



Endoscopy service continues to develop at Letterkenny University Hospital

Endoscopy team at Letterkenny University Hospital

Through its commitment and excellent multi-disciplinary team, the Endoscopy team at Letterkenny University Hospital has delivered increased activity, reduced patient waiting times and quality and innovation in their clinical service.

The endoscopy service continues to develop and expand at Letterkenny University Hospital and over the last twelve months, new staff have joined the endoscopy team and a number of additional surgical and medical endoscopy lists are now in place each week. This has been made possible through the provision of the modular endoscopy unit to support the BowelScreen programme and the enhancement of the main static unit. LUH has become self-sufficient in endoscopy capacity for the first in a number of years. The national standards for urgent colonoscopy patients (a 4 week maximum wait) and non-urgent colonoscopy patients (a 13 week maximum

wait) are being met. Since October 2015, no patients have had to transfer out of the county for colonoscopy or OGD procedures. This is a significant development in the delivery of safe local care within our community.

In an important development for the unit, last year CNM Deirdre Diver became the hospital's first Endoscopy ANP candidate. Deirdre is currently providing a nurse led endoscopy service for patients.

In addition to the symptomatic service, since last November, LUH has been a referral centre for BowelScreen (the National Colorectal Cancer Screening Programme) and is accepting 4-5 patients from the Screening Programme each week. 158 Donegal patients have had their screening colonoscopy to date at LUH. The team is currently working together to achieve full JAG accreditation as part of its commitment to maintaining and developing the quality of the Endoscopy service.

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NEXT ISSUE FEBRUARY 2016

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

Welcome to the last edition of 2015 of the Saolta University Health Care Group Newsletter. In this month's issue, we feature Letterkenny University Hospital and highlight some of the developments taking place there.

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 about 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 and we wish you all a Happy Christmas and New Year.

We hope you enjoy this newsletter.

Saolta Newsletter Team



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ResearchGate

Tweet of the Month

Top Tweet earned 401 impressions

Roscommon University Hospital launch calorie posting in visitor and staff restaurant.
bit.ly/1Ne3KX5 pic.twitter.com/9O0CQ3az0s



Saolta Staff Recognition Awards



Calorie posting in the Saolta Group

Chief Executive Officer

Welcome to issue 25 our Christmas Edition of the Saolta University Health Care Group Newsletter. Its hard to believe another year is nearly over. Time is passing by so quickly and reflects how busy our lives have got into days world. It has been a very busy and challenging year for the Group with success in many areas and challenges still in others

Firstly, I would like to take this opportunity to congratulate all our winners and finalists at our recent Staff Recognition Awards held in the Sligo Park Hotel on 13 November. This was a very successful night. The scope of participation was enormous with over 140 applications across the Group received and the panel of independent adjudicators were very impressed with the calibre of nominations. I was delighted to meet so many of you and I hope those in attendance enjoyed it as much as I did.

Some of the highlights for 2015 include:

- Opening of the Clinical Translational Research Facility on the UHG site
- Construction of Medical Academies at Sligo University Hospital, Letterkenny University Hospital and Mayo University Hospital
- The inclusion of University in our Hospital names
- Group Patient Council established
- Friends of Galway University Hospitals and Portiuncula Hospital established
- Secured funding for key capital projects
- Cancer Centre Annual Report 2014
- Group Annual Report 2014
- Enhanced Radiation Oncology Services
- Progressed NW Cardiology Cross Border Services – delivering Primary PCI with Altnagelvin
- Clinical Development Leadership Programme
- Risk Register produced
- Incident and complaint management clarified
- GP Liaison established for GUH
- The Group is now consistently close to the national target level of absence of 3.5%.
- Employment Engagement Road Shows

SCHEDULED CARE – WAITING LISTS

The focus for 2015 has been meeting the 15 month target for Inpatient /Day Cases and Out Patients by the end of December 2015. With the exception of Galway University Hospitals and Letterkenny University Hospital we will meet these targets.

This could not be achieved without the efforts of all our staff at the front line in all Hospitals for their high level of commitment and hard work.



Maurice Power,
CEO

UNSCHEDULED CARE – EMERGENCY DEPARTMENTS

We had a challenging number of months for patients waiting in our emergency Department for admission particularly in GUH and LUH. We are working in tandem with the National Acute Division and individual hospitals on a weekly basis to progress initiatives and pathways of care to reduce the number of patients waiting for a bed in our hospitals. Significant progress has been made to implement the Winter Resilience Plan across the Group with additional capacity for

- Merlin Park University Hospital - additional 14 Rehabilitation Beds
- University Hospital Galway – additional 30 Medical Beds
- Letterkenny University Hospital – additional 10 beds
- Portiuncula University Hospital - additional 5 beds
- Sligo University Hospital - additional 14 beds

You will read more on this throughout this newsletter.

PATIENT SAFETY SYMPOSIUM

Mayo University Hospital recently hosted its second Quality and Patient Safety Symposium. The symposium attracted great interest, with multidisciplinary delegates from across the Saolta Group and from National Hospitals.

This was a very successful day and I would like to extend my thanks to all the staff involved in organizing the event.

NEW APPOINTMENTS

Since our last edition Ms Ann Cosgrove has taken up her new appointment as Chief Operating Officer and Ms Chris Kane as General Manager, GUH.

Mr James Keane has been appointed the post of General Manager for Portiuncula University Hospital and Ms Ger Cooley has been appointed Group Cancer Services Manager.

I, like everyone else, would like to wish them every success in their new appointments.

SERVICE PLAN 2016

The Group Service Plan for 2016 is near completion. Some challenging issues regarding service configuration, quality standards and access times need to be discussed and you will hear more on this in our next edition.

THANK YOU

All the above and much more could not have been achieved without the efforts of everyone, in every department, in every hospital across the Group. I sincerely thank you for your hard work, dedication and commitment to patient care and to Saolta University Health Care Group during the past year.

As CEO, I am fortunate to lead such a fantastic Group and as I look to the future, the Group has again set out ambitious plans for 2016.

I look forward to your continued support in how services can be safely delivered during the challenging times ahead.

On behalf of the Chairman and 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.

Kind regards

Maurice Power

CEO

Saolta University Health Care Group

Christmas Message

FROM DR JOHN KILLEEN, CHAIR SAOLTA UNIVERSITY HEALTH CARE GROUP

Firstly on behalf of the Board, I would like to wish you and your family a very Happy Christmas and peaceful New Year.

I would also like to take this opportunity to thank all members of staff throughout the Group for your personal contribution during 2015 and for your continued commitment to our services to patients.

Like last year we had a difficult year, but I am proud to say that everyone has done their best to deliver constant high standards of care to our patients which has been no easy task given the challenging environment we continue to work in.

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.

Kind Regards

Dr John Killeen

Chair



Dr. John Killeen,
Chair, Saolta University
Health Care Group

Group Director of Finance

Year to Date Financial Position October 2015				
	YTD Actual	YTD Budget	YTD Variance	YTD Variance
Figs in €m's	€m	€m	€m	%
Pay	439.8	417.0	-22.9	-5.5%
Non Pay	212.6	191.8	-20.9	-10.9%
Total Expenditure	652.5	608.7	-43.7	-7.2%
Total Income	-78.8	-78.5	0.2	0.3%
Net Expenditure	573.7	530.2	-43.5	-8.2%

YTD Actual	2014 YTD Actual	2014 Var	2014 Var
€m	€m	€m	%
439.8	424.3	-15.5	-3.7%
212.6	196.2	-16.4	-8.4%
652.5	620.5	-31.9	-5.1%
-78.8	-77.2	1.5	2.0%
573.7	543.3	-30.4	-5.6%

At the end of October 2015, the Group is €43.5m overspent compared to Budget and €30.4m further overspent than the corresponding period in 2014.

Within the pay the main drivers in our costs are agency costs and increased WTE's to cater for the requirements under the European Working Time directive (EWTD) and increased activity across the Group.

Our non-pay cost pressures are associated with patient activity, increased complexity of our patients treated, costs increased for waiting lists and measures to effect early discharges, transport etc.

The Group is forecasting a deficit for the year in excess of €45m which if unfunded will for a first charge against the 2016 Budget. The final allocation of budget for 2016 has not been determined as yet and once these figures are to hand the Group 2016 Service Plan will be communicated to all.

MONEY FOLLOWS THE PATIENT (MFTP)

This is a particularly good news story from the Group's viewpoint. Early indicators are that the Group will benefit from this source of funding rather than the current block grant funding method in place.

Rather than the forecast of an over €40million deficit the Group would have a deficit of €5m which clearly indicates the level of work being done in our Hospitals and the historic underfunding of our services.

The Group will be working throughout 2016 to ensure we can fully avail of this method of funding.

ICT UPDATE

Our ICT strategy needs now to be implemented and the Group will be working with National ICT to progress this.

Listed below are a number of the projects currently under way:

- PAS and EPR
- NIMIS – Agfa Update
- Lab Server Replacement
- Medlis
- Electronic Document & Records Management
- Oncology Information System Upgrade
- MOCIS
- OPD Self Registration
- Saolta – Letterkenny – Altnagelvin Link
- iCM in Letterkenny & Sligo
- ED Information System
- ICT Infrastructure

Finally, may I take this opportunity to thank everyone for their assistance throughout 2015 in particular all of my colleagues in the Finance Departments across the Group and wish you and yours a very Happy Christmas, a prosperous and healthy 2016.

Tony Baynes,

I/CFO, Saolta University Health Care Group



Tony Baynes
Acting CFO

Group Director of Human Resources

STAFF DEVELOPMENT

During the last year we have been pursuing a number of priorities under the Group's HR Strategy and have made progress on certain fronts. One area which we included in a previous Group Newsletter was our commitment to provide development opportunities to Clerical Officer staff who have been unable to access opportunities over the past few years. As outlined previously, the first of these programmes were to take place in Letterkenny and Galway, to be followed by Sligo in February. I am delighted to report that 16 staff including some staff from community services completed their programme and were awarded their certificates at a ceremony on October 28th in Merlin Park University Hospital. They had an opportunity to display and explain their projects and the standard was most impressive demonstrating imagination, innovation and a strong focus on the patient at the centre of all we do. I am also pleased to note that we have received confirmation recently from our colleagues in Corporate Performance and Development that the applications for places on the Mayo University Hospital programme have opened and it is planned to commence on the 2nd and 3rd of February with the third date on March 16th. Dates for Roscommon/Portlincora will be announced when available.

I am delighted to announce that the proposed programme to develop staff at Grades 4 to 7 and analogous grades from the other staff categories has been designed and piloted. 'Unlocking Leadership Potential' is a Level 3 programme developed in line with the HSE's National Leadership and Management Development Strategy 2013. It focuses on competencies like Motivating/ Influencing, Managing individual and team performance, Supporting Personal Development/ Coaching, Feedback Skills, Having Difficult Conversations, Managing Risk, Patient Focus - Quality and Ensuring Patient Safety, Critically Evaluating, Encouraging Improvement and Innovation, Facilitating Transformation and Managing and Delivering Results. It is being proofed for quality and we hope to be able to announce its availability in the Spring.

EMPLOYEE RECOGNITION AWARDS

It is a pleasure to congratulate all the participants in the 2015 Staff Recognition Awards which culminated in a wonderful night in the Sligo Park Hotel on November 13th. This was a night to be proud to be part of the Saolta Group. From a massive entry of 140 projects, 38 entries were short-listed under 8 categories. I believe all were winners! Each hospital embraced the opportunity to put their best foot forward and to show-case the exceptional work that is happening daily across our services and, in times when we are inundated with negative commentary about our health services, this was a time to celebrate some the many, many things we are doing very, very well.

MUH SYMPOSIUM

Mayo University Hospital also put its best foot forward on November 20th with the 2015 iteration of their Quality and Safety Symposium. I complement Catherine Donohue and Charlie Meehan and their colleagues, for organising an excellent day which was both educational and inspirational. Staff in MUH presented many examples of better quality and safety initiatives they have developed and implemented over the past year or so. Dr. Philip Crowley, National Director of the Quality Improvement Division opened the event and was very complementary of the work that continues to be done in MUH. The Orthopaedic, Pharmacy, Patient Safety, Cystic Fibrosis, CBAS and Medication Safety services all produced excellent presentations which highlighted how local innovation is key to improved quality and safety. This focus on improvement is undoubtedly happening in hospitals across the Group but it was really wonderful to hear of it from the staff who 'live it' every day. Congratulations to all.



John Shaughnessy,
Group Director of
Human Resources

COACHING AND MENTORING IN 2016

Another aspect of our desire to support the development of staff will come into sharper focus in 2016 when we hope to expand access to Coaching and Mentoring supports. We will seek to put the foundation in place for staff to access individuals who can assist them in finding solutions within their own individual 'resources' (coaching) and also to access more senior colleagues who can share their experience on how to address matters which a mentee may wish to explore with them (mentoring). There are two excellent guides now available which explain the two concepts and staff who are interested in pursuing either a coaching or mentoring option can get a copy by email if they contact my office (phil.whyte@hse.ie). Further details on this will be available in Spring.

2015

Finally, it is timely to thank staff for their commitment and dedication to their work throughout the year. Despite the many challenges, Saolta employees continued to go the extra yard and to be true to our mission to place our patients at the heart of everything we do and to provide high quality care based on excellent practise. They did this with kindness, compassion and respect.

Most staff will enjoy a break over the Christmas period and I hope they enjoy it to the full. Thank you to our colleagues who will care for our patients while the rest of us are at home - I hope you will also get some time with your families over the holiday period. We all look forward to a better 2016 and hope that the imminent election will bring some much needed good news for the health service.

Group Director of Nursing and Midwifery

It is hard to believe that this is the December issue of the Saolta newsletter and that I am a year in post. Over the last twelve months I have visited all of the hospitals in Saolta and have tried to meet as many of the staff as possible. I look forward to meeting many more of you in 2016.

I am pleased to announce that Ronan O’Cathasaigh from MUH has been appointed as the Assistant Director of Nursing for Sepsis in Saolta. Ronan will be visiting all sites in the New Year to establish the situation regarding the roll out of the sepsis protocol. All hospitals are required to have a sepsis committee that reports into the Hospital Management Committee. We wish Ronan the best of luck in his new role.

In Saolta there are many different groups of staff involved in activities and work in developing countries. NUI Galway and Saolta now have an Internationalisation Committee with representatives from both organisations attending these meetings. I chair this Committee and see this as an opportunity to bring together those different activities across Saolta and NUI Galway and to coordinate support for different projects which could include opportunities for education, training and research; staff and student exchanges; and links to other national and international projects. One of our first tasks is to establish what links we have with developing countries and what activities staff are involved in. With this in mind there will be a short staff survey which will involve approximately eight questions and which will be sent to all staff. I would urge you to please reply to the questionnaire and I will keep you informed of the Committee’s progress in 2016.

I wish to thank everyone who took the time to nominate an initiative, a team or a staff member for the Saolta Staff Recognition Awards. It was a great pleasure to witness the enthusiasm of everyone that attended on November 13th. Norah Casey MC for the night commented that Saolta must be a great place to work, and on the night it certainly felt like that. It was very evident from the applications that the patient is at the centre of all our work. I congratulate all of our winners and nominees.

Tony O’Brien DG of the HSE has just announced the Health Service Excellence Awards 2016, I urge as many of you as possible to enter this competition.



Jean Kelly

Chief Director of Nursing and Midwifery

Last month the newsletter included an article on Schwartz rounds. We have successfully recruited two facilitators to pilot the rounds in GUH. There will be information sessions held for all department heads in December and January. It is essential that staff are supported to attend the rounds which will be held once a month for one hour, usually during lunch time. The rounds will provide staff with an opportunity to reflect and share the emotional aspects of their work. We look forward to hosting the first Schwartz round in the early months of 2016.

A study day for Minor Injuries was arranged by Maura Loftus in Roscommon University Hospital in November. Doctors and Nurses working within the Saolta University Health Care Group attended the study day. Congratulations to all on its success.

I would like to take this opportunity to say ‘Thank You’ to everyone for their hard work and commitment to improving the patient’s experience.

I sincerely wish you and your family a Happy Christmas and a Peaceful New Year.

Jean Kelly

Interim Chief Director of Nursing & Midwifery



The Perioperative Directorate

Staff attending the Study Day

Successful theatre study day takes place in Galway

The first Theatre Study Day in Galway took place on November 28th in the Ardilaun Hotel. Featuring a combination of lectures and interactive workshops, the day was designed to allow delegates to reflect on current practice and have the opportunity to improve their practical skills. They received up to date research, knowledge and tangible evidence on several topics from the Productive Operating Theatre to care for the paediatric patient. It was also an excellent opportunity for face to face networking, exchanging experiences, skills and knowledge. The Study Day supported engagement of both the surgical wards and theatre staff. There were representatives from a number of hospitals including the Bon Secours Hospital, the Galway Clinic, Mayo University Hospital, Portiuncula University Hospital, Sligo University Hospital and Galway University Hospitals.

The Study day provided an opportunity to showcase best practice in perioperative care of the paediatric and adult patient and profile quality and process improvements using data collection within the theatre department. It provided a platform for staff to network and to see possibilities in which change can occur to improve the quality of the patient's surgical journey while sharing experience. It provided an opportunity to refresh and update professional knowledge in areas such as: ECG reading, use of SCD devices, difficult intubation, cell saver, management of data to standardize care and education in Saolta Group



Gynae Theatre GUH



Galway Clinic staff

Presentations on the day included:

- TPOt National perspective- Grace Reidy, National TPOt Lead
- Lean Sigma and its application to the health service- Michelle Wren, CNM 2
- Bi Directional flow & Surgical Patient flow- Helen Horsnell, CNM3
- Profile of GUH- Dr. John Bates, Consultant Anaesthetist
- The new face of Organ Donation in Ireland- Pauline May, CNM2
- Continuing Professional Development/ Education- Margaret Burke, Director of CNME
- Difficult intubation- Dr. Brian Harte, Consultant Anaesthetist
- Perioperative care of the Paediatric & Adult Patient- Dr. Michael Callaghan, Consultant Anaesthetist
- Preadmissions Versus Preassessment- Dr. Jennifer McElwain, Consultant Anaesthetist
- Anaesthetic Blocks/Epidurals- Dr. Olivia Finnerty, Consultant Anaesthetist
- Post Operative pain management New research – Michelle Healy, CNS Pain Management
- Compartment Syndrome- Anne Barrett-Connelly, CNM2
- Malignant Hypothermia- Elaine O`Hara, Anaesthetic Nurse
- Report from the EORNA Conference- Noreen Keelan, Anaesthetic Nurse



From left to right- Dr Michael Callaghan Consultant Anaesthetist, Dr Jennifer McElwain Consultant Anaesthetist, Dr Olivia Finnerty Consultant Anaesthetist, Dr Brian Harte Consultant Anaesthetist, Ms Mairead McGovern Theatre ADON.

The event was very successful and many staff provided help and support in organising the event, including, Margaret Burke Director of CNME and her colleague Carmel Brannigan. The theatre department also assisted in planning for the event, particularly Laura Connolly data analyst.

PERI – OPERATIVE DIRECTORATE

Congratulations and well done to Alisha Kelly, Clinical Specialist Occupational Therapist who was awarded the prize for Best Paper Presentation at The British Association of Hand Therapists' Annual Conference, which was held in Liverpool in November.

The paper outlined how a change in the post operative therapy for the management of Zone 1 Flexor Tendon Injuries has resulted in a significant improvement in patient outcome. Traditionally patients have been treated using a forearm dorsal blocking splint, however in 2013, based on some very promising emerging evidence from the Wythenshawe Hand Unit in Manchester, a decision was taken in collaboration with the Physiotherapy Department and the Consultants in the Plastic Surgery Department at Galway University Hospitals to change the splint to a less restrictive splint one and to include synergistic wrist and finger motion in the rehabilitation phase of treatment.

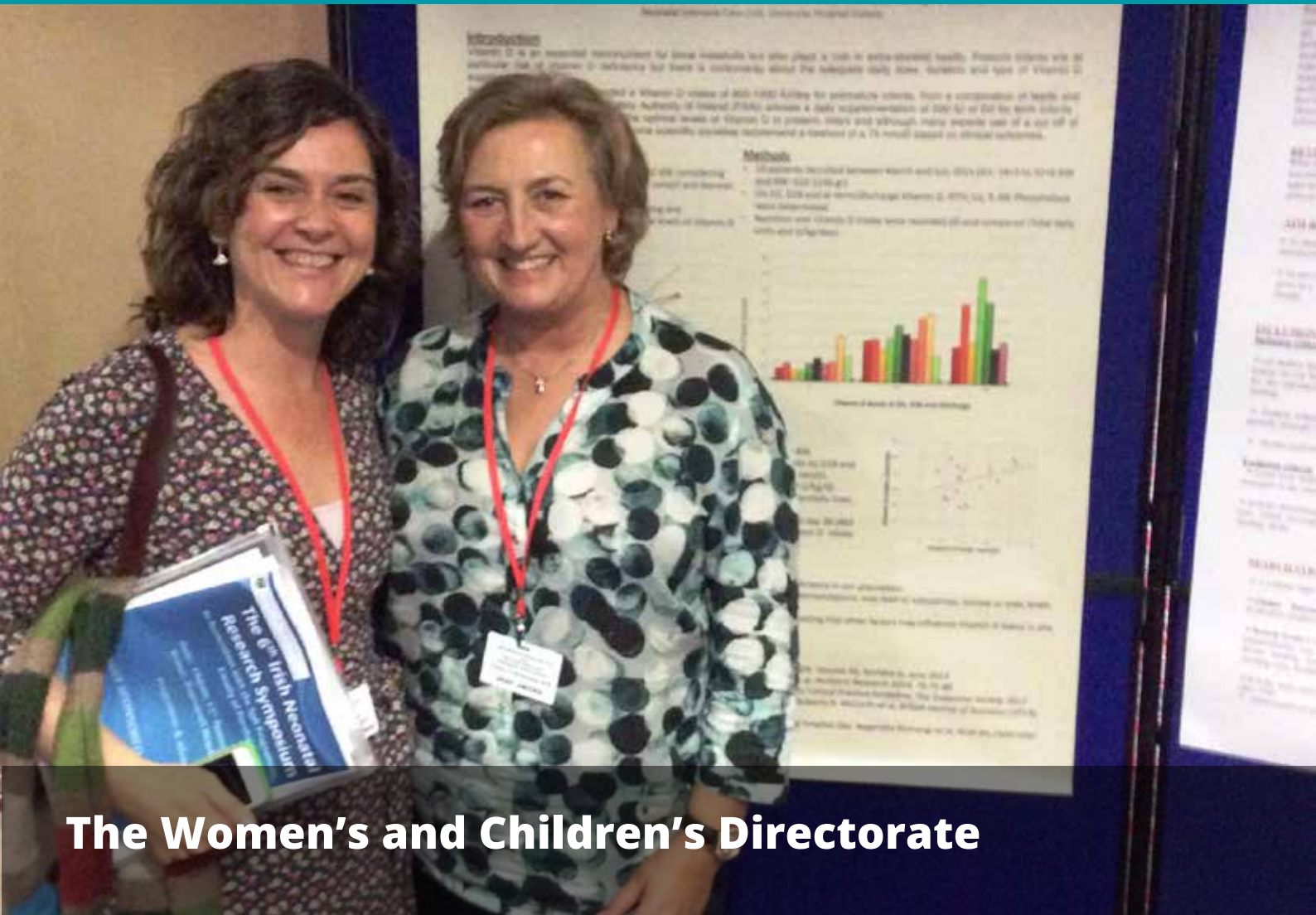
A retrospective review of the outcomes over a 2 year period was conducted and the results were compared with outcomes from the previous 2 years, in which, the traditional long splint had been used. Outcomes improved significantly,

with 64.7% of patients achieving good/excellent movement, compared with 25% achieving good/excellent results using the old protocol. ($p=0.0096 \leq 0.5$). The functional significance of this is the restoration of movement at the tip joints of the fingers, which facilitates the grasping of larger objects, the execution of fine motor tasks and also there is a cohort of individuals, such as musicians for whom precise digital placement is critical.

GUH is the first hand unit nationally to have adopted this model of practice in Ireland, along with only a small number of units in the UK. The results achieved in GUH are superior to all internationally published results for this zone of injury.

Great Work Alisha!





The Women's and Children's Directorate

Dr. Yolanda Alins Sahun and Ms Jean James

Research into Neonatal Vitamin D Levels at UHG

Research into Vitamin D levels in preterm infants has been carried out by Dr. Yolanda Alins Sahun, Dr. Irina Ciocoiu, Ms Jean James, Ms Ana O'Reilly-Marshall, Dr. Ethel Ryan and Dr. Donough O'Donovan at the Neonatal Intensive Care Unit, University Hospital Galway.

Vitamin D is an essential micronutrient for bone metabolism but also plays a role in extra-skeletal health. Preterm infants are at particular risk of Vitamin D deficiency, but there is debate about the adequate daily dose, duration and type of Vitamin D supplementation.

The objectives of the research was to assess Vitamin D levels in preterm infants and to evaluate the ability of the current feeding and supplementation policy to achieve optimal levels of Vitamin D.

The research found that:

- 90% of the study patients were Vitamin D deficient on Day 2 of the study, reflecting in-utero deficiency in the population studied;
- providing $700-800 \pm 200$ units of Vitamin D per day may lead to suboptimal, normal or toxic levels of Vitamin D in preterm infants;
- in this small study (ten patients), Vitamin D levels did not correlate with total daily intake, suggesting that other factors may influence Vitamin D status in this particular population.

This research was presented at the Irish Neonatal Research Symposium in Dublin on 13th November.

National Breastfeeding Week in SUH

Sligo University Hospital maternity staff, working jointly with the HSE's Health Promotion and Public Health Departments and voluntary groups, supported a series of events in the Sligo, Leitrim and South Donegal area to celebrate National Breastfeeding Week recently.

The events included coffee mornings in Ballinac, Co. Sligo, Carrick-on-Shannon and Ballinamore in Co. Leitrim, and Mountcharles and Killybegs in Co. Donegal. Guest speakers included Dr. Paula Martin who gave a talk on mindfulness, Ms Teresa McGahey who provided tips on reflexology for babies and mothers and Ms. Rebecca Allen, a yogi, shiatsu therapist and nutritionist with a special interest in women's health, who provided information on stress relief points, relaxation and chair yoga to help post-labour backs and pelvises.

The 6th Quintessence Breastfeeding Challenge took place around the world on Saturday, 3rd October, and Costa Coffee in Carraroe was the Sligo venue. This is a worldwide initiative which aims to highlight the importance of breastfeeding and breastfeeding support and the winner is the location which has the most nursing babies latched on simultaneously.

Ms Catriona Moriarty, Health Education Nurse, Sligo University Hospital, and a PHN gave a breastfeeding preparation class for pregnant women and their partners.

Stands highlighting the benefits of breastfeeding were located in the SUH Maternity Unit for the duration of National Breastfeeding Week.

Research into Neonatal Skin Assessment at UHG

A research study into nurses' experiences of skin assessment post implementation of a neonatal Skin Risk Assessment Tool has been carried out at University Hospital Galway by Ms Jane Grosvenor of UHG and Dr Mary O'Hara, School of Nursing and Midwifery Studies, National University of Ireland, Galway.

Skin injury in neonatal healthcare settings remains a problem, despite the majority being preventable. Due to technological advances in neonatal and maternal care, infants are now surviving at lower gestational ages where the skin is more fragile and the potential for skin injury increases. The implementation of a Skin Risk Assessment Tool in NICUs could help to prevent skin injuries from occurring.

The aim of the study was to improve skin assessment and skincare practices for neonates in a regional neonatal setting by assisting nurses to change their practice through the implementation of a Skin Risk Assessment Tool. A Skin Risk Assessment Tool was implemented in the NICU for 3 months. Three focus groups were then conducted with nursing staff to explore their experiences of using the tool.

Examples of nurses' comments from focus groups include:

"It made it more methodical, and that everybody was kind of on the same page they were looking for the same issues or same problems that might have come up."

"It does make you more aware of the importance of checking the baby's skin"



Ms Jane Grosvenor who carried out research into neonatal skin assessment as part of an MSc in Science & Nursing at NUIG from which she graduated in November with 1st class honours.

The study found that:

- Skin Risk Assessment Tools raise awareness, improve skincare practices and improve documentation and communication;
- there is an urgent need for the implementation of a Skin Risk Assessment Tool in neonatal units in Ireland;
- a national strategy for skin injury prevention, together with national standards and evidence-based skincare guidelines from which practice can be benchmarked, is essential.

Following this study, Ms Jane Grosvenor has developed a neonatal skincare guideline for use across the Saolta Neonatal Care Group.

Other news from Women's & Children's Directorate

NCHD LEAD

Dr. Judi Lynch, Specialist Registrar, has been appointed as the NCHD lead for the Women's and Children's Directorate. We look forward to working with her.

CONGRATULATIONS

Congratulations to Ms. Denise Donnellan, Staff Nurse, University Hospital Galway, who completed a Higher Diploma in Neonatal Nursing and graduated with distinction from the Centre of Midwifery Education at the Royal College of Surgeons in Ireland.

MOVING ON

We bid farewell to Dr. Nandini Ravikumar, Consultant Obstetrician & Gynaecologist and Associate Clinical Director of the Women's and Children's Directorate at Letterkenny University Hospital, who is leaving on 23rd December to take up a post in Mullingar. Dr. Ravikumar has worked in Letterkenny for the past six years and is a valued member of the team.

Together with Professor Fidelma Dunne, Dr. Ravikumar initiated the Diabetic Clinic in Letterkenny University Hospital.

Professor Declan Devane will be leaving his post as Saolta Professor of Midwifery this month. Professor Devane has contributed to evidence-based practice and provided invaluable support to midwifery services across the Group. He chaired the UHG and the Saolta Care Pathway Groups and provided education on fetal monitoring to multi-disciplinary groups. Professor Devane will continue to chair the Midwifery Clinical Practice Forum.

We would like to thank Dr. Ravikumar and Professor Devane for their hard work and commitment during their time in Saolta and we wish them every success in the future.

CLINICAL DIRECTOR

Dr. Geraldine Gaffney's term as Clinical Director of the Women's & Children's Directorate finishes at the end of December. This has been a very busy term of office and we would like to thank Dr. Gaffney for her contribution and support as Clinical Director and look forward to continuing to work with her in her role as Consultant Obstetrician & Gynaecologist at University Hospital Galway.

Expressions of interest have been sought for the post of Clinical Director.

Letterkenny Hospital Featured News

- North West Breast Cancer Charity Ball 2015
- Donegal Specialist Training Scheme
- Multidisciplinary Research Symposium
- Cancer Research
- Infection Prevention

North West Breast Cancer Charity Ball 2015

The 6th annual North West Breast Cancer Charity Ball took place recently at the Silver Tassie Hotel, Letterkenny. The organising committee of this year's ball were delighted as always with the huge community support for this important fundraising event. The committee were particularly pleased to welcome special medical guest, Dr Petrouskja van der Tol, Amsterdam, and special celebrity guest, broadcaster Áine Lawlor, RTE. Majella O Donnell, last year's celebrity guest, also attended the event. Among the over 250 guests who attended on the night were breast cancer survivors and their friends and families, members of the local business community and local political representatives. The evening was hosted most ably by Noel Cunningham. A delicious five course meal was served by Ciaran Blaney and staff at the Silver Tassie and the venue looked stunning for the occasion.

Funds raised at the ball support the continued employment of a fulltime research nurse at Breast Centre North West and research fellows are also employed during the summer months. Research carried out at Breast Centre North West has been presented at National and International meetings. Funds are also used to support patient comfort at the clinic as well as aspects of community care including an outreach programme to those recovering from breast cancer.

This year's notable **ACHIEVEMENTS** include:

- October 2015 Winner of the William O Keefe Medal and Award for Best Scientific Paper Waterford University Hospital National Surgical Meeting
- Winner of best poster, achieving success against national competition from Registrars and post DOC fellows
- Publication of 1 book and 3 papers in peer review journals.
- Development of exciting new projects to prospectively look at patients outcomes and monitor lymphoedema rates.

Donegal Specialist Training Scheme in General Practice

The Donegal Specialist Training Scheme in General Practice recently launched its new website- www.hse.ie/donegalgptraining. The new website provides lots of information about the scheme, its' trainers and the educational approach.

The Training Scheme hopes to attract first-preference applicants who are interested in working at the heart of the community, closely with their healthcare colleagues

and in an environment where generalists really matter. The training scheme provides the opportunity to carry out all four years of GP training in one location; gaining experience in six hospital posts and three different community GP posts. The scheme's emphasis on Rural General Practice will equip graduates with the skills for General Practice anywhere and its size allows for close support and supervision. The Scheme prioritises true small-group learning, a family-friendly approach and practical, innovative teaching.

Multidisciplinary Research Symposium takes place at Letterkenny University Hospital



Dr. Sam Huddard, Dr. Vera Keatings and Dr. M. Petrousjka van den Tol

The Medical Education Department at Letterkenny University Hospital hosted their annual Multidisciplinary Research Symposium on Friday 27th November. It was a very successful day and the academic content was of a very high standard. Dr Vera Keatings Chairperson and Associate Academic Officer for LUH and the Medical Education Research Committee noted that this year's research projects were very comprehensive covering areas of internal medicine, gynaecology, primary care, and surgery across all disciplines including undergraduate medical students, allied health professional, NCHDs and consultants.

Speakers at the event included Dr Sam Huddard, Consultant Anaesthetist, National Health Service Redditch UK who spoke on "Quality Improvement and Emergency Laparotomy" and Dr. M. Petrousjka van den Tol who discussed "New developments in Dutch Breast Cancer Surgery"



Dr. Sam Huddard; Dr. Ashfaq Memon, Medical Registrar, LUH; and Dr. M. Petrousjka van den Tol



Dr Sam Huddard, Mary Byrne, 4th yr Medical student NUIG and Dr. M. Petrousjka van den Tol



Dr. Agnes Johnsson, Medical SHO, LUH

The winning Research Projects:

1st Place Oral Presentation - NCHD

"Thromboprophylaxis prevention in patients with Atrial Fibrillation" Dr Ashfaq Memon, Michelle Casey, Diyana Farouk, Ross Dormer, Conor McGarrigle, Jose Miranda Geriatrics, Letterkenny University Hospital.

1st Place- Oral Presentation - Student

"The plague of the pig - Is Yersinia enterocolitica as a cause of community-acquired diarrhoea in the West of Ireland under detected?" Byrne, M. Casey, G Coleman, A. Whyte, T. Cormican, M Ní Riain Ú", Department of Medical Microbiology, Discipline of Bacteriology, School of Medicine, National University of Ireland.

1st Place - Oral Presentation - Allied Professions

"Targeting Breast Cancer Outcomes- What about the primary relatives?" Alison Johnston, Breast Centre North West, Letterkenny University Hospital.

1st Place - Poster Presentation - NCHD

Emergency Oxygen Audit. Dr. Michelle Casey, Dr. Anna McHugh, Dr. Agnes Jonsson and Dr. Vera Keatings, Letterkenny University Hospital.

1st Place - Poster Presentation - Student

Development of a model to predict bed requirements for patients requiring admission from the Emergency Department. Mr Eoin Farrell, Dr S. O'Gorman, Emergency Department Letterkenny University Hospital.

1st Place- Poster Presentation - Allied Professional

Better Outcomes for Breasts-BOBs Project. Alison Johnston, G MacGregor, M Valentine, M Sugrue, Department of Breast Surgery, Letterkenny University Hospital and Donegal Clinical and Research Academy.

Cancer research at Letterkenny University Hospital

Janice P Richmond, Advanced Nurse Practitioner and Mary Grace Kelly, Clinical Research Nurse, Oncology Department, Letterkenny University Hospital undertook research examining the knowledge and perception of the lifestyle risk factors for cancer among cancer survivors in Ireland. The research was funded by a grant from the Health Research Board.

The cancer landscape is changing and the picture emerging is a complex one that recognizes that some types of cancer are preventable. Cancer projections in Ireland show that the incidence of cancer is expected to double by 2040. Empiric research has identified a number of lifestyle risk factors linked to cancer development. It is estimated that at least one third of cancers are preventable through lifestyle modifications. Previous international and Irish research has explored the public's knowledge of cancer lifestyle risk, but to our knowledge no research to date had explored cancer survivors' knowledge of the lifestyle risk factors for cancer in Ireland.

As knowledge is one prerequisite for behavior change, the purpose of this research was to investigate cancer survivors' knowledge of lifestyle risk factors for cancer, perception of their personal lifestyle risk, motivation for change (as appropriate) and identification of any potential behaviors that they could introduce/change to improve their survivorship.

A literature review was carried out which identified six of the main lifestyle risk factors to be examined (diet, weight, alcohol consumption, smoking, sun exposure and physical activity). A questionnaire was developed to assess people's knowledge of these



Janice Richmond and Mary Grace Kelly with Barry Murphy from Send Mode

factors, examine how they perceived their own risk of developing cancer in relation to these factors and assess some misconceptions held by people around risk for cancer development. A non-experimental design was used to administer an anonymous questionnaire to a convenience sample of cancer survivors attending out-patient oncology appointments within a regional hospital (Letterkenny) and an urban hospital (Beaumont) in Ireland. The sample size was 414 with a response rate of 69.5%.

The results of this confidential questionnaire were analyzed through a statistical package (SPSS). Knowledge deficits were identified in our research, particularly around weight and diet. For example 69% of our samples were overweight, yet 50% to be healthy and 80% believed that they ate a healthy diet. Not until people were very obese did they identify their weight to be a factor that can increase their risk for cancer development. Approximately one third of people did not know that a diet high in processed foods, fatty foods and sugary foods increase their risk of developing cancer and half did not know red meat has the same effect. 85% believed fish protects against cancer and 80% believed stress causes cancer, neither of which is supported by research to date.

The end result of this project was the development of an interactive web based app which collated and simplified evidence based information on cancer prevention which addressed these identified deficits. The use of this tool allows nurses and health professionals to deliver evidence-based health education to cancer survivors and by doing so improve their outcomes.

This information and educational tool is appropriate to patients' needs and will improve their knowledge of cancer prevention. Additionally this tool will assist health education strategies and other efforts to improve patient survivorship. The completed work can be viewed at this link (www.stopcancer.support/).



Infection Prevention and Control at Letterkenny University Hospital

Infection prevention and control in the delivery of healthcare is widely recognised as an important component in the safety and quality of the patients' experience. There is an increasing awareness among the public and staff of the adverse impact of poor infection control practice in terms of the patients' recovery. The Infection Prevention and Control Team (IPCT) at Letterkenny University Hospital (LUH) envision a hospital in which healthcare-associated infections have been reduced to minimal levels. They are committed to providing healthcare professionals with the knowledge and tools they need to prevent and control healthcare-associated infections.

LUH has a long tradition of department based infection prevention and control link nurse and midwife / practitioners. Link nurse and midwife / practitioners play a valuable role at department level by providing knowledge, skills and support on infection prevention and control issues. They provide a positive influence on care delivery and maintain an important communication link between departments and the Infection Prevention and Control Clinical Nurse Specialists. Currently there are 21 IPC link nurses in LUH and the 2015 IPC Link Practitioner Programme commenced on November 25th this year.

In Letterkenny University Hospital, the Infection Prevention and Control Team believe that good science underpins good clinical practice. Many healthcare-associated infections are preventable through effective multidisciplinary teamwork. Continual professional learning and development is necessary to reduce the incidence of healthcare-associated infections and collaborative working within and beyond the hospital helps to advance and communicate knowledge.

At LUH evidence of quality patient care initiatives are published at the entrance to every ward. The Quality Evidence Boards display colourful charts designed to draw attention and provide staff and public with the results of monthly hand hygiene observational audits, urinary catheter and peripheral vascular catheter (PVC) care bundles compliance as well as the days free from MRSA and Clostridium difficile infection and nursing matrix scores. Feedback from staff, patients and public has been extremely positive towards this open disclosure initiative.

In May 2011 the National Hand Hygiene Compliance Audits were commenced. In that first audit LUH achieved a score of 65%. The commitment to improving hand hygiene education and compliance to the WHO "My 5 Moments of Hand Hygiene" became a strategic goal. The target areas for improvement were; increasing the



Some of the results published at ward level in LUH

compliance rates with the observational audits to >90% and increasing staff hand hygiene training rates to 100%.

To achieve this goal the IPCT developed a database to improve the monitoring of hand hygiene training rates for all staff at LUH. The database uses a traffic light system to identify staff whose training is due or is out of date, allowing managers to plan the training needs for their departments. This system has proven to be a hugely successful tool for the IPCT to accurately report the percentage of staff trained in hand hygiene and has been shared with national colleagues both within the acute and community settings.

The IPCT also provide four options to staff to meet their hand hygiene training needs through

- Numerous monthly scheduled open sessions
- HSELand e learning module
- Unit/ department based training.
- Individual one to one sessions

In addition the IPCT carry out monthly hand hygiene observational audits in 24 clinical areas. These audits not only demonstrate improving compliance with the WHO "My 5 Moments of Hand Hygiene" they also inform a programme of targeted education around non-compliances for example technique. This mixed approach has proven to be so successful that in May 2015 LUH achieved the highest

score 97% for hand hygiene compliance in the HPSC national audit (HPSC average = 88%).

Care bundles have been used in healthcare worldwide since 2000 and are an effective way of ensuring and demonstrating evidence based practice for health care interventions that pose a risk for patients. Here at LUH the care bundle concept was first introduced in 2010 by the IPCT with the implementation of the Peripheral Vascular Catheter (PVC) Maintenance Care Bundle. Adapted from the Health Surveillance Protection Centre (HPSC), it is now embedded into nursing assessment practice. This was achieved through collaboration between ward based staff, IPC Nurse Specialists and the Nurse and Midwifery Practice Development Unit. Features of the implementation unique to Letterkenny University Hospital are

- Staff commitment to fortnightly ward based audits
- Visual feedback in the form of the PVC run chart, displayed outside every ward on the Quality Evidence Boards

- The inclusion of the PVC assessment chart in the LUH Early Warning Score Documentation (EWS).

Building on the success of implementation of the PVC Maintenance Care Bundle, the Urinary Catheter Maintenance Care Bundle (Ucath) was introduced in the clinical areas in December 2013 following a hospital wide collaborative review of the management of urinary catheters. In addition the roll out has expanded to include the development of a Urinary Catheter Insertion Care Bundle within the Emergency Department. Separately, in 2014 the Ventilator Associated Pneumonia (VAP) care bundle was introduced in ICU and has demonstrated no evidence of a patient acquiring ventilator associated pneumonia since commencement. The care bundle concept as adopted by LUH demonstrates the commitment of staff to measuring and ensuring patient safety for indwelling medical devices.

The IPCT within LUH has proven itself to be patient centered, innovative and proactive in meeting the needs of the patient, their families, the staff and the organization.

Rebuild projects continue at Letterkenny University Hospital

The rebuild project at Letterkenny University Hospital continues and many of the services devastated by the flooding at the hospital in 2013, which damaged almost half of the floor space have now been redeveloped or are operating from alternative locations.

Earlier this year, a new Catering Central Production Unit (CPU) which includes kitchen and food storage facilities together with new visitor and staff canteen areas opened at the hospital by the Minister for Health, Leo Varadkar. The facility was developed at a cost of €2.97million.

The Minister also officially opened the new Respiratory Investigation Laboratory / Pulmonary Laboratory which is used to treat patients with acute and chronic respiratory disease. The facility was extensively damaged during the flooding incident in July 2013 and had to be temporarily relocated while it was being completely refurbished. Approximately 50 to 60 patients per week are seen in this facility. The Pulmonary Laboratory development costs were included in overall Medical Records, Cardiac Investigations, Pharmacy and Corridor Restoration Project with a total project value of €2.06million.

The interim Outpatient Department in the town centre continues while the assessment and business case for the longer term outpatient/ambulatory care facility is being developed. Planning permission has been received for the Radiology project and work is currently underway on applying for Fire and Disability accessibility certification and

detailed design and tender documents. Once the additional documentation is approved by National Capital Programme, it is expected to go to tender in early Spring 2016. The duration of contract is expected to be 12 months.

The construction of the Laboratory has been completed. The Core Lab contract has been signed and the commissioning of the Core Lab is to be completed by April 2016. Planning permission granted for the development of the CCU / Haematology Oncology Ward. This project is currently out to tender and it is expected that works will commence in 2016 subject to national HSE approval in January. A strategy has been agreed for the redevelopment of the boiler house and the maintenance and ducting system. It is expected that these works will proceed next year, subject to funding approval. The assessment and business case is being developed for the Physiotherapy and Occupational Therapy Departments. Interim arrangements have been put in place to allow these two services continue

Considerable work has taken place within the campus since August 2014, in addition to the work that commenced after the July 2013 flood. The overflow culvert is now operational and related works such as screens, weather station, flow-level monitoring and CCTV are complete. Tertiary prevention measures including physical barriers for hospital doorways have been procured and commissioned and pumping equipment has been procured and is permanently available on site.

STAFF RECOGNITION AWARDS



Saolta Group Staff Recognition Awards 2015

Education and Training Award: Intern Boot Camp and Nanny Programme - Galway University Hospitals

GUH Medical Manpower Manager James Keane and Siobhan Murphy receive the Education and Training Award for the Intern Boot Camp and Nanny Programme from Saolta University Health Care Group CEO, Maurice Power.

The Saolta University Health Care Group Staff Recognition Awards took place on Friday November 13th at an event in the Sligo Park Hotel.

This was the second year of the Saolta University Health Care Group Staff Recognition Awards which recognises and rewards exceptional staff performance, promotes a sense of pride and reinforces the Saolta University Health Care Group as an excellent place to work.

The awards celebrated achievements in the areas of performance, patient care, innovation, quality, education, training and research. Applicants from across the Groups' hospitals were invited to participate in eight categories. A total of almost 140 entries were received and these were shortlisted to finalists in each category by an independent judging panel. The winners were announced on the evening by event host Norah Casey.

EDUCATION AND TRAINING AWARD

This award was presented to nominees who demonstrated outstanding teaching prowess and who served as role models and mentors to other members of staff. The winner of this award was the Intern Boot Camp and Nanny Programme from Galway University Hospitals. Presenting the Education and Training Award to the Intern Boot Camp and Nanny Programme, Maurice Power, CEO of the Saolta University Health Care Group

said "The Intern Bootcamp aims to improve levels of preparedness for clinical practice - all 80 interns undergo intensive manikin based simulation training delivered by Intern Co-ordinator Dr Dara Byrne and the team of ten over the course of one month - a unique team-based training for interns in Ireland.

The finalists for this award, in were:

- The Saolta Finance Team at Roscommon University Hospital and Galway University Hospitals for the 'Foundations in Financial Management Course'
- The Breast Team at Letterkenny University Hospital for the 'Breast Cancer Multidisciplinary Course'
- The Haemovigilance, Blood and Tissue Establishment at Galway University Hospitals for 'Education and Training for Transfusion and Tissue Products' and
- The Medical Physics and Bioengineering Team at Galway University Hospitals for 'Training and Education for Technology Based Medicine.'

BEST TEAM AWARD

This award was given to teams whose efforts supported the Saolta Group goals of improving quality, financial performance or patient experience. Each of these teams collaborated exceptionally well towards a common goal and together contributed to the success of their hospital and therefore organisation.



Best Team Award: Diabetic Retinopathy Screening - University Hospital Galway

Ms Deirdre Towley, Consultant Ophthalmic Surgeon at University Hospital Galway and the team of the Diabetic Retinopathy Service receiving the Best Team award from Maurice Power, CEO, Saolta University Health Care Group and Jean Kelly, Group Director of Nursing and Midwifery.

This year's winner was the Diabetic Retinopathy Treatment Service at Galway University Hospitals. Presenting the Best Team award the Diabetic Retinopathy service, Maurice Power added "The Diabetic Retinopathy Treatment Service at Galway University Hospital - exceeded all National Programme requirements and received maximum payments, meaning purchasing new equipment, including a laser machine which allows more patients to receive their sight preserving treatment".

The finalists for the Best Team Award were:

- The Stroke Patients' Early Support Discharge Team at Galway University Hospitals
- The Multi-Discipline Pre-Assessment Clinic at Sligo University Hospital and
- The Friends of Letterkenny General Hospital from Letterkenny University Hospital.

INNOVATION IN A CLINICAL AREA

This award recognised those who showed an innovative way of thinking in a clinical area through new or improved processes or initiatives with measurable positive outcomes in quality, service, financial operations or safety. The winner of this award was Dr Paul O'Connor and his team from Letterkenny University Hospital for their project 'Enhanced Recovery after Surgery'. Presenting the award, Maurice Power said, "This project owes its success to the multi-disciplinary team working to re-design the Joint Replacement Program - it is an excellent example of process re-engineering, delivering quality outcomes for patients and improving efficiencies in the hospital.

The finalists for this award were :

- Paul Mullaney and his team from the Ophthalmology Dept, Sligo University Hospital for their project 'Having The Right People, With The Right Skills, In The Right Place At The Right Time



Innovation in a Clinical Area category - Letterkenny University Hospital

Pictured at the Saolta Staff Recognition Awards were: L:R - Maurice Power, CEO, Saolta University Health Care Group; Siobhan Kelly, Clinical Nurse Manager 2; Dr Paul O Connor, Consultant Anaesthetist; Theresa Mellett, Clinical Nurse Manager 2; Carolanne Boyle, Clinical Nurse Manager 2; Jean Kelly, Group Director of Nursing and Midwifery; Maeve McGinley, Physiotherapist.

- Dr Deirdre Jones and her Team from the Plastic Surgery Department of Roscommon University Hospital for their 'See and Treat Clinic'
- Dr Darren Moylette and Team from Galway University Hospitals for their Transcatheter Aortic Valve Implantation (TAVI) Team.
- The Patient Flow in Haematology Day Ward Team, Galway University Hospitals

INNOVATION IN A NON - CLINICAL AREA

This award was open to innovations in a non-clinical setting and this year's winner was the Keepsake Tapestries for Bereaved Parents Programme at Sligo University Hospital. Presenting the award, Maurice Power said, "This initiative combines the local Yeats Country



Innovation - Non Clinical Award: The Keepsake Tapestries for Bereaved Parents Programme - Sligo University Hospital

Maurice Power, CEO, Saolta University Health Care Group; Ann Hayes, Clinical Nurse Manager 3, End of Life Care; Maeve Lee, Secretary, Nursing Practice Development Unit; Ann Mc Coy, Clinical Nurse Manager 2; Florence Dixon, Yeats Country Quilters; Kate Bree, Assistant Director of Nursing, Nursing Practice Development Unit and Jean Kelly, Group Director of Nursing and Midwifery, Saolta University Health Care Group.

Quilters and Sligo University Hospital in offering a gift to bereaved parents, a memento to clothe their beloved during the viewing in the Mortuary - a simple initiative but displays sensitivity and support to the recently bereaved”.

The finalists for the Innovation, Non-Clinical award were:

- The Induction Portal Team at Galway University Hospitals.
- The Cleaning Solution Team from Roscommon University Hospital
- The 'Electronic Documentation System' from the Consumer Services Office in Sligo University Hospital and
- 'Improving Patient Flow – Developing a Capacity and Demand Framework' Sligo University Hospital.

EXCEPTIONAL PATIENT EXPERIENCE AWARD

This award was given to those who demonstrate the fine ideals of caring through extraordinary service to patients, families, physicians and co-workers. These were individuals who exhibited a deep understanding and compassion for people, promoted cohesive teamwork and go above and beyond the expectations of their role. The winner of the Patient Experience Award was the Patient Advice and Liaison Service at Galway University Hospitals. Commenting on this service, Maurice Power noted, “This is an exciting project driven by patient experience, and grounded in patience and kindness, PALS provides support and guidance to patients and their families, carers and the public in general”.

The finalists for this award were:

- Anne McKeown, Bereavement Liaison Officer, Galway University Hospitals



Exceptional Patient Experience Awards: Patient Advice and Liaison Service- Galway University Hospitals

Patient Advice and Liaison Team – Olive Gallagher and Ellen Wiseman receiving their award from Saolta University Health Care Group CEO, Maurice Power and Group Director of Nursing and Midwifery Jean Kelly.

- Mary Mahon, Clinical Midwife and Lactation Specialist, Portlucan University Hospital.
- Jackie O'Brien, Olive Cummins and Amy Carroll, Colorectal Clinical Nurse Specialists, Roscommon University Hospital.
- St Marys Ward for the introduction of the Care Behaviours Assurance System®, Galway University Hospitals

QUALITY IMPROVEMENT AWARD

This award recognised those whose work improved patient or staff safety; patient care and experience; or quality of service.. Presenting the Award to the Cardiac Diagnostics in the Community Team, Maurice Power, said “This project saw the introduction of cardiac diagnostic tests into the community and away from the acute hospital setting as a jointly funded project with Community Services, thus reducing stress, cost and anxiety for often elderly patients. It has also improved acute patient flow within the hospital, reduced lengths of stay, and reduced numbers of bed days used for patients awaiting cardiac investigations”.



Quality Improvement Award: The Cardiac Diagnostics in the Community Project – Sligo University Hospital

Jo Shortt, Senior Projects Officer; Anthony Ryan, Chief 2 Cardiac Physiologist; Regina McDonagh, Cardiac Investigations Secretary; Maurice Power, CEO, Saolta University Health Care Group; Evelyn Fraine, Senior Cardiac Physiologist; Frank Morrison, General Manager, Older Persons Services and Anita Deane, Senior Cardiac Physiologist.

The finalists in this category were:

- Leading the Way in Urinary Catheter Care Team, Letterkenny University Hospital
- The Blood and Tissue Establishment, Galway University Hospitals
- National Safer Better Standard – Raising Staff Awareness Project, Roscommon University Hospital and
- The Surgical Day Ward Nurse Competency Book, Galway University Hospitals



Research Awards Winners: Pictured Professor Kevin Barry Mayo Medical Academy and Professor Fidelma Dunne and the team from the Atlantic Diabetes in Pregnancy Service at Galway University Hospitals receiving their Research Awards together with Group CEO Maurice Power and Group Director of Nursing and Midwifery Jean Kelly.

RESEARCH AWARD

This award was given to those whose substantive contribution to research has improved patient or staff safety, care, experience or quality of service. The Atlantic Diabetes in Pregnancy Service at Galway University Hospitals was a joint winner together with the Mayo Medical Academy at Mayo University Hospital. The Atlantic Diabetes in Pregnancy Service focuses on pragmatic clinical and health services research impacting women with Diabetes before, during and after pregnancy. The outcomes-significant improvements in congenital malformations, miscarriage and stillbirth rates, perinatal mortality for these women in the region are now ranked with the best international groups. Marita Keenan from Sligo University Hospital also worked as part of this team. The Research Award was presented to Professor Kevin Barry, Consultant Surgeon and Dean on behalf of the Mayo Medical Academy which is based at the Hospital. The research, "Efficacy of a Laparoscopically" was published in The Journal of the American College of Surgeons in August this year. This research will have a worldwide impact and will significantly change the analgesic pathways utilised during laparoscopic cholecystectomy.

The finalists for this award were:

- 'Cancer Research and Website: stop cancer dot support', from Letterkenny University Hospital
- 'Supporting Smoking Cessation In Pregnancy: An Observational Study' at Dligo University Hospital.

THE FINAL CATEGORY WAS THE UNSUNG HERO AWARD

This award was presented to a person/team who demonstrated exceptional services to the patients or who have gone 'that extra mile' for their patient, staff and/or service user. The Unsung Hero's this year are a group of nurses who displayed quick thinking, resilience and comradery during a fire last June at Mayo University Hospital. The team were Angel Gavin, Marie Cuffe, Derbhla Esler, Aoife Gibbons, Anna McCarthy and Angela Mohan.

Finalists for this award were:

- Mr Conor McLoughlin, Maintenance Manager, Sligo University Hospital
- Dr Ann Meehan, Senior Registrar, Galway University Hospitals
- Fr Bernie Costello, Hospital Chaplain, Portiuncula University Hospital and
- Ms Marie Gately, Endocrinology Department, Galway University Hospitals



Unsung Hero Award

Pictured are Marie Cuffe, Angela Mohan, Derbhla Esler, Anna McCarthy and Angela Gavin being presented with the 'Unsung Hero' Award by Saolta Group CEO Maurice Power and Group Director of Nursing and Midwifery Jean Kelly.



In Other News ...

The Irish Cancer Society recently officially launched its Daffodil Centre at University Hospital Galway with an event celebrating the volunteers, the hospital and supporters. The Daffodil Centre, which is run by an Irish Cancer Society Cancer Nurse and 18 trained volunteers, is an information service on-site in the hospital, where people affected by or concerned about cancer can receive information and support.

The Daffodil Centre is the result of many years of successful partnership between the Irish Cancer Society and University Hospital Galway. Since it opened in 2009, the Daffodil Centre has provided advice, support and information to over 9,735 contacts at the point where they need it most – the hospital. When the service was first opened in 2009, it was the first of the Society's Daffodil Centres and it began as a pilot programme to address

the need for cancer information and support at the heart of diagnosis and treatment. The service in University Hospital Galway was a success and today the Society has 13 Daffodil Centres in hospitals across the country which have had contact with 157,331 people to date.

Maurice Power, CEO of the Saolta University Health Care Group said: "The Daffodil Centre is an integral part of the cancer support services at University Hospital Galway and the official opening of this wonderful facility today ensures that anyone worried about any aspect of cancer prevention, early detection, diagnosis or treatment in UHG will have access to the cancer nurse or team of volunteers in a more comfortable environment. I wish to acknowledge the wonderful work of the Irish Cancer Society and the information and support provided to patients as they go through their cancer journey and I look forward to working with them further with them in the years to come."

New health and safety representatives in GUH

A number of new Health and Safety representatives were recently appointed in Galway University Hospitals for the period 2015 to 2018. Under the provisions of the Safety, Health & Welfare at Work Act, 1989, Section 13 Consultation at place of work and safety representatives a Safety Representative has a number of functions including;

- Make representations to an employer on any aspects of safety, health and welfare at the place of work;
- Investigate accidents and dangerous occurrences provided that he shall not interfere with or obstruct the performance of any statutory obligation required to be performed by any person under any of the relevant statutory provisions;
- Make oral or written representations to Inspectors on matters of safety, health and welfare at work;
- Receive advice and information from inspectors on matters of safety, health and welfare at work;
- Subject to prior notice to the employer and to agreement between the Safety Representative and the employer as to frequency, carry out inspections and in reaching such agreement, which shall not be unreasonably withheld by the employer, the parties shall consider the nature and extent of the hazards in the place of work in determining the frequency of inspections to be carried out by the safety representative at the place of work concerned;

- Subject to prior notice to the employer, in circumstances in which it is reasonable to assume that risk of personal injury exists, to investigate potential hazards and complaints made by any employee whom he represents relating to that employee's safety, health and welfare at the place of work; and
- On a request being made in that behalf by him, accompany an inspector on any tour of inspection other than a tour of inspection made by the Inspector for the purpose of investigating an accident.

UNIVERSITY HOSPITAL GALWAY

Mr Jimmy Lawless, EMT Driver, Ambulance Section, UHG
Work Contact: Ext. 4391/4354/4355

Mr Dudley Nee, Electrician, Maintenance Dept., UHG
Work Contact: Ext. 4042/4213/4395

Mr Sean Shaughnessy, Staff Nurse, ICU,UHG
Work contact: Ext: 4891

Mr Kevin O'Crowley, Medical Scientist, Histology, Laboratories, UHG
Work Contact: 4884/4885

Ms Aoife O'Brien, Senior Medical Physicist, Dept. of Med Physics & Bioengineering, UHG
Work Contact: Ext. 4810

MERLIN PARK UNIVERSITY HOSPITAL

Ms Martina Burke, Domestic Attendant, Unit 4, MPUH
Work Contact: Ext. 5561/2/3

Bregeen Cassidy

(FORMER MEET & GREET VOLUNTEER - UNIVERSITY HOSPITAL, GALWAY)

It is with great sadness that we learned of the death of Ms. Bregeen Cassidy RIP on Tuesday 3rd November, 2015 after a short illness. Bregeen had been with us as a Meet & Greet Volunteer at University Hospital Galway since October, 2010.

Bregeen, formerly of Roscommon and Kilkenny, lived on Maunsells Road, Taylors Hill, Galway. She was married to the late Brendan Cassidy (Major General).

Bregeen was most caring and considerate to all with whom she came into contact. She always went out of her way to assist members of the public and patients in her role as a Meet & Greet Volunteer and did so in a most compassionate way. Her enthusiasm and energy significantly contributed to the success of our Volunteer Programme. She was also a gifted gardener and spent some of her free time helping out in the local church.

We have many cherished memories of her, particularly her always-present smile.



On behalf of Galway University Hospitals and the Saolta University Health Care Group we extend our sympathies to her family. Our thoughts and prayers are with them at this sad time. May she rest in peace.



Something to Sing About: A Global Choir of Cancer Survivors

"HAVING FUN, SUPPORTING EACH OTHER AND FUNDING CANCER RESEARCH"

Something to Sing About, a global choir of cancer survivors, was founded in 2012. The choir now has more than 250 members, in Ireland, Australia and the USA, ranging from the ages of 10 to 86 years!

A diagnosis of cancer is shocking news, but STSA celebrates the fact that, with the right treatment, the outlook can be quite good. For example, 80% of prostate cancer patients will survive their disease. 90% of breast cancer patients live longer than five years, and many of these patients are cured. There are more cancer survivors alive at this moment than at any other time. This is surely something to sing about?

However, cancer survivors need ongoing support, especially from fellow survivors. STSA promotes this by bringing cancer patients together on a regular basis, to sing songs and have fun together. There is evidence that music may be beneficial, especially in the treatment of high blood pressure, headaches, anxiety and depression. The STSA rehearsals may, therefore, be therapeutic for cancer patients.

All STSA centres have an agreed shared repertoire of songs, which are distributed by the lead Music Director to the local Musical Directors. Periodically, all the choirs from each centre come together for plenary rehearsals, where they can all sing the songs together. The social aspect of these rehearsals means that many new and lasting friendships are formed. Any proceeds from STSA events go funding the organisation and to cancer research. By supporting cancer research, STSA hopes to give even more cancer patients something to sing about.

The first plenary rehearsal and media launch of STSA took place in the Clinical Science Institute, Galway University Hospital on Wednesday, 14th November 2012. Where 105 singer-survivors from the first five STSA centres taking part including Ballinasloe, Castlebar, Ennis, Galway and Westport. That year, over 40 choir members turned out for a carol-singing event in Galway city on the evening of the Winter Solstice. They were joined by the three Galway Tenors, one of whom, Frank Naughton, is a member of STSA.

In a few short months, STSA grew from the germ of an idea, to a flourishing network of STSA Centres around Ireland, a centre in Brisbane, Australia, and enquiries from New York.

It is now a registered charity (CHY21058), with many Centres around Ireland, two Centres in Australia, and two in New York. We wish to build on this success, and are hoping to recruit further members, and to expand our

network, so that even more people can benefit from this great movement.

There have been many significant activities and achievements over the past three years including receiving the Astellas "Changing Tomorrow Award" the Biomnis Medical Achievement Award for Innovation in Patient Care, being invited by the GAA to sing the national anthem at a number of games. In 2013 a Music Therapy session with music therapists from Canterbury Christ Church University and the choir, under the direction of Suzanne Buttimer, lead Musical Director, took part in the Beaumont Hospital "Honour your Heroes" and at the Irish Cancer Society's National Conference. Members of the Galway and Tuam choirs have taken part in a concert "A Celebration of Life" in the Town Hall Theatre in Galway and the Galway choir performed at the Manuela Riedo concert.

Well known performers such as Daniel O'Donnell and Foster & Allen have all pledged their support for STSA and become patrons of the organisation.

Some other highlights of the last number of years included the Galway choir competing in the Choir Factor competition in Galway, the Clonmel choir performed at a concert in the Cahir House Hotel in May, and in July performed at the Make-a-Wish Foundation concert and the Roscommon and Ballina teams performed at the "Voices From Beyond the Wood" CD launch, in Westport. STSA Sligo took part in "Cantar!", the Marine Institute's Choral Event, in association with COPE.

There are also new choirs on board over the last number of years, including the Memorial Sloan Kettering Hospital, Long Island (NY), and Roscommon. In Australia, the STSA Lockyer Valley Choir was launched and recorded four songs, one of them an original song, "Road Map", composed by one of their choir members, Izzie Hoole. This beautiful song has become a choir favourite. The Australian choirs also participated in several live performances throughout the year. In addition to our new members overseas, a new Centre is being established in Donegal.

A cancer survivor may join STSA as an individual in any one of the existing Centres. If there is no group in your area, you may be able to assist in forming a new local group. Volunteers, to act as Musical Directors, (who may be non-cancer-survivors), are also needed for local groups.

For further information on Something to Sing About, visit www.stsa.ie, email stsa.guh@hse.ie post on our Facebook page or Twitter account, or call our office at 091-893349.

"Remember, to join STSA, you don't have to be able to sing - but you must be able to have fun."

Interprofessional Learning Conference

Galway University Hospitals (GUH) were represented recently at the first Interprofessional Learning Conference by Valerie Flattery, Practice Tutor in Occupational Therapy and Fiona Melia, Senior Physiotherapist. The conference took place at the Dublin Castle Conference Centre on the 6th October and was jointly hosted by CORU, the Medical Council, the Nursing and Midwifery Board of Ireland, the Pharmaceutical Society of Ireland and supported by the Dental Council. The theme of the conference was "Advancing health and well-being through interprofessional learning for collaborative practice: Good practice, Dilemmas and Future Directions".

The GUH team presented their work on Interprofessional Education (IPE) for Undergraduate Occupational Therapy and Physiotherapy students while on clinical placement in GUH. The title of their presentation was "Benefits and challenges of interprofessional education in an acute hospital: Occupational Therapy and Physiotherapy perspectives". Since 2011, Occupational Therapy (OT) and Physiotherapy (PT) Practice Tutors at GUH have collaborated to deliver IPE to students on clinical placement within their departments. Historically there was a commitment to facilitate shadowing interdepartmentally and attending multidisciplinary team meetings as part

of IPE, but it was considered beneficial to expand the students' experience. The IPE sessions address role clarification, increase understanding of team functioning, develop conflict resolution and inter-professional communication skills in line with the CAIPE guidelines. The aim was to move students to more comparative analysis of their professional roles, where differences as well as similarities could be discussed to get a greater level of interactivity between the professions during the learning activities. This was achieved through careful planning and skilled facilitation of tutorials with a strong emphasis on interaction between students. Careful planning of trigger questions and scenarios was used to facilitate this.

The feedback from students has been positive and they have commented on their increased understanding of each other's roles and a greater ability to communicate in a team environment to meet their patients' needs. Some comments from students include: IPE is a beneficial tool in educating a workforce that will be strong in collaboration in order to meet patient needs and the OT and Physiotherapy departments hope to continue their collaboration and expand the programme for students on placement in the future.

Contact valerie.flattery@hse.ie for further information

West of Ireland Diabetes Nurse Specialist Group



DIABETES NURSE SPECIALISTS FORUM- SAOLTA UNIVERSITY HEALTH CARE GROUP

The West of Ireland Diabetes Nurse Specialist Group was formed in 2010 to provide a forum for specialist nurses involved in the care of people with diabetes. The group aims to demonstrate excellence in diabetes care by committing to evidence-based practice via shared decision making and research and to offering support.

The key aims of the Group include providing a forum for Nurse Specialists who are involved in the care of people with diabetes; promoting an increased awareness amongst members of the need for specialist care for different groups of people with diabetes; organising bi-annual educational meetings and workshops for specialist nurses and other nurses in the group area and ensuring that all Nurse Specialists are informed of current trends, practice in various hospitals in the Group area and current audit and research in diabetes care.

To date the group has developed various guidelines and policies for use across the Group. Local guidelines have been developed for various aspects of diabetes management including guidelines for Type 1 and Type 2 diabetes, Diabetic Ketoacidosis, Hypoglycaemia, driving and Diabetes, insulin administration, paediatric educational resources and various other guidelines.

Through the forum educational literature has been developed that is used throughout the Group. A number of workshops and education sessions for colleagues involved in diabetes care and management, both in primary and secondary care have also taken place.

The West of Ireland Diabetes Nurse Specialist Group is now established and plays an important role in diabetes care delivery and professional development throughout the Saolta University Health Care Group.

Roscommon University Hospital News



PRESENTATION:

The Lecarrow Benevolent Fund recently presented a tablet to Rosemary Thorpe, Cardiac Investigations Department, for use in patient education within the cardiac rehabilitation service. It will also be used for audit of the service and educational presentations to staff within the hospital.

MINOR INJURIES STUDY DAY:

On Saturday 28th November 2015, Roscommon University Hospital hosted a Minor Injuries Study Day.

The study day was facilitated by Registered and Candidate Advanced Nurse practitioners from both Portiuncula and Galway University Hospitals.

There was a good attendance on the day by both nursing and medical staff from RUH and other hospitals within the Saolta Group



DESIGN AND DIGNITY:

The Design and Dignity project in association with the Irish Hospice Foundation commenced on the 5th of October 2015.

Refurbishment of the Mortuary viewing room has been completed and is now fully operational.

Works are nearing completion on the family room, located on the link corridor between St Coman's and St Bridget's ward.

ANNUAL MEMORIAL MASS:

The Annual Memorial Mass for deceased patients and staff of Roscommon Hospital was held on Thursday 29th October in the Sacred Heart Church, Roscommon

The Mass was organised by the Palliative Care Department and was well attended by family and friends of the deceased



Staff from the Group attend the Minor Injuries Study Day in RUH

RUH Pedometre Challenge

Staff at Roscommon University Hospital were recently presented with the Best Large Workplace Award as part of the Smarter Travel Workplaces' Pedometer Challenge, the award was based on the overall staff participation rate of 45%.

A total of 65 national organisations and companies participated in this year's event, which was the largest to date. In a survey completed by participants' after the pedometer challenge, 95% said that they plan to continue being active after the challenge, which will no doubt have far reaching health enhancements to each individual's personal and professional life.

Staff at Roscommon University Hospital participating in the Pedometer Challenge



From left, Sinead Flavin (Smarter travel workplaces facilitator), Tina Vaughan (Assistant Director of Nursing Roscommon), Pamela Normoyle (Healthy Ireland Lead, Galway and Roscommon).



Caring Behaviours Assurance System – Ireland (CBAS – I) Awareness Day held in RUH



RUH staff attending the CBAS-I Awareness Day.

Roscommon University Hospital held a Caring Behaviours Assurance System – Ireland (CBAS – I) Awareness Day recently in the hospital. The event was attended by interdisciplinary staff from the Hospital.

Caring Behaviours Assurance System – Ireland is an evidence based system for assuring the delivery of safe care from point of care (bed) to Board and back again. Bed to Board ensures communication channels between wards/departments, directorates and upwards to the executive management team and Board of the Hospital Group.

Commenting, Elaine Prendergast Hospital Manager RUH said, “The main aim of Caring Behaviours Assurance System – Ireland is to enable healthcare teams have the confidence in the care and compassion they provide to patients as they journey through the health and social care services. This is made possible by using the tools and techniques of the programme”.

Launch of Children's Remembrance Day Christmas Tree Lights at UHG



Pictured are: Sean Kostello (centre) Left: Anne McKeown, Treasurer; Phil Grealish, Assistant Secretary; Julie Nohilly, A/Director of Nursing, GUH and Susan Massey, PRO. Right: Margaret Duignan, Chairperson; Jean Kelly, A/Group Director of Nursing and Fidelma Kenny, Secretary.

The Children's Remembrance Day Committee at University Hospital Galway (UHG) celebrated the launch of their Christmas tree lights on Tuesday 10 November.

Again this year a giant Christmas tree was on display at the entrance to UHG and people had the opportunity to sponsor a light on the tree as a dedication to a loved one. This is always a thoughtful way of letting someone know we are thinking of them. Every time a light is sponsored; the family of the person to whom the light is dedicated to receives a Christmas card.

Susan Massey from the Children's Remembrance Day Committee explained, "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.

"The funds raised through the sale of the Christmas cards and lights are used to provide comfort for bereaved families. Last year the funds raised were used to contribute to the refurbishment of the family room in St. Anthony's ward, to maintain the Garden of Remembrance, publish bereavement booklets and continue to hold our annual service for deceased members of staff and our Children's Remembrance Mass.

SWITCHING ON THE CHRISTMAS TREE LIGHTS

On Sunday 06 December, Ireland's leading county singer, Jimmy Buckley switched on the Christmas tree lights. Music was provided by the Conquerors and Friends. Christmas Carols were sung by the boys and girls from Scoil Cathriona Renmore.

For more information on the Christmas tree lights, please contact Children's Remembrance Day Committee members Margaret Duignan on 091 523206 or Susan Massey on 091 635302.

All staff and visitor restaurants within the SAOLTA group now implementing calorie posting

The catering departments at Letterkenny, Sligo, Mayo, Portlucula, Roscommon and Galway University Hospitals are now all implementing calorie posting in their restaurants - Saolta is the first hospital group to begin implementing this and it is testament to the commitment of the catering staff in promotion staff and visitor health.

In September 2015 the HSE approved a Calorie Posting Policy to be implemented in all HSE facilities. The development and implementation of a Calorie Posting Policy across HSE facilities is an important initiative supporting two key policy priority programmes – Healthy Eating and Active Living, and Staff Health and Wellbeing. The purpose of this Policy is to promote awareness and increase consumption of healthier food and drink choices amongst HSE staff and the public using and visiting HSE healthcare facilities, by highlighting the calorie content of food and drinks provided in HSE facilities. The policy applies to all in-house catering and contracted catering and vending services throughout the HSE. The policy does not apply to in-patient menus.

Staff at Letterkenny University Hospital led the way by being one of the first two pilot sites for this initiative in the HSE earlier this year. Staff from Letterkenny have generously supported and shared their learning with the other sites. Letterkenny and UHG staff restaurants have calorie information available for their entire menus. In recent weeks, calorie posting is being implemented on a phased basis and has started with breakfast menus in Mayo University Hospital, Merlin Park University Hospital, Portlucula University Hospital, Sligo University Hospital and Roscommon University Hospital. It is expected that all restaurants will display calorie content information for all their menus by the end of 2016.

The implementation of the calorie posting policy in each site has been undertaken by a multidisciplinary team. This has been led by the local Catering Department in conjunction with representatives from Hospital Management, Dietetics, Health Promotion and Improvement Services, and Healthy Ireland Leads within the Saolta Hospital Group.

Greg Conlon, Group Lead Health and Wellbeing, commented “I want to thank all the catering staff for delivering this important health and wellbeing initiative making Saolta the first hospital group in Ireland to implement calorie posting. Thanks also to the Saolta executive team for supporting the initiative, our partners in Health Promotion and Improvement and colleagues in the National Health and Wellbeing Division”.

WHY IMPLEMENT CALORIE POSTING?

- To make you more aware of the calories in foods that you regularly eat
- The catering departments in Letterkenny empower consumers by making the healthier choice the easier choice
- To increase healthy food and beverage options
- So that the health service becomes a more positive role model
- To help you to take steps to becoming a healthier you

CALORIES ON MENUS - DOES IT WORK?

Research suggests that when calories are displayed on menus, people eat 6% less calories each day.

Minister for Health Leo Varadkar said recently “We know that over 95% of consumers in Ireland want the calorie count of meals displayed on menus. It’s a proven way of changing consumer behaviour and independent evidence from the USA shows that calorie posting is very effective.” He went on to say “I have already obtained Government approval to draft a Bill to make it compulsory for food outlets to display the calorie content of meals. The intention is to have this passed by the Oireachtas and enacted in 2016.”

Further information on calorie posting is available on www.hse.ie/calorieposting



Letterkenny University Hospital

From left to right:- Christine Wallace, Susan O Hanlon, Geraldine Breen, Marie Mc Kervey, Sharon Patton, Kathleen Parke, Elaine Nelis, Danny Gallagher and Claire Alcorn.



University Hospital Galway

Catering managers Mary Frain & Mary Killeen from UHG and Merlin Park pictured with Jean Kelly, Group Director of Nursing and Executive lead for Healthy Ireland across the SAOLTA Group at the launch of Calorie Posting in UHG.



Portiuncula University Hospital

Helen Glynn, Chef 1, Karen Hurley Clerical Officer, Linda O' Donohoe, Senior Chef, Mairead Coyne, Catering Manager, Lisa Corbett, Health Promotion and Improvement, Eileen Egan, Catering Assistant, Anna Mannion, Catering Assistant, Josie McGrath, Catering Assistant.



Mayo University Hospital

Megan Burke Health Promotion Student NUIG, Richard Holmes, Quality & Safety Manager, Eibhlin O'Malley Walsh, Dietetics Manager, Loretta Bracken, Aramark Catering Manager, Ronan Fox Head Chef MGH



Roscommon University Hospital

Patricia Rogers Catering Manager, Tina Vaughan Assistant Director of Nursing, Margaret Tully Catering Assistant, Marian Rice Catering Assistant, Margaret Tully Catering Assistant, Brendan Leech Cashier, Caroline Mc Cormack Catering Assistant, Helen Hunt Chef, Katherine O' Malley Chef, John Tully Catering Porter



Merlin Park University Hospital

Margaret O'Toole, Management; Pamela Normoyle, Healthy Ireland; Mary Monaghan, Catering; Mary Killeen, Catering Manager; Chefs Tina O'Connor & P J O'Sullivan; Ann Conroy & Finola Scahill, Catering; Lorna Quinn, Nursing Manager.



Sligo University Hospital

Back row left to right
 Kenny Vaughan (Ambulance service), Lesley Keaney (Catering Attendant), Sheila Fowley (A/ Catering Manager), Amanda Kilcullen (Dietician), Avril Kelly (HP research ass), Domhnall McLoughlin (Ass. GM), Alan Stewart (Catering Attendant), Pauline Kent (Health Promotion), Tom Rouse (CPU Manager), and Marietta Lacey (Staff Nurse)

Front Row left to right
 Liz Martin (Health Promotion Officer), Mary P Scanlon (Catering Supervisor), Marian Ryder (Dir. of Nursing), Grainne McCann General Manager, Patricia Lee (Services Manager)

'It's all up in the air'- TULCA Festival of Visual Arts comes to University Hospital Galway

'It's all up in the air' by Rhona Byrne, an installation comprising of balloons shaped into a sculpture and suspended from the ceiling of the main foyer of University Hospital Galway, as part of the programme for TULCA 2015 which ran from the 14-29 of November. Mary Cremin, this year's curator chose the piece with a healthcare setting in mind which evolved from the theme of sea-change. The installation provokes thought and presents the audience with a complex set of emotions.

Galway University Hospitals Arts Trust partners with TULCA Festival of Visual Arts each year to bring a new piece of exciting, challenging art to the hospital setting. The installation calls attention away from the mixed emotions often felt about the uncertainty of situations and their outcomes which are often present in a hospital. Instead the artwork creates a new avenue of



conversation which would not take place otherwise. It will be exhibited in the hospital foyer from November 13 for six weeks.

For more information on the Galway University Hospitals Arts Trust contact Margaret Flannery, Arts Director on 091-544979 or email: margaret.flannery@hse.ie

World COPD Day at Portiuncula University Hospital



19 NOVEMBER 2015

To mark World COPD (Chronic Obstructive Pulmonary Disease) Awareness Day Aoife Folliard, Clinical Nurse Specialist, Respiratory and Emer Griffin, Physiotherapist were holding an information stand in the main foyer of the hospital. The team was on hand to answer questions and help you learn more about COPD with the main focus on smoking cessation, inhaler technique, peak flow checks and spirometry (simple breathing test which can aid the diagnosis of COPD).

Portiuncula University Hospital marked National Antibiotic Awareness Day 2015

Staff from Portiuncula University Hospital, led by the Anti-microbial Pharmacist Sabrina O Regan and the Pharmacy Department marked National Antibiotic Awareness Day. Information was provided to patients, staff and visitors on the appropriate use of antibiotics.



Mayo University Hospital hosts 2nd Quality and Patient Safety Symposium on 20 November 2015



Pictured at last year's Symposium were: Mr. Charlie Meehan, General Manager, Mayo University Hospital; Dr. Michael O'Neill, Associate Clinical Director, Womens & Children; Ms Fiona McGrath, Health & Social Care Professional Representative; Ms Catherine Donohoe, Director of Nursing & Midwifery Mayo University Hospital and Dr. Philip Crowley, National Director Quality and Patient Safety Directorate.

Mayo University Hospital (MUH) hosted its second Quality and Patient Safety Symposium in St. Mary's Hall, Castlebar Campus, GMIT on Friday 20 November 2015. Building on the success of last year's symposium Mayo University Hospital demonstrated its on-going commitment to Quality and Patient Safety and showcase work completed over the last year. In 2014 the symposium attracted great interest, with multidisciplinary delegates from across the Saolta Hospital Group and from national hospitals. An innovative approach has been taken in Mayo with three local health care companies working in partnership with over 30 staff members to drive the quality and patient safety agenda. Three Quality Activist teams have been established with a focus on improving communication, improving patient centeredness and reducing unnecessary waiting for patients. Formal feedback will be presented at the Symposium and the teams look forward to sharing the learning with the wider Saolta University Healthcare Group and across the HSE.

The invited speakers, on the day, brought a wealth of clinical and academic experience and provided insight and knowledge regarding clinical leadership, quality improvement and changing culture. Dr Pat Nash, Chief Clinical Director of the Saolta Healthcare Group was present at the morning session. Key speakers for the day included:

- Dr Philip Crowley, National Director, Quality Improvement Division HSE
- Dr Deirdre O'Keeffe, Head of Quality and Patient Safety, Acute Hospitals Division HSE
- Ms Maureen Flynn, Director of Nursing and Midwifery Quality Improvement Division, HS

- Ciara Kirke, Clinical Lead, Medication Safety Programme, HSE
- Stephen McMahon, Irish Patients Association

Professor Simon Western, Adjunct Professor University College Dublin presented on 'changing the culture one step at a time'. Simon brought an unusual depth and breadth of experience to the world of leadership, coaching and organizational change. Currently his work includes coaching and consulting to CEO's and international leaders, to deliver significant service improvements.

Mayo University Hospital's speakers included:

- General Manager
- Director of Nursing and Midwifery,
- Clinical Directors
- Medical staff
- Nursing staff
- Health and Social Care Professionals across Surgery, Microbiology, Women's and Children's services, and Medical and Emergency Departments.

Staff from across the multidisciplinary spectrum had posters on display highlighting the hospital's focus on Quality and Patient Safety. The final session, Prime Time Mayo Panel Discussion 'Progressing patient safety in a level 3 hospital' was facilitated by Ms Ciara Kirke, Clinical Lead, Medication Safety Programme in the HSE and allowed time for meaningful discussion regarding how hospitals can continue to progress on quality and patient safety.

Mayo University Hospital marked World COPD Day

World COPD (Chronic Obstructive Pulmonary Disease) Awareness Day took place in November and to support this event the Respiratory team at Mayo University Hospital held an information day in the main foyer of the hospital on Tuesday 24 November. Staff from Mayo University Hospital Respiratory Services were on hand to answer any questions and help you learn more about COPD.

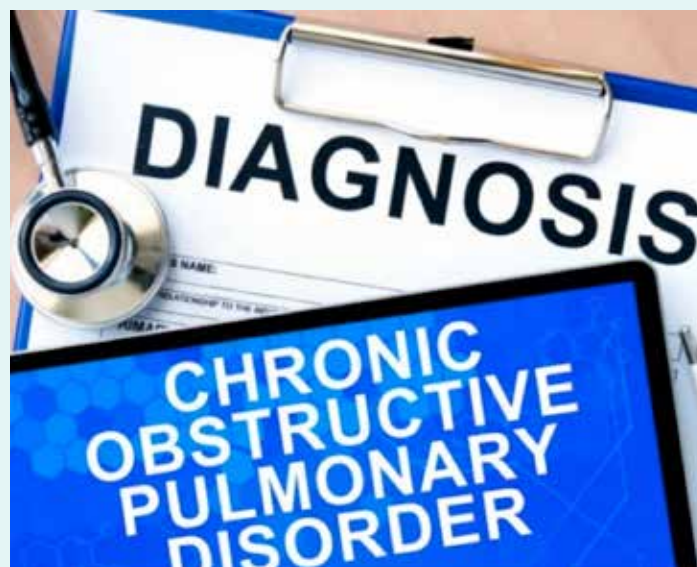
COPD is a general term for a number of chronic lung disorders including bronchitis, emphysema and chronic obstructive airway disease. It is estimated that 440,000 people in Ireland suffer from COPD and the most common cause of COPD is smoking. If COPD is detected early, treatments are available to prevent further deterioration of lung function.

On the day the respiratory team carried out a number of tests and advice was provided.

- Spirometry - a simple breathing test which can aid the diagnosis of COPD.
- Carbon monoxide (CO) testing - CO is found in tobacco smoke, if you're a smoker and want to know how much CO you have in your body we will test it for you by means of a simple breath test.
- Smoking cessation advice - It's never too late to Quit.
- Correct inhaler technique
- Breathing exercises and Sputum clearance

Ursula Clarke, Respiratory Clinical Nurse Specialist, Mayo University Hospital stated, "The early stages of COPD are often unrecognised, but it is easy to determine whether a person is at risk. At the information day next Tuesday we will have a simple questionnaire that people can fill out and which will determine the need for the Spirometry test.

"Early detection and intervention is extremely important in order to improve symptoms and increase the patient's quality of life and slow down the damage to the lungs. One of the greatest challenges for people with COPD is not knowing they have it until it's at an advanced stage. I would urge any smoker or former smoker aged over 40 who has difficulty breathing to get a lung test. When properly diagnosed and treated, patients with COPD can look forward to a marked improvement in their quality of life with a decline in symptoms such as breathlessness and less frequent 'flare-ups'.



"I would encourage anyone who would like more information on COPD to come to the information day or to talk to their GP."

Damien Peelo, Executive Director, COPD Support Ireland, is encouraging people to know the "ABC" of COPD.

"The key risks for COPD are smoking, and breathing in environmental toxins, fumes and dust. Indeed, quitting smoking is the single most effective thing that we can do to minimise our risk. Amongst the main symptoms are breathlessness and a cough and chest infection that refuses to go away. As part of our "Save Your Breath" campaign, we have devised a simple "ABC" of COPD to make remembering the risks, symptoms and importance of getting checked out simpler. The good news is that spirometry is a very quick and painless breathing test that can identify COPD. Early diagnosis means that people can begin to manage their condition much more effectively and help to reduce the severity of the disease."

SAVING YOUR BREATH: REMEMBER THE ABC OF COPD

1. Avoid the risks—don't smoke and avoid environmental toxins, fumes and dust
2. Be aware of the symptoms—watch out for persistent cough, chest infections that won't go away and shortness of breath
3. Consult your GP—ask for a spirometry COPD test, particularly if you are over 35 years and have a family history of lung conditions.

Friends of Letterkenny University Hospital acknowledged at Saolta Staff Recognition Awards



Picture shows left to right - Mr Paddy Rooney, Mr Peter Byrne, Mr Maurice Power, CEO of Saolta University Health Care Group, Ms Donna Henderson, Ms Yvonne Harkin, Mr Peter Cutcliffe, Chairman of Friends of Letterkenny University Hospital, and Ms Tara Shortt.

The Friends of Letterkenny University Hospital were shortlisted in the Best Team category at the recent Saolta Staff Recognition Awards. This was in recognition of the voluntary fund-raising efforts and the contribution the Friends have made to the development of services in Letterkenny over the past 20 years. The Friends have agreed to fund the diagnostic equipment in the new Intervention Unit which will be constructed in 2016 in conjunction with the Radiology Department refurbishment to the value of €750,000. Among the other major developments that were supported by the Friends include:

The purchase a CT scanner for the hospital to the value of €600,000.

The purchase of a specially adapted bus which facilitated the transport of patients to St Luke's Hospital in Dublin. This bus was later replaced by the Friends in 2005 with a more modern version costing €180,000. These adaptations help improve the journey to and from Dublin for patients from all over the North West.

The Friends committed to donating seed capital of €750,000 to provide a new 34 bed Acute Mental Health Unit. The commitment of the Friends helped secure the further funds required from the central exchequer for this project. The funding ensured that patient's comforts were brought to an exceptionally high level.

Significant funding was provided by the Friends to purchase equipment to establish a Cardiac Rehabilitation Unit on campus which meant for the first time this service was available locally and further funding was provided for Neonatal Transport Incubator to enable the transfer of seriously ill new born babies to Dublin.

Mental Health services also benefitted when the Friends purchased a people carrier costing €46,000.

Funding of €31,000 was donated to provide a Sensory Garden in the Medical Rehabilitation Unit, which provided an area for therapeutic activities within patient rehabilitation programmes.

The Friends purchased a DEXA Scanner for the Radiology Department at a cost of €130,000.

Sligo University Hospital Mortuary Project



L:R Kate Bree, Assistant Director of Nursing, SUH, Domhnall McLoughlin, Assistant General Manager SUH, Ann Hayes, Clinical Nurse Manager 3, End of Life Care at SUH, Tommie Gorman, RTE Northern Ireland Editor and Grainne McCann General Manager arriving at a new mortuary viewing area and facilities for families of the deceased which was officially opened at Sligo University Hospital (SUH) by Tommie Gorman, RTE Northern Ireland Editor.

A new mortuary viewing area and facilities for families of the deceased was recently officially opened at Sligo University Hospital by Tommie Gorman, RTE Northern Ireland Editor.

The Slán Project provides a private and dignified space for bereaved families to spend time with their deceased loved one in an appropriately designed facility.

Sligo University Hospital was awarded a Design & Dignity grant in 2011 which was used to transform the old mortuary into a calming space for bereaved families. The new viewing rooms are refined and dignified with quiet ante-rooms where people may first see their deceased loved one.

The Design & Dignity Project is operated in partnership between The Irish Hospice Foundation and HSE. The scheme aims to transform the way hospital spaces are designed for people at the end of life, and to set the standard for other hospitals to follow.

Commenting, Grainne McCann General Manager Sligo University Hospital said, "We were pleased to work in partnership with The Irish Hospice Foundation to provide such an important facility for recently bereaved families. The existing facilities here in SUH did not provide the space or the facilities for families to grieve. We hope that this new mortuary provides some comfort to families in what is an extremely difficult time. I would like to

acknowledge the work of the Slán Project team who are part of the End of Life Care Committee in Sligo Regional Hospital and who were a key part of ensuring that this facility was developed. I would also like to thank Tommie Gorman for taking the time to join us today, we are very grateful for the support he has given the hospital."

Ann Hayes, Clinical Nurse Manager 3, End of Life Care at SUH said, "This new viewing area is a great asset for bereaved families serving Sligo University Hospital, The North West Hospice and the community at large. These new improved facilities are very much welcomed and will be a dignified space for bereaved relatives to be with their deceased family member in a time of profound grief and loss."

Sharon Foley, CEO of The Irish Hospice Foundation said, "Every year 30,000 people in Ireland die, and 43% die in acute hospitals. The Design & Dignity fund aims to bring design excellence to hospitals so that the experience of dying is as positive as it can be, both for those going through it and for those left behind. This project in Sligo University Hospital provides a peaceful environment where families can process their grief and spend that precious time saying goodbye to their loved one.

"Our congratulations are extended to all who worked on this project and especially to the staff for their commitment to providing this space for their patients and families. It is wonderful to see it come to fruition."

