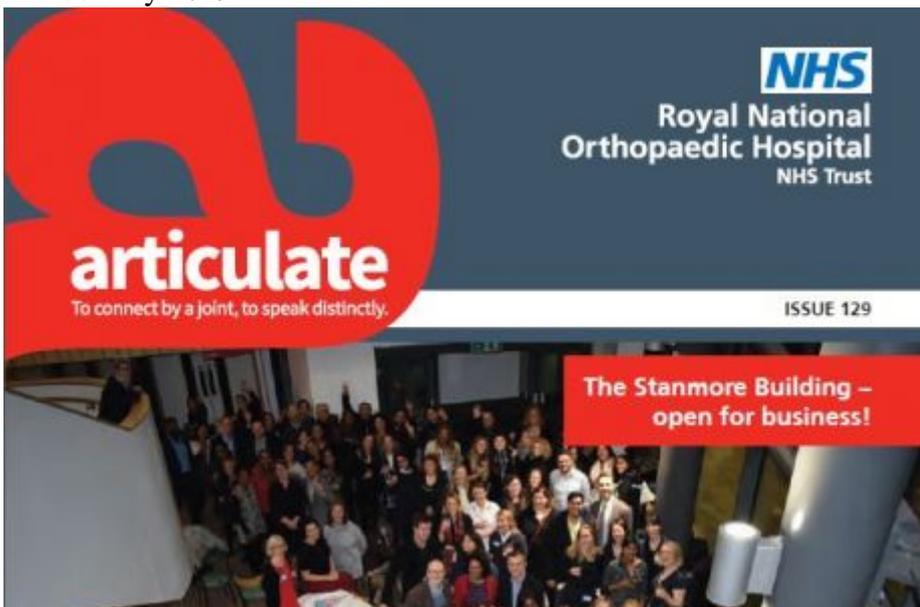
England's Chief Inspector of Hospitals has rated The Royal National Orthopaedic Hospital NHS Trust as Good overall following an inspection by the [Care Quality Commission](#).

A team of inspectors visited the trust during October and November 2018 to check the quality of four core services - surgery, medicine, children and young people's services and outpatients. CQC also looked specifically at management and leadership to answer the key question: Is the trust well-led?

As a result of this inspection, the trust is now rated as Good for being caring, effective, responsive and well-led. The trust remains Requires Improvement for being safe. Overall, the trust has significantly improved from a 'requires improvement' to a 'Good' rating.

## Articulate 129 - latest issue available

21 February 2019



Issue 129 of the RNOH magazine, [Articulate](#), is now available to view or download. Inside you'll find a full report on the recent Staff Achievement Awards, with lots of photos of the celebrations. Plus, there's the latest news from the RNOH Charity, Radio Brockley, a look back at Christmas celebrations at the RNOH, the

opening of the Stanmore Building, a look at our Motor Learning Lab and more.

## London Irish Appeal raise £700K for RNOH

07 February 2019



A group of leading Irish business people met last week in London to celebrate the opening of the new London Irish Ward at the Stanmore Building. The group - who collectively raised £700,000 to cover all the specialist equipment within the 32-bed ward - was led by prominent Irish businessman Tim Kelly, who generously hosted a dinner to thank all the supporters.

## RNOH Quality Account - have your say on our 2019/20 quality priorities

30 January 2019



## **What do high quality services mean to you?**

Every year, all NHS organisations are required to produce Quality Accounts. This important document sets out how we continue to improve the quality of care and services that we provide.

Our Quality Account should give patients, the public, and other stakeholders including local commissioners, enough information to understand:

## **New clinic for dancers at RNOH**

29 January 2019



The National Institute of Dance Medicine and Science (NIDMS) is pleased to announce the expansion of the London NHS Dance Injury Clinic to include the UK's first RED-S/Endocrine clinic.

Previously known as the Female Athlete Triad, Relative Energy Deficiency in Sports (RED-S) refers to health concerns caused by a lack of energy available to support both exercise and normal physiological functioning. Health concerns associated with RED-S are described by the International Olympic Committee (IOC) as 'impaired physiological function including, but not limited to, metabolic rate, menstrual function, bone health, immunity, protein synthesis, cardiovascular health caused by relative energy deficiency'.

## **GIRFT national report: calls for pain relief to be replaced with rehabilitation**

29 January 2019



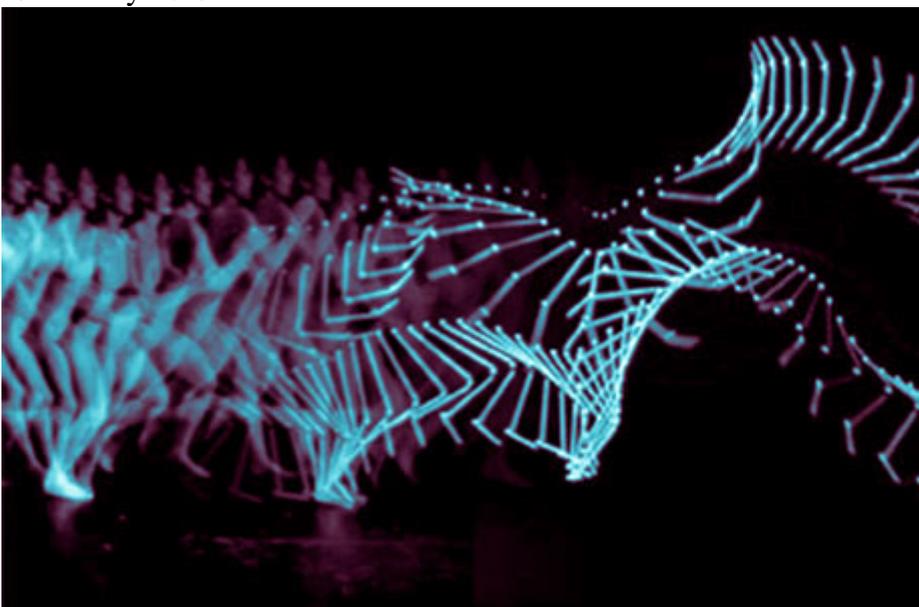
Replacing short-term pain relief injections with long-term physical and psychological rehabilitation programmes could help tens of thousands more patients cope with debilitating back pain, according to a new Getting It Right First Time (GIRFT) report on spinal surgery.

Lower back or radicular pain (sciatica) is the primary cause of disability in the UK. It affects one-third of the population at any one time, and 84% of people in their lifetime.

The latest GIRFT national report found that, despite NICE guidance, a significant number of patients are still receiving facet joint injections (injections of local anaesthetic and/or steroids to block pain), which have limited clinical value. On average between 2015 and 2018, almost 6% of patients with back pain received three or more facet joint injections in a year, at a cost to the NHS of £10.5m.

## **Bobath Concept: Human Movement Analysis as a Basis of Clinical Intervention**

29 January 2019



The Bobath Concept is a problem solving approach to the assessment and treatment of individuals with disturbances of function, movement and postural control due to a lesion of the central nervous system.

The rationale for current practice is based upon present day knowledge of motor control, motor learning and neural plasticity, as well as on knowledge of biomechanics.

## **The NHS long-term plan**

08 January 2019



Health and care leaders have come together to develop a Long Term Plan to make the NHS fit for the future, and to get the most value for patients out of every pound of taxpayers' investment.

Our plan has been drawn up by those who know the NHS best, including frontline health and care staff, patient groups and other experts. And they have benefited from hearing a wide range of views, whether through the 200 events that have taken place, and or the 2,500 submissions we received from individuals and groups representing the opinions and interests of 3.5 million people.

## **The Stanmore Building opens: architecture, technology and art**

10 December 2018



We opened our new Stanmore Building at the weekend (8-9 Dec), fusing the latest architectural design and health technology with contemporary art and poems to produce a stunning building that provides a unique environment for patients and staff.

The Stanmore Building offers the very best ward facilities for many patients and allows staff to work in an environment matching their skill and dedication. It comes after a thirty year campaign to replace many of the old ward buildings that date from World War Two.

## **MAGEC spinal rods**

06 December 2018



The [British Scoliosis Society \(BSS\)](#) have drafted a statement regarding the recent publicity on the television and in the press about the use of new medical devices and implants. This coverage also included some comments about the MAGEC rod in particular, a device we use at the RNOH to treat certain types of scoliosis in some patients. The following BSS information is endorsed by the RNOH.

British Scoliosis Society: We understand that this news story may have caused anxiety. We hope that this information goes some way to explaining the issues regarding the use of the MAGEC rods and alleviating some of the inevitable concerns raised by this publicity.

## **RNOH recognised for support to the Armed Forces Community.**

20 November 2018



The RNOH is among 12 London employers that have been awarded Silver Awards on the MOD's Employer Recognition Scheme. The scheme, now in its 5th year, encourages employers to support defence and inspire other organisations to do the same. The RNOH's Silver Award was given because we have actively demonstrated our commitment to support Armed Forces personnel, their families and veterans. The winners will be presented with their awards at a ceremony on 26 November at the RAF Museum.

## **First NHS Veterans Rehabilitation unit announced**

09 November 2018

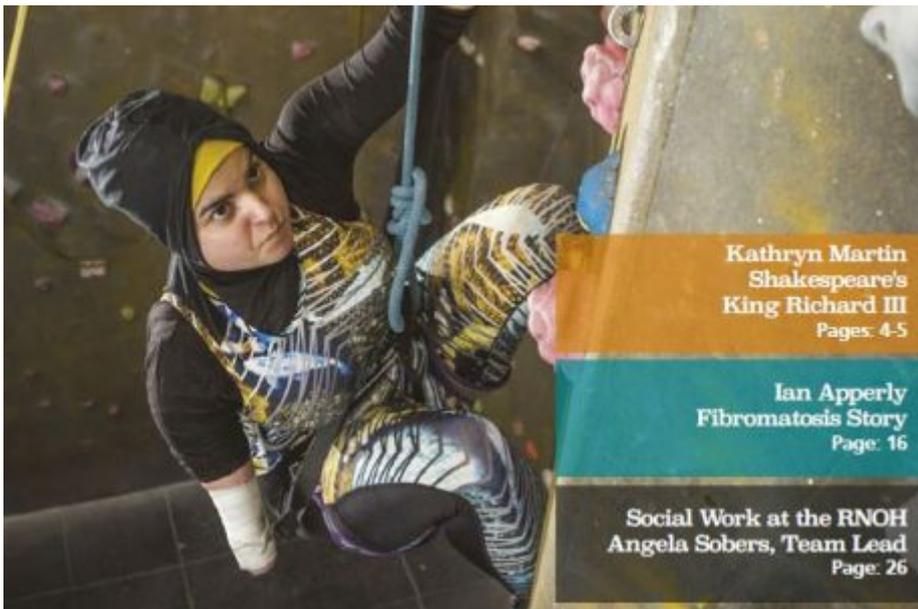


Today, Friday 9 November, the Royal National Orthopaedic Hospital NHS Trust (RNOH) has announced it has shortlisted three bidders who will compete for the final design and operation of a military veteran rehabilitation unit on their site in Stanmore, northwest London.

In advance of the 100th anniversary of the end of World War One, the RNOH hosted a turf cutting ceremony to mark the spot where the unit will be built. Clinicians, hospital staff and the British Legion were present and they welcomed this important move to improve medical care for injured veterans.

## Reflexions issue 6 now available

06 November 2018



The new edition of the RNOH patient community magazine Reflexions is now available to read or download. Issue number 6 has compelling patient stories, including the amazing paraclimber Anoushe Husain and the fascinating link between one of our patients and King Richard III, a look into two important RNOH services: social work & the neonatal one-stop hip clinic, a pictorial look back at the two-year journey to the completion of the new Stanmore Building (opening in early Dec) latest news from our RNOH volunteers, a message from our Director of Nursing Paul Fish, plus lots more. We welcome content for future editions from patients and families.

## Help us in our buggy appeal

06 November 2018



We've launched a [Just Giving fundraising appeal](#) to purchase another patient buggy to help patients and visitors get across our large 100 acre site at Stanmore. Our patient buggy service started in July 2016 and, since then, has transported over 50,000 patients. Our volunteer drivers - who operate in all weathers - are often the first people our patients and visitors meet when they arrive. Their professionalism and helpfulness has enhanced the success and popularity of the service.

## Articulate 128 - new issue available

28 September 2018



The latest issue of the RNOH magazine, [Articulate 128](#), is now available to view or download. In this issue, there is a pictorial look back at the two-year journey in the building of the Stanmore Ward Centre. There's also [RNOH Charity](#) news, a look back at our NHS 70th birthday celebrations, information on how we're improving the working experience at RNOH for staff through our Val-You programme, a visit to our X-ray department by a Pangolin and much more.

## Macmillan Coffee Morning - eating cake and raising cash

25 September 2018



The World's Biggest Coffee Morning took place at the RNOH today, Friday 28th September. Last year alone, Macmillan Cancer Support raised over £27 million and together we can make this another successful year. The RNOH hosted four cake and bake sales in support of Macmillan.

Our physio and occupational therapists presented a cake-laden stall in main Outpatients department; ISS catering staff hosted cake sales in Broccles restaurant; the Prosthetics Unit sold cakes and the London Spinal Cord Injury Centre team at the top of the slope held a cake and coffee session in their reception area.

## RNOH Charity hoists our patients to new heights

12 September 2018



Earlier this year, the RNOH Charity has again provided much needed and appreciated support in the procurement of a number of new medical devices. Two new spinal operating tables to replace and upgrade our existing 20-year-old models, a new overhead patient hoist for the main theatre's minor ops procedure room, and three Electromyograph (EMG/NCS) systems for our Neurophysiology department.

## **NHS provider performance April-June 2018**

11 September 2018

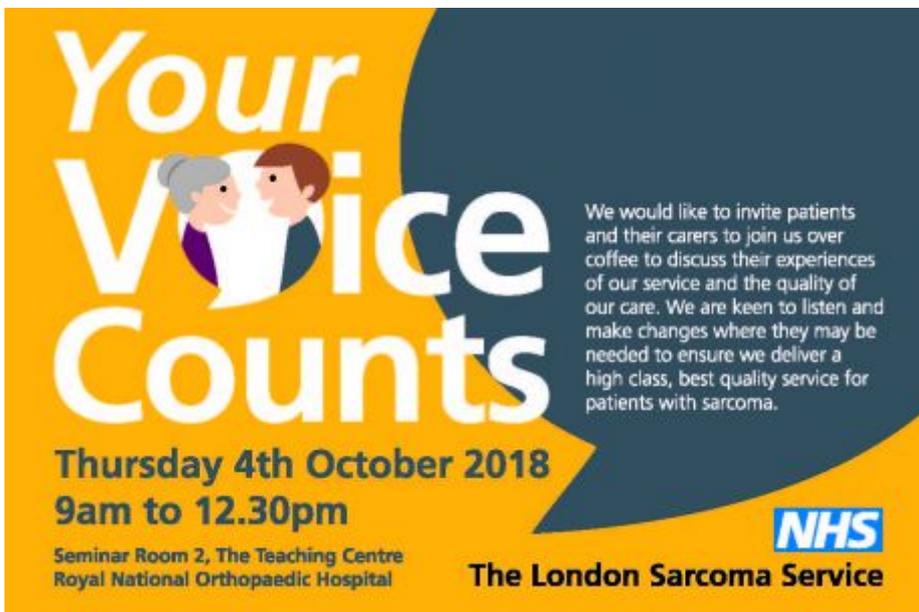


As the NHS continues to plan for the winter flu season, new analysis reveals that the start to the financial year has seen frontline staff cope with record A&E attendances, high bed occupancy levels and improved discharge rates.

In its report on the Performance of the NHS provider sector for the quarter ended 30 June 2018 out today (Tuesday, 11 September), NHS Improvement has revealed that A&E attendances increased to 6.23 million over April, May and June 2018 – 220,574 more than the same period last year.

## **Your Voice Counts: Sarcoma Patients' Listening Event**

03 September 2018



**Your  
Voice  
Counts**

We would like to invite patients and their carers to join us over coffee to discuss their experiences of our service and the quality of our care. We are keen to listen and make changes where they may be needed to ensure we deliver a high class, best quality service for patients with sarcoma.

**Thursday 4th October 2018  
9am to 12.30pm**

Seminar Room 2, The Teaching Centre  
Royal National Orthopaedic Hospital

**NHS**  
**The London Sarcoma Service**

The RNOH and the London Sarcoma Service would like to invite patients and their carers to join them for a coffee. This is an opportunity to discuss their experiences of the Sarcoma service and the quality of our care.

We are keen to listen and make appropriate changes to ensure we deliver a high quality service. There are two events next month:

**Wednesday 4 October - 9:00 am - 12:30 pm: RNOH.**

**Wednesday 17 October - 4:30 pm - 7: 30 pm: University College Hospital in London.**

If you are interested in attending either of these events or would like further information, please email Gemma French at [gemma.french1@nhs.net](mailto:gemma.french1@nhs.net).

**Do you have views on current bone & joint surgery, such as hip and knee replacements? We want to hear from you.**

30 August 2018



North London Partners in health and care (NLP) is launching a review of adult elective orthopaedic care services (planned surgery of bones and joints) across north central London.

In the first phase of this review, the partnership is inviting responses to a draft case for change – a document which shares why the review is needed and early thoughts on how this kind of surgery might be organised in the future. This review will run through to Spring 2019 with this initial intensive engagement phase running until 19 October 2018\*.

## **RNOH make Nursing Times Workforce Awards finals**

03 August 2018



We're pleased to announce that the RNOH has made the shortlist in two categories for the inaugural Nursing Times Workforce Awards. These recognise and reward the excellent work that is being done by employers to support the nursing and midwifery workforce across the NHS. We have been nominated as 'best place to work for employee satisfaction' and 'best employer for staff recognition'.

## **NHS70: RNOH celebrates**

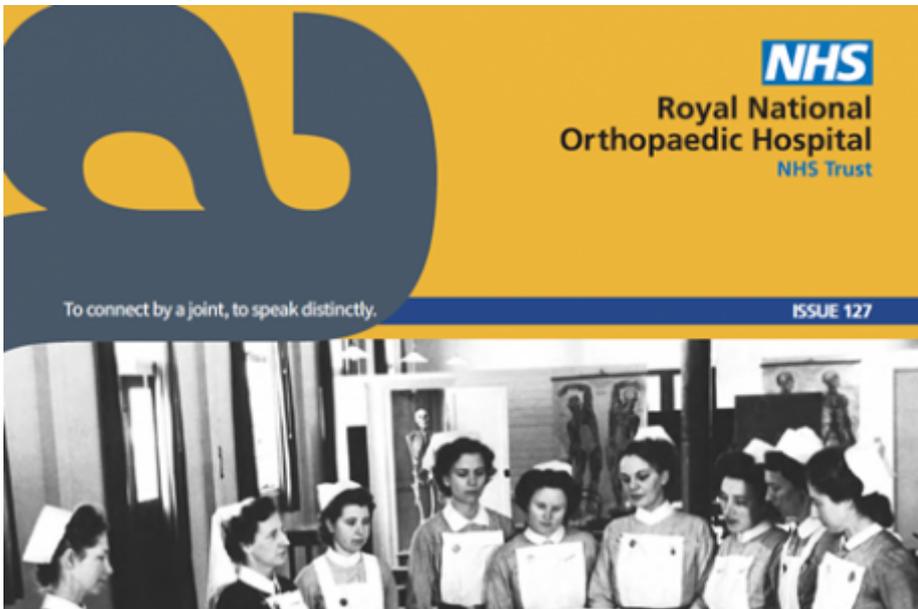
12 July 2018



The sun shone on the RNOH last week as we celebrated the NHS 70th anniversary at both the Stanmore and Bolsover Street sites. Everyone had a great time and it was wonderful to see so many staff from all areas of the Trust attend. Thank you to all our staff here at the RNOH and across the NHS for their dedication and service. Stanmore photos by Jack Lo.

## Articulate 127 latest edition available

28 June 2018



The new issue of Articulate is now available to read or download. This new edition includes an in-depth interview with orthopaedic surgeon Panos Gikas, a report on the RNOH Charity Buttercup Walk, a look back at some vintage photos of 70 yrs of NHS history at the RNOH, a fascinating piece on scanning animal specimens from the Natural History Museum, redevelopment updates and loads more.

Download or view [Articulate 127](#)

# The Buttercup Walk 2018

25 June 2018



The Buttercup Walk 2018 took place last Saturday 23 June. The weather was on our side, with a sun filled afternoon of family fun.

Staff, patients and visitors mingled under the marquee, participating in the games and events taking place. Medivet Stanmore supported this year's dog show, the Volunteer Service manned the Guess the Weight of the Cake competition, one of many various craft and gift stalls.

Radio Brockley were the voice of the Walk, with band River Conspiracy the musical entertainment. Mr Aresh Nejad, consultant surgeon, along ex-patient Adam Simpson, opened the Walk. A big thank you to The RNOH Charity for arranging this wonderful annual event.

## First genetic marker for osteblastoma has been discovered by scientists

13 June 2018



The first genetic marker for the bone tumour, osteoblastoma, has been discovered by scientists at the [Wellcome Sanger Institute](#) and their collaborators. Whole-genome and transcriptome sequencing of human bone tumours revealed that a genetic change that affects the transcription factor, FOS, is a hallmark mutation of osteoblastoma.

## Building and roadworks near Outpatients

13 June 2018



The building works to create paths and tunnels between the new inpatient ward block and parts of the existing hospital will start on **Thursday 14 June**. The work will be in 3 phases with the first phase around the tarmac footpath between the Outpatient link and car park. We are starting with a small section to allow us to monitor the impact on the hospital early on, and can then judge any issues that might occur later.

Parking in the Outpatient car park will be restricted, with a wheelchair shuttle service running between the Outpatients and the Visitors car parks from **Monday 18 June**. The Visitors car park attendant will be available all day.

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