



'Going for Gold' - Happy Heart Healthy Eating Award for Catering Department Portiuncula University Hospital

(l-r) Prof. Donal O'Shea, Clinical Lead for Obesity, HSE, Linda O'Donohoe and Mairead Coyne, Portiuncula University Hospital, who achieved the Gold Healthy Eating Award and Mr Tim Collins, CEO, Irish Heart Foundation.

The Catering Department at Portiuncula University Hospital is one of the first hospitals in the region to have achieved the 'Gold' Standard Award as part of the Happy Healthy Heart at work initiative. This award recognises the commitment and hard work of the Catering Department in conjunction with the Nutrition and Dietetic Department to ensure that the food and menus in the Staff Dining Room meet the healthy eating guidelines as set out by the Irish Heart Foundation and the Department of Health.

In 2017, the Irish Heart Foundation introduced an innovative graded system giving all applicants an opportunity to apply for Bronze, Silver or Gold levels which must meet specific criteria. This new approach further increases standards in healthy catering and menus with the ultimate aim of achieving Gold standard over time.

When reapplying for this award PUH decided to 'Go for Gold'.

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NEXT ISSUE SPRING 2018

The next feature Hospital: Galway University Hospital

For feedback, comments and suggestions, please email newsletter@saolta.ie

Welcome to the final edition of 2017 of the Saolta University Health Care Group newsletter.

In this month's issue, we feature Portiuncula University Hospital and highlight some of the developments taking place there, including the new post-intensive care clinic and the new chest pain clinic.

The Saolta Group staff recognition awards recently took place and you can find details of the all the nominees and the winners in this edition.

There are lots of initiatives and projects underway in all our hospitals and as always we would encourage you to take the time to read about them and learn some more about what is taking place across the Group.

As ever we encourage you to send your feedback on this month's issue. If you have any other comments, queries and questions or stories, please get in contact with us at newsletter@saolta.ie

Finally, we would like to thank all our contributors for all their hard work and support throughout 2017 and we wish you all a Happy Christmas and every good wish for 2018.

Kind regards,
Saolta Newsletter Team

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Top Tweets for October

Oct 2017 - 31 days

TWEET HIGHLIGHTS

Top Tweet earned 14K impressions

Launch #fluvaccine campaign for staff with @saoltagroup @HSELive @NUIG_Medicine & @unicefireland ambassador @JoeyCan88 #ProtectOurPatients pic.twitter.com/1k5fclMlqx



Top media Tweet earned 10.2K impressions

@CTribune 'Joe's new goal to beat the flu' with @saoltagroup @NUIG_Medicine @HSELive @JoeyCan88 @unicefireland pic.twitter.com/TGhWckfmj8



Top Tweets for November

Nov 2017 - 30 days

TWEET HIGHLIGHTS

Top Tweet earned 4,612 impressions

#Flufighters from Pharmacy dept, Letterkenny University Hospital reach 100% #flu vaccination staff uptake. Well done to all in #LUH. pic.twitter.com/NpI3oGMuUT



Top media Tweet earned 3,628 impressions

Congratulations to Bernie McGuire who received the Unsung Hero award at the Saolta Staff Recognition Awards. Bernie has given over 30 years of service to Portiuncula University Hospital-she is a familiar face to many having manned the reception desk in the hospital for many years pic.twitter.com/ZWoNd3hLTs



Top Tweets for December

Top Tweet earned 6,270 impressions

A new bereavement room for patients and families using the maternity services at University Hospital Galway #UHG was officially opened this evening with @IrishHospice @HSELive. 'Seomra Ciúin' is the first in-patient bereavement room to be opened in the country. pic.twitter.com/QbqBZQX5K



Top media Tweet earned 5,706 impressions

Congratulations to the catering department at Roscommon University Hospital on winning the Silver Award at the Irish Heart Foundation's Happy Heart Awards in recognition of the adoption of several healthy eating initiatives undertaken by the catering team bit.ly/2AnNJ3n pic.twitter.com/YNZVwSw12R



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Chief Executive Officer

Dear colleagues,

Welcome to the Christmas edition of our newsletter. As we approach the end of the year, it is timely that we step back and reflect on all that we have achieved across the Saolta Group and on behalf of the Executive Team, I wish to sincerely thank everyone for their teamwork, dedication and commitment throughout 2017.

As in previous years, 2017 was again a challenging one with budget, recruitment and service challenges. We have seen a continuous growth in patient activity particularly in our ED attendances and day cases. Throughout the year, the Group has experienced significant pressure on all sites. Work continues internally to manage patient flow and with the GPs and community to support hospital avoidance measures and early discharge. Work has continued on a number of projects to improve the flow of patients through our hospitals, particularly in UHG including the cohorting project which is focused on ensuring that patients are quickly admitted to specialty beds. I would like to thank everyone involved in this project for their hard work and commitment. I wish to assure you all that in 2018, we will be sharing the learning, knowledge and expertise from all the Kaizens and workstreams undertaken in UHG in 2017 with all of the hospitals in the Group.

The findings of the first National Patient Experience Survey were recently published and highlighted the many very positive patient experiences across the Saolta University Health Care Group, showing above average positive findings for the Group as a whole in many areas. Some 84% of the patients who completed the survey indicated that their overall experience of acute healthcare was either "good" or "very good". However, one of the main objectives of the survey was to listen to the patient voice and understand how their experience of services could be improved. It is now important that these experiences are listened to and understood in order to make improvements to the quality and safety of Irish healthcare.

This survey has been a very positive experience for the Saolta Group. It has focussed our attention even more on what is important. The patient must be put at the centre of all we do and we look forward as a Group to the implementation of improvements in patient experience over the coming year. These results have given a clear insight into the patient's experiences in our seven hospitals and assists us in understanding what matters to patients. It confirms for us the importance of working in partnership with our patients, their carers, our staff and communities. We are committed to responding to and implementing the findings. I would like to thank all of the staff in the participating hospitals for encouraging patients to participate in the survey, and for their

participation in the discussions and review of the feedback received and the development of the quality improvement response

We recently undertook a series of staff engagement sessions in each of the hospitals in the group and they provided an excellent opportunity to update staff on group priorities and get really important feedback directly from staff in relation to the services we provide. At each session we provided an outline of 2018 priorities for the Group which include our winter planning for the remaining of this year and 2018, managing healthcare acquired infections in our hospitals and continuing to push the importance of hand hygiene. Our efforts to increase the take up of the flu vaccine across all sites will continue in 2018. It is very positive to note that all hospital uptake rates are on the increase, with RUH achieving the recommended uptake rate of 40% by the end of November 2017.

In November this year we held our third Saolta Staff Recognition Awards and once again the calibre of the projects showcasing the best of what we do across the group was acknowledged and celebrated. Over 145 projects or initiatives from services and departments across all of the hospitals in the Saolta Group were nominated in seven different categories which included; Unsung Hero category, Research, Education and Training, Clinical Innovation, Non-clinical Innovation, Patient Experience and Quality Improvement. The awards provided an opportunity to recognise and celebrate the contribution and achievements of staff delivering services in the hospital across areas of patient care and education and research.

As CEO, I am privileged to lead Saolta and, for 2018, I look forward to your continued support in safely delivering services. On behalf of my colleagues on the Executive Team, and on a personal level, I would like to wish you and your family a very happy Christmas and peaceful New Year. I hope that you get the opportunity to enjoy the break if you manage to get one with your family and loved ones.

Finally, I would also like to say a special word of thanks to all our staff that will be working over the Christmas and New Year holidays.

Mr. Maurice Power
Group CEO



Maurice Power, CEO

Group Chief Operations Officer

Dear Colleagues,

As we come to the end of 2017 I would like to take this opportunity to thank you all for your commitment and dedication over the last year. Once again 2017 was an extremely busy year for all hospitals in the Saolta Group. At the end of October this year, when compared to the same period last year, our ED presentations are up by 3% and our inpatient and outpatient attendances have both increased. Our day cases are down very slightly, when compared to last year.

The engagement with our colleagues in the Community Health Organisations is critical and we continue to work with the teams in CHO 1 and CHO 2 to improve our patient flow. On a daily basis we are working on improving our patient flow, getting our patients discharged home or to the community as soon as it is appropriate and where we can, opening additional beds to relieve the pressure on the hospital system. 26 additional beds have opened this month in UHG and we hope that they will have a significant impact on the system, particularly for patients waiting in ED for hospital admission.

In the area of capital projects, the LUH radiology re-build project has begun and the project should be completed by end of quarter one 2019. Work is on-going to provide a temporary MRI on site for the duration of the construction project. To date, as part of the flood re-build project, work has been completed in the Emergency Department, Pharmacy, Medical Records, Cardiac Investigations, the Laboratory, Gynaecology and the Kitchens. In SUH the coronary care unit upgrade was completed, the Interventional radiology suite, diabetic day centre and HSSD upgrade projects are all progressing. In GUH the replacement of cath labs project is progressing, the design team have been appointed for the ED block and the Blood and Tissue Lab project is progressing. We are currently working through a procurement process for a modular theatre facility on MPUH site to restore the elective orthopaedic theatres.

In 2018 there are a number of priority projects we are seeking to progress across sites including additional AMU/ED capacity in MUH, replacement ward block in PUH, the specialist Rehab Unit in RUH and day services block on the MPUH site, together with an options appraisal in relation to the long term requirements for the model 4 hospital in Galway.

All funding received under the equipment replacement programme for 2017 has been expended with further funding priorities identified for 2018.

We are progressing a number of projects in relation to ICT within the group including; Evolve, ICM (Sligo) and Group PAS together with addressing key ICT infrastructure deficits on a number of sites.

The Evolve /EDRM project at GUH continues to progress and we have gone out to tender for the necessary infrastructure. We are working on the integration of the PAS, laboratories, radiology, and the correspondence and

discharge summary and the target go-live date for the first specialty is the end of 2nd quarter, 2018.

Work continues on planning for the implementation of a group-wide PAS system for the Group and CHO areas. We are currently finalising the governance structures. Two key roles to lead the implementation of the group-wide PAS

are at the recruitment stage. The first workshop with the national IPMS team has taken place with representatives from all sites. Other workshops for parallel streams of work are also planned for early 2018 and the dates and times for each workshop will be communicated locally as soon as they are finalised.

We are continuing to prioritise our efforts to reduce the numbers of patients who wait for hospital appointments across the Group. In 2017 the focus was on achieving the interim target in relation to the number of patients over 15 months awaiting inpatient /day case procedures. Across the Group this target was broadly achieved and thank you to everyone involved in the achievement of this target. This was through a combination of existing scheduled activity, some additional initiatives and a small element to the private sector. There is now a focus on all waiting lists inpatient/day case and outpatients being administratively validated so that all patients waiting over 6 months will be validated by June 2018.

We undertook a series of staff engagement sessions over the last number of weeks and had the opportunity to meet many staff across the group and update them on the priorities. It also provided the group management team with the opportunity to get staff input on many of the issues and challenges facing our hospitals.

In relation to emergency planning I would like to commend and thank all staff across the sites for their response in relation to service provision during storm Ophelia.

As always, I would like to acknowledge the on-going work and commitment of all staff across the Group who deliver such a broad range of services to our patients. I know that staff deal with many challenges during the course of their work but remain focused and committed to providing a high quality service to their patients. I would again like to wish you all a happy and peaceful Christmas and I would particularly acknowledge those staff who will be working over the Christmas period. I look forward to continuing to work with you all in 2018.

Ann Cosgrove
Chief Operations Officer



Ann Cosgrove, Group
Chief Operations Officer

Group Chief Financial Officer

FINANCIAL PERFORMANCE – AT OCTOBER 2017.

At the end of October the group had total expenditure of €630.1m which has resulted in a deficit year to date of €31.3m our allocated budget of €598.8m.

The Group still expects further budget allocations before the year end to ease the forecasted deficit at the end of the financial year.

Financially 2017 has been a difficult year, however the Group has demonstrated financial control in all areas of expenditure. The deficit arises from areas outside of our control in patient activity and associated medical costs. Growth in drugs expenditure associated with complexity of presentations and the growth in oncology services has been a significant growth factor in this area. Our bad debt provisions associated with legislative changes and adjustments in payments terms by the private health insurers have increased significantly over 2017 as we await clarification on these issues via the Department of Health.

On the positive side we have been informed by the Finance unit of the HSE that our ABF returns which will impact on our 2018 budget show a significant turnaround on our 2017 results. This arises from our costing returns and our HIPE coding. The complexity within our hospitals has increased and now I believe reflects the volume and complexity of the work performed in all our hospitals very favourably compared to similar hospitals across the country.

In this regard I must thank all of my colleagues in Finance, HIPE departments across the hospitals and all the clinical teams who assisted us throughout the year.

ICT STRATEGY

The NIMIS (National Radiology) Project in LUH is now complete which means that four of six Saolta sites are now on NIMIS. This required major effort from all involved and a huge congrats to all.

The Electronic Medical Record Project at GUH has commenced. This will result in moving from a paper based medical records to an electronic model.

The Group PAS Project has been approved and a plan to progress will be presented in early 2018. There are a number of other key projects such as Medical Oncology Clinical Information System in the pipeline which will need resourcing.

The Financial Stabilisation project in LUH and SUH has been completed on time and is operating live, a tribute to all concerned.

There is nothing left for me but to thank you all for your assistance to all the Finance Units group-wide and wish you and yours a very Happy Christmas and a healthy New Year.

Tony Baynes

I/ Group Chief Financial Officer



Tony Baynes, I/ Group Chief Financial Officer

Group Director of Human Resources

PRELIMINARY SAOLTA FLU VACCINE UPTAKE ON HEALTH CARE WORKERS:

I am delighted to announce that all the vaccination uptake rates in all of the Saolta hospital have significantly increased in the early part of the 2017-2018 'flu season (01-10-17 to 15-12-17) with at least 32.56% of our staff now vaccinated.

Already, all of our hospitals have surpassed their prior uptake for last season and the previous one:

HEALTHCARE WORKERS INFLUENZA VACCINE UPTAKE - SAOLTA GROUP.

	2015/2016	2016/2017	*01-10-17 to 01-12-17
RUH	11.3%	30.1%	40.2%
PUH	21.7%	33.1%	39.0%
GUH	13.9%	24.3%	34.7%
SUH	17.9%	24.0%	30.6%
MUH	13.5%	20.5%	30.0%
*LUH	17.9%	24.0%	27.3%

*Provisional results 01-10-17 to 01-12-17.

To put this data into actual staff numbers, in the first two months of the campaign 3,298 staff have been vaccinated across the Group. Their commitment to the campaign means that 32,980 polio vaccinations will be administered to children by UNICEF in countries where the disease is endemic and basic health care is not available to many of the population. The impact on the lives of these children is incalculable and I thank all of you for playing your part in bringing such a gift to those who so need it.

With continued support and communication of our ongoing flu vaccine programme within the Saolta Group, an increased number of hospitals will achieve the 40% recommended uptake rate this season. Roscommon had already achieved the national target of 40% by the end of November 2017 – an incredible performance and one which I have no doubt will be significantly better by the end of March as the Rossies once again strive to be the best small hospital in the country.

We are also happy to see an increase from the National average of 15% in flu vaccine uptake rates amongst the category of Nursing and Midwifery professionals, an area on which we propose to focus more through further improving access to the vaccine through our peer vaccination clinics in support of the existing occupational health services clinics.



John Shaughnessy,
Group Director of Human Resources

FLU VACCINE UPTAKE BY NURSING CATEGORY – FLU SEASON 2017/2018.

Saolta University Healthcare Group.	% of Uptake rates.
Galway University Hospital	24%
Mayo University Hospital	21%
Roscommon University Hospital	38%
Portiuncula University Hospital	21%
Sligo University Hospital	22%
Letterkenny University Hospital	19%

It is important to be aware that the 'flu becomes more and more prevalent from now until the beginning of March, peaking in January and February. To that end, staff who have not as yet received the vaccine should access it as soon as they possible. There are Peer Vaccinators on all hospital sites if staff cannot make it to the many Occupational Health clinics which are scheduled throughout the winter.

There will be close competition to be the site which has the highest uptake by the end of the season and the fact that some sites have almost quadrupled their performance in just two years suggests that the sky's the limit.

I wish to take the opportunity to thank each and every employee across our seven hospitals – all 10,130 of you – for your unfailing dedication, your consummate professionalism and your remarkable kindness to our patients throughout the year. It was clear from the National Patient Survey that the Saolta hospitals are very much in tune with our patients' needs. Your empathy makes it possible for our patients to publicly acknowledge the fantastic professional and caring services they received while they were with us. It is an endorsement of all that is good in the health service and is a great credit to all of you.

Finally, a thought for the many staff who will work over the Christmas period – I hope your shifts are not too onerous, that the time passes quickly and that you enjoy even more the time at home with your loved ones.

John Shaughnessy

Group Director of Human Resources

Group Director of Nursing and Midwifery

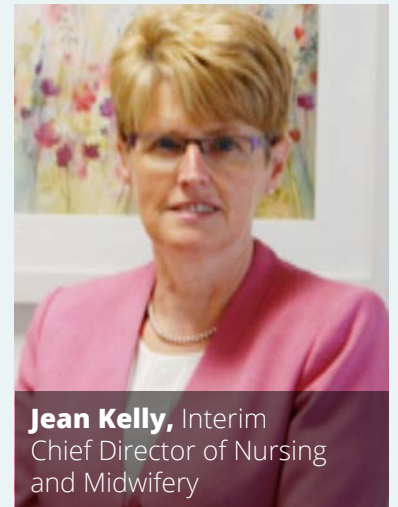
It's hard to believe that Christmas is now around the corner and as we busily prepare for the festive season, we must take a moment to reflect on some of our achievements in nursing during the year.

The first National Patient Experience Survey was carried out across 40 hospitals in May this year in collaboration with the HSE, HIQA and the Department of Health. The results of the survey were launched on the 11th December by An Taoiseach Mr Leo Varadkar. Saolta received very positive feedback in all six domains and we scored above average in most areas. 91% of our patients felt they were treated with dignity and respect and 86% trusted the staff caring for them. These results are tangible evidence of how we put the patient at the centre of what we do. There were areas for improvement and we have set up a group on each site to put a Quality Improvement Plan in place to address some of the issues raised.

The Caring Behaviours Assurance System (CBAS-I) is an evidence based system for enabling and assuring the delivery of person centred health care and is one of the programmes that we will be expanding across all sites. Such programmes help us to embed the caring behaviours that are patients acknowledged in the National Patient Survey.

Our Schwartz Rounds continue to grow and expand every month and it is exciting that Portiuncula and Mayo University Hospitals have now embraced this quality initiative with positive feedback received from all staff. In the coming year it is hoped that further sites will be included within Saolta but in the meantime staff are welcome to attend any of the Schwartz rounds in any of the hospitals currently hosting them.

We are delighted to have offered 138 graduates permanent positions across the group and want to assure them of our continued support as they consolidate their training and become competent and confident staff nurses within the clinical areas in our hospitals.



Jean Kelly, Interim
Chief Director of Nursing
and Midwifery

We have been fortunate to have been allocated 26 new candidate Advanced Nurse Practitioners across the group in various disciplines. We wish them well in their studies and look forward to their contribution to advanced nurse practices in the future.

I would also like to congratulate all the newly registered ANPs across the group, we had six qualify in 2017. Again Saolta is ahead of our national colleagues with more registered ANPs than any other group.

Christmas is truly a time to be thankful for all that we have, and I am so thankful to all of you for what we have achieved through your hard work, care and compassion and commitment to our service users throughout the year.

I would like to wish you and your family a wonderful Christmas and a happy and peaceful New Year.

Jean Kelly

Interim Chief Director of Nursing and Midwifery

Saolta University Health Care Group Staff Recognition Awards

The 3rd Saolta University Health Care Group Staff Recognition Awards took place recently in the Ardilaun Hotel Galway. Over 145 projects or initiatives from services and departments across all of the hospitals in the Saolta Group were nominated in seven different categories. Winners were presented with their awards by Saolta Group CEO Maurice Power and Group Director of Nursing and Midwifery Jean Kelly.

This is the third year of the Saolta University Health Care Group Staff Recognition Awards which aims to recognise and reward excellent staff performance, promote a sense

of pride and reinforce the Saolta University Health Care Group as an excellent place to work. Applicants from across the Group's hospitals were invited to participate in seven categories, which included; Unsung Hero category, Research, Education and Training, Clinical Innovation, Non-clinical Innovation, Patient Experience and Quality Improvement. 145 entries were received and these were shortlisted to finalists in each category by an independent judging panel. The winners were announced on the evening by event host Maura Derrane at an event attended by the finalists. The Saolta Staff Recognition Awards is self-funding from sponsorship received.



LETTERKENNY

Letterkenny University Hospital was presented with two awards at the event, the e-Rostering project at LUH won the Non-clinical Innovation award and the Breast Unit at LUH won the Patient Experience award. Commenting Sean Murphy, General Manager Letterkenny University Hospital said, "These awards provide an opportunity to recognise and celebrate the contribution and

achievements of staff delivering services in the hospital across areas of patient care and education and research. We are delighted that in total four projects were shortlisted for these Staff Recognition Awards. In addition to the winning projects, the cross-border pPCI project was nominated in the Quality Improvement category and Mary Murray, Community Paediatric Nurse Specialist, LUH was nominated in the Unsung Hero category".



MAYO

Mayo University Hospital was presented with the award for Education and Training - Surgical Teachers of Mayo Medical Academy - Mr Humair Nasim, Mr Kevin Barry, Mr Ronan Waldron, Mr Iqbal Khan, Mr Waqar Khan, Michael Flood, Asif Khan. The hospital was also shortlisted in the following categories:

Education and Training - Surgical Teachers of Mayo Medical Academy - Mr Humair Nasim, Mr Kevin Barry, Mr Ronan Waldron, Mr Iqbal Khan, Mr Waqar Khan, Michael Flood, Asif Khan

Research - Mayo Medical Academy - Mr Humair Nasim, Mr Asif Khan, Mr M E Kelly, Mr I S Reynolds, Mr W Khan, Mr R Waldron, Mr I Khan, Prof M K Barry

Quality Improvement - Hypnobirthing - Frances Burke, Maura McKenna, Andrea McGrail, and Labour and Maternity Ward Midwives.

Commenting Catherine Donohoe, General Manager Mayo University Hospital said, "It was wonderful to see the excellent work which takes place in the Medical Academy in MUH acknowledged across the Saolta Group".



GALWAY

Galway University Hospitals were presented with two awards on the evening. The team based in the Blood and Tissue Laboratories in GUH won the research award for their work on procuring three new unique licences for Tissue Procurement – a first in the Republic of Ireland. GUH was also the winner in the Quality Improvement category where the Critical Care Outreach team won the award. This team bring the expertise of critical care to patients who may have been discharged from the Intensive Care or High Dependency Units to a hospital ward.

Commenting Chris Kane, General Manager Galway University Hospitals said, “These awards provide an opportunity to recognise and celebrate the contribution and achievements of staff delivering services in the hospital across areas of patient care and education and research. We are delighted that four further projects were shortlisted for these Staff Recognition Awards. These projects were the serum eye drops project and the Schwartz rounds which were both nominated in the Innovation –non clinical category, the Patient Experience team and the Platelet Stock Management and Patient Flow project in the Quality Improvement category”.



ROSCOMMON

Roscommon University Hospital was shortlisted for awards in two categories. Commenting Mary Garvey, General Manager Roscommon University Hospital said, "These awards provide an opportunity to recognise and celebrate the contribution and achievements of staff delivering services in the hospital across areas of patient

care and education and research. We are delighted that two projects were shortlisted for these Staff Recognition Awards. Our Medical Day Services team was nominated in the Patient Experience category and the Out-Patients Department was nominated in the Clinical Innovation Category".



SLIGO

Sligo University Hospital was presented with the award for the development of Anaesthesia App. The hospital was also shortlisted in the categories of Research, Education and Training and Innovation - Clinical Area.

Commenting Grainne McCann, General Manager, Sligo University Hospital said, "These awards provide an opportunity to recognise and celebrate the contribution

and achievements of staff delivering services in the hospital across areas of patient care and education and research. We are delighted that four projects were shortlisted for these Staff Recognition Awards. These projects were the Simulation Training Programme, Anaesthesia Smartphone App, Dermatology research in sunbed usage and Medex@ IT Sligo, a community-based exercise programme with the Physiotherapy Department and Sligo IT"



PORTIUNCULA

Portiuncula University Hospital’s Bernie McGuire received the Unsung Hero award across the six hospitals in the Group.

Commenting James Keane, General Manager Portiuncula University Hospital said, “Bernie has given over 30

years of service to PUH – she is a familiar face to many having manned the reception desk in the hospital for many years. She always has a smile and a kind word for patients, visitors and staff and I am delighted that her commitment and dedication was acknowledged by the Saolta Group”.

Portiuncula University Hospital - Featured News

- Midwifery Led Clinics
- New Chest Pain Clinic commences at Portiuncula University Hospital
- Launch of the Fairy Garden at Portiuncula University Hospital
- Speech and Language Therapy
- Remembrance Service for Staff
- 'Going for Gold' - Happy Heart Healthy Eating Award – Catering Department Portiuncula University Hospital
- Portiuncula University Hospital holds End of Life Information event
- Portiuncula University Hospital holds End of Life Information event
- Post Intensive Care Clinic (PICC)
- Portiuncula University Hospital's Bernie McGuire wins Unsung Hero Award at the Saolta Staff Recognition Awards
- Midwifery Practice Development Co-ordinator
- Carers Day at Portiuncula University Hospital
- Empowering Change for our Future
- International Conference on Integrated Care
- New library at Portiuncula University Hospital
- Portiuncula Staff and Patients Welcome Home the Galway Hurlers and Cups

'Going for Gold' - Happy Heart Healthy Eating Award – Catering Department Portiuncula University Hospital

CONTINUED FROM COVER PAGE.

This involved a lot of changes, both in work practices and behind the scenes in the Staff Dining Room including:

- Preparation of food e.g. baked instead of fried, low in fat, especially saturated fat and trans fat, 75% of salads have no dressings, oily fish offered daily
- Menus – varied selection of high fibre, low salt and sugar choices and increased choice of options on the breakfast menu which are oven baked or grilled. The hospital is also Chip-free 3 days a week.

- Standard portion sizes were incorporated along with the implementation of Calorie Posting in the Staff Dining Room

The Catering Department are very proud to have received this award which will ultimately benefit all the staff in Portiuncula University Hospital and ensure that everyone plays their part in being in being Happy with Healthy Hearts in the workplace.

Midwifery Led Clinics - Portiuncula University Hospital

Portiuncula University Hospital has recently commenced midwifery- led antenatal clinics in the hospital and community. These antenatal clinics are based in the hospital and in Loughrea and Athlone and are a further step towards delivering excellence in maternity care. The recent appointment of Aisling Dixon, CMM2, is facilitating the delivery of this service to low risk mothers booking in for antenatal care in PUH. Aisling, together with a small team of midwives are focused on high quality clinical care, education and health promotion.

The National Maternity Strategy, Creating a Better Future Together 2016 - 2026 envisions a maternity service that ensures women and their babies 'have access to safe, high quality care in a setting that is most appropriate to their needs; women and families are placed at the centre of all services, and are treated with dignity, respect and compassion; parents are supported before, during and after pregnancy to allow them give their child the best possible start in life.'

Aisling and the team work in partnership with women and they are the lead professionals with responsibility for clinical assessment, education, planning care, referring appropriately to members of the multidisciplinary team and for overall delivery of the appropriate maternity services. The midwife team recognises the expectations of women in relation to maternity services and endeavour to meet their requirements by:

- Continuity of care and carer
- Individualised information
- Midwifery led models of care

- Women centred approach
- Enough time at appointments (AIMS, 2012)

Research has shown that women are less likely to experience intervention and more likely to be satisfied with their care. Other benefits associated with this model of care are:

- increased chance of a spontaneous vaginal birth
- increased breastfeeding rate
- less likely to have an episiotomy, epidural or instrumental birth
- less likely to experience preterm or early pregnancy loss

Women are taking more of an active role in their choices surrounding maternity care. They have the right to make educated, informed decisions about their health care including the choices they have for maternity care providers and birth locations. Midwifery led care is an effective collaborative strategy in safely achieving this, beginning in the antenatal period.



New Chest Pain Clinic commences at Portiuncula University Hospital

The Chest Pain Clinic commenced in Portiuncula University Hospital earlier this year. The Clinic accepts referrals from GPs and the AMAU. It is a fast-track service to evaluate patients where there is a concern of possible coronary artery disease/cardiac ischaemia. Patients seen in the Chest Pain Clinic will often have had an exercise stress test done and will have a comprehensive evaluation of their chest pain along with a cardiovascular and respiratory assessment by the Chest Pain Nurse. A decision will be made by the Chest Pain Nurse and a physician to discharge the patient back to their GP or send for further evaluation i.e. CT Coronary Angiogram, Dobutamine Stress Echo or invasive Coronary Angiogram, and follow up in the Cardiology OPD.

To date, the Chest Pain Clinic has reduced the cardiology waiting list by 5 months. This is proving a very valuable expansion of the cardiology service in PUH for patients. The clinic is based in the Out-Patients Department and operates on Monday afternoons, Tuesday mornings and Thursday afternoons.



Launch of the Fairy Garden at Portiuncula University Hospital

The new 'Fairy Garden' was launched recently at Portiuncula University Hospital.

The Fairy Garden was donated by Jasmine Elkhershi from the craft blog, Procrastimake.com and Grainne Brady from the gardening blog, ShannonOrchard.com.

The garden was awarded a distinction at the Bloom Flower Show, in the Postcard Garden Section. It was donated to remind children and adults that there are magic and miracles everywhere. The garden is about being kind to others and ourselves and it brings magic into everyone's day.

Children associated with the Paediatric Unit attended the launch and the children explored the garden. Activities included face painting, bubble games, story-telling and fairy hunts. Mickey and Minnie Mouse made a special appearance to the delight of the children. A special thanks to all the organisers and the many contributors.



L-R: Gerry Nally, ADON, Aisling O'Shaughnessy, CNM Paediatric Unit, Ms. Jasmine Elkhershi, Marita Fogarty, Director of Nursing, James Keane, General Manager, Grainne Brady, Landscaper and Pictures.



Speech and Language Therapy introduces Fibreoptic Endoscopic Evaluation of Swallow (FEES)

PUH is providing a new service to patients with dysphagia. Sandra Brandon, Senior Speech and Language Therapist, under the mentorship of Professor Gerard Clarke, Consultant Gastroenterologist, now carries out Fibreoptic Endoscopic Evaluation of Swallow (FEES).

FEES is an objective assessment of swallow function. A flexible fiberoptic endoscope is passed trans-nasally and into the hypopharynx where the clinician can view laryngeal and pharyngeal structures. A series of speech and sensorimotor tasks to evaluate the sensory and motor function of the patient's pharyngeal and laryngeal mechanism are carried out. Food and liquid boli are then swallowed. As the bolus is swallowed, the clinician can assess the pharyngeal swallow. Anatomical variants in palate, pharynx and larynx, poor secretion management and aspiration (overt and silent) can be observed using FEES. FEES is recognised internationally as a gold standard tool for detecting aspiration, penetration and pharyngeal residue.

Prior to the introduction of FEES, patients in PUH did not have access to an objective assessment of swallow function. This objective swallow tool offers significant benefits to the patient, hospital and HSE including:

- Timely objective assessment of swallow function.
- Confirmation/ruling out of silent aspiration in high risk groups e.g. post stroke.
- FEES, unlike Videofluoroscopy, does not expose the patient to radiation.
- Improved dysphagia management in specialised tracheostomy care allowing faster and safer



Ms Sandra Brandon, Speech and Language Therapist and Professor Gerard Clarke, Consultant Gastroenterologist.

- weaning and establishment of oral feeding
- Safer dysphagia management thereby improving patient safety and quality of life.
- Objective biofeedback to aid patient understanding at diagnostic and treatment phases and timely referrals to specialists to diagnose dysphagia aetiology e.g. neurology, gastro-enterology. These disciplines often seek results of objective swallow evaluation to aid differential diagnosis.
- Reduced length of hospital stay as a result of timely and accurate diagnosis and management of dysphagia.
- Reduced hospital re-admissions as a result of early diagnosis and objective management of dysphagia.

Remembrance Service for Staff

PUH staff gathered in the hospital chapel on Thursday 23rd November to remember and pray for deceased staff members and to remember their own departed family members and friends. The hospital choir led the singing in a liturgy of music, ritual and word which was reflective and meaningful. Staff had an opportunity to light a candle in memory of their loved one and to place a leaf with their name on the Memory Tree at the altar. This service takes place each November and offers staff the space to acknowledge their own individual grief journey and to come together in solidarity with and support of one another.





Left to Right: Georgina Buffine, Hospice Friendly Hospitals Programme, Niamh Brennan, Pastoral Care, Lizzy Sullivan, Dietician, Mary Barrett, ADON, Marita Fogarty, Director of Nursing and Helen Ely, CNS for Palliative Care.

Portiuncula University Hospital holds End of Life Information event

Portiuncula University Hospital recently hosted an Information Campaign on End of Life Care. This campaign aims to promote and celebrate the work and progress on End of Life Care in the hospital.

Portiuncula University Hospital became affiliated with the Hospice Friendly Hospitals Programme in 2015 and the overall purpose of this programme is to ensure that end of life care is central to the mission and everyday business of hospitals. Portiuncula has been a leader in implementing the values of End of Life Care since its inception and the hospital continues to be guided by the Quality Standards for End of Life Care in Hospitals.

The Hospice Friendly promotes high quality care for all people at the end of life regardless of diagnosis and whether the death is expected or sudden, and it acknowledges the role of clinical, administrative and

support staff in improving the patient's and family's experience. Some of the developments that have taken place in PUH include; the establishment of End of Life Care committee, the establishment of the Perinatal Bereavement committee, the refurbishment of the family room Slí an Chroí, as part of the Design and Dignity project and the refurbishment of the quiet room in the Maternity Unit. PUH is continuing to implement the National Standards in Bereavement Care following Pregnancy Loss and Perinatal Death.

The hospital has also developed an information leaflet on End of Life Care in PUH and designed a sympathy card which is sent to all bereaved families on behalf of the hospital. The hospital provide on-going education and training programmes for staff and hold an Annual Remembrance Service for those who have died in Portiuncula University Hospital.

Post Intensive Care Clinic (PICC)



Ms Charlotte Carter, CNM 2 ICU and Dr Vinod Sudhir, Lead Intensivist.

A NEW INITIATIVE AT PORTIUNCULA UNIVERSITY HOSPITAL

The Post Intensive Care Clinic (PICC) is a new initiative to Portiuncula University Hospital believed to be the first of its kind in Ireland. A vision of the lead Intensivist, Dr Vinod Sudhir and Charlotte Carter CNM 2, the focus was to implement continuity of critically ill patients following discharge from hospital. They believed that there was a requirement to develop a clinic to follow up discharged ICU patients mechanically ventilated more than 24 hours.

Critically ill patients have been shown to suffer both physical and psychological issues following hospital discharge. A pro-inflammatory state for example, is often persistent for up to three months post discharge and a significant number of survivors suffer long-term cognitive and psychological impairment affecting their quality of life. This is not only a concern for the patient but is also difficult for the family.

Patients and a family member are invited to attend the clinic through an outpatient's appointment on a Monday afternoon where they are seen initially by Charlotte Carter. The initial discussion is based on the patient's experiences in terms of anxiety, depression and quality of life based on a well known validated scoring tool. After

recording vitals and routine investigations, Dr Vinod then carries out a formal history taking and clinical examination. Documentation specifically designed for the PICC records all the relevant information. The majority of patients having had a period of mechanical ventilation are referred for Pulmonary Function Testing (PFT's) though the Respiratory clinic in PUH headed by Dr Hillary McLoughlin. Additional referrals are made as appropriate to various departments such as cardiology, psychiatry and physiotherapy and those services not available within the hospital are requested via the GP who receives a letter summarising any findings.

The clinic has been implemented using existing resources and is therefore a cost effective venture to follow up overall patient care. A database will allow for statistics to be audited and re-audited to ensure sustainability of the clinic and guide future practice.

The overall vision is to review all critically ill patients at two weeks, three months and six months following hospital discharge requiring mechanical ventilation for more than 24 hours, with a view to expand the service as a standalone clinic to include all ICU patients.

Portiuncula University Hospital's Bernie McGuire wins Unsung Hero Award at the Saolta Staff Recognition Awards



Bernie McGuire, Portiuncula University Hospital, winner of 'Unsung Hero Award' at the Saolta Staff Recognition Awards with James Keane, General Manager, Portiuncula University Hospital.

The 3rd Saolta University Health Care Group Staff Recognition Awards took place recently in the Ardilaun Hotel Galway and Portiuncula University Hospital's Bernie McGuire received the Unsung Hero award across the six hospitals in the Group.

Commenting James Keane, General Manager Portiuncula University Hospital said, "Bernie has given over 30 years of service to PUH – she is a familiar face to many having manned the reception desk in the hospital for many years. She always has a smile and a kind word for patients, visitors and staff and I am delighted that her commitment and dedication was acknowledged by the Saolta Group".

145 projects or initiatives from services and departments across all of the hospitals in the Saolta Group were nominated in seven different categories. Winners were presented with their awards by Saolta Group CEO Maurice Power and Group Director of Nursing and Midwifery Jean Kelly.



This is the third year of the Saolta University Health Care Group Staff Recognition Awards which aims to recognise and reward excellent staff performance, promote a sense of pride and reinforce the Saolta University Health Care Group as an excellent place to work.

Midwifery Practice Development Co-ordinator

Deirdre Naughton recently commenced her new role in Portiuncula University Hospital as Midwifery Practice Development Co-ordinator.

Deirdre worked in University Hospital Galway as a Midwifery Clinical Skills Facilitator for three years. Prior to this Deirdre worked as a midwife and Clinical Placement Co-ordinator for many years in Portiuncula.

The purpose of this new post is to manage and develop the Midwifery Practice Development Department, which will co-ordinate the development of excellence in midwifery practice, and to ensure optimum clinical learning environments and supports for students and staff alike, with the ultimate aim of enhancing care for women and babies.

We wish Deirdre every success in her new role.



Carers Day at Portiuncula University Hospital



Pictured from Left to-Right: Marion O'Flaherty, Alzheimer's Association Ireland, Michelle Fallon, Patient Liaison Officer, Marita Fogarty, Director of Nursing, Maureen Mannion, Alzheimer's Association Ireland, James Keane, General Manager, Antoinette Larkin CNS in Care of the Older Adult

Portiuncula University Hospital recently hosted a Carers Day to highlight the supports available in the hospital. The Family Carers Ireland, Alzheimer's Association of Ireland and the Clinical Nurse Specialists and Allied Health Professionals from PUH all participated in the day.

The aim of the event was to provide information and advice and showcase what services and supports are available in Portiuncula University Hospital. Staff were available to answer questions on the day and provided patient information on disease management and advice on support services and entitlements.

The hospital were grateful for the support of Maureen Mannion and who facilitated on the day in Alzheimer's bus and Anne Gardiner from the Carers Association who is based in the main Carers office in Loughrea.

Empowering Change for our Future



Frailty Facilitators for Portiuncula University Hospital and Roscommon University Hospital from left to right: Carmel Arakelian CRGN PHN, Antoinette Larkin CNSp. Older Persons, Geraldine Devine CNM2, Michelle Carrigy CNM2, Carolyn Blackwier CNSp Older Adult, Sharon O'Rourke staff nurse AMU.

The Frailty Education Programme aims to provide healthcare professionals with an enhanced understanding of frailty and frailty assessments, which ensures earlier recognition of frailty, improved healthcare management and better health outcomes for frail older adults.

The initial pilot has been funded to support the development of facilitators in frailty education from nursing. However, the aim of this programme is an

inter-professional education approach to support the comprehensive assessment and care of the older adult with frailty.

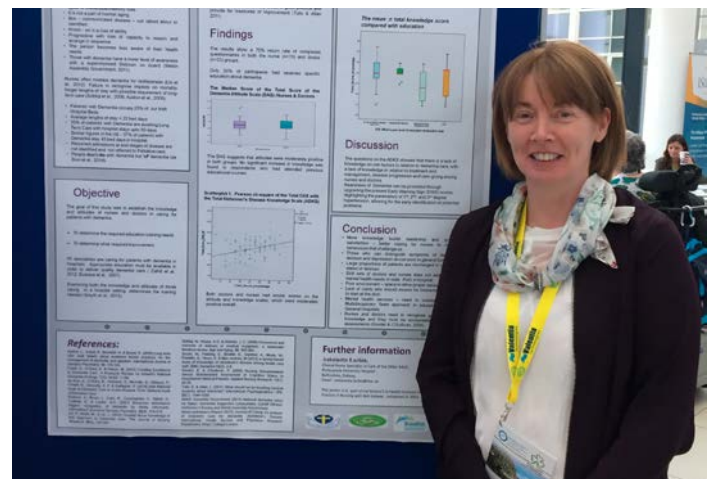
Each facilitator will work within a local network (acute hospital, PHN, residential) to provide education programmes across the multi-disciplinary team locally. Where possible the acute hospital will provide the education in the CHO and the nurses in CHO can support the acute hospital education programme.

International Conference on Integrated Care

Antoinette Larkin recently presented on an oral poster at the International Conference on Integrated Care held in UCD. Antoinette is a Clinical Nurse Specialist in Care of the Older Adult, working in Portiuncula University Hospital. Antoinette is one of the longest practicing Clinical Nurse Specialist's for the Care of the Older Adult within the Saolta group. She has extensive experience and knowledge of older people who present to hospital with chronic complex conditions and end stage diseases.

Antoinette is a qualified registered general nurse, with a H.Dip. in Gerontology and a Masters in Health Sciences. She also has a Certificate in Nurse Prescribing.

She is also a co-author of a case study around Confusion and Capacity following a Stroke – published in the book of Case Studies in Gerontological Nursing for the Advanced Practice Nurse. Antoinette has co-facilitated a level 8 Dementia Champion module in partnership with NMPDU Galway and DCU.



Antoinette's abstract and poster presentation at the Integrated Care Conference was based in the theme of how to capture the perspectives of providers towards patients. The study explored the knowledge and attitudes of nurses and doctors caring for patients with dementia in an emergency hospital setting.

New library at Portiuncula University Hospital

Earlier this year the Portiuncula University Hospital Library relocated from the main hospital building to the first floor of 'The Academy' building. The newly refurbished facility comprises of a main library reading room and a 24/7 study room. The addition of the 24 hour study room has been welcomed by hospital staff who now have the opportunity to avail of a quiet study space outside of library opening hours.

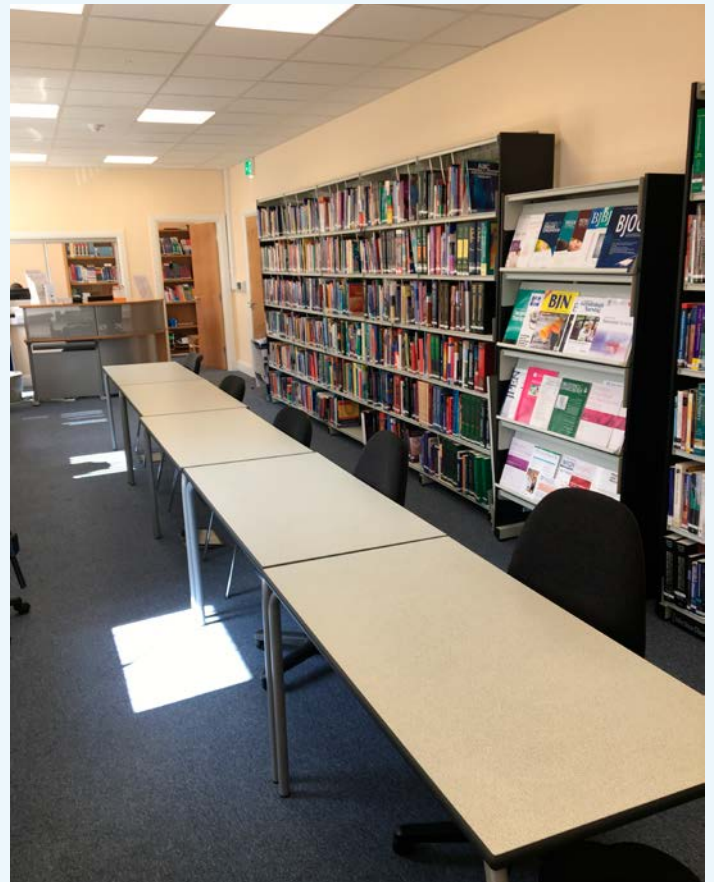
The main library is a bright, comfortable and welcoming space, providing study spaces, 6 PCs with Internet access as well as Wi-Fi. A core collection of medical, nursing, allied health sciences and health management books are available here for staff to browse or borrow. Literature searches, research support, systematic review support, one-to-one or group training, search skills education, print and e-books, journals, printing, photocopying and scanning, are some of the services available.

The library offers the perfect setting for staff to complete online training courses such as those offered through HSE Land. Staff may also use the facilities to complete ACLS and NRP pre course assessments.

The main library and 24 hour study room are accessible using the Portiuncula University Hospital staff swipe card.

Contact the library on (090) 9648388 or library.portiuncula@hse.ie

Our e-library is available at www.hselibrary.ie



24/7 Study Room at PUH.

PUH Staff and Patients Welcome Home the Galway Hurlers and Cups





Peri-Operative Directorate

Anita McGlynn, Gavan Hennigan and Ellen McCarthy CNM2 ICU



Senior staff nurse in ICU Siobhan Casey

Annual Critical Care Nursing Conference

The 11th Annual Critical Care Nursing Conference Galway was held recently in the Clayton Hotel and was organised by Ellen McCarthy CNM2 ICU, Anita McGlynn Audit Nurse Critical Care and the Critical Care nursing team.

An excellent day of learning/updates and networking was enjoyed by 125 nursing delegates from across Ireland. There were 17 stands displaying all the latest technology in critical care medicine and the support of these companies every year enables us to make this a free event for all our nursing colleagues.

It was a pleasure and a privilege to have local Galway man Gavan Hennigan extreme athlete, adventurer, saturation diver deliver the opening address. Gavan's story was truly inspirational and thought provoking with his amazing stories of adventure, challenges and risks relating to everyday working lives. A man who has challenged his own limits and who designed his own future. This certainly set the tone for what was a superb day.

A wide range of topical but pertinent talks to the critical care environment were covered and delivered by a multi-disciplinary team, including in house and external speakers.

Senior staff nurse in ICU Siobhan Casey presented her research on Alarm Management in Critical Care -

a deadly phenomenon. Siobhan also recently presented her research in London and Belfast for BACCN. Mark Keating CNM2 in the hyperbaric medicine unit delivered a patient case study on hyperbaric oxygen therapy and showed a video of the amazing results achieved by a patient using this therapy. Dr John Bates gave a talk on critical care acquired weakness and Professor Pat Neligan spoke about intervention treatments in ICU. Other presentations included emergency and acute care of laryngectomy patients which was given by Karen Malherbe, senior speech and language therapist and the pulsating new world of vascular surgery by Dr Niamh Hynes GUH.

External speakers included Bernadette Corrigan ADON in Tallaght Hospital who presented a very thought provoking lecture on accountability and the law in clinical practice and Leona Bannon, nurse researcher from Queens University Belfast who spoke on the impact of non-pharmacological interventions of delirium in critically ill patients. A quality improvement initiative in St. James hospital on end of life care was presented by Marie McAuliffe CNM2 SJH.

Helen Hanrahan ADON for Critical Care gave the closing remarks and thanked the critical care team for their commitment, professionalism and organisation of such an inspirational day.



Women's and Children's Directorate

In Photo L-R: Gemma Ui Mhongain & Peadar O Mongain, Louise Gallagher & Millie Waters , Anna Clarke & Serena Clarke, Sarah-Jane Higgins & Eve Higgins and Niamh Prendergast & Charlie Prendergast.



National Breastfeeding Week

As part of the National Breastfeeding Week Annie Logan, Staff Midwife at MUH represented the hospital at reception to mark Breastfeeding Week at Aras an Uachtarain.

Five mums with their babies and toddlers were invited to attend from Mayo to attend the "Latch On Morning". The Aras was buzzing with busy Mums, babies and people all present to promote and celebrate breastfeeding. Representatives from Cuidu , La Leche League of Ireland and the Nursing and Midwifery Board of Ireland were also in attendance . Commenting on the event Annie said,

"I was honoured as a midwife to attend as breastfeeding is an area I am passionate about".

National Breastfeeding Week

National Breastfeeding Week which took place in October this year is about raising awareness of breastfeeding for future babies, making it better for mothers who tried and found it challenging and supporting mothers currently breastfeeding to meet their goals. Many mothers and their partners will make an educated decision to feed their baby formula. Those who make this informed decision in their pregnancy should be supported to successfully and safely achieve their goal as should their breastfeeding counterparts.

Like mental health awareness, safe driving and smoking cessation breastfeeding is a public health issue. We don't all drive or smoke, we are not all troubled with mental health issues but we are invested in the success of the awareness campaigns. Breastfeeding is good for our mothers, her babies, her family, society, government and the environment.

Breastfeeding without support is challenging in a culture where bottle feeding is the cultural norm, skills need to be learned and relearned. Bottle feeding changes very little from day two to twenty two and whether it is given by Mum, Dad or another family member. Position, attachment, engorgement, supply and demand, cluster feeding and growth spurts are the continuum of breastfeeding in this period and that is without meeting a breastfeeding challenge. Breastfeeding involves an investment beyond that of meeting the newborn baby needs of caring for and feeding a newborn.

Ireland continues to have the lowest breastfeeding rate in the world with the latest HSE research showing that only 56.8% of Irish mothers were breastfeeding on discharge from hospital, less in rural areas. The WHO recommends all babies are exclusively breastfeed for six months to achieve the optimum health benefits with suggested rates of this being achieved for only three

percent of our babies. This national campaign seeks to increase awareness not only of the well documented benefits of breastfeeding but also of the support systems in place and maintain the discourse between breastfeeding and optimal health.

Breastfeeding is a wonderful, unique experience you share with your baby, providing them with the best possible start in life. Breastfeeding is the normal nutrition for human babies, has dramatic effects on the health and life expectancy of babies and their mothers and is protective for many illness of the developed and developing world immunologically, physiologically and psychologically. Not achieving optimum breastfeeding standards is estimated to cost the state €800 million annually.

Although it is a natural event, breastfeeding is also a learned skill. Evidence shows that women with a committed intention to breastfeed antenatally succeed more often with their breastfeeding goals. After the birth of the baby mothers who link in with supports are more likely to breastfeed exclusively and for longer. In our community there are many voluntary breastfeeding support groups for mothers and families to link in with antenatally and postnatally in addition to the HSE services, details of which can be found on www.breastfeeding.ie.

For mums, arming themselves with good information and access to support if needed will set them up for greater success on their breastfeeding journey. As Benjamin Franklin said "an investment in knowledge pays the best interest". When we know better, we do better.

Appointments

Mrs. Helen Murphy recently took up the post of Director of Midwifery in UHG.

Helen, who is a Sligo native, trained as a nurse in the Meath Hospital in Dublin and completed her midwifery training in Belfast. Over the past 16 years, Helen has worked in numerous hospitals in London, including the Royal Free Hospital, the Edgware Birth Centre, Bromley NHS Trust, South London NHS Trust, Guys and St. Thomas Hospital and Lewisham and Greenwich NHS Trust. She has gained extensive experience in caring for women with high and low-risk pregnancies. Prior to returning to Ireland, she held the position of Inpatient Midwifery Matron in Lewisham and Greenwich NHS Trust. The Trust operates three hospital sites, two of which - University Hospital Lewisham and Queen Elizabeth Hospital Greenwich - provide care during pregnancy, labour and after the birth. The third site, Queen Mary's Hospital, Bexley, provides care during pregnancy and after the birth.

We would like to welcome Helen to Saolta and wish her every success in her new post.



Ms Andrea McGrail has been appointed to the position of Director of Midwifery in Mayo University Hospital.

Andrea has a wide and varied nursing and midwifery experience. She completed her general nurse training and midwifery training in London. She gained her love of midwifery while working in London as a team leader in a busy community midwifery-led service. On return to Ireland, she worked in various positions in Mayo University Hospital, including Labour Ward Midwife, CMM2 Outpatients Department, Assistant Director of Midwifery and Interim Director of Nursing and Midwifery. Andrea is a firm believer in lifelong learning and has extensive academic qualifications. She is interested in normalising maternity care for low-risk women, professional development of staff and assessing and managing risk in maternity care. Andrea is wished every success in her new post.

Graduation - Diploma in Leadership and Quality Improvement

Jean James and Ethel Ryan recently graduated from the Royal College of Physicians Ireland (RCPI) where they completed a Diploma in Leadership and Quality Improvement.

They will be setting up a quality hub with other previously qualified candidates and Tara Cahill across the hospital called "LUNCH & LEARN" to promote and support continuous improvement in the quality and safety for patients while fostering innovation amongst staff.



Midwife of the Year

Ms Claire Larkin, Delivery Suite, MUH, who won Midwife of the Year at the 2017 Mums & Tots magazine awards in association with NUK Ireland.



New appointments

Dr. Nadia Ibrahim took up the fourth Consultant Obstetrician and Gynaecologist post in SUH in October, 2017.

Dr. Mark Dempsey, Consultant Obstetrician & Gynaecologist with a special interest in Maternal Fetal Medicine, took up a shared post between UHG (31 hours per week) and PUH (8 hours per week) from December, 2017.

We wish them all the best in their new appointments.

New Bereavement Room 'Seomra Ciúin' opened at University Hospital Galway



Seomra Ciúin: Anne McKeown, Bereavement Officer, University Hospital Galway; Sharon Foley, CEO, Irish Hospice Foundation; AnnMarie Grealish, Assistant Director of Midwifery, Women and Children's Directorate, University Hospital Galway; Maurice Power, CEO, Saolta University Health Care Group and Cathy Quinn, Consultant in Perinatal Bereavement Care.

A new bereavement room for patients and families using the maternity services at University Hospital Galway was officially opened recently by Cathy Quinn, the First Midwife Consultant in Perinatal Bereavement Care appointed in Ireland. Seomra Ciúin is the first in-patient bereavement room to be opened in the country.

AnneMarie Grealish, Assistant Director of Midwifery, Women and Children's Directorate, University Hospital Galway explains, "Having identified the need for a single en-suite room to provide a protected area for women who are grieving following an early miscarriage, we were delighted to be awarded the funding by the Design and Dignity programme. Seomra Ciúin will also provide a dedicated space for patients who are approaching the end of life. The room is a fully equipped clinical space but the design ensures that it is physically and aesthetically comforting for both patients and their families."

The single occupancy room has en-suite shower/bathroom facilities with tea/coffee station. The interior design was undertaken to ensure privacy and dignity. The room is designed also to facilitate overnight stays for partners/family members.

The project was funded under the Design and Dignity Grant Fund which is operated and co-funded by the Irish Hospice Foundation (IHF) and the HSE. University

Hospital Galway is one of over 48 hospitals in Ireland linked to the Hospice Friendly Hospitals (HFH) Programme. The HFH Programme is an initiative of the Irish Hospice Foundation. It seeks to ensure that palliative, end of life and bereavement care are central to the everyday business of hospitals.

Sharon Foley CEO of the Irish Hospice Foundation said, "We hope that this new bereavement room will be a sanctuary for women and their families to be together in private at extremely difficult times in their lives. The essence of Design and Dignity projects is to convey a sense of reverence and respect for life, death and bereavement."

Chris Kane, General Manager, University Hospital Galway said, "We are very grateful to the Irish Hospice Foundation for supporting the proposal made by staff in our maternity unit for this dedicated room. Great thought and effort has gone into the design and development of this space which will be used by patients and their families attending the maternity unit."

Dr Ethel Ryan, Saolta Clinical Director, Women and Children's Directorate and Consultant Neonatologist / Paediatrician said, "This new Bereavement Room was very much needed and now means we will be able to give women, their partners and families the time and space they need in times of grief and bereavement."

Retirement of Mary Scully

Mary Scully a staff nurse from the NICU recently retired from UHG. We wish Mary all the best in her retirement.



World Prematurity Day

World Prematurity Day (WPD) was celebrated globally on Friday 17th November.

Purple was the designated colour for WPD and several iconic buildings lit up purple to mark the day. Premature births occur 1 in 10 and are the leading cause of death in children under the age of five worldwide.

The Irish Healthcare Alliance launched their discharge booklet for parents and professionals and donated

goodie bags for parents in each NICU across Ireland. In University Hospital Galway the neonatal nurses, parents and ex-premature babies celebrated with a cupcake morning in the hospital foyer to mark the day. They received amazing support from the public and raised €866 for the premature baby fund.

Many thanks to parents Paula, Joanne, Olga, and ex-premature babies Ellie May and Laura for all their help.





Galway University Hospitals news

Alan Soo, Consultant Cardiothoracic Surgeon performing Coronary Artery Bypass Surgery with his team Ronan Kelly, Specialist Registrar in Cardiothoracic Surgery and Gauri Pahipathi, theatre staff nurse, University Hospital Galway.

Cardiac Surgery Study Day takes place in Galway

The Saolta University Health Care Group in consultation with the RCSI hosted a cardiac surgery study day at the Medtronic Customer Innovation Centre in Galway recently. Leading specialists in cardiothoracic surgery from the UK, Ireland and America (Mayo Clinic) attended and provided an update to attendees on the innovations and developments taking place in their service.

The study day provided lectures covering contemporary topics on cardiac surgery and updates on the latest technique in cardiac surgery delivered by distinguished national and international faculty. The day also included a demonstration of the research and production of a coronary stent and transcatheter aortic valve implantation (TAVI) procedure.

Commenting, Alan Soo, Consultant Cardiothoracic Surgeon at University Hospital Galway said, "We were delighted to welcome some of the most experienced specialists in Cardiology & Cardiothoracic Surgery to Galway to share their knowledge. The day was aimed at health professionals who are involved in all stages of care for patients undergoing cardiac surgery and to further improve the understanding of cardiac surgery. A wetlab demonstration of CABG and aortic valve replacement led by consultant cardiac surgeons was available for those keen to attain hands-on experience in performing these procedures. This is a very exciting time for cardiac surgery and it was fantastic to hear from our colleagues about the developments in their services and the benefits these bring to patients."

Galway University Hospitals hold first Health and Social Care Professionals Conference

The first Galway University Hospitals Health and Social Care Professionals Conference recently took place. Health and Social Care Professionals are diverse group of professionals involved in direct patient care, broadly encompassing therapies, such as Physiotherapy, Medical Social Work and Dieticians, those working in Diagnostics and Labs, and those working in areas such as Medical Physics and Clinical Perfusion. HSCPs represent over 15,000 staff in the HSE, compared to just over 36,000 nurses and 10,000 medics.

Maurice Power, Saolta CEO, opened the conference emphasising how these individual professions are vital to delivering high quality care to patients and an important part of the interdisciplinary team. He also highlighted some of the achievements of HSCPs across the group such as the Pharmacists in Roscommon involvement in a collaborative quality improvement project around the area of Venous Thromboembolism. Others included Celine Sands, dietician from Mayo who was involved in the development of an information website for patients suffering from renal disease and the achievement of Medical Lab Scientists in Galway gaining three unique

licenses for tissue procurement – a 1st in Ireland – which will help Saolta research and deliver new therapies in the future for patients.

Rosarii Mannion, HSE National Director for HR spoke about how health service delivery was all about people. She outlined details of the Health Service Leadership Academy and the Staff Engagement Forum. The top tips for staff engagement included acting with integrity, good communication, trusting each other, looking after well-being and saying thank you. Her final message, “if we get it right for staff, we get it right for patients”.

Jackie Reed, Lead for the new National HSCP Office outlined the mission of the office – to support HSCPs to maximise their potential and achieve the greatest impact for the design, planning, management and delivery of people centred, integrated care. She outlined the journey to this point and what were the important learnings along the way including creating an Advisory Group. This was established as a focal point for HSCPs and to provide them with a voice to facilitate HSE engagement. This also included synergies and commonalities as well as differences, promoting interprofessional working and learning and utilising an organisational development approach.

Dr Lynne Douglas, Allied Health Professionals Director from NHS Lothian took the meeting through their journey into advanced practice. She outlined some of the challenges facing health services, such as the aging population, increased presentations, need for integrated care and workforce challenges. She also spoke about how they had started to develop solutions such as Frailty Teams, Hospital at Home Models and Falls Teams as well as extended scope and advancing practice. She outlined how this was underpinned by four pillars, Clinical Practice, Facilitated Learning, Leadership and Research. As one illustration of the benefits of changed services she outlined the benefits of the Musculoskeletal Pathway. From over 11900 patients seen by Physios in primary care, 1420 were referred to advanced practitioners with only 262 referred secondary care - A hugely beneficial pathway which reduced waiting times and optimised resources. Lynne emphasised the importance of collaborative leadership and left with the message that we need to “change thinking, change practice and change behaviour”.

The second session saw HSCPs from GUH, or in the case of Marion Maher, Lecturer in Diagnostic Imaging in UCD, former staff take the podium. Her talk outlined her journey into advanced practice, she emphasised the drivers of advanced practice – ultimately a clinical need. She utilised a plan, act, observe and reflect cycle as she developed the advanced practice pathway. This pathway involved developing a learning pathway a scope of practice and a competency assessment. Her keys to success were a clinical need, clinical support, a defined training scheme and a clear patient benefit for the new pathway.



The benefit of new patient pathways was a recurrent theme in Ciara Breen, Occupational Therapists talk. Ciara outlined the development of the Early Supported Discharge in Stroke, which has seen a reduction in average length of stay of over 12 days with similar functional outcomes. She outlined how the evidence base informed the practice change but also how their own audit and research has also added to the evidence base with a recent publication.

Evidence, the measurement of data and utilising that data to deliver personalised care to patients was to the fore in Margaret Moore, Medical Physicist talk, which outlined how validating and theoretical calculation of emitted radiation dose in patients receiving seed therapy for prostate cancer allowed tailored information for patients. This meant that instead of patients being limited to close contact with family for less than one hour per day, they now received tailored information, which was less restrictive and meant potentially more patients accepting this therapy.

The conference also focused on workforce planning and business case development. Alison Enright, formerly Occupational Therapy Manager in Beaumont Hospital outlined the CReW Programme of clinical redesign and

workload management. The process aims to understand the demand on clinical pathways and the demand per service within those pathways. In measuring the demand it is important to understand that HSCP activity is not just the numbers but the intensity of those contacts and interventions. Once activity and demand are measured then a core staffing allocation can be assigned, with cross cover allowing for fluctuations. This coupled with better prioritisation and alignment of response times across HSCPs, for example in stroke, benefits not only patients but staff also. Alison emphasised staff involvement in the process, just giving them ownership of the change.

Jo Shortt, Portfolio Manager for Saolta outlined the importance of the current context of business case development. This included the ageing population, with over 65s accounting for 54% of bed days used and inpatient discharges increasing by 18% and day

case procedures increasing by 3-4% per year. She outlined the Saolta vision and the development of 37 clinical strategies which will feed into 5 directorate strategies. The key themes will include access, quality and safety, staff support and development as well as research, education and innovation, amongst others. She highlighted how important it was to understand this context when developing a business case, linking the case to the current priorities, involving the right people and communicating with the decision makers. It was also important to identify the risks and have strategies to manage them as well as describing and quantifying all benefits and costs. Finally she suggested that people should consider the full range of funding options for a business case.

The event was attended by over 90 HSCPs from across the group and feedback was very positive.

Merlin Park University Hospital win Galway City Tidy Towns and Garden award second year in a row



L:R Sean Fergus, Head Gardener, Roisin Rodgers, MPUH. MPUH; Margaret O'Toole, Business Manager, MPUH; and Councillor and Deputy Mayor Mike Cubbard.

Merlin Park University Hospital Galway once again won the Civic Building award in the 'Public and Commercial Buildings Section' of the Galway City Tidy Towns and Garden Competition for their

recognition of people and businesses who work to improve their environment, foster civic pride and make Galway city a better place to live in, to work in and to visit.

Accepting the award from Councillor and Deputy Major Mick Cubbard, Margaret O' Toole, Business Manager said, "I am delighted to accept this award on behalf of Merlin Park University Hospital. While we as a hospital focus on patients and getting them back to their best possible health, our grounds are also important and add value to our patients high standard of care.

"Winning the 2016 award gave us encouragement to look at what else we could do to enhance our environment. Since then we decided to take some positive steps in

raising awareness of the importance of looking after our hospital grounds for the benefits of our patients' visitors and staff. In April this year we held a very successful Environmental Appreciation day for staff. In preparation for this a big site tidy up took place, including washing all the signage, upgraded the Lily Pond Area and planting over 50 trees. Staff share a sense of pride on receiving this award and going forward we are all determined to continue to work together to keep this hospital looking well for our patients, visitors and staff."

Children's Remembrance Committee launched the Christmas Tree Lights



L:R Mary O'Connor, Geraldine Fleming Jones, Margaret Duignan, Chairperson and Fr. Robert McNamara, Chaplain.

The Children's Remembrance Committee launched the Christmas Tree Lights on November 16th 2017. Journalist Mary O'Connor unveiled the card which was designed by Geraldine Fleming Jones.

UHG team winners at HSE Excellence Awards



Maurice Power, CEO, Saolta University Health Care Group; Suzanne Dempsey (presented the award); Margaret Tarpey, Laboratory Manager & Chief Medical Scientist - Blood and Tissue Establishment; Aoife Conroy, Medical Scientist - Blood & Tissue Establishment; Maeve Wallace, Quality Manager and Dr. Amjad Hayat.

The team behind UHG's 'Serum Eye Drop Programme' were award winners at the National HSE Excellence Awards, which took place in Farmleigh House. More than 300 projects were submitted to the awards programme, out of which 11 were nominated as finalists.

The 'Serum Eye Drop Programme' was developed in the Galway Blood and Tissue establishment of University College Hospital Galway and provides routine and emergency blood and blood product services to GUH and hospitals in the surrounding area. The programme is the only hospital-based laboratory in Ireland with a 'Good Manufacturing Practice' license to produce Serum Eyedrops.

The serum eyedrops are used to treat patients with a range of eye defects such as burns, Sjorens Sydrome, graft versus host disease and severe dry eye. The product has been reported to alleviate pain in and behind the eye, improve vision and greatly improve quality of life for these patients, many of whom are young adults. According to Dr. Amjad Hayat, "Just this month we produced serum eyedrops for a 25-year-old patient who developed severe Graft Vs Host Disease following a bone marrow transplant earlier this year. Her consultant felt she was at risk of losing her sight without this treatment. We provide a service to Irish patients' that is not available anywhere else in the country and without the hard work and dedication of the staff involved in this programme patients would have to avail of the service abroad."

Chris Kane, General Manager of Galway University Hospitals added, "GUH has been granted €8 million for construction of a new laboratory facility and it is hoped to move into this facility in early 2019. The new building is much larger than the current facility and contains a large controlled environment. This will allow for further expansion of the programme and allow GBTE to produce Serum Eye drops for every hospital in nationally".

Maurice Power, CEO of the Saolta University Health Care Group stated: "As there is no other site in Ireland manufacturing this product, all aspects of the procedure from patient assessment and acceptance, donation, production release and follow-up has been devised entirely by the team here in GUH. We are enormously proud of this unique programme here in the Saolta Group. It has huge potential which we hope to develop in the very near future."

The aim of the Health Service Excellence Awards is to encourage and inspire people to develop better services that result in easier access and high quality care for patients and to promote pride among staff in relation to our services. The Awards also aim to highlight the many achievements that take place across a range of staff groups and teams, services and locations, and to celebrate success and promote shared learning for the benefit of other services.

The GUH team won the Popular Choice Award and the Best Team Award.

NUI Galway 'D1 Now' Programme to Improve Services for Young Adults with Type 1 Diabetes

A diabetes research team at NUI Galway's School of Medicine has been looking at ways to improve how diabetes services are delivered to young adults. The team has published two new open access articles detailing the formation of their 'Young Adult Panel', comprising of eight young adults aged 18-25 years with type 1 diabetes. This young group have helped design the 'D1 Now' intervention programme, which aims to improve diabetes services by reimagining care and moving beyond the traditional clinic.

Research indicates that this particular age group of young adults with type 1 diabetes often disengage from health services and their general diabetes management. Involving young adults with this condition in co-designing research to help develop a behaviour change in intervention to improve engagement with health services could potentially improve overall self-management and health.

Many young adults with type 1 diabetes find it hard to control their blood glucose levels. With lots going on in their lives, their diabetes is often not the priority and means they do not always take care of their condition such as attending clinic appointments. These young adults do not usually get the chance to make suggestions on how to improve diabetes services. Being involved could help shape the diabetes care services that support them.

The D1 Now research team at NUI Galway, led by Professor Seán Dinneen, says: "Through the formation of the D1 Now Young Adult Panel, it demonstrates that involving young adults with this condition in health service research, is feasible and productive. Their guidance and feedback is instrumental in creating an intervention with a difference. It also demonstrates that involving young adults in co-designing research to develop a complex behaviour change intervention to improve diabetes services ensures the process is grounded in the needs and experiences of those directly affected by type 1 diabetes."

By ensuring that young adults are at the centre of the design means that the intervention will be more acceptable to this group. Previous work from the D1 Now team indicates that young adults want care to be centred on the relationships built within their diabetes team. These new ways of engagement can offer more continuity during a time of transition, whether it takes the form of a designated staff member, through devices/eHealth tools, or through tools to facilitate shared decision-making and goal-setting.

Michelle Long, a member of the Young Adult Panel said that she was: "Proud to be part of this research paper as one of the young adults on the panel aiming to improve care for diabetes in Ireland."

The Young Adult Panel developed research materials such as participant information sheets. They also reviewed and interpreted research findings to create plain language statements so that the team's work is framed in the most appropriate way for young adults and anyone who may wish to engage with the research. The Panel has also helped develop the study website to enhance engagement between young adults and their diabetes healthcare providers.

The D1 Now team contributed to an international consensus conference on health services delivery for young adults with type 1 diabetes and wrote specific sections of a further grant application to test out the new intervention. As a direct result of the Young Adult Panel, a meaningful dialogue has opened up between healthcare providers and young adults within the research team.

Their involvement has led to a better understanding of what needs to be achieved in order to improve health service delivery in terms of responding to the specific needs of young adults at this transitional time in their lives. The panel have been active members in co-designing a health behaviour change intervention to improve engagement between young adults with type 1 diabetes and healthcare providers that will be evaluated in future research.

The D1 Now research team and the formation of the Young Adult Panel article won the HSE Open Access Awards held recently. Mary Clare O'Hara on behalf of the D1Now team was the winner of the award.

The study was funded through a Health Research Board, Definitive Interventions and Feasibility Awards grant.

For more information about the D1 Now programme contact Dr Deirdre Walsh, D1 Now Programme Manager, NUI Galway at deirdre.m.walsh@nuigalway.ie or 091 492731.



MaryClare O'Hara

The Liam McCarthy Cup pays a visit to University Hospital Galway



Staff from University Hospital Galway pictured with the Liam McCarthy cup and Irish Press Cup



Mayo University Hospital news



MUH hold nicotine replacement therapy day for staff

Mayo University Hospital Healthy Ireland team recently held a nicotine replacement therapy day for staff. The intention was to help clinical staff with more information about prescribing and encourage more nurse leaders to become even more involved in directing patients towards options to become healthier.

The day was supported by some of the manufacturers of replacement therapies and by specialist nurses in respiratory disorders and smoking cessation, Deirdre Garvin and Runagh Burke, arranged the event on the hospital's behalf.

Mayo University Hospital to Launch Free Patient & Staff Wi-Fi



Mayo University Hospital will shortly rollout a free Wi-Fi service to patients, visitors and staff throughout patient and public areas of the hospital. The project is part of the hospital's continuous focus on quality improvement of patient care through patient and staff engagement initiatives.

Catherine Donohue, General Manager, stated "I am delighted to announce the rollout of this free Wi-Fi service to our patients, visitors and staff. This service will give internet access to all and is a means of engaging with our patients, their families and our staff as part of our commitment to quality patient care."

This was a collaborative project involving Mayo University Hospital, OoCIO national teams (implemented locally by Jarlath Mongan, OoCIO) and Eir.

The Wi-Fi service is planned to go live in December.

Patient Self-Registration Check-in Kiosks Coming Soon to Mayo University Hospital

Mayo University Hospital will soon offer patients the ability to self check-in for an outpatient appointment using state-of-the-art easy to use touch screen kiosks.

This innovative service will give patients greater control and involvement in their own care by allowing them to check and verify the accuracy of the information the hospital holds about them. Recognising the diverse make-up of Irish society the system has been translated into twelve languages.

Once the patient successfully checks in, the kiosk prints a ticket that contains a unique outpatient number and directions to their clinic. Dedicated screens located in each clinic area displays current clinic information and where the patient sits in the queue.

The system will also allow hospital staff to track, in real time, the patient's journey through the clinic, allowing them to effectively manage and streamline the outpatient clinic process.

Expected benefits that this initiative will result in include:

- Reduced waiting time for patients sequenced by appointment time
- Reduced overall time spent at appointments
- Greater accuracy of health information, as patients are checking and verifying their own personal details
- Streamlined patient movement to assist clinicians
- Increased visibility for staff of a patient's progress through the clinic
- Automated updates to all relevant hospital systems for all staff



L – R (Local Project Team): Mona Curry (OPD Clinic Nurse Manager & Project Manager), Louise Rawson (Information Services Dept), Cherith Cogill (Outpatient Dept), Margaret Cusack (Outpatient Dept Staff Officer) Mary Reilly (Outpatient Dept). Missing from Photo: Mary Casey (PAS & Application Manager), Denis Mullins (OPD Manager), Audrey Gallagher (Central Appointments)

Mona Curry, Project Manager said "I am delighted to lead this project through the lean methodology of involving all front line staff as part of the project team. The project involves the patient's journey, a more efficient self-registration system within outpatients and streamlining appointments. It will provide better communication collectively."

The system is due to be launched early in 2018.

Patient and Family Engagement Mayo University Hospital

Patient and Family Engagement is well underway in Mayo University Hospital. The initiative has the full support of the Hospital Management Team in working for continuous quality improvement and excellence in service delivery.

An open evening was held in October to update the community on the initiative, to explain the role of a Patient Experience Advisor in the hospital and to encourage applicants for the role. There was a great sense of community engagement and a lot of positive feedback on the evening. General Manager, Catherine Donohoe, also spoke on local radio to get the message to as many people as possible



Patient Experience Advisors will be people who have received care at Mayo University Hospital (either themselves or a family member) and who will bring their perspective and 'lived experience' directly into the planning, delivery and evaluation of care. A selection process will be held shortly

Education and staff engagement is essential to the success of this work and throughout October there were a number of education sessions facilitated for staff. There are plans for the on-going education of both staff and Patient Experience Advisors for 2018.



Fiona McGrath, Seamus Moran, Meabh NiBhuinneain
Patient and Family Engagement Leads Mayo University Hospital

Winners at the ISCP 2017 Conference

Four physiotherapists from Mayo University Hospital were recently acknowledged for their work entitled "Barriers to Walking during an Acute Medical Admission: Perspectives of Elderly Patients and Staff".

Mary McDonnell, Grace Gaughan, Elaine Williams and Fiona Jennings won first prize for their poster at the recent ISCP conference, held in Galway. The research explored the barriers to mobility faced by elderly patients during an acute hospital admission. Hospital Acquired Deconditioning can have a very debilitating effect on the quality of life of an older adult - it can increase dependence and frailty and so alter a person's ability to live an independent life at home.

Medical inpatients, former inpatients and staff of MUH were interviewed to investigate the perspectives of each group.

Many interesting themes evolved from the research including:

- The physical environment and medical paraphernalia
- The availability of support/help for patients
- Clinical symptoms including falls risk
- The need for encouragement and permission

These themes are a foundation to develop change and enhance mobility in able, older adults who are admitted to hospital. They highlight the main barriers to walking experienced by patients in MUH. In the next phase of the project it is hoped to eliminate as many of these barriers as possible and create transformation whereby an ethos of physical activity is embraced and patients are allowed the opportunity to maintain a reasonable level of physical activity while in hospital.



Minister for Health Simon Harris TD meets MUH Women's Health Physiotherapist at opening of Primary Care Centre in Castlebar



The Minister for Health Simon Harris recently officially opened the Primary Care Centre in Castlebar. The Minister met with many of the service providers and spent time in the space allocated to acute services for pulmonary rehabilitation, cardiac rehabilitation and a number of physiotherapist led exercise programmes.

The Minister was especially interested in the new post natal physiotherapy programme developed in response to feedback from mums in the hospital. During the short hospital stay it was difficult for mums to find the time to attend the post-natal class and there was no space to deliver mat based exercise. Women's health physiotherapist, Doreen Dempsey, has utilised the space in Primary Care to develop groups which promote physical health and well-being for mothers in Mayo.

"Bumps to Babies" is an education and exercise class offered to post-natal mums from 4-12 weeks.

The core elements covered are: education of the changing body and posture from birth to motherhood and restoration of the pelvic floor, core and posture. Advice is given on exercise motivation and lifestyle strategies incorporating topics such as good nutrition for optimum healing and stress reduction techniques/ mindfulness. Mothers immediately become interested and engaged in their health journey.

Monthly Mums Pilates Class is a follow on class and women are invited to attend further physiotherapist led pilates classes to ensure safe return to sport and exercise in the 2 – 6 month post-natal stage. The class is very interactive and women find the class a great forum for discussing many aspects of physical recovery from birth.

Mums have commented...

"I have found the class invaluable. As a mum of 5 I didn't realise how much I needed the class and Doreen's straight talking about the importance of what she's

teaching was great and refreshing”

“I hadn’t realized that I wasn’t doing my pelvic floor exercises properly but the class was excellent and I’ve been able to take on board and incorporate some of the physio exercises in my everyday life”

“On previous pregnancies I would have seen the physio in the hospital but I always found it too soon after the birth...The fact that the class is later I was mentally and physically able for it and I feel the class is of greater benefit to mums”

“I am finding the monthly mums sessions absolutely wonderful. I wish it was available several years ago when I had my first child. The new building is fantastic and a lovely studio to be able to practice in. I only wish that I could use the service weekly as opposed to monthly!”

This is truly a health promotion initiative to educate and empower new mothers to care for themselves and hopefully prevent problems developing in later life.

MUH Antibiotic Awareness Day



An Antibiotic Awareness Day was recently held in MUH as part of European Antibiotic Awareness week 2017. The inaugural issue of the Antimicrobial Stewardship newsletter was launched along with an Antimicrobial Reminder Card for prescribers. Staff from Pharmacy, Microbiology and Infection Control engaged with MUH staff and the public. Information was provided to MUH staff on local audit results, prescribing guidelines and antimicrobial resistance. The public were informed of the risks of taking antibiotics unnecessarily and how they do not work for the common cold and flu. Over 200 people visited the stand and were entered into a draw for two fruit hampers. The staff draw was won by Eddie Conran (X-ray department) and Carol Ralph was the winner of the public draw.







Letterkenny University Hospital news

Edward McDevitt was presented with a Lemon Tree meal voucher from Angela McGinley

World Heart Day

World Heart Day was celebrated recently in Letterkenny University Hospital.

Heart disease is the “world’s most common cause of death, killing over 17 million per year- 31% of the world’s population, similar to the annual Irish statistics for deaths related to cardiovascular diseases (CVD). Diseases of the heart and blood vessels have multiple risk factors fortunately most are modifiable.

Within the Saolta University Health Care Group Healthy Ireland Plan (2015-17); staff health and well-being are recognised as an area of action for hospitals to target. To support World Heart Day, LUH delivered a staff healthy hearts session to raise awareness and address modifiable CVD risk factors; blood pressure, cholesterol levels, tobacco smoking, type 2 diabetes- assess random blood glucose level, body mass index (+/- waist circumference), physical inactivity, daily fruit, fibre, saturated fat and alcohol intake.

The session was hosted in the Medical Academy and provided by eight nurse specialists and one student dietician. Blood pressure (manual) and heart rate checks (radial palpation) recordings and education were carried out by the Cardiac Rehabilitation, Stroke and Heart Failure Clinical Nurse Specialists. Four Diabetic CNSs recorded random blood glucose levels and provided relevant education on improving diabetic risk and informing on healthy diet choices. The session was provided in partnership with the following LUH departments; diabetic, cardiology, dietetic, catering, smoking cessation and the Donegal Medical Academy (NUI Galway).





A student dietician recorded body mass indexes (BMI) and waist circumferences (WC). The Smoking Cessation CNS assessed tobacco and alcohol use, BMIs, WCs, dietary intake (recommended intake of fruit and vegetables, fibre and saturated fats), portions sizes, cholesterol levels (if available) and raised awareness of impact of psychological distress on heart health.

Leaflets on all modifiable risk factors were available throughout the venue. The staff assessment form targeted and included recommendations on the following areas; tobacco, alcohol, body mass index, physical activity and blood pressure, on completion staff took these away for their own information. Written consent was obtained from all staff receiving blood glucose recording, while verbal consent was taken for those requesting checks/ information on all other modifiable CVD risk factors.

RESULTS

Over one hundred and twenty staff attended representing thirty one departments, with most availing of face to face encounters with a specialist; 98% (118) completed blood sugar checks; 100% (120) availed of blood pressure and heart rate checks; 83% (100) calculated their body mass index (+/- waist circumference checks; 33% (40) assessed their daily diet (including fruit and vegetable and alcohol intake) and physical activity; 8.3% (10) raised psychological distress as an issue and 10% (12) availed of tobacco cessation information. Referral on or signposting for further intervention was provided to staff.



Polycompartment Syndrome and Polytrauma Conference

A Conference on Polycompartment Syndrome and Polytrauma –new directions in surgery: Metabolic Surgery” took place recently in Letterkenny.

It was the first international surgical meeting in Donegal and was organised by Mr. Zsolt Bodnar, Consultant General Surgeon at LUH. The main topics discussed at the conference included; Mass Casualty Incidence; Mass Casualty Incidence simulation; Polytrauma Care; Metabolic Surgery Program and surgical treatment of type II diabetes. During the two days the conference was addressed by speakers from UK, Spain, Hungary, Canada, Brazil and Ireland

The first Irish metabolic surgical program was started in Letterkenny University Hospital in May 2017.

The MCI Simulation was led by the Director of Hungarian National Ambulance Services and by the Director of Irish National Ambulance Services.





Dr Paddy Barrett, Consultant Cardiologist, Blackrock Clinic, guest speaker at the Symposium.



Multidisciplinary Research Symposium



A number of delegates who attended the Symposium

A Multidisciplinary Research Symposium was held recently at Letterkenny University Hospital. Guest speakers travelled from the US with speakers also attending from Dublin, Galway and Cork.



Professor William Campbell , Nobel Laureate presenting at the Multidisciplinary Research symposium in Letterkenny University Hospital.



A section of the large audience who attended the Symposium.



Left to right, Sean Murphy, General manager LUH, Dr Coleman Casey, Health Innovation Hub Ireland, Professor John Higgins, University College Hospital Cork, Professor Francis Finucane, University College Hospital Galway, Professor William Campbell, Nobel Laureate in medicine 2015, Mr Michael Sugrue, Breast Surgeon LUH, Dr Eamonn Coyle Medical Education Director LUH, Dr Kevin Bailey, Anaesthetist LUH .



Dr Eamonn Coyle, Medical Education Director at Letterkenny Hospital and conference convenor addressing the Symposium.



Professor Ken Mulpeter, Consultant Geriatrician at Letterkenny University Hospital presenting the first prize for oral presentation in the allied healthcare professional paper to A Deeney from the Pharmacy Department at Letterkenny University hospital.



Roscommon University Hospital news

Cheque presentation to Palliative Care Services, Roscommon University Hospital

Mr. Vincent Pierce on behalf of St. Dominic’s GAA club, Knockcroghery recently presented a cheque of €2,000 to Palliative Care Services, Roscommon University Hospital (RUH). The monies raised were from the Alan Gately Memorial Tournament from the club’s annual Hurling and Camogie blitz.

The Management and Staff at RUH are extremely grateful to Mr. Pierce and the members of St. Dominic’s GAA club, and the parents of the late Alan Gately, RIP, James and

Chrissie Gately who nominated Roscommon University Hospital Palliative Care Services for the donation.

Pictured at the cheque presentation to Palliative Care Services, RUH are Vincent Pierce, Tommy Fallon and Kevin Rogers, St Dominic’s GAA Club; Mary Garvey, General Manager, RUH; Clare Conlon, Risk Manager, RUH; Caroline Escosio, Speech & Language Therapist, RUH; Geraldine Keane, Clinical Nurse Specialist, Palliative Care, RUH and James and Chrissie Gately.

Donation to Plastic Surgery Department and Palliative Care Services Roscommon University Hospital

Ms. Madeline Carthy, Strokestown, County Roscommon recently presented a cheque in memory of her late brother, Mr. John Treacy, RIP to both the Plastic Surgery Department and Palliative Care Services at Roscommon University Hospital.

Ms Carthy made a donation of €2000 in recognition of the support and care her late brother John received during his time in Roscommon University Hospital.

Mary Garvey, General Manager, Roscommon University Hospital expressed her gratitude and appreciation to Ms Carthy for the generosity she has shown in support of Roscommon University Hospital.



Plastic Surgery Department - Back Row L-R: Brian McCormack, Management Accountant; Bernie McTague, Staff Nurse; Carmel Caslin, Patient Services; Amanda O'Halloran, RANP; Bernie Finneran, Staff Nurse; Orla Geraghty, Clerical Officer; Mary Garvey, General Manager. Front Row L-R: Madeline Carthy; Ms. Deirdre Jones, Consultant Plastic Surgeon.



Palliative Care Services - Maresa Lannon, HR & Medical Manpower Manager; Dr. Sri Gowda, Consultant Physician; Madeline Carthy; Geraldine Keane, CNS Palliative Care; Sean O'Brien, A/DON and Mary Garvey, General Manager.

Happy Heart Award for the Heart of the Hospital



Staff from Catering Department at Roscommon University Hospital.

The Restaurant at Roscommon University Hospital is more than just an eatery. Behind the counter the staff work tirelessly to prepare meals for patients, and they also provide a place of rest and rejuvenation for both staff and visitors. The Catering staff are professional in their work but also importantly they are unfailingly friendly. There is always a kind word, a joke and or a sympathetic ear when needed. It is the venue for many a leaving party with the skill of the staff on show with grand displays of cakes and sweet treats. It is the hub of the hospital. Indeed it could be considered that the Restaurant (known locally as “the Canteen”) is the heart of Roscommon University Hospital. Therefore it is more than fitting that the Catering Department were recently presented with a Silver Award at the Irish Heart Foundation’s Happy Heart Awards.

The Award was received in recognition of the adoption of several healthy eating initiatives undertaken by the Catering team in the Hospital restaurant. The aim of the awards program is to assist workplace restaurants to adopt healthier cooking practices and provide healthier food choices. They highlight the important role that

caterers play in nutritional health and in the prevention of heart disease, stroke and obesity. In order to meet the criteria for the Silver Award the Catering team implemented several initiatives in the hospital restaurant including chip free days on Monday and Friday, more high fibre choices, greater variety of fresh fruit and vegetables, oily fish rich in Omega 3 at least twice per week on the hot or cold menu, homemade soup available daily, healthier choices offered amongst standard confectionery and displayed at eye level, limiting of the number of days on which full cooked breakfast is offered, removal of salt from the tables and serving of food portions that are in line with the food pyramid.

As part of their campaign to improve healthy eating awareness, calorie posting is now completed on all menus and foods offered in the Restaurant. In addition, Healthy Heart Eating surveys are carried out every six months and feedback to date has been overwhelmingly positive with comments such as “great selection of salads on offer and not over dressed with oils or sauces”, “much improved” “chips don’t bother me - don’t miss them”, “calorie posting helps with awareness in making healthy choices”, “have noticed the improvements in the food on offer”. While Patricia Rogers and the staff of the Catering Department implemented the changes, as with



Staff from Catering Department at Roscommon University Hospital.



Patricia Hughes, Chef, RUH and Patricia Rogers, Catering Manager, RUH receiving the Silver Healthy Eating Award from Mr Tim Collins, CEO, Irish Heart Foundation and Prof. Donal O'Shea, Clinical Lead for Obesity, HSE.

everything at Roscommon University Hospital, there was a multidisciplinary approach to the project with support from many departments.

The Catering Department also play a key role on the Hospital Nutrition and Hydration Committee. They work closely with Hospital Dietician, Madeline Spelman, and Speech and Language Therapist, Caroline Escosio, and members of the nursing staff to respond to individualised patient needs for standard, special and modified menus. They undertake on-going quality improvement initiatives regarding food choice, nutrient content, menu presentation, food safety, service standards and special diet requirements.

On top of winning the Happy Heart Silver Award, in 2017 the Catering Staff also completed Hear Me!

Communication Awareness Training, a training solution that was co-designed and co-produced by adults with communication impairments, staff and students from NUI Galway Speech and Language Therapy Department and HSE Speech and Language Therapists.

2017 was also a year of change for the Catering Department with the retirement of two long serving members of staff, Margaret Brehony and Margaret Tully. Between them they had over fifty years of dedicated service and there were fond farewells for both ladies from current and former staff members of all disciplines at their leaving parties. To cap off each year at the Hospital with some festive cheer, the Catering Team hosts the now legendary Annual Hospital Christmas Lunch. There is always fabulous food, music, singing and dancing – and that's good for the heart too!"



Current and former staff of the Catering Department, Roscommon University Hospital at a get together to mark the retirement of Margaret Tully.

Sligo University Hospital news

Maternity Bereavement Study Day

The second Maternity Bereavement Study day, organised by Sligo University Hospital took place recently in Sligo.

The publication of the National Standards for Bereavement Care following Pregnancy Loss and Perinatal Death (2016) identified the need for staff education and training in the unique area of childbearing loss and bereavement. The day was planned and facilitated by Ann Hayes (End of Life Care Coordinator SUH) and Karlene Kearns (Clinical Placement Coordinator SUH). The overall aim of the study day was to offer insight and awareness into a comprehensive range of issues surrounding bereavement and loss in the Maternity Services.

The study day was designed to support Midwives, Nurses and Neonatal nurses in meeting the challenge of providing high quality, sensitive and culturally

appropriate bereavement care. The majority of the presenters were based in Sligo University Hospital. Some of the topics covered included: the role of the Midwife in bereavement care, Making memories, The miscarriage pathway, lactation support following infant loss, postnatal care of the bereaved mother, a parents experience of loss, breaking bad news, care of the dying baby, supporting the family following pregnancy loss.

A representative from Feileachan also attended and gave a demonstration of the Cuddle Cots they donate to Maternity Units in Ireland. The study day was NMBI accredited and was attended by representatives from across the Saolta Group. The study day was extremely well evaluated and it is planned to run the event again next year.

Excellence Award in Haematology Nursing in Sligo University Hospital

Ger Walpole, the recently appointed Registered Advanced Nurse Practitioner in Haematology won "The Gillian Lamrock" award for excellence in haematology nursing at the National Haematology Association of Ireland (HAI) National conference in the Europa Hotel, Belfast.

Ger presented research from her recent Masters in Advanced practice in NUI Galway entitled "The experiences of myeloma patients undergoing haematopoietic stem cell transplant - a thematic synthesis of the literature".

The aim of this study was to systematically identify and synthesise all qualitative evidence on the experiences of adult Multiple Myeloma (MM) patients undergoing HSCT.



Ger Walpole, Advanced Nurse Practitioner, receiving The Gillian Lamrock award at the National Haematology Association of Ireland (HAI) National conference.

The findings identify the physical and psychological effects of stem cell transplant and its associated treatment on MM patients.

National Breastfeeding Week 2017 in Sligo University Hospital



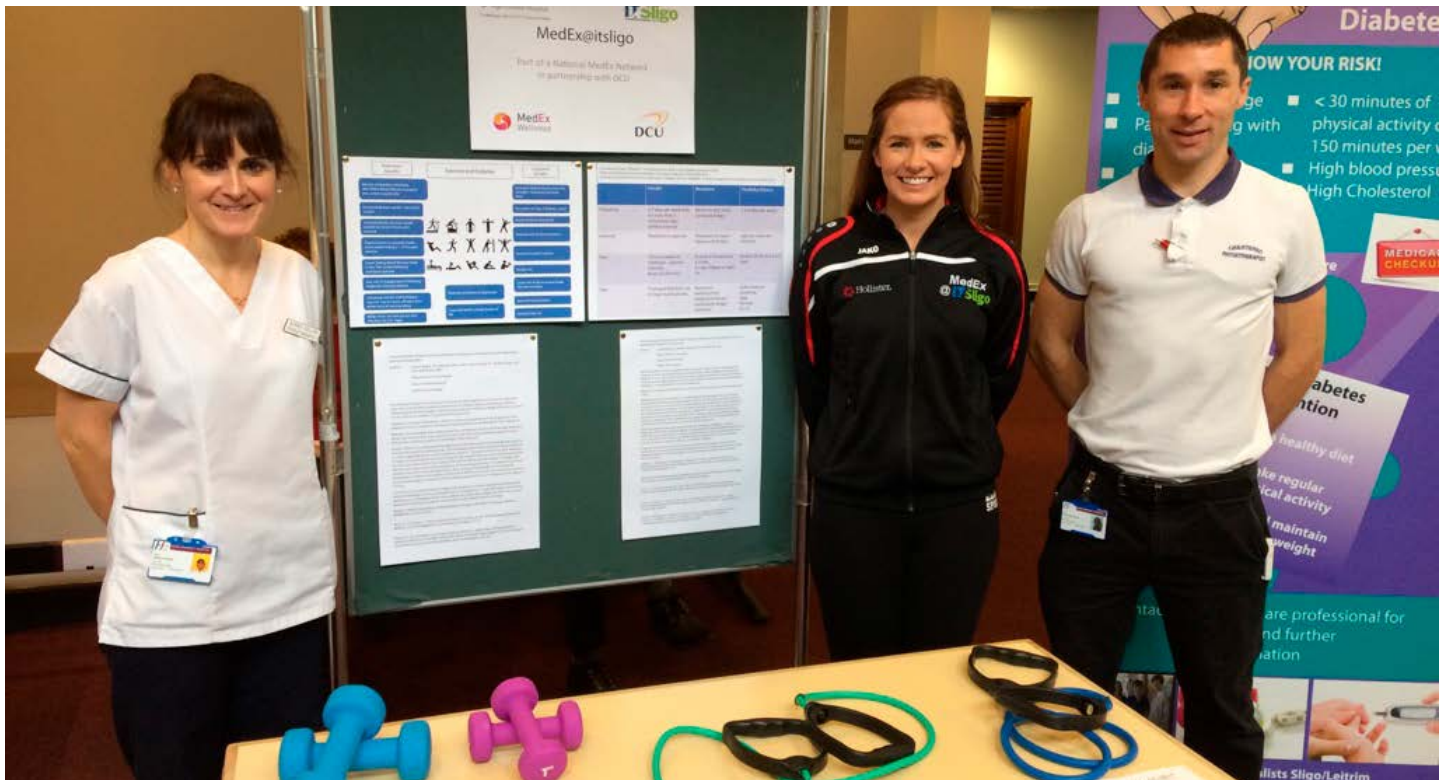
Sligo University Hospital recently marked National Breastfeeding Awareness Week with many events throughout the hospital and community.

Information stands were in the main foyer of the hospital, antenatal clinics, classes and the maternity unit. The stands were very colourful and informative, with posters, leaflets and balloons printed with the message "Breast is Best" and were supported by midwives and lactation consultants. Quizzes were held for mums on the maternity ward and at antenatal clinics both in the hospital and the outreach clinics in the community.

Colourful badges were worn again this year by staff to promote breastfeeding with the logos "Breast is Best", "Breastfed is Best fed" and "Breastfeed it's Natural".

In association with the Saolta Breastfeeding Forum and with support from Health Promotion, a workshop was held again this year for transition year students, both boys and girls, from local schools. This initiative, which is held jointly by acute hospitals in the Saolta Group receives very positive feedback each year and where better to promote breastfeeding as the "Natural Way" to feed babies.

Sligo University Hospital and Sligo IT pilot first MEDEX programme outside of DCU



L:R - Audrey Colreavy, Senior Physiotherapist in Cardiology, SUH; Ingrid McLoughlin, MedEx fitness instructor and Aidan McMoreland, Staff Physiotherapist in Medicine, SUH

MedEx is a novel, community-based rehabilitation and exercise programme for people with a chronic illness. It was established in Dublin City University in 2006. A collaboration between Sligo University Hospital (SUH) Physiotherapy Department and Sligo IT in 2016 led to the first pilot of the MedEx programme outside of DCU – MedEx@ITSligo.

MedEx@ITSligo offers medically-supervised exercise classes and educational workshops to participants with a wide range of chronic illnesses. The location of MedEx@ITSligo offers access to a high standard exercise facility, staff expertise with student involvement, support from a comprehensive research team, as well as medical expertise and supervision from SUH Physiotherapists.

The MedEx@ITSligo format also encourages peer support through social interaction before and after classes, in addition to independent exercise. Recent research findings involving MedEx@ITSligo and Phase 4 cardiac rehabilitation patients highlighted the significant health and social benefits of this programme. Following a ten week MedEx@ITSligo programme, participants demonstrated a significant improvement in their functional exercise capacity, cardiorespiratory fitness and confidence in exercise participation. Regular supervised exercise-testing, educational sessions and the social interaction were all rated by the participants as highly

valued components of the MedEx@ITSligo programme. The research findings reinforce the role of MedEx@ITSligo as an important link between acute hospital and community health and exercise providers for patients with cardiovascular disease.

The benefits of exercise for people with Type 2 diabetes are also well established: - lower blood sugar levels, improved insulin sensitivity, improved lean body mass and bone strength, lower cardiovascular risk, improved circulation and enhanced quality of life associated with lower stress levels. It is planned to extend the MedEx@ITSligo programme in January 2018 to a cohort of patients with Type 2 diabetes.

The 10 week programme will involve twice weekly circuit training classes of mixed aerobic and strengthening exercises in an interval training format. Baseline and follow up measurements at week 10 will include the 6 minute walk test, sit to stand and grip strength, sit and reach test and the modified stork balance test. Anthropometric measurements will include BMI and waist:hip ratio, in addition to quality of life and physical activity questionnaire completion.

MedEx@ITSligo provides people with chronic illnesses/diseases with an opportunity to meet the "Healthy Ireland" current exercise recommendations and to achieve the health benefits associated with exercise in a safe, enjoyable and supportive environment.

SUH Dementia Awareness Initiative – ‘The Butterfly Scheme’



Mary Casey, CNS Frail Elderly; Clara Meehan, Occupational Therapist; Eileen Carolan, NPDU ; Alanah Ni Mhiochain , Clinical Speech & Language Therapist; Ann Noone, Butterfly Scheme U.K; Grainne McCann, General Manger; Barbara Hodkinson, Founder, Butterfly Scheme U.K; Grainne O'Malley, Consultant Geriatrician; Marion Ryder, Interim Director of Nursing; Jennifer Flannery, CNM3 Medical Directorate; Majella O'Donnell, Integrated Care CNS Dementia; Fiona O'Sullivan, Consultant Geriatrician, Sophie Alookeran, CNM2 Frail Elderly at the launch of the Butterfly Scheme at the Sligo University Hospital.

Sligo University Hospital, in collaboration with the founder of the Butterfly Scheme, Barbara Hodkinson recently officially launched the ‘Butterfly Scheme’. The Butterfly Scheme creates an opportunity for people with memory impairment and dementia to communicate this concern to hospital staff. While enhancing awareness via a discrete at a glance visual cue (The Butterfly Symbol), the Scheme also provides staff with practical training to offer a simple, five-point, targeted response to meet their needs. Research undertaken in the UK has demonstrated that patients who choose to use this symbol receive more effective and appropriate person centred care while in hospital.

A significant number of hospital staff volunteered as Butterfly Champions and completed their training under the leadership of Barbara Hodkinson, the UK founder of the Butterfly Scheme. The Butterfly Champions include all members of staff working in all areas of the hospital to include ward clerks, multi task attendants, radiology staff, therapists, catering staff, nurses, doctors etc. In addition it is anticipated that all staff will receive training in a specific dementia care response called the REACH response over the coming weeks and months.

Dr Grainne O'Malley, Consultant Geriatrician, Sligo University Hospital welcomed the scheme and said, “The Butterfly Scheme will increase awareness of memory impairment and dementia amongst all staff. Given that 20% of people presenting to the acute service have

dementia, this initiative is pivotal in enhancing care for this vulnerable group and aligns with key principles of the Irish National Dementia Strategy launched in 2014. The success of this scheme is evident in the United Kingdom with 100% “opt in” from patients and their families. In addition National Audits of Dementia Care in Acute Hospitals in the United Kingdom have included the introduction of this scheme in all acute hospitals as a key recommendation in enhancing dementia care”.

Eileen Carolan, Nurse Practice Development Unit, Sligo University Hospital also welcomed the introduction of this dementia friendly initiative. “Given the recent launch of the national dementia awareness media campaign “Understand Together”, this initiative is quite timely and provides a framework for hospital staff to understand and become more aware of dementia. The incentive to introduce this scheme arose primarily from the work of the Frail Elderly Group which acknowledged an increasing prevalence of dementia but poor awareness of this diagnosis in practice and the negative impact that the hospital experience may have on a person with dementia. The introduction of the “Butterfly” as a visual cue will enable staff to identify patients with dementia and memory impairment and thus provide appropriate person centred care to meet their individual needs.

The Frail Elderly Group are delighted that months of planning under the expert guidance of Ms. Barbara Hodkinson has now concluded with a very successful launch. Sligo University Hospital now look forward to implementing this initiative in practice”.

Sligo University Hospital win Pakman Award



Food Waste Management Award 2017 sponsored by Department of Communications, Climate Action & Environment: Sligo University Hospital L/R: Minister for Communications, Climate Action and Environment Denis Naughton TD, Michael O'Brien, HSE Estates, Patricia Lee, Service Manager SUH, Gary Streete, Waste Management SUH, Mary Scanlon, Catering Management, Fergal McGirl, HSE Estates, and Matt Collins Assistant Secretary leading the Natural Resources and Waste Policy function at the Department of Communications, Climate Action and Environment.

Sligo University Hospital was recently named as the 2017 winners of the prestigious Pakman award for Food Waste Management sponsored by Department of Communications, Climate Action and Environment at the third annual Pakman awards ceremony, which took place recently in Dublin.

The Pakman awards saw 400 representatives from leading businesses, organisations and community groups come together to recognise excellence in recycling, energy and waste management. The Pakman Awards seek to recognise complete excellence in the environmental approach taken by a business, organisation or community group in all aspects of their operations. The judging panel was looking for measurable impacts across all elements of the waste hierarchy. Reuse, reduction, recycling and waste minimisation alongside environmental management of food, water, energy and biodiversity.

Sligo University Hospital won the Food Waste Management award in recognition of a number of recent

quality improvement measures and innovative initiatives to reduce food waste. Food Waste Management strategies focused on waste reduction, recycling, reducing landfill and reinforcing the correct segregation of waste among staff. Food Waste initiatives were proactively managed and driven through collaborative interdisciplinary work between the catering department, waste management team and HSE Estates. This work is supported by through the hospital's Oral Nutrition Steering Group and the Green Campus Committee working in partnership with key internal and external stakeholders.

Changes such as reducing food distribution containers to match patient needs, auditing patient feedback, enhanced bedside signage, driving protective meal-times for patients, retrofitting bins for ease of handling and segregating food waste, recycling and awareness initiatives have significantly reduced food waste. These initiatives yielded over 17% reduction in food waste figures in SUH throughout 2016 with further reductions evident month on month in 2017.

The Fundamentals of Lean for Healthcare (White Belt) Programme



The Fundamentals of Lean for Healthcare (White Belt) Programme is an interactive one day programme that is now running in Sligo University Hospital under licence from the Mater Lean Academy.

Two staff members completed a Lean 'Green Belt' Programme in the Mater, which also qualifies them to run the 'White belt' programme after a number of supervised classes by their Master 'Black Belt' (Dr Sean Paul Teeling). Following their final assessment at the recent 'White Belt' programme run in Sligo University Hospital,

Charlotte Hannon (Green Belt) and Noreen Casey (candidate Black Belt) will now continue to deliver this programme in SUH. The Lean White Belt training is interdisciplinary and welcomes all grades of healthcare service staff. It is relevant to those who are interested in running a healthcare continuous improvement project or change management initiative.

All White Belt participants will have an introduction to the tools and methods used to:

- Acquire a basic understanding of Six Sigma and Lean
- Obtain knowledge about Lean Six Sigma structures
- Understand the specific DMAIC processes including: (Define, Measure, Analyse, Improve and Control)
- Reduce resource waste while augmenting satisfaction among customers.

The next class will run early 2018. Contact Noreen/Charlotte for further details.



Dr. Sean Paul Teeling Master Black Belt. Lean White Belt training Sligo University Hospital.



News from across the group

Dr Jim Browne NUI Galway President, Maurice Power CEO Saolta Group and Dr John Killeen Chairman Saolta Group at the Cancer Annual Report launch.

Saolta University Health Care Group fifth Cancer Centre Annual Report Launch

The fifth annual report of the Saolta University Health Care Group Cancer Centre was recently launched by the Minister for Health, Simon Harris TD. The cancer programme in Saolta is the largest in the country and has been running since 2006 with a designated Cancer Centre at Galway University Hospital and multidisciplinary teams delivering treatment to thousands of cancer patients across the region.

Commenting Minister Harris said, "This is a substantial report that shows the multidisciplinary approach that is taken by the Saolta Group in looking after patients. I was very pleased to have had the opportunity this year to launch Ireland's new National Cancer Strategy. This is the guiding document for the next 10 years in terms of the delivery of cancer services in this country. It's about preventing people from getting cancer in the first place,

it's about making sure we have early diagnosis and it's about making sure that we have optimal level of care. We have a huge body of work to do which I am looking forward to."

Commenting Professor Michael Kerin, Chair, Cancer Strategy Group, Saolta University Health Care Group: "The development of a patient focused, site specific cancer diagnosis and individualised treatment plan is the hallmark of modern cancer care and involves multidisciplinary teamwork and co-ordinated clinical care. Our Cancer Programme revolves around the activity of our Multidisciplinary Teams and the development of personalised treatment plan for all new cancer patients. This report and the recently published National Cancer Strategy 2017 – 2026 highlights the increasing demand and volume of cancer care in Ireland."

Maurice Power, CEO Saolta University Health Care Group added "The Saolta University Health Care Group prides itself as a major cancer network and aims to develop and deliver world class services for all cancer patients across the region. This report summarises our activity and progress in 2016 across the various cancer specialties and highlights the significant achievements of the multidisciplinary team, who continue to work on the delivery of a world class cancer service for the Saolta University Health Care Group in line with the new National Cancer Strategy 2017 – 2026".

HIGHLIGHTS OF THE 2016 REPORT INCLUDE:

- Donegal patients are now being referred to the new Radiation Oncology Service at Altanagelvin Hospital in Derry, resulting in less patients having to travel to Galway or Dublin and reducing patient travel times immensely.
- Enabling works are progressing well in relation to the new Radiation Oncology Build at UHG with no anticipated delays with the new state of the art Radiation Oncology Facility at GUH with handover of the new Adult Mental Health Unit (AMHU) imminent. This will free up the site for the development of the new build in 2017 with an expected roll out in 2020
- Strong performance against national KPI's in all three Rapid Access Services. In 2016, the NCCP carried out a review of all Rapid Access Services across the country and recognised that the Saolta Rapid Access Prostate is the best performing RAPC in the country.
- Galway University Hospital and Mayo University Hospital have been selected by the NCCP with St James Hospital in Dublin to be part of the first phase in the national roll out of the new Medical Oncology Clinical Information System (MOCIS). We hope to be in a position to lead out nationally on this in the next few months.

A copy of the Saolta University Health Care Group 2016 Cancer Centre Annual Report is available to download [here](#)

Implementation of the National Maternal Sepsis Form

Ronan O Cathasaigh, Saolta Sepsis Lead, has coordinated the implementation of the National Maternal Sepsis Form in all Saolta Maternity Units from November, 2017.

This form is not only to be used in all Saolta Maternity Units but in any Clinical Area where pregnant women and women up to 42 days post delivery will be admitted. This includes Emergency Departments, Intensive Care Units, Medical, Surgical and Orthopaedic Wards, Theatres and OPD. The form supports more accurate diagnosis, documentation and risk stratification and has been shown to improve the time to antimicrobial therapy.

Funding was approved for sepsis promotional materials including maternal sepsis posters, pop-up posters and leaflets and these will be distributed to individual hospitals in the New Year.

A Maternal Sepsis Gap Analysis will be conducted in the first quarter of 2018 in order to establish local governance arrangements for maternal sepsis in the Group. The first National Maternal Sepsis Compliance Audit will be conducted in the third quarter of 2018.

A Maternal Sepsis Train-the Trainer day is to be held in Dublin on January 17th 2018.

High Impact Critical Care Sepsis Conference takes place in Galway



Dr. Vida Hamilton, National Sepsis Lead Professor; Cliff Deutschman, Professor of Anaesthesia, Cohen's Children Medical Centre, New York and Co-author of Surviving Sepsis Guidelines; Professor Pat Neligan, Consultant Anaesthetist; Ronán O Cathasaigh, Saolta Group Sepsis Lead.

Ireland's leading experts in sepsis management joined together with renowned international practitioners in a high impact critical care conference on Sepsis hosted by the Saolta University Health Care Group in Galway in November. This conference was a joint collaboration between the Saolta University Health Care Group, the National Sepsis Programme, the Western Anaesthesia Society, NUI Galway and the College of Anaesthetists

The conference featured 21 speakers from Ireland, the UK and the US and examined on-going developments in the definitions and treatment of sepsis, the initial recognition and management of acute sepsis, established sepsis, late stage sepsis and post-sepsis rehabilitation.

The main conference was preceded by a pre-conference workshop during which delegates were presented with an overview of the latest surviving sepsis clinical guidelines and the challenges that implementing these guidelines posed for acute hospital. Professor Martin Cormican provided an informative overview of the importance of hand hygiene and how Microbiology supports improved sepsis care in the Critical Care area.

The Plenary Lecture entitled 'Sepsis in the 2020s' was given by Professor Mervyn Singer who discussed his vision of future developments in sepsis research and how this would impact on patient care.



The Conference concluded with a number of presentations focusing on how critical care can be improved while always providing patient-centred care.

Commenting, Ronán O'Cathasaigh, Assistant Director of Nursing/Group Sepsis Lead in the Saolta University Health Care Group said, "this Conference has provided over 270 staff both within and beyond the Saolta Group who care for our patients with sepsis with the opportunity to hear from world-leading experts in sepsis care, research, education and rehabilitation. We are grateful to all our speakers who gave their time so generously to attend this event".

Nursing and Midwifery Research

WE WANT TO HEAR FROM ALL NURSES AND MIDWIVES

You can influence the research agenda for nurses and midwives within your hospital

We invite you to contribute to a study to identify the research priorities for nurses and midwives working within Saolta University Health Care Group

CALLING ALL NURSES AND MIDWIVES

We are inviting all nurses and midwives to contribute to a study to identify the research priorities for nurses and midwives working in the Saolta University Health Care Group. This study has been commissioned by Jean Kelly, I/Chief Director of Nursing/Midwifery.

The overall aim of the study is to inform the strategic plan of the Saolta University Health Care Group, in relation to the research priorities of nurses and midwives working across the Group.

The specific aim of this study is to identify what nurses and midwives see as their research priorities in the areas of;

- clinical practice
- education
- management

It is anticipated that this information will deliver the following outcomes:

- build capacity and develop the research expertise of nurses and midwives across the Saolta University Health Care Group
- establish a strong nursing and midwifery research agenda founded upon a shared purpose and shared values
- raise the profile of nursing and midwifery research and practice across the Saolta University Health Care Group
- support important improvements in patient care and outcomes.

All registered nurses and midwives, within the Saolta University Health Care Group, are encouraged to engage with this study. The participation of nurses and midwives in this research is critical to its success. We are seeking expressions of interest from nurses and midwives to participate and have your say in developing a collaborative nursing and midwifery research agenda across the Saolta University Health Care Group.

WHAT WE ARE DOING?

In order to ascertain the research priorities of nurses and midwives the researchers will conduct an in-depth literature review and 3 round modified Delphi study comprised of a series of three questionnaires. The aim of this methodology is to reach a consensus between an expert panel of nurses and midwives on the importance of each of the research topics identified from each of the three rounds. The results will inform nursing and midwifery management of the research priorities for nursing and midwifery within the Saolta University Health Care Group.

The research priorities that will emerge from this study will build on previous relevant research undertaken within Ireland (Parlour and Slater, 2014; National Council for the Professional Development of Nursing & Midwifery, 2005) and will continue to underline the significance of establishing connections between theory, research, and practice. This study will also seek to maximise the efficiency and impact of nursing and midwifery research activity by ensuring the attainment of a nurse/midwife-led research agenda (Williams, 2016), across the Saolta Group, that is coherent, transparent, consensus driven

and has been directly influenced by clinical staff. A comprehensive report will be compiled on the findings of the study.

WHAT WILL HAPPEN?

All eligible nurses and midwives who express an interest in the 'Delphi' study will receive a formal email invitation and electronic questionnaire through the survey monkey platform. A web link will also be created as an additional creator. At the beginning of the survey participants will be provided with an overview of the study details.

The receipt of this information and agreed understanding

of their participation in the study will be indicated when they click to proceed to the next page of the survey. Confidentiality will be assured. If you have any queries or want further clarification about the study please contact either:

Randal Parlour at 087 9088435,
email: randal.parlour@hse.ie or

Anne Mc Carthy at 087 7082504,
email: annem.mccarthy@hse.ie

**If you wish to be part of this study please email
the research team with your name, email address,
grade, specialty and hospital**

If you work as a nurse please email: nurse.researchwest@hse.ie

If you work as a midwife please email: midwife.researchwest@hse.ie

Closing date: 28th February 2018



SPSI

Saolta Programme for Service Improvement

2017 YEAR IN REVIEW



COMMUNICATIONS

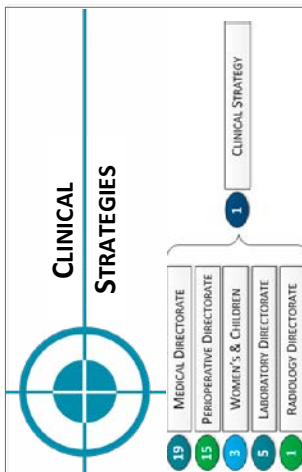
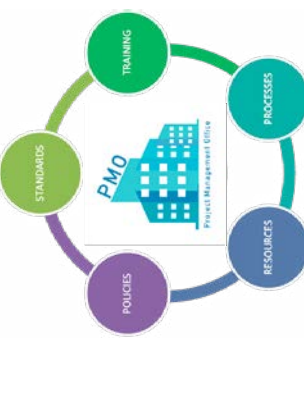
- Saolta.ie/PHSI
- Staff Site Engagements
- Medical Boards
- JUMF
- Joint HSE Clinical Director / Clinical Programme Steering Committee
- Acute Hospitals Division

VISION

Our Vision is to be a leading academic Hospital Group, providing excellent integrated patient-centred care delivered by skilled caring staff.

4 guiding PRINCIPLES

- To work in partnership with patients and other healthcare providers across the continuum of care:
- To deliver high quality, safe, timely, and equitable patient care by developing and ensuring sustainable clinical services to meet the needs of our population.
- To deliver integrated services across the Saolta Group Hospitals with clear lines of responsibility, accountability and authority whilst maintaining individual hospital site integrity.
- To continue to develop and improve our clinical services supported by education, research and innovation in partnership with NUIG and other academic partners.
- To recruit, retain and develop highly-skilled multidisciplinary teams through support, engagement and empowerment.



CBU CONFIGURATION

Specialty - Specialties will not be divided between CBUs
 Clinicians - Individual specialty clinicians will report into one CBU.
 Clinical Units - Individual wards and distinct departments will not be divided and each will reside within a specified CBU.

ADVISORY GROUP

POPULATION HEALTH

- 65% INCREASE IN THE NUMBER OF PATIENTS WITH CHRONIC CONDITIONS
- 85% OF PATIENTS WITH CHRONIC CONDITIONS ARE OVER 65
- 75% OF PATIENTS WITH CHRONIC CONDITIONS ARE OVER 65
- 51% OF PATIENTS WITH CHRONIC CONDITIONS ARE OVER 65
- 3 MILLION PATIENTS WITH CHRONIC CONDITIONS
- 800,000 NEW PATIENTS
- 1.7% INCREASE IN COST PRESSURE FROM 2016 TO 2017
- 12,000 PATIENTS IN RISK OF FALLING FROM 2015 TO 2017
- 340 PATIENTS IN RISK OF FALLING FROM 2015 TO 2017
- 70-80% OF PATIENTS WITH CHRONIC CONDITIONS ARE OVER 65
- 50% OF PATIENTS WITH CHRONIC CONDITIONS ARE OVER 65

ENABLERS

REVIEWS

25 EMERGENCY MEDICINE

HAEMATATOLOGY

- More informed and responsive decision making as close as possible to the front line of patient care delivery.
- Clarity re roles and responsibilities both within and across the organisation.
- Bi-directional flow of patients between Saolta Group Hospitals will be improved with reduced waiting times for patients awaiting urgent transfers.
- There will be timely access to specialist tertiary services in the Model 4 Hospital through agreed pathways / referrals
- More standardised care for patients within and across specialities.
- Enhanced communication between Clinicians across hospitals will lead to more collaborative working thus improving services to patients.

benefits

Building a Better Health Service

COMPASSION TRUST LEARNING

Feldhmannacht na Seirbhíse Sláinte
Health Service Executive



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