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Work in progress on the Cambridge Biomedical Campus, where the world-renowned heart and lung hospital will move next year

Picture: Richard Marsham

Inside the new Papworth

Exclusive behind-the-scenes tour of hospital's new Cambridge site

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Next year Papworth Hospital will pull up its 100-year-old roots and plant them 12 miles away in the city's Biomedical Campus – and this week the *Cambridge Independent* was given an exclusive behind-the-scenes look at progress on the site.

The centenary of the world-renowned heart and lung hospital falls in February 2018. The plan was to have staff in the new building by next May, but this has now been pushed back to September.

Stephen Posey, Papworth Hospital NHS Foundation Trust's chief executive officer, says it's all part of making sure the hospital is future-

proofed and ready for another 100 years at the forefront of cardiology.

"Papworth is famous for its pioneering spirit," he said. "Lots of clinical firsts have happened at Papworth Hospital and we want to bring that with us to this site."

A £40million spend has been approved to secure CT, MRI and X-ray scanners, some of which are likely to be the newest in Europe, as well as a pharmacy robot and hybrid theatres.

"We were always going to have a major equipment programme for the new Papworth Hospital," Mr Posey continued. "We planned with the equipment that was available on the market at that point in time, but the plan takes years to come to fruition. "One of our commitments as

The big move

In our special report, we look at the switchover, the design and the £40m shopping list

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future generations. So it has an impact, but we think it's absolutely the right decision to take."

CEO Stephen Posey



Never mind hybrids, how about solar roads?

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Health



Dr Anoop Kuttikat

Coeliac – not just an allergy to gluten

Coeliac (pronounced *see-lic*) disease can cause stomach cramps, bloating, diarrhoea and fatigue. More than half a million people in the UK are estimated to have this condition.

Gluten is a protein found in any food containing wheat, barley or rye. This includes most pasta, bread and beer. Eating food containing gluten can trigger the symptoms of coeliac disease if you are susceptible due to bad genes (genetic factors).

Coeliac disease is an auto-immune condition where your body's defence mechanism (immune system) mistakenly attacks your own gut lining. This reduces the ability to absorb nutrients. In the long term, this can cause complications including weight loss, osteoporosis (fragile bones), anaemia and nerve damage. Some also get a blistering, itchy rash (dermatitis herpetiformis) on the elbows, knees, shoulders, buttocks and face. If you have another auto-immune condition (for example, type 1 diabetes or auto-immune thyroid disease) then the chances of getting coeliac disease are higher.

If you have symptoms to suggest coeliac disease or if you have a first degree relative with the disease, your GP will organise simple blood tests and consider referral to a specialist (consultant gastroenterologist). Diagnosis is confirmed by a gut biopsy done via camera test (endoscopy). It is important to continue with gluten-containing foods till the tests are done as otherwise they can be falsely normal.

Once the diagnosis is confirmed, a gluten-free diet should be started and continued lifelong. This will improve symptoms to a great degree. The time taken for the gut to heal will differ from one person to another. A lot of food types (rice, potato, corn, plain meat, fish, eggs, cheese, milk, most yoghurts, fruits, vegetables and pulses) are naturally gluten-free and are suitable for the diet. A wide variety of specialist gluten-free foods are also now available in supermarkets, making life easier for people with this condition.

■ Dr Anoop Kuttikat is a consultant rheumatologist at Mulberry Clinic, Hinchingsbrook Hospital, Huntingdon, and at Kettering General. Visit cambridge-kettering-rheumatologist.com.



Giles Wright, who manages the occupational health department at Addenbrooke's, and, below, the team which makes it happen
Pictures: Keith Heppell

Caring for the carers

There's a small army of staff at Addenbrooke's who are dedicated to looking after us, should we ever need their care and attention. But there's also a department which aims to improve the health, safety and general well-being of the hospital trust's workforce.

"Our primary function is to protect the health of our staff," said Giles Wright, head of service at Cambridge Health at Work, Cambridge University Hospitals' occupational health department. "We're here to manage the impact of staff's health on their work."

Giles got the bug for healthcare while working for St Clare Hospice near Harlow and previously ran the voluntary services department at Addenbrooke's.

"Before that I was a designer – I used to design Action Man toys."

Cambridge Health at Work, which also provides services for West Suffolk NHS Foundation Trust in Bury St Edmunds, is located on the Addenbrooke's site and has a team of around 40 specialist and administrative staff, including two full-time registrars, technicians and registered nurses working in Cambridge and Suffolk.

They provide around 8,000 appointments a year which include pre-employment health assessments, health surveillance programmes, immunisation advice and free seasonal flu vaccine, environmental monitoring and work station assessments, health promotion and confidential advice.

Giles said: "When staff suffer ill health we support them here as well. We don't replace a GP service and we're not an emergency service, but we work alongside an individual GP and we support them and their

Thousands of people work at Cambridge's hospitals and it's one department's job to help keep them safe and deal with health issues. GEMMA GARDNER finds out more about the health at work unit.

manager. The manager will make a referral if they've got concerns about an individual's health being affected by their work and we'll see them."

The centre is the only occupational health service in the East of England that is a training centre of occupational health physicians.

Each year they complete around £750,000 of external work, from bus driver medicals to support for workers exposed to hazards such as dust, noise and irritants.

"It's an interesting dynamic and it's quite complex," said Giles.

"We sit alongside a human resources function, an individual's GP, the individual themselves and their manager. And we have to manage that relationship and manage the advice accordingly – making sure we're doing what's right for all of those groups.

"It's challenging, although the

team are very a good team who work hard and we're getting good results."

Approximately 80 per cent of the management referral cases that the service sees remain in work or return to work as a result.

Among the common complaints are skin conditions caused by staff regularly washing their hands and wearing medical gloves.

Musculoskeletal problems are the highest reason for sickness within the trust – and a dedicated physiotherapy team has been helping to reduce that. The team also supports staff who have become too ill to continue working.

"Although it is rare, we also have people who have been diagnosed with a terminal illness while they're still in employment. We see those people and try to help manage the impact on their work," Giles said.

The team is based in a purpose-built, three-storey building and the

growth of the service has meant they will expand into a space in the roof this summer.

Cambridge Health at Work also offers talking therapies and hosts cognitive behavioural therapy practitioners two days a week as well as having a psychiatrist attached to the service for those with mental health problems.

They also work with managers to help them identify those who are struggling and help them get support for the individual.

Proactive work is very important, Giles explains. Recently the team vaccinated 75.4 per cent of the hospital's workforce against flu. This is well over the 50.6 per cent the trust has averaged over the past three years.

"As general health population changes, we're living longer and we're working longer, we're living with more illnesses, we've got multiple things that are going wrong and that's the same in the workforce because we don't leave it at the door when we come into work. So, the work is increasing," said Giles.

"It's a very different job to others in the hospital but we're just as busy and just as important.

"We have that dual perspective on the world – they're our colleagues that we're seeing but they're also our patients and that can be quite hard. It's quite emotionally demanding.

"There's always something new to learn and always something to respond to."

