Staff at The Rotherham NHS Foundation Trust (TRFT) have been given the tools to further help put youngsters at ease during treatment.

They took part in an activity-packed day recently to help them learn how to work better with children to keep them calm and relaxed whilst doctors and nurses carry out medical procedures.

The day, organised by TRFT’s learning and development service, with support from NHS Rotherham, helped 15 staff from departments including accident and emergency, x-ray, dermatology, photopheresis, day surgery and outpatients to learn skills which enable medics to carry out procedures quickly and efficiently so children get the best results from their treatment.

Some of the ideas explored on the day included calming methods and distraction techniques, for example, playing with bubbles. The bubble bottle acts as a distraction, whilst the bubbles provide a bit of fun and also help to calm the child as the blowing action helps them to control their breathing.

Other areas covered included child development and the impact a child with a long term health conditions has on siblings and families.

Mary Dougan, from TRFT’s learning and development department, who helped to organise the day and has a background in adult nursing, commented: “Many of the staff who attended the day have regular contact with children but have had none or little formal training on how to deal with them.

“The day provided some simple techniques and background information to enable staff to get the most out of their work with youngsters, reduce distress for the child and carry out their tasks quickly and efficiently.”

It also incorporated talks from experts in the paediatric field such as child psychologists, health visitors who covered areas such as child development and school nurses who spoke about parental anxieties and the educational effects for a child with a long term illness.

As well as talks from professionals, the day encouraged attendees to network and share ideas which helped to further improve links between the different services provided at the Trust.

Mary Dougan
Learning and Development
Introducing...

John Somers, Chief Financial Officer

“I feel that I can make a real difference and in turn ensure that the Trust provides the best levels of care possible for patients and the community.”

John Somers
Chief Financial Officer

J ohn Somers has been appointed Chief Financial Officer at The Rotherham NHS Foundation Trust (TRFT) with effect from 1 September 2011.

John has a wide range of Board level experience in both the public and private sector and has worked in the NHS for the last three and a half years, initially starting at Rotherham Hospital before being seconded to Wakefield Community Health Services as Director of Finance. For the last two years John has worked for NHS Lincolnshire until his appointment to TRFT.

John’s previous experience has included working for Tinsley Park Holdings Limited as Group Finance Director which was responsible for the development of Sheffield City Airport and the Airport Business Park. John was also Director of Finance at Rotherham College of Arts and Technology.

John commented: “I am thrilled to return to The Rotherham NHS Foundation Trust. Rotherham Hospital is my local hospital and it means a lot to me to be here.”

“There are some huge financial challenges ahead for the NHS and I feel that I can make a real difference and in turn ensure that the Trust provides the best levels of care possible for patients and the community.”

Sheffield-born John has lived in Rotherham for the last seven years and in his spare time enjoys cycling, swimming, watching football and going to the gym. If he wasn’t Chief Financial Officer at TRFT he would love to be in control of the purse strings at Sheffield Wednesday Football Club where he would happily sanction a few high profile signings to take them back to the Premier League.

John has three children, two young daughters and a son and enjoys beach holidays, especially in the South of France. A lottery win would see him retire to a villa overlooking St Tropez.

Looking for a solution to banish unwanted hair?

Excess hair can be a sensitive issue for both men and women. However, The Rotherham NHS Foundation Trust’s Careplus Skin laser hair removal Service has the solution to significantly reduce excess hair.

You can receive 15% off any treatment booked before the end of October and if you recommend a friend to the service, you and your friend can each receive a 20% discount.

Our laser hair removal service provides fast, effective treatment for men and women to remove stubborn hair from areas including:

- The arms
- Legs
- Back
- Bikini area
- Face
- Underarms

A friendly, experienced team of Dermatology trained nurses will carry out the procedure under the leadership of a Consultant Dermatologist in Rotherham Hospital’s relaxing Dermatology suite.

This treatment is perfect for patients who need to remove excess hair to help with self-image or confidence building and most people will initially only need between six to eight treatments. Top-up treatments can also be provided.

For more information, simply contact the Careplus Skin team on 01709 426555 or log onto www.careplus.nhs.uk/skin