



Galway University Hospitals launch first ever Dementia Awareness Programme in the Republic of Ireland

(L to R) Orla Shiel, Occupational Therapist; Chris Kane General Manager; Barbara Hodkinson, Founder of the Butterfly Scheme; Julie Nohilly, Acting Director of Nursing; Janet Britt, Butterfly Scheme; Dr Ronan O Caoimh, Consultant Geriatrician and Ellen Wiseman, Patient Advice and Liaison Service.

Galway University Hospitals and Saolta University Health Care Group, in collaboration with the founder of the Butterfly Scheme, Barbara Hodkinson, officially launched the 'Butterfly Scheme' in Galway University Hospitals on Wednesday 21 September. The Butterfly Scheme allows people with temporary confusion, memory loss and dementia to make this fact clear to hospital staff and provides staff with practical training to offer a simple, five-point, targeted response to meet their needs. At-a-glance, discreet, identification via a Butterfly symbol is available for hospital patients who wish to participate. UK research has demonstrated that patients who choose

to use this symbol receive more effective and appropriate care while in hospital.

The launch was officiated by Keith Finnegan, Galway Bay FM and saw 150 staff members who volunteered as Butterfly Champions complete their training under the leadership of Barbara Hodkinson, the UK founder of the Butterfly Scheme who oversaw the training. The Butterfly Champions work in all areas of the hospital from ward clerks to porters, radiology staff, therapists, catering staff, nurses and doctors. In addition it is anticipated that over 300 staff will receive training in a specific dementia care response called the REACH response.

Read more on page 17

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NEXT ISSUE WINTER 2016

The next feature Hospital: Sligo University Hospital

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

Welcome to the Autumn edition of the Saolta Group newsletter.

In this month's issue, we feature Galway University Hospitals and highlight some of the developments and initiatives taking place there, including the recently launched Butterfly Scheme, which is the first ever Dementia Awareness Programme in the Republic of Ireland. We also feature the newly opened Endoscopy Unit at Roscommon University Hospital which was officially opened by Minister Simon Harris in September.

This edition also provides an update on the work of the Group's Patient Council. There are lots projects underway in our hospitals and we would encourage you to take the time to read about them and the work of your colleagues across the Group.

As ever we encourage you to send us your feedback on this month's issue. If you have any other comments, queries or stories you would like featured, please get in contact with us at newsletter@saolta.ie. We would also remind to you regularly check the Group's website www.saolta.ie and follow the Group on twitter [@saoltagroup](https://twitter.com/saoltagroup) for updates on news across the Group.

Kind regards

Saolta Newsletter Team
newsletter@saolta.ie

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Top Tweets for July

Top Tweet earned 2,229 impressions

'Great day of filming of eRostering case study at LUH today with @nhsemployers' pic.twitter.com/8Pfx6nWjyr



Top media Tweet earned 1,375 impressions

Touchscreen technology embraced by LUH nurse management to drive safe staffing #SafeCare pic.twitter.com/bN8iVeRtaS



Top Tweets for September

Sep 2016 • 26 days so far...

Tweet Highlights

Top Tweet earned 3,977 impressions

Healthy Ireland launch of HospitalWalks.com supporting staff, patients and visitors through physical activity. pic.twitter.com/Hl4y2SuEo1



Top media Tweet earned 2,961 impressions

Galway University Hospitals launch first ever Dementia Awareness Programme in Republic of Ireland @ButterflyScheme bit.ly/2da56Bx pic.twitter.com/vsECrB5LV1



Top Tweets for August

Top Tweet earned 1,487 impressions

Health Study on Irish Farmers indicates a high prevalence of respiratory symptoms bit.ly/29iDtIK pic.twitter.com/GWzcXuz6vN



Top media Tweet earned 1,470 impressions

GUH to become first hospital in the Republic of Ireland to launch 'Butterfly Scheme' for patients with dementia pic.twitter.com/gYZH504bL9



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Chief Executive Officer

Dear Colleagues

Welcome to the Autumn issue of the Saolta newsletter. I hope you had an opportunity for a well-deserved break with family and friends over the summer period.

Service Demands

As we approach the winter months, there will inevitably be increased demands on patient services already running at or above capacity. Waiting list performance is under ongoing review by the Group, with Group outpatient waiting list in excess of 55,000 patients with inpatient and day case waiting list totals currently in excess of 23,000 across the Group. The ongoing and valued contribution by our staff in providing services to our patients in very trying circumstances is evident, for example, by noting 25.4% decrease across the Group in patients waiting on trolleys in the period January to July 2016 whilst ED presentations grew by nearly 6% in the same period.

Service and Capital Developments

Endoscopy Unit at Roscommon University Hospital

This unit was officially opened on the 7th September 2016, by Health Minister Mr Simon Harris, TD, with many staff, local politicians and members of the public present. The facility, costing over €5.5m will perform gastroscopies and colonoscopies for patients referred by GPs across the West/North West Region.

Cross Border Emergency Cardiology Service

This service, which provides emergency pPCI services to patients in the Northwest, was launched in May 2016, and continues to gather pace. As of September 1st, there have been 13 patients from the Donegal region transferred to Altnagelvin Area Hospital for emergency treatment, with 8 diagnosed as requiring emergency pPCI treatment.

Capital Projects

Progress is being made across the Group, including the planned completion of the 75-bedded Ward Block in UHG by year-end. The complex re-build programme continues on the Letterkenny Campus. Saolta will continue to focus on progressing our key infrastructural priorities for all hospitals across the Group, such as the approval a new ED Dept for UHG and securing funding for the 50-bedded Ward Block in Portiuncula University Hospital and the Rehabilitation Unit in Roscommon University Hospital.

Group Development and Governance

Minister Simon Harris met with Saolta Chair Dr John Killeen and myself on 14th July, 2016. There was a positive exchange of views and a comprehensive briefing was provided to the Minister on Saolta Group performance, key priorities and current issues.

I am pleased to report that progress on our Group Transformation Programme continues, and the Working Group, led by Dr Pat Nash, continues to move forward

with plans for Group Integrated Governance and the associated Clinical Services Strategy Programme. Dr Nash and the project team recently presented on progress to the Saolta Board, who fully endorsed the project. Current project activity is based on the development of a proposed model of governance that will be discussed with all our staff, in advance of being finalized.



Maurice Power, CEO

Saolta Group Financial Position

In July, an additional €0.5 billion funding made available to the HSE by the Minister for Health, with the Saolta Hospital Group being allocated an additional €50 million approximately. This additional funding comes with the proviso that there will be strict Group compliance with financial targets and the gross expenditure cap. Our key financial challenges will therefore remain in the areas of basic pay, drugs and medicines and income, combined with continued focus on head count control which will remain in place for the remainder of 2016, with limited capacity for recruitment. It is important to state that this additional funding will be allocated to the Group, on a permanent basis, on the achievement of a break-even position at year-end.

Staff Engagement

I have just concluded visits to Saolta Group hospitals as part of the Employee Roadshow programme which is a key element in engaging directly with staff and in developing an effective Group Human Resources Strategy. I would like to thank all of you who took the time to attend and provide the senior management team with your feedback on employee morale, satisfaction, and engagement within the Group. I also wish to acknowledge those who contributed to our Saolta Employee Survey in September. You will be recall that the survey was conducted and managed independently and I look forward to sharing the results with you. I would also like to remind you that the flu vaccine is available to all our staff and I encourage you to avail of this service.

In summary, I am heartened by your interest and motivation in caring for our patients and I thank you sincerely. Your ongoing contribution is vital to improving our service to patients.

Mr. Maurice Power

Group CEO
October 2016

Group Chief Operations Officer

Dear Colleagues

As we look towards the end of 2016 activity across all our hospitals overall continues to grow. To the end of August this year, when compared to the same period last year, our daycases have increased by just over 7%, our ED presentations are up over 4% and inpatients and outpatients are up by almost 1% and 6.5% respectively. In general terms activity has increased to date in 2016 when compared with the same time last year.

Our efforts to reduce the numbers of patients who wait for hospital appointments across the Group continues to be a key priority. The recently launched National Treatment Purchase Fund's Endoscopy Waiting List 2016 initiative will aim to reduce the waiting list and waiting times for endoscopy procedures for those patients who are currently waiting over 12 months. In light of the increases in the waiting lists the Minister has set specific measures to be undertaken between now and the end of the year. A number of key actions have been identified for hospital groups which include, the elimination of those waiting over 36 months as of this year and a clear focus on those waiting greater than 18 months with the aim of trying to reduce these numbers by half by the end of the year.

This month, we will conclude our series of Employee Engagement road-shows across the Group. I was glad to have been able to participate in a number of these and meet staff at hospital level. They provided the Group management team with a valuable opportunity to hear first-hand the issues and concerns of staff and allowed us the chance to update staff on the developments at both hospital and group level currently underway. I would like to thank all those staff who took the time to attend these meetings and look forward to further engagement with you and your colleagues.

Work continues on a number of significant capital projects across the Group including the Letterkenny University Hospital rebuild project and the 75 bed ward block in UHG. We continue to highlight the urgent need to replace the current ED facility at UHG. A Cost Benefit Analysis has been developed for the provision of a replacement Emergency Department and is with HSE Estates nationally. A business case for the development of a fixed Cardiac Catheterisation Lab in Sligo University Hospital and replacement of existing Cath Labs in Galway is advancing. Work is progressing to go to tender for 50 bedded replacement ward block in Portlinculla University

Hospital and formal confirmation to go to design for Specialist Rehabilitation Unit in Roscommon is awaited. Design of the Diabetic Unit and Interventional radiology suite Sligo is progressing and we are actively pursuing options in relation to the creation of additional capacity in Mayo University Hospital to meet service demands.

We recently launched the flu vaccine campaign in the Saolta Group and I would like to remind all our staff to avail of the vaccine. Healthcare workers are at a greater risk of getting the flu and it is important staff avail of the vaccine to protect themselves, their patients and their families.

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.

Anne Cosgrove
Group COO
Saolta University Health Care Group



Ann Cosgrove, Group Chief Operations Officer

Group Chief Financial Officer

At the end of August the total expenditure for the Group was €475.8m which is an overspend of €34.7m on budget. Expenditure in 2016 has increased by €17.9m compared to the same period last year.

The Group's payroll costs have increased by €17.6m on last year, this is due to the hiring of 415 additional staff in the last 12 months in an effort to fill critical posts to cater for increased ED pressures, additional services provided across our hospitals and various report recommendations on patient safety.

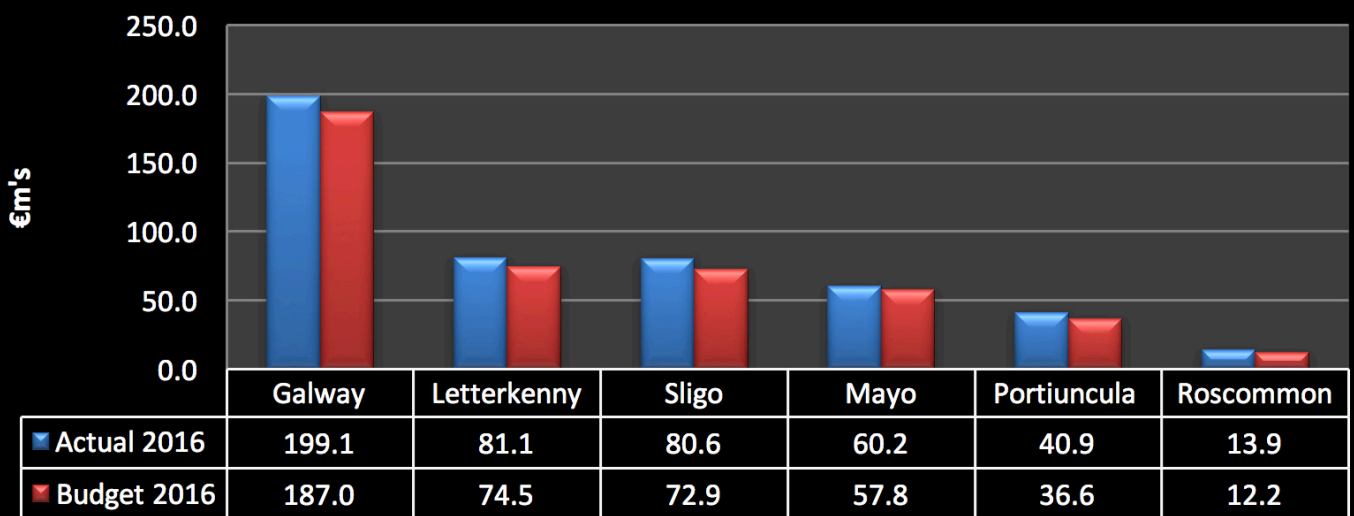
Non-pay expenditure has increased by €3.4m over the same period last year with a range of categories showing variances. These increases are patient driven and include drugs and medicines, medical and surgical supplies and diagnostics.

On a positive note the Group income has increased by €3.1m on last year.



Tony Baynes, AV Group Chief Financial Officer

Actual 2016 v Budget 2016 at end August



PERFORMANCE MEETINGS

The Department of Health has issued a revised Letter of Determination for the HSE. Based on this Determination the Acute Division has issued maximum expenditure limits to Hospital Groups. In an effort to meet our target the CEO, COO and I are meeting the hospital General Managers monthly to examine each hospital's financial performance. While there has been some savings made they are not of the scale required so a continued strong focus on cost containment is required.

ACTIVITY BASED FUNDING

Work is currently under way in GUH, MUH and SUH preparing specialty costing and ABF returns for 2015 cost and activity data. This has been made possible by the arrival of Shane Mc Dermott from the Hospital Pricing Office to prepare GUH's patient level activity files. Both returns are due in by the end of September.

Group Chief Financial Officer (continued)

The speciality costing returns are used to calculate the percentage of total spend consumed in the treatment of admitted patients to each hospital and is compared with the hospitals weighted admitted discharges to both determine annual budget and the relative efficiency of each hospital. The patient level costing return is used to set the DRG prices.

Work is currently on-going on the development of an ABF strategy for the Group and a final draft report is due shortly.

ICT STRATEGY

The Saolta ICT strategy which was signed off in 2015 is now being followed up and a three year plan will be developed and brought before the Executive Council. To date the plan has identified four systems (based on stakeholder engagement) as priority and the resourcing of these projects is now the key factor in moving these projects forward:

- Group Patient Administration System which is the base building block for all patient based systems and will give us the tools to develop Group wide plans such as standardising the way we work
- Electronic Document and Records Management (contract negotiations are on-going and we are working with national ICT and preferred vendor)
- eRostering
- Business Intelligence

There are also a number of national projects that need to be rolled out over the next few years including national maternity, national labs, medical oncology and we need to be ready for those. The plan will also agree the Operating Model for Group IT. The post of eHealth Director should be advertised before year end and is vital for the effective running of ICT across Saolta

The Group is also progressing a project supporting patients from North Donegal who will be having their Radiotherapy treatment in Altnagelvin. From an ICT perspective, electronic referrals and electronic sharing of images and data is vital and must be in place before the first patients are treated there in Nov 2016.

Tony Baynes

A/ Chief Financial Officer
Saolta University Health Care Group

Group Director of Human Resources

Dear Colleagues

I would like to briefly update you on some of the developments which have recently taken place from a HR perspective over the last number of months.

EMPLOYEE ENGAGEMENT STAFF SURVEY

The Saolta Group Employee Engagement Staff Survey took place from Monday 29th August, 2016 to 12th September 2016. The Saolta Employee Engagement Survey has been developed to enable every member of staff to give their views on a wide range of areas affecting their work and on the Saolta University Health Care Group's plans and services.

We wish to take this opportunity to thank all staff within the Saolta University Health Care Group for participating and giving us your feedback, both paper based and by electronic means.

Currently an external company - SHRC are compiling and analysing the results and we hope to be in a position to present the findings on a hospital by hospital basis as well as on a Group basis shortly. Below I have outlined a brief summary breakdown of the survey participation per site within the Saolta Group. We will share the wider results of the survey and action plans with all staff in due course.



John Shaugnnessy,
Group Director of Human Resources

	Letterkenny	Mayo	Merlin Park	Portiuncula	Roscommon	Sligo	UHG	Total
Online	47	162	49	120	71	145	412	1006
Hard copy	175	120	45	41	54	80	121	636
Total:	222	282	94	161	125	225	533	1642

The results of the survey will provide us with a valuable update on our 2013 survey and will inform our future plans. It will enhance the way we work together to deliver our services and improve the work environment for all staff so we can move the Saolta University Health Care Group forward over the coming years in a progressive and inclusive manner.

SAOLTA UNIVERSITY HEALTH CARE EMPLOYEE ENGAGEMENT ROADSHOWS

The Employee Engagement Roadshows have now been completed on each of the hospital sites. This is an opportunity for the Executive Management team to meet with staff on each of the hospital sites to inform and update staff on a broad range of issues, including a briefing from the CEO, an update on the Group's financial status, service challenges, capital developments, human resources, the Group's programme for service improvement and patient safety and quality. Each session offered staff the opportunity to engage in a questions and answers session and there has

been positive and engaged participation at these sessions. 278 staff in total attended the roadshows.

Just to give you a brief update on staffing in the Group, the numbers of staff employed by the Saolta Group has continued to increase over the last year and the total number of wholtime equivalents(WTE) employed by the Group at the end of August was 8,426. Since October 2013 the Saolta Group has added an additional 833 WTEs with 369 WTEs in the last twelve months alone. In the period from the end of December 2015 to the end of August 2016, the increase was 166 WTEs. The Group is also currently using on average 191 agency WTEs per week in addition to those recently recruited staff.

While I know that our activity continues to increase year on year, it is important to acknowledge that there has been a significant increase across the Group in the numbers of staff employed.

Date	Time Slot	Venue	No's attended
Wednesday 14th September	9.30am - 11.30am	Sligo University Hospital, Lecture Theatre, Level 6	80
Thursday 15th September	2.30pm - 4.30pm	Roscommon University Hospital, Boardroom	28
Wednesday 21st September	2.30pm - 4.30 pm	Mayo University Hospital, Lecture Hall	42
Thursday 29th September	2.30pm - 4.30 pm	Galway University Hospital, Classroom 1, Nurses Home, UHG	38
Monday 3rd October	2.30pm - 4.30 pm	Portiuncula University Hospital, Admin Boardroom	35
Friday 7th October	12.30pm - 2.30 pm	Letterkenny University Hospital, Large Conf Room	55

Group Director of Nursing and Midwifery

As we move through Autumn I hope you all had a pleasant Summer and managed to take time off for a well earned rest. First on the agenda is a warm congratulations and welcome to our Graduate Nurses throughout the Group (129 in total). I am pleased to say that over half of them have been offered a position within our hospitals. This will enable the graduates to consolidate what they have learned over the past four years and prepare them for their future career.

The 3rd National Sepsis Summit took place on 20th September in Dublin Castle. The event was opened by Mr Simon Harris, T.D. Minister for Health. I was very proud of all our staff who had posters on display and I was especially pleased to see RUH and MUH give presentations on the day. It was a great opportunity for all those that attended to meet and outline their progress to date, identify learning opportunities from others and promote local successes. The National Sepsis e-learning programme which was developed in NUI Galway by Dr Dara Byrne was launched at the Summit. We were delighted that Galway was chosen as a venue for recording this programme and our colleagues from UHG will feature on this. This programme will provide a self-directed forum for all healthcare staff in relation to sepsis management and will standardise sepsis training throughout the HSE.

Ronan O’Cathasaigh Assistant Director of Nursing for Sepsis in the Saolta Group is working with all sites to improve compliance with the policy. I am asking that all Nursing staff take the opportunity to complete the education module on HSEland.

Galway University Hospitals launched the Butterfly Scheme © in Ireland, in collaboration with its founder Barbara Hodgkinson on September 23rd. The scheme

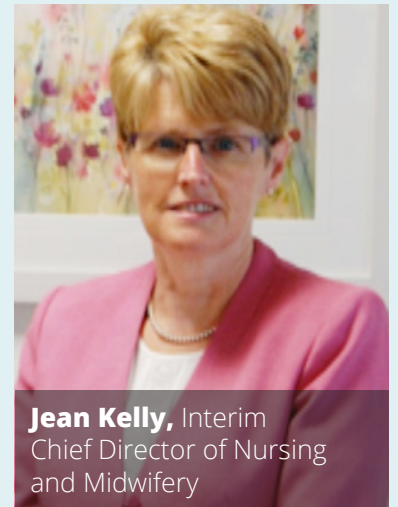
provides hospital staff with practical training to offer a simple, five-point, targeted response to meet the needs of patients with dementia and confusion. At-a-glance, discreet, identification via a Butterfly symbol is available for hospital patients who suffer from memory loss or confusion. Patients who wear this symbol receive appropriate interventions that will help to reduce their stress levels and increase their safety. Over 100 staff attended training across UHG and MPUH. Well done to those involved in implementing this scheme.

I would like to take this opportunity to remind staff that we are offering our free flu vaccine. This service is available to protect patients, staff and their families from the virus and I would urge you to avail of it if possible. This year every effort is being made to make getting the ‘flu jab’ easier by having peer vaccinators on all sites. The plan is to have the vaccinators visit your area of work and hold clinics at a time that is convenient to staff working shifts. As carers we have a duty to protect our patients so please get vaccinated.

I hope over the last quarter of the year to get the opportunity to visit each of your sites and to meet as many of you as possible.

Jean Kelly

Interim Chief Director of Nursing and Midwifery



Jean Kelly, Interim Chief Director of Nursing and Midwifery



(L to R) Ms. Jean Kelly, Ms. Liz Casey, Ms. Andrea McGrail, Mr. Ronan O’Cathasaigh



(Left to Right) Ms. Catriona Rayner, Ms. Jean Kelly, Mr. Ronan O’Cathasaigh, Ms. Anne Scahill, Ms. Ursula Morgan.



The Women's and Children's Directorate

(L to R) Dr. Robert O'Connor, Head of Research, Irish Cancer Society; Professor Margaret Stanley, OBE, University of Cambridge; Mr. Michael O'Leary, Consultant Obstetrician & Gynaecologist, University Hospital Galway; Laura, a cervical cancer survivor.

DECODING CANCER: THE HPV VACCINE – GALWAY INFORMATION EVENING

The Irish Cancer Society, as part of its public awareness programme, facilitated a recent meeting at the Clayton Hotel, Galway and invited speakers to outline the significance of HPV as a cause of cervical cancer and the facts about the safety of the vaccine being used in Irish schools.

The meeting was opened by Dr Robert O'Connor, Head of Research for the Irish Cancer Society, and involved presentations from a number of speakers, including a cervical cancer survivor who spoke about her cancer diagnosis and treatment. The patient felt she was 'lucky' that her cancer was detected and treated and believes that if a vaccine can help prevent cancer she would encourage people to have it, as it may prevent others going through what she did.

Mr. Michael O'Leary, Obstetrician and Gynaecologist from Galway University Hospital, gave an overview on the facts and figures from the Colposcopy Unit in Galway. He started by outlining that 99% of pre-cancer changes are found to be caused by HPV, of which there are over two dozen high grade viruses. Vaccines may help reduce the number of women with high grade pre-cancers. The cervical screening programme started in Ireland in September, 2008. For a screening programme to work, attendance is required.

Women with abnormal smears are referred to the unit. The staff are specialised in taking biopsies, performing local treatment and surveillance for early pre-cancer patients. Patients with a cervical cancer have biopsies and scans in order to determine the stage of their cancer and, in turn, the treatment required; this can be a combination of surgery, chemotherapy and radiotherapy.

From 2012 to 2014, 3,000 women with abnormal smears were referred to Colposcopy in Galway. 1,200 had LLETZ (part of the cervix is removed) and 41 women had a cancer.

Of those 41, sixteen had a stage 1a cancer. Thirteen were treated with LLETZ and the remaining three had a hysterectomy. Twelve of those women were under 45 and five of the sixteen had their smears in a timely fashion.

Twelve of the 41 had a stage 1b cancer and one had LLETZ, two had a trachelectomy (the entire cervix is removed) and the remaining nine had a radical hysterectomy (cervix and womb are removed). Five were over 45, three were under 40 and four had smears taken at the appropriate time.

Thirteen (13) of the 41 were stage 2, 3 or 4 and all needed to have radiotherapy and chemotherapy. Six were under 45 and three had smears at the appropriate time.

Having screening may not prevent a cancer but it may detect it at a pre-cancer or early stage where it can be treated and cured. In Galway there were 41 cases; that equates to 300 cases in the country per year.

The impact of having a cervical cancer is not only a personal one: these young women are mothers, wives and sisters; they have families and are providers. Cancer and its treatment impacts on relationships, careers, finances and the day-to-day lives of all those affected.

Professor Margaret Stanley, OBE, University of Cambridge, whose research focussed on the development of vaccines and immunotherapies against HPV, has worked for over 40 years in cancer care and started life 'reading the slides from smears'. Her talk focused on what HPV is and how vaccines work. She explained that there is a very large family of HPV viruses (170), which can infect the skin in the lining of the cervix, vagina, anus, mouth and throat. When looking at the genital tract, there are 2 main groups: low risk viruses, some of which cause genital warts, and the higher risk viruses which can cause cancer. Globally, 3% of all cancers are estimated to be caused by a HPV virus. Vaccines prevent HPV but do not treat the virus.

In 87% of European countries cervical cancer is among the top 3 cancers. Screening has little impact on cervical

cancer under the age of 35 years (UK stats), due to later onset of a cancer. Professor Stanley felt that a vaccine intervention could prevent this. Globally since 2006, 80 million teenagers have had the HPV vaccine and continuous monitoring is carried out. The Australian and English experience of using vaccines for the HPV virus was cited. In Australia the vaccination programme started in 2007 and in 2013 boys started to get the vaccines. They found that their pre-cancers went from 29% to 6.7% in a 4 year period. From 2007 (start of vaccine) to 2011, there was a 75% reduction in pre-cancers. In the UK over the last 3 years they are starting to see the positive impact from vaccine use but it will be 2020 before 'real data' will emerge.

She spoke of the trials done internationally and globally, comparing any adverse effects for girls having the vaccine to girls of a similar age not having the vaccines. In several trials, which included up to 4 million participants, it was found that there were no excess of adverse side effects specific to those having the vaccine compared to those who had not. Overall she supported the use of and the safety of the HPV vaccines in use world wide.

Directors of Midwifery appointments



Evelyn Smith



Juliana Henry

Ms Evelyn Smith has been appointed to the position of Director of Midwifery in Letterkenny University Hospital. Evelyn worked as a Staff Midwife for seven years in the Royal Maternity Hospital in Belfast and for eight years in what was then Letterkenny General Hospital. During this time, she was awarded a Diploma in Midwifery from QUB. Evelyn then worked as CMM2 and CMM3 before being promoted to the post of Assistant Director of Midwifery / Service Manager in 2005. Along the way, she was awarded a B.Sc. in Nursing from LIT and a M.Sc. in Midwifery from QUB. Evelyn lives in Convoy, Co. Donegal.

Ms Juliana Henry has been appointed to the position of Director of Midwifery in Sligo University Hospital. Juliana is a Registered General Nurse, Registered Midwife and Registered Nurse Tutor, and holds post-graduate diplomas in Midwifery and Clinical Health Science Education, a Bachelor of Nursing Science (Hons) degree in Management and a Masters in Health Science (Midwifery). Juliana did her general training in what was then Sligo General Hospital and her midwifery training in the Rotunda, Dublin. She returned to Sligo to take up a post as Staff Midwife in 2002 and since then has held various positions, including Practice Development, nursing administration and midwifery management. She is a native of Swinford, Co. Mayo, and now lives in Sligo with her husband and three daughters, aged 9, 6, and 18 months.

The Directors of Midwifery took up their posts in LUH and SUH on 3rd October. We wish them every success in their new posts.

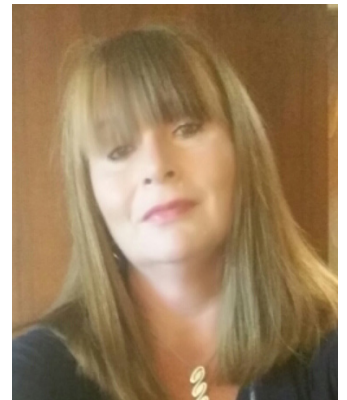
Roisin Lennon

Ms Roisin Lennon has been appointed as candidate Advanced Midwife Practitioner for Maternity Services in Sligo University Hospital.

Roisin has many years' service as a midwife and is a midwife prescriber. She is passionate about being a midwife and has recently completed a Masters degree in Advanced Practice, which involved undertaking research on how nurse prescribers themselves feel about prescribing. Roisin has taught on the obstetric emergency ALSO multidisciplinary course for eight years and has worked as Midwifery Clinical

Skills Facilitator in SUH since December 2015. She will continue to provide in-service training and skills and drills within the Directorate while developing the advanced practice post. The caseload for advanced practice involves normalising birth for women who would normally be excluded from midwife-led care (e.g. women with previous caesarean sections, women with high body mass index) and also developing a midwife-led service locally to provide choice in partnership with the woman and her family and in line with the Maternity Strategy 2016.

We wish Roisin every success in her new role.



Anna Marie Burke retirement

Anna Marie Burke, nee Flaherty, recently retired from the Obstetrics & Gynaecology Department at University Hospital Galway. She had achieved an amazing 47 years of service, beginning in 1969 as a student nurse and progressing to Staff Nurse, Student Midwife, Staff Midwife & Clinical Midwife Manager 2. She was one of the youngest Clinical Midwife 2 Managers in Midwifery at the time.

Her initial post was in St Monica's ward and she also worked as Acting Assistant Director of Nursing in administration, after which she returned to St Monica's ward. She also managed St Angela's ward and the Maternity Outpatients Department for shorter periods of time.

Her colleagues paid tribute to her for the empathy and caring she showed to her patients and also her colleagues at work. They remember shared laughs,

joys, as well as struggles. It has been an exciting journey with an enormous collection of experiences indelibly printed on her colleagues' minds. Her company was stimulating and her energy, enthusiasm and honesty were her gifts to her colleagues. She had a special partnership with patients and went to extremes to fulfil their needs.

Her colleagues in UHG wish her the very best in this new chapter of her life, sure in the belief that she will not "sit on her laurels"; travelling, reading, gardening, learning new skills and enjoying life with her family and friends will keep her busy for the many happy years ahead.



Interval Feeding

Ms Aine Binchy's poster presentation on her systematic review into "The influence of feeding intervals on feed tolerance in very low birth weight infants" won the gold medal for best nurse presentation at the recent Saolta research study day.

IN OTHER NEWS

Ms Claire Moylan completed her Higher Diploma Course in Neonatal Intensive Care in Dublin and graduated with distinction. We are so proud of her and delighted to have supported her through the course.

We welcome Ms Ciara Feeley, Staff Midwife, to our team.





Perioperative Directorate

Professor Jack Kelly officially opens the new Emergency Surgical Unit at UHG

The Emergency Surgical Unit which recently opened in University Hospital Galway has been established to accommodate patients in need of an urgent operation. Located on the ground floor of the hospital, it is staffed by nurses with a particular expertise in dealing with surgical emergencies.

Currently, 14 patients are facilitated in the unit, which has close links with the Emergency Department and the Operating Theatres. Patients are fast-tracked for

admission and the unit has already resulted in greater efficiencies in terms of patient care. Patients are streamed into the unit once the decision to operate has been made and then progress to the theatre complex .

It is hoped that the unit can accommodate direct admission from other hospitals in due course.

Mr. Mark Regan is Clinical Lead for the unit and Ms. Fiona Gleeson-Keane is Clinical Nurse Manager.

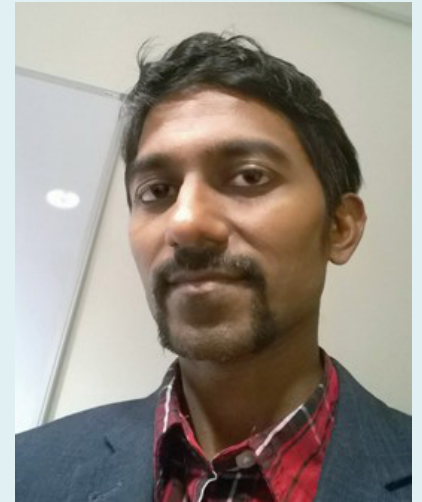


Staff at the new Emergency Surgical Unit pictured with UHG Director of Nursing Julie Nohilly.

Newly Appointed Group Directorate Support Manager - Perioperative Directorate

Mr. Jerry Selvaseelan has recently been appointed as Group Directorate Support Manager to the Peri-Operative Directorate. He has previously served as an Expert Group member for the Department of Health and is a former Council member for the Association of Occupational Therapists of Ireland (AOTI).

Apart from working in Dublin as a Senior Occupational Therapist in the HSE for nearly 12 years, he has also completed a Masters in Healthcare Management with the Royal College of Surgeons in Ireland (RCSI). With particular passion and expertise in the areas of risk management and patient safety, he has designed, developed and successfully implemented the Risk-Sentience Auxiliary Framework (RSAF), as a robust enabler to the ISO 31000:2009 and ISO 31010:2009 risk management framework and process within the Health Service Executive (HSE) primary care setting.



University Hospital Galway New Dedicated Paediatric Area opens in UHG



The newly developed dedicated paediatric area within the emergency department at University Hospital Galway opened its doors to paediatric patients recently.

The new paediatric area was reconfigured from an existing space to facilitate the development and will accommodate all paediatric patients up to 16 years of age and will cater for both medical and surgical patients. The emergency department at University Hospital Galway sees approximately 17,000 paediatric patients per annum, this accounts for approximately 20-25% of all presentations to the ED. The new paediatric ED comprises of six cubicles, two isolation rooms, a separate waiting area from the adult waiting area and a separate

access door into the paediatric ED. It is fully compliant with the national HSE charter ensuring complete audio-visual separation from the adult ED area. Children will no longer have to share the same waiting area as adults. The separate area is compliant with the Children First hospital policy, ensuring the safety and privacy for all paediatric patients presenting to the department.

Chris Kane, General Manager, GUH said, "The new dedicated paediatric area in the emergency department will improve how we care for our younger patients. They will now be seen in a private and family-friendly setting, where they can feel as comfortable as possible. This development has been achieved through effective team working and has been an inspiring development for staff in the emergency department as well as the paediatric team themselves".

Dr Ethel Ryan, Clinical Director for Women's & Children's Directorate & Consultant Paediatrician, UHG stated, "The new paediatric ED area benefits the paediatric patients and their families by providing a safe and secure environment for them to be reviewed in, with complete separation from the adult area. This new area provides them with full privacy and safety as per the National Children First Policy. With the increased number of clinical cubicles, paediatric patients will be seen quicker which improves patient flow through the department and reduces their waiting time to be seen."

The Perinatal Mental Health Group UHG

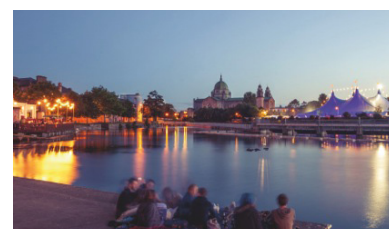
A new perinatal mental health group convened in UHG in December 2015. The multidisciplinary membership includes representation from: midwifery, obstetrics, psychiatry, psychology, general practice, community mental health care services, pharmacy, physiotherapy, medical social workers, teen parent service, bereavement officer, public health, practice nursing and a service user.

This Group's objective is to address the recommendations of the Irish Maternity Strategy 2016-2026 which aim to ensure that the mental health of women during and after pregnancy should be better supported. This will be done in three ways through:

- Awareness: Make information on perinatal mental health available to all health care professionals, women and their families.
- Screening: All health care professionals involved in antenatal and postnatal care, should be trained to

identify women at risk of developing or experiencing emotional or mental health difficulties, including an exacerbation of previous mental health issues, in the perinatal period.

- Support: Improve access to mental health and family supports to ensure appropriate care can be provided in a timely fashion. Additional support should be available for women who have experienced traumatic birth or the loss of a baby.



List of Support Services, Organisations and Useful Resources Galway



A new booklet with information on support services available in Galway which was developed by the group and funded by UHG will shortly be available.

This booklet will be a useful resource to patients.

The medical social work team ran a four week mindfulness course for women with mild to moderate anxiety and depression, which was positively evaluated.

A patient information leaflet is currently being devised in conjunction with the psychology department and a care pathway and a guideline for care are also currently being devised.

The Perinatal Mental Health Group is also promoting awareness through staff education and to date they have developed the following;

- A series of lectures for staff took place in May and will be repeated in October. These were well attended and evaluated by staff in the hospital and the community.
- Four midwives and a social worker from UHG have been funded to undertake a module in perinatal mental health in the University of Limerick.

Patient Advice and Liaison Service (PALS) continues to grow in GUH



PALS officers Geraldine Kilkelly, Olive Gallagher and Ellen Wiseman

The Patient Advice and Liaison Service in University Hospital Galway was established in 2014 and continues to grow and develop. This year to date, the PALS team has dealt with 362 enquires from service users or family members. This is a 22% increase in the number of enquires dealt with in the same time frame last year. While the team has dealt with 362 individual cases many of these have multiple interactions involved.

The PALS team are also involved in many proactive projects and committees with the purpose of improving patient experience across the hospital.

The work includes :

The Patient Experience Committee – one of the key projects this Committee plan to roll out is the #hellomyname campaign later this year.

The Health Literacy Committee is currently revising a new policy on the development of patient information leaflets. This includes the development of a new tool

in conjunction with NUI Galway to ensure information leaflets and letters reach a health literacy acceptable standard. Health literacy involves a person being able to understand basic health information whether they receive it in writing, in person or over the phone. It also involves a person having the knowledge to understand their options and make informed decisions about their own health. As part of this work, there have been four Plain English workshops this year to date with funding obtained through NMPDU for a further four which will take place later in the year.

The Butterfly Scheme, reaching out to people with dementia was launched in UHG in September and the PALS team are part of the steering group involved in bringing this scheme to GUH, the first acute hospital in Ireland to do so.

The Schwartz rounds continue at GUH and the PALS team are involved in the organisation and implementation of Schwartz rounds for compassionate

care across both sites. Five rounds have taken place to date and all have been extremely well attended and the participant feedback has been very positive.

The PALS team continue to be very involved in supporting and promoting the Group Patient Council. At this stage there are 15 committees across the Group with patient council representation. This allows the voice of the service user be represented at non clinical committees.

PALS are also involved in work at a national level within the acute hospitals division in relation to the development of a National Patient Experience Programme and also in relation to sharing the GUH PALS experience within the Quality Improvement Division nationally.

Dementia Awareness (from cover)

Dr Rónán O Caoimh, Consultant Geriatrician, Galway University Hospitals welcomed the scheme and said, "The Butterfly Scheme increases awareness and provides clear solutions to complement the goals of the Irish National Dementia Strategy launched in 2014, which states that all hospital staff involved in the care and treatment of people with dementia should be aware of their diagnosis and its impact. The scheme is already successful in the United Kingdom and Northern Ireland, and we at Galway University Hospitals are very proud to announce that we are the first hospital in the Republic to Ireland to launch the scheme".

Orla Sheil, Senior Occupational Therapist, Galway University Hospitals explains, "The insight for getting involved with the scheme came primarily from my experiences working on the ground in the Emergency Department with the Frail Elderly Assessment team where I felt that the lack of a system to help staff identify patients with dementia and cognitive impairment increased staff difficulties in meeting patients care needs. I researched what potential schemes were available to assist hospital staff in helping to deliver a better care response to patients with dementia and came across the Butterfly Scheme. Since contacting Barbara Hodkinson



(L-R) Carmel Geoghegan; Keith Finnegan, Galway Bay FM; Barbara Hodkinson, Founder of the Butterfly Scheme and Janet Britt, Butterfly Scheme.

in April, the enthusiasm and interest from the steering group committee in the hospital has carried the project forward to a very successful launch".

The Butterfly Scheme is much needed in light of the growing prevalence of dementia in Ireland and the findings of the first Irish National Audit of Dementia Care in Acute Hospitals in 2014 that highlighted the lack of standardised care for people with dementia in Irish hospitals.

Smoking Cessation

Tobacco use is the leading preventable cause of death and disease in the world. 1 in every 2 smokers will die from a tobacco related disease, and most smokers lose between 10 to 15 quality life years. This major cause of death, illness, chronic disability and inequality is preventable, yet accounts for 5,870 deaths in Ireland each year.

Galway University Hospitals provides a free and confidential Stop Smoking Service to all patients, staff and members of the public.

Since March 2016;

- 220 clients have been referred to the Stop Smoking Service.
- 154 clients have received intense smoking cessation support.
- 87 clients have set a quit date.

The programme is delivered by specialists who are experts in treating people with an addiction to tobacco. The programme provides advice and information on treatment options such as nicotine replacement therapy and the availability of behavioural support to help maintain a smoke free life. Everyone's journey to becoming smoke-free is different, so an initial individual assessment is carried out in consultation with each client and the level of support and treatment is then agreed upon. With the use of the Stop Smoking Service a person is four times more likely to quit smoking.

Colette Walsh, Smoking Cessation Advisor, Galway University Hospitals explains, "While many people have given up cigarettes 'cold turkey', using support services can double a person's chances of being successful. There are supports available and I would encourage everyone trying to quit to make contact with at least one of the support services – the advice is free and we know that getting support increases your chance of quitting.

"For one-on-one support services you can call the National Smokers Quitline on 1850 201 203 or you can call the local smoking cessation service at Galway University Hospitals.

"Whatever the reasons or motivation to quit smoking, it is a positive step and we want to support and encourage you with your goal and increase your chances of success".

The service can be accessed directly by ringing (091) 542103 or through your local health care providers.

Any time is a good time to quit. If you are one of the many who made the decision quit smoking and are perhaps struggling after two weeks, there are ways to improve your chances of success and being ready to make the change is key.



Colette Walsh Smoking Cessation Officer



Colette Walsh and Fionnuala Creighton Daffodil Centre UHG

Other supports available:

- Freephone 1800 201 203
- Freetext QUIT to 50100
- Get started on www.QUIT.ie
- Find local HSE QUIT support groups on QUIT.ie or by calling the QUIT team.
- Tweet the QUIT team @hseQUITteam
- Join our Facebook page www.facebook.com/HSEquit
- Share your QUIT Story on the QUIT Heroes App
- Talk to your GP or Pharmacist who may advise on using nicotine replacement therapy or other medications to help you make that quit attempt successful

Further information is available at <http://www.hse.ie/eng/health/az/Q/Quitting-smoking/Support.html>

End of Life Care

The End of Life Care Committee are preparing for the 6th annual Ecumenical Memorial Service in remembrance of the deceased patients of GUH. The service will take place on Thursday October 20th at 7pm in the staff canteen, Nurses Home, UHG. The service will be led by Fr. Daithi O' Murchu, Rev. Helen Freeburn, Imam Khalid Sallabi and Mr. Ray Gately, Hospital Chaplains. Music and singing will enhance the service and this will be provided by staff from various departments throughout GUH.

Funding for the service is raised through a coffee morning which has also become an annual event. This year's fundraiser was on 9th September and a total of

€1,322 was raised. The committee is deeply appreciative of the generosity of staff who support this event both by baking and buying and of course to Aramark Catering for their continuous support and sponsorship.

Anybody interested in learning more about the service or who would like to join the choir or help out on the day should contact:

- Sheila Gardiner, Clinical Placement Coordinator Bleep 984
- Adrienne Newell, Medical Social Worker Ext 4809
- Anne McKeown, Bereavement Liaison Officer Ext. 4823 or Bleep 615

Connacht Rugby squad join staff to launch Flu Vaccine Campaign at University Hospital Galway



(L-R) Dr Deirdre Sugrue, Consultant Occupational Physician, HSE West; Maurice Power, CEO, Saolta University Health Care Group; Dr Aine McNamara, Public Health Department, HSE West; Rory Parata, Connacht Rugby player; Teresa Canniffe, CNM 2, Occupational Health Department; Maeve Barry, CNM 2, Occupational Health Department; Jean Kelly, Interim Chief Director of Nursing & Midwifery, Saolta University Health Care Group; John Shaughnessy, Group Director of Human Resources, Saolta University Health Care Group, Sean O'Brien, Connacht Rugby player and John Cooney, Connacht Rugby player.

Members of the Connacht rugby squad joined staff from the Saolta University Health Care Group and HSE recently for the launch of the Group's flu vaccine campaign at University Hospital Galway. This year, the Saolta Group and the HSE are particularly requesting health care workers to get the vaccine to protect themselves, their families and their patients.

John Shaughnessy, Group Director of HR said "as we enter the flu season we are asking all our healthcare

workers to get the flu vaccine and protect themselves and their patients by helping prevent the spread of the flu. We will have clinics available at each hospital site and our working closely with our colleagues in the occupational health departments in each of our hospitals to ensure that we provide as many opportunities and locations as possible to allow staff avail of the vaccine".

Dr Aine McNamara, Consultant in Public Health Medicine with the HSE in the West added, "Every year flu vaccine is offered to health care workers to prevent the spread of

flu to vulnerable patients and to staff and this year our aim is to significantly increase the numbers of staff who avail of it. Influenza is a highly infectious acute respiratory illness caused by the influenza virus. Flu is responsible for between 200 and 500 deaths each year in Ireland. In a severe season it can cause up to 1000 deaths. It can cause serious complications such as pneumonia especially in those aged 65 and older, children under 4 years of age, those with long term medical conditions and pregnant women. The best way to prevent flu is to get the flu vaccine. Flu vaccine is a safe, effective way to help prevent flu infection, avoid hospitalisation and reduce flu related deaths and illnesses. Vaccination of healthcare workers has been shown to reduce flu-related deaths by 40%".

For further information on the flu vaccine please go to www.hse.ie/



(L-R) James Cooney, Connacht Rugby player getting his flu vaccine from Teresa Canniffe, CNM 2, Occupational Health Department with fellow teammates Sean O'Brien and Rory Parata.

The importance of getting the flu vaccine

Each year the HSE offers the influenza vaccine to all staff as a way to reduce the risk of staff contracting the flu virus and transmitting it to their patients.

The uptake varied by HSE staff category (2.1–62.5%), with the highest value reported among 'medical and dental' professionals and the lowest among 'other patient and client care staff'.

Why do we worry about influenza?

Influenza is most often a self-limiting illness with people recovering in 2-7 days. However, it can cause serious illness and death especially in the very young and in the elderly but also among those who were previously well. Pregnant women have also been found to be at increased risk of complications.

It is not possible to predict whether it will be a mild or severe season in any particular year; this is dependent on any changes to the circulating influenza virus, the severity of the illness caused by that subtype and on the number of susceptible people.

During the 2015/2016 influenza season:

- Overall influenza activity was more severe than during recent seasons.
- Sentinel GP influenza-like illness (ILI) consultation rates were higher than in the previous four seasons, peaking at 81 ILI cases per 100,000 population during week 4 (end of January) 2016.

- The predominant circulating influenza virus was influenza A(H1N1)pdm09 followed by influenza B.
- 1842 cases of influenza were hospitalised and 156 were admitted to ICU. These are the highest numbers reported since influenza surveillance began in 2000. The highest admission rates were amongst children under the age of five years and adults aged 65 years and over.
- The number of deaths in notified influenza cases was higher than previous seasons. 75 deaths were reported. These deaths occurred in both community and hospital settings.
- 36 influenza outbreaks were reported, over two thirds of which were in community residential care facilities and one fifth were in acute hospitals.

Locally

- 412 cases of Influenza were notified to the Department of Public Health, HSE West with 216 (52%) requiring hospitalisation of whom 94 were children under 15
- There were five outbreaks with 50 people ill
 - Residential Institution (Total Sick: 12)
 - Community Hospital/ Long Stay Unit (Total Sick: 4)
 - Hospital (Total Sick: 19 (of which 14 staff)
 - 2 Private Homes (Total Sick: 5)
- Three deaths were reported as being due to influenza

Why is the flu vaccine important for healthcare staff?

Protecting yourself

Healthcare workers are at increased risk of flu infection compared to the general population. Studies have estimated that up to one in four healthcare workers are infected with influenza every year – a much higher incidence than other working adults.

Protecting your patients

During hospitalisation, patients in general are more likely to acquire influenza if exposed to infected patients or healthcare workers.

The elderly and those with long term medical conditions respond less well to the flu vaccine. Therefore, when in hospitals or long term care facilities they depend on the immunity of those who care for them to keep them safe.

Healthcare workers may transmit influenza to patients – there are reports of flu outbreaks in healthcare settings where unvaccinated healthcare staff are likely to have infected patients and facilitated the spread of the disease.

Protecting your family

As healthcare workers are at increased risk of becoming infected with influenza they may also choose to get the flu vaccine to try and protect their own family members such as young children or those who may fall into at-risk groups (e.g. a family member undergoing chemotherapy).

Is the vaccine effective?

You need to get the flu vaccine every year because the flu viruses are constantly changing and immunity from flu vaccination declines over time. When the vaccine closely matches the circulating strain it is 40-90% effective.

Although the vaccine is less effective in preventing clinical flu illness in those over 65 years of age, it is effective in preventing hospitalisations and deaths.

Is the vaccine safe?

Seasonal influenza vaccines have been manufactured for over 60 years with millions of doses given worldwide. The vaccine most commonly used in Ireland is an inactivated vaccine i.e. it does not contain any live virus (and therefore cannot give you the flu). The present vaccine does not contain any adjuvants or thiomersal.

The most common side effects from flu vaccination are redness, swelling, pain and bruising at the injection site. People may also get headache, fever, muscle and joint pain – the frequency of these symptoms has been reported in studies to be similar to those who received a placebo vaccine. These reactions usually disappear within 1-2 days.

Why do some staff decline the vaccine?

There are a number of reasons for why healthcare workers refuse the vaccine. Various studies here in Ireland and abroad have found similar results.

Some people do not consider themselves to be at risk of getting the flu or that their immune systems will protect them, but

- Healthcare workers are at increased risk because of their occupation
- Even healthy people can get seriously ill from flu
- While hand hygiene is essential in healthcare settings it alone will not prevent flu

Others feel that because they have a good diet or take vitamins or supplements they don't need the vaccine

- However while a good diet is important it will not prevent you getting influenza

How do I get the flu vaccine?

The flu vaccine is available free of charge from your occupational health service. This year to increase accessibility to the vaccine – a number of nurses have trained as peer vaccinators. They will be providing flu vaccine on their units/wards as required. We will be shortly circulating a list of flu vaccine clinics to all our staff.

World Physio Day



Physiotherapists Niamh O'Malley and Eoghan O'Regan mark World Physiotherapy Day at UHG with John Lennon

Saolta University Health Care Group Patient Council

It is now almost 18 months since the establishment of the Saolta University Health Care Group Patient Council and members continue to be involved in projects across the Group. The Saolta Patient Council held its first meeting in March 2015 and aims to meet at least five times per year. The initial meetings were focused on agreeing priorities and identifying how best to have an impact on raising the profile of the patient voice so as to improve the care experience for patients, families and their caregivers. The primary purpose of the Patient Council is to develop a partnership between the patient Council and the Saolta University Hospital Group so as to better identify and incorporate the patient's perspective in the delivery and planning of care and services.

The Council has met five times to date this year and one meeting was held at Sligo University Hospital. Council members are now active participants across a range of non-clinical hospital committees in Galway University Hospital; Portlinculla University Hospital; Sligo University Hospital and Letterkenny University Hospital. These committees include; Capital Projects; Healthy Ireland Implementation, Nutrition & Hydration; Patient Experience; Hygiene; Health Literacy; End of Life and Visiting Hours. Through participation on these committees the patient voice is being considered and they are excellent examples of collaboration between hospital staff and patient representatives. Central to

this collaboration is that both parties are working together with the primary aim of doing what is best for the patient and their families.

In June this year, the Patient Council participated in a regional focus group under the programme established between the Department of Health; the Health Information and Equality Authority and the Health Service Executive to assist in the design and development of a National Patient Experience Survey. Additionally, a member of the Saolta Patient Council has been nominated to sit on the National Patient Experience Advisory Group.

The Council works very closely with the PALs service at Galway University Hospital and has recently committed to supporting the 'Hello, my name is' campaign. At its recent meeting, the Council has reviewed its progress to date and is planning to identify key priorities for the coming year.



Neil Johnson, Chief Executive Croí the West of Ireland Cardiac Foundation and Chairman of the Saolta Group Patient Council



Roscommon University Hospital

(L to R) Senator Frank Feighan, Maurice Power CEO Saolta, John Killeen Chairman of Saolta Board, Mr Liam McMullin Consultant Surgeon RUH, Elaine Prendergast General Manager RUH, Ursula Morgan DoN RUH, Minister for Health Simon Harris TD.

Minister for Health opens New Endoscopy Unit at Roscommon University Hospital

The new Endoscopy Unit at Roscommon University Hospital (RUH) was officially opened on Wednesday, September 7th by Mr Simon Harris TD, Minister for Health. The new unit which opened its doors on June 1st last, is a modern, patient-centred facility with two procedure rooms, a first stage and second stage recovery room and a reception area. Built at a cost of €5.5m, the purpose built unit will increase the capacity of the hospital from currently providing 15 procedures per day to 30 procedures per day or 6,000 procedure per year when fully operational. There are currently 19 staff working in the unit, which will serve a large catchment area covering most of the west of Ireland.

The development of the new Endoscopy Unit is a key element to the progression of Roscommon University Hospital. The unit is accredited by the Joint Advisory Group on Gastrointestinal Endoscopy (JAG) and is an approved centre for Bowel Screening under the governance of the National Screening Service – Bowel Screening Programme. The new unit will have enhanced capacity for both symptomatic and screening patients and this will impact significantly on the early diagnosis and treatment of colorectal cancer.



Endoscopy staff and Minister for Health Simon Harris TD

Elaine Prendergast, General Manager, said, 'My colleagues and I very much welcome the development of the new endoscopy facilities in Roscommon University Hospital. The new unit is a purpose-built facility and meets all the international standards required for such a unit (JAG). This is a formal recognition that the unit has demonstrated its competence to deliver the standard of care required by international standards.'



Staff of Endoscopy Unit with Minister for Health Simon Harris TD.

Consultant Surgeon Mr Liam McMullin said, "I am delighted with the development of the new endoscopy unit. This will allow Roscommon University Hospital to deliver the latest high quality endoscopy procedures in a modern structured patient centred building. It will improve the delivery of care to patients and allow us to work towards delivering colorectal cancer screening services at a local and wider level.



Elaine Prendergast GM, Maurice Power CEO, Ursula Morgan Director of Nursing, Minister Simon Harris and Mr Mohamed Eldin Consultant Surgeon RUH



Maurice Power CEO Saolta, Denis Naughten TD Minister for Communications, Climate Change and Natural Resources, Minister for Health Simon Harris TD, Ursula Morgan Director of Nursing RUH, John Killeen Saolta Board.



In Other News

The attendees at the Strength In Numbers Conference

Strength In Numbers Conference: Teaming up to improve the health of young adults with type 1 diabetes

The Strength in Numbers (#T1DSINs2016) international symposium, funded by a Health Research Board (HRB) Knowledge Exchange and Dissemination Scheme (KEDS) award, took place in NUI Galway in late June. This event, led by Prof Sean Dinneen, brought together stakeholders in young adult type 1 diabetes management to reach a consensus on how best to move practice and research forward in this area to improve engagement, self management and ultimately outcomes for young adults living with type 1 diabetes. Bringing together such an expert group of speakers and such an impressive number of delegates was a significant achievement. Lisa Hynes, Postdoctoral researcher, Health Behaviour Change Research Group, NUI Galway and Mary Clare O'Hara, Project Manager, Galway University Hospitals and NUI Galway led on organising and hosting the 3-day event.

In recent years it has been acknowledged that young adults with type 1 diabetes should be recognised as a different group, with different needs, facing different challenges, compared to younger and older people living with the condition. A growing amount of research shows that living with type 1 diabetes as a young adult is associated with more diabetes-related problems as well as poorer wellbeing. Many diabetes clinics around the world and diabetes research teams have begun to focus



Some of the attendees at the Conference in NUI Galway

on young adults, to gain a better understanding of what is and is not working for them and how to better support them to live well.

The study group based across NUI Galway and Galway University Hospitals campuses began a research study in 2014 in response to the problems highlighted by the local diabetes team after conducting an audit of young adults between 18-25 year olds attending the service. In brief, the audit reported poor glycaemic control, poor clinic attendance, frequent Emergency Department attendance in some young adults and one death.

The research team was awarded a Health Research Award by the HRB to establish an evidence base for developing a new intervention for young adults living with diabetes. The aim of the study was to gain a real appreciation of what it is like for young adults to live with type 1 diabetes and how their needs could be better met by diabetes clinics.

There were four components to the research:

1. A systematic review of all interventions aimed at improving clinical, behavioural and psycho-social outcomes for young adults with type 1 diabetes. The key objectives were to identify components of interventions and to measure the effectiveness of these interventions on young adult outcomes.
2. A qualitative engagement study with key stakeholders to understand the factors that influence diabetes self-management and how services and support could be improved. This involved focus groups with young adults with type 1 diabetes, and interviews with parents of young adults with type 1 diabetes and healthcare providers, in Galway, Dublin and Belfast.
3. A Discrete Choice Experiment was conducted to explore preferences related to diabetes clinic features such as how frequently would young adults prefer appointments to be scheduled and how long are they prepared to wait to be seen.
4. Throughout this work, a core activity has been the formation a Young Adult Panel (YAP), consisting of 8 young people aged between 18 and 25 who are living with type 1 diabetes. YAP members were recruited following an open consultation evening held in Jigsaw Galway, (a community-based youth mental health service committed to youth engagement), to work as co-researchers with the study team. We are very proud of our achievements when it comes to meaningful teamwork between young adults, researchers and diabetes service providers. The YAP has made significant contributions to all aspects of the development study, in particular developing the qualitative interview topic guides, the participant invitation letters, consent forms and information sheets and to disseminating study findings' by submitting scientific abstracts to national conferences, being invited speakers at 2 national conferences, being interviewed for local newspapers and radio and by entering national science competitions. The YAP members were part of the organisation committee for our international symposium in June 2016.



Prof Sean Dinneen addresses the conference

Non Invasive Ventilation Study at Portiuncula University Hospital



Aoife Folliard, CNS Respiratory and Ciara Dolan, Senior Physiotherapist in Respiratory Care who organised the first Non-Invasive Ventilation Study Day in Portiuncula University Hospital.

Developments in Critical Care Services at Portiuncula University Hospital

The Critical Care Services at Portiuncula University Hospital has continued to expand over the last 12-18 months with the very valuable addition of Dr Vinod Sudhir as Intensivist.

The Department has commenced the use of high flow oxygen therapy successfully for type 1 respiratory failure patients by the use of the Airvo machine throughout the hospital including paediatrics.

Paediatric Critical Care was identified as a training need and a successful in-house study day was delivered in January

2016 and May 2016. Over 20 staff were captured from ED, St Thereses ward (paediatric ward), ICU and NCHDs.

Our cardioversion service which was established early 2015, has been extended to 2 planned cases every second Wednesday. Great progress has been made to reduce the numbers of patients waiting for the service. The numbers requiring cardioversion are constantly growing however no patient is now waiting longer than six months.

Group Health and Wellbeing Training Course



Staff from across the group who completed the stress control training with Dr. Jim Whyte, Consultant Psychologist.

Staff from the Saolta Group recently completed a stress control training course. Stress control is a six session class that teaches staff to become their own therapist.

The stress control programme will be available to all

staff, their families and all service users across the group before the year's end. Staff will be provided with details via the eservices email alert or on the Group website at www.saolta.ie

Prevention and Management of Stress in the Workplace.

Under the Safety, Health and Welfare at Work Act 2005 we have a duty of care and must do what is 'reasonably practicable' to provide a safe working environment for all our employees.

This means providing a workplace free from both physical and psychosocial injury.

The purpose of the Policy on the Prevention and Management of Stress in the Workplace is to give guidance to the HSE, our managers and employees on how to **prevent, identify and manage** stress in the workplace with a **focus on risk assessment and hazard identification**.

The responsibilities of both employer and employees are outlined in this Policy.

The HSA recommends the Management Standards/ Work Positive as the audit tool of choice for assessing the risk of workplace stress. The Management Standards define the characteristics, or culture, of an organisation where the risks from work related stress are being effectively managed and controlled. The Management Standards cover six key areas of work design that, if not properly managed, are associated with poor health and well-being, lower productivity and increased sickness absence. In other words, the six Management Standards cover the **six key sources of potential stress in the workplace**.

These are:

1. Demands
2. Control
3. Support
4. Relationships
5. Role
6. Change.

The Management Standards (carried out in survey or structured dialogue format to help decide upon practical improvements) represent a set of conditions that, if present, reflect a high level of health, well-being and organisational performance.

While stress may result from different aspects of life, the main focus of this policy is on work-related stress.

The aim is that managers will work with employees to implement the Management Standards with a view to continually improving the way pressures in their workplace that can result in work related stress are managed.

The overall aim is to improve employee wellbeing and service delivery. This has the added benefit of reducing employees who go on sick leave or who cannot perform well because of stress.

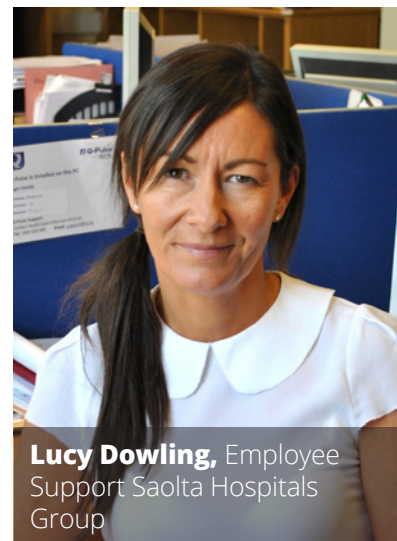
The tools for managers to meet their responsibility include:

1. A 'checklist' for use in conducting risk assessments with a summary of the Management Standards.
2. A 'guidance note' for managers which summarises and explains what is required of them in respect of workplace risk assessment for individual staff and groups of staff.
3. A 'flow chart' gives guidance to managers regarding action to take when staff member reports stress.

Supports staff can access:

- (a) Staffcare 24/7 Counselling Service: 1800 409388
- (b) Employee and Manager Support: Lucy Dowling (091) 893358
- (c) Occupational Health.

Managers who require further information on carrying out the risk assessment should contact Nodlaig Carroll at (071) 917 4721 or 087 2109247, or Lucy Dowling in Employee Support.



Lucy Dowling, Employee Support Saolta Hospitals Group

Contract signed at Letterkenny University Hospital for the redevelopment of the Coronary Care Unit and the Haematology/Oncology Ward



Pictured at the contract signing at LUH were Sean Murphy General Manager LUH, Jim Curran HSE Estates with representatives from Boyle Construction.

The contract has been signed at Letterkenny University Hospital for the redevelopment of the Coronary Care Unit and the Haematology / Oncology Ward

The contract was signed by Jim Curran, National Director HSE Estates, Contractors and Seán Murphy on behalf of Saolta University Health Care Group and Letterkenny University Hospital. The project will be completed by March 2017 and the work will be carried out by Donegal based Boyle Construction.

Commenting at the contract signing Seán Murphy, General Manager, Letterkenny University Hospital said, "This contract signing is an important step in the on-going development at LUH. The new Coronary Care project will do considerably more than simply replace the ward capacity lost in 2013. The new unit will have enhanced facilities, including isolation and single room accommodation and an overall increased footprint in line with current critical care standards. The project reflects the on-going development of cardiology services at LUH which includes the recent appointment of an additional Consultant Cardiologist who will contribute to the delivery of the pPCI service from Altnagelvin. This service, which began in May this year, will treat approximately 50-60 Donegal patients each year who suffer a suspected ST-Elevation Myocardial infarction (heart attack).

Commenting on the Haematology/Oncology ward development, Sean Murphy said, "This ward development will provide enhanced facilities for patients, including an increased number of isolation rooms. This is essential to support infection control measures and is particularly important for patients receiving cancer treatment whose immune systems may be compromised".

At the contract signing, Sean Murphy, General Manager of the hospital also provided an update on the on-going progress of the hospital's overall rebuild project. Significant developments have and continue to take place at the hospital over the last 18 months following the extensive damage caused by flooding there in July 2013.

Outlining the scale of the work that has been undertaken at the hospital since July 2013 he noted, "We have redeveloped the ED/ Acute Medical Assessment Unit, the Pharmacy Department, the Pulmonary Laboratory, the Chapels, the Catering and Dining facilities, the Pathology Laboratory and the interim in-patient Physiotherapy and OT facility. We have Ireland's first fully integrated Blood Sciences Laboratory. Work is expected to begin in early 2017 on the new Radiology Department with further projects including the Mortuary, Changing Rooms and Stores, the Physiotherapy and Occupational Therapy Departments and the Outpatient Department to be progressed in the future".

Health Study on Irish Farmers indicates a high prevalence of respiratory symptoms and lung function abnormalities

The Irish Farmers Lung Health Study, undertaken by Investigators from Galway University Hospital / Saolta University Health Care Group, was published recently in Respiratory Medicine. The study was prompted by the high prevalence of respiratory problems in farmers in other countries and by recent reports of increasing mortality rates within the Irish farming community.

Professor Anthony O'Regan, Consultant Respiratory Physician, University Hospital Galway explains, "the aim of this cross-sectional study was to determine the prevalence of respiratory disease amongst Irish farmers. The study took place at the 2013 Ploughing Championship where over 400 farmers agreed to complete an investigator delivered questionnaire and undergo lung function testing. Remarkably almost two-thirds reported one or more chronic respiratory symptoms. Most were non-smokers (91%) yet 13% had a pre-existing diagnosis of obstructive lung disease and 12% demonstrated abnormal lung function. Unlike non-farming populations obstruction on lung function testing was not associated with smoking but rather appeared to occur in those patients with symptoms or a prior diagnosis of asthma or hay-fever".

Farmers lung, previously felt to be common in Ireland, was reported by less than 1%. No definite occupational



Professor Anthony O'Regan, Consultant Respiratory Physician; Noreen Donohue, Clinical Nurse Specialist; Tara Cahill, Senior Physiotherapist; Donna Langan, Clinical Nurse Specialist; Olivia Healy, Chief Respiratory Physiologist; Fiona Keegan, Respiratory Physiologist and Eimear Nic Dhonncha, Physiotherapist.

exposure explained the presence of respiratory symptoms or abnormal lung function but further studies would be required to better define any associations. The investigators also found that 89% of farming participants were overweight, with average BMI of 29 kg/m². This is the first study ever taken that assessed farmers lung health in Ireland and demonstrated a previously under recognized high prevalence of respiratory symptoms and lung function abnormalities in this population.

The savage loves his native shore GIAF exhibition

Galway University Hospitals Arts Trust celebrated three years of its dialysis art programme at Merlin Park University Hospital in a special partnership with NUI Galway for Galway International Arts Festival 2016. Since it was introduced in 2012, a prevalent source of inspiration for participants' creative projects has been the West of Ireland and the exhibition takes this theme across two venues. Complementing artwork in the UHG Arts Corridor, The savage loves his native shore finds a fitting home at the National University of Ireland, Galway, to highlight the knowledge held by a hospital community that values its heritage. Items from the collections of the James Hardiman Library and the National Museum of Ireland, Country Life are exhibited alongside the work of participants. As well as familiar landscapes, the exhibition includes creative projects that explore self-sufficiency and changes in farming practice, and the arts of fly-tying and stick-dressing.

The dialysis arts programme was introduced to enhance the patient experience of dialysis in 2012 with the support of an Arts Council Arts Participation Project Award. In this project phase the participants published

a book, exhibited at Galway Arts Centre and redesigned their waiting room. Since then the programme has continued with support from the Irish Kidney Association, Galway University Hospitals, Saolta, and the Unit 7 Patient Comfort Fund. Those participating find a more positive, productive use of their time, engaged in a way that distracts from worries and "makes the time fly". One participant recently reflected on this by saying, "I think my brush takes me for a walk".

Speaking at the launch of the participants' publication *The Magician and the Swallow's Tale*, Nephrologist Dr. David Lappin described the arts programme as "humanizing the environment, providing another level for on which medical professionals can engage with patients".

This theme of human connections was obvious in the show, and clearly demonstrated in Staff Nurse Jacinta Reade's decouped hayfork as part of an installation for Dan Brennan, a farmer from Creggs. The success of the arts programme owes much to a supportive nursing team. Clinical Nurse Manager, Maria Geraghty stated:



Some of the attendees at the Exhibition launch

It has opened a whole new world for some patients. They now arrive with an eagerness to paint instead of dreading going on dialysis for 3-4 hours. Those who do not paint enjoy seeing the results of those who do. It has given everyone something different to talk about and brought out a very creative, artistic side to patients and staff alike. Rather than just discussing their health issues, patients and staff are now discussing how their art projects are coming together - a welcome distraction from the day-to-day routine of the dialysis unit, which is so important for mental and emotional wellbeing.

The inaugural exhibition at the Institute for Lifecourse and Society was officially opened by Galway City Arts Officer James Harrold. The ILAS brought together work in relation to targeted populations, such as persons with disabilities, older persons, children and families – providing an appropriate backdrop for an exhibition of work from an arts programme whose benefits were described by family as having a 'ripple effect'.

As a continuation of the person-centred approach to art workshops, the afternoon for family and friends has been organised in response to participants' interests, with a thatching demonstration for all those fond of a little Irish cottage and a traditional butter-making demonstration to accompany one participant's hand-bound book recalling self-sufficiency on the farm.

The exhibition paid tribute to participants who sadly passed away before the exhibition but whose creations in life provided an important focus on what was still possible and have now become unique legacies for their families. A series of flower paintings by Maureen Burke was recreated as a range of accessories in fond memory

of the former fashion buyer at Anthony Ryans of Galway. John Jack Murphy was remembered in a 'pop up shop' including his Birds of Ireland walking stick collection, a book he created with the project artist to accompany them, as well as a book he previously wrote about his experiences in the film *The Quiet Man*.



Another book on display presented some of the best fly patterns to land a brown trout on Lough Corrib, created by the late Aidan Garvey when he accessed the arts programme in 2013. Though forced to give up sailing on his boat, the 1000th kidney transplant patient in Ireland was able to focus on aspects of his great passion that he excelled in. As the artist photographed his fly patterns he was able to appreciate his consummate craftsmanship as never before on a laptop, and their extended dialogue formed the text in the book, interweaving technical tips with reminiscence about local customs and licensing campaigns.

Head in the Hedgerow', Roscommon University Hospital's inaugural art exhibition

'Head in the Hedgerow' by artist Hugh Barr opened at Roscommon University Hospital on Tuesday August 9th and continued throughout the month. The exhibition featured a series of paintings showing the diversity of plants and flowers found within the hedgerow.

Hugh Barr's paintings are inspired by the nature surrounding him, the small things that make up the bigger picture. Hugh states; "I began to see the plants and signs of animals. I noticed the seasonal changes and even saw how the plants reacted to the daily effects of weather and light. I always considered that I had been aware of these things before, but now I was taking a closer look. This enabled me to understand the diversity of life that is sustained by the hedgerows and the important role that they play within the countryside."

Margaret Flannery, Arts Director said, "Galway University Hospitals Arts Trust is delighted to select a County Roscommon based artist for the first art exhibition at Roscommon University Hospital. Taking his inspiration from daily walks with his dogs, artist Hugh Barr portrays the local flora and our native hedgerows."



Pamela Normoyle, Health and Wellbeing Roscommon stated, "Head in the Hedgerow is the first arts and health initiative at RUH. The arts enhance the environment and wellbeing for staff, patients and visitors at our hospitals. We look forward to setting up an Arts Committee in the coming months and organizing a programme of arts events."

HRB It's OK to Ask campaign

As part of the 'It's OK to Ask' campaign, the Health Research Board (HRB) Clinical Research Facility Galway (CRFG) opened its doors and welcomed the public on September 1st. The event included short, accessible talks about specific clinical trials, a self-guided CRFG tour, and ten thematic exhibitions highlighting areas of research and ongoing clinical studies. Consultants and CRFG staff were on hand to answer questions and describe their work. Short expert talks were delivered by Professor John J Carey, Professor Dr. Andrew Murphy, and Professor Frank Barry.

Launched in May, 'It's OK to Ask' is an on-going public awareness initiative that aims to encourage patients, carers, and the public to ask healthcare professionals if there is a clinical trial study they might be suitable for. Through the 'It's OK to ask' campaign, periodic exhibitions in the UHG foyer, themed social media blitzes, and public events are planned.



Pictured are Professor Dr. Andrew Murphy and Professor Martin O'Donnell

Radiology Department at Portiuncula University Hospital Ballinasloe shortlisted for the 2016 MEDRAY Award

The Radiology Department at Portiuncula University Hospital Ballinasloe was recently shortlisted for the 2016 MEDRAY Award. The Irish Institute of Radiography and Radiation Therapy (IIRRT) once again have teamed up with MEDRAY Imaging Systems to the MEDRAY Award to a Radiographer / Radiation Therapist / Radiology Department who deals with many difficult and challenging tasks while in practice. There are occasions where staff go above and beyond the call of duty to ensure that their patients and clients receive the utmost of special care and attention and the MEDRAY award acknowledges this.

Three Radiology Departments have been shortlisted for the award and Portiuncula University Hospital was the only hospital outside of two of the main teaching hospitals in Dublin (Connolly Hospital and the Mater Hospital) to be shortlisted.

Resulting in patient recognition/nomination, the Radiology Department at Portiuncula University Hospital was considered for inspection by Irish Institute of Radiography and Radiation and following on from a detailed inspection, department visit and patient interviews, the Radiology Department was shortlisted.

The winner will be decided by combining the results of a public vote (30%) and site visit (70%). The winners will be announced at an awards ceremony in October at the annual IIRRT conference.

World Sepsis Day is marked across the Saolta Group



World Sepsis Day (WSD) saw initiatives in all hospitals across the Saolta University Health Care Group to promote sepsis awareness amongst hospital staff, patients, relatives and members of the public.

WSD was marked this year across all hospitals in the Saolta Group and the improvements made in sepsis identification and treatment throughout the hospitals were highlighted for patients and staff.

Promotional materials available included patient information leaflets, presentation of local audit reports and displays of sepsis management pathways for hospital staff.

Hospital staff involved in promoting Sepsis Awareness Day across the group included the Early Warning Score and Sepsis Implementation Group, Infection Prevention and Control, Pharmacy, Emergency Department, Department of Anaesthesia and the Laboratory.

Saolta launches first Staff Health and Wellbeing Training Plan



Staff from the National Health and Wellbeing Division, with HSE National Health and Wellbeing Director, Dr. Stephanie O'Keefe and Saolta Group Health and Wellbeing Lead, Greg Conlon.

As part of the delivery of the Saolta Healthy Ireland Implementation Plan 2015-2017, the Saolta Group has developed a new resource to support the health and wellbeing of staff and patients and build capacity to implement health and wellbeing activity.

It is hoped that the Saolta Health and Wellbeing Training Plan will contribute to the three goals of the national Healthy Ireland Implementation Plan of improving staff health and wellbeing, reducing the burden of chronic disease and reforming the health services.

The plan offers a wide range of staff supports for physical and mental health. It provides many health and wellbeing training opportunities for staff within the hospital group and in the community. The plan also lists a range of health and wellbeing services available for our patients. This section in particular will be helpful to staff in identifying health and wellbeing supports for our patients.

The plan is available to view and download at www.saolta.ie

Mayo University Hospital Nutrition Roadshow

The Nutrition Steering Committee at Mayo University Hospital recently held an all-day event promoting good nutrition across the hospital, including staff and patients.

The morning event, held in the hospital foyer focused on healthy lifestyles. This included information and discussion on staff taking the time to have lunch together, hydration, the promotion of healthy meetings and Fit4 Work programmes. This was presented by the Dietetics and Physiotherapy Departments with support from nursing staff and was extremely well attended by both staff and visitors.

The afternoon event focused on the provision of optimal nutrition for all patients whether oral, enteral or parenteral. This event showcased the multi-disciplinary team approach to nutrition and the projects currently underway in the hospital. These include the development of the nutrition steering committee, nutritional screening and policy development. More importantly it celebrated the whole hospital interest in changing and improving practises in relation to nutrition and its provision.

The event included stands from the catering department, speech and language, nurse practise development, pharmacy and dietetics. Representatives from enteral and parenteral nutrition supplies and feeding devices companies were also in attendance.

The interest and support in this topic was reflected in the large numbers of the multi-disciplinary team who attended. This Roadshow will be used as a springboard for many other nutrition related initiatives to come and will lead to better nutrition for all staff and patients and ultimately better outcomes for patients.



(L to R) Ronagh Buke, Nursing, Aileen Shaw, Physiotherapy, Eibhlin Walsh, & Celene Sands, Dietetics, Ewa Ostapczuk, Jill Leary Student Dietitians



(L to R) Rebecca (Nutricia) Colette Murray, Nursing, Loretta Bracken, (Catering) Emer Mulvihill (Nursing)



Eibhlin Walsh & Marie Fraser, Dietetics



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