



London's Air Ambulance Charity



Annual update to The Company of Nurses

Thank you so much for your support. Your generous commitment is helping us deliver advanced, pre-hospital care and provide invaluable educational opportunities for the next generation of clinicians. We are delighted to provide an update from Mariana as well as an update on developments here at the charity over the past year.

Update from Mariana Campilho, The Company of Nurses Scholar



“I applied for The Company of Nurses Scholarship as I wanted the opportunity of being able to study in an area that I am truly passionate about, and to be one of the first nurses doing so made it even more special.

“I was delighted and felt it an enormous privilege to be awarded the Scholarship, especially as I am aware of the high standard of the other applicants.”

Prehospital medicine is an interdisciplinary field dedicated to treating injury and illness outside the hospital. Thanks to the contribution from the Company of Nurses, I have been able to develop my knowledge in prehospital care by joining the Queen Mary University of London (QMUL) Masters Programme in Pre-hospital Medicine.

The first year of the Prehospital Medicine MSc entailed three modules – Human Factors for Prehospital Medicine, Law and Ethics for Prehospital Medicine and Applied Anatomy.

The **Human Factors module** was delivered online due to the pandemic. We had an array of guest speakers from the medical world and the Olympic Rowing Team. This module was particularly relevant as the prehospital setting is a high-pressure and dynamic environment where teams need to be able to perform safely and deliver high-standard patient care. Analysing and understanding the human factors involved in team interactions and training processes is essential to be able to provide high-quality care. The module was assessed in the form of a portfolio. I chose to write about the concepts of teamwork and team familiarity and how they affect the performance of prehospital teams.

The **Law and Ethics module** was delivered at QMUL. It was great to be able to meet the other students in person as well as the faculty. Like in the previous module, we had various speakers, both from the legal and the medical field. As part of the module, we took part in a mock coroner inquest with the coroner and a legal team. It was a fantastic opportunity. This module was relevant as part of the role of the prehospital care team is to advocate for the patient. Therefore, understanding the ethical and legal implications associated with the healthcare setting is paramount. Both topics directly impact all patient care and should always be considered. A thorough understanding will also help surpass any ethical dilemmas present during practice and guarantee high-quality care. This module was also assessed in the form of a portfolio. I wrote about ethical dilemmas associated with capacity, resource allocation and confidentiality.

The **Anatomy module** was delivered at the QMUL anatomy laboratory. We had various guest speakers from different medical specialities and spent time with the anatomists. Having the opportunity to spend time in the anatomy laboratory meant direct exposure to multiple prosecutions and a much better understanding of lesions associated with different mechanisms of injury. The assessment was a spotter exam with questions relevant to prehospital medicine.

The first year has been an invaluable, holistic educational experience: the learnings I have gained are shaping who I am as a nurse and influencing my thinking about how I progress my career in nursing going forward.

I have now started the second year of the Master's Programme, composed of **Simulation and Moulage** for Prehospital Medicine, **Applied Toxicology** for Prehospital Medicine, and **Applied Resuscitation Science** for Prehospital Medicine.

The next step will also be to start thinking about a theme for my dissertation. I know I want to write something related to the importance of nursing in the prehospital setting, but I will need to think about how to develop the theme.

I have enjoyed and learned a great deal during the programme so far. I am looking forward to continue to develop my knowledge in prehospital care and applying it to my clinical practice.

Thank you again for all your support that helped make this a reality! I feel very grateful to have this opportunity and look forward to keeping in touch this year to update you on my progress.

CHARITY UPDATE

Traumatic injury is the biggest killer of people under 45 years-old in the UK. Especially in a city as busy as London, it can happen to anyone at anytime - whether you are walking your children to school or commuting to work. Serious injury costs the UK an estimated £4 billion in lost economic output each year. (N.I.C.E, 2016)

Your past support of our core service helps us reach London's most critically injured patients when every second counts. People still needed emergency care during the pandemic and we remained operational 24/7. Thanks to your support, we reached 1,494 patients during 2020 (vs 1,730 in 2019 and 1,656 in 2018). Our most common missions attended by our team were falls from height, road traffic collisions and penetrating trauma.



“At times it has felt overwhelming. It has been harrowing and easy to lose perspective, but your support has picked us up and carried us through the darkest days.”

Rachel Peacock, Flight Paramedic



1494
PATIENTS

Over 43,000
patients treated so far

11 minutes
to fly anywhere in
London

Over three
decades saving lives

Five
seriously injured
patients treated a day

Charity Highlights

Thanks to our supporters we have been able to expand our vital services, collaborate more widely and drive improvements in patient care. Here are some of our highlights from the past year:

Jan 2021

Responding to increasing pressures during the pandemic we launch a 3rd PRU team, helping to free up NHS resources and saving vulnerable patients a trip to hospital.

March 2021

We trial a new portable MEQU blood warmer product, to increase the effectiveness of blood transfusions delivered by our medical team.

March 2021

At the helipad, we move from paper, pens and whiteboards to a new digital app allowing us to create checklists and track our operations on phones and ipads.

May 2021

Our Patron, HRH, The Duke of Cambridge joins us to discuss the future of our service and our ambitious plans to save even more lives in the future.

March 2021

Our PRU is shortlisted for the Urgent and Emergency Care Initiative Award recognising their collaborative ways of working during the Covid19 pandemic.

Sep 2021

We mark Air Ambulance Week, releasing statistics that show we perform an average of 14.4 blood transfusions, 5.4 open chest surgeries and 27 emergency anaesthesia each month. The Mayor of London, Sadiq Khan, praises our service.

Dec 2021

We hold a Resuscitation Science Symposium exploring new thinking around resuscitation practice and encouraging multi-disciplinary learning.

Dec 2021

We launch an additional medical team, responding in a rapid response car during our busiest periods and helping us reach more critically injured patients across London.

Jan 2022

Our new Patient Liaison Nurse starts at Kings College Hospital, supporting more patients & their families on the road to recovery after trauma.

Nicky's Story

Nicky was cycling home from a yoga class, when she was hit by a 34-tonne lorry. It ran over her right leg and left foot. Nicky was left fighting for her life on the roadside.

Our medics arrived in minutes and treated Nicky on-scene. The treatment saved her leg from having to be amputated.

Nicky has faced a long and gruelling recovery, both physically and mentally. Her goal was to walk again unaided and eventually to ski. Incredibly Nicky went on to ski 17 months after her accident. Last year, for the first time, she was able to get back on her bike and cycle again.

Each day in London five people, like Nicky, are so seriously injured that they need immediate and advanced medical treatment to survive. Your support means we can be there for patients like Nicky when every second counts.



“What I now know, but did not then was that my right leg was severely injured. I had lost all the fat, some muscle and most of the skin from my leg, as well as breaking my knee in two places.

I never saw the Doctor, and would not be able to even recognise his voice, but my husband has told me he was amazing.”

Nicky (pictured above on the left with her husband)

Our ambitious plans

As well as helping us deliver our life-saving service, we plan to achieve the following strategic objectives:

Outstanding care *improving patient care and ending preventable death.*

- Educating the next generation of clinicians through our MSc and BSc Pre-Hospital Care degrees
- Trialling pioneering interventions in clinical care, such as the next stage of REBOA (stopping internal bleeding with an inflatable balloon in the chest cavity) and roadside ECMO (a type of heart and lung bypass).
- Participating in a national clinical trial, alongside other UK air ambulances, to see whether a new blood transfusion product can save more lives
- Expanding our Patient Liaison Nurse initiative to support more patients and families after traumatic injury.
- Launching an Electronic Patient Care Record Form (EPCR), enabling us to track the patient journey, ensure greater integration with our NHS partners and drive research to improve care.

Save time *allowing us to be there for everyone who needs us, when and where they need us.*

- Opening our new helipad facilities, situating our crew closer to the helicopter for faster dispatch and providing more space for respite and debriefing after missions.
- Trialling the operation of the “Medic 3” team during our busiest times, aiming to reach more than 200 additional patients each year.
- Replace our helicopter & car fleets so we can keep reaching critically injured patients.

We are up against time to replace our two helicopters by 2024. We need to raise £15 million to do this and are relying on the generosity of our supporters to meet this ambitious target. Without our fleet, we are unable to reach patients in time to save them.



We are a charity.

We rely on donations to deliver our service and to keep educating the next generation of pre-hospital care specialists. Last year, we raised funds from charitable trusts and foundations, City Livery Companies, corporate organisations, individuals, fundraising events; community fundraising and funding through our trading arm. Barts Health NHS Trust and London Ambulance Service provide the clinicians attached to our service and we receive an annual grant from Barts Health NHS Trust (totalling 3% of total income).

It cost £9 million in 2020/21 to provide London with our advanced trauma service 24/7, 365 days/year. Our long-term aims require significant cash expenditure, particularly the replacement of our helicopter fleet.

“During the COVID-19 pandemic, we operated 24/7 and developed new ways of working. The pandemic has had a sizeable impact on our finances however as we were forced to stop many of our usual fundraising activities. This impact will be felt for years to come - we are facing a £6 million gap in our planned income over the next five years.”

Jonathan Jenkins, London's Air Ambulance CEO

Thank you for wonderful support and for your commitment to improving nursing standards across the UK.

If you have any questions or would like to arrange a meeting to find out more, please contact:

Tanya Moss

Email: t.moss@londonsonairambulance.org.uk

Direct line: 07870 501 465