



Slí an Chroí Family Room opens at PUH

Opening of Slí an Chroí Family Room and Launch of the Hospice Friendly Hospitals at Portiuncula University Hospital

On Tuesday 10th May, the staff at Portiuncula University Hospital welcomed RTÉ Sports Broadcaster, Michael Lyster to officially open the Slí an Chroí family room and launch the Hospice Friendly Hospitals programme at the hospital.

Portiuncula University Hospital is one of 40 hospitals in Ireland linked to the HFH Programme which is an initiative of the Irish Hospice Foundation. It seeks to ensure that palliative, end of life and bereavement care are central to the everyday business of hospitals. Ensuring patients and families have access to family rooms and private spaces is central to the ethos of the HFH Programme.

The refurbished family room in PUH will allow families a private space away from the ward to relax, get refreshment and take some time out as they accompany their loved one at end of life. The work was carried out

with the support of a grant from the Design and Dignity Scheme of The Irish Hospice Foundation (IHF) and the HSE. The Design and Dignity Project aims to transform the way hospital spaces are designed for people at end of life. Staff in Portiuncula University Hospital identified the need to improve the private space that was available for families to gather and rest during what is a very distressing and difficult time for them. The much improved family room provides a space that is homely and welcoming.

Caring for the family of patients who are critically ill or at end of life has always been central to the ethos of Portiuncula University Hospital. As part of this care the hospital has always provided a quiet space for families where they can come away from the wards and have a private place to receive rest and time out.

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NEXT ISSUE AUTUMN 2016

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

Welcome to the Summer edition of the Saolta University Health Care Group Newsletter.

In this issue, we feature Portiuncula University Hospital and highlight some of the developments and initiatives taking place there, particularly the recently opened Slí an Chroí Family Room, the launch of the Hospice Friendly Hospitals programme in the hospital and the work of the Nurse-led oncology unit in the hospital. This edition also provides an update on the work underway across the Group as part of the Healthy Ireland.

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

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

We hope you enjoy this newsletter and that you get an opportunity to enjoy a well earned break over the Summer months.

Kind regards

Saolta Newsletter Team
newsletter@saolta.ie



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Top Tweets for May

May 2016 • 31 days


TWEET HIGHLIGHTS

Top Tweet earned 2,974 impressions
 Staff from the Maternity Unit, University Hospital Galway marking International Day of the Midwife @HSElive
pic.twitter.com/6Or6wvyeV



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Top media Tweet earned 2,753 impressions
 RTE's Michael Lyster opens new Family Room and Launch of Hospice Friendly Hospital Programme in PUH @HSElive
pic.twitter.com/7w6K6jEk3s



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Top Tweets for June

Jun 2016 • 22 days so far...

TWEET HIGHLIGHTS

Top Tweet earned 3,379 impressions
 Roscommon University Hospital awaits the arrival of the first patient to the brand new Endoscopy Unit this morning
pic.twitter.com/PHNBVYZ5XX



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Top media Tweet earned 2,972 impressions
 Launch of National Paediatric Early Warning System (PEWS) at University Hospital Galway today. pic.twitter.com/PzRTWZdv77



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Saolta @saoltagroup - Jun 17

Project representatives from Saolta University Health Care Group at HSE Excellence Awards bit.ly/1ZVD0ot

HSE Ireland



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Chief Executive Officer

Dear Colleagues

As we are now just over half way through 2016, I would like to provide you with an update on some of the projects and developments under way across the Saolta Group.

The work to transition from a Group to a Trust continues and an important part of that is the development of a new Group Clinical Strategy for Patient Services for the next five years and beyond. It is crucial that we as a Hospital Group have a clear and cohesive vision as to the further development of our clinical services across all of the hospitals within the Group. This work is led by our Chief Clinical Director, Dr Pat Nash and will review several models for enhanced governance/directorate structures with the aim of ensuring that this structure will improve the integration of hospitals and ultimately improve the services we deliver to patients. I look forward to engaging with you as part of a staff consultation process which will provide you with an opportunity to contribute to the proposed structure.

The Group's Patient Council continues to actively engage with the work of the Group across all hospital sites. Members of the Council are working closely with staff across a number of hospital committees. Their input is extremely important and representative of the voice of the patient. You will shortly see some very exciting developments in this area including the roll-out of 'Hello my Name is' campaign.

On the infrastructural investment front, the Group is continually pursuing funding nationally in conjunction with our HSE Estates partners, to provide new building infrastructure and equipment as well as upgrading our existing infrastructure. In Letterkenny University Hospital, work continues on the post-flood restoration programme and we hope to shortly officially open the new Medical Academy there, developed in conjunction with our academic partner, NUI Galway. Contracts were recently signed for the development of the new CCU and haematology / oncology ward and approval has been received to proceed with the radiology development there. In Sligo, the design process for the new surgical block has commenced and the first patients have now been treated in the new endoscopy unit in Roscommon



Maurice Power, CEO

University Hospital. This is a particularly important Group development as it facilitates RUH to work closely with other hospitals in the Group to integrate both scoping and surgery work. We also look forward to the opening of the new 75-bed ward block on the UHG site and progressing the development of the 50-bed ward block at Portiuncula University Hospital.

I would like to congratulate our colleagues in Sligo University Hospital who were recently presented with the HSE's Excellence Award – winners from a total of 426 projects from across the country. The HSE Director General, Tony O'Brien, presented the award for Overall Best Project to the Ophthalmology Service being delivered by Sligo University Hospital and Sligo, Leitrim and West Cavan Community Health Organisation (CHO) Area 1 for the project 'Having The Right People With The Right Skills In The Right Place, At The Right Time'. The project also recently won an award at The Irish Health Care Centre Awards 2016 which were held in the Royal Marine Hotel in Dublin where it came first in the category 'Healthcare Department Initiative - Cost Saving Measure'. I would like to pay tribute to the team in Sligo for this fantastic achievement.

Finally I would like to thank all of you for your on-going commitment and dedication and I hope that you get an opportunity to enjoy some time off over the Summer period.

Mr. Maurice Power

CEO

Saolta University Health Care Group

Group Chief Operations Officer

As we pass the mid- point of 2016, I would like to provide you with an update on activity and developments underway across the Group. In general terms activity has increased to date in 2016 when compared with the same time last year. Our day cases are up almost 7%, our outpatient attendances are up 6%, inpatient attendances are up .16% and ED attendances are up 4.7%.

Reducing the numbers of patients who wait for appointments, inpatient, outpatient or day case, across the Group continues to be a key priority. A Saolta Scheduled Care Governance Group was recently established and held their first meeting in early June. This Group is looking at ways to maximise capacity across the Group to reduce both the numbers and length of time patients wait and to ensure they are scheduled, seen and treated as quickly as possible. A significant proportion of the waiting lists are held by UHG and we have made some progress in specialities such as General Surgery, Urology, Plastics, Maxillofacial where available capacity in Roscommon, Mayo and Portlincula University Hospitals is utilised to allow patients to be seen more promptly.

Across the Group work is continuing on the progression of capital projects, including rebuild projects at Letterkenny University Hospital, the Diabetes Day Centre and infrastructural upgrade at Sligo University Hospital, an endoscopy update at Mayo University Hospital and replacement ward accommodation in Portlincula University Hospital and UHG. The provision of a new ED in UHG remains the single biggest capital priority for the Group. We have an urgent requirement to replace the current facility to meet current and future capacity requirements. A Cost Benefit Analysis (CBA) was completed in April 2016 to be submitted by HSE Estates for approval at the National Acute Capital Steering Group.

In ICT focused work has been undertaken in the past eight weeks to develop a three to five year action plan for the Group in relation to key ICT projects which will be presented at an upcoming Executive Council meeting.



Ann Cosgrove, Group
Chief Operations Officer

Some of the projects reviewed include EDRM, MEDLIS, Group wide PAS, MOCIS and SAP and we have also looked at financial and staffing resource requirements for implementation of these projects across the Group.

HIQA have recently conducted assessments across a number of sites in relation to nutrition and hydration and antimicrobial stewardship and site specific reports have issued with identified recommendations and national reports are being published by HIQA showing trends in relation to these two key areas of service.

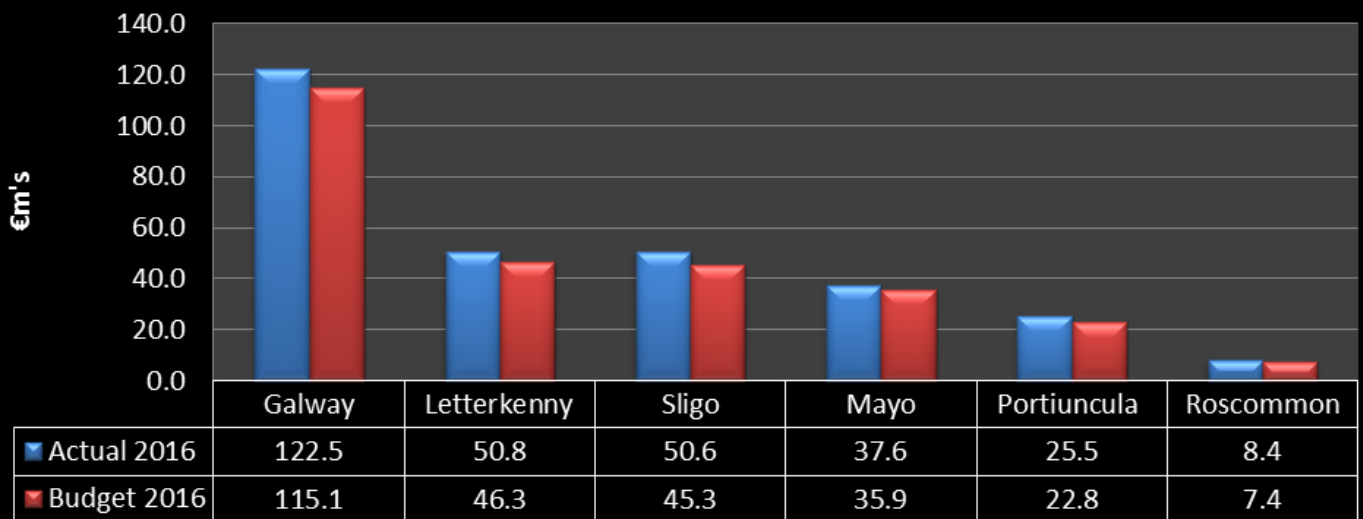
As always, I would like to acknowledge the on-going work and commitment of all staff across the Group who deliver such a broad spectrum of services to our patients. I fully appreciate that staff deal with many challenges during the course of their work but remain focused on providing a high quality service to their patients.

I hope that you get the opportunity to take some time off over the Summer and I look forward to working with you all over the coming months.

Anne Cosgrove
I/Group COO
Saolta University Health Care Group

Group Chief Financial Officer

Actual 2016 v Budget 2016 at the end of May



The graph above shows the hospital's expenditure versus budget for the first five months of 2016. At the end of May the Group's expenditure was €296.1m, an overspend of €22.1m (8%) versus budget and an increase in expenditure of €14.6m (5.2%) on the same period last year, €11.1m of which relates to pay.

Pay expenditure is over budget by €11m (5%) with a growth of €11.1m (5.1%) versus the same period last year mainly due to the increase of 473 whole time equivalent staff.

Non-pay expenditure has grown by €4.1m year on year and is €6.2m over budget. This growth in pay expenditure is mainly in the areas of drugs, medical and surgical supplies, x-ray imaging and patient transport.

Patient related income has decreased by €0.6m on the same period last year and is €1.6m below budget.

PERFORMANCE MEETINGS

High level forecasts at the end of May indicate that we will be €53.2m over budget, €25.1m of which relates to payroll costs. These payroll increases have become the main focus of recent performance meetings with the national team. It is critical that the Group manage and control this growth in expenditure.

There is a clear understanding that there will be no further growth in staff numbers without formal approval in relation to funding and whole time equivalent ceilings have been set for each hospital in the Group.

ACTIVITY BASED FUNDING

Following the completion of training by PowerHealth Solutions (PHS) and the initial full activity based cost processing run, we continue to analyse the initial data on patient episodes.

Preparing both ABC and Casemix returns is resource challenging and will need to be addressed nationally. The IT resources available in GUH are now completely depleted and will need to be addressed without further delay if Finance is to meet the deadlines set by the National Pricing Office.

ICT STRATEGY

The ICT Steering Committee are now progressing the ICT strategy signed off in 2015 and are putting a three year plan in place for ICT. There are a limited number of resources (ICT and business/service staff) and limited funding is available to progress projects. We have commenced an exercise to prioritise projects that will help the Group deliver on its goals and objectives. This three year plan will be completed by July 2016.

Group Chief Financial Officer (continued)

A full inventory of projects already 'in flight' was undertaken together with planned systems – (these lists are not fully complete at this stage):

National planned systems with defined scheduled rollouts

- MEDLIS (National Labs)
- National Maternity
- Medical Oncology Clinical Information System

Group priorities

- Group wide Patient Administration System (PAS),
- Electronic Document and Records Management System (EDRM),
- Diabetes system upgrade and rollout,
- OPD self-registration,
- eRostering

Systems that are at planning or early procurement stage

- ED Information system (national)
- Group ICU system
- National Financials
- Group HR systems – Phase II PPARS



Tony Baynes, Acting Group Chief Financial Officer

The outcome will be a three year plan aligned to Saolta Clinical and Business priorities based on available service and ICT resources. This will also include an interim ICT Operating Model to deliver the action plan across the Group

Tony Baynes

Acting Group Chief Financial Officer

Group Director of Human Resources

'HAVE YOUR SAY' SURVEY - WE LISTENED

In 2013 staff participated in the 'Have Your Say' survey. We were delighted that 20% of staff participated from all areas of the Group. This represented a higher participation rate than most national surveys.

Results from that survey indicated that 53% of staff strongly disagreed with the statement that there was a process of 'good two-way communication' in place and that 45% disagreed with 'people know how well things are going'. This highlighted that communication was an area which needed to be addressed. To reflect these concerns, a Group newsletter was developed with input from all sites. It provides a forum for all hospitals to share their initiatives and developments along with providing updates on performance and issues. The newsletter is sent to all sites electronically quarterly.

Another item highlighted in the survey was that 48% of employees strongly disagreed with the statement that 'people matter to top management'. Although management were strongly aware of all the work that is done by frontline staff, they agreed that this needed to be vocalised to employees and demonstrate that their work was recognised within the Group. The Staff Recognition Awards were launched to celebrate the initiatives, quality improvements and dedication to service for employees of the Group. The Awards have proven to be a significant success with applications/participation increasing by 100% from 2014 to 2015. We look forward to the 2016 launch later this year.

Visible leadership was also an issue raised by staff in the 2013 survey and 36% of participants stated that they believed it was absent from their area. The Executive Team decided that they need to address this by implementing the Quality and Safety Walk Rounds on each site. This project brings senior management to



John Shaughnessy,
Group Director of Human
Resources

different wards in each hospital and gives employees a forum to highlight quality and safety issues in their area.

A further issue raised in the survey was Performance Management, something that has been a Group priority for some time. We are awaiting union and national involvement in the development of a national approach. We look forward to this as we know employees are eager to have a performance management system in place with 57% of staff stating that they lack this process in their area.

This year we intend to roll out a follow-up survey and we would urge staff to have their say. The results are analysed and strongly influence the initiatives management choose to roll-out. Although participation was high in 2013 we would like to build on that for the 2016 survey. We plan to circulate the survey in September/October, so please let us know how we are doing and what we all can do to improve how we work together.

John Shaughnessy

Group Director of Human Resources

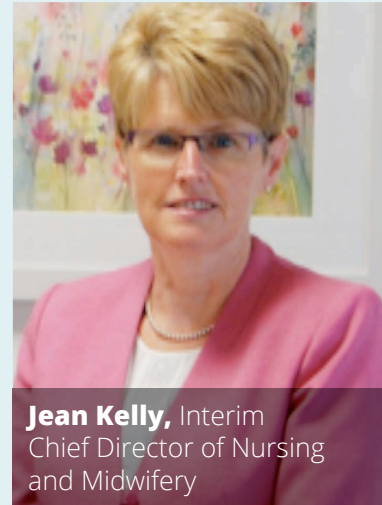
Group Director of Nursing and Midwifery

One of my roles on the Executive Council and the Board is to represent the voice of the patient and my work is focused on improving our patients experiences. I am Vice Chair of the Saolta Group's Patient Council and under the Chairmanship of Neil Johnston we decided that the patient's voice would be best represented by having Patient Council representation on appropriate non-clinical committees across the Group. General Managers were informed of the availability of Council members to attend such meetings and Council members were invited to join committees across the Group, including Capital Projects, Health Literacy, Patient Experience, Nutrition, Healthy Ireland, SAGE and Hygiene.

The Council members provide the other members with a monthly update on the work of these committees. I would like to thank all the Saolta employees who have made the Patient Council members feel so welcome on the various committees.

In April this year, our second Patient Focused Galway Conference took place. 'Shared Experience & Human Connections' was the title for this year's conference and it was run by Hannah Kent and the Galway Patient Liaison Officers. 130 participants attended on the day across a wide section of those involved in health care. We were delighted to have Liam Woods, National Director, Acute Hospital Division present and he gave the opening address. The key note speaker was Angela Coulter of the Picker Institute. In an engaging presentation, she challenged the audience to consider the reality of engaging with patients, families and carers in co-designing the most appropriate plan of care. The programme also included presentations from Health Literacy in an Acute Hospital and the National Patient Experience Programme involving HIQA and the Schwartz rounds. There were two Patient stories presented, one of whom described what it's like being a patient and the second, what it's like being a patient's mother.

The feedback from attendees on the day was very positive. Some of the phrases used to evaluate the conference included; *excellent day, I loved hearing the experiences, it made me think, a reminder for me why I went into nursing, thank you for rekindling the spark.*



Jean Kelly, Interim
Chief Director of Nursing
and Midwifery



The team who organised the conference.



National Director Acute Hospitals, Liam Woods speaking at the conference



CEO Maurice Power and June Boulger HSE

On June 1st I attended the launch of the position paper on 'Values for Nurses and Midwives in Ireland' by Minister Simon Harris TD. This is the first position paper from the Office of the Chief Nursing Officer and was developed in collaboration with the Nursing and Midwifery Board of Ireland (NMBI) and the HSE. The paper is aimed at all nurses and midwives and describes the core values underpinning their practice.

COMPASSION, CARE AND COMMITMENT

The core values chosen in consultation with the Nurses and Midwives of Ireland are compassion, care and commitment.

I was very pleased to be part of the consultation process and there was a lot of engaging discussion and debate before we arrived at these core values. The next step is to develop a strategy that will help to embed and sustain these values in practice.

Finally, I hope you all take the opportunity over the next few months to take advantage of the good weather and to have a well earned holiday.

Jean Kelly

Interim Chief Director of Nursing and Midwifery





The Women's and Children's Directorate

Photo L-R Ms Frances Burke, CMM2, MUH; Ms Claire Cellarius, Lactation Midwife, UHG; Ms Mary Sammon, CMM2, MUH; Ms Maureen Hanlon, CMM1, MUH; Ms Maura McKenna, RM, MUH. Missing from the photo are Ms Catriona Moriarty, CMM2, SUH; Ms Mary Mahon, CMS Lactation, PUH; Ms Geraldine Hanley, CMM2, LUH.

THE SAOLTA UNIVERSITY HEALTH CARE GROUP BREASTFEEDING FORUM

The Saolta Group Breastfeeding Forum began in February 2014 when a group of hospital midwives came together to try to improve the maternity breastfeeding services and promote, protect and share best practice for breastfeeding mothers and families.

Ireland has one of the lowest breastfeeding rates in Europe with the current rate for initiation of breastfeeding at 56%. By six months the breastfeeding rate has dropped to 6%. The Growing Up in Ireland (2015) Study found that Irish women are less likely to breastfeed compared to all other nationalities.

This group of like-minded professional midwives including Frances Burke (Lead), Mayo University Hospital; Mary Sammon, CMM2, Mayo University Hospital; Mary Mahon, CNS Lactation, Portiuncula University Hospital; Geraldine Hanley, CMM2, Letterkenny University Hospital; Catriona Moriarty, CMM2, Sligo University Hospital and Claire Cellarius, Lactation Midwife, University Hospital Galway decided to collectively aim to improve breastfeeding rates in the Saolta Group.

The Forum's objectives were to support each other in practice, make changes to practices that did not work, share good practice and look at how initiatives could be sustained.

During 2014 the Forum looked at practices that needed the most support and education came high on that list. As individuals, all the members continued to strive towards the Baby Friendly Health Standards which promote and protect breastfeeding across the Group. The Forum identified, however, a shortfall in the educational needs of staff in breastfeeding practice.

The Forum sought funding through the Nursing and Midwifery Planning and Development Fund and the Forum researched the availability and suitability of on-line education programmes.

The Forum identified two programmes which were relevant; the Baby Friendly UK - Paediatrician Breastfeeding e-learning and the Breastfeeding Consortium USA –training e-learning. In June 2015, the Saolta Group began a trial on a UK e-learning refresher breastfeeding courses for all staff in each of the hospital sites. The aim was to evaluate these and look to produce a model programme suitable for all Ireland.

The Forum is strongly linked with the National Breastfeeding Coordinator for Ireland and the Baby Friendly Health Initiative. In the future it is hoped to use these offices to expand this initiative for all healthcare practitioners both in hospital and community setting in Ireland.

The Saolta Group Breastfeeding Forum continues to develop and look at other projects that will improve breastfeeding care for mothers and families. The team is gaining a positive reputation within the Saolta Group and encourages others across the Group to consider this approach to collaborative patient care. The e-learning refresher breastfeeding course is continuing and over 130 staff have completed the first course. The team is currently looking to pilot a course and evaluate impact of this knowledge. The Forum look forward to building further on their work to date.

International Day of the Midwife at UHG



Staff in UHG celebrate International Day of the Midwife

International Day of the Midwife took place on Thursday, 5th May and the theme this year was “Women and Newborns: The Heart of Midwifery”. The day was marked in University Hospital Galway by a number of events.

An information stand, to create an awareness of the role of the midwife, was supported by the Midwives and Midwifery Practice Development in the main foyer of the hospital. Information on the career pathway of the midwife was provided from the university perspective, together with information on the day to day work of a midwife.

Mindfulness sessions were provided for the midwives, courtesy of an external trained facilitator. This was implemented in a quiet area and was directed towards groups of midwives via 10 to 15 minute sessions.



Photo L-R Ms Pictured on the day are: Barbara Bradley, Clinical Placement Co-ordinator; Anne Marie Grealish, Acting Clinical Midwife Manager 3; Dawn Johnson, Group Director of Midwifery; Claire Cellarus, Lactation Consultant; Margaret Coohill, Practice Development Co-Ordinator; Tracey Sugrue, Staff Midwife; Anne Marie Burke, Clinical Midwife Manager 2; Deirdre Naughton, Clinical Skills Facilitator and Aisling Steede, Clinical Placement Co-ordinator.

International Day of the Midwife at UHG (continued)



The sessions were well attended and were found to be beneficial by the midwives, many of whom expressed an interest in continuing with the practice of mindfulness.

Family Planning and contraception updates were held half-hourly over the course of the day and these sessions were attended by a large number of health professionals.

Raffles were held for all new mothers and for midwives in the unit, with prizes kindly donated by external sponsors.

International Day of the Midwife awareness was a somewhat sombre event this year in UHG, coming so closely after the passing of a dear colleague and friend, Jane Whiriskey, who is sadly missed. The team were pleased to have Jane's sister, Julie, and nephew, Toby, visit on the day.

New Maternity Day Assessment Unit in UHG

A new Maternity Day Assessment Unit has opened at University Hospital Galway. The accommodation consists of a four-bay unit and single room and other facilities which are shared with the existing OPD area.

The aim of this service is to allow outpatient management of moderate risk issues that would otherwise require inpatient admission. The unit provides a high level of antepartum and maternal surveillance and is a point of access that is convenient for women. Dr Geraldine Gaffney and Professor John Morrison share the role of Clinical Lead for the service. The Maternity Day Assessment Unit is operational for women with clinical conditions from 16 weeks gestation. Conditions and or complications that will be managed using condition-specific pathways include:

hypertensive disorders of pregnancy, fetal conditions and fetal monitoring, reduced fetal movements, fetal growth restriction and multiple pregnancy fetal assessment as clinically indicated. Administration of Corticosteroids and others as clinically indicated.

Maternal complications include, obstetric cholestasis, postnatal presentations, postpartum infections, hyperemesis - for fluids/vitamins replacement and review and venous thromboembolism assessment and review.

Since the unit opened, it has reduced inpatient occupancy and there has been positive feedback from patients. The unit currently operates from 8.30am to 5pm, Monday to Friday, and it is planned to extend the opening hours at a later stage.

Jane Whiriskey RN RM MSc

It was with immense sadness staff in UHG heard of the passing of their colleague Jane Whiriskey on 26th April 2016.

Jane, who was from Galway city, completed her general Nurse training at UHG and, after a period of time working as a staff nurse, successfully completed her midwifery training also at Galway, qualifying in 1997. Apart from a few months travelling, Jane continued to practice as a Midwife at UHG.

Jane was a most experienced and competent midwife who set very high standards. Mothers, student midwives, midwives, medical staff and allied health care staff at various stages of their training had the utmost admiration and respect for her knowledge, opinion and kindness.

She was a superb manager as a CMM2 and then as an ADOM. She had a wonderful way of working with people and encouraged and supported them to step outside their comfort zone. Her team of midwives reflected her ethos of caring and true professionalism.

Sadly, Jane was an ADOM for only a short time before she became ill. She fought her illness with great hope and stoicism, and was inspirational in how she dealt with all the challenges and knocks that she had to deal with at such a young age.

She will be dearly missed as a person, a midwife, a manager and a great friend. Our deepest sympathy is extended to her parents, family, friends and colleagues.



Routine Antenatal Anti-D Prophylaxis

Following a joint initiative between the Maternity and Haematology Departments in UHG, in December 2015 UHG commenced offering Routine Antenatal Anti-D

Prophylaxis at 28/40 weeks. The initiative has been rolled out successfully in the antenatal service and has been well received by the patients concerned.

Children in Hospital Ireland seeks volunteers for MUH



Children in Hospital Ireland (CHI) is a voluntary organisation committed to promoting and ensuring the welfare of all children in hospital and their families.

For 41 years, the organisation has been directly working with sick children to bring them fun and support. CHI uses its expertise to deliver unique daily and weekly play sessions that support child patients, parents and staff in 20 hospital wards and playrooms nationwide.

CHI is currently seeking volunteers for their hospital play service in MUH. Volunteers should be free to commit to two and a half hours every week (morning, afternoon

or evening) and also to volunteer for a minimum of one year. Volunteers should be over 18 years of age and enjoy children's company. Applicants are Garda vetted and references are required.

An induction and interview evening took place in SUH in May. There was significant interest at the event and following on from it, 21 people attended a one-day training session a number of weeks later.

For further information on this organisation, email info@childreninhospital.ie or contact Aideen Jones, Volunteer Manager, on (01) 290 3510.

Portiuncula University Hospital

Featured News

- Launch of HFH Portiuncula University Hospital
- Bowel Cancer Awareness at Portiuncula University Hospital
- British Medical Ultrasound Society (BMUS) Conference
- New Director of Nursing and Midwifery Portiuncula University Hospital
- Pulmonary Rehabilitation at Portiuncula University Hospital 2016
- Reflections on a Nursing Career Margaret Burke, Director of CNME Galway incorporating Portiuncula University Hospital
- Award Success for Clinical Midwife Specialist
- Radiology Department, Portiuncula University Hospital
- Nurse-Led Oncology Unit at Portiuncula University Hospital
- Critical Care Outreach Team Portiuncula Hospital
- Graduates of HIQA/IHI health and social care quality improvement course

Launch of HFH Portiuncula University Hospital



The newly opened Family Room at Portiuncula University Hospital provides a dedicated space for families of patients who are at end of life.

Staff at the Hospital had identified the need to improve the private space that was available for families to gather and rest, the much improved family room provides a space to rest and make refreshments in an environment that is homely and welcoming.

James Keane, General Manager, Portiuncula University Hospital said, "We are pleased to open a new facility that will offer some comfort to families when they need us most. Portiuncula University Hospital is committed to improving end-of-life care and we aim to ensure that patients and families who are with us during their final

journey will have a peaceful and dignified experience."

Sharon Foley, CEO of the IHF, commented: "Every year 28,000 people in Ireland die and 43% die in acute hospitals. The Design and Dignity scheme aims to bring design excellence to hospitals where so many people spend their last days. This facility in Portiuncula University Hospital is a sanctuary for families at a very distressing time and will allow them the proper space and privacy they need. I'd like to commend the staff for their vision and commitment to making end of life care a priority."

To date 20 projects have been funded across the country under the Design and Dignity scheme at a cost of €2m. Portiuncula University Hospital is very grateful to the Irish Hospice Foundation for their support throughout this project.



Photo above on the left shows the Family Room before and the photo on the right shows the Family Room after improvements

Bowel Cancer Awareness at Portiuncula University Hospital

April was Bowel Cancer Awareness month and on April 18th in Portiuncula University Hospital, Aine Kennedy (Colorectal and Stoma CNS) organised an annual Bowel Cancer Awareness Day.

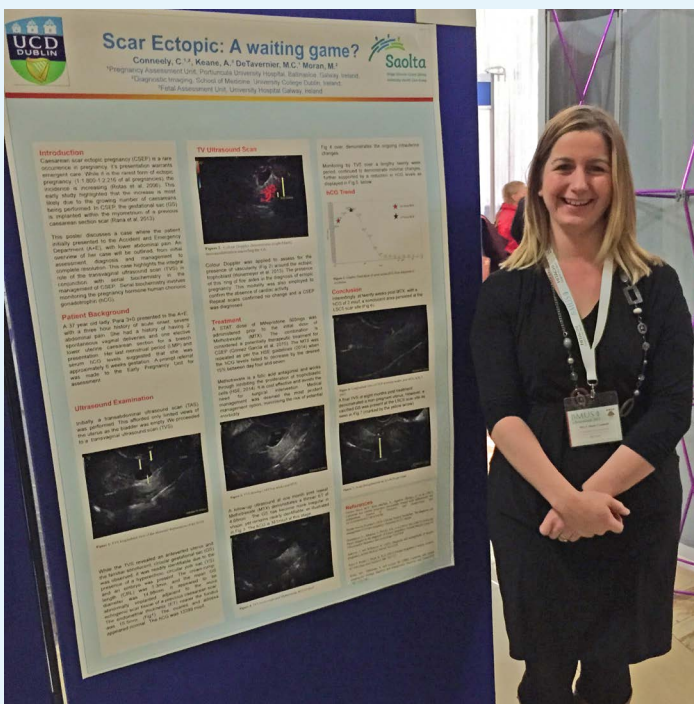
In Ireland bowel cancer is the second most commonly diagnosed cancer in both men and women. Almost 2,500 Irish people are diagnosed with bowel cancer each year and over the last 15 years the number of cases has risen by 20% and continues to rise. Ireland has the highest mortality rate for colorectal cancer in Western Europe and due to our aging population, it is estimated that by 2020 there will be an increase in colorectal cancer of 79% in men and 56 % in women (National Cancer Registry Ireland, 2011).

The event in Portiuncula University Hospital was designed to raise awareness of the importance of early detection and diagnosis of bowel cancer—making the condition more treatable and curable. Advice was available on general well-being, reducing the risk of cancer and knowing the signs and symptoms of bowel cancer. There was also information on the National Bowel Screening service whose aim is to identify bowel cancer at its earliest stage. The day was a great success measured by the amount of interest shown by staff of Portiuncula University Hospital, patients and visitors.



L-R: Aine Kennedy CNS Colorectal & Stoma, Louise Anne McGrath, CNM 1, Dr. Michael Cassidy & Mr Eddie Myers.

British Medical Ultrasound Society (BMUS) Conference



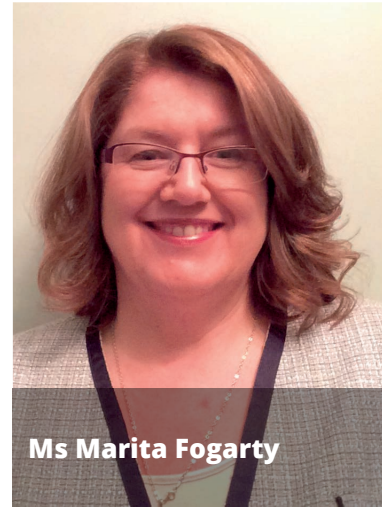
Collette Conneely, CMS Ultrasound, Pregnancy Assessment Unit recently attended the British Medical Ultrasound Society (BMUS) conference. Collette presented a poster on a case presentation in relation to “Scar Ectopic : A Waiting Game?”

New Director of Nursing and Midwifery Portiuncula University Hospital

Marita Fogarty took up the role of Director of Nursing and Midwifery in December last year, having acted in the position since September 2015. Marita has worked in the hospital for almost 22 years and her nursing background in recent years has primarily been in paediatric and neonatal nursing. Over her career of almost 37 years she has worked as staff nurse in acute general medicine, surgery, ENT, orthopaedics, gynaecology, medical and surgical wards.

As an Assistant Director of Nursing, Marita has worked across all departments in Portiuncula University Hospital and has a particular interest in compassionate care and quality assurance and practice development.

Marita is passionate about nursing and professional nursing development and believes that in Portiuncula University Hospital there is excellent team of staff, good nursing vision and the commitment to meet the health care challenges ahead. "I believe that the way forward in developing and improving our services is through direct patient engagement, compassionate care, audit of current practice and multidisciplinary collaborative learning. I strongly believe that a core focus of my role



Ms Marita Fogarty

as Director of Nursing and Midwifery is to engage with and support staff in developing resilience to meet the challenges of day to day practice. I am a firm believer in celebrating what we do well. I am very proud to have been appointed to this Leadership and Management role and would like to thank all the staff for the support I have received since I took up my appointment. I look forward to working with you all in the future and ask for your continued support" stated Marita Fogarty.

Pulmonary Rehabilitation at Portiuncula University Hospital 2016

The Respiratory Working Group in Portiuncula University Hospital has successfully completed its first Pulmonary Rehabilitation programme. The group included Eimear Griffin and Ciara Dolan Respiratory Physiotherapists and Aoife Follilard Respiratory Clinical Nurse Specialist.

Pulmonary Rehab is a Level A evidence-based exercise and education program for people with chronic lung disease.

The Working Group was facilitated by members of the Multidisciplinary team within Portiuncula University Hospital, including Dietetics - Siobhan Spellman, Occupational Therapy - Eileen Davis, Pharmacy - David Walsh and CNS Care of the Elderly- Antoinette Larkin.

The program, which was located on the grounds of Portiuncula Hospital used the facilities and equipment of Cardiac Rehab team. The program ran over eight weeks from January to March. Seventeen exercise classes and eight MDT educational sessions were provided.

The team expressed their thanks to the staff of Cardiac Rehab for facilitating this pilot program and acknowledged the local support received during the



program from Dr Rutherford, Respiratory Consultant University Hospital Galway. Niamh Duignan Senior Physiotherapist Merlin Park Galway, Daphne Masterson CNS Respiratory and Angela Radley Senior Physiotherapist Clonmel also provided valuable guidance setting up this programme.

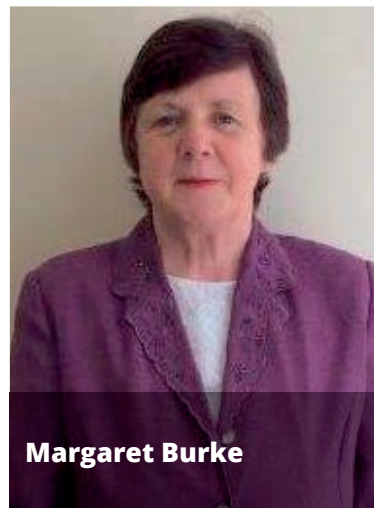
The program was well attended, the feedback was positive and the results were clinically important for the participants involved. Long term follow up is planned with this cohort of patients to continue evaluation with a view to making a business case for the establishment of a permanent Pulmonary Rehab Programme.

Reflections on a Nursing Career Margaret Burke, Director of CNME Galway incorporating Portiuncula University Hospital

Margaret Burke Director of CNME Galway incorporating Portiuncula University Hospital retired from the HSE at the end of June. Looking back over a period of over 42 years it is reasonable to state that Margaret has seen and experienced a great deal of change in the Irish Health Service. Commenting on her career Margaret notes "I must say that it is a journey that I would take all over again albeit with some tweaking! With a time span of this duration, I would like to think that I have made some contribution to the professions of nursing and midwifery and in some way made a difference to the Irish Health Service. Apart from my contribution to the service, I am truly grateful for the wonderful support that I received for my on-going personal and professional development".

Margaret commenced her nursing career at the Madonna School of Nursing at Portiuncula Hospital, Ballinasloe on the 29th May 1974. Her career has spanned 42 years and has embraced general nursing, specialist nursing, midwifery, nursing and midwifery education, management and leadership. Margaret began her training as a midwife in Coombe Maternity Hospital followed by a Coronary Care course in the Mater Hospital Dublin. She returned to Portiuncula in 1979 as a Specialist Cardiac Nurse, working collaboratively with the Ward Sister who was also a specialist cardiac nurse and a General Physician who had a major interest in Cardiology. There they set about developing a Coronary Care Unit (CCU). Within 18 months not only was the structural CCU achieved, they were busy planning and developing a hospital based coronary care course. This course was approved by NMBI (then An Bord Altranais) and the Irish Heart Foundation. The development of this course brought about considerable improvements in the delivery of cardiac care and improved patient outcomes. During this period, telemetry was introduced, temporary pacemakers were inserted and permanent pacemakers implanted, it was a period of significant development in the area of cardiology at Portiuncula University Hospital.

Margaret remained in Ballinasloe until September 1995, at which point, she was afforded the opportunity to be seconded to UCD to undertake the Degree in Nursing with Nurse Tutor qualification.



Margaret Burke

From 1998 she was involved in managing the Diploma of Nursing students in both Galway University Hospitals and Portiuncula University Hospital. In 2001 Margaret took up the role of Principal Nurse Tutor at Portiuncula University Hospital until her appointment in 2004 as Specialist Co-ordinator Centre of Nurse and Midwifery Education (CNME) Ballinasloe which was a satellite of CNME Galway. In 2009 Margaret was appointed Director of the CNME Galway. In this role, she worked very closely with stakeholders across all services and divisions .

Reflecting on her time in the HSE Margaret added, "I leave the HSE with a tremendous feeling of gratitude and was truly blessed to have met some wonderful and inspiring people on this journey. I have spent the majority of my professional life linked to Portiuncula University Hospital, a place where I always found tremendous support, compassion and collegiality. It always struck me as a most caring and resilient organisation and has always demonstrated courage and learning during challenging times".

Award Success for Clinical Midwife Specialist

The INMO C.J. Coleman award for 2016, was presented to Ms. Anne Murray Clinical Midwife Specialist, Portiuncula University Hospital. Anne received the award following research conducted in the unit on the benefits of delayed umbilical cord clamping. This observational study collected data from 100 mother infant pairs. Neonatal Pulse Oxygen Saturation Levels (SpO₂) and Heart Rates (HR) were measured using pulse oximetry, while the cord remained intact for three minutes, or until pulsation ceased if this occurred first.

The study provides evidence that Delayed Cord Clamping (DCC) enhances SpO₂ levels and HR in the first ten minutes of life. Findings from this study support the practice of DCC, and add to the growing evidence on the benefits to the neonate.

Anne also received 2nd Prize in the Midwifery Research Category at the British Journal of Midwifery Awards for research conducted. This award recognises the contribution of high quality research and how it changes and guides future practice.



The award ceremony was held in Manchester on February 8th. The BJM Awards are a prestigious and important part of outstanding achievements in Midwifery Practice. Each year the awards identify and celebrate hard-working individuals and teams in the midwifery profession. In excess of 120 entries were received this year.



Radiology Department, Portiuncula University Hospital

We are delighted to welcome two new radiographers to our staff. Avril Hanly and Keith Alani have taken up position recently.



Nurse-Led Oncology Unit at Portiuncula University Hospital



Portiuncula University Hospital has a long established Nurse-led Oncology Unit which is a satellite service of University Hospital Galway. The team there provide a multi disciplinary approach to care.

The service has a number of visiting Medical Oncologists including Dr. Silvie Blazkova and Prof Maccon Keane and the visiting Radiation Oncologist is Dr. Nazir Ibrahim.

The service includes coordinating, preparing and managing the weekly oncology clinics, education sessions for patients prior to commencing chemotherapy, organising treatments, assessment of patients pre and post chemotherapy, administration of chemotherapy and/or cancer related treatments and psychological care of patients and their families. The inpatient service includes visiting newly diagnosed patients and overseeing the care of oncology patients admitted with complications.

The Oncology Unit is a resource for all PUH staff and provides information and support on cancer. The unit also facilitates clinical placements for Public Health Nurses undertaking the Community Oncology course.

2,294 patients were treated in the Oncology day unit in 2015. Approximately 621 patients attended medical oncology clinics at the hospital over a nine month period in 2015/2016 and 120 patients attended radiotherapy clinics over a six month period in 2015/2016.

Caitriona Duggan has completed her Postgraduate Diploma in Advanced Practice from NUI Galway and is now a Registered Advanced Nurse Practitioner as registered by NMBI. She is currently awaiting the post to be sanctioned in Portiuncula University Hospital. Once in her new role she will be commencing weekly oral chemotherapy and targeted therapy clinics and survivorship clinics. This will greatly enhance the service for this particular group of patients and allow for extra capacity in the acute oncology day unit.

Caitriona currently is employed as an Advanced Nurse Practitioner Candidate in Oncology for 19.5 hours per week. In this capacity, under the supervision of Dr Silvie Blazkova Consultant Medical Oncologist, Caitriona reviews patients in the weekly Oncology clinics at the hospital. This has resulted in no waiting list for standard review appointments.

As an exclusively nurse- led unit, the team is highly committed to ensuring that they are aware of the most up to date research. They undertake monthly journal clubs, attend regular conferences and are regularly involved in audits and research. Currently in conjunction with Dr Silvie Blazkova the team is carrying out research on the survival statistics for metastatic colorectal patients over a five year period in the Oncology Department, Portiuncula University Hospital.

Critical Care Outreach Team Portiuncula Hospital



Photo from Left to Right: Charlotte Carter CNM2, Staff nurses Judy Watkin, Patricia Casey, Anmarie Doyle, Brid Ni Chlochartaigh and photo on right: Fiona Cruise.

A new specialist Outreach Team was launched in Portiuncula University Hospital in April. This is a nurse-led service staffed by ICU/CCU nurses who identify patients at risk of deterioration on the ward as well as patients with high early warning scores.

The Outreach Team provides advice and clinical support to the ward staff by liaising with the primary and anaesthetic teams as early as possible to respond and deliver the most appropriate management.

The anticipated benefits of the outreach service include:

- Increased appropriateness and timeliness of intervention for patients leading to better patient outcomes
- Reduction in cardiac arrest calls
- Reduction in clinical risks
- Better use of critical care facilities
- Opportunities to provide ward based training to share knowledge and skills



The outreach service also follows up with patients who have been discharged from the Intensive Care or High Dependency Unit to ensure their care is optimised following transfer to the ward. The service is currently in place Monday to Friday from 8am to 8pm with the intention to extend it to a seven day a week service in the future.

Graduates of HIQA/IHI health and social care quality improvement course



L:R – Lisa Walsh, Carmel McConn, Fiona Brady, Don O'Connor



Graduates of a course in quality improvement science, jointly run by the Health Information and Quality Authority (HIQA) and the Institute for Healthcare Improvement (IHI), received their certificates at a ceremony in Merlin Park in March 2016.

Marie Kehoe-O'Sullivan, Director of Safety and Quality Improvement with HIQA, said: "This collaboration between HIQA and the IHI represents an important, concrete step in supporting quality improvement in Ireland's health and social services."

Diagnostic Directorate staff, Don O'Connor, Lab Manager at Portlucan University Hospital & Fidelma Gallagher, Directorate Support Manager participated in the course. They both developed specific knowledge, skills and methodologies that have been proven to effect positive change in health and social care in other countries.



The Health Service Excellence Awards

Ophthalmology Project is a Clear Winner

The award for Overall Best Project at the Health Service Excellence Awards which took place recently was presented to the Ophthalmology Service being delivered by Sligo University Hospital and Sligo, Leitrim and West Cavan Community Health Organisation (CHO) Area 1 for the project 'Having The Right People With The Right Skills In The Right Place, At The Right Time'.

The Ophthalmology Service in Sligo University Hospital joined forces with colleagues working in the community to create an improved model of care for patients. The project also recently won an award at The Irish Health Care Centre Awards 2016 which were held in the Royal Marine Hotel in Dublin where it came first in the category 'Healthcare Department Initiative - Cost Saving Measure'.

Congratulating the winners Tony O'Brien, Director General of the HSE, said: *"The Health Service Excellence Awards 2016 are designed to identify, recognise the real value we place on excellence and innovation across all of our health service. The Awards process enabled us to identify great service developments that can be shared and implemented, as appropriate, in different parts of our health system."* Seven projects were selected to compete to be the Overall Winner of the 2016 Health Service Excellence Awards. Teams representing the final seven projects attended an Awards Ceremony in Farmleigh House in the Phoenix Park, Dublin in April. The final seven projects were selected from an original entry of 426 projects. They were chosen by the Selection Panel after 39 projects were invited to make presentations detailing their projects aims and objectives.

Congratulating the team, Grainne McCann General Manager Sligo University Hospital said, *"I would like to congratulate everyone involved in this project. The improvements have been realised as a result of a strong commitment on the part of the hospital and community*

teams including clinicians, nurses, administration, IT professionals and management in an integrated approach to continually improving the service to patients. This new model of care, which provides a better service for our patients has resulted in 1,400 additional outpatients seen in 2015 alone, reducing the numbers of patients waiting by 45 per cent. In addition, the change in focus from the Community Ophthalmic Physicians and freeing up the Consultant Surgeons has resulted in 850 additional day cases being treated in the service".

Frank Morrison, General Manager, Primary Community Continuing Care, Sligo/Leitrim/West Cavan added, *"This new way of working together has streamlined the ophthalmology service. The Ophthalmic Surgeons are able to deal with the surgical side of things and our Medical Ophthalmologists are able to deal with the medical side. Because of this project significantly more patients are being treated by the service".*

The Awards are designed to encourage and inspire our healthcare staff to develop better services that result in easier access and high quality care for patients and to promote pride among staff in relation to our services, said Director General of the HSE, Tony O'Brien, presenting the awards. He continued: *"The Awards are not simply about those projects selected as being winners and finalists but about all of those that have been submitted and are contributing to the continuous improvement of health and social care services. The on-going commitment of staff throughout the public health service contributes in a very significant way to the quality and satisfaction levels acknowledged by our service users and the members of the public. The Health Service Excellence Awards afford us the opportunity to take pride in our services, recognise and celebrate staff commitment and dedication and to say thank you to our staff for their contribution to the provision of health and social care services".*



Mayo University Hospital

Clerical Officer Projects in MUH

A display of projects completed by Clerical Officers who took part in the Clerical Officer Development Programme in Mayo took place recently.

Display Boards were put in place to enable those who participated share their work. At a event, held on the main administration corridor, Fiona McHugh, Assistant General Manager and Charlie Meehan, General Manager congratulated the participants on their work.

In the photos are from left to right: Cathriona Gibbons, Fiona McHugh, Mary Dunne, Paula Scully, Kathleen McNally, Siobhan Gallagher, Monica Voignier, Claire Moran & Charlie Meehan. Absent: Margaret Prendergast & Jill Evans.



Mayo University Hospital's Radiology Department complete the Mayo Mud Run

Seven staff members at Mayo University Hospital's Radiology Department recently completed the Mayo Mud Run. Charlotte Kean, Antony Foggin, Deirdre Foggin, Ashling Kenny, Andrea Mylotte, Laura O'Connor and Dr Ronan Ryan completed the exhilarating energy sapping but adrenaline pumping run which started on road but quickly became fields, forests, water and drains! The course included many natural obstacles set in the natural rugged terrain of Moygownagh and mud was the common denominator! The event provided a challenge for all fitness levels and team were delighted to participate in this year's event.



Photograph is of Antony Foggin, RSM 1, MUH clearly enjoying the experience.



Sligo University Hospital

Sligo Stoma Care Nurse Specialist named British Journal of Nursing Stoma Care Nurse of the Year

Susan Moore, Clinical Nurse Specialist Stoma Care at Sligo University Hospital was named The British Journal of Nursing Stoma Care Nurse of the Year at The Gala Awards Ceremony held earlier this year at The Shakespeare's Underglobe London.

There were 17 award categories and 3 finalists were shortlisted in each category. Susan was the only nurse from an Irish hospital to be shortlisted. She was nominated by The British Journal of Nursing as a result of the publication of her article titled "Medication Absorption for Patients with an Ileostomy" in March 2015.

Susan has over 20 years experience in stoma care and in 2000 she established the Sligo Stoma Support Group which is now arguably the most active stoma support group in the country. In 2013 Susan undertook a Certificate in Nurse Prescribing course and was the first Irish stoma care nurse specialist to prescribe for ostomists.

In February 2014 her poster on medication issues for ileostomists won first prize at The 2nd Nurse and Midwife Product Prescribing Conference in Dublin Castle. Susan says it is a great honour to win this award and she hopes that by putting the spotlight on bowel disease and stoma formation it will help make it easier for people to discuss these issues.



Sligo University Hospital launch sun safety programme



Generation SunSmart 11: Pictured is Selene Daly, Dermatology Nurse Specialist at Sligo University Hospital with children from Scoil Asicus Naofa, Strandhill, Sligo at the launch of Generation SunSmart, a programme that will see 4,000 primary school children across Co. Sligo educated on being safe in the sun.

Dermatology Nurse Specialists from Sligo University Hospital have launched 'Generation SunSmart', a sun safety programme being rolled out to children in Co. Sligo. This will see 4,000 primary school children across Co. Sligo educated on being Sun Smart. The programme is being led by Dermatology Nurse Specialist, Selene Daly, who travelled to all primary schools in Sligo between April and June to teach the children the 5 S's of Sun Safety. Every child will receive a special UV legionnaire hat sponsored by Irish skincare brand, Elave, which they will be encouraged to wear outdoors while at school between March 1st and September 30th. There are plans to roll out the programme to primary schools nationwide in 2017.

"I started the Generation SunSmart programme as I could see first-hand through my clinic the steady increase in patients presenting with skin cancer," said Selene Daly, Dermatology Nurse Specialist at Sligo University Hospital. "Most of us tend to think that living in an Irish climate means that we don't have to worry about skin damage. However, the fact is that Ireland now has the highest incidence of skin cancer in Europe and UVA and UVB rays penetrate and damage the skin, even on cloudy days," she added.

The 5 S's of Sun Safety are – **SLIP** on a t-shirt, **SLOP** on SPF30+ broad spectrum UVA protection, **SLAP** on a broad brimmed hat, **SLIDE** on quality sunglasses, **SHADE** from the sun whenever possible.



Letterkenny University Hospital

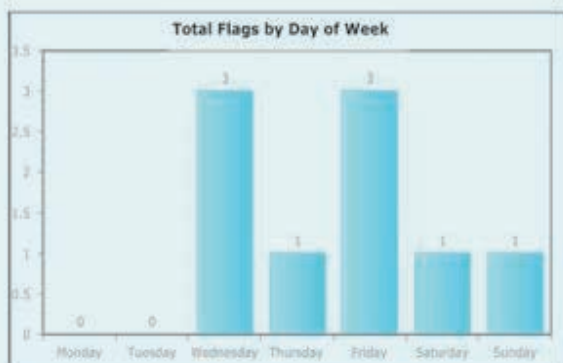
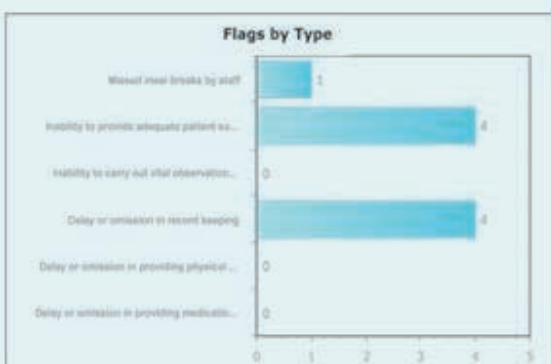
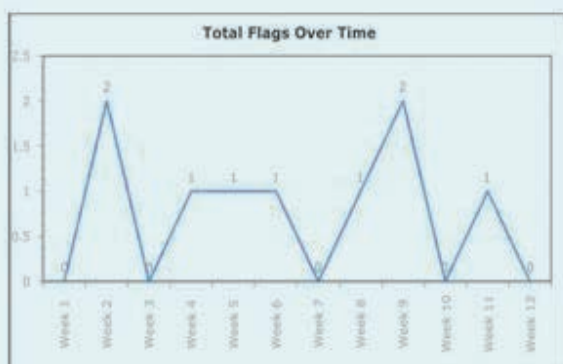
SafeCare at Letterkenny University Hospital

Nurses in LUH are using eRostering data to support planning and decision making for better care.

The Nursing Department at Letterkenny University Hospital is bringing nursing informatics to the fore of improving quality and safety of care. Outcome data that is emerging from the eRostering project underway at LUH, piloting the SafeCare application, is producing trends on key Safety CLUES (Care Left Undone Events).

Reported as 'Red Flags' within the application, any missed care events as identified in the Framework for Safe Staffing and Skill Mix document Department of Health publication (Feb 2016), can be acted upon and escalated to support staff with assessment and planning for safer care.

Examples of data produced can be specific to each ward / directorate / hospital as follows:



Kevin McNamara RIP

It was with great sadness that staff at Letterkenny University Hospital mourned the loss of their friend and colleague Kevin McNamara.

Kevin had served as a Lay Chaplain at the Hospital for eleven years and passed away unexpectedly on Tuesday 26th April. He was a valued member of the Chaplaincy Team and supported and brought comfort to so many patients, staff and visitors at the hospital over the years. For those who had the privilege to know Kevin, his compassion and time for people served as an inspiration, whilst his hearty laugh and good humour brought cheer to all.

It was indicative of the regard and affection in which Kevin was held that such a large number of staff from all areas and professions filled the Hospital Chapel and adjacent corridors for the Mass of Farewell held on Thursday 28th April.



Speech and Language Training Workshop in Letterkenny

A training workshop for Speech and Language Therapists from HSE hospital and community services in Donegal, Sligo, Leitrim and West Cavan took place recently in An Clochar, Ballyshannon Health Campus. The training workshop was on the Cedars Information Processing Comprehension Auditory Profile (CIPCAP). CIPCAP is a Speech and Language Therapy assessment tool developed over twenty years of practice.

The training was delivered by Paula Bradley, a Speech and Language Therapy Consultant. CIPCAP was developed through working with a client group, mainly those with an acquired brain injury (ABI), who were in rehabilitation and were presenting with reduced cognitive skills affecting their verbal skills, new learning and conversational competency. The profile has been clinically field tested and updated over many years and in 2014 it was decided to publish one definitive version. The profile is a new feature informed by recent control data, matched with the developers' clinical findings and those of colleagues. The CIPCAP workshop provided training to Speech and Language Therapists in administration and interpretation of the profile in order to inform therapy needs of clients with ABI.

One of the participants at the work shop Denise Duggan, Senior Speech and Language Therapist

commented Speech and Language Therapists welcomed the opportunity to have the co-authors facilitate the workshop locally. Therapists have noted an increase in clients referred to Speech and Language Therapy Services with cognitive communications difficulties. Profiling a client's difficulties and planning intervention will now be made easier with the use of CIPCAP.

LUH staff art exhibition



Ann McGowan, Radiology Department Letterkenny University Hospital with her painting which was part of the recent staff art exhibition at the hospital.



Roscommon University Hospital

Roscommon University Hospital successful in NMBI Site Accreditation

Following a successful site visit to Roscommon University Hospital in May by the Nursing and Midwifery Board of Ireland (NMBI), the posts of Registered Advanced Nurse

Practitioner (RANP) Diabetes and RANP Emergency (Minor Injuries) have been recommended for approval to the NMBI Board.

New Endoscopy Unit at RUH

The first patients attended the new endoscopy unit at Roscommon University Hospital on 1st June.

The suite, located above the Urgent Care Centre, was built at a cost of over €5.5 million.

The state of the art facility will perform gastroscopies and colonoscopies for patients referred by GPs across the west in addition to colonoscopies for patients participating the National Screening Service – Bowel Screening Programme.

The opening will be conducted on a phased basis, and once fully operational, up to 30 endoscopies will be carried out a day, compared to 16 at the moment.

Twelve nurses, three administrative staff and four healthcare assistants will work in the centre when recruitment is complete in the coming months. The official opening of the unit will take place later in the year.



Roscommon University Hospital wins Celebrating Leadership and Innovation Award in Older Peoples Services



Roscommon University Hospital Skin Surveillance Booklet Poster Presentation recently won first place at the Office of Nursing and Midwifery Directorate Summit “Celebrating Leadership and Innovations in Older Peoples Services” held in Dublin Castle.





Galway University Hospitals

Some of the team. From left: Martina O'Connor CNM III Haemovigilance, Sean Naughton A/Senior Medical Scientist BTE, Margaret Tarpey Chief Medical Scientist / Deputy Responsible Person of the BTE and Laboratory Manager, Dr. Amjad Hayat Consultant Haematologist and Responsible Person of the BTE and Maeve Wallace Senior Medical Scientist and Quality Manager of the BTE. Absent from photo: Edel Burke Deputy Quality Manager BTE.

GUH Blood and Tissue Establishment's Progression as a National Service

The 'Blood Bank' at Galway University Hospitals has evolved over time with the introduction of numerous and interdependent EU Directives covering Blood, Tissue and Cells, Good Manufacturing Practice (GMP), Clinical Trials and Advanced Therapy Medicinal Products (ATMP), and has been renamed the Blood and Tissue Establishment (BTE).

With ISO15189 INAB (Irish National Accreditation Board) accreditation its service has grown from strength to strength. It has expanded in recent years beyond traditional red cell serology and the provision of blood / blood products to include National Serum Eyedrop manufacturing programme for patients with severe 'dry eye' conditions, providers of a range of tissue products to Orthopaedics and Ophthalmology and operates a pharmaceutical-grade cleanroom facility.

NEW DEVELOPMENTS:

Human Stem Cell Clinical Trials in BTE are developing due to the close connection with the Clinical Research Facility Galway (CRF) and Centre for Cell Manufacture, Ireland (CCMI) in NUI Galway.

The BTE is involved because the starting point for any stem cell based clinical trial is the patient's own stem cells or donated stem cells.

A Tissue Establishment license is required when any human tissue or cells are procured from any patient or donor that may be returned to a patient in the future.

BTE LICENSED FOR AUTOLOGOUS BONE MARROW PROCUREMENT

The BTE successfully achieved a license for Autologous Bone Marrow procurement authorised by the HPRa and is the only hospital based laboratory facility in Ireland with such a license.

CCMI extracts stem cells from this bone marrow and grows them up and is aimed at those with critical limb ischaemia. On the day of treatment, the BTE prepares the final stem cell product in the cleanroom facility before it is administered to a patient in theatre. The BTE team works closely with Professor Tim O'Brien, the Principle Investigator (PI) for this trial.

BTE LICENSED FOR LIPOSUCTION / ADIPOSE TISSUE PROCUREMENT

Recently, the BTE has fostered additional links and working relationships with other GUH departments (Plastics, Theatre, HSSD, and Medical Microbiology) to develop a regulatory-compliant method of extracting sterile adipose (fat) tissue from a surgical lipo-suction procedure.

In April, after months of validation and testing, the result of this cross-functional team effort was deemed successful when the HPRa inspected the process in full and granted a licence to the procedure. This is the first such license granted to a hospital based laboratory in Ireland and indeed Europe and will allow osteoarthritis patients in GUH access to an exciting new Europe-wide stem cell clinical trial.

BTE LICENSED FOR ALLOGENIC BONE MARROW PROCUREMENT

In another Irish first, the HPRa inspection in April also granted a license to procure bone marrow from healthy donors for use in the manufacture of stem cell products, again GUH is the only hospital based laboratory facility with such a license in Ireland. Currently, the Establishment is involved in four stem cell based clinical trials and this number is expected to increase.

Additionally, the BTE will soon begin preparations to obtain a license allowing a cellular therapy trial using CAR-T cells to progress. Dr Hayat, the Responsible Person of the BTE will be leading this trial. These have shown tremendous results in clinical trials to date and will be a very exciting treatment to bring to the hospital.

BTE LICENSED FOR AUTOLOGOUS AND ALLOGENIC SERUM EYEDROP PRODUCTION AND MANUFACTURE

The Blood and Tissue Establishment at GUH is the only hospital based site in Ireland to achieve an Autologous Serum Eyedrop manufacturing GMP license, authorised by the state regulatory authority, the HPRa. BTE is now sanctioned to produce serum eyedrops from healthy donors (allogeneic serum eyedrops), which allows greater access to this treatment.

Prior to this, Republic of Ireland patients would have to access the service from the UK or Europe. The Blood and Tissue Establishment continues to develop and achieve national status as the only facility in Ireland offering certain unique patient treatments and services. It is envisaged these services and others on the horizon will be further advanced in the near future.

Higher Diploma in Rheumatology Nursing from UCD



Bridgette Connaughton and Lynette Frain both recently graduated with a Higher Diploma in Rheumatology Nursing from UCD. They are both staff in Unit 1 in Merlin Park University Hospital working in the Rheumatology service.

World No Tobacco Day at UHG



Staff at UHG recently marked World No Tobacco Day and provided information on smoking cessation to both staff and visitors. Pictured at UHG are Colette Walsh, Smoking Cessation Advisor and Fionnuala Creighton, Daffodil Centre, UHG.

Cheque presentation to Intensive Care Comfort Fund, UHG

The family of the late Mary McGuckin, Shantalla have generously donated €1,120 to the Intensive Care Comfort Fund, University Hospital Galway. Mary who was a patient of the Intensive Care Unit (ICU), UHG, sadly passed away last July and in recognition of the excellent support and care Mary received during her time in ICU, Mary's family and friends organised the first annual Mary McGuckin Memorial Swim which took place in January.

The funds raised will go towards purchasing furniture for the Intensive Care Unit. The Intensive Care Unit at University Hospital Galway would like to thank the family and friends of the late Mary McGuckin and all the people who donated to the Mary McGuckin Memorial Swim for their generosity.



Pictured at the cheque presentation recently L:R - Cathryn Lee, Assistant Director of Nursing; Wendy Donnellan, Staff Nurse, ICU; Jennifer Bell and Liz McGuckin (daughters of the late Mary McGuckin); Eoin O' Callaghan, Staff Nurse, ICU and Ger Kilkelly PALS (Patient Advice Liaison Service).

World Asthma Day in University Hospital Galway

Asthma is a chronic respiratory condition with symptoms ranging from shortness of breath, regular wheezing, chest tightness and coughing, affecting 1 in 10 people.

As part of World Asthma Day the respiratory nurses in UHG had an information stand on all the aspects of asthma care from controlling asthma, to recognising the triggers associated with asthma, asthma and children, asthma and allergic rhinitis and asthma and pregnancy. Information was also provided on inhaler technique and smoking cessation advice was available. The aim of the education day was to encourage people to take control of their own asthma.

460,000 people live with the condition in Ireland, making it the most common chronic disease in the country, with Ireland having the 4th highest prevalence of asthma in the world. This leads to 20,000 ED attendances on an annual basis, with 5,000 patients requiring hospitalisation.

Asthma is a chronic medical condition, which for many patients, begins in childhood, and is therefore life-long. A great number of patients live and work without being free of regular asthma symptoms, due primarily to having uncontrolled disease. Taking control of your asthma is the first step in reducing the symptoms of that asthma as 60% of the asthma population don't have adequate control.



The critical steps to controlling asthma is an awareness of the triggers, knowing what an individual's persons peak flow is and using the correct inhalers for adequate control of asthma. For further information in regard to asthma control contact the asthma society at www.asthma.ie

GUH and COPE Galway promote healthy eating for older people



Pictured at the launch L:R - John O Grady, volunteer, COPE Galway; Fiona Gillespie, Administration, COPE Galway; Edel Mannion, Clinical Nurse Specialist Frail Elderly, GUH; Geraldine Ryan, Executive Chef COPE Galway; Mary O Neill, Public Health Nurse, Brenda Richardson, Public Health Nurse and Shirley Hope Sweeney, Graphic Designer.

COPE Galway Community Catering, in partnership with Galway University Hospitals recently launched "Good food and healthy eating advice for older people living independently" booklet. The purpose of the booklet is to raise awareness about the risks of malnutrition in older people, offer useful tips and recipes for healthy eating, and provide information about the benefits and availability of Meals on Wheels in Galway. The booklet follows on from a pilot at GUH where older people admitted to hospital were identified if in need of nutritional support and were referred for Meals on Wheels on discharge.

COPE Galway supports healthy independent living at home. Their Community Catering Meals on Wheels service produces and delivers nutritious meals enabling older people to live independently in their own homes. Speaking at the launch, Geraldine Ryan, COPE Galway Community Catering Executive Chef said, "The booklet offers top tips on how to eat well, healthy snack ideas, and handy foods to have in your cupboard in case you can't get to the shops, information on Meals on Wheels, along with lots more! It will be of interest to Older People, their families and carers".

The healthy eating booklet explains that malnutrition occurs when you are not eating enough of the right foods to meet what your body needs to stay well. Some common signs of malnutrition are feeling tired, getting frequent illnesses and infections, finding it hard to keep warm, being low on energy to do normal daily activities, losing your appetite, and finding it hard to concentrate.

Edel Mannion, Clinical Nurse Specialist in frail elderly in GUH said at the launch, "Healthy eating for older adults

was identified as critical to overall health and wellbeing and quality of life.

The acute healthcare facility at GUH provides an opportunity to attain and sustain healthful eating habits. In particular, for patients with chronic diet-related diseases, learning to eat well can improve well-being and enhance quality of life. However, in Ireland, 11% of patients admitted to hospital were found to be malnourished and between 63% and 84% were found to be at nutritional risk. Under-nutrition and acute rapid weight loss of as little as 2-3kg (5%) in combination with disease:

- increases the risk of complications
- lowers resistance to infection
- impairs physical and mental functioning
- delays recovery
- may be life-threatening

The booklet is being distributed widely to health care professionals such as public health nurses and GPs, and community groups who will also be able to make it available to those who need it. Anyone interested in a copy can contact COPE Galway Community Catering at 091 700800.

COPE Galway would like to thank all who were involved in the project, especially the nursing practice development department GUH and Mary Frances O'Reilly DON (Nursing & Midwifery Planning & Development Unit), who sponsored the production of the booklet.

For more information or to get a copy of the booklet please contact edel.mannion@hse.ie CNS Frail Elderly GUH on 091 542134 or akenny@copegalway.ie COPE Galway Community Catering Meals.

Cheque presentation to Cystic Fibrosis



Marian Keane and Maureen Fitzhenry, Tiernakill, Maam recently presented a cheque for €127,000 to Cystic Fibrosis Galway. The late Andy Brown kindly donated this generous sum of €127,000 from the proceeds of the sale of his house in Cong in memory of his late grandniece Stephanie Keane and grandnephew Thomas Keane.

Pictured at the Cystic Fibrosis Paediatric Outpatients Unit are: Anne Matthews, Nurse Manager, Paediatric Unit; Mary Herzig, Consultant Paediatrician; Orelia Ryan Fox, CF Nurse Specialist; Mary Lane Heneghan, Chairperson Cystic Fibrosis Galway; Irene Maguire, CF Physiotherapist; Maureen Fitzhenry, (sister of the late Andy Brown); Fiona Brands, CF Dietician; Marian Keane (niece of the late Andy Brown and mother of the late Stephanie & Thomas Keane) and Chris Kane, General Manager

In Other News...

BowelScreen at GUH recently marked its third year in operation

To date more than 1,000 BowelScreen scopes have been done in Galway University Hospitals alone, with Sligo University Hospital, Roscommon University Hospital and Letterkenny University Hospital also participating within the Saolta Group. This involves dedicated input from a broad range of disciplines, working together to provide this quality service. This timing coincides with commencement of the 2nd round of BowelScreen nationally, where 60-69 year olds can avail of FREE Colorectal Cancer Screening.

To avail of this FREE screening, please contact BowelScreen at FREEPHONE 1800 45 45 55.



Assistant Director of Nursing/Group Sepsis Lead for the Saolta University Healthcare Group

Ronan O' Cathasaigh was appointed Assistant Director of Nursing/Group Sepsis Lead for the Saolta University Healthcare Group in January this year. Ronan's role is to implement the recommendations of the National Clinical Guidelines on Sepsis Management throughout the Group. To date, this has involved:

GOVERNANCE

The Saolta Group has an established multidisciplinary Group Sepsis Committee and individual Sepsis Committees in all Saolta hospitals. Each hospital has a local Clinical and Nurse lead for sepsis.

Dr. Catherine Fleming is the Group Sepsis Lead and Jean Kelly is the Chair of the Group Sepsis Committee.

EDUCATION

All Saolta Group hospitals are currently providing sepsis management training to their staff and a national sepsis e-learning programme will be launched in September. The National Maternal Sepsis pathway will be piloted in all of the Group's Maternity Units over the next three months.

AUDIT

The first national compliance audit was conducted in April in all Saolta Group hospitals. Individual reports are currently being distributed to all hospitals. The purpose of the initial audit is to establish a baseline of compliance so that appropriate action plans can be prepared and implemented by individual hospitals.



Individual hospitals are being encouraged to conduct additional sepsis-related auditing and share findings with colleagues.

Additional national compliance audits will be conducted in all hospitals in the Group throughout 2016.

The 3rd National Sepsis Summit will be held in Dublin Castle on 20 September. All Saolta staff involved with sepsis management are invited to attend and submit a poster or presentation to this national event.

The overall objective of the National Sepsis Management programme is to improve patient outcome, including morbidity, mortality, length of stay in ICU and general Wards. This can only be achieved if all stakeholders take ownership of these national guidelines and support the local committees to implement all of their recommendations.

IHI Quality Improvement Programme Graduation



Saolta Hospital staff at the presentation.

Staff from across the Saolta University Health Care Group who have successfully completed a Quality Improvement Programme were presented with their certificates at an awards ceremony in Merlin Park University Hospital in March by HIQA. The programme is jointly run by HIQA and the Institute for Healthcare Improvement (IHI). The Institute for Healthcare Improvement (IHI) is an independent not-for-profit organisation based in Cambridge, Massachusetts, which aims to drive healthcare improvement worldwide. It creates opportunities for healthcare professionals to learn from and collaborate with expert faculty and colleagues throughout the world.

The 34 staff undertook the Quality Improvement Programme on a voluntary basis to learn about increasing the quality of care they provide.

Course participants were from Nursing, Medical, Quality & Safety, HSCP, Administration and Management. They were given access to specific knowledge, skills and methodologies that have been proven to lead to positive changes in health care in other countries.

Elaine Dobell, Clinical Projects Manager, University Hospital Galway said, "The programme involved the completion of 16 modules covering 3-5 topic areas in

each module. It was a very demanding and challenging course due to the detailed content of each module and the tight timeframes to complete the programme. The feedback from all involved has been very positive and we intend to roll out this programme to a much greater number of staff, particularly focussing on giving front line staff the opportunity to take part. We will also be utilising staff who have already completed quality improvement education to act as mentors in supporting staff undertaking the modules and in the delivery of workplace quality improvement projects based around the content of the course. The aim is, that through this shared learning we will improve the care we deliver to patients by embedding a culture of quality improvement across the Group".

Marie Kehoe-O'Sullivan, Director of Safety and Quality Improvement with HIQA, commented, "This collaboration between HIQA and the Institute for Healthcare Improvement (IHI) represents an important, concrete step in supporting quality improvement in Ireland's health and social services. HIQA supports quality improvement in Ireland's health and social services and this partnership with the IHI delivers that. It began for the first time in 2013, with participants completing a minimum of 16 modules in order to achieve the HIQA/IHI Certificate of Completion in Quality Improvement."

County Donegal Heart Attack Patients to Benefit from New Cross Border Service



Pictured at the co-signing of a cross border cardiology Service Level Agreement by Western Trust Chief Executive, Elaine Way and Saolta University Health Care Group Chief Executive, Maurice Power which allows patients from Donegal to have access to 24/7 primary Percutaneous Coronary Intervention (pPCI Services) at Altnagelvin Hospital.

The first-of-its-kind cross border service, which became operational in May is the result of a review of Cardiology Services in the North West area, completed in 2013 and chaired by Dr Colm Henry. The review made several recommendations regarding the delivery of cardiology services in the region, in particular, the delivery of certain services from Altnagelvin Hospital. One of the recommendations in the report included; Patients requiring pPCI who are within 90 minutes road time from Altnagelvin should be referred to Altnagelvin, once the 24/7 pPCI unit is established.

The report also stated that, 'the proximity of Altnagelvin Hospital to Letterkenny University Hospital provides real opportunities for cooperation between the two hospitals for the benefit of patients through the provision of consolidated, sustainable services'. Following the review, the Western Health and Social Care Trust (Western Trust) in conjunction with the Saolta Group, Health and Social Care Board (HSCB) and the Cooperation and Working Together (CAWT) partnership, have been working towards developing this service which will provide real benefit to heart attack patients.

The service will treat approximately 50-60 Donegal patients each year who suffer a suspected ST-Elevation

Myocardial infarction (heart attack). Heart attack patients within 90 minutes road time, who previously would have been transported to University Hospital Galway by road or air, will now be transported the shorter distance to Altnagelvin Hospital for emergency treatment. Furthermore, a Consultant Interventional Cardiologist employed by the Saolta Group, has been appointed to Letterkenny University Hospital and will contribute to the delivery of the pPCI service from Altnagelvin, participating in the on-call rota.

Western Trust Chief Executive, Elaine Way said: "We are delighted to be working cooperatively with our cross border colleagues in Saolta University Health Care Group as we work towards enhancing cardiology services for patients living in County Donegal. The new service, which will be delivered by our exceptional cardiac intervention team, will provide real benefit to heart attack patients through rapid access to high quality, life-saving services.

Saolta Group Chief Executive, Maurice Power stated: "This project is another joint effort between the Western Trust and the Saolta Group and patients from Donegal will also shortly have access to Radiotherapy services at Altnagelvin. We look forward to continuing to strengthen our links with the Western Trust for the benefit of all of our patients."

Saolta Public Board Meeting takes place in Letterkenny University Hospital



The Board of the Saolta University Health Care Group held its seventh public meeting, which took place in Letterkenny University Hospital on 11 May last. Members of the Board had the opportunity to see first-hand the breadth of services being provided at the hospital and the recent redevelopment that has taken place there. At the meeting, the General Manager of the hospital presented an update to the Board on the hospital's rebuild project. Significant developments have taken place at the hospital over the last 18 months following the extensive damage caused by flooding in July 2013.

Commenting Dr John Killeen, Chair of the Board said, "We were delighted to be in Letterkenny to see first-hand the very significant work that has been undertaken over the last 18 months. The redevelopment that has taken place here is a testament to the commitment and determination of all staff in the hospital.

Commenting on the on-going work of the Board, Dr Killeen added, "The Board of the Saolta University Health Care Group continues to develop and progress its governance structures. Patient safety and quality are core to our mission and are at the centre of our decision making. The Board is responsible for ensuring that the Saolta Group is achieving its strategic objectives and effectively manages its available resources to provide sustainable, safe and effective person-centred care".

Presenting to the meeting, Sean Murphy, General Manager, Letterkenny University Hospital outlined the

scale of the work that has been undertaken at the hospital since July 2013. "We have redeveloped the ED/ Acute Medical Assessment Unit, the Pharmacy Department, the Pulmonary Laboratory, the Chapels, the Catering and Dining facilities, the Pathology Laboratory and the Physiotherapy and OT Department. We now have Ireland's first fully integrated Blood Sciences Laboratory. Work is expected to begin early next year on the new Radiology Department with further projects including the Mortuary, Changing Rooms and Stores, the Physiotherapy and Occupational Therapy Departments and the Outpatient Department to be progressed in the future. Extensive flood protection measures have also been put in place at the LUH site".

Dr Killeen also welcomed the recent establishment of a cross border cardiology service, which gives Donegal patients access to 24/7 primary Percutaneous Coronary Intervention (pPCI Services) at Altnagelvin Hospital. The service will treat approximately 50-60 Donegal patients each year who suffer a suspected ST-Elevation Myocardial infarction (heart attack). Heart attack patients within 90 minutes road time, who previously would have been transported to University Hospital Galway by road or air, will now be transported the shorter distance to Altnagelvin Hospital for emergency treatment. In addition, a Consultant Interventional Cardiologist employed by the Saolta Group, has been appointed to Letterkenny University Hospital and will contribute to the delivery of the pPCI service from Altnagelvin, participating in the on-call rota.

Organ Donations Save Lives



Photo: Angeline Cooke, founder of the Galway branch of the Irish Kidney Association and Pauline May, Organ Donation Nurse Manager for the Saolta University Health Care Group marking Organ Donor Awareness Week recently at University Hospital Galway.

The HSE Organ Donation and Transplant Ireland (ODTI) 2015 Annual Report was published in May this year. The report outlined the main activities of ODTI in 2015, and included activity and outcomes in organ donation and transplant in Ireland, and plans and goals for ODTI for 2016.

The ODTI office was established to provide governance, integration and leadership for organ donation and transplantation in Ireland. There are three transplant centres in Ireland; the Mater Misericordiae University Hospital, St. Vincent's University Hospital and Beaumont Hospital. Last year 266 people received a life-saving organ transplant.

Since April 2015 the ODTI has taken the lead on developments to improve organ donation and transplantation rates for Ireland. Investment has been made in enhancing the national organ procurement service and in implementing new regulations for quality and safety. Key organ donation staff were also employed for the first time in 2015 in each of the Hospital Groups around the country.

The new National Organ Procurement Service has worked in co-operation with the key organ donation staff to raise awareness and provide training in best practices for organ donation. As a result of the work of these teams, more families are now considering the real possibility of organ donation of their loved one's organs, a considerable increase of 35% on the previous year.

Living kidney donation plays a vital role in transplantation. The National Organ Donation and Transplant Office plans to build on the success of the living donor programme by working in cooperation with all the stakeholders involved, including the patient organisations, the transplant centres, organ donating hospitals and all the other supporting services, to provide more transplants and reduce the waiting time for transplant recipient patients.

Pauline May, Organ Donation Nurse Manager for Saolta University Health Care Group is one of the key organ donation staff employed for the first time in 2015 in each of the Hospital Groups around the country. "From working in Intensive Care Units from Letterkenny to

Organ Donations Save Lives (continued)

Galway I am constantly aware of the generosity of the patients and their families, Intensive Care Nurses and Anaesthetists in supporting organ donation. That work would be so much easier if everyone had a conversation about what their wishes are regarding donation.

Families often tell me that organ donation gives them immense comfort during their grief and they are heartened by the fact that the recipients of their loved ones organs have received a gift of life. I support Intensive Care Staff in asking families to consider organ donation which needs to be handled with respect and sensitivity”.

Professor Jim Egan, Director of HSE Organ Donation and Transplant Ireland said: “Last year 266 people received the gift of life. The need for organ transplants continues to increase. There were 648 patients waiting for an organ transplant at the end of 2015. At the end of 2015, there were 2,015 people in Ireland on renal dialysis with End Stage Kidney Failure (ESKF) for which the only treatment option for many is kidney transplant. This figure has doubled since 2003. A new record of 36 was set for lung transplants in Ireland in 2015, which is one of the highest rates in Europe. 61 liver transplants and 16 heart transplants also took place. Pancreas transplant has relocated to St. Vincent’s University Hospital and a team are now in place to deliver the transplant programme. Most importantly, the ODTI office would like to acknowledge the courage and generosity of families that have donated their loved one’s organs.

“During 2015 the first innovative new lung transplant procedure using ex-vivo lung perfusion, the first such operation of its kind in Ireland was performed at the Mater Misericordiae University Hospital. This new

technique greatly enhances the potential lung donor pool. The first ever combined heart and lung transplant was also carried out at the Mater Misericordiae University Hospital in 2015. When a donation does occur and a patient receives life saving organ transplant, outcomes for transplant recipients in Ireland rank amongst the best in Europe. Ireland has a strong record in caring for its transplant recipients”, continued Professor Egan.

Organ Donation and Transplant Ireland commissioned IPSOS MRBI in February 2015 to conduct a research study that would provide evidence of the levels of public support for organ donation in Ireland.

The results of this research study are available on www.odti.ie. Some of the findings of the study include:

- The majority of the general public stated that they were well informed about organ donation
- More than 8 in 10 people stated that they would be willing to donate their own organs or donate the organs of a close family member (85%). However, only half (50%) of respondents have discussed organ donation with their family.
- The statement ‘one organ donor can save 5 lives’ was considered the most effective media communication by 83% of respondents.

Without exception, each transplant centre has provided a complete and responsive service for the Irish public. The new Organ Donation Regional personnel and ICUs in the organ donating hospitals across Ireland have worked closely, cooperatively and professionally with the transplant centres and ODTI.

A copy of the Annual Report is available here or on www.odti.ie



Healthy Ireland Implementation

Healthy Ireland Initiative 'Swap and Save' Launched at Portiuncula University Hospital

A Healthy Ireland Initiative 'Swap and Save' in relation to soup and salad items was launched at Portiuncula University Hospital Catering Department in April. The initiative also highlighted the calorie count of two popular lunch items, showing a significant difference in calorie counts.

The main aim of this health promotion initiative is to highlight how a few small changes to our diet can result in weight loss and overall health improvement. This initiative is also in keeping with the HSE policy on highlighting calorie counts on menus in staff canteens.

Physical Activity Seminar, Roscommon



Organisations from across county Roscommon were recently invited to attend a seminar on physical activity which included a special emphasis on how to incorporate exercise into the working day. In excess of 50 people from Government Departments, local authorities and public bodies attended this informative event. By implementing the goals and actions of the Healthy Ireland framework, all individuals can be supported to enjoy the best possible health and wellbeing.

Left to right; Pamela Normoyle, Healthy Ireland Lead, Galway and Roscommon, Suzanne Dempsey, Environmental Education Officer, Roscommon County Council and Arlene Finn, Smarter Travel Workplaces Coordinator with the National Transport Authority.

Healthy Ireland Initiative Launched at Merlin Park University Hospital



A Healthy Ireland Initiative 'Swap and Save' was launched at Merlin Park University Hospital canteen in April to highlight how a few small changes to our diet can result in weight loss and overall health improvement.

Pictured at the launch: Laura Reilly (Nutrition and Health Science Student, AIT); Pamela Normoyle (Healthy Ireland Lead, Galway and Roscommon); Mary Killeen (Catering Manager, Merlin Park) and Louise Quirke (Nutrition and Health Science Student, AIT).

Stress Control Programme to begin the Saolta Group

Saolta in partnership with HSE Health Promotion and Improvement West, and the HSE community psychology team are bringing the stress control programme to the Saolta Group in 2016.

'Stress Control' is a six session class which teaches people to 'become their own therapist'. Each session lasts for 90 minutes (including a break). 'Stress Control' was devised by Dr Jim White, a consultant clinical psychologist in Glasgow. It aims to help large numbers of people who want to learn some great ways to prevent stress from becoming a problem or stopping it being a problem.

Phase one of the programme aims to recruit staff who are interested in becoming stress control trainers. Details are attached in the application pack.

Phase two of the programme will see staff trained by Dr. White and phase three will see the programme offered to hospital staff at GUH.

For further information contact Pamela Normoyle, email pamela.normoyle@hse.ie.

Mindfulness at RUH

Staff at Roscommon University Hospital recently completed a 6 week course in mindfulness. Mindfulness involves paying attention to thoughts and sensations without judgement and has been scientifically proven to benefit both mental and physical health. Practitioner, Patricia Blithe, guided staff in using this meditation technique that helps people to shift their thoughts from their usual preoccupations toward an appreciation of the moment and a larger perspective on life. This Healthy Ireland initiative was very well received by staff that participated. Feedback included;

- "By focusing on the here and now, I felt less likely to get caught up in worries about the past or future."
- "By practising the techniques at home I felt my sleep improved and I had more energy the next day"
- "It was nice to connect with my colleagues at work in this meaningful way".

VHI Mini Marathon

Over 20 members of staff at Roscommon University Hospital participated in this year's "VHI Women's Mini Marathon", which was held over the June bank holiday weekend in Dublin. A broad range of staff members met every Tuesday and Thursday evening in Roscommon Town as part of their training schedule. Mary Connell, Domestic Supervisor at RUH, is kept her troops motivated with weekly health tips and support.



An update on the Arts Trust



Cormac, Paraic, Maureen and Seamus Burke with Margaret Flannery, Arts Director GUH; Mags Ryan, Regional Community Worker South Mayo and John MacDonald, Regional Community Worker with the Multiple Sclerosis Society at the launch of 'Fampyra - My Story'.

FAMPYRA - MY STORY' BY ARTIST SEAMUS BURKE EXHIBITS AT UNIVERSITY HOSPITAL GALWAY

'Fampyra - My Story' an exhibition by artist Seamus Burke was recently launched on the arts corridor of UHG by Mags Ryan, Community Development worker with the Multiple Sclerosis Society.

Through his arts practice Seamus Burke explores his diagnosis and living with Primary Progressive Multiple Sclerosis. Diagnosed in 2001 art has become a 'means of communication' for him throughout his illness. At the launch, Seamus shared his story; the solace art gave him stating, "Art has pulled me through many ups and downs", while giving an insight to the audience, his struggles with acquiring the medication necessary to help him live his life. 'Fampyra-My Story' consists of 11 individual pieces made out of recycled material. Seamus describes how

'paint in all its wonderful or dark colours expressed exactly what he was going through'. Margaret Flannery, Arts Director at GUH said, "The patient's story is an important one; we are delighted to have Seamus share his story with the hospital community. We hope the exhibition will give other patients some inspiration as they walk through the Arts Corridor." Seamus Burke graduated with a degree in Fine Art from GMIT Castlebar in June 2015. His degree show 'Fampyra-My Story' explored the journey of his diagnosis and living with Primary Progressive Multiple Sclerosis. Seamus has also exhibited in the Linenhall Arts Centre, Castlebar which raised funds for his local MS branch. In the past he has also been involved in community activities throughout Mayo, some in conjunction with Mayo County Council in the county library and also a very successful Lúisne arts project in Ballinrobe which is now in its 10th year.

Patients and Staff in Irish Hospitals receive a 'Menu of Poems' for Poetry Day

To celebrate Poetry Day 28 April 2016, a Menu of Poems called 'Soul Food' was distributed throughout Irish hospital wards, waiting rooms and other healthcare settings for patients, visitors and staff to enjoy. The poetry was selected by award winning poet Colette Bryce. Bryce visited Ireland for the Cúirt International Festival of Literature, where she read at an event and launched the Poems for Patience Series at University Hospital Galway.

Menu of Poems 2016 was produced by Galway University Hospitals Arts Trust in collaboration with Arts and Health Co-ordinators Ireland, Poetry Ireland and HSE Health Promotion and Improvement. Over 10,000 people in healthcare settings received the 2016 Menu, which includes poems by Emily Dickinson, Ian Duhig, Louise Glück and Yehuda Amichai. The Menu was also available to anyone working in a healthcare facility to print and distribute in their own locations.

Since its conception in 2009, **Menu of Poems** has been a positive development in the lives of both patients and those who work in healthcare settings across Ireland. The poetry is circulated on meal trays in hospitals and participating healthcare providers are organising readings and workshops for Poetry Day.

Margaret Flannery, Arts Director at Galway University Hospitals Arts Trust, said: "It's was a pleasure to work with Colette Bryce on Soul Food, **Menu of Poems** this year and I hope the collection provided a moment of escape for whoever came across them on their journey in hospital on Poetry Day."

Maureen Kennelly, Director of Poetry Ireland, said: "Poetry Ireland was delighted to be involved with the **Menu of Poems** project once again this year and to partner on an initiative that brings poetry to people's bedside. Our mission is to connect people with poetry and make it part of their everyday life."

The following hospitals and centres participated in **Menu of Poems 2016**: Arts for Health Partnership Programme, West Cork; Arts in Health at Cork University Hospital; Arts Initiative in Mental Health Sligo Leitrim; Galway, Mayo Roscommon Community Health Office; Galway University Hospitals Arts Trust and Saolta Health Care Group; Kildare Arts and Health Programme; Naas General Hospital Arts Committee; National Centre for Arts and Health, Tallaght; South Tipperary General Hospital; South Tipperary Mental Health Services; St. Luke's General Hospital, Kilkenny; St. Luke's Hospital, Dublin; University Limerick Hospitals Group; Waterford Healing Arts Trust; West Cork Mental Health Services Arts and Health Programme and Wexford General Hospital.



Galway University Hospitals Arts Trust run the west of Ireland's leading Arts and Health programme as a means of improving the hospital experience for patients, staff and visitors. The arts trust believes access to the arts promotes well-being and enhances the hospital environment. We provide a multi-disciplinary programme of events and activities, including exhibitions, participative workshops, music, theatre and poetry. GUHAT is a registered Charity (CHY17964).

Arts and Health Co-ordinators Ireland is an all-Ireland support network of professionals who are responsible for managing arts and health initiatives. Formed in 2003, AHCI aims to build capacity and maximise resources for its membership, who work in the Arts and Health Sector throughout Ireland, North and South. The network members co-ordinate a range of arts and health activities, including environmental enhancement, visual art, sculpture, performance, participatory and collaborative arts practice, professional development for artists and staff, artist residencies, health promotion and arts and health research.

Colette Bryce was born in Derry in 1970. She was a Creative Writing Fellow at the University of Dundee (2003-05) and held the North East Literary Fellowship in Newcastle from 2005-07. She divides her time between London and Newcastle upon Tyne, working as a freelance teacher, and editor at Poetry Ireland. Colette won The Eric Gregory Award in 1995, and published her first collection, *The Heel of Bernadette*, in 2000. She won the National Poetry Competition in 2003 with 'The Full Indian Rope Trick', which was voted a favourite poem in a poll to celebrate 30 years of the National Poetry Competition--it became the title poem of her second collection, *The Full Indian Rope Trick* (2004). *Self-portrait in the Dark*, her third collection from Picador, was published in 2008. Colette was awarded a special prize in memory of Seamus Heaney as part of the 2015 Christopher Ewart-Biggs Prize for her collection *The Whole and Rain-domed Universe*

Poet Colette Bryce launched Poems for Patience at Cúirt International Festival of Literature



Dani Gill with Maureen Kennelly, Colette Bryce and Margaret Flannery at Poems for Patience, University Hospital Galway.

Galway University Hospitals Arts Trust celebrated the thirteenth series of Poems for Patience recently as part of Cúirt International Festival of Literature. Award winning poet Colette Bryce launched the series on the Arts Corridor of University Hospital Galway.

Poems for Patience is part of an ongoing initiative by Galway University Hospitals Arts Trust to introduce poetry into Galway University Hospitals. The poetry is circulated throughout the waiting areas of University Hospital Galway and Merlin Park University Hospital. Colette Bryce introduced 22 poems she has selected, including works by poets Louis MacNeice, Jo Shapcott, Ian Duhig and Emily Dickinson.

The concept of poems in waiting rooms was piloted in London in 1998, with poems commissioned on the theme of waiting. Galway University Hospitals Arts Trust's first series of Poems for Patience in partnership with Cúirt was launched at the festival in 2004.

Poet Colette Bryce said: *"People often turn to poetry at times of illness, loss, or recovery, even people who have little time for it in their day-to-day lives. Poetry seems to help, by filling our minds with unexpected images, by inviting us into a reflective space where words can offer some spiritual sustenance."*

In conjunction with the Poems for Patience project, Galway University Hospitals Arts Trust has held an annual

poetry competition since 2013. This year, the winning entry was Rachel Coventry's poem 'Afternoon Drinking in The Jolly Butchers'. Coventry was introduced as the 2016 winner by Kevin Higgins, Writer in Residence at Galway University Hospital Galway, and read her winning entry at the launch. The poem is included in the Arts Trust's Poems for Patience poetry collection.

Margaret Flannery, Arts Director at Galway University Hospitals Arts Trust said: "Poems for Patience is my favourite project of the year. I have the opportunity to co-ordinate a project for patients in our hospitals where we all get to discover and experience poetry. I enjoy working with different editors each year as the selection is always fresh with a different perspective. Colette Bryce has reminded us of some old favourites this year and introduced new poets to the collection. I am looking forward to hearing patients and staffs reactions."

Last year's participating poet Noel Crook, Texas stated: *"What lovely work you do, giving poetry to those who might need it. A beautiful thing!"*

Patients have stated; *"It is great to be able to stop for a minute and forget everything and share in a silent way with the world."*

"Wonderful collection to ease the mind of even the most inpatient patient!"

Bealtaine - a festival celebrating creativity as we age comes to healthcare settings at Galway University Hospitals and Roscommon University Hospital



Aindrias de Staic, actor, musician and Irish storyteller performing in Unit 4 Merlin Park University Hospital as part of the Bealtaine Festival.

The Bealtaine Festival celebrated its 21st birthday this year throughout the month of May. Galway University Hospitals Arts Trust held a series of events programmed for older patients in Galway University Hospitals, including Units 5 and 6 in Merlin Park University Hospital and Roscommon University Hospital. A variety of arts events were scheduled including theatre shows, art workshops and music performances.

Throughout the months of May and June, art workshops were facilitated by Marielle MacLeman and Louise Manifold. The artists gave participants the opportunity to work in a variety of mediums from watercolour to wools. Some of the completed works were showcased at the Burning Bright exhibition in Galway Arts Centre.

To further celebrate creativity as we age, music and theatre were also incorporated. On May 18 and 19, music performances took place by Aindrias de Staic who is an actor, musician and one of a new generation of Irish storytellers. Born in Galway his rich and rare style of fiddle playing is as unique to the west of Ireland as his storytelling, antics and humour. Also Carnation Theatre brought its show 'Midwife of a Nation' to Roscommon University Hospital on May 19 and units 4 and 6 in Merlin Park on May 20. The play celebrated the role of key women during the Easter Rising 1916. Given the centenary year this performance further inspires creativity in older people.



Enjoying the festival celebrations in Unit 4 are:

1. Rita Costello with her granddaughter Helena Costello.
2. Brid Hynes with Aindrias de Staic, Rita Costello and Helena Costello.
3. Michael Dunne with his sister Carmel Ghee.
4. Noreen Dunne and Michael Ghee with Aindrias de

Later in May, to continue to celebrate Bealtaine, 'Troubadors for Health' with Jonathan Gunning and Miquel Barcelo; performed for patients in Merlin Park. This project used the arts – including music, storytelling and improvisation to provide an interactive playful experience that is tailored to each individual. Troubadours for Health comprises of music, song, dance and short dramatic sketches. All long term patients plus those in respite care are included; those who are bed bound and unable to attend the dayroom get a personal performance by their bedside. Lastly, the Bealtaine calendar for was be rounded off by Ceara and Liam Conway on May 30 and 31. Connemara singer Ceara Conway is an accomplished artist and singer and she performed a medley of songs from sean nós and folk traditions accompanied on guitar by Liam Conway.

Margaret Flannery of Galway University Hospitals Arts Trust comments that *'During the month of May the Bealtaine Festival offered us the opportunity to highlight the creativity of our older patients and to celebrate their achievements in the arts while also introducing new programmes and special events. The programme in Galway this year had something for everyone and we hope to continue with this meaningful engagement with our older patients.'*

Loss of Our Friends and Colleagues

We would like to take this opportunity to remember our friends and colleagues who passed away over the past few months and will be deeply missed by all.

Michelle Silke (Curtis) (RIP) who was a Renal CNS with Home Therapies in MPUH

Eleanor Comer (RIP) who was a Staff Midwife on St. Monica's Ward in UHG

Noreen Hanlon (RIP) who was a HCA in AMU in UHG

We wish to extend our deepest sympathies to their families, friends and colleagues.

May they Rest in Peace.



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