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Advancing Healthcare Awards 2018

SHARING SUCCESS

Celebrating the winning entries presented on
20 April 2018 at the Chelsea Harbour Hotel, London



Chamberlain Dunn Events
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Congratulations to all our winners and finalists

So welcome to the work of the finalists of the 2018 awards for allied health professionals, healthcare scientists and those who work alongside them.

We have always been proud of the way we judge our awards programmes so we were thrilled to win a bronze in the category for Best judging panel and process in the industry's own Awards last year. The fruits of this year's judging panels are here in the Winners' Guide which we hope proves a valuable resource for everyone.

The Advancing Healthcare awards over the past decade have fostered a real sense of community, not least through our loyal sponsors and supporters who contribute not only the financial support we need, but also ideas, help with judging and suggestions for the guest list. We appreciate this close involvement. Congratulations to all our finalists who have joined with colleagues to capture what they have achieved, to tell us how they did it and how you can do it too. With the health and social services under such huge pressure, this is a clear contribution to transforming service to deliver better, safer patient care.



**Alison Dunn and
Will Chamberlain-Webber**

Joint managing directors
Chamberlain Dunn

April 2018

Our Winners' Guide is a vital part of the Advancing Healthcare awards programme. We are proud of it for (at least) four reasons:

- 1 It gives participants, guests, entrants and the wider healthcare world a chance to digest more fully the work of the finalists**
- 2 In print and on-line it is a more permanent record of the achievements of AHPs and healthcare scientists in 2018 than an awards ceremony can ever achieve**
- 3 It gives contact details for those wanting to find out more to build on their own work and to share experiences**
- 4 It helps us to stand out from the crowd - very few award organisers take the trouble to deliver this final piece of the jigsaw.**

If you would like to be involved in next year's awards as a sponsor, judge or simply share some ideas about how we can develop the programme, please contact Rachael Fisher on rachael@chamberdunn.co.uk or call 020 8334 4500

Advancing Healthcare Awards 2018

OVERALL WINNER



Harvey's Gang

Malcolm Robison, chief biomedical scientist, blood transfusion,
Western Sussex NHS Hospitals Foundation Trust

“ This project to help children with cancer understand about blood testing has changed many lives – those of the seriously ill children, their parents, the laboratory staff (so often missed off the thank you list or the patient pathway) and not least Malcolm himself. Harvey’s Gang started as a small one-off project, but clinicians across the UK are now beginning to include a Harvey’s Gang tour as part of their treatment planning, as it helps children and their parents understand the testing process better and reduce the anxiety caused by regular testing of their samples. It is now even attracting world-wide attention, most recently from Canada and the USA. ”



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THE HEE/NIHR AWARD FOR RESEARCH CHAMPIONS

ICA
HEE/NIHR Integrated Clinical Academic Programme
for non-medical healthcare professionals



Health Education England

WINNER

The DAISY project: developing a screening instrument for dysphagia following acute cervical spinal cord injury

Jackie McRae, consultant speech and language therapist, St George's University Hospitals NHS Foundation Trust.

Patients who have experienced an acute spinal cord injury often incur swallowing difficulties, which is poorly identified and managed. A survey of clinical practice demonstrated variations in care across hospitals and staff groups. The personal impact of swallowing difficulties was also reflected in patient interviews.

The DAISY Project aims to improve the early management of swallowing problems, by identifying the key risk factors and developing a screening tool for staff, so that people can safely return to the pleasures of eating and drinking again. It is funded by the National Institute of Health Research as part of a doctoral research fellowship awarded to Jackie McRae.

The aim of Jackie's work was to turn the 'unknown' into the 'known'. This has given staff knowledge and guidance about dysphagia management and empowered patients and families to seek better quality of life through

improved care. As a Research Champion for the Royal College of Speech and Language Therapists, Jackie offers advice and mentoring to future applicants and shares her work widely. She also leads the strategic group for SLTs working in critical care to review national guidance and advance the role. New clinical research questions have been developed to ensure that they continue to challenge their work.

“ This has great patient involvement. It demonstrates real leadership and inspiration in a niche area with a strong social media focus. ”

FINALISTS



Natalie Jones, head occupational therapist and CLAHRC Research Fellow, Sheffield Teaching Hospitals NHS Foundation Trust

Experiences of stroke survivors with managing eating six months after stroke

Natalie.Jones@sth.nhs.uk



Kim Meeking, radiotherapy research advanced practitioner, University Hospital Southampton NHS Foundation Trust

The radiotherapy conversation in the digital age

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FIND OUT MORE

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NHS EMPLOYERS AWARD FOR OUTSTANDING ACHIEVEMENT BY AN APPRENTICE, SUPPORT WORKER OR TECHNICIAN WORKING ALONGSIDE AN AHP OR HEALTHCARE SCIENTIST



WINNER

Putting life back into days for those living with a life-limiting condition

Dan Clay, therapy assistant, nominated by Sarah Hodge, Macmillan occupational therapist, North Lincolnshire and Goole NHS Foundation Trust

At North Lincolnshire and Goole NHS Foundation Trust, the demand for therapy provision from the Macmillan therapy team was increasing yet the capacity to support patients in a safe, responsive way was diminishing.

The team were approached by a therapy assistant, Dan, who shared a keen interest and passion for rehabilitation and was concerned about patients not receiving the quality of care they deserved. Dan suggested working collaboratively with the team one day a week alongside his existing role in the wider community services.

He believed that this would not only increase delivery of rehabilitation to patients but he would also be able to share his experiences with other staff across the integrated community services to develop their skills and confidence in this specialist area.

As a result of this, Dan enabled patients to receive an increase in rehabilitative

intervention across seven days. This initiative has not only improved the efficiency of care delivery, the patients and their families have fed back how they feel improvements have been made to their quality of life due to the increased frequency of provision.

Dan has been creative with his thought processes for intervention and has gone above and beyond his role as therapy assistant.

“ Working in such an emotionally taxing service, the humanity of the nominee shone through. Such a person-centered approach to care. ”

FINALISTS



Greg Juraczyk, therapy technician, nominated by Louisa Nielsen, physiotherapist, University Hospital Southampton NHS Foundation Trust

Pioneering early mobilisation in a cardiac intensive care unit
greg.juraczyk@uhs.nhs.uk



Fatima Ahmed, orthoptic assistant, nominated by Krishan Parmar, orthoptist, Manchester Royal Eye Hospital

Orthoptic assistant: more than just a job
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FIND OUT MORE

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THE WELSH GOVERNMENT AWARD FOR PRUDENT HEALTHCARE



Llywodraeth Cymru
Welsh Government

WINNER

The health disability sport partnership

Catherine Chin and Stuart Harmes, assistant area director of therapies, physiotherapist Betsi Cadwaladr University Health Board

The Health Disability Sport Partnership (HDSP) was established in 2013 to tackle the problem of physical inactivity among disabled populations. Across Wales, just 3.4% of the disabled population are physically active, which is 90% lower than their non-disabled counterparts.

The HDSP is a joint project between Betsi Cadwaladr University Health Board (BCUHB) and Disability Sport Wales (DSW) and is the first model of its kind. A pathway was co-produced to enable health professionals to signpost disabled people towards physical activity opportunities in their community. Also disabled people were supported to find the right opportunity for them through their local DSW development officer. Up-skilling sessions were delivered to health professionals by a physiotherapist to demonstrate how to discuss physical activity with any disabled people they are working with.

Over 1,300 HCPs have now received an

upskilling session. A survey demonstrated an increase from 19% to 77% of health professionals saying they had the skills to discuss physical activity with disabled people.

Over 700 disabled people have been signposted. Participation in North Wales has increased by 22%. People reported making new friends, no longer feeling socially isolated, and a number of disabled children reported no longer being bullied in school because of their involvement in sport.

“ Stunning project, which started with a simple concept utilising existing resources, but which has made a huge impact on health outcomes. ”

FINALISTS



Cheryl McMorris, lead AHP/ occupational therapist and Norma Clark, AHP clinical service manager, mental health, NHS Greater Glasgow and Clyde and NHS Fife

Scottish mental health OT baseline outcome measures toolkit

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normaclark@nhs.net



Jane Griffiths, advanced physiotherapy practitioner, ABMU Health Board

Pilot study to reduce the number of inappropriate lumbar spine x-rays

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FIND OUT MORE

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THE CDL RISING STAR AWARD



Martha Waters, orthoptist
Manchester Royal Eye Hospital, Manchester
University NHS Foundation Trust



Richard Cubbons, operating department
practitioner
George Eliot Hospital NHS Trust



**Caroline Swinburne, Charlie Flint, Sophie
Mawhinney**, music therapist
Chroma



Luke Gurney, senior orthoptist
Frimley Health NHS Foundation Trust



Ellis Goldspink, operating department
practitioner
George Eliot Hospital NHS Trust



Noelle Adames and Alice Nicholas,
dramatherapists
Chroma



James Duggan, music therapist
Music Therapy Works



Rachael Holmes, physiotherapist
South Eastern Health and Social Care



Jessica Beacom, orthoptist
South Eastern Health and Social Care Trust



Grace Smith, ward sister Hampshire
Hospitals NHS Foundation Trust



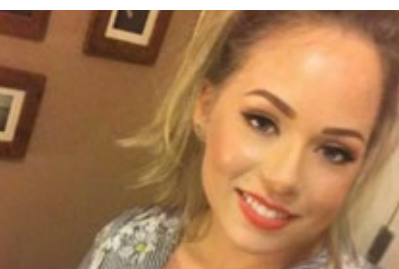
**Emma Inman, Charlotte Lawson-Wright,
Catherine Fitch and Christella Lucas** art
therapist, Chroma



Catherine Blanchard and Francesca Brown,
dietitian, Essex Partnership University
Foundation Trust



Robert Palmer, senior evaluation scientist
Cardiff & Vale UHB



Jade Gothard, lead physiotherapist
Derbyshire Community Health Services
NHS Foundation Trust



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VIAPATH AWARD FOR INNOVATION IN HEALTHCARE SCIENCE



WINNER

A free and accessible virtual reality experience to prepare paediatric patients for MRI

Jonathan Ashmore and Cormac McGrath, clinical scientists, NHS Highlands and Belfast Health and Social Care Trust

The benefit of preparing for an MRI is well known and it has been shown that mock scanners can reduce paediatric anaesthetic rates and motion in awake MRI patients by up to 50%. However, such mock scanners are expensive.

Jonathan and Cormac developed a free app which allows children to experience their upcoming MRI in virtual reality, helping them to understand and prepare for what is often a difficult and scary experience. The app utilises videos from within an MRI scanner accessed through an animated and interactive virtual reality interface. It also takes children on the entire MRI journey starting from when they arrive at reception. It can be downloaded for parents and children to use at home or it can be used in the hospital by transforming a mobile phone into a virtual reality device. There is also a 'tablet mode' and a preparation book for younger children.

The app is currently in use at three UK

hospitals (and under development at a fourth). It has been shown to reduce the need for patients to have their MRI under general anaesthetic – an evaluation showed 4 out of 5 patients were able to avoid this. It also increases compliance and reduces motion artefact in awake MRI and improves both patient and parent experience: 23 children gave the app a 9 out of 10 for fun, ease of use and for making them feel more positive about their MRI.

“ This was a really good example of joint working between play therapists, radiographers, clinical scientists, parents and children to reduce anxiety in children. ”

FINALISTS



Ian Clarke, Yvonne Cole, Elaine Donald-Magill and Valerie Hinch advanced biomedical scientist tissue dissectors, Northern Health and Social Care Trust

Dissection of cancer tissue by advanced biomedical scientist dissectors

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Matthew Thomlinson, reproductive scientist, Nottingham University Hospitals NHS Trust

Development of reliable automated semen analysis

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FIND OUT MORE

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THE SCOTTISH GOVERNMENT'S AWARD FOR DRIVING IMPROVEMENT, DELIVERING RESULTS



WINNER

Rapid near patient flu testing in Fife

Mairiad MacLennan, (not pictured) biomedical scientist, Lisa Logan, senior specialist biomedical scientist and Stephen McGlashan, microbiology service manager, NHS Fife

Despite NHS Fife's highly successful flu vaccination programme, it became apparent that the incidence of the viral infection was rising significantly and rapidly. The pressures on A&E were considerable, and biomedical scientists were working extra shifts to meet the demand. However, the test turnaround time (because of batch testing of large numbers of samples) meant that clinicians had to wait overnight for the results to make clinical decisions on appropriate placement and treatment of patients attending A&E and acute medical admissions.

A number of rapid testing analysers that were available for near patient molecular testing were investigated and reviewed. The project team then managed to establish a successful rapid influenza A/B and respiratory virus testing service for A&E and acute medical admission units in under one week, including setting up the analyser, the consumables, the training and the workflow.

Feedback from A&E staff included: "What an amazing difference this has made to patient management," "Truly amazing! Huge support to Emergency Department at such a difficult time" and "We were able to care for our patients efficiently and prevent them from being admitted to the same area as other patients known to have flu."

“ This is a very good project in a high profile situation that demonstrates healthcare scientists working at the frontline. ”

FINALISTS



Camilla Wiuff, strategic lead microbiology, healthcare scientist and Matthew Holden, professor, Health Protection, Scotland, NHS National Services Scotland, University of St Andrews

Implementation of whole genome sequencing in microbiology reference services

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Caroline Rae, vestibular audiologist, NHS Tayside

Audiologist directed MRI referral to exclude vestibular schwannoma

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FIND OUT MORE

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BIOMEDICAL SCIENTIST OF THE YEAR AWARD



HEALTH SERVICES LABORATORIES

WINNER

Malcolm Robinson, chief biomedical scientist, blood transfusion, Western Sussex NHS Hospitals Foundation Trust

Nominated by: Dan Nimmo, communications manager, Institute of Biomedical Science

Malcolm Robinson co-founded a charity called Harvey's Gang which gives children laboratory tours so they can understand what happens to their blood samples. Formed just three years ago, it is in 50 trusts across the UK already, with many more in the pipeline.

The charity was inspired by Harvey Buster Baldwin, who passed away on 6 October 2014. Harvey became ill with acute myeloid leukaemia at age six. Whilst in hospital he was curious about where his blood samples were going. The children's ward arranged for Harvey to visit the laboratories. Malcolm gave him the tour, finding him a lab coat, a goody bag and making him a cardboard security badge with 'trainee biomedical scientist' written on it. When a consultant paediatrician told him seven more critically ill children also wanted a tour, Malcolm got to work. He set about organising goody bags, certificates, realistic security passes, complete with the new Harvey's Gang

logo, and even child-sized lab coats. Within two weeks Harvey's Gang was launched. The first tour took place 11 days after Harvey's funeral.

So far, at least 200 children have had a Harvey's Gang tour, with many more already planned for 2018. Malcolm's work not only informs young patients, helping many overcome needle phobias, but has also changed the lives of his co-workers across the profession, bringing down the walls of the laboratories and helping staff to connect with patients.

“ This is an inspirational project that works as an advocate for both patients and professionals in the use of science. ”

FINALISTS



Shahid Muhammad, specialist biomedical scientist, Invatech Ltd, nominated by Fergus Caskey, nephrologist, North Bristol NHS Trust

shahid.muhammad@invatechhealth.com



Celeste Snowden, senior biomedical scientist, Health Services Laboratories (HSL), nominated by Simon Salter, principal clinical scientist & proteins (biochemistry) section lead, Health Services Laboratories (HSL)

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FIND OUT MORE

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IBMS AWARD FOR INSPIRING THE BIOMEDICAL WORKFORCE OF THE FUTURE



WINNER

Katie Berger, quality manager, University Hospitals of North Midlands and Ian Davies, healthcare science course leader, Staffordshire University

After reviewing workforce profiles, recruitment and retention data, the University Hospitals of North Midlands Trust wanted to invest in a programme of support staff development to create a sustainable succession plan. Together with the University, the Trust developed a curriculum that would satisfy professional and regulatory standards, as well as deliver practitioners who were resilient and innovative.

The programme was designed to meet the Quality Assurance Agency benchmark for biomedical science, the National School of Healthcare Science curriculum for practitioner training and the regulatory requirements of the Health and Care Professions Council. Crucially, it also fully embedded the requirements of the level six Healthcare Science Degree Apprenticeship standards. An important part of the programme design was the novel method of delivery – a blend of online learning, work-based experiential

learning and on-campus study days. This has enabled laboratories to plan training around the needs of the service, and allows students to directly apply their knowledge in practice.

Although it is only in its first year, the programme has gained significant traction and created a positive atmosphere. It has provided a visible sign to support staff that their contributions and experience are valued and that a structured pathway of career progression is available.

“ The personal stories used in this project are brilliant and have inspired people into a biomedical career. It truly met the brief of this award. ”

FINALISTS



Elaine Cloutman-Green, lead clinical scientist, nominated by Claire Murhpy, senior clinical scientist, Great Ormond Street Hospital

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Scientific and Clinical Training Team, nominated by Jennifer Bennett, scientific consultant, NHS Blood & Transplant

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FIND OUT MORE

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FPH AND PHE AWARD FOR CONTRIBUTIONS TO PUBLIC HEALTH



WINNER

Stoke Speaks Out

Janet Cooper, (not pictured) clinical lead speech and language therapist, Sarah Sansome, Victoria Bailey, Staffordshire and Stoke-on-Trent Partnership NHS Trust

'Stoke Speaks Out' is a city-wide, multi-agency approach ensuring children living in areas of high deprivation, receive the best start in life to develop early language and communication skills

The project, which was started in 2004, focusses on 'Healthy Beginnings' and is run by a small multi-agency team led by a speech and language therapist and commissioned by the local authority. It includes a training programme for the 'early years' workforce that emphasises the importance of early attachment and positive parenting on children's development.

It has developed resources to support practitioners such as the 'staged pathway' to assist early identification. It also includes a locally developed screening tool for all children aged 2–5 years to assist early identification and it embeds targeted interventions to support the children identified by the screen. This is being used by every

nursery and school in the city.

All children's data from the 'Early Communication Screen' is sent to the local authority for analysis (data on over 8,000 children). The baseline from the screen in 2016 showed 35% children were on track or ahead with their speech and language. After introducing a school readiness programme this improved to 54%.

“ The impact of this project is lifelong and can benefit the whole community. It was well structured and the team had lots of passion. ”

FINALISTS



Helen Griffiths, senior lecturer in orthoptics, (not pictured) Rowena McNamara, head orthoptist Imperial College Healthcare Trust and Karon McCarthy University of Sheffield

Improving the eye health of children using resources for standardised vision screening

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Rachel Lambie, lead, dramatherapist, and Viv Ofstedahl training/self-harm support, NESSie

NESSie – emotional support in schools service-self harm prevention

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FIND OUT MORE

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NORTHERN IRELAND AWARD FOR MAXIMISING RESOURCES FOR SUCCESS

WINNER

Improving the care and outcomes for individuals with tracheostomies in the community

Rachael Moses, consultant physiotherapist, Lancashire Teaching Hospitals NHS Foundation Trust

There are increasing numbers of people being identified who have survived neurological injury with a tracheostomy and been discharged into the community with the assumption this respiratory support will be permanent.

The majority do not receive follow up or assessment for potential removal (decanulation) and their care needs are maintained through complex care packages. This not only affects patient outcome and quality of life but demands continued and significant high care costs. However, with optimal specialist care and review many can be removed.

As part of a collaboration between clinicians in the acute trust who had the skills to assess patients who could be decannulated and the commissioners of care, the team worked on providing a new clinical pathway.

The primary aim was to assess the decannulation potential of five patients as part of the initial trial. The team then

evaluated safety, outcomes and impact of the pathway.

All five patients were successfully decannulated as part of the initial incentive. The actual cost saving was just over £450k per annum. This is a continued cost saving as all tracheostomies remain out and the patients are not only safe but they have all seen clinical improvements.

“ This was a really innovative project which has the potential to scale up with enormous benefits for patients, making a big impact on their lives. ”

FINALISTS



Grainne Forsythe, lead reporting radiographer and Jeanette Robinson, radiology services manager, Southern Health and Social Care Trust

Reporting radiographers improve patient pathway while making Trust savings

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Denise Curran, clinical lead occupational therapist and Niamh Canavan, clinical lead physiotherapist, Southern Health and Social Care Trust

Acute care at home team

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FIND OUT MORE

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THE SCOTTISH GOVERNMENT'S AWARD FOR IMPROVING QUALITY: MEASURING AND DEMONSTRATING IMPACT



WINNER

The Young Gallery: art therapy for children affected by familial alcohol and drug misuse

Alison Peebles, art therapist, co-ordinator and Ingrid Bell, art therapy supervisor, Impact Arts

This art therapy programme was set up to help vulnerable children in some of Scotland's most deprived and socially challenged communities. It is aimed specifically at children who are living with family members who have drug and alcohol addictions. In Glasgow's East End, as many as 35% of children fall into this category.

The programme offers one-to-one art therapy sessions with fully qualified and experienced art therapists.

It provides children with creative experiences through a schools outreach programme and specialist therapeutic art group programmes with the aim of helping the children to:

- Have increased confidence and self-esteem
- Realise their potential
- Have increased coping skills.

There have been tangible positive outcomes for children engaging with the

Art Therapy Programme, such as improved engagement with peers and education. The children's art is displayed in The Young Gallery in Glasgow, giving them a sense of pride and achievement.

Through the art therapists working collaboratively within support networks for children and families, four children were removed from Child Protection Register in 2017. The children have also shown great commitment, with 81% full attendance over a three-year period.

“ The gallery is a way of contributing to the children's sense of value. It provides a valuable service in an area of high need. ”

FINALISTS



Vittoria Romano and Catherine Blanchard, dietitians, Essex Partnership University NHS Foundation Trust

A shared leadership approach to tackling malnutrition

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Rosie Cooper, falls lead and Bryan Milne, area service manager, Aberdeen City, NHS Grampian and Aberdeen Health & Social Care Partnership and Scottish Ambulance Service

Falls pathway between Scottish Ambulance Service and Aberdeen Health & Social Care Partnership

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FIND OUT MORE

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THE GUARDIAN AWARD FOR INNOVATION IN MENTAL HEALTH

The Guardian

WINNER

May Contain Nuts Theatre Company

Gerald Maiello, drama therapist, Hertfordshire Partnership University NHS Foundation Trust

May Contain Nuts is a service user-led theatre company that develops performances in order to educate audiences about mental illness and mental health care. All productions use personal narrative supported by Q&A sessions as well as post-production workshops.

The company, which has now been running for five years, emerged as a consequence of service users wishing to use drama to explore their own issues of mental illness, as well as educating the general public about mental illness and treatment.

The majority of company members undertook drama therapy and through this realised its potential to bring resolve and understanding to their mental illness. By extension they thought performances of personal stories would be useful to them and an audience as a means to spread awareness and understanding of mental illness.

The company, in its short lifetime, has achieved a considerable level of impact. It receives regular commissions for workshops from Hertfordshire University, Roehampton University and St. Margaret's University and it continues to receive high levels of praise which indicates that the company is well received and remembered for its work.

“ The clinical and patient leadership demonstrated in this project was strong and well balanced, making it a very sustainable initiative. ”

FINALISTS



Janet Thompson, occupational therapist and Jenny McCann, senior development manager, NHS Grampian and Sport Aberdeen

Carers exercise and information group

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Francis McMonagle, physiotherapist and Irene Sherry, head of victims and mental health services, Ashton Community Trust, Bridge of Hope and Belfast Health and Social Care Trust

Improving mental and physical health through community-based pain-management physiotherapy

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FIND OUT MORE

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CHROMA AWARD FOR REALISING POTENTIAL THROUGH CREATIVITY



WINNER

More than a radiotherapy mask

Lucy Junni, paediatric radiographer and Lobke Marsden, play specialist, Leeds Teaching Hospitals NHS Trust

Immobilisation masks are worn by patients when having radiotherapy to their head and neck. This ensures that children are in the correct position and do not move whilst having their cancer treatment. The masks are made of a hard plastic and are tight fitting which the child has to wear for the entire treatment (over several weeks) for up to 45 minutes at a time.

As the masks can be frightening, Lucy and Lobke started painting them in a design chosen by the children, reducing their fear and need for general anaesthetics.

Over the past year the team has found that reactions to the painted masks have been very positive. However, not all patients want their masks painted. At first this was a surprise, but the team realised that some patients want their treatment masks to be just that – a treatment mask. Once treatment is completed they leave the mask behind, as they have finished with it.

By creating these designs the team have helped reduce the fear and anxiety felt by many patients when wearing their masks for treatment. It gives the patients a different view of their mask; they are no longer wearing a mask for treatment – they are Batman, Captain America or even the Queen of Radiotherapy. One of the younger patients even said: "When I put my mask on I turn into Batman and I get super powers!"

“ By demonstrating tangible impact, the cost effectiveness of this project was clear and it significantly improved patient experience. ”

FINALISTS



Hazel Child, music therapist, Richard James, fundraiser, Music as Therapy International

Music and dementia: changing how we care

hazel.child@gmail.com



Ann Dix, dramatherapist, Dragonfly Therapy

Little Voices domestic abuse group work programme for children

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FIND OUT MORE

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THE MACMILLAN AWARD FOR LEADERSHIP AND INNOVATION IN CANCER REHABILITATION

WE ARE
MACMILLAN.
CANCER SUPPORT

WINNER

Improving the outcomes for people with cancer in Wales using prehabilitation and health optimisation

Rachel Barlow, national clinical lead and Hannah Edwards, (not pictured) project support manager, NHS Wales and Wales Cancer Network

People in the UK have amongst the poorest cancer outcomes in Europe. In addition, people with cancer have more co-morbidities compared to the general population. If undetected and untreated, these negatively impact on the ability of people to withstand the rigors of subsequent cancer treatments, preventing the offer of radical treatment.

To address this, the team conceived and delivered an innovative, collaborative, multi-disciplinary prehabilitation and health optimisation (POP) service for people in Wales; aiming to increase access to radical cancer treatments and improve clinical and survival outcomes.

Prehabilitation (PREHAB) enables early needs assessment and signposting for remedial treatment. The aim was to improve the number of patients offered curative intent treatment using the principles of PREHAB as a way of improving cancer survival and the overall health-related quality of life for

all patients referred.

POPs has managed to move patients from a palliative to a potentially curative pathway, resulting in improved access to surgery. To date, 103 people were screened by the holistic PREHAB service; 97% of these underwent PREHAB. Early findings suggest improvements in six-minute walk, muscle strength, fatigue and nutrition. All participants evaluated PREHAB as 'good' or 'excellent' – their stories advocating PREHAB.

“This team are leading a massive sea change which will alter cancer care delivery in the future.”

FINALISTS



Sarah Hodge, Macmillan occupational therapist and Lucy Ayris, Macmillan physiotherapist, North Lincolnshire and Goole NHS Trust

Providing rehabilitation for adults living with and beyond cancer

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Nikola Hawkins, consultant cancer AHP, Next Steps Cancer Rehabilitation lead, Gloucestershire Care Services NHS Trust

Macmillan Next Steps cancer rehabilitation

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FIND OUT MORE

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