



From left: Aisling Dixon, c/AMP; Sean Conneely, Chairperson, Skehana and District Heritage Group; Bernie Doherty, Galway Community Archaeologist, Galway County Council; Emma Laffey, HCA and Project Author; Deirdre Naughton, Director Of Midwifery; and James Keane, General Manager.

## Launch of 'An Bhean Ghlúine' at PUH as part of National Heritage Week

The launch of 'An Bhean Ghlúine' ebook and project took place at Portiuncula University Hospital as part of National Heritage Week in August. The project was funded by the Heritage Council and Galway County Council.

'An Bhean Ghlúine' or woman of the knee (midwife, handywoman) was researched and developed by Emma Laffey, a volunteer with the Skehana and District Heritage Group and a valued team member working as a healthcare assistant in Portiuncula Maternity Unit.

Emma Laffey said, "I was inspired by my lived experience and seeing first-hand the work, compassion, empathy and medical intervention required for modern maternity services to keep both mother and baby safe and well.

"My project introduces the amazing work and lives of our local community midwives during the 20th century through photographs, stories, recorded interviews and film. These remarkable women supported our local women through one of the biggest life-changing events for any woman, from being pregnant to giving birth.

"Although a birth is generally a very happy occasion, it can also be tainted by poverty, sickness, miscarriage, mental health issues, life-changing disabilities and even death.

"All the project material is available to view on the Skehana and District Heritage click [here](#) for website including an ebook with the midwives' stories and photographs; a short film about the life of Mary Kate Jennings, who was a district midwife serving the Ballinasloe area in the 1940/50s; some voice recordings from local people and families chatting about their experience with their local midwife, including Kathleen Ward who talks about the traveller community and traditions around pregnancy and birth."

Deirdre Naughton, Director of Midwifery said, "Emma's project will contribute significantly to the wealth of existing knowledge regarding the role of the midwife through the ages and I am very proud of her work. It is fascinating to see how the role of the midwife has evolved; the ancient art and science of midwifery that always has had quality and safety as its central tenant."

Click [here](#) for more.

# Saolta Tweets

**saoltagroup**  
@saoltagroup

A momentous day in Merlin Park University Hospital as two brand new and long-awaited orthopaedic theatres have opened. The €10.5m facility doubles GUH capacity for elective orthopaedic surgery and the first procedures took place today 🎉

Full story: [bit.ly/3O3nFMo](https://bit.ly/3O3nFMo)



HSE Ireland and 5 others

4:47 PM · Jun 10, 2022 · Twitter Web App

View Tweet analytics

8 Retweets 3 Quote Tweets 123 Likes

**saoltagroup**  
@saoltagroup

The #Maternity Unit in Sligo University Hospital is inviting patients who have used their service in the past year to come to an informal patient engagement event tomorrow from 12-2pm in the Glasshouse Hotel. Babies are welcome and light refreshments will be provided 🍼👶🍰



Sligo/Leitrim Community Mental Health and 3 others

11:21 AM · Jul 18, 2022 · Twitter Web App

View Tweet analytics

11 Retweets 4 Quote Tweets 40 Likes

**saoltagroup**  
@saoltagroup

A huge weekend ahead for @Galway\_GAA! Best of luck to Dr. Owen Gallagher, SHO in UHG and member of #Galway Senior Football Panel in the #AllIrelandFinal. 🏈 Owen is pictured with colleagues in the Acute Medical Unit. Bring Sam west on Sunday lads 🏆🏆

#RiseoftheTribes  
#GaillimhAbú



Tribesmen GAA and Tuum Herald

4:10 PM · Jul 22, 2022 · Twitter Web App

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22 Retweets 3 Quote Tweets 245 Likes

**saoltagroup**  
@saoltagroup

Meet our cANPs Marina, Eoin & Dona at Roscommon Injury Unit. All candidates are currently undertaking an MSc in Advanced Nursing Practice to graduate as Registered Advanced Nurse Practitioners. RANPs are the highest level of clinical experts in the nursing profession in 🇮🇪 today



Ursula Morgan and 4 others

12:47 PM · Aug 11, 2022 · Twitter Web App

View Tweet analytics

7 Retweets 1 Quote Tweet 106 Likes

**saoltagroup**  
@saoltagroup

Letterkenny University Hospital supporting #palliativecareweek and raising awareness about the benefits of palliative care and the positive impact palliative care has on patients and families



4:03 PM · Sep 14, 2022 · Twitter Web App

View Tweet analytics

2 Retweets 10 Likes

**saoltagroup**  
@saoltagroup

World Alzheimers Day information stand in Mayo University Hospital

Michelle Redmond @Redmondmichel · Sep 21  
@saoltagroup  
Remember the 'me' in dementia. World Alzheimers Day 2022. Staff information stand at Mayo University Hospital.  
@GrainneGlacken @CoachExe @CeoSaolta @CDONMSaolta



12:13 PM · Sep 21, 2022 · Twitter Web App

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1 Retweet 1 Quote Tweet 14 Likes





## Chief Executive Officer Saolta Group



Tony Canavan, CEO

Dear colleagues

I want to begin this newsletter with a heartfelt thank you to all our staff in Letterkenny University Hospital for their incredible response to the tragic events in Creeslough. Our staff, members of the very community affected, showed their dedication and professionalism in the most difficult of times, caring for the injured and consoling the bereaved. I want to acknowledge all the teams who assisted and supported their community throughout.

Early in October we visited with staff across all our sites as we undertook a series of recognition events. These special commemoration events recognised the dedication and exemplary work of all our staff throughout the COVID-19 pandemic. We also took the opportunity to plant an Irish oak tree at each site to commemorate all those who died during the period. Over the coming weeks all staff across the group will be presented with a specially designed medal and certificate in appreciation of all their incredible efforts and commitment throughout the pandemic.

I would also like to update you on some new appointments across the Group.

Dr Ramona McLoughlin, Consultant Gastroenterologist GUH, has been appointed as the Saolta Group Clinical Director for Quality and Patient Safety. Dr McLoughlin was previously Saolta Group Clinical Director, Medical Directorate, and has vast expertise in the management of incidents, complaints, risks and quality improvement. I wish her the very best in her new role.

Prof Tim O'Brien has taken up the role of Saolta Group Clinical Director, Medical Directorate. In addition to his role as an Endocrinologist at UHG, Prof O'Brien was the previous Dean of the College of Medicine, Nursing and Health Sciences in University of Galway.

I would also like to acknowledge Dr Kevin Clarkson and Prof Fergal Hickey who have stepped down from their roles as the Saolta Group's Clinical Director for Perioperative Directorate and Clinical Director for Quality and Patient Safety respectively. They both provided decades of service dedication through their careers and played key roles in developing and strengthening our services.

Finally, as the Winter approaches we have commenced our Staff Flu Vaccination Campaign and I would encourage all staff to get their free flu vaccine at work, at their GP or pharmacy. I would also like to encourage you to get your Covid booster vaccine which is now available.

Tony Canavan  
Chief Executive Officer

## Chief Operations Officer Saolta Group



Ann Cosgrove, COO

Dear colleagues

I know you will all join me in extending our sincerest gratitude to the staff at Letterkenny University Hospital who dealt with the terrible events that unfolded in Creeslough with the utmost professionalism, kindness and courage.

Despite being part of the community affected, all our staff responded immediately turning up to assist in any way they could.

On behalf of the entire Saolta Group, I wish to offer our sympathies and thoughts to all those impacted by this tragedy.

Earlier this month we got the opportunity to say *Thank You* to staff across our sites for all their commitment and dedication throughout the COVID-19 pandemic. It was wonderful to meet with so many staff from across all our sites at these events as we presented them with a small token of our appreciation. Our hospitals could not have endured without your service.

While the summer brought little reprieve from high ED attendances, we continue to work hard on all of our sites to support patient flow through a range of measures including enhanced patient flow staffing, frailty at the front door teams and complex discharge planning with community colleagues.

Some of our sites have also rolled out integrated discharge rounds and we will be introducing these across the group in the coming months.

The Enhanced Community Care (ECC) programme continues to roll out across our region. On 01 September staff from across the country gathered at Dublin Castle for the ECC Conference 2022. The theme of the conference was 'Bringing Care Closer to Home' and it heard from senior colleagues from within the HSE, experts in the field of integrated care and representatives from HSE teams around the country. This included addresses from Prof Sean Dineen, Consultant Endocrinologist at GUH who is Lead for the HSE's Diabetes Clinical Programme and Dr Fiona O'Sullivan Consultant Geriatrician at SUH. Both spoke about how the ECC programme has expanded and the real impacts it is having for patients.

I would also like to update you on some of the capital developments taking place across the Group which will greatly enhance the services that we deliver. At University Hospital Galway, the new National Radiation Oncology building is near completion and is due to be handed over in Quarter 3 and expected to be operational in early 2023. Also in UHG the Temporary Emergency Department has become operational. At Mayo University Hospital, approval has been received for a €18.4m extension of the ED and a new AMAU, and at Portlincula University Hospital approval has been received for a replacement 50-bedded ward block and a 12 bedded isolation ward. In addition to these we are putting forward proposals for significant additional capacity across all sites to meet our future needs.

Ann Cosgrove  
Chief Operations Officer

# Update from the Saolta Project Management Office

The PMO plays a key role in supporting Saolta to achieve organisational priorities. Projects are recorded, supported and monitored via the Project Dashboard. Outlined below are some of the most recent developments. A full copy of the dashboard is available from [pmo.saolta@hse.ie](mailto:pmo.saolta@hse.ie)

## Urology Pathways Project

As one of the key Saolta Strategy priorities, the Urology Pathways Project has been reviewed and re-scoped. There is a renewed focus on strengthening the urology services across the group to ensure the Haematuria and Lower Urinary Tract Symptoms (LUTS) pathways developed over the past two years are optimised and sustained. In keeping with the National Clinical Programme Model of Care for Urology, requirements for progressing the LUTS pathway into the community setting are being identified, and work is continuing on the design of the Incontinence Pathway across the acute hospital and community setting.



## Bariatric Project

As part of the Scheduled Care Transformation Programme, the Overweight and Obesity Working Group (national clinical lead, Prof Donal O'Shea) has developed a pathway that will enable the implementation of the Model of Care for the Management of Overweight and Obesity.

Implementation of this pathway will commence in Q4 2022. Saolta has been allocated funding in 2022, comprised of funding for 19 additional posts and start-up/non-pay costs for equipment and supplies. Planning has commenced on this very positive initiative with the establishment of respective workstreams to further enhance the service.

## Evaluation of the Saolta Integrated Governance Project (SIGP) and MCAN Model

The evaluation of the Managed Clinical and Academic Networks (MCANs) is almost complete and learnings from the analysis will be applied to both the existing model and to the next phase of the rollout of MCANs. There was a very positive response to the survey and we would like to thank all of the participants for their valuable feedback. Further details to follow.

## Enhanced Community Care Programme

Saolta in partnership with CHW and CHO1 are continuing the rollout of Integrated Care Programme for Older People and the Integrated Care Programme for Chronic Diseases. The first Integrated Care Consultant for Cardiology Services, Dr Susan Connolly commenced on 05 September in Saolta/CHW and she is meeting the relevant services and teams across the area.

The teams are working together on integrated pathways and various initiatives as staff come on board and the teams are established.

## National Trauma Implementation Programme

The implementation of the National Trauma Programme recommendations for better trauma services in Ireland will require both additional investment and process change. The Saolta Group Hospitals who will potentially operate as Trauma Units and in the case of UHG as a Trauma Unit with Specialist Services (TUSS) are currently working with the National Trauma Office to identify resources required and processes for further development.

Click [here](#) to visit our Saolta PMO Website

# Women's and Children's Managed Clinical and Academic Network (MCAN)

Welcome to the Autumn edition of the Saolta newsletter, a busy time for planning hospital services for the months ahead and with the return to school and college for many busy households.

Over recent weeks, the MCAN has visited our hospital sites and have seen first-hand the efforts that are being made by all staff to ensure that we provide the best care possible to patients. We have jointly put together many agenda items for discussion such as KPI review, site specific items, winter planning and preparedness and the associated opportunities and challenges. These meetings are conducted both virtually and face to face and information gained during these visits are used to inform and underpin much of the work planned for services in 2023.

## Network Development

Dedicated networking for the future vision of the women's and children's services is embedded now with dedicated network development in meetings management with the establishment of shared MDT Steering Groups providing the framework for shared learnings.

## Scheduled Care Initiative

Considerable work is underway to see improvements in

## W&C MCAN Network Development



scheduled care across the Group. The following outlines some of the work being done by the Women's and Children's MCAN working with Saolta Hospital sites on reducing their General Gynaecology Outpatient Waitlists.

The overall number of women waiting in July 2021 across the Saolta Healthcare Group was 4,292 and this has now reduced to 2,458 in July 2022, a reduction of almost **43%**.

This improvement was achieved by administrative validation of referrals and clinical validation of long waiters. Review of pathways such as triaging of referral letters, as well as the patients pathway for example Ambulatory Gynaecology Clinics are now operating on three sites which have improved women's access to diagnostic procedures and the new Fertility Hub has been established in University Hospital Galway. NTPF outsourcing has also been availed of through clinical review for appropriate referrals and initiative clinics have been set up.

All of these initiatives have contributed to the considerable reduction in the waiting list for women seeking general gynaecology outpatient service.

The MCAN and NWIHP continue to support the sites in the further development of services and it is planned that Portlinculla and Sligo are to commence with the Ambulatory Gynaecology in the next few months (Q4 2022) to further support the development and delivery of safe, quality services. Both hospitals have been identified as a Level 2 Ambulatory Gynaecology sites.

## Pilot Project Hybrid Children's Nursing Registration programme

It is recognised that there is a need to increase the children's nursing workforce to meet the service needs in our paediatric units and emergency departments, and to support the development of a 'care closer to home' model of care'. The recently launched National Strategy for the Future of Children's Nursing 2021-31 called for flexible education pathways for registered nurses who do not have a formal children's nursing qualification. Currently in Ireland there are two pathways to achieving a registration in children's nursing:

- an undergraduate integrated degree programme leading to registration as a RCN and as Registered General Nurse; and
- a post-registration higher diploma pathway. The post-registration pathway to registration as an RCN currently only exists within Dublin.

In 2021, a multi-agency working group representing Saolta University Health Care Group, Children's Health Ireland (CHI) and Trinity College Dublin (TCD), was established to explore a pilot hybrid post-registration education pathway leading to a Registered Children's Nurse (RCN) qualification. This programme would involve registered nurses employed within Saolta undertaking their clinical placements across the Saolta Group and CHI, whilst being registered students with TCD. This group has successfully designed a hybrid programme and seven staff from Saolta commenced the programme on 12 September. This programme is supported by a programme coordinator funded by ONMSD/NMPDU.

## Women's and Children's MCAN Annual Clinical Report (2021)

It is expected the next Women's and Children's MCAN Annual Clinical Report (2021) will be published over the coming months, data has been collected from each of the sites to form the data trends across the Group. We look forward to signing off on the final report and uploading to the Saolta website before year end.



# Cancer Managed Clinical and Academic Network (MCAN)

Early summer saw the launch of the **Saolta Cancer Nursing Research Group**. Members meet monthly with representation from our academic partners University of Galway and NMPDU, colleagues from NCCP, clinical trials and a wide range of excellent researchers from cancer nursing across the Saolta region.

The purpose of the group is to further develop the Cancer Nursing Research agenda, enhancing research capacity of nurses working within Saolta Cancer Services, creating a culture of inquiry and scholarship. The picture below was taken at the launch of the Cancer Nursing Group at the WREN conference held in Sligo last May.



In August 2022, we were delighted to welcome the **National Adolescent and Young Adults (AYA) Cancer Unit Steering Group** to GUH, led by Professor Owen Patrick Smith, National Clinical Lead for Children, Adolescents and Young Adult cancers. The NCCP was represented by Fiona Bonas, Assistant National Director and Dr Helen Grealley, National clinical programme lead in psycho-oncology

GUH is one of three newly designated NCCP Adolescent and Young Adults (AYA) centres in the country and this initial meeting saw the beginning of a process focusing on the specific needs and risks of AYA cancer patients in our region.

Professor Margaret Murray, Clinical Director, Laboratory Directorate and Associate Director of the Cancer MCAN led a lively discussion around the needs of the AYA population within Saolta, focussing on the need to create a safe and sustainable programme for AYA patients at UHG. The UHG representation included the Director of Nursing, Marie Burns, and the ADON in Cancer Services, Ellen Wiseman, Deputy General Manager, Maria Molloy as well as representation from the Cancer MCAN and the wider multidisciplinary team. Medical Oncology, Radiation Oncology, Haematology and nursing representation from cancer services, Palliative Care and Psycho-oncology were in attendance. Speech and Language Therapy, Social Work, Occupational Therapy, Physiotherapy and Dietetics were also present.

The **Organisation of European Cancer Institutes (OECI)** again reviewed the Saolta Cancer MCAN accreditation and designation application in September prior to giving the go ahead to proceed to the self-assessment stage. Having originally accepted our network application but approval given to apply for accreditation of the Cancer Centre only, following extensive engagement with the Cancer MCAN, we are now delighted to announce that the OECI have agreed

that we can proceed to assess the Saolta cancer programme as a network which will involve a regional self-assessment process.

This self-assessment will enable us to identify essential quality improvements to enhance the delivery of cancer care throughout the Saolta Group. We look forward to working with our colleagues across the group.

In September members of the Cancer MCAN attended the Beaumont Cancer symposium, building relationships, sharing learnings and experiences and linking with colleagues to celebrate their successful accreditation as an OECI Cancer Centre.

The NCCP launched the National Clinical guidelines in September: Diagnosis and staging of patients with Prostate cancer.

## Infrastructure

One of the most significant achievements of the Cancer MCAN this summer was the completion of the Strategic Assessment Report (SAR) as the first step in the Public Spending Code (PSC) in the development of a world class cancer centre 'hospital within a hospital' at UHG. The SAR was submitted by the Saolta Executive to HSE National Estates and the HSE Acute Hospitals division for consideration in the capital budget for 2023.

Following on from this, our goal is now to move towards the development of the Preliminary Business case, the next stage of the PSC and to continue to progress the entire infrastructure commitment as included in the National Development Plan 2121 – 2030 in the shortest timeframe as possible.



## Academic Office

The Saolta Chief Academic Office was established in 2014 following the appointment of Prof Anthony O'Regan as Chief Academic Officer. Over seven years it has evolved from a single officer to a group wide academic department closely integrated with our Academic Partner University of Galway and consisting of two major arms: Education and Training and Research and Innovation.

Over this the past number of years there has been huge progress made in Education and Training across the Saolta Group. There has also been the appointment of two Training Leads for the Saolta group which has been supported by funding from National Doctors Training and Planning programme as well as an on-site RCPI coordinator to provide local support to RCPI trainees.

Across the group through the CAO we have seen educational facilities developed and improved. Through the COVID-19 pandemic the office had to utilise virtual platforms in order to ensure that education and training continued which was and is vital for quality patient care. This did allow for all sites across the group to access training and going forward, blended programs are being offered where possible.

Prof O'Regan engages extensively at a national level with postgraduate training bodies, HSE departments and as a member of the National CAO Group. This has resulted in the Saolta Group obtaining financial support for expansion of training, in particular simulation. Prof O'Regan has recently been appointed, at the request of Minister Stephen Donnelly, as chair of the National Taskforce on NCHD Workforce. The purpose of the Taskforce is to put in place sustainable workforce planning strategies and policies to improve the NCHD experience and to support present and future retention of NCHDs in Ireland.

### ICAPSS Simulation Team win prestigious award

Saolta was the first healthcare group in the country to appoint a Director of Simulation Prof Dara Byrne. Since then Saolta has been a national leader in simulation. Prof Byrne has led on the Saolta Simulation Strategy and in turn working with the National CAO Group and the NDTP the National Guide for the Implementation of Simulation on a Clinical Site. The Saolta/University of Galway Simulation Centre is a state of the art resource and is the first co-located simulation on a clinical site. The ICAPSS Simulation Team recently won the Association for Medical Education in Europe (AMEE) prestigious ASPIRE Award for excellence in simulation. The ASPIRE Award highlights schools who have demonstrated teaching excellence in one or more areas including Assessment, Curriculum Development, Faculty Development, Inspirational Approaches to Medical Education, International Collaborations, Simulation, Social Accountability, Student Engagement, and Technology Enhanced Learning.

The international reviewers described the work of the ICAPSS as impressive and applauded its achievements in a relatively short period. It also noted the success of the collaboration between a university and a healthcare service partner, adding; "These relationships are not always productive, so your achievements are even more impressive."

They added: "In summary, the number of personnel at ICAPSS, many with considerable experience and qualifications in relevant domains have created, implemented and evaluated a range education programs. The application reflects a well-developed organisational structure which functions effectively, serving both the sponsoring organisations."

Speaking about the win, Prof Byrne said: "I am extremely proud of this award. It is the first of its kind for a simulation facility in Ireland and the UK. It reflects our commitment to improving patient safety and the quality of care through our simulation activities that are translational and interprofessional, across the continuum of health professions education. It also recognises our outputs and strengths in patient safety research. I am delighted that myself and Dr Paul O Connor are now members of the ASPIRE academy where we can collaborate with other centres for excellence and continue to improve our simulation activities which support learners in the University and Saolta University Health Care Group."

The Academic Department has grown across the group now with each site having a clinical lead and administrative support and also a simulation lead and we will highlight achievements across each site over the next series of newsletters.





## Outdoor furniture at LUH



The new outdoor furniture has arrived for staff at LUH courtesy of funding provided by Healthy Ireland. The new seating areas can be accessed at the Gate Lodge seating area and includes two new hexagonal 6 seater picnic benches and 3 park benches to add to the existing outdoor seating pod with table. There are also two hexagonal 6 seater picnic tables located on the grass area between Cardiac Rehab and Finance at St. Conals. All new products are made with 100% recyclable material in line with the hospital's commitment to green sustainability.

## World Patient Safety Day at PUH



From left: Maura O'Connell, ADON; Helen Heery, Senior Clinical Pharmacist; David Walsh, Chief 2 Pharmacist; Dr Zulfiqar Ali, Lead NCHD; Deirdre Naughton, Director of Midwifery; Sharon Donoghue, PALS Co-ordinator; Kate Shanahan, Staff Nurse; and James Keane, General Manager.

Portiuncula University Hospital recently marked World Patient Safety Day by raising awareness of safe medication practices. Click [here](#) for more.



## Roscommon Injury Unit appoints Third RANP

Patricia Larkin has recently been appointed as a Registered Advanced Nurse Practitioner (RANP) in Emergency Nursing at Roscommon Injury Unit. RANPs are the highest level of clinical experts in the nursing profession in Ireland today and are transforming services for patients through an expanded scope of practice, greater clinical autonomy and decision-making.

Patricia undertook her Bachelor of Nursing Degree at University of Galway. After qualifying in 2001 she worked in Merlin Park University Hospital and in 2002 returned home to begin a 20 year career in the Midland Regional Hospital Tullamore. During this time Patricia gained vast experience in general medical and surgical nursing and worked as an Arthroplasty Nurse Specialist and Clinical Nurse Specialist in the Orthopaedic Pre-Operative Assessment Clinic before taking up her post as a Registered Advanced Nurse Practitioner in Roscommon Injury Unit.

Speaking of her new role Patricia said, "I always had a keen interest in dealing with injuries and this inspired me to train as an Advanced Nurse Practitioner. In 2018 after I completed my Masters in Nursing at the Royal College of Surgeons in Ireland, I focused on enhancing my trauma orthopaedic experience and gained competencies pertaining to minor injuries while working in the Emergency Department at the Midland Regional Hospital Tullamore. This experience reaffirmed my passion for my chosen area of care and with that I went on to complete a Postgraduate Diploma in Advanced Practice at Trinity College and was awarded RANP status in June 2021.

"The role of RANP allows me to develop clinically as an independent, autonomous practitioner and strive for continuous improvement in practices for the benefit of patients. I am qualified to diagnose and effectively treat a wide range of injuries for both adults and children over five years of age, injuries from shoulder to finger and from knee to toe. Essentially I deal with non-life or non-limb threatening injuries and non-complex, minor soft-tissue injuries, such as sprains, strains, suspected broken bones in the arm or leg, minor scalds, burns or cuts, lacerations and sports injuries to the hand or ankle. I can refer patients to other specialist services if necessary, such as Orthopaedics, Plastics, Ophthalmology, ENT, Physiotherapy, Occupational Therapy and Frailty Team."



Patricia Larkin, RANP.

## Early Supported Discharge Team at SUH

The Early Supported Discharge (ESD) team for Stroke was a Winter funded initiative in Sligo University Hospital in 2021 whose main aim was to facilitate a faster discharge home from hospital through the provision of stroke-specific rehabilitation in the home setting, whilst maintaining patient outcomes and family and carer satisfaction. The team consists of a Senior Physiotherapist, Occupational Therapist and Speech and Language therapist, a Clinical Nurse Specialist and a Medical Social Worker, all working under the clinical governance and oversight of a Consultant Geriatrician and Clinical Lead for Stroke in SUH.

In their first year, 57 patients were referred for ESD, which represented 25% of all stroke-related discharges from SUH. Of the 57 patients, 77% were male and 33% female, with an age range of 24 years to 93 years. A total of 244 bed days were saved as a result of this alternative rehabilitation pathway for mild to moderate stroke survivors.

Analysis of the data in 2021 highlights the positive impact on reduction of disability scores using the Modified Rankin Scale and improvements in patient's functional outcomes as measured by the FIM/FAM. Patient and family satisfaction with the new alternative rehab pathway remains high with over 94% of patients and their families very satisfied with the service. The ESD Team have recently submitted a business case to expand the team to include a rehabilitation assistant to further enhance the work of the rehab team in the home.



Shelagh O'Connor, Senior Occupational Therapist; Margaret Carney, Stroke CNS; Joey Hanley, Medical Social Worker; Lisa Conlon, Senior Physiotherapist; Dr Paula Hickey, Consultant Geriatrician and Clinical Lead for Stroke. Missing from picture: Dorothy Nolan-Shaw, Senior Speech and Language Therapist.

## Twins antenatal class in MUH

The Maternity Unit in Mayo University Hospital has developed a special antenatal programme for expectant parents of twins to help prepare them for the unique journey ahead.

There are currently 12 families expecting twins using the maternity service in MUH. The antenatal education team are keen to inform and empower these parents by providing both practical support and clinical advice.

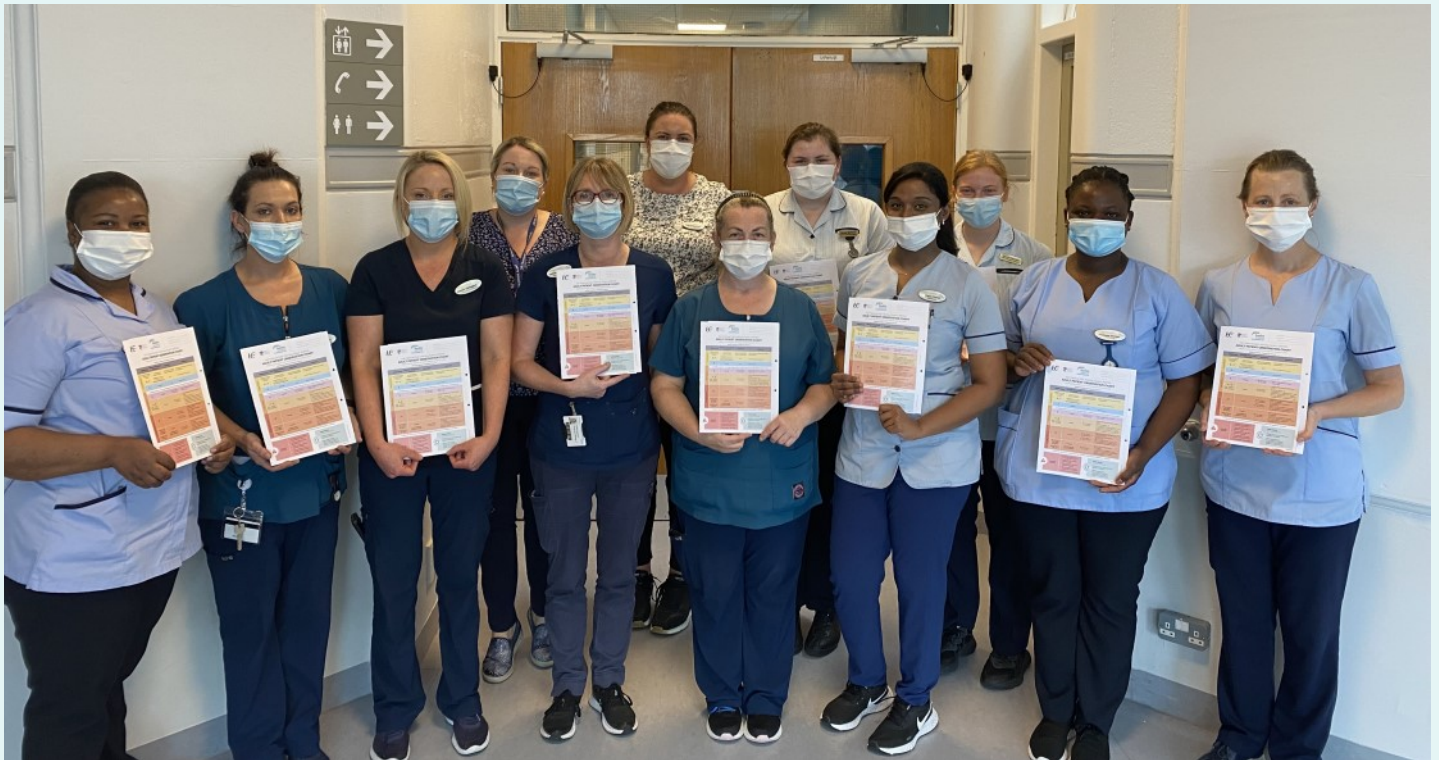
A twins class was recently held in the hospital which proved a huge success; participants met with MUH Midwives, a Neonatologist and Consultant Obstetrician. They also heard from Westport mum Stephanie Horan with her two-year-old toddlers Caolan and Rían, who gave an invaluable insight into life with twins.

Jennifer Moynihan, Clinical Midwife Manager in the Antenatal Education Department said, "There are a few different strands to this programme; during the twins class we focus on preparing for birth and birth planning but as a Midwife a big part of my role is to help women stay healthy and well during pregnancy. In MUH we have a range of services and supports available including perinatal mental health services, counselling, women's health physiotherapy and information on social protection entitlements and it is important that parents know where to go for support should they need it." Click [here](#) for more.



Stephanie, Caolan and Rían Horan from Cushin, Westport at MUH twins antenatal class in August.

## Launch of updated INEWS in RUH



The updated INEWS observation chart was implemented in RUH in September. Staff nurses and CNMs in the hospital participated in a train the trainer session to ensure staff in every department were educated on the new changes.

Rolling education sessions continued to the end of September to support staff through the change and troubleshoot any Problems as a team. With continued education, this track and trigger tool and the standardised ISBAR communication tool we hope to continue to ensure early identification and treatment of our deteriorating patients.



## GI Function Unit at UHG

September saw the welcome announcement of the opening of the GI Function Unit within the perioperative directorate of University Hospital Galway with Prof Chris Collins as director.

Aidan Kaar is the Senior GI Physiologist managing the service. He brings significant expertise in GI physiology and motility to the role, previously working in Mercy University Hospital (Cork) and obtaining a PhD in Medicine and Health and BSc in Physiology.

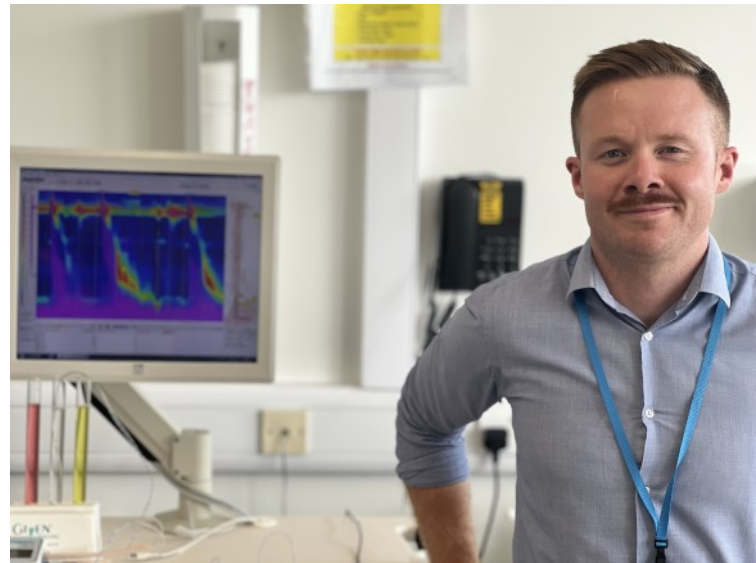
This service incorporates the previous Oesophageal Unit and will provide numerous key GI diagnostics including the oesophageal physiology investigations of Manometry and 24 hour reflux monitoring. It will mean significant improvements in the waiting times for these investigations with patients no longer needing to leave the Saolta Group for their completion.

The GI Function Unit welcomes referrals from Upper GI Surgery, Gastroenterology, Respiratory and ENT. The unit is located on the Ward Block, 3rd Floor University Hospital Galway and staff are happy to answer any queries regarding the service.

Aidan Kaar said, "I am delighted to be involved in delivering this key service for The Saolta University Health Care Group and its patients. The potential for growth to establish Saolta as a provider of excellence in the area of GI diagnostics and

to expand delivery of further impactful cutting edge techniques is hugely exciting."

Tel: 091 54 8518 Email: AidanJ.Kaar@hse.ie



Aidan Kaar, Senior GI Physiologist; Saolta Group.

## New Nurse-Led Wax Clinic at LUH

Letterkenny University Hospital held the first nurse-led Wax Clinic in the Outpatients Department in September.

Staff nurse, Bridgene Bonner introduced the new clinic following specialised training in London and at the Royal Victoria Eye and Ear Hospital Dublin. The clinic runs under supervision from Prof Nash Patil, Consultant ENT Surgeon from Sligo University Hospital as part of the satellite ENT Outpatient Service for Donegal.

Bridgene Bonner described her work in the ENT Clinics and said, "During the Wax Clinic I perform micro-suction of the ears which is a non-invasive method of treating impacted wax and otitis externa, a condition that causes inflammation of the external ear canal.

"In 2017 I attended a course on ear care and micro-suctioning and since then I have been working on further developing my skills in this area. Under the guidance and with support of the ENT consultants, I developed a policy to introduce a standalone Wax Clinic which was initially due to start in early 2020 but was put on hold because of the pandemic.

"The work I do in the Wax Clinic would previously have been carried out by the doctors in the ENT Clinic which means that I am able to free up their time for more complex clinical care.

I have been able to work with many long term patients who come in for micro-suction and a lovely part of the job is seeing how they have been getting on especially the improvements from their first visit."

Click [here](#) for more.



From left: Bridgene Bonner, Staff Nurse; Angela Hegarty; and Prof Nash Patil, Consultant ENT Surgeon from Sligo University Hospital.

## Protected Mealtimes Initiative at PUH

The protective mealtimes initiative has been relaunched in Portlincula University Hospital: the aim of protected mealtimes is to help patients get the most from their meals.

This is one of a number of initiatives being rolled out in PUH to improve quality patient care. An uninterrupted ward environment, presentation, timing and nutritional content of food are really important for a patient's recovery.

During protected mealtimes; breakfast (8.00 to 8.30), lunch (12.45 to 1.30) and tea (5.00 to 5.30) all non-urgent activities stop on the ward. This is to prevent unnecessary interruptions to mealtimes and enables staff to assist patients with their meals. Please be assured that all essential and urgent care needs will be met. Visiting is restricted unless prior arrangements are made with the nursing staff to assist with feeding.

For more information download the patient information leaflet: [Protected Mealtimes at PUH](#)



From left: Maeve Holmes, Dietitian Manager; Frances Cannon, Senior HCA; Sharon Donoghue, PALS Coordinator; Maura O'Connell, ADON; Eilish Barrett, Senior Paediatric Dietitian; James Keane, General Manager; and Mary Mahon, DON.

## RespiraSense at SUH

RespiraSense, a continuous respiratory rate monitor was launched on Medical South Ward in SUH in August. The ward had a very successful Go Live week, with up to 12 patients benefiting from continuous respiratory rate (RR) monitoring daily since.

RespiraSense is a wireless, non invasive, motion tolerant, accurate RR monitor. Patients wear the device on the abdomen and continuously transmit RR values to a monitor displayed at the nurses station.

Changes to respiratory rate, the vital sign that represents ventilation, can be the first indicator that a patient is deteriorating. An increasing RR of just 3 to 5 breaths per minute, or a RR of >25bpm can indicate a clinical deterioration. The recent introduction of iNEWS V2 reflects the importance of obtaining an accurate RR counted over one full minute.

During the early stages of clinical deterioration a patient's SpO2 may appear to be in the normal range, but RR will increase in response to inadequate tissue oxygenation. Medical South can now utilise RespiraSense to obtain accurate RR count and identify changing RR trends to their patients between routine sets of vital signs.

Kerri Manning and Dean Flanagan CNM2 on Medical South facilitated nurse training with the PMD Solutions Clinical Change Specialist nurse in the preceding weeks before the Go Live date. Care assistants and the wider MDT working on the ward have also received training. The nursing staff are now proficient in using the device to enhance patient care, with weekly support visits from the PMD nurse.

Well done to Kerri, Dean, all of the nurses and care staff on Medical South for embracing this new technology, with a commitment to enhanced patient safety and improved clinical outcomes.

## World Sepsis Day at MUH



From left: Helen Flynn, Conor O'Driscoll, Liz Casey, Ellen Brooks.



From left: Dr Talal Hussein, Dr Muhammed Ashfaque, Dr Syed Razi Rizvi, Liz Casey, Dr Ronan McLernon, Dr Sean Fennessy, Dr Zudhi Alkhatib, Dr Yuthie Krishnamoorthy.



## 'Seo Mise - This is Me' enhancing dementia care at PUH

Portiuncula University Hospital with support from the National Dementia Office recently launched 'Seo Mise – This is Me', a quality improvement initiative developed by the Occupational Therapy and Medical Social Work Departments. It includes a Dementia Resource Pack which has been designed to empower patients and families to make effective decisions and choices regarding their future care. The four medical and surgical wards at the hospital also have access to a Dementia Activity Box suited to individuals requiring stimulation with therapeutic intervention.

Siobhan Coen, Occupational Therapist at Portiuncula University Hospital said, "Approximately one in three patients aged 70 and older admitted to Irish hospitals have dementia and this figure will increase annually as the population ages. People living with dementia are among the most vulnerable patients in hospital. They are often older, frail, and very prone to delirium, falls, pressure ulcers, and malnutrition which are key safety issues in hospitals.

"Included in the information pack is the 'Seo Mise – This is Me' booklet containing information for service users and their families on the availability of support services in Ballinasloe and surrounding areas. It also includes the 'Think Ahead' form developed by the Irish Hospice Foundation which encourages service users and their families to discuss and record their wishes in regards to all aspects of their future care.

"Another part of the initiative is the introduction of a Dementia Activity Box which aims to promote a more cognitively stimulating environment for our patients with dementia. The box is equipped with a variety of both traditional and new technology products such as jigsaws, conversation balls and iPads which will be used to cognitively stimulate patients and hopefully better build relationships among staff and their patients.

"These products are evidence-based to facilitate engaging conversations, stimulate senses and promote reminiscence between patients with dementia, staff and carers. It will support optimum health and wellbeing during the patient's hospital stay and help reduce the anxiety and confusion that can occur whilst in an unfamiliar hospital environment."

Click [here](#) for video and more.



From left: Siobhan Coen, Occupational Therapist; and Patient Edward Egan.

## Donation to the Stem Cell Department at UHG

Robbie O'Leary from near Kinsale in Cork and his family presented a cheque for over €16,000 to the Blood and Tissue Establishment Stem Cell Department at UHG in August; in 2016, Robbie received complex stem cell treatment at the hospital.

Last year Robbie walked 204km around his locality, which is the distance from UHG to Cork University Hospital where he had also been treated. He raised in excess of €32,000 which he donated to the two hospitals.



Dr Amjad Hayat, Consultant Haematologist and Clinical Lead for the Blood and Tissue Establishment along with Department staff accepting the donation from former patient Robbie O'Leary.

## ICN NP/APN Network Conference



RANPs Bernadette Finneran and Amanda O'Halloran representing RUH at the International Council of Nurses Nurse Practitioner / Advanced Practice Network Conference in Dublin showcasing the impact of Advanced Practice in the Plastic Surgery service in RUH.

## Palliative Care Week in PUH



Members of the Specialist Palliative Care Team celebrating Palliative Care week in Portluc University Hospital.

From left: Barbara Flynn, CNS Oncology; Helen Ely, cANP Specialist Palliative Care; Leona Butterly, CNS Specialist Palliative Care; and Dr Sharon Beatty, Consultant in Palliative Care.

## Magnet4Europe Interventional Study at LUH

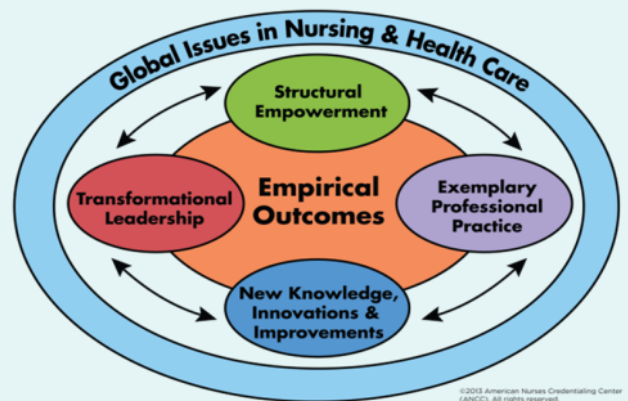
Letterkenny University Hospital is excited to be involved in the Magnet4Europe interventional study, which is guided by Magnet principles, aimed at redesigning the clinical work environment.

The aim of this research at LUH is to collaborate with the Magnet4 Europe project and twin with an established USA Magnet Hospital to:

1. Improve work environment, enhance staff wellbeing and improve patient outcomes.
2. Complete a gap analysis of the organisation: how can we improve structures and processes for the wellbeing of staff and patients.
3. To be proud of the organisation: employees are inspired to be better and strive for excellence.

### What is Magnet?

- Magnet is the model around nursing excellence and a professional nursing practice culture.
- Magnet4Europe provides a voice for nurses/doctors.
- Magnet requires nursing-sensitive indicators and patient satisfaction to be above the benchmark for the majority of wards, the majority of time.



**Transformational Leadership:** Works collaboratively with staff to meet organisation demands.

**Structural Empowerment:** Empowering staff to find the best way to accomplish the organisational goals and achieve desired outcomes.

**Exemplary Professional Practice:** Role of nursing; the application of that role with patients, families, communities, and the interdisciplinary team; and the application of new knowledge and evidence.

**New Knowledge Innovation & Improvement:** This component includes new models of care, application of existing evidence, new evidence (Evidence Based Practice).

**Empirical Outcomes:** "What difference have you made?". The outcomes represents the 'report card' of a Magnet-recognised organisation, a simple way of demonstrating excellence.



## CNME Menopause Awareness Day

The CNME, Sligo, Leitrim and West Cavan and the CNME Donegal held a joint workshop, titled 'Understanding the menopause: an insight for nurses', in Sligo.

The CNME team were responding to a call from the nursing body, in the North West, who were seeking more evidence based facts, on the menopause and wanted information on how nurses can support women in this transitional phase of their lives.

The day began with a yoga and relaxation session from Saoirse O'Donoghue (Warrior Yoga). This was followed by insights into cervical screening and the menopause from Sinead Griffin (Cervical Check) and information from the complex menopause clinic from Clare McElroy, CNM2, National Maternity Hospital.

The afternoon session was delivered by CNSs and ANPs from Sligo University Hospital and Letterkenny University Hospital which included Deirdre Mulvey, CNS Cardiac Rehabilitation who delivered a talk on cardiac health and the menopause; Bridie Rooney, Bone Density CNS spoke about osteoporosis and the menopause; Selene Daly, Dermatology CNS gave insights into skin changes and the menopause; Majella O'Donnell, Dementia CNS educated attendees about cognitive function and the menopause; and closing the afternoon session was Connie McGilloway, ANP in SATU, Letterkenny University Hospital who spoke about sexual health and the menopause.

Dr Cassie McVeigh, spoke in the afternoon, giving attendees an overall view of the menopause, and current therapies.

The day was closed with a mindfulness session provided by Karlene Kearnis and Julie Molroney, from Nurse Practice Development, in Sligo University Hospital.

The cardiac nurse team, from Sligo University Hospital, also provided blood pressure and cholesterol testing. The event was extremely well attended with a positive response from attendees.



## Official opening of Rose Room at MUH

Mayo University Hospital (MUH) has officially opened a designated room in the Maternity Unit for bereaved families. The Rose Room is named in memory of baby Hope Rose Caulfield who sadly died in 2017 aged 9 days old. Hope Rose's parents Sandra and Jonathan Caulfield from Kiltimagh have fundraised significantly for the renovation of this space which will support the hospital in providing comfort and solace to families dealing with loss. The Caulfield family have turned their personal experience of bereavement into an opportunity to help other grieving families by fundraising and supporting the hospital in providing dedicated quiet space for bereaved families.

On Friday, 23 September the Rose Room was formally opened - the renovated room has been in use since 2019 but the official opening was delayed due to the COVID-19 pandemic.

Andrea McGrail – MUH Director of Midwifery said; "On behalf of Mayo University Hospital I want to thank Sandra and Jonathan for their commitment to this project; for their fundraising and for engaging with the hospital so passionately to make the Rose Room such a beautiful place. It is a calm and quiet room, with a wonderful painted mural which depicts children releasing lanterns on a beach, evoking light and hope and the forever bond of siblings.

"Unfortunately in the Maternity Unit, some families will experience pregnancy or infant loss and it is so important to have a quiet and comforting place in which families can prepare for the difficult journey they are on.

We also want to say a huge thank you to the community of Mayo and further afield, who have contributed to the various fundraising initiatives to renovate the Rose Room."

We wish to also acknowledge the incredible commitment our staff have shown to this project."

Sandra Caulfield said; "With great love comes great sadness and Hope Rose was one of my greatest loves. I will hold her forever in my heart until I hold her in my arms."



Jonathan, Ava, Chloe, Sandra and Faith Caulfield in the Rose Room named in Memory of their daughter and sister, Hope Rose.

## #OurPeople

**Name:** Selene Daly

**Job Title:** Dermatology Clinical Nurse Specialist

**Location:** Sligo University Hospital

### How did you get interested in the role of Dermatology Clinical Nurse Specialist

Since my days as a student nurse I have always had an interest in skin disease and treatment. I was fortunate enough to become a dermatology nurse in Sligo University Hospital in 2004, where I assisted in founding the first dermatology unit in the North West. I then became a dermatology CNS in 2007.

### What is a typical day?

I start work at 8 am with my nursing colleagues, Karen Hunt and Marion O'Boyle, in the Dermatology Department on Level 4 in Sligo University Hospital. My work varies day to day. I provide specialist nursing knowledge to patients attending the dermatology outpatients department where we treat various skin conditions from skin cancer, acne, eczema and psoriasis, just to name a few.

The nursing team also support a large number of minor operations, mostly skin cancer, which take place in the Day Services unit in Sligo University Hospital. We also run nurse led clinics, with our busiest being our phototherapy light service, which treats a common skin condition called psoriasis. I provide education to service users, the public and other health care professionals on all aspects of dermatology and have a monthly slot on Newstalk's Pat Kenny show to highlight the burden of skin conditions and point listeners to services such as [www.irishskin.ie](http://www.irishskin.ie), who provide evidence based information on all things dermatology. I am passionate about research and the dermatology department have conducted various research projects over the years to include farmers, members of the travelling community and teenagers with regard to skin cancer prevention.

### If you had to describe your job in three words... or one sentence... what would it be?

'Privileged to work with wonderful patients and colleagues'.

### What is the most rewarding part of your job?

Even after 18 years in my role I am still ecstatic when I see joy and relief on people's faces when we successfully treat their skin condition.



## Staff Flu Vaccine Clinics

It is time to get your flu vaccine – get it early before the flu season starts. Look out for details of free staff flu vaccine clinics in your hospital.

## HOSPITAL STAFF

### Get your flu vaccine today

#### Did you know?

<p><b>?</b> If you work in healthcare you are 10 times more likely to get the flu</p> <p><b>?</b> At least 20% of healthcare workers are infected with flu every year</p> <p><b>?</b> IPC procedures, like hand hygiene, are essential but they will not prevent flu</p>	<p><b>?</b> Even healthy people can get seriously ill from flu</p> <p><b>?</b> Vaccination is the best protection against flu</p> <p><b>?</b> Pregnant women are more likely to get complications from flu. The vaccine can be given at any stage of pregnancy</p>
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# Healthcare workers and grief



Focusing on work is very difficult after the death of a work friend or team member and it takes time to re-adjust to the workplace without them. Be there for each other and reach out to colleagues.

You can also call the HSE Employee Assistance Programme (EAP) on **0818 327 327** to speak to someone who can help. This is a free and confidential service.



[hse.ie/grief/healthcare](https://hse.ie/grief/healthcare)  
#CopingWithGrief

*From the HSE*

# Creeslough



07 October 2022



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