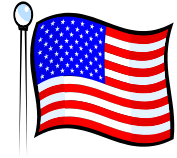




NOTTINGHAMSHIRE ROOSEVELT TRAVELLING SCHOLARSHIP NEWSLETTER May 2016

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www.rooseveltscholarship.org



A Note from your Secretary

This edition of the Newsletter is the first for a long time and is designed to showcase last year's Scholars, with a brief overview of where they went, what they achieved and what they experienced.

Unfortunately the Scholarship is now facing severe financial pressures as the last of our previous sponsors have withdrawn their financial support. This year we will only be able to send 1 Scholar. We received 10 applications of a very high calibre, and put through 2 for a final interview on the 28th April, it has been our policy to sponsor as many Scholars as we can if they meet the right criteria. Please take time to read the note from our Treasurer. **On the final page.**

After 5 years of sponsorship, The QMC League of Friends has decided not to fund Nurses through the Roosevelt Scholarship this year. They decided that our

remit was too restrictive and will continue to sponsor Nurses directly. The Nurses who were previously sponsored will remain as Roosevelt Scholars under our umbrella. We wish all other Nurses good fortune under the new scheme.

I hope you enjoy reading a précis of the reports.

Here are a few snippets from their reports and Blogs; their full reports are available on our Web site. *They are in their own words.*

www.rooseveltscholarship.org/

From the website you can also join the [Scholarship Face book](#)

We also have a LinkedIn Group that you can join – please email Russ Blenkinsop on rscblenkinsop@gmail.com to join.

Scholar Matters – Final Reports of 2015 Scholars

Emily (Tig) Howells

Burns and Critical Care Dietician

1.1 The Project

Working in Burns I have seen how nutrition not only influences wound healing but other aspects of patient care e.g. physical rehabilitation and ultimately impact on individuals' final health outcomes and quality of life. There is a lack of national standardized burn nutritional guidelines, peer support for dietitians and formalized nutritional training/ education to work in this dietetic field. Additionally meeting the high nutritional needs of our patients can be complex as frequent trips to surgery, nutritional product profiles and feeding methods need to be considered in addition to tolerance, patient dietary preferences and ongoing medical treatment. I aimed to explore if North American colleagues experience similar challenges, observe nutritional practice that may have been implemented to maximize nutritional provision and collaborate in order to share ideas, insight and critically evaluate current practice and strategies to improve patient's nutritional care.

A secondary aim of my project was to enhance NUH staff knowledge of how nutrition influences

wound healing, confidence when providing best nutritional care to patients and efficiency of initiating nutritional care. Studies highlight that nutrition support, such as oral nutritional supplements and adequate fluid provision is a cost-effective approach to wound prevention, particularly in pressure ulcer prevention (Banks, M *et al.*, 2010) (Hishashige, A. *et al.*, 2012)(BDA., 2012). With tightening budgets and large financial pressures in the health service developing new cost-effective strategies that improve upon multiple aspects of patient care will help services to adapt, enhance patient experience and provide best return of investment. Through undertaking this experience I wished to consider and develop nutritional policies and procedures that will benefit patients with wounds but also impact on other factors such as incidence of infection, falls and length of stay.

4.0 Professional Experiences

Through the clinical shadowing placements I observed nutritional practice delivered to adults and paediatric

burn patients, those with or at risk of pressure ulcer damage and other complex wounds. I gained a lot of information, skills and clinical experience, often beyond the scope of my project, which resulted in the set objectives being achieved. The hospitals visited were a mixture of private, public and charity run hospitals and my time was spent with different professionals such as Allied Health Professionals (AHPs), Nurses, Doctors and Researchers.

4.1 Burns Learning

The stand-out burn nutritional practice differences that I observed when in North America and wish to comment on were the following:

- Burn staff education on burn nutrition and evidence base
- Estimating nutritional requirements
- Enteral feeding
- Protein supplements
- Availability of burn dietitian to paediatric burn patients
- Dietetic peer support

4.1.1 Staff education

All the adult and paediatric burn dietitians reported they ran annual nutrition education sessions for burn nursing staff and half of the dietitians reported an annual

“You must do the things you think you cannot do.”- Eleanor Roosevelt

Sarah Eitzen

Children’s Nurse at Nottingham Children’s Hospital.

My journey began back in December 2014. I was a newly qualified Staff Nurse at Nottingham Children’s Hospital and had only been working a few months. I saw a job advertisement posted in our staff room for a “Band 7 Secondment”, meaning it was an opportunity to move up two bands, for an allocated time frame, in a position that was way out of my league! However, it was a position that sounded very interesting to me and I thought I would apply for experience’s sake. What surprised me was that my application was accepted and I was invited to interview with the Head of Children’s Nursing and another senior nurse. I prepared as well as I could and walked into my interview with confidence.

Although I did not receive the job, I was approached by one of the interviewers who were extremely impressed that I applied for the job considering the stage I was at. Apparently the interview went so well that if I had had more experience the job might have been mine! That’s when I first heard about the Roosevelt Scholarship. She encouraged me to apply as she saw that I was not about to limit myself.

nutrition evidence update for their whole Burn team. Most dietitians stated they meet with new burn staff, particularly nurses, and provide a one-to-one education to ensure the following is discussed early:

1. Summary of evidence base of why nutrition is essential for burn patients
2. Nutritional approaches to meeting caloric and protein needs
3. Feeding protocols
4. Referral criteria to a dietitian
5. Nutritional products available

Burn staff reported that these meetings and education sessions reinforced the role of nutrition in burn care, ensured practice was up to date and evidence based and that there was a consistent whole team approach to meeting nutritional needs. The meetings also allowed discussion about nutrition projects (ongoing or proposed) and the opportunity to highlight barriers to meeting the patients’ nutritional needs. I hope to be able to implement the same education and training opportunity for NUH burn staff and create a Nutritional Information Pack for new starters to be given within their first week of starting on the burn unit.

My interest in childhood obesity began whilst I was a student. I’ve always loved learning about nutrition, health and more specifically, weight management. I saw many cases of overweight patients within a hospital setting, however it was rarely a subject that was brought up because of our lack of knowing how to discuss the topic. The opportunity to travel to the United States to glean information, ideas and knowledge surrounding this specific issue was something I never expected. The Roosevelt Scholarship was everything I needed at this stage in my early career to kick-start my passion to see change and improvement within Nottingham University Hospital and even farther afield. I wanted to be selected for this Scholarship for a chance to challenge myself, see myself grow and push the limits of my capabilities - in order to bring back insight, knowledge and ideas concerning my chosen project.

ABOUT THE SUBJECT

Tackling childhood obesity is a very difficult task. In fact, no one I met had the whole answer. There are

many complex societal and environmental factors which have contributed to the rapid increase in the prevalence of obesity in the last 20-30 years, such as physiological factors, eating habits, activity levels and psychological influences that occur at an individual and societal level. Therefore, it is necessary that hospitals, schools, gyms, non-profit organizations and public health departments work collaboratively so as to see change. There is far too much to share about all the ways in which various groups are working towards making the USA a healthier nation, so I will quickly mention the ones that I found most interesting:

- **Rethink Your Drink** is an educational campaign that has spread nationwide, encouraging individuals to think about the drinks they are consuming. Sugar sweetened beverages are now being seen as unhealthy and even harmful to health. "Sugar Smart" in the UK is a similar campaign.
- **Daily Table** is a not-for-profit retail store that sells healthy, wholesome food at an affordable price. They are on a mission to help communities make great choices around food by making it easy for them to purchase it. Daily Table keeps its costs low by collecting and selling food that other grocery stores are planning to throw out. Officials say the food usually is unsold inventory or has blemishes that have nothing to do with its quality. The food is

sold at cost or with a small mark-up. Founder and President Doug Rauch says he created the new grocery model to reduce America's food waste and make healthy food more affordable. France has recently become the first country in the world to ban supermarkets from throwing away or destroying unsold food, forcing them instead to donate it to charities and food banks!

- **Walking School Buses** are becoming more popular all around America. They encourage physical activity and teach children the skills to identify safe routes in a fun and easy manner, raise concern for the environment by reducing our carbon footprint, reduce traffic congestion, pollution, speed near schools, and finally they also enable children to arrive at school alert and *ready* to learn!
- **Community Gardens** have begun to pop up in every state! The message is loud and clear: community gardens are a great way for children to learn about; where fresh produce comes from, the importance of community and stewardship, environmental sustainability etc. Most importantly, they get excited about eating vegetables!

<http://myroosevelttravels.tumblr.com>

All scholar reports are printed in full on the Website; they provide exceptional reading and give insight to the full value gained by each Scholar on their travels in America.

Website

Please visit our website which we continue to develop as a resource for Scholars old and new.

www.rooseveltscholarship.org/

From the website you can also join the [Scholarship Facebook](#) if you have any problems contact laura.hailes@googlemail.com

And finally

It is goodbye from me and goodbye from him and him.

My tenure as Secretary is up for renewal on the 28th April and I will be standing down as Secretary. WE NEED A REPLACEMENT. I am a true volunteer, and had no previous connections with the Scholarship. I have thoroughly enjoyed the learning curve and the scholars have been most entertaining over the years. I have made many contacts and friends. The scholarship now needs a younger group of Trustees to carry it forward. Also exiting is Martin Rudge OBE JP a scholar in 1968, Martin has served the scholarship for many many years, he has held various roles, that of secretary, negotiator with the City and County Council and most

Please join this community to help us contact and support future Scholars and to keep in touch with old friends.

We also have a LinkedIn page

If you have any old photos or other historic documents we can add to the website please send them to: edattenborough@hotmail.com

recently as Treasurer. His support and knowledge will be very much missed. Also leaving us is John Brewington, a scholar in 2003. John's role was fundamental in setting up the website, developing it and sustaining it, over the years that he has been a Trustee. His role is now being supported by Ed Attenborough.

This is a time of great decisions which have to be made by the Trustees, to sustain the future of the Scholarship, please see the note from our Treasurer Russ Blenkinsop (1983 scholar)

A note from Russ Blenkinsop the Treasurer

This note is written as an appeal to you the Alumni of the Scholarship. As Nigel Chapman, our Chairman has already written (copy enclosed) explaining the situation with the Scholarship we have now had a further two months where it has not been possible to find a sponsor from the business community or the public sector and so we are turning to the Alumni for support.

The Scholarship is a wonderful institution which has given over 100 scholar immeasurable benefits from launching their careers to finding a spouse and lifelong friends. The current economic climate has meant our usual sources of finance are exhausted and while we hope this will be temporary until the economy picks up again we can not be sure. In the meantime we are looking for significant support from the Alumni to build on the existing donations.

The Scholarship needs approximately £4,500 to send each scholar; this covers the scholarship itself, airfares and running costs. Current funds stand at just over £12,000 which means we only have sufficient to send two more scholars. Without a new source of income the Trustees would have an obligation to close down the scholarship because they could no longer afford to send any more scholars.

There will be a discussion at April's AGM about whether or not to start the process of winding up the scholarship. As such it is vital to explore other

avenues of funding rather than the existing routes which have served us so well for over 60 years.

The bottom line is that we need your help, whether this is by direct donation, introductions to contacts we can approach for funding, or help with applications for grants within your own organisation where these exist.

We are also likely to approach prospective new sponsors and will need to explain the benefits of the Scholarship. Your input would be valuable. Can you send me a few sentences on what your Scholarship experiences have meant to you, how you have benefitted your employer / community and what you think are benefits sponsors are likely to get from the Scholarship.

In terms of direct donations then as the scholarship is a recognised Charity then donations attract Gift Aid. This increases the benefit received by the scholarship especially for those in the higher tax bracket. The basic donation attracts 25p in every £ from the government to create the gross donation. Higher rate tax payers can then claim back tax at the difference between their rate and basic tax. The table below shows how this multiplier creates extra funding for the scholarship.

| | | | |
|---|------------|------------|------------|
| Tax bracket | 20% | 40% | 45% |
| Gross Alumni Donation | 100 | 133 | 145 |
| Gift Aid reclaimed by Scholarship (25%) | 25 | 33 | 36 |
| Total Value of Donation | 125 | 167 | 182 |
| Alumni Tax reclaim (%) | 0% | 20% | 25% |
| Alumni Tax reclaim | 0 | 33 | 45 |
| Alumni Net Donation | 100 | 100 | 100 |

Please consider how you can best help the scholarship in its time of need. The scholarship provides immeasurable benefit both to scholars and the communities in which they live. If you feel strongly that the Scholarship should continue then

please let me know any ideas / contacts / suggestions for support of fundraising. I urge you to give this your urgent attention because without this we are facing the closure of the scholarship. Please contact me at rcsblenkinsop@gmail.com or on 07767-797-335.

**Our Celebration Event is to be held on
Friday 10th June 2016, at Erewash Valley Golf Club
An invitation will be sent with all the details under separate cover.**

If you have any information that you wish to share with others, this newsletter is the ideal opportunity to reach an audience. Please email or write with anything you feel will be of interest for the next issue.