



RUH



PUH



MUH



GUH



SUH



LUH

Saolta staff recognition events

The Saolta Group management team visited each hospital during the autumn for a special staff event to recognise the huge contribution of all our staff during the COVID-19 pandemic.

During what was an extremely uncertain time for the communities we serve, one of the few certainties that people had was that their local hospital remained open to provide care for them. This was only possible because of the immense dedication and commitment of hospital staff.

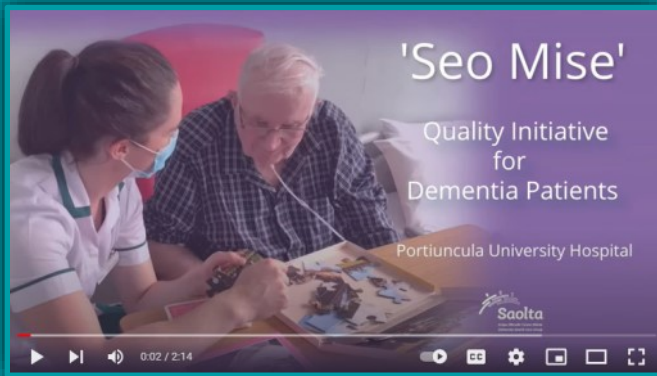
As part of each site visit a selection of staff were presented with a medal and certificate as a token of appreciation for all the work they did during the pandemic. An Irish oak tree was also planted at each site to remember those who died.

All Saolta staff will receive a medal and certificate, in recognition of their invaluable contribution throughout the last two years of the pandemic.

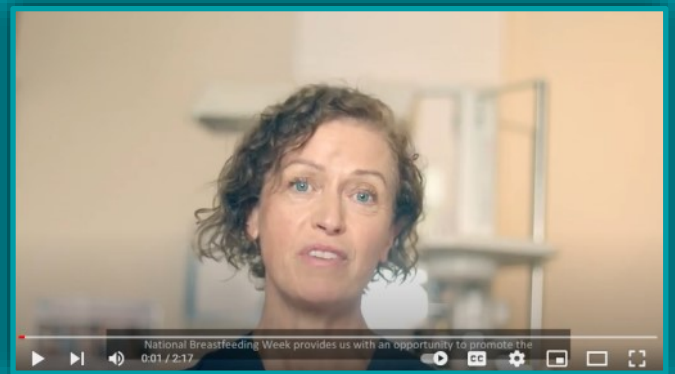
Please click [here](#) to view the Saolta Staff Medal and Certificate Presentation or click on the image below for the video to start. If the image does not appear, click here: <https://www.youtube.com/watch?v=Es9sjPJR73q&t=1s>



Saolta Videos



Click [here](#) to view



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All videos are accessible through our [YouTube](#) channel

Saolta Tweets



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@saoltagroup

Chief Executive Officer Saolta Group

Dear colleagues

This time last year as we were looking forward to 2022, our hope for our hospital services across the region was that we would begin the process of recovery from the COVID-19 pandemic.



Tony Canavan, CEO

Two years of providing care during a pandemic had left all of our sites in a challenging situation. We could see that these years had added considerable numbers of patients to our waiting lists and we knew that lots of our patients had deferred care - care that they would eventually need to receive in our hospitals.

As anticipated, we faced a challenging year, but despite this we have managed to provide a high level of care to those who need it.

Now as we look back on 2022, we can see that we've made considerable progress in improving access from our waiting lists to our hospitals. We've also improved access for our cancer patients.

Throughout 2022, we've seen a very significant growth in the numbers of patients attending at our emergency departments and this has placed a greater burden on all our hospital sites.

Your hard work, dedication and professionalism is what allows our hospitals to provide the best care possible despite these challenges.

I want to thank each and every member of staff across all of our hospitals for the work and effort that you've put in throughout the year to provide the best care that we possibly can for our patients. You did this despite facing challenging conditions with very little reprieve throughout the entire year.

I hope that you have time to enjoy your Christmas holidays in the company of good friends and family and I wish you a peaceful and healthy Christmas.

Guíomm Nollaig Shona agus sláintiúl oraibh go léir. Tá súil agam go mbainfí sibh taitneamh as an Nollaig i gcuideachta cairde maithe agus teaghlaigh.

Tony Canavan
Chief Executive Officer

Chief Operations Officer Saolta Group

Dear colleagues

As we come to the end of another busy year I want to take this opportunity to wish each of you a happy and peaceful Christmas. Thank you all for your continued dedication in delivering care to our patients in each of our hospital sites.



Ann Cosgrove, COO

While we had hoped for some reprieve in 2022, the pressure on our hospitals continued unabated throughout the year. Our ED attendances and hospital admissions remained high with no let up over the summer months. I want to thank you all for continuing to show the utmost dedication and professionalism in your roles despite the unstinting pressures you have faced.

I also want to acknowledge the significant scale of work carried out at our hospitals to reduce patient waiting times. While we continue this work to reduce waiting times for both scheduled and unscheduled care, we are seeing positive outcomes as a result of our ongoing focus.

As a group we have achieved the largest incremental reduction on all of our waiting lists in comparison to all other hospital groups in Q4, 2022. The reduction has been seen in both total volumes as well as targeted reductions in the greater than 12 and 18 months respectively. In this quarter we have overseen an 8,000 drop in total outpatients waiting. In the year to date, we have achieved a 31% reduction in outpatients waiting greater than 18 months, 5% reduction in inpatients, 25% reduction of day cases and a 97% decrease in GI scopes waiting greater than 12 months. I want to commend you all for your efforts.

I also want to reflect back on some positive developments over the past year. A number of capital developments across our hospitals have made significant progress in 2022 and we look forward to further developing these plans in the New Year.

The opening of the temporary ED in UHG has resulted in a significant improvement in patient care and dignity in what remains a very busy emergency department.

The opening of the Radiation Oncology Facility early next year will also prove a welcome step in the development of the site. At MUH we look forward to progressing the ED/AMAU development and the replacement CT. At SUH, 2023 will see us move forward with the 42 bed block and progress the SAR and preliminary business case for the surgical/ED block.

PUH will see the completion of the isolation ward and progress with the construction of the new ward block. The replacement CT scanner will also be in operation. In LUH work will continue on the renal dialysis unit, on plans for new Aseptic Unit and on the update of the Development Control Plan.

I also want to take a moment to thank all our staff in LUH for their unstinting dedication in caring for their community during the Creeslough tragedy. This event and the outpouring of praise for the hospital staff in LUH show us just how embedded all of our hospitals are in their local communities.

I hope that this Christmas will see all of you get the opportunity to spend some time with your families. I look forward to working with you all in 2023 and wish you all a prosperous and happy New Year.

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 under Saolta Strategy, Sláintecare Implementation and National Programmes of care. Projects are actively supported through the various phases of development and are recorded and monitored via the Saolta Project Dashboard.

2022 was a busy year, recovering from COVID-19 and getting back on track with our projects. See some of our end of year highlights outlined below.

Congratulations to Jo Shortt, who recently left the Saolta PMO Portfolio Lead role to take up her new position as Assistant National Director - Change Planning and Implementation Regional Health Authorities.



Overweight and Obesity Programme

Saolta was allocated funding in 2022 and recruitment and procurement have commenced based on this allocation.

Bariatric surgery has commenced in line with the expectations of the programme.

In November, members of the Saolta Overweight and Obesity Steering Group and Implementation Team visited the SVH and SCH obesity clinical services in Dublin. This spirit of collaboration will enhance the implementation of the pathway at a local level.



From left: Edel Kelly, GUH; Helen O'Neill, Saolta PMO; Ciara Breen, GUH; Prof Chris Collins, GUH; Prof Francis Finucane, GUH; Prof Donal O'Shea, SVH; Karen Gaynor, Obesity National Clinical Programme; Caitriona Lynch, GUH; and Prof Helen Heneghan, SVH.



Better Together:
The Health Services Patient
Engagement Roadmap

Congratulations to Irene Maguire, Project Manager, Saolta who led on the development of the "Better Together: Health Services Patient Engagement Roadmap" with Jean Kelly, retired CDONM, Saolta. The launch was held in December, commissioned by Dr Colm Henry, CCO of the HSE and endorsed by Stephen Mulvaney, Interim CEO of the HSE and Joe Ryan, National Operational Performance and Integration.

[Better Together: Health Services Patient Engagement \(PE\) Roadmap](#) is a new resource for all healthcare staff (clinical and non-clinical) which provides essential guidance and tools required to achieve meaningful Patient Engagement.



From left: Irene Maguire, PM, Patient Engagement Roadmap; Bernie O'Reilly, Patient Representative; Dr Colm Henry, CCO, HSE; Anne Lawlor, Patient Representative; and Jean Kelly, retired CDONM Saolta, National Lead for Patient Engagement Roadmap.

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

The evaluation of the Managed Clinical and Academic Networks (MCANs) is complete. Findings were discussed at a workshop with members of the GMT in October. Work is currently underway to apply learnings and prepare for the rollout of Phase 2.

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

As we come towards the end of 2022, it is timely to reflect on all the work undertaken across the Group over the last year. We are continuing to progress key priorities and projects including the priority development posts for W&C MCAN, Maternal Fetal Medicine, Gynae Onc supports, Paediatric priorities such as Critically ill and Injured Child Project (CIICP) as well as supporting a number of key ICT Projects in the development of our networks.

We are pleased to advise that the Complex Menopause Service was launched in November. This Galway based service receives referrals from GPs across the Saolta region for women with complex menopause issues.

Dr Marina Curran is heading up the service with support from Sharon Cullinan and a nurse lead will be joining them early next year.

The Saolta Women's and Children's Annual Clinical Report (2021) has now been published. This report includes all activities related to Maternity Services, Neonatology, Gynaecology, Paediatrics, SATU and CASATS in our 5 hospitals – GUH, LUH, MUH, PUH and SUH. The report is structured in accordance with these activity groups. The activity for each hospital site has been shown separately and in combination to represent the Group.

This report is available to view on the Saolta website. To read the Women's and Children's Annual Clinical Report (2021), click here:

<https://saolta.ie/documents/saolta-womens-and-childrens-mcan-annual-clinical-report-2021>

Saolta Clinical Nurse Coordinators for Children with Life Limiting Conditions (CNC CLLC) Service



From left: CNC CLLC Martina Kenny, MUH; Nancy Mc Cormack, GUH and PUH; Caroline Mc Garry, SUH; and Helen McDaid, LUH.

Within Saolta we are delighted to announce the expansion of the CNC CLLC service with the appointment of additional posts in MUH and SUH. This ensures there is now a comprehensive service for children with life limiting conditions allowing them to be cared for so far as possible in the home setting across the whole of the Saolta group.

The CNC coordinates the children's care in collaboration with health care professionals in the acute and community settings, smooths the transition between services for families caring for a child with a life limiting condition and in particular those requiring home care at the end of their lives thus ensuring continuity in care. This also includes being an informed resource, facilitating education and training as required and supporting the collection of data in relation to children with LLC. In addition we acknowledge Colette Goonan's contribution to the development of the CNC CLLC service over the past nine years and wish her well in her new role as Programme Coordinator for the Hybrid Higher Diploma Children's Nursing Registration Programme.



Helen McDaid, CNC for Children with Life Limiting Conditions, LUH.

At the recent All Island Children's Palliative Care Conference CNC CLLC, Helen presented a poster detailing the safe transition of a teenager with complex medical needs from London to Donegal. This poster illustrated the timely collaboration between services.

Finally, on behalf of the Women's and Children's - Managed Clinical and Academic Network, I would like to wish you all a very happy and healthy Christmas.

Cancer Managed Clinical and Academic Network (MCAN)

As the end of 2022 approaches the Saolta Cancer MCAN reflects on what has been a very busy time as all services resume post the pandemic.

At Grandrounds in September Professor Michael Kerin gave a presentation of the Cancer MCAN vision for a functional Cancer Centre at Galway University Hospitals with balanced regional development for all of the Saolta Hospitals across the Group. The presentation also highlighted the Saolta Cancer MCAN ambition to progress towards OECl accreditation over the next two years.

In October 2022, the NCCP approved GUH to be designated as a Chimeric Antigen Receptor T-cell (CAR-T) therapy centre. CAR-T is an innovative therapy used to treat certain blood cancers and is also being considered for the treatment of other types of cancers. In the next 18 months, a local implementation group will facilitate the preparatory work needed to operationalise this project.

The Organisation of European Cancer Institutes (OECl) have agreed that the Saolta Hospital Group can proceed to assess the Saolta cancer programme as a network which will involve a regional self-assessment process. In early December, baseline metrics were submitted to the OECl Accreditation and Designation Board. Following the OECl approval the Saolta Cancer MCAN will proceed to the next step which involves a self-assessment of all cancer services across the network.

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 expert speciality colleagues throughout the region to progress in a timely manner. This invaluable expertise will be critical in order to complete this stage of the process. The OECl project is supported by CEO Tony Canavan and engagement with all stakeholders has commenced.

In October, Helen O'Reilly, Saolta Group OECl co-ordinator and Dr Veronica McInerney, Administrative Director, Advanced Therapies and Cancer Research Group, HRB Clinical Research Facility Galway travelled to Milan to undergo OECl auditor training. This gave both participants invaluable insight into the process.

In November, members of the Cancer MCAN team and urology team attended the NCCPs Urological Audit and Risk study day which provides a national forum for urology cancer. This highly informative and educational day was a welcome return to in person meetings where experts gathered to share their knowledge and experience. Also in November, the Saolta Health and Social Care, Professionals Research Group was commenced. The purpose of the group is to further develop the Cancer HSCP Research agenda, enhancing research capacity of the group working within Saolta Cancer Services, creating a culture of inquiry and scholarship.

Cancer Seminar Series:

Since September 2022 the Cancer Seminar series has taken place. Hosted by Dr Michael McCarthy, Consultant Medical Oncologist and co-ordinated by Emer Hennessy Cancer Centre research manager. These seminars take place on the first working Monday of each month from 1-2pm. This is an open event for all clinicians, academics, nurses, health professionals, researchers, students and trainees to attend. It is envisaged that this will promote sharing of knowledge and research collaboration between clinical and academic environments. It is a hybrid event, onsite in the Clinical Science Institute and online for staff in Saolta hospitals and medical academies across the region. CPD credits have been approved for HSE staff. This series has proved very popular with over 180 attendees so far online or in person.

Finally, the Saolta MCAN was delighted with Minister Stephen Donnelly's announcement on 16 December which confirmed the governments intention to fund a detailed design for the proposed Galway Cancer Centre in the 2023 Capital Plan.

Wishing everyone a peaceful Christmas as we look forward to working together in 2023.



From left: Prof Sean Hynes, Consultant Histopathologist, GUH and Dr Michael McCarthy, Consultant Medical Oncologist.

Save the Date!

Cancer Seminar Series continues January 9, 2023 at 1pm with Dr Aideen Ryan, Associate Professor in Tumour Immunology and SFI Starting Investigator and Frontiers for the Future Awardee, presenting "Stromal cells as immunotherapeutic targets in Colorectal cancer". Join on site or by Zoom.

Register: <https://CancerMCANSeminars.eventbrite.ie>

Date/Time: First working Monday of the month, 1-2pm

Venue: Clinical Science Institute CSI 1031

Zoom: <https://zoom.us/j/954421036092?pwd=MEExFU1dscCsxLzZORHZxODJrQTR0Zz09>

Meeting ID: 954 4210 3609 **Passcode:** 931026

Staff achievements highlighted during Magnet4Europe visit to LUH



Letterkenny University Hospital was delighted to welcome Professor Jonathon Drennan and Doctor Noeleen Brady of the Magnet4Europe Research team to the hospital on 25 November. The visitors met members of the Magnet team and hospital staff during their site visit to support the ongoing participation of the hospital in the Magnet4Europe Research project.

Celebration and acknowledgement of staff achievements are an important part of Magnet culture and the organisation used the visit as an opportunity to showcase some of the exemplary practice, research and innovations taking place in the hospital.

Professor Drennan and Doctor Brady were clearly impressed by the initiatives and research displayed as well as the motivation and engagement of staff within the hospital.

There was a strong focus on the gap analysis and stakeholder engagement work underway as part of the first phase of the Magnet4Europe Research project at Letterkenny University Hospital.

The hospital aims to further build upon these excellent foundations with the implementation of various interventions based on the findings from the Magnet4Europe staff survey and the gap analysis of the organisation.

Interventions guided by the Magnet Principles of Transformational Leadership, Structural Empowerment, Exemplary Professional Practice and New Ideas, Innovations and Improvements are proven to improve the clinical practice environment and lead to enhanced staff wellbeing, improved staff retention and better outcomes for patients.

Health Literacy Committee at GUH Reflects on Activities and Plans for the Future

The GUH Health Literacy Committee has recently published its Activity Report for 2014-2022. The reports outlines the actions completed by the committee in the past five years and gives recommendations for future activities by the committee for the next five years.

Health Literacy is an evolving concept and is defined as follows: *'The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions'.*

It is the Health Literacy Committee's aim to develop a health literacy responsive organisation that meets the needs of the people using our services.

In 2023, the committee will release a monthly bulletin via GUH eServices giving staff information, tips and tricks to use in your daily work that can help make our hospitals more health literacy responsive.

We welcome and invite new members to join the committee at any time. Please contact Niki.byrne@hse.ie if you would like to hear more.



Health Literacy Committee members in GUH.

Roscommon Injury Unit RANPs



Registered Advanced Nurse Practitioners at Roscommon Injury Unit, from left, Maggie Mew, Donaliza Cromar, Patricia Larkin and Nadia Finneran.

New PALS Coordinators for RUH, PUH and SUH

Christine Rohan

Christine who is from Athlone is a new appointment for the hospital having previously worked as a Clinical Specialist Radiation Therapist for St Luke's Radiation Oncology Network at St. James Hospital where she gained valuable experience working with patients and their families.

Christine said, "It is important that our patients are treated with compassion, consideration and respect and that the ethos and the values of Roscommon University Hospital are evident through the work carried out by all of our staff."

Click [here](#) for more.



RUH

Christine Rohan, Patient Advocacy and Liaison Service Coordinator at RUH.

PUH



Sharon Donoghue Patient Advocacy and Liaison Service Coordinator at PUH.

Sharon Donoghue

Sharon, a native of Taughmaconnell in County Roscommon, gained valuable experience working with patients and their families having previously worked as a Nurse Manager in Theatres and in the Pre-Assessment Unit in Charing Cross Hospital, London.

"I work closely with the doctors, nurses and other hospital staff on patient care issues and speak on behalf of those patients and their families who wish me to do so" explains Sharon.

Click [here](#) for more.

Catherine Kelly

Catherine, a native of Sligo, gained valuable experience working with patients and their families having previously worked as a Clinical Nurse Manager and Clinical Facilitator in the Emergency Department at SUH.

Speaking of her new role Catherine explains, "Communication is a key part of the role and I work closely with health care staff across all disciplines on patient care issues and speak on behalf of those patients and their families who wish me to do so, I place the value of kindness, care, compassion and trust at the core of my daily work."

Click [here](#) for more.



SUH

Catherine Kelly, Patient Advocacy and Liaison Service Coordinator at SUH.

New Capsule Endoscopy Service at LUH

Letterkenny University Hospital launched its new Capsule Endoscopy Service in July and since then 62 patients have availed of the service up until the end of November. The service is being led by Dr Vikrant Parihar, Consultant Gastroenterologist and Aundrea Mulreany acting CNM 2 of Capsule Endoscopy. This will complement the existing Colonoscopy and Gastroscopy service. Capsule endoscopy is a pain free procedure which does not require sedation and therefore may be favoured by patients such as those with a phobia of colonoscopy or those who have previously had an incomplete colonoscopy.

Currently patients are triaged for suitability and subsequently enlisted for either small bowel capsule endoscopy (SBCE) or colon capsule endoscopy (CCE). Patients are pre-assessed and allocated a procedure date as long as they do not have any contraindications including but not limited to swallowing difficulties, scheduled MRI scan, pregnancy or previous GI surgery. Full explanation of the procedure is discussed including diet, bowel preparation, fasting times, equipment worn, post procedure instructions, consent and the return of equipment.

A patency capsule service will be available for patients who warrant further investigation to confirm luminal patency before proceeding to video capsule endoscopy. Following the return of the equipment, the data is uploaded and a video capsule reader will issue a report and the findings will be forwarded to the referring doctor.



Nursing Peer Support Groups

Nursing Peer Support Groups, in the form of Peer Group Clinical Supervision, meet regularly and offer staff the chance to discuss a variety of different topics in a safe, supportive and confidential environment with a trained facilitator.

Attending a Peer Group has been found to reduce stress levels and emotional burnout in staff as well as having a documented impact on working culture within the acute hospital setting. It is also shown to improve morale. Outcomes show a decreased rate of illness amongst nursing staff as well as improved patient outcomes. Programmes such as this one foster the ideals and outcomes of the Magnet4Europe Project.

To attend a Peer Group in UHG contact Sarah Garvin:
Sarah.Garvin2@hse.ie



From left: Pauline May, NPD ADON; Anne Smyth, CPC; Maura Mannion ADON; Sarah Garvin CPC and Clinical Lead for Peer Group Clinical Supervision .

MUH staff 5km fundraiser for Baby Unit in Kenya



Staff from Mayo University Hospital and Londiani Sub-County Hospital, in Kericho County, Kenya. MUH staff are fundraising to upgrade the Special Care Baby Unit in the hospital.

On the 29 November MUH staff walked, jogged and ran 5km to raise funds for a life-saving project in Londiani Hospital in Kenya. Mayo University Hospital has a long-standing relationship with Londiani Sub-County Hospital in Kericho County.

The partnership was established 14 years ago to enable shared learning between healthcare workers in western Kenya and western Ireland, with the aim of improving health outcomes for all. This initiative is supported by Brighter Communities Worldwide, donations can be made online via: <https://www.globalgiving.org/fundraisers/44937/>

Minister Stephen Donnelly opens UHG Cardiothoracic Ward

University Hospital Galway recently welcomed Minister for Health, Stephen Donnelly TD who met with frontline staff and got an update on recent hospital developments.

During his visit Minister Donnelly also officially opened the Cardiothoracic Ward which is a 13 bed ward for patients who are undergoing cardiothoracic surgery. The ward includes three isolation rooms, three 2-bed wards, a 4-bed ward, a pre-assessment room and a waiting lounge. Ten of the beds have been in use since May and a further three beds opened earlier this month.

The cardiothoracic ward cost €4.71m to design, build and equip and includes a state-of-the-art monitoring facility with telemetry and in-room monitoring.

Minister Donnelly said, "The new Cardiothoracic ward opened today embodies the reform being delivered through Sláintecare. This new infrastructure will enhance the permanent capacity of our health service.

Click [here](#) for more.



From left: Prof Pat Nash, Chief Clinical Director, Saolta Hospital Group; Ann Cosgrove, COO; Marie Cloonan, CNM 3 Cardiothoracic/ Cardiology; Mr Ronan Kelly, Consultant Cardiothoracic Surgeon; Michelle Wren, CNM 2; Minister Donnelly; Niamh McDermott, CNM 1; Edel Kelly, ADON; David Folan, Staff Nurse; Chris Kane, GM; Marie Burns, DON; and Tony Canavan, CEO.

Internship Nursing Induction Programme at SUH

A Nursing internship induction programme was held in SUH for the BNSc 2019 group of nursing students. In total 32 Students attended this Internship Preparation Programme. The informative week was planned, coordinated and facilitated by Clinical Placement Coordinators in SUH.

The programme is run each year with the aim of preparing the student nurses for commencing their internship the following January. Sessions were provided for the students by CNMS/ CNSs/ AMPS on topics relevant for the transition to becoming an Internship Student Nurse. Examples of topics presented included: Care of the Diabetic Patient, Discharge Planning, Care of the Respiratory Patient, Pre and Postoperative Care, Care of the Deteriorating Patient. Ms. Maura Heffernan, DON met with the students and discussed potential employment opportunities. The programme was evaluated extremely positively by the students and the content of future sessions is always planned based on these evaluations. An example of a qualitative response from one of the evaluations demonstrates the benefit of the week for the students:

"I thought that the CNS Presentations were great, the mindfulness was a lovely exercise. The information gained through the week helped ease any anxiety around the placement".



Infection Prevention at PUH



Portiuncula University Hospital's Infection Prevention and Control Week took place in October. The theme for the week's events was "The future is Infection Prevention. 50 years of Infection Prevention" as 2022 is the 50th anniversary of Infection Prevention approaches at the hospital. Staff participated in the promotion of infection prevention activities and events.



Bikers Ride Out to the Neonatal Unit at UHG

'Bikers Ride Out for Preme's', a voluntary charity organisation that raises money to purchase medical equipment for neonatal units and hospitals for sick children recently, donated €1000 worth of hotel vouchers to the Neonatal Unit (NICU) at University Hospital Galway.

The 'Bikers Ride Out For Preme's' was set up by the Blue Daos Law Enforcement Motorcycle Club Banner .

To date has provided hospitals around the country with almost €600,000 worth of equipment.

Dr Johannes Letshwiti, Consultant Neonatologist at UHG said, "As a referral centre for the west of Ireland we care for very premature babies from a huge geographical area. Unfortunately one of biggest barriers for families is the lack of accommodation on or near the neonatal unit. This can be a huge challenge, resulting in potentially huge expenses for parents and breast feeding mothers.

Click [here](#) for more.



From left: Mark O'Shaughnessy, 'Bikers Ride Out For Preme's' Irene Glynn, CNM 2, NICU; Maeve O'Brien, Staff Nurse NICU; Debbie Mooney, CNM 1 NICU; Anne Marie Gredish, ADOM; Donough Donovan, Consultant Neonatologist; Rob Corcoran, 'Bikers Ride Out For Preme's' and John Maher 'Bikers Ride Out For Preme's' with his sons Billy and Oisín.

Infant Mental Health Masterclass for Mayo



Dr Jeananne Garavan, Senior Clinical Psychologist and Chairperson of Mayo Infant Mental Health forum; Facilitators Ms Mairead Carolan and Ms Catherine Maguire, IAIMH; Mr Seamus Beirne, Manager of Mayo Primary Care Services; Ms Mary Skillington, Early Childcare Education ATU and Chairperson of the Early Years CYPSC Committee, Mayo.

MUH Maternity and Community Healthcare West recently facilitated the first ever Infant Mental Health Masterclass for Mayo.

Pressure Ulcer Prevention Committee at LUH

Pressure ulcers can affect anyone from new-borns to those at the end of life. This can cause significant pain and distress to patients. The development of a pressure ulcer can result in considerable harm to patients and may lead to increased costs and a prolonged length of stay in hospital. As health care professionals we need to use a collaborative approach to reduce the prevalence of pressure ulcer development within the clinical setting. All members of the health care team should promote best practice and adhere to hospital policies and procedures to reduce the risk of pressure ulcer development.

The Pressure Ulcer Prevention Committee was developed in November 2022 as a subcommittee within the Magnet 4 Europe steering group. The aim is to support all staff to promote and standardise best practice based on most recent evidence in relation to pressure ulcer prevention and management in LUH.

The Pressure Ulcer Prevention Committee ran a very successful event to raise awareness on World Pressure Ulcer Prevention day on 17 November.



From left: Rosemary Finn, Tissue Viability Nurse and Martin Mc Fadden, CNM, QPS.

UHG hosts world renowned surgeon

University Hospital Galway was delighted to welcome pioneering surgeon, Professor Diego González Rivas to the hospital. During his visit Professor González Rivas, delivered a lecture to colleagues across the Department of Cardiothoracic Surgery entitled "The Journey of Uniportal Thoracic Surgery from VATS to Robotics". He also performed two complex cases alongside the cardiothoracic team in UHG.

Prof González Rivas is a world renowned surgeon who has pioneered multiple innovative techniques over the years. He was the first surgeon in the world to perform the single-port VATS technique. The single-port VATS surgical technique is innovative at world level, since it enables the removal of more complex tumours through a single incision. He also has over 15 years' experience in performing major single-port lung surgery in patients without intubation and with spontaneous breathing.

Dr. González-Rivas was the pioneer surgeon in the world performing uniportal VATS lobectomies. Research has shown that patients who have undergone this surgery have demonstrated less postoperative pain, a speedier recovery and superior cosmetic results when compared to those where a multi-port approach was utilised. Click [here](#) for more.



Dr Alan Soo, Consultant Cardiothoracic Surgeon and Clinical Lead for the Saula University Health Care Group with Professor Diego González Rivas.

New Videofluoroscopy Service at PUH

Portiuncula University Hospital recently introduced a new Videofluoroscopy Service for patients in the hospital who need an x-ray assessment of their swallow.

The videofluoroscopy service is led out by the Speech and Language Therapy Department in partnership with the Radiology Department.

Videofluoroscopy is an x-ray examination of the swallow and is considered the 'gold standard' for the assessment of swallowing difficulties and can be used for assessment, diagnosis and management of dysphagia.

Speaking about the new videofluoroscopy service at the hospital, Fiona Brennan, Senior Speech and Language Therapist said, "On behalf of myself and the team we are delighted to be able to offer this service to our in-patients at PUH as previously patients had to travel elsewhere for the procedure, which took time and was an inconvenience for patients. Having videofluoroscopy will not only improve the range of services we can deliver but also provide a more positive experience for the patient."

Caroline Hanrahan, Radiography Services Manager said, "We are delighted to work with our colleagues in the Speech and Language Therapy Department on this important diagnostic service."



From left, Anne-Marie Johnston, Senior Speech and Language Therapist; Connie Egan, Radiographer; Caroline Hanrahan, Radiography Services Manager and Keith Alani, Radiographer.



From left, Aisling Ní Cheannabháin, Speech and Language Therapist; Fiona Brennan, Senior Speech and Language Therapist; Anne-Marie Johnston, Senior Speech and Language Therapist; Sophie Linehan, Senior Speech and Language Therapist and Colette Ward, Senior Speech and Language Therapist.

New Wellness Walkway at MUH

A new Wellness Walkway was launched at MUH by Prof Brian Dolan OBE.

The walkway, which is located on the first floor of the hospital, aims to promote the health and wellbeing of patients during their recovery from illness and injury. The walkway is 130m long with exercise stations and seated areas to allow patients get away from the busy ward environment.

Caitriona Davey, Clinical Nurse Manager 3 and Wellness Walkway Project Team member said, "We have designed the walkway to support patients to remain active during their hospital stay and we have exercise stations designed by physiotherapists at intervals along the walk with wall panels illustrating different lower and upper body exercises.

"We know from research how important it is for patients to stay mobile while in hospital. We have implemented the national 'Get Up, Get Dressed, Get Moving' campaign in the hospital and to complement this, the new Wellness Walkway provides a protected space for patients to keep moving to prevent loss of muscle, strength and fitness.

Click [here](#) for more.



From left: Prof Brian Dolan; Catherine Donoghue, Hospital Manager; Padraig O'Luanaigh, DON; John McCormack, Patient Experience Advisor; and Caitriona Davey, CNM 3, Medical Division.



From left: Grace Mullaney, Physiotherapist; Sarah Ronayne, OT; Mary Conlon, CNM 2 B Ward; John Mc Cormack, Patient Experience Advisor; Caitriona Davey, CNM 3 Medical Division; Aisling Bell, Physiotherapist; and Laura Walsh, OT.

Lighting up of the Christmas Tree at UHG



At the launch of this year's 'sponsor a Christmas tree light' from left, Maura Mannion, Chairperson of the Children's Remembrance Day Committee; Dave Cooley, The Conquerors Band and Dr Deirdre Nic Gearailt, Artist.



Ollie Turner from Galway Bay FM officially switched on the Christmas lights at University Hospital Galway on 11 December with the Conquerors kicking off the afternoon's festivities.

For every light that was sponsored, a specially designed Christmas card was given to the purchaser, the card representing the light is a way of letting family and friends know that you are thinking of them.

For those families who may have loved ones who have emigrated, sponsoring a light, lets them know they are in our thoughts at Christmas.

Gold Happy Heart Award for RUH and MUH

The Irish Heart Foundation awarded the Gold Happy Heart Award to RUH and MUH in recognition of the ongoing work at the hospitals to promote healthy eating in the workplace.

Patricia Rogers, Catering Manager at RUH explains, "The aim of the awards program is to assist workplace restaurants to adopt healthier cooking practices and provide healthier food choices. They highlight the important role that caterers play in nutritional health and in the prevention of heart disease, stroke and obesity.

Click [here](#) for more.



Patricia Rogers, Catering Manager with Chef's Julie; Winifred; Caroline and Patricia.

James O Shaughnessy, General Manager of Aramark Food Services in Mayo University Hospital said, "I am delighted that our catering team in MUH was recognised with this award. We have worked very hard to provide and promote a balance of healthy food choices in the restaurant every day.

Click [here](#) for more.



The catering team in MUH.

First in Ireland Endoscopic Radial Harvest in UHG



From left: Mr Alan Soo, Consultant Cardiothoracic Surgeon; Dr Sadiq Siddiqui, Cardiothoracic Surgery Registrar and Mr Ronan Kelly, Consultant Cardiothoracic Surgeon. Missing from the photo Mr Fabio Bartolozzi, Consultant Cardiothoracic Surgeon.

UHG is the first hospital in the country to introduce a new minimally invasive surgery for coronary artery bypass grafting. The endoscopic radial harvest programme reduces significantly the risk of complications and infection for the patient.

Click [here](#) for more.

#OurPeople

Name: Ashitosh Waidande

Job Title: Gastro Intestinal Surgery, CNM 2 – Major Theatre

Location: University Hospital Galway

How did you get interested in the role?

My mother was a nursing administrator in a public hospital in India and this inspired me and my two siblings to become nurses.

I had always been very interested in anatomy and disease anatomy and loved drawing organs. I'm aware that this is not a typical hobby!

In nursing exams, even when not necessary, I would often add a drawing to my answer. For example, if cholelithiasis was the required one word answer, I would draw gall bladder stones to illustrate the disease. It got a mixed reaction from my teachers!

During my rotation as a student nurse in India I realised I was made for theatre – and that my interest in anatomy and drawing had been no coincidence!

I qualified from nursing studies with a gold medal and came first in the State of Maharashtra in one of the modules: Medical Surgical Nursing 1. Since then I haven't looked back. I've been a theatre nurse for 20 years -17 of which have been in UHG and I love every day of it.

What does a typical day involve?

I start my work at 8am with my other Clinical Nurse Manager colleagues in Major Theatre Department. I mostly work in Theatre 8 which is predominantly assigned for Elective Complex Cancer and non-cancer Gastro Intestinal Surgery.

There is so much exciting work to do every day and my role has massive variety. In Theatre 8 on a typical busy day we could be dealing with multiple major GI resections. I oversee an exceptionally hard working staff nursing team in Gastrointestinal Surgery pod.

In addition to my work with nursing colleagues, I collaborate and plan surgeries with anaesthetists and surgeons (Upper GI and Colorectal). In the perioperative area I also deal with the theatre porting team, health care assistants, biomedical engineers and the decontamination team. In Theatre 8 we deal with high risk patients and we deliver safe, high standard perioperative care. We support world class open and minimal invasive gastrointestinal surgery (cancer/ non-cancer) to benefit our patients.

I am privileged to manage nine gastrointestinal surgery nursing staff and 16 health care assistant staff and I enjoy the management part. It's really important to have a positive attitude, a good mix of skills on your team, a strong team work ethic, prompt communication and continuous risk management.

I and my team are involved in surgeries such as Laparoscopic and Open Anterior Colonic Resection, Hemicolectomy, Abdominal Perineal Resection, Trans Anal Minimally Invasive Surgery (TAMIS), Minimally Invasive Oesophagostomy, Gastrectomy, Bariatric, Peroral Oesophageal Myotomy, hernia repairs, gall bladder surgery, Gastrosocopy and Colonoscopy. We also deliver care for extremely challenging Endoscopy receptions in between our major procedures.

I provide education to my patients and their loved ones and I mentor staff and students. I also link with our academic partner, University of Galway Nursing Faculty to support our perioperative post graduate students in some perioperative and gastrointestinal academic topics.

I am passionate about quality improvement in patient care, risk management and research in gastrointestinal surgery. Out of my multiple projects, the current ongoing project is to improve the perioperative care for GI bleed patients. We strive to extract best local and international guidelines to create a safe evidence based perioperative environment in UHG.

If you had to describe the key to success in your job in one sentence, what would it be?

Positive behaviour + positive team work + prompt communication + positive leadership = Positive work environment = Excellent patient outcome.

What is the most rewarding part of your job?

Every evening when I am leaving theatre I have a sense of having accomplished something. It feels great when, as a team, you have had a victory over cancer and other diseases. I feel honoured to support my staff, students and patients and I am proud to be involved in giving new life and new hope to patients.





Rialtas na hÉireann
Government of Ireland



**COVID-19
VACCINE**
Public Health
Advice

If you work in healthcare, you are at increased risk of being exposed to COVID-19

It is important to keep up-to-date with your COVID-19 vaccines. This is because the protection you got from your previous vaccines or from a COVID-19 infection may weaken over time.



- ✓ **Protect yourself and the people you care for**
There is evidence that a second booster dose may reduce infection rates.
- ✓ **Get a COVID-19 vaccine at the same time as other vaccines**
You can receive your seasonal flu and COVID-19 vaccinations at the same time.
- ✓ **COVID-19 vaccines are free**
COVID-19 booster vaccines are available from CVCs and participating GPs and Pharmacies. You may be able to get vaccinated at your workplace.

Book an appointment at a COVID-19 vaccine centre near you at hse.ie or make an appointment with a participating GP or Pharmacy.

Use the pharmacy finder at hse.ie to find a participating pharmacy.

#ForUsAll





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