



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



National Leadership
and Innovation Agency
for Healthcare
Asiantaeth Genedlaethol
Arwain ac Arloesi mewn
Gofal Iechyd

Supporting NHS Wales to deliver world class healthcare
Cefnogi GIG Cymru i gyflwyno gofal iechyd o safon fyd-eang

DATGANIAD I'R WASG

EMBARGO TAN 15.30 AWR DDYDD GWENER, GORFFENAF 2, 2010

Gorffennaf 2, 2010

Enillwyr Gwobrau GIG Cymru 2010

Cyhoeddwyd enillwyr Gwobrau nodedig GIG Cymru 2010 mewn seremoni arbennig yng Nghanolfan yr Holl Genhedloedd, Caerdydd y prynhawn yma (ddydd Gwener, Gorffennaf 2, 2010).

Rhodddwyd chwe gwobr i sefydliadau'r GIG o bob cwr o Gymru i gydnabod eu llwyddiannau eithriadol ac arferion gorau wrth wneud gwaith arloesol a darparu gofal i gleifion.

Arweiniwyd y ffordd gan Fwrdd Iechyd Prifysgol ABM a Bwrdd Iechyd Prifysgol Caerdydd a'r Fro, a gafodd ddwy wobwr yr un am eu gwaith arloesol ym maes gwella gofal iechyd.

Mae Bwrdd Addysgu Iechyd Powys a Bwrdd Iechyd Prifysgol Betsi Cadwaladr hefyd yn dathlu. Cawsant un wobwr yr un am eu gwaith ar wella diogelwch cleifion a sefydlu gwasanaeth dydd therapiwtig yn y gymuned.

Meddai Prif Weithredwr GIG Cymru, Paul Williams, a gyhoeddodd enwau'r enillwyr y prynhawn yma, "Mae Gwobrau GIG Cymru yn cydnabod y gwaith arloesol sy'n cael ei wneud gan staff gofal iechyd yn feunyddiol er mwyn sicrhau eu bod yn darparu'r gofal gorau posibl i gleifion ac amgylchedd gwaith da.

"Mae safon uchel y ceisiadau a rhagoriaeth y gwaith hwn yn adlewyrchu ymroddiad i ddarparu gwasanaeth iechyd o'r radd flaenaf sydd mor ddiogel ac effeithlon â phosibl.

"Mae'r rhain yn enghreifftiau rhagorol o arferion gorau a gaiff eu rhannu ledled Cymru ac maent yn deyrnged i bob aelod o staff sydd wedi ymwneud â'r gwaith."

Enillwyr Gwobrau GIG Cymru 2010 yw;

- **Rhoi Dinasyddion wrth Graidd Cynllunio a Darparu Gwasanaethau –**
Bwrdd Iechyd Prifysgol Betsi Cadwaladr, 'Taith – Gwasanaeth Dydd Therapiwtig yn y Gymuned'.
- **Datblygu Gweithlu Hyblyg a Chynaliadwy**
Bwrdd Iechyd Prifysgol ABM, 'Ymddeoliad Hyblyg'
- **Gwella Ansawdd Drwy Well Defnydd o Adnoddau**
Bwrdd Addysgu Iechyd Powys, 'Lleihau Niwed a Risgiau Hypothermia i Gleifion Llawfeddygol dan Anesthetig Cyffredinol'
- **Gweithio'n Ddi-dor ar Draws Sefydliadau**
Bwrdd Iechyd Prifysgol Caerdydd da'r Fro, 'Gwasanaeth Gofal Canolraddol Di-Dor a Chynhwysol'
- **Hyrwyddo Gwell Iechyd ac Osgoi Clefydau**
Bwrdd Iechyd Lleol ABM, 'Cynllun Adsefydlu Cleifion â Chanser Gynaecolegol er mwyn Atal Lymffodema ac Anymataliaeth'
- **Gwella Diogelwch Cleifion**
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro, 'Rhestr Wirio Diogelwch Llawfeddygol Sefydliad Iechyd y Byd – Strategaeth Weithredu Lwyddiannus'

Mae Gwobrau GIG Cymru 2010 yn cael eu trefnu ar y cyd gan yr Asiantaeth Genedlaethol Arwain ac Arloesi mewn Gofal Iechyd (NLIAH) a Llywodraeth Cynulliad Cymru, ac maent yn cydnabod arferion gorau a chyflawniad.

Daeth mwy na 190 o geisiadau i law ac roedd gan y panel o feirniaid, sy'n arbenigwyr ar y GIG, orchwyl anodd o ddewis y buddugwyr.

Meddai Cyfarwyddwr Ymchwil a Datblygu NLIAH, Dr Alan Willson, sy'n arwain prosiect Gwobrau GIG Cymru, "Mae'r Gwobrau'n dathlu'r gwaith gwych sy'n cael ei wneud ar hyd a lled Cymru ac yn gyfle gwerthfawr i ddysgu o'r llwyddiannau i sicrhau bod safonau da yn lledaenu'n gyflym.

"Mae'r gwaith arloesol yn dangos bod cleifion yn elwa ar welliannau llwyddiannus sydd wedi'u cynllunio'n dda er mwyn rhoi'r profiad gorau posibl iddynt o iechyd a gofal iechyd.

"Rydym yn arbennig o falch bod dwy o'r gwobrau'n adlewyrchu'r gwaith sy'n cael ei wneud fel rhan o 1000 o Fywydau a Mwy i wella diogelwch cleifion a lleihau niwed. Mae hon yn rhaglen pum mlynedd allweddol ar gyfer GIG Cymru ac mae hyn yn dangos ein bod eisoes yn gwneud cynnydd da.

"Bob blwyddyn y caiff y gwobrau eu cynnal mae'n ysbrydoledig clywed am enghraifft arall o ofal iechyd rhagorol yma yng Nghymru a diolchwn i bawb sy'n gyfrifol am sicrhau bod hynny'n digwydd."

DIWEDD

NODIADAU I OLYGYDDION:

1. Mae manylion pob un o'r chwe enillydd ynghlwm wrth y datganiad i'r wasg hwn.
2. I gael rhagor o wybodaeth, cysylltwch ag Alison Watkins ar 07854 386054 neu e-bostiwch info@alisonwatkinscommunications.com
3. I gael rhagor o wybodaeth am Wobrau GIG Cymru ewch i wefan NLIAH yn www.nliah.wales.nhs.uk

Enillwyr Gwobrau Cymru GIG 2010

Rhoi Dinasyddion wrth Graidd Cynllunio a Darparu Gwasanaethau – Bwrdd Iechyd Prifysgol Betsi Cadwaladr, 'Taith – Gwasanaeth Dydd Therapiwtig yn y Gymuned'

Taith yw'r gwasanaeth dydd therapiwtig cyntaf i gael ei sefydlu yng Nghymru ar gyfer pobl ag anhwylderau personoliaeth.

Mae'n darparu triniaeth arbenigol i bobl sydd wedi ei chael hi'n anodd ymgysylltu â thimau iechyd meddwl cymunedol ac mae'n eu helpu i ddod yn gyfrifol am eu gofal a'u hadferiad eu hunain.

Caiff ei redeg gan dri aelod o Fwrdd Iechyd Prifysgol Betsi Cadwaladr o'r adrannau seicoleg, nyrsio ac iechyd galwedigaethol, a dau gyn ddefnyddiwr gwasanaeth.

Caiff ei ariannu drwy ffynonellau presennol a gall helpu hyd at 14 o bobl am gyfnod o 18 mis.

Nod y gwasanaeth yw galluogi pobl a chanddynt anhwylderau personoliaeth i weithio gyda staff ac eraill mewn sefyllfa sy'n eu rhoi ar lefel gyfartal er mwyn dod o hyd i'r driniaeth fwyaf priodol.

Y defnyddwyr sy'n gyfrifol am redeg y gwasanaeth, caiff rolau swyddi eu sefydlu a chaiff staff a defnyddwyr yr un faint o ddylanwad ar benderfyniadau gan y cânt eu gwneud drwy bleidlais.

Mae sesiynau trafod yn galluogi defnyddwyr i gael adborth ar eu hymddygiad gan eu cyfoedion ac mae hyn wedi bod yn fwy pwerus a derbyniol nag adborth gan staff.

Mae defnyddwyr wedi nodi bod ganddynt fwy o hyder, eu bod yn fwy pendant a'u bod yn teimlo eu bod yn cael eu cynnwys yn gymdeithasol.

Mae llawer wedi gallu rhoi'r gorau i ymddygiad hunanddiniol fel hunan-niweidio.

Wrth feirniadu'r wobr, meddai Maria Battle, Uwch Gyfarwyddwr Ffocws Defnyddwyr Cymru, "Gwnaeth y Gwasanaeth Dydd Therapiwtig yn y

Gymuned argraff fawr arnaf gan ei fod yn cael ei arwain gan ddinasyddion sy'n penderfynu ar y cynllun, y broses, eu rolau ac sy'n cefnogi ei gilydd mewn ffordd anhygoel mewn maes iechyd meddwl lle mae gwasanaethau'n brin."

Datblygu Gweithlu Hyblyg a Chynaliadwy

Bwrdd Iechyd Prifysgol ABM, 'Ymdeoliad Hyblyg'

Lansiodd Bwrdd Iechyd Prifysgol ABM ymgyrch i godi ymwybyddiaeth o'i gynllun ymdeoliad hyblyg i fydwragedd er mwyn cadw staff profiadol.

Ar hyn o bryd mae prinder bydwagedd ledled y DU ac mae ABM yn cyflogi mwy na 300 o fydwragedd, y mwyafrif ohonynt dros 45 oed, a 32% ohonynt dros 50 oed.

Roedd yr opsiwn ymdeoliad hyblyg eisoes ar gael i staff ar draws y bwrdd iechyd gan alluogi staff cymwys i weithio llai o oriau tra'n parhau i gael eu hawliau pensiwn.

Fodd bynnag, prin oedd nifer y bydwagedd a ymunodd â'r cynllun yn y tri ysbyty oherwydd diffyg gwybodaeth am y cynllun.

Lansiwyd ymgyrch codi ymwybyddiaeth newydd gyda chynllun manwl a oedd yn cynnwys rheolwyr yn hysbysu'r rhai a oedd yn agosáu at oed ymddeol ynghylch y cynllun; darparu help, cyngor a gwybodaeth gan yr adran pensiynau, a'r rhai sydd eisoes ar y cynllun ymdeoliad hyblyg yn disgrifio'r manteision cadarnhaol.

Roedd canlyniadau'r ymgyrch codi ymwybyddiaeth yn anhygoel a bellach ymdeoliad hyblyg yw'r opsiwn mwyaf poblogaidd i fydwragedd cymwys.

Ar un safle yn ystod y flwyddyn ddiwethaf mae pob bydwraig gymwys wedi dewis ymdeoliad hyblyg sy'n golygu bod y bwrdd wedi cadw mwy na 200 mlynedd o brofiad.

Mae'r oriau a ryddhawyd wedi galluogi'r Bwrdd i greu swyddi bydwagedd newydd gan sicrhau gweithlu ar gyfer y dyfodol.

Cafwyd ymateb cadarnhaol i'r cynllun gan staff a chyflogwyr fel ei gilydd ac mae wedi arwain at bobl yn cael mwy o foddhad yn eu swyddi, gwella'r cydbwysedd rhwng bwyd a gwaith, a chadw staff profiadol a gweithlu hyblyg.

Wrth feirniadu'r wobr, meddai Stephen Griffiths, Cyfarwyddwr Gweithlu NLIAH, "Mae'r enillydd hwn yn enghraifft ragorol o gynllunio ar gyfer olyniaeth sy'n gwerthfawrogi profiad gweithlu aeddfed.

"Mae'n wych gweld model cydweithredol yn cael ei ddatblygu mewn partneriaeth â'r staff a'r undebau llafur ac yn cael ei ddefnyddio gan feysydd eraill ym Mwrdd Iechyd Prifysgol ABM."

Gwella Ansawdd Drwy Well Defnydd o Adnoddau

Bwrdd Addysgu Iechyd Powys, 'Lleihau Niwed a Risgiau Hypothermia i Gleifion Llawfeddygol dan Anesthetig Cyffredinol'

Mae cyflwyno gynau arbenigol ym mhob theatr lawfeddygol ym Mwrdd Addysgu Iechyd Powys wedi cael effaith fawr ar ddiogelwch gofal cleifion.

Caiff y gynau, a elwir yn 'Bair Huggers', eu llenwi gydag aer poeth i gadw cleifion yn gynnes cyn, yn ystod ac ar ôl llawdriniaeth.

Gall y claf reoli'r aer i sicrhau tymheredd sy'n gyfforddus iddo.

Drwy gadw tymheredd arferol, mae llai o gleifion yn datblygu heintiau ar ôl llawdriniaeth, mae eu cyfnod yn yr ysbyty'n lleihau ac mae llai o bobl yn cael eu hanfon yn ôl i'r ysbyty o ganlyniad.

Mae'r gwaith yn rhan annatod o'r rhaglen 1000 o Fywydau sy'n anelu at wella diogelwch cleifion a lleihau niwed y gellir ei osgoi.

Dangosodd archwiliad o nodiadau 50 o gleifion fod 30% o gleifion yn hypothermig pan gânt eu derbyn i'r ysbyty a bod hyn yn codi i 70% erbyn iddynt gael eu trosglwyddo o'r theatr i'r ward adfer, ond nid oedd dim yn cael ei wneud i wella'r sefyllfa.

Penderfynodd y staff bod angen mesur tymheredd claf yn rheolaidd cyn, yn ystod ac ar ôl llawdriniaeth, ac i dreialu'r gynau Bair Hugger newydd i weld a fyddai'r ddau gam hwn yn gwneud gwahaniaeth.

Dangosodd gwerthusiad o'r tymheredd a gofnodwyd yn rheolaidd fod tymheredd pob claf a oedd yn gwisgo'r gynau yn normal a bod hyn yn cael ei gynnal drwy bob cam o'r broses, o'r adeg y cânt eu derbyn i'r ysbyty, i'r cyfnod adfer a'r adeg y cânt eu rhyddhau.

Meddai'r prif feirniad, yr Athro Donna Mead, Deon Cyfadran Iechyd, Chwaraeon a Gwyddoniaeth Prifysgol Morgannwg, "Mae'r wobwr hon yn enghraifft wych o'r tîm cyfan yn cydweithio i wella gofal cleifion.

"Gwnaeth yr ymagwedd tîm argraff ar y beirniaid, yn arbennig y ffordd y cafodd unigolion eu hannog i nodi atebion a'r ffordd y cafodd y syniadau hyn eu profi a'u datblygu gan y tîm clinigol

"Amlygodd y wobwr hon hefyd sut y gallai cyflwyno gwiriadau a mesurau rheolaidd nodi problemau o ran ansawdd neu gyfleoedd i wella mewn meysydd nad ystyriwyd eu bod yn broblem o'r blaen."

Gweithio'n Ddi-dor ar Draws Sefydliadau

Bwrdd Iechyd Prifysgol Caerdydd a'r Fro, 'Gwasanaeth Gofal Canolraddol Di-Dor a Chynhwysol'

Sefydlwyd gwasanaeth Gofal Canolraddol Tîm Ardal Dwyrain Caerdydd (CELTIC) i newid ymarfer, goresgyn rhwystrau a llenwi'r bylchau yn y ddarpariaeth iechyd a gofal cymdeithasol i oedolion yng Ngorllewin Caerdydd.

Datblygodd Bwrdd Iechyd Prifysgol Caerdydd a'r Fro, Age Concern Caerdydd a Gwasanaethau Oedolion Cyngor Caerdydd dîm a chanddo sgiliau i fodloni anghenion pobl sy'n agored i niwed a'u helpu i aros yn eu cartrefi eu hunain/cartrefi gofal.

Canolbwyntiodd ar bobl a oedd yn wynebu risg o gael eu derbyn i'r ysbyty yn cynnwys pobl hŷn, bregus, pobl a chanddynt broblemau iechyd meddwl a phobl sy'n dioddef o glefydau cronig.

Cydweithiodd staff yn fwy clos â'i gilydd, a thrwy rannu cofnod cleifion electronig, roeddent yn gallu darparu gwasanaeth mwy di-dor i gleifion.

Arweiniodd y gwaith at ostyngiad o draean yn nifer y derbyniadau i'r ysbyty o gartrefi gofal – gan arbed oddeutu 3082 o ddyddiau gwely.

Drwy ddarparu mwy o gymorth, roedd modd i fwy o gleifion a ryddhawyd o'r ysbyty ddychwelyd adref – gan arbed 2268 o ddyddiau gwely.

Yn sgîl nifer y dyddiau gwely a arbedwyd, roedd modd i'r bwrdd iechyd ail-gomisiynu 19 o welyau meddygol.

Wrth feirniadu'r wobwr hon, meddai Sian Harrop-Griffiths o'r Asiantaeth Genedlaethol Arwain ac Arloesi mewn Gofal Iechyd, "Gwnaeth y gwaith hwn, ynghyd â brwdfrydedd tîm CELTIC, argraff fawr iawn ar y beirniaid.

"Gyda mynediad i ymarferwyr iechyd a gofal cymdeithasol amlbroffesiynol, gallant ddarparu gwasanaeth cydgysylltiedig ac integredig i bobl a galluogi iddynt gael gofal yn eu cartrefi eu hunain yn hytrach na chael eu derbyn i'r ysbyty.

"Mae'r cyflawniadau a'u cynlluniau ar gyfer datblygu'r gwasanaeth hwn ymhellach, yn nodedig iawn a hoffem eu llongyfarch am waith clodwiw."

Hyrwyddo Gwell Iechyd ac Osgoi Clefydau

Bwrdd Iechyd Lleol ABM, 'Cynllun Adsefydlu Cleifion â Chanser Gynaecolegol er mwyn Atal Lymffodema ac Anymataliaeth'

Datblygwyd menter ar y cyd gan Fwrdd Iechyd Prifysgol ABM a Cymorth Canser Macmillan i atal lymffodema ac anymataliaeth ymysg cleifion â chanser gynaecolegol.

Roedd lymffodema - chwyddo o ganlyniad i hylif o'r enw lymff yn cronni ym meinwe'r corff - ac anymataliaeth yn gyffredin ymysg cleifion â chanser gynaecolegol ond mae'r ddwy broblem hon yn rhai y gellir eu hosgoi.

Dangosodd gwaith ymchwil nad oedd cleifion â chanser gynaeolegol a gafodd lawdriniaeth yn ABM yn cael unrhyw gyngor neu gymorth ffurfiol ar atal problemau neu ymarferion adsefydlu cyn mis Hydref 2008.

Roedd cleifion â chanser gynaeolegol yn cael eu cyfeirio i gael triniaeth pan oedd eu lymffodema wedi datblygu, roedd y cyngor yn ad hoc ac nid oedd taflenni gwybodaeth ar gael.

Datblygwyd cynllun atal ac adsefydlu manwl a oedd, ar y cyd ag ymyriad amserol priodol, yn anelu at atal lymffodema/anymataliaeth a gwella ansawdd bywyd.

Roedd pedwar cam i'r cynllun:

- Cam Un: aseswyd cleifion cyn ac ar ôl eu llawdriniaeth, darparwyd taflenni a rhoddwyd cyngor ar atal problemau yn cynnwys ymarferion llawr y pelfis
- Cam Dau: rhoddwyd cyngor i gleifion allanol ynghyd â thechnegau hunanreoli
- Cam Tri: dwy awr o ymarfer corff unwaith yr wythnos am chwe wythnos mewn canolfan hamdden leol a sesiynau addysg yn cynnwys rhywioldeb, maeth ac ymlacio
- Cam Pedwar: ymweliadau ategol ar ôl chwe mis, blwyddyn a dwy flynedd.

Cafodd y cynllun groeso brwd gan gleifion a oedd yn dweud ei fod yn ddefnyddiol o ran rheoli eu hiechyd eu hunain.

Dangosodd y gwerthusiad bod 100% o'r 161 o gleifion a ymunodd â'r cynllun yn ymwybodol o lymffodema a beth i'w wneud pe bai'n digwydd.

Roedd gostyngiad yn nifer yr achosion o lymffodema o 30% i 5% a dywedodd 93% o'r cleifion fod yr ymarferion wedi gwella ansawdd eu bywydau.

Meddai'r Beirniad Nigel Monghan, Iechyd Cyhoeddus Cymru, "Mae ymdopi â chanser a'r driniaeth yn faich enfawr ar gleifion. Ond pan fydd y llawfeddygon, yr oncolegwyr a'r radiotherapyddion wedi gwneud eu gwaith mae llawer yn gorfod ymdopi â rhannau chwyddedig o'r corff, anymataliaeth a chyflyrau anghyfforddus eraill neu rai sy'n achosi embaras iddynt.

"Mae'r Tîm Adsefydlu Cleifion â Chanser Gynaeolegol wedi helpu cleifion i reoli a hyd yn oed atal y problemau hyn.

"Wrth wneud hynny maent wedi trawsnewid bywydau'r rhai sydd dan eu gofal a bellach cânt eu cydnabod fel aelodau gwerthfawr o'r tîm canser amlddisgyblaethol lleol."

Gwella Diogelwch Cleifion

Bwrdd Iechyd Prifysgol Caerdydd a'r Fro, 'Rhestr Wirio Diogelwch Llawfeddygol Sefydliad Iechyd y Byd – Strategaeth Weithredu Lwyddiannus

Mae gweithredu rhestr wirio lawfeddygol Sefydliad Iechyd y Byd ym mhob theatr lawfeddygol ym Mwrdd Iechyd Prifysgol Caerdydd a'r Fro wedi arwain at ofal cleifion sy'n llawer mwy diogel.

Mae'r sefydliad – y mwyaf o'i fath yng Nghymru – wedi cael ei ganmol am y ffordd y mae wedi annog ac addysgu ei staff i gefnogi'r rhestr wirio a'i gweithredu ym mhob un o'i 44 o theatrau.

Mae'r rhestr wirio yn rhan annatod o 1000 o Fywydau a Mwy, sy'n anelu at wella diogelwch cleifion a lleihau niwed y gellir ei osgoi ledled GIG Cymru.

Mae'r gyfres syml o gwestiynau a ofynnir yn ystod cyfnod llawfeddygol claf, wedi dangos eu bod yn lleihau niwed a marwolaethau.

Caiff y rhestr wirio ei gweithredu mewn tri cham; cyn i'r claf gael anesthetig, cyn i'r llawdriniaeth ddechrau a phan fydd y llawdriniaeth yn dod i ben.

Mae'r broses yn sicrhau bod mwy o gyfathrebu effeithiol ymysg y rhai sy'n ymwneud â'r llawdriniaeth, gan sicrhau ymagwedd glir a chyson.

Mae hefyd yn canolbwyntio ar arferion da sylfaenol: gwirio hunaniaeth claf, y rhan gywir o'r corff ar gyfer y llawdriniaeth, sicrhau bod yr holl offer angenrheidiol ar gael a darparu cyfle i drafod unrhyw gymhlethdodau a allai godi.

Amlygir risgiau posibl, fel gwaedlif, adwaith i wrthfotigau ac alergeddau hefyd.

Treuliodd Bwrdd Iechyd Prifysgol Caerdydd a'r Fro amser yn sicrhau bod pob aelod o staff yn deall y rhestr wirio a'i heffaith ar wella diogelwch cleifion.

Mynychodd sesiynau dysgu i drafod y ffordd orau o roi'r rhestr ar waith, rhoddodd wybodaeth ysgrifenedig i'r staff a chynnal treial mis o hyd yn Ysbyty Llandoche cyn symud i'r prif theatrau yn Ysbyty Athrofaol Cymru.

Yna cyflwynodd y rhestr wirio mewn theatr newydd bob wythnos nes yr oedd yn weithredol ym mhob theatr.

Wrth feirniadu'r wob, meddai Kevin Cleary, Cyfarwyddwr Meddygol yr Asiantaeth Genedlaethol Diogelwch Cleifion, "Yn gyffredinol, mae sicrhau newid diwylliannol ac ymddygiadol ar draws timau clinigol yn orchwyl heriol ac anodd.

"Drwy gyflwyno'r rhestr wirio lawfeddygol, gyda'r nod o wella diogelwch cleifion sy'n cael llawdriniaeth, roedd gofyn am ymagwedd amlsystemig er mwyn llwyddo.

“Mae enillwyr y wobr wedi dangos ei bod yn bosibl cyflawni'r newid angenrheidiol gyda diwydrwydd ac ymrwymiad a dylent ymfalchïo yn yr hyn y maent wedi'i gyflawni ar ran y cleifion.

“Credaf ei fod yn batrwm a ddatblygwyd gan y gwasanaeth lleol sydd â llawer i'w ddysgu i'r gwasanaeth iechyd drwy Gymru gyfan.”



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



National Leadership
and Innovation Agency
for Healthcare
Asiantaeth Genedlaethol
Arwain ac Arloesi mewn
Gofal Iechyd

Supporting NHS Wales to deliver world class healthcare
Cefnogi GIG Cymru i gyflwyno gofal iechyd o safon fyd-eang

PRESS RELEASE

EMBARGOED UNTIL 15.30 HOURS FRIDAY, JULY 2, 2010

July 2, 2010

NHS Wales Awards 2010 Winners

The winners of this year's prestigious NHS Wales Awards 2010 were announced in a special ceremony at the All Nations Centre, Cardiff this afternoon (Friday, July 2, 2010).

Six awards were given to NHS organisations across Wales in recognition of their outstanding achievement and best practice in delivering innovative work and care for patients.

ABM University Health Board and Cardiff and Vale University Health Board led the way receiving two awards each for their pioneering healthcare improvement work.

Powys Teaching Health Board and Betsi Cadwaladr University Health Board are also celebrating gaining one award each for work to improve patient safety and establish a therapeutic community day service.

NHS Wales Chief Executive Paul Williams, who announced the winners this afternoon, said, "The NHS Wales Awards recognise the innovative work that is being taken by healthcare staff every day to ensure they provide the best possible care for patients and a good working environment.

"The high quality of entries and excellence of the work this represents reflect a dedication to deliver a world class health service which is as safe and efficient as possible.

"These are excellent examples of best practice which will be shared across Wales and are a tribute to all staff involved."

The winners of this year's NHS Wales Awards 2010 are;

- **Citizens at the Centre of Service Design and Delivery Award – Betsi Cadwaladr University Health Board, 'Taith – The Therapeutic Community Day Service'**

- **Developing a Flexible and Sustainable Workforce Award**
ABM University Health Board, 'Flexible Retirement'
- **Improving Quality Through Better Use of Resources Award**
Powys Teaching Health Board, 'Reducing Harm & Risks of Hypothermia to Surgical Patients Under General Anaesthetic'
- **Working Seamlessly Across Organisations Award**
Cardiff and Vale University Health Board, 'An All-Inclusive Seamless Intermediate Care Service'
- **Promoting Better Health and Avoiding Disease Award**
ABM University Health Board, 'Gynaecological Cancer Rehabilitation Scheme for the Prevention of Lymphoedema and Incontinence'
- **Improving Patient Safety Award**
Cardiff and Vale University Health Board, 'World Health Organisation (WHO) Surgical Safety Checklist – A Successful Strategy for Implementation'

The NHS Wales Awards 2010 are jointly organised by the National Leadership and Innovation Agency for Healthcare (NLIAH) and the Welsh Assembly Government, and recognise best practice and achievement.

More than 190 entries were received by the judging panel of NHS experts who had a tough task of selecting the ultimate winners.

NLIAH Director of Research and Development, Dr Alan Willson, who leads the NHS Awards project, said, "The Awards celebrate the great work which is being carried out across Wales and provide a valuable opportunity to learn from the successes to ensure that good standards are spread rapidly.

"The innovations demonstrate that patients are benefiting from well designed and successful improvements to give them the best possible experience of health and healthcare.

"We are particularly pleased that two of the awards reflect work that is being carried out as part of 1000 Lives Plus to improve patient safety and reduce harm. This is a key five year programme for NHS Wales and shows we are already making good progress.

"Each year that we hold the Awards it is inspiring to hear about yet another example of excellent health care right here in Wales and thanks go to everyone involved in making it happen."

ENDS

NOTE TO EDITORS:

1. Details of each of the six winners are attached to this press release

2. For further information, please contact Alison Watkins on 07854 386054 or email info@alisonwatkinscommunications.com
3. For further information on the NHS Wales Awards please visit the NHLIAH website at www.nliah.wales.nhs.uk

NHS Wales Awards 2010 Winners

Citizens at the Centre of Service Design and Delivery Award

Winner: Betsi Cadwaladr University Health Board, 'Taith – The Therapeutic Community Day Service'

Taith is the first therapeutic day service for people with personality disorders to be established in Wales.

It provides specialised treatment for people who found it difficult to engage with community mental health teams and helps them to become responsible for their own care and recovery.

It is run by three members of Betsi Cadwaladr University Health Board staff from psychology, nursing and occupational health, and two ex-service users.

It is funded through existing resources and can help up to 14 people for an 18 month period.

The aim of the service is to enable people with personality disorders to work with staff and others in a similar position as equals to find the most appropriate treatment.

Users are charged with running the service, job roles are established and staff and users have the same level of influence with all decisions made through voting.

Discussion sessions enable users to receive feedback relating to their behaviour from their peers and this has been deemed more powerful and acceptable than feedback from staff.

Users have reported increased confidence, assertiveness and a feeling of social inclusion.

Many have been able to stop self-destructive behaviours such as self harm.

Judging the award, Maria Battle, Senior Director Consumer Focus Wales said, "The Therapeutic Community Day Service was particularly impressive as it is truly led by citizens, who decided on the design, the process, their roles and who gave each other incredible support in a mental health area where services are like a desert."

Developing a Flexible and Sustainable Workforce Award

Winner: ABM University Health Board, 'Flexible Retirement'

ABM University Health Board launched an awareness drive of its flexible retirement scheme to midwives as a way of retaining experienced staff.

There is currently a shortage of midwives throughout the UK and ABM employs more than 300 midwives, the majority of whom are over 45, with 32% over 50 years of age.

The option of flexible retirement was already available for staff across the health board enabling eligible staff to work reduced hours whilst still in receipt of pension entitlements.

However, there was a limited uptake from midwives over the three hospital sites due to a lack of knowledge about the scheme.

A new awareness drive was launched with a detailed plan that included managers informing those approaching retirement age about the scheme; the provision of help, advice and information from the pensions department and the positive benefits broadcast by those already on flexible retirement.

The results of the awareness drive were outstanding with flexible retirement now the most popular option for eligible midwives.

On one site in the past year all eligible midwives have opted for flexible retirement which has meant the retention of more than 200 years of experience.

The hours released have also enabled new posts to be created for midwives ensuring a workforce for tomorrow.

The scheme has received a positive response from staff and employers alike with increased job satisfaction, improved work life balance, the retention of experienced staff and a flexible workforce.

Judging the award, Stephen Griffiths, Director of Workforce at NLI AH said, "This winner is an excellent example of succession planning which values the experience of a mature workforce

"It is great to see a collaborative model developed in partnership with pensions staff and trade unions and being used by other areas of ABM University Health Board."

Improving Quality Through Better Use of Resources Award

Winner: Powys Teaching Health Board, 'Reducing Harm & Risks of Hypothermia to Surgical Patients Under General Anaesthetic'

The introduction of specialised gowns in all Powys Teaching Health Board's operating theatres has made a major impact on the safety of patient care.

The gowns, called Bair Huggers, are filled with hot air to keep patients warm before, during and after surgery.

The air can be controlled by the patient to a temperature they feel comfortable with.

By maintaining a normal temperature, fewer patients are developing infections following surgery, their length of stay in hospital has reduced and there are fewer readmissions.

The work is an integral part of the 1000 Lives programme which aims to improve patient safety and reduce avoidable harm.

An audit of 50 patients' notes revealed that 30% of patients were hypothermic on admission to hospital and this rose to 70% by the time they were transferred from theatre to recovery. Yet no action was being taken to improve the situation.

Staff decided that it was necessary to routinely measure patient's temperature before, during and after surgery, and to trial the new Bair Hugger gowns to see if the two measures would make a difference.

Evaluation of temperatures being consistently recorded showed that all patients who wore the gowns had a normal temperature that was maintained at all stages from admission to recovery and discharge.

Lead Judge Professor Donna Mead, Dean of the Faculty of Health, Sport and Science at the University of Glamorgan, said, "This award is a great example of a whole team working together to improve patient care.

"The judges were impressed with the team approach and how individuals were encouraged to identify solutions and how these ideas were tested and taken forward by the whole clinical team.

"This award also highlighted how the introduction of routine checks and measures could identify quality issues or opportunities for improvement in areas that had not previously been considered as a problem."

Working Seamlessly Across Organisations Award

Winner: Cardiff and Vale University Health Board, 'An All-Inclusive Seamless Intermediate Care Service'

Cardiff East Locality Team Intermediate Care (CELTIC) service was established to change practice and bridge barriers and gaps in delivery of health and social care for adults in East Cardiff.

Cardiff and Vale University Health Board, Age Concern Cardiff and Cardiff Council Adult Services developed a team with skills to meet the needs of vulnerable people and help them to stay in their own homes/care homes.

It focused on people at risk of hospital admission including frail, older people, people with mental health problems and people suffering from chronic diseases.

Staff worked more closely together and, using an electronic shared patient record, were able to deliver a more seamless service for patients.

The work resulted in the reduction of hospital admissions from care homes by one third – which saved around 3082 bed days.

The provision of more support enabled more dischargeable patients to return home – which saved 2268 bed days.

The number of bed days saved enabled the health board to re-commission 19 medical beds.

Judging this award, Sian Harrop-Griffiths from the National Leadership and Innovation Agency for Healthcare, said, “The judging panel were extremely impressed by the work and enthusiasm shown by the CELTIC Team.

“With access to multi-professional health and social care practitioners, they are able to provide a coordinated and integrated service to people enabling them to be cared for in their own homes rather than requiring a hospital admission.

“The achievements and their plans for developing the service further, are quite remarkable and our congratulations go to them for some sterling work.”

Promoting Better Health and Avoiding Disease Award

Winner: ABM University Health Board, ‘Gynaecological Cancer Rehabilitation Scheme for the Prevention of Lymphoedema and Incontinence’

A joint initiative was developed by ABM University Health Board and Macmillan Cancer Support to prevent the occurrence of lymphoedema and incontinence in gynaecological cancer patients.

Lymphoedema – a swelling due to an abnormal build up of fluid called lymph in body tissues – and incontinence were common in patients with gynaecological cancers yet both are preventable problems.

Research showed that prior to October 2008, all gynaecological cancer patients operated on in ABM were given no formal advice or support on prevention or exercise rehabilitation.

Gynaecological cancer patients were being referred for treatment when their lymphoedema had progressed, advice was ad hoc and no information leaflets were available.

A detailed prevention and rehabilitation scheme was developed, which with appropriate timely intervention, aimed to stop lymphoedema/incontinence occurring and improve quality of life.

The plan had four phases;

- Phase One: patients were assessed pre and post-operatively, leaflets were provided and preventative advice given including pelvic floor exercises
- Phase Two: out-patients were given advice and self-management techniques
- Phase Three: two hours of exercise once a week for six weeks at local leisure centre and education sessions including sexuality, nutrition and relaxation
- Phase Four: follow-up visits at six months, one year and two years

The scheme was universally welcomed by patients who found it had helped them control their own health.

Evaluation showed that of the 161 patients entered on the scheme, 100% were aware of lymphoedema and what to do if it occurred.

There was a reduction in incidents of lymphoedema from 30% to 5% and 93% of patients found the exercises has improved their quality of life.

Judge Nigel Monghan, Public Health Wales said, "Coping with cancer and its treatment is a huge burden for patients. But when the surgeons, oncologists and radiotherapists have done their jobs many are left coping with swollen parts of the body, incontinence and other uncomfortable or embarrassing conditions.

"The Gynaecological Cancer Rehabilitation Team has helped patients to manage and even prevent these problems.

"In doing so they have transformed the lives of those they care for and they are now recognised as valued members of the local multidisciplinary cancer team."

Improving Patient Safety Award

Winner: Cardiff and Vale University Health Board, World Health Organisation (WHO) Surgical Safety Checklist – A Successful Strategy for Implementation'

The successful implementation of the World Health Organisation surgical checklist in all operating theatres in Cardiff and Vale University Health Board has ensured patient care is much safer.

The organisation, which is the biggest in Wales, has received praise for the way in which it encouraged and educated staff to get behind the checklist and rapidly roll it out to all its 44 theatres.

The checklist is an integral part of 1000 Lives Plus which aims to improve patient safety and reduce avoidable harm across NHS Wales.

The simple set of questions asked during a patient's surgical episode, have been demonstrated to reduce harm and deaths.

The checklist is applied in three stages; before the patient is anaesthetised, before the operation starts and when it finishes.

The process ensures that there is more effective communication amongst those involved in the surgery, providing a clear and consistent approach.

It also focuses on basic good practice: checking the patient's identity, the correct site for operation, ensuring all necessary equipment is available and providing an opportunity for discussing any complications that may arise.

Potential risks such as haemorrhage, reaction to antibiotics and allergies are also highlighted.

Cardiff and Vale University Health Board spent time ensuring all staff understood the checklist and its impact on improving patient safety.

It attended learning sessions to discuss how best to implement the list, provided written information for staff and began with a month long pilot in Llandough Hospital before moving to the main theatres in the University Hospital of Wales.

It then introduced the checklist into a new theatre every week until all theatres were on board.

Judging the award, Dr Kevin Cleary, Medical Director for National Patient Safety Agency, said, "Achieving cultural and behavioural change across clinical teams is generally a challenging and difficult task.

"The introduction of the surgical checklist, the aim of which is to improve the safety of patients undergoing surgery has required a multi-systemic approach to be truly successful.

"The winners of the prize have shown that it is possible to achieve the change necessary, with diligence and commitment and they should be truly proud of what they have achieved on behalf of patients.

"I think it is a paradigm developed by the local service which has much to teach the health service throughout Wales."