



St Mark's Intestinal Failure Patient Newsletter

If you would like anything to be included in the newsletter then please email the nutrition nurses on LNWH-tr.St-Marks-Nutrition-Nurses@nhs.net



November 2015



Staff Survey

Last month we shared the results from our patient satisfaction survey. We have also recently conducted a staff survey. We wanted to know how staff thought patient experience could be improved.



We received replies from doctors, nurses, specialist nurses, dietitians, pharmacists and administrative staff. The overwhelming response from staff was that patient experience could be improved by the introduction of activities on the ward. In particular, art therapy and music therapy were mentioned. Also, more large screen TVs being available, especially for patients in side rooms, ipod docking stations, a home cinema, art supplies, and patient gym. Another key theme was the temperature on the ward, which is often unpleasantly hot, even in winter.

These thoughts were shared at the recent Expert Patient Panel Group meeting with a view to the panel looking into how some of these could be implemented. We will keep you posted of any developments.

Care of your fridge during the colder months



Did you know that fridges can only work normally if the temperature of the room in which they are situated is warmer than the temperature inside the fridge? If you have refrigerated feed or fluid then these must be kept between 2-8 °C. If you keep your fridge in a shed or garage the temperature of the shed or garage may drop to below 2 °C during the colder months. If this happens the thermostat will not come on, and the fridge will not cool. While this may not be a problem since the temperature inside the fridge will stay close to the outside temperature; there is a chance that the feed will not be kept at a safe temperature so it is important to regularly check the fridge temperature, and you may need to consider moving your fridge indoors for the winter.

Flu jab

It's flu jab time again. Both Dr Gabe and Dr Nightingale recommend their patients have an annual flu jab. The only exception to this is if you take medicines that weaken the immune system (immunosuppressants). Examples of these are Infliximab, Humira, Azathioprine, Methotrexate, Mercaptopurine and Tacrolimus. You should also avoid it if you have had a serious allergic reaction to the flu jab in the past. If you are unsure whether you should have the jab please speak to your GP.

