

HUG MAGAZINE



January/February 2007

A magazine for HAEMATOLOGY and ONCOLOGY patients,
being treated in the Day Therapy Centre and Dove Ward or
under review following treatment

This magazine
is generously
sponsored by
P.A.L.S.



Thank you to
Carl Beech,
Angela Morris
and the
P.A.L.S. team
for your help

We would love to hear from you with your comments, suggestions or articles:

Contact
email hugswindon@btinternet.com

H.U.G. SWINDON
HAEMATOLOGY/ONCOLOGY UNITED GROUP, G.W.H.

H.U.G. Swindon

Get-togethers take place
in the Osprey Unit Education Room
Any time between 10:00 am and 12:30 pm
on the 2nd Thursday of the month, i.e.

08 March 2007

12 April 2007

10 May 2007

AIMS!!!

HUG aims to improve the environment for ALL patients of the Day Therapy Centre and Dove Unit or under review following treatment in these areas at the Great Western Hospital, Swindon by:

- ❖ **Holding regular “get-togethers” where Haematology and Oncology patients and their relatives can make friends, share their views and experiences and receive information about hospital and other relevant services, all in an informal atmosphere over refreshments.**
- ❖ **Producing the HUG (Haematology/Oncology United Group) Magazine, a light- hearted and informative bi-monthly magazine and making it available in Dove Unit, the Day Therapy Centre and the Appointments Waiting Area.**
- ❖ **Pointing patients in the direction of specialist help available, as required.**
- ❖ **Following up on comments and complaints about Hospital Services and reporting back on progress made.**
- ❖ **Fund-raising to provide items for the benefit of patients, such as provision of mugs and redecoration of rooms. We are currently working on pictures for Day Therapy and Dove Ward and additional sockets and lamps for the latter. Ideas are welcomed at any time for future projects.**

SOME NEW FOOTBALL CLICHÉS?

A midfield workhorse – The one who takes the wheelie bin to the kerb.

Sick as a parrot – As devastated as a hedgehog who chatted up the scrubbing brush.

A stramash in the goalmouth – A fox entered the opposition’s hen-house.

A game of two halves – We had beluga caviar, then cold semolina.

A fresh pair of legs – a brand new battery for the Duracell bunny.

NEWS THAT MAY BE OF INTEREST

Tipifarnib shows promise in lymphoma patients

Results of a US study suggest that treatment with a drug called tipifarnib may benefit patients with relapsed, aggressive non-Hodgkin's lymphoma.

Lead researcher Thomas Witzig, from the Mayo Clinic in Rochester, Minnesota and his team investigated the anti-cancer properties of tipifarnib, a type of drug called an enzyme inhibitor, in 38 patients with relapsed, aggressive follicular or mantle cell lymphoma. All the patients received a 300-mg dose of tipifarnib twice daily for 21 out of 28 days, after which the cycle was repeated.

The researchers found that 18% of the participants showed a partial response to the treatment, defined as a reduction in the number of cancer cells, while 21% had stable disease without progression. However, 33% of the patients required a dose reduction over the course of the study due to an effect called myelosuppression, in which the bone marrow has a reduced ability to produce blood cells.

The team believes that this drug warrants further investigation in combination with conventional chemotherapy and other novel agents for the treatment of this important subset of patients.

Lymphoma-net.org 22 December 2006

A new Myeloma support group has been set up in Bristol. The first meeting was held on 23rd January 2007, at the UHCT Community Centre, Eden Grove Methodist Church, Horfield, Bristol.

Dates for future meetings can be obtained from Ellen Watters at

Cancer Research UK report, European Journal of Cancer, 8th January 2007

According to the above report, European bureaucracy has made running large clinical trials for new cancer drugs more difficult. The European Union Clinical Trials Directive of 2004 was intended to harmonise standards across the continent, making it easier for international groups to collaborate. Because every member state implements European laws slightly differently, however, the effect has been to increase costs, delay trial starts, and make collaboration more difficult.

Large-scale, multinational trials are required to prove the effectiveness of many anti-cancer drugs, especially those being developed for rare diseases, because of the large numbers of patients needed. Dr Richard Sullivan, director of clinical programmes at Cancer Research UK and co-author of the report called for an urgent review of how the Directive is being implemented across member states.

Hospital Catering –Food Reheating and Serving to Inpatients

As a follow-up to our visit to the Catering Department, D, N and I paid a visit to the kitchen from which meals are served to patients on Falcon and Dove Wards, in November 2006. We were accompanied by AM from PALS, BP, the Catering Manager and joined for part of the time by SM, who supervises all 16 ward kitchens. We tried not to get in the way too much!

Before we set off, B showed us a recent NHS Award for Services to Hospital Catering received by GWH Catering.

Patient orders (selected on the previous day) are picked in the basement Catering Department and transferred to the relevant Kitchens at least one hour before meal times. There will be a mixture of the following:

- Individual portions of chilled dishes prepared by and despatched from Tillery Valley in Wales on a daily basis
- Cold or not frozen dishes bought in from other sources
- Vegetables and special diets cooked in Catering from fresh or frozen and supplied in metal oven trays
- Vegetables such as baked beans and mushy peas heated from tinned supplies
- Soups prepared from packets
- There is always a bit extra to allow new patients to be fed!

With Wards of up to 38 Patients and around 500 in total at any one time, this is already a major undertaking.

In each Ward Kitchen two members of staff from the Housekeeping Department receive the food for the next meal on a large trolley. Food is stacked into either the oven or fridge, for appropriate heating or chilling. There is also a freezer for any frozen items, such as ice cream. The trolley is wheeled straight into the heating/cooling cabinet in the Ward kitchen. Reheating is done to at least 76°C to meet food safety standards, and a probe system is used to spot check that this temperature has been reached.

The trolley is then wheeled to the delivery area of one ward at a time and individual meals are dispensed onto plates and trays. The Housekeeping Team that we saw had a good system going for quick and efficient plating of meals. Soups are served from flasks, vegetables and special diets from oven dishes, using the meal ordering form to select for each patient. A cover is placed over the top.

We understood from our previous visit to Catering that crescent shaped dishes were being used throughout to separate dishes in sauces from vegetables. We have now found out that these are only available to private patients.

Time taken to deliver will vary from Ward to Ward, dependent on the efficiency of individual Housekeeping teams and the delivery system adopted, which is at the discretion of the Clinical Staff. Patients' trays may be delivered as soon as their food has been put on, or trays may be transferred to trolleys holding 6 meals. The time taken for the last patient to receive their meal in a large ward can be some time after the first and a few minutes after plating. This can mean that some foods do suffer in appearance, although not in quality, during the cooling process. B says that some vegetable items, for example brussels sprouts, have been removed from the menu because it was clear from patient comments that they were not enhanced by the reheating process. Mashed potato has been reported to HUG by patients as falling into this category, but it is on the list of foods that must be served daily, because it is easy to eat.

Dishes are collected and washed up in the individual kitchens, before it is time to start again for the next meal. We noticed that the kitchen, which is also used by clinical staff, is kept spotlessly clean.

Clearly there are always going to be challenges in catering for such large numbers.

- Food cannot be served as hot as at home, for safety reasons as well as distribution time.
- My opinion is that the best option is always freshly prepared food served immediately. Obviously this is not possible in a hospital environment.
- Food smells can also be off-putting for patients whose appetite is affected by their illness, particularly if they are in a room close to the kitchen or serving area. The use of extraction fans might be helpful.
- There is no failsafe method of recording whether patients, who are not on food watch via the "red tray" system, are not eating. So it might not be picked up for some time if someone was malnourished.
- Patients undergoing in-treatment may miss meals. Some hospitals are using "Protected Mealtimes" which means that between certain hours, no treatment is given to in-patients.

Easy Quiz answers	
1.	116 years
2.	Ecuador
3.	Sheep and horses (their intestines)
4.	November
5.	Squirrel, goat, pony, bear or sheep fur/wool
6.	Dogs
7.	Albert
8.	Crimson
9.	New Zealand
10.	Orange

If you can't get rid of the family skeleton, you might as well make it dance!



h.u.g. ★
fridge magnet
★ fun

**OLD SAILORS NEVER DIE.
THEY JUST GET A LITTLE DINGHY.**



I am indebted to my father for living,



but to my teacher for living well.

Alexander the Great

All my life I've wanted to be a great wit. One of my closest friends keeps telling me I'm half way there already.



Minutes make up time.



Moments make up memories.



Stress is when your tummy says "No way",
and your mouth says "No Problem".



Act like a man of thought. Think like a man of action.

BITS AND PIECES

A Green Song

(to sing at the bottle-bank – NOT that we're advocating it!)

One green bottle,
Drop it in the bank.
Ten green bottles,
What a lot we drank.
Heaps of bottles
And yesterday's a blank
But we'll save the planet,
Tinkle, tinkle, clank!

We've got bottles –
Nice, percussive trash.
Bags of bottles
Cleaned us out of cash.
Empty bottles,
We love to hear them smash
And we'll save the planet,
Tinkle, tinkle, crash!

An Easy Quiz for a bit of fun?

1. How long did the Hundred Years War last
2. In which country are Panama hats made?
3. From which animals do we get catgut?
4. In which month do Russians celebrate the October revolution?
5. What is a camel hair brush made of?
6. The Canary Islands in the Atlantic Ocean are named after which animals?
7. What was King George VI's first name?
8. What colour is a purple finch?
9. Where are Chinese gooseberries from?
10. What is the colour of the Black Box in a Commercial aeroplane?

(Answers on Page 10)

Some lessons for life

A tree is known by its fruits; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.

St Basil the Great (329-379)

We learn wisdom from failure much more than from success. We often discover what will do by finding out what will not do; and probably he who never makes a mistake, never made a discovery.

Samuel Smiles (1912-1904)

H.U.G. News – read all about it

Get-togethers were held on 14th December 2006 and 11th January 2007

1. Progress on proposed purchases for Dove and Day Therapy

Actually, everything has been on hold over the Christmas period. Dove Ward has got a wish list, of which we should know the contents, by the time you read this. Ideas are always welcome, but completion seems to be an issue on ongoing projects, as reported last time. We are awaiting news on what can be progressed.

2. Christmas Festivities

We had an enjoyable Christmas lunch for HUG friends at a nearby hostelry, although not everyone was able to join us. This was followed a week later by our “drop-in” at the December get-together. Some staff and abC supporters were able to join us for nibbles, cake and drinks. There were presents from the tub to take away. Patients in the waiting area outside were asking what was going on, so we were clearly noisier than usual. Some of us were also able to go to the abC Social, which was really enjoyable.

3. Fund-raising

We didn't quite manage to go to a car boot or table top sale before Christmas, but we hope to do a series of them before the summer. We have collected up quite a few items to sell!

4. Visitor at January 2007 Get-Together

SD of Hair Aloud brought along some samples of the wigs, hair pieces and accessories that she sells. The monofilament wigs are lighter than the NHS ones, but don't come free of charge, of course. Sue stocks various price ranges. Actually more of us were interested in the “enhancers” which clip in or can be mixed with your own hair through a loosely crocheted base.

S is prepared to visit potential purchasers at home in the area, or, those living further out of Swindon, she can see at her home. She is a hairdresser, who can obtain several wigs to be tried on and cut them to suit a client. Contact details are available via the group.

Positive Thoughts, Emotions and Actions Word Search

W T V F R L M X I Y O E L D S Z G K T Y
 E L X G N M Q U T D K R Y K H O P U S C
 X V B I E N T H U S I A S M T Y T C Q S
 K O S V V N H J S F H F J G D U S R T V
 M N A I W F E D A S V D R H C P B H A G
 G R T N L O Y R E C M S Z E B O L I Y V
 L A U G H T E R O P T I M I S M D T S Y
 Z A W E T R A M Z S M T L K I T I R N M
 D M L V H X F J G H I Y R E T S U S O F
 L G N I K O J T S A O T C Y O U I S P K
 C X U R R C P K D R Z D Y R V D B E N L
 R T M T C H H E J I C L E H D I O N M H
 F N B S J L W A R N T N R U F E B I F S
 D W E L L B E I N G E G M G S T G P Y I
 H Z J N S F D Q W G W I N I L Z H P T Y
 G U T S J N L P N R J P C F M J S A A Z
 X W E I J O O I M B F R I E N D S H I P
 C R S F V O Y E P N E Q X U J K Z S M T
 K X J E G R T M L X M O I J W Y R U B M
 B N I R T O U T E I A W S W I L S O T O
 T C S L I P X T H N I L R N A E L F R P
 O E Y S U Y U I P H T H E D L H J U O V
 U G M W E L N F D S W S F R I F D I B X

change

comfort

diet

enjoyment

enthusiasm

exercise

friendship

generosity

giving

happiness

help

hope

hug

joking

laughter

love

optimism

Relax

rest

sharing

smile

strive

trying

wellbeing

New Year Honours List

It's perhaps a little late after New Year, but we would like to award 'HUG HONOURS' to the following, all of whom have been praised by HUG members in the last year or so. We thank you for treating, caring and taking the time to explain honestly, or providing help to the group, in our quest to improve the environment for patients.



The Haematology Consultants
The Haematology Clinical Nurse Specialists
The Oncology Consultant - Gastro-Intestinal

The Day Therapy Team

The Dove Ward Team

PALS

Cancer Services

British Red Cross Home from Hospital Contact