



Education Newsletter

August 2025



Students

We have Isabel student nurse from UCLan continuing placement until 31st August.

We also have Trainee Nurse Associate Niamh coming for spoke placement days as well as Josie who continues her studies with UCLAN

The next Student Supervisor and Assessor Training with Edge Hill will take place on MSTeams on the 21st August at 11am. This training will be on in the skills lab for clinical staff to attend.



Paediatric Palliative Care Study Day

The paediatric palliative care held on the 20th June was attended by 11 external professionals who came for the day and learned about Derian House, paediatric palliative care, advance care planning, symptom management, care of a child at the end of life and after death, and communicating with people experiencing grief and bereavement.

The day included formal teaching, group activities, interactive participation, case studies and a tour of the hospice.



Next study days will be held on –

- 2nd Sept
- 6th Oct
- 2nd Dec



Controlled Drugs Awareness Training

Hayleigh and Catherine will be facilitation CD awareness training on the following dates;

- 26th September 13:30-14:30
- 30th October 13:30-14:30
- 27th November 13:30-14:30

Training will be held in the Clinical Skills Lab

Training with the Proveca Medical Rep will take place on the 20th August at lunch time in the skills lab. Please email Hayleigh Short if you plan to attend so she can organise lunch.

The next professional's day will be held on the 14th August 9am-4pm in the Conference room for external professionals to learn all about Derian House. As always, we really appreciate all of our speakers and are looking forward to another great day of education and networking.



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Focus of the month

How to rediscover kindness

- Thinking of a person as a human rather than a colleague, a patient, a family member.
- Think about how it feels to show someone kindness – how does it make you feel
- Practice what helps you be more mindful
- Try to be more present – active listening
- Encourage the use of positive feedback
- Let go of grudges – forgive and move on
- Be proactive – help colleagues



What is incivility?

Incivility can be anything ranging from rude or unsociable speech or behaviour.

Importantly, it is as interpreted by the recipient.

There are many examples:

Shouting at someone, swearing, aggression (not necessarily towards someone), belittling someone, sending emails while in meetings, talking over others, being difficult over the phone, rolling eyes or tutting at someone. The list goes on!

What happens when someone is rude?

When someone is rude to us, it reduces our bandwidth; our ability to effectively juggle multiple tasks and conscious thoughts.

For example, on a good day, we can actively juggle 6-8 things, like remembering to pick up the shopping on the way home, remembering the important birthday next week

The impact spreads to others

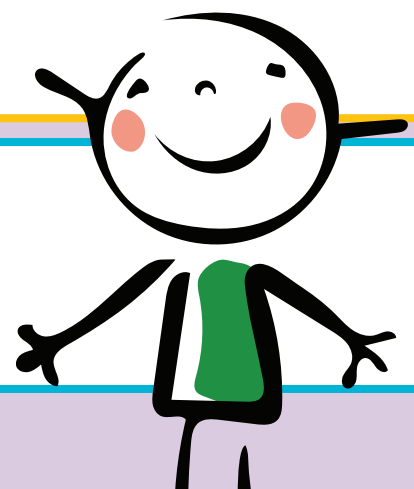
The impact of rudeness spreads through a team like a ripple in a pond, impacting those who observe the rudeness too, leading to:

- 20% decrease in performance
- 50% reduction in willingness to help others



References and further reading.

<https://www.civilitysaveslives.com/civility-message>





CONDITION OF THE MONTH

CYSTIC FIBROSIS



Interesting fact- Cystic Fibrosis can cause salty sweat and skin. Some parents have accidentally found out their baby has cystic fibrosis by tasting salt on their child's skin when they kiss them

What is Cystic Fibrosis

Cystic Fibrosis (CF) is a genetic condition which affects the movement of salt and water in and out of the body's cells. People with CF experience a buildup of thick and sticky mucous in their organs, including the lungs, digestive system, pancreas and reproductive system causing many challenges and symptoms.

CF is usually diagnosed in antenatal testing or during newborn screening. People can also have tests to find out if they are carriers. Carriers only have one copy of the CF gene and this means they don't have CF but if they were to have a baby with another carrier, there is a 1 in 4 chance that their child will inherit CF and a 1 in 2 chance they will inherit the carrier gene. One in 25 people carry the faulty gene, usually without even knowing.

CF is a life limiting and shortening condition but with medical advancements and medication developments, children, young people and adults are living much longer fuller lives. Around 11,000 people in the UK are living with CF and it affects everyone differently. 79% of people with CF say that their physical health has prevented them from living as well as they would like

How Cystic Fibrosis affects the body

Lungs - CF causes people to be susceptible to a build up of mucous on the chest, difficulty breathing and chest infections. They often need to take a lot of antibiotics, sometimes require oxygen therapy and chest management plans and in extreme cases, require lung transplants.

Bones - People with CF often have thinner and weaker bones, which causes joint pain, osteopenia, osteoporosis and low bone mineral density.

Cystic Fibrosis related diabetes - CF can cause damage to the pancreas which affects the production of insulin. This affects around 2% of children, 19% of adolescents and 50% of adults.

Digestive system - CF can cause different problems with the digestive system such as bowel obstruction, gastro-oesophageal reflux and can make it really difficult to absorb fat in food leading to diarrhea and difficulty gaining weight.

Fertility - Both men and women with CF may have problems conceiving a child naturally especially men as they can often have issues with the vas deferens which carries sperm from the testicles. Fertility treatment such as IVF is usually recommended to people with CF who want to have children

Liver - Around 40% of people with CF will have some liver abnormalities such as liver disease and jaundice due to blockages in the small ducts in the liver and issues with the drainage of bile.



MEDICINE of the month



Hypertonic saline for nebulisation

What are the different concentrations?

There are three concentrations of saline in use at Derian House:

- 0.9% (normal saline) - a low concentration solution, it is considered the closest in pH to your body. This strength may be used more frequently, if clinically indicated
- 3% (Mucoclear) – a more concentrated solution than 0.9%, with a greater osmosis effect
- 7% (Nebusal) - a highly concentrated solution, that works in the same way as 3%, more often as part of an 'unwell' respiratory management plan



What is it?

Hypertonic saline is a sterile, concentrated salt water solution, also known as a mucolytic, given via a static nebulizer machine or Aerogen Solo, which creates a fine mist for inhalation into the lungs. At Derian House, it is a prescribed medication.

How does it work and why is it used?

The process of osmosis moves fluid from a low (salt) concentration fluid to a high (salt) concentration fluid in the lungs. Nebulized saline draws water into the mucous (phlegm), making it runnier and less sticky, for easier removal via coughing and suctioning (tracheal, oral or naso-phanrygeal), and routinely used as part of a chest management plan

What are the benefits?

Keeping the lungs clear of mucous build-up reduces coughing, breathlessness, tiredness, and the risk of frequent chest infections.

What are the risks and side effects?

- Irritation to the lungs.
- Coughing, sore throat and an unpleasant taste in the mouth (if used via face mask or mouthpiece)
- Oxygen desaturation
- Build-up of salt residue in invasive and non-invasive exhalation ports.

Close monitoring of the child and young person during and after administration is essential.