



St Mark's Intestinal Failure Patient Newsletter

Welcome to the 2nd monthly newsletter. Our aim is to send an electronic newsletter at the beginning of each month containing news and top tips. If you would like anything to be included then please email the nutrition nurses on LNWH-tr.St-Marks-Nutrition-Nurses@nhs.net



July 2015

New staff

We are delighted to welcome Consultant Gastroenterologist Dr Mani Naghibi to the team. He joins us from Southampton where he worked on the nutrition team for a number of years. He will mainly be seeing inpatients on the Northwick Park site, but will also be seeing St Mark's outpatients. We hope that this will mean you can be seen more quickly by a consultant.



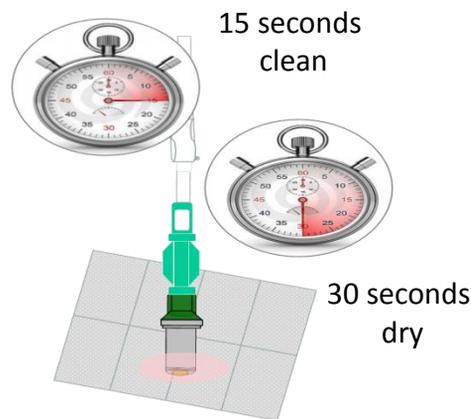
Lisa Smith has started as ward manager on the Intestinal Failure Unit. Some of you may remember her as she has previously worked on Frederick Salmon ward and the IFU. Welcome back Lisa.

"Blue clamps" Do you know where yours are?

Hopefully, yes! You should have a supply of blue clamps. They are needed to clamp your line in case of damage to prevent air and germs entering your bloodstream. We recommend that you keep them close to hand, ie one in your rucksack, one on the drip stand, one where you do your procedures etc. If you do not have any please ask your Homecare Company to send you some.



"Blue clamps"



15 seconds clean

30 seconds dry

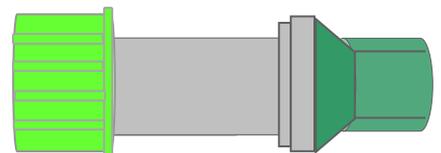
Make those seconds count

How long do you clean the end of your Bionector for? Research has shown that you need to clean it for a minimum of 15 seconds using pressure and friction (as if juicing an orange). It must then be allowed to dry for 30 seconds.

Most of us cannot estimate time accurately so it is helpful if you have a clock with a sweeping second hand close by. A travel alarm clock is perfect for this.

Curoso goes from strength to strength

Following the success of the Curoso port protectors in reducing the number of infections, it has been agreed for us to use them in hospital too. We have already begun to see the benefits in the reduction in infections. If you don't have Curoso, please ask your Homecare company to supply them to you.



Curoso port protector