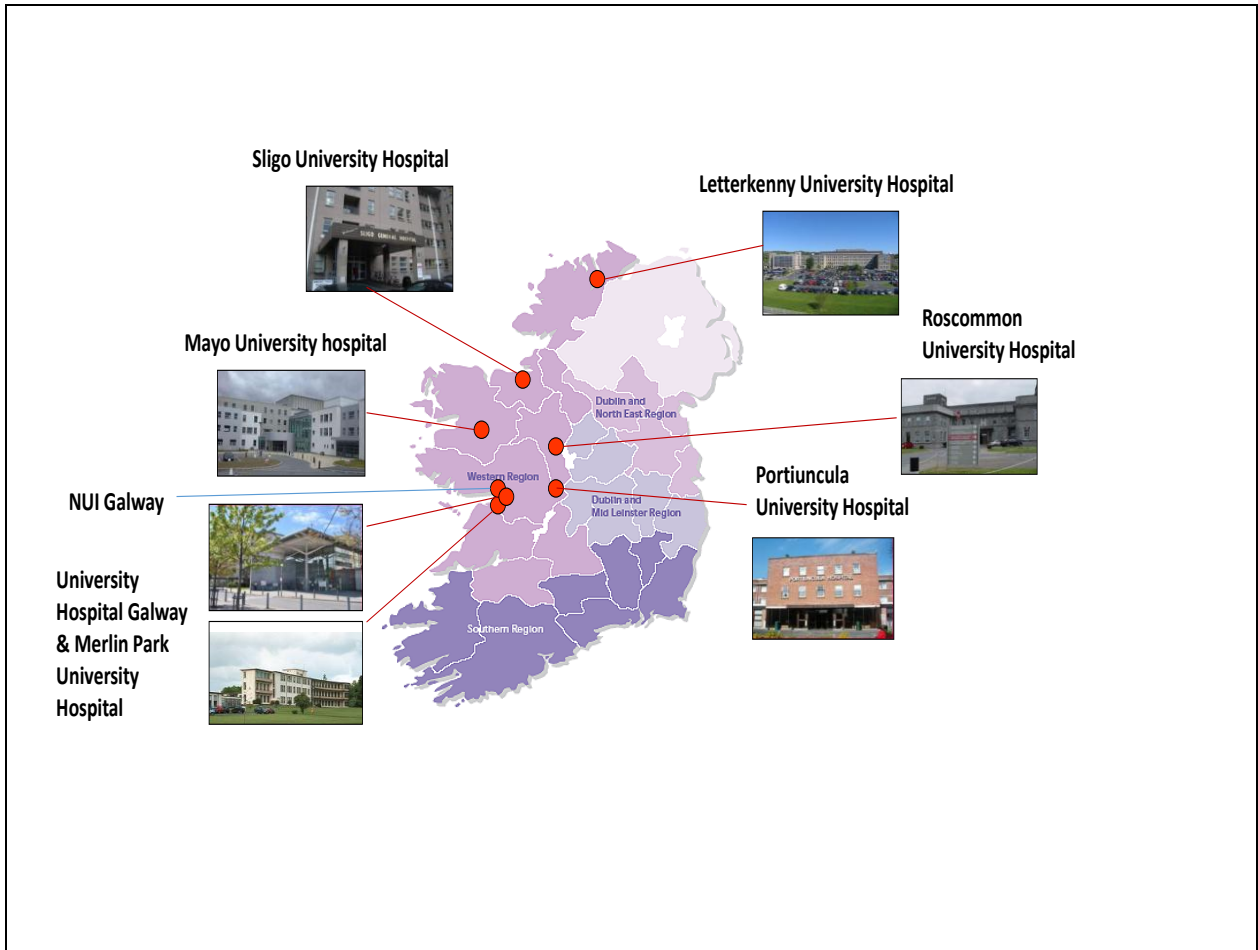




Saolta Healthy Ireland Implementation Plan Annual report 2016



Contents

Page 3.....	Executive summary
Page 4	Health and Wellbeing Group Performance
Page 4.....	Action 1: Governance and Policy
Page 5	Action 2: Partnerships and Cross Sectoral Working
Page 6.....	Action 3: Empowering People and Communities
Page 11.....	Action 4.1: Health and Health Reform
Page 12.....	Action 4.2: Tobacco Control
Page 13.....	Action 4.3: Nutrition and Obesity
Page 16.....	Action 4.4: Physical Activity
Page 19.....	Action 4.6: Brief Interventions
Page 20.....	Action 4.7: Breastfeeding
Page 22.....	Action 4.8: Health Protection
Page 25.....	Action 4.9: Positive Mental Health
Page 31.....	Action 5: Research and Evidence
Page 33.....	Action 6: Monitoring, Reporting and Evaluation
Page 36.....	Action 7: Development of a Sustainable Health Service
Page 36.....	Action 8: HIQA Standards
Page 37.....	Local Committee Reports: Galway University Hospital's
Page 40	Local Committee Reports: Letterkenny University Hospital
Page 43.....	Local Committee Reports: Mayo University Hospital
Page 47	Local Committee Reports: Portlinculla University Hospital
Page 52	Local Committee Reports: Roscommon University Hospital
Page 54	Local Committee Reports: Sligo University Hospital
Page 57.....	Appendix One: The Healthy Ireland Teams
Page 61.....	Appendix Two: Key Performance Indicators (KPI's)

Executive summary

This is the second annual report for the 'Saolta Healthy Ireland (HI) Implementation Plan 2015-2017'. The report highlights the progress made for a variety of health and wellbeing initiatives that took place across the Group in the past year.

Some big ticket projects came to fruition with the launch of the Stress Control Programme and the publication of the Saolta Health and Wellbeing Training Plan. Stress control is a staff led six session programme designed to reduce stress levels for service users. Our training plan is the first of its kind in Ireland and supports staff and patients in achieving better health and wellbeing.

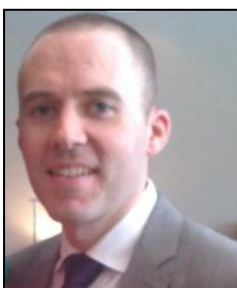
Saolta/ CHO 2 were overall winners of the HSE 'Love Life, Love Walking' event with over 225 staff participating, while the Group also launched the www.hospitalwalks.com website which offers a variety of convenient walking routes across all our hospital sites.

After much work by staff, the HSE Calorie Posting and Healthier Vending Policies are nearing completion in our hospitals. The Group also achieved a significant increase in the uptake of the flu vaccine with 50% more staff availing of the vaccine this season.

The Group applied for and was allocated the maximum €50,000 under the HSE staff health and wellbeing initiative, which saw a significant investment in arts programmes, walking routes and hospital choirs, leading to environment enhancements across the Group.

The progress and success of Healthy Ireland at Saolta is thanks to the efforts of our staff and our partnerships with the Department of Health Promotion, CHO and national partners working together to advance the health and wellbeing agenda for our community. We look forward to continuing the good work in the coming years.

Greg Conlon,
Health and Wellbeing Lead.



Jean Kelly,
Acting Chief Director
of Nursing and Midwifery.



John Shaughnessy,
Group Director of
Human Resources.



Health and Wellbeing Group Performance

Action 1: Governance and Policy

- In 2016, the HI steering group met three times while the HI implementation group met five times to oversee the health and wellbeing programmes at Saolta University Healthcare Group. Minutes and actions were recorded and progressed for each meeting.
- The HI steering group welcomed new members Cara O'Neill and Martin Greaney (CHO Heads of Health and Wellbeing) to the committee.
- Each hospital has its own local HI group, HI leads and local plans and these groups met during the year to implement health and wellbeing activity.
- Hospitals delivered a number of site specific actions and also a number of collective actions from the Saolta HI plan.
- HI sub groups continued to work on specific actions in the areas of stress control and flu vaccination.
- As part of our staff engagement, HI featured prominently in the Saolta newsletter during the past year. Additionally, staff were updated via Group and local communication streams.
- HI is also included on the staff induction CD and HI presentations were delivered during the staff induction process.
- This annual report is the third major report on HI at SAOLTA following the publication of a health and wellbeing 'as is' review in 2015 and the production of the 2015 Saolta HI Annual Report.

Finance

- 2016 was a significant year financially as the Group received direct funding for the first time to support HI implementation.
- Saolta applied for and received the maximum amount of €50,000 under the HSE staff health and wellbeing incentive scheme.
- Strict criteria applied to the use of the funds.
- Three initiatives were supported. Arts received €35,000, Saolta choirs across the Group received €7,000 and the Hospital Walks project received €8,000.
- Separately, Saolta was funded by HSE Health Promotion and Improvement West for the introduction of the Stress Control Programme across the Group (€22,000).
- Saolta received €5,000 from the Nurse Practice Development Department to fund motivational interviewing training across three sites.
- Saolta received €20,000 from the HSE to increase the uptake of the flu vaccine across the Group.
- We are grateful for this financial support from our partners in the National Health and Wellbeing Division and Health Promotion and Improvement, HSE West.

Staffing

- Staffing levels remain the same as 2015. Three sites do not have a smoking cessation officer while two sites have no operational HI/ health promotion staff.

Saolta health and wellbeing staff overview

Location	WTE posts
Galway	0.8 WTE Pamela Normoyle, Health and Wellbeing Lead 1.0 WTE Lorna Quinn, CNM 2, Merlin Park 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	0.2 WTE Pamela Normoyle, Health and Wellbeing Lead 0 WTE Smoking cessation officer
Sligo	0 WTE HP 1.0 WTE Pauline Kent, Smoking cessation officer/BI facilitator

Action 2: Partnerships and Cross Sectoral Work

Academic institutions

- Saolta, working in partnership with the Health Promotion Department at NUI Galway, supported the HI plan through the facilitation of student placement opportunities. The department is also supporting a student evaluation of the stress control programme.
- Students from Athlone IT and Sligo IT also undertook placements across the Group and supported various initiatives including the completion of the calorie posting policy in some sites.

Health Promotion and Improvement, HSE West

- Saolta continued its strong relationship with this department and collaborated on several initiatives including stress control, hospital walks, calorie posting and motivational interviewing.
- The Group is very grateful for the support received from a variety of staff and we wish to acknowledge Janet Gaynor (management), Laura McHugh (GUH), Anne Sheridan (Stress Control), Paul Gillen (Hospital Walks), Caroline Folan (administration), Liz Martin (Calorie Posting), Lynda McGuinness (hospital walks) and Lisa Corbett (Calorie Posting).

Other Hospital Groups/CHO's

- Saolta advised and shared information with other hospital Groups on developing their HI plans and also collaborated and contributed to the development of a national set of mapping indicators for HI activity at hospital level. Saolta will work in partnership with CHO 1 and 2 to develop their HI plans and collaborate on initiatives.

Department of Public Health, HSE West

- The department played an important role in supporting the increased uptake of the flu vaccine this season. Colleagues sat on various committees and supported HI activity.
- We wish to acknowledge Dr. Melissa Canny (Saolta HI steering/ implementation group), Dr. Diarmuid O'Donovan (Saolta HI steering group) and Dr. Aine McNamara (Flu vaccine committee chair).

HSE National Health and Wellbeing Division

- Saolta continued to collaborate and support the work of the national division through implementation of various programmes including representation on the HSE National Alcohol Taskforce, Making Every Contact Count (MECC), Operation Transformation and 'Love Life, Love Walking Day'.
- We were very grateful for the allocation of €50,000 to support various staff health and wellbeing initiatives across the Group.
- We continue to work closely with Sarah McCormack, Barry McGinn and all our colleagues in the national division to deliver the HI framework.

Action 3: Empowering People and Communities

Care Programmes

- The Group continues to deliver the reformed clinical programmes, integrated care programmes and self care support programmes across our hospitals.

Patient Advocate Liaison Service (PALS) at GUH

- The PALS service continues to grow year on year with 535 Individual issues dealt with in 2016. This is an increase of 25% in PALS enquiries in 2016 compared to 2015.
- PALS service also works in an equal capacity to proactively improve patient experience within GUH. As the PALS service develops, the patient experience agenda is central to the service. As such PALS are involved in many projects that have the potential to improve overall patient experience such as:
 - The development of an ED informational video.
 - Personal care packs now in place in ED for patients who attend without belongings and are for hospital admission (sponsored by Cairde). These include a toothbrush & paste, comb, eye mask, shampoo, non-slip socks and ear plugs.
 - T-shirts now available for patients whose clothes are blood stained/ torn etc. (sponsored by Cairde).
 - *#hellomynameis* programme launched in December.
 - Uniform recognition work completed as part of the *#hellomynameis* project, with posters generated for all ward areas of staff uniforms (joint project with the ARTS trust).

- Patient experience conference held in April 2016.
- Launch of the Butterfly scheme.
- Health Literacy committee work.
- Schwartz rounds organisation.

PALS division of time approx:	Approx percentage of time spent
Giving factual info	5%
Resolving problems	40%
Supporting users who wish to make a formal complaint	5%
Brining about cultural/ strategic change in the organisation	50%

- PALS have been in place in the UHG ED Dept. since October of 2014. The PALS role is now well established in the Department.
- PALS is involved in information giving to patients who are in the waiting room and those within the department also- answering questions, giving information about what to expect from their visit, highlighting emerging problems to ED staff and assisting with flow.
- A PALS Coordinator typically visits the waiting room at least twice a day- morning and afternoon when possible.

Feature: Diabetes management at GUH

- World Diabetes Day was held on the 14th November 2016. The GUH Diabetes team and community partners organised a range of community and patient educational events.
- A number of other patient education events took place during the year and 456 patients attended these events.
- 80 people participated in a cycle for diabetes event on October 2nd 2016.
- A public and patient involvement panel (PPI) of young adults living with type 1 diabetes helped to co-design and co-research a new approach to delivering care for this cohort of patients.





The picture from the West of Ireland Integrated Diabetes Care Conference shows;

1. Cameron Keighron and Ciara Duffy co-facilitating a plenary session with Prof. Dinneen and Prof. O'Brien
2. Members of the Young Adult Research Panel-In conjunction with Jigsaw and HRB

World COPD Day

- The Respiratory Team in GUH hosted a 'Health Check-in' for members of the public on World COPD Day on 16th Nov 2016. Over 60 patients were screened for COPD and received advice, education and support from the CNS's and Physiotherapists on COPD, nutrition and inhalers.
- The Smoking Cessation Service in UHG also provided information on stopping smoking. The day was run in conjunction COPD Support Ireland. A member of the patient support group was available on the day to provide information.



Information day held on World No Smoking Day (31st of May, 2016) at the UHG main reception area. Picture of the World COPD Day team (L-R: David Murray, Claddagh COPD Support Group, Colette Walsh, Stop Smoking Service, Niki Byrne, Helen Mulryan, Donna Langan, Respiratory Nurses, Niamh Duignan, Respiratory Physiotherapist and Barry Walsh, Lung Function Lab).



COPD Awareness Day at Mayo University Hospital, Claudia Oliveira, Erica Burke and Deirdre Garvin

Butterfly Scheme Launch

- Galway University Hospitals and Saolta University Health Care Group, in collaboration with the founder of the Butterfly Scheme, Barbara Hodkinson, officially launched the 'Butterfly Scheme' in Galway University Hospitals on Wednesday 21st September 2016.
- The Butterfly Scheme allows people with temporary confusion, memory loss and dementia to make this fact clear to hospital staff and provides staff with practical training to offer a simple, five-point, targeted response to meet patient needs.
- At-a-glance, discreet, identification via a Butterfly symbol is available for hospital patients who wish to participate. UK research has demonstrated that patients who choose to use this symbol receive more effective and appropriate care while in hospital. Jointly overseen by the HSE Health and Wellbeing Division, this model of care supports the maintenance of important social and community ties between patient, family members and healthcare teams in acute settings.

Butterfly Scheme Launch, Pictured L:R - Orla Shiel, Occupational Therapist; Chris Kane GM; Barbara Hodkinson, Butterfly Scheme founder; Julie Nohilly, Acting DON; Janet Britt, Butterfly Scheme; Dr Ronan O'Caoimh, Consultant Geriatrician and Ellen Wiseman, PALS officer.



World Physiotherapy Day

- World Physiotherapy Day was held on 8th September 2016. The day was an opportunity for staff in GUH to raise awareness about the crucial contribution the profession makes to keeping people well, mobile and independent.



Pictured in photos include physiotherapists Niamh O'Malley and Eoghan O'Regan.

Men's Health Awareness

- A multidisciplinary team of healthcare professionals delivered an information evening to 100 Galway men living with prostate cancer. The support delivered on the night allowed men to better understand the impact of living with prostate cancer and how to cope with some of the side effects that they might be experiencing.



Ger O'Boyle RANP Radiation Oncology, Fionnuala Creighton Daffodil Centre, Terese Kelly CNS, Thomas Samuel, Physiotherapist,

Rachel Dalton CNS RAPC, Mary Rogan GP, Pamela Normoyle, Healthy Ireland



Mayo Travellers Support Group Representation with donation from Castlerea Prisoners Men's Shed December 2016, for Paediatric Outpatients.

Tidy Towns

- Merlin Park hospital grounds were successful in achieving first prize in Galway Tidy Towns Garden Competition.



Merlin Park Tidy Towns Award

Staff recreation areas at SUH

- The importance of creating a supportive environment for staff was reflected in the installation of external seating areas. Staff were provided with space to reflect and relax. The seating areas were sponsored by local companies and SUH staff social club.



One of the five benches installed on SUH campus

Action 4.1: Health and Health Reform

Saolta Health and Wellbeing Training Plan

- The Saolta Health and Wellbeing Training plan was launched by the National Director of Health and Wellbeing, Dr. Stephanie O’Keefe in September 2016.
- The plan is the first of its kind in Ireland offering Saolta staff and patients a comprehensive directory of health and wellbeing services, training opportunities and resources.
- A huge number of staff across Saolta and CHO 1/2 contributed data for the plan for which we are grateful. The plan will be updated periodically to include national developments including MECC.
- The plan can be accessed at <http://www.saolta.ie/news/saolta-launches-first-staff-health-and-wellbeing-training-plan>.



Staff from the HSE National Health and Wellbeing Division with Greg Conlon, Saolta Health and Wellbeing Lead.

Action 4.2: Tobacco Control

- The Group has three Smoking Cessation Officers in total at GUH, SUH and LUH.
- 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.
- 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.

SUH

- At SUH, the hospital reviewed its smoke free campus policy and reinforced its message of treating tobacco as a health care issue thus ensuring that all patients are assessed and treated appropriately.
- Signage was revised throughout the campus and digital screens were introduced in the main foyer displaying the message of a smoke free campus.
- A brief intervention training programme was available to all staff. A total of 9 staff attended BI training in 2016.
- The hospital participated in the ENSH judging process for gold applicants.
- There were a number of awareness campaigns throughout the year including partnerships with local media/radio where *Operation Cessation* was launched. This involved members of the public aimed to begin the process of stopping smoking live on radio supported by smoking cessation co-ordinator and HI lead Pauline Kent.
- SUH dispensed 2086 nicotine patches/inhalers and the service saw 370 new referrals.

LUH

- LUH is planning to apply for the ENSH Gold Level Award in 2018 ensuring the highest standards in tobacco management.
- LUH received 320 new referrals to the smoking cessation service in 2016; 249 were engaged with treatment at one month follow up. All patients were seen by Elaine Robinson, smoking cessation co-ordinator.
- 126 RNP prescriptions were written for smoking cessation medication with 229 medications dispensed.
- A total of 1423 contacts/ appointments were made with an 80% attendance rate recorded.
- 30 staff attended BI training.

GUH

- GUH saw the appointment of a new smoking cessation officer, Colette Walsh, in 2016 and 267 patients received intense smoking cessation support. A total of 129 patients were smoke free at one month follow up.
- Over 5000 smoking cessation medications were dispensed in 2016.
- 25 staff attended brief intervention training.
- In addition the GUH service supported World COPD Day, World No Smoking Day and Men's Health Week.
- Presentations were delivered to over 50 healthcare staff and student doctors and nurses while smoking leaflets and policies were also updated.

Action 4.3: Nutrition/Obesity

Bariatric clinic

- Consultant Endocrinologist Dr. Francis Finucane offers consultations to support staff who would like to achieve a healthier weight. Staff can self refer via each hospital's occupational health department.

BMI event

- The Rehab & Heart Failure Service at PUH hosted a health promotion event for 70 staff who availed of the opportunity to have their Blood Pressure, Height, Weight & Body Mass Index (BMI) measured and receive some healthy eating and exercise tips and booklets.



Cardiac Nurses at the Health & Wellbeing Event at PUH

Nutrition and Hydration Features

Galway University Hospital's

- The Nutrition and Hydration Steering Committee met on a monthly basis. A Nutrition Screening Audit has been completed and a new Nutritional Screening Tool was developed to identify malnutrition in patients on admission to the hospital. The committee aims to improve patients' experience of hospital food by engaging with patients about variety and choice.
- The introduction of the "Red Tray Initiative" will also identify patients requiring help to eat and drink.
- A patient food satisfaction survey has been completed and an updated patient menu is in the planning stages.



*Hannah Kent and Chris Kane
launching 'protected mealtimes'*

Sligo University Hospital

- The hospital's oral nutrition steering group plans to introduce MUST- a malnutrition screening tool for inpatients in 2017.
- Other on-going initiatives include 'Over bed signage project', mealtimes matter project, dysphagia screening for stroke patients project, menu review to facilitate meal choice for all patients, MDT in service training on nutrition related issues and investigating the feasibility of introducing the Plate Pals initiative in SUH.
- The latter involves training volunteers to be mealtimes companions for patients and evidence demonstrates that particularly for dementia patients, having somebody sitting beside them to gently remind them to eat can be very helpful in optimising their meal intake.



*Nutrition and hydration week at
Mayo University Hospital*



*N&H week at MUH- Rachel Lenard
Speech and Language and Loretta
Bracken Aramark Manager.*

- Saolta is committed to implementing the HSE Healthier Vending Policy. We have 38 vending machines across the Group. 4/7 sites are in compliance with the policy. We aim to have the policy fully implemented by Q3 2017.

HSE Calorie Posting Policy

- Saolta became the first hospital Group to introduce the HSE calorie posting policy in 2015. Since then all breakfast items have been calorie posted across the Group while 5/7 sites have implemented the policy for lunch items. The project is due for completion in Q3 2017.
- 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 Health Promotion and Improvement, HSE West.

Feature: calorie posting experience at Sligo University Hospital

- SUH began their journey rolling out Calorie Posting in October 2015 and introduced a 6 phase plan to complete this process across all food and beverages in the staff canteen/coffee dock. The group met on a weekly basis to develop and complete the project. Calorie content, exercise requirements and comparables in addition to healthy swap and saves of the available food options throughout the hospital were developed by members of the group.
- Plasma screens were implemented in key areas throughout the catering department in addition to extensive signage.
- An audit was carried out post introduction of calorie posting. Increased sales in healthier options and a reduction in the sale of higher calorie choices proved the calorie posting initiative has been successful thus far. A follow up audit is scheduled for 2017.



Staff at Sligo University Hospital promoting the HSE Calorie Posting initiative

Happy Heart Award

- PUH achieved the highest standard of the Happy Heart Healthy Eating Award which is the Gold Level. This involved a serious amount of work and is an ongoing process. One of the main criteria is 3 chip free days per week- no mean feat!



Catering Staff in PUH achieved the highest standard of the Happy Heart Healthy Eating Award which is the Gold Level

Action 4.4: Physical Activity

HOSPITAL WALKS

- The workplace has been highlighted as a key environment for Health Promotion, hence the launch of www.hospitalwalks.com. This initiative was set up to support staff, patients and visitors to incorporate “exercise breaks” into their daily routine. The website, which was designed and developed by Health Promotion & Improvement and Saolta University Health Care Group aims to highlight both internal and external accessible walking routes on hospital sites across the Group.
- The website clearly 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.
- Culture night in Merlin Park University Hospital hosted the official launch of the hospital walks website. The walks in Merlin Park were named after central figures in the hospitals history (e.g.) Dr. Noel Brown, Dr. Norman White, The Waithmans, Dr. Hitchcock and Dr. Kneafsey. These initiatives have positively impacted on the number of staff members that participate in physical activity in their working day.



UHG launch: Paul Gillen and Pamela Normoyle



Merlin launch



RUH launch



Sligo staff out for a stroll

Operation Transformation

- The HSE Operation Transformation 'Love Life, Love Walking' day took place on February 14th 2017. Saolta/CHO 2 were overall winners of the event with a minimum 225 Saolta staff participating. The walks were led by a number of 'walking champions' across the group.
- The event led to 56 staff at UHG signing up to twice weekly organised walks, sharing of health receipts and motivational support.



PUH Staff who took part in the "Love Life Love Walking" Campaign



UHG theatre Staff



Staff at Mayo University Hospital participating in a lunch time 5k in conjunction with Mayo Sports Partnership

Letterkenny University Hospital Sports and Social Club

- Current membership of 1500 members, up from 200 members in 1995.
- A wide range of activities for staff such as Pilates, walking programmes, kids summer camp, Operation Transformation events, canoeing , languages and art classes, trips abroad.
- Plans to host theatre and show events, the ploughing championships and the Bloom Festival.
- 5% of the annual contribution donated to three local charities.

Smarter travel Step Challenge Winners in GUH

- Over 150 staff members, many working in teams, signed up to participate in the 2016 4 week step challenge, in association with Smarter Travel Workplaces and The National Transport Authority. The step challenge start date coincided with the launch of the updated walking routes on both hospital sites, www.hospitalwalks.com
- Participating staff were delighted to receive safety equipment, walking maps and a pedometer to record their daily step count. Some teams were lucky enough to win goodie bags, based on their overall teams step count. Many staff members continue to engage with the walks after the challenge finished.



Picture 1: Overall winners – Team Cirque de Sore Legs, Anne Sloyan, Noel Shaughnessy and Laura Connolly- Theatre, GUH.



Picture 2: Best Desk Based Team- “Finger Pricking Chicks” Caroline Delargy, Mary Clare O’Hara, Aoife Ryan and Pamela Normoyle.



Picture 3: Siobhan Hamilton, National Transport Authority, Pamela Normoyle, Winner of “Best Co-ordinator” Award Nationally, Sinead Flavin, Smarter Travel Workplaces.

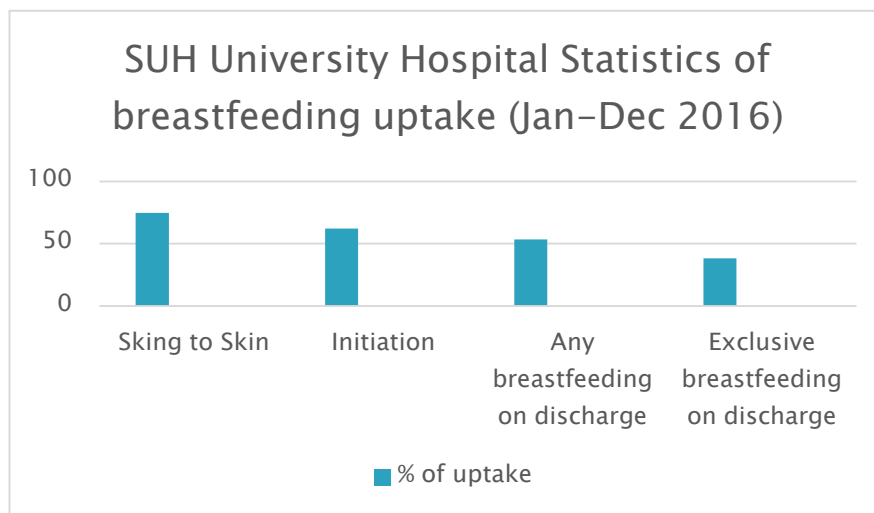
Action 4.6 Brief Interventions and Motivational Interviewing

- Brief intervention training was offered to staff across the group in the areas of smoking cessation and alcohol. Over 75 staff attended training across the group.
- Motivational interviewing helps staff develop skills to interact with patients in a way that can facilitate behaviour change for a wide range of areas including alcohol and tobacco intake and weight management.
- Four sessions were offered to staff in the past year and a total of 50 staff attended.

Action 4.7: Breastfeeding

Feature: Sligo University Hospital

- A number of initiatives occurred throughout 2016 in relation to promoting breastfeeding with Sligo University Hospital's new mums.
- The 7th Quintessence Breastfeeding challenge, occurred on the first day of National Breastfeeding week, and was well attended by mothers, babies and toddlers. Transition year students from local schools attended an interactive breastfeeding workshop which was facilitated by HSE lactation consultants/midwives.
- National Breastfeeding week occurred on the 1st to the 7th of October, with the HSE promoting the campaign slogan 'Every Breastfeed makes a Difference'. The week saw several events in the Hospital and Community promoting and supporting breastfeeding.
- The new HSE Breastfeeding Facebook page was launched to provide a community base for mothers, in addition to a Breastfeeding Preparation Class and a Breastfeeding Clinic.



1. *Event held in conjunction with national breastfeeding week*
2. *Twin babies are happy having been breastfed*

Breastfeeding Awareness Week at GUH

- “Every breastfeed counts” was the message for National Breastfeeding Awareness week. Claire Cellarius and Deirdre Naughton were on hand to deliver information on the benefits of breastfeeding, WHO recommendations, global impact of breast feeding and busting the myths of breast feeding.
- Mums and dads of the future were also targeted by providing education for transition year students from 3 local schools. Evaluation and feedback from the students was very positive.



Mayo: Breastfeeding Awareness Week Oct 2016, TY Education session on breastfeeding awareness for male and female students



Mayo: Frances Burke, CMM2, and Maura McKenna, Clinical Nurse Specialist, promoting education for parents during pregnancy.

Action 4.8: Health Protection

Flu vaccine uptake

- The data presented below are provisional as of February 2017 and are based on figures provided by the Occupational Health Department.
- The HSE advises that all HCWs receive the seasonal influenza vaccination each year. The recommended national uptake target is 40%. Achieving a high uptake of influenza vaccination among HCWs is recognised as a vital infection control intervention and occupational health issue.
- The vaccine reduces the risk of influenza transmission between patients and HCWs with the potential for severe disease in patients and staff.
- For the current flu season, the Group recorded an overall increase of over 50% in its uptake of the vaccine (16% in 2015/16 to 25% in 2016/17. Portiuncula Hospital again had the highest uptake at 33% which meets the national target.
- The vaccine uptake varied by HSE staff category with the highest value reported among 'medical and dental' professionals and the lowest among 'other patient and client care staff'.
- A new initiative introduced this season was the introduction of the peer vaccinator programme. Nurses volunteered to take part in a training programme run by CNME and subsequently ran flu vaccination clinics in their hospitals in conjunction with the existing Occupational Health Departments.
- Galway, Portiuncula, Roscommon and Mayo University Hospitals participated in the programme. The peer vaccinator's contribution to the flu vaccine campaign was invaluable and we look forward to building on their success.

Percentage of staff vaccinated by Peer Vaccinators

Hospital	% HCWs vaccinated by peer vaccinators
Galway University Hospitals	14%
Roscommon University Hospital	47%
Mayo University Hospital	23%
Portiuncula University Hospital	45%
Sligo University Hospital	No peer vaccinators
Letterkenny University Hospital	No peer vaccinators

Total % Uptake Flu Vaccine, by Hospital and Staff Category

2015-2016 (vaccinated by occupational health personnel only)

2016-2017 (vaccinated by occupational health and Peer vaccinators in participating hospitals)

Percentage Uptake by Hospital	Medical/Dental	Nursing	Health and Social Care	General Support	Management and Admin
GUH 14% to 24%	21% to 45%	9% to 27%	18% to 28%	38% to 28%	15% to 20%
PUH 22% to 33%	71% to 72%	10% to 19%	38% to 58%	24% to 38%	18% to 19%
RUH 11% to 30%	5% to 50%	12% to 22%	15% to 50%	14% to 25%	5% to 23%
MUH 13% to 20%	40% to 61%	6% to 13%	14% to 32%	37% to 25%	8% to 10%
SUH 18% to 24%	41% to 47%	9% to 15%	35% to 35%	20% to 20%	13% to 20%
LUH 14% to 24%	65% to 67%	5% to 18%	21% to 31%	10% to 14%	13% to 23%

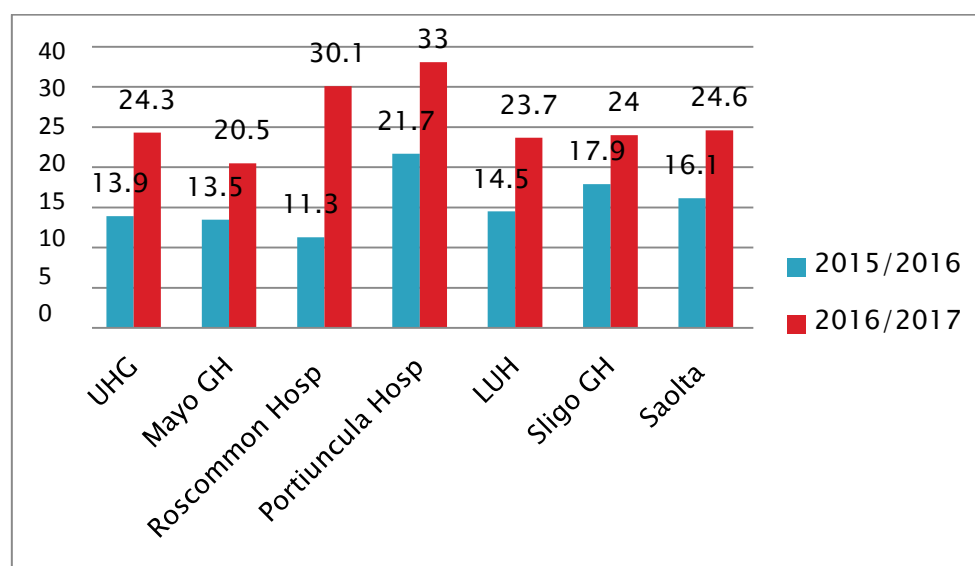


Figure 1.0 HCW Influenza Vaccine % Uptake by Hospital 2015-2016 vs. 2016-2017*
(*Data provisional as of February 2017)

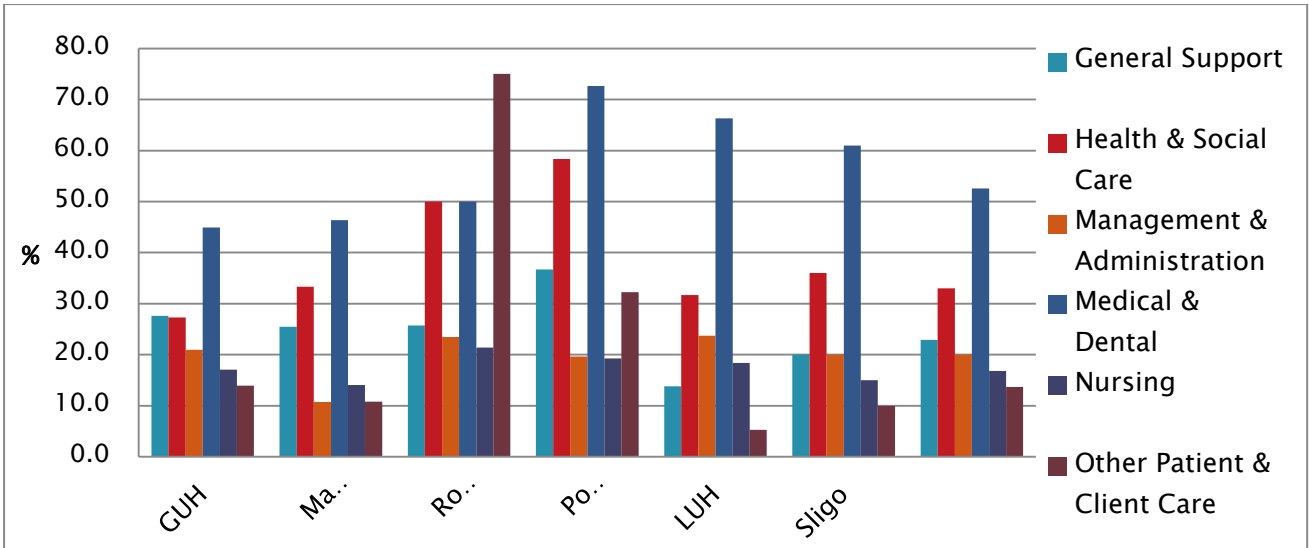


Figure 1.1 HCW Influenza Vaccine Uptake by Hospital & Staff Category, 2016/2017*
 (* Data Provisional as of February 2017)



1. Saolta and Public Health staff with Connacht Rugby promoting the flu vaccine.
2. Peer Vaccinators and hospital management at RUH supporting the launch of Seasonal flu vaccine for HCWs.
3. Andrea McGrail I/Director of Nursing and Carmel O'Neil winning the first of the Flu vaccine campaign tablets at MUH.

Sexual health promotion

- Saolta published a Transgender Equality Policy for staff within the Healthcare Group.
- Saolta promoted sexual health promotion training for staff across the Group.

Action 4.9: Positive Mental Health

Arts

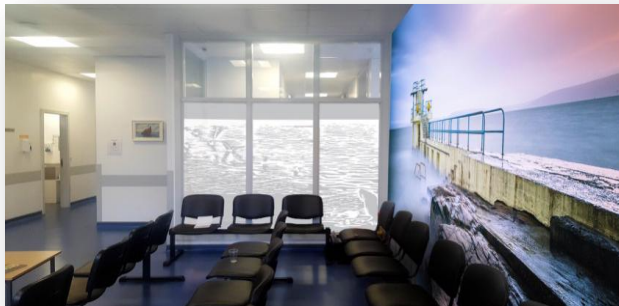
- Galway University Hospitals Arts Trust continues to deliver innovative initiatives across GUH and is extending its programmes to other hospitals within Saolta. For details of all Arts programmes, please contact Margaret Flannery, Arts Trust Director, margaret.flannery@hse.ie

National Poetry Day

- In 2016 National Poetry Day was celebrated throughout the hospital group with patients receiving a Menu of Poems titled Soul Food on their meal tray.

Passages

- 'Passages' is a Saolta-wide staff arts initiative introducing art workshops and art installations to seven hospitals - celebrating journeys of the imagination and on foot.
- 'Passages' was funded through the HSE staff health and wellbeing initiative and additional funding was provided by the Local Authority Arts Offices.
- Saolta staff were invited to go for a walk and submit photos and words from their travels.
- A number of photos and thoughts were considered and used as imagery now incorporated into several areas across our hospitals. These include quiet spaces for reflection, waiting rooms, stairwells, and public thoroughfares.



Clinic at UHG

Corridor at Merlin Park



Staff art workshops

- Art workshops were completed in the UHG and MPUH sites in 2016. Workshops in the other sites will take place in the first half of 2017. Feedback from staff who participated so far:
- *“I found it so relaxing and the time flew by, with some chat and laughter. I feel I have developed a new set of skills - now looking at everything thinking how I would paint it! It has also increased my confidence as I will not be nervous about trying anything new”.*
- *“I absolutely loved the art classes. Best thing I have done in a long, long time and a fantastic idea by the HSE”.*
- *“I thoroughly enjoyed my classes and would love to continue as it brought an element of relaxation and fun to my life in what was a particularly stressful time”.*



Patient Art Classes: Haemodialysis at Merlin Park

- Programmed according to demand, art workshops are currently offered on a weekly basis to patients on 3 of 4 patient cycles. The art workshops offer transformative experiences during the long hours of being dialyzed. Those participating find a more productive use of their time, engaged in a way that distracts from worries and *“makes time fly”*.
- *“For me, it’s the psychological benefit to the patients that makes the art so important. It does so much for them. For the whole unit. It’s incredible. You can’t write about that. You can’t measure it. What the artist can draw out from people who never even thought about doing art before is wonderful.”* Staff.
- *“He would be like a child at Christmas waiting for Santa sometimes, waiting for you to come in with pictures of birds for him. We’d all be in the waiting room and four, five, six nurses would pass and to every one of them he’d say, “Have you seen (the artist)?” Talking about birds was what was keeping him alive. Not the dialysis.”* Participant.
- *“I want to thank you so much for your beautiful email, we are all so honoured that mom’s work is on display, We are all really looking forward to seeing her work, I would be honoured anytime ye would mention mom’s name, it would mean to us that she is still remembered.”* Relative.

TIME – by Finbar247

- TIME – the installation which marked Mental Health Week 2015 was a huge success and in 2016, displayed prints of the work in Merlin Park University Hospital and Roscommon University Hospital. There was also an opportunity for staff in the hospitals to meet the artist at an artist talk, as well as talks on health and fitness. A magazine was also disseminated throughout the hospitals and on the streets of Galway.



Roscommon University Hospital Arts

- Roscommon University Hospital launched the RUH Arts Committee under the Healthy Ireland umbrella in December 2016 after several successful arts initiatives throughout the year. These included the inaugural arts exhibition Head in the Hedgerows by County Roscommon based artist Hugh Barr, Time by Finbar 247, poetry on meal trays for National Poetry Day, a play Midwife of a Nation for Bealtaine, and an exhibition by the Mote Park Artists Group.



Art exhibition at RUH



Letterkenny University Hospital Arts Committee and Art @work HSE Create-a-Link Exhibition

Mindfulness

- An 8 week Mindfulness programme was delivered to staff at Sligo University Hospital. Those who participated noted and reported a significant increase in their abilities to handle stress and deal with stressful situations, which had a positive impact not only in the workplace but also in their personal lives. A report is due to be completed on the outcomes of the programme.
- A study has been accepted for publication in the National Institute for Health Science journal and was accepted for presentation at the World Mental Health Conference in March 2017.



Photos from the Mindfulness Retreat Day to Quarryfield

Stress Control Programme

- In 2016, Saolta, in partnership with the Department of Health Promotion and Improvement, HSE West, made a commitment to expand the mental health supports available to staff by bringing the Stress Control Programme to the Group.
- Stress control is an evidence based six week programme that teaches participants to 'become their own therapist'.
- A stress control committee was established, comprising staff from Saolta, HP & I and HSE community psychology. A plan was made and timelines proposed to achieve the ambitious goal of introducing stress control to the hospital group. It was agreed to seek and train multiple Saolta staff to become stress control trainers to build capacity for the delivery of the programme. The programme would be offered to staff and extended to service users and their families.
- A train the trainers programme was offered to Saolta staff. Over 50 applications were received and screened and following an interview process, 16 staff were trained across the Group. Trainers invested significant personal time in developing their learning and presentation skills for the programme.
- To date seven courses have taken place across the Group. Attendance has been steady, averaging 20 participants per group. MUH recorded the highest attendance at a session with 48 attendees.
- An independent evaluation is underway in partnership with NUI Galway and this will be available in Q3 2017.



Saolta Stress Control Trainers with Stress Control founder Dr. Jim Whyte

Saolta Choirs

- The HSE staff health and wellbeing initiative supported the development of choirs across the Group.
- Established under the Healthy Ireland banner, the Sligo University Hospital choir has gone from strength to strength, with a number of key performances from the group including local theatre.
- University Hospital Galway choir have performed at a number of events throughout 2016 and raise funds for local charities. In 2016 with the support of the Health and Wellbeing funding allocation they produced their first CD. They have performed twice in the foyer this year and on the wards for patients.
- At the end of 2016 Merlin Park University Hospital Choir was established with the help of the Health and wellbeing Funding and has since commenced.



Staff from PUH participated in the Health Voices Choir, two songs were recorded for Christmas

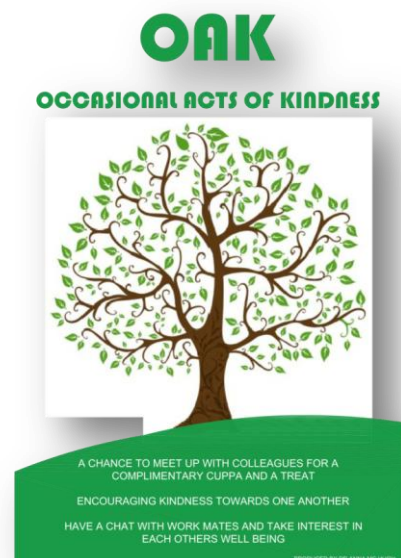


Staff from SUH Performing

Schwartz Rounds

- The Schwartz rounds were introduced in GUH in January 2016.
- These are tightly structured, monthly meetings for multi-professional groups of staff.
- 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 700 staff members have attended these rounds and the feedback from staff members is very positive.
- The Schwartz Rounds panels are truly multidisciplinary and all of the stories have really demonstrated the commitment of staff to caring for our patients.

Feature: Letterkenny University Hospital: Beating Burn Out - Being Kind



Occasional Act of Kindness at LUH

- “OAK” – Occasional Act of Kindness initiative was launched at LUH in 2016. Staff simply checked in, asked how colleagues were coping and took an active interest in each other’s lives. The aim was to boost collegiality, support one another in the work place and to encourage occasional acts of kindness to one another when stressed.
- Feedback via a survey was overwhelmingly positive.

<i>Staff engagement scale</i>	<i>Agree/Strongly Agree</i>
Boosts Collegiality and Strengthens relationships at work	97%
Would make me more likely to take the initiative to help a colleague if they were struggling	90%
Boosts my energy at work	80%
Increases my mental resilience at work	83%
Enhances my enthusiasm at work	90%
Helps me persevere, even if things are not going well	87%
Helps me to continue working even for long period of time	63%
Helps to instill a sense of pride in the work place	84%
Boosts overall morale at work	93%

Action 5: Research and Evidence

Flu Research

- As part of the National Health and Wellbeing funding to support improvement of flu vaccine uptake in HCWs, the HSE Public Health Department West are currently researching the attitudes of Nurses in relation to the flu vaccine.
- The project's overarching goal is to identify, tailor and evaluate a multilevel, evidence-based intervention (EBI) to increase flu vaccine uptake among healthcare staff— a priority topic identified by HSE, Healthy Ireland and WHO TipFlu.
- Previous research shows the greatest barrier to the uptake of the flu vaccine is the individuals own assessment of their 'at risk' status while the strongest predictor of vaccine uptake is a strong belief in its effectiveness. In addition to this, research has shown that if a healthcare worker (HCW) receives the flu vaccine once they are more likely to avail of it again the following year – thereby sustaining the intervention. Additionally, there is an appetite for greater clarity of information, especially more statistical evidence.
- This research piece is at its conclusion phase and results will be available for circulation in the coming months. This information will be used to inform the Saolta 2017/2018 flu vaccine plan for HCWs.

Smoking cessation in pregnancy: an observational study

- Sligo University Hospital partnered with Mental Health Ireland on this paper published in Clinical Health Promotion, 5 (2), 2015.
- The study found that brief intervention in the antenatal setting can achieve smoking cessation referral rates of about one third of smokers.

Stress Control Programme evaluation

- Saolta is partnering with NUI Galway to evaluate the programme and will have results available in Q3 2017.

Physical activity and sedentary behaviour

- This research carried out by RUH stroke nurse Maura Lawless, aims to evaluate the effects of the hospital walks initiative on staff. Results available in Q3 2017.

Body Mass Index Recording

- A healthy BMI is an important benchmark for good health and in preventing future illness. Recording a patient's weight is also a fundamental part of any nutrition screening tool as well as other investigations that arise as part of a person's treatment, including accurate drug dosage, monitoring of oedema and screening for profiling beds.
- As such Saolta carried out a number of pilot BMI audits across the group to ascertain a sample of the current practice of this important health indicator.
- Data was collated at RUH, SUH and MPUH by Saolta staff and AIT students.
- There were marked differences in the recording of weight data in nursing, nutritional screening and drug kardex documents.
- One in two patients had their weight documented in some form across the three hospitals.
- Only one in five patients had weight documented in their drug kardex.
- Access to weighing scales, time of admission and staffing resources all impact on the ability to record weight data.

Weight documented	MPUH (n=19)	RUH (n=42)	SUH (n=178)	Average
Nursing notes	37%	95%	24%	52%
Nutritional screening	26%	92%	82%	66%
Drug kardex	21%	22%	24%	22%
Average	28%	70%	43%	47%

Applying Mixed Method Research to Investigate the Impact of a Mindfulness (MBSR) Training Programme on Employees working in an Acute Hospital Setting

- This research, published in the National Institute of Health Sciences Research Bulletin, 7 (4), 2017, was carried out by SUH.
- Evaluations found that over 50% of attendees at mindfulness "strongly agreed" that the training was effective in enhancing stress management. From the focus group

- participants reported that they felt they were better able to manage stress and reflected on how mindful they have become discussing how important it is to be mindful.
- Participants highlighted how this programme had a positive impact on their work and home life stating that it has made them more productive.
 - Participants stated that they would recommend the course with the overall consensus that the programme and follow-up should be introduced into the HSE calendar of staff initiatives.

Action 6: Monitoring, Reporting and Evaluation

Key Performance Indicators (KPI's)

- KPI's are outlined in Appendix two on page 60. Commentary in relation to these KPI's is featured under the actions mentioned in this report.

Implementation plan- overview of actions

Completed actions

- 1.1: Establishment of HI steering group
- 1.3 Identify HI leads in each hospital site
- 1.4 Develop site specific HI implementation plans
- 1.5 Produce an annual health and wellbeing progress report
- 2.2: Publication of county health profiles
- 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
- 4.7.3 Undertake staff review of CMS lactation posts
- 4.7.5 Develop breastfeeding training plan in sites
- 7.2 Prioritise and implement 3 key actions in the plan

Ongoing actions

- 1.2 Incorporate relevant HI information into existing group staff engagement process
- 2.1 Further develop partnership working
- 3.1 Implement the reformed clinical programmes and new integrated care programmes
- 3.3 Implement self care programmes for patients
- 4.2.3 Routinely screen all patients for tobacco use
- 4.2.5 Provide routine smoking cessation support to patients
- 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
- 4.4.1 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
- 4.7.1 Promote and increase breastfeeding rates
- 4.7.2 Participate in baby friendly hospital initiative
- 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
- 7.1 Develop a steering group to liaise with the national sustainability office
- 7.3 Review evidence in relation to sustainable health strategies
- 8.1 Continue to implement QIP's for HIQA standards

Incomplete actions

- 4.2.1 Identify tobacco leads in each site
- 4.2.2 Fully implement the tobacco free campus policy in line with ENSH standards
- 4.3.1 Introduce routine BMI recording for patients
- 4.3.2 Improve the recording of obesity in medical records and HIPE
- 4.3.5 Introduce evidence based nutrition assessment for all high risk patients
- 4.5.2 Complete appointment of alcohol/substance misuse liaison post in GUH
- 4.6.2 Expand number of undergraduate training programmes with BI training

2017 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 and collaboration opportunities across the group with key external stakeholders such as NUIG, Smarter Travel, Croi, etc
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	4.3.4 Implement the HSE Healthy Vending Policy and HSE Calorie Posting Policy
7	4.4.1 Active travel
8	4.4.2 Implement National Physical Activity Plan recommendations for staff
9	4.8.4 Increase influenza vaccination rates in clinical staff
10	4.9.1 Promote awareness of supports available & information on positive mental health, stress, addiction and other mental health issues for staff
11	4.9.2 Expand mindfulness & stress management training for staff
12	5. Research and evidence
13	6.2 KPIs and other measurement tools to be developed to support implementation of the plan
14	7.1 Develop a local steering group to liaise with the national sustainability office
15	7.3 Review evidence into sustainable health strategies
16	8.1 Continue to implement quality improvement plans to improve health and wellbeing standards as outlined in the National standards for Safer Better Healthcare

Action 7: Development of a Sustainable Health Service

- We aim to maintain and monitor our activity levels from 2016 in the coming year as part of our commitment to delivering a sustainable health service.
- We will continue to advocate and use our allocated budgets effectively and only approve value for money purchases.
- We are engaging with the National Sustainability Office to work in partnership in developing and maintaining initiatives to reduce waste, conserve water and electricity among other initiatives.

Action 8: HIQA Standards

- We continue to implement and monitor HIQA health and wellbeing standards through the provision of our HI implementation plan, KPI's and analysis of same.

Healthy Ireland Local Committee Report: Galway University Hospital

Summary of HI activity & outcomes

HI Actions	Outcomes
3.0 Health Literacy	<ul style="list-style-type: none"> - Health literacy committee established. - All written communications/ Health promotion leaflets are NALA approved. - Health Literacy Policy completed. - Guiding tool established using the European Clear Communication Index. - Research proposal on effect of low health literacy on preparation for colonoscopies.
3.2 Implement Self Care Programmes	<ul style="list-style-type: none"> - Referrals to cardiac rehabilitation programmes in Merlin Park. - COPD clinics in line with national framework. - Type1 and Type2 Diabetes Adult Education sessions. - Prostate Cancer Information evenings.
3.3 Patient Advocate Liaison Service	<ul style="list-style-type: none"> - Provision of general information to patients and families. - Inaugural launch of butterfly scheme, with the aim to improve patient experience of clients with dementia in acute hospital settings.
4.2 Tobacco	<ul style="list-style-type: none"> - .5 WTE post in place. - 6 Smoke Free Campus Committee meetings. - 270 referrals to service and a range of other initiatives.
4.3.3 Nutritional Standards	<ul style="list-style-type: none"> - Patient menus reviewed in line with policy on food and nutritional care in hospitals. - New patients menus established and awaiting approval for implementation.
4.3.4 Calorie Posting	<ul style="list-style-type: none"> - HSE Calorie Posting implemented in UHG, with improvements in menu choice and healthier cooking methods.
4.3.4 Vending	<ul style="list-style-type: none"> - HSE Healthier Vending Policy will be implemented.
4.3.5 Nutrition Assessment	<ul style="list-style-type: none"> - Nutrition Screen tool implemented on identified wards, with view to expand to all wards in 2017. - Protected mealtimes implemented. - Red Tray initiative continues.
4.4 Active travel	<ul style="list-style-type: none"> - www.hospitalwalks.com launched on both sites. - Interactive website and printed walking maps within and around both hospital sites. - 120 staff participated in smarter travel pedometer challenge. - Pamela Normoyle awarded smarter travel co-ordinator prize. - 3 bike workshops held. - Negotiations with NTA and hospital management to improve cycle facilities on site for all bike users. -
4.7 Breastfeeding	<ul style="list-style-type: none"> - .5WTE post in place. Annual Report for 2016 submitted to national BFHI office.

4.8 Health Protection	<ul style="list-style-type: none"> - The Promotion of the Flu vaccine remains a priority. - 5 Peer Vaccinators trained. - Uptake Rates improved overall in 2016 however significant progress needs to be made to reach 40%.
4.9 Positive Mental Health	<ul style="list-style-type: none"> - 7 Stress Control facilitators trained in GUH. - Lunchtime mindfulness sessions every Monday, Wednesday and Friday. 300 staff members have availed of this initiative. - Training courses in Coping Skills for Stress delivered. - Worked with groups of staff at ward/depart level. - Training course delivered to managers on the Prevention and Management of Stress in the Workplace Policy.

Challenges

- Variety of staff engagement in Healthy Ireland activities which is both a highlight and a challenge, as it is difficult to coordinate agreed actions as set out by the committee.

Plan for Healthy Ireland @Galway University hospital in 2017

HI Action	Planned Activity	Expected Outcomes	Responsibility
1.0 Governance	5 committee meetings.	Active participation by committee members.	Chair: Chris Kane. Coordinator: Pamela Normoyle.
3.0 Health Literacy	Updating of written letters and leaflets. Saoilta and NUI Galway undertaking research on poor health outcomes based on low literacy.	Impact of changes monitored through patient satisfaction surveys and DNAs at clinics. Improved patient outcomes in relation to pilot research on colonoscopy patients.	Olive Gallagher.
4.2 Tobacco	Smoke Free Campus Policy update. Uniform compliance. Intensive smoking cessation support service. Health promotion awareness days.	Improvement in compliance with Tobacco Free Campus Policy. Increase in patients and staff receiving intensive cessation support.	Colette Walsh, Smoking Cessation Advisor. Geoff Ginnetty, Services Manager.
4.3.1 BMI Recording	Improve recording of patient weight on all inpatient and outpatient encounters.	Audit on patient weights in all wards. Pilot initiative in "The Shannon Ward"- Aim is 100%	Hannah Kent, Practice development coordinator.

		compliance with recording patient weights.	
4.3.4 Calorie Posting	Completion of project in MPUH.	All staff and visitor menus in GUH and MPUH display calorie information.	Mary Killeen-MPUH.
4.3.5 Nutrition Assessment	Expansion of Nutritional Screening Tool for all inpatient and outpatient encounters.	Annual increase in the number of assessments carried out.	Nutrition and Hydration Committee.
4.4 Active Travel	Implement Physical Activity Policy Actions. Update cycle facilities. Pedometer challenge. Promotion of walking maps.	Greater use of alternative modes of transport by staff on their journey to work/ at work.	Coordinator: Pamela Normoyle. Services Manager: Geoff Ginnetty.
4.7 Breastfeeding	Progress BFHI action plan for 2017.	Maintain and increase breastfeeding rates.	BFHI committee Coordinator: Claire Cellarius.
4.8 Health Protection	Increase number of peer vaccinators. Flu vaccine sub-committee. Research on attitudes to flu vaccine.	Increase flu vaccine rates amongst HCWs.	Saolta flu vaccine committee. Occupational Health.

Healthy Ireland Local Committee Report: Letterkenny University Hospital

Summary of HI activity & outcomes

HI Actions	Outcomes
1.0 Governance	<ul style="list-style-type: none"> - 6 Committee meetings. - 4 subgroups.
4.2 Tobacco Control	<ul style="list-style-type: none"> - Planning phase commenced for ENSH Gold Level Award in 2018. - 320 new referrals; 249 were engaged with treatment at one month follow up. - 126 RNP prescriptions written/ 229 medications dispensed. - 1423 contacts/ appointments were made; 80% attendance rate recorded. - 30 staff attended BI training.
Action 4.4 Physical Activity	<p>In partnership with Sports & Social Club:</p> <ul style="list-style-type: none"> - Pilates - Yoga - Salsa - Walking - Operation Transformation - Reduced Gym Membership - Ski Trip - Water Aerobics - Aqua Pump - Aqua Spinning - Hospital Walks- maps completed awaiting signage to advertise walks.
4.7.1 Breastfeeding	<ul style="list-style-type: none"> - Breastfeeding. - Breastfeeding Forum continuing to protect, promote and support breastfeeding in Donegal. - Action plan for 3 years. - Public display of breastfeeding rates in maternity ward. - Volunteer project with volunteers from La Leche visiting and assisting mothers with breastfeeding in maternity ward.
Action 4.9 Positive Mental Health	<ul style="list-style-type: none"> - Masterclass “Manage your life by managing your mind”, 60 staff attended. - OAK Occasional Act of kindness x 2 sessions large attendance at both sessions. - Hospital Choir: funding received for purchase of key board and conductors stand. - Stress Control continues, funded and organised by Donegal Mind Wellness

Plan for Healthy Ireland @Letterkenny University hospital in 2017

HI Action	Planned Activity	Expected Outcomes	Responsibility
1.0 Governance	5 committee meetings. Sub Committee meetings. Mapping Exercise. Mapping HI Activity in LUH with Clinical Care Programmes.	Active participation by committee members. Active participation by members. Mapping of activity and reporting to HI Committee, management committees and Saolta.	Chair: Anne Drake. Coordinator: Mary Kelly. Shane Neary, Manager Clinical Care Programmes.
3.0 Health Literacy	Editorial Sub Group edits all new patient information leaflets. NALA Workshop to be held in LUH 2017.	Ensure all consumer health information produced at LUH will be appropriate, have good quality content, and be well presented and user friendly.	Marie Coyle, Nurse Practice Development. Mary Kelly, HI.
4.2 Tobacco	Complete new ENSH Audit. TFCPWG meets 3/4 times. IPMS AUDIT- Tobacco status. HIPE Project- Tobacco Dependence Treatment (TDT). Nursing Care Plan for TDT Launch. SC CNS Referral Report. TDT- Pharmacotherapy use report. Continue Intensive Tobacco Cessation Service and RNP. Tobacco Cessation Interventions- Education and Training.	Identify areas for key actions. Group meet at least 3 times. Report on IPMS. Increase in ICD- 10 recording. Increase Nurse TCIs and treat TU as care issue. Referral process review. Identify level of use quarterly/ annual. Increase number of people treated – improved outcomes. Increase Recording of TU and TCIs- Doctor/Nurse/Allied HP. Improve integration of TDT into Clinical Programmes.	TFCPWG. TFCPWG. SC CNS/RNP. HIPE, SC CNS/RNP. NMPDU, SC CNS/RNP. Systems, SC CNS/RNP. Pharmacy, SC CNS/RNP. SC CNS/RNP. CNME, Medical Academy, SC CNS/RNP.
4.3.4	Completion of project in LUH.	All staff and visitor menus.	Catering.

Calorie Posting.		Display calorie information.	Managers; Mark Duffy, Peter Byrne.
4.3.5 Nutrition assessment.	MUST Screening Tool implemented on all wards. Red Tray Initiative continues.	Annual increase in the number of assessments carried out.	Sharon Patton, Dietetic Manager.
4.4 Physical activity.	Work in partnership with Sports and Social club in promoting increased physical activity. Group project LUH Walking Routes.	Percentage of staff participating in physical activity.	Liam Price, Sports and Social Club. Mary Kelly HI
4.7 Breastfeeding	Progress BFHI action plan for 2017. Training of Breastfeeding volunteers for Pilot Project supporting mothers in hospital. Pilot volunteer Project to commence April 2017. Staff breastfeeding training plan.	Maintain and increase breastfeeding rates.	BFHI committee. Coordinator; Donegal Breastfeeding forum.
4.8 Health Protection.	Flu vaccine LUH committee.	Increase flu vaccine rates amongst HCWs.	LUH Flu vaccine committee. Saolta flu vaccine committee. Occupational Health.

Healthy Ireland Local Committee Report: Mayo University Hospital

Summary of HI activity & outcomes

HI Actions	Outcomes
4.2 Tobacco	<ul style="list-style-type: none"> - Tobacco free campus group reconvened in June 2016 has met bi monthly since. - Entrance signage ordered, awaiting delivery. - Pharmacy leads engaged to deliver NRT KPI. - 1 staff member completed the 2 day smoking cessation training. - Thrice weekly spot check of highlighted site areas, using this as an opportunity to offer intervention (QUIT cards) to people regarding smoking cessation. - Brief intervention one day training attended by staff.
4.3 Nutrition and Hydration	<ul style="list-style-type: none"> - Steering group established. - Protected mealtimes on one ward and nutritious snacks rolled out to all wards. - MUST Training commenced in 2016 and MUST implemented. - Nutrition Road Show: An entire day of events promoting good nutrition for all the hospital, including staff and patients. The morning event focused on healthy lifestyles. Promoting staff to have lunch together, hydration, healthy meetings and Fit4 Work programmes. This was presented by the Dietetics, Physiotherapy Departments and Nursing staff and was extremely well attended by both staff and visitors. The afternoon event focused on the provision of optimal nutrition for all patients whether oral, enteral or parenteral. This event showcased the multi-disciplinary team approach to nutrition and the projects currently underway in the hospital. - Promoted Nutrition and hydration week. Modified meal tasters' quizzes and information chats with the customers of the restaurant and staff. - MUH Restaurant lunched Healthy for Life Commitments.
4.4 Physical activity	<ul style="list-style-type: none"> - 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. - Staff involved in the Social Club and Fit4work availed of the following activities: <ul style="list-style-type: none"> Pilates Yoga Salsa Walking Bowling Paddling Orientation - Operation Transformation work challenge was promoted to staff - Reduced Gym Membership - MUH Developed walking routes around the hospital campus to support staff to achieve short bouts of physical activity in their working day. - Some staff also completed a lunch time 5k in December. - 1 staff member completed a workshop on walking /physical activity at work.

4.4.1 Active Travel	<ul style="list-style-type: none"> - MUH completed the smarter travel workplaces surveys in 2015 and engaged around the future plans in this initiative.
4.7.1 Breastfeeding	<ul style="list-style-type: none"> - Breast feeding rates increasing (see KPI's). - We offer a range of breastfeeding services for patients.
4.8 Health Protection	<ul style="list-style-type: none"> - Flu vaccine campaign continued. - Information stands for Bowel Cancer, Ovarian Cancer, Breast Cancer and COPD, Antibiotic Awareness Day, Hand Hygiene. - Midwife completed a 10 day Foundation Programme in Sexual Health Promotion. This programme has been evaluated by the department of Midwifery TCD.
4.9 Positive Mental Health	<ul style="list-style-type: none"> - Calendar of meetings agreed for 2016. - Employee support services are offered to staff. - Little thing poster for positive mental health displayed in OPD. - Mindfulness course for staff in CNME. - Re-establishment of Arts Committee at MUH. - Staff choir event for staff, patients and visitors, Christmas 2016. - Active Hospital social club which was founded in 1970. In 2016 staff and newly retired staff partook in trips away, BBQ, bowling nights and a team building day in Lough Lannagh with Stand-up Paddling and orienting. - Staff Engagement facilitated by HMT. - Promotion of the national care line for all HSE staff in need of emotional support.

Challenges

- Limited resources to successfully implement a broad range of Healthy Ireland activities.
- Staff challenges in taking on HI actions in addition to their existing workload

Plan for Healthy Ireland @MUH Hospital in 2017

HI Action	Planned Activity	Expected Outcomes	Responsibility
1.0 Governance	7 meetings to be held.	Active participation by committee members.	Lucy Martindale, Assistant General Manager.
4.2 Tobacco	<p>Identify Smoking Cessation personnel.</p> <p>Establish Smoking cessation session using in-house staff for an afternoon twice a month.</p> <p>Continue to implement the Tobacco Free Campus Initiative.</p> <p>Assess the site using ENSH audit.</p>	Greater awareness and support for staff and patient who want to stop smoking.	Lucy Martindale, Assistant General Manager.

	<p>Display of new signage.</p> <p>Staff participation in Brief Intervention Training programme.</p> <p>Quarterly reporting on uptake of NRT.</p>		Pharmacy lead.
4.3 Nutrition	<p>Audit of patient weight documentation and practice.</p> <p>Audit of MUST.</p>	Increase compliance with weighing patients and completing MUST.	Dietitian and Nursing Departments.
4.4 Physical Activity	<p>Promote lunch time 5 km run.</p> <p>Promotion of organised physical activity events in the community.</p> <p>Increase percentage of staff participating in Fit4life.</p> <p>Pedometer challenge in association with smarter travel and the National Transport Authority.</p> <p>Promote MUH walking routes.</p> <p>Partake in Operation Transformation.</p> <p>Display information regarding physical activity on new notice boards.</p>	Increase percentage of staff participating in lunch time walks and physical activity arrange by Fit4Life.	<p>Aileen Shaw, Runagh Burke and Thelma Birrane.</p> <p>All Staff.</p>
4.7 Breastfeeding	<p>We are members of Baby Friendly Hospitals Initiative, plan to be accredited.</p> <p>Have Breastfeeding action plan for 1 year and 3 years developed.</p> <p>Breast feeding Partnership training, have staff complete training.</p>	To increase the rate of breastfeeding at MUH from 51% to 80%.	Andrea Mc Grail.
4.8 Health protection	<p>Flu vaccine- Training more “flu vaccinators” as per HSE flu vaccine policy.</p> <p>Continues to promote the uptake of Flu vaccine for staff.</p>	Increase of flu vaccination rates in Clinical staff.	<p>Saolta Flu vaccine committee.</p> <p>Occupational Health.</p> <p>All heads of departments.</p>

<p>4.9 Positive Mental Health</p>	<p>Arts workshops- Display of staff paintings.</p> <p>Stress Management/Employee support.</p> <p>Choir- Build on existing membership.</p> <p>Health and Wellbeing Awareness days.</p>	<p>Staff participation in Art workshops and display of staff art projects.</p> <p>Support Saolta Stress Control programme in 2017. Promote and support uptake of organised stress management supports for staff.</p> <p>Choir will perform at more events.</p> <p>Facilitate health and wellbeing days as outlined in HSE Health and Wellbeing calendar 2017.</p>	<p>Margaret Flannery, Arts Director Saolta.</p> <p>Saolta Stress control trainers and Hi committee.</p> <p>Choir Coordinators.</p> <p>HI Committee.</p>
---	---	---	---

Portiuncula University Hospital
Summary of HI activity & outcomes

HI Actions	Outcomes
4.2 Tobacco	<ul style="list-style-type: none"> - 1 staff member completed the 2 day smoking cessation training.
4.3 Nutrition and Hydration	<ul style="list-style-type: none"> - Established a Steering group and Sub-Group group. - Implemented Protected meal times and review of patient meals. - A PUH Staff Wellbeing Event was organised by the Dietitians and Nursing staff from Cardiac Rehab & Heart Failure Service at Portiuncula. This Health Promotion event hosted for staff where approx. 70 staff attended to avail of the opportunity to have their Blood Pressure, Height, Weight & Body Mass Index (BMI) measured and receive some healthy eating and exercise tips and booklets. - PUH achieved the highest standard of the Happy Heart Healthy Eating Award which is the Gold Level. This involved a serious amount of work and is an ongoing process. One of the main criteria is 3 chip free days per week. - Calorie Posting has commenced in the Staff Dining Room for Breakfast, Lunch and Tea Menus.
4.4 Physical activity	<ul style="list-style-type: none"> - Staff from PUH attended the “Fit for Life” programme over the year which offers people the opportunity to walk, jog or run 5k after their working day. This class took place twice a week on Monday and Thursday evening at 5pm. - Registration for a <i>Portiuncula Fit For Life Operation Transformation</i> group was facilitated for staff, with over 20 staff signing up to a “Fitness” or “Weight Loss” goal, and were encouraged to follow an 8 week exercise and nutrition plan of a Leader on Operation Transformation. Staff were offered the opportunity of a weekly weigh-in for their own personal record. - As part of the “Love Life Love Walking” initiative, a Valentines walk was organised in PUH. The walk took place at lunchtime for thirty minutes on the state of the art athletics track in Dunlo Recreation Park. In total 35 members of staff attended and were treated afterwards to a healthy lunch provided by PUH Catering Department. - Staff involved in the PUH Social Club availed of reduced gym membership. - PUH developed walking routes around the hospital campus to support staff to achieve short bouts of physical activity during their working day. - All staff were informed of a Pedometer App to download on their Smart Phones to promote awareness in relation to how many steps a day they should be taking.
4.7.1 Breastfeeding	<ul style="list-style-type: none"> - Training and education is ongoing. - Breastfeeding KPI’s: Skin to Skin, Breastfeeding initiation, Breastfeeding on discharge. (See KPI’s). - Awarded Baby Friendly Hospital status in 2016. - We offer a range of breastfeeding services for patients including a support group.
4.8 Health Protection	<ul style="list-style-type: none"> - Active Flu Vaccine Campaign continued. - Peer vaccinators were identified and training was provided. - PUH reached our target of 40% uptake from the actual number vaccinated. - Two Samsung Galway Tablets were raffled for staff who took part in the

	<p>campaign.</p> <ul style="list-style-type: none"> - Information stands for Bowel Cancer, Ovarian Cancer, Breast Cancer and COPD, Antibiotic Awareness Day, Hand Hygiene.
4.9 Positive Mental Health	<ul style="list-style-type: none"> - Interpersonal Effectiveness & Resilience Training programme took place for PUH staff in October 2016. - Guided Meditation Programme takes place every week in the Hospital. Chapel at 1pm for twenty minutes. This programme offers participants the opportunity to step out of their day and take some quiet time to reflect. - CBAS Training and feedback sessions ongoing. - Distribution of posters to staff within the hospital & on notice boards. - Employee support services are offered to staff. - Staff from PUH participated in the Health Voices Choir; two songs were recorded for Christmas. "Carol of the Bells" and "He ain't Heavy, He's My Brother". The recordings were available on iTunes. Proceeds from the sales of the songs went to Pieta House. - PUH Staff Choir performed in all Wards in the hospital singing Christmas carols, with choir Practice taking place every week. - PUH staff choir received funding through Healthy Ireland which allowed us to purchase a piano. - The Occupational Therapy Department launched their Occupational Therapy Information Leaflet on 26th October 2016. The primary goal of occupational therapy is to enable people of all ages to participate in the activities of everyday life. - The hospital displays Art Work/photography in three different areas within the hospitals.

Challenges

- Limited resources to successfully implement a broad range of Healthy Ireland activities.
- Staff challenges in taking on HI actions in addition to their existing workload.

Plan for Healthy Ireland @Portiuncula University Hospital in 2017

HI Action	Planned Activity	Expected Outcomes	Responsibility
1.0 Governance	9 Meetings to be held every 6 weeks.	Active participation by committee members.	James Keane, Chairperson & General Manager.
4.2 Tobacco	Continue to implement the Tobacco Free Campus Initiative. Identify more Staff participation in Brief Intervention Training programme.	Greater awareness and support for staff and patient who want to stop smoking.	James Keane

<p>4.3 Nutrition</p>	<p>Continue staff awareness in relation to calorie posting.</p> <p>Undertake an audit of protected mealtimes for patients.</p> <p>Happy Heart Achievement Gold Award.</p>	<p>Greater awareness of healthy eating and healthier choices.</p>	<p>Nutrition and Hydration Committee Members.</p>
<p>4.3.4 Vending Policy</p>	<p>To implement full compliance of “Better Choice Options” in the vending machines to meet the criteria for calories/fat/sugar/salt.</p> <p>Aramark to provide written details of each product to be stocked in the machines and keep this information up to date as new products emerge on the market and are to introduce into the vending machines.</p> <p>Aramark to provide quarterly reports demonstrating compliance with the National Policy.</p>	<p>To provide healthier choice of products to patient and staff.</p>	<p>Aramark Manager.</p> <p>Dietitian.</p>
<p>4.4 Physical Activity</p>	<p>To Promote “Fit for Life” campaign two sessions per week at 5pm and one session during lunch in the running track.</p> <p>To increase percentage of staff participating.</p> <p>Walk or Step Challenge in association with the Irish Heart Foundation.</p> <p>Promote Step counters for iPhone.</p> <p>To promote PUH walking routes.</p> <p>Partake in “Fit for Life Operation Transformation Challenge”.</p> <p>Display information regarding</p>	<p>Increase percentage of staff participating in “Fit for Life” and to introduce a lunch time walks/jog to accommodate all staff to participate.</p>	<p>Sandra Brandon, Emer Griffin.</p> <p>All Staff.</p>

	physical activity on new notice boards.		
4.7 Breastfeeding	<p>Continue to meet the Breastfeeding standards as set out by National Baby Friendly Hospitals.</p> <p>Achieving higher rates of breastfeeding at initiation at birth and discharge.</p>	Increase current rates.	CMS Lactation & Maternity Staff.
4.8 Health protection	<p>To Promote the Flu Vaccine Campaign.</p> <p>Traveller Forum – membership consists of local traveller representatives, the HSE, Health support workers for Travellers and Senior Midwifery Staff.</p> <p>Continues to promote the uptake of Flu vaccine for staff.</p> <p>Training more “Peer Vaccinators” as per HSE flu vaccine policy.</p> <p>Information stands for Cancer, COPD, Antibiotic Awareness & Hand Hygiene.</p>	<p>Increase of flu vaccination rates in Nursing staff.</p> <p>To enhance the communication, targeted health promotion, education and a two way mechanism of communication which will benefit all stakeholders between maternity services in PUH and the local traveller community. This is a key step for the Hospital to improve consumer feedback and engagement within the hospital.</p>	<p>Occupational Health.</p> <p>All Heads of Departments.</p> <p>Traveller Representatives, HSE Staff, Health Support workers for Travellers and Senior Midwifery Staff.</p>
4.9 Positive Mental Health	<p>Art Classes to be available for staff.</p> <p>Continuation of the Guided Meditation Sessions which take place every week.</p> <p>Saolta Stress Control Programme to take place in June 2017.</p> <p>Staff Choir to continue.</p>	<p>Staff participation in Art class and display of staff art.</p> <p>Support staff to de-stress and take time out to meditate.</p> <p>Promote and support uptake of organised stress management supports for staff.</p> <p>Choir will perform at more events in the hospital.</p> <p>To recognise staff who have</p>	<p>Margaret Flannery, Arts Director, Saolta.</p> <p>Caroline Rocke.</p> <p>Niamh Brennan.</p> <p>HI Committee.</p> <p>Choir Members.</p>

	Re-start the Long Service Awards in 2017.	been working in Portiuncula for many number of years and in appreciation of their work.	James Keane, GM.
--	---	---	------------------

Roscommon University Hospital
Summary of 2016 HI activity & outcomes

HI Actions	Outcomes
3.2 Self care programmes	<ul style="list-style-type: none"> - Increase in patient referrals to chronic disease management teams. - Cardiac Rehabilitation. - Stroke support group. - COPD team. - Type1 and Type2 Diabetes Mellitus management.
4.3.1 Nutritional Screening	<ul style="list-style-type: none"> - Nutrition screen assessment on all in-patient encounters. - 95% compliance based on routine audits.
4.3.3 Nutrition Standards	<ul style="list-style-type: none"> - Patient menus reviewed and updated as per guidelines for preventing under nutrition in acute hospitals.
4.3.4 Vending Policy	<ul style="list-style-type: none"> - HSE Healthier Vending Policy implemented.
4.3.5 Nutrition Assessment	<ul style="list-style-type: none"> - Malnutrition screening tool “MUST” incorporated into Nursing Assessment Documentation.
4.4.1 Physical Activity	<ul style="list-style-type: none"> - Operation Transformation walking club established with up to 20 staff members meeting twice weekly. - Pedometer Challenge- 40 staff members signed up to 4 week step challenge. - Mapping of accessible hospital walks within and around the hospital.
4.8 Health Protection	<ul style="list-style-type: none"> - Promotion of flu vaccine for HCWs remains a priority. - 3 Peer Vaccinators trained to deliver vaccine in hospital setting. - ‘Busting the Myths’ flu vaccine education sessions. - Weekly flu vaccine clinics provided during flu season. - Participation in flu vaccine research “Nurses Attitudes and Flu vaccine”.

Challenges

- 2 committee meetings.
- Limited resources to successfully implement the broad range of Healthy Ireland activities.

Plan for Healthy Ireland @Roscommon University Hospital in 2017

HI Action	Planned Activity	Expected Outcomes	Responsibility
1.0 Governance	4 committee meetings.	Active participation by committee members.	Chair: Tina Vaughan/Ursula Morgan. Coordinator: Pamela Normoyle.
4.3 Nutrition	Calorie posting policy as per National Guidelines. Nutritional Screening on all inpatient encounters. Audit on quality of hospital food for patients as per policy document. “Happy Heart” initiative for staff canteen in association with the Irish Heart Foundation.	Calorie posting initiative in place in place in staff canteen. All patients will receive nutritional screening on admission to hospital. Patient Food choices meet existing HIQA guidelines. Making the healthier food choice the easier food choice in the staff canteen.	Patricia Rogers Nutrition Hydration Committee. Nutrition Hydration Committee. Patricia Rogers- Catering Manager.
4.4 Physical Activity	Official Launch of hospital walks website and printed walking maps. Pedometer Challenge in association with Smarter Travel/ NTA. Promotion of organised physical activity events in the organisation and the community. Research to evaluate effectiveness of hospital walks initiative.	Increase in the number of staff members participating in physical activity. Staff availing of this supportive physical activity initiative. Awareness of Health Promotion events. Shared learning within the group and nationally.	Pamela Normoyle/Mary Connell/Tina Vaughan. Maura Lawless.
4.8 Health Protection	Increase uptake of flu vaccine amongst HCWs.	Increase in uptake rates in 2017.	Ursula Morgan/ Pamela Normoyle.
4.9 Positive Mental Health	Mindfulness sessions for managers and staff. Stress Control Programme Health and Wellbeing Awareness Days.	6 week mindfulness course Delivery of 2 programmes. Promotion of National Care line for all HSE.	Stress Control Team. HI Committee.

Sligo University Hospital

Summary of HI actions 2016 and outcomes

HI Actions	Outcomes
3.2 Implement Self Care Programmes	<ul style="list-style-type: none"> - Referrals to cardiac rehabilitation, pulmonary rehab, MEDX, smoking cessation programmes. - COPD clinics in line with national framework. - Type1 and Type2 Diabetes Adult Education sessions, reviewing strategies to address pre diabetic patients with diabetic CNS. - Men's health events. - MEDX programme ongoing.
4.2 Tobacco	<ul style="list-style-type: none"> - 1 WTE post in place. - 6 Smoke Free Campus Committee meetings. - Open day events x 2. - Media both paper, radio and TV medium. - Developed online smoking cessation training module for practice nurses. - Involved in working group progressing MECC training module. - Brief intervention training one per quarter plus 2 sessions at undergraduate level.
4.3.3 Nutritional Standards	<ul style="list-style-type: none"> - Patient menus reviewed in line with policy on food and nutritional care in hospitals. - New patient menus established.
4.3.4 Calorie Posting	<ul style="list-style-type: none"> - Calorie posting complete. - Pre and post audit complete.
4.3.4 Vending Policy	<ul style="list-style-type: none"> - HSE Healthier Vending Policy implemented.
4.4 Active travel	<ul style="list-style-type: none"> - Identified walking routes for staff same available on website. - Cycle shelters x 2.
4.3.5 Nutrition Assessment	<ul style="list-style-type: none"> - MUST tool implemented. - Protected mealtimes implemented. - Menus with photo image completed.
4.7 Breastfeeding	<ul style="list-style-type: none"> - National Breastfeeding week occurred on the 1st to the 7th of October, with the HSE promoting the campaign slogan 'Every Breastfeed makes a Difference'.
4.8 Health Protection	<ul style="list-style-type: none"> - The Promotion of the Flu vaccine remains a priority. - Uptake Rates improved overall in 2016 (24%) however significant progress needs to be made to reach 40%.
4.9 Positive Mental Health	<ul style="list-style-type: none"> - Mindfulness programme. - Stress management training for staff. - Stress Control being introduced.

Challenges

- The main challenge is TIME. It is very challenging to get time that suits all and this can lead to a lot of discontent among certain categories of staff who feel they are excluded because of times selected to run programmes.
- A key challenge locally is that there is no designated space to run programmes for staff. We have staff willing to provide classes free for their colleagues but the lack of a room/ space is proving a major barrier (a location has been identified but it requires funding).
- It can be challenging for HI leads and working group to plan/coordinate/facilitate programmes and initiatives while also meeting demands of primary role.

Plan for Healthy Ireland @Sligo University hospital in 2017

HI Action	Planned Activity	Expected Outcomes	Responsibility
1.0 Governance	6 committee meetings.	Active participation by committee members.	Chair: Pauline Kent. Co-chair: Domhnall Mc Loughlin.
4.2 Tobacco	Smoke Free Campus and exemption Policy updated.	Ongoing monitoring and audit of Tobacco Free Campus Policy. Smoking cessation programme available to all. Increase in communication through signage and plasma screens. Increase in presentation to doctors re roles and responsibility in SFC policy.	P. Kent & SFC committee.
4.3.3 Nutritional Standards	Improve recording of patient weight on all inpatient and outpatient encounters.	MUST screening tool introduced. BMI all patients.	A. Lawlor. Dietetics manager.
4.3.5 Nutrition Assessment	Expansion of Nutritional Screening Tool for all inpatient and outpatient encounters.	MUST screening tool.	Nutrition and Hydration Committee.
4.4 Active Travel	Physical activity working group established.	Increase in staff participation in been active.	LHIG.

	Scheduled walks for staff. SUH physical activity survey completed.		
4.7 Breastfeeding	Progress BFHI action plan for 2017.	Maintain and increase breastfeeding rates.	C .Moriarity & Liz Martin.
4.8 Health Protection	Increase number of peer vaccinators. Flu vaccine sub-committee.	Increase flu vaccine rates amongst HCWs.	Flu vaccine committee.

The Healthy Ireland teams

Saolta Healthy Ireland Steering Group

Prof. Margaret Barry, Professor of Health Promotion and Public Health, NUI Galway
Dr. Melissa Canny, Consultant in Public Health Medicine, HSE West
Mr. Greg Conlon, Group Health and Wellbeing Lead, Saolta
Ms. Ann Cosgrove, Chief Operations Officer, Saolta
Ms. Janet Gaynor, Functional Manager, Health Promotion and Improvement, HSE West
Mr. Martin Greaney, Head of Health and Wellbeing, CHO 2
Mr. Shane Keane, Principal Environmental Health Officer, HSE West
Ms. Jean Kelly, Acting Chief Director of Nursing and Midwifery, Saolta
Ms. Sarah McCormack, National Programme Lead, Healthy Ireland, HSE
Mr. Barry McGinn, Head of Planning, Performance & Programme Management, Health and Wellbeing Division, HSE
Ms. Laura McHugh, Health Promotion Officer, Health Promotion and Improvement, HSE West
Mr. Maurice Mulcahy, Principal Environmental Health Officer, HSE West
Dr. Emer O'Connell, Consultant in Public Health Medicine, HSE West
Dr. Diarmuid O'Donovan, Director of Public Health, HSE West
Ms. Cara O'Neill, Head of Health and Wellbeing, CHO 1
Mr. John Shaughnessy, Group Director of Human Resources, Saolta
Dr. Jane Sixsmith, Health Promotion Research Centre Director, NUI Galway

Saolta Healthy Ireland Implementation Group

Dr. Melissa Canny, Consultant in Public Health Medicine, HSE West
Mr. Greg Conlon, Group Lead Health and Wellbeing, Saolta
Ms. Caroline Conway, Nurse Practice Development Co-ordinator, Mayo University Hospital
Ms. Anne Drake, Director of Nursing, Letterkenny University Hospital
Ms. Lucy Dowling, Employee Support Services, Saolta
Ms. Margaret Flannery, Arts Director, Galway University Hospital's Arts Trust
Ms. Mary Lane Heneghan, Patient Council representative
Ms. Chris Kane, General Manager, Galway University Hospital's
Mr. James Keane, General Manager, Portiuncula University Hospital
Ms. Jean Kelly, Acting Chief Director of Nursing and Midwifery, Saolta
Ms. Mary Kelly, Health Promotion Officer, Letterkenny University Hospital
Ms. Pauline Kent, Smoking Cessation/ Brief Intervention Co-ordinator, Sligo University Hospital
Ms. Lucy Martindale, Assistant General Manager, Mayo University Hospital
Ms. Laura McHugh, Health Promotion Officer, Health Promotion and Improvement, HSE West
Ms. Pamela Normoyle, Healthy Ireland Lead, Galway University Hospital
Ms. Lorna Quinn, ADON, Merlin Park University Hospital
Mr. John Shaughnessy, Group Director of Human Resources, Saolta
Ms. Tina Vaughan, Assistant Director of Nursing, Roscommon University Hospital
Ms. Ellen Wiseman, PALS Officer, Galway University Hospital

Galway University Hospitals (GUH)

Ms. Helen Cahill, Quality and Safety
Ms. Finnoula Creighton, Daffodil Centre
Ms. Rachel Dalton, CNS Prostate
Ms. Lucy Dowling, Employee Support Services
Dr. Francis Finnucane, Consultant Endocrinologist
Ms. Margaret Flannery, Arts Director
Ms. Olive Gallagher, PALS Officer
Mr. Geoff Ginnetty, Services Manager
Ms. Mary Hynes, Human Resources Manager
Ms. Chris Kane, General Manager
Ms. Hannah Kent, Nurse Practice Development Unit
Ms. Ruth Kilcawley, Dietitian
Ms. Orla McGrath, CNM2, Occupational Health Department
Ms. Laura McHugh, Health Promotion Officer
Ms. Eleanor McIntyre, CNM2 Chest Pain.
Ms. Deirdre Naughton, Midwifery Skills Facilitator
Ms. Julie Nohilly, Director of Nursing
Ms. Pamela Normoyle, Healthy Ireland Lead
Ms. Catherine OSullivan, HSCP Representative
Ms. Margaret O'Toole, Business Manager, MPUH
Ms. Lorna Quinn, ADON, MPUH
Ms. Colette Walsh, Smoking cessation advisor

Letterkenny University Hospital (LUH)

Ms. Cathy Barrett, ADON Infection Control
Mr. Peter Byrne, Facilities Manager
Ms. Catherine Cannon, Director CNME
Ms. Marie Coyle, NMPDU
Ms. Janet Doherty, Human Resources Manager
Mr. Liam Doherty, ADON ED, Surgical, ICU
Dr. Louise Doherty, Public Health Specialist
Dr. Anne Drake, Director of Nursing
Ms. Eileen Egan, Quality and Risk Department
Ms. Geraldine Hanley, BFHI/Antenatal Education
Ms. Mary Kelly, Health Promotion Officer
Ms. Clare McAleer, ADON Medical Directorate
Ms. Connie McGilloway, SATU Nurse Specialist
Mr. Sean Murphy, General Manager
Mr. Shane Neary, Project Manager, NCCP
Ms. Elizabeth Neely, Risk Manager
Ms. Noeleen O'Donnell, Consumer Affairs Officer
Ms. Sharon Patton, Dietitian Manager
Mr. Liam Price, Sports and Social Club
Ms. Elaine Robinson, Smoking Cessation Coordinator

Mr. Patrick Rooney, Assistant GM
Ms. Evelyn Smith, ADON Service Manager Women & Children's Service

Mayo University Hospital (MUH)

Ms. Thelma Birrane, Health Promotion Officer
Ms. Loretta Bracken, Aramark Manager
Ms. Runagh Burke, Staff Nurse/Midwife
Ms. Caroline Conway, Nurse Practice Development Co-Ordinator
Ms. Mary Dunne, Assistant Staff Officer
Mr. Peter Grealis, Portering services
Mr. Laurence Gaughan, Health and Wellbeing, CHO2
Dr. Regina Kirrane, Consultant in Public Health Medicine, HSE West
Ms. Lucy Martindale, Assistant General Manager
Ms. Karen McHale, Chair of Social Club
Ms. Fiona McHugh, Assistant General Manager
Ms. Marie Mahon, CNM 2 Occupational Health
Ms. Eibhlin Walsh, Head of Dietetics and Nutrition Department
Ms. Denise Roddy, Environmental Health Officer
Ms. Aileen Shaw, Physiotherapist

Portiuncula University Hospital (PUH)

Ms. Aine Booth, Administration Support
Ms. Sandra Brandon, Speech and Language Therapist
Ms. Niamh Brennan, Pastoral Care
Ms. Margaret Bulger, Household Services
Ms. Mairead Coyne, Catering Manager
Ms. Maura Darcy, Catering Department
Ms. Patricia Donoghue, Aramark
Ms. Fiona Finneran, Dietitian
Mr. Peter Finnerty, Portering services
Mr. Sean Flynn, Portering Services
Ms. Eimear Griffin, Physiotherapist
Ms. Marita Fogarty, Director of Nursing
Ms. Mary Keegan Hynes, ADON
Mr. James Keane, General Manager
Ms. Marcella Lohan, Staff Officer
Ms. Pauline McEvoy, HR Manager
Ms. Mary McMahan, Occupational Health Physician
Ms. Neasa Naughton, Occupational Health Nurse
Ms. Anne Shiel, Household Services

Roscommon University Hospital (RUH)

Ms. Aideen Banet, CNM, St. Bridget's Ward
Ms. Maura Lawless, Stroke and care of the elderly Specialist Nurse
Ms. Pamela Normoyle, Healthy Ireland Lead
Ms. Deirdre O'Reilly, Cardiac Rehab Nurse
Ms. Marie Doorly, Acting General Manager
Ms. Patricia Rogers, Catering Manager
Ms. Tina Vaughan, Assistant Director of Nursing

Sligo University Hospital (SUH)

Ms. Helen Clark, Librarian
Ms. Mary Harron, Eating Disorder Practitioner
Ms. Pauline Kent, Smoking Cessation & Brief Intervention Coordinator
Ms. Lorraine Kilroy, PA to General Manager
Ms. Annette Lalor, Dietitian Manager
Ms. Patricia Lee, Support Services Manager
Ms. Liz Martin, Health Promotion Officer, Health Promotion and Improvement, HSE West
Ms. Margaret McLoone, Public Health and Health Promotion Lecturer, Sligo IT
Ms. Grainne McCann, General Manager
Ms. Sandra McHugh, PA to Director of Nursing
Mr. Domhnall McLoughlin, Assistant General Manager
Ms. Catriona Moriarity, Midwife and Lactation Consultant
Ms. Mairin Rooney, Physiotherapy Manager
Ms. Marion Ryder, Director of Nursing

***This list is not exhaustive. Thanks to all staff for their participation and support.**



Appendix two: KPI's

GUH Health and Wellbeing KPI's 2016

Annual KPI - to BFHI		
1. Baby Friendly Initiative - Initiate Breastfeeding 4.7.1		
	Current	Future
Current Value	70%	>95%
Target: To monitor breastfeeding initiation rates	Trend: V previous month	
%	B/F on d/c	total babies d/c
	70%	
RAG: Green % (>95%) Amber % (>80-95%) Red % (<80%)		

Monthly KPI - recorded within SAOLTA		
2. Baby Friendly Initiative - Skin to Skin 4.7.1		
	Current	Future
Current Value	92.4%	>90%
Target: To improve Skin to Skin contact in line with national standards.	Trend V Previous Month	Last month: 91.30%
%	Skin to skin received	Total live births
	92.4%	
RAG: Green % (>90%) Amber % (70-90%) Red % (<80%)		

Annual KPI - recorded by HP&I		
5. Tobacco - Brief Intervention Training 4.2.6		
	Current	Future
Current Value	0	24
Target: To monitor attendance at BI Training for Smoking Cessation in line with national target set for GUH in 2016 (24)	Trend: V previous month	Last month:
%	No of staff attend training	Total training target in 2016
	0	24
RAG: Green % (>90% = n >22) Amber % (>40%- 90% = n 11 - 21) Red % (<40% = n <10)		

Annual KPI - to BFHI		
3. Baby Friendly Initiative- Exclusive Breastfeeding 4.7.1		
	Current	Future
Current Value	45.9%	>95%
Target: To monitor exclusive breastfeeding from birth to discharge	Trend: V previous month	
%	B/F on d/c	total babies d/c
	45.9%	
RAG: Green % (>95%) Amber % (>80-95%) Red % (<80%)		

Annual KPI - to BFHI		
4. Baby Friendly Initiative- Partial breastfeeding 4.7.1		
	Current	Future
Current Value	18%	>90%
Target: To monitor partial breastfeeding between birth and discharge rates	Trend V Previous Month	Last month: 91.30%
%		Total live births
	18%	
RAG: Green % (>90%) Amber % (70-90%) Red % (<80%)		

Annual KPI - recorded by HP&I		
5. Tobacco - Brief Intervention Training 4.2.6		
	Current	Future
Current Value	0	24
Target: To monitor attendance at BI Training for Smoking Cessation in line with national target set for GUH in 2016 (24)	Trend: V previous month	Last month:
%	No of staff attend training	Total training target in 2016
	0	24
RAG: Green % (>90% = n >22) Amber % (>40%- 90% = n 11 - 21) Red % (<40% = n <10)		

Monthly KPI- to HP&I		
6. Tobacco - Intensive Smoking Cessation Intervention 4.2.4		
Current Value	Current	Future
	0	120
Target: No. of smokers who receive intensive cessation support from a cessation counsellor in 2016 - commence in Q 3	Trend:	
%	Number of smokers receiving intervention	Total target for 2017
	267	120
RAG: Green % (> 90%; n = 108) Amber % > 60%- 90%; n = 73 - 107, Red % (< 60%; n = 72)		

Monthly KPI- to HP&I		
7. Tobacco - Quit @ 1 month 4.2.5		
Current Value	Current	Future
	0	60
Target: No. of smokers engaged in an intensive cessation support treatment programme quit at 1 month- commence in Q 3	Trend:	
%	Numbers quit @ 1 month	Total target for 2016
	129	60
RAG: Green % (> 90%; n = 54) Amber % (>60 - 90%; n = 36-53, Red % (<60%; n = 36)		

Monthly KPI- to HP&I		
Current Value	Current	Future
Target:	Trend:	
RAG: Green % Amber % Red %		

Quarterly KPI recorded in GUH		
8. Nicotine Replacement Therapy 4.2.5		
Current Value	Current	Future
Target: To monitor the dispensing of NRT	Trend:V previous quarter	Previous quarter
%	Number of NRT products dispensed	Target for dispensing in 2016 or per quarter
	5525	
RAG: Green % Amber % Red %		

Annual KPI - GUH		
9. Tobacco Free Campus 4.2.2		
Current Value	Current	Future
		100%
Target: To improve compliance with ENSH standards to maintain implementation of Tobacco Free	Trend:V previous year	
%	ENSH Audit score	Total ENSH Score
	not recorded	
RAG: Green % (>90%) Amber % (60-90%) Red % (<60%)		

Quarterly KPI - GUH		
10. Stress Management Training 4.9.2		
Current Value	Current	Future
	n/a	50 for 2016
Target: Monitor numbers of staff attending Stress management Training	Trend:	
%	Number of staff attend training	Total training target for 2016
RAG: Green % Amber % Red %		

2016 only - Quarterly KPI - GUH		
11. HSE Vending Policy 4.3.4		
	Current	Future
Current Value	In progress	Yes
Implement HSE vending policy	Trend:V previous quarter	Previous quarter
Status	In progress	
RAG: Green Yes; Amber In Progress; Red No		

2016 only - Quarterly KPI - GUH		
12. HSE Calorie Posting Policy 4.3.4		
	Current	Future
Current Value		100% by end of 2016
Target: To implement HSE calorie posting policy	Trend:V previous quarter	
Status	Complete	
RAG: Green Yes; Amber In Progress; Red No		

Annual KPI		
13. Influenza Vaccine 4.8.4		
	Current	Future
Current Value mid season Dec 16	24.30%	>40%
Target: High Level of staff uptake of Influenza vaccine, meeting national targets	Trend:	
%	24.30%	Total number of staff
RAG: Green % (.40%) Amber % (30-40%) Red % (<30%)		

Quarterly KPI - GUH		
14. Healthy Ireland Committee 1.4		
	Current	Future
Current Value	5	5 meetings in 2016
Target; The hospital has an active Tealthy Ireland group	Trend:V previous quarter	Previous quarter
Status	5	
RAG: Green = 5 Amber In Progress 3-4 Red < 2		
Low Risk		

Quarterly KPI - within Healthy ireland @SAOLTA		
15. Healthy Ireland WTE's 1.3		
	Current	Future
Current Value		
Target: Dedicated staff employed to work on implementing healthy ireland in GUH. (current WTE's; Healthy Ireland = 1, employe support = 1 (? Time allocation for Lornas role) , Smoking cessation .5 & BFHI = .5)	Trend:V previous quarter	
Status	3	
RAG: Green Amber Red		
Medium Risk		

Annual KPI		
13. Influenza Vaccine 4.8.4		
	Current	Future
Current Value mid season Dec 16	24.30%	>40%
Target: High Level of staff uptake of Influenza vaccine, meeting national targets	Trend:	
%	24.30%	Total number of staff
RAG: Green % (.40%) Amber % (30-40%) Red % (<30%)		
High Risk		

LUH Health and Wellbeing KPI's 2016

1. Breastfeeding 4.7.1		
	Current	Future
2016-52.1%		
Target: Annual increase in the % of mothers who initiate Breastfeeding	May-17	↑
May 2017 58.5%		

2. Breastfeeding 4.7.1		
	Current	Future
2016 43.2%		
		↑
May 2017 49.7%		

3. Breastfeeding 4.7.1		
	Current	Future
2016 36.6%		
Target: Annual increase in the % of mothers exclusively breastfeeding on discharge		↑
May 2017 37.8%		

Nutrition and obesity 4.3.4		
	Current	Future
Current Value		
Target: Implement the HSE Healthy Vending Policy and HSE Calorie Posting Policy		↑
Vending policy fully implemented Calorie posting orange in progress Awaiting staff appointments		

Nutrition and obesity 4.3.5		
	Current	Future
Current Value		
Target: Annual Increase in the number of assessments carried out		↑
MUST screening tool introduced for all inpatients		


Positive mental health 4.9.1		
	Current	Future
Current Value		
Target: Annual Increase in the number of staff availing of employee support service	Trend:	↑

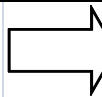
Positive mental health 4.9.2		
	Current	Future
Current Value		
Target: Annual increase in the number of staff attending mindfulness & stress management training		↑
Low Risk		

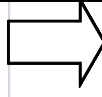
Positive mental health 4.9.2		
	Current	Future
Current Value		
Target:	Trend:	
Medium Risk		

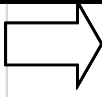
Positive mental health 4.9.2		
	Current	Future
Current Value		
Target:	Trend:	
High Risk		

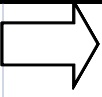
LUH Health and Wellbeing KPI's 2016

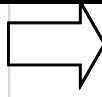
Tobacco control 4.2.2		
	Current	Future
Current Value		Gold
Target: Achieve 'Gold' standard compliance with ENSH standards Trend: ENSH Silver Award since 2001, agreement from TFCWG to apply for Gold process in 2018. Annual Self-Audit completed- 2015= 158/168 2016= 164/168 New audit tool for 2017- Standards reduced to 8- max score 144-	Yes, TFCP in place, ENSH Silver Award	
Amber		

Tobacco control 4.2.2		
	Current	Future
Current Value		
Target: 100% compliance with National Tobacco Free Campus audit measures. Audit completed May 2016. Trend: Standard 5.0: Tobacco Control 5.1: MHC 1.1,1.2 5.2: FC 5.3: FC 5.4: FC 5.5: MHC- 1.1, 1.2 Criteria: FC = FULLY COMPLIANT, MHC = MORE THAN HALF		
RAG: % Amber % Red %		

Tobacco control 4.2.3		
	Current	Future
Current Value		
Target: Annual increase in the % of HIPE records which include smoking status Trend: Yes, Assessment included in Nursing and Medical. admission assessments, these are currently being updated. Query included on IPMS on Nursing Screen. Audit of IPMS recording in Q4, 2016- 300 records reviewed- 70.3% were completed. HIPE project- starting Q1 2017- 5 ICD-10 codes agreed with HIPE.		
Green		

Tobacco control 4.2.4		
	Current	Future
Current Value	320	
Target: Annual increase in the % of smokers who receive brief intervention Trend: Reduced referrals of 320 (370- 2015) to LUH, SCS in 2016. 1423 (1461-2015) appointments/ contacts were made- 1140 appointments were attended- 80%.		
Amber 320		

Tobacco control 4.2.5		
	Current	Future
Current Value		
Target: Annual increase in the % of clients who are prescribed Nicotine Replacement Therapy (NRT) / Pharmacotherapies. Trend: 229 (201- 2015) TDT RNP prescriptions were written. Pharmacy Dept. Chief Pharmacist agreed data collection for 2017.		
Green 229		




Tobacco control 4.2.5		
	Current	Future
Current Value	9	
Target: Annual increase in the numbers of smokers engaged in an intensive cessation support treatment programme quit at 1 month. Trend: Minor changes, 249 (255-2015) new patients were reviewed by CNS/RNP in 2016; Consistent Quit Rate: 98% (98%-2015) quit at 4/52		
Green 98% QUIT		





Tobacco control 4.2.6														
	Current	Future												
Current Value	30													
Target: Annual increase in the number of staff trained in BI for tobacco cessation Trend: Target 10. Trend: 3 courses completed, 30 attendees total (LUH 17, CHO 12, MH 1)														
Green target surpassed														

MUH Health and Wellbeing KPI's 2016

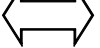

1. Nutrition and obesity 4.3.4			2. Nutrition and obesity 4.3.5			3. Positive mental health 4.9.1		
Current Value	Current	Future	Current Value	Current	Future	Current Value	Current	Future
Target: Implement the HSE Healthier Vending Policy and HSE Calorie Posting Policy Trend: Trend: Calorie posting has been delivered. Continue to work with national group on vending policy			Target: Annual Increase in the number of assessments carried out Trend: MUST introduced will continue to audit			Target: Annual Increase in the number of staff availing of employee support service. Trend: Staff attend ESS but these figures are not monitored at present. National hotline also receives calls from staff, figures unavailable		
Green complete% Amber in progress % Red incomplete %			RAG: % Amber % Red %			RAG: % Amber % Red %		
4. Positive mental health 4.9.2			5. Active Travel 4.4			6. Health protection 4.8.4		
Current Value	Current	Future	Current Value	Current	Future	Current Value	21%	Future
Target: Annual increase in the number of staff attending mindfulness & stress management/ control training Trend: Trend: Staff attended mindfulness facilitated in the CNME. Increased expressions of interest in stress control training commencing in 2017			Target: Develop an active travel/mobility management implementation plan for staff, patients and visitors. Trend: MUH completed the smarter travel hospital surveys and will engage with group plans on this programme			Target: Increase influenza vaccination rates in clinical staff Trend:		
Green 129 Amber TBC Red TBC						RAG: >40% Amber 20-39% Red <20%		
Low Risk			Medium Risk			High Risk		

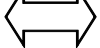

PUH Health and Wellbeing KPI's 2016



1. Nutrition and obesity 4.3.4			2. Health protection 4.8.4			3. Physical Activity Fit for Life		
	Current	Future		Current	Future		Current	Future
Current Value			Current Value			Current Value		
Target: Implement the HSE Healthy Vending Policy and HSE Calorie Posting Policy Trend: Breakfast & Lunch Calorie posting completed.	Trend:		Increase influenza vaccination rates. Target: 40% target. Trend: 21% uptake to February 2016. Actual number vaccintated *including medical, nursing and midwifery students although these groups are not included in the no. of eligle staff figure 40% . Pure Data - Number vaccinated * excluding medical, nursing & midwifery students who are not included in the no.	Trend:		Target: 17 staff attending Fit for Life.	Trend:	
Green complete% Amber in progress % Red incomplete %			Green >40% Amber 20-39% Red <20%					
4. Positive mental health 4.9.2								
	Current	Future						
Current Value								
Target: Annual increase in the number of staff attending mindfulness & stress management training. 25 staff attended meditation. Weekly meditation session	Trend:							
Green 30 Amber TBC Red TBC								



5. Breastfeeding at birth 4.7.1			6. Exclusive breastfeeding on Discharge 4.7.1			7. Partial or combined feeding on discharge 4.7.1		
	Current	Future		Current	Future		Current	Future
Current Value			Current Value			Current Value		
<p>Breastfeeding initiation: At the first milk feed the infant. Breastfed or received expressed own mother's milk or human donor milk.</p> <p>Current value based on 1078 babies/1805 live births</p>	59.60%	63%	<p>Received own mothers milk and or human donor milk only while in hospital</p> <p>Current value Based on 687 of 1641 infants discharged from PHB. 2016 numbers do not reflect SCBU discharges of other hospital transfers</p>	41.80%	39%	<p>Discharged home breastfeedign who received at least one feed of formula in hospital</p> <p>Current Value Based on 157 of 1641 infants discharged from PHB. 2016 numbers do not reflect SCBU discharges or other hosptial transfers</p>	9.60%	8%
<p>Target: none clearly defined; the expectation under BFHI is to at least maintain last years figures & ideally show an increase in the previous years initiation rate, the same principle applies to exclusive combined feeding</p>	63.02% (2015)		<p>Target: an increase on last years figure</p>	39.1% (2015)				
8. Any breastfeeding on discharge 4.7.1			9. Skin to skin Contact 4.7.1					
	Current	Future		Current	Future			
Current Value			Current Value					
<p>Inclusive of infants who had one or more breastfeeds, received expressed own mothers milk and or received human donor milk. (the total number of exclusive +combined +expressing) Based on 853 of 1641 infants discharged from PHB. 2016 numbers do not reflect SCBU discharges or other hospital transfers</p>	82%	47%	<p>Place babies in skin-to-skin contact with their mothers immediatley following birth for at least an hour and encourage mothers to recognise when their babies are ready to breasfeed, offering help if needed.</p>	78.50%	80%			
<p>Target: not defined, but again under BFHI we should see a reduction if we increase our initiation rate and our discharge rate</p>	47.3% 2015		<p>Target: Defined by BFHI: Standard required for accredited maternity unit = 80%</p>					



RUH Health and Wellbeing KPI's 2016



1. Physical activity 4.4.1		
	Current	Future
Current Value		
Target: Develop an active travel/mobility management implementation plan for staff, patients and visitors	Trend: 	
Definition: Staff travel survey completed as per smarter travel initiative in association with the Saolta Group. Results of the survey circulated and plan in place to incorporate results to improve participation rates in physical activity. Green: Amber: Red:		



2. Physical activity 4.4.2		
	Current	Future
Current Value		
Target: Implement National Physical Activity Plan recommendations for patients and staff	Trend: 	
Definition: Increased awareness of recommended amounts of physical activity as per National guidelines to promote and protect health and wellbeing. Green: Amber: Red:		

3. Nutrition and obesity 4.3.4		
	Current	Future
Current Value		
Target: Implement the HSE Healthy Vending Policy and HSE Calorie Posting Policy	Trend: 	
Definition: Calorie posting and Vending machine policy implemented Green: Amber: Red:		

4. Nutrition and obesity 4.3.5		
	Current	Future
Current Value		
Target: Introduce evidence based nutrition assessment for all high risk patients to target those at risk of malnutrition in a timely manner	Trend: 	
Definition: • An evidence based nutritional screening tool is in place for all patient admissions to RUH identifying those at risk of malnutrition. All patients identified as 'at risk' on admission or become at risk during their stay, are immediately referred for full Dietetic assessment within the limits of a single handed Dietetic service provision Green: Amber: Red:		

5. Health protection 4.8.4		
	Current	Future
Current Value	30%	
Target: Increase influenza vaccination rates in clinical staff	Trend: 	
Trend: Staff uptake of the vaccine tripled in 2016 from 11% to 30%. .RAG: >40% Amber 20-39% Red <20%		

6. Positive mental health 4.9.1		
	Current	Future
Current Value		
Target: Promote awareness of supports available & information on positive mental health, stress, addiction and other mental health issues for staff	Trend: 	
Definition: Employee support services information displayed in all public areas. Themed days facilitated to highlight lifestyle choices to support positive mental health. Green: Amber: Red:		

7. Positive mental health 4.9.2		
	Current	Future
Current Value		
Target: Expand mindfulness & stress management training for staff	Trend: 	
Definition: 6 week Mindfulness sessions for staff commencing this March. Discussions ongoing in relation to facilitation stress control policy in Roscommon University Hospital as per Saolta Group Implementation plan. Green: Amber: Red:		

8. Positive mental health 4.9.2		
	Current	Future
Current Value		
Target:	Trend:	
Definition: Green: Amber: Red:		

9. Positive mental health 4.9.2		
	Current	Future
Current Value		
Target:	Trend:	
Definition: Green: Amber: Red:		

SUH Health and Wellbeing KPI's 2016

Annual KPI - to BFHI			Monthly KPI - SAOLTA					
1. Baby Friendly Initiative - Initiate Breastfeeding 4.7.1			2. Baby Friendly Initiative - Skin to Skin 4.7.1					
	Current	Future		Current	Future			
Current Value	55.80%	>95%	Current Value	86.20%	>90%			
Target: To monitor breastfeeding initiation rates	Trend: V previous month		Target: To improve Skin to Skin contact in line with national standards.	Trend V Previous Month	Last month: 91.30%			
%	B/F on d/c	total babies d/c	%	Skin to skin received	Total live births			
62.20%			74.80%	230	248			
RAG: Green % (>95%) Amber % (>80-95%) Red % (<80%)			RAG: Green % (>90%) Amber % (70-90%) Red % (<80%)					
Annual KPI - to BFHI			Annual KPI - to BFHI			Annual KPI - recorded by HP&I		
3. Baby Friendly Initiative - Exclusive Breastfeeding 4.7.1			4. Baby Friendly Initiative- Any BF on discharge 4.7.1			5. Tobacco - Brief Intervention Training 4.2.6		
	Current	Future		Current	Future		Current	Future
Current Value	35.80%	>95%	Current Value	51.00%	>90%	Current Value	0	2.8%= 11
Target: To monitor exclusive breastfeeding from birth to discharge	Trend: V previous month		Target: To monitor partial breastfeeding between birth and discharge rates	Trend V Previous Month	Last month: 51.10%	Target: To monitor attendance at Brief Intervention Training for Smoking Cessation SUH	Trend: V previous month	Last month:
%	B/F on d/c	total babies d/c	%		Total live births	%	No of staff attend training	Total training target in 2016
38.10%			53.30%	230	248	0	9	11
RAG: Green % (>95%) Amber % (>80-95%) Red % (<80%)			RAG: Green % (>90%) Amber % (70-90%) Red % (<80%)			RAG: Green % (>90% = n >22) Amber % (>40%- 90% = n 11 - 21) Red % (<40% = n <10)		

Monthly KPI- to HP&I			Monthly KPI- to HP&I					
6. Tobacco - Intensive Smoking Cessation Intervention 4.2.4			7. Tobacco - Quit @ 1 month 4.2.5					
	Current	Future		Current	Future		Current	Future
Current Value	370	350	Current Value	16		Current Value		
Target: No. of smokers who receive intensive cessation support	Trend:		Target: No. of smokers engaged in an intensive cessation support treatment programme quit at 1 month	Trend:		Target:	Trend:	
%	Number of smokers receiving intervention	Total target for 2016	%	Numbers quit @ 1 month	Total target for 2016			
	0	370		0	14			
RAG: Green % (> 90%; n= 108) Amber % >60%- 90%; n = 73 - 107, Red % (< 60%; n = 72)			RAG: Green % (> 90%; n = 54) Amber % (>60 - 90%; n = 36-53, Red % (<60%; n = 36)			RAG: Green % Amber % Red %		
Annual KPI - SUH			Annual KPI recorded in SUH			Quarterly KPI recorded in SUH		
8. Nicotine Replacement Therapy 4.2.5			9. Tobacco Free Campus 4.2.2			10. Stress Management Training 4.9.2		
	Current	Future		Current	Future		Current	Future
Current Value	2015 = 2200		Current Value		100%	Current Value	€0	30 -2016
Target: To monitor the annual dispensing of NRT to in patients combination patches and oral	Trend:V previous quarter	Previous quarter	Target: To improve compliance with ENSH standards to maintain implementation of Tobacco Free	Trend:V previous year		Target: Monitor numbers of staff attending Stress management Training	Trend:	
2200 prescriptions dispensed	Number of NRT products dispensed	Target for dispensing in 2016 or per quarter +60% patches/ - 39% inhaler/	92% ENSH Audit score		Total ENSH Score 163	%	Number of staff attend training	Total training target for 2016
	1861 patches/ 225 oral products					Midfulness programme 18		
RAG: Green % Amber % Red %			RAG: Green % (>90%) Amber % (60-90%) Red % (<60%)			RAG: Green % Amber % Red %		

11. HSE Vending Policy 4.3.4		
	Current	Future
Current Value	In progress	Yes
Implement HSE vending policy	Trend:V previous quarter	Previous quarter
Status	On- going initiative	Fully implemented, ongoing audit and monitoring
RAG: Green Yes; Amber In Progress; Red No		

12. HSE Calorie Posting Policy 4.3.4		
	Current	Future
Current Value		100% by end of 2016
Target: To implement HSE calorie posting policy	Trend:V previous quarter	
Status	on going initiative	100% implemented
RAG: Green Yes; Amber In Progress; Red No		

13. Influenza Vaccine 4.8.4		
	Current	Future
Current Value	17.00%	>40%
Target: Increase uptake of Influenza vaccine	Trend:	
	24% Number of staff vaccinated	Total number of staff 420
RAG: Green % (.40%) Amber % (30-40%) Red % (<30%)		

14. Healthy Ireland Committee 1.4		
	Current	Future
Current Value	0	10 meetings in 2016
Target; The hospital has an active healthy Ireland group	Meeting calender for year every 6 weeks	Previous quarter
Status		6 weekly meetings in addition sub groups created off working group
RAG: Green = 5 Amber in Progress 3-4 Red < 2		

15. Healthy Ireland WTE's 1.3		
	Current	Future
Current Value		
Target: Dedicated staff employed to work on implementing HI (current WTE's; Healthy Ireland/ Smoking cessation 1.0 WTE)	Trend:V previous quarter	
Smoking cessation 28 hours Status	1	Smoking cessation 35 hours
RAG: Green Amber Red		

