

Impact Facts

Charitable expenditure highlights for November 2017

act

Addenbrooke's
Charitable Trust

Registered charity number: 1170103

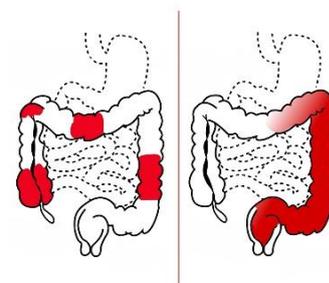
November 2017

Psychological support for Crohn's disease & ulcerative colitis patients

ACT is providing **£28,888** to fund a clinical psychologist in the Inflammatory Bowel Disease Wellbeing Service for 2 days a week for 2 years.

There is currently a lack of psychological support for patients diagnosed with Crohn's disease and ulcerative colitis, which predominantly affects teenagers and young adults. These diseases can have a massive impact on these young patients who at a critical time in their life may have to come to terms with ileostomy or colostomy, the prospect of long term immunosuppression therapy or major surgery.

As a result of ACT funding, these patients will now benefit from psychological support and coping mechanisms that will see them through the bad times, helping to minimise depression, anxiety and stress, and improving resilience and quality of life.



Name badges for nurses to improve patient experience

A recent ACT funded pilot study looked at the impact of nurses wearing name badges (& reels) in addition to the Trust supplied ID security badges. It found that patients found it easier to see and read the name of the nurse caring for them and felt more reassured because of this. They also found it easier to remember the name of the nurse caring for them, making them feel more comfortable asking questions about their care.

The very positive result is improved care and patients that feel more empowered. The hospital has bought these name badges for nurses with **£9,826** of ACT funding.



Continued...

Dementia-friendly clocks

People with dementia can find busy hospitals with lots of people, signs and noise frightening and confusing, so fixtures that are simple and clear in design make life easier for these patients.

A recent Patient Led Assessment of the Care Environment (A DoH requirement) highlighted several areas as not having a clock available. Some areas are predominantly used by elderly patients so the assessors suggested this type of dementia-friendly clock.

ACT has agreed to release **£2,000** to fund 15 of these clocks, whose uncluttered design and high contrast display make it easy to understand and a very traditional clock face makes it familiar to this group of patients.



Vital support for families with a sick child

ACT has once again funded accommodation (**£30,000** of funding) at Acorn House and Chestnut house for families with a sick child in hospital.

This funding is vital to the running costs of the houses that will support an estimated 750 families this year. It will help to fund a private family bedroom, where the family can be contacted should their child's condition change and where they can call the ward directly to check on their child; shared living areas to give families the chance to take a break and recharge their batteries; bathroom and laundry facilities and emotional and practical support from the house staff who work across both houses.

The benefits of this accommodation are twofold – it benefits sick children because it allows them to have their mum and dad at their side throughout treatment, and it benefits the family too, by removing the stress and expense of having to travel every day, or find the money to pay for a hotel near the hospital.

One of our supporters, Chris, is raising money for ANTS and had this to say about his family's experience following the premature birth of his daughter, Willow: *'We lived in fear, taking each day at a time, and survived on hope. The hope may not have been possible if it wasn't for the charitable kindness and support available to us while staying at Chestnut House. This resource allowed Laura to stay close by to Willow at all times as the accommodation was just minutes away from the NICU. Staying in Chestnut House also meant that she was living with other families in similar situations which was an invaluable source of emotional support. Chestnut House meant we had a homely place, and not a sterile hospital environment, for our son to visit, meet his baby sister and for us to also spend some much needed time together during these difficult weeks.'*



Reopening of the hydrotherapy pool

The hydrotherapy pool (in the Outpatient Physiotherapy Dept at Addenbrooke's) is reopening thanks to **£57,300** of ACT funds. The pool is used by many patient groups including children, haemophiliacs, adults with chronic pain and patients rehabilitating after injury of operation and is used by around 1,000 patients annually. The pool has been closed since June 2017 and requires significant modernisation to make it fit for purpose.



The pool is highly valued by current users and used for patients that are not able to exercise on dry land. At the moment, staff are frustrated and patients very disappointed, as they feel outcomes are much higher with water based treatment. Some new patients are having their referrals rejected as hydro is the only treatment requested. These patients continue to require staff time and input and may incur higher staff cost due to the challenging nature of patients; long term conditions.

The new pool will increase patient satisfaction, improve outcomes, will provide a suitable facility to run pain management groups and provides opportunities to generate income in the evening and at weekends.

'I attended the pain management clinic in march 2017 One of the best parts of this 3-week course was the use of the hydrotherapy pool. I have fibromyalgia, the relief of the heat when I got into the pool was amazing and to then be able to do exercises to help with my condition, within this pain-free environment felt wonderful. It was such a good experience that the first time I used the pool I burst into tears through sheer happiness. Without the use of this pool I do not believe I would have come on as far as I have with exercise to help my condition.' - Natalie

Muscle strength & functional decline in the elderly

ACT is providing **£16,745** to fund a project investigating and preventing loss in muscle strength and functional decline in frail older adults admitted to hospital with an acute medical illness. During a stay in hospital about 30% of older people develop new muscle weakness and functional dependence

In frail patients, new muscle weakness can have severe consequences. For example, loss of knee extension strength may determine whether a person can still rise from a chair unaided.

Results from a retrospective analysis of our older patients indicated that those receiving additional physical therapy had shorter lengths of stay in hospital. In addition, maintaining muscle strength could mean that patients can continue to live independently when they leave hospital.

