



Establishing Cross Programme Frailty Pathway for Older People

Daily multidisciplinary team meeting in progress in the Specialist Gerontology Ward

Sligo University Hospital (SUH) and Community Health Care Organisation (CHO) Area 1 have developed a joint frailty pathway for older people attending the hospital and in the community.

SUH and CHO1 faced significant challenges including inadequate bed capacity and a 26% increase in patients on trolleys during 2015. The patient demographic is older with 14.5% of patients aged 65 and older compared to 11% of patients nationally. This project set out to improve the experience of care for frail older patients by developing an integrated frailty pathway by increasing patient satisfaction, decreasing length of stay for those over 70 with no increase in readmission rate and no increase in adverse events such as falls.

These aims were addressed by establishing a frailty pathway with a particular focus on integration between community and acute services.

This was achieved through a cohesive approach to care via the multi-disciplinary team and the establishment of

a Specialist Gerontology Ward (SGW). A patient centred questionnaire was also developed. The average length of stay for this group of patients reduced from 12.6 days to 9.73 days, a decrease of 22% with no increase in readmission rates or adverse events.

Based on results over a six month period, bed days saved is expected to yield 3000 bed days per year. This would equate to an overall saving of over €3.1m per year to the health services.

Placing the patient at the centre of the project has been key. Patient satisfaction levels increased from 67% to 79.6% after initial three months.

Getting the service right for people living with frailty is crucial for hospitals and community partners. They are our most vulnerable group of patients, for whom a prolonged hospital stay can cause most harm. Before this project, the service to our frail older patients was well meaning but needed reorganisation.

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NEXT ISSUE SPRING 2017

The next feature Hospital: Mayo University Hospital

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

Welcome to the last edition of 2016 of the Saolta University Health Care Group newsletter.

In this month's issue, we feature Sligo University Hospital and highlight some of the developments taking place there, including the new cross programme frailty pathway for older people which has been established in conjunction with community services in Sligo, and we look at the work of the Public Health Laboratory at Sligo University Hospital. There is also an update on the progress of the flu vaccination campaign in this edition and a feature on the continuing professional development available for Health and Social Care Professions

There are lots of developments and new projects underway in all our hospitals and we would encourage you to take the time to read about them and learn some more the work of your colleagues across the Group.

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

Finally, we would like to thank all our contributors for all their hard work and support throughout 2016 and we wish you all a Happy Christmas and every good wish for 2017.

Saolta Newsletter Team

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Top Tweets for October



Top Tweets for December



Top Tweets for November



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Chief Executive Officer

Dear Colleagues

Welcome to the Christmas edition of our newsletter. As we approach the end of 2016, it's important to focus on all we have achieved across the Saolta Group and, on behalf of the Executive Team, to sincerely thank everyone for their teamwork and dedication. While it has been a very challenging year with budget, recruitment and service challenges, it is important to reflect on our many achievements which are set out in more detail throughout this newsletter.

Service Pressures

As in previous years, we have seen a continuous growth in patient activity particularly in our ED attendances and day cases. Throughout the year, the Group has experienced significant pressure on all sites. Work continues internally to manage patient flow and with the GPs and community to support hospital avoidance measures and early discharge. Additional bed capacity is growing across the Group with the development, on the UHG site, of the Acute Medical Unit short stay beds, as well as the imminent opening of the 75 bed ward block. In total, 59 planned escalation beds opened across the Group in 2016. A Process Improvement Programme is also underway on the UHG site to assist us in optimizing the use of our existing resources. We are working on an internal plan to deal with the waiting list targets in 2017.

Demand for cancer services continues to grow but we have again produced very positive results in terms of meeting the key performance indicators during the year.

Capital Developments:

Capital developments over the last year have seen the opening of the endoscopy unit on the Roscommon site, the expansion of the existing endoscopy unit in Castlebar as well as further progress in the redevelopment of the Letterkenny site as part of the flood rebuild programme. A nationally funded programme of equipment replacement across all sites was completed through a funding stream of €4 million in 2016. I look forward to proceeding next year with multiple projects across the hospital group that will provide additional capacity.

Service Developments:

There have been several important service developments initiated in 2016. For example, in conjunction with our Northern partners, the Western Health and Social Care Trust, new Radiotherapy and emergency PCI services have commenced in Altnagelvin Hospital Derry this year, which will greatly benefit our patients who are resident in the North West.



Maurice Power, CEO

The provision of high quality clinical training is a priority for Saolta as is evidenced by the development of the Simulation Centre in UHG as well as the development of Medical Academies with our academic partner, NUI Galway on the LUH, SUH, MUH and PUH sites.

It is important to note the many contributions our staff make in the improvement and development of patient services, such as;

- The staff of Sligo University Hospital who, in conjunction with their colleagues in Community Health Organization Area 1, won the Overall Best Project award at the 2016 National Health Service Excellence Awards, for their Ophthalmology Service Improvement Project which will deliver an improved model of care for patients.
- The Radiology Department at Portlincula University Hospital who won the 2016 the Irish Institute of Radiography and Radiation Therapy / MEDRAY Award for Radiography Department of the Year.
- The HSCP Ignite Session, which took place in Galway this November at Grand Rounds, involved six talks of eight minutes, showcasing some of the service delivery and innovation being carried out by HSCPs in Galway.
- The Sligo Research and Education Foundation, funded in part by staff members in SUH, who hosted its 17th Annual Research Conference November this year with keynote talks by invited speakers and presentations of research conducted in the region.

- The Atlantic Diabetes in Pregnancy (DIP) Research Group at Saolta University Health Care Group who won two awards at the 2016 Irish Medical Times Healthcare Awards 2016 for Best Sustainable Healthcare project and the over-all award 'An Dhuas Mhór' for their Pregnancy Care Programme for Women with Diabetes.
- Staff at Mayo University Hospital, who recently hosted the third Quality and Patient Safety Symposium, with multidisciplinary delegates from across the health service.

The Group is deeply aware of the importance of putting the patient at the centre of everything we do. I am proud to note the important role that the Patient Council plays across the Group in representing the voice of the patient, for example by participating in the HIQA National Patient Experience Programme. The successful introduction of Schwartz Rounds, led by group Director of Nursing and Midwifery Jean Kelly, has served as a reminder, to all, of the importance of team communication when caring for our patients. The role of patient advice and liaison officers (PALS) in GUH has proven invaluable in supporting our patients and I look forward to rolling this initiative out to other hospitals in the Group in 2017.

Looking ahead to 2017

The 2016 employee survey was recently completed and we are currently preparing a comprehensive report for all our staff that will set out your feedback as a Saolta employee. I again want to thank all our employees who took the time to contribute to the survey.

The terms of office of our non-executive Board members came to an end in October this year and I would again like to acknowledge the tremendous guidance and support they have contributed to the Saolta Hospital Group for the last three years. I now look forward to the appointment of a new Chair and non-executive Board members.

In our drive to ensure safe, sustainable services for our patients across the Group, Saolta plan to move to a group wide clinically driven governance structures. We have launched a programme for service improvement, with an enhanced integrated governance structure across the Saolta group combined with a clinical strategy where each Speciality will develop a group-wide five year clinical strategy by end of Q1 2017. These initiatives are critical to the overall Hospital Group Integration plan. Many of you will be aware that a group-wide engagement process, under the leadership of Chief Clinical Director Dr Pat Nash, has already commenced and will continue throughout 2017. I encourage you to participate in this transformative process.

The Group also plan to move forward with a three year ICT Plan that will see information technology developments across group hospitals, particularly in the areas of information sharing and the development of a Group wide PAS system. To drive these strategically important developments, Saolta plan to recruit a Chief Information Officer in early 2017.

As CEO, I am privileged to lead Saolta and, for 2017, I look forward to your continued support in safely delivering services during the challenging times ahead.

On behalf of the Executive Team, and on a personal level, I would like to wish you and your family a very happy Christmas and peaceful New Year. Enjoy the break if you manage to get one with your family and loved ones.

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

Mr. Maurice Power
Group CEO

Group Chief Operations Officer

Dear Colleagues

As we come to the end of 2016 I would like to take this opportunity to thank you all for your commitment and dedication over the last year. Activity across the Group increased in 2016. At the end of October this year, when compared to the same period last year, our daycases have increased by just over 6%, our ED presentations are up over 3.7% and our outpatient attendances have increased by 7%. Our Emergency Departments have continued to be busy throughout the year, they have been extremely busy, in particular over the last number of weeks. We regret the distress and upset that long waits cause our patients and I would like to acknowledge the work of our ED staff, particularly in these very difficult circumstances. Across the Group we are working on improving our patient flow, getting our patients discharged home or to the community as soon as it is appropriate and where we can, opening additional beds to relieve the pressure on the hospital system.

The engagement with our colleagues in the Community Health Organisations is critical and we continue to work with them on an on-going basis.

We are continuing to prioritise our efforts to reduce the numbers of patients who wait for hospital appointments across the Group. Funding of over one million has been received to target inpatient waiting lists and we are working hard to reduce the number of patients waiting for inpatient treatment. As part of these efforts, non-complex cases in ear, nose and throat, oral surgery, ophthalmology, plastics, urology and vascular are being outsourced and we have established an in house cardiology initiative.

Work continued on a number of significant capital projects across the Group including the 75 bed ward block in UHG. We are continuing to work on the 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. The detailed design necessary to go to tender for the 50 bedded replacement ward block in Portiuncula University Hospital continues and the design of Diabetic Unit and replacement Interventional Radiology Suite Sligo is progressing. We recently had the Taoiseach and the Minister for Health visit Mayo University Hospital and we outlined to them the options we are currently pursuing in relation to the creation of additional capacity in Mayo University Hospital to meet service demands. We also fully utilised our equipment replacement programme capital allocation across all the sites.

We were delighted to have the opportunity to meet with Minister Harris recently in Letterkenny University Hospital and highlight to him the excellent work being undertaken there. The visit provided the Minister with the opportunity to see the scale of the redevelopment that has been undertaken at the hospital over the last three years.

The Minister formally opened two new developments at the hospital, the Integrated Blood Sciences Laboratory and the Postgraduate Medical Learning Centre. In conjunction with NUI Galway, Minister Harris also opened the new Medical Academy on site in LUH. The Academy is housed in a purpose-designed facility located on the grounds of Letterkenny University Hospital. This is a major investment by NUI Galway into clinical training in Donegal, the final in a series of medical academies in the West/North West region. Construction of similar facilities at Sligo and Mayo University Hospitals were completed and opened last year.

We had a significant number of audits by HIQA and the HSE nationally across all hospital sites during 2016, including Infection Prevention and Control, Nutrition and Hydration, Medication Safety, Health and Safety and Security Audits. We continue to implement the Quality Improvement Plans developed in response to these audits. A Group Drugs and Therapeutics Committee chaired by Professor Larry Egan with representation across all sites was also established towards the end of this year.

As always, I would like to acknowledge the on-going work and commitment of all staff across the Group who deliver such a broad range of services to our patients. I know that staff deal with many challenges during the course of their work but remain focused and committed to providing a high quality service to their patients. I would again like to wish you all a happy and peaceful Christmas and I would particularly acknowledge those staff who will be working over the Christmas period. I look forward to continuing to work with you all in 2017.

Anne Cosgrove

Chief Operations Officer
Saolta University Health Care Group



Ann Cosgrove, Group Chief Operations Officer

Group Chief Financial Officer

FINANCIAL PERFORMANCE

The current budget allocation for 2016 is €662.9m which has not yet been adjusted to reflect the Gross Expenditure Cap. This also excludes expected additional funding of €0.7m for NCCP drugs which will be allocated to us as we incur expenditure for high cost oncology drugs. We have also been notified of indicative funding €0.263m in relation to maternity posts for the Group.

Pay expenditure is over budget by €21.2m (4.8%, this is a growth of €20m (4.5%) versus the same period last year. There have been increases in expenditure versus 2015 across all categories of pay and all categories of pay are over budget.

Non-pay expenditure has grown by €3.6m year on year and is €10.8m over budget.

High level forecast indicates that we will be €50.4m over budget. Pay is forecast at €24.7m over, non-pay at €14.1m and income at €11.6m of which €9.7m relates to the Saolta share of the national €50m target relating to accelerated income. Further funding yet to be allocated to the Group of €1m will abate this deficit.

PERFORMANCE MEETINGS

The Department of Health has issued a revised Letter of Determination for the HSE. Based on this determination the Acute Hospital Division has set a gross expenditure cap for the Group. The Group has developed a financial plan at hospital level to live within these limits.

The Group's emphasis in preparing this plan was to minimise the impact on patient services and to place emphasis on items of expenditure and costs that are within our control.

ACTIVITY BASED FUNDING

ABF will continue to be an importance source of funding in 2017.

The Saolta University Health Care Group continues to plan for the expansion of PLC in all hospitals.

ICT UPDATE

There are now plans to recruit a Group eHealth Director and we are working with HSE CIO in relation to this position. This development will allow us to develop a Group Operating Model for IT.

The Saolta ICT Steering Group has identified four priority projects that will be progressed initially:

- Group PAS
- Electronic Documents and Records Management System for GUH
- eRostering
- Business Intelligence

The Group PAS proposal went for approval in November at national level and is subject to a peer review process which will take some time to work through. EDRM for GUH was approved subject to a number of conditions, we are working through including the availability of revenue funding and our ability to staff the project. These are two really significant projects and will have an impact on our ability to progress much outside of these. The other two priorities will progress in 2017.

There are also a number of national projects to be rolled out over the next few years including national maternity, national labs and medical oncology. Group PAS in particular is a fundamental building block for those. Local projects such as OP Self Registration will commence early in 2017 at GUH and Mayo initially. Group wide planning for the perioperative directorate will progress in the first quarter of 2017.

LUH are progressing a project supporting patients from North Donegal who have their Radiotherapy treatment in Altnagelvin.

It looks like it will be a very busy year in 2017 in IT with a number of key projects beginning and others queuing up.

Tony Baynes

I/ Group Chief Financial Officer



Tony Baynes, AV Group Chief Financial Officer

Group Director of Human Resources

Dear Colleagues

It's hard to believe that we are almost at the end of another year! As with each previous year, our hospitals have continued to be very busy and continued to provide an excellent service to the communities we serve. This is due to the dedication, expertise and professionalism of our staff who always put the patient at the centre of what we do.

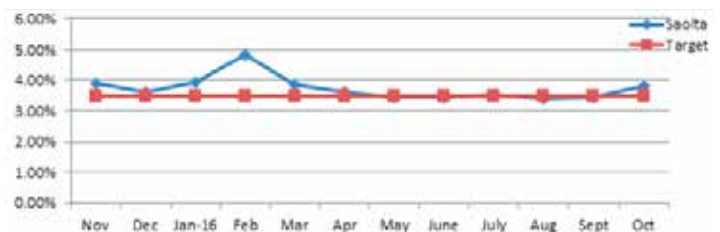
There have been some notable improvements in the HR arena this year. In the first ten months we increased our overall staffing levels by 210 whole time equivalents. This is on top of 667 additional wtes in the period from October 2013 to December 2015. Of course, it is difficult to see the impact of these increases, as activity remains high and our population is ageing with associated multiple health demands. We supplemented the staff complement with an additional 198 agency whole time equivalents throughout the year. While we would prefer to employ people directly, there are supply issues which make this challenging but we continue to seek to staff our services with HSE contract holders. We are launching a recruitment drive through the local media (print and radio) this Christmas and New Year hoping we can attract potential employees to join the Group.



Hospital	Oct 2013	Oct 2016	Difference
GUH	3,072	3,420	+348
LUH	1,328	1,467	+139
MUH	956	1,042	+86
PUH	638	704	+66
RUH	272	298	+26
SUH	1,327	1,539	+212
Saolta	7,593	8,470	+877

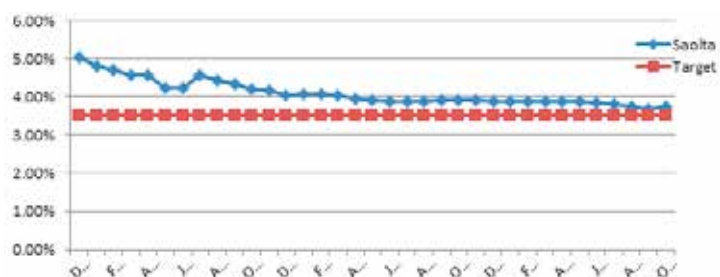
Attendance at work continues to improve also and in the twelve months to November, our attendance levels were very impressive.

Saolta monthly absence November 2015 to October 2016.



Saolta's absence rate was below 4% for eleven of previous twelve months and has been consistently below the national monthly average for the health service as a whole and for acute services also. The national twelve month running average to September is 4.39% and Acute Services is 3.98% while Saolta's is 3.69%. Our absence levels continue to compare favourably with the rates reported by ISME for large organisations in the private and public sectors both in Ireland and internationally.

Saolta twelve month running average trend - December 2013 to October 2016.



We conducted our second Employee Engagement Survey this year and the data analysis is almost complete. A report will be provided to each hospital and to the Group. Actions from the survey will be considered and work will commence at both Group and site level to implement the key changes. There will be more on this in the New Year and in the next edition of the Newsletter.

We also completed our Employee Engagement Roadshows in September and October at which Group and Hospital management met with staff to update them on key issues and to hear some of the concerns from the front line.

The implementation of our Healthy Ireland programme continued throughout 2016 and much progress was made in respect of stress control, calorie posting, motivational interviewing, flu vaccination, smarter travel, the arts in hospitals, a bariatric service for staff and further development of the hospital choirs. We continue to strive to improve compliance with the vending machine policy and have developed a very comprehensive Health and Wellbeing Training Plan which is electronically available and of which a limited number of hard copies will be distributed soon.

One area of concern this year is our hand hygiene training rates which continue to be worrying. From a vast increase in training rates in 2013 and 2014, some of our hospitals have dropped to a rate as low as 55% recently. It is imperative that this vital infection control issue is to the fore for all of us and that we make arrangements to undertake the training (either initial or refresher) so we are in compliance with the critical infection control policy.

With all that in mind, I wish all of my colleagues across the Group a very happy Christmas and look forward to making 2017 a very successful one for all.

John Shaughnessy

Director of Human Resources

Group Director of Nursing and Midwifery

It is hard to believe that we are once again approaching Christmas. 2016 has been a busy year for everyone at local and group level.

The focus in 2016 was improving the Patient Experience. Nursing with support from our colleagues in the NMPDU has led out on the following initiatives;

- The roll out of the Caring Behaviours Assurance System-Ireland (CBAS-I) on all seven sites. The evaluation report of CBAS-I published in January, was overall very positive with the programme deemed to have a positive impact on the quality of care provided.
- Clinical Nurse/Midwife Managers from all sites have participated in the Leaders for Compassionate Care programme. These workshops gave CNM/CMMS the opportunity to get together off site to examine what compassionate care means to them and their service.
- The #hellomynameis campaign has been rolled out across the group at different stages; the GUH launch is on December 20th.
- The Schwartz rounds were introduced in GUH in January, over 700 staff have attended the rounds and the feedback is very positive. The panels have been truly multidisciplinary and all of the stories have really demonstrated the commitment of staff to caring for our patients. When the pilot is complete we will be applying nationally to roll the rounds out to all hospitals within the Saolta Group.
- The Health Literacy Committee has completed a health literacy policy and produced a guiding tool using the European Clear Communication Index. This information is available to all staff who compile patient literature. Research shows that poor health outcomes due to low health literacy are reflected in increased financial costs for health systems. Saolta and NUI Galway are applying for funding from HRB to carry out research into the effect of low health literacy on preparation for colonoscopies. This research when completed will benefit all patients.

- The members of the Patient Council are now sitting on over 14 non clinical committees across Saolta. The involvement on so many committees means that the voice of the patient is truly being heard.
- In 2017 the first Irish National Patient Survey will take place. This is a joint initiative with the DOH, HIQA and the HSE. Members of the Saolta Patient Council were involved in the workshops to decide on the content of the questionnaires. The Saolta Management Team was very pleased that we were selected to be involved in this work.



Jean Kelly, Interim Chief Director of Nursing and Midwifery

This list is only a snapshot of all the great work that is going on in all of our hospitals to improve the patient experience.

Congratulations to all of the nursing staff who were awarded national and international prizes for their work over the year – too many to mention by name here. I would also like to extend my congratulations to all the Advanced Nurse Practitioners appointed in 2016.

Christmas is a time to reflect and remember and I would like to remember all our dear Colleagues who died during the last year may they rest in peace. We especially remember their families and their friends at this time.

I would like to take this opportunity to say thank you to all the nursing and support staff for all their hard work throughout 2016.

Finally I would like to sincerely wish you and your families a Happy and Peaceful Christmas and I look forward to working with you in 2017.

Jean Kelly

Interim Chief Director of Nursing and Midwifery



Staff attending Schwartz Rounds in GUH



Schwartz Rounds at GUH



The Women's and Children's Directorate

Mayo University Hospital Breastfeeding Awareness Week 2016.

The Natural Way

Every breastfeed counts was the message for National Breastfeeding Awareness week held in October this year. Every Mum and Baby count and their health is our concern.

The Saolta Hospitals Breastfeeding Forum is now in its second year promoting the healthy breastfeeding messages for all our families.

This year for breastfeeding awareness week we decided to start sowing seeds with the mums and dads of the future - Transition Year Students. Lactation specialist Claire Cellarius in GUH had already run a similar campaign in the past, which was very successful.

In a combined effort Galway, Mayo and Sligo hospitals through the partnership of the Saolta Hospitals Breastfeeding Forum launched a campaign for the first week in October to educate some of the younger generations in the Connacht region.

In Mayo University Hospital the event was managed by members of the Baby Friendly Health Initiative committee led by Frances Burke CMM2 and Maura McKenna RM.

The event was held on Tuesday 4th October and 70 transition year students attended an educational session held in MUH. Midwives Claire Larkin and Annie Logan organised for ten mums and babies to come and share their experiences of breastfeeding.

The session was very warmly received with both girls and boys giving positive feedback on the event. Topics covered included benefits of breastfeeding, WHO recommendations, global impact and myths and facts on breastfeeding. The team were very grateful to schools involved for their participation.



Portiuncula University Hospital Breastfeeding Awareness Week 2016

In Portiuncula University Hospital, Lactation Specialist Mary Mahon organised a similar event during breastfeeding awareness week.

Ms Marita Fogarty, Director of Nursing and Midwifery opened the event in the hospital on Monday 3rd of October, extending a warm welcome to transition year students, mothers and babies, hospital staff and guest speaker Ms Sue Jameson LC. Sue's presentations were well received with lively interaction which the students loved. An evaluation completed by attendees showed how successful the event was and for the need to extend the project.



Galway University Hospital Breastfeeding Awareness Week Oct 2016

In Galway University Hospital, Lactation Specialist Claire Cellarius and her colleagues organised a variety of events to mark the week.

Three schools attended the transition year educational event which was held in the hospital. Evaluation and feedback from the students was very positive.

The other promotional events included an information stand in the main foyer of GUH and a radio interview on Galway Bay FM.

Sligo University Hospital hosted a breastfeeding workshop co-ordinated by Caitriona Moriarty LC and Marita Keenan RM.



Transition Year students attend breastfeeding workshop

Transition year students from the Ursuline College, Mercy College and Sligo Grammar School participated in an interactive breastfeeding workshop facilitated by HSE lactation consultants and midwives. Feedback from students indicated that the workshop generated much discussion with their peers back in the classroom.

The feedback received from all sites indicated that breastfeeding promotion through the Transition Year students was very rewarding and the students both male and female gave the day a “thumbs up”. A report will follow to the National Breastfeeding Co Coordinators’ office to share the positive experience and make recommendations for 2017.

SLIGO UNIVERSITY HOSPITAL



At the presentation of the prizes to the winners of the staff quiz were Ms Oonagh McDermott, Ms Majella McGreivy, Ms Paula Gillen and Ms Catriona Moriarty.

As part of National Breastfeeding Week, Sligo University Hospital ran a series of breastfeeding quizzes for

mothers and staff. 57 mothers attending the antenatal clinic completed the quiz and 33 staff participated.

Celebrating National Breastfeeding Week 2016 in Donegal



This year National Breastfeeding Week ran from Saturday, October 1st to Friday, October 7th 2016. National Breastfeeding Week is traditionally held on the start of the 10th month, marking the end of 9th months of pregnancy and the start of the breastfeeding journey!

This is the third year of the theme "Every Breastfeed Makes a Difference". National Breastfeeding Week provided an opportunity to highlight the importance of breastfeeding for the health of children and mothers, to provide information on breastfeeding and to promote the supports available throughout the country.

Breastfeeding is important for the health of children and mothers, with every breastfeed making a difference.

Every breastfeed brings a mum closer to her breastfeeding goals. Many Irish mothers do not reach their breastfeeding goals and stop breastfeeding sooner than planned. Support can help mums to breastfeed for longer. There are over 200 support groups throughout the county and contact details are available on www.breastfeeding.ie

Geraldine Hanley, Antenatal Education Co-ordinator, Maternity Unit, LUH commented,

"New and expectant mothers can learn much about breastfeeding by observing and sharing stories. By chatting with friends and relatives, you can find out what worked for them, as well as what did not. Having a baby is a new job and, like all new jobs, it takes time to learn these new skills. It is vital to line up help for the first several weeks".

EVENTS

Five members of the Donegal Breastfeeding Forum visited community based support groups to share information, connect them to support groups, recognise the importance of the mums, the support groups and their leaders and recognise the importance of hospital and community liaison in supporting mums and support groups.

BREASTFEEDING STAND MATERNITY

In Letterkenny University Hospital, a breastfeeding stand was available outside the maternity department for the week and provided information for mums. Staff were available throughout the week at the stand including Geraldine Hanley, Antenatal Education Co-ordinator (CMM2) and Mary Lynch CMM2, who are also the LUH BFHI representatives.

BREASTFEEDING COFFEE MORNING

A breastfeeding coffee morning was held in the Medical Academy, LUH which was organised by Dr Sarah Brennan, Medical Academy.

Cuidiu gave a public talk in the Medical Academy during Breastfeeding Week.

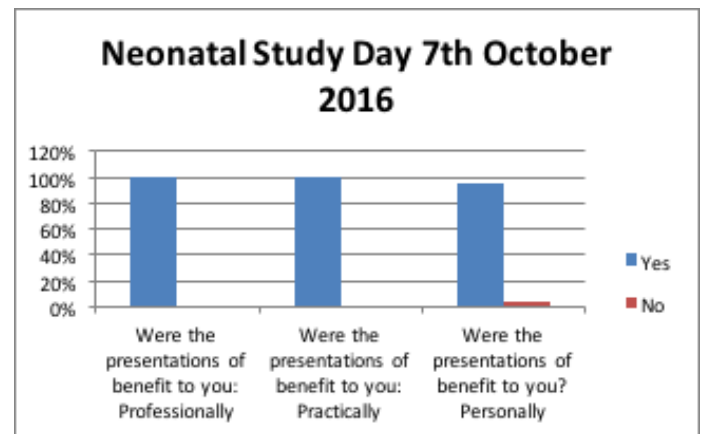
Neonatal Study Day in University Hospital Galway



The fourth Neonatal Study Day in University Hospital Galway was held on 7th October 2016 in the Centre for Nursing and Midwifery Education. The event was extremely successful. Participants and colleagues from the maternity units in the Saolta Group were in attendance and via video link to Castlebar CNME. The aim of this study day was to provide evidence-based information for neonatal nurses, midwives and doctors in the care of neonates. This study day also aided communication and relationship building between staff in the hospital group, to enhance better understanding

of the role of the various stakeholders involved in the care of the ill/preterm/new born infant requiring neonatal intensive care.

There was very positive feedback from the neonatal study day.



A special thanks to the following on the organising committee in making this Neonatal Study Day such a success:

Jean James, RANP; Brid O'Brien, CNMII, Neonatal Intensive Care Unit; Dr. O'Donovan and Dr. Ryan, Consultant Neonatologists; Staff in the CNME; and Margaret Coohill, Midwifery Practice Development Co-ordinator.



Farewell to Dawn

Ms Dawn Johnston, who held the position of Group Director of Midwifery from June 2014, has moved on to pastures new. We would like to thank Dawn for her contribution to the Directorate during her time with Saolta and wish her all the best in her future career.



Conference on Delivery by Caesarean Section



Ms Mary Lynch, CMM2, LUH, and Ms Evelyn Smith, Director of Midwifery, LUH, at the Caesarean section conference in Dublin on 25th October, 2016.

A conference on “National Trends and Hospital Level Variation in Caesarean Section: Evidence from Ireland and Policy Implications” organized by the ESRI in collaboration with the UCD Centre for Human Reproduction and the Department of Sociology, TCD, took place in Dublin on 25th October, 2016.



Ms Madeleine Munnely, IT & Quality CMM2, SUH, and Ms Roisin Lennon, CAMP/Midwifery Clinical Skills Facilitator, SUH, at the Caesarean section conference in Dublin on 25th October, 2016.

Among the speakers was Professor John Morrison, Consultant Obstetrician and Gynaecologist, UHG, who presented a paper on delivery after Caesarean section.

Graduation



Ms Aine Binchy, who graduated as Advanced Nurse Practitioner with a Masters in Neonatology (1st class honours), and Ms Claire Moylan, who graduated with a Higher Diploma in Neonatology (1st class honours), both from the Royal College of Surgeons in Ireland, at their graduation ceremony on 17th November, 2016.

Site Visit to LUH



Dr. Ethel Ryan, Clinical Director, Women’s & Children’s Directorate, on a site visit to LUH, pictured with Dr. Eddie Aboud, Associate Clinical Director, LUH.

New Associate Clinical Director in Portiuncula University Hospital

The new Associate Clinical Director for the Women’s and Children’s Directorate in PUH is Dr. Marie-Christine De Tavernier, Consultant Obstetrician and Gynaecologist. We would like to welcome Dr. De Tavernier and wish

her every success in her new role. We would also like to thank the outgoing Associate Clinical Director, Dr. Michael Brassil, for his contribution while he was in the role.



Diagnostic Directorate

Top photo: new facility; bottom photo: old facility

Modern Blood Science facility at Sligo University Hospital

The Blood Science Project is a major collaborative project between the Pathology Departments at Sligo University Hospital and Letterkenny University Hospital.

The continuous drive for quality and responsive, cost efficient services was the impetus for the genesis of this ambitious project. An inter-hospital multidisciplinary blood science team was established to facilitate the project. Inclusiveness and clear communications were paramount to the success of the project while maintaining a fully operational pathology service on both sites.

An integrated automated system was identified as the preferred solution in an attempt to do more with fewer resources while at the same time improving overall quality. On both the Sligo and Letterkenny sites five laboratories, encompassing general biochemistry, haematology, coagulation, endocrinology and serology (blood sciences) are amalgamated into one blood science section: unified under a managed service contract and a modern Laboratory Information System. This project goes to the heart of what the hospital group is trying to achieve. This project demonstrates that by working as a group we can provide improved services to our patients while making better use of the allocated resources.

The outcome can be divided into four broad categories:

- A signed "Blood Science" managed contract agreeable to all parties across both sites providing a quality service for our patients
- Safe "future proof" analytical platforms providing the most up to date technologies both in the analysis and tracking of patient samples.
- A bright modern work environment
- Promised savings realised.

The implementation of this ambitious inter-hospital project is a testimony to the cooperation between all involved. Teamwork and team building is challenging, however, the rewards are well worth the effort and this project is evidence of this. The Sligo and Letterkenny University Hospitals team have secured a modern robust analytical system with inbuilt future proofing for their patients.

The template for cooperative collaboration between two or more sites could be used for other, larger or smaller, projects. It is also testament to the effective partnership approach taken by the individual hospitals and national procurement, applied to this project since day one, that the project has been successfully delivered.

This project clearly demonstrates that prudent resource utilisation coupled with clearly defined roles and responsibilities and well defined lines of communication are key components to successful team development.

Sligo University Hospital - Featured News

- LabWare™ Laboratory Information Management
- System (LIMS) V7 and SQL Server Upgrade
- Resuscitation Training Department at Sligo University Hospital
- Cardiac Diagnostics in the heart of the community
- Sligo University Hospital Social Work Team nominated for the Irish Association of Social Workers (IASW) Team of the Year Awards
- World Sepsis Day at SUH
- Paediatric Day Services Unit

Establishing Cross Programme Frailty Pathway for Older People (continued from cover)

This frailty project has the potential to improve the experience of older people immeasurably and our initial results are very favourable. Working with the National Integrated Programme for Older Persons team, we are

currently putting together an action plan for the next phase of the project which will focus on admission avoidance and enhanced support for older people in the community through joint working and better integration of our services.



Improving the Quality of Care for Frail Older Persons

Sligo University Hospital (SUH)/CHO1- Sligo Leitrim West Cavan

Ms Maura Heffernan- Assistant Director of Nursing, Dr Grainne O'Malley- Consultant Geriatrician, Ms Jo Shortt - Senior Project Manager

Context

Ageing Population - Analysis of SUH Non Elective Admissions by Age Group 2012-2015



Assuming 30% of 75+ are "Real elderly", average 1950 persons in 2015 but increase to 2016



Review of Project

Strengths:

- Integrated MDT approach to care
- Value of cohorting of patients
- Engaging front line staff

Limitations:

- No of frailty beds insufficient to meet needs
- Level of screening... audit being completed
- ALOS in other medical wards

Importance of keeping the project patient focused and the value of the Patient Story at every meeting is key

Aim of the project

To improve the Experience of Care for Frail Older Patients in Sligo University Hospital by September 2016 as measured by:-

- Increase in patient satisfaction rating from 67% satisfied to 95% satisfaction rating
- Decreased length of stay by 1 bed day for > 70years with No increase in re-admission rate
- Reduction in Older Persons PETS waiting >9hrs in ED to 0%
- No increase in reported adverse events (falls /pressure sores/malnutrition)

The Process

- Business Case developed /Engagement with National Clinical Programme for Older People, and Integrated Care Programme for Older Persons (ICPOP)
- Approval to proceed via ICPOP
- Project commenced in Nov/December 2015
- Revised cross programme governance structure acute /community
- Use of project as key learning focus for Diploma in Leadership and Quality in Healthcare - programmatic approach
- Development and introduction of frailty screening tool for all patients >70 years
- Designation of a Specialist Gerontology Ward (SGW) 23.05.2016 with Standard Operating Procedure
- Implementation of a MDT Daily meet
- Implementation of an interdisciplinary falls programme for frail older patients on the SGW
- Education programmes across the hospital
- Continued working as one of the National Pioneer Sites with the ICPOP

Project Outcomes to date:-

- Patient satisfaction increased from 67% to 79.6% in 3 month period
- Length of stay reduced in Specialist Gerontology ward by 2.9 beddays (22% reduction with no increase in readmission rate)
- A focus on admission avoidance (average of 3 patients per week)
- No increase in reported adverse events
- Specialist Gerontology Ward turnover increased by 63%
- Equating beddays saved (186 per month) to costs ... Potential full year saving of €1.1m
- 20% reduction in numbers of patients on trolleys from 2015 (June -Sept)

The next steps

- Progress cross programme working, against national 10 point framework setting vision for integrated way forward
- Front of house team ... Submission nationally to support this initiative
- Further focus on reduction of Patient Experience Times for >75ys
- Focus on hospital avoidance and home supports

Patient Satisfaction Survey (pre and post Designation of SGW)



Baseline 67% pre-designation ... increased to 79.6% 3 months post designation

2016 LOS for SGW for 70+ Years



Median LOS - 12.44 days to 9.73 days - reduction of 22%





LabWare™ Laboratory Information Management System (LIMS) V7 and SQL Server Upgrade in the Public Health Laboratory, Sligo University Hospital



Front Row (L/R): Jacintha O'Gara (Quality Manager), Pauline Rooney (Acting LIMS Administrator), Mary Reynolds (Laboratory Assistant), Vera Nicholson (Chief Medical Scientist), Wendy McGinty (Senior Medical Scientist). Back Row (L/R): Fiona Henry (Medical Scientist), Shane Gallagher (Medical Scientist), Hazel McMahan (Laboratory Assistant), Efosa Enabulele (Medical Scientist). Absent from photo: Sinead Boyle (LIMS Administrator), Caroline Mahon (Medical Scientist) and Gillian McGowan (Admin Support).

The Public Health Laboratory (PHL) is part of the Microbiology Department, Pathology Department, Sligo University Hospital and is a designated Official Food Microbiology Laboratory (EU DIR 89/397).

It provides a regional service for the microbiological analyses of food (statutory role), water and environmental samples for the HSE in the North West i.e. Sligo, Leitrim, Donegal and West Cavan, for the purpose of compliance with legislation and national and international standards and guidelines. Accredited by the Irish National Accreditation Board (INAB) in 1998 to the International Standard ISO 17025:2005, the laboratory has successfully maintained its accreditation status, continually expanding the scope of accredited tests to meet the needs of the customer and comply with new legislative requirements in food and water safety and quality requirements.

In addition to the routine sampling programme, the laboratory participate in the investigation of all food and waterborne outbreaks and illnesses, liaising closely, usually as part of an Outbreak Control Team, with colleagues in Clinical Microbiology Department, Environmental Health Service, Department of Public Health and nationally with the Health Protection Surveillance Centre, if necessary.

The laboratory also carries out environmental testing at national, regional and local level, the latter becoming increasingly important as hospitals implement and maintain HIQA standards across all areas.

The Public Health Laboratory (PHL) in Sligo University Hospital was the first Official Food Microbiological Laboratory (OFML) to 'Go-live' with Version 7 of the LabWare™ Laboratory Information Management System (LIMS) in February 2016.

The LabWare LIMS system is essentially a database tool for the acquisition and management of analytical chemical and microbiological laboratory data. It manages all the data associated with the testing of food, water, environmental, QC samples in the PHL. LIMS also generates food, water and environmental analytical test reports and can facilitate the electronic transfer of test data thereafter to the Environmental Health Service (EHS) and the Food Safety Authority of Ireland (FSAI).

In June 2015, the staff in PHL, together with our colleagues in ICT, began the huge task of upgrading our LabWare LIMS system (from Version 5 to Version 7) and upgrading our LIMS SQL server (from SQL 2000 to SQL 2008).

Version 5 of LabWare™ LIMS system had been in operation in the PHL since September 2008. The upgrade of the LIMS system was undertaken to comply with

the requirement of ISO 17025, to be within two version releases of any critical software used in the laboratory, version 5 would no longer be supported by LabWare™ and to provide increased functionality.

As part of the project, the server on which the LIMS database resided (a Microsoft™ SQL Server 2000) was also upgraded as it was no longer supported by Microsoft™.

Validation of the system was labour intensive and time consuming. However, on 15th February 2016, our first official Laboratory Reports were successfully issued, using LabWare™ Version 7 of LIMS.

Cardiac Diagnostics in the heart of the community



Cardiac Investigations Staff from Sligo University Hospital

Patients are at the heart of everything we do. Many elderly patients are asked to attend the acute hospital for short duration appointments, when all of these tests can be performed closer to the patient, reducing stress, cost and anxiety.

The SUH Cardiac Investigations Department identified a need for the introduction of diagnostic tests into the community away from the acute hospital setting. This is supported by the National Clinical Programmes across both acute and primary care services with the overall aim of providing integrated, quality, easily accessed care to patients in their own community. Working with colleagues in Sligo/Leitrim Community Services, this initially resulted in a pilot project where this service was introduced for both echocardiography, holter monitoring and pacemaker follow up. A senior cardiac physiologist with BSR accreditation in Echocardiography now visits three key sites within the region with a plan to roll this out further over coming months.

In addition to being patient focused, GPs have easier access to diagnostic tests which facilitates earlier identification of patients with increased risk of stroke and heart failure leading to enhanced patient outcomes and in turn will reduce hospital stays.

One of the other key objectives of the project was the transfer of less complex investigations to the community, this in turn frees up capacity in the acute setting for more complex investigations or further GP referrals. Waiting lists have already reduced considerably and the increased focus within the hospital on “front of house” (ED/AAU and Short Stay) as well as targeting patients awaiting discharge has meant that delays are minimized. A recent audit has shown that 250 bed days have been saved over a six week period.

This is also having a positive impact on the numbers of patients who have to be accommodated on trolleys in the hospital which is crucial coming into the winter period.

World Sepsis Day at SUH



Ms. Teresa Farrell, ADON, Infection Prevention and Control and Ms. Deirdre Staunton, Resuscitation Training Officer observing (L/R) Dr. Sinead Dilworth, Dr. Emma Roemmele and Dr. Meadhbh Rice competing in the "SIM factor" at Sligo University Hospital.

Sepsis has significantly increased at an annual rate of between 8-13 % over the last decade, and now claims more lives than bowel and breast cancer combined.

Sepsis arises when the body's response to an infection injures its own tissues and organs. It may lead to shock, multiple organ failure, and death, especially if not recognized early and treated promptly. Despite its remarkable incidence, sepsis is practically unknown to the public.

In Ireland the National Clinical Guideline for Sepsis was published in December 2014 and the sepsis screening form has been in use in SUH since August 2015. This document is used when someone is identified as possibly having sepsis and it guides early investigation and appropriate treatment. It has recently been piloted in the maternity services in SUH.

World Sepsis Day is held on the 13th September every year and aims to increase awareness amongst the public and health care professionals about the signs and symptoms of sepsis. Early recognition and treatment shortens length of the illness and reduced the chance of dying from sepsis. It has been running since 2012 and this is the first year that we hosted an event in SUH.

To mark this day staff at SUH held an awareness day in the foyer of the hospital. Information was available for the public and staff of SUH and Deirdre Staunton, Resuscitation Training Officer and Dymrna Nellany,



L/R: Ms. Teresa Farrell, ADON, Infection Prevention and Control, SUH, Ms. Deirdre Staunton, Resuscitation Training Officer, SUH, Ms. Mary Regan, Antimicrobial Pharmacist, SUH, Dr. Karen Harris, Consultant in Emergency Medicine, SUH, Ms. Dymrna Nellany, Nursing Practice Development, SUH.

Nursing Practice Development, were available to answer any questions. Advice on signs and symptoms of sepsis was provided. At risk groups, like people with chronic diseases, the elderly, young children, and patients with poor immunity were highlighted. SUH Antimicrobial Pharmacist Mary Regan explained the rationale for using certain antibiotics and the importance of avoiding antibiotic use when they are not indicated to prevent resistance developing. She had a competition for staff to guess "The right drug for the right bug".

The infection control team led by Teresa Farrell ADON, educated on the importance of vaccinations to prevent acquiring sepsis and on the importance of correct hand hygiene and source control.

At lunchtime four teams of doctors competed in the "SIM factor", a medical simulation based on caring for a patient with sepsis. This was a fun, interactive way to reinforce the sepsis screening form use and the Sepsis 6 management of a septic patient. The Emergency Medicine team (Dr. Meadhbh Rice, Dr. Emma Roemmele, and Dr. Sinead Dilworth) were voted the champions by the three esteemed judges: Dr. Fiona Kenny, Consultant Microbiologist, Dr. Seamus Crowley, Consultant Anaesthetist, Ronan O' Cathasaigh, Sepsis ADON, Saolta Group.

Resuscitation Training Department at Sligo University Hospital



Ms. Deirdre Staunton, Resuscitation Training Officer, Sligo University Hospital.

The Resuscitation Training Department at SUH has been facilitating high quality adult and paediatric resuscitation training in the North West since 1995. From humble beginnings when the American Heart Association's BLS programme was the only programme provided, the department is now a very active one that provides a wide variety of resuscitation programmes including regular hospital wide cardiac arrest simulation. The department was established in 2000 when Deirdre Staunton was appointed as Resuscitation Officer and has gradually developed into a Resuscitation Training Department that has a reputation for delivering high quality resuscitation courses not only nationally but throughout the UK and instructors and candidates from the UK attend courses in Sligo.

More than 1,500 people attended training provided by this department in 2015. The training provided includes BLS (Basic Life Support) for all staff grades and disciplines, ACLS (Advanced Cardiac Life Support), APLS (Advanced Paediatric Life Support), ATLS (Advanced Trauma Life Support), COMPASS training (Adult Early Warning Score), PEWS training (Paediatric Early Warning System), sepsis training, PLS (Paediatric Life Support).

Skills training for NCHDs includes central venous access and intraosseous access, pacing, drains and recognition of sick patients. In conjunction with neonatal resuscitation trainers, a NPR (Neonatal Resuscitation Programme) is also provided. Regular simulations are facilitated at ward level in association with the consultant physicians, paediatricians and emergency medicine consultants.

Resuscitation skills can deteriorate and as the number of paediatric and adult cardiac arrests decreases in the hospital doctors and nurses skills may deteriorate.



Spinal cord assessment during ATLS in Sligo



Infant Simulation during APLS in Sligo

To combat this problem simulation is provided on an ongoing basis. These events are unannounced and conducted in real time with time allowed afterwards for debriefing which provides an excellent learning opportunity.

The doors of the resuscitation training department are always open to all staff members who can avail of practice space and equipment and training officer's advice if they wish to update skills.



Dr. Paul Baylis, Altnagelvin Hospital Derry & Dr. Mustafa Mehmood, University Hospital Galway, instructing on APLS in Sligo University Hospital

Paediatric Early Warning System (PEWS)



Ms. Bernie Clancy, PEWS instructor, giving advice during PEWS training

The Paediatric Early Warning System (PEWS) was implemented in Sligo University Hospital (SUH) on November 7th commencing in the Paediatric Ward.

PEWS is being implemented across the country. This National Clinical Guideline for the Irish Paediatric Early Warning System (PEWS) has been developed in collaboration with the National Clinical Programme for Paediatrics and Neonatology and the Quality Improvement Division of the HSE. It provides the framework for implementation and governance of PEWS in inpatient paediatric settings in Ireland.

Sligo University Hospital is currently in the implementation phase with roll out to all other relevant departments expected in the first quarter of 2017. A local implementation committee was established to oversee and lead out on PEWS implementation.

The training will be mandatory for all staff involved in the delivery of medical, surgical and nursing healthcare for all paediatric patients admitted in the hospital. The months of September and October were dedicated to teaching and training all staff involved in paediatric healthcare, in the use of PEWS. All of the paediatric nursing and medical staff have now been trained and training is on-going for nurses and doctors from other specialties.

PEWS is similar to the adult EWS but there will be specific PEWS scoring charts for the different age groups of paediatric patients including: 0-3 months, 4-11 months, 1-4 years, 5-11 years and 12 years and over.

The National Early Warning Score (NEWS) has been introduced for non-pregnant adult patients in collaboration with the National Clinical Programme for Acute Medicine. The Irish Maternity Early Warning System (IMEWS) provides guidance and processes for the early detection of life threatening illness in pregnancy and for up to 42 days post-natally.

A robust system specifically designed for the identification of a clinically deteriorating child is important and necessary. The application of early warning systems is more challenging in paediatric patients compared to adults for several reasons, including:

- Variation in age-specific thresholds for normal and abnormal physiology
- Children's inability or difficulty to articulate how or what they feel
- Children's ability for early physiological compensation
- Need for greater focus on respiratory deterioration in children.

The Irish PEWS is a multifaceted approach to improving patient safety and clinical outcomes. It is based on the implementation of several complementary safety interventions, including national paediatric observation charts, PEWS scoring tool and escalation guideline, effective communication using the national standard (ISBAR communication tool for patient deterioration), timely nursing and medical input, and clear documentation of management plans.

In other countries, evidence has shown earlier recognition of, and timely intervention in clinical deterioration has been shown to improve outcomes such as reduced unplanned PICU admissions, shorter length of stay in PICU or a lesser severity of illness on admission to PICU.

In addition, it is likely that incidence of respiratory and cardiopulmonary arrests may be reduced. The outcome for clinicians, children and families is a greater awareness and understanding of the child's clinical condition and needs.

Paediatric Day Services Unit



SUH Paediatric Staff: Back Row L/R: Dr. Innocent (Paeds Reg), Ms. Bernie McGowan (Catering Assistant), Ms. Dympna Doyle, Staff Nurse, Ms. Clare O'Sullivan, Staff Nurse, Ms. Nicola Waters Staff Nurse, Ms. Ruth Hodgins, Pharmacist, Dr. Orla Fitzpatrick, Paeds SHO, Ms. Geraldine Sweeney, Play Specialist, Ms. Michelle McTigue, Staff Nurse. Front Row L/R: Ms. Siobhan Dooney Staff Nurse, Ms. Patricia Murphy, Health Care Assistant, Ms. Bernie Clancy, CNM2 Paediatric Ward, Ms. Ciara McDonagh, Staff Nurse.

In 2014 a local audit was carried out in the Paediatric Unit at Sligo University Hospital (SUH). Findings from this audit demonstrated that the Paediatric Unit was providing inpatient care to 2,030 patients and day care to 1,538 patients. This represented a 50% increase in Paediatric day cases in SUH since 2007, with an 18% increase in 2014 alone.

There was an unmet need in the form of requests from tertiary centres to provide shared care in a local setting for children who were referred to the tertiary centres by SUH. This shared care consists of intensive, specialised, clinical treatments which need to be provided by paediatric nurses and doctors. The children receiving these treatments require observation and monitoring over a number of hours. From a patient safety point of view, it is important that there is a dedicated facility to provide these treatments because of the level of monitoring required throughout the treatment.

Providing care locally by qualified staff, working in collaboration with the tertiary centres, would improve the quality of life for these patients and their families, who are under considerable emotional, financial and time pressures from having to travel with a sick child from the North West to Dublin and back, on a weekly or fortnightly basis.

In November 2016 a new dedicated Paediatric Day Ward within the Paediatric Unit at Sligo University Hospital (SUH) was opened. This was originally a four-bedded area which was used for storage and plans were put in place to reconfigure it to a dedicated Paediatric Day Ward.

The new dedicated Day Ward within the Paediatric Unit at SUH provides assessment and treatment for the increasing numbers of Paediatric day cases in an environment which is separate from the busy, acute inpatient wards. Prior to this new unit, Paediatric day cases were treated wherever space permitted on the inpatient ward.

This day care facility also enables children who reside in the North West, and who currently receive specialised day care treatment in tertiary centres, to receive their treatments locally in SUH on a shared care basis. This initiative has reduced clinical risk, improved efficiency and streamlines the operation of the Paediatric Unit by separating the day cases from the inpatient cases and dealing appropriately with each patient group.

It facilitates the safe treatment of the increasing numbers of day cases seen in the SUH Paediatric Unit along with the shared care in SUH of paediatric patients in the North West who require ongoing day care, improving their access to services closer to home.

The official opening of this new day unit will take place in January 2017.



L/R: Ms. Bernie Clancy, CNM2, Jenna Herbert, Paediatric Day Patient, Ms. Ciara McDonagh, Staff Nurse, Ms. Clare O'Sullivan, Staff Nurse

Sligo University Hospital Social Work Team nominated for the Irish Association of Social Workers (IASW) Team of the Year Awards



(L – R) Brendan Timon, Principal Social Worker Adult Social Work Services, Maryanne Mulvey, Social Worker, Mary Casey, Social Worker, Sligo University Hospital, Helen McEntee, Minister of State for Mental Health and Older People, Marian Sweeney, Social Work Team Leader Sligo University Hospital and Attracta O'Hara, Admin Support Worker.

The hospital social work team at Sligo University Hospital was recently nominated for Team of the Year at the Irish Association of Social Workers (IASW) Team of the Year Awards.

The area of loss, grief and bereavement is ever present in hospital social work. The social work team at SUH provides psychosocial assessment, support and counselling across the entire life cycle to a broad client base within the hospital.

The team was nominated because of their work in specifically highlighting the competency of social work practice in the area of loss, grief and bereavement through collaborative and reflective practice, additional training and diligence.

It has broadened the quality of service provision in the hospital through the development of a support booklet on bereavement, the establishment of a multidisciplinary Bereavement Resource Group and organising the first in a series of educational workshops for hospital staff on building staff resilience in working with bereavement and loss in the workplace.

This social work initiative has made a unique contribution to raising awareness in the area of staff support and resilience in maintaining health and wellbeing.

Much to SHOUT About at the Annual Ladies Lunch



Members of the Diamond Ladies Lunch Committee with guests – L/R: Ms. Anne Mullen, Ms. Carmel Hughes, Ms. Maggie Porter, Ms. Moya Wilson, Committee Member, Ms. Lorraine O'Meara, Committee Member, Ms. Louise Kilcullen, Committee Member, and Ms. Bernadette Ruane, Committee Member.

The Annual Ladies Luncheon took place on Friday 2nd December in aid of SHOUT (Sligo Hospital Oncology Unit Trust). This event was the biggest yet with over 850 ladies (across two venues) in attendance from all parts of Sligo and beyond.

As ever while the focus is on a good day out with guests, prizes and surprises, the event is a major fundraiser for the SHOUT charity which supports cancer patients

and their families across the Sligo region. This is the 8th event for Sligo and 3rd event for Enniscrone and to date between both, over €250,000 has been raised.

Over the past 12 months, SHOUT has provided €150,000 to enhance cancer care including financial support to families, new equipment, complimentary therapies and other additional service supports.



Organising committee for Sligo SHOUT Ladies Lunch – L/R: Ms. Emma Flanagan, Ms. Jo Shortt and Ms. Imelda Henry



Ms. Nuala Ginnelly, Unit Nursing Officer, Sligo University Hospital (2nd from left), accepting cheque on behalf of SHOUT from the Diamond Ladies Lunch organising committee: L/R – Ms. Louise Kilcullen, Ms. Moya Wilson, Ms. Lorraine O'Meara and Ms. Bernadette Ruane.

Registered Advanced Nurse Practitioner for Diabetes Mellitus Integrated Care Sligo/Leitrim

In October this year, Patricia Murray was appointed to the post of Registered Advanced Nurse Practitioner Diabetes Mellitus Integrated Care in Sligo/Leitrim. Patricia trained in Sligo University Hospital and after she qualified she worked as a staff nurse before moving into the field of diabetes nursing. She has worked as a Diabetes Clinical Nurse Specialist for over 20 years with over 10 years experience working in an integrated care role. During this time Patricia completed an MSc in Advanced Practice in 2008 and is a Registered Nurse Prescriber since 2013. Her advanced practice role will be caring for people with Type 2 Diabetes Mellitus who have poor diabetes control in both the primary and secondary care settings. The ability to assess, diagnose and prescribe provides a more holistic and coordinated approach to patient care and fulfils the core competencies of autonomous practitioner, expert practice, professional and clinical leadership, audit and research.

For further information, contact: Patricia Murray, RANP Diabetes Mellitus Integrated Care, Sligo University Hospital, by email Patriciam.murray@hse.ie or phone 087 9809180.



Patricia Murray, RANP Diabetes

World Diabetes Mellitus Day

To mark World Diabetes Mellitus day on November 14th 2016, the Diabetes Nurse Specialists and Dietitian at SUH in association with Diabetes Ireland and Sligo Rotary and supported by Ascensia and Abbott Diabetes Care provided a free diabetes awareness and screening day in Johnston Court Shopping centre and in Sligo University Hospital.



Claire Maye, CNSp Diabetes (2nd from left) Patricia Murray, RANP Diabetes (2nd from right) providing advice to the public at Sligo University Hospital

Clinical Nurse Specialist Caitriona Coleman climbed Mount Kilimanjaro in Tanzania in September 2016 as part of the medical team supporting a group of 21 participants climbing in support of Diabetes Ireland.



Caitriona Coleman CNSp Diabetes, pictured second from top left



"Diabetes Management in the Acute Setting" study day delivered by the Clinical Nurse Specialists and Registered Advanced Nurse Practitioner in CNME for staff nurses working in Sligo University Hospital.

Striving for Excellence in Cardiovascular Care



Cardiology Conference Organising Committee – L/R: Fidelma Hanley, Cardiac Failure Clinical Nurse Specialist, Caroline Groarke, Clinical Nurse Manager II, Coronary Care Unit and Michael McDonagh, Clinical Nurse Manager II, Acute Assessment Unit, Sligo University Hospital

A Cardiology Conference was recently held in Sligo and was organised by Caroline Groarke, Clinical Nurse Manager II, Coronary Care Unit, Fidelma Hanley, Cardiac Failure Clinical Nurse Specialist and Michael McDonagh, Clinical Nurse Manager II, Acute Assessment Unit, Sligo University Hospital.

A number of doctors, nurses and Irish Coastguard personnel spoke at this successful event over two days. Some of the topics covered included:

- Interventional Cardiology
- Pulmonary Hypertension
- ACS Programme
- Developments within the Organ Transplant Service
- The Future of Heart Failure and Devices

A helicopter demonstration was also performed on day two of the event by Mr. Darren Torpey, Irish Coastguard.



Members of Sligo University Hospital and Cardiology Staff

Sligo University Hospital Bereavement Awareness / End of Life Care Day



L/R: Fr. Brian Conlon, SUH Chaplain, Sr. Catherine Gilligan, SUH Chaplain, Ann Hayes, End of Life Care Coordinator, Nurse Practice Development Unit, SUH, Kate Bree, Assistant Director of Nursing, Nurse Practice Development Unit, SUH and Fr. Carroll, SUH Chaplain

On Thursday 17th November, Sligo University Hospital held a Bereavement Awareness/End of Life Care day at the hospital. The purpose of the day was to create greater awareness around bereavement and end of life care.

Several voluntary bereavement agencies attended and provided information about their services to both the

public and hospital staff. There were video presentations covering the principals of 'breaking bad news' and 'what one would wish for at the end of life'. There was strong community participation and wonderful links created with the hospital and voluntary agencies.



L/R: Kate Bree, Assistant Director of Nursing, Nurse Practice Development Unit, Maeve Lee, Department Secretary, Nursing Practice Development Unit and Ann Hayes, End of Life Care Coordinator, Nurse Practice Development Unit, Sligo University Hospital



Voluntary bereavement agencies attended SUH Bereavement Awareness Day: L/R: Ms. Lorraine Corcoran, A Little Life, Barry Rooney, Sligo Samaritans, Robert McDaid, Sligo Samaritans and Jemima Tahney, Citizens Advice Board

News from Radiology Department at Sligo University Hospital

Sligo University Hospital accepts GP referrals for Ultrasound, CT, MRI as well as general x-ray. The hospital provides a walk-in GP service for chest x-ray and minor trauma. SUH is the only Saolta hospital outside of Galway that operates a Radionuclide Imaging (RNI) service. In the past, patients from LUH that required RNI were being referred to Altnagelvin Hospital at significant cost. In 2015, SUH began providing this service for these patients as well as some patients from MUH and GUH.

Radiographer and Speech and Language Therapist Led Video fluoroscopy Service

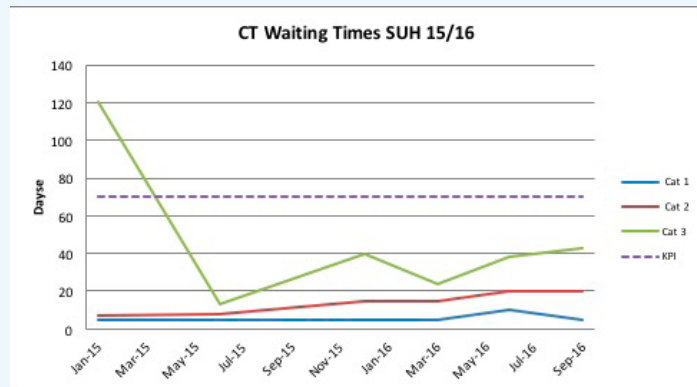
In 2015, both the radiographer and radiologist had to be present with the Speech and Language Therapist during a Videofluoroscopy (VFS) examination. Two radiographers, Jennifer Bourke and Shirley Pavia attended a VFS Course for Radiographers. This allowed SUH to introduce a radiographer led VFS service in January 2016. It supported the introduction of a regular VFS session. A third radiographer has also recently just attended this course

CT DEPT

In January 2015 SUH waiting times for a routine CT contrast examination was 150 days while a non contrast examination was only waiting 10 days. In January 2015, it was decided to review the CT waiting times to see if they could be reduced. Inpatients were being scanned within 1 -2 days of being requested which was critical for their diagnosis; treatment/discharge of these patients so could not change. The unit was scanning in excess of 38 patients per day during a routine day. The department reviewed the use of contrast and non contrast slots. They identified that some of the examinations were not going in the correct slot. After discussion, it was decided that once the request was approved by the consultant radiologist, the CT Clinical Specialists would then record on the request the type and time of appointment which that patient should be given. This was introduced in February 2015 and reviewed over the following months. By June 2015, a routine patient waiting time had reduced to only 15 days for both contrast and non contrast exams.

CT waiting times for 2015/16 can be seen below. They have remained well below the Group target of 70 days despite ongoing staffing shortages.

A CT Colonography service was introduced in SUH led by Dr. Ann McNamara Consultant Radiologist. These examinations were performed by Dr McNamara and Dr Browne. However, in 2016, insufflation by Radiographers was introduced. One of the CT Clinical Specialists



has completed the training programme and another radiographer is currently undergoing training. This has supported the continuation of the CT Colonography service.

In February 2016, SUH IV cannulation and administration by radiographers training programme was accredited by the Irish Institute of Radiographers and Radiation Therapists (IIRRT). SUH is only the second hospital to have achieved this. It has allowed SUH to train radiographers locally instead of availing of training in Dublin.

ULTRASOUND

Sligo University Hospital provides direct access to Ultrasound for GP patients. We have two fixed ultrasound (US) units which are used to scan patients referred from ED, outpatients, inpatients and GPs. There are established pathways for certain specialties e.g. ED/AAU renal colic pathway, deep vein thrombosis (DVT).

A paediatric hip screening ultrasound service was introduced in 2012. These were performed initially by a consultant radiologist but there now are two led by Roisin Cannon, Clinical Specialist in Ultrasound.

GP ULTRASOUND PILOT PROJECT 2016

In October 2015, the waiting time for routine ultrasound appointment was 140 days with 550 GP patients on the waiting list. At the same time the national GP pilot project was being introduced for medical card patients. However, SUH radiology believed that another referral source could lead to duplicate referrals.

SUH submitted a business case to community services for a six month GP ultrasound pilot project at SUH in November 2015. Funding was approved for the rental of a third unit and 0.5 wte radiographers. This allowed SUH to introduce an additional four to five sessions per week. As a result, waiting times have now reduced to 45 days as of September 2016 for routine ultrasound examination.



Radiology Multidisciplinary Team Members, Sligo University Hospital

This exceeds the target set by Diagnostic Directorate that no patient that requires a routine ultrasound examination should wait longer than 70 days.

INTERVENTIONAL RADIOLOGY

It is hoped that work on the long awaited dedicated IR suite will begin in 2017. With the addition of new staff

the hospital will be in a position to offer services to other hospitals in the Group. In May 2015 the department performed their 1000th Portacath (currently a fixed half day per week in day theatre) and these numbers could increase further with the flexibility of having a dedicated suite.

Saolta Stoma Care Nurse Specialists attend UK Specialist Conference

Four stoma care nurse specialists from the Saolta Group attended the Association of Stoma Care Nurses UK Annual Conference held in Bournemouth recently. Rita Marren, Letterkenny University Hospital, Aine Kennedy, Portiuncula University Hospital, Mary Quigley, Galway University Hospital and Susan Moore, Sligo University Hospital were in attendance.

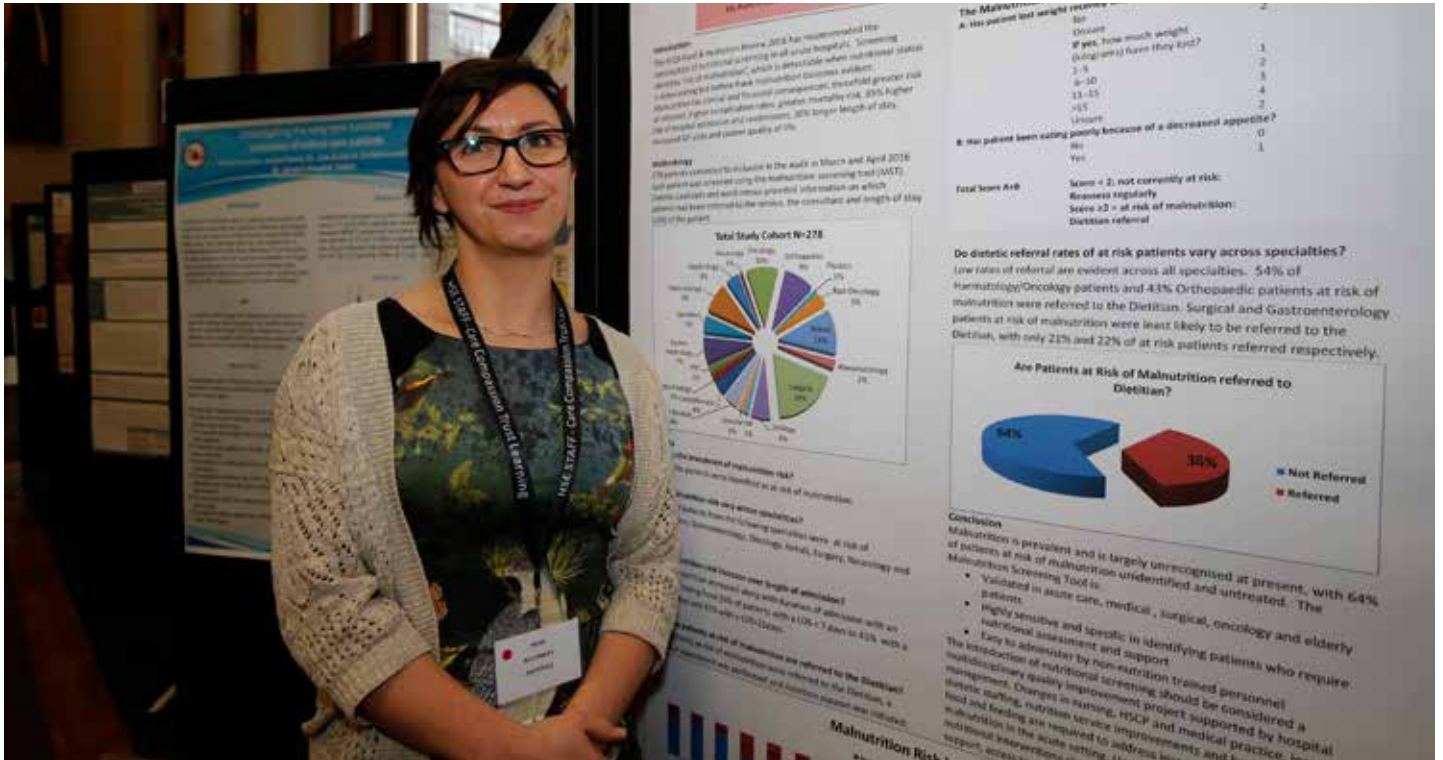
The title of the conference was "Achieving More with Less". At the conference the Irish Stoma Care Nurses Association (ISCCNA) launched "Practice Standards of Stoma Care". Rita Marren lead of the working group believes that the standards provide a framework for safe, reliable and person-centred care for a person with a stoma. Rita and her colleagues are to be congratulated on their work in developing this document. The ISCCNA also wish to acknowledge the support of Ms Liz Breslin, NMPDU, HSE West.

If anyone wishes to receive a copy of the standards please contact ISCCNA secretary Susan Moore: susan.moore@hse.ie



Members of Irish Stoma Care Nurse Specialist Group, launching Irish Standards document at Bournemouth conference

Continuing Professional Development for Health and Social Care Professions



Ruth Kilcawley, Dietician, presents at the Research Conference

The national Health and Social Care Professions (HSCP) Unit, National HR Directorate, is based in Merlin Park University Hospital and one of its key functions is ensuring the provision of Continuing Professional Development (CPD) for HSCPs. To deliver CPD for HSCPs across the HSE the unit has put in place supports for CPD through the HSCP professional bodies. Most of the professional bodies now have a CPD officer in place. The CPD officers identify development needs and plan, organise and evaluate CPD for their profession. Interprofessional CPD is strongly encouraged and incentivised and both the volume of interprofessional CPD offerings and collaboration across professions is increasing. Each year the professions are invited to submit annual CPD proposals to the HSCP Unit, based on needs analysis and aligned to national HSE priorities, in particular the Clinical and Integrated Care Programmes. Delivery of training on a regional basis is encouraged and membership of a professional body is not a requirement to access training.

In addition to these supports outlined there is also a HSCP hub on www.hseland.ie. A review and update of this hub has just been completed and in particular, there is a section called 'My CPD' where there is guidance and resources to help to identify, plan and achieve CPD requirements. Other sections in the hub include:

- Working with students
- Undertaking Research
- Working together
- HSCP Unit
- Resources

There are a wide variety of resources available including eLearning programmes, HSCP publications and reports and a facility to provide collaborative document sharing and discussion areas for HSCPs working together on projects. An introductory module on supervision (for HSCPs) should be available before the end of the year.

Separately, the HSCP unit also supports the national e-library to ensure access to relevant titles for HSCPs.



Research conference audience

For those with an interest in research, the 4th annual HSCP Research Conference took place in Dublin Castle on 16th November, 2016. Over 180 delegates attended and there were 20 oral presentations and 87 posters. Dr. Áine Carroll, National Director for Clinical Strategy and Programmes Division opened the conference with a presentation on 'National Clinical and Integrated Care Programmes: The Importance of Health and Social Care Profession Contribution'. Professor Anthony O'Regan, Consultant Physician/Chief Academic Officer Galway University Hospitals, Saolta University Health Care Group, gave a keynote address.

Paul Nolan, Chief II Cardiac Physiologist, Associate Academic Officer, Saolta University Health Care Group presented on the Impact of Remote Implantable Cardiac Defibrillator follow-up.

Recordings of the keynotes together with presentations and posters will be made available on the HSCP hub.

For further information please go to the HSCP hub on www.hseland.ie or email us at hscp.education@hse.ie.



Anthony O'Regan, Consultant Physician/Chief Academic Officer Galway University Hospitals, Saolta University Health Care Group



In Other News

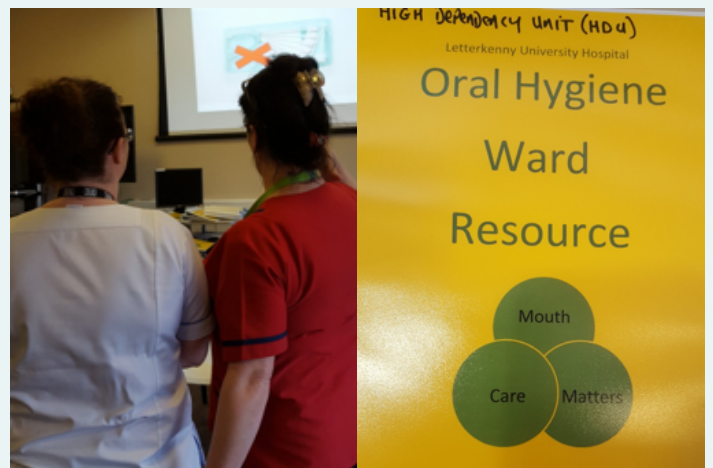
LUH staff pictured at the launch of the Oral Assessment Tool

Oral Cavity assessment and Oral Care - Mouth Care Matters at Letterkenny University Hospital

Letterkenny University Hospital's Oral Care Working Group was formed in 2014 to develop a guideline and introduce a standardised oral hygiene assessment tool in order to deliver the best evidence based practice throughout the hospital.

Healthcare-associated pneumonia (HAP), also called hospital-acquired or nosocomial pneumonia, is a common infection and is the most common cause of death from a healthcare-associated infection in elderly adults. There is phenomenal evidence that effective mouth care reduces the risk of hospital acquired pneumonia and ventilator acquired pneumonia.

Under the new process now in place at LUH, the nursing staff are prompted in the nursing documentation to undertake a daily assessment and evaluation. This is in the form of trigger questions. If the answer is no to any of the trigger questions a full assessment and score must be completed using the assessment tool.



Staff presenting details of the toolkit



Some of the team in LUH

The assessment tool is aimed to identify our most vulnerable patients i.e. patients with swallowing difficulties, stroke patients, palliative care, nil by mouth, ventilated patients, patients on multiple medications or immuno- compromised patients.

The patients score it is divided into three categories: Mild Risk, Moderate Risk and High risk

A quick guidance reference is included at the back of the oral assessment tool which is easy for staff to access.



LUH staff

The guideline and the assessment tool was adapted from the Cork University Hospital guideline and we would like to acknowledge and thank them for their permission to modify.

The Group had a successful launch day on 24th November 2016 and all wards received a resource folder with copies of order codes for products and oral hygiene assessment tool. Feedback from staff across the hospital has been very positive and a full evaluation audit will be undertaken in six months time.

News from Our Hospitals

Letterkenny University Hospital wins two awards for e-rostering project



L:R - Andrew Corbett Nolan – CEO, Good Governance Institute, UK; Dr. Ben Thomas (Dept of Health, England); Dr. Anne Drake, (Director of Nursing, LUH); Dr Sati Sian (CEO Allocate Software); Hugh Ashley (General manager, Allocate Software, UK & Ireland); Dr. Masood Ahmed (Dell Healthcare & Life Sciences); Dr Stefan Cantore – Southampton Business School and Paul Scandrett, (Director of Healthcare, Allocate Software).



L:R - Andrew Corbett Nolan – CEO, Good Governance Institute, UK; Dr. Ben Thomas (Dept of Health, England); Michelle Donnelly (LUH, eRoster Project Manager) Dr. Masood Ahmed (Dell Healthcare & Life Sciences) Dr Sati Sian (CEO Allocate Software); Hugh Ashley (General manager, Allocate Software, UK & Ireland) Dr Stefan Cantore – Southampton Business School and Paul Scandrett, (Director of Healthcare, Allocate Software).

The eRoster project at Letterkenny University Hospital won two awards for their e-rostering system at the hospital. The award for improving working lives through technology was presented to Dr Ann Drake, Director of Nursing and the second award for outstanding contribution by an individual to Michelle Donnelly, eRostering Project Manager. The project was a finalist in five categories at the Allocate User Group Conference which took place recently in Birmingham.

The eRostering project was officially launched on 30th April 2015 at Letterkenny University Hospital. The Nursing team at LUH are implementing an eRostering system using Allocate products. The eRoster Hub is situated on Floor B of the Hospital and will facilitate the roll out of eRoster training to approximately 860 nursing staff.

Sean Murphy, General Manager, Letterkenny University Hospital said, "The e-Rostering system provides information on ward staffing levels, skill mix and patient acuity, which enables the manager to make informed decisions. By minimizing risk and maximising quality of care and patient safety, eRostering supports nurse managers with the tools and information necessary to have the right numbers of staff, in the right place at the right time to deliver quality service."

In total there are 195 Trusts across UK sites currently using Allocate suite of products. Letterkenny University Hospital is the first acute site in the Republic of Ireland to use the Allocate Software suite of products to electronically roster staff.

Winner:- Award for improving working lives through technology - Dr Anne Drake, Director of Nursing

Winner:- Outstanding contribution by an individual - Michelle Donnelly, eRostering Project Manager

Highly Commended:- Award for Staff Engagement - Deirdre Keown, eRostering Systems Administrator

Highly Commended:- Award for bringing the patient to the centre of workforce planning and delivery - Sinead Fisher, CNM3, Medicine

Finalist:- Ireland and Northern Ireland Region - Regional Project Team of the Year

New name and logo for Injuries Unit at Roscommon University Hospital



Roscommon Injury Unit is the new name for the Minor Injuries Unit located in the Urgent Care centre at Roscommon University Hospital.

The Roscommon Injuries Unit is one of 11 Injury Units now in place across the country.

The Roscommon Injuries Unit is located in the urgent care centre and is open 7 days a week from 8am to 8pm and can treat both adults and children aged five years and over.

Injury units are designed and equipped for the treatment of patients with broken bones, dislocations, sprains, strains, wounds, scalds and minor burns that will not need overnight admission to hospital.

Patients who present to the Roscommon Injury Unit will have access to x-ray 7 days per week. In Roscommon Injuries Unit, nursing staff are trained in ordering x-rays to aid prompt treatment and diagnosis. The medical and nursing staff can reduce joint dislocations, apply plaster casts and treat wounds by stitches and other methods. On discharge home patients have access to physiotherapy and trauma clinics.

It is staffed by a Consultant led team of doctors, advanced nurse practitioners, nurses, and radiographers. Patients can go directly to the Roscommon Injuries Unit or be referred by a GP.

If the injury requires admission or further intervention, the team can refer patients to orthopaedics or other specialist directly in Galway University Hospitals.

Injury Units are not designed to treat serious head, back or neck injuries, abdominal (stomach) pain, medical illnesses or mental health problems. They do not treat children under the age of five, because of the special medical requirements of young children.

Clinical Nurse Manager of the Roscommon Injuries Unit, Caitriona Rayner explains, "So far this year Roscommon Injury Unit has treated over 3,000 patients for a wide variety of injuries such as broken bones, dislocations, sprains, strains, and minor burns. Last year we treated 5,118 patients and we know from feedback received that our patients have a very positive experience. We want to make sure that everyone knows just what the Roscommon Injury Unit treats. On average patients who attended the Roscommon Injury Unit are treated and discharged with 58 minutes of arrival. The unit is also open every weekend from 8am to 8pm".

Roscommon University Hospital is urging the public from Roscommon and surrounding counties to think of the Roscommon Injury Unit, rather than an Emergency Department when they suffer a minor injury that they feel needs hospital attention.

There is no charge for patients with full medical cards or those patients with valid medical/GP referral letter.

For further information and details on all of the Injury Units visit www.hse.ie/injuryunits or on watch the information video on You Tube https://www.youtube.com/watch?v=dNe6_ykLTIs

National Breastfeeding Week 2016 at Portiuncula University Hospital "The Natural Way"

Every Breastfeed Makes a Difference



Mothers and babies together with staff enjoy Sue Jameson's presentation on "The Marvels of Human Milk"

Portiuncula University Hospital hosted a number of events to highlight Breastfeeding Support Week. The week began on October the 3rd, incorporating transition year students. Adolescence is a formative time when health-related behaviours are learned that usually persist into adulthood.

Transition Year is a time to promote the personal, social, educational and vocational development of pupils and to prepare them for their role as autonomous, participative and responsible members of society.

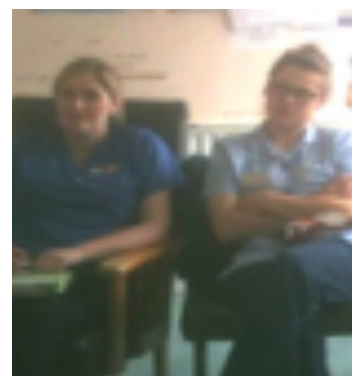
Having the right information while young will help to make good health choices throughout life; for teenagers in the group we discussed the logo "live life before you give life".

Tuesday the 4th of October the hospital hosted a "Movie and popcorn" afternoon. "The Milky Way", a groundbreaking documentary that encourages healthcare providers to empower women to trust themselves, their bodies and their babies was shown to staff and students.



Ms Marita Fogarty DONM welcomes, mother and babies, Sue Jameson, Transition year students & staff

Wednesday the 5th October the hospital hosted a coffee morning for mothers with their baby and on Friday 5th in the afternoon an Antenatal Breastfeeding information session for pregnant women and their partners took place. Staff highlighted the resources available in Portiuncula and on breastfeeding.ie



Staff and students at Portiuncula, learn from the "milky way"

Update on the Flu Vaccination Campaign

MAYO UNIVERSITY HOSPITAL PEER VACCINATORS



Lucy McNamara and Ken Spencer Peer Vaccinators at Mayo University Hospital

Newly qualified peer vaccinators in Mayo University Hospital, Lucy McNamara and Ken Spencer have run flu vaccination clinics over the last two months. Commenting on their work they said, "We have become more experienced as time has gone on in promoting the clinics using posters, ward visits, phone alerts and emails. We have seen a marked increase in uptake of the vaccine. We are continuing to drive this initiative for staff, patients and our families health and want the uptake to increase before Christmas."

They will continue to target different teams and departments in the hospital.

It is hoped that a meeting of peer vaccinators in the group will take place to exchange experiences and issues.

Special thanks to staff in Pharmacy, Caroline Conway ADoN NMPDU Coordinator and Director of Nursing, Andrea McGrail for promoting the program and supporting the Peer Vaccinators.



Lucy McNamara, Peer Vaccinator, and Ailish Melly, Student Nurse

Portiuncula University Hospital Flu 'Jabathon' Peer Vaccinators



Left – Right- Neasa Naughton, Helen Harney, Mary Lyons, Marita Fogarty and Anita Grehan.
Missing from photograph – Michelle Fallon, Charlotte Carter, Mary Barrett and Emma Burke

This year Portiuncula University Hospital held peer vaccination clinics which were in addition to Occupational Health service influenza clinics. This facilitated increased access and local knowledge of the influenza vaccine.

The best way to prevent flu is to get the flu vaccine. Flu vaccine is a safe inactivated vaccine, which helps to 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%.

Every year the influenza vaccine is offered to health care workers in an effort to prevent the spread of flu to vulnerable patients and to staff. Health care workers should get the flu vaccine to protect themselves, their families and their patients. Vulnerable patients rely on the immunity of those who care for them to keep them safe. Flu is spread by coughing and sneezing.

The HSE this year has a target of a 40% flu vaccine uptake among healthcare workers. In an effort to achieve this, the Peer Vaccination Programme was set up.

Peer vaccinators were identified and training was provided in Basic Life Support and the Approved Anaphylaxis Treatment. The Occupational Health Physician along with the Occupational Health Team at Portiuncula University Hospital supported all peer vaccinators and James Keane General Manager and the management team continue to support the campaign. All staff were familiarised with the appropriate immunisation documents including those outlined in the Medicine Protocol for the Administration of Inactivated Influenza Vaccine (Split Virion) BP to nurses, midwives and healthcare workers (HCW).

A central area in the hospital was equipped to facilitate the peer vaccination clinics. Walk about "Pop Up" clinics were also run which yielded a positive response. The hospital ran a two week "Jabathon", which was a big success. To date the flu vaccination uptake in Portiuncula University Hospital is at 35%. This is a significant increase on the 22% uptake in 2015.

Get the Vaccine, not the Flu, Come along and Join the Queue!

Staff Notice

Get the Vaccine, not the Flu Come Along & Join The Queue!



Staff Flu Vaccine clinics commencing in October

Every Wednesday, Area 8, Out Patients Dept.

8am - 10am, 2pm - 3pm and 8pm - 9pm
(Times flexible if there is a large turnout)



Sligo University Hospital has been actively promoting the Staff Flu Vaccination programme. A range of initiatives has also been ongoing in order to increase the uptake from last season, since October this year.

Clinics held early in the mornings and at 8pm at night time to accommodate those on shifts.

Pop up posters were developed and placed around the hospital and "Champions" from various disciplines including Medical, Nursing, General Management, Allied Health, Support Services pictured receiving / queuing for the vaccine.

All staff who avail of the vaccine have been entered into a draw which will take place before Christmas.

Signage is displayed in lift, lobbies and notice boards on days of and prior to the vaccine directing staff to location of vaccine.

Regular communication continues with staff on the times and location of the clinic.

Posters and leaflets have been distributed throughout the hospital.

The uptake is presently at 22%, up 4% on last years, representing an additional 90 staff.

The Role of Catering and Food Service in Dysphagia Management



Management and Staff from the Aramark Team, Portiuncula University Hospital

Catering and food service staff in an acute care facility play a key role in ensuring a person with dysphagia receive safe food consistencies. Dysphagia describes a difficulty eating or drinking and is a consequence of multiple medical aetiologies in the older person. There is a high incidence of dysphagia in acute care settings. When unmanaged the consequences of dysphagia in the older adult can be severe. Catering and food service staff in Portiuncula University Hospital (PUH) are integral to the safe management of dysphagia.

In September 2016, the Speech and Language Therapy Department, PUH introduced a new initiative for food ordering and preparation. Prior to this food orders were made using descriptions which lacked clarity and consistency e.g. 'a soft diet' could be interpreted as a 'puree' consistency or a 'soft easy chew' consistency. Receiving an incorrect food consistency has negative impacts for the patient including choking/aspiration risk, poor outcomes in swallow rehabilitation and reduced quality of life.

The Speech and Language Therapy Department now use only the labels Texture A, B, C or D when recommending a modified diet. Aramark staff and in-house catering staff use these labels for menu ordering and food preparation. Staff have received training from the Speech and Language Therapy Department on Texture Diet Modification.

The implementation of this project now ensures that all catering and food service management and staff have



Management and Staff from the In-House Catering Department, Portiuncula University Hospital

knowledge about modified texture diets. More choice is now available for patients on a texture modified diet resulting in improved quality of life. There is a reduction in the subjectivity and varied descriptions of how the diet should be modified. There is more consistency between Speech and Language Therapy recommendations and the food the patient receives and ultimately it has led to improved safety for patients.

Many thanks to the staff and management of the Aramark team and in-house catering team. Their hard-work has resulted in the successful roll out of this initiative. PUH will continue to strive to improve choice for patients on a modified diet.

Electronic Blood Tracking System (EBTS) at Portiuncula University Hospital



Laboratory, Haemovigilance and Quality Management staff in Portiuncula. L->R: Brendan Fallon, Helena Roddy, Leo Mulvany, Irene Vahey, Sinead Cahill, Joan Maloney, Paula McMorrow, Marie Clarke and Don O'Connor (missing Annmarie Glynn).

What is EBTS: the HSE signed the contract with Accuscience Ireland Ltd in July 2012 to supply BloodTrack® Blood Management and Bedside Transfusion Solutions (BloodTrack).

Phase three has been recently rolled in Portiuncula University Hospital. This allows recording all blood related events using a PDA (personal digital assistant) at the patient's bedside. Blood related events include all transactions at the patient's bedside.



Patient benefits are numerous including more accurate labelling and identification of the patient, complete tracking of blood products in the hospital environment, ensuring the right patient receives the right blood and ensuring the cold chain for blood and products is working.

The EBTS project (phases one, two and three) in PUH has been truly multi-disciplinary. EBTS (phase 3) is a success in the hospital because of a strong team approach including; hospital management, nursing, phlebotomy, ICT, portering, care assistants, maintenance, laboratory and haemovigilance. Congratulations to all in making patient safety even better.

Portiuncula University Hospital awarded Radiology Department of the year



L:R Theresa O'Donovan, President IIRRT; Margaret Dervan, Radiographic Services Manager; Maeve Darcy, Senior Radiographer; Avril Hanly, Senior Radiographer and Aidan O'Reilly, Medray.

The Radiology Department at Portiuncula University Hospital Ballinasloe has been awarded the 2016 MEDRAY Radiology Department of the year award. The award was presented at The Irish Institute of Radiography and Radiation Therapy (IIRRT) annual conference which was held in Dublin in October.

James Keane, General Manager, Portiuncula University Hospital, commented, "It is a credit to all the staff in the radiology department who work extremely hard on a daily basis to provide an excellent service to all patients in the hospital and to the local community."

Three Radiology Departments were shortlisted for the award, Portiuncula University Hospital, Connolly Hospital and the Mater Hospital. The winner was decided by combining the results of a public vote (30%) and the site visit (70%).

Margaret Dervan, Radiology Services Manager, Portiuncula Hospital said, "This award is a tribute to the professionalism and caring nature of our Radiographers, Radiologists and clerical staff. We are proud of our department, our service and our other team members within the hospital."

World Occupational Therapy Day at Portiuncula University Hospital



Left: Roisin Jackman, Occupational Therapist: Right: Eileen Davis, Occupational Therapy Manager

World Occupational Therapy Day was celebrated by the Occupational Therapy Department at Portiuncula University Hospital on the 26th of October 2016.

The Occupational Therapy Department launched their Occupational Therapy Information Leaflet and held a stand in reception.

Occupational Therapy is a client centred health profession concerned with promoting health and well being through daily activities (occupation). The primary goal of occupational therapy is to enable people of all ages to participate in the activities of everyday life (self care, leisure and work). Occupational therapists achieve this by working with people and communities to enhance their ability to engage in the occupations they want to, need to, and are expected to. This is achieved through modifying daily activities (occupation) or the environment to better support their occupational engagement.

There was a very positive response from patients, staff and the public who shared their experience, asked lots of questions and demonstrated their support.

Portiuncula University Hospital Voice Choir



Portiuncula University Hospital Voice Choir 2016

Seventeen staff from Portiuncula University Hospital are part of the Health Voices Choir which is comprised of staff from across the Health Service. The choir have recently recorded two songs for Christmas, "Carol of the Bells" and "He Ain't Heavy, He's My Brother".

The recordings are available on iTunes. The cost is 99cent per song. All proceeds from sales of the songs will go to Pieta House, the organisation which provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm.

The Staff Choir Project was launched by the HR Division

in May, with the support of the Irish Nurses and Midwives Organisation and Beaumont Hospital. The project got underway with a request to members of staff choirs in the health service to get involved in recording a Christmas 2016 song to raise funds for charity.

The first choir practice took place on Saturday, 1st October 2016 in Blanchardstown. Two more practices were held on Saturday, 15th October in Tallaght and on Sunday, 23rd October in Blanchardstown. The recording took place on Sunday, 6th November in Tallaght Hospital.

The songs are available to download via iTunes.

1st Anniversary of the transfer by Radiation Oncology and Medical Oncology/ Haematology of Oncology Information Systems to Mosaiq

November marked the 1st anniversary of the move by both Radiation Oncology and Medical Oncology/Haematology from their old Oncology Information System to the Mosaiq system.

This move has proved to be a resounding success.

All data was transferred from the old system successfully.

The transfer itself caused minimal disruption of service due to the advanced training provided by the super users and also thanks to the staff that came in over the weekend of the transfer and assisted in checking data, configuring systems and problem solving.

Mosaiq has proved itself to be a stable system with numerous inbuilt safety features.

Initially staff needed to become familiar with the system. Now we are actively looking to improve our systems of work.

So far Mosaiq has allowed staff to streamline scheduling processes and also to automate reminders of checks that need to be carried out.

The numerous super users of the system are looking at the current processes and methods of work with the view of continuing to streamline and automate where possible, our current procedures.

Galway City Tidy Towns and Garden Competition awards



Sean Fergus, Head Gardner, MPUH; Margaret O'Toole, Business Manager, MPUH; Cllr Noel Larkin and Roisin Rodgers, Clerical Officer MPUH

Merlin Park University Hospital was presented with an award by Cllr Noel Larkin, Mayor of Galway City at the annual Galway City Tidy Towns and Garden Competition at a ceremony recently in the Connacht Hotel. MPUH received the award in the category Public and Commercial Buildings/Civic Buildings for their recognition of people and businesses who work to improve their environment, foster civic pride and make Galway city a better place to live in, to work in and to visit.

Accepting the award on behalf of Merlin Park University Hospital, Margaret O'Toole Business Manager, said, "Winning the Tidy Towns award for the Public and Commercial Buildings/Civic Buildings category has given us a great sense of pride. While we as a hospital focus

on our patients and getting them back to their best possible health, our environment is also very important and adds value to our patients' high standard of care. During 2016 staff paid particular attention to keeping Merlin campus looking good. Our grounds, woodlands heritage and architecture all reflects in our environs. We aim to keep it clean and tidy and have a comprehensive waste management system in place. It's wonderful to see representatives of all professions working together to respect and care for our environment. Staff share a sense of pride and determination to keeping Merlin Park University Hospital looking well for our patients and visitors".

Health and Social Care Professionals IGNITE the Grand Rounds at UHG

The Health and Social Care Professionals (HSCPs) in UHG led the Grand Rounds in UHG on November 18th. The HSCPs incorporate the therapy professions, those working in diagnostics such as radiography and cardiology, as well as other professions such as labs and medical physics.

Over 100 people attended for the rounds, including Group CEO Maurice Power, which took on an IGNITE format – eight minute talks and gave an insight into some of the professions new and innovative services.

The first talk from Orla Shiel (OT) and Sinead Breen (Physiotherapist) highlighted the work of the multi-disciplinary Frail Elderly Assessment Team (FEAT), in the ED. This HSCP led team, screens all elderly patients for frailty and aims to give a comprehensive assessment and mobilise the patient early. The team comprises an OT, Physiotherapist, Medical Social Worker and Clinical Nurse Specialist and helped to avoid admission in 32% of patients.

The fantastic work of the Early Supported Discharge Team in Stroke was presented by Mairead Chalke, Senior Physiotherapist with the team. Again, in an MDT format, this team is providing an alternative to hospital based rehab, by providing rehab in the patient's home at the same intensity. This service provided an average inpatient bed saving of 12.8 days. However far more important is the fact that, it is known that the functional improvement seen can be higher than inpatient rehabilitation, possibly because rehab activities are better embedded in the home environment.

Frank Kirrane from the Department of Medical Physics and Bioengineering, welcomed everyone to the launch party of "DeviceInfo". This website was created in-house by the team using open source software to create an e-library of medical device use and safety information accessible at the point-of-care. This is accessible hospital wide, by typing "DeviceInfo" into the address bar on the internet browser and can be accessed from mobile devices.

Mobile technology now allows patients with Implantable Cardiac Defibrillators (ICDs) to have their devices checked remotely, instead of making the journey to hospital. By having a small unit at home the Cardiac Physiologists at UHG can check a patients device seamlessly, using a secure internet site, and simply inform the patient of the findings. This has saved the average patient €1492 in travel costs and has given the service early notification of 544 significant clinical events.



HSCP's from Saolta University Health Care Group presenting at the HSCP Ignite session at Grand Rounds showcasing service delivery and innovation

Raicheal Roberts, Occupational Therapist, spoke about managing pressure ulcers. A grade 4 pressure ulcer costs €119,000 to treat with the overall cost in the public health system of pressure ulcers quoted at €250million. The audit of pressure relieving cushion, mattress and device use in UHG revealed that the use of these devices could be improved with more targeted use in the patients at higher risk. For example 50% of those at very high risk of developing pressure ulcers did not have cushions at the time of the audit. Recommendations included purchasing a stock of pressure relieving devices to improve availability and referral to OT for patients with specialised seating requirements.

Waiting lists for OPD presents a huge challenge locally as well as nationally. Sharon O'Connor, Clinical Specialist Physiotherapist demonstrated how HSCP led clinics can help reduce OPD times. Working in Orthopaedic Triage, this service was set up in 2012, when there were 9118 patient waiting for Orthopaedic outpatients with some waiting up to five years. Now patients can be referred directly to the Clinical Specialist Physiotherapists, who, working closely with the Orthopaedic team and others such as Neurology and Rheumatology see the patient and assess what they require. Between 59% and 62% of patients are discharged from the service with advice and rehabilitation exercises and 55% of patients required no investigative procedures such as x-ray or MRI. Of 7750 patients seen less than 1800 needed to be seen by medical teams, however Sharon highlighted the importance of close working relationships with those teams. The service, along with other service improvements has seen the waiting list halved and the longest wait being just over one year. This is a fantastic example of HSCP led service, working in partnership with the other services to bring real efficiencies and improvements to our services.

Radiography Study Day



Attendees Red Dot Study Day 12 November 2016



Red Dot Study Day Speakers and Organisers L to R Sinead O Sullivan (CPD Officer IIRRT), Dr Beverly Snaith (Lead Consultant Radiographer, Mid Yorkshire Hospitals NHS Trust), Eileen Kelly (Radiography Services Manager 1, GUH & Study Day Organiser), Naomi Galvin (Radiographer GUH) and Stephen McNulty (Radiographer, GUH)

Galway University Hospitals hosted a national Red Dot image interpretation study day for Radiographers on 12th November in collaboration with the Irish Institute of Radiography and Radiation Therapy. The hospital welcomed almost 100 delegates from across the country and had a live link with Radiographers at Letterkenny University Hospital. Guest speaker, Dr Beverley Snaith, Lead Consultant Radiographer, at Mid Yorkshire Hospitals NHS Trust, discussed how the role of the radiographer has undergone considerable extension in the UK and the pathway involved with respect to image interpretation. Dr Snaith also presented on image appearances of a wide range of abnormalities that radiographers may encounter in the ED. Other speakers on the day included UHG radiographers Naomi Galvin and Stephen McNulty and consultant radiologist Dr Clare Roche. The event was a huge success and received positive feedback from delegates, including enhanced learning and plans to introduce or expand Red Dot practice locally.



Letterkenny University Hospital Radiographers. The event was linked live to LUH



Dr Clare Roche, Consultant Radiologist GUH

Multiple Myeloma Ireland Patient and family information day

The Multiple Myeloma Ireland patient and family information day 2016 took place on the 10th of November in Limerick. The event was extremely successful. Multiple Myeloma Ireland is the only charity organisation focused on Multiple Myeloma in Ireland and provides information and support for patients, families and carers. One of the speakers at the event was Miriam Flatley, Senior Physiotherapist in Oncology and Radiotherapy in UHG. Miriam presented to patients and family members on 'Exercise and Multiple Myeloma'. She outlined the challenges facing this patient population in regards to participating in exercise, and suggested individualised physiotherapy assessment to promote safe and comfortable exercise programmes. She provided falls prevention advice and demonstrated simple postural exercises to maintain flexibility and joint range of movement. There was very positive feedback from the education session.



MMI 2016
Speaker Preview

Miriam Flatley
Senior Physiotherapist in Oncology and Radiotherapy,
University Hospital Galway.



Galway University Hospital receive new Shimadzu Dart EFX from Hospital Services Ltd.

A NEW SHIMADZU DART EFX ARRIVES AT GUH

Galway University Hospitals provide a comprehensive range of services to emergency and elective patients on an inpatient, outpatient and day care basis across the two sites. GUH play a leadership role in acute service delivery providing regional services for a wide range of specialities and is also a designated supra regional centre for cancer and cardiac services serving a catchment area in the region of one million people along the West from Donegal to Tipperary North.

GUH is a Model 4 hospital providing 24/7 acute surgery, acute medicine, and critical care and is recognised for Higher Medical Training in all specialities.

Susan Coyle Radiography Services Manager 2 in GUH commented, "We are delighted to have taken delivery of our new Shimadzu Mobile EFX DaRt from HSL (Hospital Services Ltd) This system will make a massive difference within our hospital in term of image quality, reduced dose and higher patient throughput. The system will be predominantly based in the ICU unit where we will now have the ability to acquire Digital images within 2 seconds. This is a fantastic advantage compared to our older systems as the consultant can view the images at the bedside if needed. This system is also wireless so



Staff from left to right are: Aileen Codd (Senior Radiographer), Gavin O'Gara (Radiographer), Sinead Larkin (Radiographer), Kieran White (Radiographer), Eileen Kelly (RSM1), Susan Coyle (RSM2), Michael Leonard (HSL)

the images can be sent straight to PACS once they have been taken. With the complex nature of patients in ICU the fact that we now have a Wireless DR detector means that there will be less patient movement which is always positive."

Smarter Travel Step Challenge Winners in GUH.



Winner of "Best Co-ordinator" Award nationally; Pamela Normoyle, Healthy Ireland lead, Galway and Roscommon. Picture left to right; Siobhan Hamilton, National Transport Authority, Pamela Normoyle, Sinead Flavin, Smarter Travel Workplaces.

Over 150 staff members in GUH signed up to participate in this year's 4 week step challenge, in association with Smarter Travel Workplaces and the National Transport Authority. Staff members signed up to teams, which consisted of up to six members per team. The step challenge start date coincided with the launch of the updated walking routes on www.hospitalwalks.com

Participating staff received safety equipment, walking maps and a pedometer to record their daily step count. Working in teams helped to motivate each member to achieve their best effort. Participants enjoyed the many physical and physiological benefits of engaging in this simple but very effective initiative. Some teams were lucky enough to win goodie bags, based on their overall teams step count. The majority of staff members continue to engage in these new healthy behaviours, even after the challenge is finished.



Best Desk Based Team- "Finger Pricking Chicks" Caroline Delargy, Mary Clare O'Hara, Aoife Ryan and Pamela Normoyle.



Overall winners - Team Cirque de Sore Legs, Anne Sloyan, Noel Shaughnessy and Laura Connolly- Theatre, GUH.

Get up, Get out, Get active!



Pictured at the launch in GUH. Paul Gillen, Health Promotion and Improvement; Jean Kelly, Group Director of Nursing and Midwifery, Saolta, Pamela Normoyle, Healthy Ireland lead, Galway and Roscommon.

Exercise is a key requirement to improve the health of the nation. However, results of a Healthy Ireland survey showed only 1 in every 3 people are currently achieving the recommended levels of physical activity. Physical inactivity carries a similar health risk as smoking, high cholesterol and high blood pressure.

The workplace has been highlighted as a key environment for health promotion, hence the launch of www.HospitalWalks.com. This initiative was set up to support staff, patients and visitors to incorporate “exercise breaks” into their daily routine. The website, which was designed and developed by Health Promotion and Improvement and Saolta University Health Care Group aims to highlight both internal and external accessible walking routes on both hospital sites in Galway City.

The website clearly highlights interactive maps, slide shows and photos of all the routes, to ensure clarity and accessibility. The website also contains links to Get Ireland Active, Get Ireland Walking and other relevant websites to support staff, patients and visitors to become more active, more often.

This health promotion initiative has been very well received and has also received support from Minister Simon Harris, Minister for Health.



Pictured at the launch in GUH. Eileen Holland, Christine Prendergast, Aileen Moore, Caroline Delargy and Pamela Normoyle.

GUH Respiratory Staff Provide Health Check-in for World COPD Day

To celebrate World COPD Day on the 16th November the Respiratory Nurse Specialists, Physiotherapists and Physiologists from GUH hosted a 'Health Check-in' for members of the public in the foyer of UHG. The Stop Smoking service in UHG also provided information to the public on quitting smoking. The day was run in conjunction COPD Support Ireland. A member of the patient support group was also available on the day to provide information and support.

Over 30 patients were screened for COPD, with another 30 attending for advice and support. The CNS and Physiotherapists provided education and advice on COPD, nutrition and inhalers. The awareness day was promoted through local and regional radio with staff and patients providing local media interviews.

COPD, or Chronic Obstructive Pulmonary Disease, is estimated to affect 380,000 people across Ireland, 102 people died of the disease in Galway alone in 2014. COPD is the fourth leading cause of death worldwide.

Niki Byrne Respiratory CNS commented, "COPD is a progressive lung disease and can be life-threatening. Depending on its severity, it can affect people in so many ways in their everyday activities such as climbing a flight of stairs, walking the dog, or even getting washed and dressed in the morning. COPD treatment is most effective when begun early in the course of the disease so the sooner people seek medical attention the better. Hosting 'check-in' days like this raises awareness of COPD and allows the public who have concerns about their breathing to come along and get the advice they need."

The UHG respiratory team hopes to increase awareness of COPD through increased public awareness. Early diagnosis means that people can begin to manage their condition much more effectively and help to reduce the severity of the disease. Anyone who has persistent symptoms of cough, shortness of breath or coughing up phlegm is encouraged to attend their GP for a check-up.

CRF Building nominated for Engineering Project of the Year



The NUI Galway Lambe Institute for Translational Research and HRB Clinical Research Facility at University Hospital Galway has been nominated for the prestigious award of 'Engineering Project of the Year' in the Engineers Ireland Excellence Awards. The winner will be decided by public vote.

The recently completed Mayo Medical Academy Building located on the grounds of Mayo University Hospital is shortlisted in the 'Heritage & Conservation Award'.

The HRB Clinical Research and Lambe Institute for Translational Research Facility by Barrett Mahony Consulting Engineers, is based on the grounds of University Hospital Galway. The co-location of these two facilities in one building means basic laboratory research conducted in the translational research facility can be evaluated in clinical trials in the clinical research facility and ultimately benefit patients faster.

Some examples of the types of studies undertaken in the two facilities include:

- Predicting risk of breast cancer
- Stem cell trials
- Clinical trials in blood cancer patients
- How implantable medical devices can provide new solutions for patients

To vote for the Clinical and Translational Research Facility in the 'Public Choice' category you can visit <http://bit.ly/votenuigalway>

Under the 'Public Choice Award' section tick the NUI Galway HRB Clinical Research & Lambe Institute for Translational Research Facility, and click 'vote'.

Galway University Hospitals Implement Protected Mealtimes policy

Galway University Hospitals has recently implemented a Protected Mealtimes policy. This means that during breakfast from 8.15am to 9.15am, lunch from 12.15pm to 1.15pm and tea-time 5.15pm to 6.15pm all non-urgent activities on the ward will stop. This will provide patients with the opportunity to have their meals without unnecessary interruption and facilitate hospital staff to assist, encourage and monitor patients during mealtime to ensure their food intake is appropriate.

Commenting Chris Kane, General Manager Galway University Hospitals (GUH) said, "We are introducing this policy in GUH in order to improve the 'mealtime experience' for patients by allowing them to eat their meals without unavoidable disruption where possible. This will also enable us to further improve the nutritional care of patients by supporting and monitoring their food and fluid intake. We are asking members of the public to co-operate with this policy and try to avoid visiting or telephoning the ward during mealtimes unless absolutely necessary. In cases where relatives or friends visit to assist patients with their meal, this practice can continue in consultation with the nurse manager on the ward.



Pictured are Hannah Kent, Nurse Practice Development Co-ordinator at Galway University Hospitals and Chris Kane Hospital Manager Galway University Hospitals.

If families or patients have any questions or concerns in relation to this policy the ward manager will be happy to discuss with them."

Sláinte Society Donation to Paediatric Unit, UHG



Pictured L-R - Helen Mannion, Lisa Porter, Hannah Kieley, NUI Galway, Amanda People, GUH Aoife Murray, Bernie O'Malley, GUH & Liezel Ravenscroft, NUI Galway

The Slainte Society, National University of Ireland, Galway (NUIG) recently presented a cheque for €2,000 to the Paediatric Unit, University Hospital, Galway following

a fundraising event. The donation will go towards equipment and supplies for the children's play room at the unit.

New Playground at Paediatric Department University Hospital Galway



Pictured at the cheque presentation were (front from left to right) Chris Kane, General Manager GUH, Ted Coyle, Operations Manager, St. Anthony's and Claddagh Credit Union, Julie Nohilly, Director of Nursing GUH, Lisa Porter, Paediatric Department, Stephen Kearns, Consultant Orthopaedic Surgeon and Chair of Cairde, Declan Kelly, member of Cairde and Brian Thornton, KPMG and member of Cairde. Back row left to right: Mary Scally, Clinical Nurse Manager Paediatric Department, Peadar O'hici, Chairman of St Anthony and Claddagh Credit Union and Mary Lane Heneghan, member of Cairde.

A new playground will shortly open at the paediatric department at University Hospital Galway. The development of the playground was facilitated by funds raised by the staff of St Anthony's and Claddagh Credit Union and Cairde Othair na Gaillimhe (Friends of Galway Patients).

Commenting Chris Kane, General Manager Galway University Hospitals said, "We are very grateful to both the staff at St Anthony's and Claddagh Credit Union and Cairde Othair na Gaillimhe for their significant contributions which enabled the development of this wonderful facility for children attending our paediatric department. Spending time in hospital is often challenging for children and through the generosity of the Credit Union and Cairde we now have an outside space for children to enjoy and play".

Ted Coyle, Operations Manager at St Anthony's Credit Union noted "The staff, Board and Members of

St. Anthony's & Claddagh Credit Union were delighted that their charity events over the last six years have contributed to such a worthwhile project that will have such a positive impact on the children of St. Bernadette's Children Unit in UHG".

Stephen Kearns, Consultant Orthopaedic Surgeon at Galway University Hospitals and Chair of the Cairde Group added, "The objective of Cairde is to provide additional supports and comforts for patients and families by targeted fundraising. These are things that would not be funded normally by the hospital's core budget. The children's playground exemplifies just such a project and has been funded from two events held to date. We are delighted in Cairde to have been able to help make it a reality."

The Children's Remembrance Day Committee launch their annual 'sponsor a Christmas Tree Light' at University Hospital Galway



Judy Greene pictured at the launch of the annual 'sponsor a Christmas Tree Light' at University Hospital Galway with committee members Susan Massey, Margaret Duignan Chairperson, Mary Cahill and Fidelma Molloy.

The Children's Remembrance Day Committee at University Hospital Galway (UHG) launched their annual 'sponsor a Christmas tree light' on Thursday, 17 November, in the staff canteen, UHG.

Susan Massey from the Children's Remembrance Day Committee explains, "Unfortunately many families have suffered bereavements during the year and sponsoring a light for someone who has passed away is a lovely way of letting family and friends know that we are thinking of them in a special way. Families may have loved ones who have emigrated and will not be home for Christmas and again sponsoring a light is a way to let them know they are in our thoughts.

"In December a giant Christmas tree will be on display at the entrance to UHG and people can sponsor a light on the tree as a dedication to a loved one. This is a thoughtful way of letting them know we are thinking of them.

"We were delighted to have had Judy Greene here with us to formally launch our annual 'sponsor a Christmas tree light'. If you would like to sponsor a Christmas tree light, please contact Children's Remembrance Day Committee members Margaret Duignan on 091 523206 or Susan Massey on 091 635302 for more information.

"The funds raised through the sale of the Christmas tree lights are used to fund the activities of the Children's Remembrance Day Committee throughout the year and any extra monies raised are used to enhance the services for bereaved families within the hospital.

"On Sunday 11 December, we were delighted to have Irish writer, actor, playwright and broadcaster Joe Steve Ó Neachtain, also well known for his portrayal of Peadar Ó Conghaile in the long-running soap *Ros na Rún* to officially switch on the Christmas tree lights at approximately 4pm. The afternoon's festivities also included music from The Conquerors and Friends and Christmas Carols by the boys and girls from Scoil Cathriona Renmore."

Teddies for Loving Care" donation to Galway University Hospitals

Representatives of Lodge 14 Galway, Lodge 948 Athenry, members of the Freemasons of Ireland donating teddies to the Emergency Department at Galway University Hospitals for staff to give to children who are anxious about being in hospital.

The "Teddies for Loving Care" is a national initiative by the Freemasons of Ireland which has so far donated over 100,000 teddies to Emergency Departments throughout the country where children are treated. The teddies are sterilised and have been specifically sourced to be suitable for use in a hospital environment.

Lodge 14 has been participating in Galway life since 1733. Further information regarding freemasonry and community initiatives can be sourced at www.southconnaughtfreemasons.ie and www.irish-freemasons.org/



From left: Basil Fenton, Lodge 14 Galway, James Houghton, Provincial Deputy Grand Master South Connaught and Trevor McCamley, Worshipful Master, Lodge 948 Athenry with Tracy Torpey, Clinical Nurse Manager 1, Paediatric Emergency Department, Galway University Hospitals.

#hellomynameis...

Galway University Hospital Patient Experience committee will be launching the #hellomynameis campaign Christmas week and needs your support!

The #hellomynameis campaign was spearheaded by the late Dr Kate Granger, a young hospital Consultant from the UK to improve the patient experience not only in the UK, but across the world. Kate became frustrated with the number of staff who failed to introduce themselves to her when she was in hospital.

Dr Granger who was 33 years old had terminal cancer, and made it her mission in to get as many members of hospital staff as possible pledging to introduce themselves to their patients. Sadly Kate died in the Summer of 2016 but left a wonderful legacy behind her with over 1 billion impressions since its inception.

This campaign is simple – reminding all staff to go back to basics and introduce themselves to patients properly. Kate talks about this as "the first rung on the ladder to providing compassionate care" and saw it as the start of making a vital human connection, beginning a therapeutic relationship and building trust between patients and healthcare staff.

We are asking all staff to tell their patients their name, as part of the #hellomynameis campaign for more compassionate care. The Saolta Patient Council has provided tremendous support to the campaign as have the NMPDU.



There are 3 things we ask you to do to support this campaign and improve patient experience:

- Pledge your support to #hellomynameis campaign
- Introduce yourself to every patient you meet and encourage your colleagues to do the same.
- Introduce yourself when you answer the phone.

Patients trust you with their lives please trust them with your name.

For further information contact the PALS office in GUH on ext 3210 or 3853.

hello my name is...

Thoracic Surgery Study Day takes place in Galway



UHG nurses who attended the 1st Galway Thoracic Surgery Study Day

The Saolta University Health Care Group in consultation with the RCSI hosted a thoracic surgery study in Galway recently. Leading cardiothoracic specialists from the UK and Ireland attended and provided an update to attendees on the innovations and developments taking place in their service. Commenting, Alan Soo, Consultant Cardiothoracic Surgeon at University Hospital Galway, who organised the event, said "We were delighted to welcome some of the UK and Ireland's most experienced specialists to Galway to share their knowledge.



Dr Antoinette Flannery, Respiratory Registrar UHG, answering questions following her lecture on "Pre-operative staging and assessment of lung cancer"



Mr Michael Dusmet, Senior Consultant Thoracic Surgeon, Royal Brompton Hospital, delivering lecture on "Advanced lung resection technique"

This is a very exciting time in cardiothoracic surgery and this event provided us with an excellent opportunity to hear from our colleagues about the developments in their services and the benefits these bring to patients."

LIST OF SPEAKERS

- **Mr Michael Dusmet**
Senior Consultant Thoracic Surgeon, Royal Brompton Hospital, London. Programme director of the EACTS academy Part 1 Thoracic Surgery Course.
- **Professor Karen Redmond**
Consultant Thoracic & Lung Transplantation Surgeon, Mater Misericordiae University Hospital. Associate Professor, UCD. Introduced ex vivo lung perfusion in Ireland.
- **Mr Vincent Young**
Consultant Cardiothoracic Surgeon & director of unit, St James Hospital. Training Programme Director for RCSI Higher Surgical Training Programme in Cardiothoracic Surgery
- **Mr Ronan Ryan**
Consultant Cardiothoracic Surgeon, St James Hospital with special interest in Thoracic Surgery
- **Dr David Breen**
Consultant Respiratory Physician, University Hospital Galway. Lung cancer lead.
- **Dr Antoinette Flannery**
Specialist Registrar in Respiratory Medicine, University Hospital Galway. NCHD Pleural lead.
- **Mr Mark Da Costa**
Consultant Cardiothoracic Surgery & Lead Surgeon, University Hospital Galway



In Other Group News

From left to right, Phylis McNamara, Sharon Moohan, Dr John Killeen, Anne Conroy, Gerry McManus, Jean Kelly, Dr Brendan Day and Maurice Power

Saolta Group Annual Report 2015 published

The Saolta University Health Care Group recently published its 2015 Annual Report.

The report provides details on the range and scale of services provided by the hospitals in the Group: University Hospital Galway, Merlin Park University Hospital, Portiuncula University Hospital, Roscommon University Hospital, Mayo University Hospital, Sligo University Hospital and Letterkenny University Hospital.

Commenting on the report, Saolta Group CEO Maurice Power, said "The publication of the 2015 annual report, highlights the excellent work which takes place every day across our seven hospital sites. Our staff continued to deliver safe, high quality patient care throughout 2015 despite increased demand for services and resources. Demand for our services continues to increase each year and 2015 was no different. 287,416 patients received either inpatient or day case treatments in our hospitals in 2015. We treated 113,017 inpatients, 1.6 % more than the previous year and 174,399 patients were treated on a day case basis, over 4% more than the previous year. There were 191,651 attendances at the five Emergency Departments and 5,118 patients attended the Urgent Care Centre at Roscommon University Hospital which was an increase of 10% on the previous year. Our Outpatients Department saw 586,829 patients and across the five maternity units there were 9,574 births, down by 2% on the previous year.

A national initiative to improve access to hospitals took place toward the end of 2015 and the progress made by the Group to reduce the numbers of patients waiting for hospital appointments and the length of time they were

waiting is outlined in this report. Action plans were put in place across each hospital which included measures such as waiting list validation, moving activity to those hospitals where there was scope to see more patients, putting in place additional clinics facilitated by both health and social care professionals and nursing staff, in-sourcing and out-sourcing. The Saolta Group's inpatient waiting list increased by 18% in 2015 and by December 2015, the Group achieved 95% of the target of treating those patients waiting greater than 15 months".

Commenting on the report, Dr John Killeen, Chair of the Board of the Saolta University Health Care Group said, "Throughout 2015 the Board of the Saolta Group continued its focus on the development of corporate governance best practice for the Group. The members of the Saolta Board provide strong regional representation for the geographical area that the Group's hospitals serve. There were 10 Board meetings in 2015, two of which were held in public. As with other years Board meetings were rotated across the Group hospitals which provided Board members with the opportunity to meet staff at each hospital site. We look forward to other positive developments across the Saolta Group over the next year. We will continue to develop partnerships with centres of excellence such as the Lambe Institute for Translational Research, the Health Research Board Clinical Research facility and other external and voluntary health providers. On behalf of the Board, I wish to acknowledge the hard work, commitment and professionalism of all the staff who work in the Saolta Group who strive every day to provide the best quality care for our patients".

Saolta University Health Care Group win Best Sustainable Healthcare Project at the 2016 Irish Medical Times Healthcare Awards



The Atlantic Diabetes in Pregnancy (DIP) Research Group at Saolta University Health Care Group won two awards at the Irish Medical Times Healthcare Awards 2016 which was held in the Shelbourne Hotel recently.

University Hospital Galway, Mayo University Hospital and Letterkenny University Hospital on behalf of the Saolta University Health Care Group scooped the award for Best Sustainable Health Care project and the overall award 'An Dhuas Mhór' for their Pregnancy Care Programme for Women with Diabetes.

Professor Fidelma Dunne, Consultant Endocrinologist, University Hospital Galway explains how the programme came about, "Before 2006, there were no pre-pregnancy care clinics available in the West of Ireland and pre-pregnancy care is very important in improving poor pregnancy outcomes for women with diabetes.

"The objectives of the programme were to:

- Increase awareness of the risks associated with diabetes in pregnancy among healthcare providers in

the West of Ireland – those included: elevated rates of stillbirth, congenital malformations, admissions to neonatal intensive care units and preeclampsia.

- Highlight the importance of pre-pregnancy care among women with diabetes and healthcare providers in the West of Ireland.
- Provide gold standard care for women with diabetes (including type 1 and type 2 diabetes) in the West of Ireland.
- Ensure that this care would be easily and freely accessible for all eligible patients.
- Improve clinical outcomes for women with diabetes in pregnancy.
- Evaluate the program from a cost viewpoint.

"In 2006 the Atlantic Diabetes in Pregnancy (DIP) research group was successful in an application for a research grant from the Health Research Board of Ireland (HRB). This provided initial funding to develop and initiate the program and facilitated analysis of the program and publication of results. The pre-pregnancy care program was devised according to principles laid out

in National Institute for Health and Care Excellence (NICE) guidelines. GPs and endocrinologists across the region were informed of the new pre-pregnancy care service. Women of childbearing age with diabetes on the regional diabetes register were also informed in writing about the new service. Free information seminars for women with diabetes took place across the region.

“The pre-pregnancy care program was then initiated at three hospital sites and over 250 women have benefited to date. The program is considered part of a sustainable, routine service provided by the Saolta Group.”

The Atlantic Diabetes in Pregnancy Care service reviews women who are planning pregnancy on a monthly basis and covers the following areas:

- Patient education (including diabetes nurse specialist and dietician reviews).
- Medication review – stopping any medications that could be harmful in pregnancy.
- Assessment and treatment of diabetes and thyroid complications.
- Commencement of high dose folic acid to reduce incidence of congenital abnormalities.
- Intensive glucose control – aiming for a HbA1c of <6.5%.

A consultant endocrinologist based at the central hub in University Hospital Galway travels regularly to the

other locations to support the local clinicians and a local endocrinologist, diabetes nurse specialist and dietician assist with the delivery of the program locally, and a centrally located coordinator monitors data collection for each site.

Referrals to the program are accepted from specialist providers, primary care clinicians and women who self-referred. Women and healthcare practitioners are provided with a program information leaflet on an annual basis to encourage attendance.

The outcome of the programme to date includes:

- Women with diabetes in pregnancy living in the West of Ireland have access to a bespoke and sustainable pre-pregnancy care program.
- Free, gold standard care to optimise their health before embarking on pregnancy and improving pregnancy outcomes.
- There is no waiting list to attend the service.
- A multidisciplinary team who are experts in this area and provide this care.
- Excellent patient feedback.

The Atlantic Diabetes in Pregnancy Care Programme scientific paper has been published in the 2016 Journal of Clinical Endocrinology and Metabolism (JCEM).

Launch of Symptomatic Breast Service Annual Report 2015

The Saolta University Health Care Group recently published the seventh Symptomatic Breast Service Annual Report, which outlined the activity of the Breast Service across the Group in 2015. Activity within the Symptomatic Breast Service across the Saolta Group continued to increase in 2015 and almost 14,000 patients attended our Breast Outpatient Departments, with almost half of these being new patients. The report also highlights the activity of the team in the Breast Cancer Research Facility based in the Lambe Institute led by Professor Michael Kerin.

Click [here](#) to download a copy of the Symptomatic Breast Service Annual Report 2015.



Pictured at the launch of the Symptomatic Breast Service Annual Report are Mr. Ray McLaughlin, Clinical Lead, Symptomatic Breast Service, Judith McLuas, Business Manager, Symptomatic Breast Service, Maurice Power, CEO, Saolta University Health Care Group, Pauline McGough, CNM, Ger Cooley, Cancer Services Manager, Saolta University Health Care Group, Carmel Malone, Consultant Breast Surgeon and Head of School of Medicine, NUIG, Dr Joseph Martin, Consultant Radiation Oncologist, UHG and Chris Kane, General Manger, Galway University Hospitals.

Sepsis awareness promotion during the Dublin City Marathon on October 30th 2016



Front L-R: Julie-Anne Mealy, Sepsis Survivor and Midwife in Portlaoise Hospital, Sinead Horgan, Assistant Director of Nursing/Group Sepsis Lead, South/South West Hospital Group, Ronán O Cathasaigh, Assistant Director of Nursing/Group Sepsis Lead, Saolta University Health Care Group
Back L-R: Karn Cliffe, Assistant Director of Nursing/Group Sepsis Lead, Dublin Midlands Hospital Group, Christina Doyle, Sepsis Programme Manager, Dr. Vida Hamilton, National Sepsis Lead, Celine Conroy, Assistant Director of Nursing/Group Sepsis Lead, Ireland East Hospital Group, Mary Bedding, Assistant Director of Nursing/Group Sepsis Lead, RCSI Hospital Group.

On October 30th 2016, three of the National Assistant Directors of Nursing/Group Sepsis Leads completed the Dublin City Marathon along with a Sepsis Survivor, also a HSE employee and another staff member from the Saolta Group.

The purpose of this promotion was to raise public awareness of Sepsis including the importance of early recognition and treatment and to highlight a positive recovery from sepsis.

Marathon participants promoting Sepsis awareness included; Ronán O Cathasaigh, Assistant Director of Nursing/Group Sepsis Lead, Saolta University Health Care Group; Sinead Horgan, Assistant Director of Nursing/Group Sepsis Lead, South/South West Hospital Group; Karn Cliffe, Assistant Director of Nursing/Group Sepsis Lead, Dublin Midlands Hospital Group; Julie-Anne Mealy, Sepsis Survivor, Nurse, Midwife & Physiotherapist, Currently employed as a Midwife in Portlaoise Hospital; and Fidelma Gallagher, Directorate Support Manager, Diagnostic Directorate, Saolta University Health Care Group.

Participants wore specially designed running vests promoting sepsis awareness. Julie-Anne's vest identified her as a 'Sepsis Survivor'.



L-R: Fidelma Gallagher, Directorate Support Manager, Diagnostic Directorate, Saolta University Health Care Group, Alan Munro from the Fiona Elizabeth Agnew Trust (FEAT) A Glasgow based organisation established to raise awareness of sepsis and support research into early and effective management of the condition, Ronán O Cathasaigh, Assistant Director of Nursing/Group Sepsis Lead, Saolta University Health Care Group

The 9th West of Ireland Integrated Diabetes Care Conference



Mary Clare O'Hara, PM T1D Young Adult D1 now Study, Diabetes Centre, Galway University Hospitals with her winning poster and the Pat Barron Perpetual Trophy for Education



Delegates at the 9th West of Ireland Integrated Diabetes Care Conference enjoying the poster session

The 9th West of Ireland Integrated Diabetes Care Conference was held in the Castletroy Park Hotel, in October 2016. The conference was a collaboration between staff in the Diabetes Centre, Galway University Hospitals and Croí, the West of Ireland Cardiac Foundation and was sponsored by MSD and Bon Secours Hospital Galway. It brought together healthcare professionals from specialist diabetes centres along the western coast of Ireland with healthcare professionals in primary and community care.

Each year the conference gets bigger and better and demonstrates commitment to an integrated diabetes care model through shared learning and exemplar presentations from keynote speakers. Colleagues from the Leicester Diabetes Centre in the UK really brought the theme of this year's conference, "Improving Diabetes Care in the West", into focus. Professor Heather Daly, Nurse Consultant spoke about bringing patient centred care into practice and also hosted one of the workshops on Injectible Therapy Toolkits. Bernie Stribling, Director of DESMOND (a structured education programme for people newly diagnosed with type 2 diabetes), presented an informative talk on how best to organise a diabetes service. Professor Austin Stack, Foundation Chair of Medicine, University of Limerick, presented on an update



(l to r) Patricia Murray (Advanced Nurse Practitioner in Diabetes, Sligo University Hospital), Helen Burke (Advanced Nurse Practitioner in Diabetes, Galway University Hospitals) and Dr Aoife Egan (Endocrine Fellow, Galway University Hospitals)



(l to r) Professor Heather Daly (Nurse Consultant Diabetes Research, Leicester Diabetes Centre), Dr Marian Carey (Director of Structured Education Research Portfolio, University of Leicester), Dr Eoin Noctor (Consultant Endocrinologist, University Hospital Limerick), Marie Gately (Administration Manager, Diabetes Centre, Galway University Hospitals), Professor Sean Dinneen (Head of School of Medicine, NUI Galway & Consultant Physician, Galway University Hospitals) and Bernie Stribling (Director DESMOND, Leicester Diabetes Centre)

on diabetic nephropathy. Dr Anne Doherty, Consultant Liaison Psychiatrist, GUH, presented on applying integrated mental and physical healthcare for diabetes. Other workshops during the 2-day conference included diabetes and pregnancy in primary care, interpreting lab results in pre-diabetes and driving regulations for diabetes.

Mary Clare O'Hara, Project Manager and Researcher on the Health Research Board-funded Type 1 Diabetes Young Adult D1 now Study, Diabetes Centre, Galway University Hospitals, won the Pat Barron Perpetual Trophy for Education for her poster entitled "Strength in numbers: a consensus conference to reach agreement on a novel approach to care delivery for young adults with type 1 diabetes". Dr Lisa Hynes, Postdoctoral Fellow, Pediatric Psychology Lab, West Virginia University (formerly of School of Psychology, NUI Galway) won the MSD Sponsored Perpetual Trophy for Science for her poster entitled "A theory-based qualitative approach to the development of an intervention to improve outcomes among young adults with type 1".



Dr Eoin Noctor (Consultant Endocrinologist, University Hospital Limerick), local host of the 9th West of Ireland Integrated Diabetes Care Conference



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