

Making Waves

August 2022



NEW THEATRE HELPS CUT WAITING TIMES

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James Paget
University Hospitals
NHS Foundation Trust

MASK UP P2

GREEN PLAN P10-11

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FLYING HIGH P16



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Jo's Overview

WELCOME TO THIS FIRST EDITION OF THE NEW-LOOK MAKING WAVES

It's more than two years since we published the last edition of the Trust's magazine, with publication interrupted by the arrival of COVID-19.

Back then, each edition was printed, with hundreds of copies distributed to staff across the organisation, placed in rest/dining areas and mailed out to stakeholders.

But times change - and we have made the decision to swap over to a digital edition, made available via email, social media and our website.

There will be a few copies printed for our staff areas - but our move to an electronic version is greener, saves money and means we can increase the number of editions we produce each year. It means that we can, where appropriate, link our stories to other sources of information, including websites and videos.

We've also given the publication a makeover, with a vibrant new design featuring the Trust colours.

What hasn't changed is the name. Making Waves is part of our history, recording the news and milestones of our hospital for more than 30 years - and we felt that keeping a title that has become synonymous with the James Paget was really important.

And, of course, its aim will remain the same: to provide our staff and visitors with a digest of the main news from across the hospital.

I hope you enjoy this first new-look edition of Making Waves. We're always open to feedback, so if you have any comments or ideas of how we can improve the publication further, please email communications@jpaget.nhs.uk

Mask Up in our Hospital

Visitors to the James Paget University Hospital will still need to wear a mask when visiting our hospital.

While we are now living with COVID - and masks are no longer required in our shops and other public areas - the virus is still circulating in the community and we continue to care for people with the disease.

As such, we need to take steps to continue protecting our patients - so visitors will need to wear masks when coming into our hospital.

Surgical masks will be available on arrival and please can we encourage you to make use of the handwashing/ sanitising facilities available too.

NHS
James Paget
University Hospitals
NHS Foundation Trust

Please ensure you...



...mask up, wash your hands and avoid overcrowding when entering this hospital

Living with COVID is different in hospital

Look out for our information posters throughout the hospital.



Paediatric Consultant
Dr John Chapman
(right) and Nurse
Practitioner Clive
Ellis with the new
PALFORZIA drug.

A NATIONAL 'FIRST' IN TACKLING ALLERGIES

The James Paget has become the first hospital in the country to provide a Peanut Allergy Desensitisation clinic using a newly approved drug.

Approval of PALFORZIA by the National Institute for Clinical Excellence (NICE) is the latest step in five years of extensive research into peanut allergies, one of the most common food allergies that affects more than 6 million people in Europe and America.

People with the allergy can suffer severe and potentially life-threatening reactions if they ingest even a small amount of peanut.

Peanut allergies are normally detected in early childhood, and the current approach is to avoid them through dietary intake, and carry around emergency medication in case peanut proteins are eaten. The alternative approach is 'oral immunotherapy' – where a person's immune system is desensitised to peanut proteins by steadily increase exposure to them as an oral medication.

The James Paget has been part of the global ARTEMIS research trial, which involved 175 children aged 4-17 years across seven European countries, to develop an oral immunotherapy to tackle peanut allergies. ARTEMIS saw young patients receive steadily increased doses of the drug over a period of up to 40 weeks, under strictly controlled conditions, while others received a placebo.

In consequence to the successful outcomes from the trial, the Trust has become the first hospital licenced for use of PALFORZIA in the clinic, funded through the James Paget Hospital Charity's Innovation Fund. Initially, the clinic will support 10-12 children in the first year of operation, who will receive PALFORZIA orally in escalating doses to desensitise them to peanut proteins.

Dr John Chapman, Consultant Paediatrician at the James Paget, said: "Approval of use of PALFORZIA is a big step forward for people with peanut allergies. Having this treatment in place as an option is a vital part of supporting people with peanut allergies, many of whom are very young when this allergy is discovered."

"We are proud that the Trust is the first in the country to offer this treatment – with special thanks to the young patients and their families that took part in the ARTEMIS trial to get us to this point."



The PALFORZIA clinics at the James Paget started in June - and were featured on BBC Look East.

For more information about the Trust's involvement in ARTEMIS

[CLICK HERE](#)

The BBC Look East team
filming at the Paget.

A NEW HEALTH AND CARE LANDSCAPE

The James Paget is part of a new partnership which will plan and deliver joined up health and care services for local residents.

From 1 July, the Trust became part of the Norfolk and Waveney Integrated Care System (ICS) as part of changes to the health and care landscape nationwide.

ICSs now cover every part of the country. As a result of the new Health and Care Act, Norfolk and Waveney ICS has legal status - and has a statutory Integrated Care Partnership (ICP), and a new NHS Integrated Care Board (ICB) called NHS Norfolk and Waveney.

NHS Norfolk and Waveney replaces NHS Norfolk and Waveney Clinical Commissioning Group (CCG). As well as taking on the existing responsibilities of the CCG, the new organisation is accountable for the performance and finances of the NHS across Norfolk and Waveney – a total budget of £2 billion a year.

Norfolk and Waveney ICP is a formal alliance of partners with a role in improving the health and wellbeing of our residents. Norfolk and Waveney ICP brings together the NHS, local government, the voluntary, community and social enterprise (VCSE) sector and other partners to focus on prevention, wider social and economic factors affecting people's health and reducing health inequalities.

In Norfolk and Waveney, we have already achieved a lot by working in partnership; this has been strengthened through our response to the COVID-19 pandemic. These changes have been made possible by different organisations – NHS hospitals, GPs, mental health and community health services, local councils, care homes and social workers, voluntary and community organisations and others – joining forces to agree and plan for local people's needs.

As a whole system, working together, we've set ourselves three goals. Collectively, we want to make sure that people can live as healthy a life as possible, make sure that people only have to tell their story once and to make Norfolk and Waveney the best place to work in health and care.

Like all Integrated Care Systems in England, we will work to:

- improve outcomes in population health and healthcare
- tackle inequalities in outcomes, experience and access
- enhance productivity and value for money
- support broader social and economic development.

ICS Brings 'Unique Opportunity'

The new NHS Norfolk and Waveney Integrated Care Board, also more commonly known as NHS Norfolk and Waveney, is chaired by Patricia Hewitt, a former Secretary of State for Health.



"The development of our Integrated Care System is a unique opportunity to bring together the many different partners who support the health and wellbeing of Norfolk and Waveney's almost 1.1 million residents," said Patricia.

"Although we started working together well before the pandemic, the COVID-19 vaccination programme showed how our GPs, nurses and other staff in primary and community care could work together with their local council, community and faith groups, mobilising volunteers and drawing on the support of the wider system to create one of the most successful vaccination schemes in the country. That local approach will be the foundation of our Integrated Care System, supported by health and wellbeing partnerships that bring together local government with the voluntary sector, the NHS and other key partners.

"We now have a unique opportunity to build on what we've achieved, to tackle the backlog of waiting lists left by the pandemic and to transform and integrate care around the needs of people, families and communities. By working together, we can help people lead longer, healthier, happier lives."

The ICB's Chief Executive Officer is Tracey Bleakley, while its Director of Finance is Steven Course. The Board's Interim Medical Director is Dr Frankie Swards while the Director of Nursing is Tricia D'Orsi.

Several Partner Members have been appointed to the ICB, including the James Paget's Director of Strategy and Transformation Jonathan Barber, who has been appointed as Partner Member – NHS Trusts (Acutes).



Improving lives together

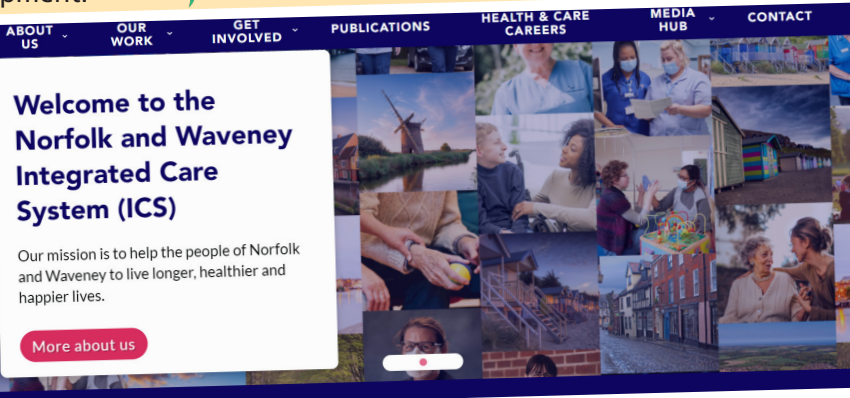
Norfolk and Waveney Integrated Care System



NEW WEBSITE

The new Norfolk and Waveney Integrated Care System has its own website, where you can find out more information:

[CLICK HERE](#)





People should only attend the hospital's Emergency Department if it is a genuine emergency; if you are unsure what to do, you can call NHS 111 and they can direct you to the most appropriate place and even book you a time slot with another health service or the Emergency Department if necessary.

JPUH staff outside the new GP Streaming Unit.

NEW GP STREAMING UNIT

A new facility which will help reduce numbers of patients waiting unnecessarily in a busy Emergency Department has just opened its doors at the James Paget University Hospital (JPUH).

The new 'GP streaming' unit will provide care for patients who attend A&E and are assessed as not needing hospital treatment but need care instead from a general practitioner.

A streaming service has been in operation at the JPUH since last autumn, and has seen more than 6700 patients since then.

On average, some 40 patients per day have been directed to the service, so that they can receive appropriate treatment without having to wait to be seen by busy Emergency Department staff.

The success of the service has resulted in the Trust creating a standalone GP streaming unit, which is located at the front of the hospital near the Louise Hamilton Centre.

JPUH Interim Chief Operating Officer Nigel Kee said: "Since it came on line, the streaming service has been invaluable in helping patients who genuinely believe they need to come to hospital but, on arrival, are clinically assessed as being more suitable for GP care.

"The service has allowed us to 'divert' these patients direct to a GP based within the Emergency Department, saving time for both the patient and Emergency Department staff.



"By creating the standalone unit, it means we can not only expand the streaming service but also move it out of the Emergency Department, freeing up space for patients who need hospital treatment."

The Trust has worked with North Norfolk Primary Care (NNPC) - a GP provider organisation delivering a range of clinical services across the county - to provide the GP streaming service.

"The move into the new premises is exciting and will open possibilities for further collaborative working," said Aiden Rice, NNPC's Clinical Operations Manager.

"However, it is important to emphasise that the new unit is only for patients who have attended JPUH's Emergency Department with a condition they believe is a genuine emergency and are subsequently 'streamed' by the ED and Primary Care team for further care. The unit is not open as a walk-in facility for the general public."

NNPC staff supporting the service include a Clinical Operations Manager, a team of permanent service receptionists as well as a Clinical Quality and Governance lead and Health and Safety personnel.

The Trust has invested more than £900,000 into the unit, which was created within the space of just 13 weeks, with the foundations excavated on 16 February. The building units, constructed by Elliotts Modular Build, were put in place at the end of March with final works completed on 20 May.



PREGNANCY VACCINATION SERVICE SHORTLISTED

A 'fast track' vaccination service at the James Paget University Hospital which helped protect pregnant women from COVID-19 has been shortlisted for a prestigious award.

The hospital's maternity department, working with colleagues from the Norfolk and Waveney CCG, developed the service in the summer last year.

It was set up during a national drive to encourage more pregnant people - who are at increased risk of developing severe illness from COVID-19 - to come forward for their vaccination.

All pregnant women invited to the hospital for their 20 week ultrasound scan were given the opportunity to have their COVID vaccine in the same visit - saving them a return trip - and were provided with detailed information about the jab with their scan invitation.

Those choosing to have the vaccine were 'fast tracked' to the hospital's vaccination centre, with no need to book an online appointment.

Once at the centre, they handed over a 'fast track' card to the vaccinators, to let them know they had been sent by the maternity team, and received their jab.

A senior member of the maternity team was available at all times to support women and their families attending the vaccination hub, at the hospital's Louise Hamilton Centre.

Establishment of the clinic led to a 20% increase

in COVID-19 vaccine uptake among pregnant women attending the James Paget.

As a result, the service has now been shortlisted for the Health Service Journal (HSJ) Patient Safety Awards 2022, in the Maternity and Midwifery Initiative of the Year Category.

JPUH Head of Midwifery and Gynaecology Services Kirsty Cater, who was instrumental in setting up the fast track service, said:

"I am absolutely delighted that we have been shortlisted for such a prestigious award.

"From the outset, we wanted to make sure that as many pregnant women as possible had the opportunity to protect themselves and their babies from COVID-19 at a time when analysis showed that more than 90% of expectant mothers in hospital with the virus were unvaccinated.

"To do this, we developed a simple process that made it easy for pregnant women to get their jab by removing obstacles and providing them with all the information they needed to make an informed choice."

The fast track vaccination clinic will be up against seven other initiatives in the Maternity and Midwifery Initiative of the Year category, with a final round of judging due to take place later this summer ahead of the awards ceremony on 15 September.



Claire's Shortlisting Double

A senior nurse at the JPUH has been shortlisted for a prestigious award for her leadership and determination to improve the lives of patients through research.

Claire Whitehouse, Senior Nurse for Nursing, Midwifery and Allied Health Professions Research has been shortlisted in the Nurse Leader of the Year category of the Nursing Times Awards 2022.

She was nominated for her work in leading numerous research projects and initiatives, driving collaboration between healthcare and higher education organisations - and spreading the word globally through the #WhyWeDoResearch twitter campaign.

Her nomination, made by a senior research nurse colleague, says she 'constantly inspires others, focuses on their development, uses innovation to forge progress in generating evidence for the benefits of patients, the public and the workforce and is a credit to the nursing profession.'



"The shortlisting is very exciting," said Claire, who is a member of the International Association of Clinical Research Nurses (IACRN) and has been a Florence Nightingale Foundation Research and Travel Scholar three times. "It contributes to our belief that offering research opportunities for staff and patients in research is a valued and important part of patient care."

Claire is playing a lead role in a study which has also been shortlisted for a Nursing Times Award.

The NuRS (Nurse Retention and Safety) study, which is seeing the James Paget collaborate with Staffordshire University, has been shortlisted in the Data and Technology category.

NuRS is investigating workforce retention and its impact on patient safety at a time when there is increased demand for nursing staff nationwide.

All individuals and teams shortlisted for an award have been invited to present to a judging panel before the winners are announced at a ceremony on 26 October.

BOOSTING DIAGNOSIS

A new centre equipped with the latest imaging equipment is planned for the James Paget University Hospital site.

Planning applications for three new Diagnostic Assessment Centres (DACs) to be built adjacent to the James Paget - and the Norfolk and Norwich University Hospital and Queen Elizabeth Hospital, King's Lynn - have been submitted to local councils.

If approved by planners, the centres will provide capacity to support patients and healthcare staff in the rapid diagnosis of disease, with a view to reducing waiting lists, including cancer diagnosis.

Each centre will be equipped with state-of-the-art imaging equipment which includes MRI and CT scanners, X-Ray and Ultrasound machines.



New Ward Plans

The Trust has submitted plans for a 28-bed ward facility, to be constructed on our site, next to the main hospital.

If approved by planners, the new ward will be used to help us continue with the programme of precautionary remedial works, which involves the installation of supporting timber beams to the hospital's Reinforced Autoclaved Aerated Concrete (RAAC) roof panels.

The plans are for a single-storey 'decant ward' building with a large plant room above, containing 18 single bedrooms with ensuite bathrooms, two 4 x bed multi-bay rooms, two isolation suites, staff welfare and support space.

Designed by Health Spaces, it will feature the latest ward specifications required in a new hospital and will meet the

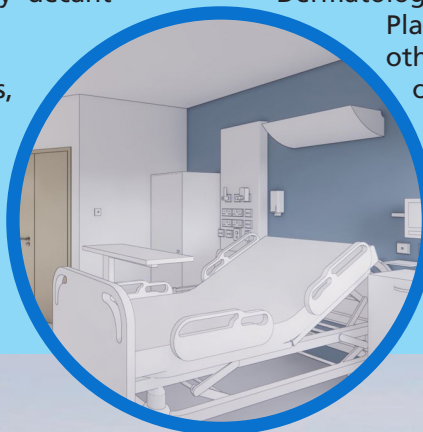
latest sustainable development guidelines, and will be net zero carbon in construction and operation.

The new ward will also provide valuable information to assist with ward design within our new hospital and health campus, which will be built by 2030.

The ward will be situated on the north side of the James Paget site, occupying part of Car Park G - and will have a single storey corridor connecting to the Dermatology Department.

Plans for the ward, which will complement other Trust developments including the construction of the new Diagnostic Assessment Centre, have been supported by NHS E/I, which is funding the facility.

The plans have been submitted to Great Yarmouth Borough Council, with a view to completing the new structure in the Spring of 2023.





NEW THEATRE BOOSTS EYE SURGERY

Patients requiring surgery for eye conditions such as cataracts, eyelid and glaucoma operations will benefit from the opening of a new operating theatre at the James Paget University Hospital.

The new facility started treating its first patients this week and is the hospital's second dedicated ophthalmology theatre.

Cataract surgery is the UK's most common elective operation. Approximately half a million operations are performed each year and demand is set to increase 25% over the next decade as the population ages.

It is estimated that the new theatre will result in more than 1200 additional cataract operations per year at the JPUH, significantly increasing the number currently performed at the hospital, at a time when the NHS locally and nationally is focused on reducing waiting lists generated by the COVID-19 pandemic.

JPUH Head of Ophthalmology Muhammad Raja said: "The opening of the new theatre is great news for both patients and staff. We aim to be one of the best eye units in the country and the new facility features the latest surgical technology.

"The theatre is configured for multi-specialty eyecare delivery including cataract operations, which will improve efficiency and ensure significantly reduced waiting list times, at a time of great need due to COVID related pressures."

"Having a second theatre also gives us additional flexibility so that we can conduct urgent operations while minimizing cancellation of routine patients.

"As a result, we hope to see the start of an on-going reduction in patient waiting times for cataract surgery within the next few months."

A team of new doctors, ward and theatre staff have been recruited to operate the new facility, which has been constructed within the existing hospital building, using an unused treatment room and office space.

In addition, the latest equipment has been installed in the main ophthalmology theatre, including a

Zeiss Artevo 800 digital heads-up 3D 4K ophthalmic operating microscope with integrated OCT and Callisto software. It is the first of its kind to be installed in an East Anglian NHS acute hospital, with only a few in operation nationwide.

The microscope provides a stereoscopic 3D image on a 55" 4K monitor to assist consultants during surgery - and is considered a fantastic resource for training and research for future eye surgeons. It is also considered to be a market leader in helping train students, as they can see the same images and information as a consultant treating a patient.

Creating the theatre cost £1.2 million, with the money coming from a Department of Health and Social Care targeted investment fund specifically to help increase capacity and tackle waiting lists.

The project was overseen by Maria Harrison, Divisional Operations Manager for the division of surgery, women and children's services.

"It has been a long-held ambition of the ophthalmology team to have a second theatre, which we hope will help us attract more specialists to the region.

"I'm so proud to have been a part of such a dedicated and proactive project team - and would like to thank all the Executive team for their support throughout."

The theatre layout was designed by Norwich-based architects LSI Architects, with construction work carried out by Morgan Sindall.





“THE OPENING OF THE NEW THEATRE IS GREAT NEWS FOR BOTH PATIENTS AND STAFF. WE AIM TO BE ONE OF THE BEST EYE UNITS IN THE COUNTRY AND THE NEW FACILITY FEATURES THE LATEST SURGICAL TECHNOLOGY.”

Muhammad Raja
Head of Ophthalmology, JPUH

CLICK HERE



to see the Zeiss
Artevo microscope
being used during
cataract surgery



PLAYING OUR PART IN REACHING NET ZERO

The James Paget University Hospital is playing its part in helping the NHS meet a pledge to reach net zero carbon by 2040.

NHS England has announced that for the first time, every trust in the country now has their own roadmap to tackle climate change and meet the NHS's net zero commitments.

The announcement comes after the NHS became the first health service in the world to commit to reaching net zero by 2040 for the emissions it controls directly, and by 2045 for the emissions it influences.

The new green plans are expected to reduce carbon emissions by more than a million tonnes over the next three years - the same as taking 520,000 cars off the road.

Our Green Plan can be viewed here: <https://www.jpaget.nhs.uk/media/588253/The-Green-Plan.pdf>

It sets out how we will support the net zero commitment, and includes information about the initiatives we have already put in place.



PAGET GREEN PLAN

- **Our catering team use local suppliers** for the ingredients needed to make meals for patients and staff - and, in our restaurant, we have introduced recycleable wooden forks, cardboard cups and straws and plastic-free wraps for our sandwiches.
- **Food waste from our kitchens can now be converted to energy**, thanks to a process which speeds up the natural decomposition of food waste, using oxygen. The WasteMaster system breaks down the cellular structure of the food, releasing the moisture and reducing the total volume by up to 80%. The result is an odourless residue which can be used at an anaerobic digestion plan to create energy - and means that our food waste is being put to a good use rather than being sent to landfill or macerated into the drain.
- **In 2021/22, we reduced the total carbon emissions produced from imported gas, oil and electricity by more than 32%.** This was achieved through measures such as securing a contract which guarantees that all our electricity comes from sustainable sources, upgrading to LED lighting across the site and using energy generated by our own on-site solar farm, which produced 8% of our electricity.
- **We're making sure that our staff can contribute to our Green Plan.** We've developed a Sustainability Committee and are now looking to appoint Green Champions from departments across the hospital to promote sustainability and encourage colleagues to follow sound environmental practices, including recycling and reducing their carbon footprint.
- **Our Trust encourages staff to leave the car at home and bike to the hospital, to help cut CO2 emissions.** We run a Cycle to Work scheme, have installed secure cycle rack facilities and arrange regular free maintenance/service clinics so they can keep their cycles in good working order.





PHYSICIANS ASSOCIATES STUDY DAY

The James Paget hosted a regional study day for Physician Associates (PAs) in mid July, with professionals from across Norfolk and Suffolk attending to learn more about topics including emergency metabolic medicine and Parkinsons disease.

Physician Associates work under the supervision of a doctor or surgeon but can undertake a number of tasks, including diagnostic and therapeutic treatment, taking medical histories, perform physical examinations, and helping patients with long-term chronic conditions.

The James Paget has been at the forefront of recruiting and developing Physicians Associates, working closely with the University of East Anglia (UEA) who offer the Physician Associate (PA) Masters course, which gives graduates with an honours degree in a life science or health-related discipline a different route into healthcare.

Since 2016, our hospital has seen regular intakes of Physician Associates and we're proud that we have the largest number of PAs of any Trust in the East of England – 16 – working across general medicine, A&E, cardiology and breast surgery.

Find out more about becoming a Physician Associate

[CLICK HERE](#)

Bloomin' Marvellous

Our estates team has been reviewing its grass cutting programme across the estate, including taking part in 'No Mow May' to protect wild flowers, bees and butterflies. As a result, earlier this summer, we had beautiful bee orchids – a protected species - at several locations around the site.



Just a Thought Chapel Services

Rev. Danny Pritchard Chaplain, JPUH

Your Chaplains are available to support patients, visitors and staff on Ext. 2408 or via switchboard

On holiday recently, my wife and I spent a day on the Holy Island of Lindisfarne, crossing the causeway in the mid-morning and returning to the mainland at the next low tide in the evening. Renowned for the ruined priory and the castle, and as the home of St. Aidan and St. Cuthbert in the 7th Century, it is a place of great and natural beauty. Hundreds of grey seals swim in the bay; skylarks abound along with a wide variety of seabirds and the views are stunning.

Among a small number of visitors who stayed after the tide came in, we explored in peace. Lindisfarne is not without commercialism and provision for tourists, but the appeal of the Island as a place of retreat is undeniable.

I was reminded of the need, occasionally, to retreat from the demands, noise and pressures of life, and Christ's words to his followers "Come with me by



yourselves to a quiet place and get some rest" (Mark 6:31). Perhaps retreat is something we should all try to do from time to time. If a visit to Holy Island is not possible, we do have places of beauty and solitude close by, where we might find some peace and renewal.

SUPPORTING SERVING PERSONNEL AND VETERANS

The James Paget has a new team member dedicated to providing support to patients who are either serving personnel or veterans.

Armed Forces Advocate Chris Blyth is encouraging staff across the hospital to notify him if they become aware a patient is a veteran or serving in the armed forces, so he can provide support and assistance.

The role will help address inequalities faced by some of the armed forces community when accessing NHS services.

Chris joined the James Paget in May after completing a 23-year career in the Army.

He said: "I will be looking at how we can better support veterans both in the community and those who work in the hospital.

"This could include assistance from one of the many military charities and organisations that can help with a number of issues, from mental health to housing and

support groups.

"I will be speaking with patients who are serving or veteran personnel to identify the right support and will make initial contact with the organisation/charity for them before handing details to the veteran, or an appropriate family member, to continue.

"I am also here for veterans and reservists that work in the hospital should they need support and they can contact me at any time."

Chris is currently working on ways to identify veterans as they enter the hospital - and is also keen to hear from any members of staff who are either veterans or reservists.

Contact Chris by email; Chris.Blyth@jpaget.nhs.uk or calling 01493 452684 (ext 2684).



Tara's mission for Queen's Jubilee

JPUH manager Tara Kent scaled England's highest peak on a secret mission to help create a centrepiece for the Queen's Platinum Jubilee celebrations earlier this summer.

Tara, who works as a project manager in the transformation team, climbed Scafell Pike to collect stones for the Commonwealth of Nations Globe.

The blue globe, which features stones from the UK's four highest peaks, was a centrepiece in the ceremony marking the Queen's Platinum Jubilee.

The stones symbolise the coming together of the four nations.

Tara had to select stones from the summit of the mountain for setting in the crown within which the globe sits, on a blue and gold cushion.

Choosing the right stones was no easy task for Tara, with the summit scattered with different types of rock - so she settled on a selection of stones, with different shades.

Tara was contacted by the Queen's Pageant Master Bruno Peek to carry out the secret mission last year - along with three other mountaineers who collected stones from Snowdon in Wales, Ben Nevis in Scotland and Slieve Donard in Northern Ireland.

The Commonwealth of Nations Globe was displayed in the Tower of London before being used in the lighting of the principal beacon at Buckingham Palace as part of the Platinum Jubilee celebrations.



CONSULTANT MAPS HIS MEDICAL JOURNEY

A neurologist at the James Paget University Hospital has put pen to paper to record his experiences caring for patients across different countries.

Carlo Canepa, who is the lead consultant neurologist at the hospital, has just had a book published which charts a career which has seen him treat patients on three continents.

The book – ***Nationality: Medicine, a journey of medical discovery and personal identity*** – takes readers from San Francisco, where Dr Canepa grew up, all the way to Norfolk via the Peruvian capital Lima and southern Spain.

It tells of Dr Canepa's fascination with medicine in general and with neurology in particular.

"What interested me in this speciality is that it's not just about clinical neurology, it's about the human being behind the disease," he said. "It isn't just about the brain, but also about the human condition. It's about what makes us individuals".

At the age of 10, he moved from San Francisco to Lima, Peru where he lived for many years, during which time he completed his medical career and neurology speciality.

"In Peru, there were many challenges, particularly the lack of resources at the time and what we could offer to our patients. However, it taught me that a lack of resources does not imply a lack of resourcefulness. In medicine, you can achieve a great deal just by listening and observing".

After his years in Peru, Dr Canepa headed to Andalucía, Spain where he treated patients for five years and completed his Masters in Stem Cell Research.

Then, in 2013, he decided it was time for another change – and applied for a role as a stroke consultant at the James Paget.

"The NHS is seen as a great example of high-quality medical care around the world. I'm grateful and honoured to be a part of it".

It is a decision he has not regretted and Dr Canepa is now settled in Norfolk with his wife Lorena and daughter Valentina.

"Since I arrived at the James Paget, I've always felt welcomed," he said. "Working here is like being part of a family and, even though I am far away from home, it's the closest I feel to home".

Dr Canepa has written several books, all of which are academic and in Spanish. *Nationality: Medicine* is not only his first book aimed at a wider audience, but also, his first written in English.

"After assessing and treating patients in different socio-economic and cultural settings, I've come to the conclusion that the values that the medical profession requires and demands are universal, transcending religion, culture, languages and geographical boundaries."

***Nationality: Medicine, a journey of medical discovery and personal identity* is published by Austin Macaulay Publishers and available on Amazon and other major outlets.**



JUST A MINUTE

It's all about you!

Name: Tracie Bitters

Job title: Corporate Lead Nurse

Brief description of role: Working across the Trust to support quality, safety, patient experience and to support overall Trust projects.

Years at James Paget University Hospital: 19 years.

What three items would you take to a desert island – and why:

- A friend, as I am not good with my own company.
- My dog (Max) as he is always happy to see me.
- The A Team, as they can make the impossible happen.

Favourite meal: My childhood macaroni cheese.

Favourite restaurant: Café Ocean in Yarmouth - the service is outstanding.

Which three people would you like to go out to dinner with – and why:

- Miranda Hart because she always makes me belly laugh; I don't mind being compared to her as that means I am funny.

- My Grandad, as he was my hero.

- Gautama Buddha: no explanation needed - he's the founder of Buddhism and achieved enlightenment and freedom from suffering.

Guilty Pleasure: Singing alone to music in my car - Tracie's Carpool Karaoke.

What's on your playlist (audio and/or visual): I have an eclectic taste, anything from Kenny Rogers the Gambler, to Motorhead. Favourite bands are the Killers, Elbow, Red Hot Chilli Peppers.

Favourite day out: Anything with my family. It's not the place, it's the people that you are with that make a day out special.

Holiday destination: Has to be Oslo, but very expensive.

What makes you Proud of the Paget: the people, the drive for high standards and the fact that we all have a voice.

Success of Cadets Programme

Our first cohort of Nursing Cadets have successfully completed their 15-month pathway programme and have all now secured a place to train as Nursing Associates.

The James Paget launched its Cadet programme in early 2021 to provide a new route into nursing at our hospital.

Anyone aged 17 or over who was thinking of becoming a nurse was invited to apply and three - Katy McWhinney, Morgan Docwra and Jasmine Hawthorne – were selected to pioneer the initiative at the Paget.

The Cadets programme is designed to encourage younger and older people with a caring personality, or care background, to consider a career in nursing

even if they may not have met the minimum maths, English or care qualification level to apply for other training opportunities.

The initiative supports individuals to complete a Level 2 Healthcare Support Worker qualification, their care certificate and English and Mathematics qualifications if Cadets don't already have these.

This is an apprenticeship programme, with an apprenticeship wage, and a clear pathway following successful completion of the 15-month Healthcare Support Worker Level 2 contract so that Cadets then progress onto the two-year Trainee Nursing Associate programme with the UEA. This will enable individuals to work as Registered Nursing Associates.

Katy, Morgan and Jasmine undertook their course with West Suffolk College as a 12 month programme with three months for end point assessment.

Stacey Wright, HCA Practice Facilitator, said; "This programme showcases the Trust's ongoing commitment to 'growing our own' – training our future nursing and health care workforce – and we'd like to say a massive well done to our Cadets. Katy, Morgan and Jasmine have worked extremely hard over the last 15 months and we wish them well in their future studies."



SERVICE NAMED AFTER 'EXCEPTIONAL DOCTOR AND BRILLIANT TEACHER'

The James Paget University Hospital's pain management service has been named after a consultant who led on its development - and became recognised globally for his research.

Dr Willy Notcutt, who died last year, joined the James Paget as a Consultant Anaesthetist in February 1982 and was one of the founders of the hospital's Anaesthetic department.

He developed the Pain Clinic, as well as various research projects, and specialised in pain management, palliative care and teaching. He was the Lead for Research & Development for many years and from 1997 was also an Honorary Senior Lecturer at the UEA.

Earlier this summer, a plaque and signage were unveiled outside the pain clinic, featuring a photograph of Dr Notcutt alongside the following tribute:

Dr William Notcutt joined the James Paget in 1982 as a Consultant Anaesthetist and was one of the founders of the hospital's Anaesthetic Department.

Described as an exceptional doctor and brilliant teacher, Willy Notcutt developed the hospital's pain service and palliative care service while inspiring generations of students to pursue careers in healthcare.

He was also recognised nationally and

internationally for his research into medicinal cannabis.

In honour of his life's work dedicated to relieving pain for countless patients, it is a fitting tribute that the James Paget's Pain Management Service now bears his name.

Our photograph (below) shows some of our pain management service team at the unveiling, along with Dr Notcutt's wife Nov (third from right) and daughter Holly (far left).



Celebrating PRIDE

June is Pride month, a month of celebrating how far LGBTQ+ rights have come and how there is still work to be done.

This year for Pride month our LGBTQ+ Network hosted a Pride Celebration event in the Lecture Theatre with information boards highlighting the importance of Pride month, signposting people to local community groups and helplines, a section on the definitions of the flags and identities that come under LGBTQ+, plus how to sign up to our LGBTQ+ network.

The event included cakes and pastries as well as hot and cold drinks for everyone to enjoy. We also had a dance class hosted by Fiona from FiFit which was enjoyed by everyone who took part.



We have also raised the Intersex Progress Pride flag outside the front of the hospital to show our support to the LGBTQ+ Community.



Join our LGBTQ+ Network

Be a voice for LGBTQ+ staff | Share experiences | Influence the inclusion agenda | Celebrate our diversity

Email: LGBTQ@jpaget.nhs.uk



If you have an article you would like to include in the next Making Waves, please email it to communications@jpaget.nhs.uk