

Contents

Health & Safety
News
Culture
Updates
EPIC
Profession
Patients/ Follow-up

Editorial

Welcome to the second newsletter of the AICU Royal Brompton Hospital, covering the period from July to December 2025. The Christmas Party, three international food days and the GREATix certification are the main features here.

I sincerely thank the Nurse-In-Charge, including Asoka, Sam, Nirosha, Rabin, Princy, Ramanie, Juan Carlos, Rhian, Martina, and Katie, for the invaluable time given to me to do the newsletter, especially during the weekend shifts.

An appreciation should go to Aquino Verna and Chamindri de Alwis, my fellow Administrators who covered the administration desk while I did the newsletter, and Marcus, Rhian and Juan Carlos, who helped me with IT. Above all, I am grateful to Matron Anoma for this newsletter. Enjoy!

Asitha Jayawardena
Critical Care Administrator/ Editor

Critical Care NEWSLETTER

The Adult Intensive Care Unit
(AICU)
Royal Brompton Hospital
Sydney Street
London SW3 6NP

Heart, Lung and Critical Care
Clinical Group (HLCC)
**Guy's and St Thomas' NHS
Foundation Trust**

Critical Care NEWSLETTER

The Adult Intensive Care Unit (AICU)
Royal Brompton Hospital London

July-December 2025

Message from the Matron

I am delighted to share with you the second issue of the Critical Care Newsletter for the Adult Intensive Care Unit (AICU) at Royal Brompton Hospital. Building on the success of our first edition, this newsletter continues to strengthen how we communicate, recognise achievements, and stay connected as a team.

I would like to once again extend my sincere thanks to Asitha for the continued dedication and effort in bringing this newsletter together. Your commitment to highlighting the incredible work across the unit is truly appreciated and valued.

As we move forward, I remain immensely proud of the resilience, compassion, and professionalism demonstrated by our team every day. The consistently high standards of care you provide, often in the



most demanding circumstances, reflect the strength and unity of AICU. It is through your teamwork and unwavering dedication that we continue to deliver exceptional care to our patients and their families.

I hope this newsletter keeps you informed and reminds you of the positive impact you make. Thank you all for your continued hard work and commitment.

Anoma Gunawardena
Senior Nurse/ Matron
AICU
Royal Brompton Hospital

The NHS

The National Health Service (NHS) is a publicly funded healthcare system in the United Kingdom, established in 1948 to provide care based on clinical need rather than the ability to pay.

Essential NHS Services are: Urgent Care, Emergency Care, Primary Care (GPs & Pharmacies), and Mental Health.

Health & Safety Update

- Mandatory Training Compliance:**
 Well done to all staff who have completed their Health & Safety-related mandatory training. As of **December 2025**, we have achieved **100% compliance** in *Medical Gases* and *Health & Safety* training. Compliance remains high in *Infection Prevention* and *Blood Transfusion (98%)*, *Fire Safety (96%)*, *Medicines Management (94%)*, and *Manual Handling (91%)*. However, *Falls Prevention* training currently stands at **84%**. We kindly encourage all staff who have not yet completed this training to do so as soon as possible.



Safety

Safety doesn't happen by accident.

- Jerry Smith

- Psychological Wellbeing & Fatigue Management:**
 As winter pressures increase unit capacity demands and staff sickness levels rise, we encourage everyone to prioritise rest and wellbeing. Please take scheduled breaks, support one another, access available wellbeing resources, and raise any concerns regarding fatigue, stress, or burnout with the senior team.
- Sharps & Equipment Safety:**
 New reusable sharps bins were introduced in **September 2025**. Please ensure labels on the top of bins are completed and **do not lock bins unless they are full**, as locked bins cannot be reopened. Two designs are available: one with a swing lid for smaller sharps and another with a larger opening for bigger items.
- Fire & Emergency Preparedness:**
 Please continue regular checks of emergency equipment and ensure bed spaces remain clutter-free. Emergency exits must remain clear and unobstructed at all times.
- Incident Reporting:**
 A total of **20 incidents** were reported in **November 2025**. We encourage ongoing reporting of incidents and near misses. If you are unsure whether something should be reported, please speak with a member of the senior team. We remain committed to fostering a **no-blame culture** to support a safe working environment for all.

Infection Prevention and Control (IPC)

The AICU continues to demonstrate a strong commitment to maintaining the highest standards of infection prevention. Monthly *Basic Practice Audits* highlight current performance within the unit, with findings shared through communication platforms, meetings, and teaching sessions. Hand hygiene and PPE adherence remain consistently above **90%**, meeting Trust targets and reflecting the dedication of staff to patient safety.

Since July 2025, the Trust has introduced dedicated policies for the **Standard Infection Control Policy**, **Transmission-Based Policy**, and **Candida auris Policy**. Correct protective isolation signage remains an essential part of ensuring safe and effective practice within the AICU.

In addition, a six-month trial of MRSA/MSSA decolonisation for all adult cardiac surgery patients at RBH has been relaunched. Continued vigilance and adherence to these updates play a vital role in reducing infection risks and supporting high-quality patient care within the AICU.

The UK's heart health crisis

- Every **3 minutes** someone dies from a heart or circulatory disease.
- Over **7 million people** in the UK are living with heart or circulatory diseases.
- Heart and circulatory diseases are the **world's biggest killers**.

From the website of the British Heart Foundation.

Royal Brompton is 13th in Best Specialized Hospitals 2026 worldwide

Newsweek and Statista proudly presented World's Best Specialized Hospitals 2026, highlighting the leading hospitals worldwide in 12 medical fields. In the ranking, Royal Brompton Hospital secured the 13th place, the top in the UK.

World's Best Specialized Hospitals 2026

<https://rankings.newsweek.com/worlds-best-specialized-hospitals-2026/cardiac-surgery>

Rank	Hospital	City	Country
3	Massachusetts General Hospital / Corrigan Minehan Heart Center	Boston	United States
4	Deutsches Herzzentrum der Charité	Berlin	Germany
5	The Johns Hopkins Hospital	Baltimore	United States
6	NewYork-Presbyterian Hospital - Columbia and Cornell	New York City	United States
7	The Mount Sinai Hospital	New York City	United States
8	AP-HP - Hôpital Universitaire Pitié Salpêtrière	Paris	France
9	Stanford Health Care - Stanford Hospital	Stanford	United States
10	Herzzentrum Leipzig	Leipzig	Germany
11	Herz- und Diabeteszentrum NRW	Bad Oeynhausen	Germany
12	Cedars-Sinai Medical Center / Smidt Heart Institute at Cedars-Sinai	Los Angeles	United States
13	Royal Brompton Hospital	London	United Kingdom

Steven clinches the Christmas hamper raffle draw



The Christmas raffle draw was held on 24th December 2025 at the AICU.

With the participation of Matron Anoma Gunawardena, Verna Aquino held the raffle box and Rhian Powell selected the lucky raffles.

Steven Munoz, a Health Care Assistant, won the Christmas hamper and Jon Wright from IT settled for the biscuit basket.

From 1st of December, anyone from the Royal Brompton Hospital could buy a ticket or tickets, each costing £2. Liza Punsalan and Verna Aquino were behind the Christmas raffle draw.



Heart

Your muscular heart, the main organ in your cardiovascular system, is vital for life. Its parts work together to move blood through your body in a coordinated way. It constantly sends oxygen to your cells and takes away waste. Many conditions can affect this organ and keep it from working well.

From Cleveland Clinic website

Nursing

I attribute my success to this: I never gave or took an excuse.

- **Florence Nightingale**

Nursing is not for everyone. It takes a very strong, intelligent, and compassionate person to take on the ills of the world with passion and purpose and work to maintain the health and well-being of the planet.

- **Donna Wilk Cardillo**

AICU Christmas Party 2025

The Christmas Party 2025 of the Adult Intensive Care Unit (AICU) of Royal Brompton Hospital was held at the Holiday Inn, Kensington High Street London on 12 December 2025 from 7pm onwards.

Around 90 people, including Anoma Gunawardena (Matron of AICU), Dr Brijesh Patel (Director of AICU) and Georgios Georgovasilis (Lead ECMO nurse of AICU), took part in the event. Among them were Nurses, Consultants, Doctors, Physiotherapists, and staff at BME and Clinical Engineering.

After the small talking with the welcome drinks, the guests enjoyed the three-course dinner, beginning with the starters, then the main course, and finally the desserts.

With the invitation of Rosie Cervera-Jackson (Lead Nurse, Critical Care Education and Development), Dr Patel held a brief talk and then requested amid applause Dr Maurizio Passariello to present a gift to the organiser, Verna Aquino. Then, he also announced that the bouquet of flowers to be presented to Matron Anoma with gratitude. Dr Passariello did that with further applause.

Then came the dancing time.

The tables were pushed to the side, the lights were dimmed, and music was started.

After the day shift ended, several late comers came in, including Prof Suveer Singh, Rabin Shaboo, Oliver Guillermo, Princy Pius, and Laura Corti.

It was a true break at the end of the year 2025 with Christmas around.



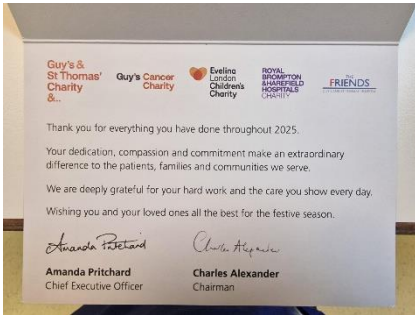
In AICU, on the night of the Christmas Party



At the AICU Royal Brompton Hospital, the doctors and nurses came to the night shift on 12 December 2025. While Christmas party was in full swing a couple of kilometres away at Holiday Inn, the AICU colleagues were thankful to those who worked. So, pizza was ordered for them.



From CEO to all staff at AICU Royal Brompton Hospital on 18 Dec 2025



On the Christmas Eve

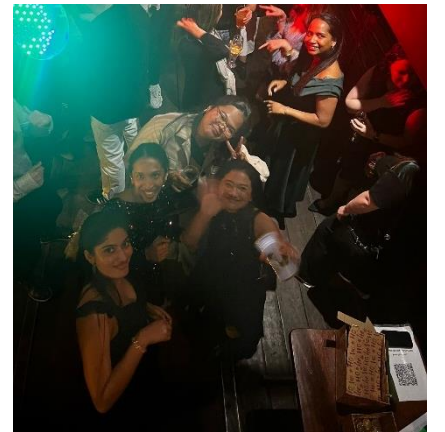


Christmas Boat Party 2025

On a docked boat, a Christmas Boat Party was held at Tamesis Dock in Albert Embankment on 28 November 2025.

Royal Brompton Hospital employees who work in AICU, the operating theatres, Elizabeth ICU/ HDU (High Dependency Unit), catheter labs and the wards like Alex ward took part in the event. In other words, it was open to all - nurses, doctors, perfusionists, HCAs, dieticians, radiographers, porters, and so on, independent from band or profession.

Though the boat was docked, the music brought revellers together, with snacks and drinks, into the early hours of the following day. It was a truly Royal Brompton event, brought together by Laura Corti and her colleagues who organised the event.



Work

"The hard days are what make you stronger."
- Aly Raisman

Success seems to be connected with action. Successful people keep moving. They make mistakes but they don't quit.

- Conrad Hilton

'Pleasure in the job puts perfection in the work.' – Aristotle

Annual Summer Party 2025

The annual Summer Party of the AICU, Royal Brompton Hospital was held at Battersea Park on 26 July 2025. The AICU staff enjoyed various food and drink together with sports punctuated by music.



South Asian Heritage Month

August was the South Asian Heritage Month, highlighting 'Roots to Routes'.

In commemorating the south Asians, an event was held on 15 August 2025.



Bake Sale

A Bake Sale comprising Cakes, chocolates, cupcakes, cookies, brownies, and donuts was held at the Sydney Street Reception on 17 October 2025.



Three international Food Days

Three International Food Days were held in the AICU staff room recently. The first one on 1 July 2025 celebrated food and drinks from India, Pakistan, and Nepal. The second one on 2 October celebrated food and drinks from Persia (Iran), Turkey, and Greece. And Filipino Barrio

Fiesta, the third one on 4 December celebrated food and drinks from the Philippines.

In these events, AICU staff as well as other in Royal Brompton Hospital tasted various food and drinks made to the local specifications worldwide.



India, Pakistan, and Nepal



Persia (Iran), Turkey, and Greece



The Philippines



Celebrating Culture & Diversity in the AICU

The AICU continues to thrive as a truly multicultural community, with staff representing a wide range of countries, languages, and traditions. This diversity strengthens the unit, enriching communication, compassion, and the ability to deliver care that respects the individual needs of every patient, many of whom also come from varied cultural backgrounds. The team's shared commitment to understanding different customs, beliefs, and values ensures that care is not only clinically excellent, but also personally meaningful.

Throughout the year, staff-led initiatives such as **International Food Days** bring the team together, offering moments to share traditions, celebrate heritage, and connect through flavours and stories from around the world. These occasions highlight the unity within the team and reinforce the belief that diversity is one of the greatest strengths of the AICU. Each contribution, whether through culture, language, or lived experience, helps create an environment where patients feel understood and staff feel valued, seen, and supported.

Thank You Note

Paul Townsend:

I had open heart surgery during COVID 2021. You saved my life and this year (2025) I have been able to see both my children get married (at last!). So, while life moves on, please remember how grateful your patients are. All down to the good care. Thank you.

Paul Townsend

The first Nursing Conference at Royal Brompton Hospital

The first Nursing Conference at Royal Brompton Hospital was held on 3 September 2025 at Wimpole Street, with Matron

Anoma Gunewardena and George Georgovasilis in attendance.



Two Social Evenings

Two Social Evenings in the AICU were organised in July and October 2025. The first one was on 19 July at Coopers Arms. The

second one was on 3 October at Builders Arms. Laura Corti, Georgia Dakin, and Tilly Brown were organisers of these events.

A short-listed project in HLCC Quality Improvement Competition 2025

A project of Emma Blake and Emily Cox was shortlisted in the Heart, Lung and Critical Care (HLCC) Quality Improvement (QI) Competition 2025, organised by the HLCC Transformation Team. Funding of £1000 will be received to move this project forward.

The title of the poster is:
Recovery beyond survival – increasing compliance with the NCEPOD standards within the AHP team at Royal Brompton Hospital

Research

Research is seeing what everybody else has seen and thinking what nobody else has thought.

- Albert Szent-Györgyi

Research is what I'm doing when I don't know what I'm doing.

- Wernher von Braun

If we knew what we were doing, it would not be called research, would it?

- Albert Einstein

Storeroom Search Tool

Stop wasting time searching for supplies (e.g., ABG syringe) in the clinical room. Scan the QR code or click the link, type the item name, and get the exact location in the clinical storeroom in seconds!

This is only the first step of the project. Soon, a tablet displaying this link will be mounted on the wall of the Clinical Storeroom, allowing you to access the search tool instantly. The next is the addition of tablets in other rooms (e.g., Respiratory room) within the AICU with this convenience tool.

The link will soon be available at your bedside computer, so you can search for items before leaving your bedspace. You can save the link on your mobile phone, too.

The project team are Katarina Lucovicova, Suheylya Ergul, Zulfiqar Ali, Lino Lagdamen, and Princy Pius.



Life expectancy

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.

- Doug Larson

Audit update

In the current financial year April – November (i.e., 2025), the AICU had 451 patients (8 months) and the Elizabeth HDU/ICU had 1467 patients in the same period.

Intensive Care National Audit & Research Centre (ICNARC) for quarters 1-2 will be published early in the New Year. We work very closely with the AICU and Elizabeth staff to ensure high quality reports. Currently Ana Raquel Ribeiro DaCosta has joined the Audit Team to facilitate capture of Case Mix Program data on Elizabeth.

Work is on-going to capture the Cardiogenic Shock data and the Trust is trialling an innovative dataset for this cohort using EPIC. The Trust lead on the project is Dr Waqas Akhtar and Dr Katrina Bramley is the Critical Care lead.

CESOC which was the main forum for Governance/Clinical Audit has now been replaced by the Trust Quality Improvement and Audit Committee (TQIAC) and any queries regarding this need to be sent to Ahmed Arusi.

Isabelle Soo's presented her Conference Paper at Thorax November 2025: New onset ILD do not have higher mortality than those with established when admitted to ICU with SARF. The response to the paper was overwhelmingly positive and this research area is now reviewed at a larger scale. The audit team

were thankful for their involvement in this project.

Congratulations to Princy Nediaparambil Pius, Catherine Chepkong'a and Dhanya Jose Arackal for successful submission of their posters which appear in the QI poster pdf. The poster is entitled Enhancing Quality Improvement (QI) literacy and Engagement Amongst Critical Care Teams. The outcome of this QI project has been successfully introduced as a training tool in the ECMO study day and this has led to the development of a number of QI projects. The toolkit for this QI has now been accepted by all the Critical Care Audits and moving forward it will be used for a standardised Critical Care toolkit. Bogdan, Mike and Suheylya are looking to develop the project to facilitate presentation at a national conference.

AICU has now adopted the CIVICA Patient experience system. This allows key stakeholders to access survey data regarding the quality domains for AICU. This allows the unit to benchmark satisfaction scores by domain against other GSTT Critical Care Units. This involves an email being sent to the patient and next of kin for all patients who were discharged alive from the acute care setting. The Q&S will be updated regarding the outputs from this survey, and this will include potential action points.

Medicine

He who studies medicine without books sails an uncharted sea, but he who studies medicine without patients does not go to sea at all.

- William Osler

Critical Care Research

The following studies of Critical Care Research are in the active recruitment phase:

- GUARDS (with GenOMICC, if meets criteria)
- HITEC (with GenOMICC, if meets criteria)
- GenOMICC

A new study, ROMEO, started recruitment on 5th January 2026. More information about this exciting multi-centre Randomised Controlled Trial (RCT), led by Chief Investigator Dr Brijesh Patel, is below:

Background:

- ~30,000 UK adults annually require ventilation due to acute respiratory distress syndrome (ARDS).
- Ventilators can cause additional lung damage, known as ventilator-induced lung injury (VILI).
- Patients with severe ARDS may need extracorporeal membrane oxygenation (ECMO) for oxygenation and carbon dioxide removal.
- ECMO allows for less harmful ventilator settings but the optimal settings are still unknown.
- Research suggests ultra-low ventilator rates (e.g., 2 breaths per minute) during ECMO may reduce lung damage and improve outcomes.

Aim:

- To determine if near-zero ventilator breathing rates on ECMO (2 breaths/min) promote lung recovery and shorten ECMO duration compared to standard care (10–20 breaths/min).

Design and Methods:

- Multi-centre randomised controlled trial (RCT) enrolling up to 364 adults with ARDS on ECMO.
- Legal representative consent will be obtained due to patients' critical condition.
- Participants will be randomly assigned to either:
 - **Intervention group:** 2 breaths per minute.
 - **Control group:** Standard 10–20 breaths per minute.
- Primary outcome: Duration of ECMO support (indicator of lung recovery).
- Secondary outcomes: Rates of complications (bleeding, clots, stroke), ventilator duration, ICU/hospital stay length, and mortality.
- Long-term follow-up to assess ongoing effects.

Patient and Public Involvement:

- Study co-designed with patient/family input and ongoing involvement.
- Public engagement includes accessible materials (infographics, website, reports).

Dissemination:

- Results will be shared via scientific conferences and peer-reviewed medical journals.
- Goal: Improve global management of ARDS patients on ECMO.

Rosie Cervera-Jackson with Keir Stirrat from the Critical Care Research Team provided the update.

Thank You Note

Peter Churchouse:

Dear Team Brompton, AICU
As the dust is settling following Gabrielle's passing, I wish to finally express formally the family's deep, heartfelt thanks for the efforts and care that Gabrielle received from the entire team at Royal Brompton and beyond.

Your regime and culture of your care is exemplary and should be a role model for healthcare organisations elsewhere.

The system at AICU is to be commended for its wholistic approach involving a wide array of disciplines and expertise, something we have not seen elsewhere to the extent here.

Despite the difficult circumstances, we all enjoyed engaging with staff from all levels of the organisation, and from such a range of disciplines. Please keep up the good work in helping others deal with difficult health circumstances.

Once again, please accept our grateful thanks for all your kindness and professionalism during Gabrielle's time with you all at the hospital.

Peter Churchouse

Thank You Note

Stuart Guy:

To the whole ICU team
We can't thank you all enough for the outstanding care provided to Stuart and the family over the last 5 weeks. We will hold you very close to our hearts for your efforts and dedication.

Love, The Guy family

Take care of your body. It's the only place you have to live.

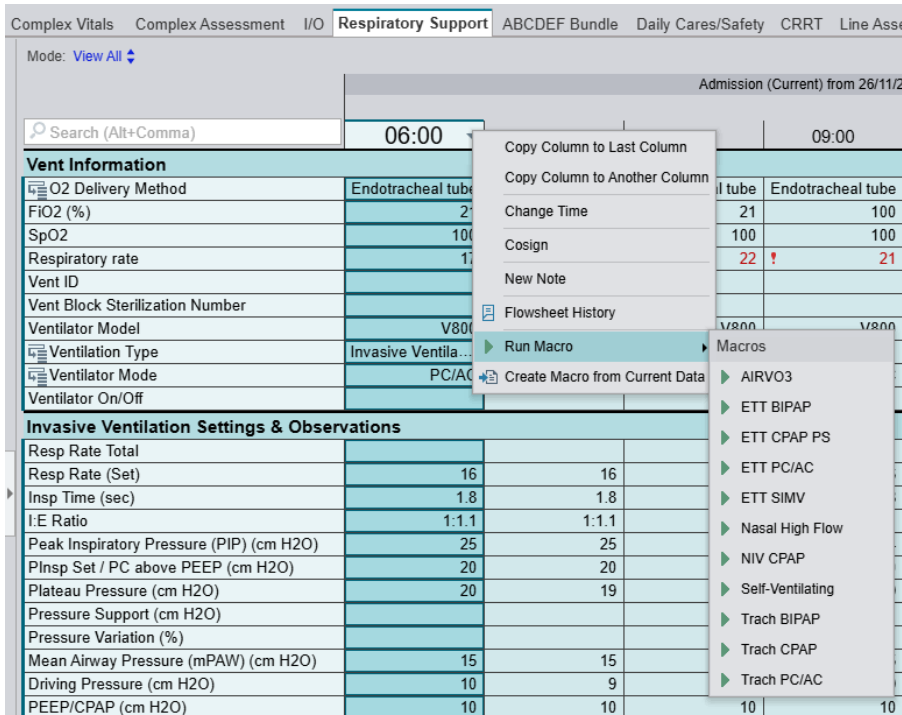
- **Jim Rohn**

Epic

Reminders for staff who find documenting on flowsheet lengthy and time-consuming, standard MACROs are shared within the unit for their use and they can also personalise this according to their individual patients or their routine.

Macros can auto-fill all routine standard rows with a click.

Caution and careful use should be observed to ensure that when using Macros for safety checks and assessments, that all of these are correct and completed on the patient themselves.



Thank You Note

Louise Dimaculangan:

Dear Royal Brompton Hospital, To the surgeons, especially Mr Petrou, who performed my open-heart surgery. Thank you for your exceptional skill, precision, and courage in guiding me through not one but two consecutive operations on the 6th and 8th of October 2025.

To the doctors and anaesthetists. Thank you for your calm explanations, constant monitoring, and the confidence you gave me at a time when fear felt overwhelming.

To the nurses. Thank you for your endless patience, compassion, and gentle reassurance day and night. Your care, kindness, and unwavering presence meant more to me than words can express.

To the physiotherapists and rehabilitation staff. Thank you for helping me to take each difficult step toward recovery, encouraging me when I doubted myself.

To the healthcare assistants. Thank you for your quiet strength, dignity, and the personal care you gave with such respect.

To the domestic staff. Thank you for keeping my environment clean, safe, and comforting.

Louise Dimaculangan

Thank You Note

Christina Pantellis

To all of the wonderful staff in AICU, I wasn't the easiest patient, but you took time and care to see me through my fear and help me through it. You are all wonderful and I have nothing but praise for you. Thank you to everyone!

Christina Pantellis and family

Thank You Note

Kush Vara

Dear ICU team, A massive thank you to you all for saving my life!

A special thank you to Alexis, Alvin, Krizzy, Linda, Raine and Reza for your attentive care while I was admitted at Royal Brompton.

Kush Vara and family

Food

You are what you eat.

- **Anthelme Brillat-Savarin**

Wealth

The greatest wealth is health.

- **Virgil**

Together

If you want to go fast, go alone. If you want to go far, go together.

African Proverb

Leavers of the AICU

Several staff left the AICU in July-December 2025, including

Maria, Finlay, Jasmin, and Juanma.



New nurses and promotions for existing nurses

The AICU has welcomed a total of 7 new nurses in 2025 (Kristel, Joemark, Shieneth, Tilly, Holy, Sinead, and Emily) and 7 more new nurses by the first quarter of 2026.

The AICU has promoted 10 nurses this year to Band 6 Senior Staff Nurse post and 2 Band 7 Charge Nurses.

James Kuffour joined the Education Team for the Clinical Facilitator secondment in October 2025.

Thank You Note

Lesley Dawe:

Sadly, despite everyone's best efforts, including her own, she died peacefully on 10th October.

The Royal Brompton is a unique hospital with outstanding staff. Lesley recognised this and so we. There's something extra special about the AICU team and that's how you cared for us too, whether that has candid conversations, cups of tea or coffee, stopping us in the corridor to check in, playing music or something else.

Thank you again for your part in Lesley's journey...

Lesley's husband Peter and children Rachel and Philip

Research

Research means that you don't know but are willing to find out.

- **Charles F. Kettering**

Four AICU staff present papers at BACCN Conference 2025

The 40th Annual BACCN Conference was held at The Winter Gardens, Blackpool on 7,8 October 2025. The theme was Celebrating 40 Years of Advocating for Critical Care Nursing: Adapting to a Changing Landscape.

This year, AICU of Royal Brompton Hospital had 4 staff members selected to present their academic research posters. With the topic of the poster, they are:

- Krizzia DeLa Cuesta | Does the implementation of Skin Care Bundles reduce the Incidence of Medical Device Related Pressure Injuries?
- Angel Rajkumar | Non-pharmacological Interventions for the Prevention and Management of Delirium
- James Kuffour | Early Mobilisation in a Patient on ECMO
- Anoosha Popatiya (Honourable Mention) | Emotional intelligence in Critical Care Nurses and its Effects on the Quality of Care

Their posters were research-based and the presentations were professional. The audience asked many questions to find out more about their work.

Bogdan Ciovina, AICU Practice Educator of Royal Brompton Hospital/ ICU Course Module Leader of University of West London (UWL), was present at the occasion. He thanked Matron Anoma for making this opportunity possible for the staff.

A short talk was held on 31 October via Teams in sharing experiences of the BACCN Conference.

The BACCN abstracts by Krizzia, Anoosha and James:

<https://onlinelibrary.wiley.com/doi/10.1111/nicc.70249>



Preceptorship Awards 2025: Danica and Ali triumph

Associated Health Practitioners Day



Our staff received a total of 4 nominations for the Trust Preceptorship Awards, bagging 4 awards including the Preceptor of the year awards.

Danica Cristina Martineaux secured the Preceptor of the Year and the Preceptee Advocate Award. Zulfiqar Ali won the Creative Innovator Award.

Two nursing staff in the AICU won awards at the Trust Preceptorship Awards 2025 organised by the Guy's and St Thomas' NHS Foundation Trust held at Governors Hall, St Thomas Hospital London on 26 November 2025.

Meanwhile, Suheyla Yilmaz Ergul was the shortlisted nominee of the Inspiring Leader Award and won a special award for QI poster presentation. Princy Pius was the shortlisted nominee of the Inspirational Leader Award.

Congratulations to Danica, Ali, Suheyla and Princy!

The AHP (Associated Health Practitioners) Day, comprising Physiotherapists, Occupational Therapists, Speech and Language Therapists, Dieticians, and Pharmacists of Royal Brompton Hospital was held on 14 October. There was a cake in the AICU staff room for everyone to share.



Health Care Assistants Day

The Health Care Assistants Day was celebrated on 23 November 2025. The compassion, dedication and hard work of our incredible team of HCAs play a vital role in providing excellent patient care every day. We truly appreciate everything. Thank you. EDI team.



Thank You Note

Wendy Anderson
Dear Anoma, Ramanie and all the wonderful, amazing nursing staff here on ICU
I just want to say a big thank you for all your love, care and support!
With love and hugs, Wendy

GREATix: Please nominate...!

"The deepest craving in human nature is the craving to be appreciated," says William James.

That is why the GREATix is born. GREATix nominates a person in terms of their value. Such suggestions shine a light on what makes AICU Royal Brompton Hospital exceptional.

Whether it's a moment of clinical brilliance, compassionate care, or seamless teamwork, every splendid moment can be celebrated effortlessly with GREATix as recognition just became quicker, simpler, and more accessible.

These awards celebrate the outstanding contributions of our staff nurses, doctors, ACCPs, and multidisciplinary colleagues who have gone above and beyond in their roles. Each nomination of the AICU GREATix certifications reflects a moment of excellence, compassion, and teamwork—qualities that strengthen our unit and inspire us all.

July 2025

Arnel Enriquez
Amita Thomas
Cyril Hojilla
Myra Villena
Finley Macadam
Rashmi Rajaji
Dorothy David
Liza Punsalan
Verna Aquino
Andrea Estelles Ochandorena
Lino Lagdamen
Chichi Okonedo
Denisa Vesela

August 2025

Cyril Hojilla
Alyssa Marie Tan
Amita Thomas
Catarina Rodrigues



Anoma Gunawardena
Dr Ben Garfield
Katie Allen
Rhian Powell
Laura Corti
Christine Ee
Clare Russel
Juan Carlos Gonzalez

September 2025

Madzra Orr

October 2025

Asitha Jayawardena
Zulfikar Ali
Amita Thomas
Dorothea David
Venous Haghghat-Pajooch
Kathy Pura
Evelyn Luna
Bari Abubakari
Martina Qureshi
Zoe Wilson
Vanessa Pilariza
Salwana Shamaun
Rabin Shiboo
Danica Martineaux
Bea Parra

November 2025

Katarina Lucovicova
Lankani De Silva
Jemi Biju
Niraliben Panchal
Christine Ee
Asscher Escrig-Domenech
Marcus Reyes
Mani Matthews
Asoka Jayasinghe
Norma Paez

Dhanya Arackal
Bogdan Ciovina

The dedication and values—Caring, Inclusive, Ambitious—of the GREATix recipients shine through in everything they do. We must thank them for going above and beyond for our patients and for each other.

All nominees will receive formal certificate Certificates of Recognition, signed by Matron Anoma Gunewardena, during our celebration. It's our way of honouring your impact and leadership.

Let's continue building a culture of appreciation, where excellence is seen, celebrated, and shared.

The AICU GREATix Team of Royal Brompton Hospital comprises Oliver Guillermo, Dorothy David and Maria Guiao.

Civility Training

As part of the Civility Training programme, one training was conducted by Judy Cotterill with Karen Shevlin (now retired Cath Lab & Theatre Manager) at the Board Room on 27 November 2025. Around 15 participants including AICU and the Theatres took part in the event.

Thank You Note

Margaret Gallagher

To all the staff in AICU+HDU, A big thank you to everyone for looking after me so well after my AVR...

My family and I appreciate everything you did for me.

Thank you.

Margaret Gallagher

AICU staff star in international sporting events



The AICU staff excel in sporting events around the world. For example, Olivia was the 3rd in the CrossFit Championships in



Singapore on 30 September while Loreto participated in the Chicago Marathon on 12 October 2025.

Paloma's Non-Leaving Drinks



Paloma's Non-Leaving Drinks was held at Builders Arms on 12 November before she went into maternity leave.

Thank You Note

Lee Price:

To all of you. Thank you so much for the wonderful work you are doing with our Lee. God bless you all from the entire Price family. Keep up the great work.

Thank You Note

Ioan Tontea

Ioan Tontea's family thanks you all for everything you do for him, for helping him every day.

From Florica, sister

Thank You Note

Petrina Glassbrook

To everyone on ICU
On behalf of Petrina and myself, I would like to thank you all the doctors and nurses who have so wonderfully cared for Petrina there around 6 weeks.

Nursing is not just a job; it takes a certain character and dedication to look after patients at their most vulnerable and Petrina knows that having been a Nurse herself. We thank every single Doctor and Nurse on ICU that has helped in her recovery.

Colin and Petrina Glassbrook

Thank You Note

Dale Marlow:

To all the wonderful doctors, nurses, and the team in AICU,

Words cannot express my gratitude for saving my son's life.

Thank you all from the bottom of our hearts.

Sue Marlow and family
To all the amazing doctors, nurses and team that have looked after me so well. I cannot express enough how grateful and thankful I am to you all for saving my life. Thank you, thank you, thank you.

Dale Marlow

Nutrition

The doctor of the future will no longer treat the human frame with drugs but rather will cure and prevent disease with nutrition.

- **Thomas Edison**

A recovered patient's Pizza treat

The recovery of all patients is the happiness that the AICU staff achieve in day-to-day life. The recovered patient Freddie Flintoff

organised a pizza evening at Pizza Express on Kings Road on 30 August 2025.



Music to AICU patients

Music heals wounds and the AICU is no exception. Musicians played music to the patients in the AICU. One instance was on 2 September 2025.



Thank You Note

Elliot Osei Kofi:

To the staff at the Adult Intensive Care Unit of Royal Brompton Hospital.

In October 2025, you cared for my dear brother Elliot. He had a torn aorta. The operation was complicated and challenging. After this, he needed a great deal of support. That, you tirelessly and professionally gave. Each one of you. Night and day.

His condition did start to improve. Machines were removed one by one. He showed us a response. We hoped for the future; but it was not to be.

This patient – our Elliot – was simply too compromised, too weakened and carrying just too many complications to make a recovery possible.

As a family, we are reconciling ourselves to the future without him.

Your job is over. There was nothing more you could do. For all your efforts, we thank you. That, we just know would have been Elliot's words.

Peace be with you in all you do. The light shines on.

Bridget Heman-Ackah

Work

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.

- **Steve Jobs**