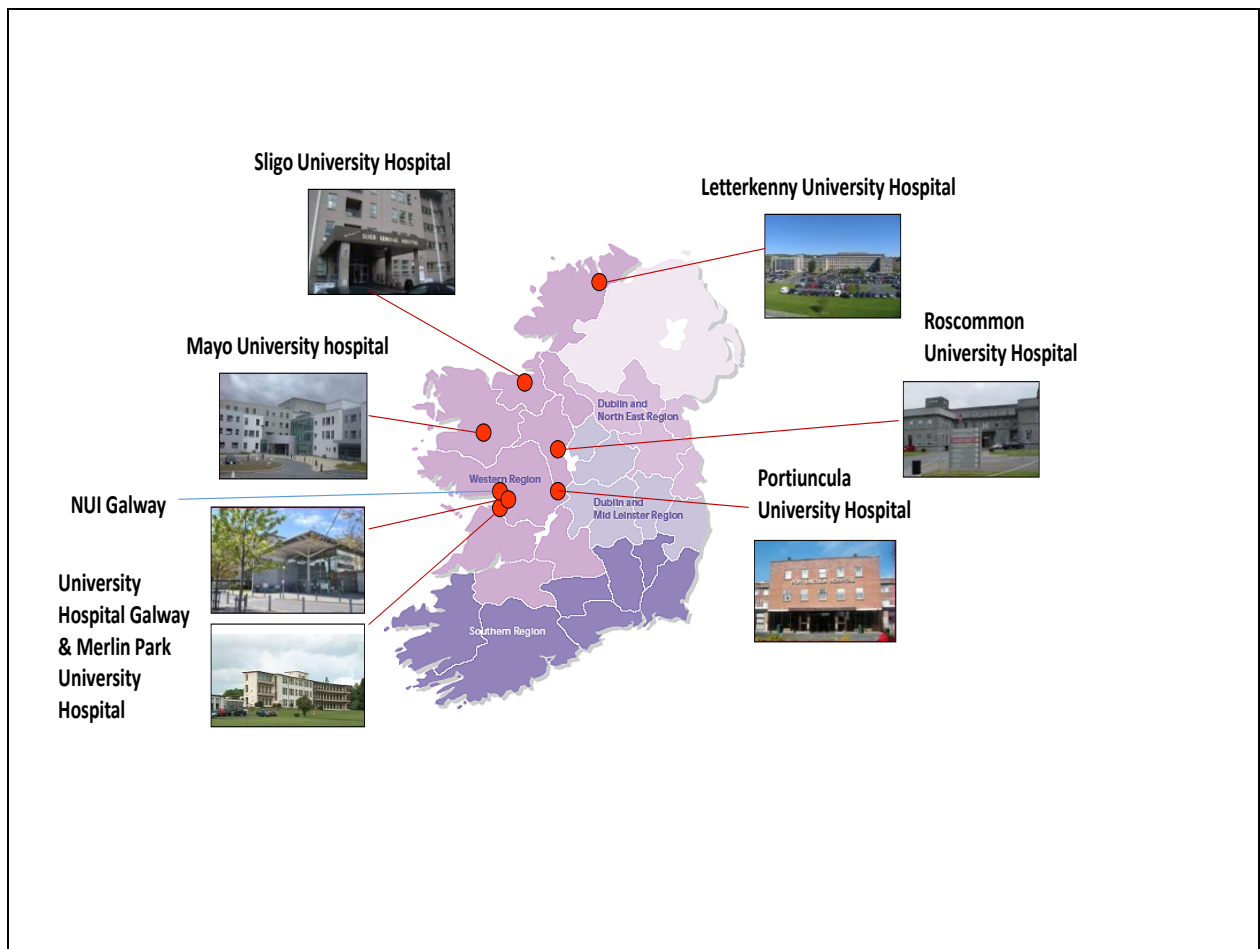




# Saolta Healthy Ireland Implementation Plan Annual report 2017/18



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## Executive summary

This is the third Annual Report for the 'Saolta Healthy Ireland (HI) Implementation Plan 2015-2017'. The report highlights the development and sustainability of a variety of health and wellbeing initiatives that took place across Saolta in 2017/18.

### Group Highlights:

- The Stress Control Programme completed its first year of delivery with 875 staff attending. An evaluation by NUI Galway MA student Deirdre Kelly found the programme reduced anxiety levels, increased decisiveness, increased energy levels and increased mental wellbeing for hospital staff.
- [www.hospitalwalks.com](http://www.hospitalwalks.com) garnered plenty of interest with over 1,100 individual viewers and almost 5,000 page clicks. Numerous walking routes are in place across our hospital sites and these walks continue to be popular for staff and service users alike.
- The HSE Calorie Posting Policy was implemented across the Saolta Group with a number of hospitals achieving awards for healthier food offerings.
- The flu vaccine uptake has doubled since 2016 with almost 40% of staff vaccinated in the 2017/18 season. This is a tremendous achievement and a true example of culture change.
- Saolta invested €50,000 into the HI programme with funds supporting the progression of the bariatric service, hospital choirs, and environment enhancements.
- The National Health and Wellbeing office invested €50,000 into the Saolta HI programme with each hospital receiving a budget. Cycle shelters, art initiatives, healthy eating, stress control and mindfulness were some of the areas supported.
- The Saolta website saw the addition of a dedicated Healthy Ireland section outlining programmes, partners and publications. [www.saolta.ie/hi](http://www.saolta.ie/hi)

The development of Healthy Ireland at Saolta is thanks to the efforts of our implementation groups, our regional and national partners and our executive support. We look forward to another successful year of health and wellbeing delivery for all.

Greg Conlon,  
Health and Wellbeing Lead.



Jean Kelly,  
Acting Chief Director  
of Nursing and Midwifery.



John Shaughnessy,  
Group Director of  
Human Resources.



## Group Highlights

### Summary of Health and Wellbeing activity

Actions	Outcomes																								
<p><b>1.0: Governance &amp; Policy</b></p> <p><b>Finance</b></p>	<ul style="list-style-type: none"> <li>- The Saolta HI Steering Group and Implementation Groups merged. The amalgamation will lead to relationship building between partners, increased communication, co-promotion of initiatives and sharing of resources.</li> <li>- The Group developed and published a 'Saolta Health and Wellbeing Expenditure Policy' to govern spending. The policy can be accessed <a href="#">here</a>. This is the first such policy developed at hospital group level.</li> <li>- Saolta received a budget of €137,000 in 2017. The HSE designated €37,000 towards uptake of the flu vaccine campaign. Saolta contributed €50,000 towards a general HI budget and the National Health and Wellbeing Division contributed €50,000 towards staff health and wellbeing initiatives. We are the first hospital group to receive an internal budget. Local expenditure is outlined in the hospital reports in this publication.</li> </ul> <table border="1" data-bbox="528 958 1362 1794"> <thead> <tr> <th data-bbox="528 958 956 1025">Area</th> <th data-bbox="956 958 1362 1025">2017 Allocation</th> </tr> </thead> <tbody> <tr> <td data-bbox="528 1025 956 1093">Galway University Hospitals</td> <td data-bbox="956 1025 1362 1093">€16,000</td> </tr> <tr> <td data-bbox="528 1093 956 1160">Sligo University Hospital</td> <td data-bbox="956 1093 1362 1160">€11,500</td> </tr> <tr> <td data-bbox="528 1160 956 1227">Letterkenny University Hospital</td> <td data-bbox="956 1160 1362 1227">€8,500</td> </tr> <tr> <td data-bbox="528 1227 956 1294">Mayo University Hospitals</td> <td data-bbox="956 1227 1362 1294">€7,000</td> </tr> <tr> <td data-bbox="528 1294 956 1361">Portiuncula University Hospital</td> <td data-bbox="956 1294 1362 1361">€5,000</td> </tr> <tr> <td data-bbox="528 1361 956 1429">Roscommon University Hospital</td> <td data-bbox="956 1361 1362 1429">€4,000</td> </tr> <tr> <td data-bbox="528 1429 956 1496">Portiuncula University Hospital</td> <td data-bbox="956 1429 1362 1496">€3,000</td> </tr> <tr> <td data-bbox="528 1496 956 1563">Arts Trust</td> <td data-bbox="956 1496 1362 1563">€15,000</td> </tr> <tr> <td data-bbox="528 1563 956 1630">Bariatric Medicine</td> <td data-bbox="956 1563 1362 1630">€30,000</td> </tr> <tr> <td data-bbox="528 1630 956 1697">Flu Vaccine</td> <td data-bbox="956 1630 1362 1697">€37,000</td> </tr> <tr> <td data-bbox="528 1697 956 1765"><b>Total</b></td> <td data-bbox="956 1697 1362 1765"><b>€137,000</b></td> </tr> </tbody> </table>	Area	2017 Allocation	Galway University Hospitals	€16,000	Sligo University Hospital	€11,500	Letterkenny University Hospital	€8,500	Mayo University Hospitals	€7,000	Portiuncula University Hospital	€5,000	Roscommon University Hospital	€4,000	Portiuncula University Hospital	€3,000	Arts Trust	€15,000	Bariatric Medicine	€30,000	Flu Vaccine	€37,000	<b>Total</b>	<b>€137,000</b>
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<p><b>Staffing</b></p>	<ul style="list-style-type: none"> <li>- There were no additional dedicated WTE's allocated in 2017. Staffing levels remain the same as 2015. Three sites do not have a smoking cessation officer while three sites have no operational HI/ Health Promotion Officer(s).</li> </ul>																								

	<ul style="list-style-type: none"> <li>- 2017 also saw many changes to the membership of the Saolta HI committee. This led to difficulties in progressing initiatives in some areas.</li> </ul>
<p><b>Action 2: Partnerships and Cross Sectoral Work</b></p>	<p><b>Academic institutions</b></p> <ul style="list-style-type: none"> <li>- Saolta, working with the Health Promotion Department at NUI Galway, supported the HI plan through the facilitation of a student placement opportunity leading to the evaluation of the stress control programme.</li> <li>- Students from Sligo IT also undertook placements at SUH.</li> </ul> <p><b>Health Promotion and Improvement, HSE West</b></p> <ul style="list-style-type: none"> <li>- Saolta continued its strong relationship with this department and collaborated on several initiatives including stress control, calorie posting and hospital walks.</li> <li>- The Group would like to thank Janet Gaynor and all her team for their continued support.</li> <li>- The Group wishes to thank Laura McHugh for all her work over the years before her departure from the department.</li> </ul> <p><b>CHO 2</b></p> <ul style="list-style-type: none"> <li>- Saolta worked in partnership with CHO 2 to support the development of the CHO2 HI plan and collaborated on various initiatives including ‘love life, love walking’.</li> </ul> <p><b>Department of Public Health, HSE West</b></p> <ul style="list-style-type: none"> <li>- The department continues to support the uptake of flu vaccine.</li> <li>- We wish to thank Dr. Aine McNamara, Dr. Melissa Canny and Dr. Diarmuid O’Donovan for their support in promoting the increased uptake of the vaccine.</li> </ul> <p><b>HSE National Health and Wellbeing Division</b></p> <ul style="list-style-type: none"> <li>- Saolta continued to collaborate and support the work of the national division through implementation of programmes including the HSE National Alcohol Taskforce, Making Every Contact Count (MECC), Operation Transformation and ‘Love Life, Love Walking Day’.</li> <li>- The group wishes to acknowledge the support of Barry McGinn prior to his departure from the HSE. We are grateful for the support of Sarah McCormack and all our colleagues in the national division as we continue to deliver the HI framework.</li> </ul>

**Action 3:  
Empowering  
People and  
Communities**

**Patient Advice and Liaison Service (PALS) at GUH**

- The Patient Advice and Liaison Service (PALS) continue to grow dealing with over 560 patient enquiries in 2017. They provide a person centred service, reactively responding to contact from the public and from staff within GUH by listening and providing information, giving advice and help to solve a variety of issues. They proactively bring patient feedback to the relevant working groups to implement change and improve patient experiences.
- The PALS team along with the Patient Experience Committee hosted their 2<sup>nd</sup> 'Patient Experience Fair Day' on April 10<sup>th</sup> at GUH. The focus was on areas for improvement identified from the results of the National Patient Experience Survey. These were communication, discharge planning, nutrition and hydration.
- The key working committees presented improvement plans and showcased changes that have since been implemented for patients, their families, carers and staff. Quality Improvement plans have been developed and all committees and working groups are implementing the improvements suggested in the survey.
- The work of the PALS Service for 2018 is structured around areas for improvement identified from patient feedback from the National Patient Experience Survey Report received in December 2017. This feedback provides the hospital with tangible evidence about what matters to patients. 91% of respondents to the survey at GUH during the month of May 2017 reported they were treated with dignity and respect.

**Patient Council**

- The aim of the Patient Council is to work with the Saolta to identify current and future opportunities to improve the care experience for patients, families and caregivers.
- This is achieved by building a formal and structured partnership between the Council and Saolta to better identify and incorporate the patient's perspective in the activities and planning of the Saolta Group.
- The Council serves in an advisory capacity, making recommendations which will endeavour to embed the patient voice throughout the organisation and for that voice to be incorporated in organisational activities.
- In 2017 the committee met on 6 occasions.

**Achievements of Patient Council 2017**

- Promoting the concept of a Patient Council on each site.
- Promoting the concept of a Patient Experience Committee on each site.
- Raising the profile of the Patient Council and promoting local councils on each hospital site. LUH & SUH already have this in existence with PUH, RUH and MUH exploring same.
- Support the building of a new ED in GUH.
- Two members of the Saolta Patient Council were involved in the National

	<p>Patient Experience Survey working groups, which enabled the members to have an active voice nationally.</p> <ul style="list-style-type: none"> <li>- The Patient Experience Committee held its 1<sup>st</sup> Patient Experience Fair Day at GUH in April 2017. The Patient Council members supported and represented various working groups and committees. The members were visible at the stands and engaged with patients, carers and staff members promoting the work of the committees involved.</li> <li>- The Patient Experience Committee continues to embed the # Hello my name is campaign at GUH, provide care packs and T shirts to the Emergency Department kindly sponsored by Cairde.</li> <li>- Health Literacy: The patient council was involved in the production of a Policy for the Development of written patient information. The check list from the policy has been adapted nationally by HSE in their Guidelines for Communicating clearly using Plain English with our patients and service users.</li> <li>- Nutrition and Hydration: The Nutrition and Hydration Committee have continued to progress areas highlighted by patients. These included the introduction of Picture Card menus for patients, review of menu choices, commencement of Red Tray Initiative and reduced fasting times for patients on the Emergency Theatre list.</li> <li>- The Patient Council have supported the presence of the PALS-Patient Advice and Liaison Service at GUH and have identified the need and the benefit of PALS at other hospital sites within the Saolta Group. It is envisaged that within 12 months all sites will have a PALS officer in place.</li> </ul>
<p><b>Action 4.1: Health and Health Reform</b></p>	<p><b>Saolta Health and Wellbeing Training Plan</b></p> <ul style="list-style-type: none"> <li>- The Saolta Health and Wellbeing Training plan continues to provide resources for staff in the areas of training, personal support and patient support. The plan will be used as a resource for the rolling out of the Making Every Contact Count Framework.</li> <li>- The plan can be accessed <a href="#">here</a>.</li> </ul>
<p><b>Action 4.2: Tobacco Control</b></p>	<ul style="list-style-type: none"> <li>- The Group has three Smoking Cessation Officers in total at GUH, SUH and LUH.</li> <li>- Smoking Cessation Officers offer a vital service to staff and patients in their efforts to stop smoking, including one to one intervention, follow up support, medication recommendation/prescribing and the provision of training.</li> <li>- A lack of smoking cessation officers at MUH, RUH and PUH impacts our ability to provide a service to patients and staff. It also impacts the management of the smoke free campus policy across the Group.</li> <li>- Details of the Smoking Cessation Services and KPI's from each site can be found in the reports from each hospital site in this publication.</li> </ul>

<p><b>Action 4.3:</b> <b>Nutrition/Obesity</b></p>	<p><b>Bariatric Medicine</b></p> <ul style="list-style-type: none"> <li>- Consultant Endocrinologist Dr. Francis Finucane offers consultations to staff who would like to achieve a healthier weight. Staff can self refer via each hospitals occupational health department.</li> <li>- Saolta is committed to supporting the reduction in overweight/obesity levels in Ireland. As such €42,000 was allocated towards two innovative programmes to support bariatric medicine. Results from the projects will be available in 2019.</li> </ul> <p><b>HSE Healthier Vending Policy</b></p> <ul style="list-style-type: none"> <li>- Saolta participated in a national review process regarding the compliance with the policy. The report can be accessed <a href="#">here</a>.</li> <li>- Following the publication of the report, a review process will now take place. Recommendations will be made and Saolta will work with the national office to implement these.</li> </ul> <p><b>HSE Calorie Posting Policy</b></p> <ul style="list-style-type: none"> <li>- Saolta became the first Hospital Group to introduce the HSE Calorie Posting Policy in 2015. Implementation has taken place across the group.</li> <li>- The catering teams have done a tremendous job in working to achieve the completion to date of the policy. We are grateful to for support from students at NUIG, Sligo IT and Athlone IT, in addition to support from staff from Health Promotion and Improvement, HSE West.</li> </ul>
<p><b>Action 4.4:</b> <b>Physical Activity</b></p>	<p><b>HOSPITAL WALKS</b></p> <ul style="list-style-type: none"> <li>- <a href="http://www.hospitalwalks.com">www.hospitalwalks.com</a> was set up to support staff, patients and visitors to incorporate “exercise breaks” into their daily routine. The website, which was designed and developed by Health Promotion &amp; Improvement and Saolta University Health Care Group aims to highlight both internal and external accessible walking routes across our hospital sites.</li> <li>- The website highlights interactive maps, slide shows and photos of all the routes, to ensure clarity and accessibility for all. The website also contains links to Get Ireland Active, Get Ireland Walking and other relevant websites to support staff, patients and visitors to become more active, more often. The website was funded through the HSE national health and wellbeing allocation and HSE Health Promotion and Improvement West.</li> <li>- At the end of 2017, over 1,500 users had accessed the site with over 8,000 page views.</li> </ul> <p><b>Operation Transformation</b></p> <ul style="list-style-type: none"> <li>- The HSE Operation Transformation ‘Love Life, Love Walking’ day took place on February 14<sup>th</sup> 2018. Saolta/ CHO 2 were the overall winners of the event again with over 220 staff participating.</li> </ul>



	<p><b>Smarter travel</b></p> <ul style="list-style-type: none"> <li>- Saolta participated in the National Transport Authority Smarter Travel Survey for the second time.</li> <li>- The survey had an increased response rate of 16% with 400 staff participating.</li> <li>- There was a decrease from 90% to 72% in staff who 'usually used' a car to travel to work.</li> <li>- There was an increase of 5% of people who occasionally travelled to work by walking compared to the 2015 survey.</li> <li>- There is scope to further encourage staff to avail of the bike to work and tax saver transport schemes to reduce car usage.</li> <li>- The full survey results can be accessed <a href="#">here</a>.</li> </ul>
<b>Action 4.5: Alcohol and Drugs</b>	<ul style="list-style-type: none"> <li>- Saolta continues to promote alcohol and drug services across the group.</li> <li>- Saolta is represented on the HSE National Alcohol Taskforce and supports the development of national alcohol reduction measures including media campaigns, materials and supporting the Public Health Alcohol Bill.</li> </ul>
<b>Action 4.6: Brief Interventions</b>	<ul style="list-style-type: none"> <li>- The HSE is introducing a new way of delivering brief interventions in the health services. This is known as Making Every Contact Count (MECC). <a href="http://www.makeeverycontactcount.ie">www.makeeverycontactcount.ie</a></li> <li>- MECC supports staff training in the areas of smoking cessation, alcohol reduction and weight management.</li> <li>- This training will enable staff to engage with patients in a way that supports behaviour change where applicable.</li> <li>- Saolta is one of the pilot sites for the MECC Framework and will engage with the national offices and partners in other hospital groups to introduce the framework into routine healthcare.</li> <li>- The Framework provides an opportunity to support improved patient care and reduce costs to participating hospitals.</li> </ul>
<b>Action 4.7: Breastfeeding</b>	<ul style="list-style-type: none"> <li>- See local reports in this publication for full details.</li> </ul>
<b>Action 4.8 Health Protection</b>	<p><b>Influenza Vaccine Uptake- 2017/2018</b></p> <ul style="list-style-type: none"> <li>- Every year the flu vaccine is offered to health care workers to prevent the spread of flu to vulnerable patients and staff. Health care workers are advised to get the flu vaccine to protect themselves, their families and their patients. The National target of flu vaccine uptake in health care workers is 40%.</li> <li>- As a result of a multi-strategy campaign, the Saolta Group continued to see a significant increase in flu vaccine uptake rates amongst healthcare workers. Rate of uptake has more than doubled in two years from 16% in 2016 to 38% in 2018.</li> </ul>

	2015/2016	2016/2017	2017/2018
RUH	11.3%	30.1%	44.3%
PUH	21.7%	33.1%	41.5%
GUH	13.9%	24.3%	38.6%
SUH	17.9%	24.0%	35.5%
MUH	13.5%	20.5%	41%
LUH	17.9%	24.0%	29.1%
Total	16%	26%	38.33%

- The flu vaccination implementation plan incorporated a special emphasis on: flu education sessions for all healthcare workers, increased managerial support, provision of incentives, improved access to the flu vaccine by providing additional peer vaccination clinics.

**“Get a vaccine, Give a vaccine” in association with UNICEF, Saolta and NUIG.**

- As part of flu season 2017/2018, Saolta agreed to donate 10 polio vaccines for every flu vaccine that was administered to healthcare workers, in support of the “UNICEF end polio appeal”.
- To date, over 35,000 polio vaccines have been donated for administration to children who live in impoverished areas. This commitment by the Saolta group has provided life changing medical assistance to children in third world countries, where basic health care is not routinely available.
- UNICEF ambassador and Galway Hurling legend Joe Canning assisted Saolta with the official launch of flu season in October 2017. Joe’s support and enthusiasm contributed greatly to the overall success of the campaign. In addition, Rose of Tralee winner and GUH medical worker Jennifer Byrne was happy to donate her 10 polio vaccines to UNICEF, by getting the flu vaccine.

**Action 4.9:  
Positive Mental  
Health**

**Arts**

- Galway University Hospitals Arts Trust continues to deliver innovative initiatives across GUH and is extending its programmes to other hospitals within Saolta. For details of all Arts programmes, please contact Margaret Flannery, Arts Trust Director, [margaret.flannery@hse.ie](mailto:margaret.flannery@hse.ie)
- Full Arts report on page 17.

### **Mindfulness**

- Mindfulness classes continue across the group. Over 800 staff has attended the sessions in GUH alone since 2016. The HSE has published guidance documents on the delivery of mindfulness across its settings. These will be used to improve mindfulness services and provide further training to staff. The documents can be accessed [here](#).

### **Stress Control Programme**

- At the end of 2017 a total of 875 staff had attended one of the nine programmes offered across the group.
- NUI Galway Student Deirdre Kelly undertook an evaluation of the programme and found a number of positive outcomes including:
  - That staff who participated showed significant decreases in stress levels and increases in mental wellbeing after completion.
  - The reporting of staff feeling more decisive and having more energy post completion.
  - Interestingly, staff who reported not feeling stressed at the outset reported decreases in anxiety levels post completion, suggesting that some staff are not aware they are stressed.
  - Areas for improvement include earlier and more comprehensive promotion of the programme, management attendance, increases in staff release, varied running times and more appropriate venues.

### **Saolta Choirs**

- The HSE staff health and wellbeing initiative supported the development of choirs across the Group.
- The choirs continue to develop and many staff are involved singing in a variety of settings for service users and the public. Further details in the local hospital reports.

### **Schwartz Rounds**

- The Schwartz rounds were introduced in GUH in January 2016.
- These are tightly structured monthly meetings for multi-professional groups of staff. An average of 70-80 staff attends each session.
- The rounds provide an opportunity for staff of all disciplines to reflect on emotional aspect of their work.
- Each round is based on a story of a particular patient, or a theme and is briefly presented by 2/3 members of staff.
- This is followed by a facilitated discussion involving a wider audience.
- It is an opportunity for staff to share, support and listen.
- To date over 1300 staff members have attended these rounds and the feedback from staff members is very positive.
- The Schwartz Rounds panels are truly multidisciplinary the stories have demonstrated the commitment of staff to caring for our patients.

<p><b>Action 5: Research and Evidence</b></p>	<p><b>Stress Control Programme evaluation</b></p> <ul style="list-style-type: none"> <li>- An executive summary of the programme can be found <a href="#">here</a>.</li> </ul> <p><b>Physical activity and sedentary behaviour</b></p> <ul style="list-style-type: none"> <li>- This research carried out by RUH CNS Maura Lawless aimed to evaluate the effects of the hospital walks initiative on participating staff.</li> <li>- The research found that- ‘Hospital Walks’, had a profoundly positive impact on the physical activity levels of a sedentary occupational group.</li> <li>- The report can be accessed <a href="#">here</a>.</li> </ul> <p><b>Mindfulness in the workplace</b></p> <ul style="list-style-type: none"> <li>- This research was carried out by staff at Sligo University Hospital. Half of the participants in the study “strongly agreed” that the training was effective in enhancing stress management.</li> <li>- The participants further reported an increased ability to manage stress, increases in productivity and being more mindful in their daily lives.</li> <li>- The report from the programme can be found <a href="#">here</a>.</li> </ul> <p><b>Influenza vaccine uptake</b></p> <ul style="list-style-type: none"> <li>- This research was carried out by Saolta and the Department of Public Health, HSE West.</li> <li>- Results indicated a significant increase in vaccine uptake in the 2016/107 season.</li> <li>- A poster of the results can be found <a href="#">here</a>.</li> </ul> <p><b>Healthy eating strategies in the workplace</b></p> <ul style="list-style-type: none"> <li>- This research was carried out by staff at Roscommon University Hospital. A total of 48 staff were surveyed, with a variety of healthier eating strategies assessed.</li> <li>- A poster of the initiative can be found <a href="#">here</a>.</li> </ul>
<p><b>Action 6: Monitoring, Reporting and Evaluation</b></p>	<p><b>Key Performance Indicators (KPI’s)</b></p> <ul style="list-style-type: none"> <li>- All our KPI’s for 2017 can be found <a href="#">here</a>.</li> </ul> <p><b>Implementation plan: overview of actions</b></p> <p><b>Completed/ongoing actions</b></p> <ul style="list-style-type: none"> <li>- 1.1: Establishment of HI steering group</li> <li>- 1.2: Incorporate relevant HI information into existing group staff engagement process</li> <li>- 1.3: Identify HI leads in each hospital site</li> <li>- 1.4: Develop site specific HI implementation plans</li> <li>- 1.5: Produce an annual health and wellbeing progress report</li> <li>- 2.1: Further develop partnership working</li> <li>- 2.2: Publication of county health profiles</li> <li>- 3.1: Implement the reformed clinical programmes and new integrated care programmes</li> </ul>

- 3.2: Implement self care programmes for patients
- 3.3: Establishment of PALS service at GUH
- 3.4: Establishment of Saolta patient council
- 3.5: Expand the implementation of 'test your care metric'
- 4.1.1: Complete a baseline review of current staff resources
- 4.1.2: Develop a health and wellbeing training plan for staff
- 4.1.3: Complete a review of the HPHS programme
- 4.2.6: Provide smoking cessation BI training for staff
- 4.3.3: Review and agree nutritional standards of hospital food for patients and staff
- 4.3.4: Implement the HSE calorie and vending policies
- 4.3.5: Introduce evidence based nutrition assessment for all high risk patients
- 4.4.1: Develop an active travel plan for Saolta
- 4.4.2: Implement national physical activity plan recommendations
- 4.5.1: Improve linkages with community drugs and alcohol services
- 4.6.1: Expand mainstream BI training
- 4.6.2: Expand number of undergraduate training programmes with BI training
- 4.7.1: Promote and increase breastfeeding rates
- 4.7.2: Participate in baby friendly hospital initiative
- 4.7.3: Undertake staff review of CMS lactation posts
- 4.7.5: Develop breastfeeding training plan in sites
- 4.7.4: Review breastfeeding data collection systems to achieve standardisation
- 4.8.1: Hand hygiene training
- 4.8.2: Lead auditor for hand hygiene training in each site
- 4.8.3: Continue to review and update major emergency and pandemic plans
- 4.8.4: Increase influenza vaccination rates in clinical staff
- 4.8.5: Promote safe sex
- 4.8.6: Ensure good antimicrobial prescribing
- 4.8.7: Reduce healthcare associated infections
- 4.8.8: Monitor and control antibiotic consumption
- 4.8.9: Monitor alcohol hand rub consumption
- 4.9.1: Promote awareness of supports available for mental health
- 4.9.2: Expand mindfulness and stress management training
- 4.10: Delivery of screening programmes
- 5.1: Ensure patient documentation incorporates assessment of health determinants
- 5.2: Introduce an evidence based approach to service evaluation
- 5.3: Ensure Saolta plan is cross referenced with HI research priorities
- 5.4: Strengthen and identify academic collaborations
- 6.1: Develop an outcomes framework for the group in line with national HI framework
- 6.2: Develop and implement KPI's

	<ul style="list-style-type: none"> <li>- 7.1: Develop a steering group to liaise with the national sustainability office</li> <li>- 7.2: Prioritise and implement 3 key actions in the plan</li> <li>- 7.3: Review evidence in relation to sustainable health strategies</li> <li>- 8.1: Continue to implement QIP's for HIQA standards</li> </ul> <p><b>Incomplete actions</b></p> <ul style="list-style-type: none"> <li>- 4.2.1: Identify tobacco leads in each site</li> <li>- 4.2.2: Fully implement the tobacco free campus policy in line with ENSH standards</li> <li>- 4.2.3: Routinely screen all patients for tobacco use</li> <li>- 4.2.5: Provide routine smoking cessation support to patients</li> <li>- 4.3.1: Introduce routine BMI recording for patients</li> <li>- 4.3.2: Improve the recording of obesity in medical records and HIPE</li> <li>- 4.5.2: Complete appointment of alcohol/substance misuse liaison post in GUH</li> </ul>
<b>Action 7: Development of a Sustainable Health Service</b>	<ul style="list-style-type: none"> <li>- Saolta engaged with the National Sustainability Office to work in partnership in developing and maintaining initiatives to reduce waste, conserve water and electricity among other initiatives.</li> <li>- As part of this engagement, Sligo University Hospital hosted a sustainability seminar in September 2017.</li> <li>- The group was further involved in promoting recycling workshops and Energy Awareness Day.</li> </ul>
<b>Action 8: HIQA Standards</b>	<ul style="list-style-type: none"> <li>- We continue to implement HIQA health and wellbeing standards through the provision of our HI implementation plan.</li> </ul>

## Saolta health and wellbeing staff overview

Location	WTE posts
Galway	1.0 WTE Pamela Normoyle, Health and Wellbeing Lead. Saolta Flu Vaccine Lead.  0.5 WTE Colette Walsh, Smoking Cessation Officer
Letterkenny	1.0 WTE Mary Kelly, Health Promotion Officer  1.0 WTE Elaine Robinson, Smoking Cessation Officer
Mayo	0 WTE HP/HI  0 WTE Smoking cessation officer
Portiuncula	0 WTE HP/HI  0 WTE Smoking cessation officer
Roscommon	0 WTE HP/HI  0 WTE Smoking cessation officer
Sligo	0 WTE HP  1.0 WTE Pauline Kent, Smoking cessation officer/ MECC Trainer/ HI Lead

## 2019 Group aims

1	1.2: Incorporate relevant Healthy Ireland goals, actions and updates into existing Group Staff Engagement process.
2	1.5: Produce an Annual Health and Wellbeing Progress Report.
3	2.1: Further develop partnership working with CHO 1 / 2, other Hospital Groups and the national divisions.
4	4.1.2: Build capacity of staff to implement health and wellbeing activities.
5	4.2.1: Identify tobacco lead in each site to coordinate all tobacco actions in line with plans at national and divisional level.
6	4.2.6: Implement the Making Every Contact Count Framework.
7	4.3.4: Sustain the HSE Healthier Vending Policy and HSE Calorie Posting Policy.
8	4.4.1: Active travel: build on the results from the Smarter Travel survey.
9	4.4.2: Implement National Physical Activity Plan recommendations for staff through initiatives such as national walks, Parkruns, OT, smarter travel.
10	4.5.1: Continue to support the national alcohol taskforce and share best practice with staff.
11	4.8.4: Increase influenza vaccination rates in staff.
12	4.9.1: Promote awareness of supports available & information on positive mental health, stress, addiction and other mental health issues for staff.
13	4.9.2: Expand mindfulness & stress management training for staff.
14	5.0: Research and evidence: promote research and evidence based practices.
15	7.0: Engage with the national sustainability office to support recycling, green and energy reduction measures across the group.



### Arts Trust Report

- Galway University Hospitals Arts Trust is a registered charity which promotes health and wellbeing through a range of arts programmes across Saolta University Health Care Group.
- The Arts Corridor in University Hospitals Galway hosts several exhibitions throughout the year. In 2017 twelve exhibitions took place including exhibitions by local artists, national and international artists as well as patients, staff and members of the local community.
- Roscommon University Hospital's exhibition programme continued to grow, while Letterkenny University Hospital, Sligo University Hospital and Portlincula University Hospital displayed framed works and art installations by members of staff.



### Haemodialysis Arts Programme

- The dialysis arts programme continues to be a highly valued and effective aspect of the care provided in Unit 7, Merlin Park University Hospital. Whilst engaging in the art making process offers considerable benefits for those participating, the long-term nature of the programme has witnessed the vital contribution it makes to human connection, celebration, and a sense of community for everyone connected to the unit. Delivered according to demand, art workshops are currently offered weekly to patients.
- Art workshops offer transformative experiences during the long hours of treatment. Those participating find a more productive use of their time, engaged in a way that distracts from worries and “*makes time fly*”. The creative process continues to promote self esteem and wellbeing as participants acknowledge their own technical and creative development.

### Saolta Staff Health & Wellbeing Arts Initiative 2017

*“I was so surprised how relaxed I felt after a day’s work – real escapism, loved the visualization and thoroughly enjoyed playing with paint”.* Staff member.

- Through the Health and Wellbeing Arts Initiative an ambitious arts and health project known as *Passages* began across Saolta in 2016 and continued in 2017.
- Art workshops were designed as a basic introduction to materials and techniques for those with little or no previous experience of art making. Completed workshop programmes at GUH in 2016 demonstrated the potential of art to contribute to staff health and wellbeing. Workshops were introduced in SUH and MUH in 2017.
- An overwhelmingly positive response from participants was found with staff describing their experience as relaxing, enjoyable, and a useful tool to “*escape*” after hectic, stressful days. Staff noted increased confidence resulting from the development of new skills or rekindling of past

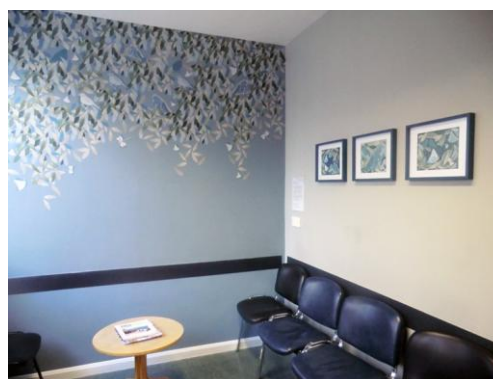
interests. Finally, the workshops encouraged a supportive group dynamic between existing colleagues and new friends in workshops.



- Several art installations created by staff were installed in six of the hospital sites in 2017. Inspired by the introduction of Hospital Walks, *Passages* invited staff to submit pictures and observations they made whilst out walking, via posters, email and a roll up banner at each site.
- Informed by staff consultation, installations were designed for quiet spaces for reflection, while public areas and stairwells encouraged physical activity.
- Staff at LUH submitted photographs that they had taken on mobile devices whilst out walking and this inspired an installation for the Staff Restroom that echoes Instagram, creating a spectrum of colour along the wall.

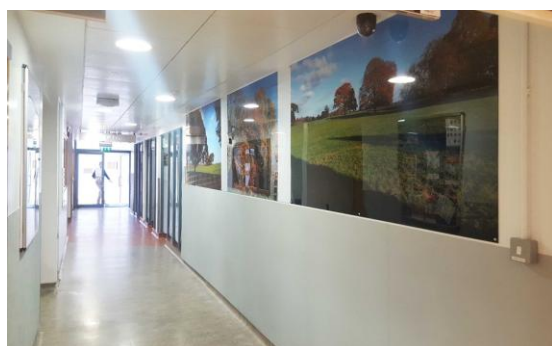


- The wallpaper designed for the Hepatology Waiting room was developed from original artworks made by staff art workshops at UHG.

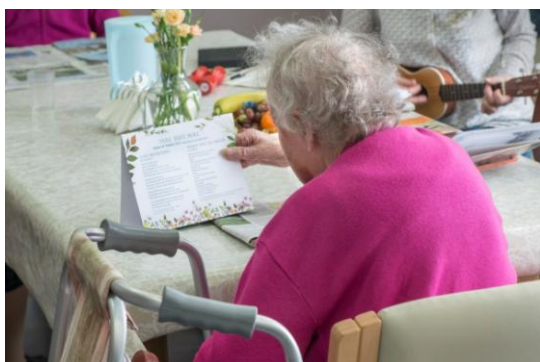


- Sligo University Hospital refurbished the main foyer in 2017. The photographs currently exhibited were taken by staff members participating in the *Passages* project. In addition a sculpture was created for the main atrium of the hospital. The sculpture titled 'Transit' was created and donated to the hospital by local artist Paraic McGloughlin.

- A Family Room was completed on the MUH site, enhanced Emergency Department Corridor in PUH and Lily Pond Corridor in MPUH, using staff photographs.



- Other highlights included National Poetry Day, where a Menu of Poems was disseminated to Saolta and other participating hospitals. The Menu was edited by poet Yrsa Daley-Ward and consisted of three poems titled 'You. Just You'.
- As part of the Bealtaine Festival- celebrating creativity as we age, a series of music performances, theatre and storytelling events were held in GUH and RUH. Best selling and local author Trish Forde visited the paediatric unit in October 2017. She read from her books to children on the ward and discussed storytelling. Filleda Eves gave a workshop to children in paediatrics and also gave a workshop to the UHG Play Specialist and volunteers on creative ideas that they can use to support hospital care.





## Hospital Reports

### Galway University Hospitals

#### Summary of health and wellbeing activity

Actions	Outcomes
<b>3.0:</b> <b>Health Literacy</b>	<ul style="list-style-type: none"> <li>- Established Health literacy committee.</li> <li>- Health literacy policy completed.</li> <li>- All written communication leaflets are NALA approved.</li> <li>- Guiding tool established using the European Clear Communication index.</li> </ul>
<b>3.2:</b> <b>Implement Self Care Programmes</b>	<ul style="list-style-type: none"> <li>- Type 1 and Type 2 Diabetes Adult Education sessions provided.</li> <li>- COPD clinics in line with National framework.</li> <li>- Referral to cardiac rehabilitation programmes for all cardiac risk patients.</li> <li>- Prostate cancer information evenings provided: 'survivorship programme'.</li> </ul>
<b>3.3:</b> <b>Patient Advice and Liaison Service</b>	<ul style="list-style-type: none"> <li>- Provision of general information to patients and families.</li> <li>- National Patient Experience Survey participation.</li> <li>- Patient Experience Fair Day held to inform patients, their families and carers that we value their feedback and implement suggestions.</li> <li>- Supporting butterfly scheme, with the aim to improve patient experience of dementia care in acute hospital settings.</li> <li>- Supporting roll out of #hellomynameis campaign.</li> </ul>
<b>4.2:</b> <b>Tobacco</b>	<ul style="list-style-type: none"> <li>- 301 patients referred to Smoking Cessation Service.</li> <li>- 206 patients received intense smoking cessation support.</li> <li>- 143 patients set a quit date.</li> <li>- 125 patients quit smoking.</li> <li>- 4 pulmonary rehab classes were conducted in MPUH providing education on smoking and the benefits of quitting to 60 patients.</li> <li>- Information day held on World No Smoking Day (31st of May).</li> <li>- Provided information Stand during Merlin environmental information day.</li> <li>- Information session on providing care to the patient with a nicotine dependency.</li> <li>- Galway University Hospital's Tobacco Free Hospital Policy included in 3 of the hospitals induction days.</li> <li>- 8 walkabouts of the campus conducted by members of the Tobacco Free Campus Group to increase compliance of TFC policy.</li> <li>- 4 Tobacco Free Campus Meetings held.</li> <li>- Presentation given to community practice nurses on smoking cessation.</li> </ul>
<b>4.3.3:</b> <b>Nutritional Standards</b>	<ul style="list-style-type: none"> <li>- Patient menus reviewed in line with National policy on food and nutritional care in hospitals.</li> <li>- New patient menus established and implemented on both sites.</li> <li>- Free fruit Friday: 6,000 Euro from HI budget to support provision of free fruit on Fridays to staff, patients and visitors to encourage healthy eating.</li> </ul>
<b>4.3.4:</b> <b>Calorie Posting</b>	<ul style="list-style-type: none"> <li>- HSE calorie posting policy implemented in GUH.</li> <li>- Catering department in GUH awarded Gold Award by the Irish Heart Foundation, in recognition of the adoption of several healthy eating initiatives in staff canteen.</li> </ul>

<b>4.3.4: Vending</b>	<ul style="list-style-type: none"> <li>- HSE Healthier Vending policy implemented on both sites.</li> </ul>
<b>4.3.5: Nutrition Assessment</b>	<ul style="list-style-type: none"> <li>- Nutrition Screen tool implemented in GUH.</li> <li>- Expansion of nutritional screening tool in Merlin Park.</li> <li>- Protected mealtimes established.</li> <li>- Red Tray initiative continues.</li> </ul>
<b>4.4: Active travel</b>	<ul style="list-style-type: none"> <li>- Continued promotion of active travel options, including <a href="http://www.hospitalwalks.com">www.hospitalwalks.com</a> website.</li> <li>- Two bike workshops provided in hospital main foyer.</li> <li>- Additional bike shelter provided by NTA to accommodate secure and safe bike parking during the working day.</li> <li>- Love life, love walking: 50 staff members participated in physical activity awareness day.</li> <li>- World Physiotherapy Day; promoting physical activity for life.</li> <li>- 2,000 Euro from HI budget to support signage to promote uptake of physical activity in the hospital setting.</li> </ul>
<b>4.7: Breastfeeding</b>	<ul style="list-style-type: none"> <li>- 0.5WTE currently in place.</li> <li>- Annual report for 2017 submitted to national BFHI office.</li> <li>- Awareness day on benefits of breast feeding on World Prematurity Day.</li> <li>- Parent Education sessions provided.</li> <li>- Antenatal Breastfeeding workshops delivered.</li> </ul>
<b>4.9: Positive Mental Health</b>	<ul style="list-style-type: none"> <li>- Promoted awareness of supports available and information on positive mental health, stress, addiction and other mental health issues for staff.</li> <li>- Promoted uptake of Stress Control Programme amongst hospital staff. 2,000 Euro to provide tea/coffee to staff members that attend the programme.</li> <li>- Expand mindfulness and stress management training for staff.</li> <li>- Staff health and wellbeing day held to highlight existing supports in physical activity, diet and stress management.</li> <li>- Lunchtime mindfulness sessions every Monday, Wednesday and Friday. A total of 861 staff has attended to date.</li> <li>- Staff Choir in Merlin Park and GUH; 2,000 Euro from HI budget for training by choir master on both hospital sites.</li> </ul>
<b>5.0: Research &amp; Evidence</b>	<ul style="list-style-type: none"> <li>- Healthcare Worker Flu vaccination research and strategy: A summary report, October 2017 published.</li> </ul>
<b>7.0: Sustainability</b>	<ul style="list-style-type: none"> <li>- Merlin Park University Hospital Galway once again won the Civic Building award in the 'Public and Commercial Buildings Section' of the Galway City Tidy Towns and Garden Competition for their recognition of people and businesses who work to improve their environment, foster civic pride and make Galway city a better place to live in, to work in and to visit.</li> <li>- Merlin Campus Environmental Appreciation Day was held 24th April 2017 with representatives attending from Saolta University Health Care Group, CHO2 and partners including the Irish Wheelchair Association.</li> <li>- During the appreciation day, trees were planted, environmental displays were showcased and MPUH Horticulturist Sean Purtell and Head Gardener Sean Fergus both shared their expertise on the planting of flowers and shrubs.</li> <li>- A slide show presentation captured all the plants and animals on the Merlin</li> </ul>

Campus, and Bird Watch Ireland was in attendance to offer their input on the different species of bird to be found on campus.

- Merlin Park University Hospital ran a very successful Staff Health and Wellbeing event on November 7th in partnership with the Health & Wellbeing Division and CHO2. The event was officially opened by Mr. Maurice Power, CEO Saolta Hospital Group.
- Staff had the opportunity to avail of the flu vaccination, blood sugar testing, BMI and blood pressure testing, podiatry assessment as well as learning about bone health, and the importance of physical activity.



Love life love walking; Merlin Park Campus



Hospital staff supporting love life love walking



Galway Tidy Towns Winner—Merlin Park 2017.

Left to right: Sean Fergus, Head Gardener, Roisin Rodgers, MPUH. Margaret O’Toole, Business Manager, MPUH and Deputy Mayor Mike Cubbard.



## Letterkenny University Hospital

### Summary health and wellbeing activity

Actions	Outcomes
1.0: Governance	<ul style="list-style-type: none"> <li>- Five Committee Meetings took place in 2017 with four sub groups in place.</li> </ul>
3.0: Health Literacy	<ul style="list-style-type: none"> <li>- Editorial Sub Group edited new patient information leaflets.</li> </ul>
4.2: Tobacco Control  4.2.1: Identify areas for key actions  4.2.2: TFCP Working Group  4.2.3: Report on IPMS  Increase in ICD- 10 recording.  Increase Nurse TCIs and treat TU as care issue  4.2.4: Data collection and referral process review  4.2.5: Pharmacotherapy- Identify level of use quarterly/ annual	<ul style="list-style-type: none"> <li>- ENSH audit: original audit scoring 164/168, revised audit 121/144 submitted Dec 2017.</li> <li>- Unable to submit application for GOLD process for 2018, need scoring of <math>\geq 126</math> to meet criteria.</li> <li>- Standards actions identified for 2017 and delivered under HI 4.2.</li> <li>- TFCP Audit completed in December. Non-compliance areas noted, signage needs identified; awaiting funding approval. Non-compliance register maintained.</li> <li>- Two working group meetings completed; difficulty with achieving quorum, terms of reference updated and group membership reviewed.</li> <li>- IPMS admission tobacco status audit report completed. Improved recording of 20%. LUH HIPE Department: 5 ICD codes identified and project piloted in February 2017- 2018. Report to be generated by HIPE on the documentation and recording of 5 ICD-10 codes; Tobacco Current, History of Tobacco use, Tobacco Dependence, Tobacco Rehabilitation and Tobacco Counselling.</li> <li>- NMPDU: Tobacco Dependence Treatment Nursing Care Plan completed, awaiting launch of updated nursing documentation.</li> <li>- Overall quality improvement noted in recording of tobacco status resulting in a 40% increase in SCS referrals.</li> <li>- Service database and referral process: Core system minimum data set agreed, pilot sites identified and user acceptance training to take place.</li> <li>- Advocated for integration of acute hospital systems with NBSMS referral system; current agreed systems for integration for initial phase are Healthlink, Maternity System and QUIT.ie.</li> <li>- In total 5911 TDTs were dispensed (98% Nicotine Replacement Therapy and 2% Varenicline). CNS maintains Registered Nurse Prescribing (RNP) authority for inpatients and outpatients availing of the nurse-led service.</li> </ul>



<p>Increase number of people treated – improved outcomes</p> <p>4.2.6: Tobacco Cessation Interventions- Education and Training</p> <p>Increase Recording of TU and TCIs- Doctor/Nurse/Allied HPs.</p> <p>MScPGD Preventive Cardiology- Mayo University Hospital- student project</p>	<ul style="list-style-type: none"> <li>- Intensive Tobacco Cessation Service: total referrals processed 447 (40% increase) and 239 referred onto Donegal community clinics. CNS reviewed 261; 79% reviewed within 1 week of referral. Appointments: 910 arranged, 810 (89%) attended. Prescriptions: RNP completed 143 prescribing episodes totalling 231 treatments for inpatients, outpatients and staff. Programme 4/52 QUIT rate 94%- 91% biochemically validated using CO monitoring and 3/12 QUIT rate 80% with 79% biochemically validated.</li> <li>- Brief Intervention training in tobacco cessation target 12: 1 trained in community; 4 LUH sessions cancelled. Attended Practitioner's Forum.</li> <li>- Antenatal Project update on tobacco cessation interventions: 5 RGMs and 1 HCA attended. NCHD very brief advice tobacco cancelled.</li> <li>- LUH Nursing Practice Development Unit and CNS completed nursing documentation assessment and care plan to rollout.</li> <li>- Presented at CNME, Donegal Stroke Care Education Programme for Nurses- 11 RGNs and 1 HCA.</li> <li>- Information on Donegal SCS (acute and community) completed for Long Term Condition. Continue Awareness and Information Session on Tobacco for public and staff.</li> <li>- Cardiac Rehabilitations education sessions on tobacco 1 hour provided for each course. Supervisor to Mary Lavelle SN project at MUH- <i>“Knowledge, Attitudes and Practice of Hospital–Based Nurses in Smoking Cessation Interventions: A Cross-Sectional Study”</i>.</li> </ul>
<p>4.3.4: Calorie Posting &amp; Vending</p>	<ul style="list-style-type: none"> <li>- Completion of project in LUH.</li> <li>- Staff and visitor menus display calorie information.</li> <li>- HSE Healthier Vending Policy implemented.</li> </ul>
<p>4.3.5: Nutrition Assessment</p>	<ul style="list-style-type: none"> <li>- Annual increase in the number of assessments carried out.</li> <li>- Red tray initiative continues.</li> </ul>
<p>Action 4.4: Physical activity</p>	<p>In partnership with the Sports and Social Club:</p> <ul style="list-style-type: none"> <li>- Pilates, yoga, salsa, walking, OT, subsidized gym, trips abroad, water aerobics, hospital walks.</li> </ul>
<p>Action 4.7.1: Breastfeeding</p>	<ul style="list-style-type: none"> <li>- Breastfeeding Forum continues to protect, promote and support breastfeeding in Donegal.</li> <li>- 3 year action plan in place.</li> <li>- Volunteer project with volunteers from La Leche visiting and assisting mothers with breastfeeding in the maternity ward.</li> <li>- Breast Care Unit: Winner of the Saolta Patient Experience Award for SPARC PROGRAMME. SPARC arose from the development of breast care services for women at Letterkenny University Hospital. The programme was designed to meet the multi-faceted needs of care.</li> </ul>

<p><b>4.8:</b> Health Protection Staff Health Promotion</p>	<ul style="list-style-type: none"> <li>- Flu vaccine committee continued to meet.</li> <li>- Peer vaccinator team established.</li> <li>- 120 staff representing 31 departments attended Staff Healthy Heart Morning. Full Details can be found <a href="#">here</a>.</li> <li>- Letterkenny Culture night programme offered 39 diverse events in 24 venues. Culture night included a performance from the LUH hospital choir and the opening of the LUH staff art exhibition.</li> <li>- The Arts committee at LUH aims to involve the arts in a healing process to promote the wellbeing of patients, staff and visitors to the hospital and to increase the levels of access and participation.</li> </ul>
<p><b>Action 4.9:</b> Positive Mental Health</p>	<ul style="list-style-type: none"> <li>- Oak Occasional Act of Kindness; monthly sessions ongoing in the hospital.</li> <li>- Hospital choir continues.</li> <li>- Mindfulness/ weekly lunch hour sessions in the Medical Academy.</li> <li>- Stress Control continues, funded and organised by Donegal Mind Wellness.</li> <li>- Art Classes and art exhibitions continue.</li> </ul>



Pictured at the Staff Recognition Awards are: Left to right; Maura Derrane, (Guest Presenter), Geraldine McGregor CNS Breast Care, Mary Kelly Health Promotion Officer, Nicola Kelly Breast Care Nurse, Maurice Power CEO, Jean Kelly Group DON and Mr. Michael Sugrue Consultant Breast Surgeon.



Pictured at Culture Night; Left to Right; Anne Drake DON, Mary Kelly Health Promotion Officer/ HI Lead and Emer Hunter Arts Committee.

Summary of health and wellbeing activity

Actions	Outcomes
<p><b>4.2:</b> <b>Tobacco</b></p>	<ul style="list-style-type: none"> <li>- A limited Smoking Cessation Service is being provided by Staff Nurse Runagh Burke, 4.5 hours a fortnight, funded from the nursing budget. A total of 30 staff was supported to stop smoking to date.</li> <li>- On Ash Wednesday smoking cessation was promoted and this material was funded by MUH.</li> <li>- One member of staff attended brief intervention training.</li> <li>- Nicotine Replacement Therapy for six weeks is available for staff and is funded by MUH.</li> <li>- Education re clinical prescribing of NRT has been delivered by Pharmacy.</li> <li>- MUH actively promotes a smoke free campus and new signage was erected advising the public to support implementation of the policy.</li> </ul>
<p><b>4.3:</b> <b>Nutrition and Hydration</b></p>	<ul style="list-style-type: none"> <li>- Steering group is in situ.</li> <li>- Protected mealtimes rolled out to all wards.</li> <li>- Nutritious snacks available to all wards.</li> <li>- MUST assessment tool has been implemented across the ward areas and is audited on monthly basis with evidence of increased compliance noted.</li> <li>- Nutrition Road Show: This was presented by the Dietetic and Physiotherapy Departments and Nursing staff and was well attended by both staff and visitors. The event focused on the provision of optimal nutrition for all patients whether oral, enteral or parenteral. This event showcased the multi-disciplinary team approach to nutrition and the projects currently underway in the hospital.</li> <li>- MUH Restaurant continues to support Healthy for Life Commitments.</li> <li>- Head Chef at MUH Ronan Fox represented Ireland at the prestigious Chefs Cup in Croke Park.</li> </ul>
<p><b>4.4:</b> <b>Physical activity</b></p>	<ul style="list-style-type: none"> <li>- Walking Routes were developed and maps for the various walks around campus were promoted.</li> <li>- Excellent participation in the step challenge and 'love life, love walking day'.</li> <li>- Staff from MUH attended the fit4work physical activity programme over the year which offers people the opportunity to incorporate a physical activity class during their working day.</li> <li>- Operation Transformation work challenge was promoted to staff.</li> <li>- Reduced Gym Membership is on offer to staff.</li> <li>- Some staff also completed a lunch time 5k in December.</li> </ul>
<p><b>4.4:</b> <b>Active Travel</b></p>	<ul style="list-style-type: none"> <li>- The hospital participated in the smarter travel survey with 79 staff completing surveys.</li> <li>- MUH used the HI budget of 7k to upgrade our bicycle shelter. The shelter is Perspex covered so bikes stay dry and bicycles may be secured while staff area at work.</li> </ul>
<p><b>4.7.1:</b> <b>Breastfeeding</b></p>	<ul style="list-style-type: none"> <li>- Breast feeding rates increasing (see KPI's).</li> <li>- MUH offers a range of breastfeeding services for patients.</li> </ul>
<p><b>4.8:</b> <b>Health Protection</b></p>	<ul style="list-style-type: none"> <li>- Flu vaccination campaign very successful this year with a major contribution made by peer vaccinators including our new Director of Nursing, Padraig O'Lunaigh.</li> <li>- Information Stands for Bowel Cancer, Ovarian Cancer, Breast Cancer, COPD, Antibiotic Awareness and Hand Hygiene took place throughout the year.</li> </ul>

**4.9:  
Positive Mental  
Health**

- Stress Control was successfully launched at the hospital with two six week programmes offered in 2017. An average of 28 staff attended each session. This was the highest average across the group.
- Mindfulness courses continue for staff.
- Staff choir event for staff, patients and visitors was held over the Christmas period 2017.
- Active Hospital social club. In 2017 staff and newly retired staff partook in trips away, BBQ, bowling nights and team building exercises.
- Staff Engagement forum set up within the hospital; held a very successful listening event open to all staff, large numbers of suggestions were made which now form the basis of an action plan.
- Promotion of the national care line for all HSE staff in need of support.



Flu Vaccine tablet winner Dympna Moore receiving her prize



Smoking cessation event



'Love Life, Love Walking' event.



## Portiuncula University Hospital

### Summary of health and wellbeing activity

Actions	Outcomes
4.2: Tobacco	<ul style="list-style-type: none"> <li>- The local Healthy Ireland Committee reviewed and updated the current Tobacco Free Campus policy.</li> <li>- A number of staff completed Brief Intervention Training.</li> </ul>
4.3: Nutrition and Hydration	<ul style="list-style-type: none"> <li>- HIQA completed an unannounced inspection. Quality Improvement Plan developed following the report. Nutrition and Hydration Steering committee progressing implementation.</li> <li>- The Catering Department received their 'Gold' Standard Award as part of the Happy Healthy Heart at work initiative.</li> <li>- The Nutrition/Dietetics and Cardiac Rehab Departments hosted a 'Staff Well Being Event'. Staff could avail of blood pressure checks, weight, height and BMI checks, dietary and exercise tips.</li> <li>- Review of the Healthier Vending Policy in terms of the 'Better Choice' criteria.</li> <li>- Calorie Posting commenced for breakfast, lunch and tea menus and is working very well for staff. Menus displayed inside &amp; outside the Staff Dining Room.</li> </ul>
4.4: Physical Activity	<ul style="list-style-type: none"> <li>- Portiuncula 'Fit for Life' Operation Transformation Programme was held in January. Weekly weigh-ins held as part of the operation transformation programme.</li> <li>- 35 staff members attended the 'Love Life Walking' Day.</li> <li>- Promotion of 'Step Aware' Programme and Runtastic Pedometer App and tips to increase daily activity.</li> <li>- 'Steps to Health Challenge' promoted.</li> <li>- Promotion of local Running Track in the town and the hospital walkways.</li> </ul>
4.7.1: Breastfeeding	<ul style="list-style-type: none"> <li>- National Breastfeeding Week celebrated every October.</li> <li>- Breastfeeding KPI's; see KPI section.</li> </ul>
4.8: Health Protection	<ul style="list-style-type: none"> <li>- Promotion of the Flu Vaccine Campaign - PUH achieved a compliance rate of 41% meeting the national target. Uptake initiatives for staff included raffles with spot prizes. The increase in uptake is attributed to the Peer Vaccinators and their commitment to improving vaccine uptake at local department level.</li> <li>- Bowel Cancer Awareness Information Day held.</li> <li>- Pharmacy Department provided specialist education on medicines to patients and staff via both formal and drop in sessions on antimicrobial stewardship, parenteral nutrition, frailty, oral anticoagulants and cardiac rehabilitation.</li> <li>- Caring Behaviour Assurance System (CBAS) Information Sessions held for staff and a number of departments are rolling-out the programme.</li> <li>- As part of "European Restart a Heart Day", the Resuscitation Training Department in conjunction with the HSE Ambulance Service, National Ambulance Training College and the Creagh/Ballinasloe Cardiac First Respond group hosted an information and skills station in the hospital.</li> <li>- The Hospital hosted a Carer's Day in June in conjunction with The Family Carer's Ireland, Alzheimer's Association of Ireland and the Clinical Nurse Specialists / Allied Health Professionals of Portiuncula. The aim of the day was to provide information and advice and</li> </ul>

	<p>showcase what excellent work that is available in Portiuncula University Hospital. A number of display tables were set up in the reception area with staff providing hand-outs and patient information leaflets on disease management and advice on services.</p> <ul style="list-style-type: none"> <li>- Portiuncula University Hospital celebrated a very successful inaugural research day. The event consisted of ten oral presentations and 28 Poster Presentations from Nursing and Medical Staff. It is encouraging that 112 staff registered their attendance at this inaugural event and this will become an annual event in the hospital's training calendar.</li> </ul>
<p><b>4.9: Positive Mental Health</b></p>	<ul style="list-style-type: none"> <li>- Portiuncula were awarded the 'Unsung Hero' Award as part of Saolta CEO Awards.</li> <li>- Schwartz Rounds; a number of staff received training and two sessions were held for staff. The rounds will run throughout 2018.</li> <li>- Training sessions for staff in 'Skills for Personal Effectiveness and Occupational First Aid'.</li> <li>- Art Work/photography displayed in three different areas within the hospital.</li> <li>- Annual Remembrance Services for Staff, patients and bereaved parents held.</li> <li>- A Healthy Ireland Notice Board was made available near the staff Dining Room to promote news and events.</li> <li>- Weekly Meditation Sessions are held each Wednesday for staff.</li> <li>- Stress Control; 6 week programme was launched with an average of 15 attendees per session.</li> <li>- The Hospital Choir continued to practice throughout the year and participated in a number of events including the Annual Remembrance Services and Christmas carols for patients and staff.</li> </ul>
<p><b>Finance</b></p>	<ul style="list-style-type: none"> <li>- The HI budget was used to purchase pedometers, initiatives for the flu vaccine campaign, and enhancements to the main hospital reception.</li> </ul>



'Unsung Hero' Award: Mr. James Keane, General Manager and Ms Bernie McGuire.



PUH celebrates the 10th Anniversary of the Hospice Friendly Hospitals Programme



Launch of the Patient Experience Survey at Portiuncula University Hospital.



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



Summary of health and wellbeing activity

Actions	Outcomes
3.0: Health Literacy	<ul style="list-style-type: none"> <li>- Patient information booklet developed in line with NALA guidelines.</li> </ul>
3.3: Patient Advice & Liaison Service	<ul style="list-style-type: none"> <li>- National Patient Experience Survey participation.</li> <li>- Launch of #hellomynameis campaign.</li> <li>- Developed Patient Information Booklet.</li> </ul>
4.3.3: Nutritional Standards	<ul style="list-style-type: none"> <li>- Development of new patient menus via Nutrition &amp; Hydration Committee.</li> <li>- Healthy eating initiatives in the hospital restaurant including chip free days on Monday and Friday, more high fibre choices, and healthier choices offered and displayed.</li> <li>- Catering department at Roscommon University Hospital was presented with the Silver Award at the Irish Heart Foundation's Happy Heart Awards in November 2017.</li> </ul>
4.3.4: Calorie Posting	<ul style="list-style-type: none"> <li>- Continuation of calorie posting in Hospital Restaurant.</li> </ul>
4.3.5: Nutrition Assessment	<ul style="list-style-type: none"> <li>- Reinforcement of Protected Mealtimes through improved signage and communication with families.</li> </ul>
4.4: Physical Activity & Active Travel	<ul style="list-style-type: none"> <li>- Relaunch of Lunchtime staff walks.</li> <li>- Reduced fitness and weight loss training programme via hospital Sports and Social club.</li> <li>- Participation in Active Travel Survey.</li> </ul>
4.8: Health Protection	<ul style="list-style-type: none"> <li>- Significant increase in uptake on flu vaccine by staff through promotion and education by Peer Vaccinator Team.</li> <li>- Safe Sun &amp; Skin Awareness Campaign in association with Plastic Surgery department.</li> <li>- Bowelscreen Awareness Information Day held.</li> <li>- CBAS Information sessions held for staff.</li> </ul>
4.9: Positive Mental Health	<ul style="list-style-type: none"> <li>- Two x six weekly sessions of Stress Control Classes offered to staff members.</li> <li>- Launch of Arts Committee through inaugural Arts Exhibition.</li> <li>- Five Hospital Arts Exhibitions throughout the year.</li> <li>- As part of the Bealtaine Festival, celebrating creativity as we age, Carnation Theatre performed an interactive play at the hospital.</li> <li>- Active staff choir.</li> <li>- Annual remembrance mass for deceased relatives and friends of staff members.</li> <li>- Active Hospital Sports &amp; Social Club.</li> </ul>



Hospital Walks promotion



Staff Art exhibition



Walking Group

Summary of health and wellbeing activity

Actions	Outcomes
<p><b>3.2:</b> Self care support programmes</p>	<ul style="list-style-type: none"> <li>- MEDX self- care in the Community project, 40-50 participants per class.</li> <li>- Previous MedEx programme expanded to include patients with a diagnosis of musculoskeletal disorders and patients with chronic pain.</li> <li>- A second MedEx class was started to meet the increasing demands due to increased referral rates and expanded inclusion criteria.</li> <li>- Implementation of new Education sections into the MedEx model e.g. pharmacy and dietician.</li> </ul>
<p><b>4.2:</b> Tobacco</p>	<ul style="list-style-type: none"> <li>- Referrals to the Smoking Cessation Service remain consistent averaging 400- 500 people annually.</li> <li>- On-going work to support the smoke free campus initiative with revised posters and leaflets promoted.</li> <li>- Smoke Free Campus and Exemption policy revised.</li> <li>- Jury member on ENSH gold application.</li> <li>- Relunched staff smoking cessation programme.</li> <li>- Selected as pilot site for National Patient Management System 1<sup>st</sup> Quarter 2018.</li> <li>- SUH HI lead is the Chairperson of Tobacco reference group for CHO 1.</li> </ul>
<p><b>4.3.1- 4.3.5:</b> Nutrition and obesity</p>	<p><b>Calorie posting</b></p> <ul style="list-style-type: none"> <li>- SUH began rolling out Calorie Posting in October 2015 and introduced a six phase plan to complete this process across all hot and cold food items and beverages in the staff canteen and coffee dock/cafe. Phase 1 of this process was launched in December 2015 with the calorie content of breakfast items displayed. Despite competing demands all phases were completed by February 2017.</li> <li>- To reinforce and instil key Healthy Choice messages <i>Swap and Save</i> and <i>Exercise comparables</i> based on actual SUH food items were completed and circulated to staff on e-mails, screen savers, Healthy Ireland notice boards and on digital screens in canteens.</li> <li>- Audit findings demonstrated increased sales trends in healthier options such as beans, tomatoes, scrambled eggs, grilled rasher and brown scones and a reduction in the sale of higher calorie choices such as sausages, bakewell tart, apple tart and fruit scones. Such was the drop in sales for treacle scones that production in SUH was discontinued.</li> </ul> <p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>- MUST [Malnutrition Universal Screening Tool] was introduced hospital wide in March 2017.</li> <li>- On-going education was provided highlighting the importance of weighing all patients within 24hrs of admission. An audit is planned for 2018.</li> <li>- Many nutrition related promotions were held in during National Nutrition and Hydration Week.</li> <li>- Application for the IHF Happy Hearts award.</li> <li>- Bariatric care; purchasing of necessary equipment to support patient care.</li> </ul>

<p><b>4.4.1- 4.4.2:</b> Active travel and staff physical activity</p>	<ul style="list-style-type: none"> <li>- Two step challenges in 2017. Smarter travel with 130 staff registered and HSE step challenge with 168 staff registered. Prizes presented for best team name. Pharmacy <i>Walk like a Prescription</i> and diabetic nurses <i>Sugar Babes</i>.</li> <li>- Green campus moving towards An Taisce Healthy campus award.</li> <li>- Sustainability conference held.</li> <li>- Audit of use of disposable cups in canteen and coffee dock.</li> <li>- Cycle to work scheme promoted.</li> <li>- Lunch time walks promoted.</li> <li>- Internal and external walking routes promoted.</li> <li>- Smarter travel survey completed 2017; 91 staff participated.</li> <li>- Walking lead training promoted.</li> <li>- Achieved bronze Active @Work award from the Irish Heart Foundation.</li> </ul>																								
<p><b>4.6:</b> Brief intervention training</p>	<ul style="list-style-type: none"> <li>- As MECC training is commencing SUH did not deliver Brief Intervention training at post graduate level.</li> <li>- SUH is a member of MECC National Tobacco reference group.</li> <li>- A MECC facilitator and promoter have been identified for each CHO.</li> <li>- MECC train the trainers took place in early 2018.</li> </ul>																								
<p><b>4.7:</b> Breastfeeding</p>	<ul style="list-style-type: none"> <li>- See KPI section for details.</li> <li>- Sligo University Hospital marked National Breastfeeding Awareness Week with many events throughout the hospital and community.</li> <li>- Information stands were placed throughout the hospital. Stands were colourful and informative, with posters, leaflets and balloons prompting breastfeeding and were endorsed by midwives and lactation consultants.</li> <li>- Colourful badges were worn by staff to promote breastfeeding with the logos “Breast is Best”, “Breastfed is Best fed” and “Breastfeed it’s Natural”.</li> </ul>																								
<p><b>4.8.4</b> Health Protection</p>	<p>SUH 2017/18 Flu season; Pier vaccinators contributed to the increase in uptake.</p> <table border="1" data-bbox="432 1308 1450 1861"> <thead> <tr> <th>Profession</th> <th>Totals</th> <th>% uptake</th> </tr> </thead> <tbody> <tr> <td>Nursing</td> <td>201</td> <td>29%</td> </tr> <tr> <td>Medical/Dental</td> <td>189</td> <td>84%</td> </tr> <tr> <td>Health and Social Care</td> <td>88</td> <td>48%</td> </tr> <tr> <td>Support Staff</td> <td>61</td> <td>26%</td> </tr> <tr> <td>Other patient care</td> <td>17</td> <td>12%</td> </tr> <tr> <td>Management/Admin</td> <td>73</td> <td>31%</td> </tr> <tr> <td><b>Totals</b></td> <td><b>629</b></td> <td><b>36%</b></td> </tr> </tbody> </table>	Profession	Totals	% uptake	Nursing	201	29%	Medical/Dental	189	84%	Health and Social Care	88	48%	Support Staff	61	26%	Other patient care	17	12%	Management/Admin	73	31%	<b>Totals</b>	<b>629</b>	<b>36%</b>
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<p><b>4.9.1- 4.9.2:</b> Positive Mental Health</p>	<ul style="list-style-type: none"> <li>- Art workshops for staff promoted.</li> <li>- Mindfulness report disseminated.</li> <li>- Stress Control promoted to staff, three courses were available in 2017.</li> <li>- Bereavement workshops promoted.</li> </ul>																								

	<ul style="list-style-type: none"> <li>- Choir had 4 performances in 2017 including participation in first International choral festival.</li> </ul> <p><b>Health and Wellness Book Collection ... Bibliotherapy for staff</b></p> <ul style="list-style-type: none"> <li>- A new collection of books to support the health and wellness of all HSE staff was launched in the Sligo University Hospital Library as part of Library Week in December 2017.</li> <li>- The collection of around 60 titles is based on the “Power of Words” scheme, a joint project between the HSE, the ICGP and the Library Council of Ireland which aims to support and aid people through appropriate books available through public libraries.</li> <li>- The books are available to all staff from the Hospital or Community and there are titles on a wide range of topics including addiction, anxiety, bereavement, dementia, personal development, relationships and parenting.</li> </ul>
<p><b>8.0:</b> <b>HIQA standard</b> <b>1.9 &amp; 4.1</b></p> <p><b>Enabling Better Health and Wellbeing</b></p>	<ul style="list-style-type: none"> <li>- The main hospital foyer was enhanced with staff art work and sculpture.</li> <li>- Information and open day events covering a multitude of topics.</li> <li>- Men’s health event promoted.</li> <li>- Promoting well-being to the public through participation in local radio.</li> <li>- Support pre assessment in stop before your op smoking cessation programme.</li> <li>- Staff participation in a video requesting the public to support protective meal times.</li> <li>- Cardiac and pulmonary rehab.</li> <li>- Developed Safety Information such as farm safety etc. for display on screens in the emergency department.</li> <li>- Audit of departmental information stands and the percentage of Health Promotion stands on site increased.</li> </ul>
<p><b>Finance</b></p>	<ul style="list-style-type: none"> <li>- Choir (instruction, music sheets purchasing, competitions) €1000.</li> <li>- Art work main foyer and OPD area €1700.</li> <li>- Background paintwork main foyer and surrounding area €2250.</li> <li>- Lighting main foyer, under canopy main entrance and sculpture spot lights €2350.</li> <li>- Sculpture material €100.</li> <li>- Refurbishment main foyer €1000.</li> <li>- Enhance signage calorie posting canteen and coffee dock €450.</li> </ul>



Transition year students visiting Breastfeeding week workshop



National Breastfeeding week stand



Head Chef Tom Rouse

