

A Breath of Life

Newsletter for Friends & Supporters of DDRC Healthcare

March 2016

DDRC Healthcare is a unique charity.

We specialise in the uses of hyperbaric medicine through research, education and treatments which deliver life saving and life changing results.

Celebrating 20 years on Plymouth Science Park

Twenty years ago the then Tamar Science Park had its first tenant, the Diving Diseases Research Centre as it was known then. In the past twenty years we have gone from strength to strength treating routine patients and divers and our research, training and wound care departments are very busy. We rebranded in 2013 to DDRC Healthcare to support the range of treatment, medicals and training we carry out here. It's been an exciting time and we have seen the Science Park grow into a vibrant asset to the City.

Wound Care re brand



DDRC Wound Care Ltd was established in 2011 (initially as Plymouth Wound Care Ltd.) to offer specialist care to the public

for a variety of wounds, but with emphasis on treating difficult to heal chronic wounds including leg ulcers.



DDRC Wound Care

has attracted interest from the public, industry and the NHS, since its inception. The service provided is separate to the hyperbaric oxygen

therapy that is provided by the parent charity, DDRC Healthcare.

Kernow presentation at the BSAC Conference



The Kernow Federation of British Sub Aqua Club (BSAC) was formed 14 years ago to promote inter-branch communication, and to help each other with training. The Kernow Dive Festival each year takes this concept and turns it into an amazing inter branch 2 day fund raising event for DDRC Healthcare. The amount raised in 2015 was £2,700 bringing the total raised so far to over £25,000.

In recognition of this amazing achievement the Federation were invited to present their recent cheque to DDRC Healthcare at the BSAC Conference in Birmingham. Marguerite St Leger Dowse, who is part of DDRC Healthcare's research team, accepted the cheque with much gratitude.

"We are incredibly grateful to the Federation for all their support"

Dr Gary Smerdon CEO/Research Director

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Registered charity no. 279652

Bradley Westell



Twenty years ago professional diver Bradley Westell was killed in a diving accident as he was laying cables in the North Sea. This terrible tragedy has been turned into a positive by Bradley's father Paddy (2nd left), who every year raises money for charities close to his heart and this year was the turn of DDRC Healthcare. The 'Bradley Westell Memorial Golf Day' was held at Tavistock Golf Club and attracted entrants from far and wide who all enjoyed a day in the sunshine. This was followed by an evening of further fundraising held at the Hyde Park Social Club with prize giving, a raffle and entertainment. The grand total from the day was an amazing £3,500.

Patient Thanks

Ex patient Peter Neal has been well and truly supported by his friends and colleagues since his diving medical emergency brought him to us for recompression treatment. Members of Peter's Diving Club, [Stratford Upon Avon Sub Aqua Club](#) and Peter's friend have been busy raising money for DDRC Healthcare as a 'Thank You' for his care. A fantastic team took to pedal power and cycled over 900 miles from John O'Groats to Lands' End raising an amazing £2,542.67. At Christmas time club members raised over £400 in lieu

of Christmas Cards so we have a lot to thank them all for. Peter is making an amazing recovery, no doubt helped by the care and support from his mates.



Peter Neal presenting cheque to Dr Christine Penny (centre)

24 hour online booking

In January we announced the launch of our new 24 hour online booking system to enable customers to book their training requirements at their convenience. The system has been a great success and enables easier registration and payment of courses from anywhere in the world and at a time to suit the customer. Take a look via our website www.ddrc.org by clicking the Book a Training Course at the top of any page.

Nurse experience – Lead Hyperbaric Nurse Del Waller

I originally started working as a nurse for DDRC Healthcare in 2006, but in



2011 I left to move to Hawaii with my family. Hawaii is an amazing place to live and I'm lucky to have experienced such a wonderful culture but I did miss being

a nurse and never in a million years did I think I would ever move back to Plymouth 3 years later. I must have been in the right place at the right time, because on my return to the UK 18 months ago, I was luckily enough to come back to DDRC Healthcare.

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In my nursing career, which has spanned 3 decades, I have worked in the NHS in an array of different areas from general Surgery, theatre and recovery, oncology and orthopaedics here in Plymouth and in Stoke-on-Trent. I was also proud to serve in the Queen Alexandra's Royal Army Nursing Corps as a nurse for a number of years before I left to get married.

Working for DDRC Healthcare has been the best job by far. We have a small team of very experienced nurses, working closely with our chamber team and doctors both in and outside of the hyperbaric chamber. It is more than just a 9 to 5 job, we are a family of hard working dedicated people who love what we do, I count my blessings every day that I have the best job ever and boy is it good to be back!

Working with Casualties Union

Ever wondered how we can make a medical emergency training scenario more real? We work with the charity [Casualties Union](#) who 'make up' wounds from the minor to the catastrophic, enabling the atmosphere of the training scenario to take on a believable feel.



Research

The [Clinical Study Report](#) is now available for the The [HOTII study](#) by the Royal Marsden Hospital in London. This controlled trial investigated hyperbaric

oxygen (HBO) in patients suffering long-term adverse effects of radiotherapy for pelvic cancer. The trial involved randomising patients to receive either hyperbaric oxygen or sham treatments. They were not aware of which arm of the trial they were on. The study commenced in 2008 and the Clinical Study is now available on our website. www.ddrc.org/research

SIMPLE Safety Tips for Recreational Sailors



We asked John Adamson, our Manager of [DDRC Professional Services](#), to share his over 30 years of experience working at sea as a Royal Navy medic, a nurse, an Offshore Medic and then as a Medical Educator, to help weekend sailors and day trippers to be safer when at sea. John says sailors should think '**SIMPLE**':

S - Safety of crew and passengers.

Make sure you all have the correct clothing and some spare warm clothes. Wear sturdy, waterproof footwear and check for hazards, to avoid slips, trips and falls.

I - Inform the coastguard, friends or relatives where you are going, how long for and an estimated time of arrival (ETA) back at the port. Check your communications systems and ensure you have mobile phones and other means of calling for help.

M – Medication. Remember to take any necessary medication. Pack a First Aid kit and generic healthcare medications such as paracetamol, anti-motion

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sickness medication, Imodium for stomach upsets, burns cream and don't forget sun screen. Always have a good supply of fresh drinking water.

P – Plan. Always have an emergency plan. Where could you go in case of bad weather? What alternative safe ports are there along your route? Have emergency contact numbers and so on.

L - Life Vest or May West. Please make sure everyone aboard keeps them on at all times. They may not be pretty, but they are pretty effective in the water. The water temperatures in the UK never move far from 15 degrees so be aware of cold water shock. If you fall in, the body will commence severe shivering and muscles will cramp up. If you're not wearing a life jacket you will probably end up going under the surface gasping for air. Even if you or one of your crew survive this ordeal, you will then have to deal with hypothermia and secondary drowning which can occur 12-72 hours after the event and is life threatening.

E - Enjoy your time at sea, safe in the knowledge that you have taken these SIMPLE steps.

Thank you so much

We would like to thank the following for their amazing support and fundraising activities recently.

- Our regular givers, 'Friends' of DDRC Healthcare
- One off donations
- Milsted Langdon LLP Chartered Accountants 'dress down' day raising £106.59 for us.
- Maldives Sub Aqua Club £209.03.
- Totnes Sub Aqua Club of £75.00 following a raffle.

- Severnside Sub-Aqua Club £56.00 at your 'ice breaker dive'.

Go Team!!

Please support our DDRC Healthcare Team in the Plymouth Half Marathon on 17th April. Please visit

if you would like to sponsor them

Come and see us in 2016

Saturday 11th & Sunday 12th June – [Kernow Dive Fest](#) held at Penzance

15th June – [Devon Business Show](#) at Plymouth Pavilions. Come and see us at our stand.

22nd / Sunday 23rd October – [Dive2016 at Birmingham NEC](#).

How you can help...

What would you like to see in this newsletter? We would welcome your thoughts and suggestions.

Please email Kathryn.slater@ddrc.org putting 'Friend suggestion' in the subject header or write to:

Kathryn Slater
Marketing & Fundraising Manager
DDRC Healthcare
Plymouth Science Park
Plymouth PL6 8BU

Are you on email and would be happy to receive an electronic version of this newsletter? Contact Kathryn (as above) to let her know your email address

THANK YOU

