How to be a Health Revolutionary

Dr Phil Hammond
Associate Specialist Paediatric CFS/ME
BBC Presenter
Private Eye journalist
Author
Campaigner
Comedian
- Gather support
- Gather evidence
- Inspire
- Stick together
- Understand the other side(s)
- Blow the whistle *en masse*
WE NEED A BIDET REVOLUTION...

- Safety requires safe systems, safe staffing, safety to speak up, a duty to listen and act
- Passion and Purpose
- Compassion, Competence and Collaboration
- Evidence, Empathy and Engagement
- Learn from error to avoid harm
- The frontline is a smoke alarm
- Organisations need memories too
- Never lose sight of our patients
- Blow the whistle on yourself
Popular Uni. basketball captain Barry Hammond is seen above in one of his last games with the local men.

He has since left for England where he will study under the Masson Scholarship, an award made annually to the outstanding physical chemist in Australia.

In 1953 Barry captained the first Western Australian team to win the inter-varsity basketball.
IN LOVING MEMORY OF
DARIE REES
HANMMOND
DIED 30TH. NOV. 1939
AGED 30 YEARS
DOCTORS IN DISTRESS

Overtired junior doctors can seriously damage your health. Sometimes they are killers. On duty in some cases for up to 104 hours a week, workload – more equipment, more drugs, more stress. A handful have reached breaking point and, at the risk of their careers, have made themselves a political issue. Lynne McTaggart reports. Photographs by Homer Sykes.
SHOOT THE MESSAGER
How NHS whistleblowers are silenced and sacked

A Private Eye Special by Dr Phil Hammond and Andrew Bousfield
CHILDREN DESERVE THE RIGHT TO A PUBLIC INQUIRY!
The Report of the Public Inquiry into children’s heart surgery at the Bristol Royal Infirmary 1984-1995

Learning from Bristol

The Report of the Independent Review of Children’s Cardiac Services in Bristol
WHAT I’VE LEARNED

- Healthcare begins with self-care and self compassion
- Be kind to your mind and to each other
- Work is limitless, time is limited
- Blame and litigation are rarely the answer
- Outsourcing is rarely the answer
- We need to ask for help. We need everyone’s help
- Empathy built on evidence
- How much of what we do really improves life or death?
Do your daily CLANGERS

- Connect
- Learn
- (be) Active
- Notice
- Give back
- Eat well
- Relax
- Sleep
WE WILL FIGHT FOR OUR NHS