

# QVH NEWS

## Spring 2017

The newsletter of Queen Victoria Hospital NHS Foundation Trust



## Smart specs to treat facial palsy

**These specs have tiny sensors in the frames which track the movement of muscles, so the glasses know when you are smiling.**

For people with facial palsy that means they can practice exercises discreetly while going about their daily lives and get real time feedback on their phone or tablet.

At the moment people with facial palsy are asked to practice facial exercises in front of a mirror. But many dislike seeing their own reflection and can feel so discouraged they stop exercising altogether.



*“The glasses will speed recovery and give patients a better quality of life.”*

Charles Nduka, consultant plastic surgeon at Queen Victoria Hospital, commented: “People with facial paralysis or stroke can have a very limited awareness or control of facial movements. So without proper feedback, their condition may worsen. By wearing the smart specs their rehabilitation would become part of their day-to-day interactions. The glasses would speed their recovery and give them a better quality of life.”

The technology - named Facial Remote Activity Monitoring Eyewear (Frame) – may also lend itself to other future applications such as enabling someone who is tetraplegic to control a wheelchair.

The £800,000 project is a collaboration between Queen Victoria Hospital and Brighton-based technology company Emteq, as well as Nottingham Trent and Coventry Universities and charity Facial Palsy UK.



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# Scar Biobank – improving healing

**The Scar Biobank at Queen Victoria Hospital will help scientists and doctors work towards improved healing for the millions of people affected each year by scarring. Severely scarred areas require regular surgery to relieve tension across joints as the body grows and changes. To date there is no reliable effective treatment or cure.**

**“Reducing the impact of scarring would make a significant difference to a patient’s comfort, ease of movement and emotional wellbeing.”**

Researchers carefully process and store scar samples in order to provide a resource to analyse how the scar has formed. The scar tissue is donated by QVH patients undergoing surgical revision or reconstructive surgery and the work is funded by the Blond McIndoe Research Foundation.

Baljit Dheansa, consultant plastic surgeon at Queen Victoria Hospital, said: “I see patients every day suffering from debilitating physical and psychological issues as a result of severe scarring. Reducing the impact of scarring would make a significant difference to a patient’s comfort, ease of movement and emotional wellbeing. When somebody is badly injured, for example through a serious burn, we need to do everything we can to heal the wound, but also to restore them to normal life.”

This work with scar tissue brings us a step closer to the ultimate goal of scar-free healing. By being able to work with human scar tissue we will better understand the process of scar formation. Scientists can use it to look at the role of key molecules and proteins in individual patients, and that will help us to understand the body’s own regenerative processes and eventually target the right treatment for patients.

**There are no other scar tissue biobanks in the UK**, and we hope this work in East Grinstead will also support other research groups working on scarring, both nationally and internationally.

“We have a proud heritage at QVH,” says Baljit, “but standards are continually improving. Ensuring we offer our patients the very best care means we can remain confident of a bright future.”



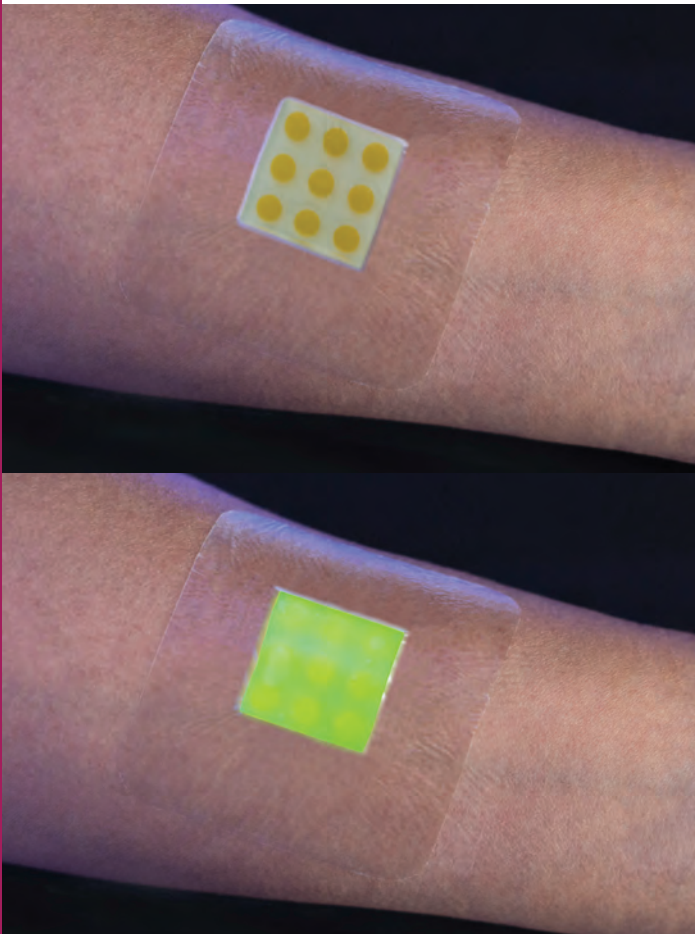
# Infection-detecting bandages

**Clinical trials of a smart bandage which changes colour when it detects infections are underway using samples from burns patients at Queen Victoria Hospital.**

Swabs and used dressings from hundreds of patients are being tested in the laboratory to see how sensitive the bandages are to the infections they are designed to detect.

The colour-changing bandage will provide an early-warning that infection is developing, allowing swift treatment for patients. It will also prevent unnecessary tests in patients who do not have infection and avoid unnecessary use of antibiotics.

If the trials demonstrate that the bandages are effective then manufacturing could begin later this year.



# Latest laser at QVH eye unit



**The Queen Victoria Hospital eye unit can now offer patients the best in modern clinical care using high-precision laser technology.**

The £200,000 investment in a femtosecond laser allows the specialist team to use ultra-short infrared laser pulses to treat a range of conditions with an exceptional degree of precision and predictability.

QVH already has a national and international reputation for providing the highest quality of ophthalmic care. The expert team provides treatment and care for patients with a wide range of eye problems, from common complaints to complex conditions that require treatment in one of two specialist centres in the UK.

Laser assisted treatment has the potential to make our surgery even more accurate, continuing to improve vision and quality of life for our patients.





### QVH in the news

**In the last few months we have been able to let members know about a number of interesting television and radio programmes featuring QVH specialisms and expert staff.**

If you would like us to keep you in the loop on this or any significant issues concerning the hospital it really helps if we have your email address. If you would like to become a member just go to [www.qvh.nhs.uk/for-members](http://www.qvh.nhs.uk/for-members) and join online.

If you are already a member and want to make sure we have your email address or update other details, please contact Hilary Saunders via email at [Hilary.Saunders@qvh.nhs.uk](mailto:Hilary.Saunders@qvh.nhs.uk) and she will be able to help.

# Could you be a QVH governor?

**If you have an interest in improving healthcare and want a challenging voluntary role that can make a difference, then becoming a QVH Governor may be for you.**

You do not need to have particular experience, just commitment, enthusiasm and some spare time, on average around a day a month.

You would be one of 26 governors, making sure the interests of members and the public are represented. It is always interesting work and our governors tell us they enjoy learning more about how the hospital works.

In March we will be inviting people to come and talk to some of our governors about the work they do – why not come along and find out more?

If you are interested please contact Hilary Saunders, deputy company secretary, [Hilary.Saunders@qvh.nhs.uk](mailto:Hilary.Saunders@qvh.nhs.uk) tel **01342 414200**.



## Jenny Cunnington, QVH governor

### Can you introduce yourself and tell us a bit about your background?

I have a long connection with Queen Victoria Hospital. Back in 1977, I am proud to say, I got a prize for being the best nurse in training at QVH that year and have felt attached to it ever since. I worked on Canadian Wing when it was a 39 bedded male ward and patients used to stay for weeks or even months. I had a brief period when I was a school nurse but then one day I had to bring a pupil to the hospital for some stiches and realised how much I missed hospital work, so I came back and worked in what was then casualty. I loved the way every day was different, and my kids loved the gruesome stories of the injuries we dealt with!

### What inspired you to become a QVH governor?

After I retired I worked as a volunteer on the main reception desk and one day I went along to an open evening about being a governor. I think I had an image of a governor as somebody with business skills or a professional background, but I found a wide range of people and was encouraged to apply.

### What advice would you give to somebody considering becoming a QVH governor?

Don't be daunted by it. Nobody expects you to know everything; you will learn as you go and people will value your own particular interests and experience.

### What do you want to tell people about QVH?

I talk about QVH all the time, singing its praises and helping people to understand a bit more about how the NHS works. Mostly what I would want to say is 'get referred here if you can – you will get the best treatment'. I have very painful arthritis in my thumbs and my GP referred me to QVH. I saw a consultant who had just been beginning his training when I was a nurse and he was brilliant.

### What have you found most rewarding about the role?

It has given me confidence. At the beginning I was quite reticent about expressing my views and there are still times when I feel pleased when somebody else makes the same point before me. I am no public speaker, but I always read the papers carefully before a meeting and I do have a real contribution to make, particularly when we are talking about what patients tell us about their care in our hospital. I have also learnt a massive amount about the wider NHS and finances.

### How do you feel you have made an impact as a QVH governor?

This might seem like a small thing, but I am proud of having played my part in making sure we got the automatic doors at the main entrance. There used to be a dreadful old push door there; not friendly for buggies or wheelchairs, and a really poor impression at the front door to our hospital.

**QVH in three words?** Friendly, caring, efficient.



## Queen Victoria Hospital puts lives back together

Every day the hospital provides life-changing surgery and care, free of charge to every NHS patient who needs it.

## With your support QVH can do even more to rebuild lives

Regardless of the size of your donation, you and other supporters are already helping us to make improvements to patient environments, provide more and better equipment and research new treatments.


**You can help us to remain at the forefront of research, training and care.**

## A lasting legacy

By leaving a gift in your will your generosity can make a lasting difference to the future of the life-changing work of Queen Victoria Hospital. If you don't have a will a solicitor can help you make one – it doesn't have to be complicated.

## Fundraising

Challenge yourself to do something extraordinary, organise a special event or take part in a fundraiser arranged by us. Visit our website for details and inspiration.

**Support QVH and the lives we rebuild**

Registered Charity No. 1056120  
To find out more visit: [www.supportqvh.org](http://www.supportqvh.org)  
To donate now visit: [www.justgiving.com/qvh-nhs](http://www.justgiving.com/qvh-nhs)

## How to give

You can donate online through [www.justgiving.com/qvh-nhs](http://www.justgiving.com/qvh-nhs)

Or by cheque, payable to 'QVH NHS FT Charitable Fund'.

Send to QVH Charity, Queen Victoria Hospital NHS Foundation Trust, Holtye Road, East Grinstead, RH19 3DZ.