



Royal College
of Physicians

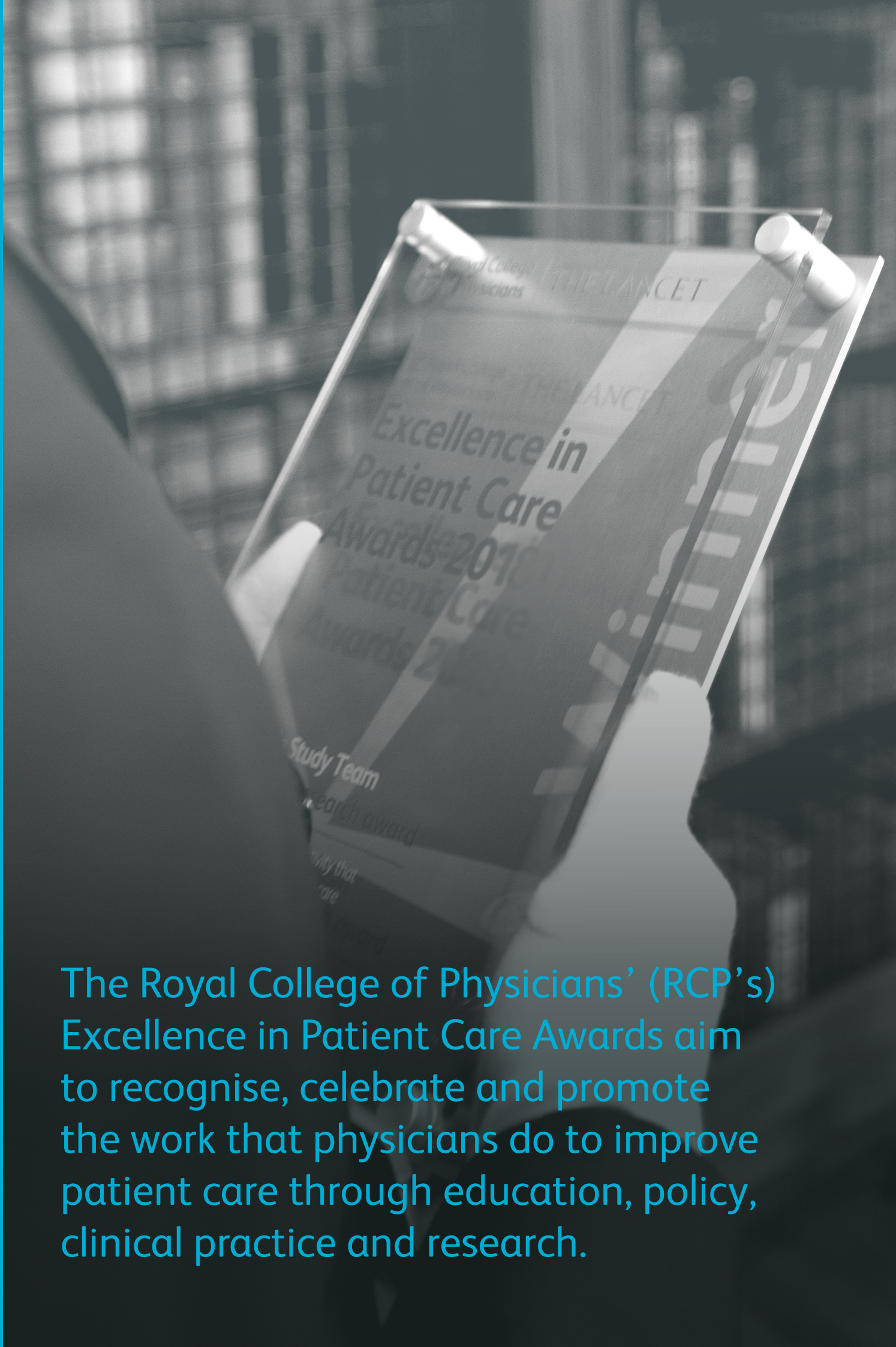
Excellence in Patient Care Awards 2020

May 2020

www.rcplondon.ac.uk/rcp-awards



#EPCA2020



The Royal College of Physicians' (RCP's) Excellence in Patient Care Awards aim to recognise, celebrate and promote the work that physicians do to improve patient care through education, policy, clinical practice and research.

Welcome to the RCP's Excellence in Patient Care Awards 2020

**Professor Andrew Goddard, president
Royal College of Physicians**



Now in its fifth year, the RCP Excellence in Patient Care Awards (EPCA) are an impressive collection of some of the most pioneering projects spanning all areas of healthcare. During the COVID-19 pandemic, it's important that the work of physicians is recognised and championed. As your RCP we're dedicated

to showing that, more poignantly than ever, all you do in medicine is brilliant.

The EPCA aim to celebrate the work that our members and fellows do to improve patient care through education, clinical practice and research. In my opinion, this year's EPCA has been a great success in showcasing the best practice, innovation and technology being adopted by modern healthcare. However, I know that that these projects are only a fraction of the groundbreaking work from our members and fellows globally.

Despite the inability to physically meet in celebration, the RCP recognises the lasting importance of celebrating these works during social distancing. In a turn from tradition, we're holding a virtual EPCA ceremony for our winners and finalists this year in the form of 1 week of virtual announcements and celebrations on our social media channels and online. Amid these unprecedented and challenging times, it's an honour to still be able to celebrate the achievements of our members and fellows around the world.

In addition to the entrants, who have spent a great deal of time preparing their submissions, I'd like to thank the judges for fitting the awards into their busy schedules. Longlist and shortlist selection was not an easy task with over 90 entries to read and carefully consider. Lastly, I'd like to thank all those who entered this year's awards and those who nominated a colleague for the 'Contribution to the profession' category.

Without doubt, your work will inspire others and change the future of innovative research, training and care. Congratulations on your achievements, not only within these awards, but within the health sector and the wider world where your work has the very real potential of touching the lives of generations.

A handwritten signature in black ink, appearing to read 'A. Goddard'.

Judges

Lead judge: **Professor Donal O'Donoghue, RCP registrar**

Professor Matthew James Brookes
Professor of gastroenterology,
Royal Wolverhampton NHS Trust

Dr Aine Burns
Member of RCP Council

Professor Yook-Chin Chia
Head of medical sciences, and
associate dean for the School of
Healthcare and Medical Science,
Sunway University in Malaysia

Dr Sarah Clarke
RCP clinical vice president

Dr Charlie Davie
Managing director, UCLPartners
Academic Health Science
Network, and consultant
neurologist at the Royal Free
London NHS Foundation Trust

Dr John D Dean
RCP clinical director for quality
improvement and patient safety

Dr Michael FitzPatrick
Co-chair of the RCP
Trainees Committee

Dr Andrew Gibson
RCP clinical lead for patient safety

Dr Alastair Gilmore
RCP deputy registrar

Dr Mike Jones
Medical director for training and
development, Federation of the
Royal Colleges of Physicians

Dr Rifca Le Dieu
Joint deputy director of the RCP
Medical Workforce Unit

Dr Sarah Logan
Deputy director of the RCP
Medical Workforce Unit

Dr Wajid Hussain
RCP clinical director for
digital health

Professor Ali Jawad
RCP vice president – global

Professor Namita Kumar
Member of RCP Council

Dr Pippa Medcalf
Member of RCP Council

Withma Muthukumara
Representative for the Mersey
and North Western region,
RCP Student and Foundation
Doctor Network

Tom Newman
Chair of the RCP Student and
Foundation
Doctor Network

Professor Chuka Nwokolo
RCP treasurer

Lynne Quinney
Interim chair of the RCP
Patient and Carer network
(until April 2020)

Dr Matthew Roycroft
Co-chair of the RCP
Trainees Committee

Dr Anu Trehan
RCP associate international
director for international
medical graduates

Dr Emma Vaux
Senior censor and RCP vice
president of education
and training

Dr Olwen E Williams
RCP Cymru Wales vice president

Dr Jane Youde
Clinical director for the RCP audit
and accreditation programme

Digital award

Recognises and rewards the use of new or existing technologies or digitally driven projects that have contributed to significant improvements in patient care or health outcomes.

Winner: Flash Glucose Collaboration (ABCD, DTN-UK, NHS England)
Supporting the uptake of innovative diabetes technology in the NHS



The project represents the alliance between the Association of British Clinical Diabetologists (ABCD), the Diabetes Technology Network UK and NHS England to improve access to flash glucose monitoring for people living with type 1 diabetes.

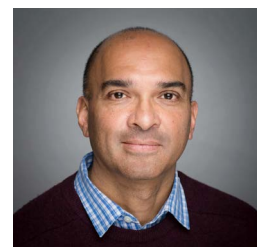
As diabetologists inspired by their clinical experience of life-changing flash glucose monitoring technology and the patient-led campaign by the charity Diabetes UK, this group of senior clinicians worked together to develop a strategy to ensure more widespread uptake of flash glucose monitoring. Through the provision of a national audit platform to demonstrate the benefits of the device, a national funding stream to address the postcode lottery in access and the development of online education resources for both healthcare professionals and people living with diabetes, the flash glucose collaboration have successfully supported the rollout of flash glucose monitoring to more than one-fifth of the type 1 diabetes population in England. The number of users more than doubled over a 7-month period and continues to grow, supported by the findings from national ABCD audit with data from over 10,000 users.

Finalists



Cancer genetics unit innovation team, St George's University Hospitals NHS Foundation Trust

Family history questionnaire service (FHQS): a patient-facing app streamlining personalised cancer risk assessment



Professor Raashid Ahmed Luqmani

Rheumatology assessment database innovation in Oxford



West Midlands Palliative Medicine Physicians Society

A 21st century solution to supporting colleagues delivering great end-of-life and palliative care

Innovation award

Recognises and rewards the innovative use of new or existing technologies and/or processes that have contributed to significant improvements in patient care or health outcomes.

Winner: Kettering General Hospital NHS Foundation Trust
Ambulatory management of spontaneous pneumothorax



The Ambulatory Pneumothorax Service commenced in 2013 with just two consultants and slowly developed to the current team of three consultants (Dr RV Reddy, Dr M Naeem and Dr G Tsaknis) and two pleural nurse specialists.

Dr Raja V Reddy, MBBS FRCP, lead consultant respiratory physician, joined Kettering General Hospital NHS Foundation Trust in 2007 as the clinical lead for pleural diseases and lung cancer, and has an impressive portfolio in interventional respiratory medicine and innovation, with multiple publications, having developed the pneumothorax service and the 'day case' medical thoracoscopy service.

Dr Muhammad Naeem, MBBS MRCP, locum consultant respiratory physician, has had extensive training in lung and pleural interventions, and has been heavily involved in the lung cancer and pleural disease service since he joined the department 6 years ago.

Dr Georgios Tsaknis, MD PhD MRCP MRQA, consultant respiratory physician, has a strong research and interventional background, with many peer-reviewed publications. Together with Dr Reddy and Dr Naeem, they have expanded all interventional and ambulatory respiratory services in Kettering.

Samantha Rawson, lead pleural nurse specialist, joined Kettering in 2016 and quickly learned a variety of pleural procedures which she performs independently, including insertion of indwelling pleural catheters (IPCs) and chest drains.

Lesley Holland, pleural nurse specialist, is a key member of the team, expertly supporting the ambulatory pneumothorax service, as well as the rest of the patients with pleural disease. She was previously a lung cancer nurse specialist for more than 15 years in Kettering.

Finalists



Dr Burhan Ahmad Khan

Passing the baton out of hours – better handover, better patient care



Dr Nigel Bird

Novel ring pessary design



Pulmonary vascular diseases unit, Royal Papworth Hospital

Pioneering balloon pulmonary angioplasty for patients with inoperable chronic thromboembolic disease

International award

Recognises and rewards projects that have been delivered outside the UK and have contributed to significant improvements in patient care and health outcomes in a particular country or region.

Winner: Team CAPD, Anuradhapura Teaching Hospital

Continuous ambulatory peritoneal dialysis (CAPD) saving lives in the north central province of Sri Lanka



Team CAPD has evolved since 2015 and consists of nephrologists, surgeons, hospital directors, medical officers, nursing officers, support staff, pharmacists, laboratory technicians, transport services, social workers, members of the Kidney Protection Foundation and CAPD patients. International and local experts contributed to the training of staff. With time, the team became a family of CAPD. Each member has contributed in a unique way.

Nephrologists were challenged with saving the lives of end-stage renal disease patients due to a limited number of haemodialysis slots in the north central province of Sri Lanka. Most patients were male paddy farmers who were the main earners in their family, with a poor socioeconomic and educational background. This initiative has revolutionised the quality of life for these socially deprived farming communities.

At this juncture, with the existing limited facilities and human resources, this programme was introduced and lead by the nephrologists. This was a strenuous learning process supported by the directors and the quality control unit.

Our doctors have meticulously assessed the suitability of patients for CAPD, a novel experience for the doctors and nursing staff as it involved individualised patient care. The Kidney Protection Foundation social worker transformed some of the existing housing facilities to suite CAPD through donations and public funds collected in tills kept at religious vicinities. This transformation process was further supported by the village heads, Buddhist monks and volunteers from the civil defence force.

At times it was necessary to insert a large number of CAPD catheters (15) in a single day with the support of surgeons and anaesthetists. This is the first time in Sri Lanka that transport officers organised free transport to the doorstep, through a partnership between the hospital and a charitable organisation.

Finalists



Dr Atif Munir

A multidisciplinary diabetes clinic in Lahore, Pakistan



MND MDT of South Australia

Development of a multidisciplinary motor neurone disease clinic in South Australia



**St John of God Murdoch Hospital
PERFORM implementation team**

Implementation of PERFORM in a private hospital setting

Medical education and training award

Rewards projects involving the development of medical education and training programmes, services or structures that have improved the quality of patient care delivered, whether on a local or wider scale.

Winner: The Prescribing Safety Assessment (PSA) partnership



The PSA has been developed as a joint initiative by the British Pharmacological Society (BPS) and Medical Schools Council (MSC) to produce a national assessment of prescribing for all UK medical students.

The PSA is a 2-hour online assessment comprising eight sections which cover various aspects of prescribing defined within the outcomes for graduates identified by the UK General Medical Council. Students sit one of four PSA exams, which have been standard set using a modified Angoff process.

The PSA was implemented across all UK medical schools in 2014 following successful pilots. In 2019, a total of 7,820 final-year medical students in all 33 UK medical schools sat the PSA. The overall pass rate was 95.4%. In addition, a PSA pass is now required in order to complete foundation year 1. To date, around 50,000 graduating doctors have taken the PSA and used its practice materials.

The PSA has also grown internationally, providing derivative prescribing assessments in at least 10 other countries. The PSA is now the biggest dedicated prescribing assessment in the world.

Also, in 2019, an independent review of the PSA was carried out by Professor John McLachlan, the findings from which were complimentary. Recommendations arising from the review have been implemented as part of the drive to improve processes for 2020.

Finalists



Inpatient diabetes training and support (ITS) diabetes, University Hospitals of Leicester NHS Trust

ITS diabetes: transforming delivery of training to frontline staff and improving patient-focused outcomes



NeuroPACES/NeuroACCESS, The Institute of Infection and Global Health, The Walton Centre NHS Foundation Trust, in collaboration with: University Teaching Hospital, Zambia; Beira Central Hospital, Mozambique

'Sustaining the training': advancing neurology care through the NeuroPACES/NeuroACCESS model



Sim@TheHill, Stockport NHS Foundation Trust

High fidelity *in situ* simulation in gastrointestinal emergencies leads to organisational change and improved patient safety

Person-centred care award

Recognises projects that have placed patients' needs, views and involvement at their heart, demonstrating a truly patient-centred approach to improving care.

Winner: Moving Medicine, Faculty of Sport and Exercise Medicine (FSEM) UK



Moving Medicine is an initiative by the FSEM in partnership with Public Health England (PHE) and Sport England, led by a central leadership team of sport and exercise medicine consultants, a project manager, junior doctors and allied healthcare practitioners (AHPs). The FSEM provides governance and support to the central team. The initiative has been developed in partnership with PHE and Sport England. The primary aim of the initiative is to improve the quality and frequency of conversations on physical activity across healthcare and support the routine delivery of physical activity support for all.

The core leadership team includes Dr Catherine Lester, project lead; Dr Natasha Jones and Dr Hamish Reid, Moving Medicine clinical directors and founders; Dr Kush Joshi, paediatric resources lead; Dr Chris Speers, active hospital lead; Lacey Anning, Moving Medicine project manager; Tracy Barnett and Anna Lowe, AHP leads; Dr James Baldock, Moving Medicine sport and exercise medicine trainees lead; and Dr Zoe Chandler, undergraduates lead.

The real strength of the initiative comes from the remarkable contributions of over 400 healthcare professionals to developing clinically relevant, patient-centred content. This group has included nurses, doctors, pharmacists, psychologists, physiotherapists and researchers among others. They have led the development of 12 individual disease-specific modules in partnership with patient groups and key stakeholders in the charity sector.

Moving Medicine aims to increase physical activity through behaviour change and all members of the team have experience in physical activity promotion and exercise medicine.

Finalists



ACU Heart Lounge

Ealing Hospital ACU Heart Lounge



Newcastle upon Tyne Inflammatory Bowel Disease (IBD) team

Submission from Newcastle upon Tyne IBD team



South Wales neuroendocrine cancer team

Patient-centred transformation of the south Wales neuroendocrine cancer service

Quality improvement award

Celebrates projects that have implemented systematic change in order to achieve a measurable improvement in the quality of healthcare services, patient care or health outcomes.

Winner: FORWARD, Guy's and St Thomas' NHS Foundation Trust

FORWARD (feeding via the oral route with acknowledged risk of deterioration) – a novel tool to support patients eating and drinking at risk of aspiration



The FORWARD project team is a multiprofessional group based at Guy's & St Thomas' Hospital (GSTT) incorporating:

- > Sally Archer, consultant speech and language therapist (SLT), with expertise in research and a track record of leading interprofessional service development and training programmes.
- > Jonathan Birns, consultant in stroke medicine, geriatrics and general medicine and King's College London (KCL) senior lecturer, with a track record of successful development and evaluation of innovative, interprofessional service delivery and educational projects.
- > Adam Fitzgerald, lead nurse for education, with a keen interest and expertise in community nursing, hospital avoidance and developing training across multiple disciplines.
- > Alex Lang, lead dietician for stroke and elderly care, KCL lecturer, transformation programme manager at the Health Innovation Network in south London, and British Dietetic Association representative on the RCP Intercollegiate Stroke Working Party.
- > Naomi Soar, experienced SLT, with a strong interest in quality improvement, currently working as the FORWARD clinical specialist for this project.
- > Peter Sommerville, consultant in stroke medicine, geriatrics and general medicine, with a passion for finding innovative solutions to problems, training in research statistics and experience of leading quality improvement initiatives and reviews.

Finalists



Active hospital team, Oxford University Hospitals NHS Foundation Trust

The active hospitals pilot at Oxford University Hospitals Foundation Trust



Dr Linda Wilson

Improving recognition and care coordination of patients at the end of life



Norwich GCA service

Improving the care of patients with giant cell arteritis

Research award

Rewards original research that has contributed to, or has the potential to contribute to, significant improvements in health outcomes or the quality of patient care.

Winner: Newcastle University, South Tyneside and Sunderland NHS Foundation Trust and the Northern Region Endoscopy Group

Delivering world-leading endoscopy research across the UK



Newcastle University, South Tyneside and Sunderland NHS Foundation Trust and the Northern Region Endoscopy Group have developed a collaborative research network, led by Professor Colin Rees. The collaboration has subsequently extended across the UK transforming the way endoscopy research is delivered in the UK and internationally.

A collaboration of academia- and research-motivated endoscopy units have changed the landscape in endoscopy research by moving away from the historical model of limited single-centre studies to delivering collaborative multicentre studies, and in doing so, developed evidence-based practice within endoscopy. It has achieved this by evolution, initially recruiting to simple studies focused on service delivery and audit, then by training up a motivated network of researchers and research leaders, leading to development of high-quality novel trials addressing important clinical questions. This model has been extended to multiple sites throughout the UK.

Multicentre studies are now delivered using a streamlined approach including study development, peer review, collaborative grant applications and innovative patient and public involvement. The collaboration has led to delivery of the world's largest interventional endoscopy trials. Over 12,000 patients have been recruited with research addressing multiple priorities, including pathology detection and recognition, patient experience of endoscopy and identifying risk factors for colorectal pathology. The UK's standing for delivery of high-quality endoscopy research now makes it the first choice for the endoscopy industry.

The collaboration has now secured significant funding to establish a permanent formal infrastructure to deliver large scale endoscopy research nationwide – named COLO-SPEED (colorectal cancer screening, prevention, endoscopy and early diagnosis). This is currently delivering four studies, which will recruit 20,000 patients over the next 5 years. Multiple additional studies are funded or in development. The mantra is that all patients attending for endoscopy should have the opportunity to participate in research.

Finalists



Health in schools, University Hospitals of Birmingham NHS Foundation Trust

Trainee healthcare professionals as leaders of health education in schools: Health in schools



PROFILE trial team, Addenbrooke's Hospital

Driving towards personalised care in Crohn's disease, Cambridge University Hospitals NHS Foundation Trust

Welfare and wellbeing award

Celebrates teams that have prioritised team and individual welfare in the form of flexible working, mindfulness and wellbeing or team building activities to ensure staff are working at their best and continue to treat patients at the best of their ability.

Winner: 'Professionals together' team, HEE West Midlands
Professionals together scheme



The 'Professionals together' team was formed in the summer of 2018 and has grown since then. The team consists of clinicians in the West Midlands who are passionate about the wellbeing of newly qualified doctors. It currently comprises 24 doctors, representing 9 specialties across primary and secondary care. Team members donate as much time as they are able to by attending the nine sessions of the scheme throughout the academic year.

Team leaders:

- > Dr M Blaber, MBChB BMedSci MRCP, specialty doctor in palliative medicine, Sandwell and Birmingham (SWBH) NHS Trust and honorary lecturer in bioethics
- > Dr R Bryson, MBChB DCH DRCOG FRCGP, general practitioner, Karis Medical Centre, Birmingham.

Core team members:

- > Dr H Naqvi, consultant geriatrician, SWBH NHS Trust
- > Dr S Jameel, general practitioner and senior clinical lecturer in medical professionalism
- > Dr E Fogden, consultant gastroenterologist, SWBH NHS Trust
- > Dr A Lock, consultant in palliative medicine, SWBH NHS Trust
- > Dr P Turner, general practitioner, Karis Medical Centre
- > Dr H Coop, consultant in palliative medicine, RWH NHS Trust
- > Dr K Newbold, general practitioner, Karis Medical Centre.

Finalists



Dr Javed F Ahmed, The Hillingdon Hospitals NHS Foundation Trust
You've been Mugged! – peer-to-peer positive feedback



Dr Umakant Dave, Morriston Hospital, Swansea Bay University Health Board
Mindfulness and wellbeing

Contribution to the profession award

Given to an RCP member or fellow at any stage of their medical career who has demonstrated excellence in their professional life so far. This can be in the development of clinical services, educational support or in the pastoral care of their patients and colleagues.

Winner: Dr Amit Arora
Consultant physician and geriatrician



Dr Amit Arora is an internationally recognised consultant geriatrician at University Hospitals of North Midlands where he's been based since 2004. For years, he has not only led the change in the way care of older people is organised and delivered locally/regionally, but has also influenced national policy over the years.

He has been successfully blurring the boundaries between primary care, secondary care, social care, housing, voluntary agencies, patient organisations, charities and various provider trusts, and has led his team to over 15 national awards as winner or finalist.

Many services he developed are now commonplace nationally, but he has been an innovator or an early implementer in many such developments. These have included frailty front door services (2016+); multi-award-winning research programme (improving all high-level objectives (HLOs)); frailty fellowship (Master's course); silver helpline for patients (2015+); hotline for GPs (2015+) and intermediate care teams (2019); and many other new services.

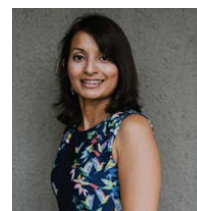
He locally led the implementation of the NHS Long Term Plan 2019 and recently developed 'Staying well' clinics (one-stop multidisciplinary preventative frailty clinic). Working with the transformation delivery unit he has been instrumental in developing a 2-hour urgent community response team.

Working with charity Beat the Cold (2015+) and energy companies, he has helped develop an environmentally friendly social enterprise 'Saving-Lives-with-Solar' which provides free heating services to address fuel poverty.

He has served as chairman of the British Geriatrics Society England Council and chaired the 'Quality Review Standards' for frailty and dementia, available nationally. He serves on a number of advisory bodies for NHS England and the Department of Health and Social Care.

As a non-academic, he has over 100 publications including many book chapters, college reports (including the RCP and Royal College of Psychiatrists (RCPsych)), *Commentary* editorials, abstracts and articles. He is an examiner for MRCP-PACES and Diploma in Geriatric Medicine (DGM) exams of RCP.

Finalists



Professor Harvinder (Reena) Kaur Sidhu
Gastroenterologist



Dr Mayank Patel
Consultant physician in diabetes



Professor Opinder Sahota
Consultant in general and geriatric medicine

Excellence in Patient Care Awards 2021

The RCP Excellence in Patient Care Awards will be back in 2021 to celebrate more of the impressive work that our fellows and members are doing to improve patient care.

The awards will open for entry later this year.

The winning entrants will receive:

- > £1,000
- > a commemorative plaque
- > promotion for their winning project
- > the opportunity to speak at an RCP event.

To find out more, please visit:

www.rcplondon.ac.uk/rcp-awards



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